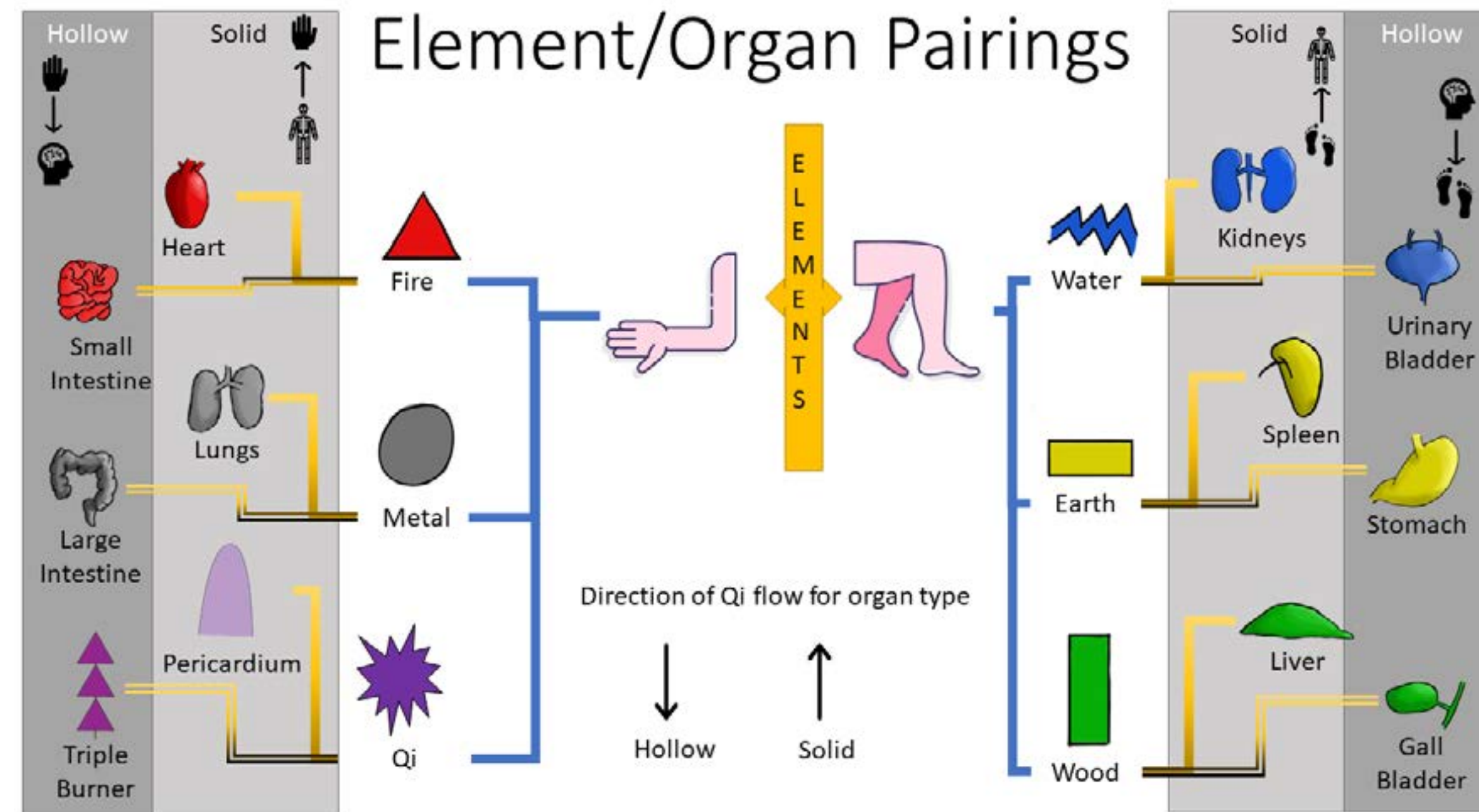


Finding Your Meridians (v3)

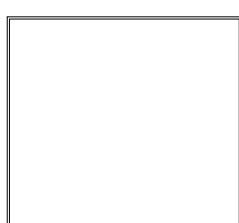
An Introduction to Traditional Chinese Medicine:

Learning the meridian paths in the body.



A Potted Paradigm Primer by Quality of Life Now, LLC

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WHY I WROTE THESE NOTES.

There are only 12 main meridians. I memorized them several times. Yet by the next week they had slipped away. So I decided to look for patterns which will help me deduce properties of the meridians and to make mental hooks to allow me to remember the meridians and their placement.

I hope this book aids in your memorization.

WHY YOU NEED TO KNOW YOUR MERIDIANS.

The Qi of your body flows through the meridians. For practices, such as, bone tapping and energy washing, you need to know where the meridians are and which direction their energy is flowing. For many health protocols, you must stimulate the meridians of specific organs. Finally, while meditating and making healing sounds one visualizes energy flowing through specific meridians.

General Overview

MERIDIANS

Meridians are the energy highways of the body. Bio-electric energy (qi) flows through the meridians.

6 ELEMENTS

There are 5 elements having to do with our mundane existence: *wood, fire, earth, metal, water*. There is a sixth element is 'heavenly fire' signified by lightning. It is Qi or the *bioelectricity* which animates us.

ELEMENT CATEGORIES: FOOT/HAND

The 6 elements are categorized [in this document] as '*Hand*' or '*Foot*' elements. The meridians of the Hand elements run through the arms. The meridians of the Foot elements run through the legs.

12 ORGANS

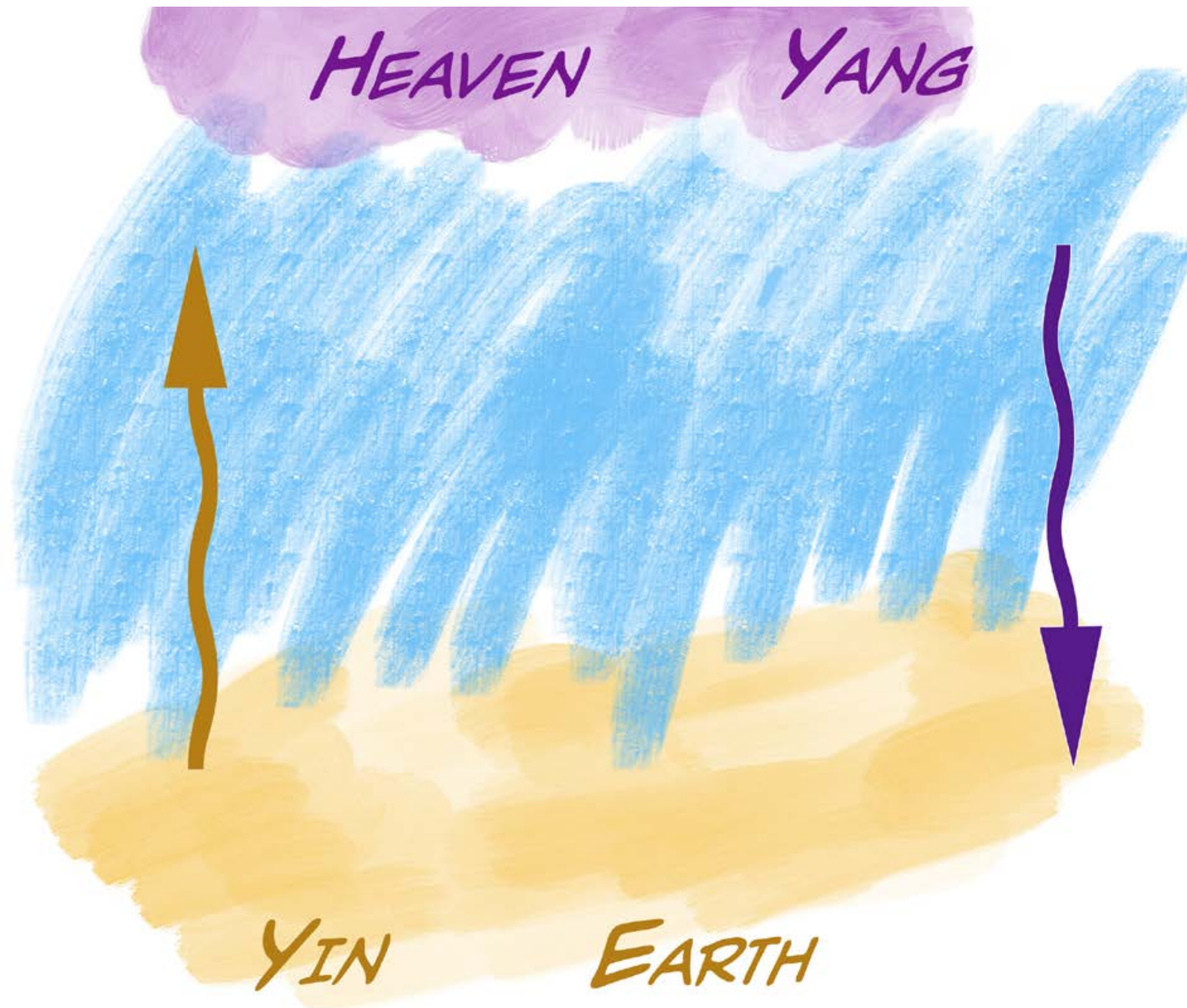
Each element has two associated organs for a total of *12 organs*. Each organ has an associated Meridian (12 meridians).

ORGAN TYPES: SOLID/HOLLOW

Solid organs create/store fluids and energies in our body. *Hollow* organs serve as conduits moving fluids, food, wastes through our bodies. Each element has one hollow and one solid organs for a total of 12 organs in the system.

MERIDIAN QI FLOW DIRECTION

Energy flow direction in a Meridian is determined by the meridian's organ's type: Energy in Hollow organs flow downward (Yang): heaven toward earth. Energy in Solid organs flow upward (Yin) earth toward heaven.



YIN / YANG

Yin and Yang are complementary aspects the world.

For example, light and dark; tall and short; active and passive, masculine and feminine, hollow and solid.

Yang is associated with light, activity, the sun, masculine, and the heavens.

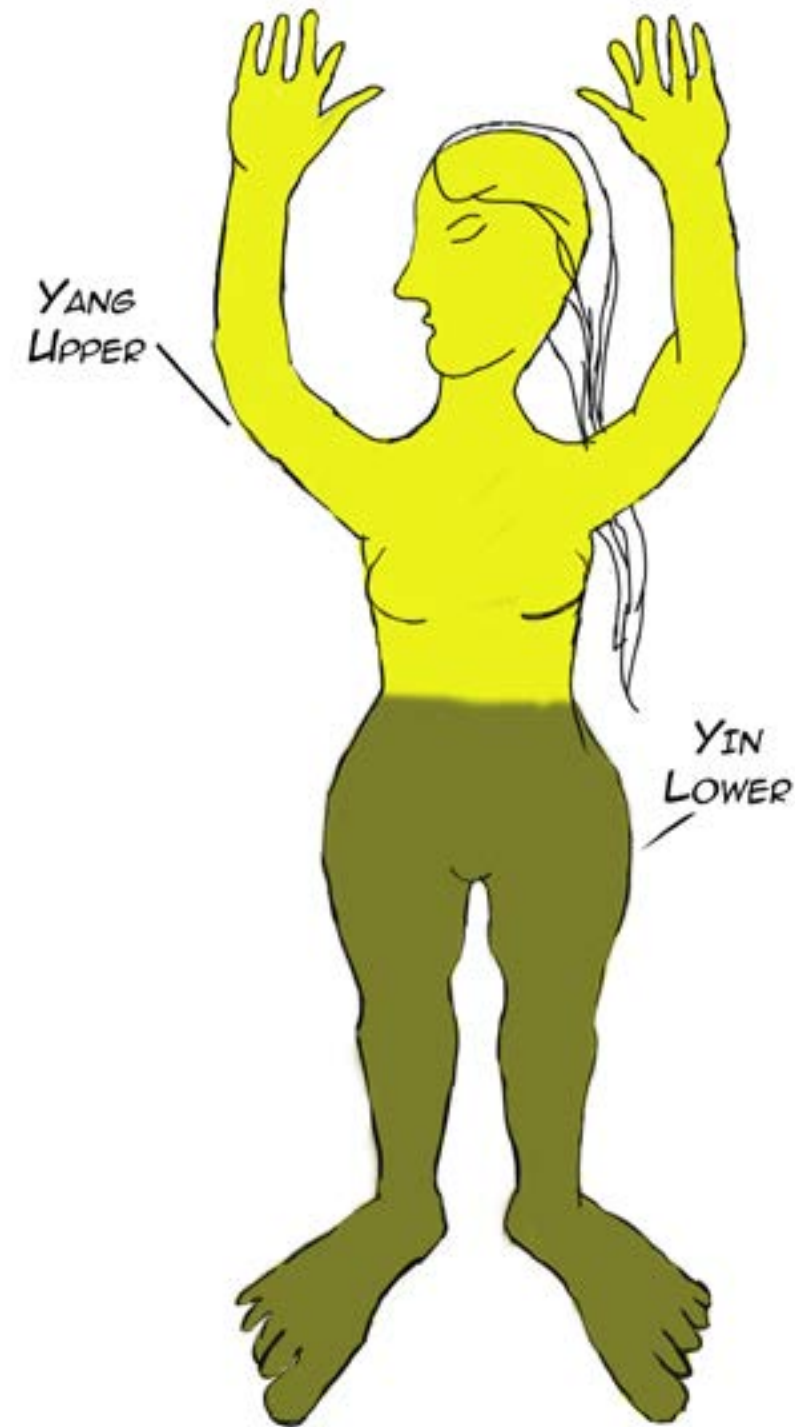
Yin is associated with dark, passive, the moon, feminine and the earth.

Yang Qi flows downward from heaven to earth.

Yin Qi flows upward from earth to heaven.

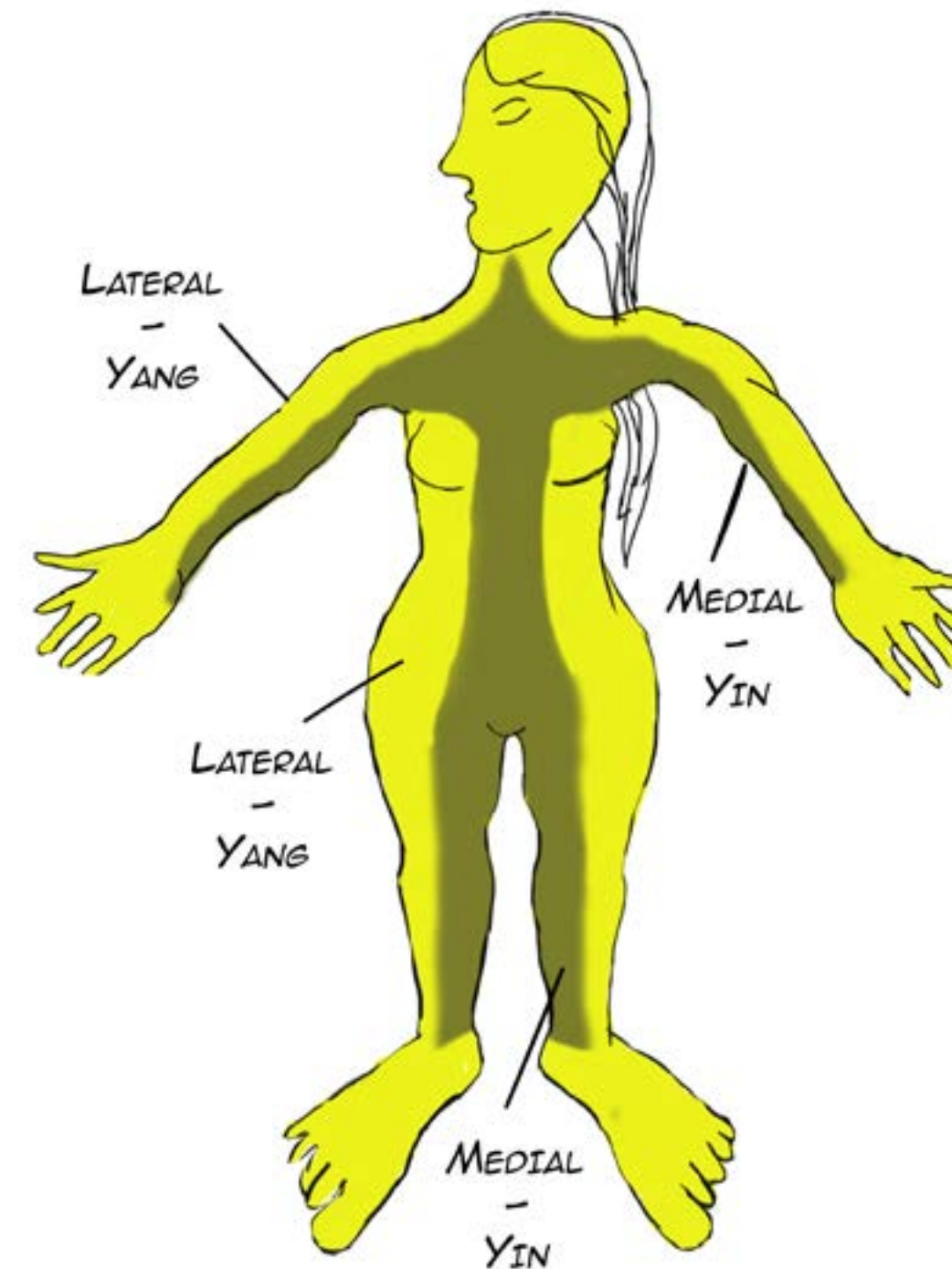
Yin/Yang Portions of the Body

Yang IS LIGHT AND ACTIVE. Yin IS DARK AND HIDDEN.



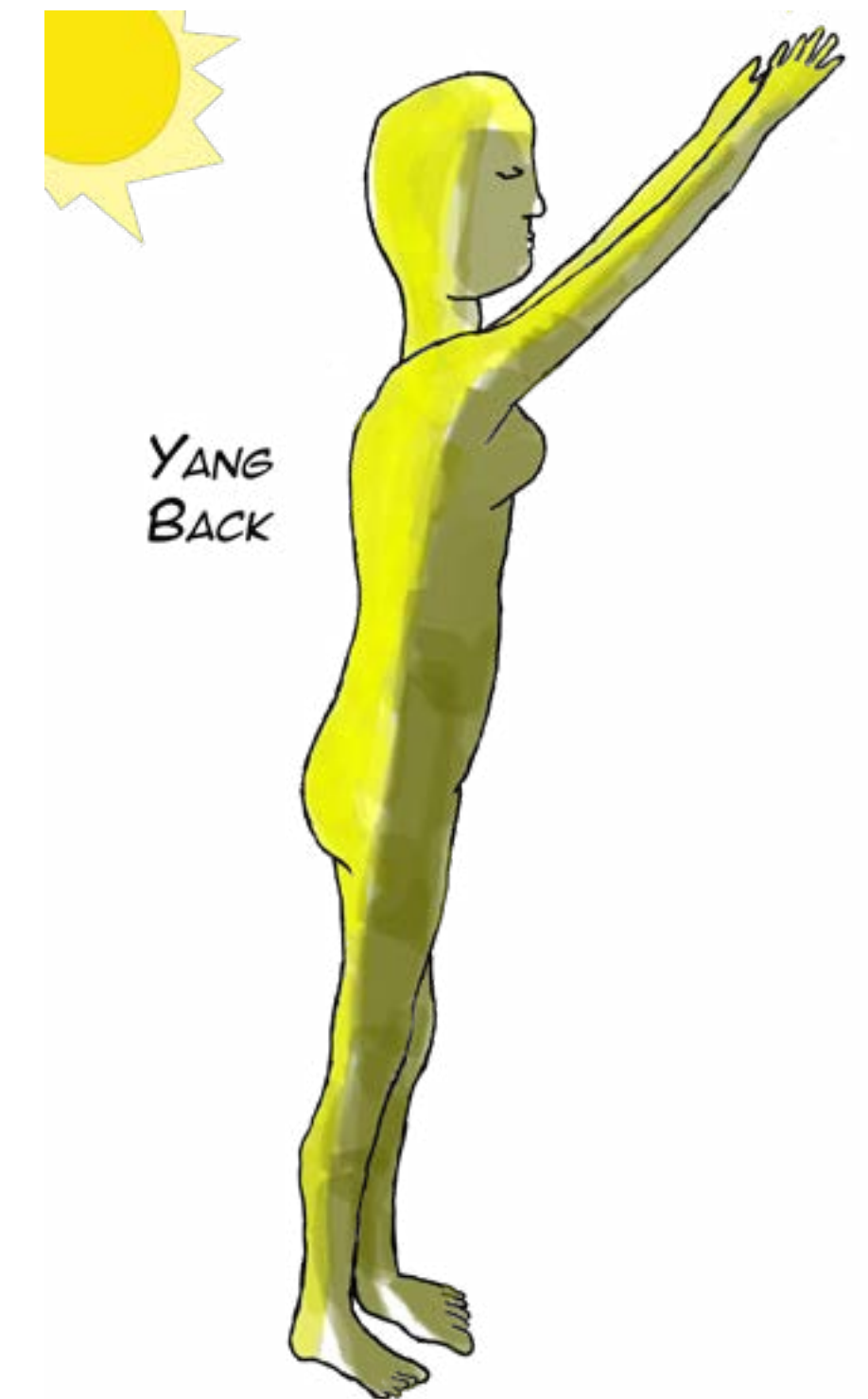
The upper body is Yang.

The lower body is Yin.



Lateral parts of the body away from the center such as the back of the arms and legs are Yang.

Medial Parts of the body toward the center such as the inside of the arms and legs are Yin.



The back of the body is Yang.

The front of the body is Yin.

Meridian Learning Stance

(MLS) Meridian Learning Stance



Stand with your feet shoulder width apart and raise your hands toward the heavens. This is the Meridian Learning Stance (MLS). Stand with your back to the sun.

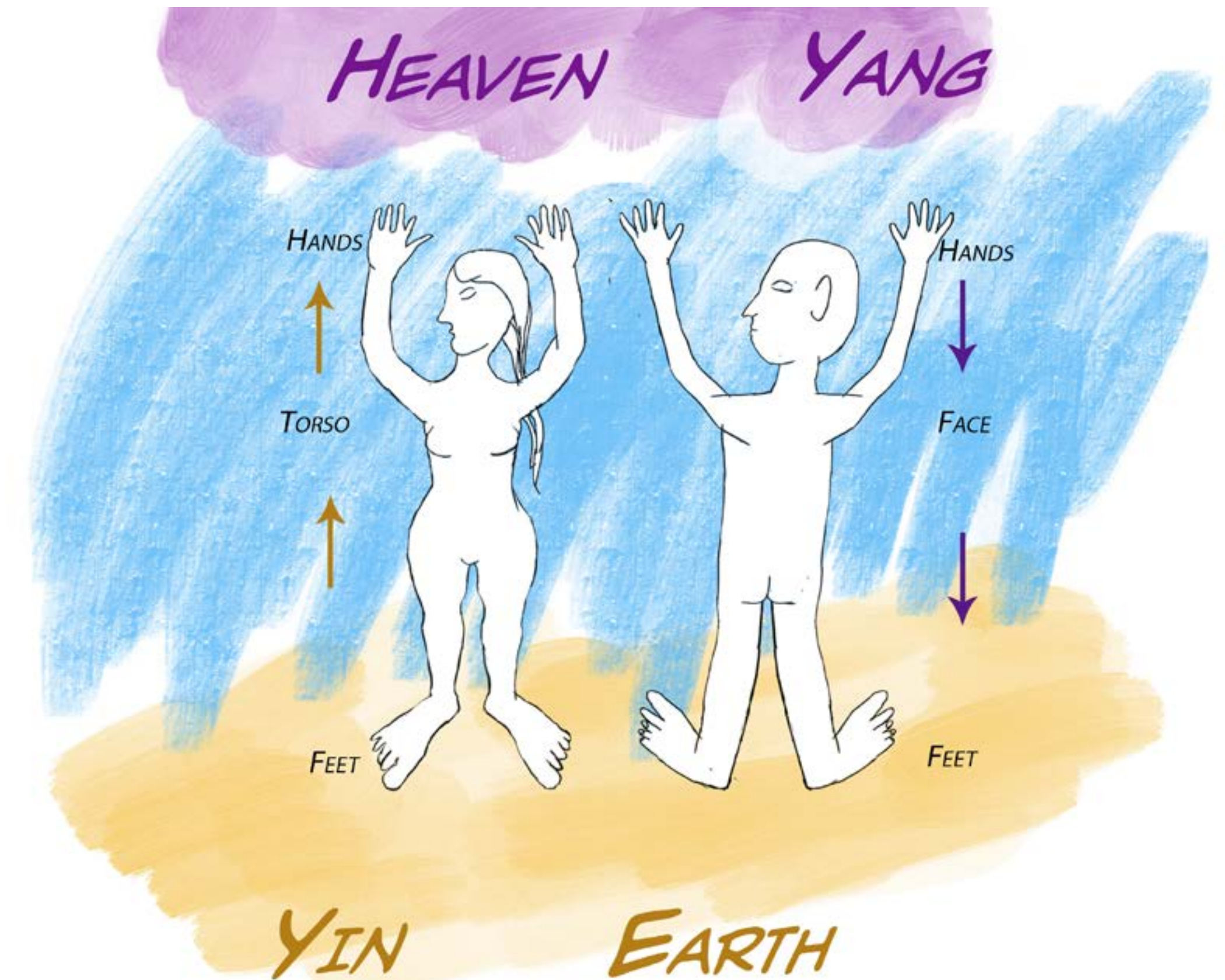
This stance makes it easier to understand the rules you will learn about the placement of meridians and the direction of energy flow through them.

Yang energy flows downward from heaven to earth: from the hands down the back of the arms to the face and then the back of the legs to the feet.

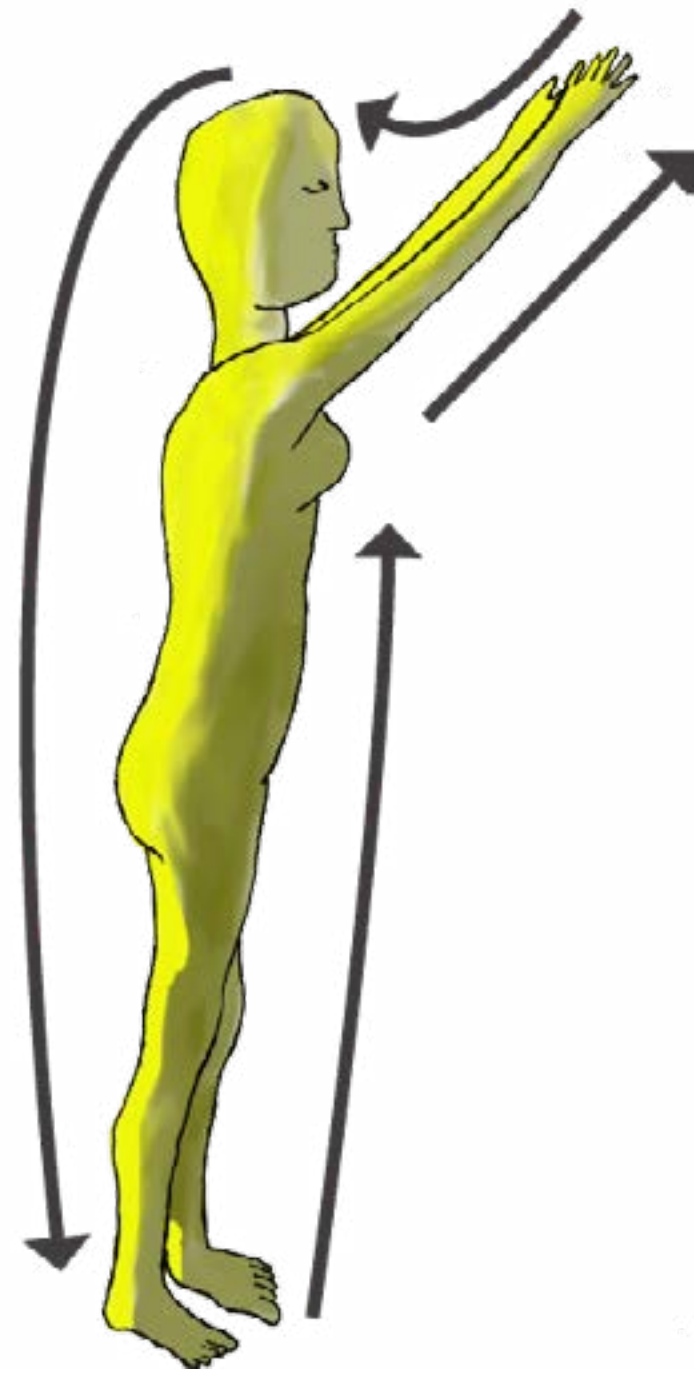
Yin energy flows upward from the earth to the heavens: from the feet up the inside of the legs through the torso up the front of the arms to the hands.

Yang Qi flows down from heaven to earth i.e. from fingers to toes via the face.

Yin Qi flows up from earth to heaven, i.e. from toes to fingers via the torso.



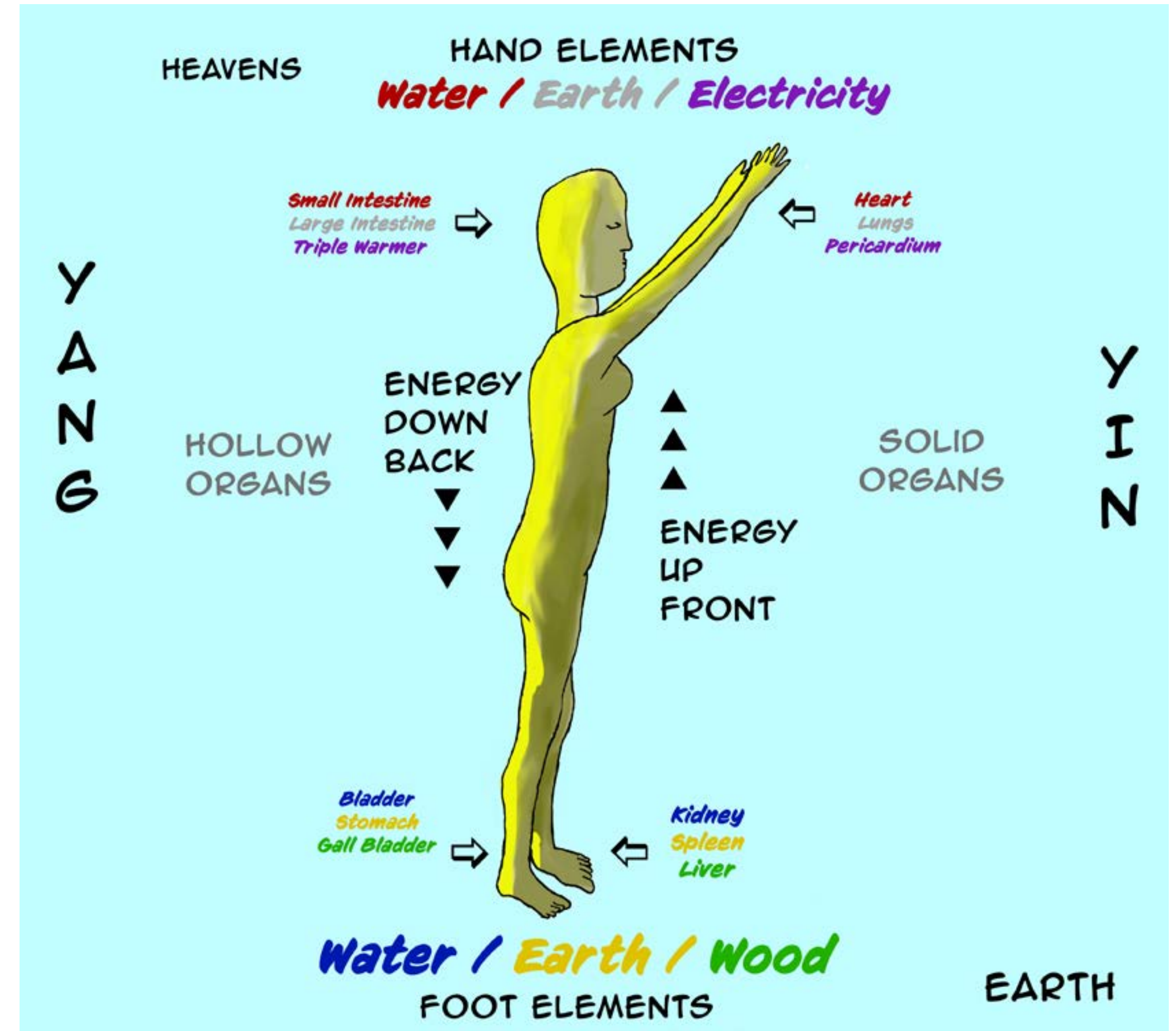
Yin / Yang Energy Flow: Front & Back



In the Meridian Learn Stance the sun shines on the back.

Yang energy flows on the 'sunny' side, that is, down the back and outside arms and legs.

Yin energy flows on the 'shady' side of the body, that is, up the front and the inside of the arms and legs.



Element Types: Hand/Foot

[In this document] the 6 elements are categorized as *Hand* or *Foot* elements.

Hands point toward heaven.

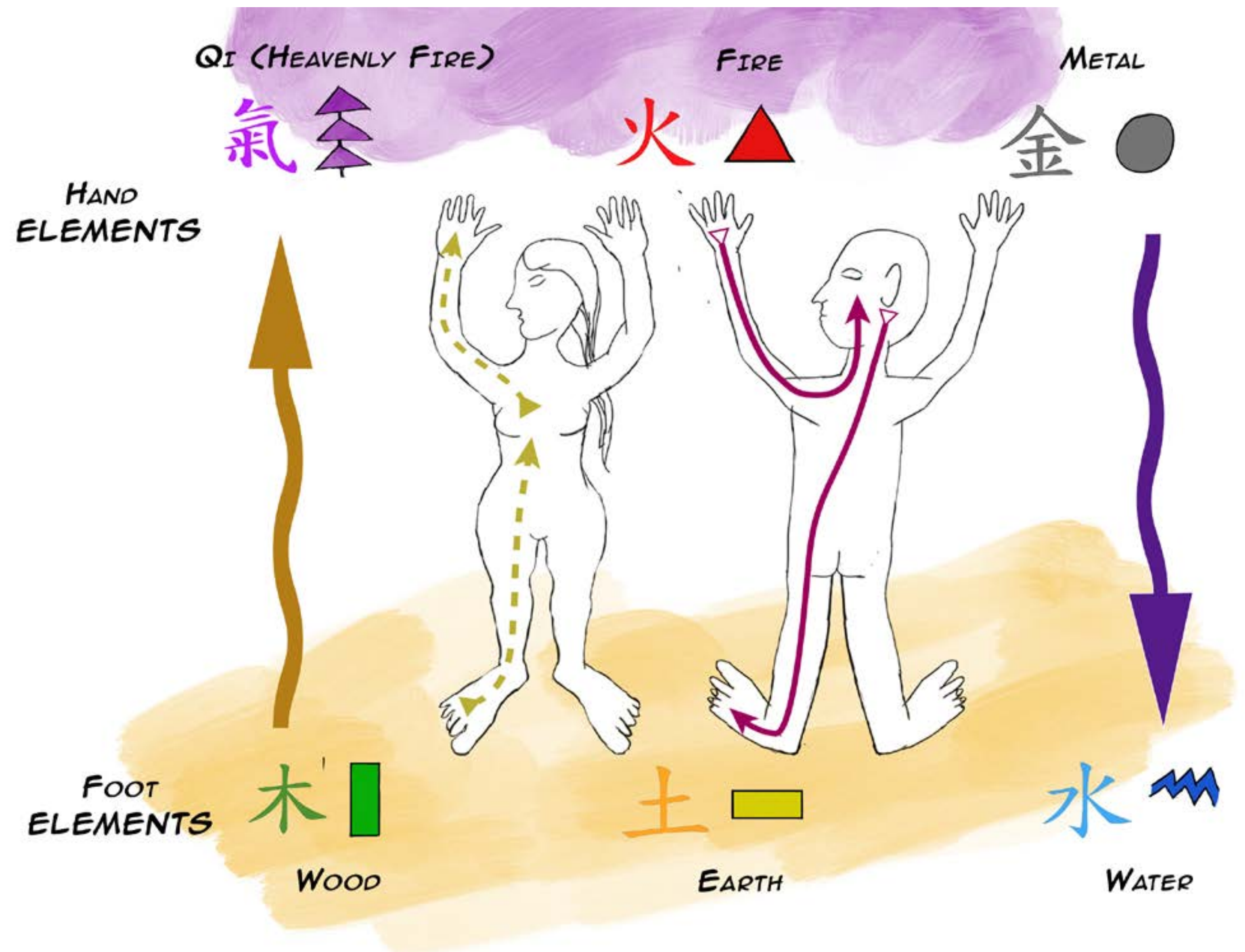
The three Hand elements are: Fire, Metal, Heavenly Fire.

Heavenly Fire is 'lightning' or Qi (bioelectricity).

Metal, which conducts heat and electricity, is also a Hand element.

The feet stand on the earth.

The three Foot elements are: Earth, Water, and Wood.

