

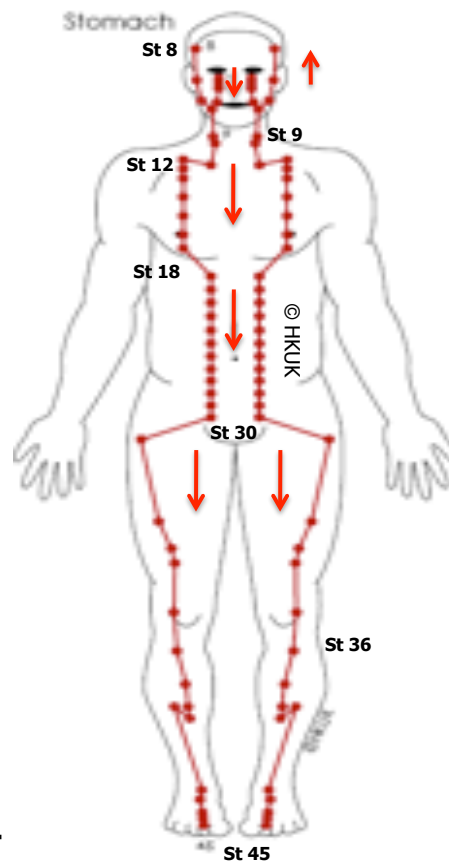
Meridian Tracing in the Horary Cycle

1.
 - (i) St 1 under the middle of the eye
 - (ii) Down to St 5 on the side of jaw
 - (iii) Up to St 8 on the temples
 - (iv) Trace down sides of the nose onto the neck at St 9
 - (v) Down to the collar bone and out to St 12
 - (vi) Down to St 18 then angle in and down to St 19
 - (vii) Straight down to St 30 out to St 31

STOMACH MERIDIAN Yang (7 am - 9 am) flows from head to feet

- (viii) Flow down the front of the legs to finish at St 45 on the base of nail second toe lateral

