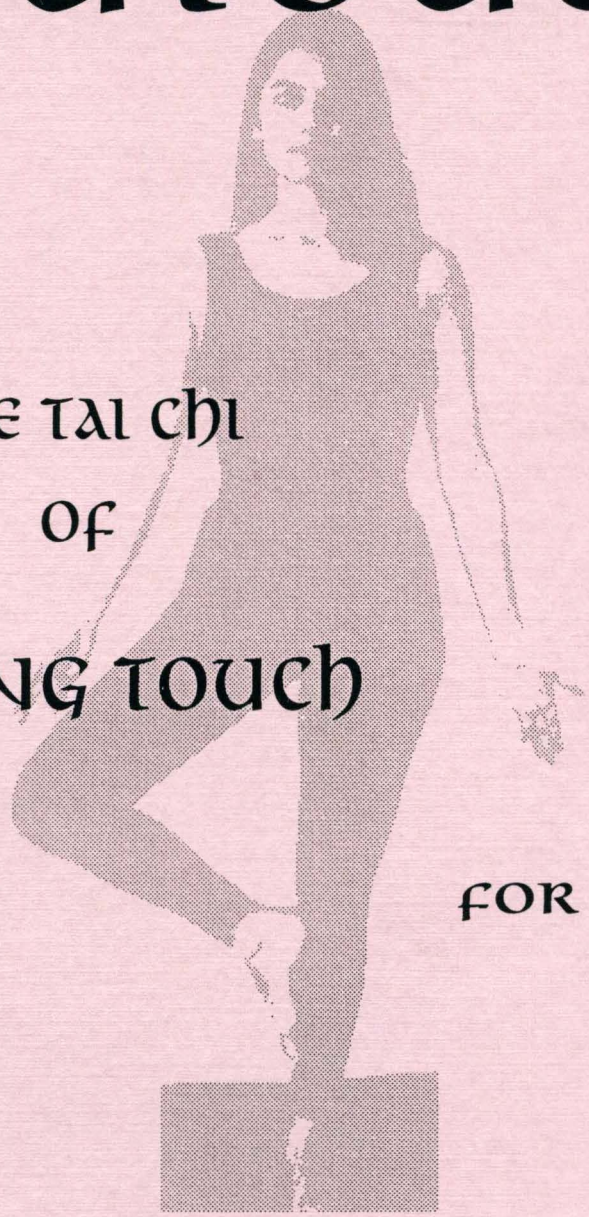
JIN SHIN ACUTOUCH



THE TAI CHI OF HEALING TOUCH FOR OTHERS

BY BARBARA CLARK

JIN SHIN ACUTOUCH

FOR OTHERS

PUBLICATIONS BY AUTHOR

JIN SHIN ACUTOUCH-FOR OTHERS
JIN SHIN ACUTOUCH-SELF HELP
JIN SHIN ACUTOUCH-TRAVEL CHARTS
UNDERSTANDING THE MYSTERIES OF
JIN SHIN ACUTOUCH

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DEDICATED TO

MARY BURMEISTER

FOR BEING WILLING TO BE A PIONEER IN AMERICA AND
FOR SHARING HER KNOWLEDGE
OF
JIN SHIN JYUTSU
THE ANCIENT ART OF ENERGETIC HEALING

a special thanks

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thank you.

THIS BOOK IS SEPARATED INTO TWO SECTIONS, THE FIRST SECTION IS THE THEORETIC INFORMATION AND CONTINUES FROM PAGES 1 THROUGH 116, THE SECOND SECTION IS THE CHARTS FOR PRACTICAL APPLICATION OF JIN SHIN ACUTOUCH AND BEGINS WITH THE SECOND SERIES OF NUMBERS FROM 1 THROUGH 243.

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JIN SHIN ACUTOUCH

FOR OTHERS

PART ONE

Chapter 1

Introduction

Jin Shin Acutouch is one of the healing arts that comes to us from the Oriental traditions and natural medicine. It is a simple, yet powerful, system that can be used either as a treatment for health problems and injuries or as a preventive measure to maintain health, energy, and emotional well-being.

Of the Oriental healing arts, acupuncture and acupressure are probably the most publicized and well-known. There are four major categories of Chinese massage depending on the specialized techniques which are used for particular purposes. An Mo means to press and rub and is the general massage used for relaxation and recovery from fatigue. Tui Na means to push and grab and is used in the hospitals for treating injuries and illnesses. Dian Xue means to press the cavity and is what we commonly know as acupressure. And finally, Chi massage or Qi Gong healing is used to move the energy in the body to improve function and health. This massage can be done by touching the body or not. Some Qi Gong masters are able to use their energy to affect the energy of a patient without touching them. When touching the patient there are two ways to affect the physical energy. One way is for the Qi Gong practitioner to use their energy while massaging a client. The other way is when the practitioner lightly touches the patient and allows their energy to correspond with the patient's. This allows the healer to lead the imbalanced energy back to its proper pattern.

Jin Shin is the latter form of Qi massage. It works by lightly touching and holding (but not massaging) two specific points on the body at the same time. This allows the energy to flow in its proper patterns and to strengthen the body and the organs. The hands are used like jumper cables to cause the energy to flow from one point to the other. A person's vital life force Is re-energized and recharged similar to jumper cables attached to a battery of a car.

A very simple example of Jin Shin Acutouch is holding the right index finger to help alleviate constipation or holding the left index finger to calm diarrhea. Normally, two points on the body are touched at the same time. Then the hands move to other points, so that a pattern of movement is eventually formed across the body.

For example, to help a headache, you might start by placing one hand on a specific point on the head while using the other hand to touch a point on the chest. After a few minutes, you move the hand touching the chest to the knee, then to the big toe, and so on. Thus, by touching the correct points on the body, you stimulate movement of energy in the body, just as acupuncture and acupressure techniques do.

One advantage of Jin Shin Acutouch is that you can treat yourself as easily as you can treat other people. And you can do it anywhere, at any time, since it requires no tools and can be done through clothing—even shoes.

History of Jin Shin

In ancient India, Tibet, China, Japan, and Korea many natural healing arts were developed. The technique used in Jin Shin Acutouch is one of the healing arts and has at its core "Jin Shin Jyutsu, the art of the creator through the compassionate man". Acutouch is said to be the forerunner of all traditional healing arts. It was developed by watching the patterns people use when touching themselves and others for relief of pain and tension. These patterns became an art which was passed on orally from generation to generation. These methods are said to have come from India, Tibet and China to Japan during the period of the Buddhist influence.

Master Jiro Murai of Japan was terminally ill in his early twenties with an unknown illness. He searched for a cure and finally asked to be taken to a mountain to be left alone to die. Master Murai meditated using the simple hand positions of the statues of Buddha, as well as practicing the flow patterns of Jin Shin that had been passed down to him. During this period he lost and gained consciousness and body heat. On the seventh day, he experienced a feeling of fire flowing through his body in the energy meridians and was able to map these flows at a later time. After this experience passed, he embodied a quiet calm and peace and realized that he was completely healed. Upon this realization he dedicated his life to the study of Jin Shin. He donated his findings to the Ise Jingu Imperial Shrine.

Master Murai was allowed to study in the Shinto temples gathering information and knowledge from the ancient documents. The Kojaki is a book telling the story of "Jin Shin" but it is difficult to interpret as it is written very coded. One of the oral traditions is that a body of a man can be superimposed over the map of Japan and Shinto temples are located where the energy centers are on the body. Some Shinto temples are barely accessible as a result. It is said the information relating to a specific energy center of the body is located in the corresponding Shinto temple.

In the 1940's Mary Burmeister went to Japan to learn the language and become an interpreter for the United Nations. She met Master Murai and he asked her if she would like to study with him to take a gift to America. This event changed the entire direction of her life. She studied with the Master for several years before returning to America. She began to teach in the Los Angeles and Scottsdale areas where her organization is located. She has expanded her teachings to the entire United States of America and foreign countries.

philosophy

The Orientals derived their livelihood from agriculture and developed a theoretical and practical philosophy which fit their relationship with nature.

They called the void and boundless state which existed before the world was created, the Tao which is the state of Wu Wei or Wu Chi—the ultimate nothingness. From this state the world was formed. When something arises from Wu Chi, the state of nothingness no longer exists. The state of Tai Chi begins when nothingness ends. Tai Chi is born of Wu Chi. Tai Chi is movement and form and is the origin of duality. Yin and yang are names for these duality's, or the static and dynamic states (forces) that create the world.

Lao Tzu, a great Chinese philosopher and spiritual teacher is credited as being the natural founder of Taoism, although it existed as oral tradition long before his birth. He is said to have written the "Tao Te Ching" which is a book of Taoist traditions.

Taoism is a philosophy based on observing the processes of natural cycles. Oneness with nature and the universe permeated Chinese philosophy. By observation, changing cycles and movement were noted. Two primal, complementary forces were recognized (i.e., yin and yang). These two fundamental principles are basic to Taoism and are common to all Oriental philosophy.

There are no words which adequately describe the "Tao" itself, and any attempt at a description will fall short of the true meaning. The Tao that can be spoken is not the true Tao. It is said to be the "Way ". Lao Tzu said:

Something mysteriously formed
Born before heaven and earth
In the silence and the void
Standing alone and unchanging
Ever present and in motion
Perhaps it is the mother of the ten thousand things
I do not know its name.
Call it Tao
For lack of a better word
I call it great.

Man follows earth
Earth follows heaven
Heaven follows the Tao
Tao follows what is natural

The Tao beget one
One beget two
Two beget three
And three beget the ten thousand things
The ten thousand things carry Yin and embrace Yang They achieve harmony by embracing these forces.

Tao Te Ching

Qi or Chi, The Life Energy

Duality emerges from the one or from the Tao. Yin and yang is a symbolic representation of life in eternal change. They are the complementary forces which we find in everything. They do not exist independently of each other. Yin is passive and yang is active. Yin is receptive; yang is assertive. Earth is yin; Heaven is yang. Yin is feminine; yang is masculine. Both forces are essential and all things contain both. If there were no light, how could we know darkness? Yin and yang are relative to each other.

The yin-yang symbol represents the idea of eternal motion or change. The movement of heaven and earth, night and day, dark and light all reflect movement and change.

The yin and yang forces interact like a man and woman communicating with each other. A vibration is created between them, which creates energy or vital life force. We are supported by this vital life force and are usually not aware of it. All living things contain this energy, which is called Chi or Qi.

Qi is the basic energy of life and a person's well-being is dependent on the state and balance of this energy in the body. All traditional Oriental therapy and healing arts use techniques to balance and replenish this energy in the body.

Most people are not aware of the energy within them. You can develop a sensitivity to and awareness of Qi or Chi through the practice of Tai Chi Chuan (meditation in movement), Taoist Yoga, or Oriental healing arts. The flow of energy in the body can then begin to be felt. The energy meridians of acupuncture, acupressure and acutouch were originally discovered through these methods. These meridians can also be discovered spontaneously and intuitively. All energy is the same vital energy, although each man, woman, child, plant, and animal has its own form.

The ancestral energy of the mother and father combine to form the genetic energy of a person. During life, energy is absorbed from heaven through the breath and the environment, and from earth through food and water. All of these combine to form the vital life force energy or Qi of a human being.

The vital energy of the body flows in through the skin surface to the deep skin, muscles, bones and blood in pathways called meridians. These meridians or routes are pathways or channels where the energy flows and were discovered,

traced and mapped during ancient times. The traditional Oriental healing arts assist the energy to flow through the meridians smoothly and in harmony - not too light (yin), nor too strong (yang). This vitalizes and regenerates all the cells and organs.