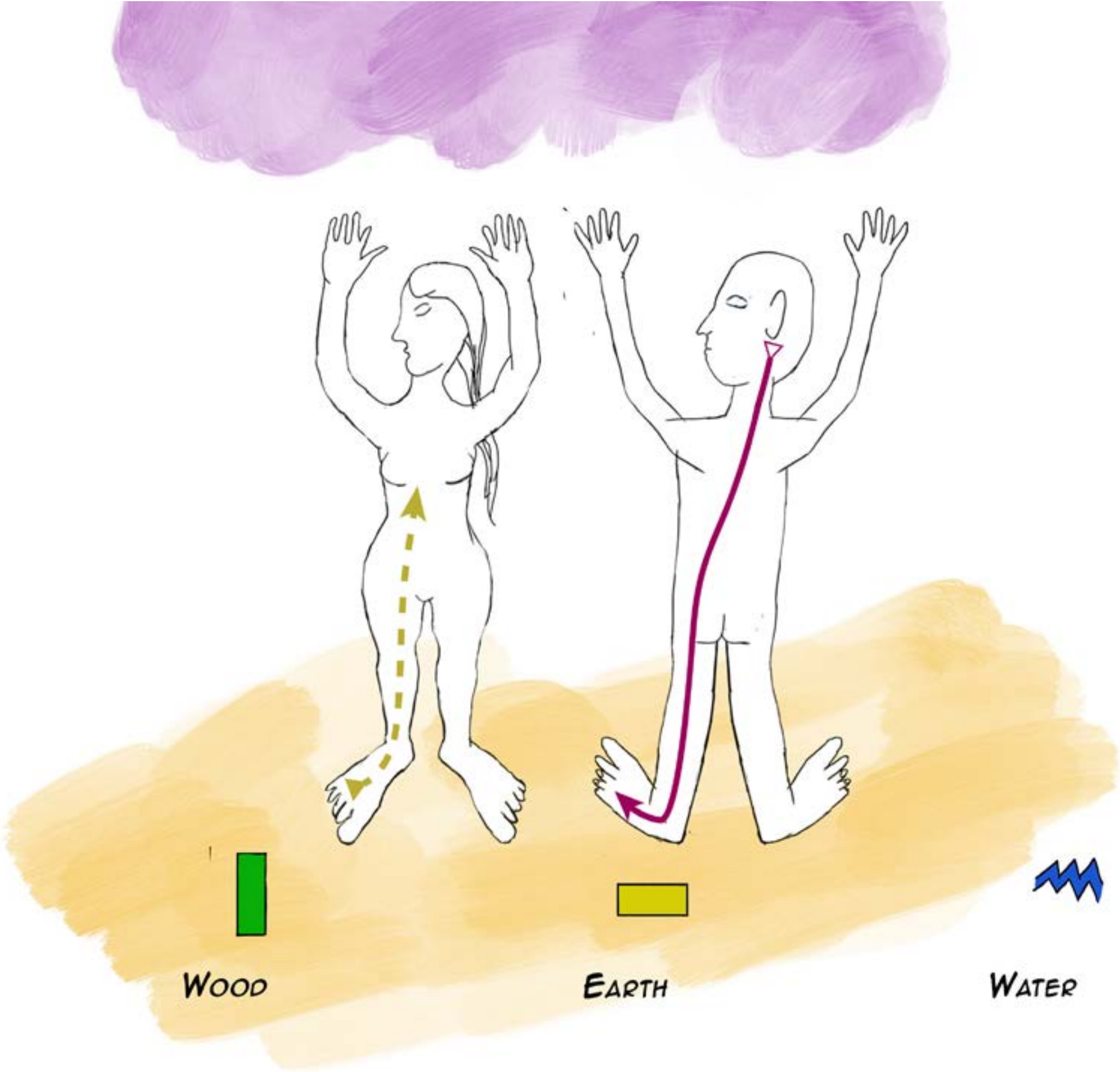


Foot Elements

What Elements are needed to create a Forest?

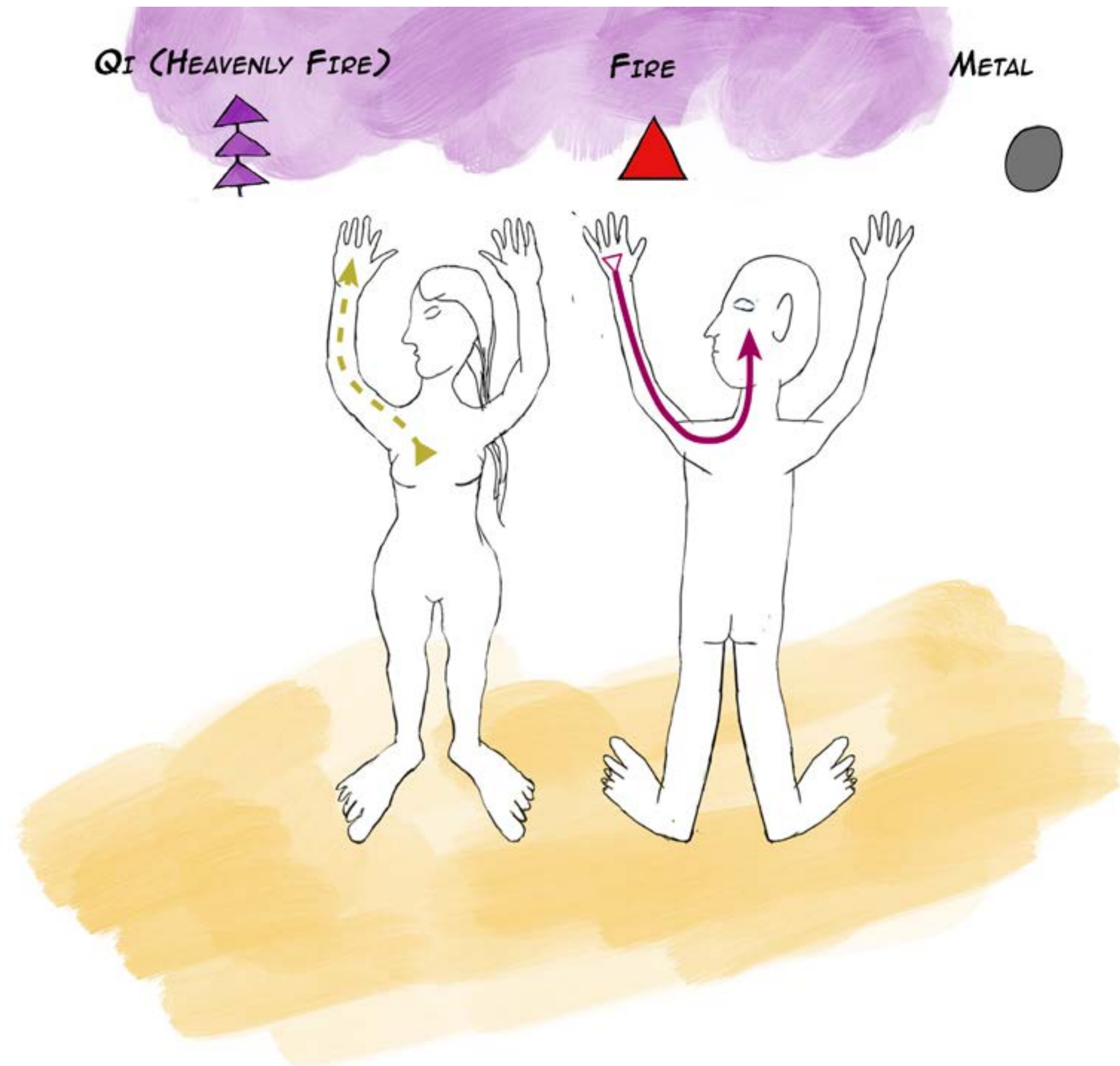
Foot (Earth) Elements

Earth, Water, Wood



Foot Meridians run down from the face to the toes or up from the toes to the torso.

Hand Elements



Hand Meridians run up from the torso to the fingers or down from the fingers to the face.

What Elements are needed to create a Lightning Rod?

Hand (heavenly) Elements

Electricity (Qi), Fire, Metal

(The fire heats the metal to shape the rod to capture the lightning.)



Organ Types: Solid / Hollow

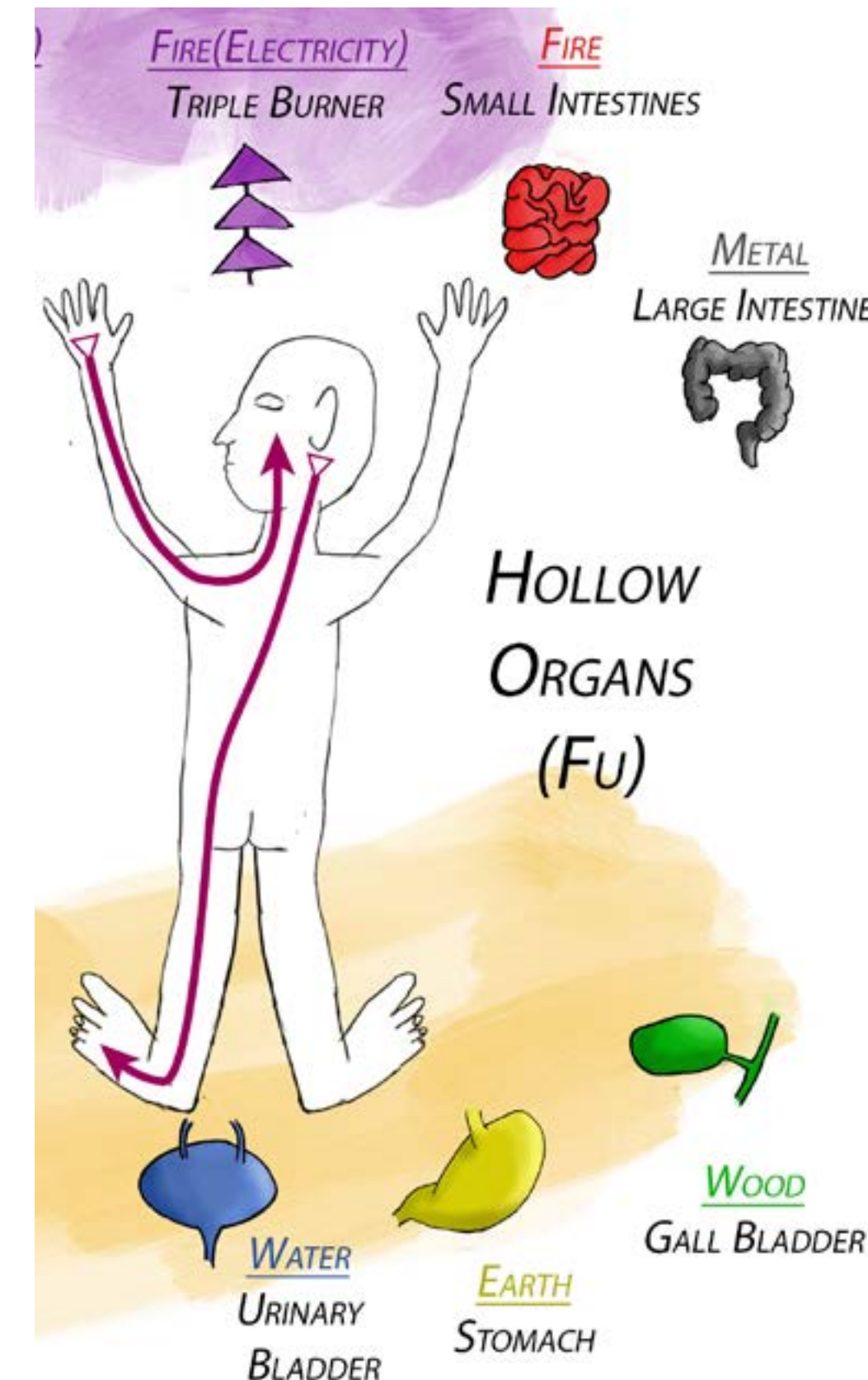
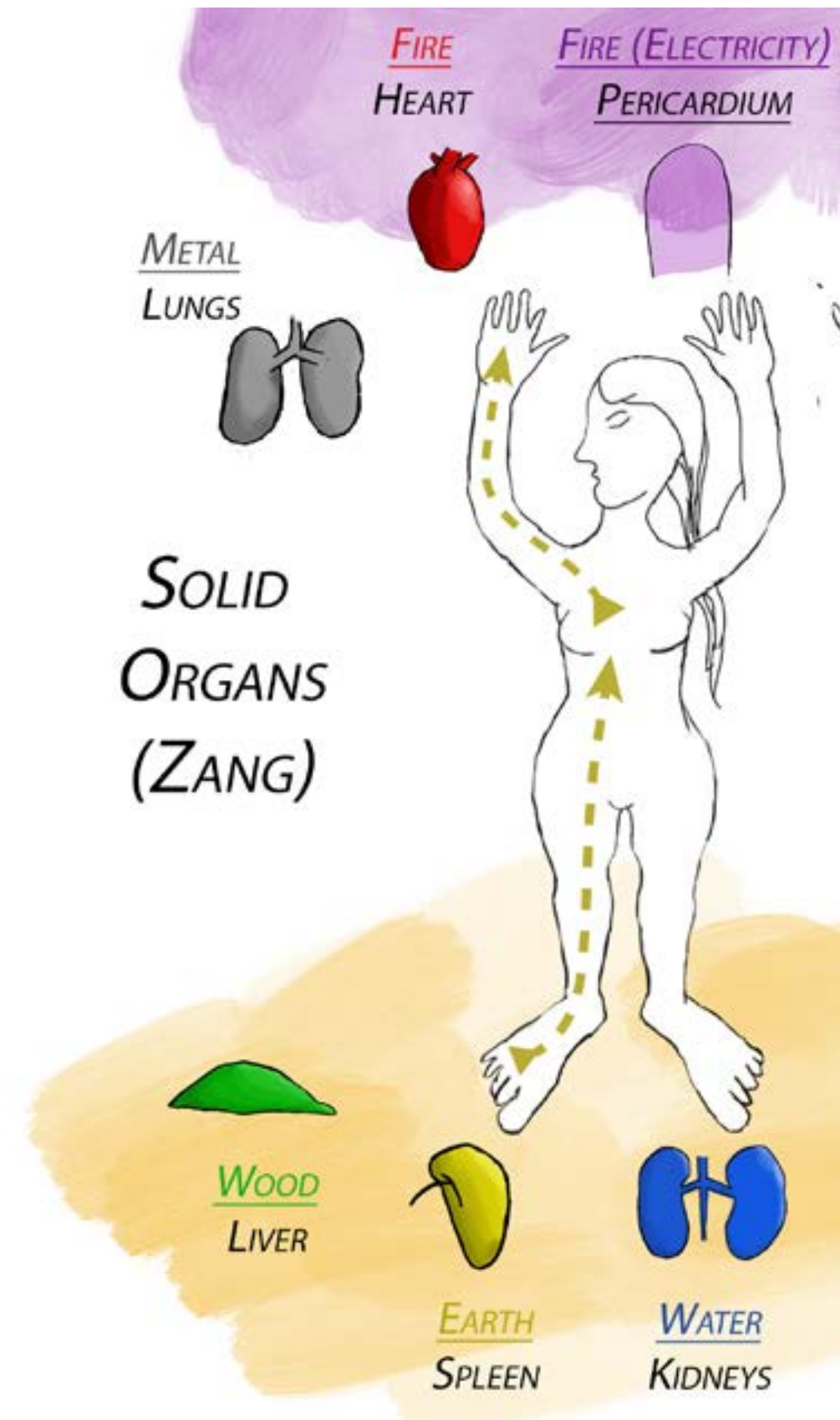
Organs are typed as *Solid* or as *Hollow*.

Solid organs serving a reservoirs, creators, or transformers of the body's fluids and energies. *ZANG* is the Chinese term for these organs.

Hollow organs serving as transporters or conduits of the body's fluids and energies. *FU* is the Chinese term for these organs.

SOLID
HEART
LUNGS
PERICARDIUM

LIVER
SPLEEN
KIDNEYS



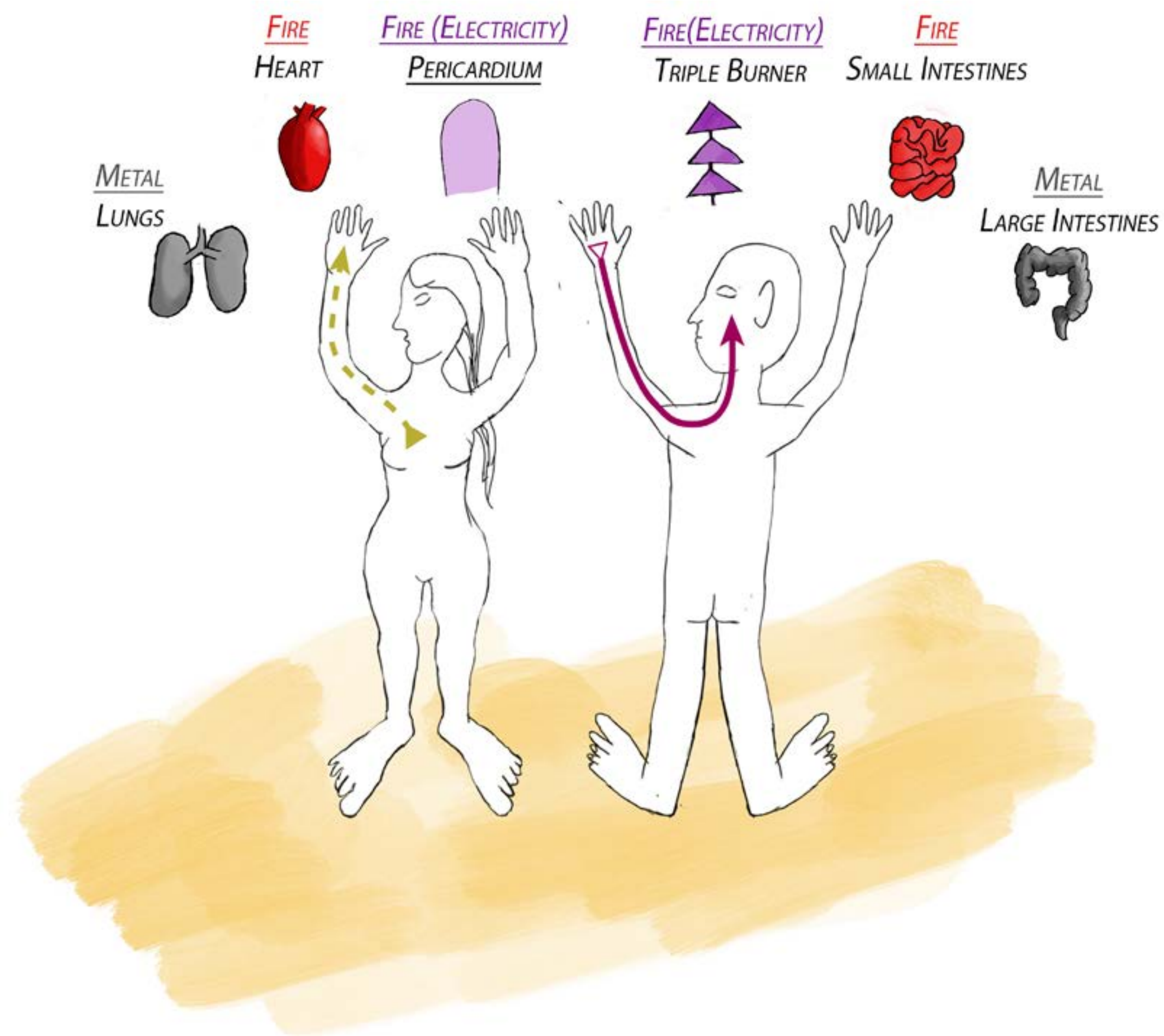
HOLLOW
LARGE INTESTINES
SMALL INTESTINES
TRIPLE BURNER

GALL BLADDER
URINARY BLADDER
STOMACH

Meridian Placement by Element & Organ Type

The *placement* of a meridian is determined by its element type:

Hand or Foot



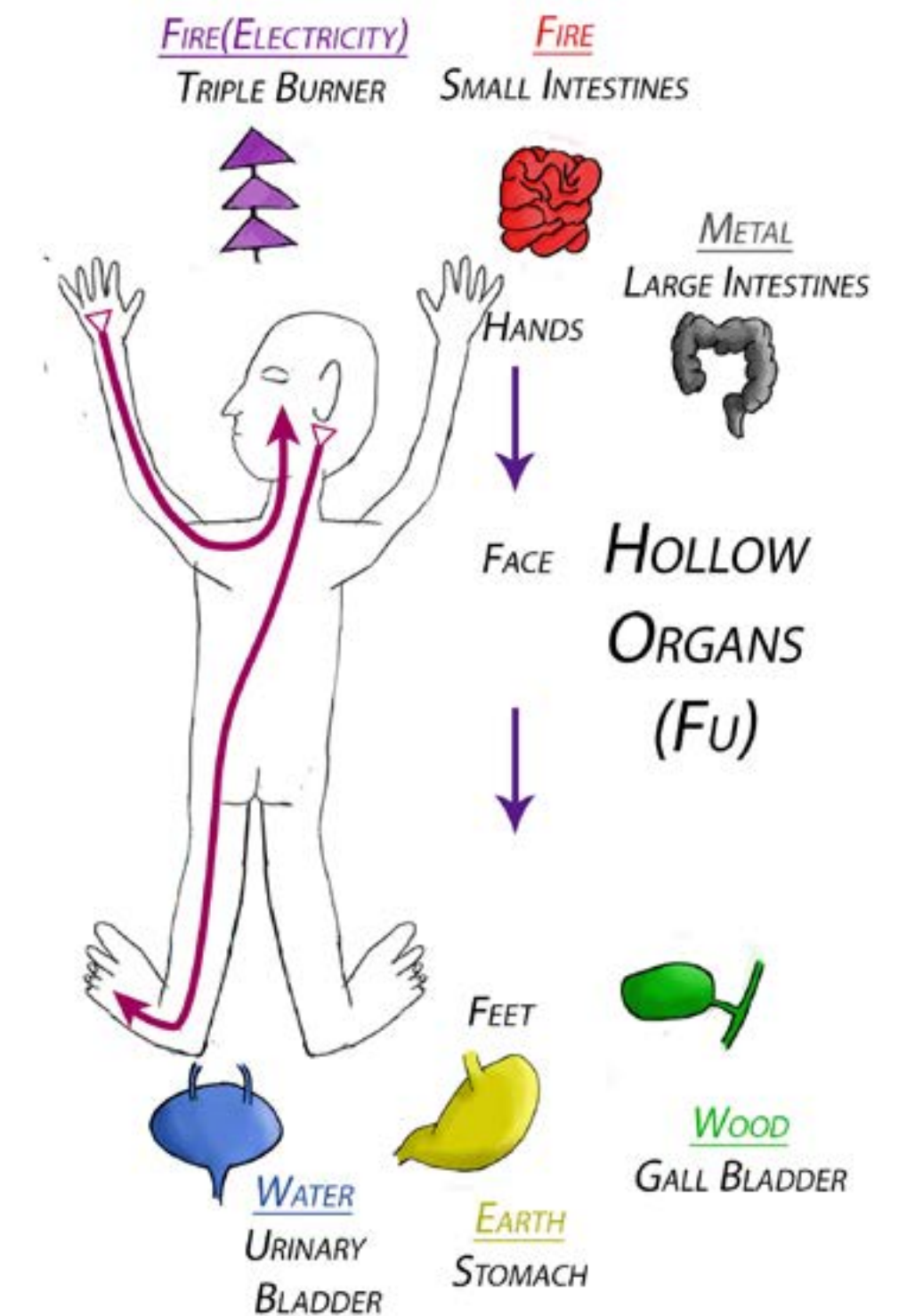
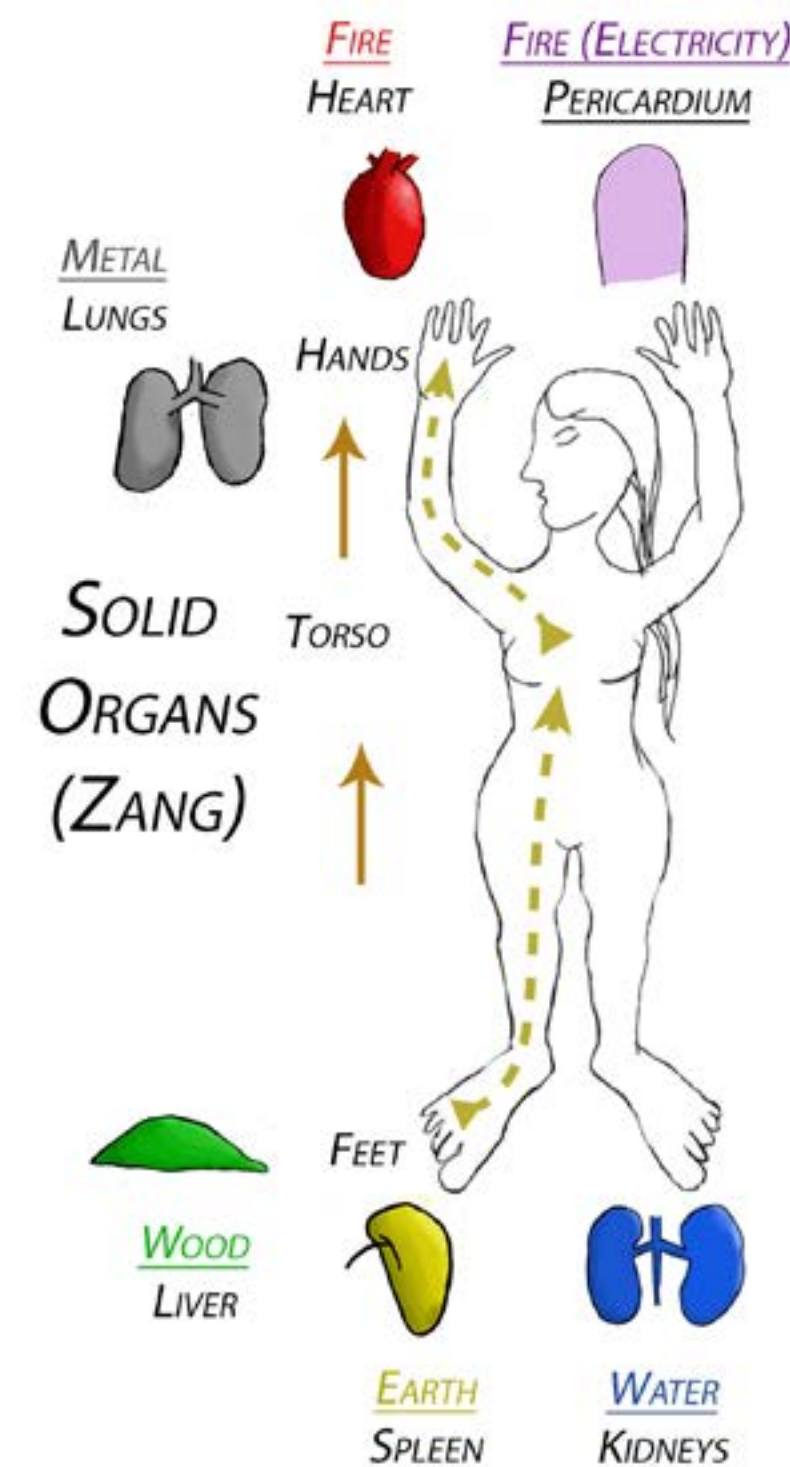
Solid Organ Hand Meridians run up from the torso to the fingers. Hollow Organ Hand Meridians run down from the fingers to the face.



Solid Organ Foot Meridians run up from the toes to the torso. Hollow Organ Foot Meridians run down from the face to the toes.

Energy Flow by Organ Type

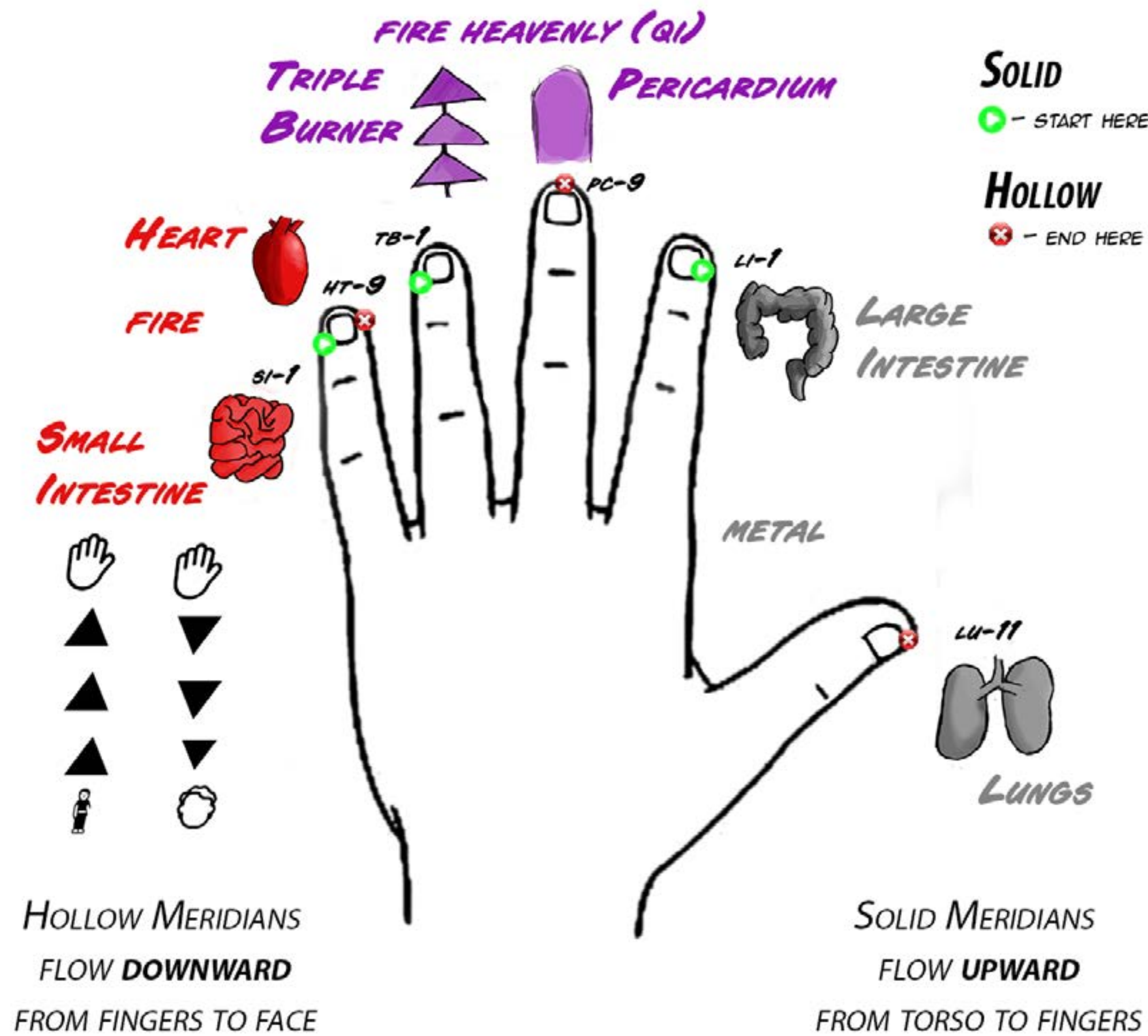
The *direction* of an energy flow in a meridian is determined by its organ type:
Solid (Yin) or *Hollow (Yang)*.



The 'natural' flow of Qi in a Solid-organ meridian is upward from earth toward heaven. (Yin Flow)
 Solid-organ-foot Meridians run from the toes to the torso.
 Solid-organ-hand Meridians run from the torso to the fingers.

The 'natural' flow of Qi in a hollow-organ meridian is downward from heaven toward earth. (Yang Flow)
 Hollow-organ-hand Meridians run from the fingers to the face.
 Hollow-organ-foot Meridians run from the face to the toes.

Meridian Start and End Points I



Hand Elements

Energy flow:
same element
switch organ type (direction).

Solid Hand meridians *end in fingers*
(up starting in torso).

Hollow Hand meridians *start in fingers*
(down ending in face).

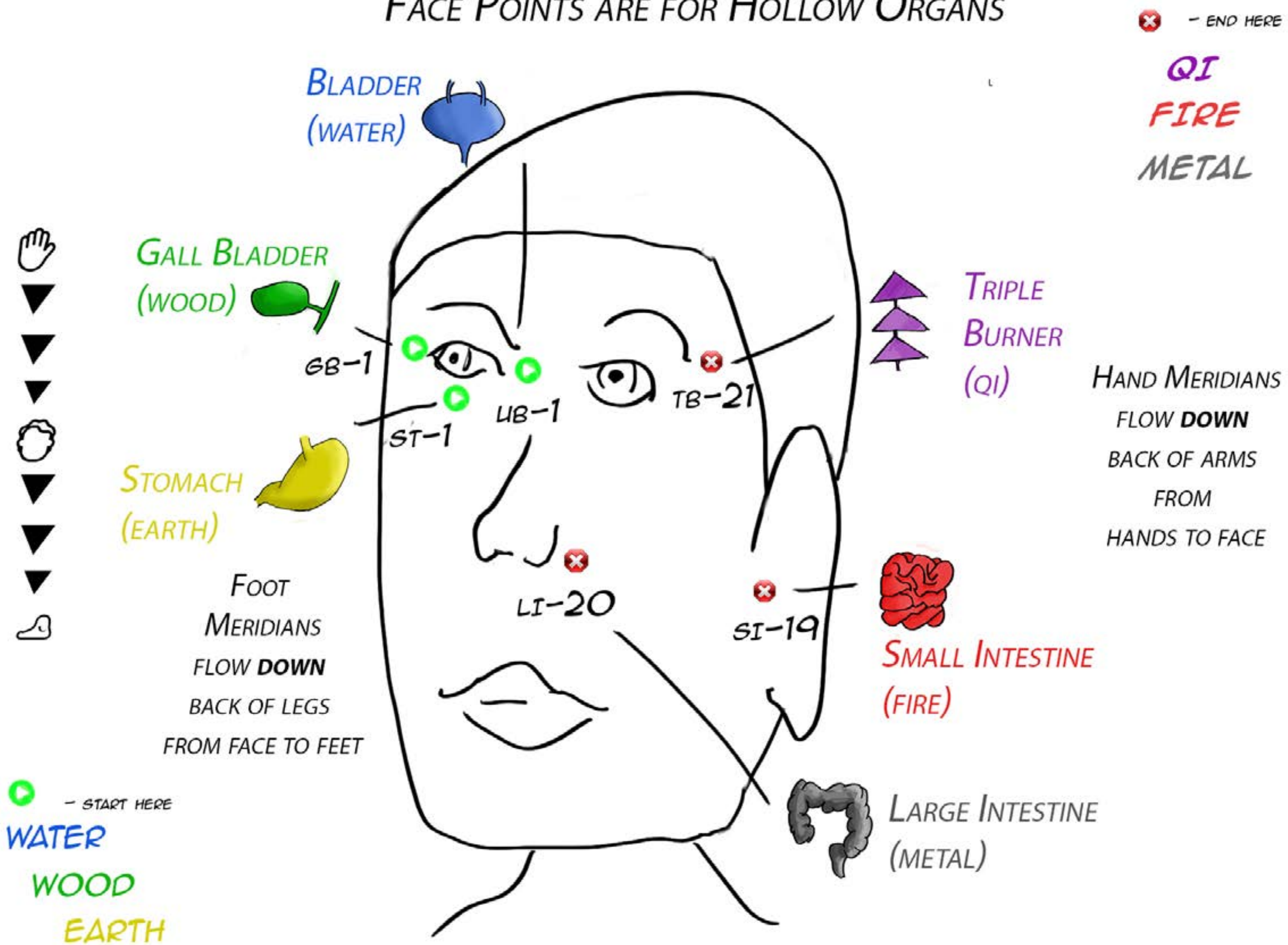
HAND ELEMENTS

FIRE **METAL** **FIRE HEAVENLY (QI)**

TORSO -> FINGERS -> HEAD

Meridian Start and End Points II

FACE POINTS ARE FOR HOLLOW ORGANS



Hollow Organs

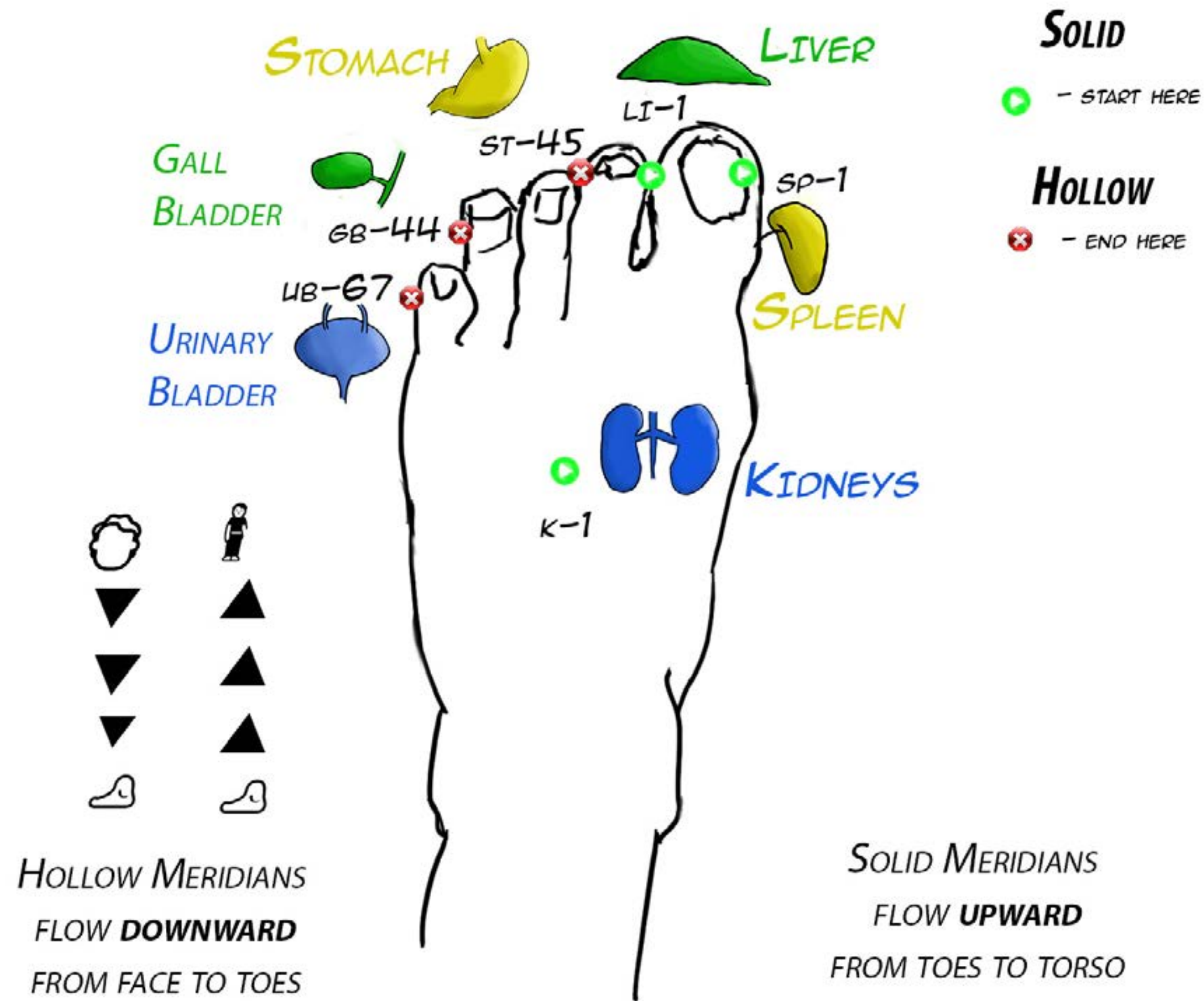
Energy flow:
downward
via face
same organ type
switch element type

Hollow Hand meridians *end in face*
(down starting in fingers).

