

Q : I love the Old Chinese Gentleman who appears in your journey. What a magical intersection! Do you think we all have an Old Chinese Gentleman in our sphere? And how would you recommend calling them in to see them?

A: Yes, I most definitely think we each have access to all kinds of deep knowing and wisdom! Most of the inner guidance I receive comes from group consciousnesses I call my councils. Each council has its own energetic purpose: teaching by bringing the seeds of one culture into another; healing; connecting our dimension of reality with other dimensions; framing/creating frameworks, etc. I believe each of us has multiple councils that our Wiser Self belongs to and that can guide us. In that sense, we all have access to insights and wisdom that are unique to our own soul's purpose and experiences.

In the early days of my healing practice, I was guided step-by-step by my councils, the councils of my clients, and also by their body's wisdom, and it often led to amazing shifts, healing, and learning for both the client and me as a practitioner. The appearance in my consulting room of the spirit I called "The Old Chinese Gentleman" caught me by surprise, because he was so culturally-specific and singular. He taught me a practice I came to call, a bit tongue-in-cheek, "Ghost Acupuncture", by showing me where to place energetic needles made of gold, silver, platinum, and copper. And the clients would feel the energies moving. Then he taught me perhaps the most important lesson of my entire training: how to "enter the streams" of an energy – how to sink into an energy to heal it. It is the essence of healing from the inside out.

I have come to think of him as a healer who could communicate across time and cultures, perhaps by way of his and my council connections. He was both part of me, and a separate being.

Too often we try to call in guidance from "out there", envisioning guides arriving like angels from the heavens. And in order to enter your awareness, they have to pass through all the protective layers of what I call your Gatekeeper, the mechanism that sorts out what is you vs not you, safe vs unsafe, yours vs not yours. Calling energies from "out there" generally distorts both the messages and our perceptions of the messenger. But if you create spaces within you to connect in with wise teachers via the guidance system built into your body, you can get in touch with the wisdom available to you in ways that are safer and less distorted by ego. By "entering the stream" of your various subtle energies and organ spaces, you find places where you can meet the wise keepers of those spaces to get grounded guidance. In my book I provide guided visits to a number of energetic spaces where guidance is available, and offer instructions on how to best position yourself to receive insights and wisdom.

Q: Your meridian meditations are unique and, I found, extremely healing. How did you go about designing them?

A: I first encountered the meridian streams as I described above, by entering the streams – my own and those of my clients -- and exploring the energies I could perceive there. Twenty-three years into my healing practice, I studied a healing modality that uses the meridian streams. What I found though, was that there was a tendency on the part of some students to see the streams as more like wiring than as sacred core energies – something to manipulate by holding acupressure points. And I saw some students memorizing the qualities of each meridian from a chart or written descriptions, rather than dipping in and getting to know each energy directly. So I began crafting guided visits in to the meridian energies as a way to help my students learn to perceive and sense these vital energy flows that we are made of more directly. I wanted them to feel not just how the streams feed and support the work of our organs, but also how they connect us to universal “source” energies, just as water wells up from a source to fill a stream.

In constructing the guided visits, I wanted to go beyond visualization, to include the body, to bring in energy exercises you can do in those spaces, to help the visitors develop their ability to use more of their in-built equipment for sensing energies, in ways that build naturally on what they already know.

Q: You mention “juicing the system”. Could you expand on how to best dip into the cosmic flow for strength?

A: I think the starting point is to recognize that cosmic energy, cosmic flow, is not a generic thing. Just as many religions have many forms of gods and goddesses, I feel cosmic energies have multiple “flavors”, and we can access them better if we are able to recognize we are not looking for generic “cosmic energy.”

Similarly, we tend to think of energy in scientific terms. We see energy as a behavior of electrons and

neutrons, not particularly “alive”. But the subtle energies we are made of are intelligent – they have consciousness and life force. Perhaps it is more accurate to say, they ARE consciousness, as it begins to take on expression we can perceive. Most of us can differentiate between grace, and kindness, and quiet, and joy as important energies that we can feel and experience. The cosmic flows come to us with different “flavors”, such as grace, joy, hope, the impulse to grow. The cosmic flows also come to us from different sources: they enter through our feet, through our field, through our appreciation of the world around us, via our meridian streams, and then form a rich weave of energies within us, underlying and fueling our physical bodies.

In *Your Body Will Show You the Way*, I include dipping into various sources as part of how to explore the streams. How do you access kindness? By setting your dial to perceive and feel it. Often, it is a combination of attention, intention, and perhaps some gesture, movement, or symbolic action that “juices” our body’s flow from the cosmic sources that feed us.

Q: What do you see on the other side of the cosmic gates?

A: The Cosmic Gates are two places within our energy anatomy that I teach, in order for students to have access to other dimensions of being that directly affect the health and quality of experience in their body/mind. The first gate stands about at arm’s length plus one foot beyond the body. What I see when I open that gate is a version of myself I call my “Harmonic Self” – it is a master template or composite of all the aspects I consider “me” – a kind of blueprint that keeps reminding my body’s energies and mind of who they are and how they should function. When false information or imbalance gets coded into the Harmonic self, it is almost impossible to heal something at the level of the body, without first healing it at the level of the Harmonic Self. So I teach ways to open that Cosmic Gate and do energy medicine on the Harmonic Self.



I envision the second Cosmic Gate at arm's length plus about one foot beyond the Harmonic Self. When you open that second Cosmic Gate, you'll find your Fully-realized Self. It is the Self the soul is creating as a guide for you. Many students cry when they first encounter their Fully-realized Self. They get a sense of their potential and feel the awe of knowing that. And of course, bringing the energy and perspective of your Fully-realized Self into the realm of your Harmonic Self helps you to heal your templates of self. And bringing that further into the realm of your everyday self helps you to better embody your soul's truth.

Q: How do you manage your energy while being devoted to helping others heal?

A: The other day I was feeling crummy and congested and out of sorts and felt like a big hypocrite – I'm sure your readers who are practitioners know that feeling. And I asked my councils what I should do.

And their answer came straight out of my book, *Your Body Will Show You the Way*. They named three exercises I teach there. I did them, and my mood and energy shifted.


In other words, what I do to keep myself sane and whole is what I recommend in my books for readers to help them find sanity and wholeness. We're all in this work together. If I can help even one client find her own wisdom, I have succeeded. It's not about people finding MY wisdom or learning my cosmology! All of my work is focused on playing with possibilities and exploring. Even the cosmology I talk about above is what my guides have shown me for my own personal evolution. If it is helpful to others, that's great. But my focus in all my books is to help people evolve their OWN understandings, rooted in the experiences of their body, mind, and uniquely flavored soul.

Q: What did you learn about yourself writing *Your Body Will Show You the Way*?

A: That I write best when I don't try to steer the ship.

I extrapolated from that to conclude that I live my best life when I don't try to constantly set goals and destinations and try to control the journey. I wrote this book in collaboration with my councils, who often surprised me by saying: "talk about this idea next" or "tell that story now." And then I'd learn from the juxtaposition of ideas and stories and energy exercises they helped me create, even though most of the pieces had been developed over many years of teaching and practice with clients. So this book taught me more about how the inner guidance system built into every fiber of our being actually works! 🌀

Ellen Meredith is the author of *Your Body Will Show You the Way* and *The Language Your Body Speaks*. She has been in practice since 1984 as an energy healer, conscious channel, and medical intuitive, helping over ten thousand clients and students worldwide. Visit her online at www.EllenMeredith.com.

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