Jin Shin Acutouch uses points on the body that have high electrical conductivity and are gateways or energy centers where the energy can be stimulated to rebalance itself. The energy points and meridians cannot be seen by the naked eye but can be felt under certain conditions, such as those experienced by Jiro Murai during his healing.

Traditional Oriental Healing Arts

The Chinese were among the first to develop a logical theory of the organic functioning in the body. All traditional Oriental healing arts were discovered by observing people and animals touching themselves or others in an effort to heal a pain or discomfort. Through this observation several techniques have been systematized and refined. The most popular systems we know today are Tui Na Massage, Shiatsu, Jin Shin, acupuncture and acupressure.

All of the techniques have the same basic theories of a vital life force or energy which flows in the body through channels called meridians. A well balanced healthy body allows the energy to circulate freely through the various channels in specific pathways. Any restriction in the proper flow pattern in the body causes an accumulation of tension and toxins within the body, which eventually leads to death. The Taoists believed the toxins should be eliminated and the vital life force should be strengthened and supported to experience longevity.

Jin Shin Acutouch integrates the Taoist philosophy, Taoist Yoga and other meditations, principles of Tai Chi Chuan, vibrational release and breath work, and the laws and theories of the Oriental healing arts and Jin Shin Jyutsu for a total system which I believe is the tradition of the original healing art. Taoist Yoga and the martial arts such as Tai Chi Chuan help to build and strengthen the energy system to support the healing techniques.

The most natural way to help ourselves and our family and friends is through the human touch. We are all born with the ability to help release tension through the power of touch. As modern medicine became popularized, the use of touch diminished. However, touching for health is currently regaining popularity.

The Orientals have known for centuries how to use some form of acutouch for release of tension and pain in the body. The "healing touch" was the beginning of all healing arts. Through the method of Jin Shin Acutouch we can experience a state of balance as the vital life force returns to its proper flow pattern nourishing and harmonizing the total being. This balance affects our whole being: physical, emotional, mental and spiritual. By giving and receiving Jin Shin treatments we become aware of our own imbalances and our vital energy. Through this increased awareness of ourselves and the environment we can learn to maintain the balanced state experienced through treatment.

Tai Chi Chuan

Tai Chi Chuan is a martial art, a moving meditation, and a healing art which increases wisdom and physical strength. It is the ultimate art which helps the weak become strong, and the sick to become well. It strengthens the mind, body and

spirit when practiced regularly. Lao Tzu said: "The soft and pliable will defeat the hard and strong."

The transmission of Tai Chi Chuan followed the oral teachings from teacher to student. Its origin is difficult to trace because of the traditions of secrecy. The Yang lineage is the most widespread. Cheng Man Ching is recognized as one of the foremost masters of Tai Chi Chuan.

My own teacher, Abraham Liu, a senior student of Grandmaster Cheng Man Ching has over forty years experience in Tai Chi Chuan. He appears to embody the principles of Tai Chi in his "way of life." As a result, his students have tremendous respect for him.

There are thirty-seven postures or movements in the "short" form aimed at primarily exercising the internal organs. The spine is held erect so the energy can move through the body; the head is held in a position as if suspended from a string attached to the ceiling. By strengthening the spine, the organs and brain are strengthened.

To begin the form, the body must be relaxed so every bone and muscle is open to allow the Chi energy to flow without obstruction. The mind mobilizes the Chi energy by sinking the Chi to the tan-tien. At this time, the poised, balanced movements of Tai Chi Chuan can begin. The mind is utilized to mobilize the Chi, the Chi mobilizes the body and there is movement. The daily practice of Tai Chi Chuan strengthens the Chi energy of the mind, body and spirit and allows one to move through life with increased strength and endurance.

Taoist Yoga and Meditation

The purpose of Taoist Yoga (or Chi Kung) is to strengthen and balance the Chi energy to produce a state of health. Health is defined as the mind, body and spirit functioning as one. The principles of Taoist Yoga are breath and movement. The secret to success is clearing all extraneous thoughts from your mind so that you fully concentrate on your breathing and movement.

There are numerous Taoist Yoga exercises, but in general they can be thought of as internal and external. The external part of the exercises combine physical movement with breathing techniques in ways that move the Chi energy through the meridians, thus regenerating and rebalancing the organs and the cells of the body. The internal exercises combine breathing with visualization of Chi moving through specific patterns in the body.

For centuries, Taoist Yoga was transmitted orally and in secrecy after many years of testing a student's abilities. As a result, it often took a lifetime to learn a complete system if the master chose to share the complete knowledge. In modern times, people began to lose interest in the traditional ways and many masters died before transmitting their full system.

Master Share K. Lew, broke the tradition of secrecy so the knowledge would not die. The Taoist Yoga I learned came from the teachings of Master Lew. He entered the Gee Lum Kuan monastery in Canton, China at the age of fourteen. He spent fourteen years learning Kung Fu, Tai Chi Chuan, Chinese medicine and Taoist yogic systems. He came to the United States in 1949 and began to teach these systems in the San Francisco and Los Angeles areas. Two of his students, John Davidson and Bill Helm, have continued to transmit the systems in the San Diego area, along with Share K. Lew. It was from them that I learned the yoga.

This book includes information on Taoist Yoga from Bill Helm's manual, Taoist Yoga.

If the Taoist Yoga from the Gee Lum Monastery lineage is not available to you, Mantak Chia in New York has an extensive program which is very good. His book Awakening Healing Energy Through The Tao also has detailed instructions for moving energy through the primary meridians. Another of his books which deals with this subject is Chi Self Massage.

TOAIST YOGA EXERCISE

The earth meditation is a seated meditation which focuses on moving the energy through the main central meridian flow. If there are no Taoist Yoga centers in your area, the following earth meditation can be done to support the traditional healing arts.

1. Sit in a half lotus (or cross-legged) position and either close your eyes or lower your gaze to the floor.

2. Place your hands on your knees, thumbs touching the index fingers. Curl your tongue up slightly so that it touches the roof of your mouth and then breathe through your nose.

3. Focus your attention on the center of your belly, about one palm width below the navel; this area is called the tan-tien. Expand and contract the muscles in this area as you breathe in and out, so that you create the feeling and mental image of pulling the breath to this area each time you inhale.

4. Imagine a ball of energy has formed in the tan-tien. Circulate the energy (using your imagination) from the tan-tien, to the perineum, to the coccyx, up the spine, over the center of head, through the center of the throat, center heart area, solar plexus, navel, and back to the tan-tien. Bring the energy up the spine as you inhale and down the front as you exhale.

5. Continue this circulation throughout the meditation. When you are ready to stop meditating, bring the ball of energy to the tan tien, exhale through your mouth, and proceed as follows:

6. Rub your palms together ten times. Wipe your face five times, beginning from center of the forehead moving down to the chin.

7. Rub your palms together ten times. Gently wipe your eyebrows with the back of your thumbs five times.

8. Rub your palms ten times and put them on your temples with your fingers pointing straight up. Breathe in and out five times, exhaling the last breath through your mouth.

9. Bring your hands back to your knees, with the index finger and thumb touching.

Sit quietly for a few moments. (Helm, 1980)

This meditation will support the internal energy of your body. It will also clarify your energy after you have been working with other people in a healing capacity.

My Experience with Jin Shin

By 1976, I had a long history of chronic asthma, which had reduced my breathing capacity by 65%. I had been dependent on the use of steroids for eight years and was told that I would have to take them for the rest of my life. Despite the constant medication, I frequently experienced severe asthma attacks that would require hospitalization and intravenous susperine or adrenaline and shots of cortisone and aminophyline.

All my fantasies of a new wonder drug to cure asthma had faded, and I had resigned myself to the probability of an early death. I felt I had exhausted the resources that conventional Western medicine had to offer, so I made the decision to look into non-conventional healing methods. It was a time when the benefits of exercise, nutritional therapies, and massage were being reintroduced into society.

I received my first treatment as a free demonstration of Inductive Healing or Jin Shin Jyutsu. I really didn't believe that it would work, but it was free, so I signed up for a treatment.

When I left the treatment I was not wheezing—a relief I had not experienced in years. The relief lasted for about two hours before the wheezing returned. I could not get the experience out of my mind, since nothing else I had done had been that effective. I decided to begin weekly treatments. The saying "life begins at forty" is a literal truth for me because I began my journey to wellness at forty.

I continued to work with my allergist while receiving the Jin Shin treatments. I will always be grateful for the support he gave me, since I believe that Jin Shin should augment medical treatment, not replace it. During the treatments themselves, my experiences ranged from euphoria and feelings of well-being and clarity to emotional releases, shaking, feelings of confusion and spaciness, and asthma attacks. There were times when I wanted to stop, but it was obvious that changes were occurring in my condition. I'm glad that I persevered. The treatments eventually allowed me to discontinue the steroids, to double my breathing capacity, and to again hope that I could lead a long, healthy life.

While receiving treatments, I realized that I knew very little about the Oriental healing arts, so I began studying Jin Shin. This was the beginning of my search through Oriental healing arts, martial arts, and Taoist philosophy. I found that, for example, the gentle exercise of Tai Chi (which is a healing art, a moving meditation and a martial art) was a perfect way to expand my breathing capacity and build my strength.

About This Book

The purpose of this book is to present specific methods for application of Jin Shin Acutouch. It is my belief that these would not be complete without some discussion of the supporting Oriental philosophy, martial arts, and healing arts. A great deal of this material has been passed down through oral tradition. This book is my attempt to consolidate the information into written form.

I have synthesized material from Mary Burmeister (who brought Jin Shin Jyutsu to the United States from Japan), along with information from Charlie Beeman, and Lydia Elliott, while referencing additional materials written by Jan Kennedy, Bonnie Pendleton, M.D., and Alfred Mehelburg, M.D. and Iona Teegarden for the Jin Shin material. I have also referenced numerous acupuncture and Taoist books.

My intention was to keep the Jin Shin Jyutsu system intact, while adding the five element theory and other diagnostic tools from acupuncture and acupressure theory, and my own experiences while receiving and giving treatments. Mary Burmeister copyrighted and trademarked the name Jin Shin Jyutsu for her material relating to the technique. I have chosen the name Jin Shin Acutouch for this book, which means "compassionate spirit penetrating through touch."

How to Use This Book

The information in this book is not meant to be used in place of your medical doctor. In the case of serious illness or injury, you should consult a medical doctor.

This book contains a complete set of Jin Shin Acutouch flow patterns which are used to give treatments. Each pattern is accompanied by instructions for hand placements.

Information will be presented which gives recommendations for choosing flow patterns and beginning treatments. You may want to do both the left and right flow patterns before you have mastered the evaluative methods. After learning how to diagnose for treatment both patterns are not generally necessary.

In addition to the recommendations for beginners given, this book also contains information about diagnostic methods. These can be used to pinpoint the imbalances in the body and identify which flows should be used to correct the problems. The use of the diagnostic tools will greatly increase the effectiveness of any treatments you give.

Chapter 2

Understanding The Body's Energy

You can look at the Oriental theory of the Tao or Wu Chi—the void and formless state, to understand the source of energy in the body. From this state of formlessness comes movement and form (Tai Chi), which gives rise to the two primal forces of yin and yang. The yin and yang interact with each other and form the vital life force (Chi or Qi).

It's extremely difficult to describe the Tao, as the Tao that can be spoken is not the true Tao. However, it is important to try to conceptualize the Tao to be able to understand the developmental theory of this system. Tao is omnipotent, omnipresent and has vast creative potential of manifestation. Some would describe it as God or Universal Energy, Spirit, Great Father, or the God Head. I prefer Tao.