Hollow Foot meridians *start in face*
(down ending in toes)

HOLLOW MERIDIANS FLOW DOWNWARD FROM FINGERS TO FACE TO TOES

Meridian Start and End Points III



Foot Elements

Energy flow:
same element
switch organ type (direction).

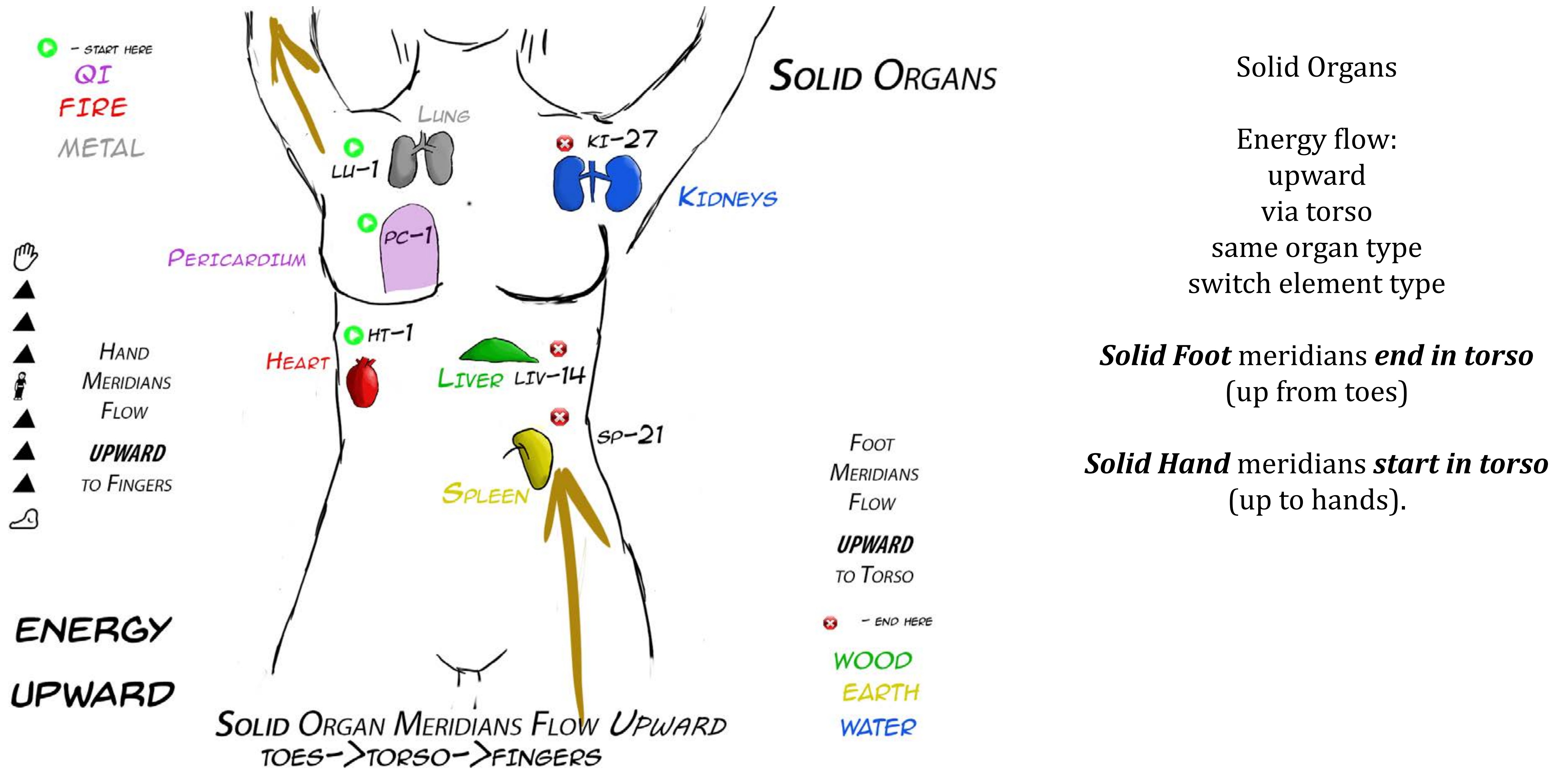
Hollow Foot meridians **end in toes**
(down starting in face).

Solid Foot meridians **start in toes**
(up ending in torso).

FOOT ELEMENTS

WATER EARTH WOOD

Meridian Start and End Points IV



Meridian Start and End Points V

Kidney Meridian Start Point

There is always an exception.

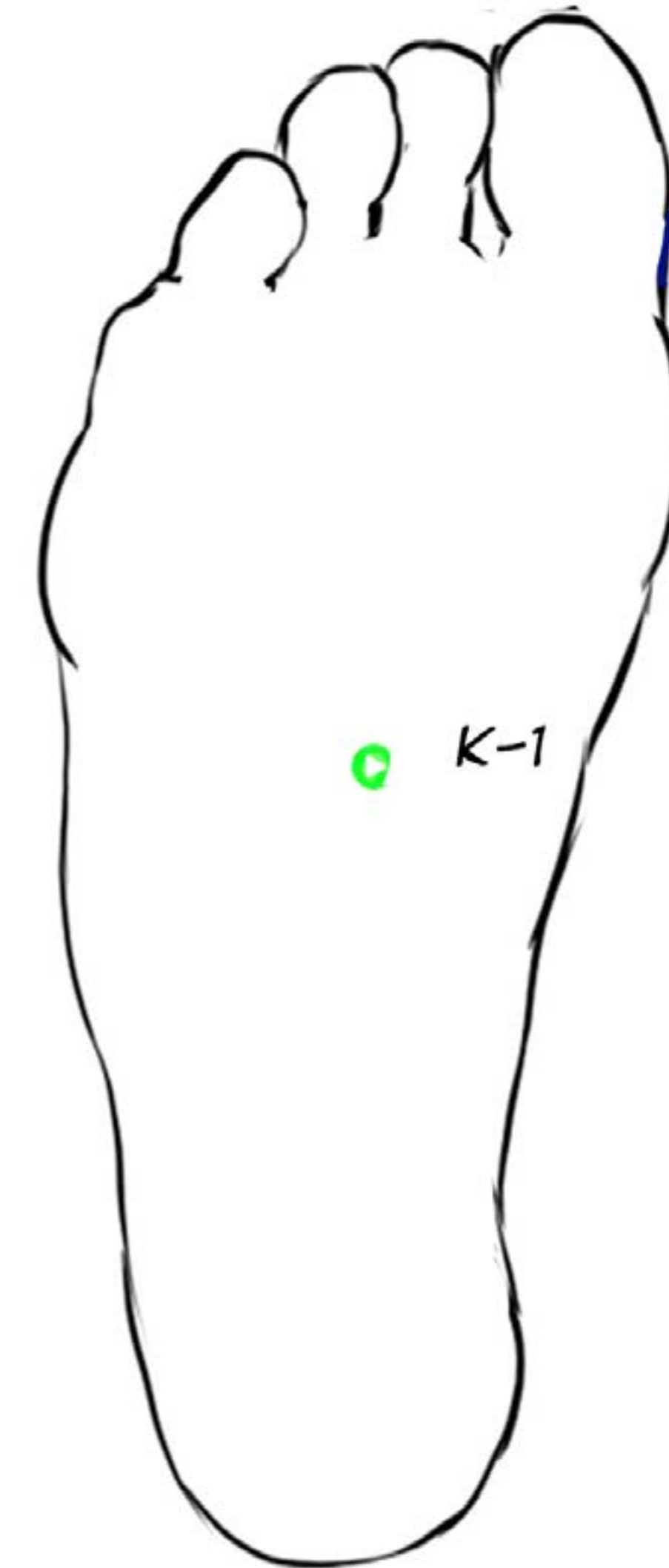
The Kidney Start point (K-1) does not begin in the toes but on the sole of the foot.

This is signified by 'K-1' and is often referred to as 'The Bubbling Well'.

It touches the earth to draw up energy into the water element system.

K-1 BUBBLING WELL

WATER



Qi Flow Circuit

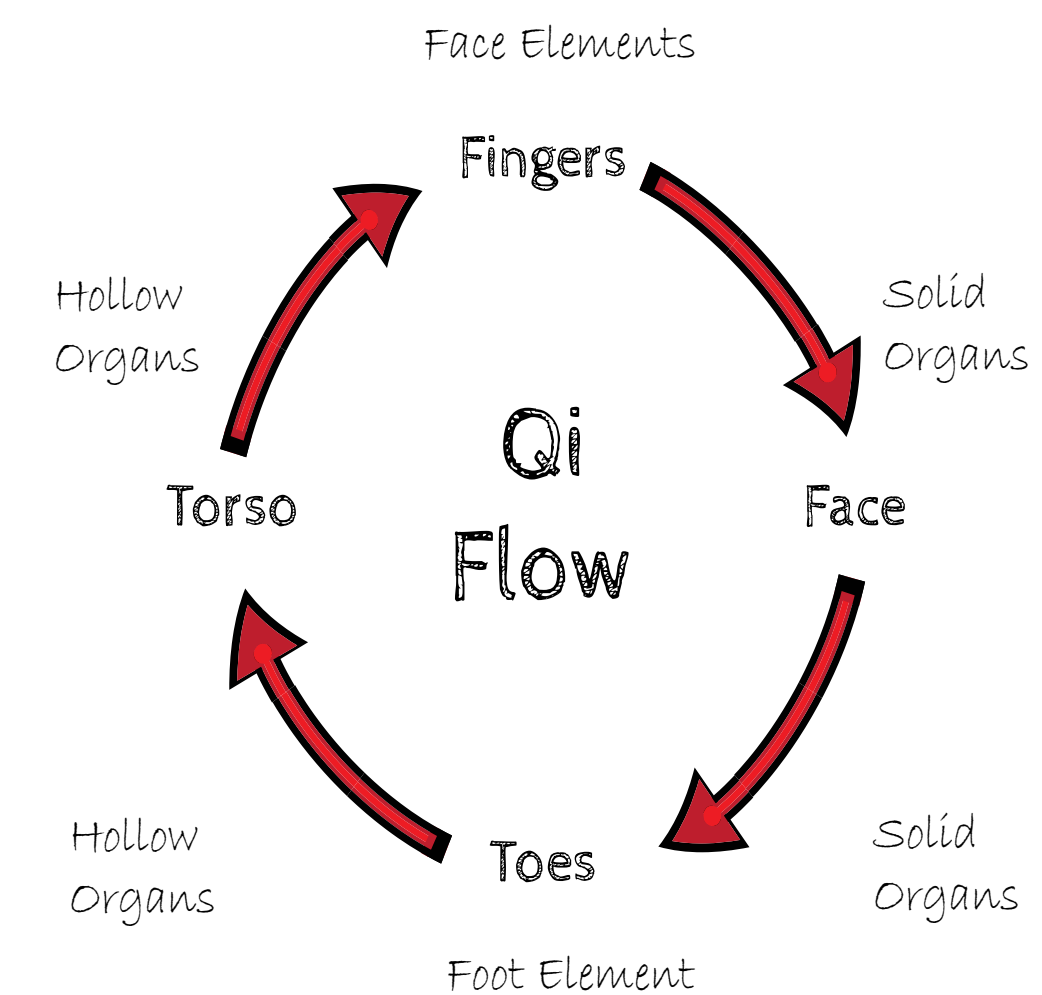
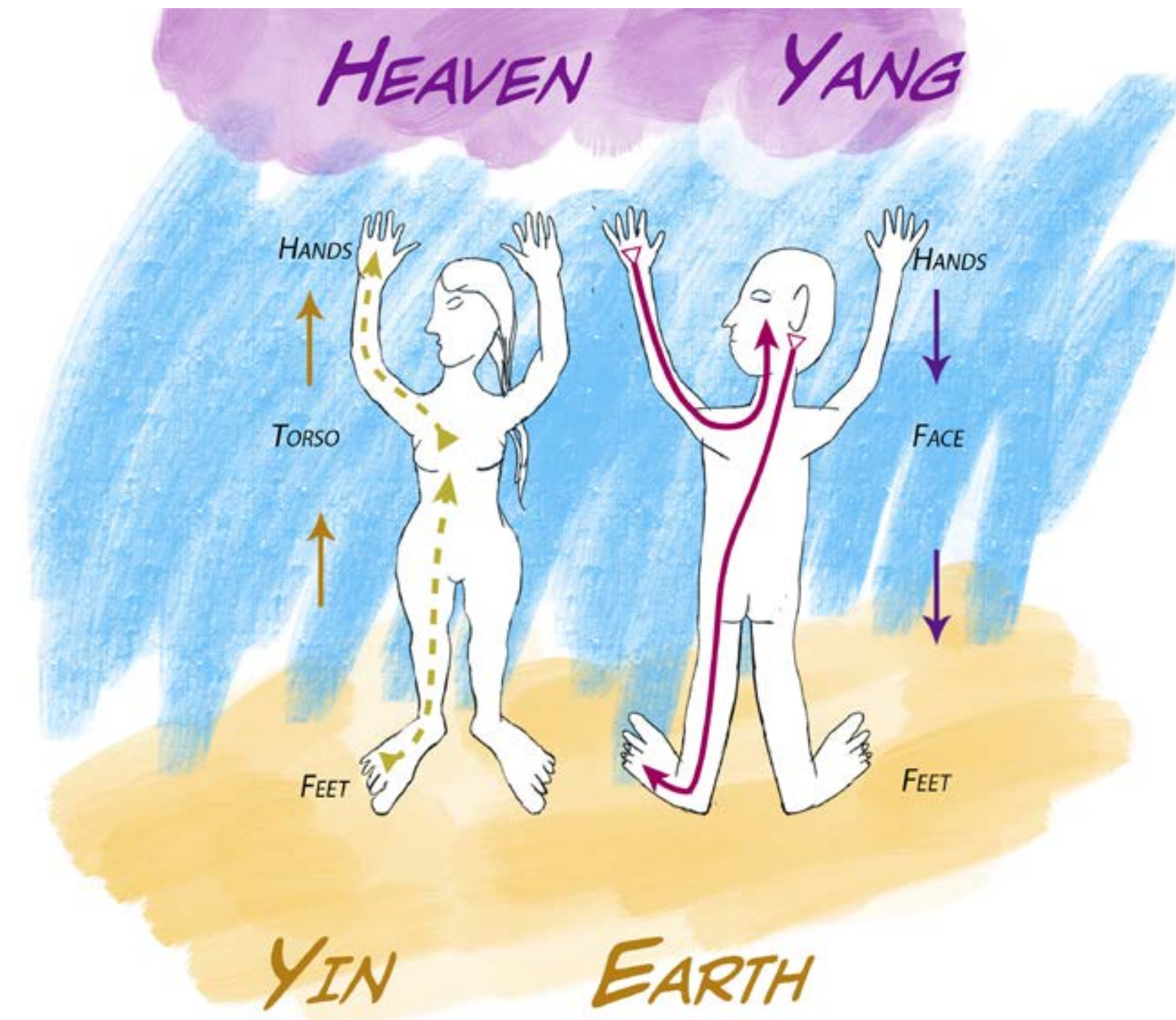
The Qi flow circuit is a four-step flow.

Qi flows from the toes upward to the torso, then from the torso to the fingers.

Qi flows downward from the fingers to the head, then from head to the toes.

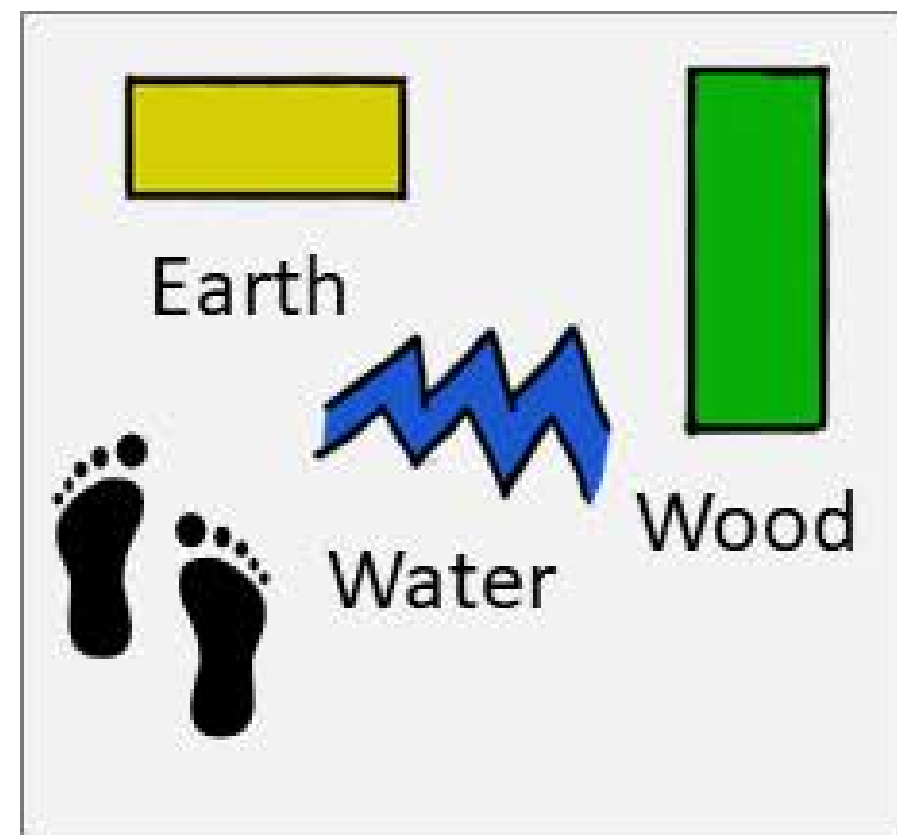
This flow is used in visualization during various qigong practices, e.g., bone tapping, Qi washing, meditation visualization. To create a cycle the energy moves through four (4) meridians:

- 1. Toes-Torso: upward - solid organ/ foot element*
- 2. Torso-Fingers: upward - solid organ/ hand element*
- 3. Fingers-Head: downward - hollow organ/ hand element*
- 4. Head-Toes: downward - hollow organ / foot element*

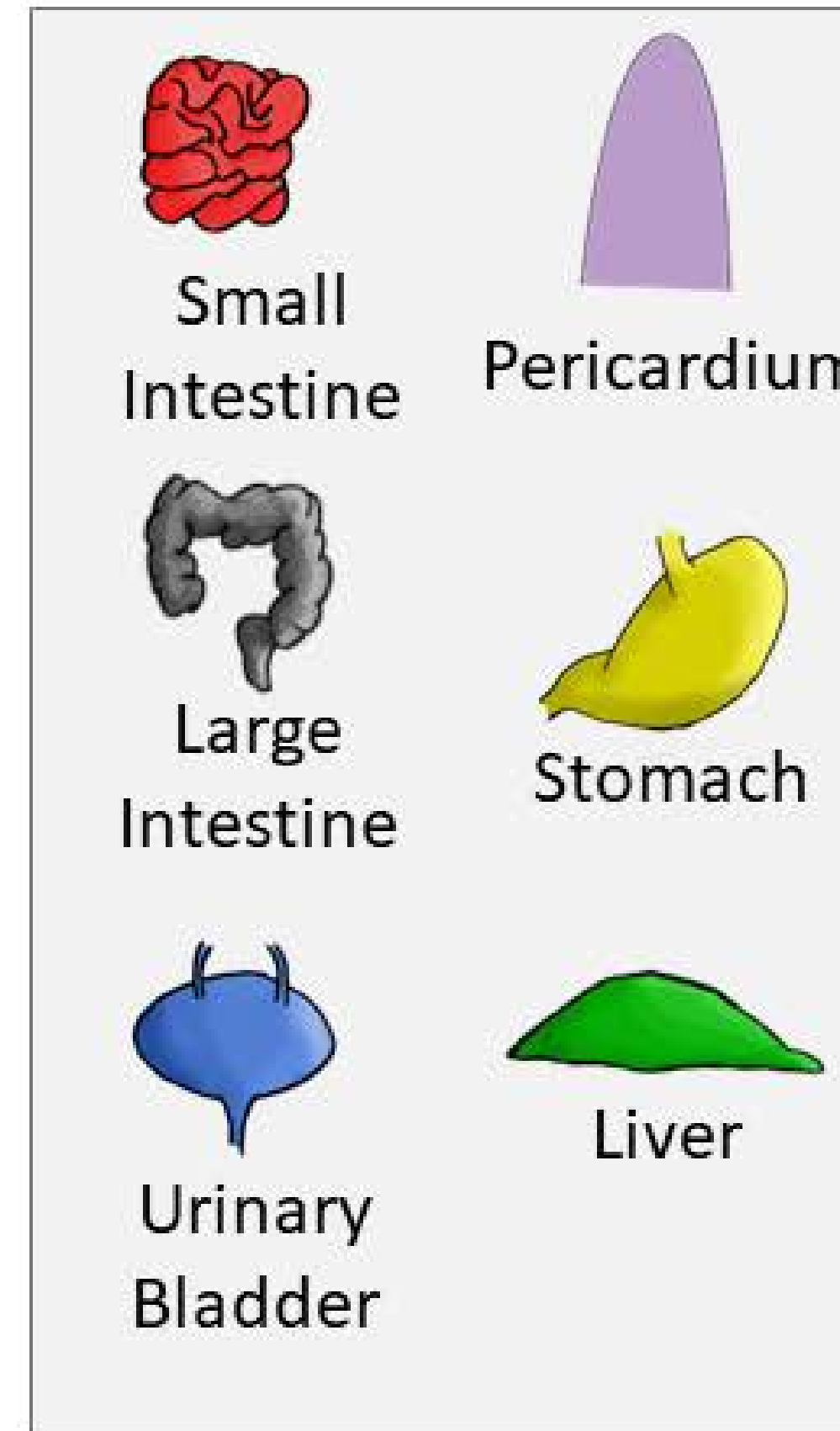
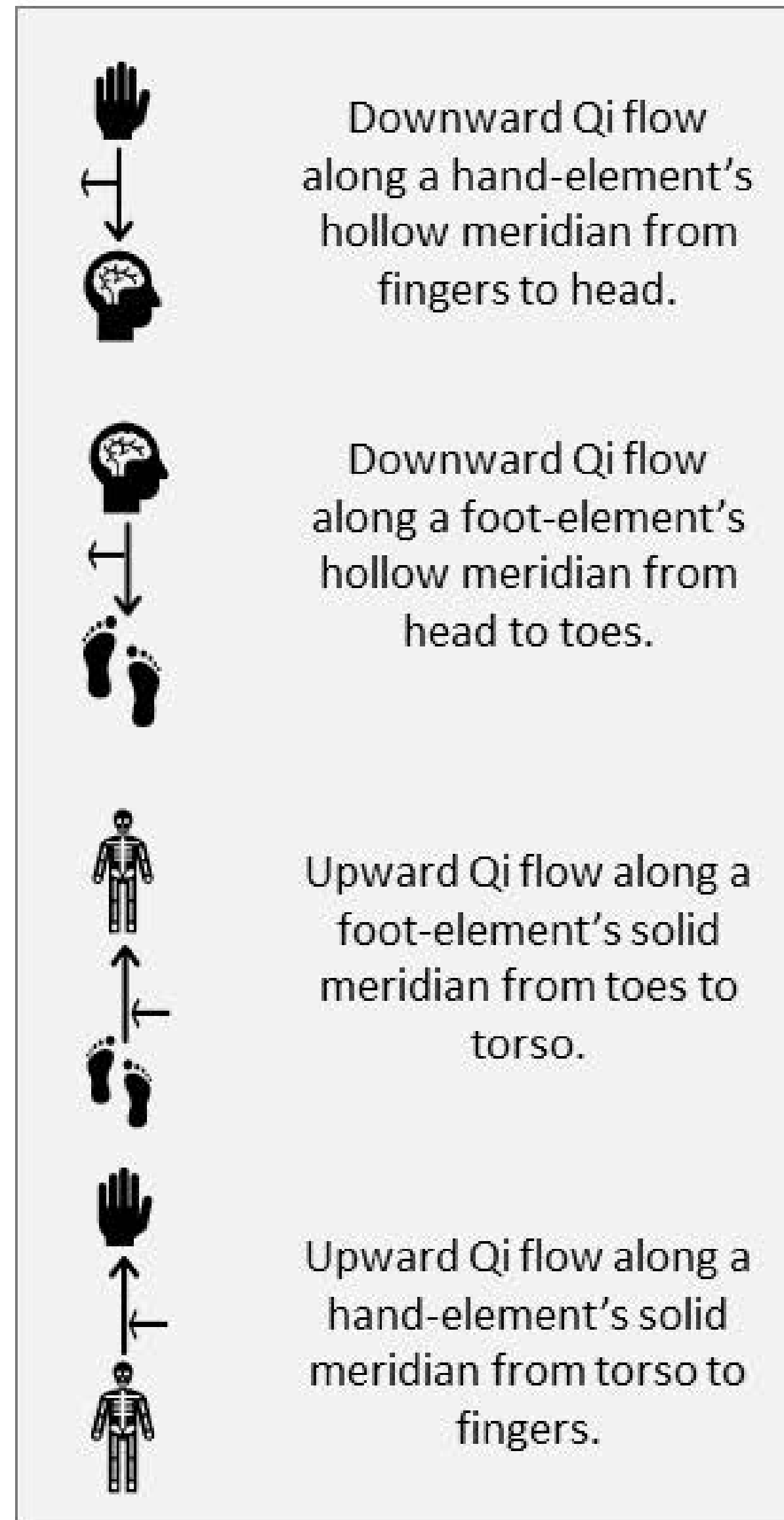
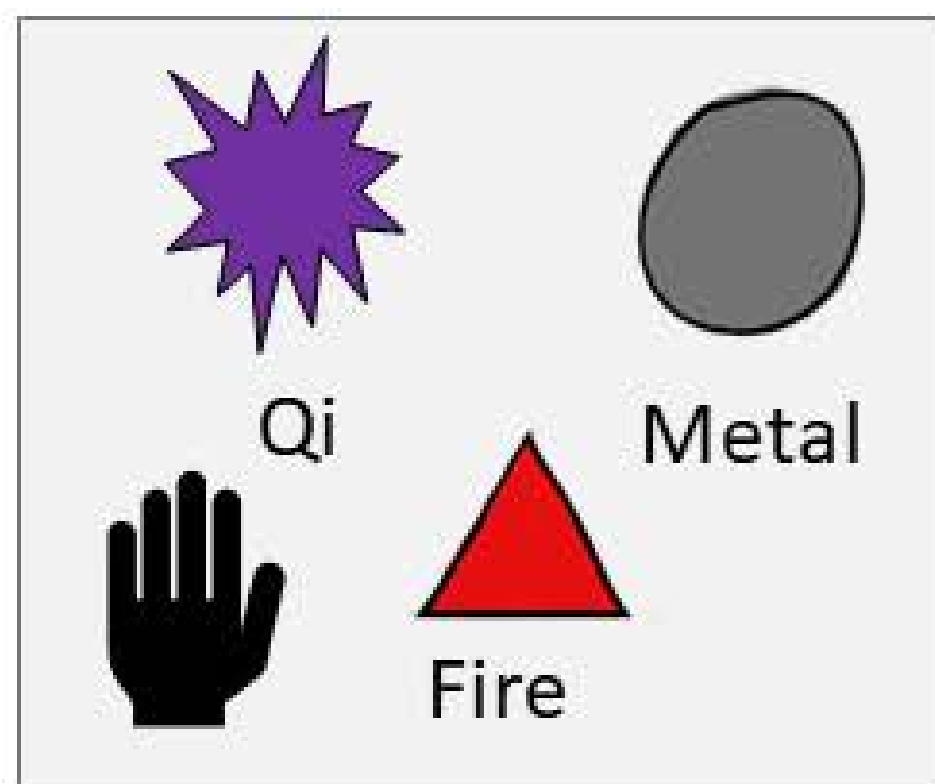


Meridian Diagram Legend

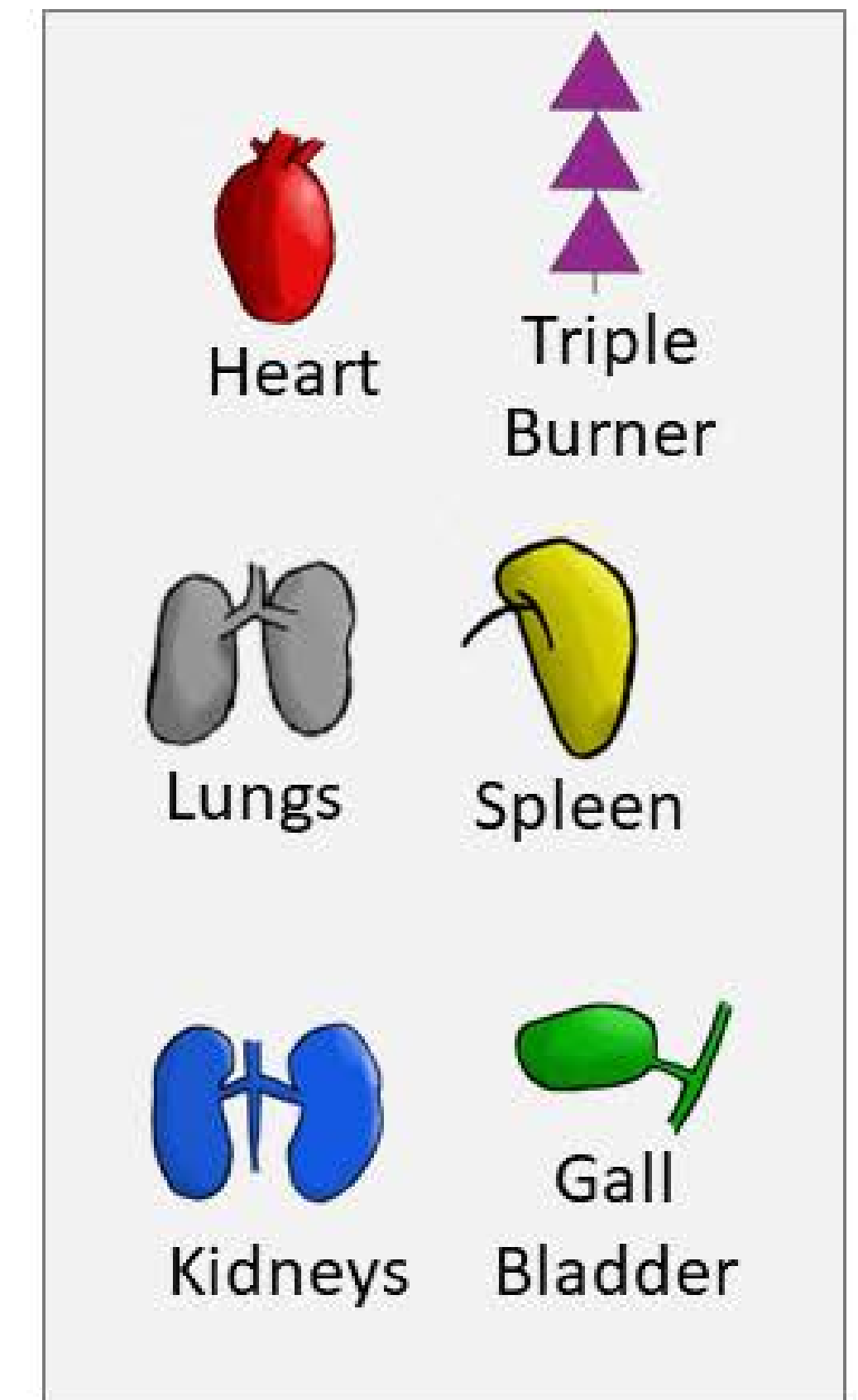
Foot-Elements



Hand-Elements



Hollow Organs color-coded to their element.

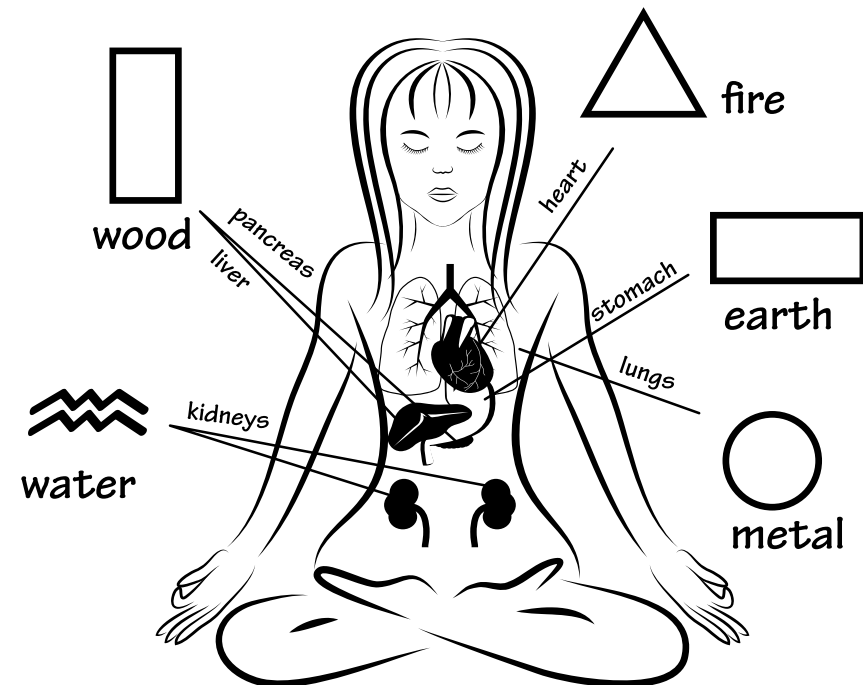


Solid Organs color-coded to their element.

