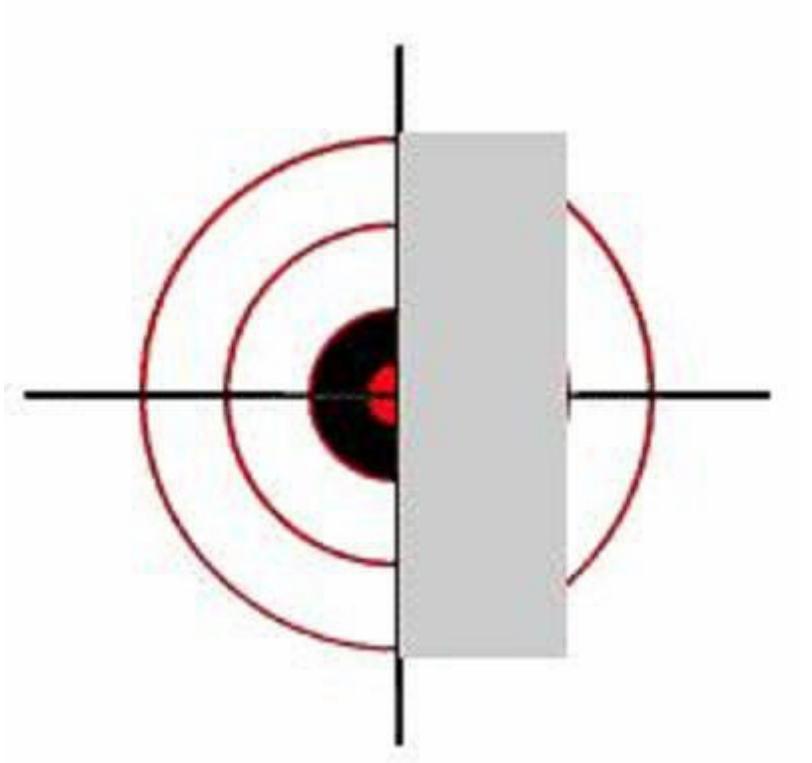


# Meridian-Running



by

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Las Vegas, Nevada*

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## Chapter 1

### A “semper fi” introduction

There are three ways a Marine gets in shape—running, more running and even more running.

What do you think you're going to do today recruit?

"Sir, running sir!" the group shouts in unison.

The group of men in the previous text is the U.S. Marine Corps. Their physical prowess is honed in basic training, and what emerges is a Marine. These men discover a brotherhood distinguished by a sense of duty to their country and loyalty to each other. That loyalty can be summed up with these two words, *semper fidelis*, always faithful.

Years later when these men greet one another, they say with zeal, "semper fi". Similarly, the person reading these lines will learn a secret code. Every step will make an indelible statement to those who have learned the code. You're a meridian-runner.

The text takes the stance that mental mastery is foremost, and above the pure physical. Meridians can be deployed with a simple flip of a mental switch.

The motion of putting a golf ball has many meridian thoughts within the same act. Although the brain seeks balance in the swing, the mind is constantly making readjustments. If these thoughts aren't mastered, a paralyzing phenomenon can take place. Golfers the world over know this phenomenon as the "yips".

One major league baseball player's career was cut short because he couldn't throw the ball to first base. He had baseball's version of the yips, and he couldn't solve it. His name is Steve Sax.

In basic training, recruits are trained by veteran soldiers. The purpose of the strict training is to turn a civilian into a battle ready soldier. A soldier that won't freeze-up in battle.

"How sure are you recruit?" the drill sergeant bellows.

"Sir, 100% sure, sir," the soldier yells back.

Most professional athletes have trainers paid big money to make them excel at their specific sport. Unfortunately, most of those trainers have little or no idea about meridian training. At the end of the day, the athletes and the trainers are left with questions. Why did he drop the ball; why did she stumble over the hurdle; how'd he miss that putt? They don't know.