There is thought to be nine levels or depths of manifestation in this system. The ninth level is the Tao which is the energy of creation and is the beginning and end of everything. The energy of this level is the energy of the universe. It is not individualized but is the energy of creation from which we all emerge. All things comes from and return to the Tao.

Something happens which is not fully understood that causes movement and form. This is the level of the Soul which is everlasting and is connected to the physical form but is not at the physical level. This at the eighth depth level or the level of infinity. The Soul is individualized but is not as recognizable nor defined as the spirit. Most people have a concept of the Soul but find it very difficult to describe. When a group is asked to describe the Soul, each person's idea of the Soul differs considerably.

The next level of formation is at the seventh depth level and is the level of the Spirit of a person. This is the spark of life and is the bridge between the formed and the formless state of being. The Spirit of a person is strongly connected to the physical form but is not on the physical level. A person's Spirit is more easily seen, as we can recognize someone who is high Spirited or whose Spirit is depressed. Although the Spirit of a person can be broken, it is also everlasting and can be rekindled.

The Spirit energy goes down the front and back of the body and is the energy of the individual. It's as if the Spirit is waiting for conception to happen so it can reach out and grab life. It surrounds the combined sperm and egg at conception, supporting the energy as it circulates around and around, up the back and down the front until the physical form comes into being. This path of energy can be stimulated by touching points on the body in a pattern called the Vertical Harmony flow.

Primary Energy Flow Patterns

The sixth depth or total depth level of the body draws energy from the Vertical Harmony and is the source for this human form. This pattern of energy is at the formless and formed level of being. It is called the Main Central flow as it is the primary energy of the body. This flow is very important because it feeds energy into all the other flows. In addition, it can re absorb excess energy from another flow that has become excessive. Its pattern goes up the back and down the front of the center of the body to form the trunk and head which includes the spine and brain.

With people, the transformation from the formless state to the state of formation is thought to take place within the womb. As the egg is penetrated by the sperm, the outside of the egg becomes the outside of the body and the sperm creates movement and form from the inside. The image I have is one of bread dough with the yeast causing the dough to rise and expand into a particular form predetermined by the shape of the original material, in this case, the egg and sperm from the parents.

The formation is believed to begin at the kidney area, going out from there to develop the height and depth and breadth of the body. The inherent strengths and weaknesses of a person are determined during this developmental stage.

In a very general sense, the energy flows up the back of the body and down the front. The energy is said to come up the back from earth and go down the front from heaven. Thinking about this general flow of the energy, you can see why a blockage in the feet could eventually affect the head—thus, a headache may be cured by correcting the energy flow in the feet.

The next primary flow is the Major Vertical flow which is born from the Main Central flow. As the height, depth and breadth has developed at the center core of the body, the energy goes out from the coccyx down each leg to form the primary pattern of the left side of the body and the right side of the body. As these patterns form the arms and legs as well as the left and right side of the body, the energy points come into existence on the body. These flows are important regulators for the energy that flows to all organs of the body. This is at the sixth depth level and is the body's organic functional level of formation.

The next primary flow is the Diagonal flow which also is born from the Main Central flow. There is a right and left flow pattern which allows the body to be

physically functional. The Diagonal flows can be used to balance the energy between the two sides of the body and the depths or different levels of the body. This pattern is extremely powerful and is a primary difference between the acupuncture system which is commonly practiced in the United States and the acutouch system.

These three flow patterns are often called the trinity flows and are the patterns of formation. They are the three universal harmonizing flows of the body as they supply the vital life force energy to the entire being. Although you will find more flow patterns on the sixth or total depth level, these are the patterns from which all others come into existence.

As the energy goes down the body, it is the materialization of God. As it goes up, it is Spiritualization of man. If the energy is not going up the back and down the front in perfect rhythm, it may clash, creating a band horizontally around the body. Then the energy meridians go out of their paths and become intermingled, stagnate or cause disharmony.

There are seventeen flows that come together on the Main Central meridian; the twelve organ meridians, ascending and descending flows, two kidney flows that intermingle and separate or overflow, the gall bladder intermingling flow and the Vertical Harmony flow. As the twelve organ flows reach their time of predominance, their effect is felt at a specific location on the midline of the body called the all combined flow. All elements must come together at the Main Central flow in order to create the physical form. The all combined flow ascends and descends and comes together at the center of the head, naval or umbilicus.

Where the energy patterns cross on the body is where we connect with the universe or the Main Central flow. If the meridians crossing the middle of the body are out of harmony, there will be discomfort at a spot on the center line. This discomfort is a diagnostic tool for determining which depth and corresponding organ is out of balance.

After birth, the energy slowly begins to withdraw from the extremities toward the center of the body. Many people lose the warmth in their bodies as the energy withdraws from the extremities. In order to warm the body, the hands and feet must be warmed.

The birthing trauma may be the beginning of changes in the body's energy patterns. Other experiences such as accidents, illness, emotional trauma, loss, etc., affect the energy and continue to change its patterns. The physical, mental, and emotional experiences, as well as the natural process, causes each individual's energy balance to be unique.

You can think of the energy flow patterns in the body as being like rivers. Traumas cause the energy flow to change in much the same way as a river's flow changes when a tree falls across it. The flow begins to dry up in some areas and trickle, dam up and stagnate in others. As this begins to occur in the body's energy, symptoms of disharmony begin to emerge. In the beginning, the symptoms may go unnoticed and may be forgotten completely until the discomfort can no longer be ignored. As a condition begins to get better the symptoms will appear in the reverse order of its original appearance. The root cause of a health condition is not on the physical level, but on the energy level which manifests on the physical level.

Jin Shin Acutouch works on the energy level (Chi or life force) of the body to promote health and balance. Energy points on the body are used to remove

energy blockages and stagnation, and to release physical tension. This allows the energy to flow in its proper patterns so that it strengthens the body and organs.

Jin Shin Acutouch stimulates the energy to return to its proper flow patterns by removing the cause of the condition—the blockage and stagnation in the energy flows. As long as there is life force, changes can be made. When you give your body the rest it needs, the vital energy can be moved, and healing can take place.

All numbers have meanings and vibrations. As the energy and vibrations become more gross and condensed, we become more aware of the vibration of form. We came into form from the nine depths of creation, then the numbers come into existence and are manifest as locations on the body; 1, 2, 3, 4, etc. until there are 26 areas where the points can be located. The 1, 2, 3, 4, are the essence of this body and 4 is the bridge between the physical (form) and the non-physical (formless).

Point Release Flows or Muscle Meridians

As the energy goes out from the coccyx down each leg to form the primary pattern of the major vertical flow for the left and the right side of the body and the diagonal flows from the left to right side and visa versa, the points begin to develop at different locations on the body.

The Number 1 comes into existence first. As the energy travels up the back, the 2 comes into existence. The energy continues to circulate until all 26 points are formed. The number 1 is the most important point on the body as it is the beginning and is the point where the major vertical and diagonal flows can intermingle. As the points come into being, there are energy patterns which begin to develop as well. The muscles, ligaments, fascia and connective tissue are thought to be the manifestation of the energy patterns of the points.

This formation happens on the surface level as well as at the level of the bones and blood, so the depths of the body are in formation at the same time the points come into being. The energy continues to flow in the development stage at six different depths or levels in varied patterns.

The numbering system goes around the body in a circular pattern and each time it passes the #I point the energy pattern goes deeper. The energy circles the body five times, sending energy through the five depths which then flow into the total depth or main central flow at the very center of the body. The main central flow is considered the vital life source of the body. The energy of the main central flow then separates and flows down the legs in the major vertical flow and diagonal flow and to the #I point located by the knee; from the #I point, the point system and energy flows begin again.

The thumb and big toe are considered on the front of the body. Every point on the front of the body is located on the same side of the body as the thumb and the big toe. The little finger and little toe are considered on the back of the body. Every point on the back of the body is located on the little finger and little toe side.

There are flow patterns called "Energy Point Releases" or "Muscle Meridians" which can release the tension in a specific section of the body where the point is located as well as that particular point on the front of the body or on the back of the body. These flows also affect the opposite side of the body, back to front and front to back referred to as energy girdles.

Most of the point releases have one pattern to release the point on the right side of the body and a mirror image pattern for the left side.

Organ Release Flows

All organ flows are harmonized through one or more of the energy point releases in the area where it is located. My experience has been that the organs cannot relax unless the energy points for that section of the body are released. The primary flow patterns are also dependent on the points on the meridian being open for the energy to flow through their channels freely. As a result, the energy point releases are a vital part of the total treatment for re balancing the body and a practitioner would be remiss to eliminate them from any treatment.

When you refer to an organ in the Oriental traditions, you are referring to not only the organ but also its function and its meridian. Reference to an organ has a much broader meaning than it does in Western medicine.

Flow patterns have been established for each of the organ energies recognized in the Oriental healing traditions and is the basis for much of the acupuncture and acupressure treatments. These patterns will start or finish at the fingers, toes, chest and face.

The organ energies are organized in pairs, with one being considered yin and the other yang. For example, the liver and gallbladder are paired together. Ten main organs are used in this system, along with the umbilicus and diaphragm. The paired organs, their meridians, their functions and characteristics are associated with one of the five different depths or levels of the body.

All other organs are associated with one of the main organs. For example, the esophagus is associated with the stomach and digestive system. The direction the energy of the organ meridians flows differs from the primary flows and point releases. There will be a more in depth discussion about the organ system later.

Looking at the Body in Sections

In looking at the illustrations of the flow patterns, you may have noticed that the back of the body is labeled feminine and the front is masculine. This is in keeping with the qualities attributed to the body and the development of the system.

The front is considered yang, masculine— the energy from heaven, the active part seen by the world, influenced by personality, worries, fears, and activities in this life. The back is considered yin, feminine—the energy from earth, quiet, receptive, and influenced by past generations and heredity. If you were discussing the organ meridian system the front would be yin and the back would be yang.

In addition to front and back, the left side of the body is considered feminine and right side is masculine. From waist up is heaven (masculine) and from waist down is earth (feminine).

The body can be divided into three sections: the upper body - mental, emotional; middle body - digestive, emotional; and lower body - physical. The

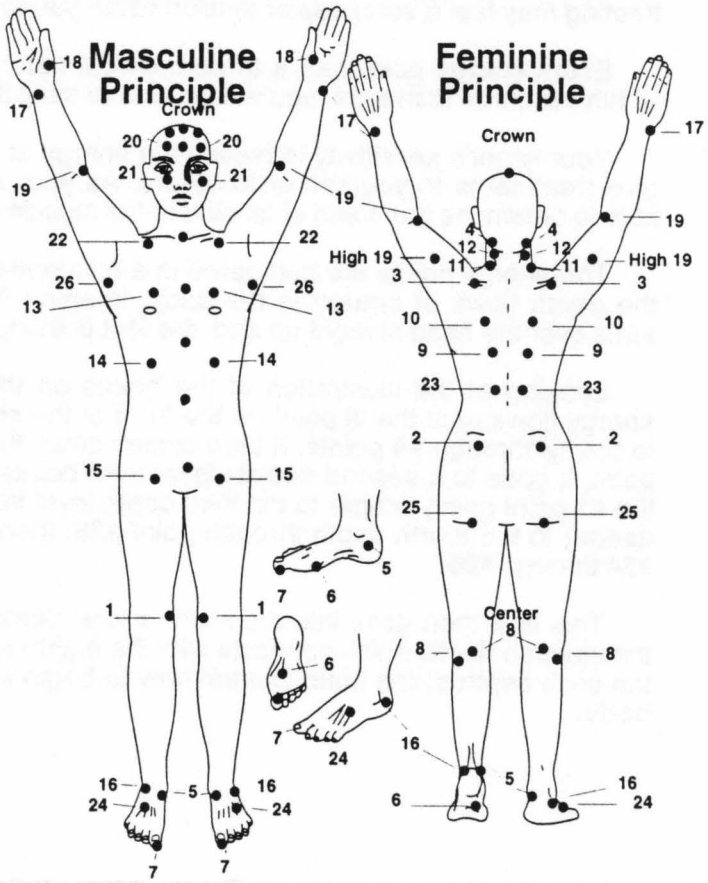
imbalances in one or more of these sections of the body will provide indications of the type of problems which can be occurring in an individual.

