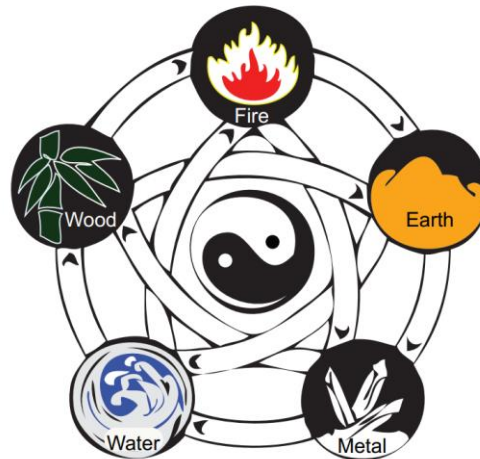
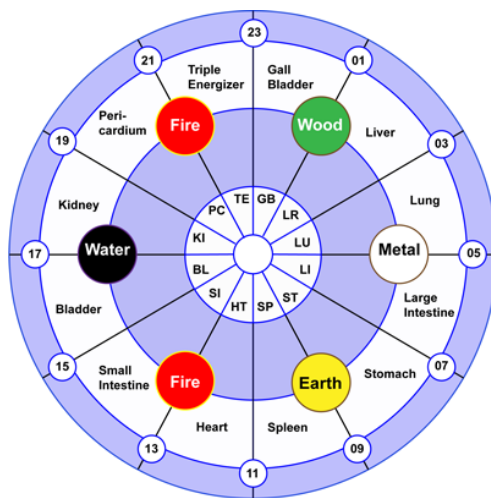


The Meridians - General Overview

The human body has 12 meridians - each meridian complements an opposite meridian. The meridian system is composed of fourteen major pathways (energy channels) which conduct the flow of Qi. The cells within meridians contain ten times the amount of sodium and potassium found in regular cells. This makes them excellent conductors of the body's electricity.

Twelve meridians run in pairs throughout the body. Pairs means that when one line of a meridian pair runs along the inner right wing, the other line of the pair will run along the inner left wing, and so on. Two of the major meridians are unpaired. They are the Conception vessel and the Governing vessel.



Each Meridian is most active at certain times of the day/night

The Meridian Clock - or Horary Clock is helpful in pinpointing deficient or over-active meridian function.

Studying the meridian pathways and Acupressure points for transmitting Qi energy is key to transformational energy work .

In the Chinese system the five elements are not static forms - the more accurate translation would be: 'The Five Walks' or 'The Five Moves'.

Each of the 12 meridians flows in an up- or down-wards direction - one flows into another. Keeping these lines/channels open is essential for good health. The energy of each organ meridian is strongest for 2 hours in specific cycles, completing a 24 hour cycle every day.

6 meridians are 'Yin' in quality and move upwards and 6 are 'Yang' and move downwards.

Each meridian comes into its highest action at a certain time of day... this is when it's paired meridian at its lowest. 12 hours later, the change is complete... with what was down, now at its peak! You can

become familiar with your body cycles by noticing the changes in the way you feel at different times of the day/night. Do you get tired at particular times of day? Are you prone, at certain times of the day, to headaches? Are you irritable? When? Grumpy? Energetic? Sharp? The energy cycle is fairly similar in all of us... we just have to pay attention to it.

We can optimize these cycles by focusing on the meridians - and acu-points - this way bringing balance in the energy flow.

