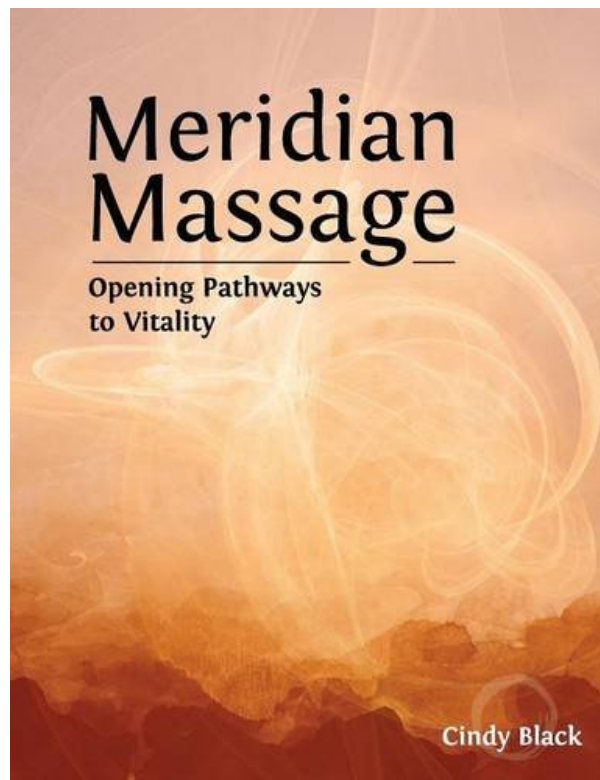
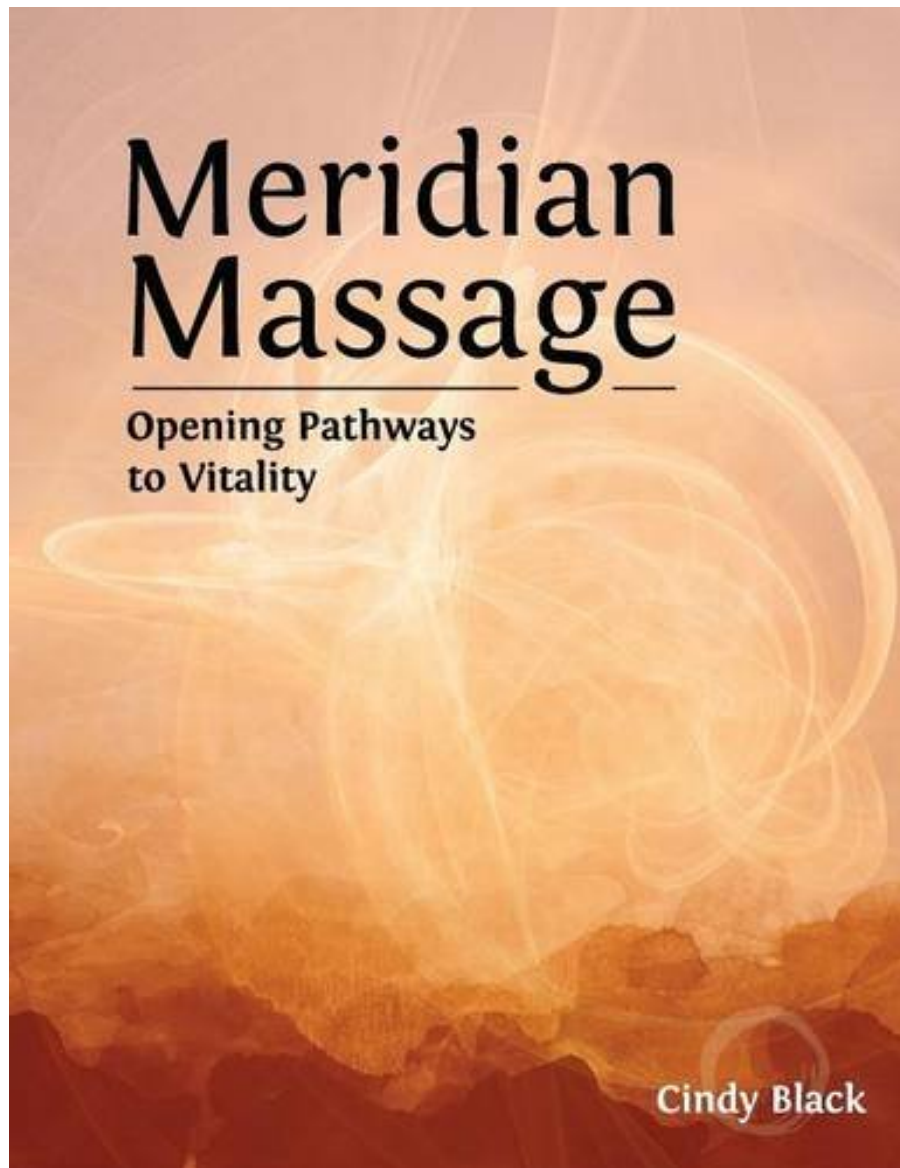


