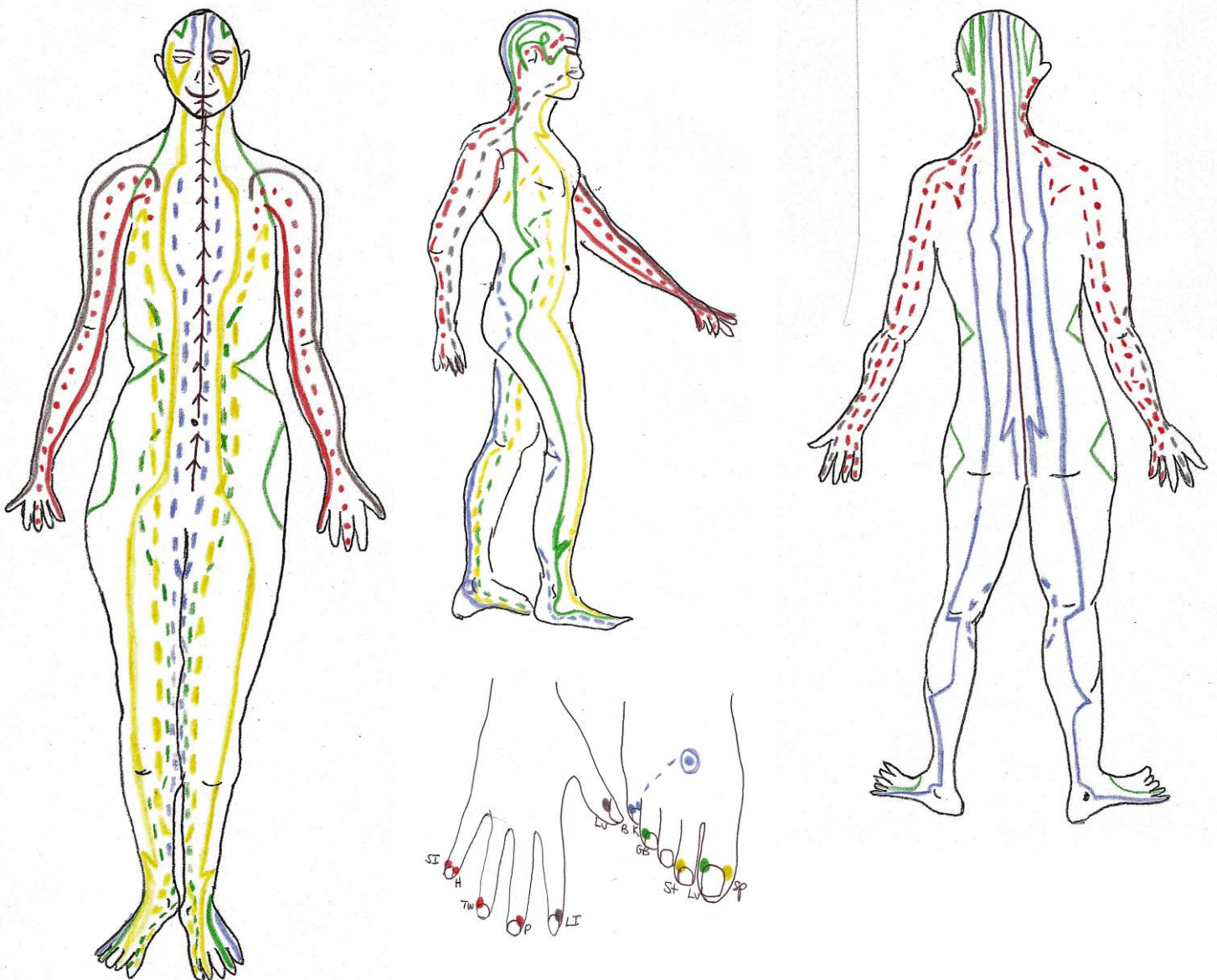


## MERIDIANS

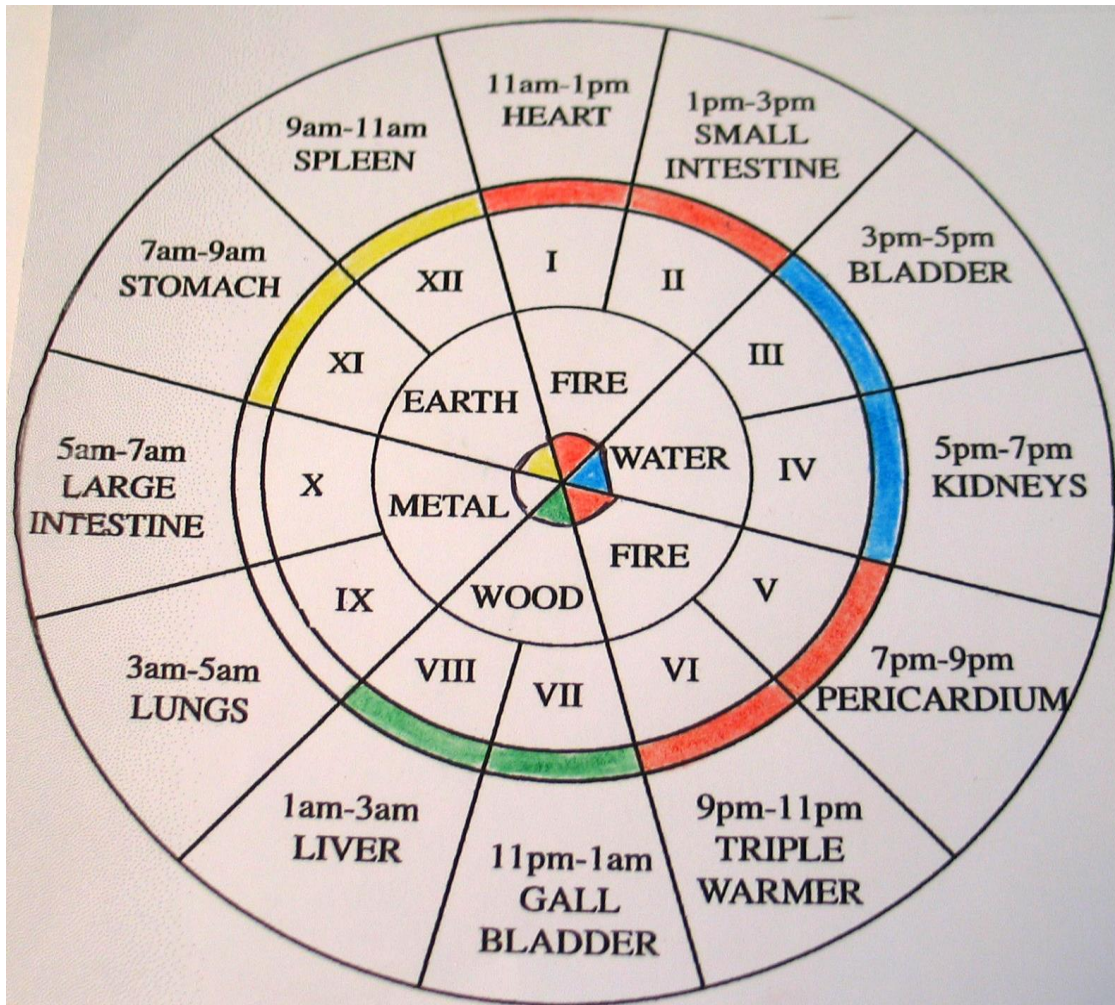
**What are Meridians?** Meridians are channels or pathways of energy that flow up and down throughout the entire body, from head to toe at all times, on a 24 hour continuous set route cycle, with the energy flowing directly from one meridian to the next. Although energy is continuously flowing in all 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
<b>H:</b> chest down inside arm to little finger	<b>P:</b> chest down inside arm to middle finger	<b>Lu:</b> chest down inner arm to thumb
<b>SI:</b> little finger up outer arm to chest, head	<b>TW:</b> ring finger up outer arm to head	<b>LI:</b> index finger up outer arm, neck to face
<b>B:</b> over head down back, leg to little toe	<b>GB:</b> head down side of body to 4 <sup>th</sup> toe	<b>St:</b> face down front of body to 2 <sup>nd</sup> toe
<b>K:</b> up from little toe up front to chest	<b>Lv:</b> big toe up inside front leg to mid torso	<b>Sp:</b> 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><b><u>HEART (H) - I</u></b>  <b>Fire, Yin - ↑; 11 am – 1 pm</b>  <b>RULES THE SPIRIT</b>  <i>Emperor, Seat of individual wisdom &amp; intelligence</i>  <b>Indications:</b>          Insomnia, dreaming, forgetfulness, hysteria. Irrational behavior          Inner arm pain, wrist problems, weakness, numbness, elbow          Little finger          Heart disorders          Lymphatics, chest</p>	<p><b><u>SMALL INTESTINE (SI) - II</u></b>  <b>Fire, Yang - ↓; 1 pm – 3 pm</b>  <b>SORTING OUT PROCESS</b>  <i>Separates pure from impure, assists in transforming gross material into usable nourishment</i>  <b>Indications:</b>          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><b><u>BLADDER (B) - III</u></b>  <b>Water, Yang - ↓; 3 pm – 5 pm</b>  <b>MAINTAIN NORMAL FLUID LEVELS IN BODY</b>  <i>Storage of Water</i>  <b>Indications:</b>          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><b><u>KIDNEY (K) - IV</u></b>  <b>Water, Yin - ↑; 5 pm – 7 pm</b>  <b>REGULATES WATER IN BODY &amp; REMOVES WASTE</b>  <i>Controller of Water, holds fear</i>  <b>Indications:</b>          Lung congestion, breast, asthma          Lumps, heart, solar plexus, stomach, diaphragm, gastritis, ulcers          Bladder, pancreas          Phlebitis in inner calf          Swollen ankles, painful feet          Leg &amp; knee problems</p>