What if the secret code of the brain was learned first? Then the errors of sport could be corrected without question. Isn't that an ocular two catch; did your long-leg miss its position box; is that a left-handed putt?

In accordance with this, these core meridian concepts will impact your thinking and your actions.

- Ocular 1 and Ocular 2
- Short leg and Long leg
- Battle arm and Shield arm
- Red line and Blue line
- 1's, 2's, 3's and 4's

These skills are unique to the meridian-running book. No other work has codified the rules of running this way. Just like a Marine, the text creates a specialist: a person who is an elite meridian-runner.

To discover how this information was acquired the next chapter steps into "The Secret Steps" of the meridian-runner.

## Chapter 2

### The Secret Steps

Place the right index finger twelve inches in front of the outside corner of the right eye.

Thank you for your interest in and downloading chapter one of Meridian-running. The author selected a tone that is elevated (or lofty), but nonjudgmental. Also the text is measured and direct but not devoid of humor. Mostly, the text shifts from level to level and back again. This writing device allows the author to cover the same text over again, but at a completely different skill level. Chapter one expects the person reading to be a novice; however, chapter five expects accrument and a high level "meridian-thinker". Listen to this chapter five quote:

***"Stop, pause all meridian thinking, mentally point at RG III's right knee."***

The athlete requires the highest level of meridian training possible. At this time, there is only one book that imparts this level of training—Colden Thorne's, Meridian-running.

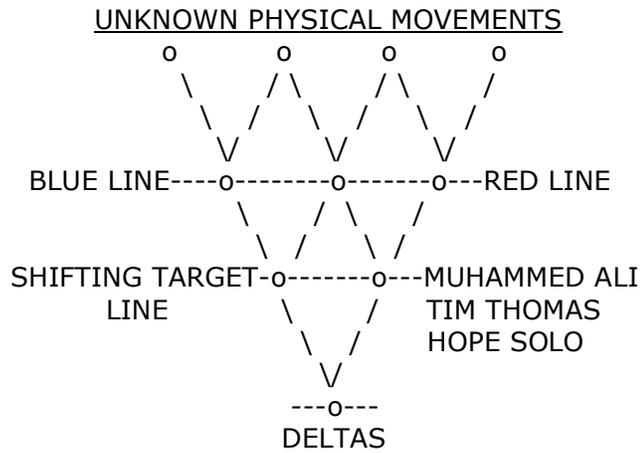
Has a coach or trainer said they could make you faster, and they have failed. Let this be said strongly, "***This book will not let you down.***"

For a limited time, the introductory price has been suspended, and a great deal exists. Meridian-running costs only \$19.95. Also the book has a 100% satisfaction guarantee. Act now, to get this special price!

**The Best direct link to purchase this book is...**

<https://www.e-junkie.com/ecom/gb.php?c=cart&i=1261186&cl=242691&ejc=2>

## Addendum



Above, is a device known to IQ test prompters as a "galloping V". It is used to create and solve number progression problems. The author used the device to create deeper levels of text.

At the bottom of the diagram is the concept known as deltas. A delta, or distribution, is beyond the scope of the meridian-running text. Nevertheless, the Spartans deployed complex and deadly pike deltas on the red line. Beyond that, the text could go no further.

Often, athletes pre-load a meridian with complex deltas. Like a trap, the distribution is waiting to be triggered. Deltas may be as deep as meridian training goes.

## **Bibliography and Selected Reading**

1-Peter G. Weyand, Rosalind F. Sandell, Danille N. L. Prime, Mathew W. Bundle. "The biological limits to running speed are imposed from the ground up." *Journal of Applied Physiology* (2010): p. 950, vol. 108. Web. April 2010. <<http://jap.physiology.org/content/108/4/950.full.pdf>>

2-ibid. p.958

3-ibid. p.958

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## **Acknowledgments**

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## **Dedication**

For: Dave and Tami Hirschfeld, Hannah and Isaac.