



Practice Bladder Meridian Technique

The Masterson Method® Bladder Meridian Technique uses **Air Gap** level of pressure and **Search Response Stay Release (SRSR)**. Reviewing these before you begin practicing the Bladder Meridian Technique on your dog can help jump-start you into being more effective more quickly.

- In Chapter 1 of the [Beyond Dog Massage](#) book you will learn about different levels of pressure, what are Responses and Releases, how SRSR works, and Tips and What Ifs.
- Chapter 3 covers the Bladder Meridian technique in detail. You will see diagrams, pictures for step-by-step, and helpful suggestions and answers to common questions.

Start with Focusing on You!

Breathe and consciously relax and soften your neck, shoulders, arms, and hands. Even with using Air Gap level of pressure, your dog will “feel” the tension when your body is a tight bundle of energy. Remembering to breathe when doing the Bladder Meridian technique will help keep you relaxed.

It does not matter which side of your dog you start on. It is best to start at the head so you can keep track of where your dog might be holding tension. But the Bladder Meridian is effective no matter where you start on the bladder meridian line.

Bladder Meridian Step-by-Step Instructions

Search

Step 1

Sit in a comfortable position with your dog.

Step 2

Place the tips of one or two fingers together above the ear on one side. Lighten your fingers to the level of *Air Gap*.

Step 3

Keeping your fingers at *Air Gap* and watching the dog's eye, gently and slowly run your fingers down the bladder meridian. Go at a pace that is slow enough so that you do not miss a *Response* from the dog, but not so slow that the dog is not paying attention.



Response

Step 4

Watch for a *Response*, which is a subtle change in behavior such as a *blink* that indicates the dog is feeling something. When you get a *Response*...

Stay

Step 5

Stop and rest your fingers over that spot, keeping your hand soft and the pressure light, waiting for a *Release*. This may take one second or one minute. Be patient, breathe, and relax until you get...

Release

Step 6

A *Release* is a larger *Response*, such as licking and chewing, sneezing, yawning, or fussing, fidgeting, or wanting to step away.

Step 7

After you get a *Release* (or not), continue slowly down the bladder meridian line, searching for responses down the side of the neck, over the shoulders, and along the back...

Step 8

... until you get another *Response* or change in behavior, such as a blink, or the dog looks away.

Step 9

Stay until you get a *Release*.

Step 10

Continue over the rump, down the back side of the leg, down the outside of the hock, down the side of the ankle, and to the outside toe. Each time you get a *Response*, *Stay* until you get a *Release* (or not), then move on. When you finish, give your dog a short break to feel any changes. If your dog is still awake, repeat on the other side.

Bladder Meridian Tips

Go Softly

Use **Air Gap** pressure (non-pressure), keeping your hand soft, and your arm and shoulder relaxed, with the flat of your fingertip or fingertips barely touching the hair or skin. Run them slowly along the bladder meridian line, watching the dog's subtle *Responses* to your touch.

Go Slowly

Forget the clock when doing this exercise. If you are anticipatory or anxious, the dog will sense it. Take a deep breath and move your hand very slowly along the bladder meridian, watching for subtle *Responses* in his eye, movements of the ears, or fidgeting.

Pay Attention to What Your Dog is Telling You

Watch the eye or body for a *Response*. Some dogs may only give a tiny blink, ear, or head movement. Other dogs are more trusting and sensitive and give a clear blink or multiple blinks. Some dogs may become nervous and look around at you or away from you when you find something, or even look surprised. A *Response* is any shift in behavior that indicates the dog feels something under your finger.

When you get a *Response*, stop moving your hand and rest it there (at Air Gap pressure), and wait for a larger *Release Response* (Chapter 1 of [Beyond Dog Massage](#) book). This is usually followed by some sign of relief or relaxation. Any larger change in behavior indicates a *Release*.

Staying can be the easiest (or hardest!) part of the process. It can take 10 seconds, or it may take a whole minute. Throw away the clock and any expectations you have. Just wait and give the dog a chance to feel what is going on. *Stay* until you get a *Release* - or not. Stop and hold your hand on a spot at any time if you sense that staying there might bring a *Release*. If it does not, move on.

Other Tips

- If you are not sure if the dog is *Responding* because of you or from something else, go over that spot very lightly again. If the dog responds at that same spot, “something” is there.
- It is OK to go over a spot twice, miss an area, or not get both sides of the dog done.
- You can start in a different place, switch hands, use both hands, or stop and begin again.
- Do not worry that you are not “doing it right” or that you might hurt your dog. If you are using light pressure and are patient, you cannot do it wrong! You can only do it *better*.
- Sometimes, you will stop to see if the dog has more to *Release* and nothing happens. That is OK. It may mean there was nothing there, there was something there and the dog did not release it right then, or the dog released it and did not show you. In most cases, the dog did not want to show you the release and will release after you have moved on.

If you have finished one side of the Bladder Meridian in less than five minutes, you may need to get the clock back out and slow down a bit.