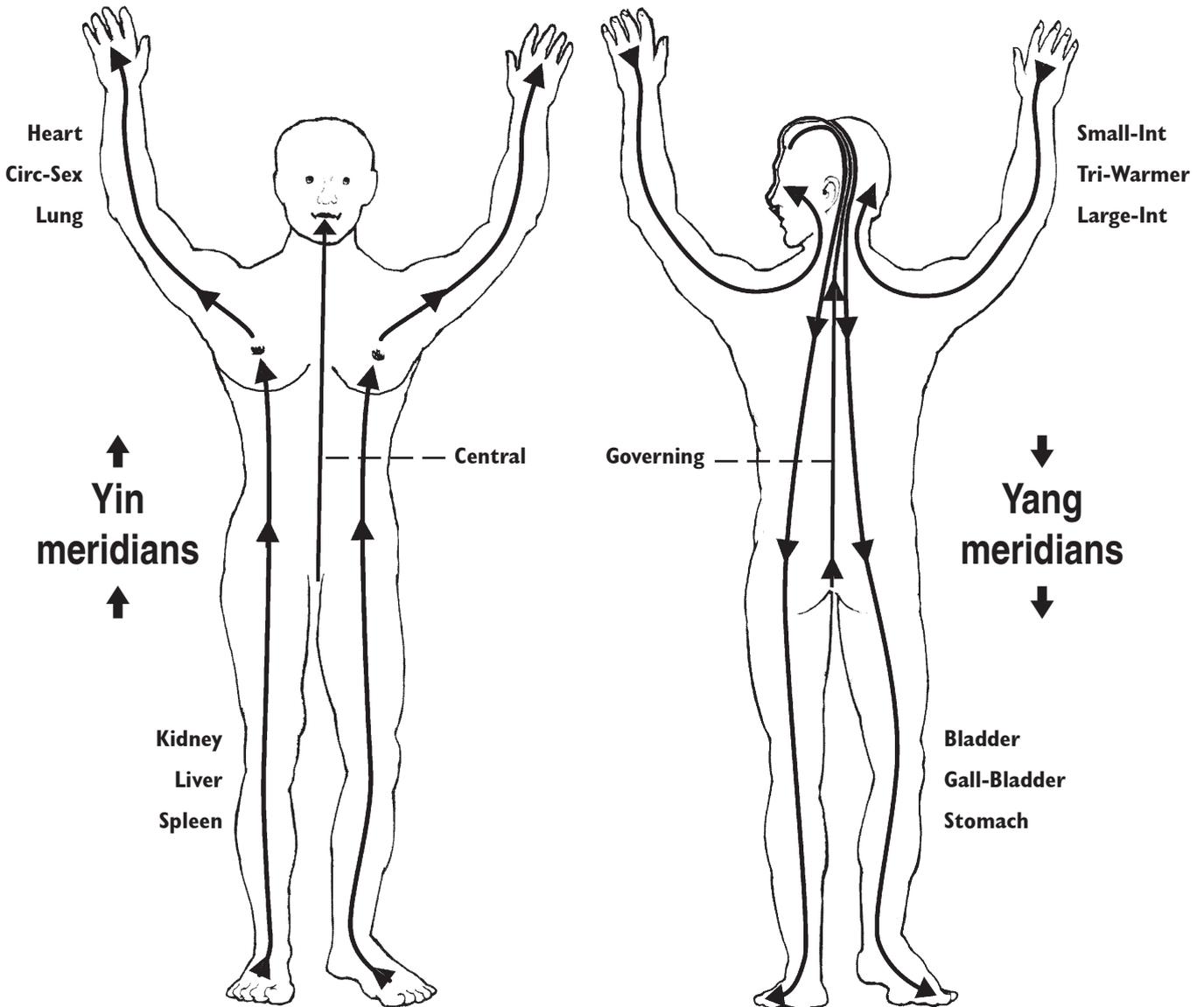


3. Meridians - cont.

The general meridian flow diagram

Yin meridians flow up the body to the sky and Yang meridians flow down the body to the earth



Meridian rule table:

Meridian	Rule
Kidney, Liver, Spleen	Three meridians start on the feet and end on the thorax (ribcage) with energy flowing toward the chest.
Heart Circulation-Sex, Lung	Three meridians start at the thorax (ribcage) and finish on the finger-tips with energy flowing toward the fingers.
Small Intestine, Triple Warmer, Large Intestine	Three meridians start on the finger-tips and finish on the face with energy flowing up the arm.
Bladder, Gall Bladder, Stomach	Three meridians start on the face and finish on the toes with energy flowing toward the toes.
Central, Governing	Two meridians start in the mid-line on the lower body and finish on the face with energy flowing towards the lips.