Some of the conditions of each section of the body could be: upper body - white collar work stress, intellectual stress of school, grief, sadness, environmental conditions; anything that affects the lungs and heart; middle body - problems with the digestion of food, anger, depression, worry, compulsions, fear - anything that affects the liver, gall bladder, stomach, spleen and kidneys; lower body - physical labor, abuses, injuries, elimination, emotions of letting go - anything that affects the sex organs, small intestine, colon, bladder, coccyx or sacrum.

Chapter 3

Energy Points on the Body

Jin Shin is based on twenty-six (26) point locations on each side of the body. These points are where energy blockages and tension most frequently occur and where you can most easily access and treat the energy within the body.



The energy points on the body are the areas where stagnation problems can occur and are the keys to relief. When an energy point is out of harmony, it will lock up and become tense or sore and act as a warning signal that something needs to be done. As the energy begins to accumulate at an area, the body loses its flexibility, becomes stiff and dense and conditions of discomfort appear. Twenty-three of the twenty-six points of the left and on the right side of the body are located on the major vertical flow line and affect all of the left and right organ flows.

Energy flows between the points, creating patterns (or lines called meridians) of energy within the body. It is because of these energy flow patterns between points that you can treat all areas and organs within the body by simply touching the points.

When tension and stress accumulate in the body, the energy cannot flow smoothly through the points and/or between the points. Then the energy flow pattern will incline toward the center of the imbalance (i.e., between two of the points) and will cause disharmony.

Locating Energy Points

The following pages contain a description and illustration for energy point locations of the 26 points. The easiest way for you to locate the points on the body is by feel. After placing your fingers in the area of a point, feel for the place of the greatest tension or pulsation with your fingertips. It's as though the body has provided a slight impression or hollow area at each point. The person you are treating may feel a soreness or tension when you touch the point.

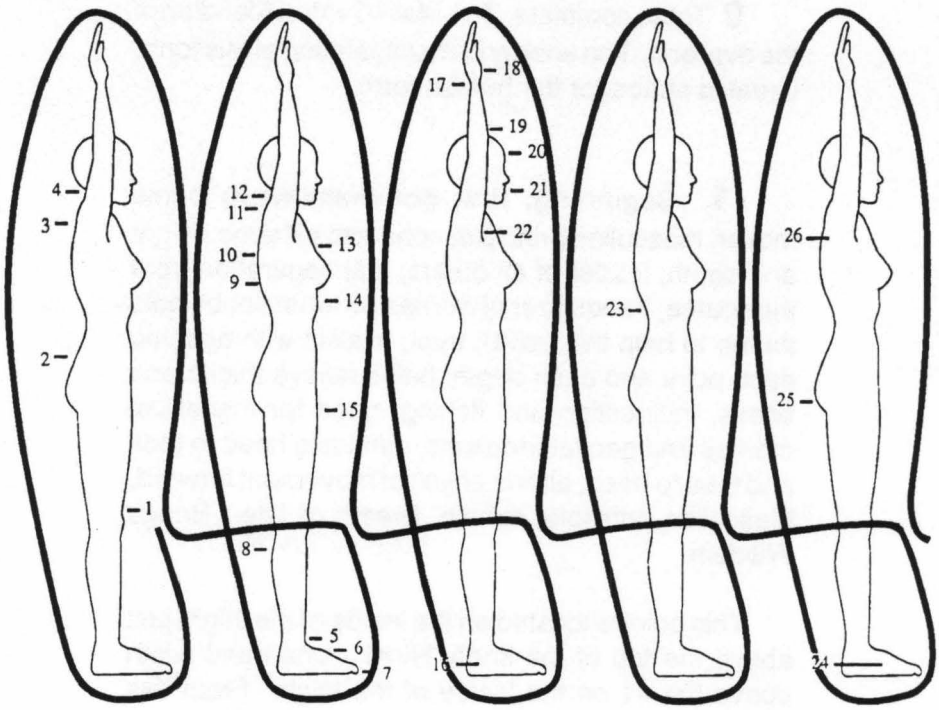
Every energy point has a three inch diameter. As long as your fingers are within this three inch area, you will be able to treat the point effectively.

Your finger's sensitivity to feeling the energy at the points will increase as you give treatments to yourself or to others. As your sensitivity increases, you'll be able to determine the areas of tension in the muscles and the points more quickly.

The energy points are numbered in a sequential pattern which correlates with the depth flows of energy in the body. Imagine the body of a person with the arms over the head straight up and the feet pointing out.

Looking at the illustration of the points on the body you can see that the energy flows past the #l point on the front of the body and goes around the back to the #2 through #4 points. It then comes down the front. When it reaches the #l point, it goes to a second deeper level from points #5 through #15, then passing the #1 point going deeper to the third depth level from point #16 through #22, then deeper to the fourth depth through point #23, then deeper to the fifth depth from #24 through #26.

This flow then goes into the sixth or total depth of the physical form, through the seventh depth which connects with the eighth and ninth depth, then returns to the sixth depth at the Main Central flow to begin again through the points on the body.



Numbers can be thought of as representing the fundamental principles of the universal laws. The significance of the point numbers and the depths will become clearer as you learn more about the Jin Shin system.

Following is a description of the location of each of the twenty-six points. There is also a description of the meaning and essence of each point, which should be used as a guideline not as an absolute. In Chinese medicine, the energy in the physical body is also associated with the energy of emotion, mental activities, and spiritual qualities.

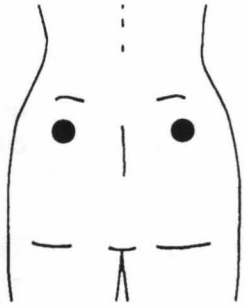
TWENTY SIX POINTS

0 Total; complete. The Main Central Meridian is the oval or 0. The energy of manifestation of this form. Creates space for the human form.

1 Beginning; first commandment; prime mover; masculine principle; connects extreme height and depth; leader of all others; first separation from the source; tranquilizer of worries (when in doubt, hold thumb to help this point); trust, assists with opening each point and each depth, helps relieve thighs and knees, indigestion and itching; good for menstrual cramps and genital problems, connects head to toes and toes to head, allows physical movement forward. Masculine principle, exhale. Breath of Life. Brings Wisdom. Life or Death.

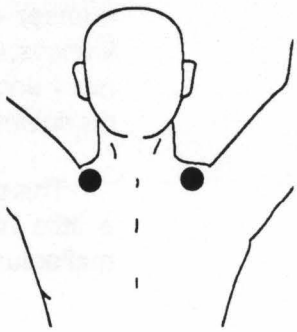
This point is located on the inside of the thigh, just above the top of the knee. Hi #1 - one hand width above the #1 on the inside of the thigh. From this point, the energy goes down the leg, around the toes, and up the back of the body to the #2.

2 Wisdom; life force of all living creatures; creativity, gives a deep latent power, grounding, stagnated by grief; relieved by joy; procreation; regeneration; associated with the bladder; releases the pelvic area; good for abdominal problems, back problems; constipation, hemorrhoids, prostate and urinary problems, reproductive organs, hips and legs. Feminine principle, inhale. Brings Understanding.



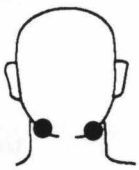
This point is located below the waistline and the top of the iliac crest in the dimple above the buttock outside and above the top of the sacrum. The energy then flows up the back to the #3.

3 Understanding; all functions meet and become one at this point, then go back out "the door that swings open and shut"; influences the body's immunological system, inspires mastery of purpose; allows synchronization of mind/feelings, combines mind with body and Spirit; ability to express feelings by integrating wisdom and intelligence; controlled by anger, frees grief and longing, releases fear. Reduces fever and opens perspiration; relieves the shoulders and neck; lungs; good for hypertension and nervous tension, perfectionism, creative imagination, expressing thought; immune system. Activator to masculine and feminine principles. Trinity; birthplace of all creation. Brings Intelligence.



This point is located just above the outer edge top of the scapula at the top of the shoulder blade at the third thoracic vertebra. The energy then travels up the back of the neck to the #4.

4 Measures intelligence; essence of the light that is; brings the formless into form; window that lets in the light; weaving maiden because all meridians begin and end in the 4's; extra sensory perception and intuition; monitors pituitary and pineal glands; unconscious; harmonizes mind/body/spirit; point of transition to next world; mental clarity, vision, reason, accuracy interpretation, knowledge; influences the eyes, ears, nose, throat; releases head and neck tension; good for colds, flu, dizziness, headache, insomnia and nervous problems. Brings consciousness.



This point is located just below the base of the skull on either side of the spine at the occipital ridge. The energy then travels over the head and down the body to the second depth where it goes deeper into the body when passing the #I on its way to #5.

5 Regeneration; Desire to Rise Above Consciousness; Transcends emotion and thought; point between personal consciousness and universal unconsciousness; ability to transcend; fear of power that is; gives direction to chosen path; joy, sorrow; strength; number of humans; good for fe/male sex organs, kidneys, upper back; heels; used for excessive drowsiness and refreshing sleep. The kidney and spleen meridians pass through the #5 point. Brings Balance.

This point is just below the inner ankle bone where a little hollow is found on the heel at the medial malleolus. The energy moves down the foot to the #6.

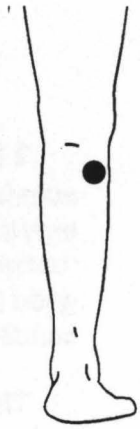
6 Balance; balance of the mind, body and spirit; harmony; discrimination, equilibrium; balances the yin and penetrating channel. Influences circulation; back; balances body energy; good for cold feet, foot cramps, stomach tension, hips and kidneys; hypochrondria, and is an abdominal aid. Brings Victory.

This point is found on the bottom of the foot just between the arch and the ball of the foot at the instep or metatarsal joint. The energy then moves down the foot to the #7.

7 Victory; perfect light; power; mental disorders; clears head, good for severe conditions, brings peace, security, and abundance, anger and depression; sexual organs; releases tension in the upper body. Last point where energy begins to ascend again. Brings Magic.

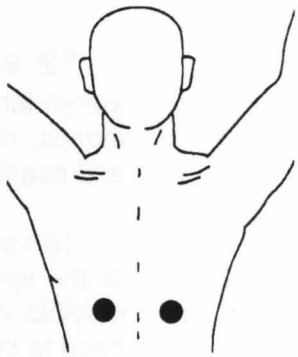
This point is found on the bottom of the big toe. The energy then moves around the toes and up the leg to the #8.

8 Magic; infinity; splendor; cosmic number for infinity; illumination; muscle system, good for people who are muscle bound; reproduction; rejuvenation; connective tissue, soreness after exercise; helps knees and legs; good for headaches, abdominal problems, constipation, lower back pain and fear, relates to pelvic girdle, releases ascending flows. Good for babies that cry a lot. Brings Completion.



