

INTRODUCTION TO THE MERIDIANS

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*“The journey of a
thousand miles begins
with a single step.”*

Lao Tzu



*“The wise man is
one who knows
what he does not
know”*

Lao Tzu



*“The snow goose
need not bathe to
make itself white.
Neither need you
do anything but be
yourself.”*

Lao Tzu



“It is by virtue of the twelve channels that human life exists, that disease arises, that human beings can be treated and illness cured. The twelve channels are where beginners start and masters end. To beginners it seems easy; the masters know how difficult it is”

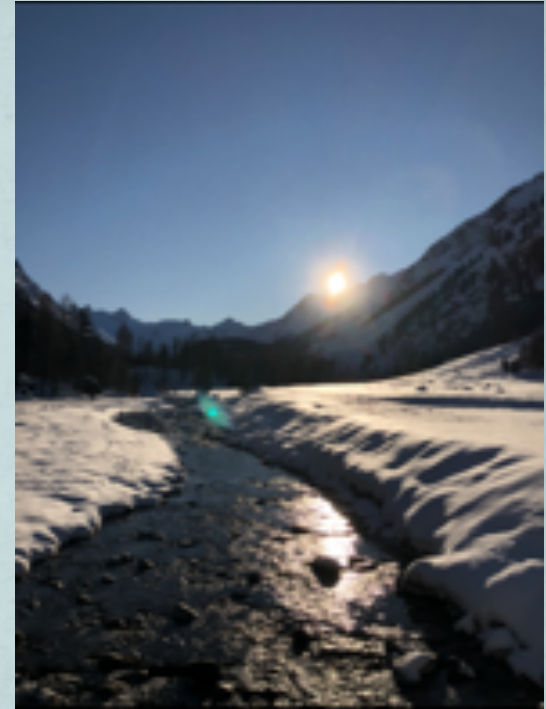
Ling Shu Chapter 17





“Qi cannot travel without a path, just as water flows and the sun and moon orbit without rest. So do the yin vessels nourish the zang and the yang vessels nourish the fu”

Ling Shu Chapter 17





Tending to the entire garden



MOVING FROM A PURELY BIOCHEMICAL TO AN INFORMATION-BASED, HOLISTIC PARADIGM

- Cybernetics (Wiener 1948): The scientific study of control and communication in the animal and the machine.
- Biological systems do not show linearity (cause and effect). They are highly interlinked and subject to a balance of biological flow.
- General system theory: systems as a whole have properties and perhaps even laws, that are different from, and cannot be reduced to, the properties and laws of their components (Bertalanffy, 1952).

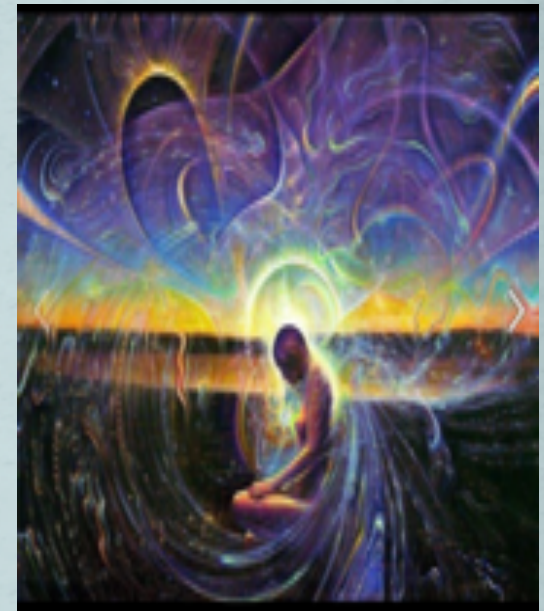
MOVING FROM A PURELY BIOCHEMICAL TO AN INFORMATION-BASED, HOLISTIC PARADIGM

- Biological systems are energetically open and are in a position to exchange energy and matter with their surroundings
- However, the arrangements that appear are not stable
- Continuous remodelling



MOVING FROM A PURELY BIOCHEMICAL TO AN INFORMATION-BASED, HOLISTIC PARADIGM

- Open systems show that when suitable energy is supplied (non-chaotic energy), it can instantly spread throughout the entire system in an autocatalytic way
- This leads to the appearance of new structures and these can be developed further into structures on a higher order
- ??????????
- The extracellular matrix appears as an information processing system intimately involved in the regulation of basic biological processes from the molecular to the organismic level, and beyond



♪ **Pathways that connect ... the web**

“It is a wonderful feeling to recognize the unity of complex phenomena that, to direct observation, appear to be quite separate things”.

Albert Einstein



HISTORY OF CHANNEL THEORY

Many theories advanced for explaining the discovery of the channels, summarised as two main theories:

- I. Points first, channels second (observation-based, empirical);
- II. Channels first, points second (exploration of the internal landscape of the body through meditation and qigong practice).

Silk scrolls describing the pathways of eleven channels and dating back to the 2nd century BCE were discovered during the excavation of tombs at Mawangdui, Hunan Province.



ABOUT MERIDIANS

- ❖ As an artery carries blood, a meridian carries energy
- ❖ Meridians (or Channels) affect every organ and every physiological system in the body including the respiratory, digestive, immune, circulatory, lymphatic, nervous, endocrine, skeletal, and muscular systems
- ❖ Each system is fed by at least one meridian
- ❖ As the body's "*energy stream*", the meridians
 - ❖ bring vitality and balance
 - ❖ remove blockages
 - ❖ adjust metabolism
 - ❖ determine the speed and form of cellular change
- ❖ Their flow is as critical as the flow of blood
- ❖ Our life and health depends on both



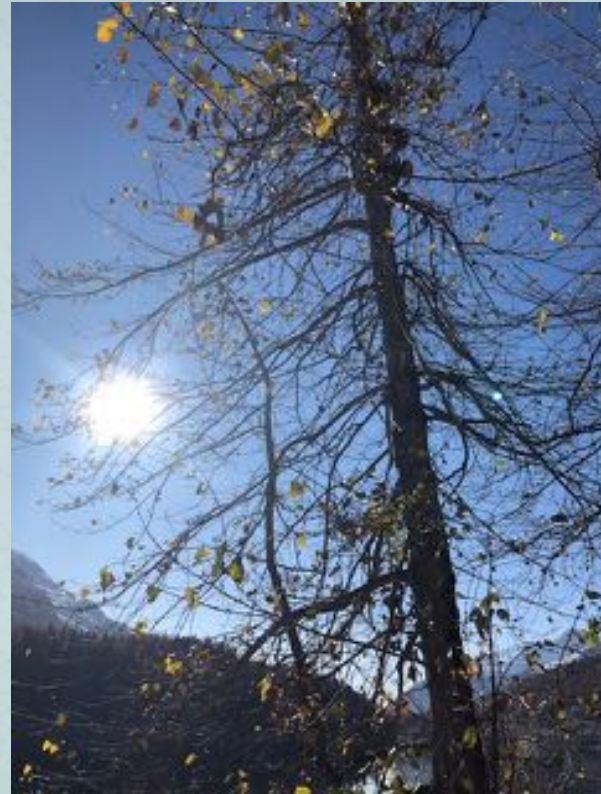
ABOUT MERIDIANS



- ❖ The meridian energies are a powerful set of palpable, though subtle pathways
- ❖ Ancient Chinese medicine has mapped meridian energy for over 5,000 years and teaches that each type of meridian energy has its own characteristics, qualities and behaviours
- ❖ Most meridians are named after the primary organ they travel through or govern
- ❖ The four meridians that are not named after an organ have more extensive and complex functions than the other ten meridians: Conception (Ren), Governing (Du), Pericardium, and Triple Heater (Sanjiao)
- ❖ The body's profound intelligence governs the meridians
- ❖ Working with the meridians can activate healing for the physical body, and support the mental, emotional, and spiritual realms

*“By letting go
it all gets done.”*

Lao Tzu



THE FUNCTIONS OF THE MERIDIANS

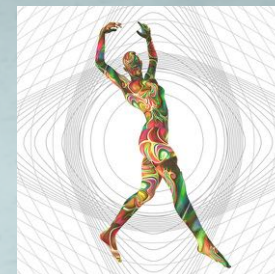
❖ Transporting qi and blood throughout the body and rendering the body an integrated whole

❖ It is by virtue of the complete interweaving network of the meridians that the qi and blood are transported to every part of the body. All the organs, sensory organs, and tissues are nourished, energised, and warmed by the qi and blood circulating through the channel network

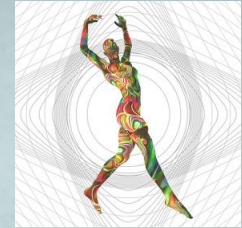
❖ By virtue of their origin in the depths of the body and their emergence at the surface, the channels ***link the interior with the exterior***

❖ Since they run bilaterally, or in the case of the Girdling vessel (*Dai Mai*) encircle the body, the primary, divergent, luo-connecting and sinew channels, as well as six of the extraordinary vessels, ***link the two sides of the body***

❖ Since they run vertically, the various channels ***link above with below***



THE FUNCTIONS OF THE MERIDIANS



❖ Protecting the body

❖ The entire meridian network serves as a series of barriers to prevent the deeper penetration of pathogenic factors from the exterior

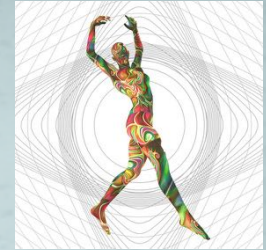
❖ Responding to dysfunction in the body

❖ When the harmony of the body is disrupted by any of the causes of disease, the meridians can respond in a number of ways:

- ❖ Disease of the channels themselves
- ❖ Disease of the *zangfu* reflecting on to the channels
- ❖ Disease transmitting via the channels
- ❖ Visibly showing disease

❖ The channels serve to transmit qi to the diseased area

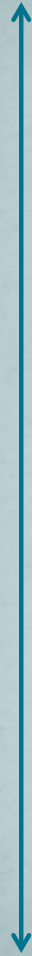
THE FUNCTIONS OF THE MERIDIANS



❖ Each of the twelve paired meridians is actually a segment of a single energy pathway that runs throughout the body, surfacing twelve times and appearing as twelve segments

The theory of the channels underlies one of the most significant discoveries of Chinese medicine; they form the physiological interconnections that renders the body an integrated whole rather than a series of independent units





Most superficial

Cutaneous regions

Minute collaterals

Sinew channels

Luo connecting channels

*Primary channels**

Divergent channels

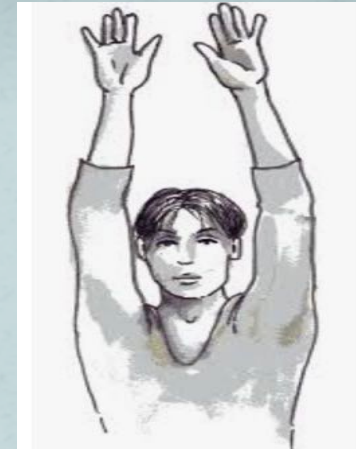
Extraordinary channels

Deep pathways of the primary and divergent channels

Deepest

MERIDIAN PATHWAYS

- The **three yin channels of the hand** (Lung, Pericardium, and Heart) begin on the chest and travel along the inner surface of the arm to the hand
- The **three yang channels of the hand** (Large Intestine, Sanjiao, and Small Intestine) begin on the hand and travel along the outer surface of the arm to the head
- The **three yang channels of the foot** (Stomach, Gall Bladder, and Bladder) begin on the face, in the region of the eye, and travel down the body and along the outer surface of the leg to the foot
- The **three yin channels of the foot** (Spleen, Liver, and Kidney) begin on the foot and travel along the inner surface of the leg to the chest or flank



To understand the pathways of the channels it is helpful to visualize a person standing with his arms over his head, palms facing forwards

MERIDIAN PATHWAYS

- The course of each of the twelve channels comprises an internal and an external pathway
- The external pathway is what is normally shown on an acupuncture chart and is relatively superficial
- The internal pathways are the deep course of the channel where it enters the body's cavities
- **All the acupuncture points of a channel lie on its external pathway**
- The superficial pathways of the twelve channels describes three complete circuits of the body



Chest → Hand → Face → Foot → Chest

First circuit
Spleen

Lung

Large Intestine

Stomach

Second circuit

Heart

Small Intestine

Bladder

Kidney

Third circuit

Pericardium

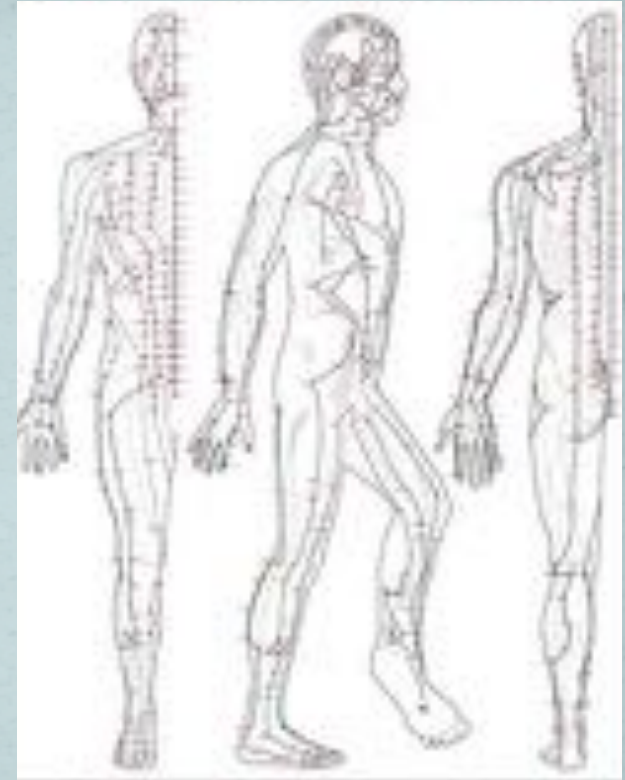
Sanjiao

Gall Bladder

Liver

CONNECTING THE DOTS...

- Hundreds of tiny reservoirs of heat, electromagnetic, and more subtle energies are situated along the surface of the skin on the meridian lines
- Known in ancient Chinese medicine as acupuncture points, these energy dots can be stimulated with acupuncture needles, electrical impulses, laser light, heat, sound, or other less invasive types of physical or vibrational energy such as touching, tapping, pressure, essential oils, or flower essences, in order to release or redistribute energy
- Meditation can activate the acupoints
- The meridians are the energy pathways that “connect the dots”, i.e. the acupuncture points



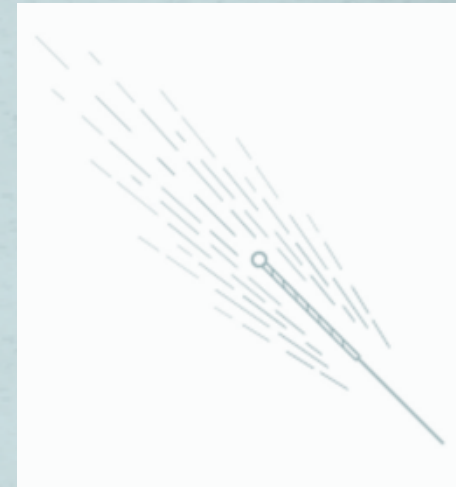
THE ACUPOINT: A WINDOW ON THE MATRIX SYSTEM

- Heine, 1988: discovery of the morphological structure of the acupuncture point (Heine's cylinder) and its relationship to the matrix system
- Kellner, 1979: histological study of 14,000 skin sections which showed at the various acupoints (but not all), more than a chance collection of sensory elements. No structural differences between these points and neutral skin
- Heine (1988) discovered underneath the points he studied vessel-nerve bundles penetrating the fascia and bringing a cylinder made of proteoglycans of the extracellular matrix with them. The cylinder is sealed off by a thicker proteoglycan layer and is bordered at its upper (outer) side, with nerve endings emerging from this upper side



HEINE'S CYLINDERS

- Closely circumscribed perforations (diameter 3-7mm) in the superficial fascia of the body; of particular significance as only there, ensheathed in loose connective tissue, can the blood vessels and nerve bundles of the skin penetrate deeply
- These are morphological correlates to acupuncture points (Heine 1988)
- Analogously, fine vessels and nerve bundles, enclosed by loose connective tissue, leave the dura mater in the area of ossified cranial sutures through meandering channels in the bones and appear in the skin of the scalp. The exit points in the bone also corresponds to acupuncture points (Heine 1988)
- These 'points' (or perforations) are always found in the same places on people regardless of racial differences



HEINE'S CYLINDERS

- Heine demonstrated that the matrix system is stretched from the depths of the body towards the surface in the form of cylinders which enclose the perforating nerve and vessel bundles
- This 'Heine cylinder' is ensheathed by a membrane which has little conductivity
- The cylinder is "an organ" that not only can take in mechanical qualities and rearrange them, but is also able to fluctuate in the sense of electromagnetism
- It is an organ of perception for electromagnetic and magnetic variables
- The existence of the Heine cylinders explains how long lasting changes to organic regulatory processes can be achieved with completely different techniques, such as acupuncture, moxa, massage, magnetic fields, puncture therapy, local anaesthetics, or laser at acupuncture points

