MERIDIANS

What are Meridians? Meridians are channels or pathways of energy that flow up and down throughout the entire body, from head to toe at all times, on a 24 hour continuous set route cycle, with the energy flowing directly from one meridian to the next. Although energy is continuously flowing in all the meridians, it peaks in a specific meridian every 2 hours, and ebbs in that same meridian 12 hours later. During each 24 hour cycle the energy flow ascends & descends through the body 3 times (through different meridians), feeding fresh energy to all parts, and especially to the organs it serves. Each meridian is paired with another, and flows in a set direction, either up or down. Each part of the body relates to every other part of the body through this flow of energy, called chi or qi. In essence there is one contiguous meridian channel, comprised of these component part meridians that together cover the entire body. Broken down, there are 14 major meridians, of which all but 2 are bilateral, with each having a left and right side of the body flow. 12 of these are known as organ meridians, because each serves and influences a specific internal organ; each has a starting or ending point on the hand or foot. 2 are called extraordinary meridians and together create a complete central energy flow through the central core of the body. It is the energy flowing through chakras and meridians that integrates and unifies the body.
The Meridian Clock

<table>
<thead>
<tr>
<th>Cycle 1</th>
<th>Cycle 2</th>
<th>Cycle 3</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>H</strong>: chest down inside arm to little finger</td>
<td><strong>P</strong>: chest down inside arm to middle finger</td>
<td><strong>Lu</strong>: chest down inner arm to thumb</td>
</tr>
<tr>
<td><strong>SI</strong>: little finger up outer arm to chest, head</td>
<td><strong>TW</strong>: ring finger up outer arm to head</td>
<td><strong>Li</strong>: index finger up outer arm, neck to face</td>
</tr>
<tr>
<td><strong>B</strong>: over head down back, leg to little toe</td>
<td><strong>GB</strong>: head down side of body to 4(^{th}) toe</td>
<td><strong>St</strong>: face down front of body to 2(^{nd}) toe</td>
</tr>
<tr>
<td><strong>K</strong>: up from little toe up front to chest</td>
<td><strong>Lv</strong>: big toe up inside front leg to mid torso</td>
<td><strong>Sp</strong>: big toe up inner center leg to chest</td>
</tr>
</tbody>
</table>

**Cycle**:
- (3X)
  - Yin → Yang → Yang → Yin
  - (Inside-Down) (Outside-Up) (Down) (Up)

**Yin**:
- Inside
  - Upward

**Yang**:
- Outside
  - Downward

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### Each Yin Meridian paired with a Yang Meridian

<table>
<thead>
<tr>
<th>Yin Meridian</th>
<th>Yang Meridian</th>
</tr>
</thead>
<tbody>
<tr>
<td>Heart (yin)</td>
<td>Small Intestine (yang)</td>
</tr>
<tr>
<td>Bladder (yang)</td>
<td>Kidney (yin)</td>
</tr>
<tr>
<td>Pericardium (yin)</td>
<td>Triple Warmer (yang)</td>
</tr>
<tr>
<td>Gallbladder (yang)</td>
<td>Liver (yin)</td>
</tr>
<tr>
<td>Lungs (yin)</td>
<td>Large Intestine (yang)</td>
</tr>
<tr>
<td>Stomach (yang)</td>
<td>Spleen (yin)</td>
</tr>
<tr>
<td>Central (yin)</td>
<td>Governing (yang)</td>
</tr>
</tbody>
</table>

### Meridians by Body Section

- **Head:** GB, Governing, B, St, SI
- **Face:** TW, LI, St, GB, B
- **Arms/Hands:** P, TW, Lu, LI, H, SI
- **Legs/Feet:** St, Sp, B, Lv, GB, K
- **Torso:** K, GB, Lv, Central, Governing, St, Sp, B
  (touching torso: P, Lu, SI, H)

### MAJOR MERIDIANS: THEIR KEY FUNCTION & THE ORGANS/AREAS TO WHICH THEY RELATE
Anxiety & emotional stress
Shoulder problems
Central
Regulate the chi in all the Sea of Yin Chi, helps to

CONCEPTION Vessel
CENTRAL / CHEST
Asthma, Skin problems, warts

Indications:
Lu1, grief
Spirit Chi first enters body at Source, first breathe,
Metal,
LUNG
Lymphatics, chest

Indications:
off insults, hurts, injuries
central spirit, receives & wards
Heart Protector, protects
Fire,
PERICARDIUM (P)
Lymphatics, chest
Heart disorders
Little finger
weakness, numbness, elbow
Inner arm pain, wrist problems,
Irrational behavior

Indications:
RULES THE SPIRIT
HEART (H)
illa (underarm) swelling, arm

Indications:
Controller/Sorter of “Rotting & Appetite, Digestion
Earth,
SPLEEN
Knee pain, foot, ankle, big toe, nails

INDICATIONS:
Stomach on back
seed, all meridians except
superficial, hollow organs,
quiet, organs always working,
dense/solid organs, receptive,
upward flowing energy, deep,
yang energy,
Yin
Yin
–
–
–
–
–

DIRECTIONS; CENTER OF MOVEMENT
REGULATES WATER IN BODY
–
–
–
–
–

Controller of Water, holds fear
Indications:
Lung congestion, breast, asthma
Lungs, heart, solar plexus, stomach, diaphragm, gastritis, ulcers
Bladder, pancreas
Phlebitis in inner calf
Swollen ankles, painful feet
Leg & knee problems

CIRCULATION / SEX /
PERICARDIUM (P) - V
Fire, Yin - ↑; 7 pm – 9 pm
PROTECTION FUNCTION
Heart Protector, protects
central spirit, receives & wards
off insults, hurts, injuries
Indications:
Axilla (underarm) swelling, arm
Elbow crease skin problems
Carpal tunnel
Middle finger problems
Breast swelling & tenderness
Spleen
Lymphatics, chest

TRIPLE WARMER (TW) - VI
Fire, Yang - ↓; 9 pm – 11 pm
MEDITATION PROTECTION
Official of Balance & Harmony, coordination & communication, oversees respiration, digestion & elimination, Master regulator of all systems
Indications:
Shoulder pain, stiffness of arms & wrist, neck, hand, arthritis of 4th finger, Ears, asthma, eyes, head

GALL BLADDER (GB) - VII
Wood, Yang - ↓; 11 pm – 1 am
TRANSports “PURE LIQUID”
Official of Decision Making & Wise Judgment – “Heady”
Indications:
Gall bladder, liver, spleen
Chest, ears

LIVER (Lv) - VIII
Wood, Yin - ↑; 1 am – 3 am
MOVES CHI IN ALL DIRECTIONS; CENTER OF METABOLISM
Controller of Planning, dwelling place of soul, how we handle pain
Indications:
Liver & digestive problems
Gastritis, ulcers, gall bladder, spleen, genital problems, herpes, low sperm, low libido, Candida
Skin problems along meridian
Gout, shin sores, thigh pain, medial knee pain, foot, ankle, big toe, nails

CENTRAL / CONCEPTION Vessel
(CV)
Sea of Yin Chi, helps to regulate the chi in all the Yin meridians, primal central energy flow
Indications:
Mental fatigue
Shoulder problems
Thoracic spine
Lumbar spine problems

Notes:
Yin ↑ = female, inside,
upward flowing energy, deep,
dense/solid organs, receptive,
quiet, organs always working,
contained, white with black seed, all meridians on front
Yang ↓ = male, outside,
downward flowing energy, superficial, hollow organs, active, rushing, organs work as needed, black with white seed, all meridians except Stomach on back

Times noted indicate highest energy times
Lowest energy would be 12 hours apposite

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