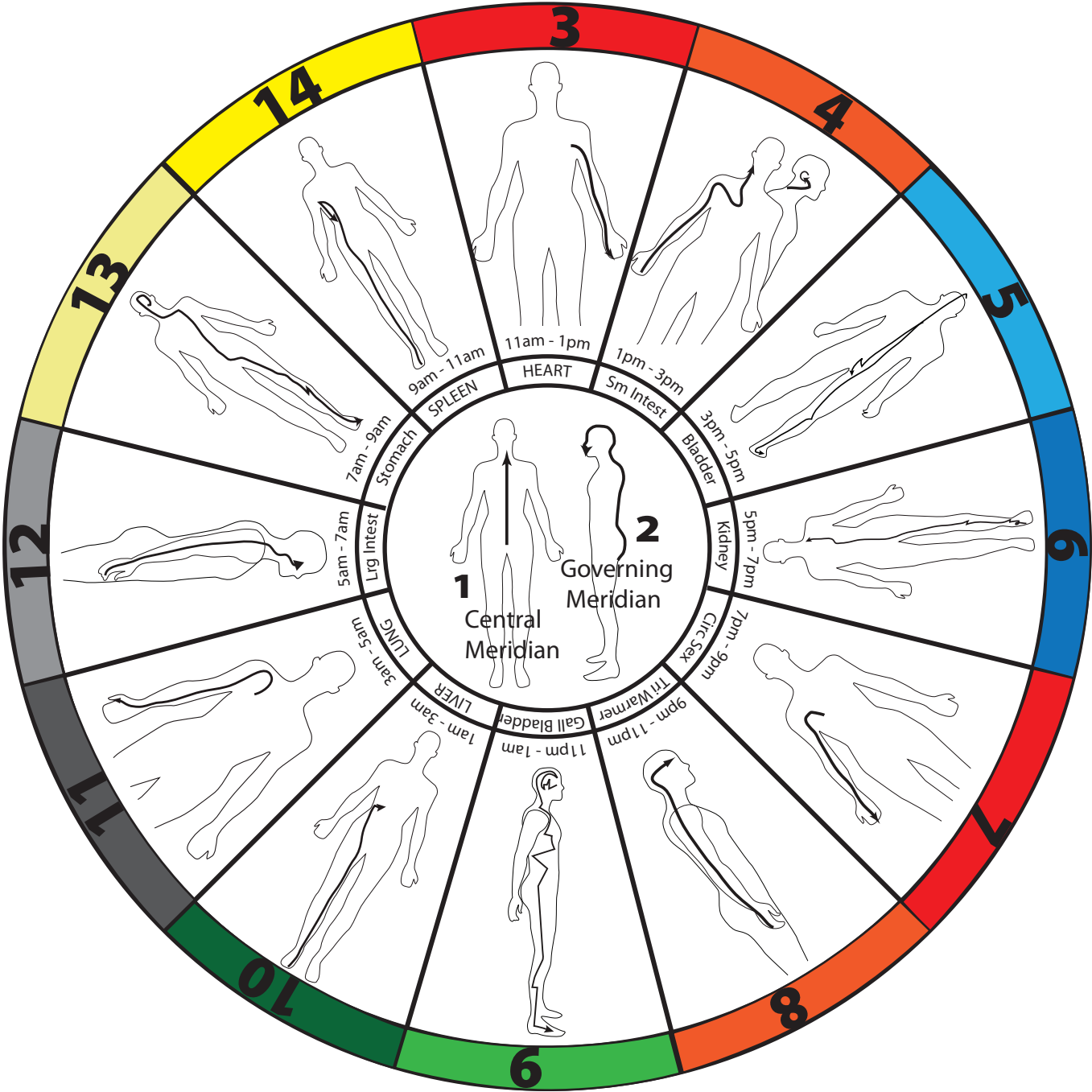
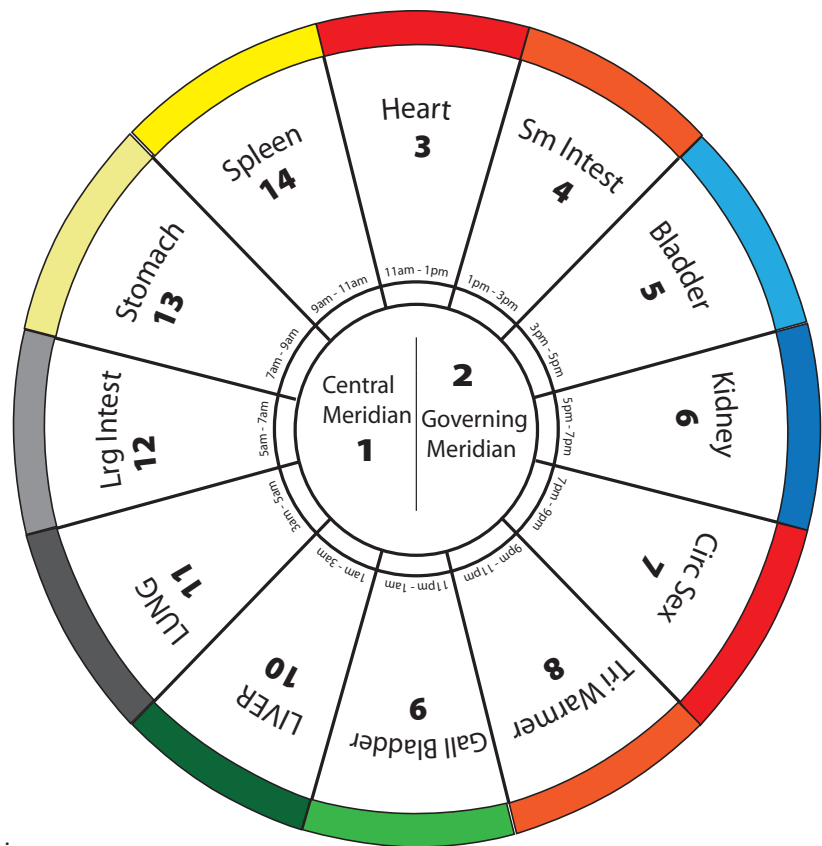