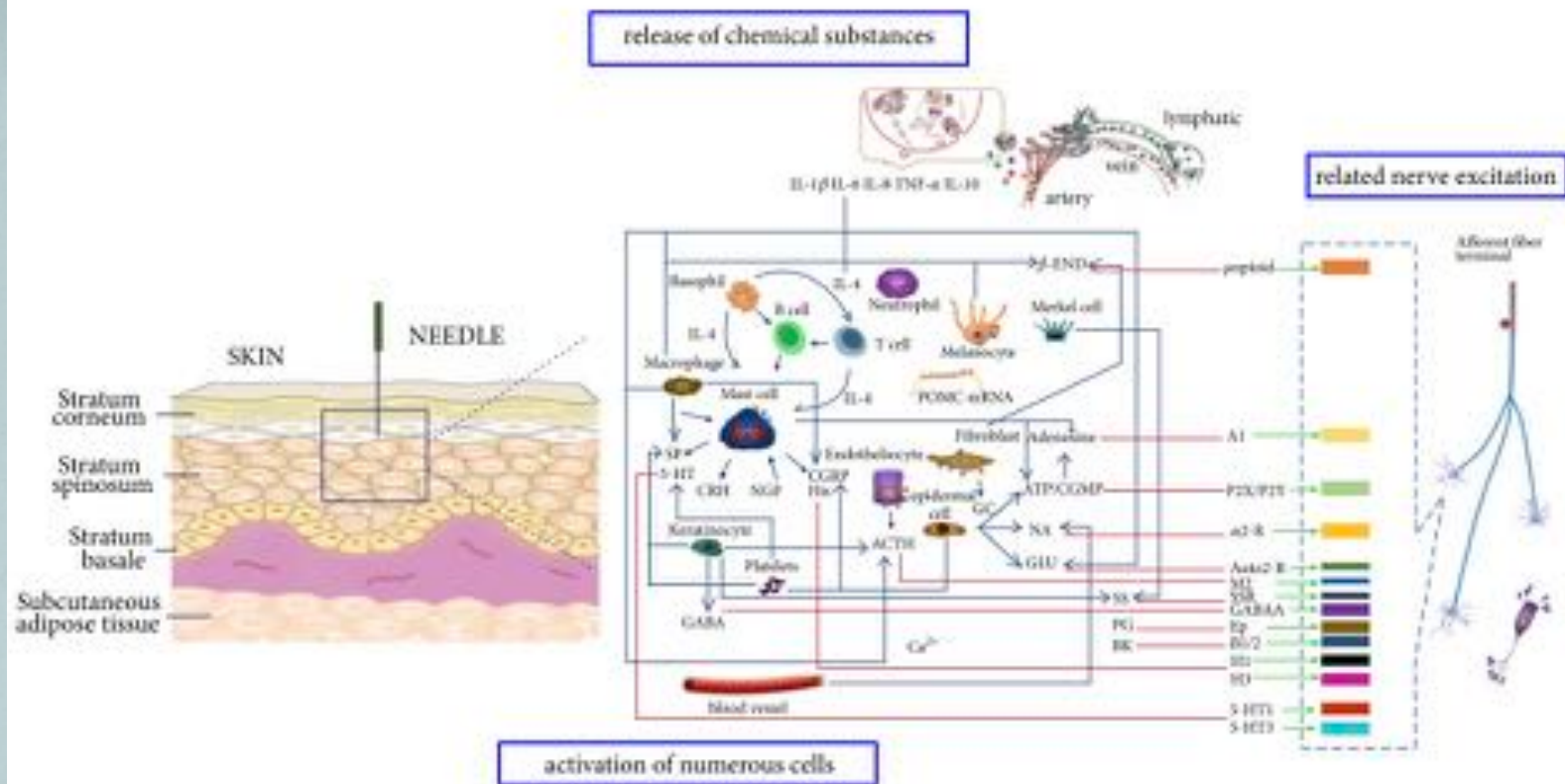
Possible Functions of 'The Point Organ' in Acupuncture

(according to Heine's description)

- From a mechanical viewpoint, it is a viscoelastic system that absorbs jolts and pressure
- The proteoglycan network firmly attached to the surface of the point organ is able to fluctuate and therefore capable of reacting to stimuli that have electromagnetic and magnetic properties
- A network of electro-labile molecular filaments makes up a biophysical storage system for electrical charges, i.e. an accumulator. The surrounding thicker layer, with its insulating properties, brings to mind a capacitor
- **As a result of their electrolability, proteoglycans react to every type of stimulus with depolarization, and can transmit these phenomena as chain reactions in the matrix system over great distance. This guarantees the continuity of primary information relay from the point to distant regions of the body**

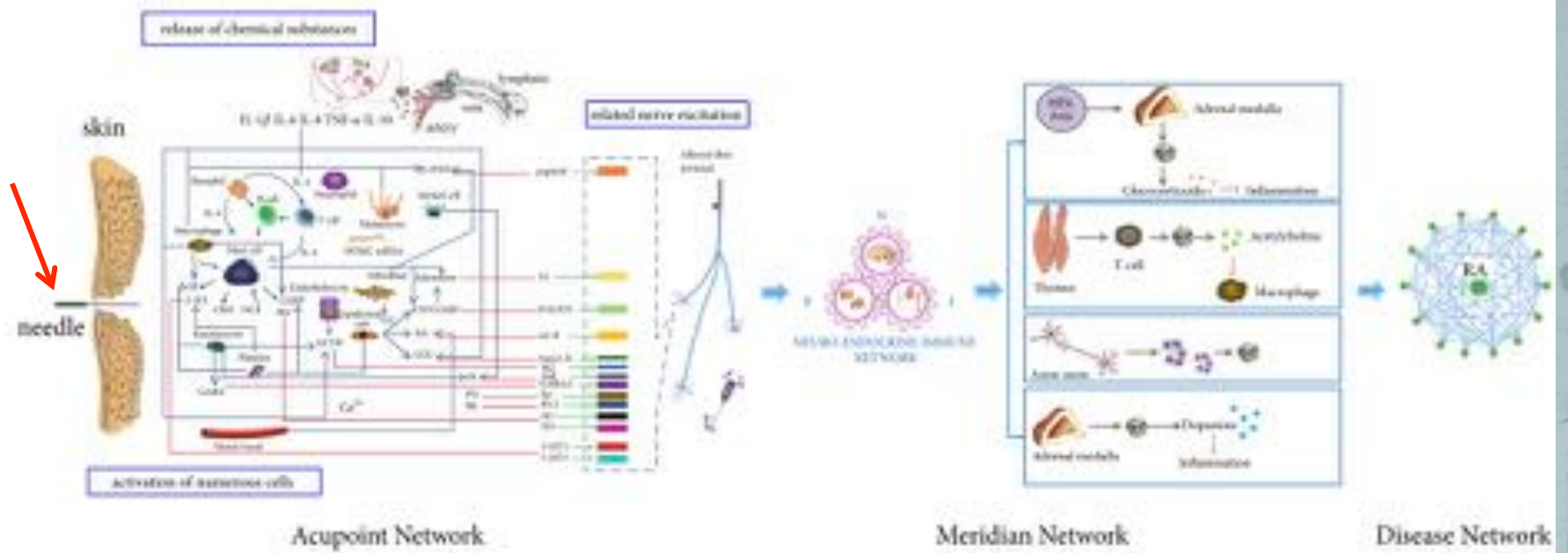


No life without self-generated electricity!



Acupoint Network

Ning-cen Li, Ming-yue Li, Bo Chen and Yi Guo. A New Perspective of Acupuncture: The Interaction of Three Networks Leads to Neutralization. Evidence-Based Complementary and Alternative Medicine, volume 2019. <https://doi.org/10.1155/2019/2326867>



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IDENTIFYING THE ACTIVE POINT THROUGH PALPATION

- In surface palpation, the point feels as a flat depression where the texture of the skin is smoother
- Skin over the point is less mobile ('the finger stays put')
- With greater pressure, the muscle under the point feels noticeably harder
- Deep in the centre of the point, there is a palpable hard cord with a small nodule
- There is heightened painful sensitivity to pressure
- Mechanical stimulation of the point sets off a referred pain in an associated distant reference zone, which, however, is always in the kinetic chain of the point

THE PRIMO VASCULAR SYSTEM AS A NEW ANATOMICAL SYSTEM

➤ The hypothesis of Bong-Han Kim (1963)

➤ Experimental confirmation by different authors from Seoul National University, South Korea; more than 70 articles published until 2019

➤ *“The Primo Vascular System (PVS) receives external and internal signals. The external signal come from the environment as electromagnetic waves. The internal signals are products of metabolic processes and arise as bioelectrical, bioluminous, and acoustical fields. These fields all bring information to the PVS concerning bio-processing in the body.*

The PVS is furthermore the physical substrate for the acupuncture points and meridians and is involved in the development and the functioning of living organisms”.

Stefanov M, Potroz M, Kim J, Lim J, Cha R, and Nam M-H. The Primo Vascular System as a New Anatomical System. J Acupunc and Meridian Stud; 2013;6:331-338.

THE PRIMO VASCULAR SYSTEM AS A NEW ANATOMICAL SYSTEM

Kwang-Sup Soh. Bonghan Circulatory System as an Extension of Acupuncture Meridians. *J Acupuncture and Meridian Studies*, 2 (2); 2009:93-106.

[https://doi.org/10.1016/S2005-2901\(09\)60041-8](https://doi.org/10.1016/S2005-2901(09)60041-8)

Ghiron C. The Primo Vascular System as a Possible Exosomal Route Across the Body: Implications for Tumor Proliferation and Metastasis. *J Acupuncture and Meridian Studies*, 12(1);2019:25-28. <https://doi.org/10.1016/j.jams.2018.06.006>

Chung Yang, Yi-kuan Du, Jian-bin Wu et al. Fascia and Primo Vascular System. *Evidence-Based Complementary and alternative Medicine*, 2015; article ID303769.

<https://doi.org/10.1155/2015/303769>

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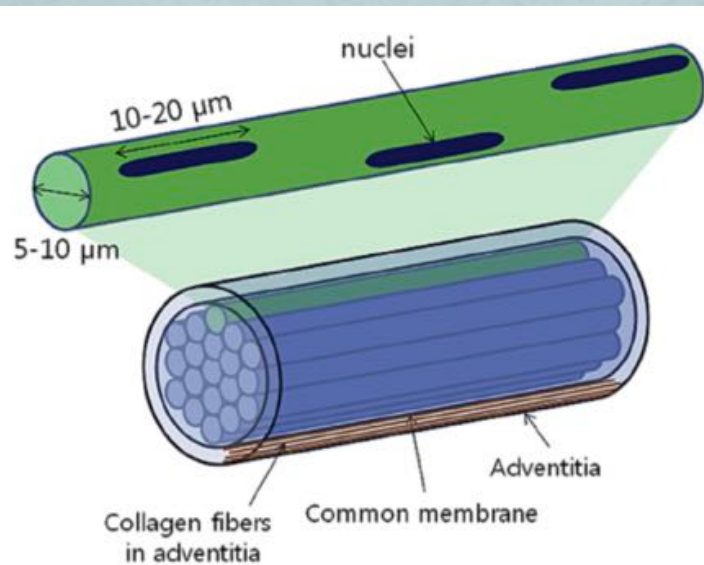


Figure 1 Illustration of one isolated subvessel (top) and a bundle of subvessels of the primo vessel.

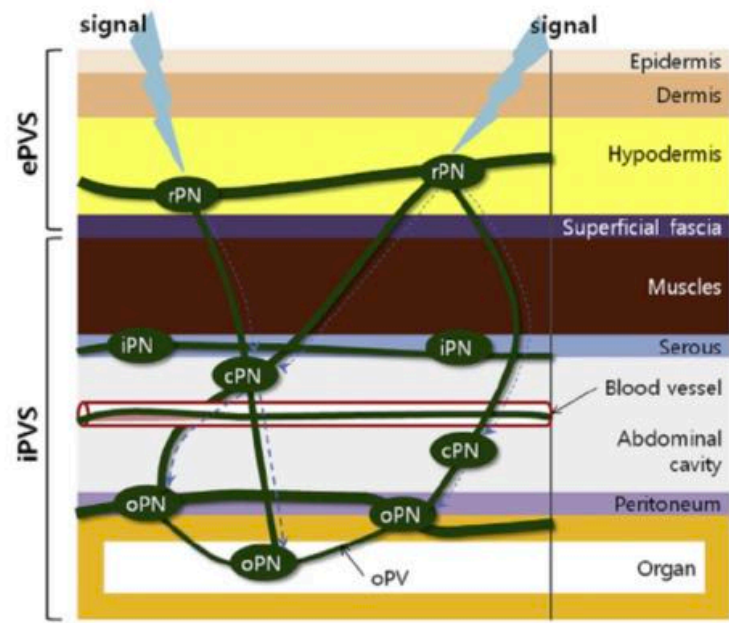


Figure 3 Topographical distribution of the primo vascular system.

Stefanov M, Potroz M, Kim J, Lim J, Cha R, and Nam M-H. The Primo Vascular System as a New Anatomical System. *J Acupunc and Meridian Stud*; 2013;6:331-338.

Bonghan Circulatory System

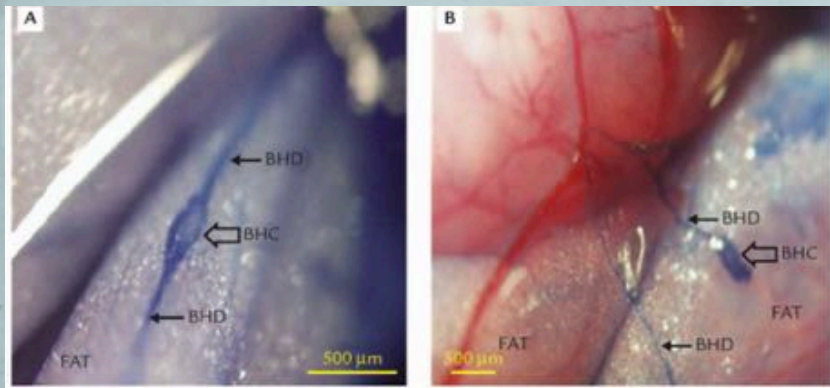


Figure 7. Trypan blue staining of BHD and BHC inside adipose tissues. (A) BHC and connected BHD inside adipose tissue around rat small intestine. (B) BHC and two BHDs near same rat small intestine; blood vessels and adipose tissues not stained [71].

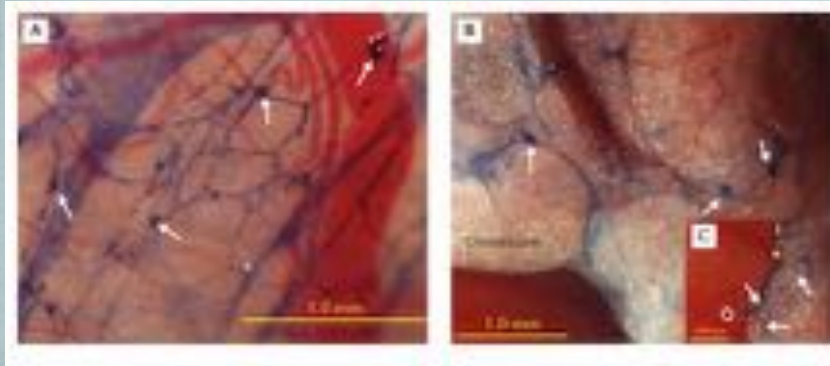
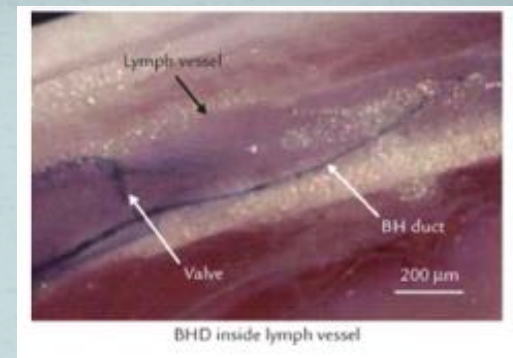
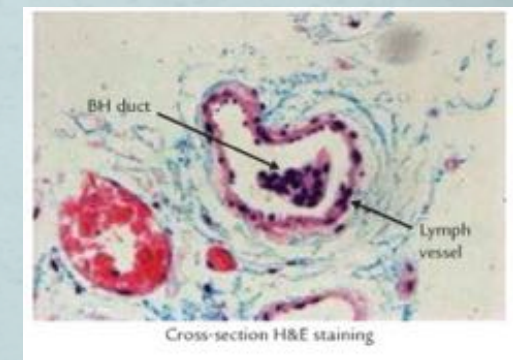


Figure 4. Weblike network of BHDs revealed by using trypan blue. (A) Web of BHDs on visceral peritoneum around stomach near rat spleen; several small BHCs at crossing points (arrows); blood capillaries not stained. (B) Network of BHDs on omentum below stomach and over small intestine; three small corpuscles at crossing points of BHDs (arrows). (C) Inset: another part of same omentum as (A); floating BHD (open arrow) connected to BHDs (arrows) in omentum, showing BHDs on omentum as part of larger network of freely movable BHDs on internal organ surfaces [43].



Kwang-Sup Soh. Bonghan Circulatory System as an Extension of Acupuncture Meridians. *J Acupuncture and Meridian Studies*, 2 (2); 2009:93-106. [https://doi.org/10.1016/S2005-2901\(09\)60041-8](https://doi.org/10.1016/S2005-2901(09)60041-8)

**The acupuncture point:
a window on the matrix system
and the power of the body**

As a whisper may carry more power
than a loud word,
an acupuncture point uncovers
subtle energies where specific
signalling behaviours can carry the
power, the grace, and the miracle of
healing





*“In the light there is
darkness, but don’t take it as
darkness;
In the dark there is light; but
don’t see it as light.
Light and dark oppose one
another like the front and
back foot in walking”*

Sekito Kisen (700-790)

YIN AND YANG

- ❖ Every quality in nature has its opposite
- ❖ These opposing forces are both antagonistic and complementary
- ❖ The two opposing/complementary forces in nature are known in Chinese medicine as *Yin* and *Yang*
- ❖ Like the in-breath and the out-breath, Yin and Yang form a duality that reflects the movement and nature of energy
- ❖ Yin is the receptive inward rhythm
- ❖ Yang is the expressive, outward rhythm
- ❖ Together they form a totality in which each quality flows into its opposite



THE RHYTHM OF YIN

- Yin flows up from the Earth
- Yin meridians flow upward, up the front or inside of the body
- Yin energies flow inward; they move deep and inside
- Aspects of yin include moon, water, cold, dark, night, autumn, and winter
- Yin energies embody the more 'feminine' qualities: receptive, inward-directed, yielding, deep, solid, and internal



THE RHYTHM OF YANG

- Yang energies flow down from the Heavens
- Yang energies travel down the front, back and side of the body
- Yang energies move out and govern action in the world
- Aspect of yang include sun, fire, heat, day, light, spring, and summer
- Yang energies embody the more 'masculine' qualities: active, assertive, outward-directed, superficial, hollow, surface



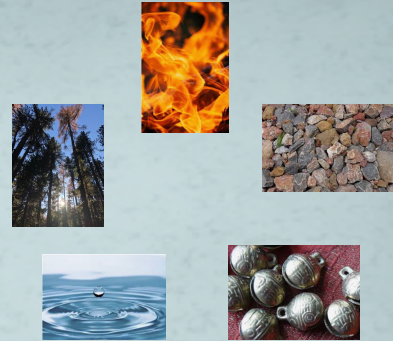
*“Nature does not hurry,
yet everything is
accomplished.”*

Lao Tzu



THE FIVE ELEMENTS

- Together with the theory of Yin-Yang, the theory of the Five Elements constitutes the basis of Chinese medical theory
- The system of correspondences is an important part of the Five Element theory
- This system is typical of the ancient Chinese thought, linking many different phenomena and qualities within the microcosm and macrocosm under the aegis of a certain Element
- The ancient Chinese philosophers saw the link among apparently unrelated phenomena as a kind of ‘resonance’ among them
- One of the most typical aspects of Chinese medicine is the common resonance among phenomena in Nature and in the human body
- The Five Elements exert a vibratory influence (a quality, an adjective, a modifier)



THE FIVE ELEMENTS

❖ Each of the body's meridians vibrates to one of the Five Elements: *water, wood, fire, earth, and metal*

❖ Two organs, one Yin, the other Yang, belong to each Element:

Wood: Liver and Gall Bladder



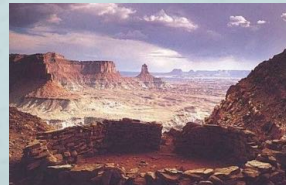
Water: Kidneys *and* Bladder



Fire : Heart and Small Intestine



Earth: Spleen/Pancreas, and Stomach



Metal: Lungs and Large Intestine



THE FIVE ELEMENTS

❖ Each Element also affects specific parts of the body in addition to the organs with which it is associated:

❖ **Water:** bones, fluids, teeth

❖ **Wood:** tendons, ligaments, nails

❖ **Fire:** blood vessels

❖ **Earth:** muscles and blood

❖ **Metal:** skin, hair

THE FIVE ELEMENTS

Water corresponds to the season of **winter**
Wood corresponds to the season of **spring**
Fire corresponds to the season of **summer**
Earth corresponds to the transition between
the seasons (**solstice and equinox**).
Metal corresponds to the season of **autumn**



THE FIVE ELEMENTS

- The energy flow in a clockwise direction from Water-Wood-Fire-Earth-Metal
- Each Element has a passive or inner-directed aspect (Yin) and an active or outer-directed aspect (Yang)
- There is a Yin-Yang balance between meridians in each Element
- There is a Yin-Yang movement in the larger cycle. Water is Yin, Wood is Yang, Fire is Yang, Metal is Yin and Earth stands as the perpetual balance, the time or transition between the seasons
- Like a pump, the alternating of Yin and Yang energies through the entire cycle keeps the seasons and flow of energy moving
- Each Element energetically flows into another Element. This is the Element in its **Flow Cycle**
- Each Element has a mediating effect on another Element. This is the Element in its **Control Cycle**



“To attain knowledge, add things everyday. To attain wisdom, remove things everyday.”