<p><b><u>CIRCULATION / SEX/ PERICARDIUM (P) - V</u></b>  <b>Fire, Yin - ↑; 7 pm – 9 pm</b>  <b>PROTECTION FUNCTION</b>  <i>Heart Protector, protects central spirit, receives &amp; wards off insults, hurts, injuries</i>  <b>Indications:</b>          Axilla (underarm) swelling, arm          Elbow crease skin problems          Carpal tunnel          Middle finger problems          Breast swelling &amp; tenderness          Spleen          Lymphatics, chest</p>	<p><b><u>TRIPLE WARMER (TW) - VI</u></b>  <b>Fire, Yang - ↓; 9 pm – 11 pm</b>  <b>MERIDIAN PROTECTION</b>  <i>Official of Balance &amp; Harmony, coordination &amp; communication, oversees respiration, digestion &amp; elimination, Master regulator of all systems</i>  <b>Indications:</b>          Regulates autonomic nervous system, regulates body temperature, thirst, appetite, metabolism, endocrine glands; controls urges of pleasure &amp; displeasure          Shoulder pain, stiffness of arms &amp; wrist, neck, hand, arthritis of 4<sup>th</sup> finger, Ears, asthma, eyes, head</p>	<p><b><u>GALL BLADDER (GB) - VII</u></b>  <b>Wood, Yang - ↓; 11 pm – 1 am</b>  <b>TRANSPORTS “PURE LIQUID”</b>  <i>Official of Decision Making &amp; Wise Judgment – “Heady”</i>  <b>Indications:</b>          Headache, temporal migraine          Eye problems, pain lateral to eye          Head, neck tension, shoulder pain          Asthma, shingles, groin pain, arthritic hip, lateral knee, leg, ankle &amp; foot complaints, 4<sup>th</sup> toe problems          Gall bladder, liver, spleen          Chest, ears</p>	<p><b><u>LIVER (Lv) - VIII</u></b>  <b>Wood, Yin - ↑; 1 am – 3 am</b>  <b>MOVES CHI IN ALL DIRECTIONS; CENTER OF METABOLISM</b>  <i>Controller of Planning, dwelling place of soul, how we handle pain</i>  <b>Indications:</b>          Liver &amp; 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><b><u>LUNG (Lu) - IX</u></b>  <b>Metal, Yin - ↑; 3 am – 5 am</b>  <b>ELIMINATION</b>  <i>Controller of receiving pure Chi from Source, first breathe, Spirit Chi first enters body at Lu1, grief</i>  <b>Indications:</b>          Shoulder pain, stiff forearm, arm          Wrist