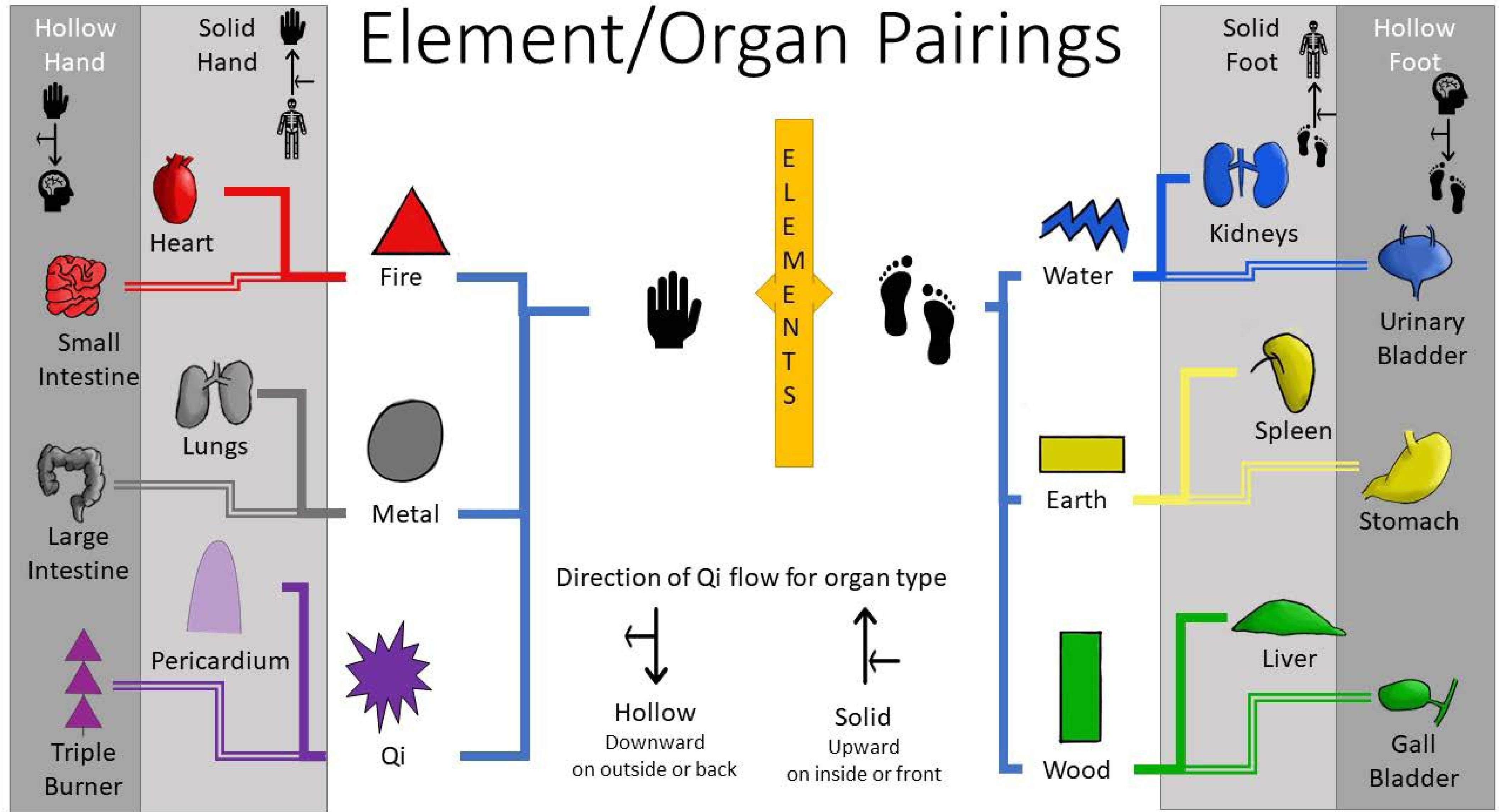


Direction of Qi flow by organ type

Element-Organ Pairs

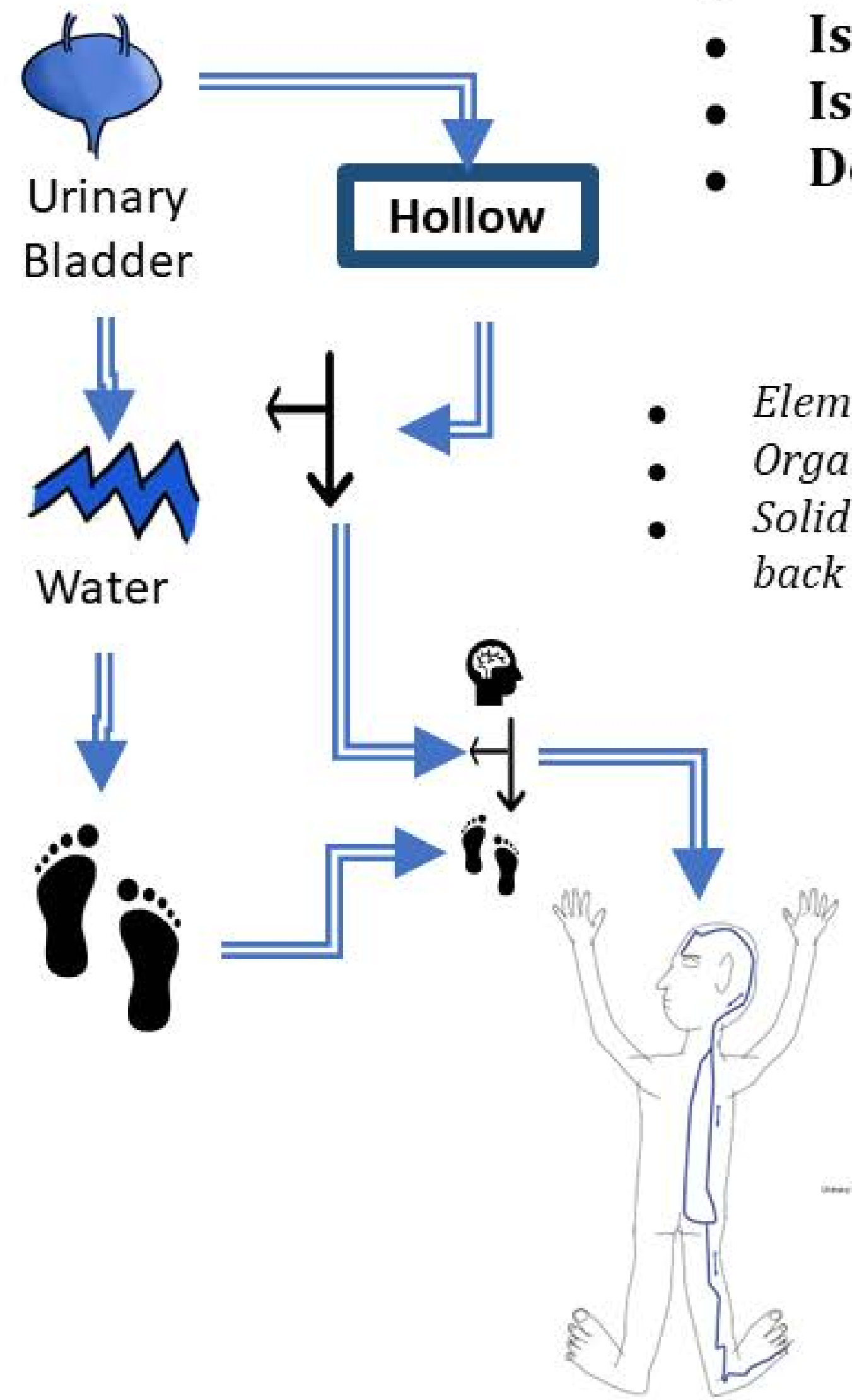
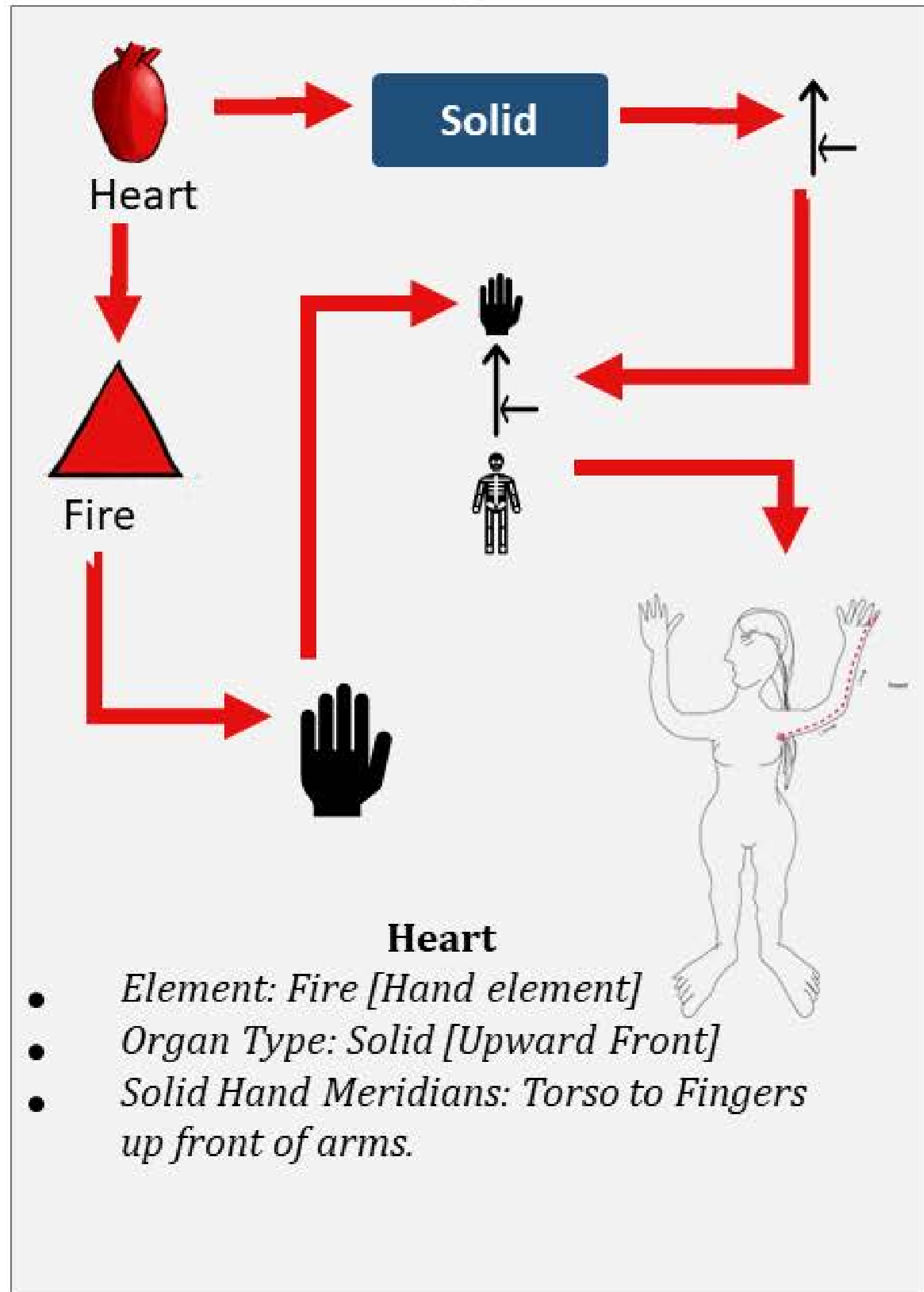


Each of the six elements has two organs associated with it: one hollow and one solid, for a total of 12 organs.



Locating an Organ's Meridians

Deducing a Meridian Placement



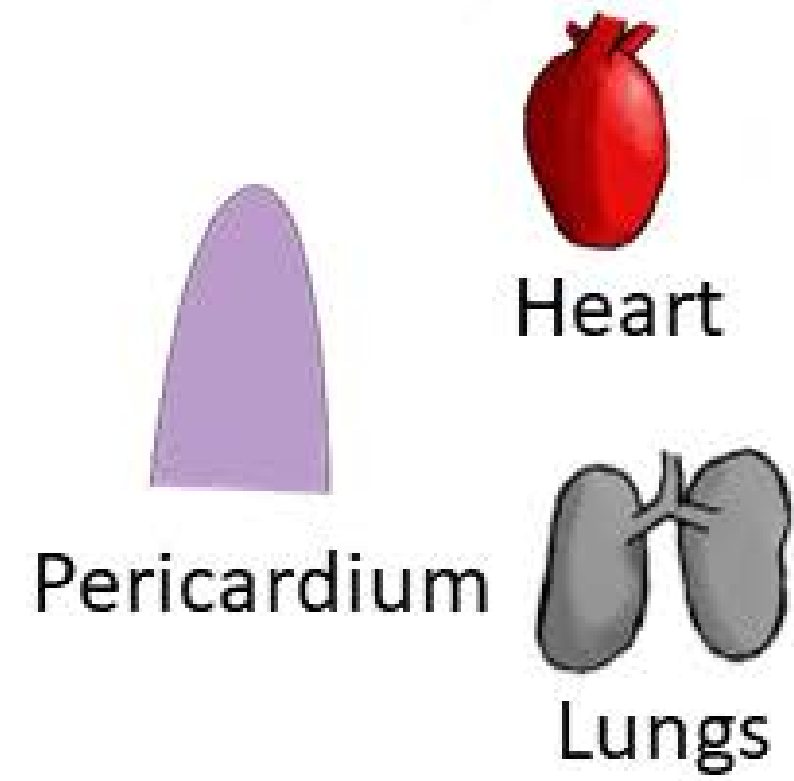
- **Select an organ.**
- **What is its element?**
- **Is it an 'hand' or a 'foot' element?**
- **Is the organ 'solid' or 'hollow'?**
- **Deduce the meridian placement.**

Urinary Bladder

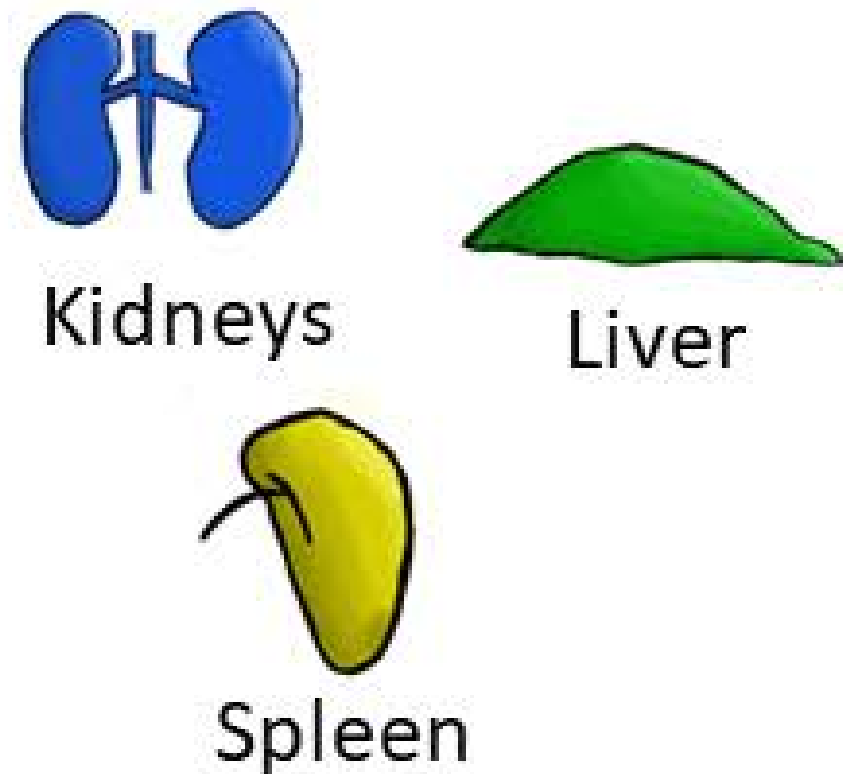
- *Element: Water [Foot element]*
- *Organ Type: Hollow [Downward Back]*
- *Solid Foot Meridians: Face to Feet down back of legs.*

Meridian Relationships

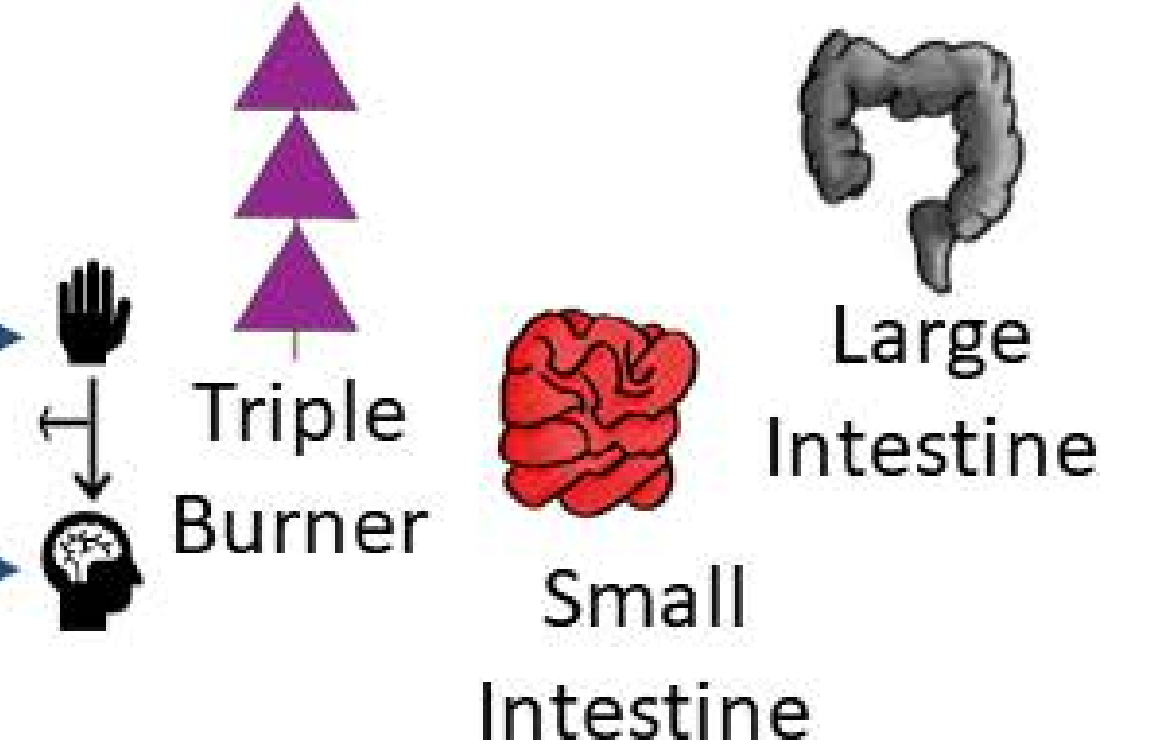
3
Hand-element
Solid Organs



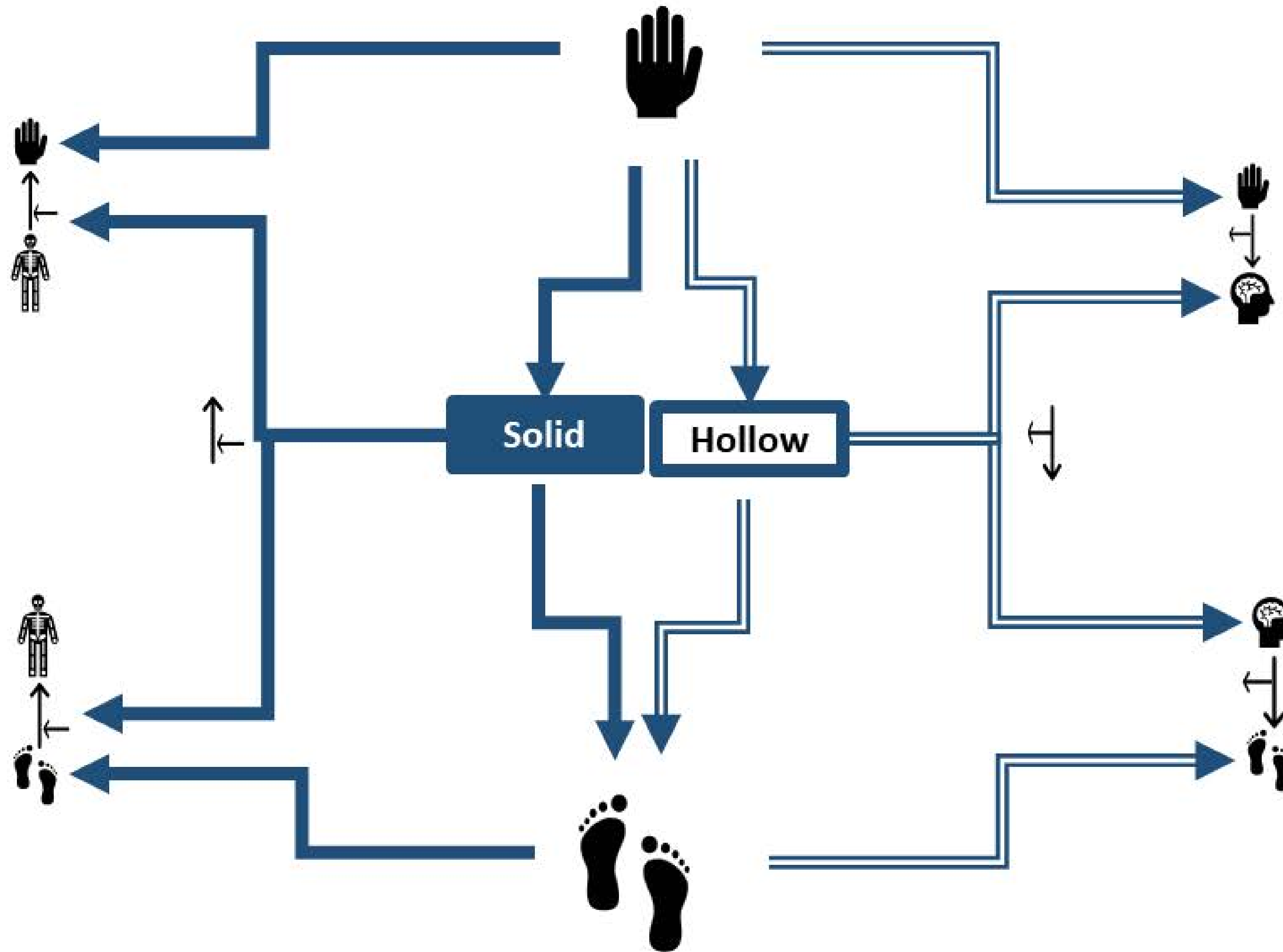
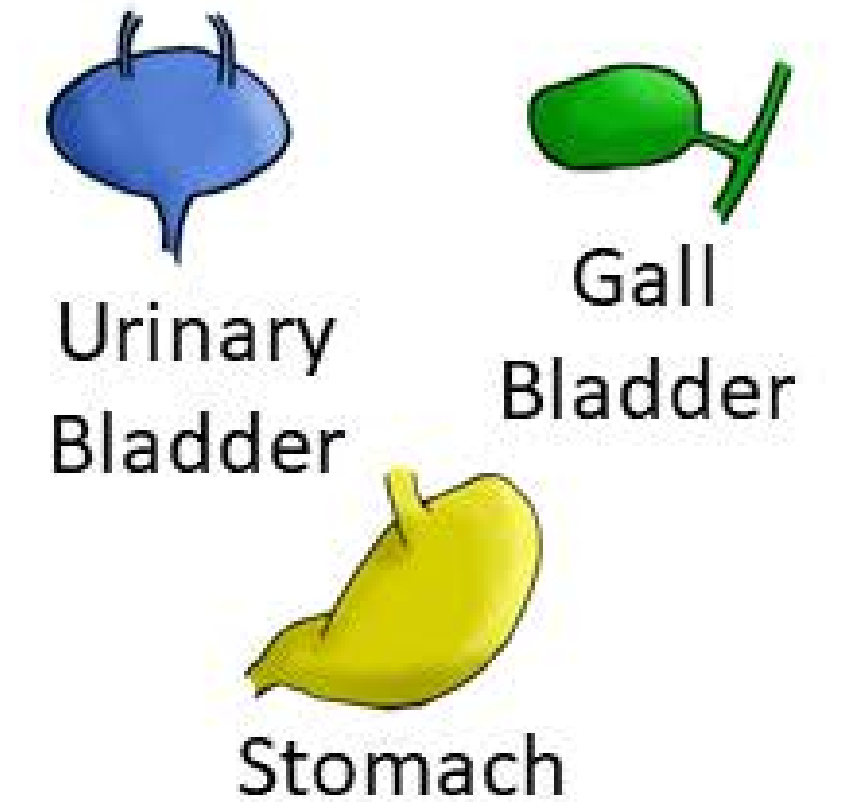
3
Foot-element
Solid Organs