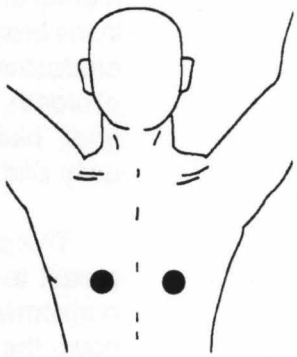
This point is found on the outer edge of the lower leg just below the crease at the back of the knee below the top of the fibula. Low #8 - one hand width below #8. Center #8 - center back of knee. The energy then goes up the leg and back to the #9.

9 Completion; perfect power; foundation of authority; end of cycle to begin anew; every end has a new beginning; associated with the liver and affects the diaphragm, relieving breath, digestion and assimilation; releases the back; influences poor digestion, fainting and fullness in the chest. Brings Life Power.



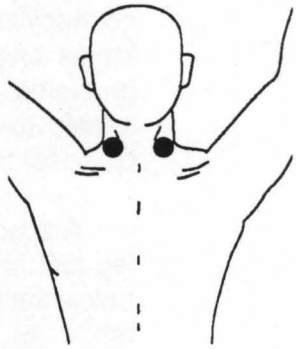
This point is found on the back just below the scapula and close to the spine at the 8th thoracic vertebra. The energy continues up the back to the #10.

10 Life power; outpouring of limitless life power; perfection; compassion and love; the cycle renewing itself in the number one again; control; associated with circulation, relieves the heart; influences lungs and respiration; strengthens entire body; good for chronic conditions; good for difficult breathing, coughing, hyperactivity and tiredness. Brings Harmony.



This point is found between the scapula and shoulder blade about halfway down from the top of the scapula at the 5th thoracic vertebra. Outside #10 - on the scapula at the same level of the #10. The energy continues up the back to the #11.

11 Justice; Harmonizer; urging and guiding of manifestation of cosmic energy; harmonizes all energy locks; gauges the personal and cultural tensions "uptight", associated with sexual organs; hormones; good for lymph glands, releases headache, nervous conditions, tiredness and throat. Brings Surrender.

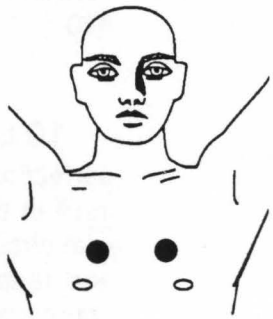


This point is located at the base of the neck close to the spine where the neck and the shoulder meets at the 7th cervical vertebra. The energy continues up the neck to the #12.

12 Surrender; not my will but thy will be done; surrender; willingness to trust; used for throat, hormones, neck, shoulder and arms; voice problems and headaches. Brings Life.

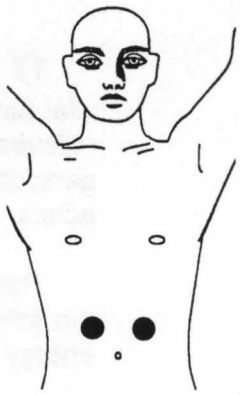
This point is located on the side of the neck close to the spine at approximately the third and fourth cervical vertebra. The energy then moves over the head to the #13.

13 Beginning of life; fertility; fountain of youth; mental emotional level; helps the function of energy in the breast area; happiness; Love thy enemy; truth; productivity; creativity, optimism; good for shortness of breath, hormones; menstrual cramps; resentment, grief, heartburn and melancholy feelings. Brings unity and harmony.



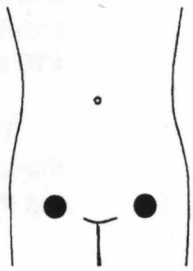
This point is located at the depressions above the breast to the inside of the nipples at the fourth rib horizontal to the arm pit. The energy then moves down the body to the #14.

14 Equilibrium; Unity and Perfect Harmony; Breath; governs assimilation and absorption; Habit; abuse level; experience, good for liver and gall bladder; influences diaphragm; releases abdominal tension, side aches (as from running), belching, hiccoughs and snoring. Brings Ecstasy.



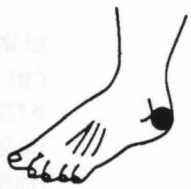
This point is located on the rib cage below the breastbone in a straight line below the nipples at approximately the eighth or ninth rib. The energy then goes to the #15.

15 Ecstasy; Laughter; happiness, joy, takes away mental bondages; unlocks pretense, trying, doing; governs the physical, relaxes the abdomen, groin, thighs and sexual organs; good for menstrual cramps, indigestion and intestinal weakness. Brings Clarity.



This point is located at the crease of the leg at the groin and pelvis at the indention above the pelvic bone. This point location may be varied from the center to the outside or inside of the crease. The energy then moves down the leg to the third depth where it goes to a deeper level as it passes the #l and goes to the #16.

16 Clarity; clears head; basis for all activity; foundation for physical activity, harmonizer; basis of human undertaking; good for insomnia and restful sleep; relaxes tension in feet and knees; warms feet; used for headaches, hypertension (high blood pressure) and pain control. Brings transformation.



This point is located below the outside ankle bone where a little hollow is found at the outer malleolus. The energy then flows all the way up the back to the arms above the head at the #17 point.

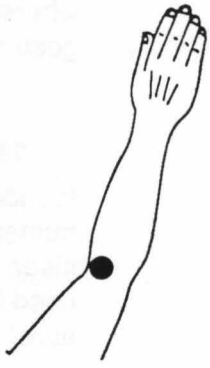
17 Transformation; harmonizes energy for all vital functions; sense of purpose; nervous system, relieves arms, elbows, underarms, wrists and fingers; good for colds, flu, fear, rheumatism and headaches, ankles and reproduction. Brings Breath.

This point is located on the outside of the arm on the little finger side on the wrist at the ulna. The energy then goes around the fingers to the #18.

18 Breath of life; source of personality; general pain points; back of head, releases arms, underarms and elbows; good for chest, heart, and lungs; difficult breathing, insomnia, dizziness and nausea, releases #10's, 3's and 4's. Brings perfect balance.

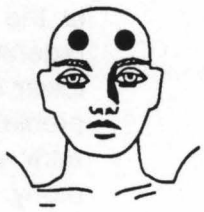
This point is located at the base of the thumb on the fatty tissue of the palm. The energy then flows to the #19 point.

19 Perfect balance; highest aspirations, authority, leadership; frees us from limitations on a material level; complete; understanding; good for releasing the chest, upper back, arms, heart problems, digestion, dryness in mouth, and thirst and vomiting.



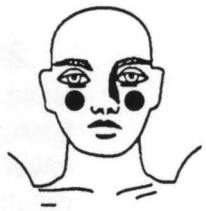
This point is located on the thumb side of the arm at the outside edge of the crease of the elbow past the center. Hi Front #19 - one hands width up from the #19 on the front of the arm where the fingers lie when holding your arms when chilled. Hi Back #19 - One hands width up from the #19 on the back of the arm opposite the Hi Front #19 where the thumb may rest when holding the arms when chilled. The energy then flows to the #20. Brings universal consciousness.

20 Universal consciousness, common sense, logic, culmination of all mental attitudes; calms the spirit and brightens vision; allows unconscious to become conscious; relieves neck and facial tension; mental tension, chest, eyes, ears, back.



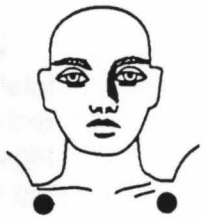
This point is located on the forehead in the hollow above the center of each of the eyebrows. The energy then moves down to the #21. Brings conscious immortality.

21 Conscious immortality; energizes mind; extrasensory perception and intuition; vision; clear perception; works on inertia; recharges; lethargia; bondage of mental tensions; cosmic consciousness; clears nasal passages and influences face, neck and jaw; used for colds, stuffy nose, sinus problems and toothache. Brings diplomacy.



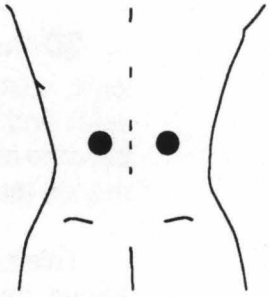
This point is located on the cheekbone below the eyes. The energy then flows down to the #22 point.

22 Diplomacy; inspirational and spiritual concepts, reasoning powers development; balances the extremely practical with extremely emotional; point where physical, emotional, mental and digestion crosses; relieves tension in chest and lungs and bronchi; digestive organs. Brings patience.



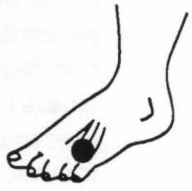
This point is located in the hollow area just below the clavicle. The energy then flows down to the fourth depth level where it goes deeper as it passes the #1, goes around the toes and up the back to the #23.

23 Patience/impatience; balance of masculine and feminine; next to brain in importance; regulates our adaptability; passions; addictions; peace; located at the kidney area and primary to their function; regeneration, adrenals; strengthens lower back and lower abdomen; good for appetite balance, genital problems, prostrate and urinary problems; digestion; ears; strengthens whole body, blood. Brings Harmony.



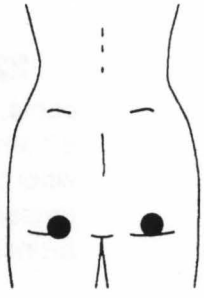
This point is located on the back above the waist at the kidney area at the second and third lumbar vertebra. The energy then travels to the fifth depth going to a deeper level as it passes down the front past the #I and the toes to ascend to the #24.

24 Understanding Consciousness; Harmonizes chaos; peace; acceptance; harmonizes emotions; lymph; releases tension in ankles; feet and lower legs; good for headache, rheumatism, perspiration problems and water retention. Brings regeneration.



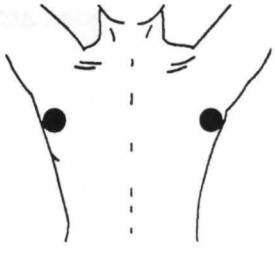
This point is located in the middle of the foot on the outside top above the little and ring toe. The energy then travels to the #25.

25 Regenerates; revitalizes and regenerates total being; mind and body; mental stress blocks, recharges energy battery, relieves thighs, knees, legs, and hip joints; good for low back problems and leg weakness. Brings completion.



This point is located at the base of the buttocks on the ischial tuberosity or sit bone. The energy then moves to the #26 point.

26 Complete; Jehovah; that which was, that which is, and that which will be; conclusion; no past, present, nor future; whole being, vitalized force; perfect splendor; very important point.



From this point, the energy then flows back into the sixth or total physical level to the seventh depth which connects with the eighth and ninth depths then reverses itself to return to the Main Central flow and to circulate through the body once again.

Ascending and Descending Energy

Ascending Flows	Neutral	Descending Flows
Points on Back of the Body 2, 3, 4, 8, 9, 10, 11, 12 16, 17, 23, 24, 25	7, 26	Points on Front of the Body 1, 5, 6, 13,14,15 18, 19, 20, 21,22

If ascending flows are clear, the shoulders are clear.	If descending flows are clear, the abdomen is clear.
If ascending flows are not clear:	If descending flows are not clear:
• Shoulders are blocked • Feet or fingers are pulled toward the little toe or fingers • Feet curl down • Feet are pulled to outside	• Abdomen is blocked • Feet or fingers are pulled toward the big toe or thumb • Feet curl up • Feet are pulled to inside
If right pulses are stronger, the left (ascending) flows need help.	If left pulses are stronger, the right (descending) flows need help.
If index finger pulse is stronger than the ring, the left (ascending) needs help.	If ring finger pulse is stronger than the index, the right (descending) needs help.
If ascending flows are not clear, there have been abuses in the present life.	If descending flows are not clear, there have been abuses in the past generations and are deeply imbedded.
Problems with the back of the body or deeper pulses suggests inherited conditions or abuses of past lives.	Problems of the front of the body or superficial pulses suggests conditions caused by abuses in the present life.