Lao Tzu



THE ELEMENTS OF YIN AND YANG

- ❖ Yin and Yang are the two organising principles of life; they oppose and balance one another
- ❖ Yin divides into Five Yin Elements: Yin Water, Yin Wood, Yin Fire, Yin Earth, and Yin Metal
- ❖ Yang divides into Five Yang Elements: Yang Water, Yang Wood, Yang Fire, Yang Earth, and Yang Metal
- ❖ Yin and Yang energies and the Five Elements of each are in a vibrant dance with one another
- ❖ Understanding this dance can become a prism for understanding all of life: the passing of the seasons, the workings of the body, the nature of foods, the qualities of music, the operations of government, the nature of historical change, the ebb and flow of relationships; all things large and small.



THE YIN AND YANG OF THE ELEMENTS

Looking at the Universe through the lens of the Elements, each has a Yin and a Yang aspect:

Yin Water taps into deep wells or sources.

Yang Water gushes forth and flows, filling and overflowing containers.

Yin Wood sends down roots and pulls nourishment from the soil.

Yang Wood can grow even through concrete, sending up shoots and growing into full fledged trees.

Yin Fire smoulders within, generating more and more concentrated heat.

Yang Fire sends sparks flying and flames dancing.

Yin Earth is protective of seeds and grounding to all growing things.

Yang Earth rises up as mountains and rocks and earthworks providing stability to the landscape.

Yin Metal provides inner structure, the kind of rhythm represented by the in-out cadence of the breath.

Yang Metal builds frameworks and tools and machinery to help us get the job done and move on.

(D. Eden)



“Water is the softest thing, yet it can penetrate mountains and earth. This shows clearly the principle of softness overcoming hardness.”

Lao Tzu



Primary Channels

❖ **SURVIVAL** (breathing, eating, elimination)

Lungs, Large Intestine, Stomach, Spleen

❖ **INTERACTION** (with ourselves, the world, others; resting, procreation, awareness, movement)

Heart, Small Intestine, Bladder, Kidney

❖ **DIFFERENTIATION** (roles, sex, social, and individual identity; discerning, detoxifying)

Pericardium, Sanjiao, Gall Bladder, Liver

WATER: Kidney (27 points) Bladder (67 points)

EARTH: Spleen (21 points) Stomach (45 points)

WOOD: Liver (14 points) Gall Bladder 44 points

METAL: Lung (11 points) Large Intestine (20 points)

FIRE: Heart (9 points) Small Intestine (19 points)

FIRE: Pericardium (9 points) Sanjiao (23 points)



Di



Tian

QiBo responding to HuangDi regarding what is the *shen*-spirit:

“When qi and blood are complete and harmonized; when wei and ying qi are complete and unimpeded; when the 5 Zang are complete and evolved; then the shen-spirit resides in the Heart-Mind; the hun and po contain themselves within the Zang, and Humanity is complete.”



Nei Jing Ling Shu Chapter 54

The focus is on:

- ❖ *he*-harmony of qi and blood
- ❖ *tong*-unimpeded wei and ying qi
- ❖ *cheng*-evolution of the 5 Zang

The channels are conduits of *wei* and *ying* qi (exterior-interior), conveying the qi and blood to the 5 Zang

The role of the twelve primary channels is to **be harmonized, unimpeded, and complete**

More about the Channels

- ❖ Acupuncture is an energetic language, somatic, symbolic
- ❖ Internal (yin), External (yang)
- ❖ Tribal connection we have with people
- ❖ Excess (cravings)
- ❖ Deficiencies (aversions/fears)
- ❖ Meridians are definitions for ourselves and for the world
- ❖ Channels are also archetypes influenced by culture and nature

More about the Channels

- ❖ The Channels as an invitation to meditate on the nature of our lives in human form

 - ❖ Jing: channel, sutra, underlying fabric of life

 - ❖ Mai: pulsation, flow

- ❖ Qi becomes relevant and actual in our lives

- ❖ No longer an esoteric life-force energy

- ❖ Qi and Channels describe my very movement and interaction through life, interpreted accordingly to my understanding of life, not only in accordance to some ancient civilization

“All diseases are rooted in the shen”

NeiJing LingShu Chapter 8

“Heart has no acupoints ... to access one needs to use Shen Men-Doorway”

NeiJing LingShu Chapter 71



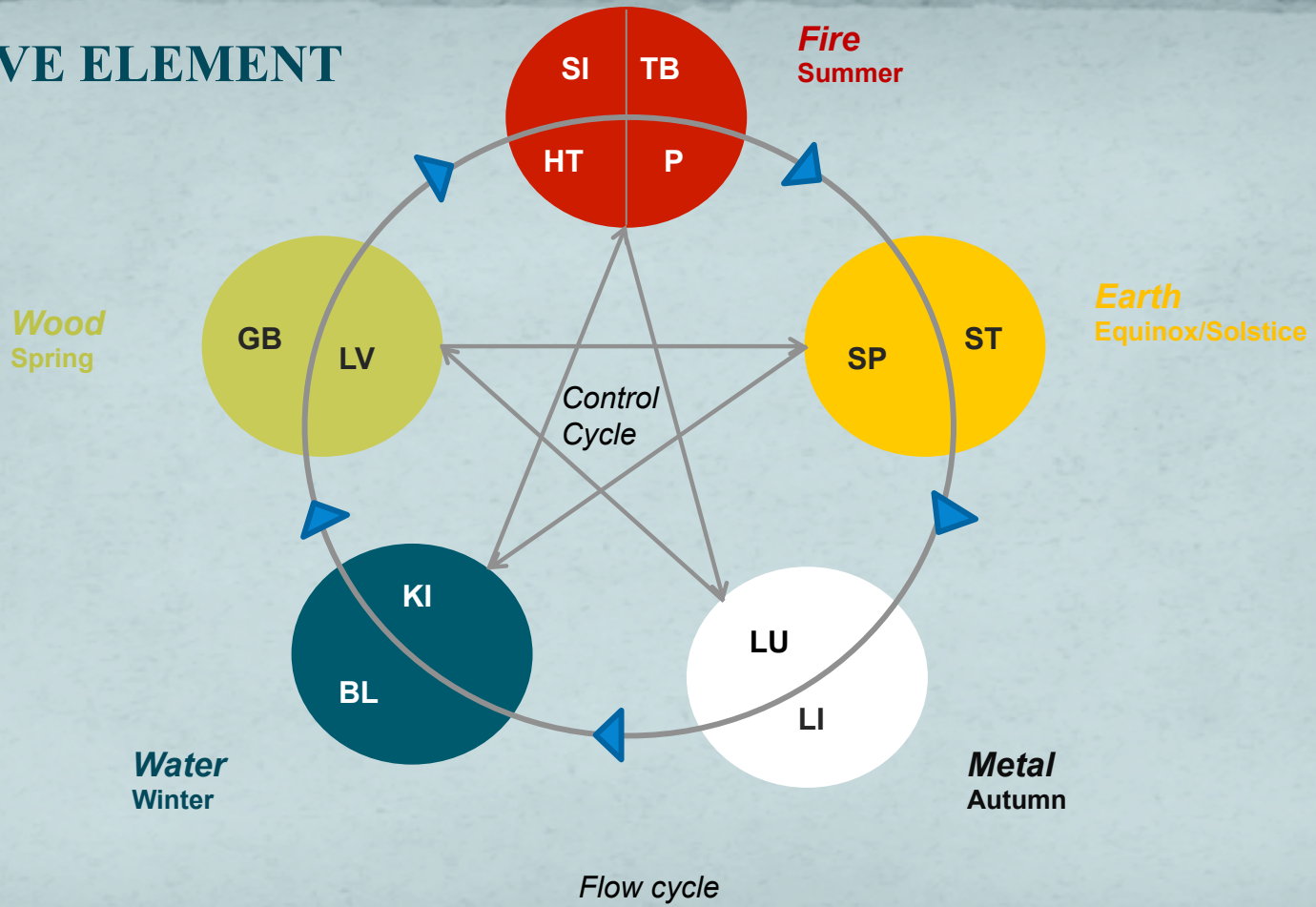
- ❖ The Heart channel is an encoded set of reflections
- ❖ When you reflect on the points, you activate the trajectory
- ❖ One of the realizations that comes from the Heart is that happiness comes from within and is unconditional

*“Do you have the
patience to wait until
your mud settles and the
water is clear?”*