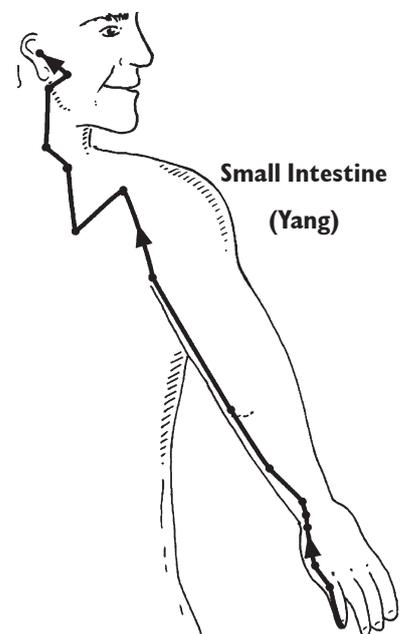
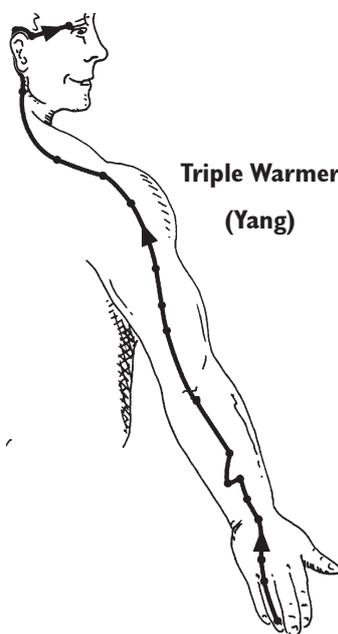
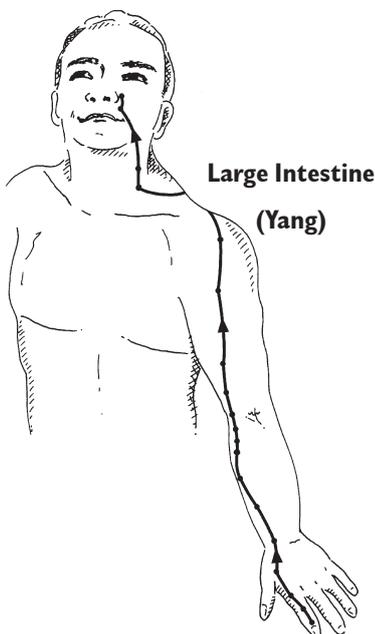
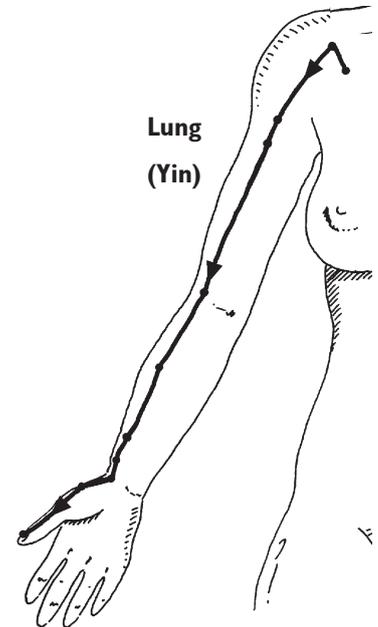
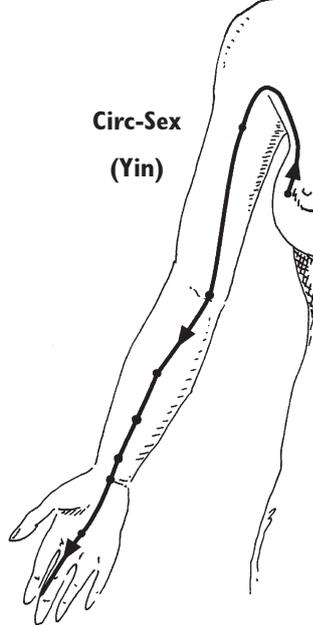
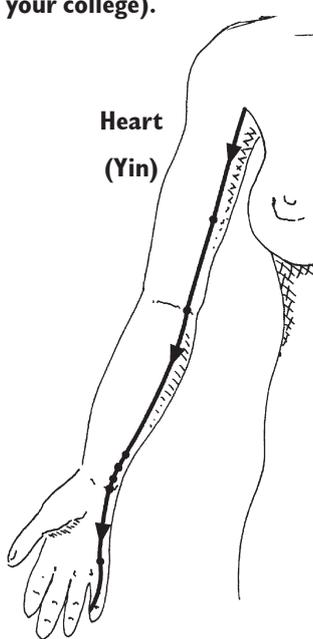
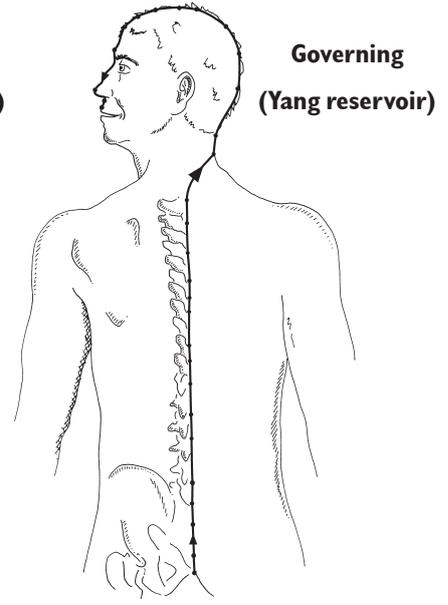
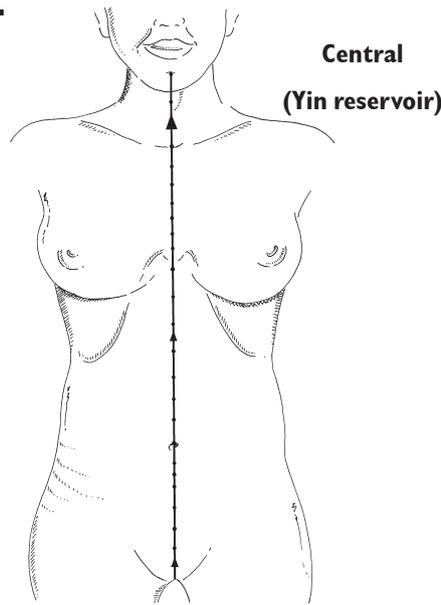
Important Note
 Ask your teacher if you do not understand or need help to do this class activity.
 Performing techniques incorrectly or not following instructions can lead to problems.