Organ Flows

Ascending Meridians	Descending Meridians
Lung	Colon
Heart	Small Intestine
Liver	Gall Bladder
Diaphragm	Umbilicus
Kidney	Bladder
Spleen	Stomach

Main Energy Point Terminals

#3, 7, 22, 26

All flows come together at these points to become one, then goes back out. The left flow becomes the right and the right flow becomes the left flow. The ascending flows become the descending flow.

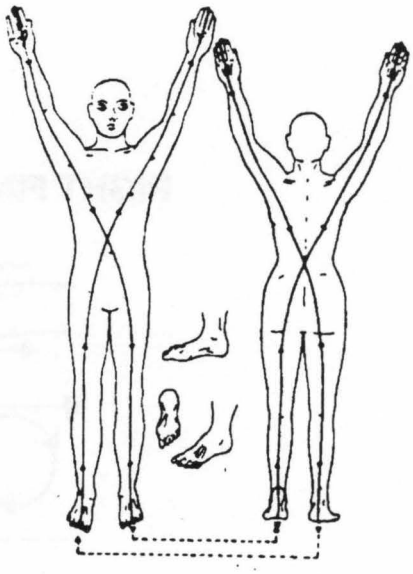
#1	Can be used to open #2 through #8.
#8	Can be used to open #9 through #26.
#3,15, 23	All act as a special aid to the body's antibiotic system; all of these plus #25 will help remove all scary labels.
#l through #10	Material level, duality consciousness, unreal, illusions. Physical evolvement and development.
#11 through #22	Mental level, duality consciousness, an awareness of greater than/less than power. Less material level.
#22 through #26	Spiritual level, conscious of being/nonbeing as reality, mind, body and spirit as one. The power is in each one of us. Intuition rather than mental.
#O through #9	Gets into the rhythm of life.
#10 through #18	Material level.
#19 through #26	Harmonizes or supervises all of the main functions.
#13, 14, 15, 16, 17	Auxiliary flows.

chapter 4

hands

The hands are the "key" to this healing art. All conditions can be harmonized through the palms, fingers, and thumbs. The palms are at the center of the hands and are at the total depth level which is the source of the life force energy and relates to all of the primary flows. The palms and the soles of the feet are the balancers in the total body.

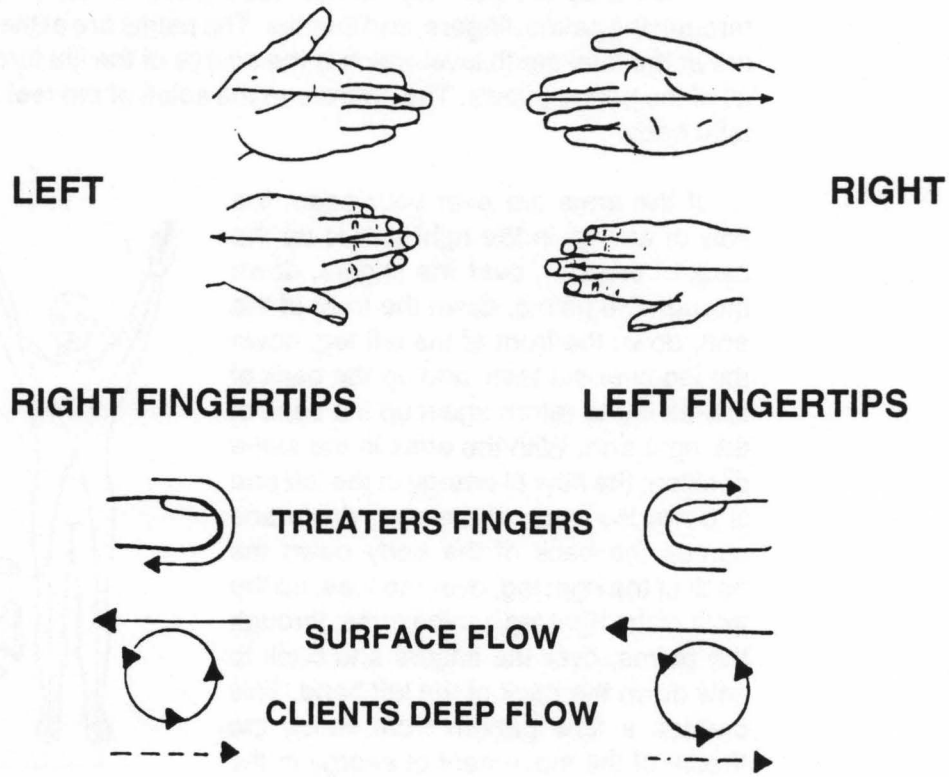
If the arms are over your head, the flow of energy in the right arm is up the back of the arm, over the fingers, down through the palms, down the front of the arm, down the front of the left leg, down the leg over the toes, and up the back of the left leg to return again up the back of the right arm. With the arms in the same position, the flow of energy in the left arm is down the back of the arm, down and across the back of the body down the back of the right leg, over the toes, up the front of the right leg, up the arms, through the palms, over the fingers and back to flow down the back of the left hand. This creates a flow pattern from which the theory of the movement of energy in the practitioner and client develops.



The flow of energy in the right palm is opposite to that in the left palm. The flow of energy in the person receiving a treatment is opposite to that of the person giving the treatment. The palm is the place where energy can be received and where the life force energy can be sent out to heal others and yourself. People clench their hands unconsciously to help the body to regenerate. A clenched fist signifies tremendous tension or stress. Unconsciously the body is counteracting a loss of energy through some emotional tension or stress it is experiencing.

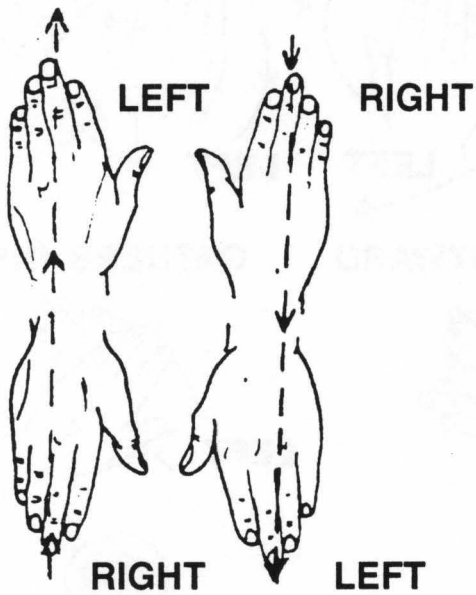
When both hands are used, the energy will flow toward the fingers and cause the circulation patterns of energy to flow in the body. By controlling the circulation patterns, the energy can flow into the bones, back to the skin surface from the head to the toes and toes to head, from the chest to the back and back to the chest, depending on the flow given.

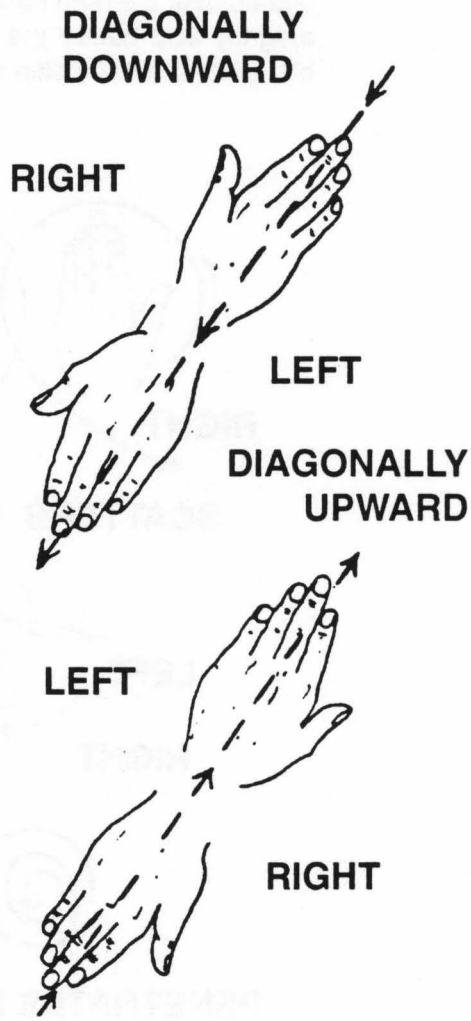
When the fingers are used to stimulate the energy to flow in the body the energy will move according to the flow pattern of the touch. This will cause the client's energy to be stimulated to flow in a circular pattern and will cause the energy to flow in the opposite direction in the practitioner's body.



When the palms are used to stimulate the energy to flow in the body, the energy will move in the flow pattern of the palms. The energy of the left palm flows toward the fingers and the right palm flows toward the palm and wrist. When the heel of each hand is placed together and the palms are laid on a client's body, it will cause the energy to flow in the direction of the left hand. If the left hand is on the upper body, the energy will move toward the head or will ascend. If the right hand is on the upper body the energy will move toward the feet or will descend. This can be used to relieve conditions in the head or the feet depending upon which direction the hands are placed on the body.

The hands can also be placed on the body in a diagonal direction to cause the energy to flow diagonally upward or diagonally downward depending on the placement of the hands.

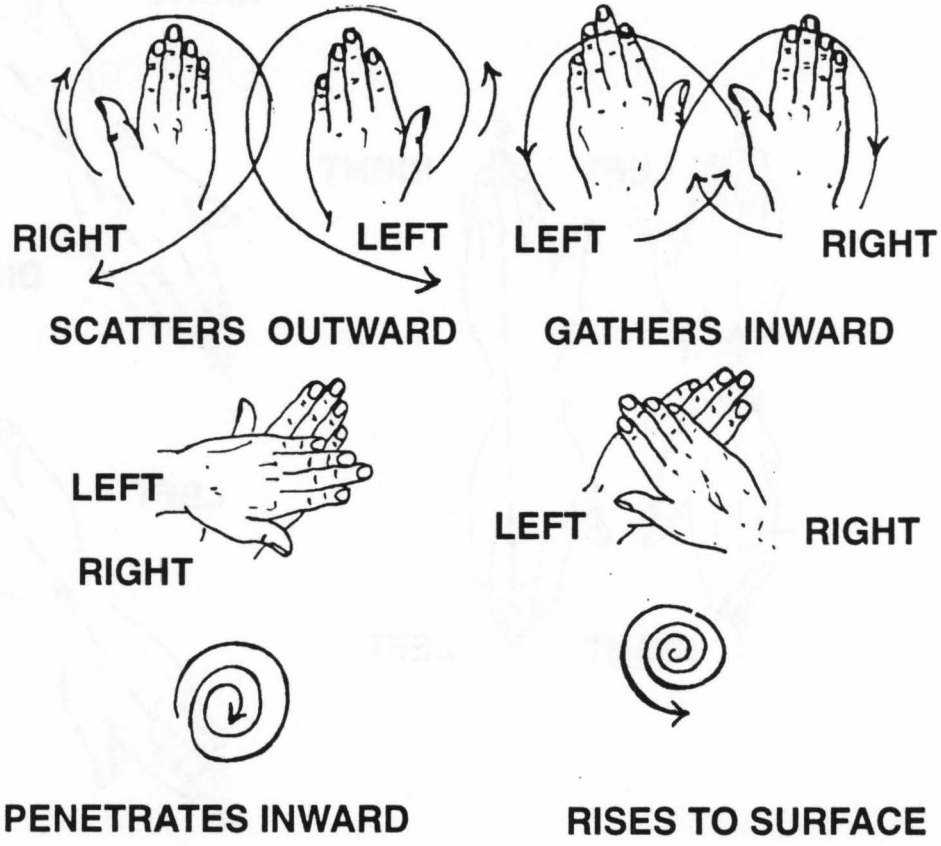




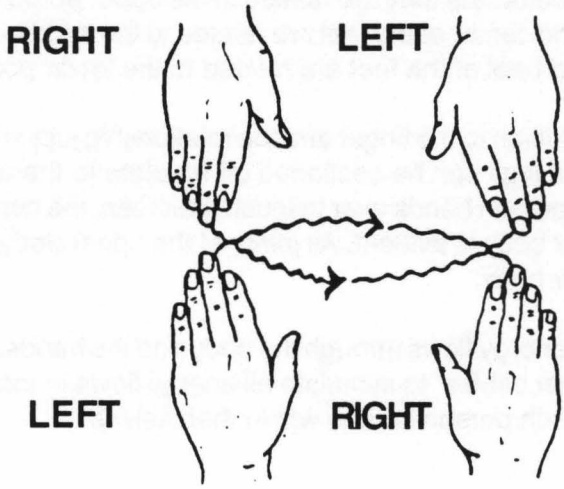
When the hands are placed naturally side by side, the energy will go out from the thumbs toward the fingertips of the opposite hand in a circular pattern back to the thumb. This causes the energy to gather to the inside and can be used to fill an energetic void.