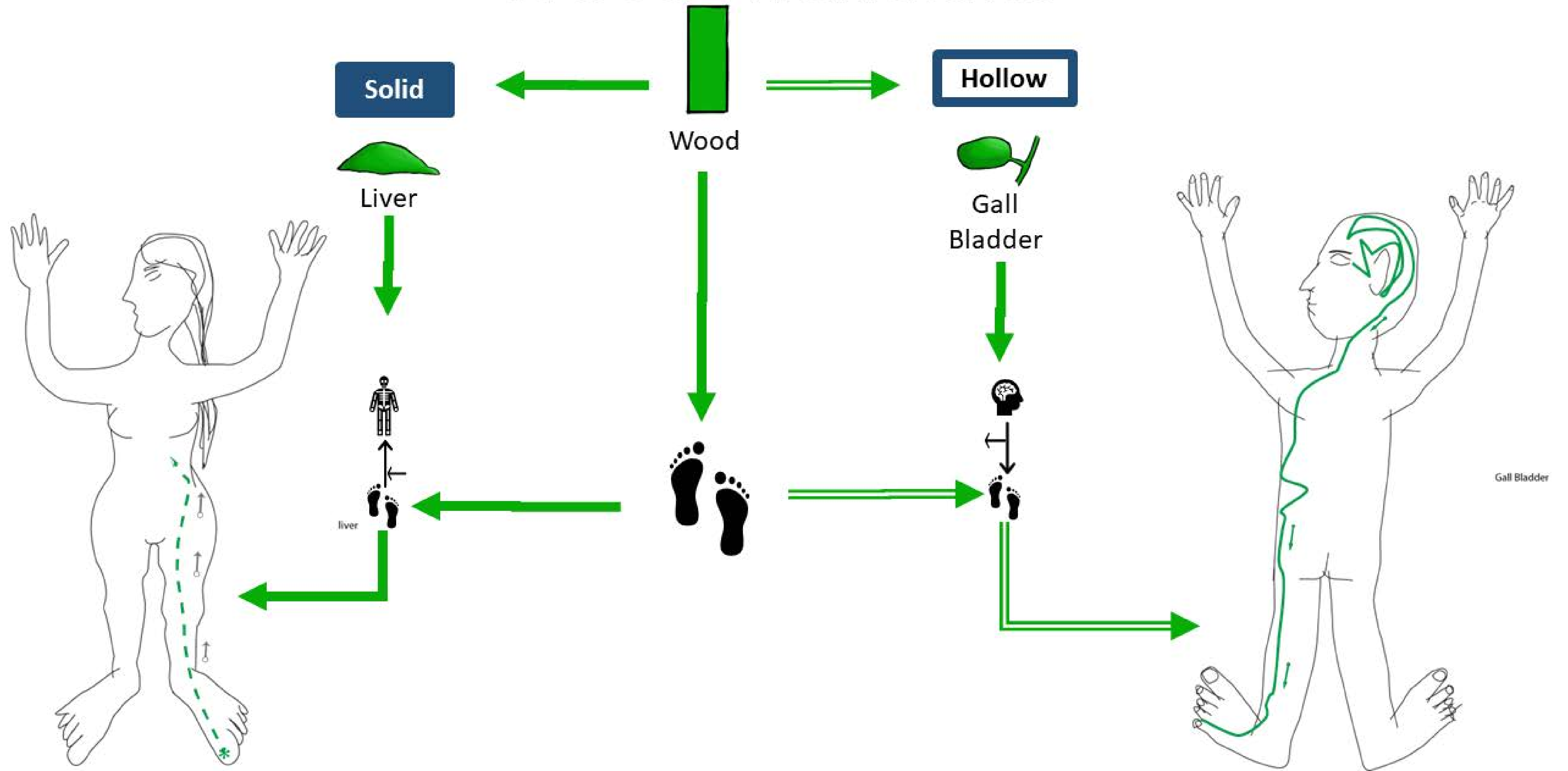
3
Hand-element
Hollow Organs



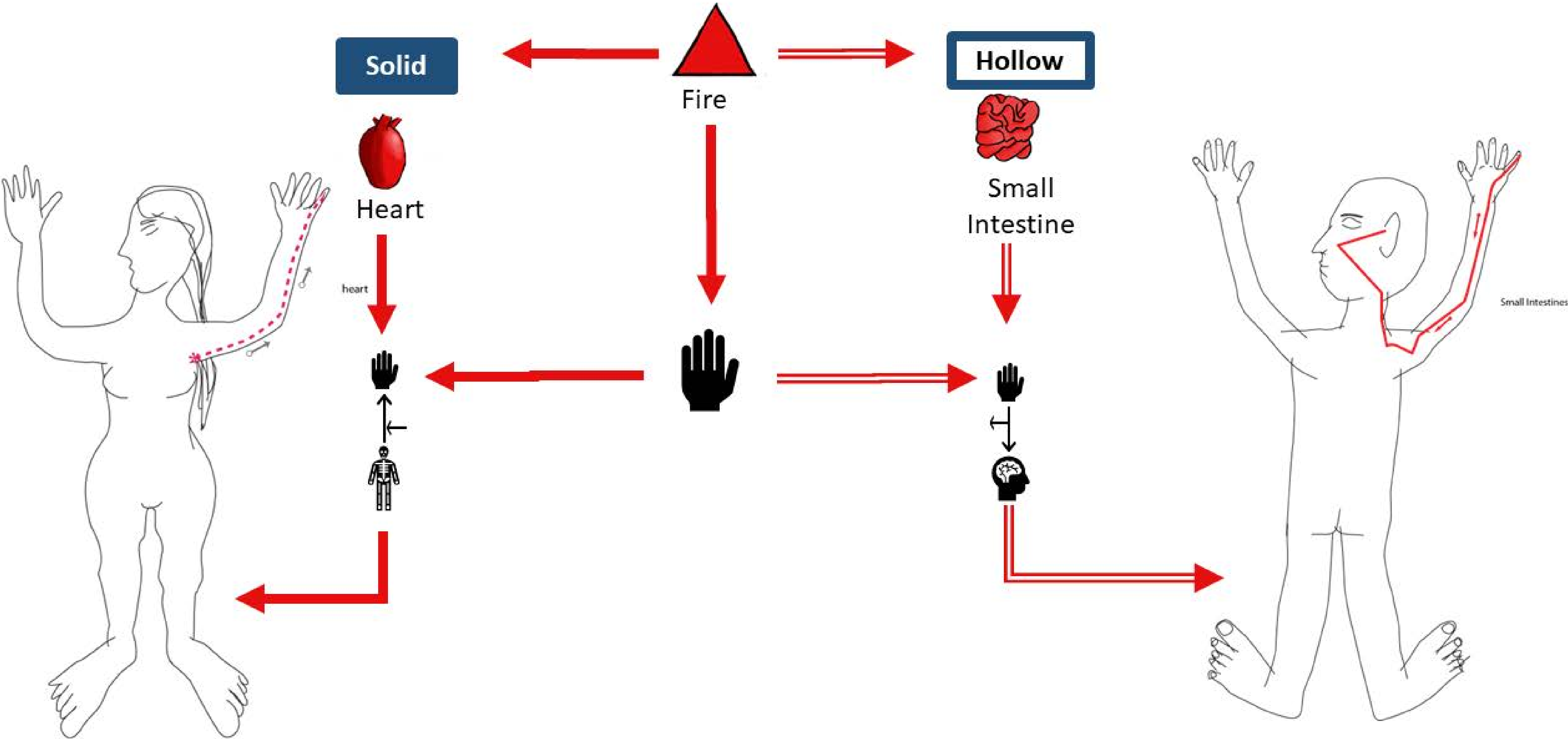
3
Foot-element
Hollow Organs



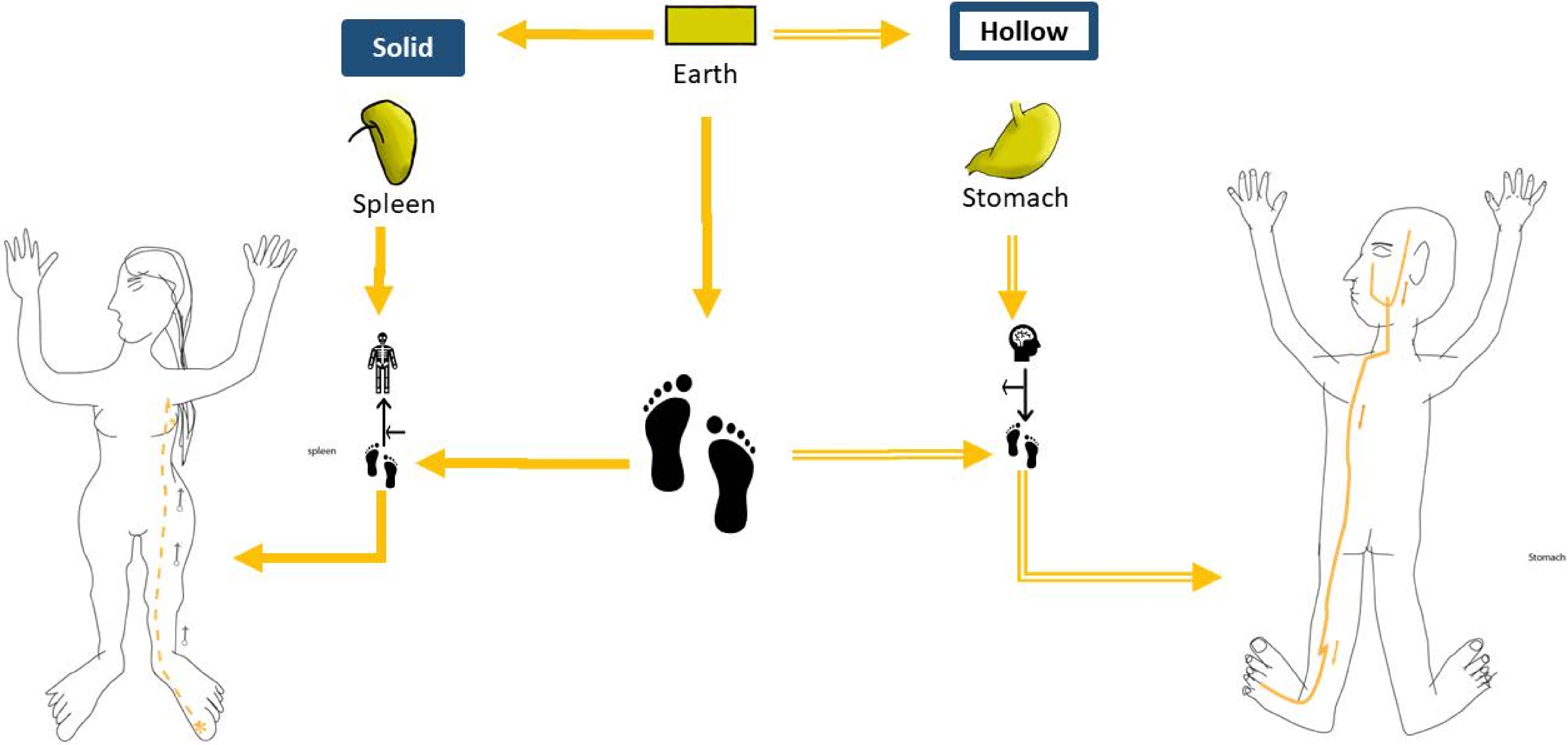
Wood Meridians



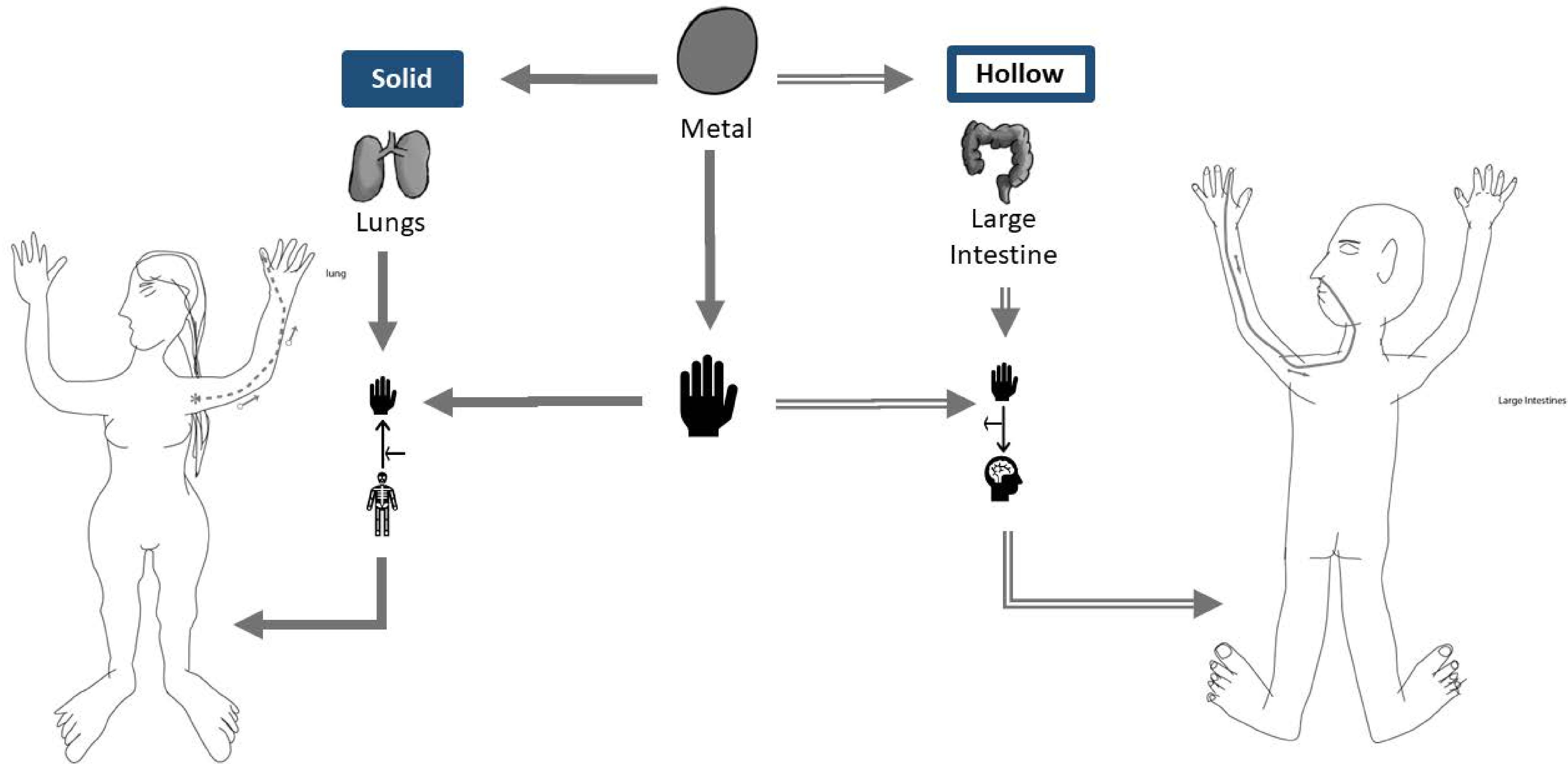
Fire Meridians



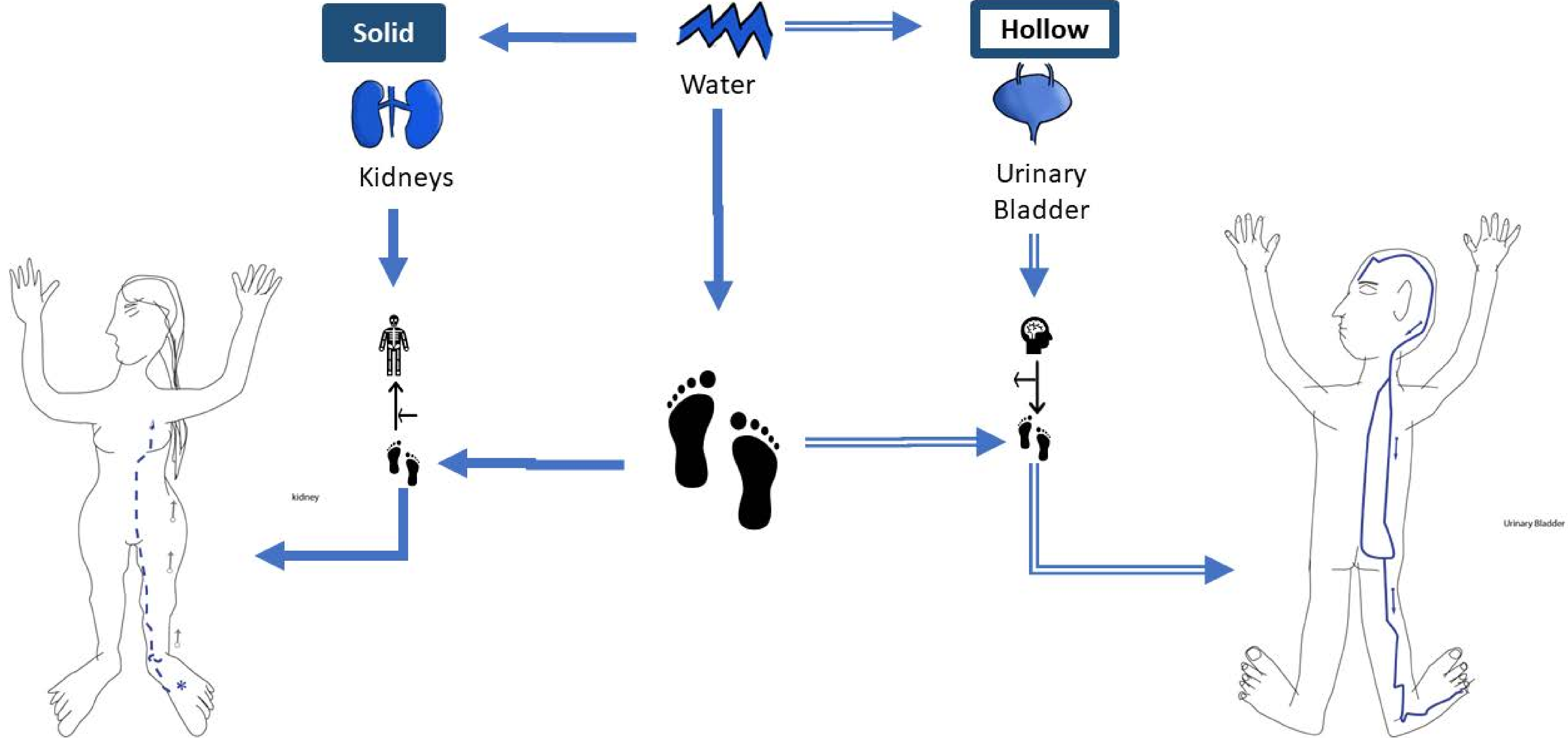
Earth Meridians



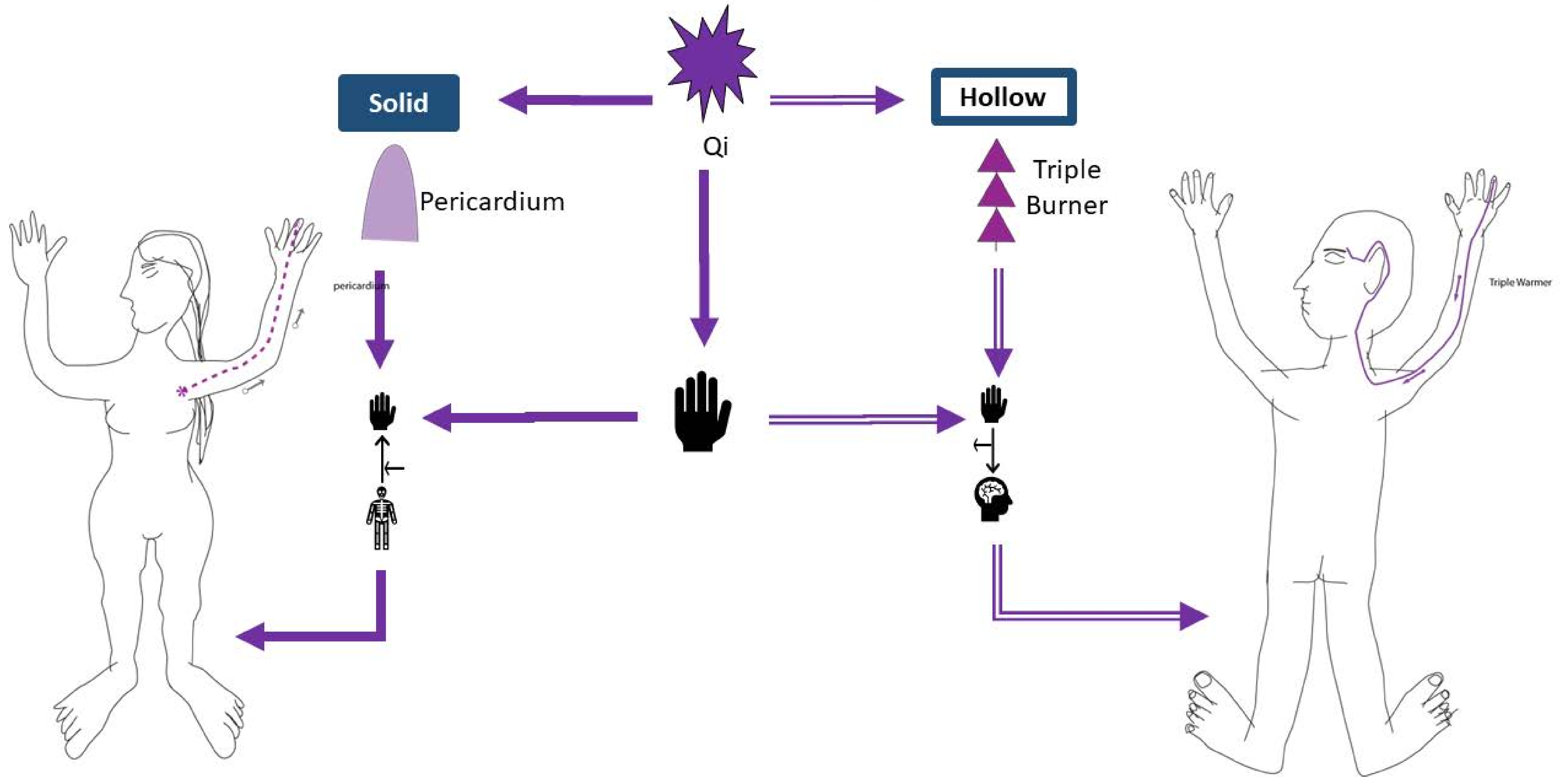
Metal Meridians



Water Meridians



Qi Meridians



Energy Flow (Recap)

Yin energy flows *upward* in solid-organ meridians from toes to fingers.

It begins in a *foot-element's* solid-organ meridian. In the torso it switches to a *hand-element's* solid-organ meridian.

Foot-element energy flows *downward* from the face to the toes in the element's hollow-organ meridian.

In the toes the flow reverses direction and switches to the element's solid-organ meridian to travel *upward* to the torso.

Yang energy flows *downward* in hollow-organ meridians from fingers to toes through the face.

It begins in a *hand-element's* hollow-organ meridian. In the face it switches to a *foot-element's* hollow-organ meridian.

Hand-element energy flows *upward* from the torso to the fingers in the element's solid-organ meridian.

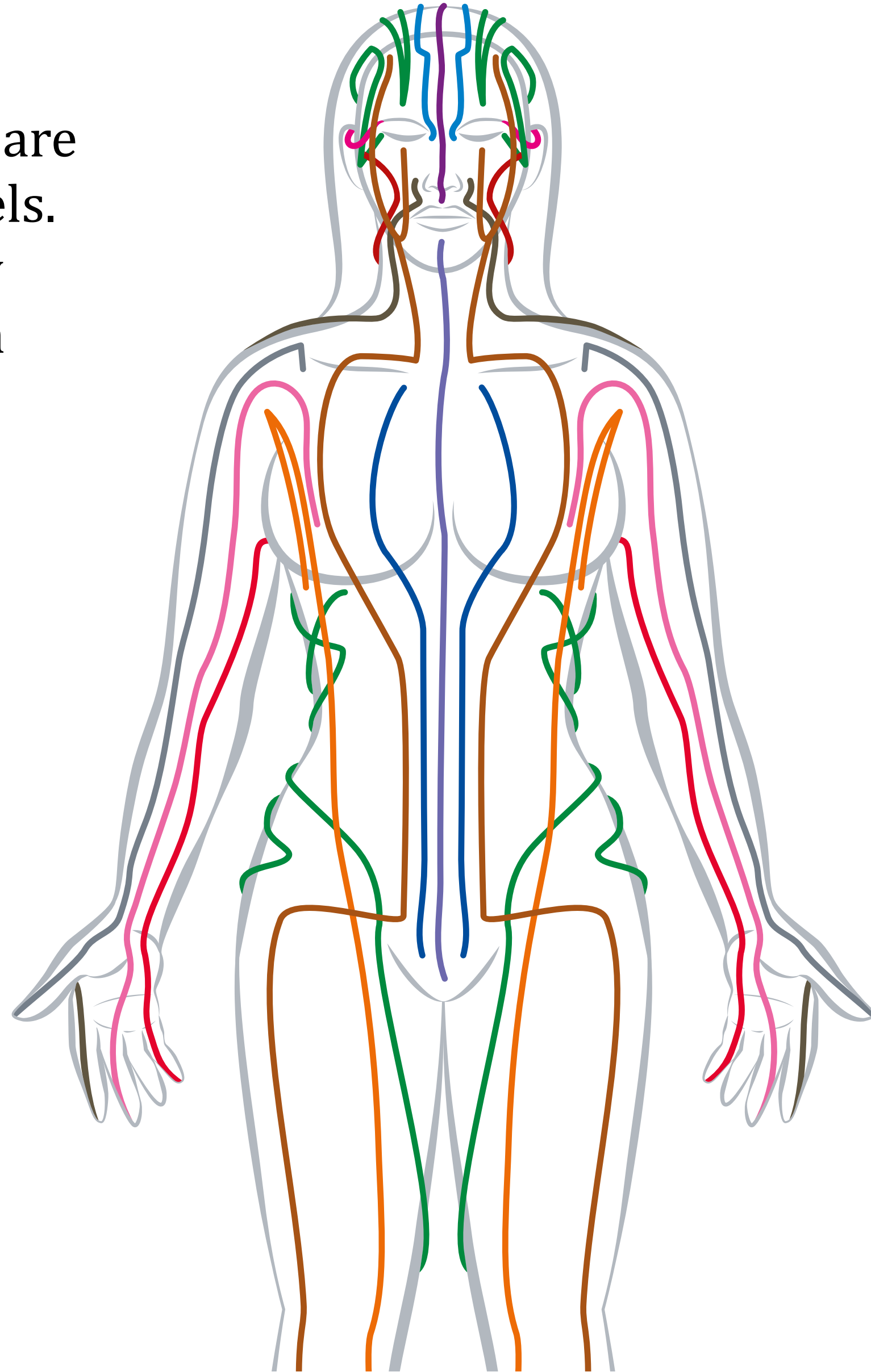
In the fingers the flow reverses direction and switches to the element's hollow-organ meridian to travel *downward* to the face.

NOTE: Acupuncture Point Numbering

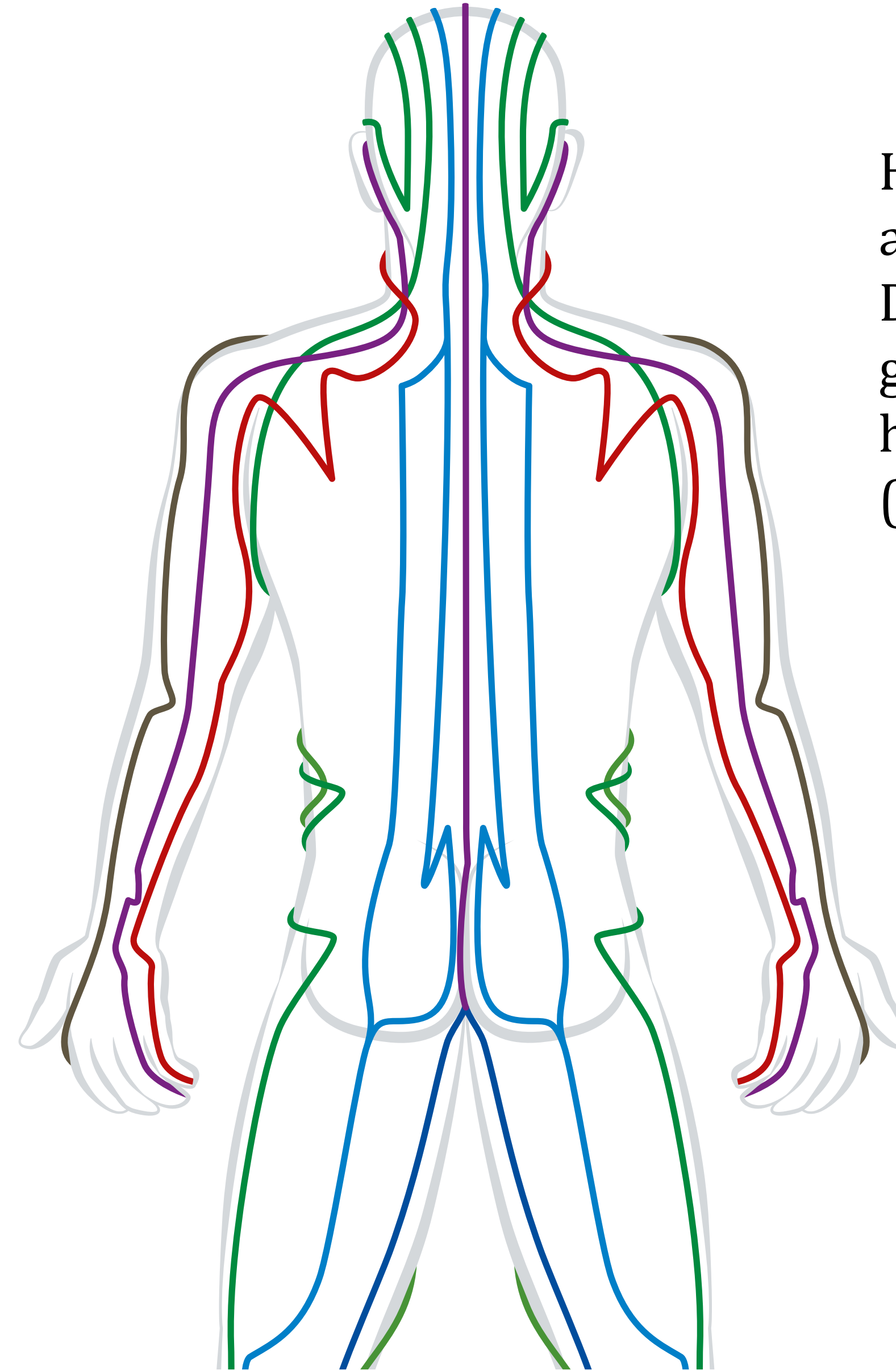
Each meridian has acupuncture energy points. Each has a different number of points. The points are numbered sequentially starting from one (1), so Spleen-1 is the first point on the Spleen Meridian.

Meridian Guide

Solid-organ meridians are drawn on female models. Upward flow of energy in these meridian from earth to the heavens is Yin (feminine).



Hollow-organ meridians are drawn on male models. Downward flow of energy in these meridian from heaven to earth is Yang (masculine).

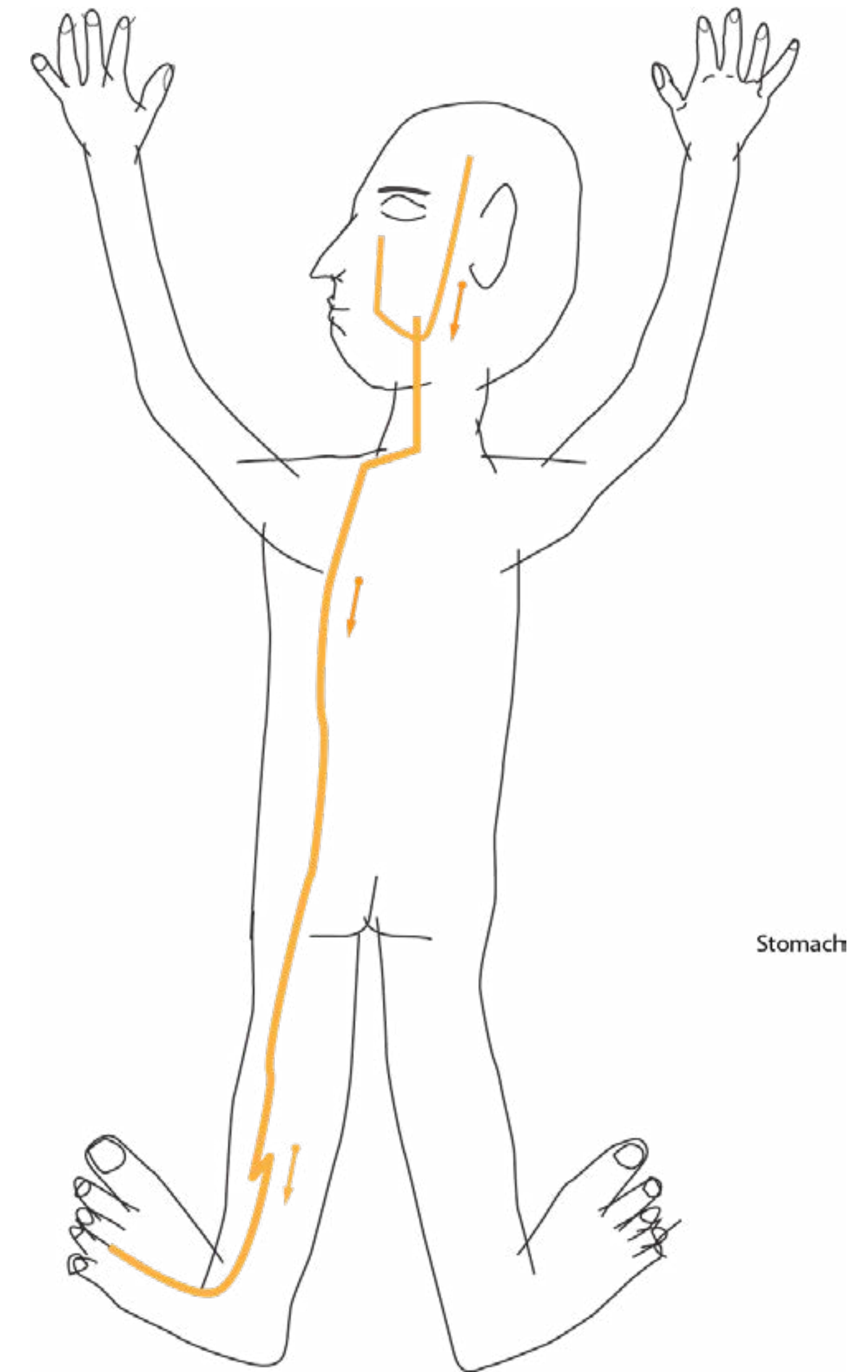
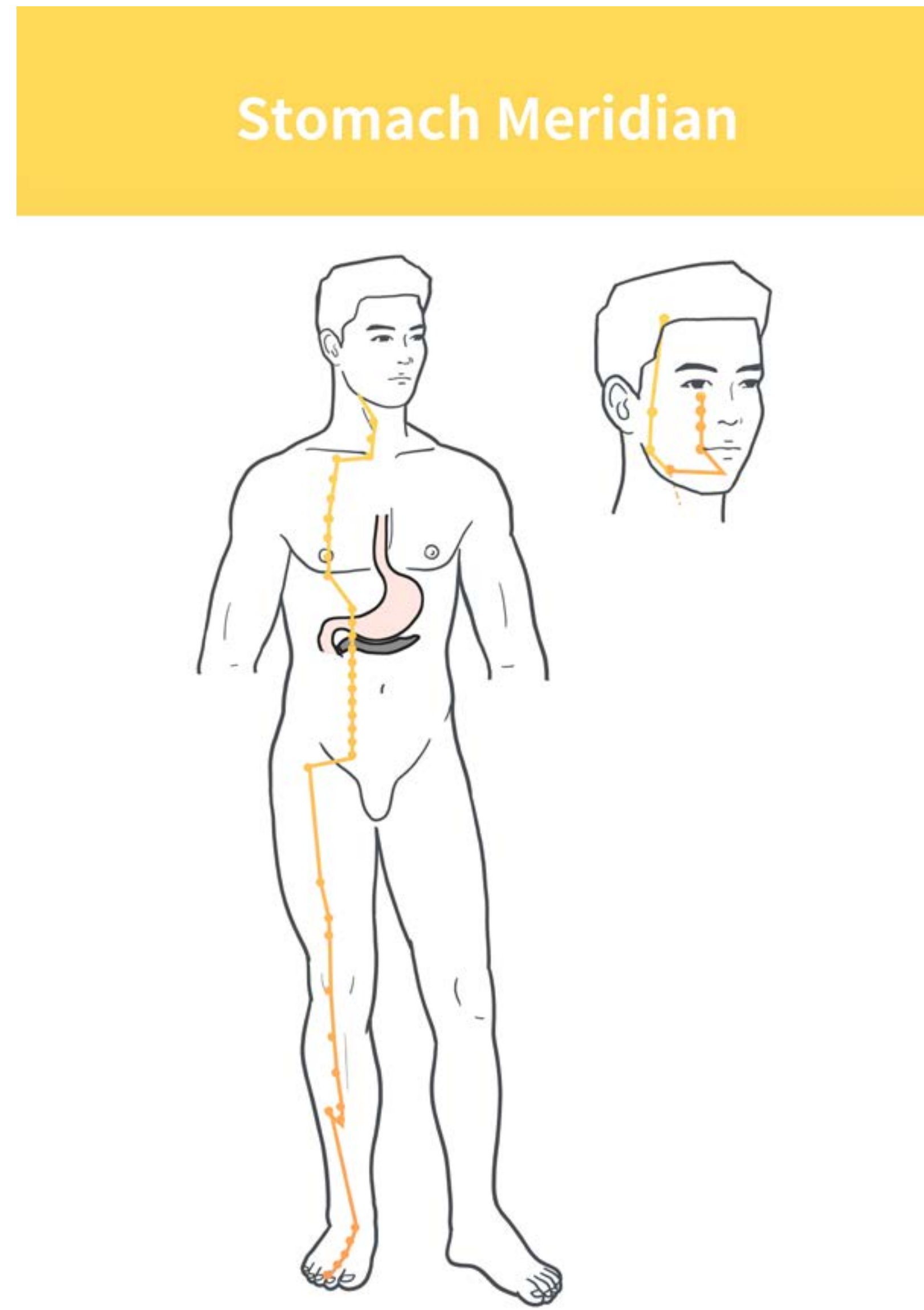
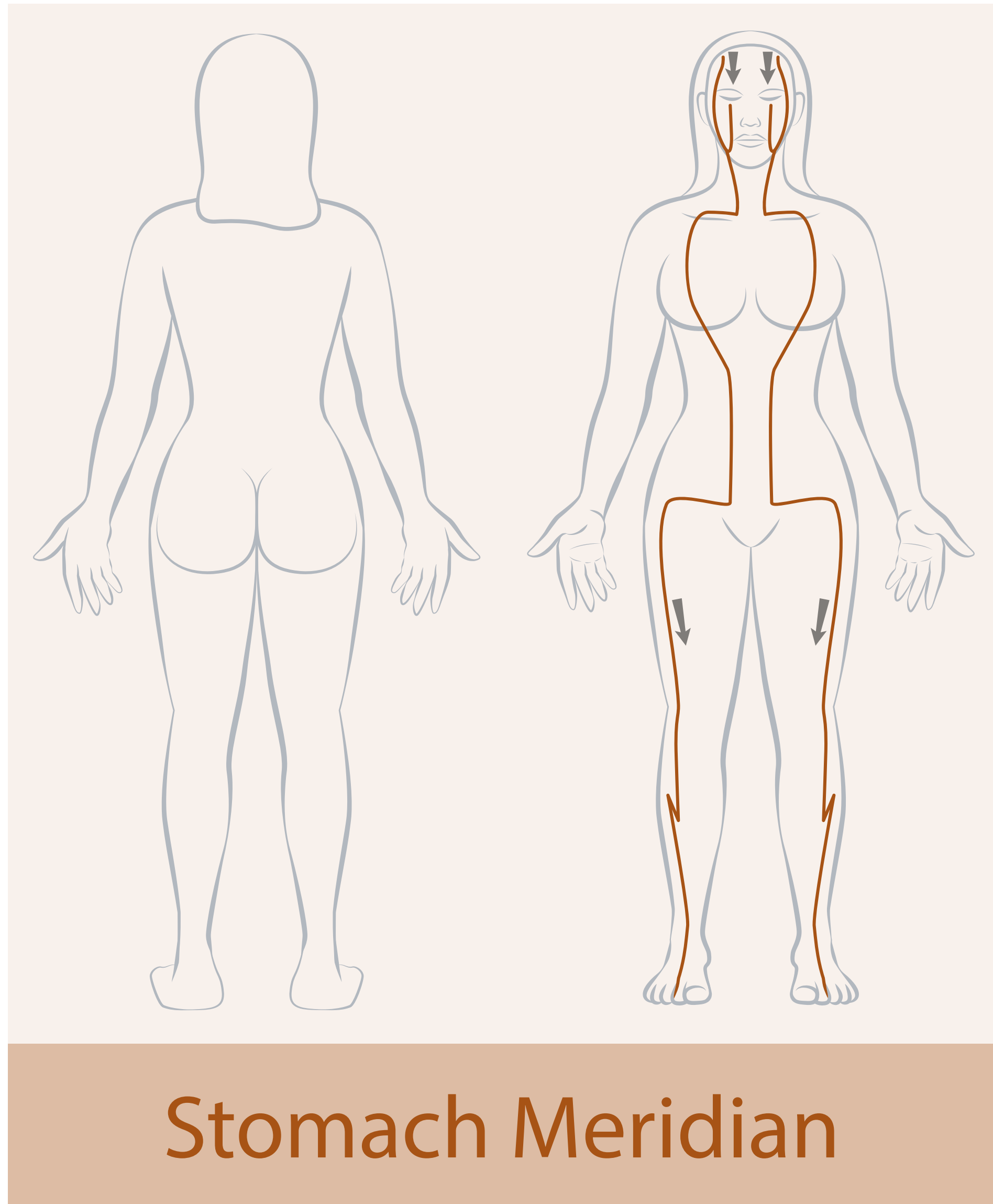


STOMACH

HOLLOW ORGAN

EARTH (FOOT) ELEMENT

YANG DOWN OUTSIDE LEG

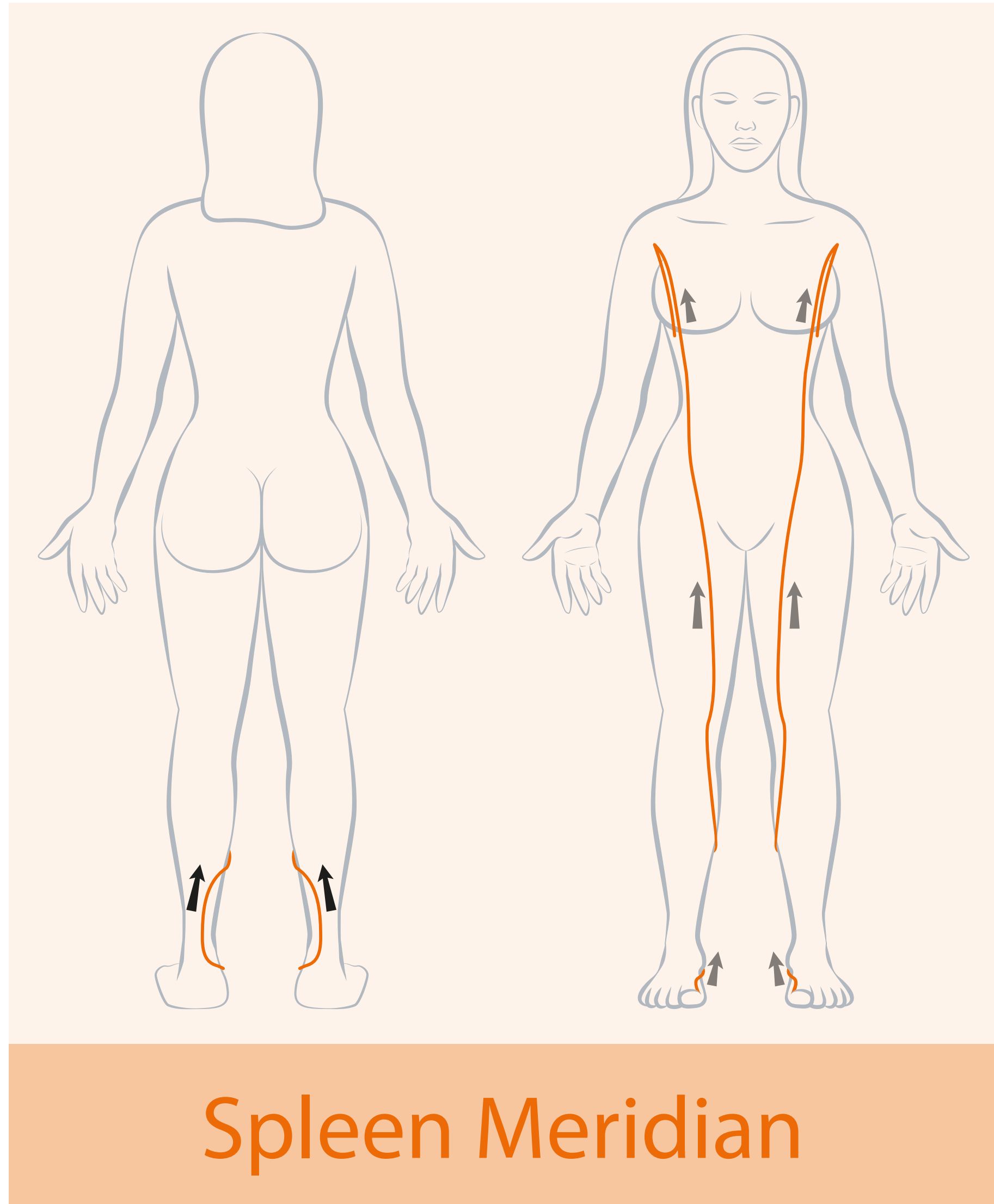


SPLEEN

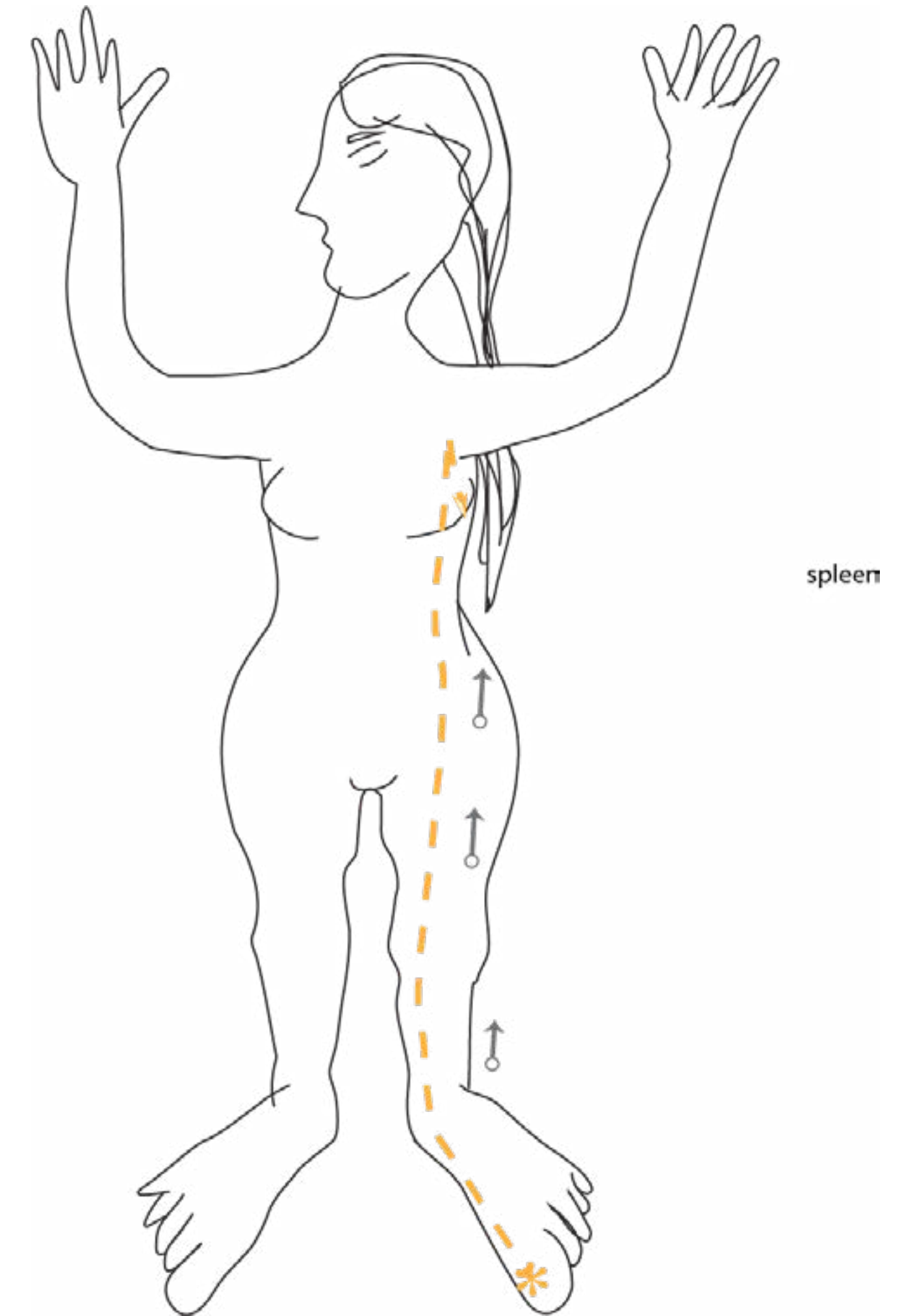
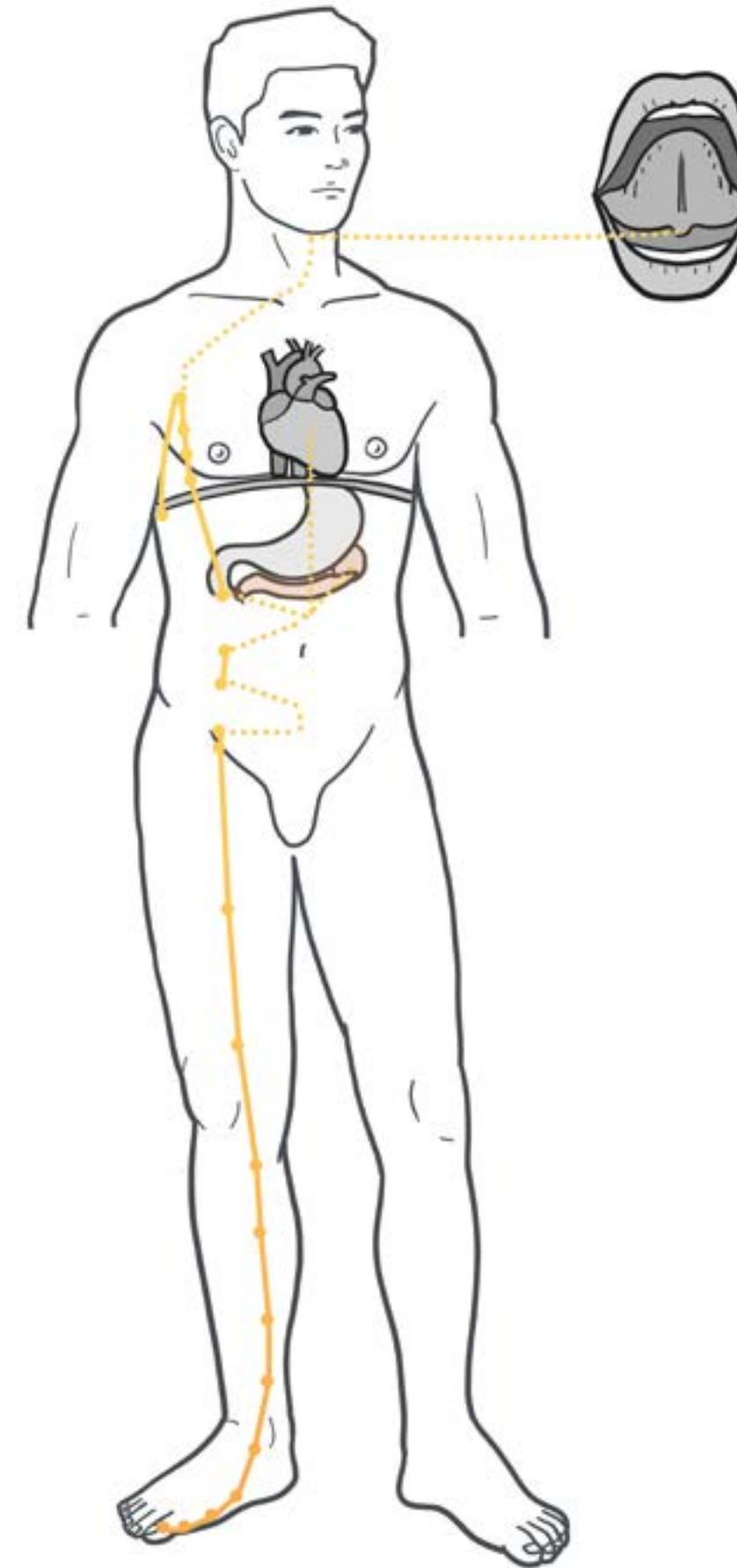
SOLID ORGAN