problems          Arthritis          Skin problems, warts          Asthma, bronchitis, lymphatics, chest</p>	<p><b><u>LARGE INTESTINE (LI) - X</u></b>  <b>Metal, Yang - ↓; 5 am – 7 am</b>  <b>ELIMINATION, MENTAL / PHYSICAL</b>  <i>Controller of Drainage &amp; Dregs, Janitor of the Temple</i>  <b>Indications:</b>          Abdominal pain, diarrhea          Constipation, gastroenteritis, gut          Bloating          Acne, headaches, stuffy nose, mouth          Asthma          Neck, shoulder</p>	<p><b><u>STOMACH (St) - XI</u></b>  <b>Earth, Yang - ↓; 7 am – 9 am</b>  <b>APPETITE, DIGESTION</b>  <i>Controller/Sorter of “Rotting &amp; Ripening” – grounds us to Earth - Nourishment</i>  <b>Indications:</b>          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 &amp; ankle problems, Throat, neck, mouth</p>	<p><b><u>SPLEEN (Sp) - XII</u></b>  <b>Earth, Yin - ↑; 9 am – 11am</b>  <b>TRANSFORMATION, TRANSPORTATION of Nourishment, Influences the Immune System</b>  <b>Indications:</b>          Breast soreness, chest, lymphatics          Under arm complaints          Abdominal &amp; intestinal pain          Spleen, gall bladder, liver, pancreas, Hernia on men          Menstrual problems          Groin, pelvic complaints          Thigh varicose veins,          Knee pain, leg, foot &amp; ankle          Bunions, corns, big toe problems</p>
<p><b><u>CENTRAL / CONCEPTION Vessel (CV)</u></b>  <i>Sea of Yin Chi, helps to regulate the chi in all the Yin meridians, primal central energy flow</i>  <b>Indications:</b>          Mental fatigue          Shoulder problems          Anxiety &amp; emotional stress</p>	<p><b><u>GOVERNING Vessel (GV)</u></b>  <i>Sea of Yang Chi, helps to regulate the chi in all the Yang meridians, primal central energy flow</i>  <b>Indications:</b>          Mental fatigue          Shoulder problems          Thoracic spine          Lumbar spine problems</p>	<p><b>Notes:</b>  <b>Yin ↑ = female, inside, upward flowing energy, deep, dense/solid organs, receptive, quiet, organs always working, contained, white with black seed, all meridians on front</b>   <b>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</b></p>	<p><b>Times noted indicate highest energy times</b>   <b>Lowest energy would be 12 hours opposite</b></p>