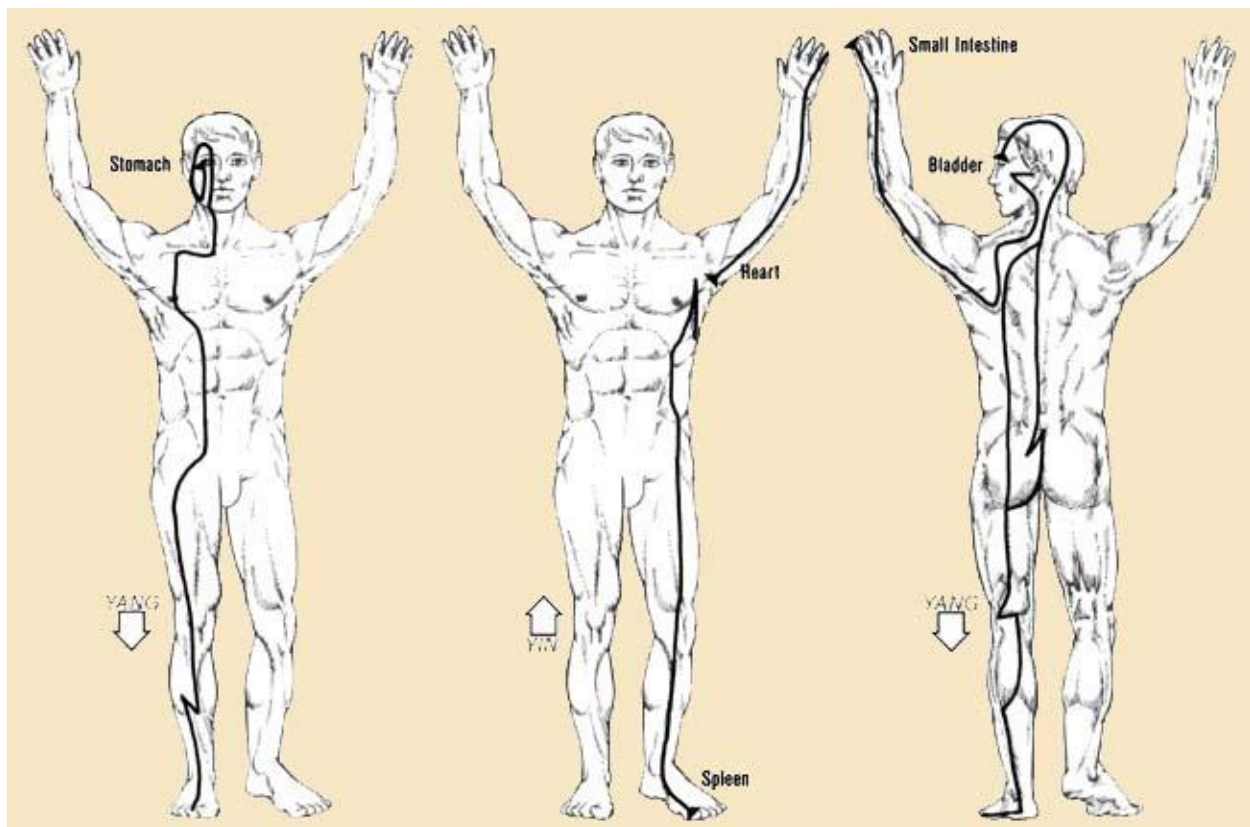
Each meridian is influenced by an element or season - there are Five Elements - Water, Wood, Fire, Earth and Metal.

