

Storytelling is but one of the life-enhancing resources Nancy Mellon offers in this thrilling book . Her research led her to study with others who are doing groundbreaking work, including Bob Cooley, who developed the Meridian Flexibility System . Mellon found that stretching along specific meridians released whole personality patterns from within her . From these insights, she developed a fuller picture of the distinct personalities of the meridians and organs . Later, she collaborated with Ashley Ramsden, a skilled British storyteller . Together they selected stories that nourish each of the meridians as well as accompanying meridian stretching and yoga postures that support well being .

I have already taken advantage of this book in several ways . First, it provides a deeper appreciation of the personality of each of the meridians, as well as many organs, which is invaluable in listening into what the client's body is trying to express . Mellon also suggests many ways to assist the body-mind to restore harmony, such as specific music, movements and affirmations . These exercises can easily be incorporated into RR sessions .

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And then there are the stories . I've just begun to experiment with "telling stories" to the meridians and encouraging clients to play with writing stories as positive actions .

I am convinced there is bountiful treasure to mine in Nancy Mellon's work . Indeed, we could structure one or more repatternings from this material much as Carin Block has capitalized on the riches of Bert Hellinger's work . As I was reading, I was reminded of Chloe's heartfelt declaration: "A single session can change a person's life!" That is indeed true . Guiding clients to reconnect with their essential life story is a powerful ally in our practice .

For further information, see [www .BodyEloquence . com](http://www.BodyEloquence.com) . In addition, Nancy Mellon is offering workshops, including one in Baltimore, MD, April 9-11, 2010 . Come visit me!

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