Meridian Flow Cycle





1 The Central meridian

Place both hands on your pubic bone and bring them straight up over the front of your body to your bottom lip.

2 The Governing meridian

Place one hand at your tailbone and trace straight up your spine and have the other hand meet it and trace the meridian over the top of your head, over your nose, and to your top lip.

3 Heart Meridian (11 a.m. to 1 p.m.)

Place your open hand underneath the opposite armpit in alignment with your little finger and trace straight down inside the arm, over the palm and outside to the little finger. Do both sides.

4 Small Intestine Meridian (1 p.m. to 3 p.m.)

Start at the outside tip of the little finger, go straight up the outside of the arm to your shoulder, drop back on your shoulder blade, go up the side of the neck, go over to your cheekbone, and back to the opening of your ear. Do both sides.

5 Bladder Meridian (3 p.m. to 5 p.m.)

Place both hands between your eyebrows; go up over the head and down the back of your head and neck. Remove your hands from your neck; reach them back underneath and as high as you can stretch onto your spine. Trace your hands down either side of your spine to below your waist, jog in and up toward the waist, and then in and around the curve of your bottom. Then start again on either side at the top of your spine farther out from the first tracing and go straight down to the back of your knees, in at the knees down to the floor, and off your little toes.

6 Kidney Meridian (5 p.m. to 7 p.m.)

Place your fingers under the ball of each foot and bring your fingers up to the inside of each foot, circle behind the inside of each ankle bone, and go straight up the front of the body onto the chest to the K27 points; beneath the clavicle at the top of the sternum. Do both sides.

7 Circulation/Sex Meridian (7 p.m. to 9 p.m.)

Place the fingers of one hand at the outside of the opposite nipple, come up over the shoulder, go down the middle of the inside arm and off the middle finger. Do both sides.

8 Triple Warmer Meridian (9 p.m. to 11 p.m.)

Start at the ring finger on the outside of the hand, trace straight up the arm, over the elbow to beneath your ear, follow your ear around and behind, ending on the temple at the outside corner of the eyebrow. Do both sides.

9 Spleen Meridian (9 a.m. to 11 a.m.)

Start at the outside corners of each big toe and go straight up the inside of your legs, flaring out at your hips, up the side of your rib cage, to the arm crease, then down the side to the bottom of the rib cage. Do both sides.

10 Stomach meridian (7 a.m. to 9 a.m.)

Place both hands under your eyes, drop straight down to the jaw, circle up around the face to your forehead, drop straight down through the eyes to the collarbone, over the chest, in at the waist and out at the hips, down the leg (outside the knee) and out to the second toe. Do both sides.

11 Lung Meridian (3 a.m. to 5 a.m.)

Place one hand on the upper chest just inside the shoulder and move it up over your shoulder, straight down the inside of your arm, through the palm and off your thumb. Do both sides.

12 Large Intestine meridian (5 a.m. to 7 a.m.)

Place the open fingers of one hand at the end of the pointer finger of the opposite hand, trace straight up the outside of the arm to the shoulder, over the shoulder, cross the neck to beneath the nose and end at the flare of your nose. Do both sides.

13 Liver Meridian (1 a.m. to 3 a.m.)

Place your fingers on the insides (lateral side) of your big toes, and trace straight up inside the legs, flaring out at your hips, up the sides of your rib cage, and back to underneath your ribs, in a hollow directly below but in line with your nipples.

14 Gall Bladder Meridian (11 p.m. to 1a.m.)

Place the fingers of both hands on the outside of your eyebrows, drop to the opening of your ears, take your fingers straight up about two inches, circle forward with your fingers, and drop back behind the ears. Go forward again over to your forehead, back over the top of your head, and around your shoulders. Leave your shoulders, take your hands to the sides of your rib cage, go forward on the rib cage, half circle backwards on the waist, forward on the hips, straight down the sides of the leg and off the outside of the little toe