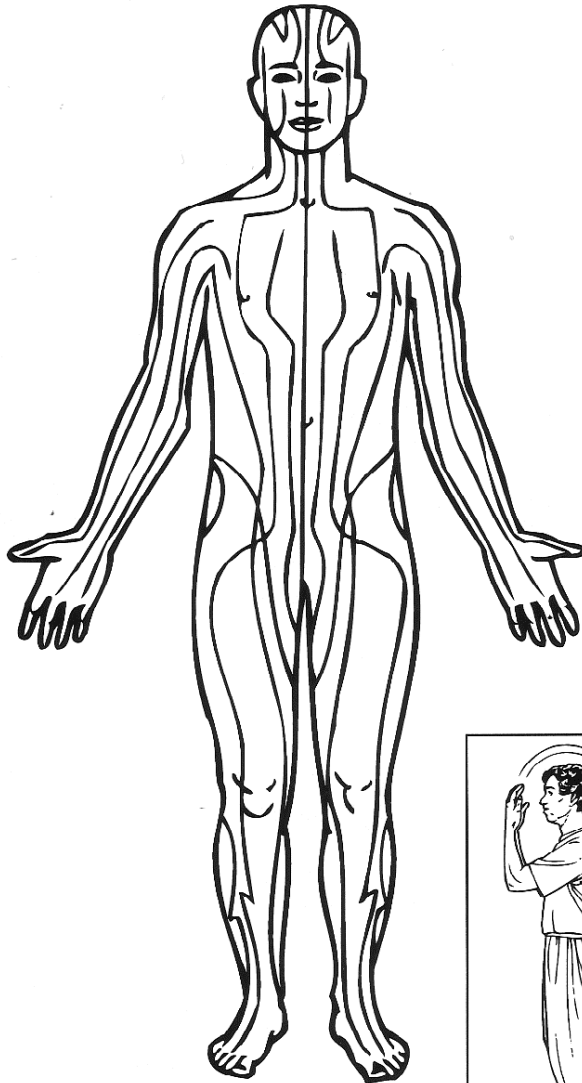


Tracing the Acupuncture Energy Channels

from *The Healer Within* by Dr. Roger Jahnke



In the traditional Chinese healing system, it is believed that vitality or energy (Qi) circulates in the human body to sustain health and coordinate the function of the organs. The channels for the flow of this healing energy travel up the front of the body and down the back. When you do the Tracing the Channels practice, you may lightly stroke the surface of the body, or you may pass the hands an inch or so above the surface of the skin.

