

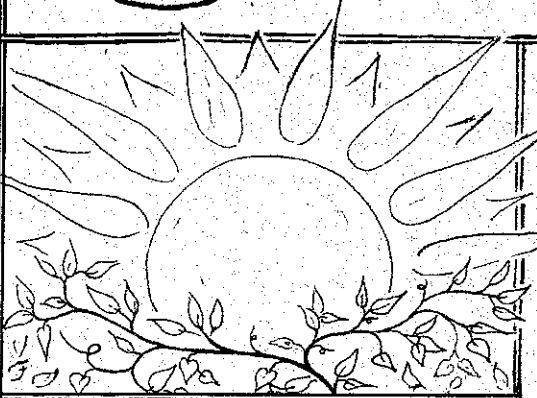
Zen Shiatsu

Asian Bodywork Therapy

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Fire Meridians

Heart Meridian

The Heart holds our Spirit and Mind. It is our Awareness in its purest form.

Pericardium/Heart Protector Meridian

The pericardium is the tissue around the heart that controls circulation. It is energetically involved in protecting the Heart's Spirit and Mind from vulnerability.

Triple Warmer Meridian

The Triple Warmer refers to the three regions of the torso: The Upper Warmer holds respiration and circulation, the Middle Warmer holds digestion, the Lower Warmer holds reproduction and elimination. The meridian maintains the smooth flow of ki through these three warmers. As its name suggests, it assists with our internal thermostat and our ability to regulate heat. It is also a protector of the heart and is involved with holding our defenses strong: immune system, allergies, vulnerability.

Small Intestine Meridian

The organ assimilates the nutrition from the food we eat. It controls the digestive fire that transforms the nutrients in our food. It sorts the pure from the impure. Energetically, the meridian helps us with the things we sort in our lives. It is a protector of the Heart's Spirit and Mind in its ability to help us sort through what we need to be worrying about right now and what we can set aside.

Seasoned Reflections

Summer brings us the lengthened hours of sunlight and the heat from the direct rays from the sun ~ the fire from above.

Summer brings many of us vacations and time with family. It brings long days full of activity ~time in the garden, hiking, running, bicycling, paddling, swimming. There are numerous fairs and festivals.

As the heat of the season arrives in the cycles of nature, the plants in the garden soak it in and burst out with luscious foliage, taking the energy stored in their roots and pouring new growth into producing flowers and fruit.

Fire holds the power to change and transform all that it touches. Wood becomes charcoal and ash, metal becomes liquid.

This is a season of transformation. The apple blossom transforms into the apple that holds the seed that will later grow to be a tree.

May the creative spark of fire be present in our lives. May the inner fire burning deep within burst forth with new growth. May we also find the cool breezes and the refreshing lakes, rivers and pools that will help balance the heat from the fire in our lives.

In Healing Light,

Lucy

From the Futon...

Imbalances in the fire meridians can present in a variety of ways. On a physical level, the Small Intestine and Triple Warmer meridians pass through the shoulder and are involved in the tension that many of us hold in our necks and shoulders. We often curve our shoulders forward when we are either burdened with an excess of responsibility and stress or when we are feeling vulnerable and insecure, needing protection. The Pericardium/Heart Protector and Triple Warmer meridians pass through either side of the center of the wrist and are involved in carpal tunnel syndrome, as well.

On a physiological level, these meridians are involved with the health and flow of the blood through our bodies. Cold hands and feet, or poor digestion are connected to the circulation of blood and the temperature of the internal fire. The internal fire can also burn too hot.

On mental and emotional levels, fire meridian imbalances can present as lack of clarity or agitation and anxiety. The image of the fire that leaps and flickers can be applied to the state of mind, as in distractibility and hyper-ness. The heart is susceptible to vulnerability and can react in an overly protective manner, or without any protection at all.

When there is balance in the fire meridians, joy and contentment are present in our lives. We are naturally able to stand tall with confidence and ease.



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Do you know anyone looking for bodywork?

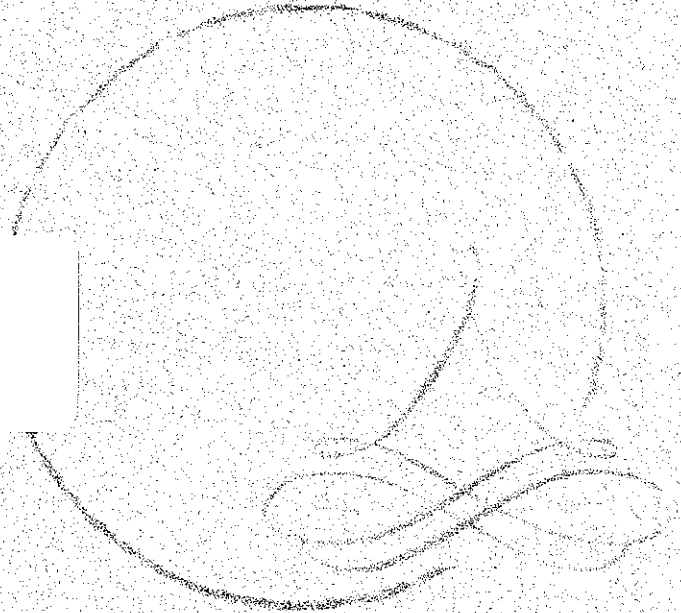
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Summer 2007

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