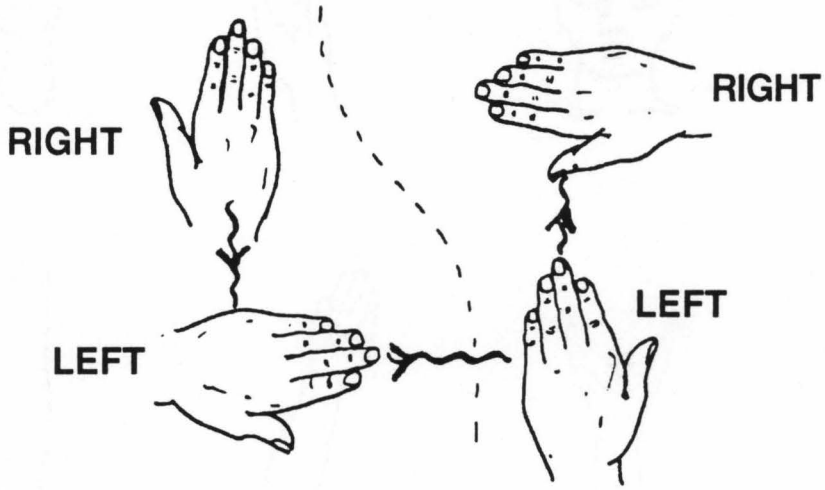
When the hands are crossed and placed on the body, it causes the energy to go from the thumbs toward the fingertips in a circular pattern back to the thumbs which causes the energy to scatter outward. This can be used to dissipate an energetic stagnation.

The right palm is the yang palm which causes the energy to penetrate outward, while the left palm is the yin palm causing the energy to gather or draw inward. If the right palm is placed over the left palm, it will magnify the natural cycle of energy in the left palm and cause the energy to rise to the surface. This can be used to draw things to the surface such as splinters, skin eruptions, etc. When the left palm is placed over the right hand, it causes the natural cycle of energy in the right hand to magnify and cause the energy to penetrate inward. This can be used to stop bleeding, dissipate skin eruptions, etc.



The energy will flow in an individual naturally from the fingertips of the right hand to the fingertips of the left hand. When two people interact, the energy will flow toward the person in the strongest, receptive position. This energy will then flow toward the opposite fingertips which causes it to flow through the arms. The energy from the right hand will flow into the other person's left hand and the energy of the left hand will receive the energy from the other person.





There are several finger and toe relationships in the body. The right palm relates to the top of the left foot. The back of the right hand relates to the sole of the left foot. The same is true for the left hand and right foot.

The tips of the fingers and tips of the toes are related to the upper portion of the body. The middle of the fingers and middle of the toes are related to the middle of the body and the base of the fingers and base of the toes are related to the lower portion of the body.

The upper portion of the palm just below the fingers and the upper portion of the feet just below the toes are related to the upper portion of the body. The center of the hands and center of the feet are related to the middle of the body and the heel of the hand and heel of the feet are related to the lower portion of the body.

In addition to the finger and toe relationship just mentioned, the face, neck, ears, arms and legs can be sectioned off to relate to the upper, middle and lower body. When a person bends over to touch their toes, the correlation of the upper body with the lower body is evident. All joints of the upper body have corresponding joints on the lower body.

The energy flows through the body and the hands, allowing the hands to be used as "jumper cables" to stimulate all energy flows in the body. This is the "non secret" secret each person carries within themselves.

UPPER

MIDDLE

LOWER

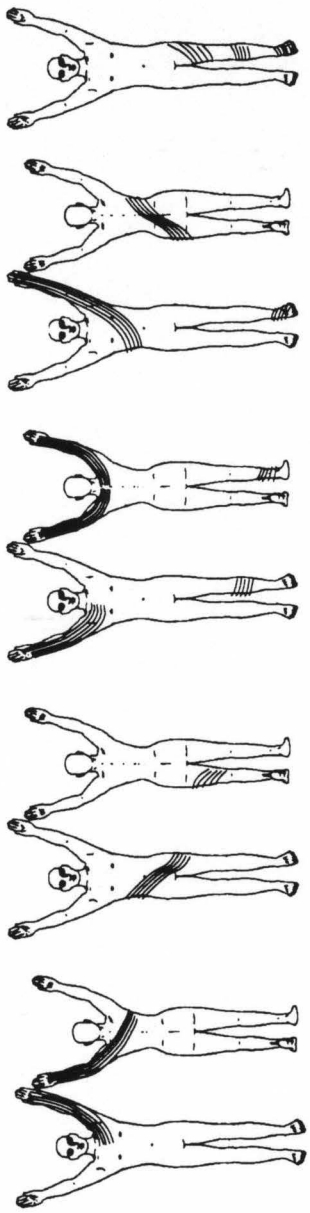
UPPER

MIDDLE

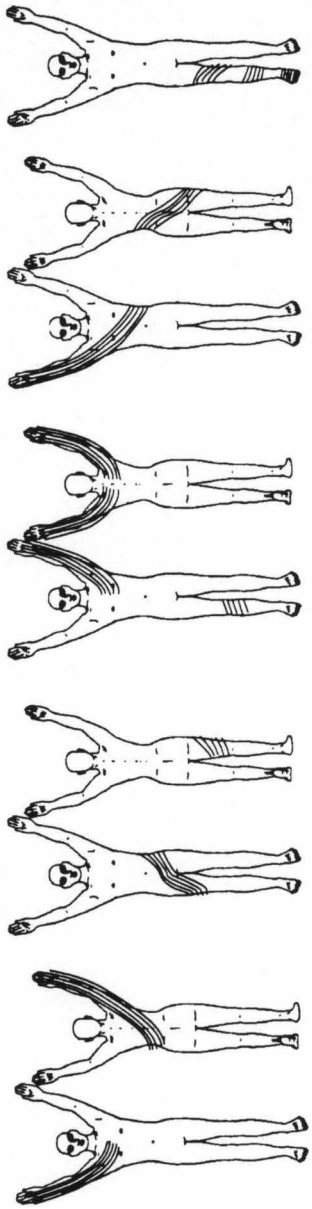
LOWER

Diagonal Patterns

Another pattern of energy flowing through the body goes around the body from the surface of the back through the body and flows through the inner deep ribs and spine and around the abdomen, back out to the surface to the feet in the pattern of the diagrams below.



LEFT FLOW



RIGHT FLOW

chapter 5

self help

"If you would ask me what to study, I would say, yourself, and when you had studied well and would ask me what next to study, I would again reply yourself."
Occult Anatomy and the Bible

Much of the power of this system lies in the fact that it can be equally as effective for oneself as for others. This allows it to be used as a self-help routine, a treatment for others and for sharing with your clients so they can support the work you are doing between treatments. Jiro Murai's experience with the system on the mountain top is an excellent example of the power of the self-help routines.

When I first came into contact with this system, I could not believe that the simple hand techniques I was being taught could help bring the body back into balance, so I didn't utilize the self-help routines often. As a matter of fact, I didn't even believe the system would work but I was willing to try anything for a prolonged period of time in an effort to get well and breath again. As I began to get healthier and more aware of the energy surging through my system, I began to utilize the self-help and to experience amazing results.

My personal experience was that I needed treatments by others to give me the additional energy boost to retrain and regenerate my own energy system. Because my body blockages were so extreme, I didn't feel the results of the self help as strongly as some others. As I began to clear out the blockages, I began to feel the self-help very strongly and I continue to utilize the Jin Shin daily. In fact, if I experience any kind of pain or discomfort, I will pull off the road and do some Jin Shin to alleviate the discomfort.

Frequently you will want to share this system with others and they will wonder why you think it is so powerful since all they seem to experience is relaxation, going to sleep or going into an altered state. This certainly puts a damper on an excited beginner's enthusiasm. It is important to remember that the system works

whether or not the recipient recognizes it. It does not require a belief in the system for it to work, but it does require that a person utilize the system.

I have found that those who have a sense of its power at an intuitive, knowing level are often those who are very ill and those who are very open or sensitive. Often, those who are very blocked or rigid and those who are very healthy do not physically experience the power of the system. They may be more attracted to other modalities. People are attracted to the system that will work for them at the time.

All of the flows in this system can be given to others as well as to one's self, however, many of the points are difficult to reach when using the charts developed for treating others. If you are using those charts and cannot reach some of the points, go to the next point. It will work!

Several self-help charts have been developed for use according to the condition occurring in the body. In addition to these charts, it is recommended that you do a simple sequence of movements daily which will accomplish results. Knowing the routines but not applying them, will not accomplish anything.

These routines can be applied before arising in the morning, during the day or at your convenience. Remember, this system developed by watching people touch themselves and others in an effort to heal a pain or discomfort. If you only have a few minutes, do what you have time to do. You can take just a few minutes or as much time as you like. The key is to do them daily! They can act as a wake-up sequence in the morning and a clean-up or relaxant in the evening.

The first daily routine is to do the self help Main Central flow to activate and revitalize the entire being. The main central flow is the source of life and is primary to your own well- being. It helps to develop harmony between all of the energy flows in the body, revitalizes the deep body energy circulation, memory and dissipates senility. It revitalizes the reproductive functions, breathing and relaxes the pelvic girdle. It aids in strengthening the spine and helps the ascending and descending flows as well as the legs and feet.

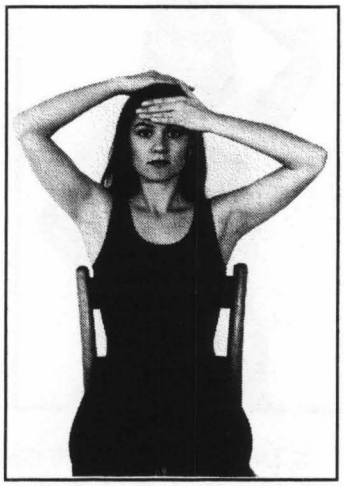
The second daily routines are to recognize the attitudes of the day and to hold the finger or thumb for the corresponding attitude. Just relax and become aware of your main attitude of the moment. Fear is the core of all attitudes and all of the attitudes listed above are results of tired, run-down, conditions. After determining the attitude, then determine its corresponding finger or thumb and hold it.

The third daily routine would be the left and right spleen and stomach flow and short bladder flow. These flows are for the general daily supply of energy and the charts for these sequences and all other sequences will be included in the back portion of this book. Take time to observe the flow patterns and compare them to the other flows in the book.