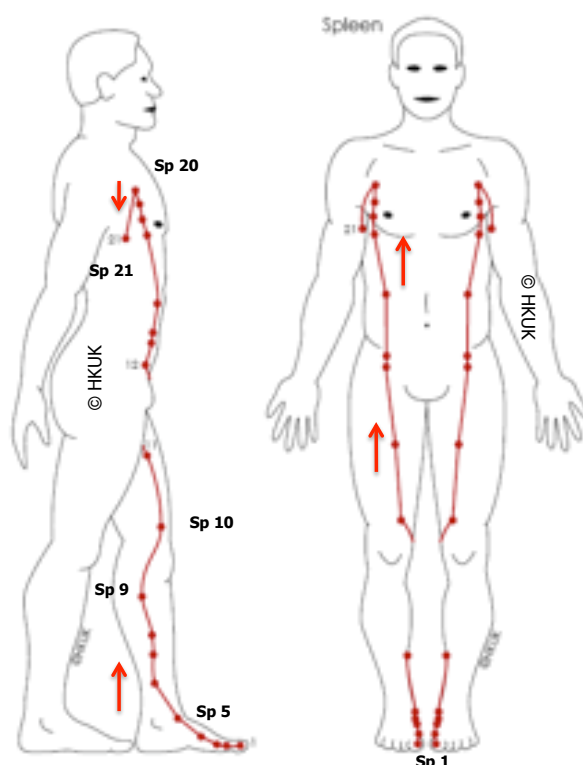
EARTH ELEMENT



SPLEEN MERIDIAN YIN (9 am – 11 am) flows from feet to torso

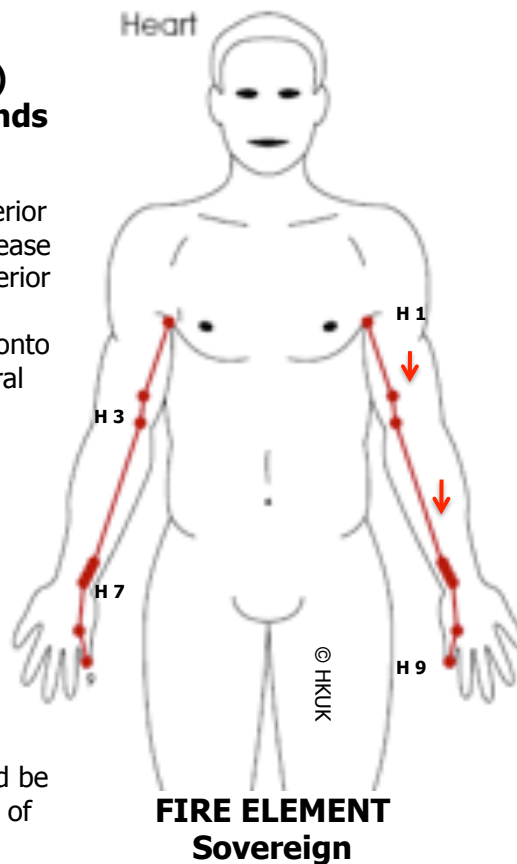
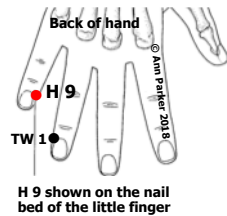
2.
 - (i) Sp 1 big toe medial
 - (ii) Flow to Sp 5 at medial ankle
 - (iii) Flow up the medial leg to just above the knee at Sp 9
 - (iv) Come over onto the front of the leg just above the knee at Sp 10
 - (v) Flow up the front of the body to Sp 20 just below the collar bone
 - (vi) Flow down the side of the body to Sp 21 (an ouch point!)

EARTH ELEMENT



HEART MERIDIAN YIN (11 am – 1 pm) flows from torso to hands

- 3.
- (i) Heart 1 in the axilla
 - (ii) Flow down the medial anterior arm to H 3 in the elbow crease
 - (iii) Continue down medial anterior arm to H 7 at wrist crease
 - (iv) Flow across palm of hand onto H 9 on the nail bed of lateral little finger (back of hand)

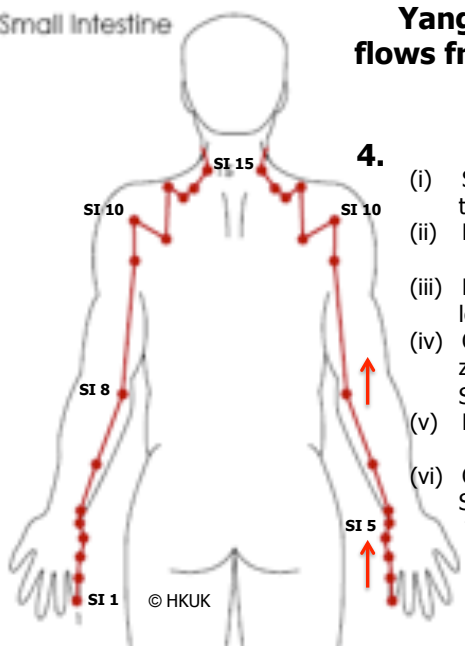


Leave hand with palm down and be ready to move to the other side of the little finger for SI 1

SMALL INTESTINE MERIDIAN Yang (1 pm - 3 pm) flows from hands to head

- 4.
- (i) SI 1 with palm down on the little finger lateral
 - (ii) Flow up back edge of hand to wrist crease to SI 5
 - (iii) Flow up lateral back of lower arm to elbow at SI 8
 - (iv) On up to SI 10 and then zigzag on upper back to SI 15 on the neck
 - (v) Flow over the side of the neck to the jaw at SI 17
 - (vi) Onto the cheek to SI 18 and back into the 'V' of the ear