EARTH (FOOT) ELEMENT

YIN UP INSIDE LEG



Spleen Meridian

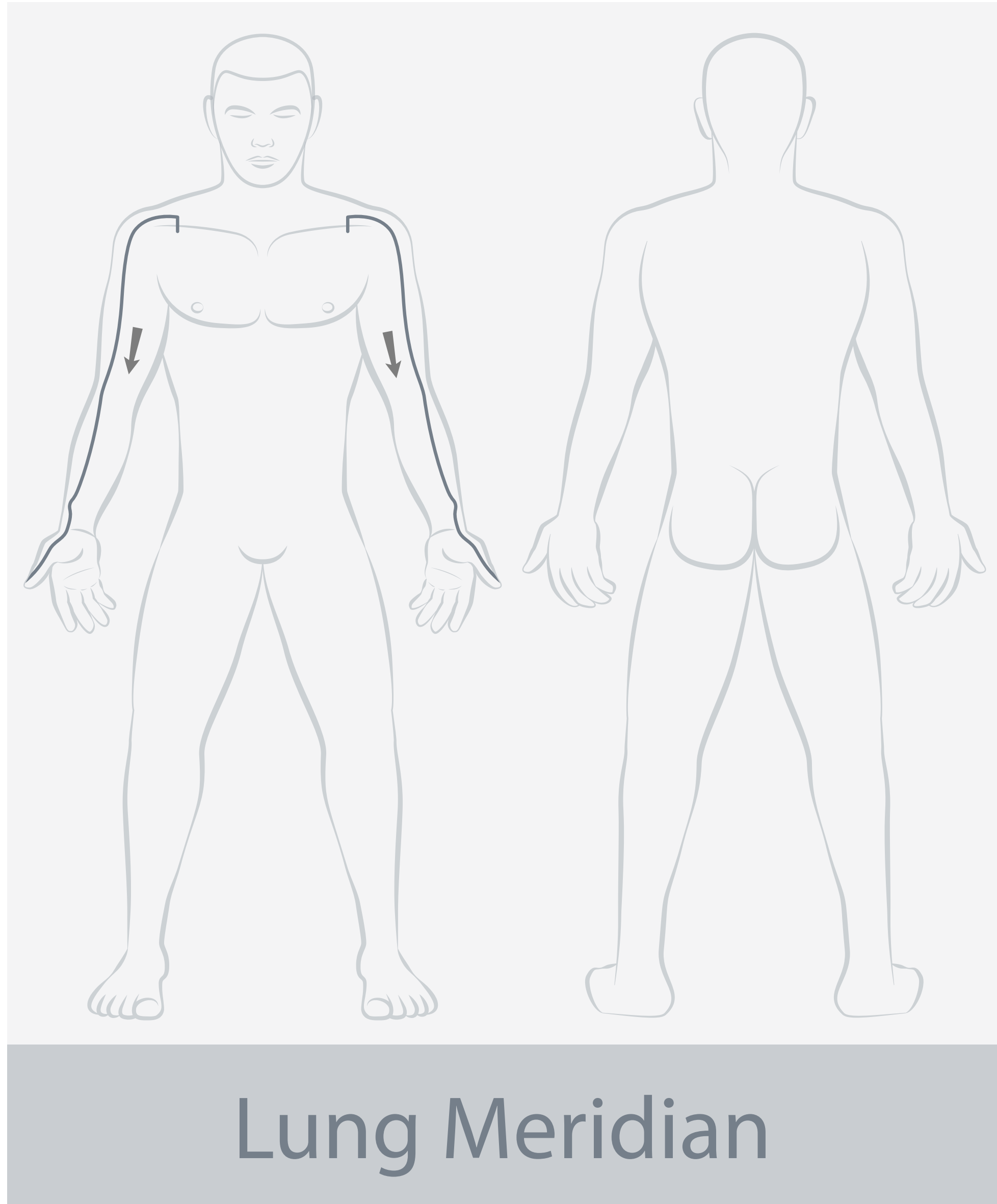


LUNG

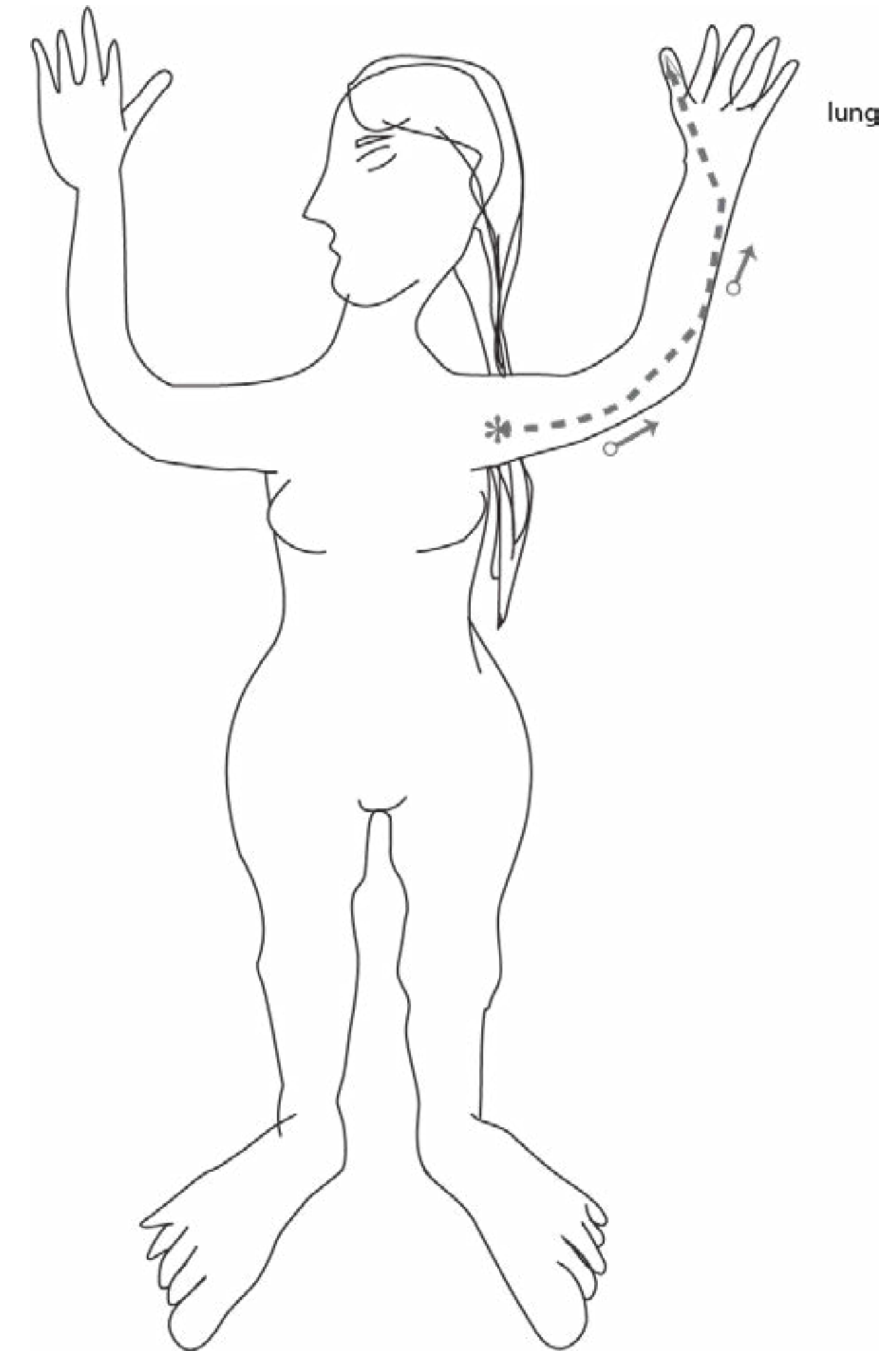
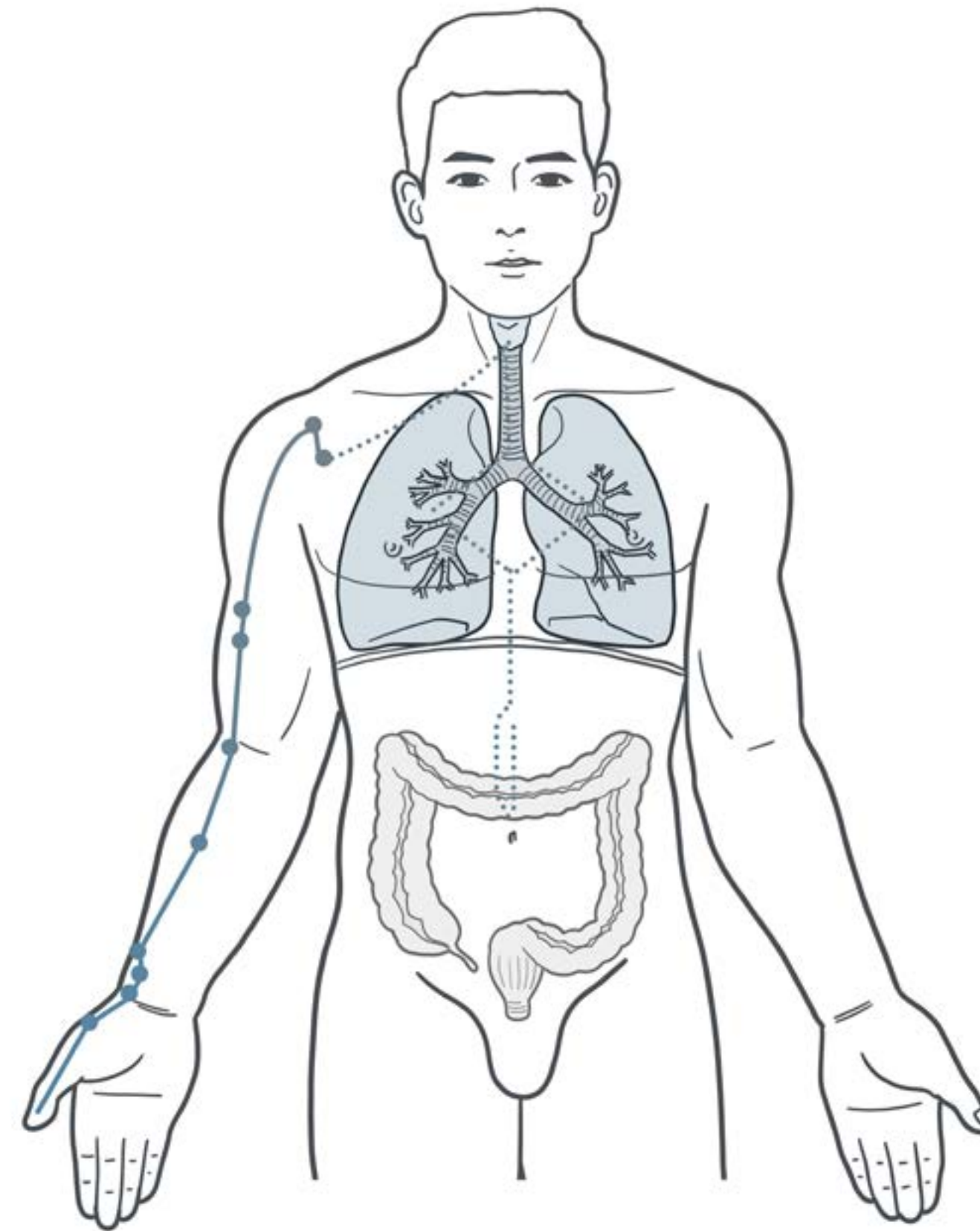
SOLID ORGAN

METAL (HAND) ELEMENT

YIN UP INSIDE ARM



Lung Meridian

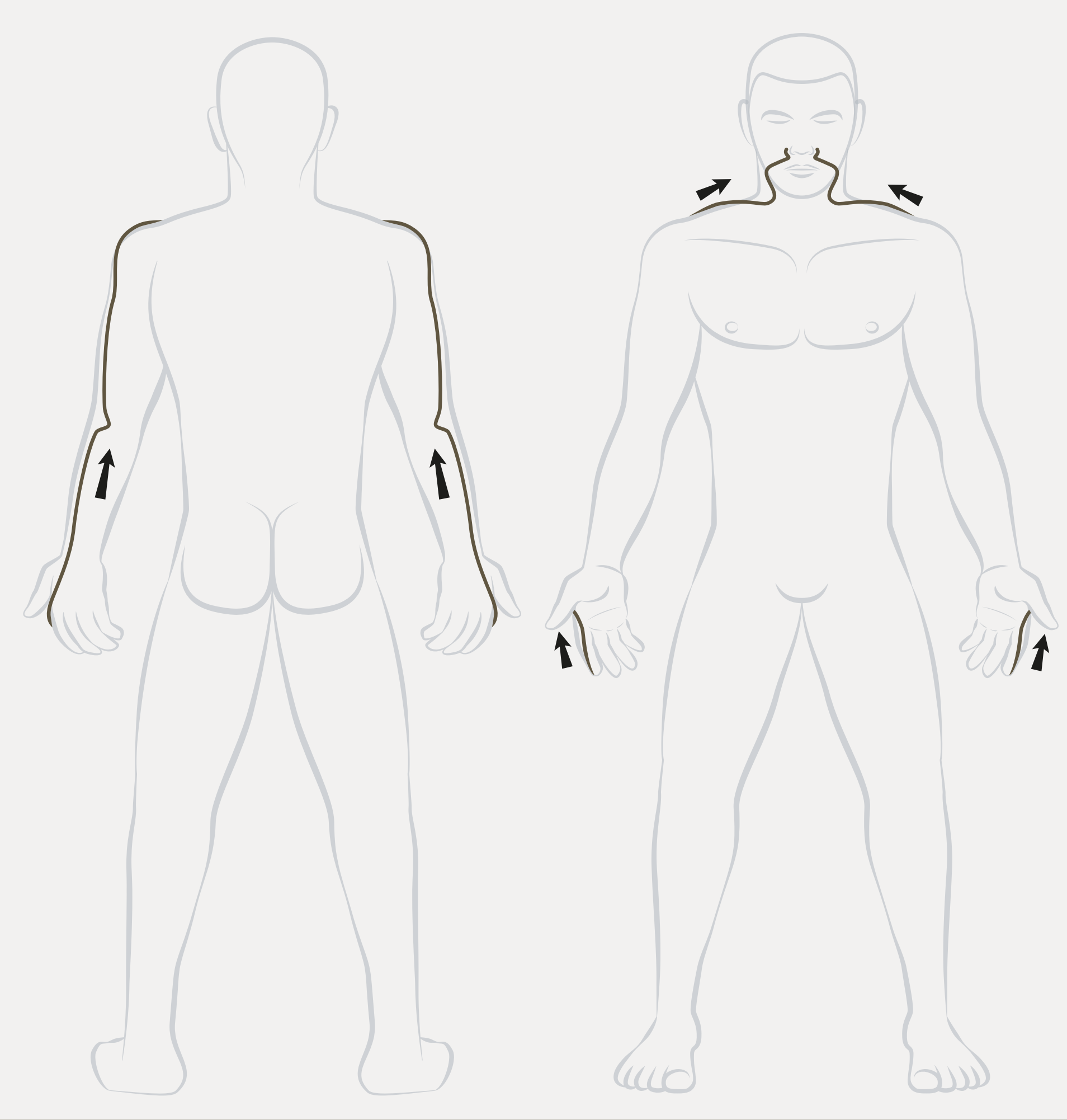


LARGE INTESTINE

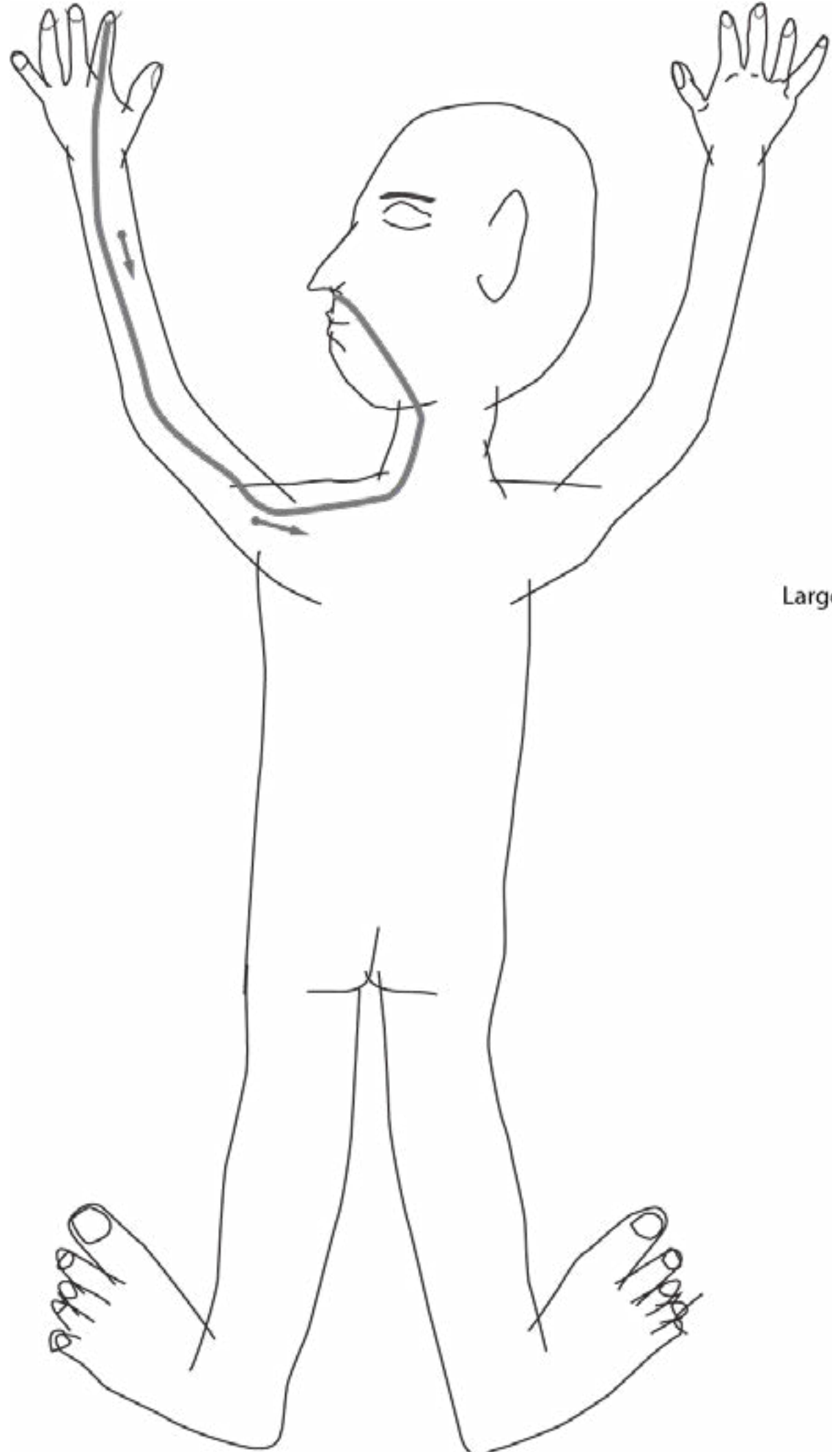
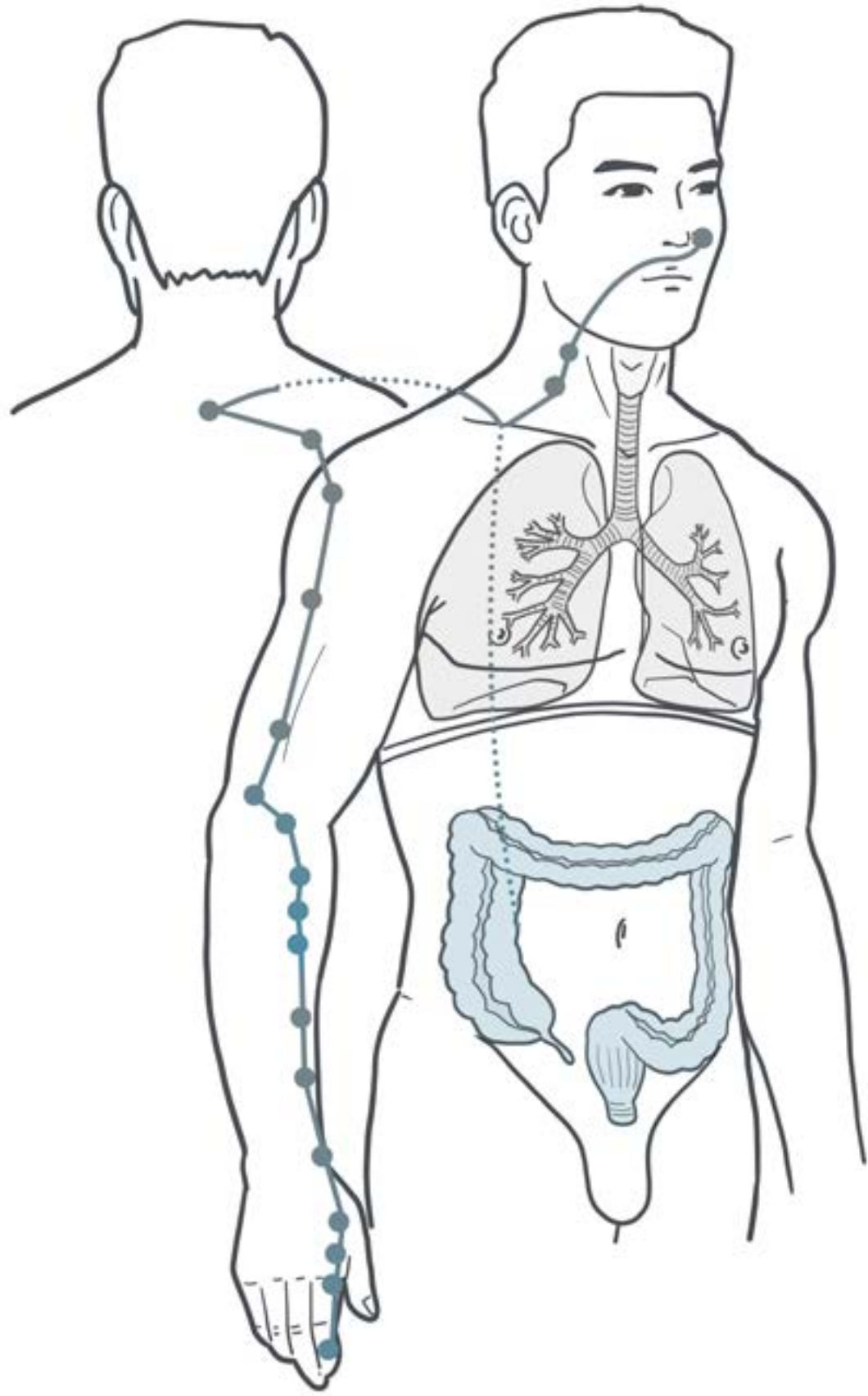
HOLLOW ORGAN

METAL (HAND) ELEMENT

YANG DOWN OUTSIDE ARM



Large Intestine



Large Intestines

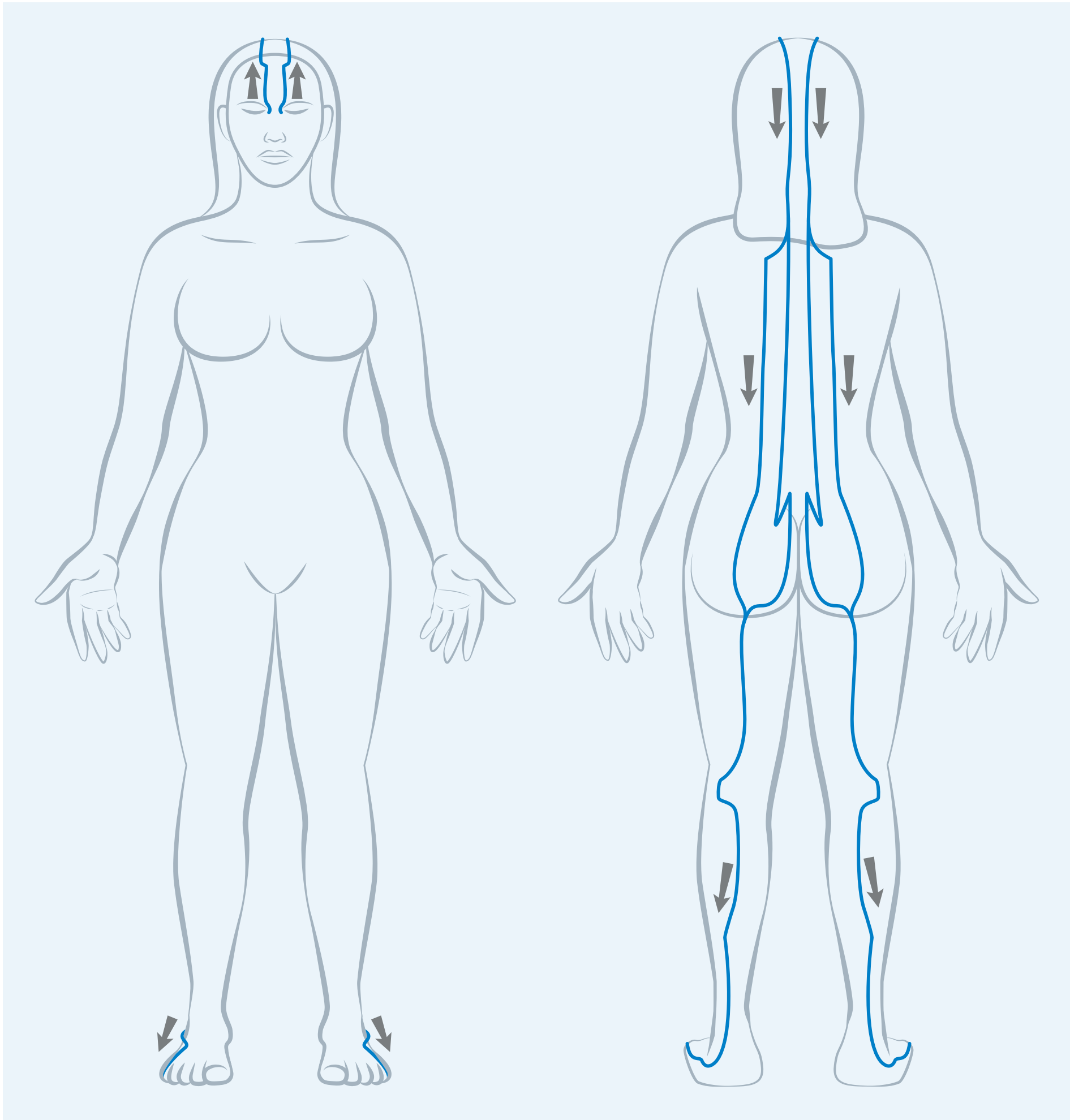
Large Intestine Meridian

URINARY BLADDER

HOLLOW ORGAN

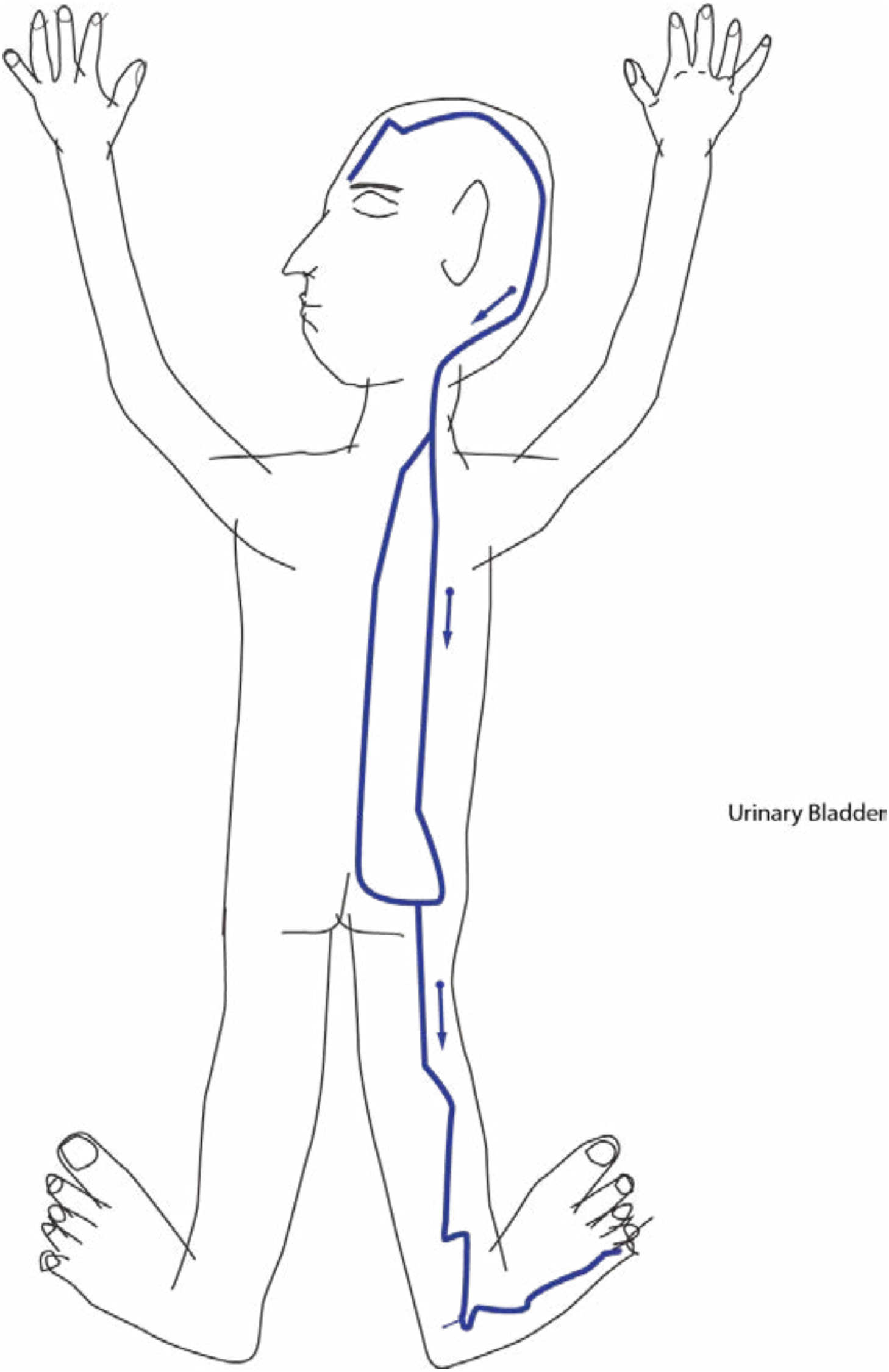
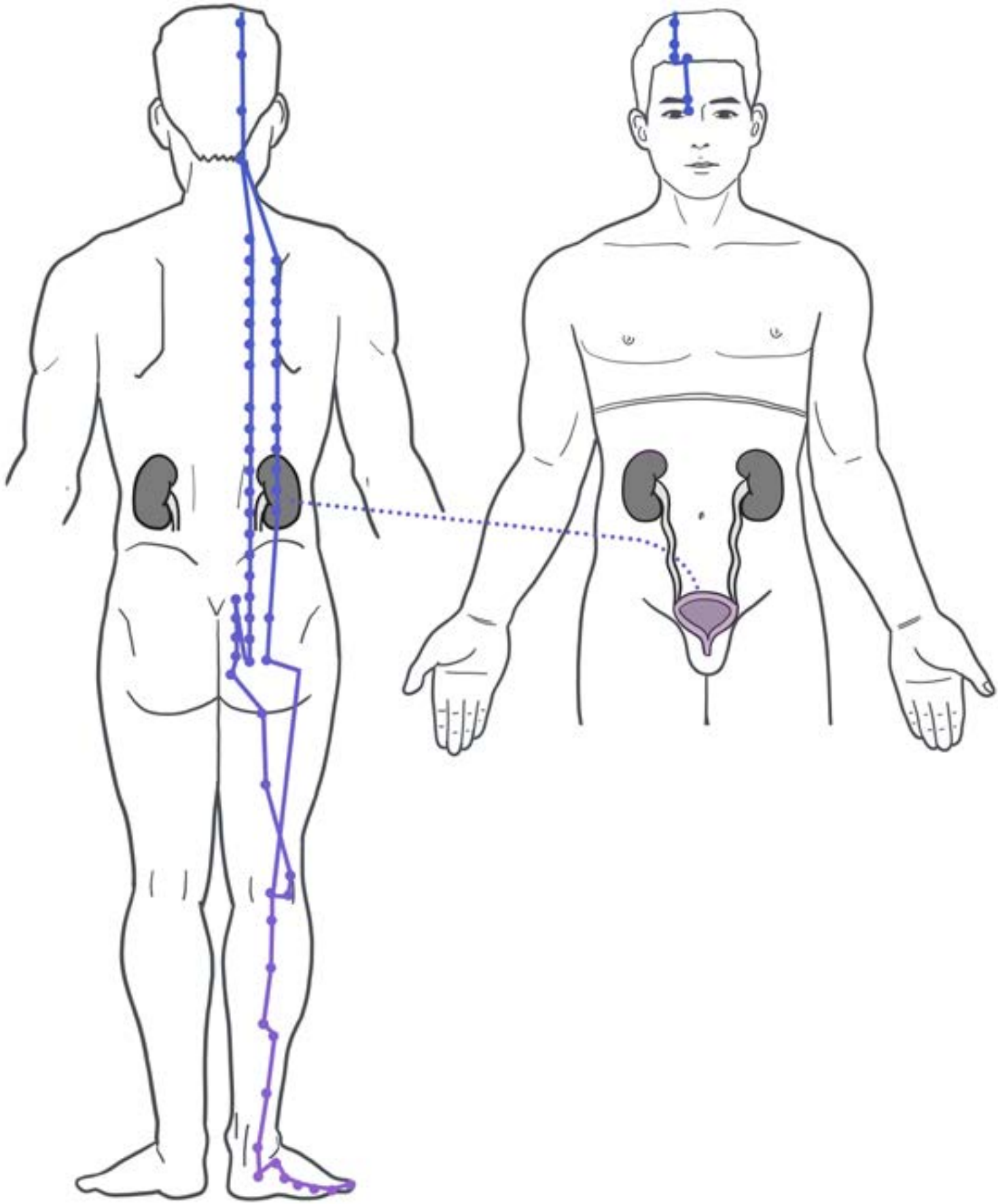
WATER (FOOT) ELEMENT