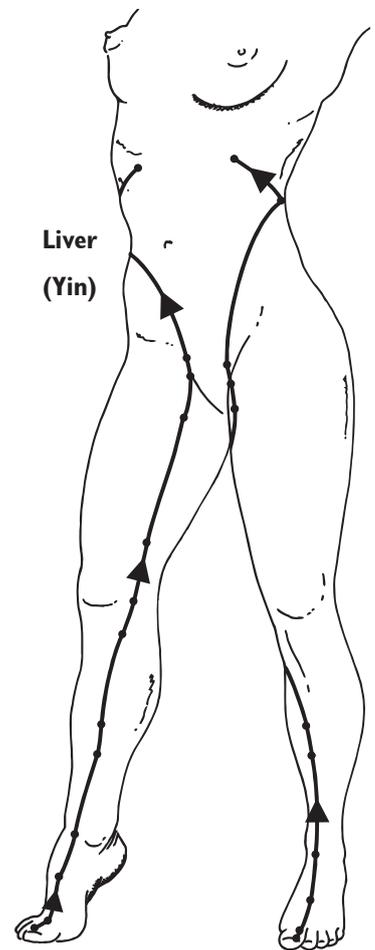
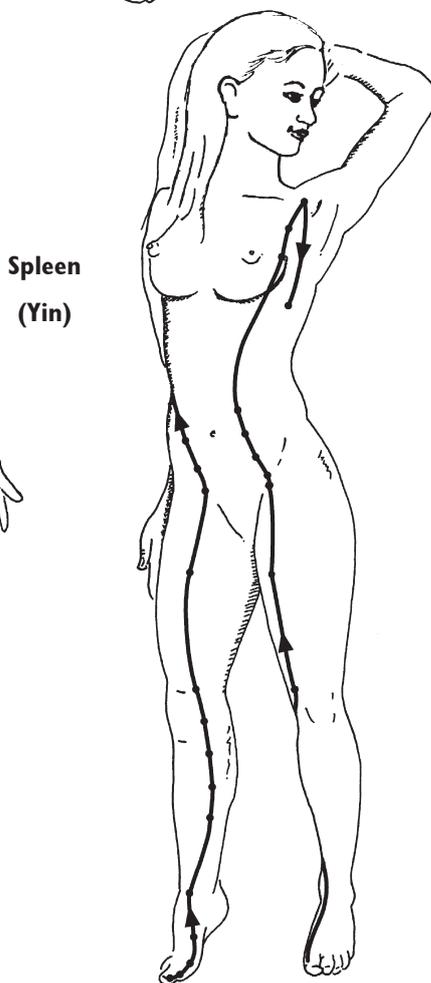
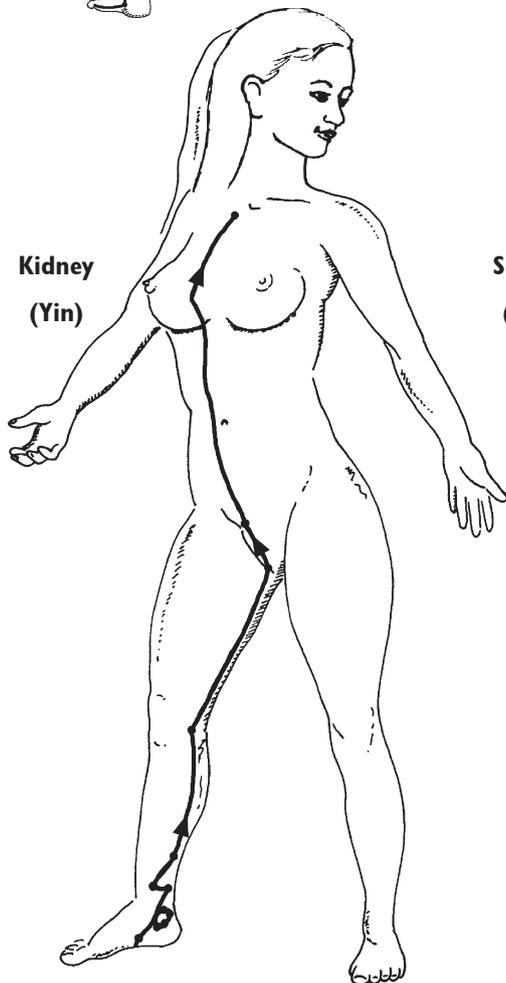