Lao Tzu



THE FIVE ELEMENT CYCLE

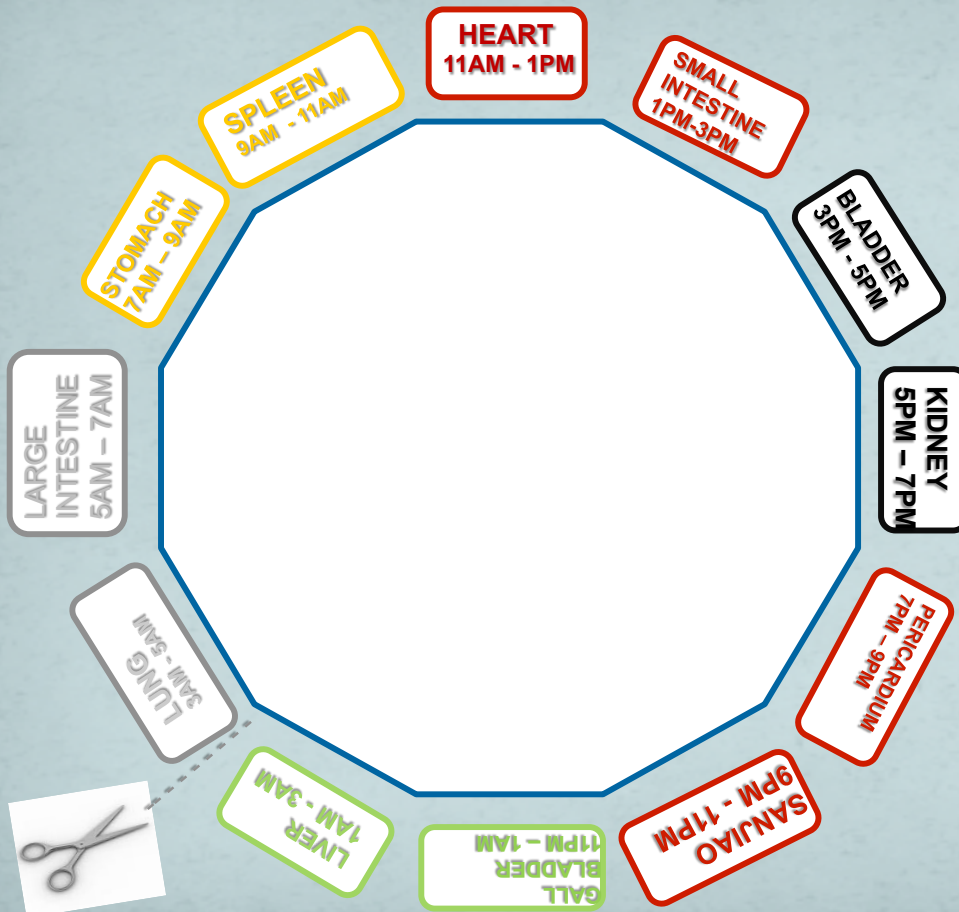


*“To a mind that is
still the whole
universe surrenders.”*

Lao Tzu



The Meridian Flow Circadian Cycle and the Energies of the Meridians

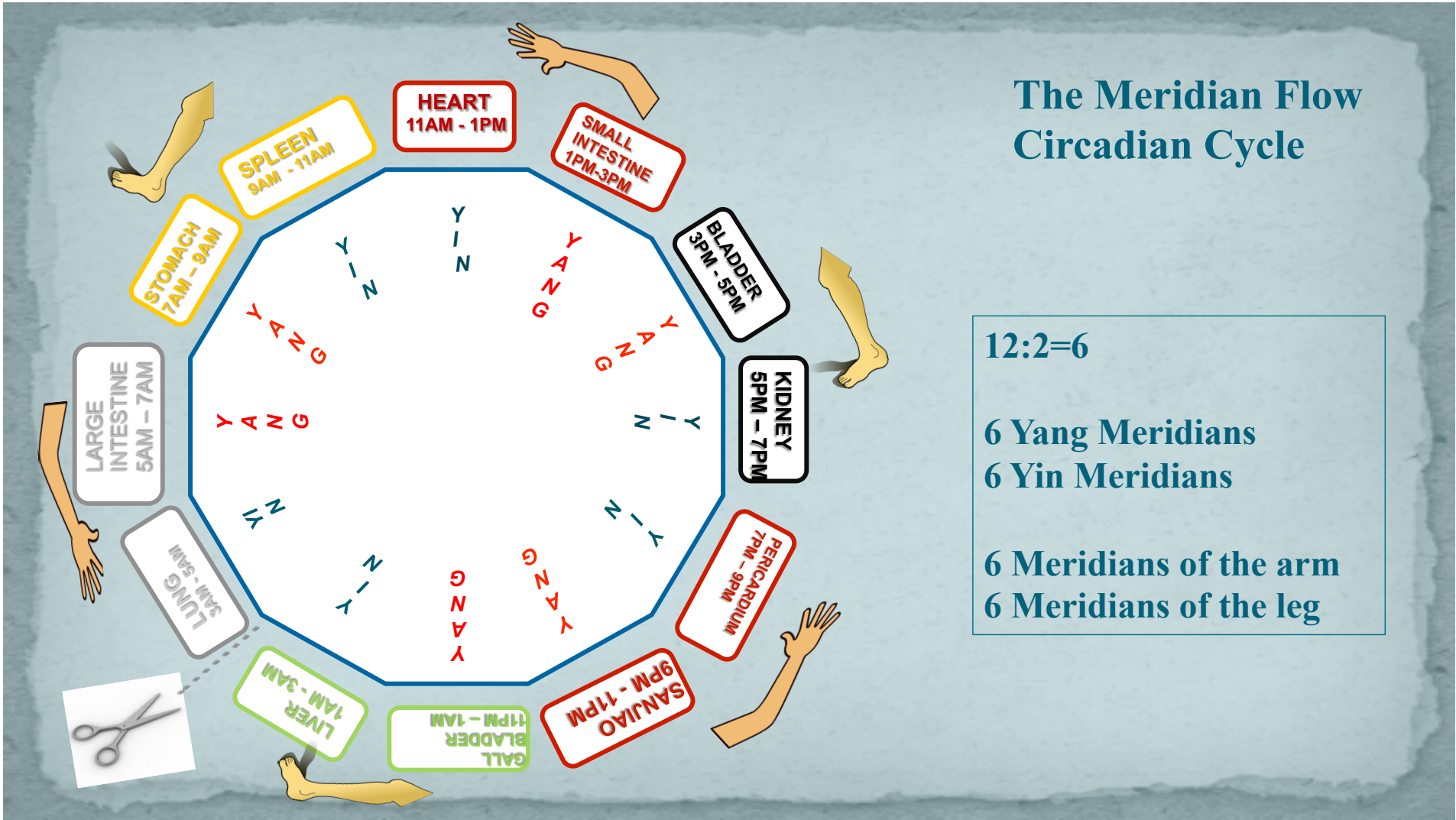


The Meridian Flow Circadian Cycle

$12:2=6$

6 Yang Meridians
6 Yin Meridians

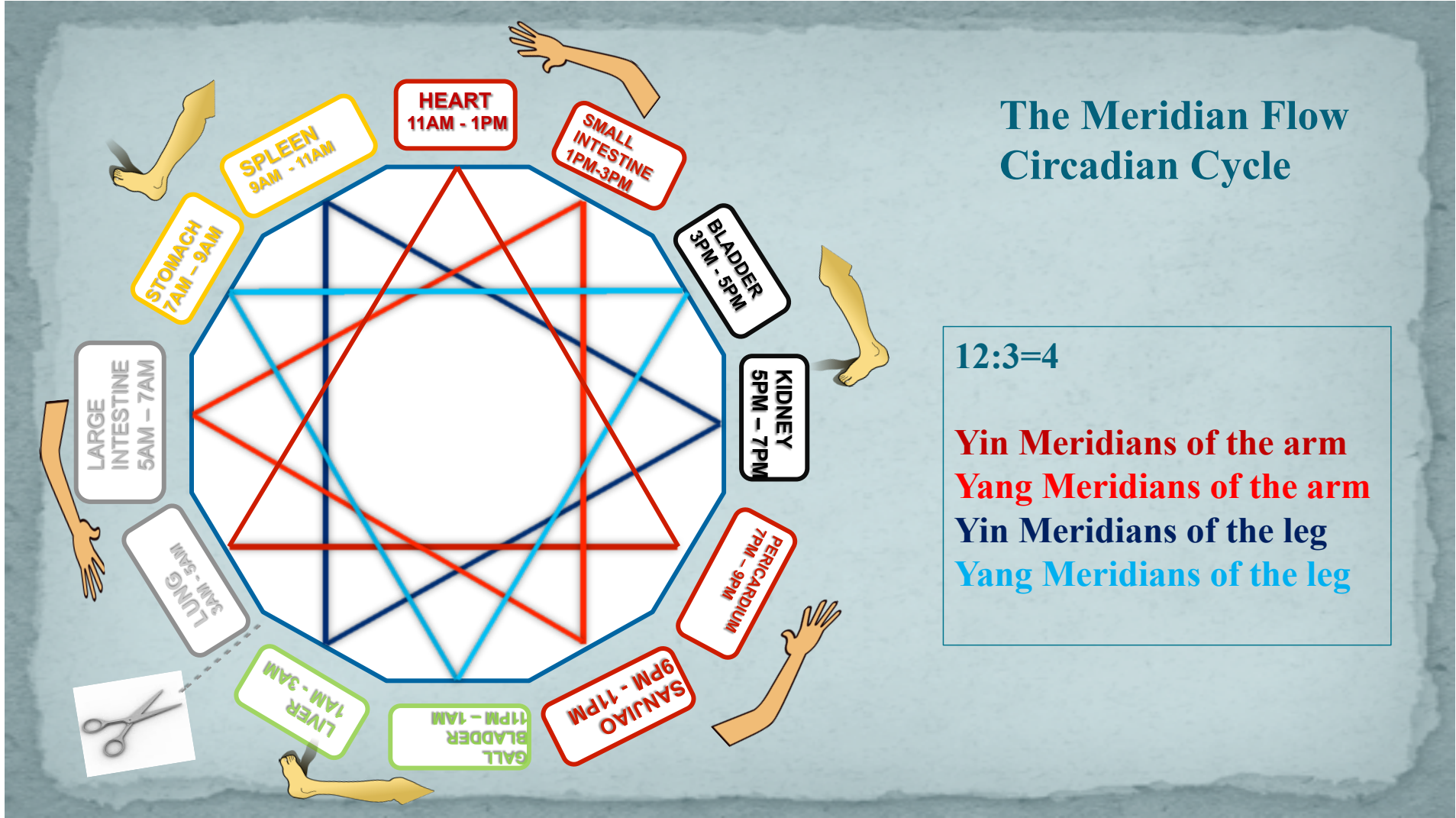
6 Meridians of the arm
6 Meridians of the leg



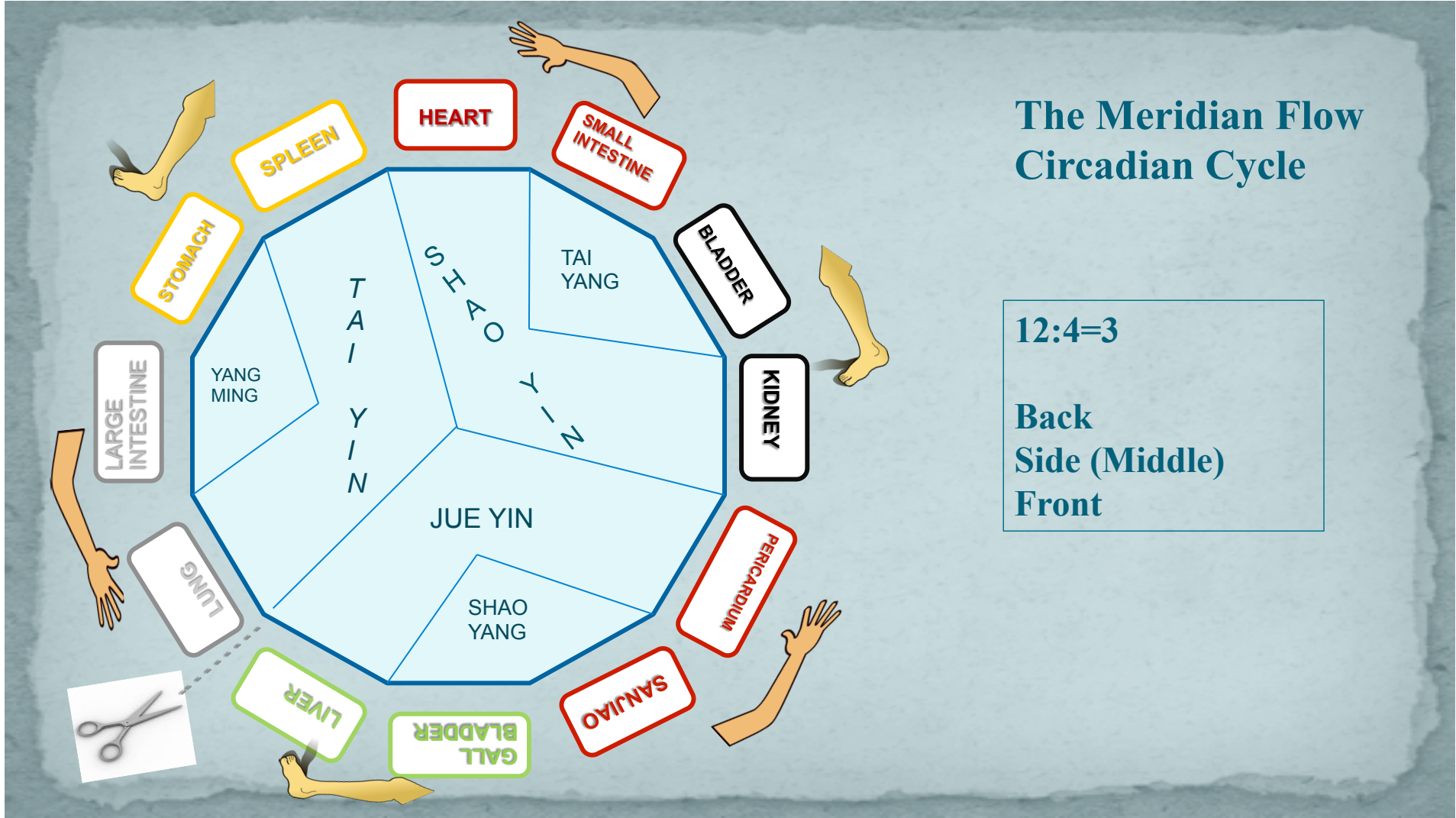
The Meridian Flow Circadian Cycle

12:3=4

Yin Meridians of the arm
Yang Meridians of the arm
Yin Meridians of the leg
Yang Meridians of the leg