Small Intestine



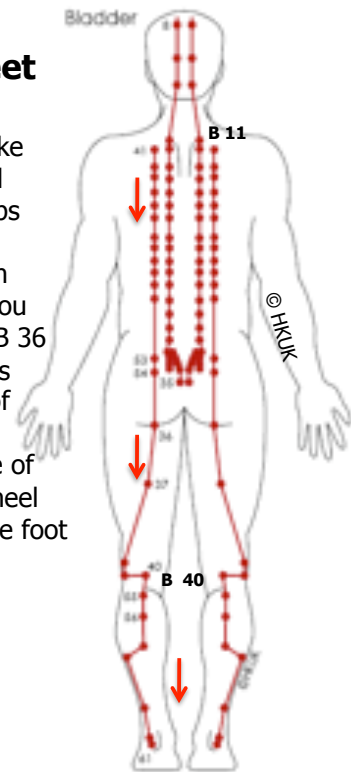
**FIRE ELEMENT
Sovereign**



BLADDER MERIDIAN Yang (3 pm- 5 pm) flows from head to feet

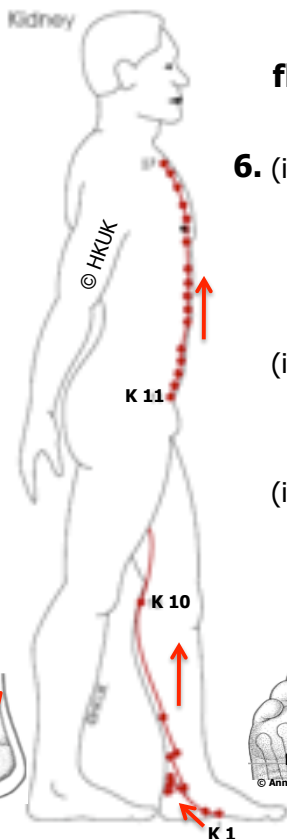


5. (i) From B 1 between the eyes take two lines up over the forehead and over the head to the bumps just above neck at B 10
- (ii) Then take two lines down each side of the vertebrae as best you can into the gluteal crease at B 36
- (iii) Flow down to behind the knees at B 40 and on to the middle of the calf muscle at B 57
- (iv) Flow across to the lateral edge of the lower leg and down onto heel and over the lateral edge of the foot to B 67 on the little toe

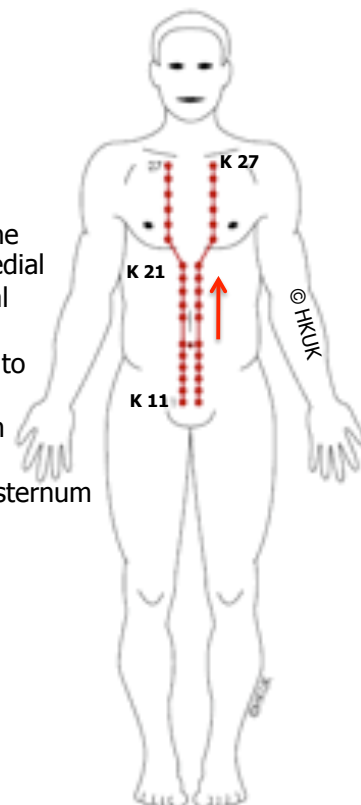


WATER ELEMENT

KIDNEY MERIDIAN YIN (5 pm – 7 pm) flows from feet to torso



6. (i) K 1 in the ball of the foot and come onto the medial side of the foot at K 2 then around the ankle and on up the lower medial leg to K 6 and onto the medial knee crease at K 10
- (ii) Continue up the medial thigh to the pubic bone and take two lines up one finger width from the midline to K 21
- (iii) Flow out to the edges of the sternum and on up to K 27