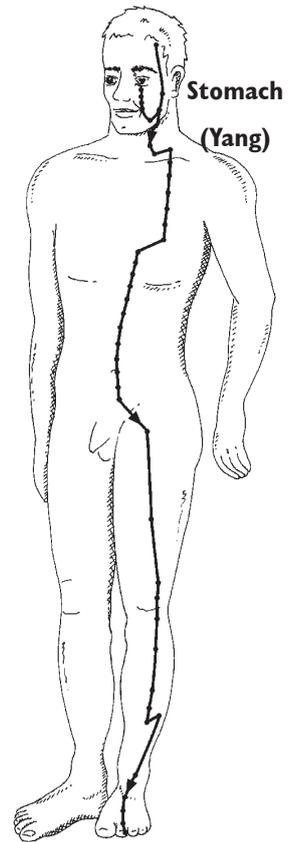
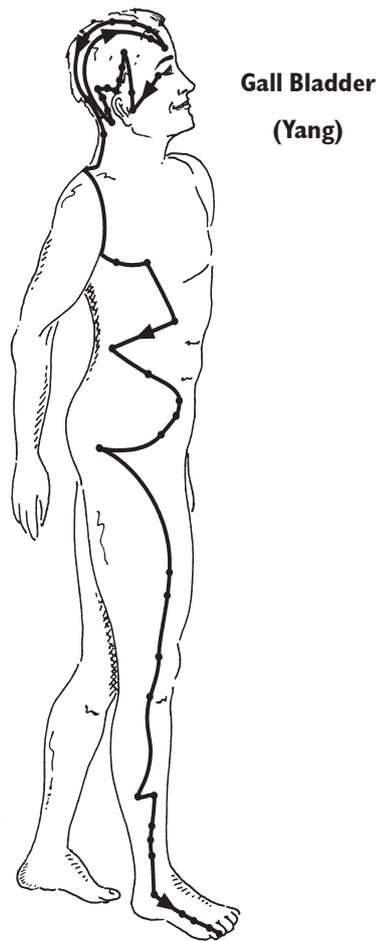
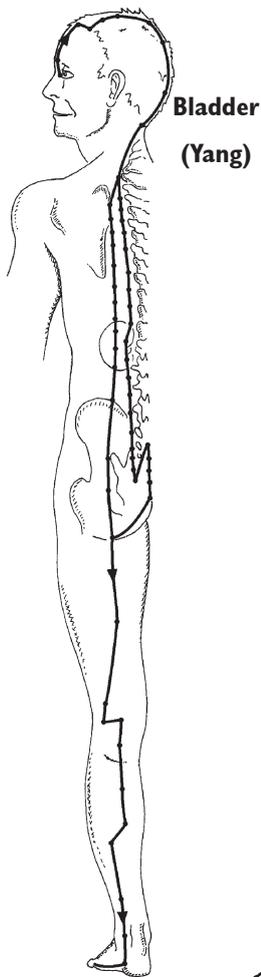
3. Meridians - cont.