The Meridian Flow Circadian Cycle



12:4=3

Back
Side (Middle)
Front

Chest → Hand → Face → Foot → Chest

First circuit
Spleen

Lung

Large Intestine

Stomach

Second circuit

Heart

Small Intestine

Bladder

Kidney

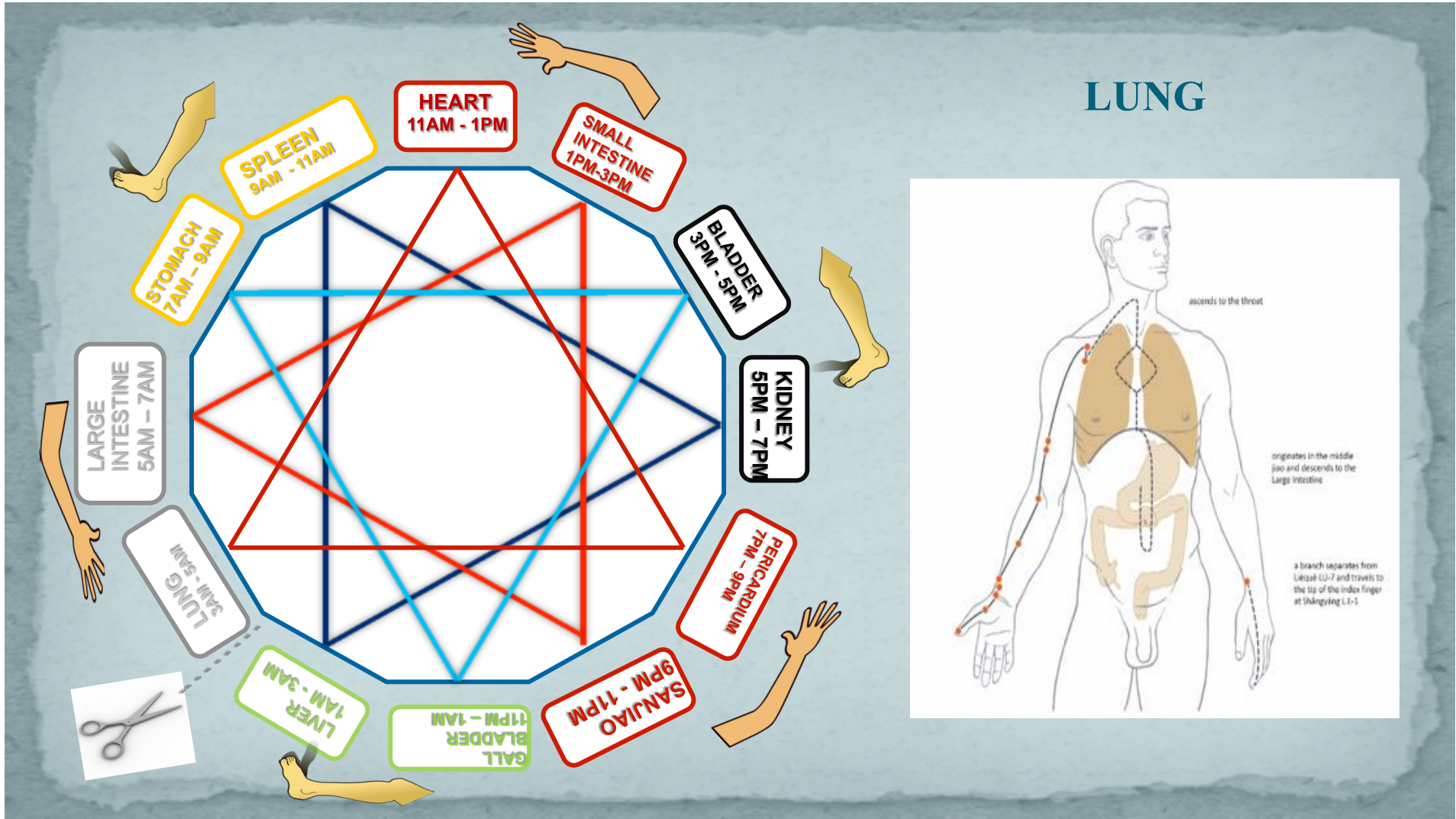
Third circuit

Pericardium

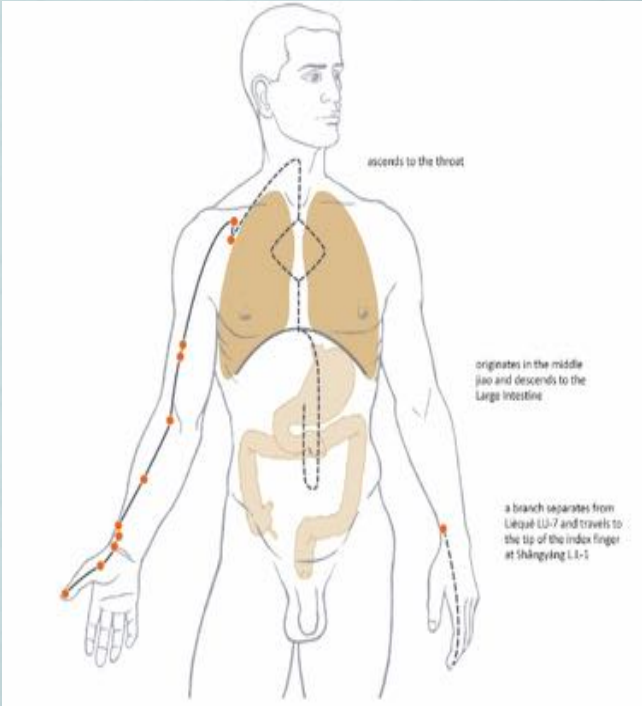
Sanjiao

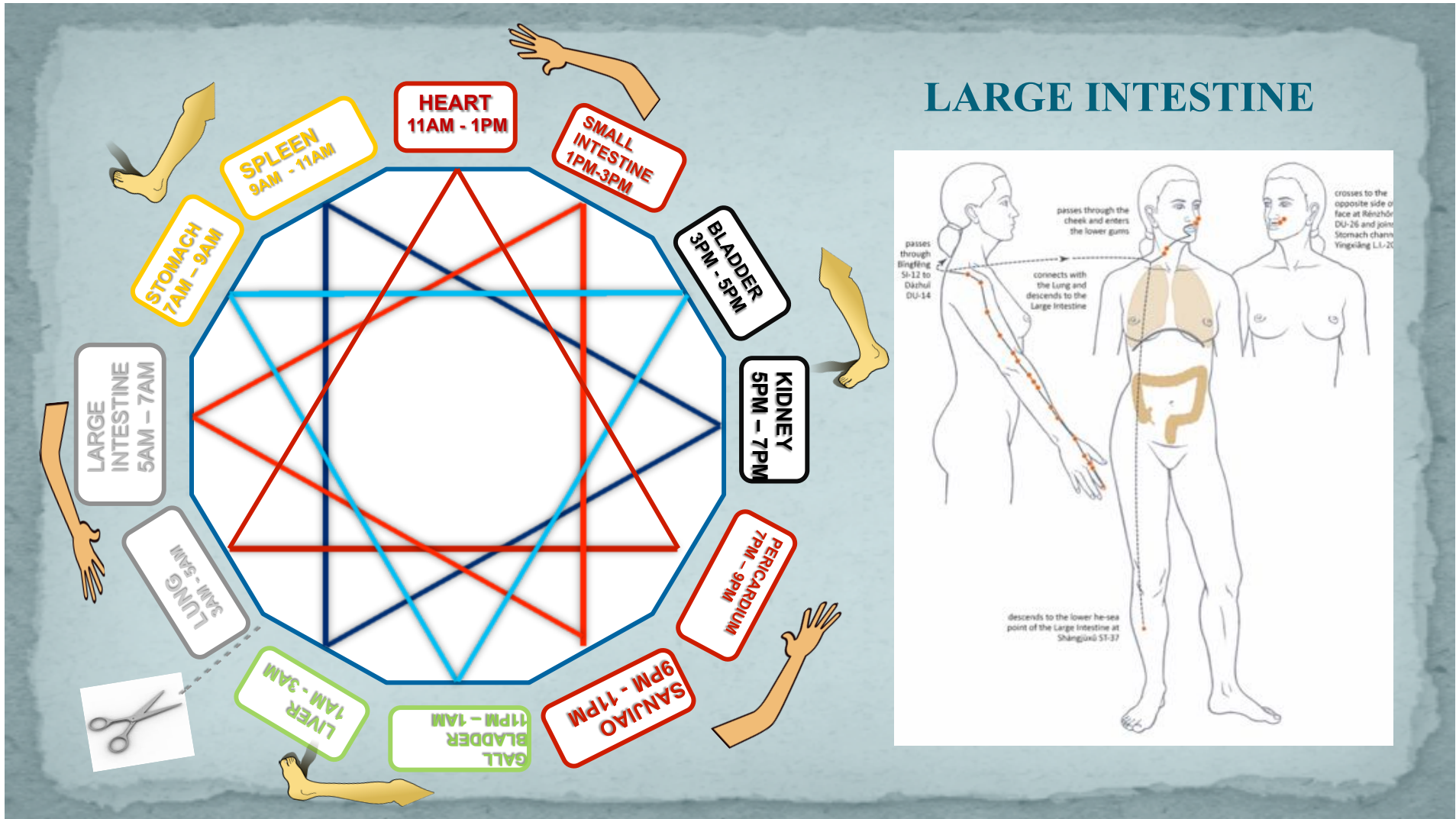
Gall Bladder

Liver

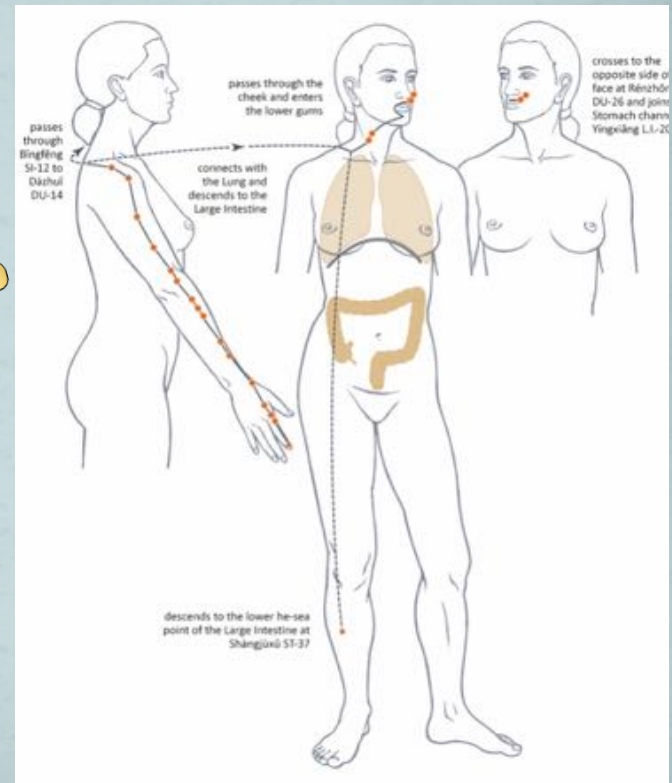


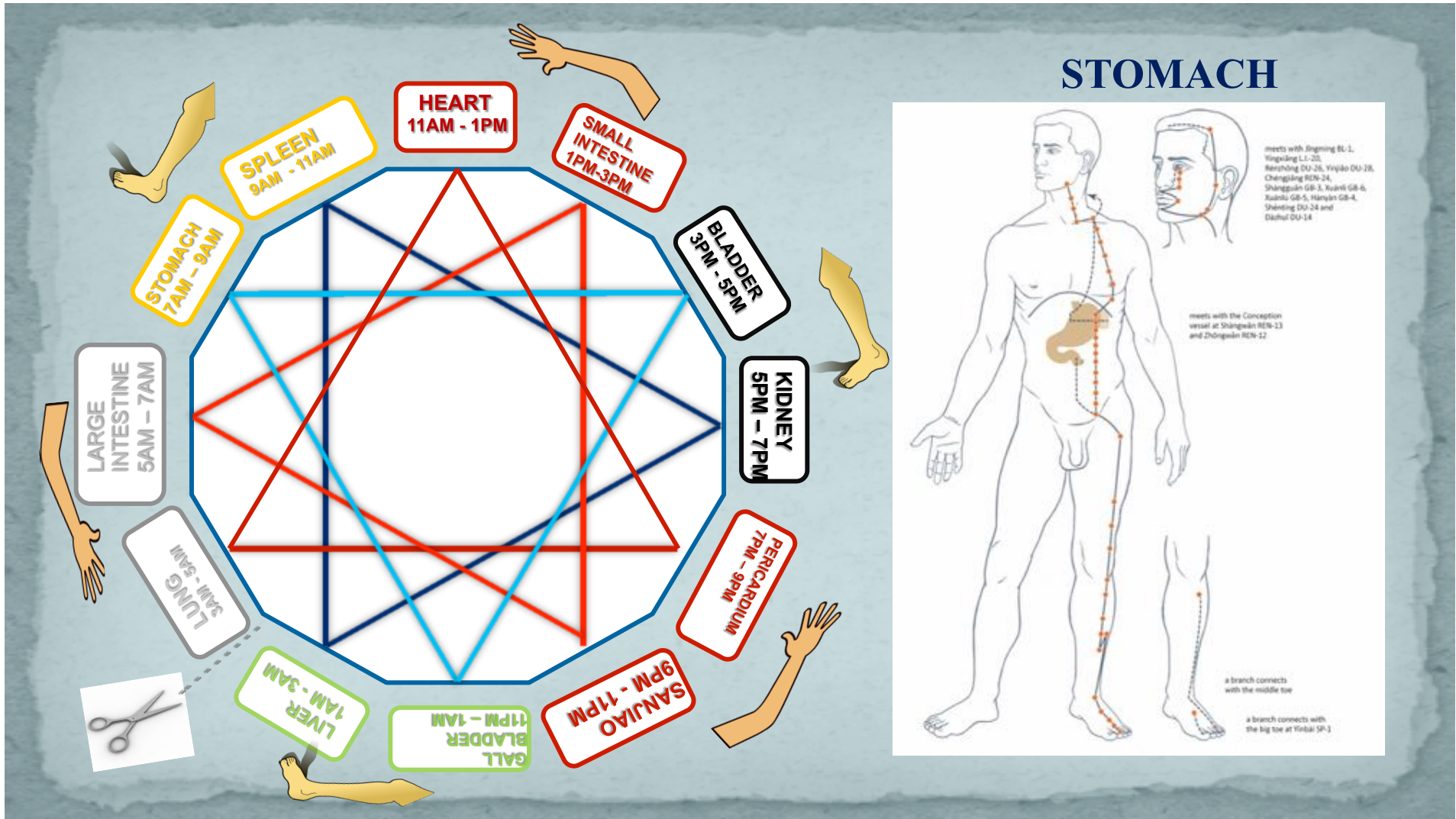
LUNG



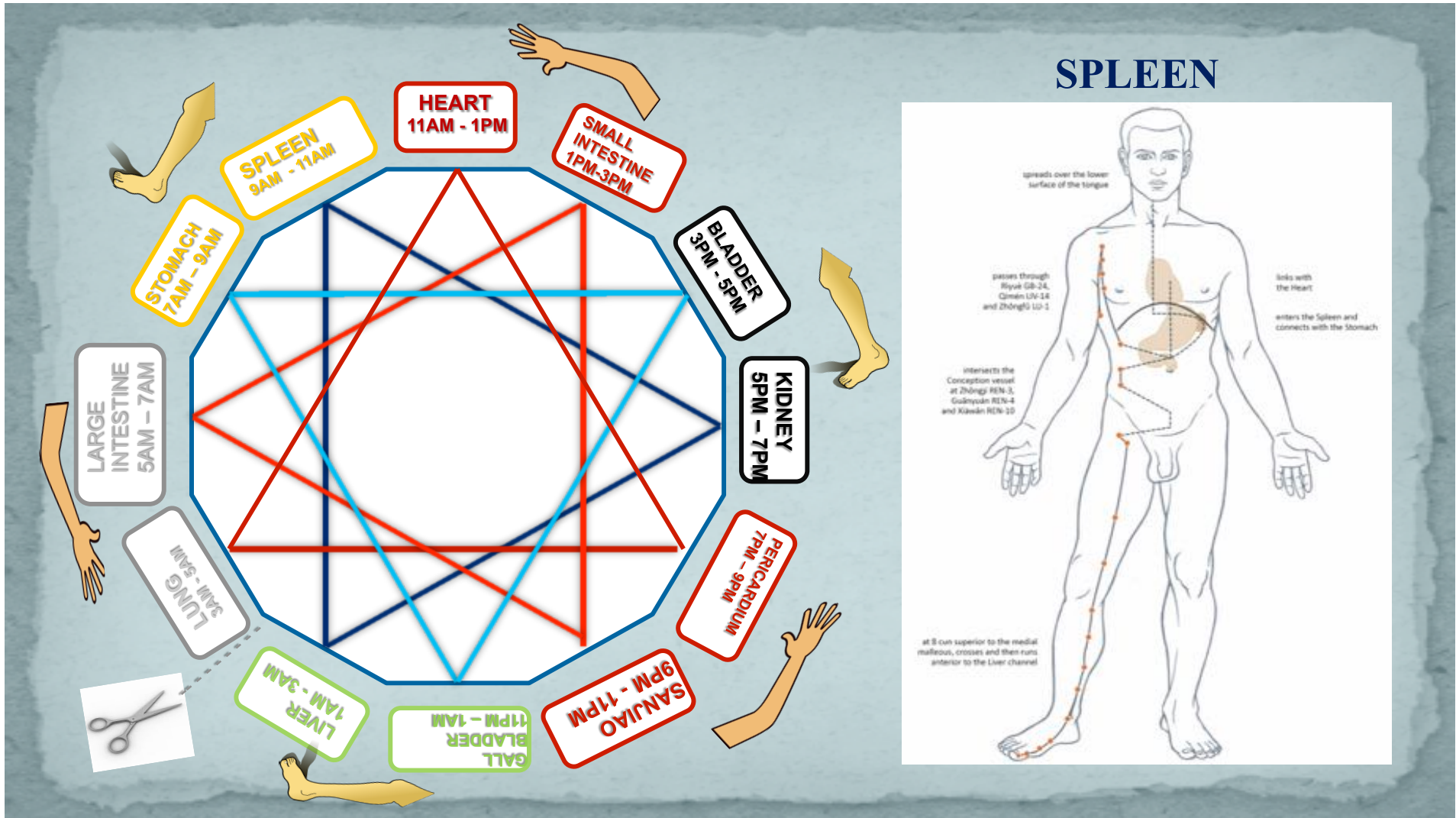
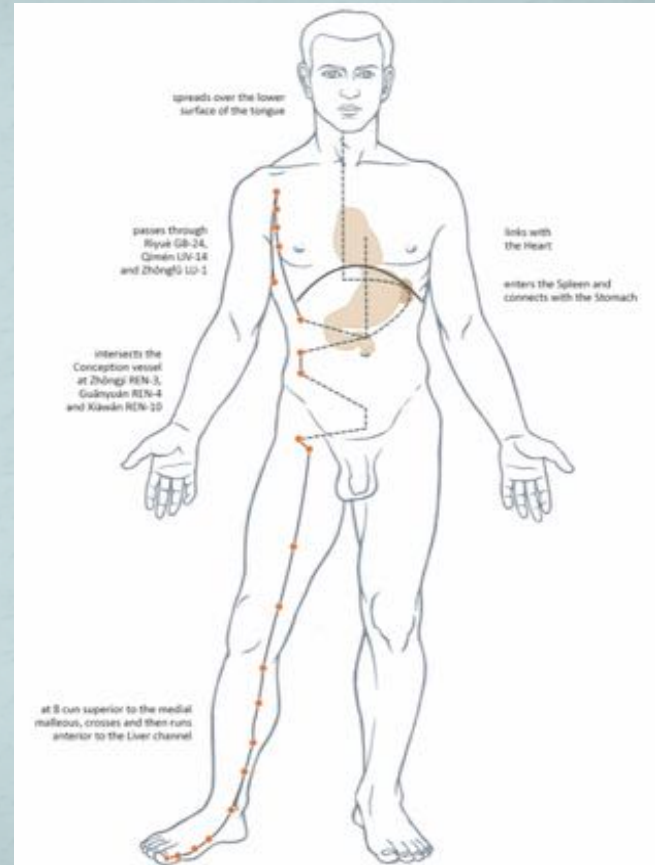


LARGE INTESTINE

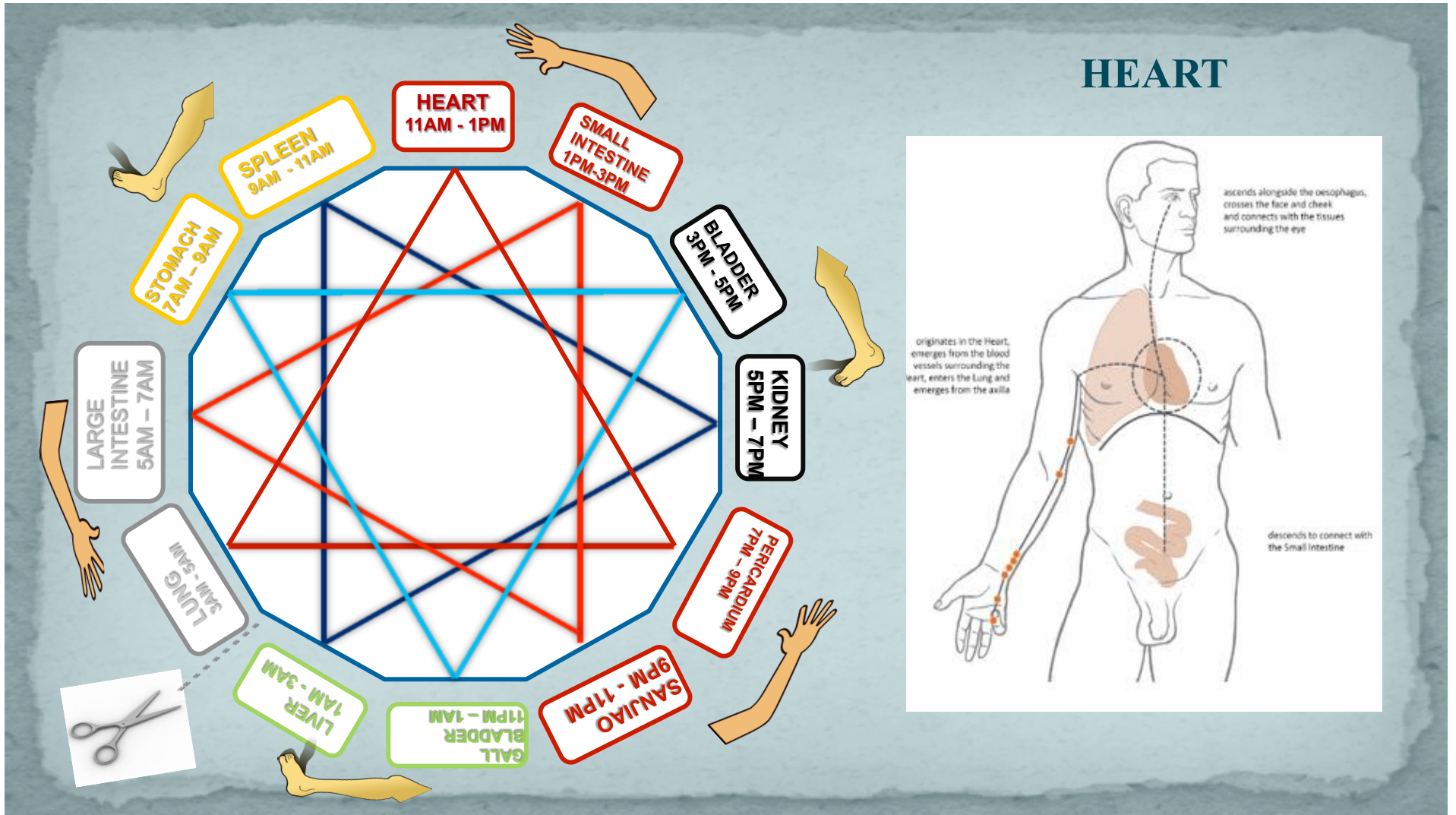
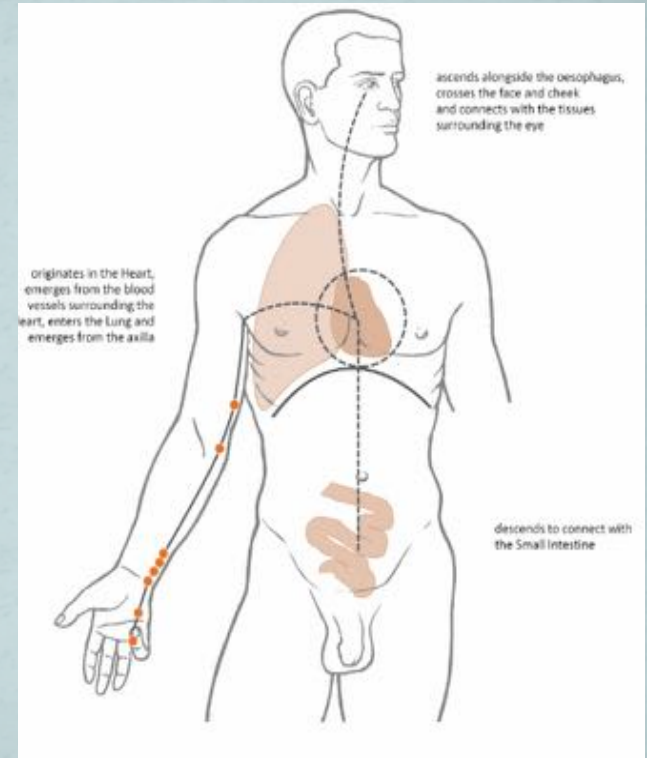