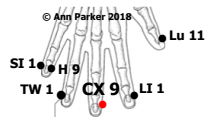


WATER ELEMENT

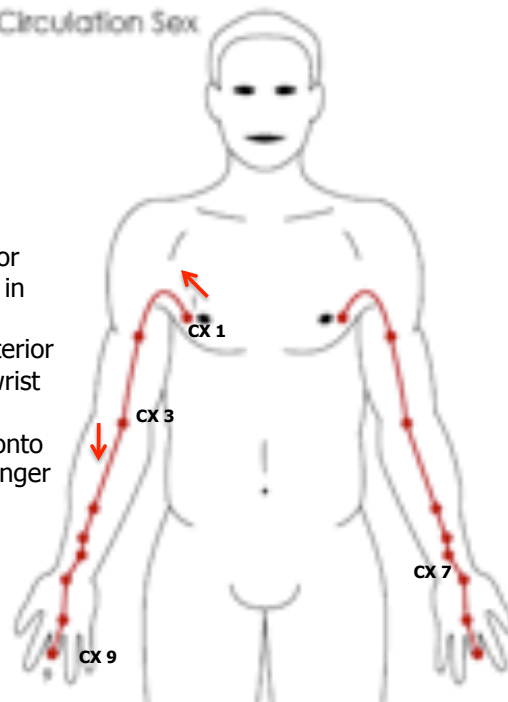


CIRCULATION-SEX MERIDIAN
YIN (7 pm – 9 pm)
flows from torso to hands

7. (i) CX 1 Lateral to the nipples then flow up and onto the midline of the anterior upper arm to CX 3 and down to CX 3 in the mid crease of the elbow
 (ii) Continue down the midline of the anterior of the lower arm to midpoint of the wrist crease at CX 7
 (iii) Flow across the palm and then over onto the back of the hand on the middle finger medial at CX 9



Circulation Sex

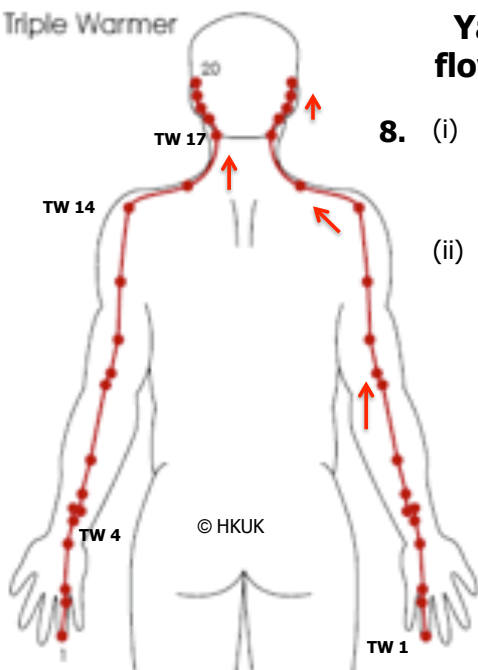


FIRE ELEMENT
Ministerial
(Pericardium)

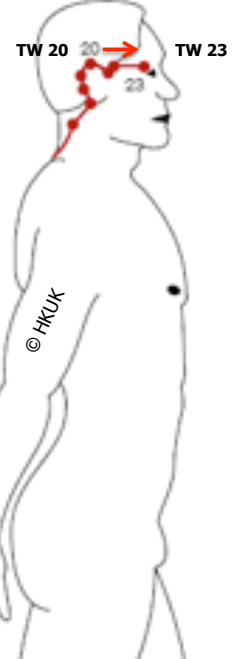
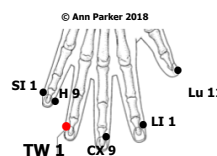
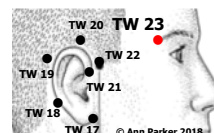
TRIPLE WARMER MERIDIAN
Yang (9 pm - 11 pm)
flows from hands to head

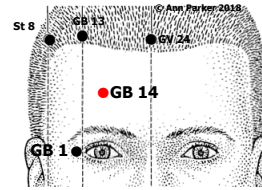
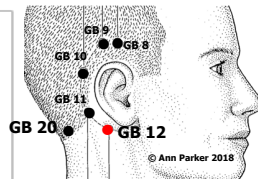
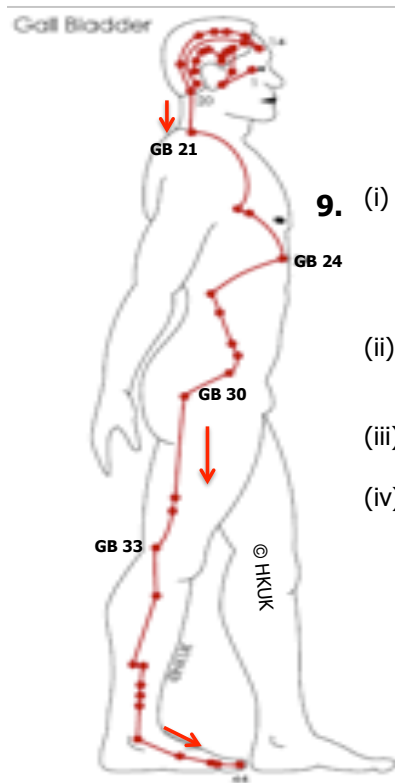
8. (i) TW 1 on the lateral ring finger flow across the back of the hand to TW 4 and on up the posterior midline to the back of the shoulder
 (ii) Flow across to the back of the ear and then round the ear to TW 21 at top front of the ear and across to end at TW 23 at the edge of the eyebrows