YANG DOWN BACK LEG



Bladder Meridian

Bladder Meridian



Urinary Bladder

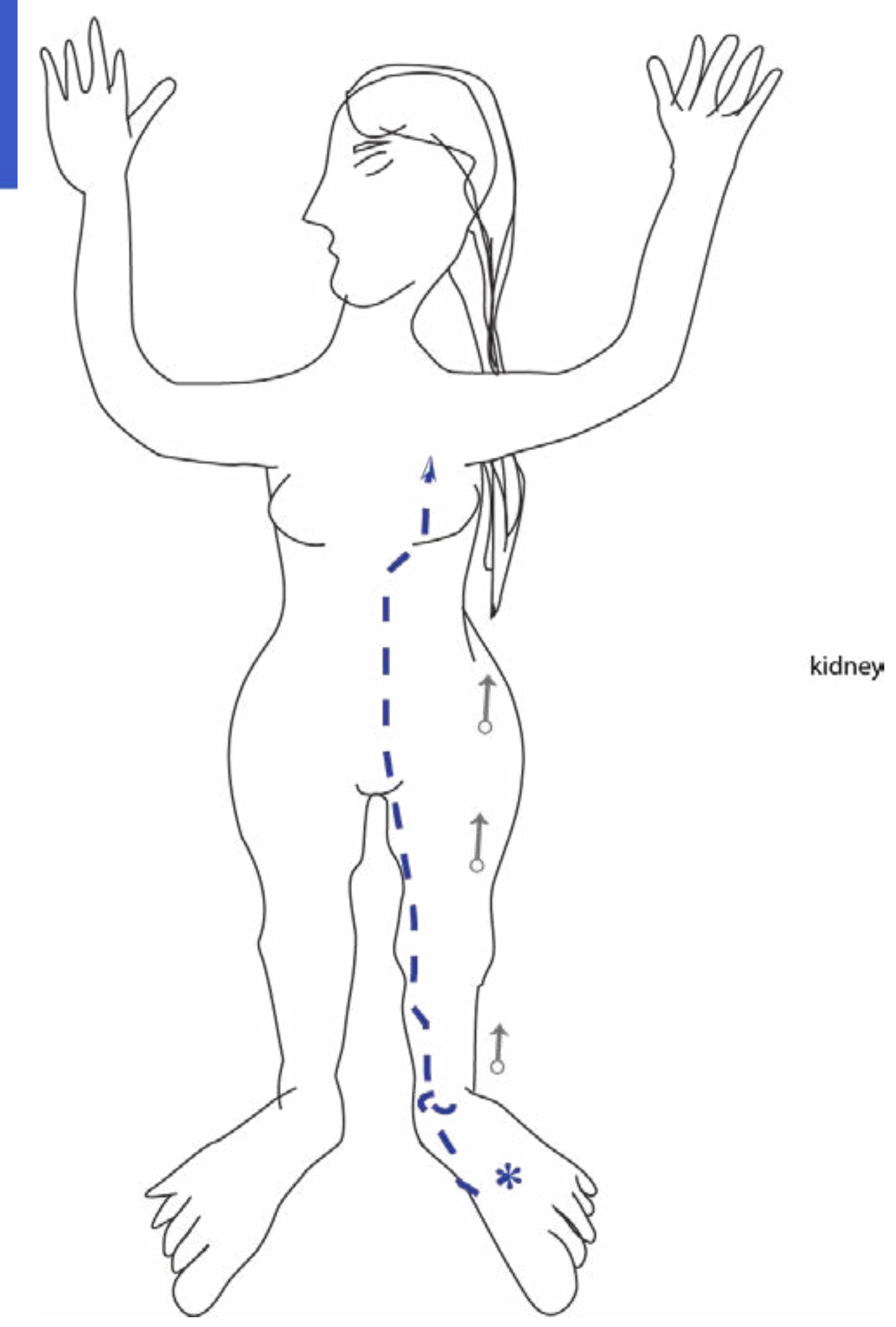
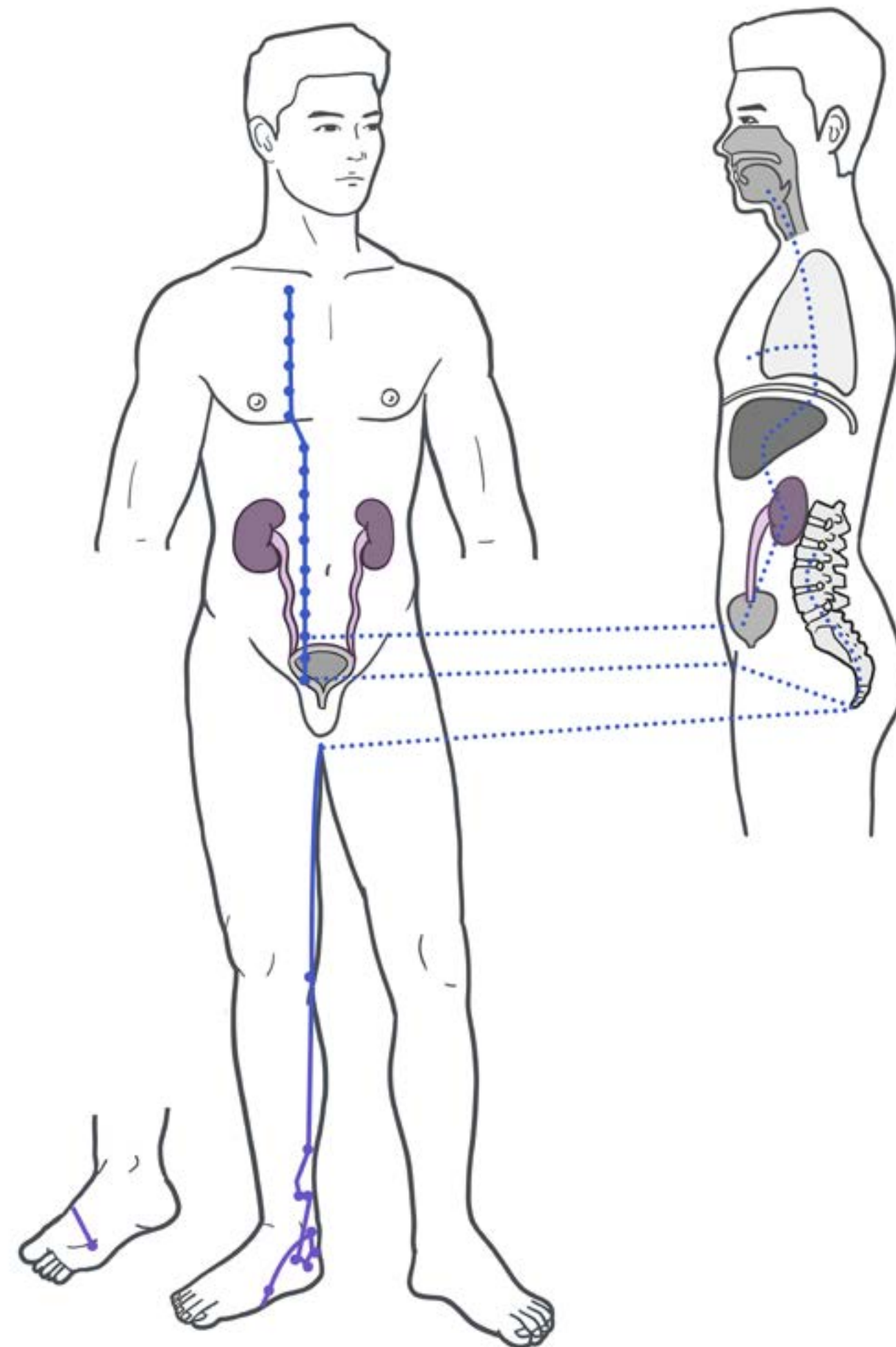
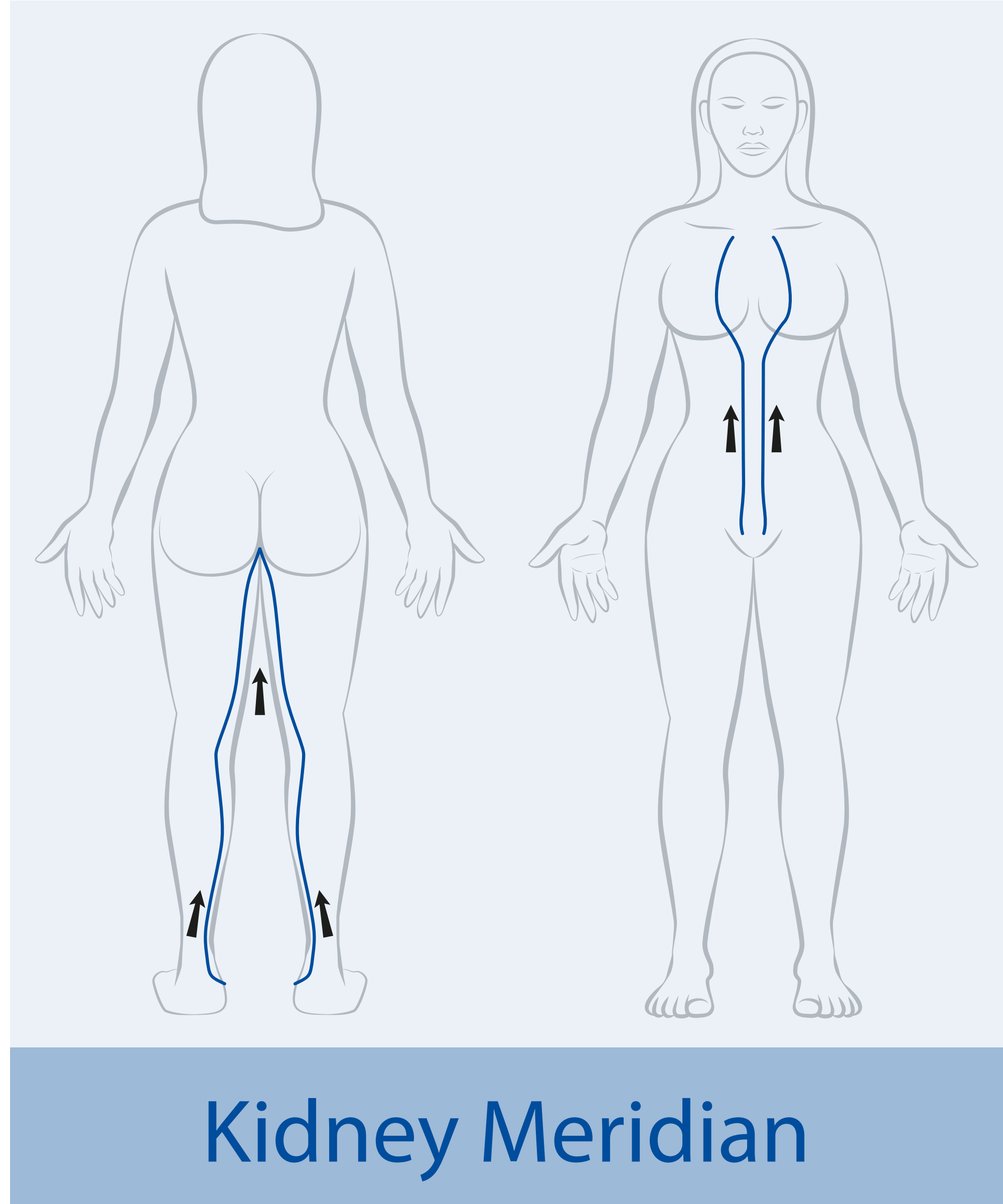
KIDNEY

SOLID ORGAN

WATER(FOOT) ELEMENT

YIN UP INSIDE LEG

Kidney Meridian

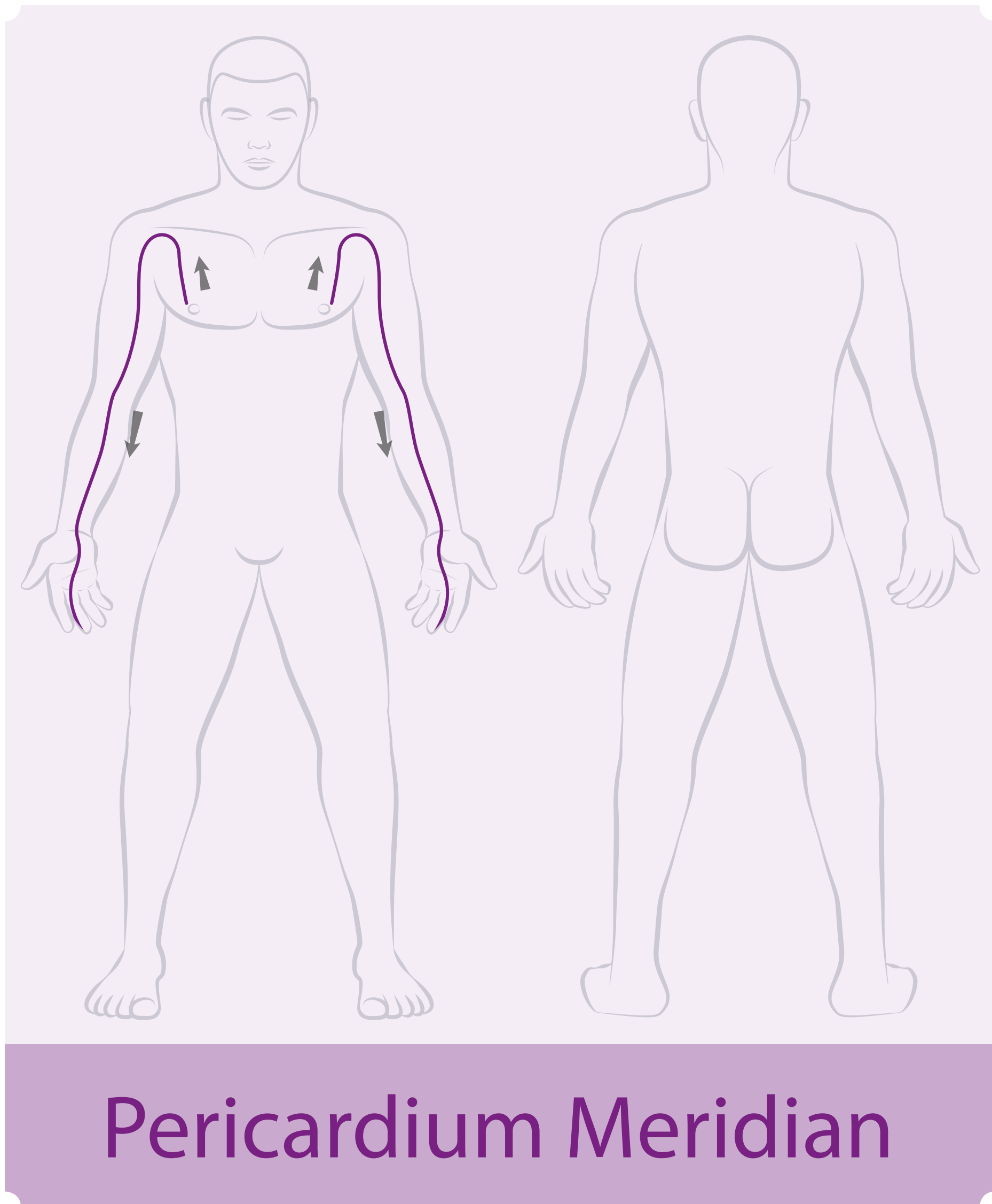


PERICARDIUM

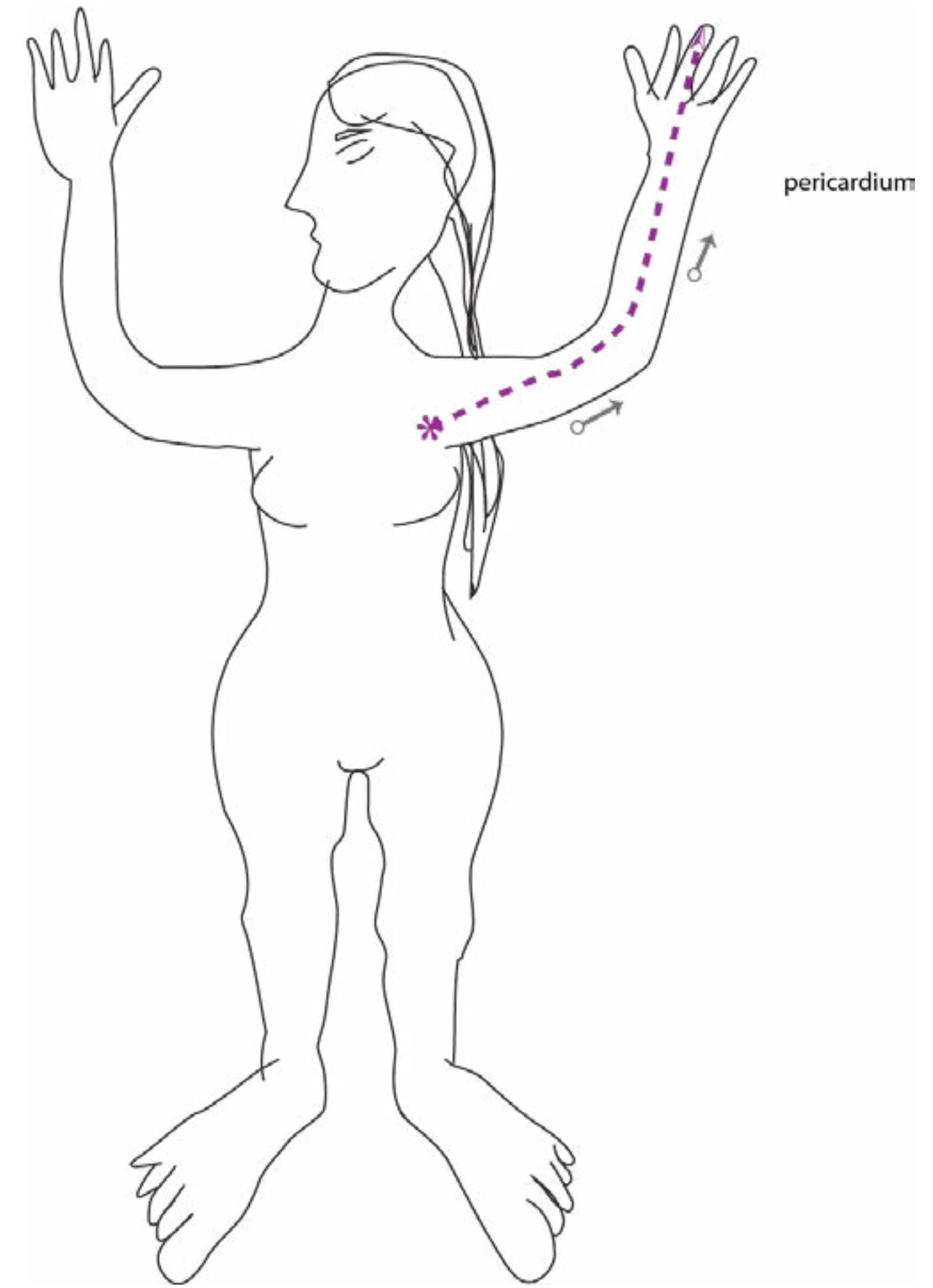
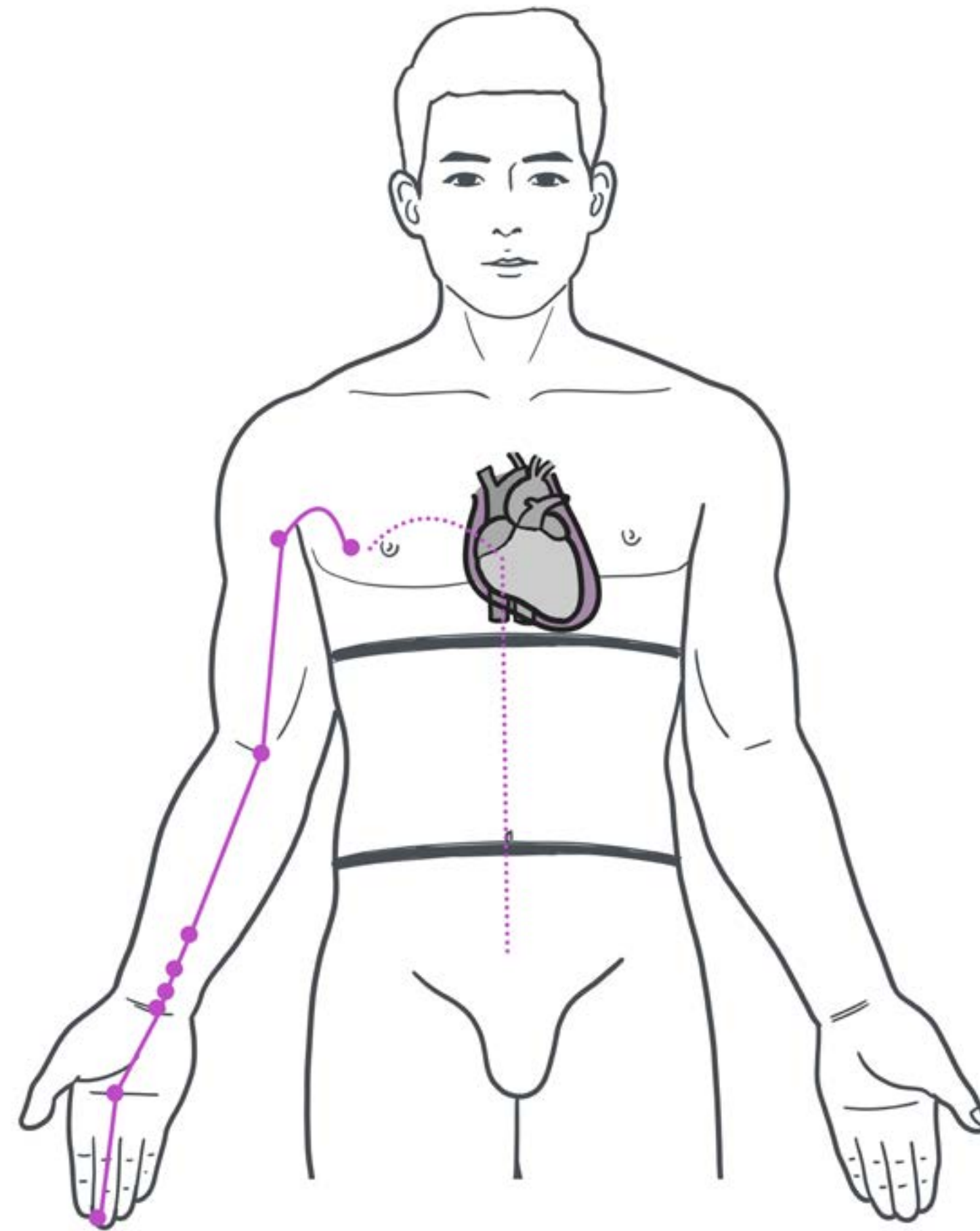
SOLID ORGAN

QI (HAND) ELEMENT

YIN UP INSIDE ARM



Pericardium Meridian



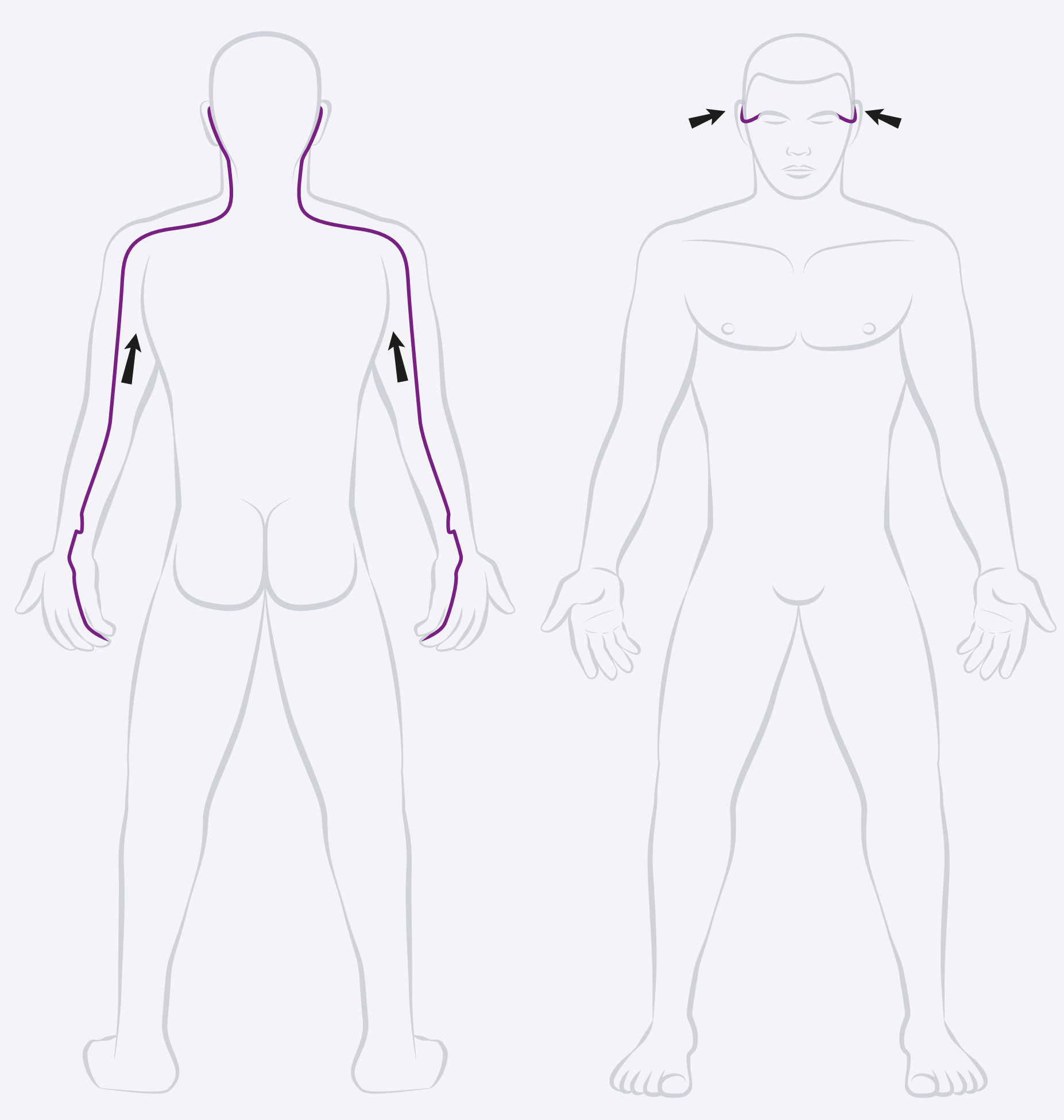
TRIPLE WARMER

HOLLOW ORGAN

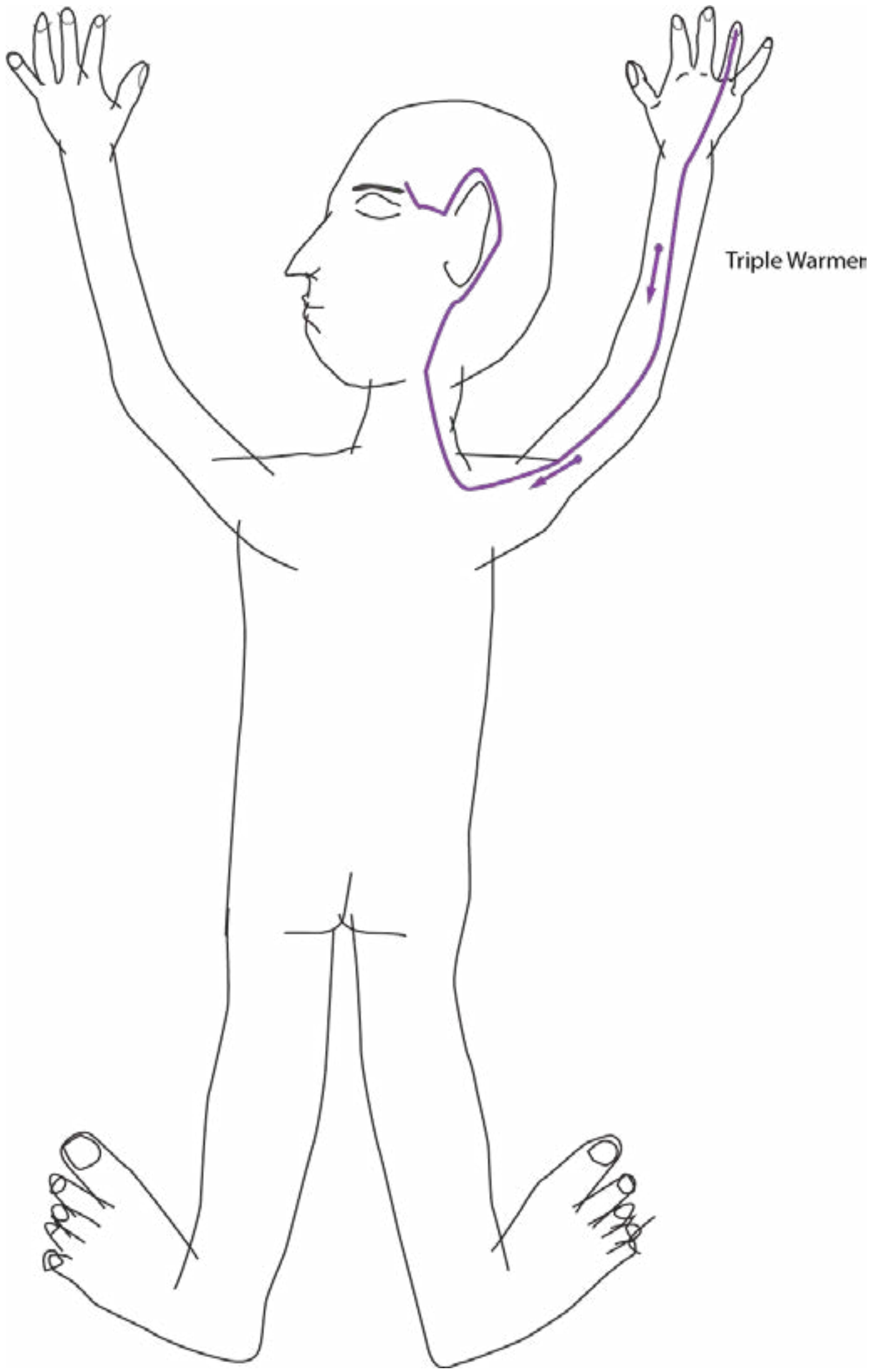
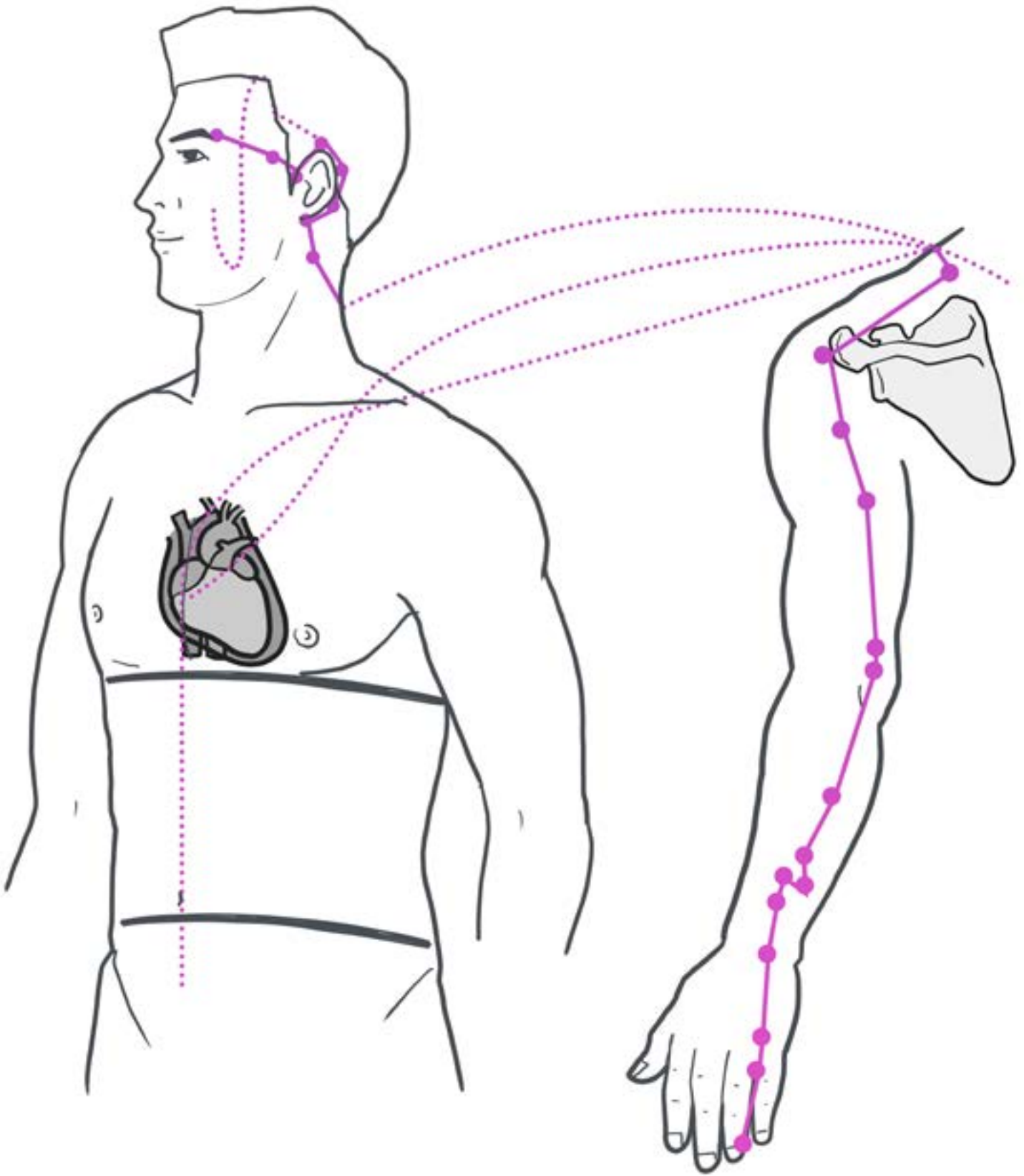
QI (HAND) ELEMENT