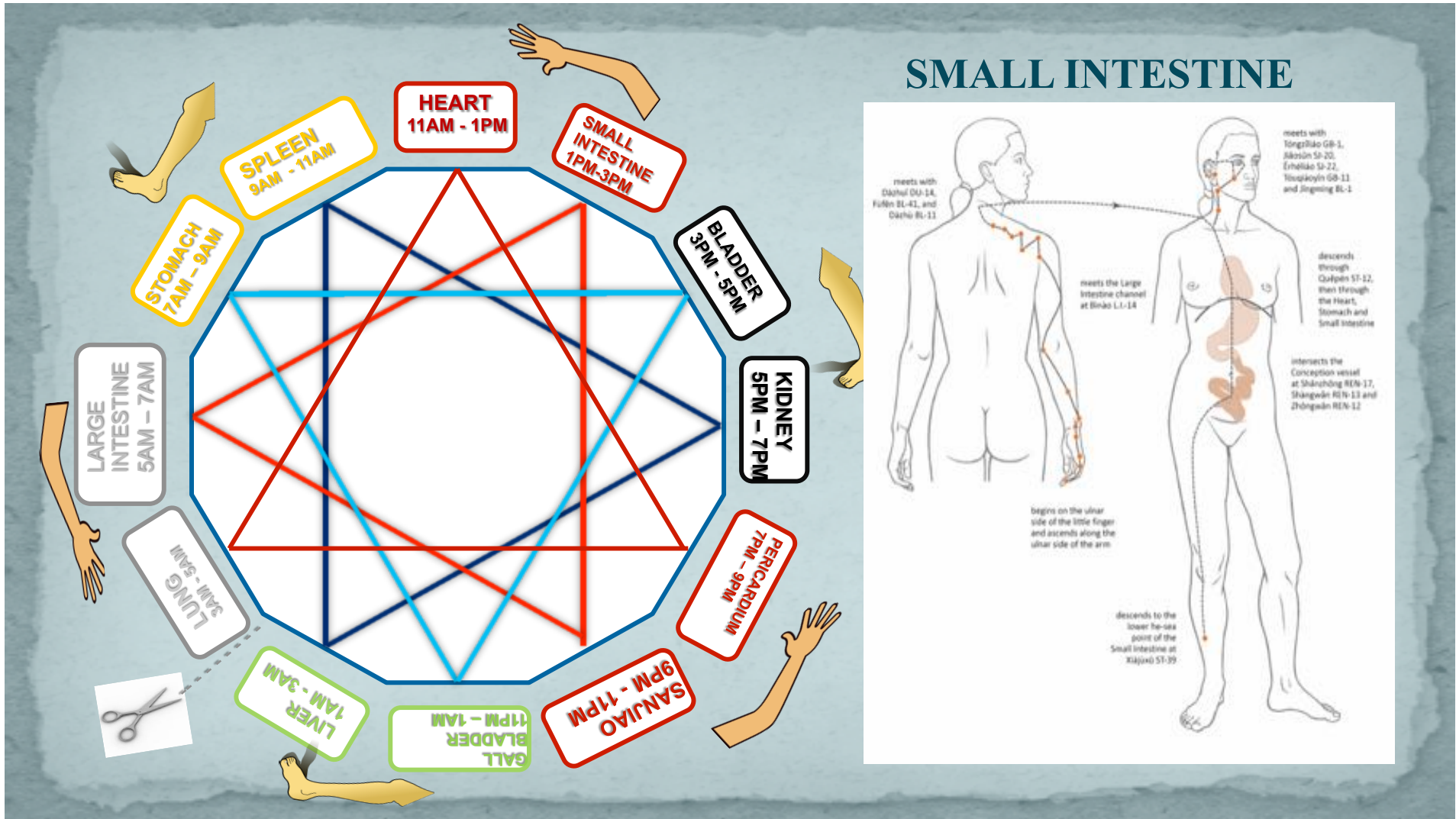


SPLEEN

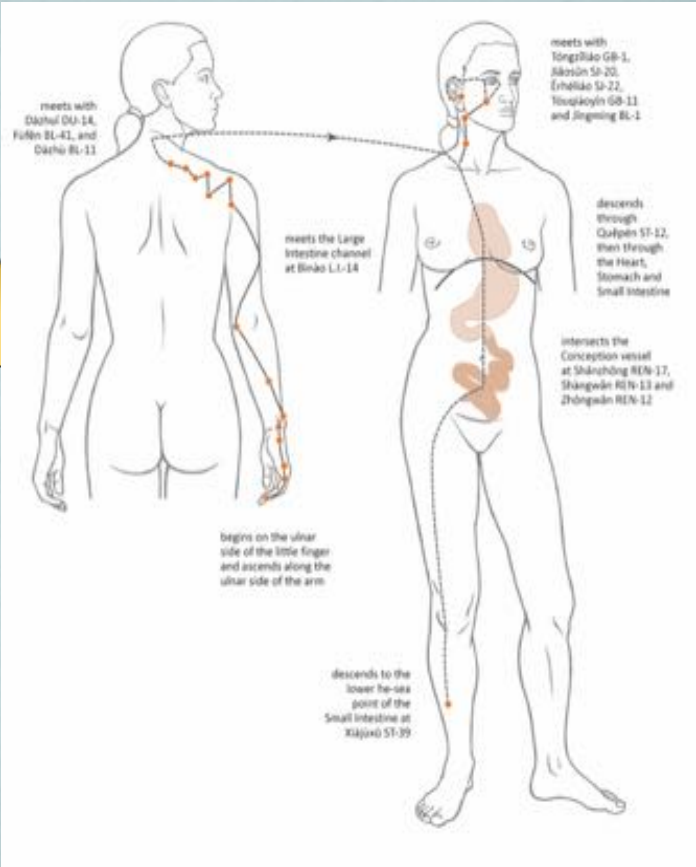


HEART

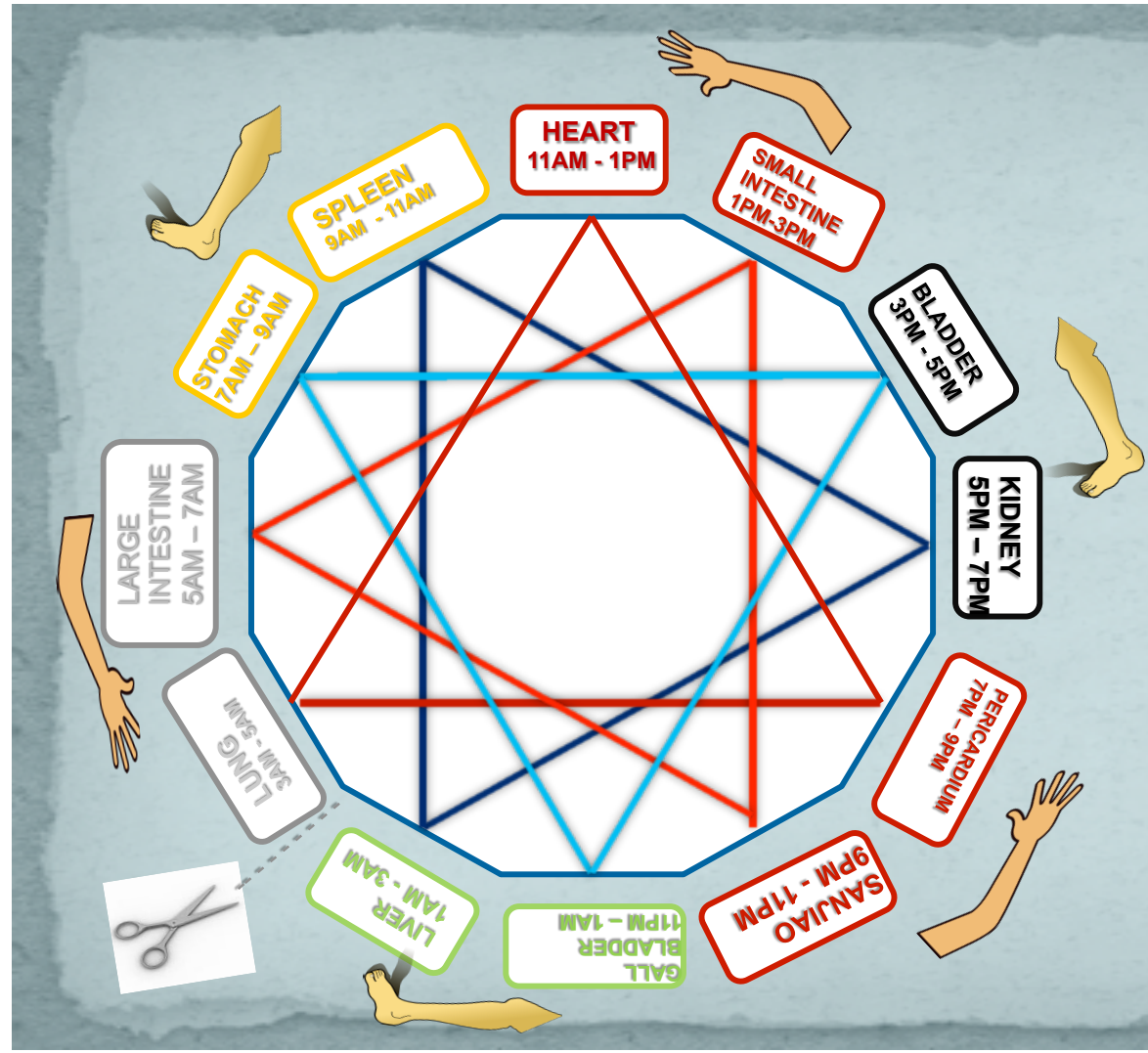
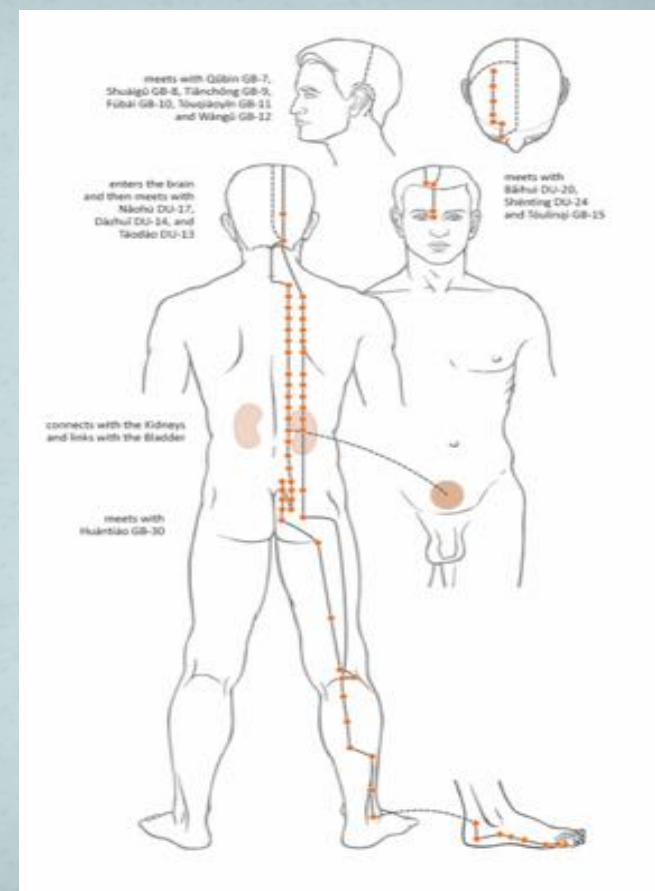




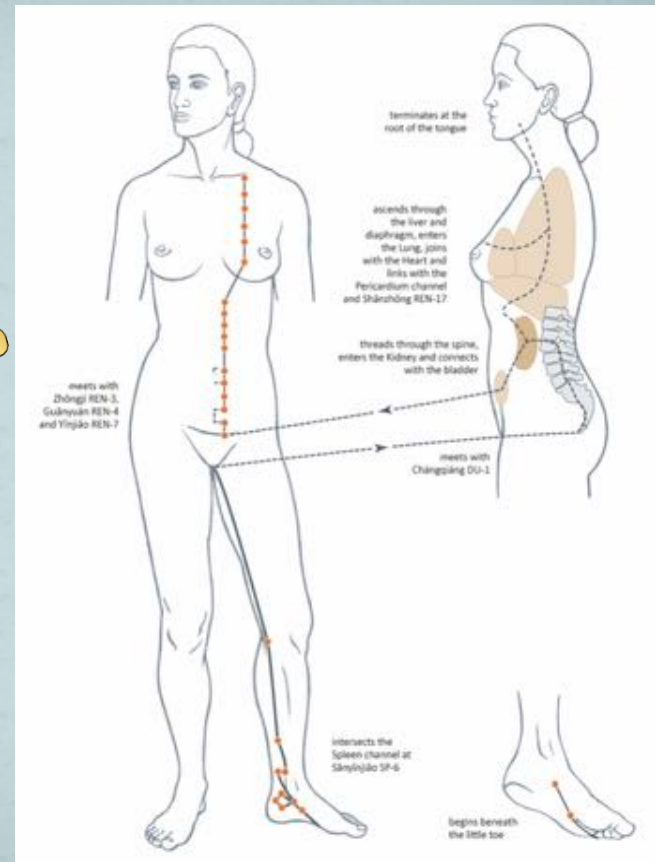
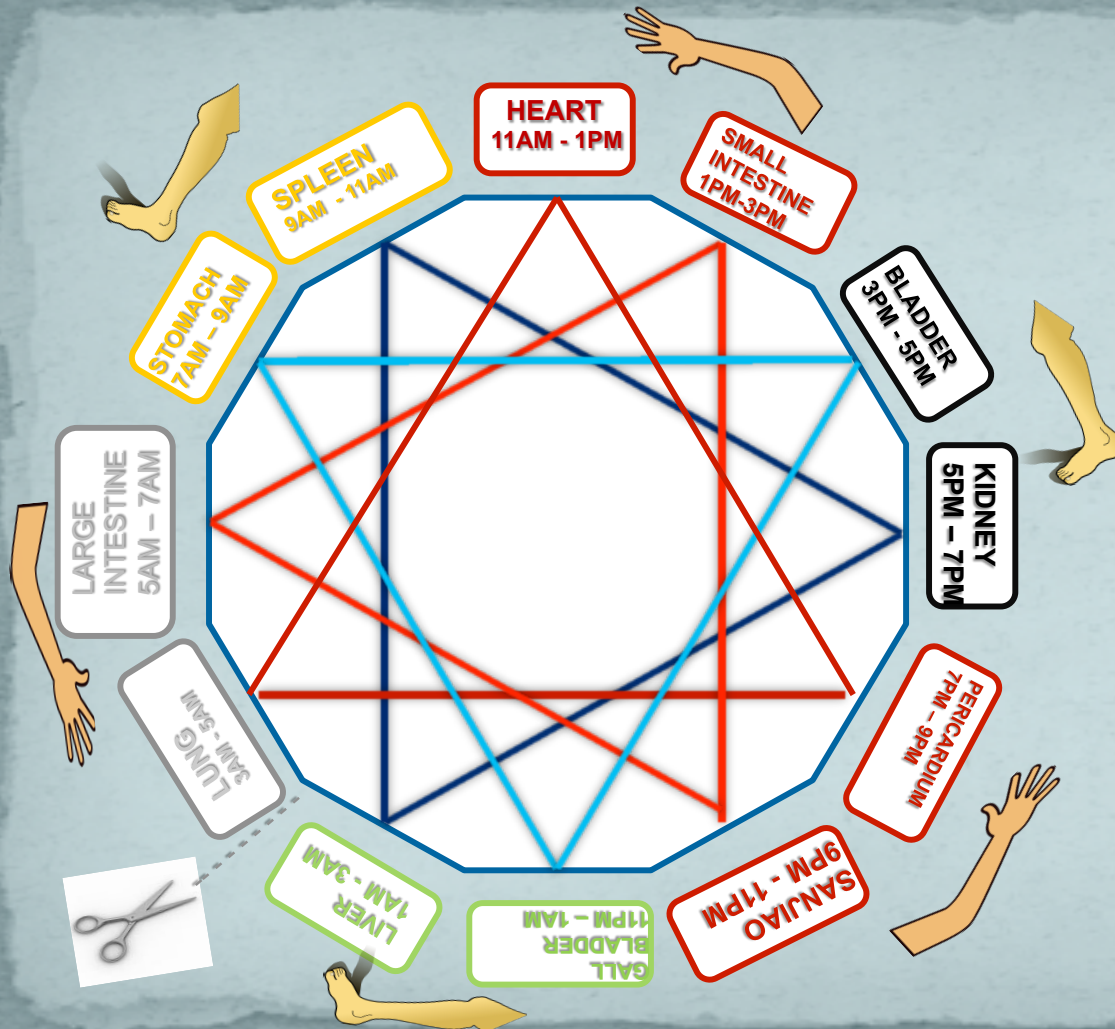
SMALL INTESTINE