Triple Warmer



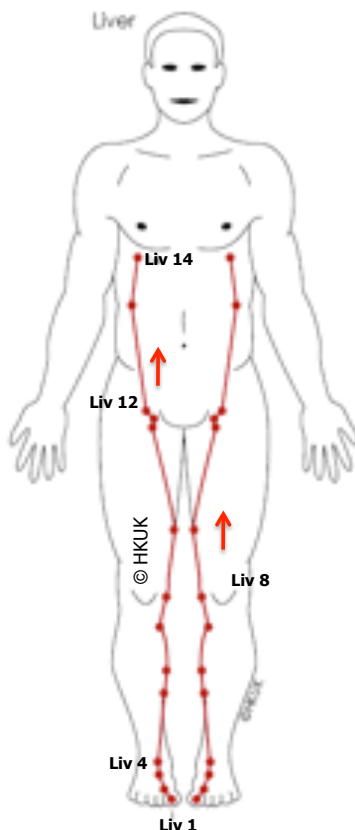
FIRE ELEMENT
Ministerial
(San Jiao – Burner)





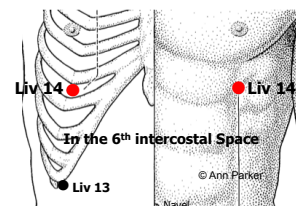
9. (i) From GB 1 at the lateral edge of the eye down to the side of the ear at GB 2 and then on up to the temple to the hairline before dropping back down 2 fingers width above the top edge of the ear, flow round the ear to GB 12 before turning to flow back to the temple to GB 13
- (ii) Flow down to the middle of the forehead above the pupil of the eye to GB 14 before turning to flow along the parietal eminences to GB 20 and down onto the shoulder to GB 21
- (iii) Flow round the front of the arm to about 3 inches lateral to the nipples and round down to GB 24 below Liv 14
- (iv) Back out to the side of the body before turning again and flowing down to GB 29 and out to GB 30 then down the lateral midline of the thigh to GB 33 on the edge of the knee cap. Flow on down the side of the leg to the ankle before turning and running across to the fourth toe lateral

GALL BLADDER
WOOD ELEMENT **Yang (11 pm – 1 am)**
flows from head to feet



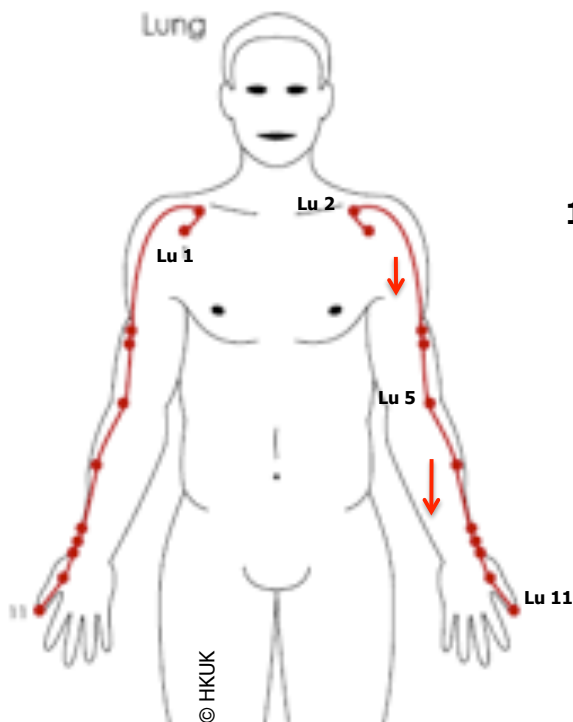
LIVER MERIDIAN
YIN (1 am – 3 am)
flows from feet to torso