YANG DOWN OUTSIDE ARM

Triple Burner Meridian



Triple Warmer Meridian

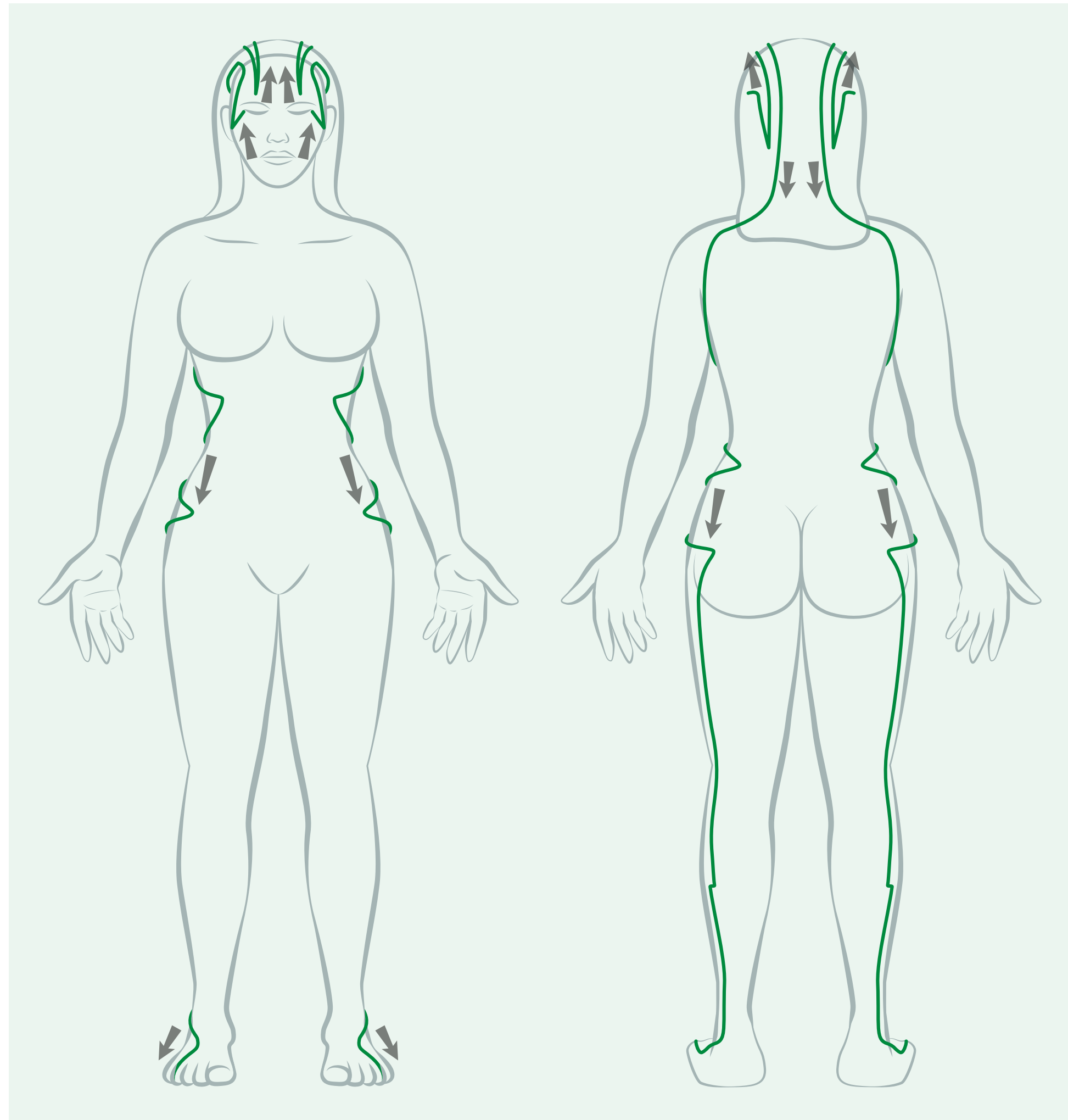


GALL BLADDER

HOLLOW ORGAN

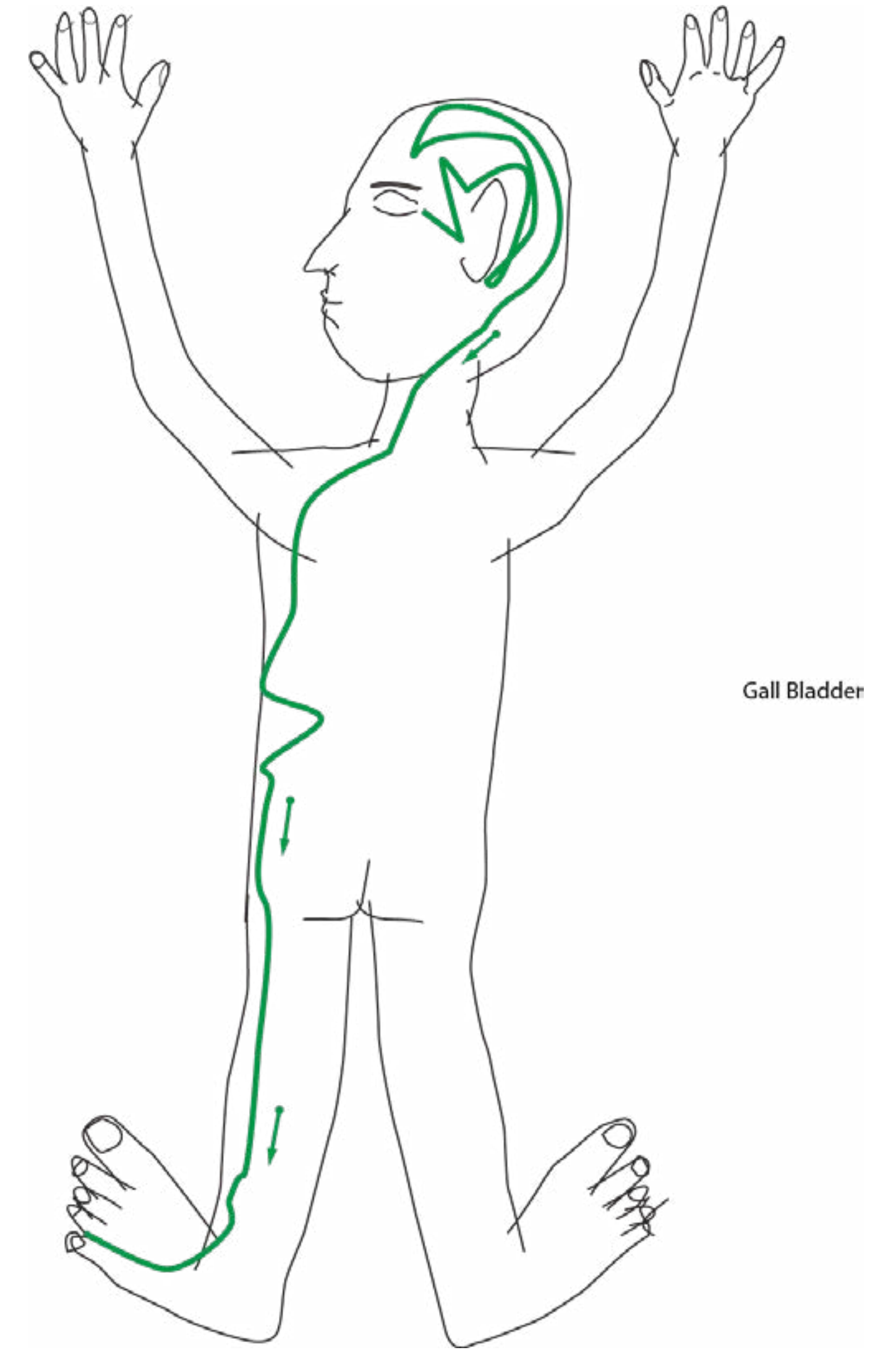
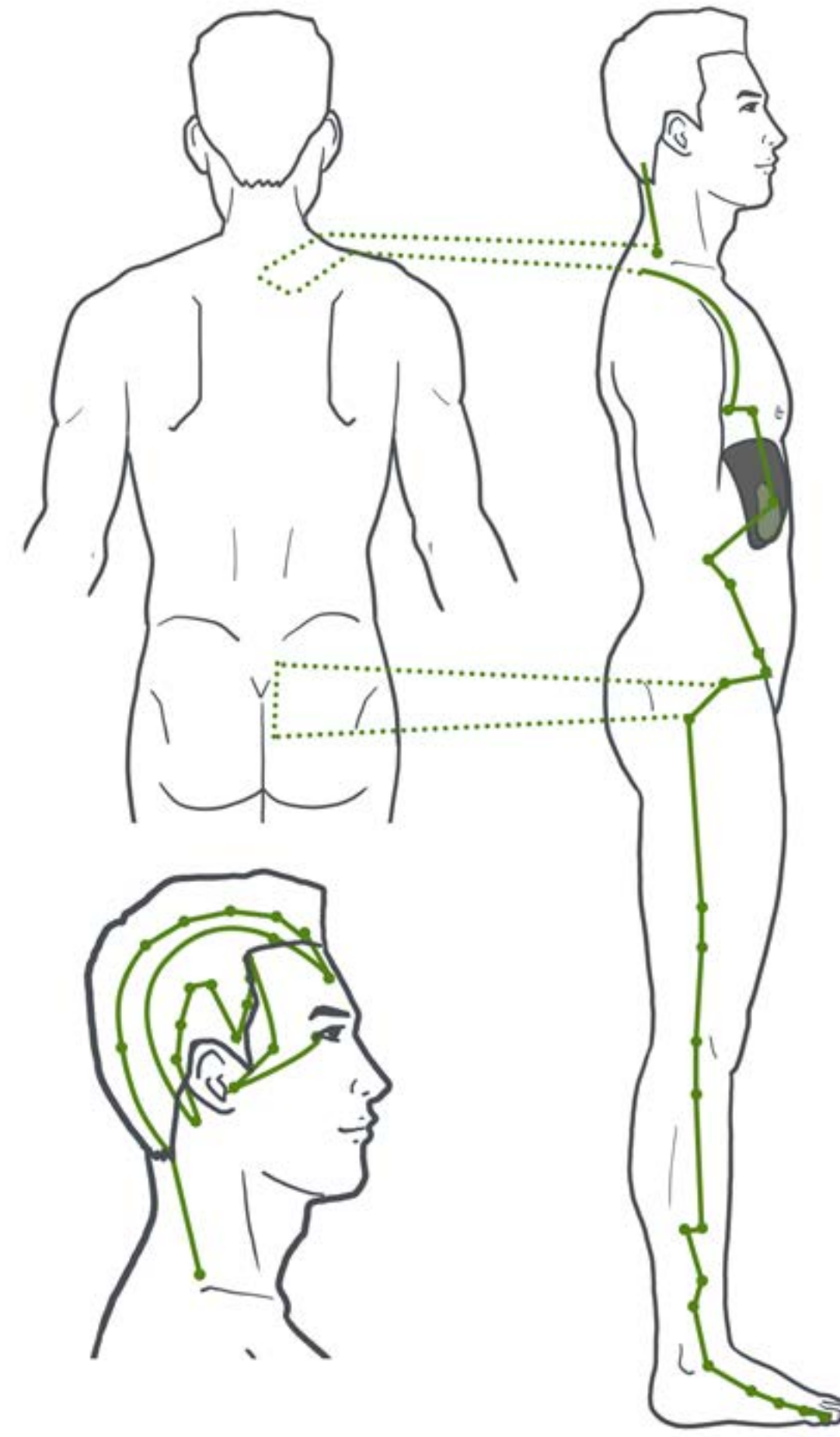
WOOD (FOOT) ELEMENT

YANG DOWN OUTSIDE LEG



Gall Bladder Meridian

Gall bladder Meridian

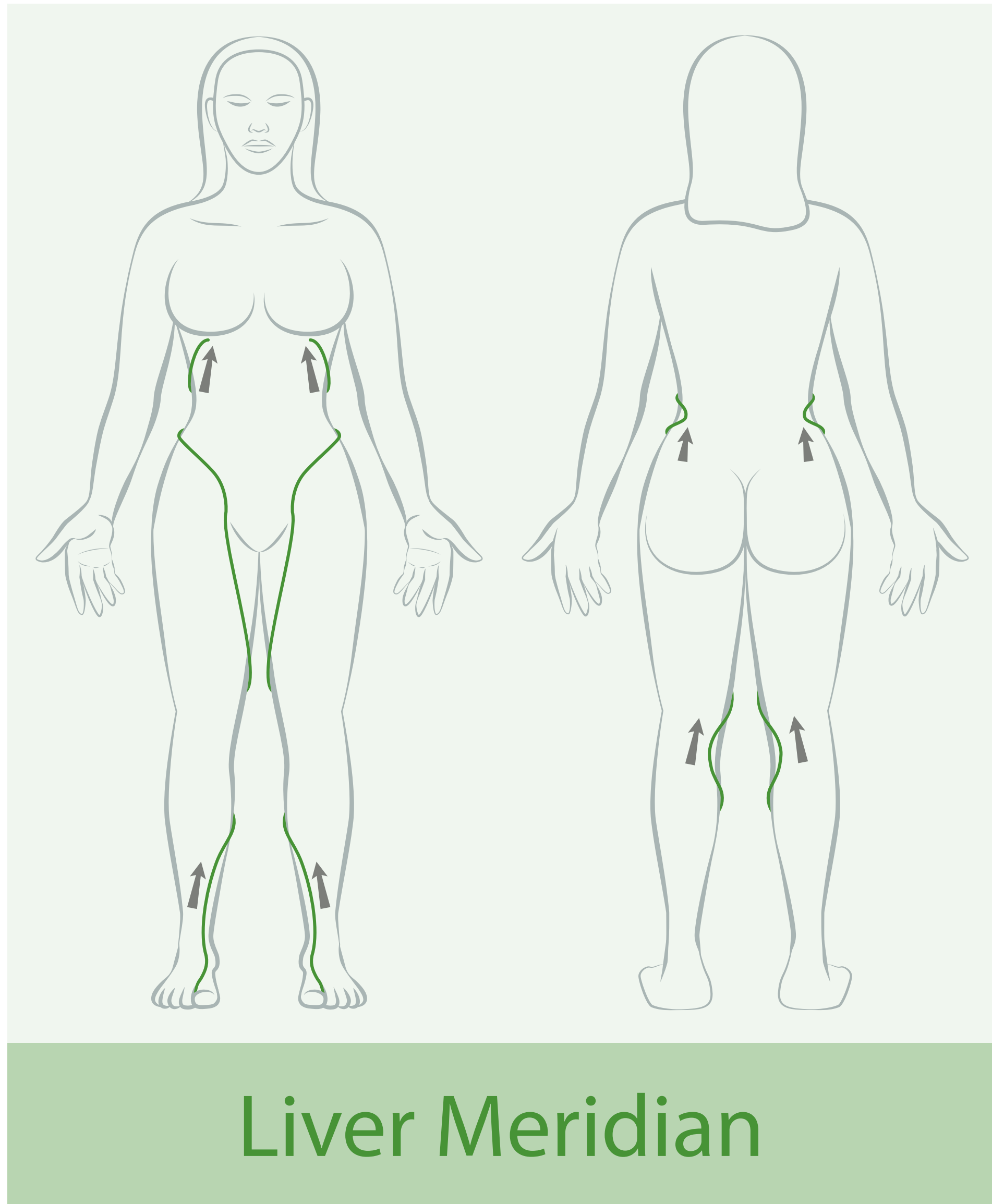


LIVER

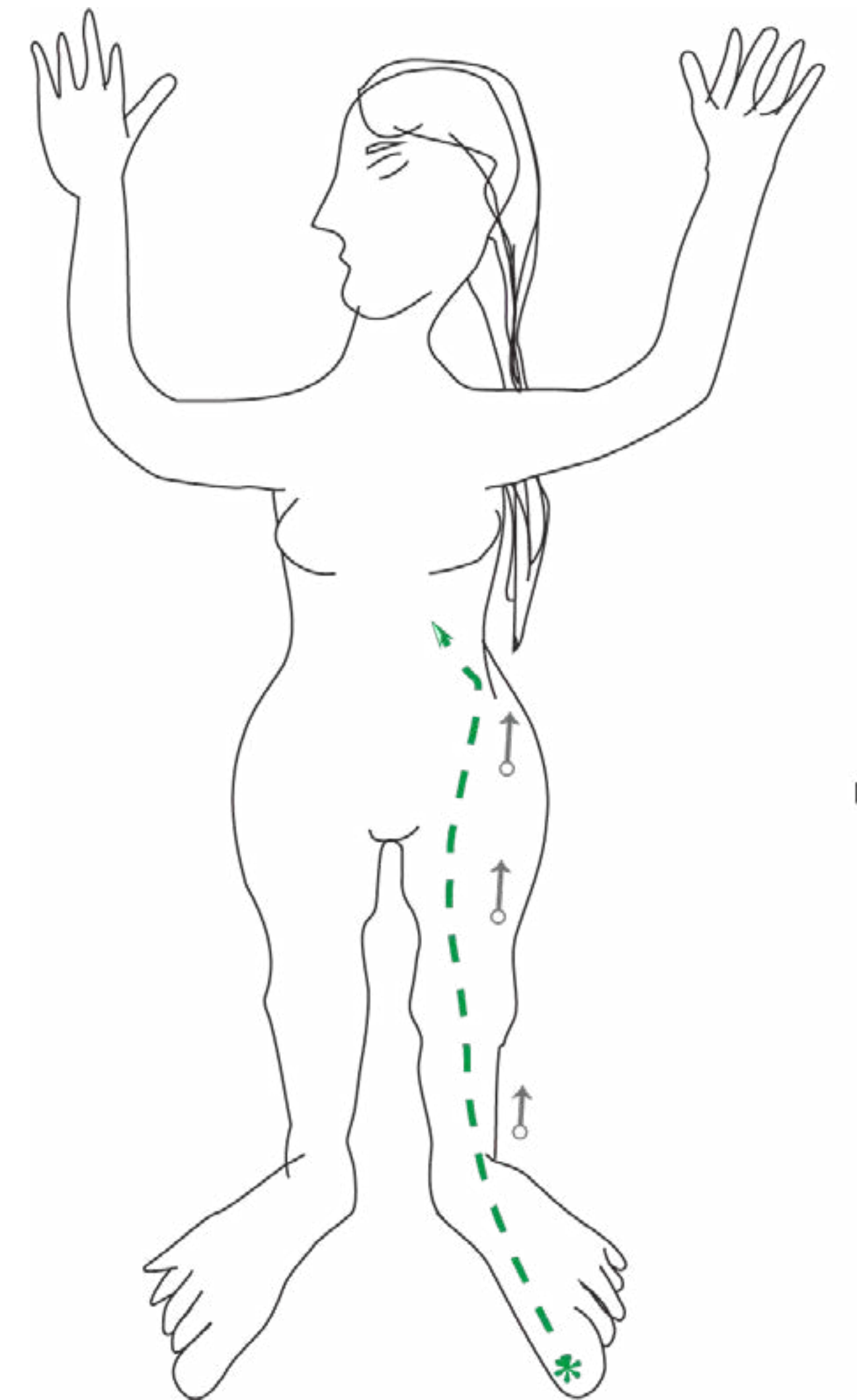
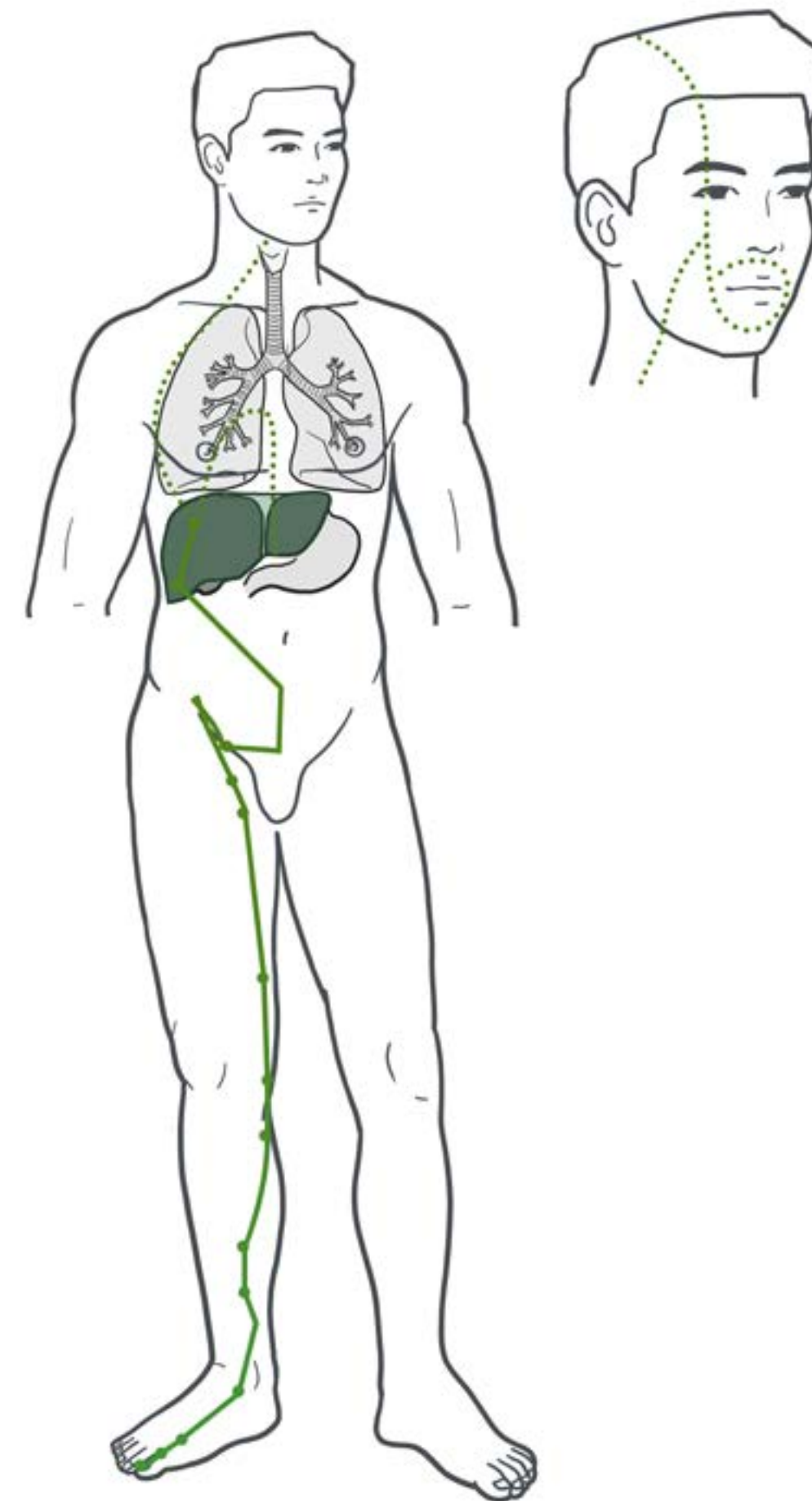
SOLID ORGAN

WOOD (FOOT) ELEMENT

YIN UP INSIDE ARM



Liver Meridian

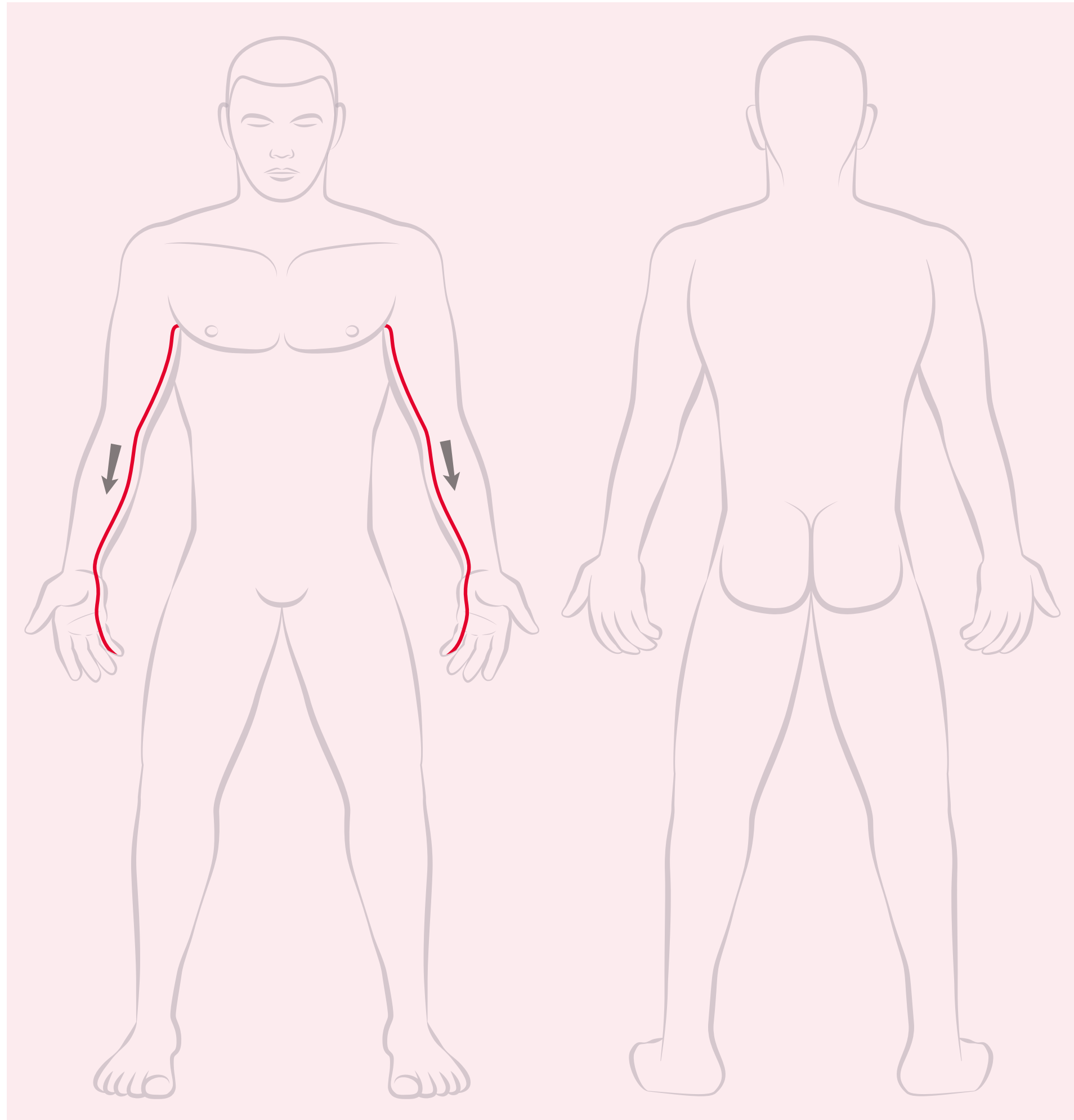


HEART

SOLID ORGAN

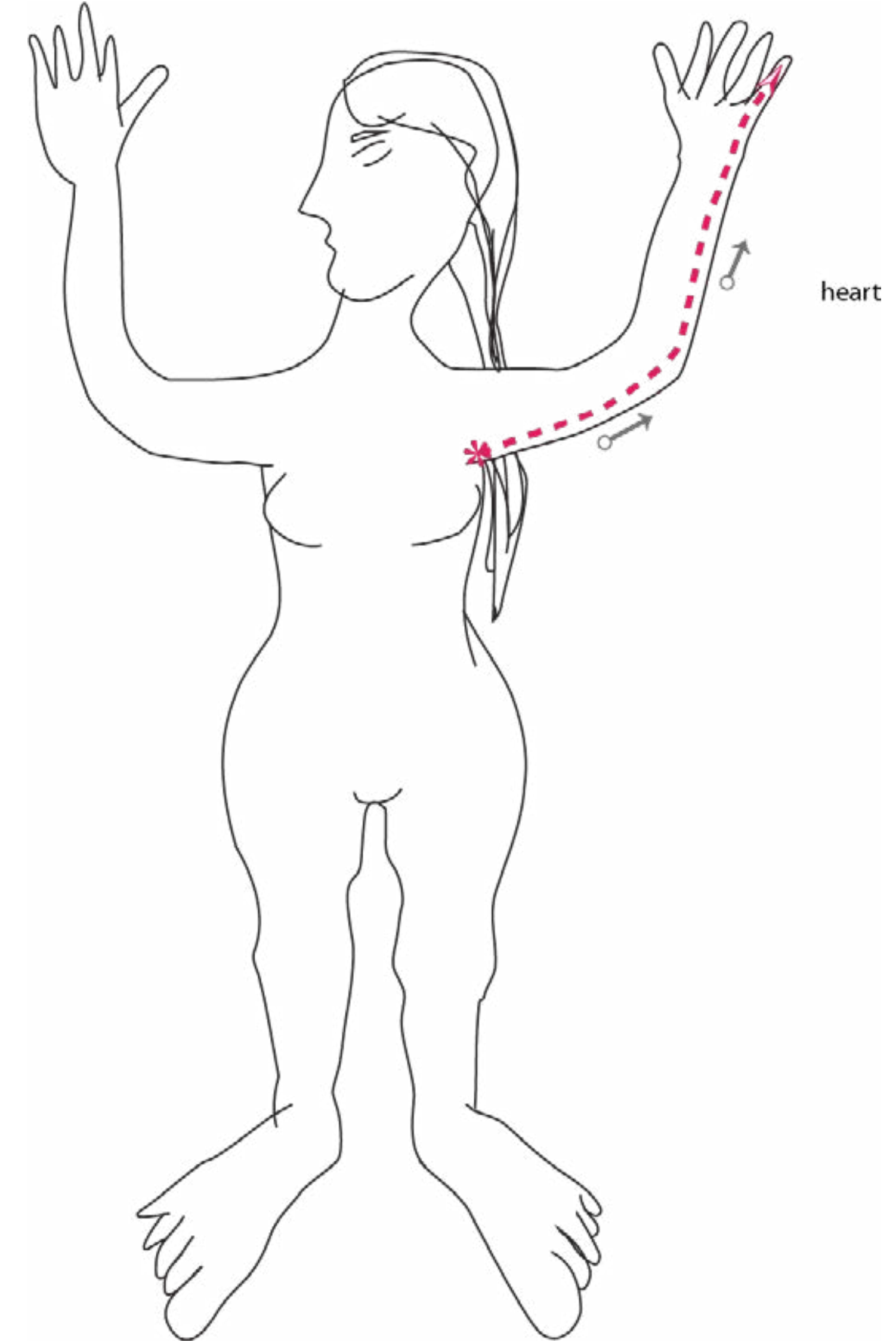
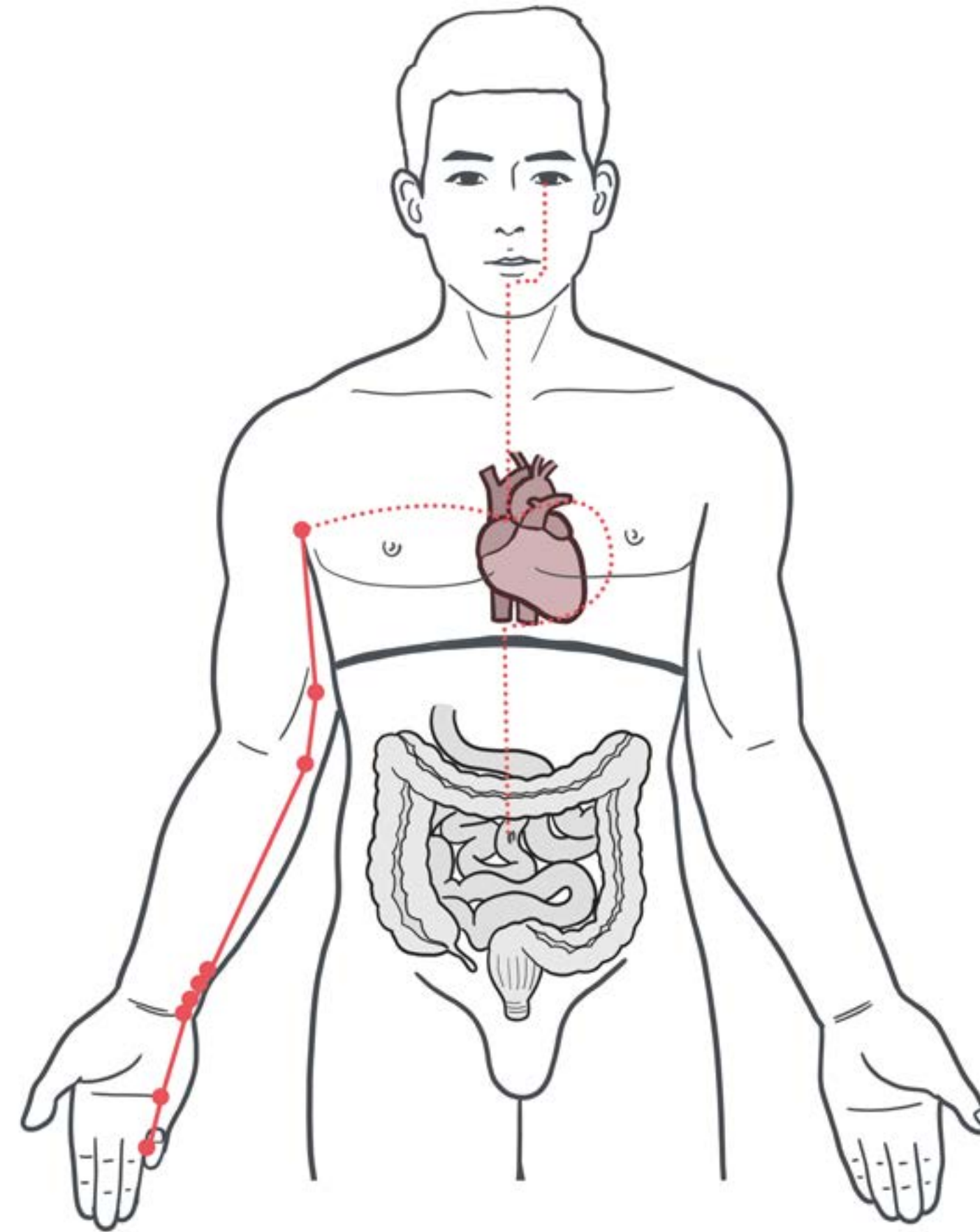
FIRE (HAND) ELEMENT

YIN UP INSIDE ARM



Heart Meridian

Heart Meridian

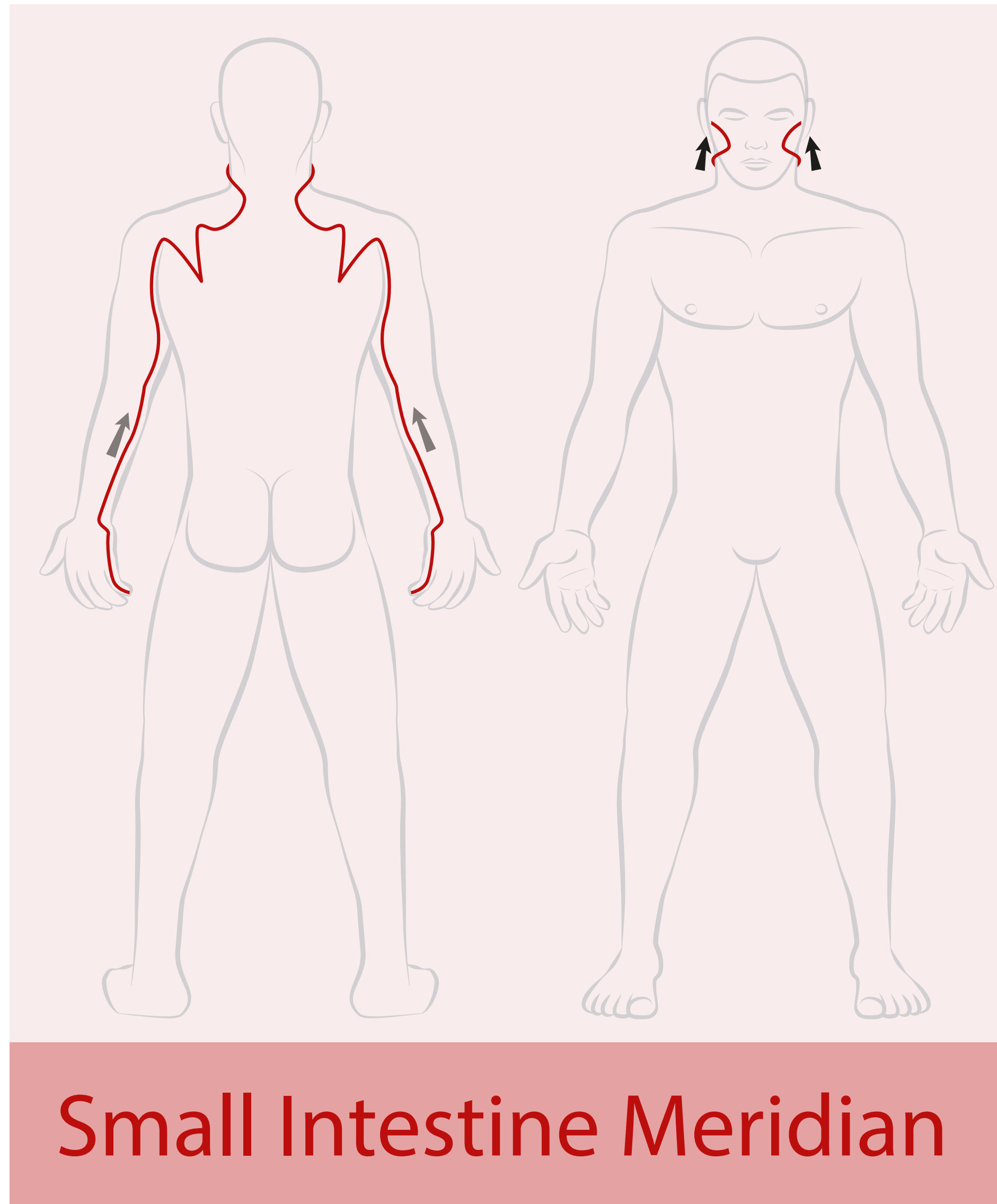


SMALL INTESTINE

HOLLOW ORGAN

FIRE (HAND) ELEMENT

YANG DOWN OUTSIDE ARM



Small Intestine Meridian