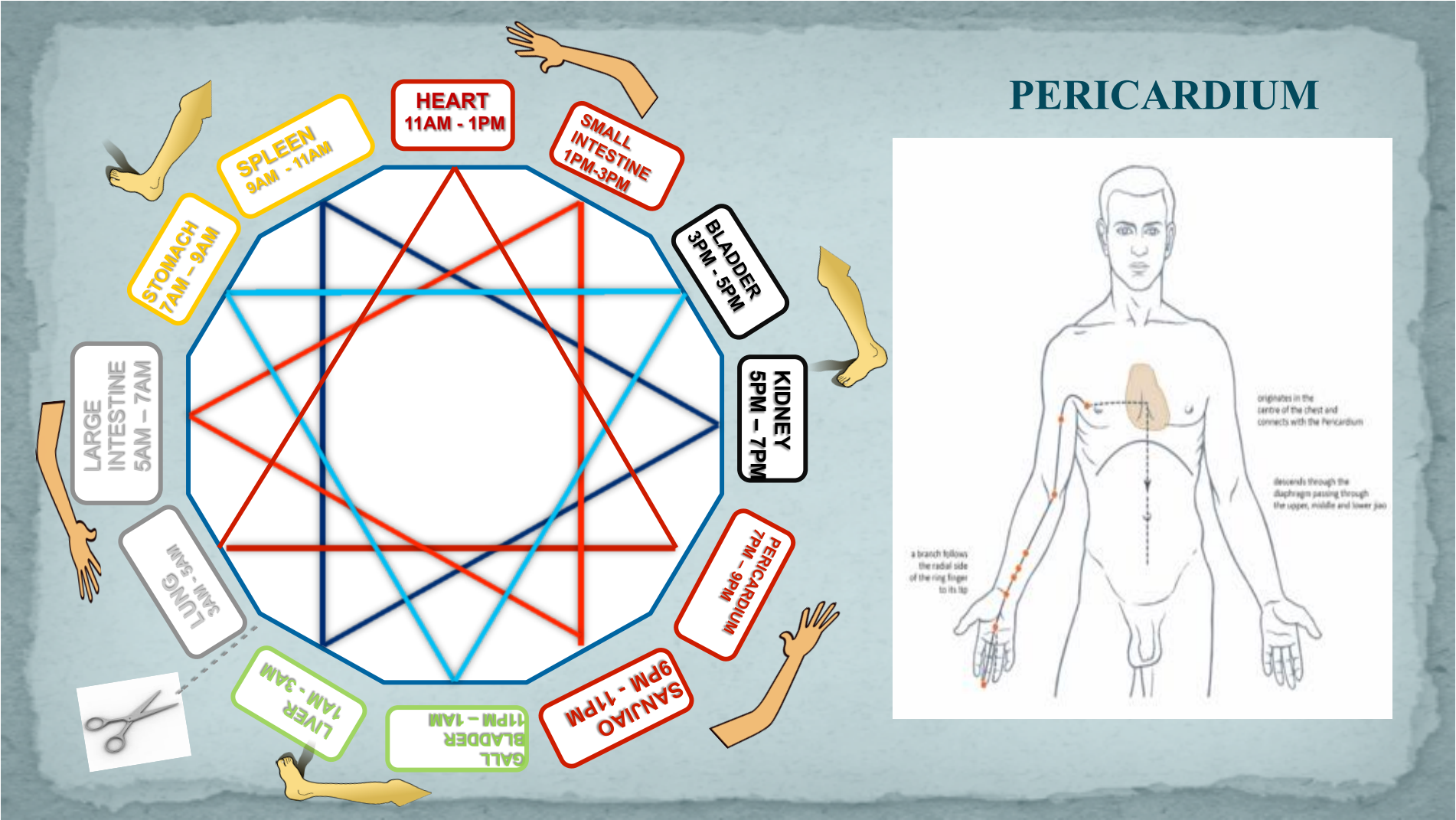
BLADDER



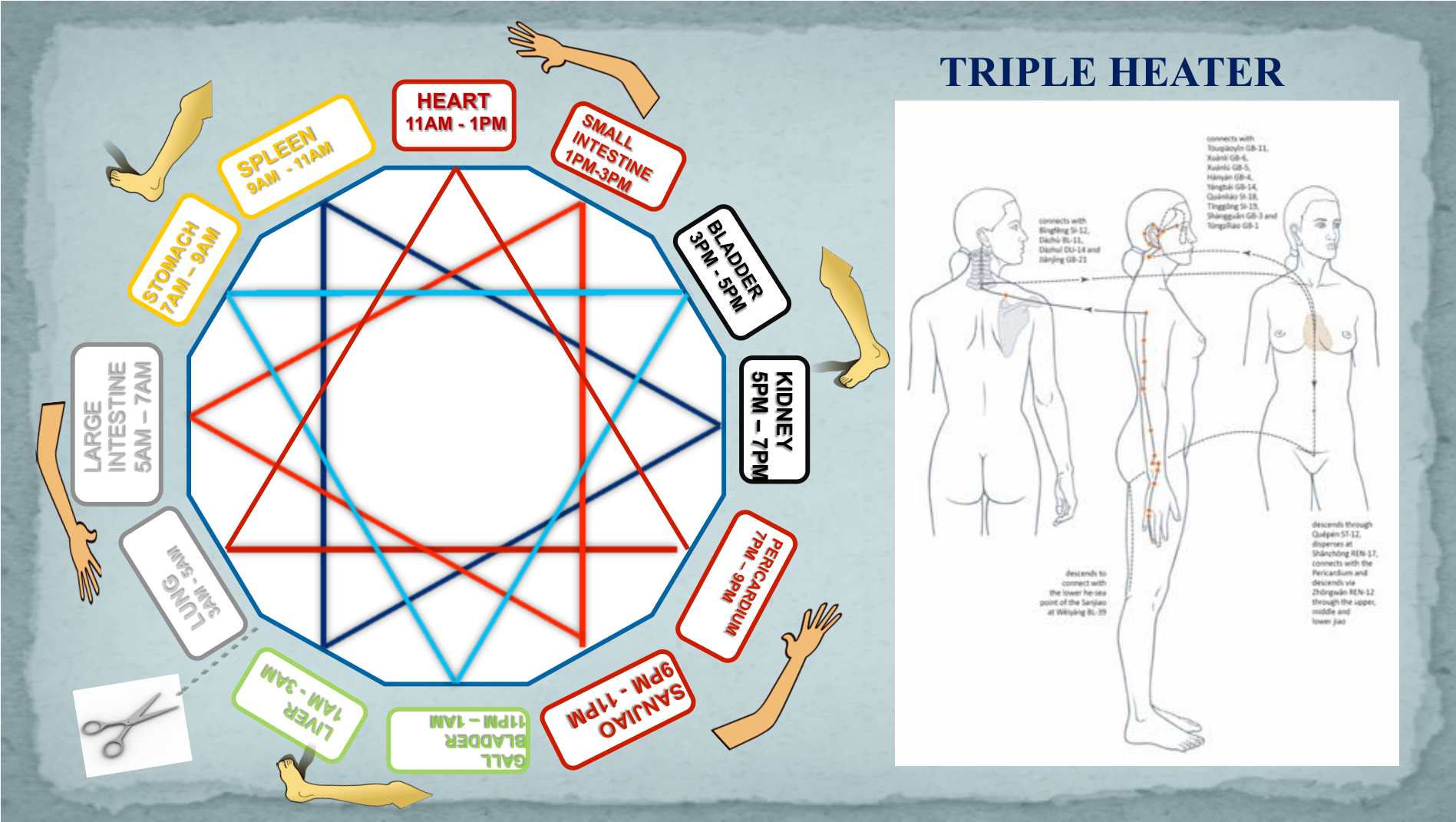
KIDNEY



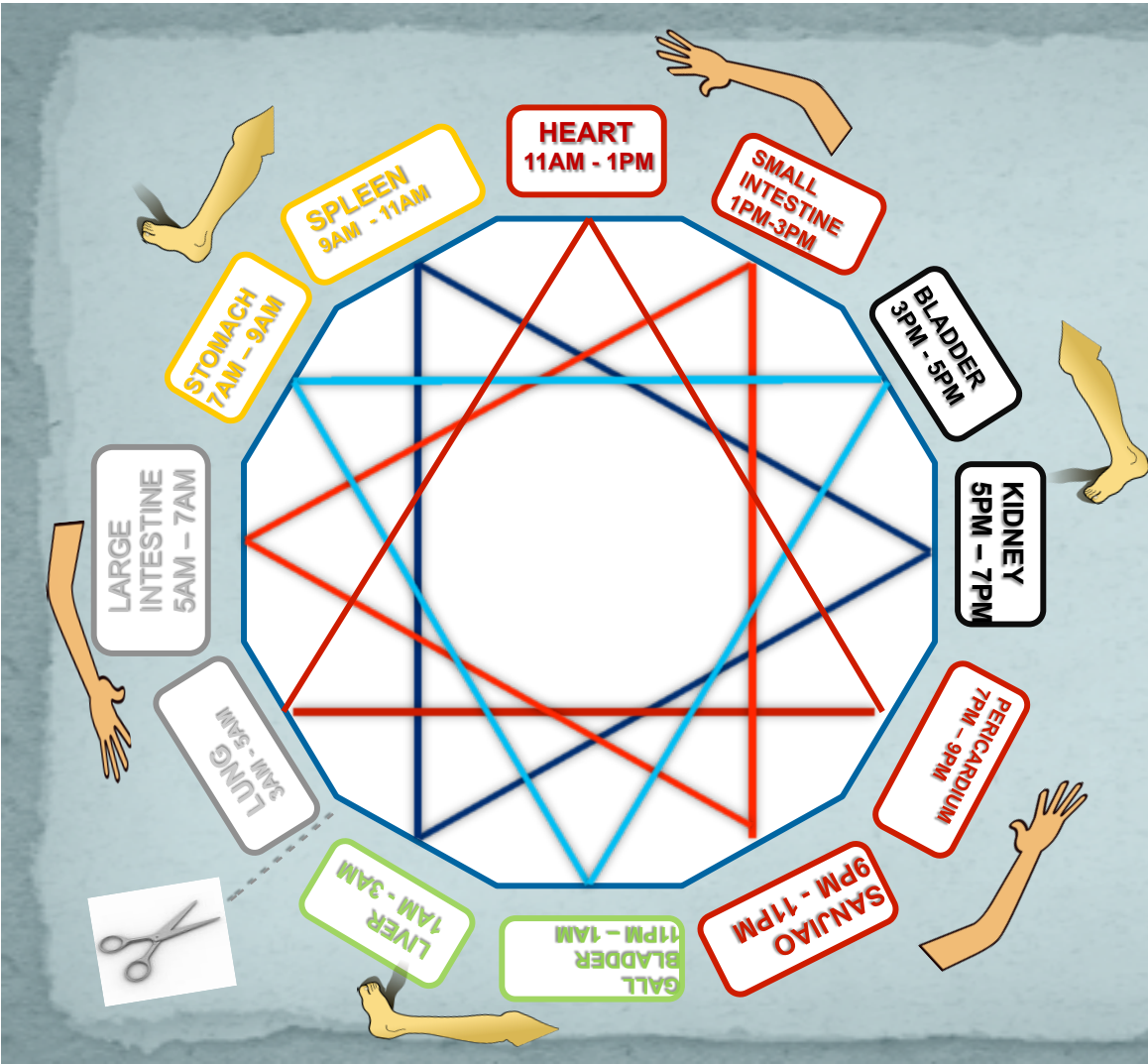
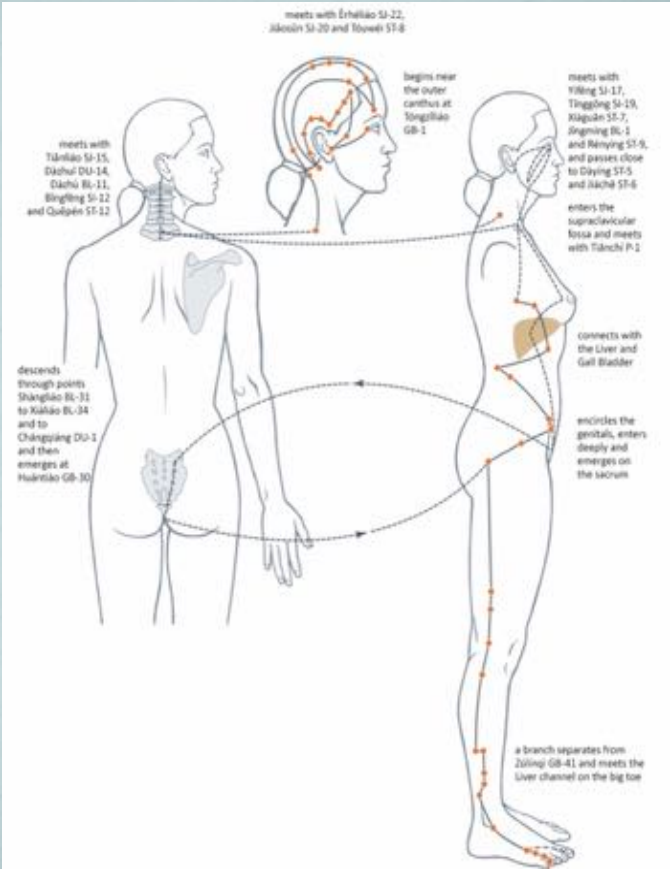
PERICARDIUM



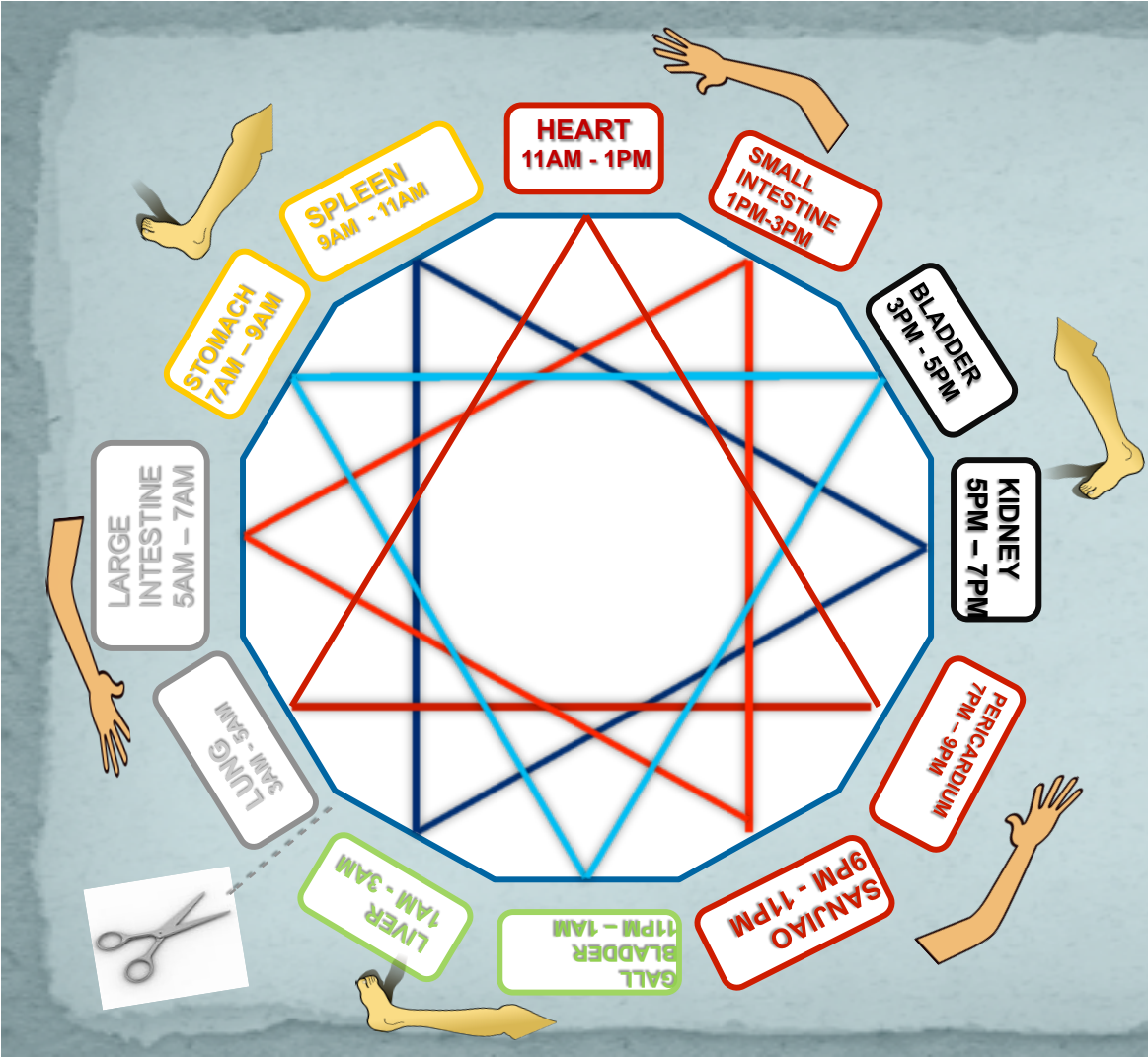
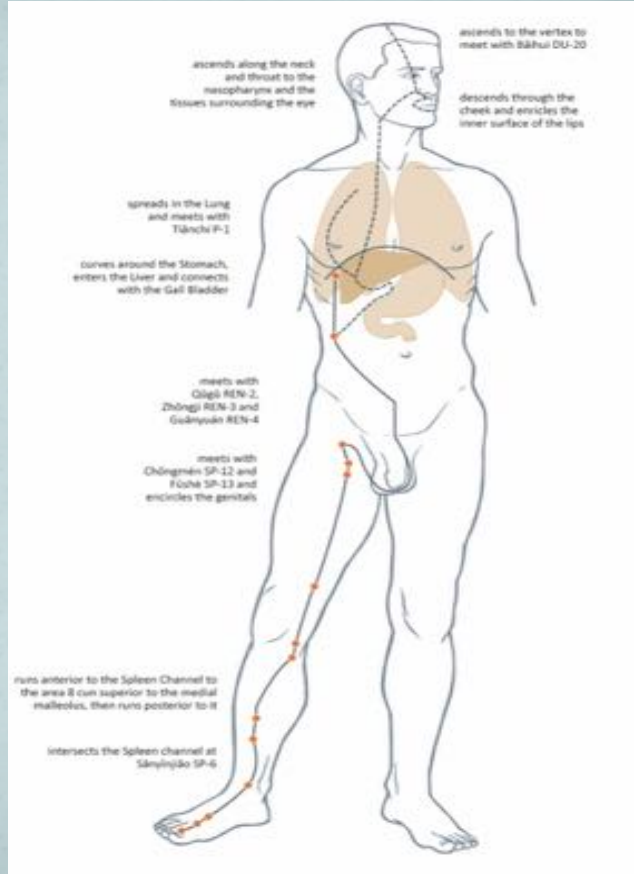
TRIPLE HEATER



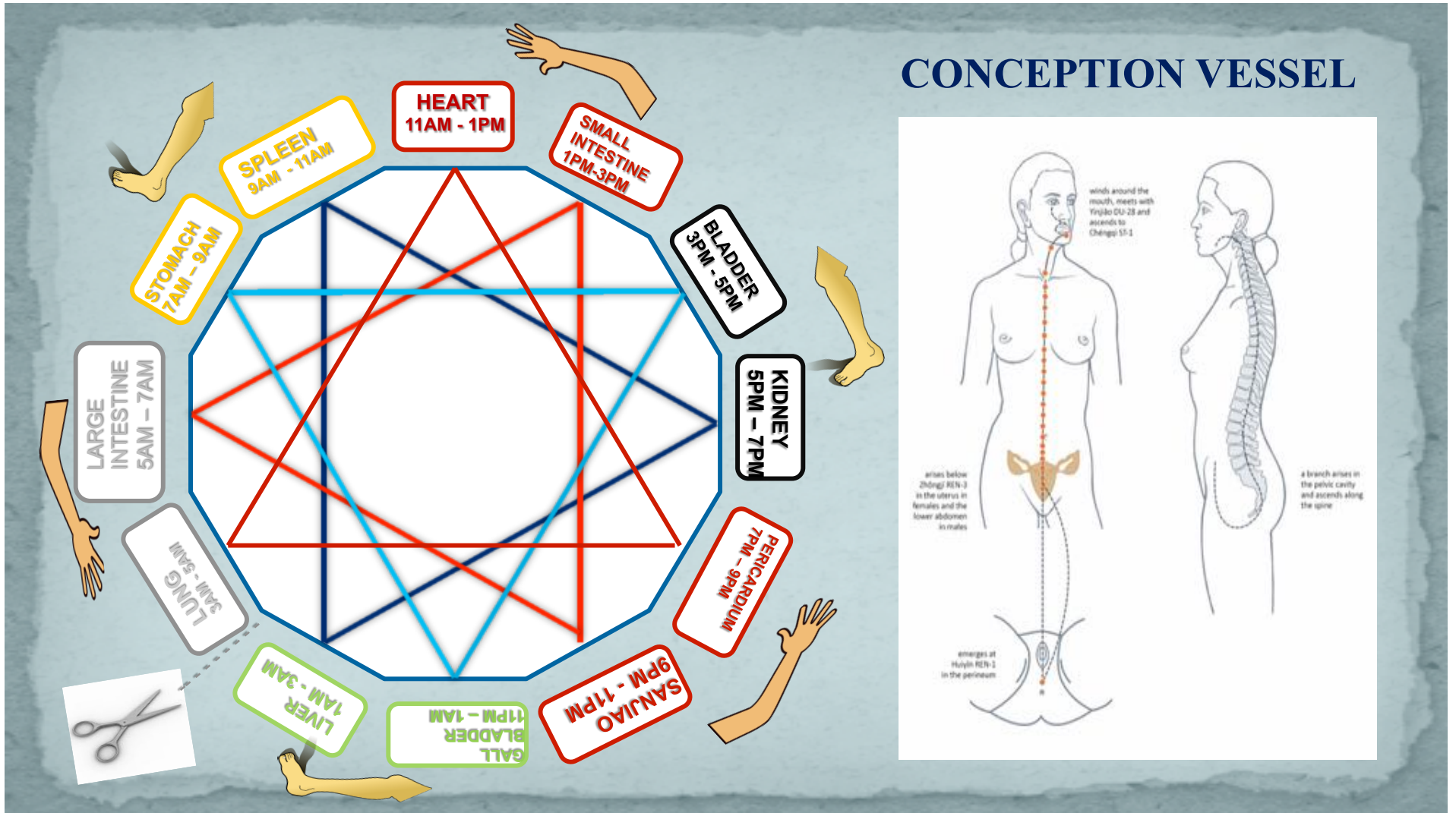
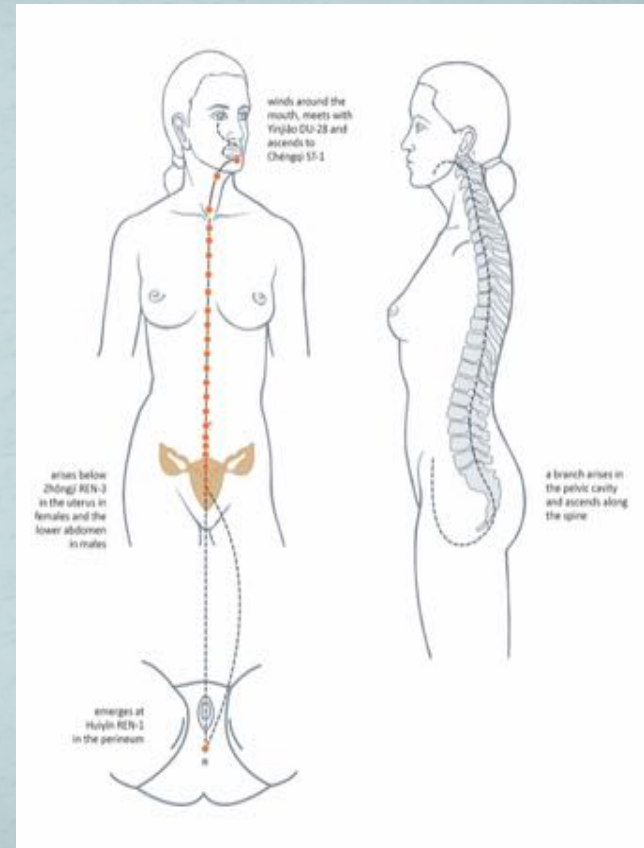
GALL BLADDER