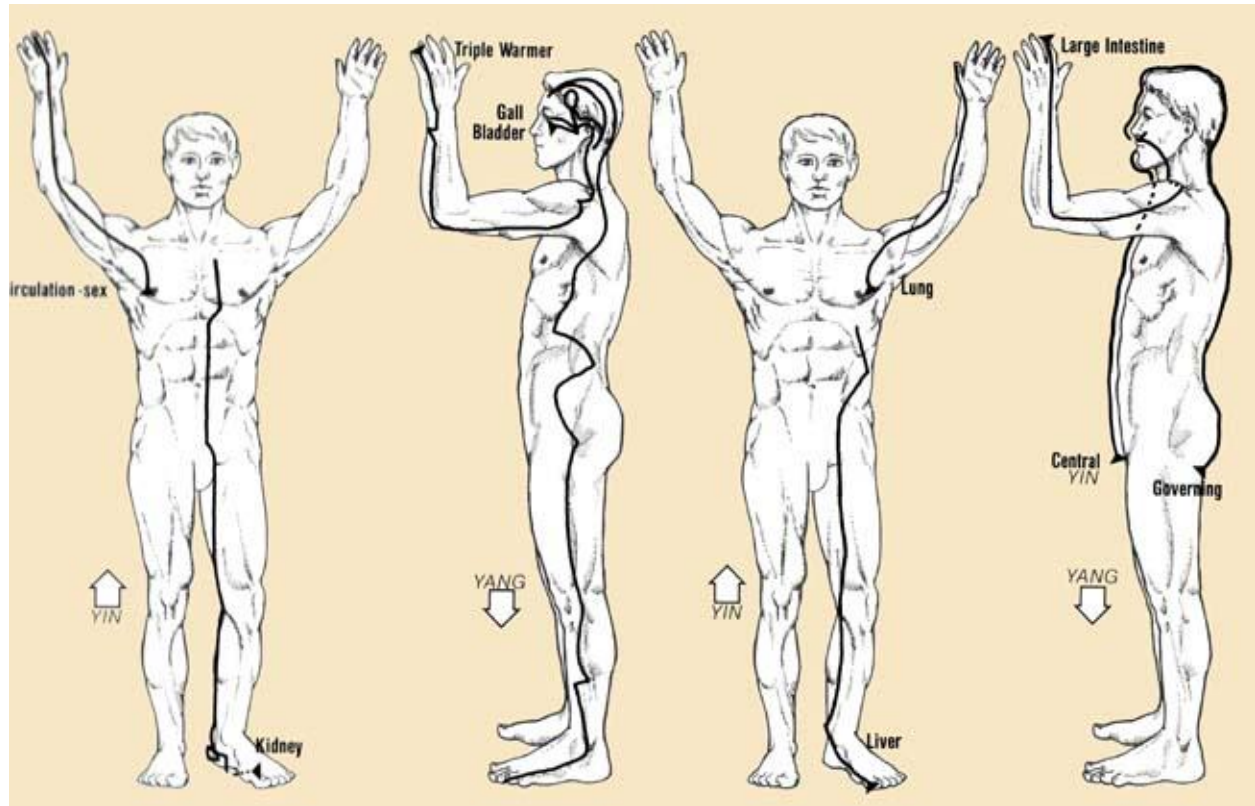
Directions and Partners

Each meridian connects to a specific organ. Six organs are yin and six are yang. Each yin organ is partnered with a yang organ. Yin organs are characterized by being solid whereas their partner yin organs are characterized by being hollow. Hollow organs are containers for things like food, waste, and bile.

Qi flows in opposite directions in yin and yang partners. It flows from the meridian's starting point, to the ending point. One meridian line ends near where its yin or yang partner begins. In this way, meridians unite the entire body into a functioning whole through which Qi flows freely in a healthy body.

It is useful to know which direction Qi flows along a particular meridian when using a therapy such as magnets, touch, or laser lights. Moving in the direction of the flow along a meridian line will stimulate the energy. Moving the tool in the direction opposite to normal flow will help to quiet the energy, balance it, or even correct the direction of flow (as in rebellious Qi, which flows opposite to its normal direction. An example of this would be involuntary regurgitation.)





↓ Stomach Meridian (yang) 7am - 9am

Stomach problems, abdominal pain, distension, edema, vomiting, sore throat, facial paralysis, upper gum toothache, nose bleeding, pain along the meridian

↑ Spleen Meridian (yin) 9am - 11am

Problems of the spleen and pancreas, abdominal distension, jaundice, general weakness and sluggishness, tongue problems, vomiting, pain and swellings along the course of the meridian

↑ Heart Meridian (yin) 11am - 1pm (13:00)

Heart problems, dryness of the throat, jaundice, pain along the course of the meridian

↓ Small Intestine Meridian (yang) 1pm - 3pm (15:00)

Pain in the lower abdomen, sore throat, swelling or paralysis of face, deafness, pain along the meridian

↓ Bladder Meridian (yang) 3pm - 5pm (17:00)

Bladder problems, headache, eye diseases, neck and back problems, pain along the back of the leg

↑ Kidney Meridian (yin) 5pm - 7pm (19:00)

Kidney problems, lung problems, dry tongue, lumbago, edema, constipation, diarrhea, pain and weakness along the course of the meridian

↑ Pericardium Meridian (yin) 7pm - 9pm (21:00)

Poor circulation, angina, palpitation, diseases of the sexual glands and organs, irritability, pain along the course of the meridian

↓ Triple Warmer Meridian - Gland Meridian (yang) 9pm - 11pm (23:00)

Diseases of the thyroid and adrenal glands, ear problems, sore throat, abdominal distension, edema, swelling of cheek, pain along the meridian

↓ Gallbladder Meridian (yang) 11pm - 1am

Gall bladder problems, ear diseases, migraine, hip problems, dizziness, pain along the meridian

↑ Liver Meridian (yin) 1am - 3am

Liver problems, lumbago, vomiting, hernia, urination problems, pain in the lower abdomen and along the course of the meridian

↑ Lung Meridian (yin) 3am - 5am

Respiratory diseases, sore throat, cough, common cold, pain in the shoulder and along the meridian

↓ Large Intestine Meridian (yang) 5am - 7am

Abdominal pain, constipation, diarrhea, sore throat, toothache in the lower gum, nasal discharge and bleeding, pain along the course of the meridian

Governing Vessel

Spinal problems, mental disorders, fever, nose problems, headaches

Conception Vessel

Diseases of the urogenital system, hernia, cough, breathing difficulties, breast problems

When this energy flow is unrestricted, the body harmonizes the flow to optimize body functioning. Sometimes, though, the life we lead and the abuses we heap upon our bodies cause stress, and sometimes the stress is so intense or so constant that, in effect, it "overloads" the circuit. The "circuit breaker" pops, and needs to be reset before energy can flow properly. Our indication of whether this has occurred is the muscle test. If a muscle tests weak, we know we have to go to certain spots on the body and press or hold to reset the body and restore proper flow. This restoration of flow is immediately indicated by a strengthening of the muscle.