# **MERIDIAN MASSAGE: OPENING PATHWAYS TO VITALITY BY CINDY BLACK**



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## **Review**

Through her book Meridian Massage, Cindy Black lays out the principles and practice of an innovative yet deep-rooted approach to therapeutic bodywork. It is the product of her long experience as a massage practitioner, her capacity for clear and thorough instruction, her profound grasp of traditional Chinese medicine, and above all her intuitive ability to synthesize from these attributes a potent tool of transformative healing touch. The book provides a detailed and elegantly illustrated guide to that therapeutic tool - one that is grounded, the author writes, "in combining detailed anatomical understanding of the meridians and acupoint locations with the sensitivity of the practitioner." Indeed, the effectiveness and brilliance of this simple, subtle system of bodywork relies, in no small measure, on the energetic receptivity and understanding that Cindy Black so expertly applies and conveys. Bodywork practitioners and enthusiasts alike will find that Meridian Massage both informs and transforms, instructs and inspires. - Gabriel Mojay LicAc, CertEd, FIFPA Principal of the Institute of Traditional Herbal Medicine and Aromatherapy, London Author of Aromatherapy for Healing the Spirit and co-author of Shiatsu - The Complete Guide

Cindy Black has accomplished the impressive task of distilling the fundamentals from the vast system of traditional Chinese medicine, and creating a clearly descriptive and beautifully illustrated book. Due to her experience as a Licensed Acupuncturist, she is adept at explaining this ancient system and its practical uses for all hands-on therapists. As a professional bodyworker and instructor, I consider this book a valuable asset for myself, my students, and my clients. It serves as an accessible entryway to understanding our energetic anatomy and its significant relationship to our health. In the classroom, Cindy displays an unusual talent of clear presentation combined with sharp wit and humor, which consistently makes learning a pleasure by bringing her material alive. That she has also accomplished this task with her book is another testament to her expertise. Her book is perfect for massage therapists and other hands-on healers. I would also highly recommend it to anyone who wants to know more about the ancient art of Chinese medicine and their own remarkable, potent energy for healing. - Bernadette Fiocca, LMT (Private Practice since 1984) Shiatsu and Energy Palpation Instructor at Finger Lakes School of Massage, Ithaca, NY.

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person on their table is, in order to be guided from that harmonious place. *Meridian Massage: Opening Pathways to Vitality* is not just a valuable instruction manual, resource, or reference book. Rather, unlike other books of its nature, it also affords guidance to the practitioner about how to access the Qi of the meridians. She encourages us to do the necessary inner work to cultivate our own Qi, in order to tap into the spirit of the points without the use of needles. This book is filled with depth and reverence for an ancient art, interwoven with the wisdom of the Tao. It offers a fresh perspective which is refreshing and sometimes humorous, never dry and rote. Descriptions are vivid, stories are poignant, her writing is engaging, and her passion is evident. In a way that is easily digestible, Cindy has made available to modern practitioners a buffet to savor. - Teresa L Crosier, D.O.M., Dipl. C.M., Dipl. Ac., author of *In Harmony With Nature* Owner, Combining Cultures Acupuncture & Herbal Clinic in Albuquerque, NM Associate Professor at Southwest Acupuncture College in Santa Fe, NM

Additional review forthcoming.

#### About the Author

The founder of Big Tree School of Natural Healing, she is an acupuncturist and a massage therapist with more than twenty years' experience as a teacher and hands-on practitioner. She integrates Classical Chinese medicine and Western massage therapy in a unique approach to balancing mind, body, and spirit—a practice known as Meridian Massage. Her profound thinking, humor, and unique ability to make the complex accessible combine to help these much-needed teachings inspire many people throughout the world.

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The meridian pathways of the human body were mapped out by gifted healers in China thousands of years ago. Working with the invisible energy (Qi) that flows through these pathways, they were able to heal illness. Perhaps more importantly, they were able to support vitality in ways that prevent illness and encourage wellness. Vitality is an expression of energy.

Meridian Massage is a hands-on modern application of this ancient wisdom to balance mind, body, and spirit for health and happiness. Knowing how to work directly with energy opens a powerful dimension for massage therapists and bodyworkers to access through their work. An organized and practical integration of modern energy work and ancient Chinese medicine, Meridian Massage can complement any form of hands-on healing.

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Simple, Clear, & Practical

By DIY

Profoundly inspiring, heart-warmingly wise, and deeply nourishing. Cindy Black has done an amazing job of capturing the fundamentals of Chinese Medicine and presenting it clearly and simply without losing the essence. The practical recommendations for point combinations and self-care provide readers with ways that they can put theory into practice immediately. Her holistic approach reminds us of our humanity and compassion. I appreciate her invitations to build on this healing lineage by exploring and finding our own path so we can be of service in our own authentic way. This book is a valuable resource for any massage therapist, acupressurist or acupuncturist.

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As a LMT with 12yrs of experience I can honestly say this approach and blend of techniques has quickly become my favorite. I definitely recommend visiting the website to go along with the book. I'm still thumbing thru it but I love it!

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... and really appreciate having all this information in one wonderful book. It is a great reference to have ...

By Bonny French

I've been taking classes online with this author for a few years and really appreciate having all this information in one wonderful book. It is a great reference to have for my massage practice and it is good for anyone interested in Traditional Chinese Medicine and acupressure for yourself, family and friends. I am grateful that Cindy shared her knowledge and she makes a very complex and mysterious energy system seem available for readers to use to acquire balance, harmony and healing. Highly recommended.

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