On these pages the meridians are arranged by direction of flow.

On the next two pages the meridians are arranged in the order of the Chinese meridian wheel.

On the activities pages are large diagrams of the meridians for you to colour according to the five element colours (see chart on wall in your college).





3. Meridians - cont. Meridian Massage

The term ‘meridian massage’ is often used to describe the procedure of running each of the meridians in turn in a well-defined order according to the meridian energy wheel. Start with the Central meridian then the Governing meridian. Next begin at the current time of day and work around the wheel.

Central Meridian

This begins in the centre of the perineum and proceeds up the mid-line of the abdomen, sternum and throat to end just below the lower lip.

Governing Meridian

This begins on the tip of the coccyx and then runs up the mid-line of the coccyx, sacrum and spine, over the middle of the head, down the middle of the forehead, nose, and ends on the top lip.

Heart Meridian (11am-1pm)

This begins in the axilla (arm-pit). The path goes down the inner aspect of the arm and forearm and finishes at the bed of the little fingernail (adjacent to the 4th finger).

Small Intestine Meridian (1pm-3pm)

This begins on the little finger at the lateral side of the root of the fingernail and travels up the posterior internal aspect of the arm through the shoulder. It slips down on to the shoulder blade, up on to the neck, forward on to the cheek, and back to the ear.

