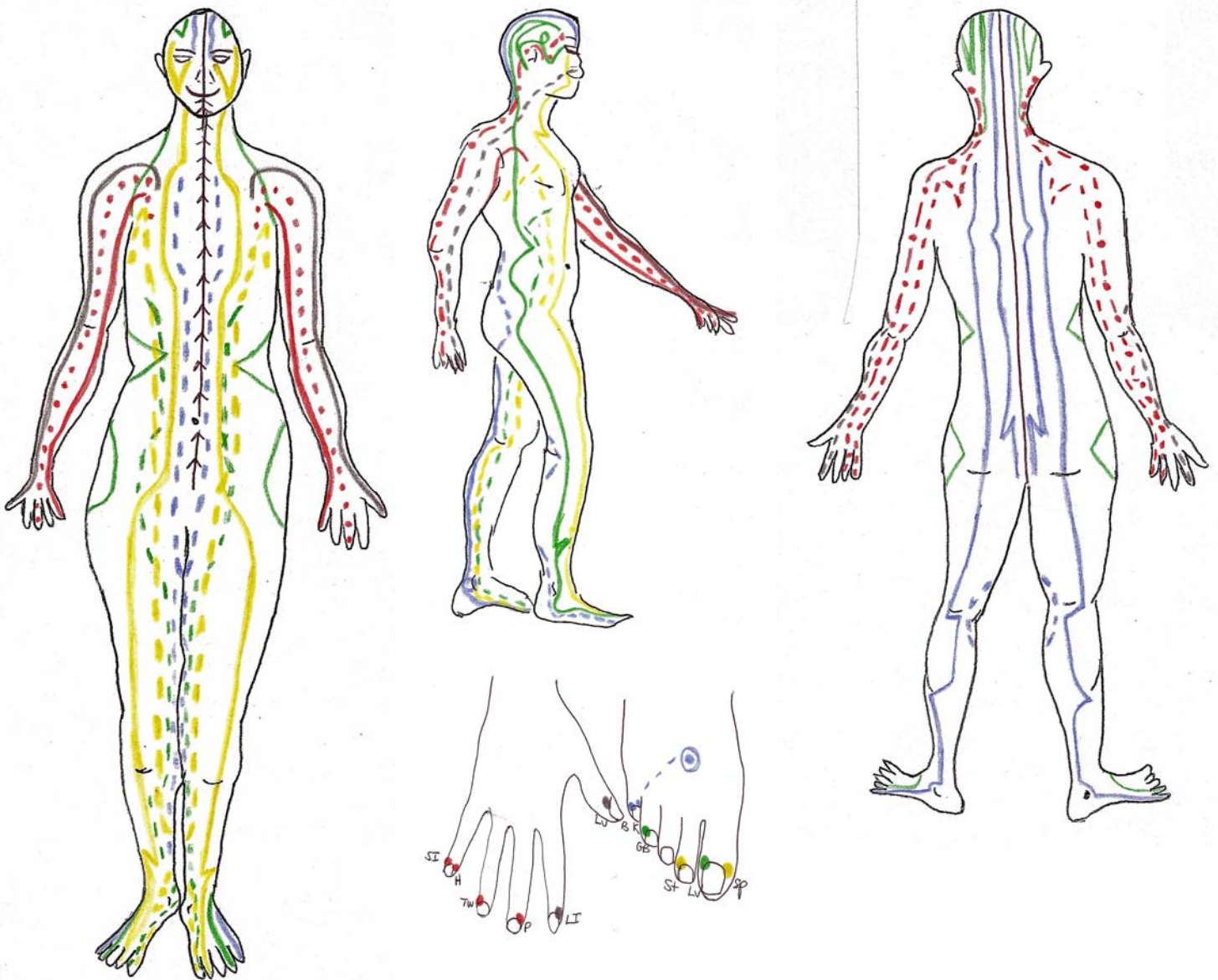


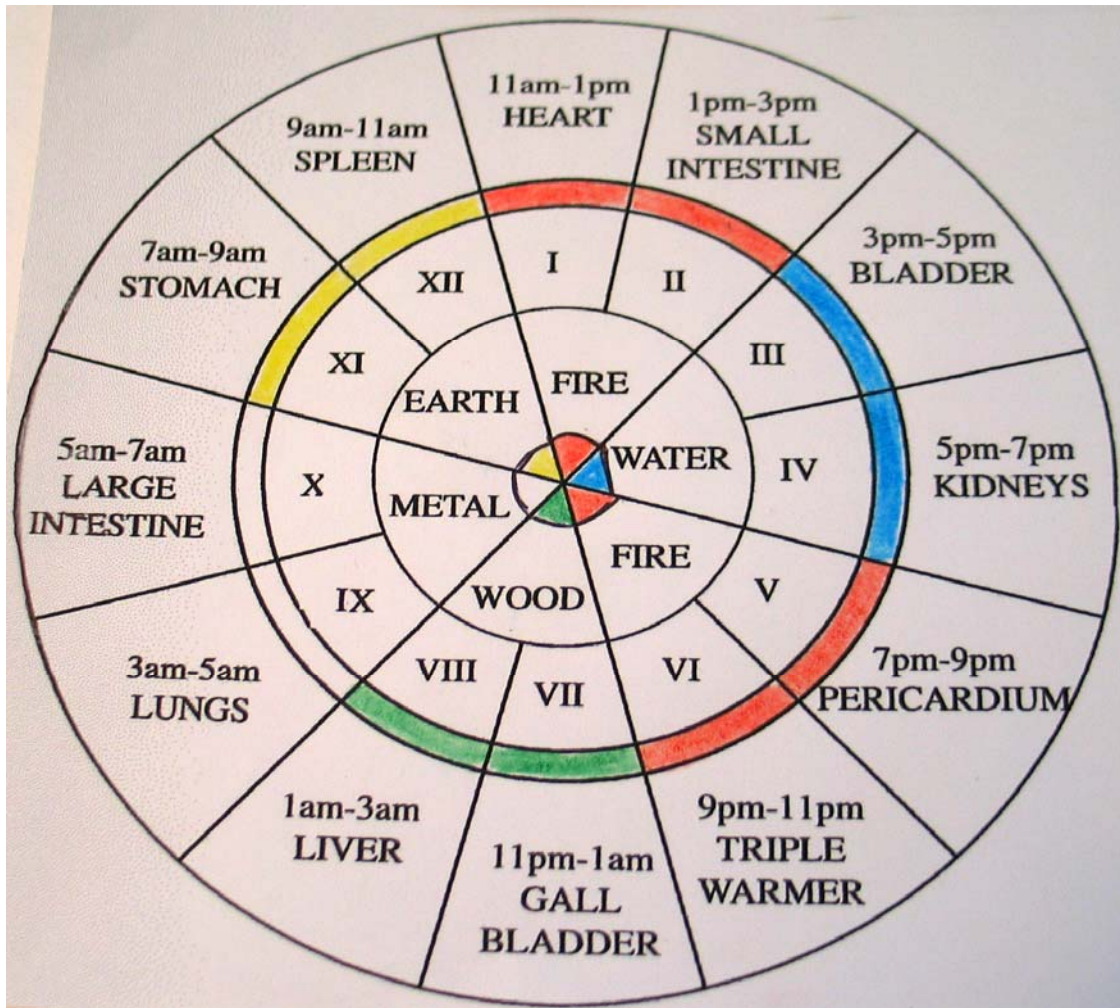
MERIDIANS

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.



Meridian Legend: Heart (H) ———; Small Intestine (SI) - - - - -; Bladder (B) ———; Kidneys (K) - - - - -; Pericardium (P);
 Triple Warmer (TW) - - - - - Gall Bladder (GB) ———; Liver (Lv) - - - - -; Lungs (Lu) ———; Large Intestine (LI) - - - - -;
 Stomach (St) ———; Spleen (Sp) - - - - - Governing (GV) ———; Central (CV) →→→→

The Meridian Clock



Meridian Flows

Cycle 1	Cycle 2	Cycle 3
H: chest down inside arm to little finger	P: chest down inside arm to middle finger	Lu: chest down inner arm to thumb
SI: little finger up outer arm to chest, head	TW: ring finger up outer arm to head	LI: index finger up outer arm, neck to face
B: over head down back, leg to little toe	GB: head down side of body to 4 th toe	St: face down front of body to 2 nd toe
K: up from little toe up front to chest	Lv: big toe up inside front leg to mid torso	Sp: big toe up inner center leg to chest

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

Yin: Inside Upward
Yang: Outside Downward

Each Yin Meridian paired with a Yang Meridian

Heart (yin) → Small Intestine (yang) →
 Bladder (yang) → Kidney (yin) →
 Pericardium (yin) → Triple Warmer (yang) →
 Gallbladder (yang) → Liver (yin) →
 Lungs (yin) → Large Intestine (yang) →
 Stomach (yang) → Spleen (yin) ↑
 Central (yin) → Governing (yang)