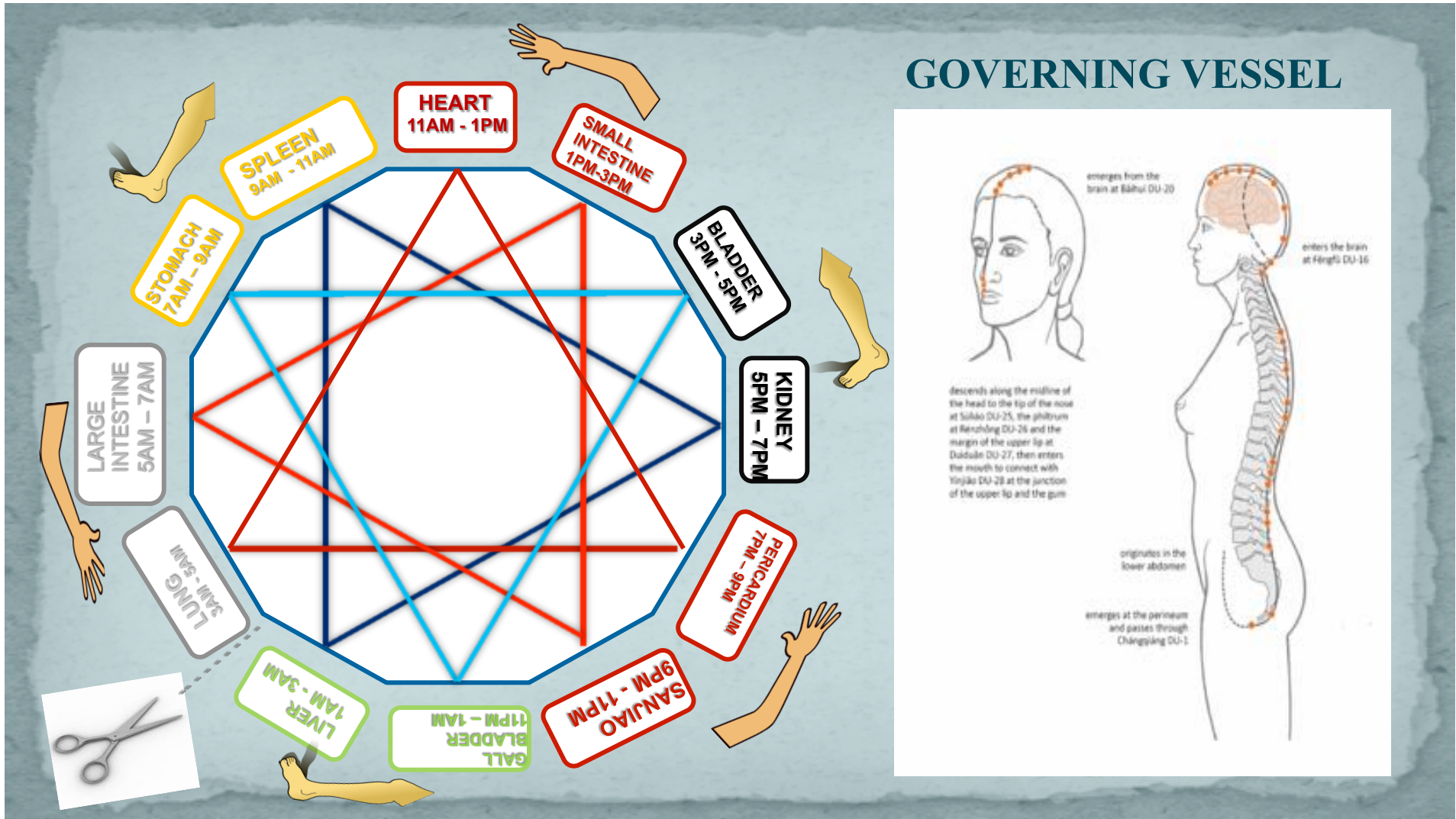


LIVER

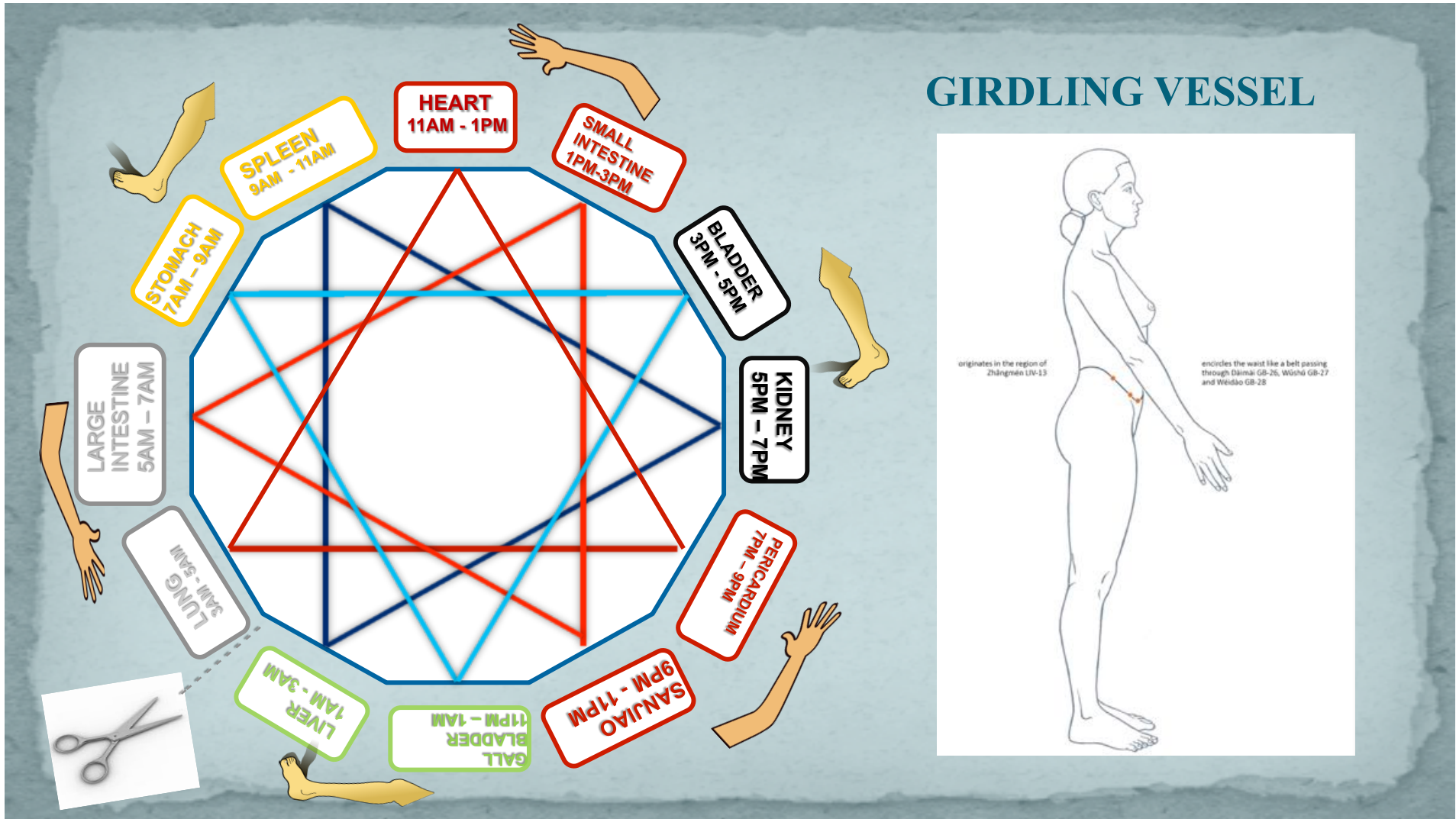


CONCEPTION VESSEL





GIRDLING VESSEL



*“Knowledge is a treasure, but
practice is the key to it.”*

Lao Tzu



LUNGS

The Commander of qi

Element: metal

Colour: white

Negative emotions: sadness, depression

Positive emotions: courage, inspiration

Healing sound: ssss



KIDNEYS

Element: water

Colour: blue

Negative emotions: fear, insecurity

Positive emotions: tranquillity, inner peace

Healing sound: chooo



LIVER

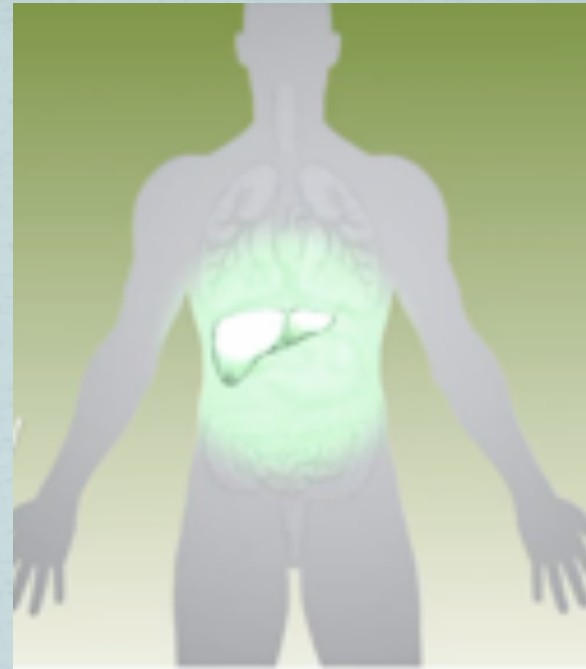
Element: wood

Colour: green

Negative emotions: anger, frustration

Positive emotions: kindness, generosity

Healing sound: shhhh



HEART

Element: fire

Colour: red

Negative emotions: impatience, hastiness, hatred

Positive emotions: love, joy, happiness

Healing sound: haaa



SPLEEN

Element: earth

Colour: yellow

Negative emotions: worry, excess thinking

Positive emotions: grounded, centered, mental clarity

Healing sound: whooo



TRIPLE WARMER

Head (upper jiao), heart (middle jiao),
lower abdomen (lower jiao)

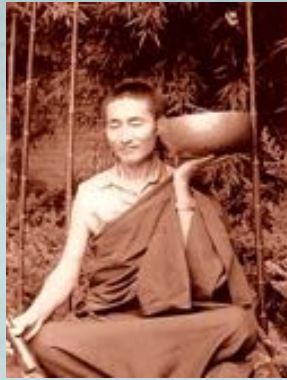
Colour: violet

Negative emotion: stress

Positive emotion: internal harmony

Sound: heeee





“Music in the soul can be heard by the universe.”



Lao Tzu



*“If you do not change direction,
you may end up where you are
heading.”*

Lao Tzu



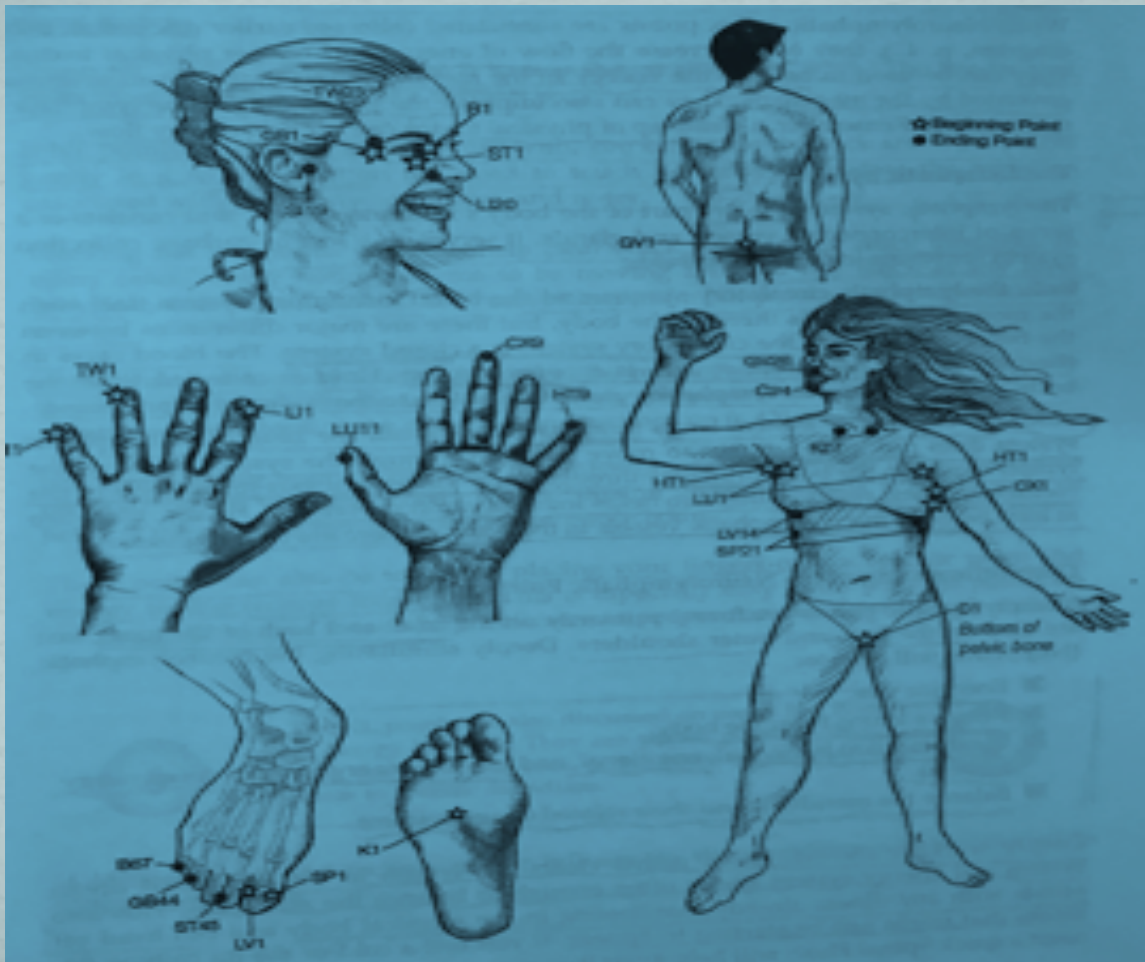
“At the center of your being you have the answer; you know who you are and you know what you want.”

Lao Tzu



Thank you!



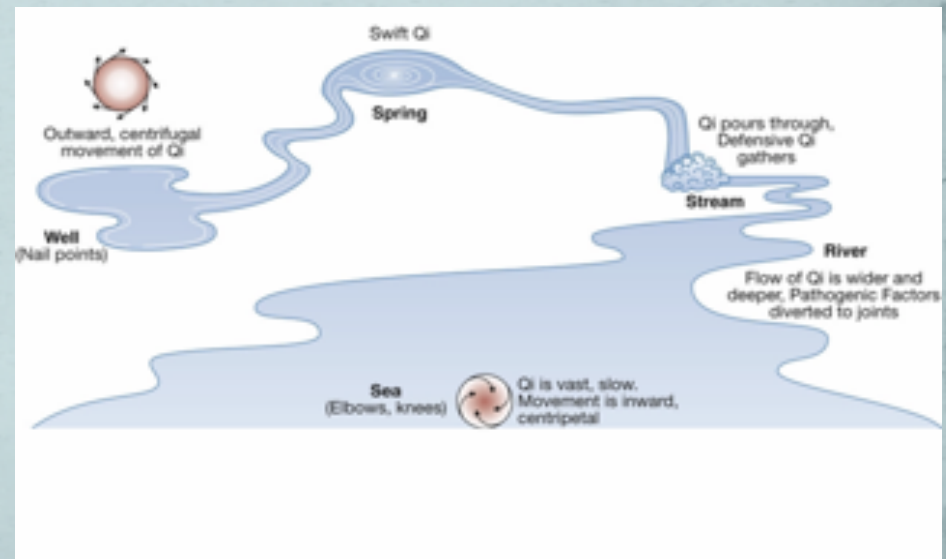
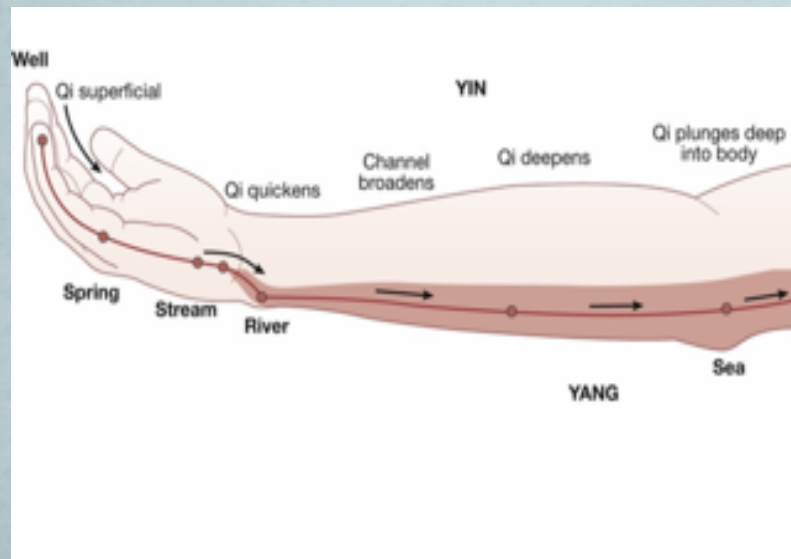


BEGINNING AND END POINTS OF THE MERIDIANS

♪ FIVE TRANSPORTING POINTS

“... at the Well points Qi flows out, at the Spring points it slips and glides, at the Stream points it pours, at the River points it moves, at the Sea points it enters”.

The Classic of Difficulties



Camtasia Recording Toolbar

Begin recording



Toggle camera recording



Adjust specific recording options



Toggle microphone recording



Display camera preview



Start a Recording

1



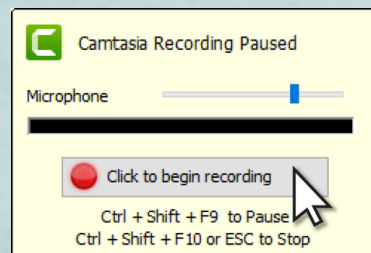
Select recording options

2



Press the record button

3



Test your audio and then start your recording

Finish a Recording

4



End your presentation and give it a name

5



Choose to produce or edit your video



Edit