Bladder Meridian (3pm-5pm)

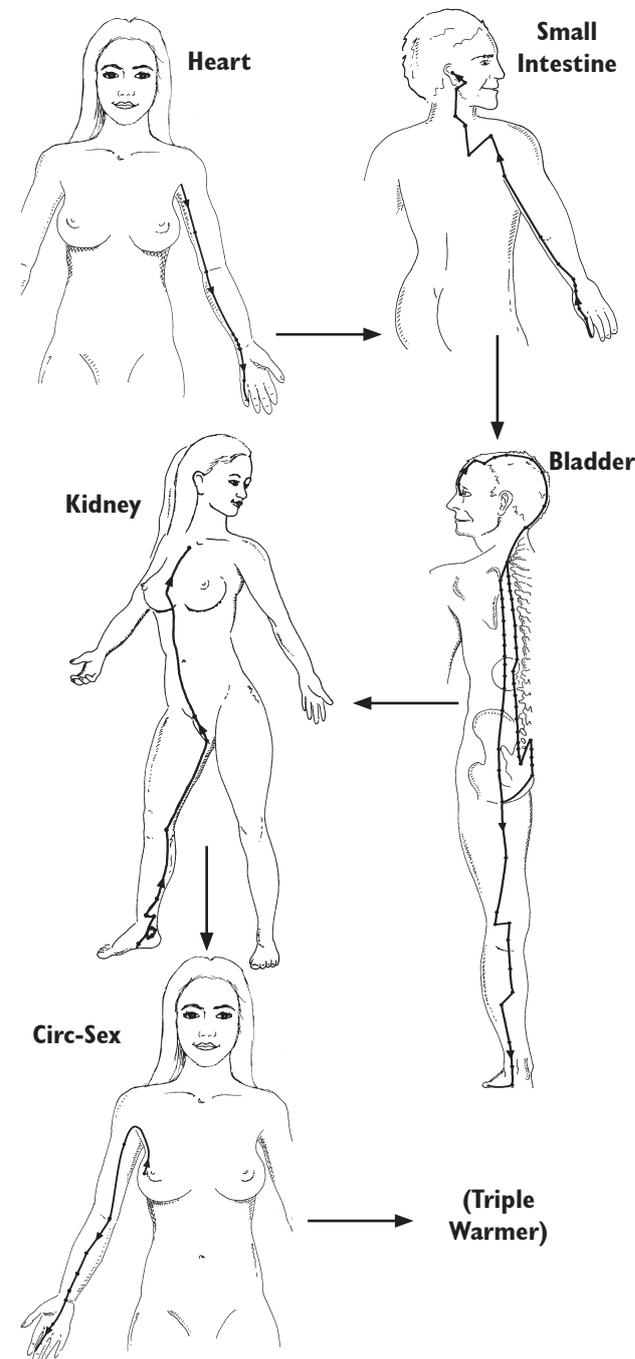
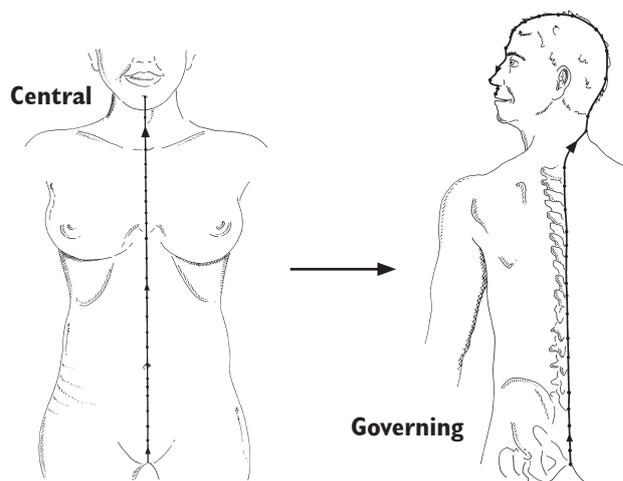
This begins at the inner corner of the eyes and goes over the head, down the back of the neck, the back, thighs and legs to end at the lateral side of the nail of the little toe.

Kidney Meridian (5pm-7pm)

This begins on the sole of the foot and goes up the inner aspect of the leg and thigh, up the abdomen and thorax with its last point just below the junction of the clavicle, the first rib, and the sternum.

Circulation-Sex Meridian (7pm-9pm)

This begins outside the nipple on the thorax and runs up to the shoulder, then down the anterior surface of the arm and forearm and over the surface of the palm to end at the nail of the middle finger (adjacent to the index finger).