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

<p>HEART (H) - I Fire, Yin - ↑; 11 am – 1 pm RULES THE SPIRIT <i>Emperor, Seat of individual wisdom & intelligence</i> <u>Indications:</u> Insomnia, dreaming, forgetfulness, hysteria. Irrational behavior Inner arm pain, wrist problems, weakness, numbness, elbow Little finger Heart disorders Lymphatics, chest</p>	<p>SMALL INTESTINE (SI) - II Fire, Yang - ↓; 1 pm – 3 pm SORTING OUT PROCESS <i>Separates pure from impure, assists in transforming gross material into usable nourishment</i> <u>Indications:</u> Ear problems, tinnitus, deafness Trigeminal problems Throat, swollen glands Shoulder, shoulder blade, neck, upper back, elbow, wrist, little finger Gastrointestinal / gut problems Sinus, asthma, chest</p>	<p>BLADDER (B) - III Water, Yang - ↓; 3 pm – 5 pm MAINTAIN NORMAL FLUID LEVELS IN BODY <i>Storage of Water</i> <u>Indications:</u> Spinal nerve problems Headache, forehead sinus. Head, neck Hair loss Bladder, liver Sciatica, spinal column, buttocks Tightness, cramps in calf Leg, ankle, foot problems</p>	<p>KIDNEY (K) - IV Water, Yin - ↑; 5 pm – 7 pm REGULATES WATER IN BODY & REMOVES WASTE <i>Controller of Water, holds fear</i> <u>Indications:</u> Lung congestion, breast, asthma Lumps, heart, solar plexus, stomach, diaphragm, gastritis, ulcers Bladder, pancreas Phlebitis in inner calf Swollen ankles, painful feet Leg & knee problems</p>
<p>CIRCULATION / SEX/ PERICARDIUM (P) - V Fire, Yin - ↑; 7 pm – 9 pm PROTECTION FUNCTION <i>Heart Protector, protects central spirit, receives & wards off insults, hurts, injuries</i> <u>Indications:</u> Axilla (underarm) swelling, arm Elbow crease skin problems Carpal tunnel Middle finger problems Breast swelling & tenderness Spleen Lymphatics, chest</p>	<p>TRIPLE WARMER (TW) - VI Fire, Yang - ↓; 9 pm – 11 pm MERIDIAN PROTECTION <i>Official of Balance & Harmony, coordination & communication, oversees respiration, digestion & elimination, Master regulator of all systems</i> <u>Indications:</u> Regulates autonomic nervous system, regulates body temperature, thirst, appetite, metabolism, endocrine glands; controls urges of pleasure & displeasure Shoulder pain, stiffness of arms & wrist, neck, hand, arthritis of 4th finger, Ears, asthma, eyes, head</p>	<p>GALL BLADDER (GB) - VII Wood, Yang - ↓; 11 pm – 1 am TRANSPORTS “PURE LIQUID” <i>Official of Decision Making & Wise Judgment – “Heady”</i> <u>Indications:</u> Headache, temporal migraine Eye problems, pain lateral to eye Head, neck tension, shoulder pain Asthma, shingles, groin pain, arthritic hip, lateral knee, leg, ankle & foot complaints, 4th toe problems Gall bladder, liver, spleen Chest, ears</p>	<p>LIVER (Lv) - VIII Wood, Yin - ↑; 1 am – 3 am MOVES CHI IN ALL DIRECTIONS; CENTER OF METABOLISM <i>Controller of Planning, dwelling place of soul, how we handle pain</i> <u>Indications:</u> 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</p>
<p>LUNG (Lu) - IX Metal, Yin - ↑; 3 am – 5 am ELIMINATION <i>Controller of receiving pure Chi from Source, first breathe, Spirit Chi first enters body at Lu1, grief</i> <u>Indications:</u> Shoulder pain, stiff forearm, arm Wrist problems Arthritis Skin problems, warts Asthma, bronchitis, lymphatics, chest</p>	<p>LARGE INTESTINE (LI) - X Metal, Yang - ↓; 5 am – 7 am ELIMINATION, MENTAL / PHYSICAL <i>Controller of Drainage & Dregs, Janitor of the Temple</i> <u>Indications:</u> Abdominal pain, diarrhea Constipation, gastroenteritis, gut Bloating Acne, headaches, stuffy nose, mouth Asthma Neck, shoulder</p>	<p>STOMACH (St) - XI Earth, Yang - ↓; 7 am – 9 am APPETITE, DIGESTION <i>Controller/Sorter of “Rotting & Ripening” – grounds us to Earth - Nourishment</i> <u>Indications:</u> Breast soreness, Hiatus hernia, reflux, Liver / gall bladder Stomach, pancreas, spleen, kidney, adrenal, allergies, sinus, eyes Digestion, diarrhea, constipation, colitis, diverticulitis, gastritis, ulcers, appendix, Ovarian complaints, Leg, knee, foot & ankle problems, Throat, neck, mouth</p>	<p>SPLEEN (Sp) - XII Earth, Yin - ↑; 9 am – 11am TRANSFORMATION, TRANSPORTATION of Nourishment, Influences the Immune System <u>Indications:</u> Breast soreness, chest, lymphatics Under arm complaints Abdominal & intestinal pain Spleen, gall bladder, liver, pancreas, Hernia on men Menstrual problems Groin, pelvic complaints Thigh varicose veins, Knee pain, leg, foot & ankle Bunions, corns, big toe problems</p>
<p>CENTRAL / CONCEPTION Vessel (CV) <i>Sea of Yin Chi, helps to regulate the chi in all the Yin meridians, primal central energy flow</i> <u>Indications:</u> Mental fatigue Shoulder problems Anxiety & emotional stress</p>	<p>GOVERNING Vessel (GV) <i>Sea of Yang Chi, helps to regulate the chi in all the Yang meridians, primal central energy flow</i> <u>Indications:</u> Mental fatigue Shoulder problems Thoracic spine Lumbar spine problems</p>	<p>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</p>	<p>Times noted indicate highest energy times Lowest energy would be 12 hours apposite</p>