- (i) From Liv 1, on the lateral big toe, trace bilaterally to Liv 2 in the webbing between the toes and on over the foot to Liv 4 at medial anterior ankle
- (ii) Continue up the medial anterior lower leg to Liv 8 at the knee and on up through Liv 9 to Liv 12 in the crease of the groin
- (iii) Flow out to the edge of the floating rib to Liv 13 and in to Liv 14 under the nipples in the sixth intercostal space



WOOD ELEMENT

Lung



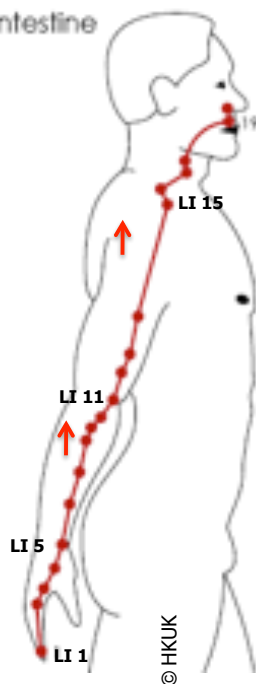
LUNG MERIDIAN YIN (3 am – 5 am) flows from torso to hands

11. (i) Flows from Lu 1 in the first intercostal space and up to Lu 2 before turning to flow down the lateral edge of the underarm to Lu 5 at the elbow crease
- (ii) Continues on down the the lateral edge of the underarm to Lu 9 at the wrist crease
- (iii) Flows over the plantar of the thumb and over onto the thumb nail at Lu 11



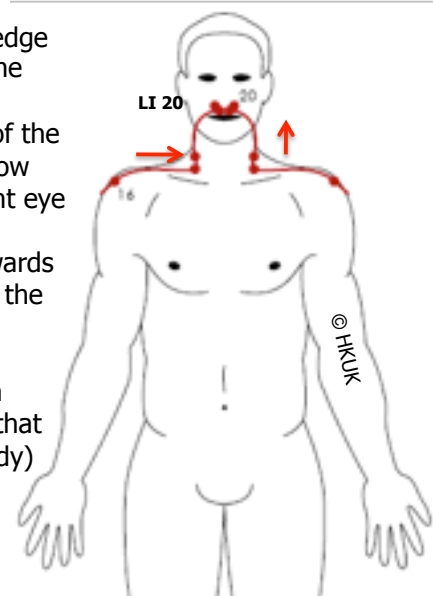
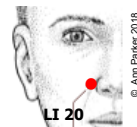
METAL ELEMENT

Large Intestine



LARGE INTESTINE MERIDIAN Yang (5 am – 7 am) flows from hands to head

12. (i) Flows from LI 1 at the base of the index finger medial when palm is down and along the edge of the index finger down to the side of the wrist at LI 5
- (ii) Flow along the medial edge of the lower arm to LI 11 at the elbow and on up to LI 15 in the front eye of the shoulder
- (iii) Flow up the neck angling towards the space immediately below the edge of the nose at LI 19
- (iv) Cross over under the nose to end at LI 20 (The LI Meridian is the only bilateral Meridian that crosses the midline of the body)



METAL ELEMENT

GOVERNING VESSEL
Yang (1 pm – 3 pm)

Extraordinary Channel

AIR ELEMENT

13. Flows from GV 1 at the base of the spine up the midline of the back to GV 14 then up the back of the head over the crown to GV 24 in the hairline before flowing down to GV 27 at the top lip

CENTRAL VESSEL
YIN (3 am – 9 am)

Extraordinary Channel

AIR ELEMENT

14. Flows from the perineum up the midline of the torso passing through the navel at CV 8 to CV 22 in the sternal notch and on to just below the bottom lip at CV 24