3. Meridians - cont.

Meridian Massage

Triple-Warmer Meridian (9pm-11pm)

This begins at the nail root of the ring finger (on the little finger side) and goes up the back of the forearm, the arm, and over the back of the shoulder, around the ear, to end near the outer extremity of the eyebrow.

Gall Bladder Meridian (11pm-1am)

This begins at the outer corner of the eye, goes back and forth over the skull, then round the front of the shoulder, down the side of the thorax, forward on to the abdomen and down the outer side of the thigh, leg, and foot, and ends on the fourth toe (little toe side).

Liver Meridian (1am-3am)

This begins at the nail bed of the big toe nail (second toe side), runs up the inner surface of the leg, thigh, and up the abdomen to the rib margin of the sternum.

Lung Meridian (3am-5am)

This begins in the first intercostal space and runs to the shoulder, then goes down the anterior lateral aspect of the arm to end at the lateral side of the root of the thumb nail.

Large Intestine Meridian (5am-7am)

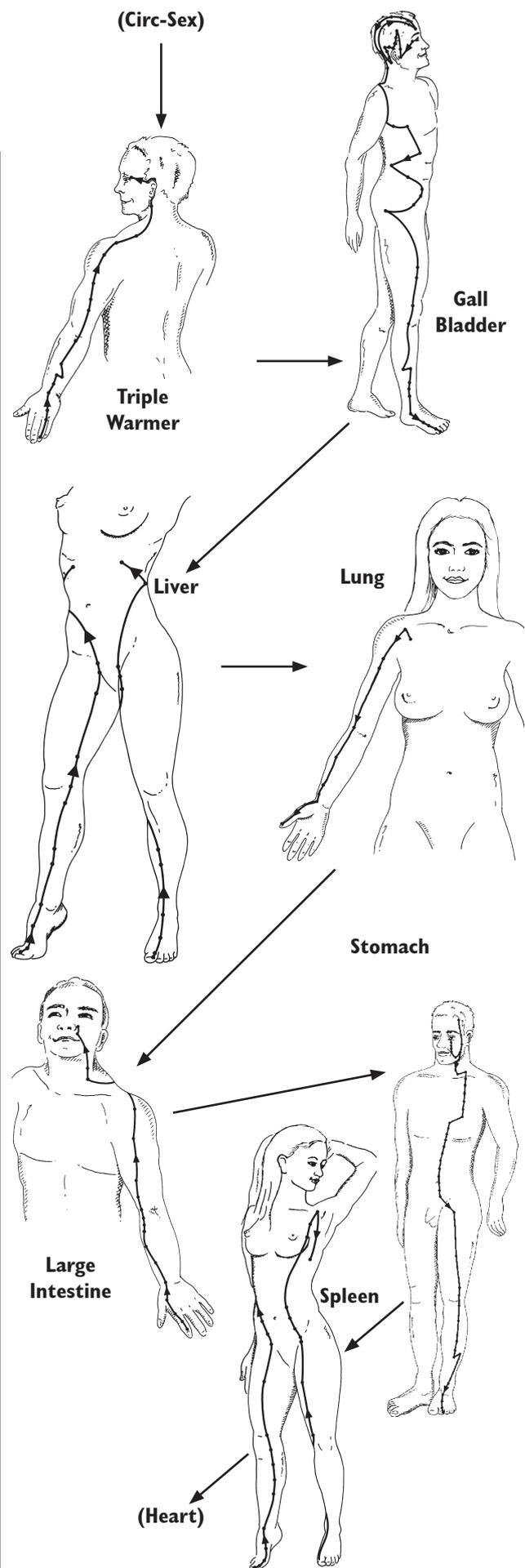
This begins at the middle of the base of the first fingernail, then runs up the postero-lateral aspect of the forearm, arm, and over the shoulder to finish at the nose.

Stomach Meridian (7am-9am)

This begins at the centre of the lower edge of the orbital cavity and runs down the face to the edge of the jaw then up to the ear, around the forehead, down over the throat, the front of the thorax, abdomen, anterior aspect of the thigh, leg and foot, to finish at the base of the second toe nail (adjacent to the 3rd toe).

