

Bowen Therapy Conference 2018

Expanding Knowledge: Shaping Professional Practice

GRAHAM PENNINGTON

An understanding of the Meridians reveals the heart of Bowen's work

Bowen's work is more easily understood if one has a keen appreciation of the meridians of traditional Chinese and Japanese acupuncture. Although many people have looked at the role of the meridians in relation to Bowen technique (and in relation to remedial bodywork in general) there still remains very little understanding of their real significance.

This presentation shows that an understanding of the meridian system lies at the very heart of Bowen's work. In this presentation the author illustrates that Tom Bowen's work continually prioritised and targeted several extraordinary meridians. The presentation provides a meaningful explanation for several commonly used procedures and highlights the importance of continuing to develop a deeper appreciation of the significance of 'meridians' to understand the application and origin of Tom Bowen's work.