Spleen Meridian (9am-11am)

This begins at the outer side of the base of the big toe nail and proceeds up the internal aspect of the leg, thigh and up the abdomen, thorax (outside the nipple to the second rib), then runs down to end at the sixth intercostal space on the axillary line.



3. Meridians - cont.

Meridian Metaphysics

With every physical outage there is also a larger associated one on an emotional, metaphysical or spiritual level. As we address this awareness, often the physical level will also release the problem or outage. Meridians are about going with the flow and connecting with the flow of life; being nourished by vital energy.

John & Matthew Thie's *TFH Metaphor Booklet with the Chinese Five Element Metaphors* is available and this video from Matthew is a good introduction: youtu.be/igul5-OWNuE
Sarah Gilmour-Mayne & Terese Mudgway of The Nidana Collective, Australia requested these few metaphysical insights be included & have added more in a student aid.

Central Meridian

Yin or feminine energy, receiving; relates to the brain and your perception of this world. Releasing subtle / small things or ideas in order to reach your goal.

What do you need to let go of to reach your goal?

Governing Meridian

Yang or male energy about going out into the world; action and the spine / nervous system and your experience of the world.

What burden needs to be released?

What do you need to go out and do?

Heart Meridian (11am-1pm)

Relationship with yourself, intuition, wisdom, emotional feelings; connection to higher self; second brain; logical thinking and intuition; relationship between head and heart.

What is your heart telling you?

What is your higher self saying?

Small Intestine Meridian (1pm-3pm)

Third brain, absorption. Are you taking in the aspects of life that nourish you both literally and metaphysically.

What emotional food are you denying yourself?

What spiritual food are you denying yourself?

Bladder Meridian (3pm-5pm)

Fear and anxiety around making the final transition; end of old cycle or patterns; ability to stretch, being hydrated and feeling free-flow energy.

What might need dilution or elimination?

What emotion needs to flow?

Kidney Meridian (5pm-7pm)

Indecision around making the final transition; end of old cycle or patterns. Wavering about stepping out as a new version of self or life and having to trust the creation process.

What decision do you need to take now?

What resource can you use to make this easy?

Circulation-Sex (Pericardium) Meridian (7pm-9pm)

This rules our relationships, the emotional issues around them and is the guardian of our heart; nourishes circulation,

reproduction and new cell growth; going or transitioning through the different stages in life; sexual energy; loving feelings, a new sense of self.

What self-nourishment do you need at this time?

What protection is your heart needing at this time?

Triple-Warmer Meridian (9pm-11pm)

Three heats: the heat of metabolism and maintaining body heat, the heat of fight/flight, and the heat of life's passions.

What gets you 'hot under the collar'?

What are you running from or fighting?

Where are you letting survival instincts block you from moving forward in life?

Gall Bladder Meridian (11pm-1am)

Holding on to past grievances that stop you from stepping into the new.

Are you too concentrated for your own good?

Are you dealing with too many heavy things?

Liver Meridian (1am-3am)

Time to release anger, bitterness, resentment or overwhelm; making a transformation through happiness and contentment?

How are you handling multiple responsibilities?

Where are your beliefs no longer serving you?

Lung Meridian (3am-5am)

Breathing or speaking easily; unable to express yourself or be heard; old grief; taking a fresh breath of life; letting go of old toxic patterns that no longer serve you.

What do you need to 'cough up' or get off your chest?

What intolerance is suppressing your openness, curiosity and imagination?

Large Intestine Meridian (5am-7am)

Letting go of what no longer serves you or what is toxic in your life eg. emotions, people, experiences, beliefs etc. Holding onto the past. Letting go of the old to create the new.

What past shame or old regrets are you holding on to?

What do you need to release to see yourself as worthy?

Stomach Meridian (7am-9am)

Breaking things down into more digestible pieces (literally or metaphysically); digesting a nutrient, emotion, or idea.

What is difficult to swallow, stomach or digest?

What makes you feel sick?

Spleen Meridian (9am-11am)

Sweetness in life; filtering out toxic or harmful elements to be eliminated. Overworking protection or immune system mechanisms.

Are you taking on too much toxicity (metaphysically or literally)?

What nebulous future fears are you allowing to crush your confidence and assurance?