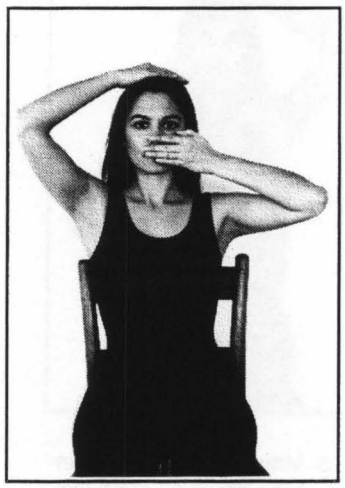
Each of the energy flow charts in this book have a recommendation for self help at the bottom of the page. You can use them for yourself and recommend them to your clients. This allows your clients to become involved with their own healing.

If you would like more information on the self help patterns or if your clients would like a book to support their work, there is a smaller self help book available through the publisher.

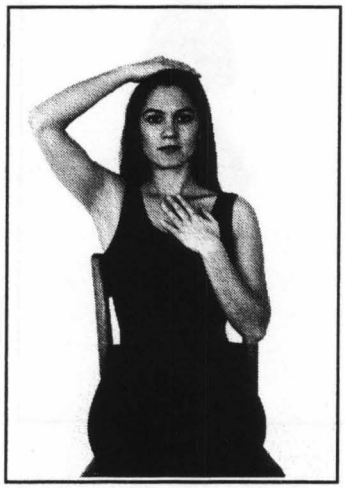
Daily Self-Help Routines



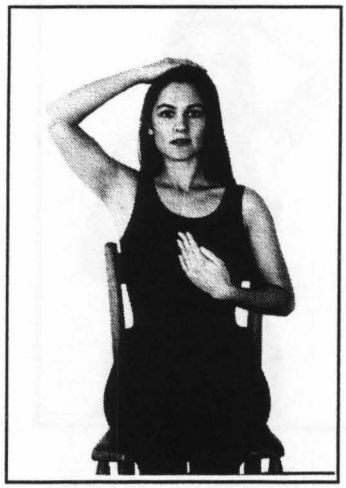
1. To activate the Main Central flow on yourself, simply place your right hand on top of the head at the crown and leave it there until the last movement of this sequence. Place your left hand on the forehead between the eyebrows. Hold this position as least two minutes and longer if you have time.



2. Move to just under the tip of the nose on the lip. Hold this position as least two minutes and longer if you have time.

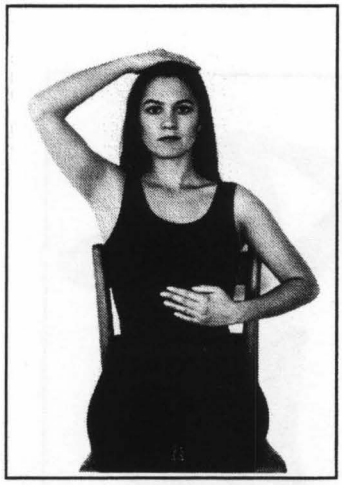


3. Move the left hand to the V of the neck. Hold this position at least two minutes and longer if you have time.

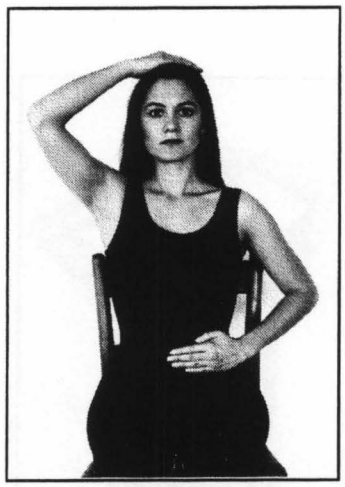


4. Move the left hand to the center of the breast. Hold this position as least two minutes and longer if you have time.

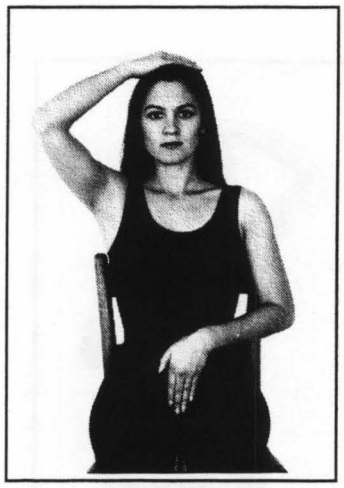
*When doing self help routines it is best to be comfortably lying or sitting with eyes closed. For presentation purposes the pictures are shown with the eyes open and sitting or standing.



5. Move the left hand to the base of the sternum. Hold this position as least two minutes and longer if you have time.



6. Move the left hand to the naval. Hold this position as least two minutes and longer if you have time.

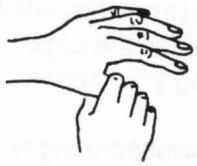


7. Move the left hand to the top of the pubic bone. Hold this position as least two minutes and longer if you have time.

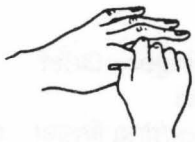
8. Now move the right hand to the coccyx while with the left hand continuing to hold the pubic bone. Hold this position as least two minutes and longer if you have time.

*When doing self help routines it is best to be comfortably lying or sitting with eyes closed. For presentation purposes the pictures are shown with the eyes open and sitting or standing.

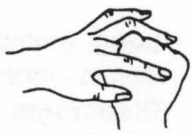
PRIMARY MERIDIANS AND EMOTIONS



WORRY



FEAR



ANGER

GRIEF

PRETENSE

Worry- thumb, **Fear** - index finger, **Anger** - middle finger, **Grief** - ring finger, and **Pretense** - little finger (crying on the inside while laughing on the outside)

If there is more time available, then hold the fingers and thumb listed with the attitude:

Worry - thumb, middle finger, and little finger or wrap the fingers of each hand around the thumb of each hand at the same time;

Fear - thumb, index finger, little finger or wrap the thumb and fingers of each hand around each of the index fingers at the same time;

Anger - little finger, ring finger, and middle finger or wrap the thumb and fingers around the middle fingers of each hand at the same time;

Grief - thumb, index finger, middle finger, and ring finger or wrap each thumb and fingers of each hand around the ring finger of each hand at the same time;

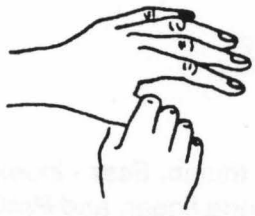
Pretense - little finger, and ring finger or wrap the thumb and fingers around the little fingers of each hand at the same time.

ORGAN MERIDIANS IN FINGERS

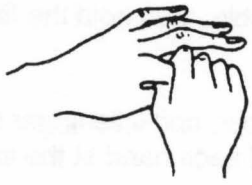
While holding the fingers of the second daily routines, you are also supporting various organs and their meridians by holding the finger or thumb. The attitudes of the organs differ somewhat from those of the primary system. Just relax and become aware of your ability to support the organ meridian system and to balance more than one attitude by just holding your fingers.

The organs and the corresponding fingers listed below relate to the beginning or end of an organ meridian of Oriental theories and the emotions relate to the attitude of the five element theory.

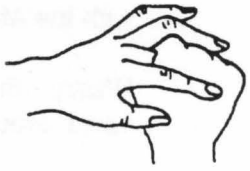
Lung- thumb and index finger - Grief
Colon - index finger - grief
Diaphragm - middle finger/ring finger - sadness/joy
Umbilicus- ring finger - sadness/joy
Heart & Small Intestine - little finger - sadness/joy



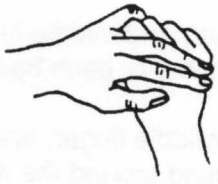
Lung Meridian
Grief



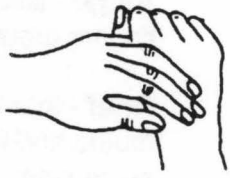
Large Intestine
Grief



Diaphragm
Sadness/Joy



Umbilicus
Sadness/Joy



Heart/Small Intestine
Sadness/Joy

Self Elimination of Fatigue

Its extremely important to eliminate fatigue from the body as it will continue to go deeper and deeper into the body when left unattended. There are several very simple things you can do to help yourself

To remove fatigue hold the 3's and 19's as all fatigue starts at these areas. As it goes deeper, holding the 5's and 16's will help relieve fatigue.

These methods can be used together or individually as time permits. They can be used at anytime, during the day, while at work, driving home or relaxing.

Ascending

Hold the middle finger with opposite hand, thumb on palm side of hand.

Hold the thumb over the middle finger of the opposite hand and press.

Descending

Hold the middle finger with the opposite hand thumb on the back side of hand

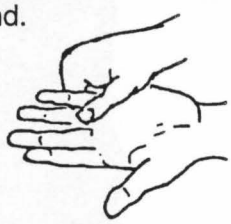
Hold the thumb over the nail of the ring finger and press the base of the ring finger with the thumb.

Ascending

Hold back of middle and index finger and thumb with opposite hand with thumb on back of hand.

Interlace the fingers except the middle fingers, then fold all fingers down except the middle fingers and press the middle fingers together.

Descending

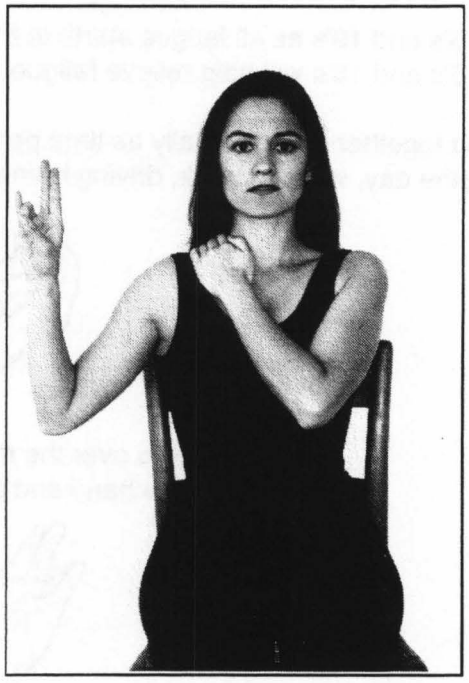


Hold ring and little finger with opposite hand with thumb on palm side of hand

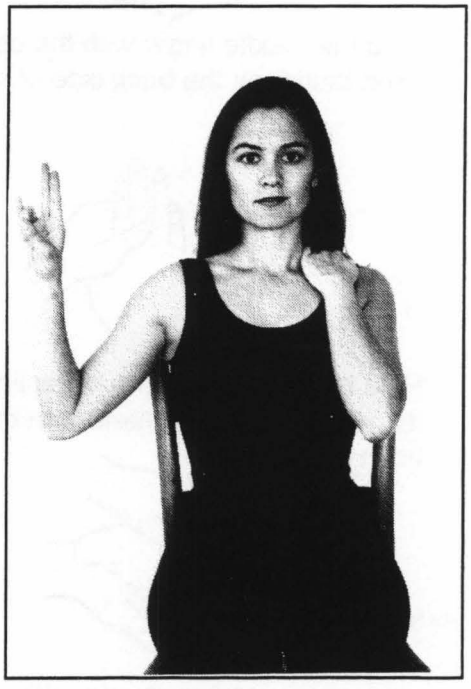
Press the middle fingernails together and all other finger tips of the other fingers, thumbs and base of palms together

Self Elimination of Fatigue

Get as comfortable as possible, probably lying down.



1. The major vertical flow can be activated by simply holding the thumb over the ring fingernail of the side you want to activate and place the opposite hand over the shoulder of the **same side** at the base of the neck and bring your knees together. This is simple to do while lying down on your side. Change hands to activate the opposite flow.

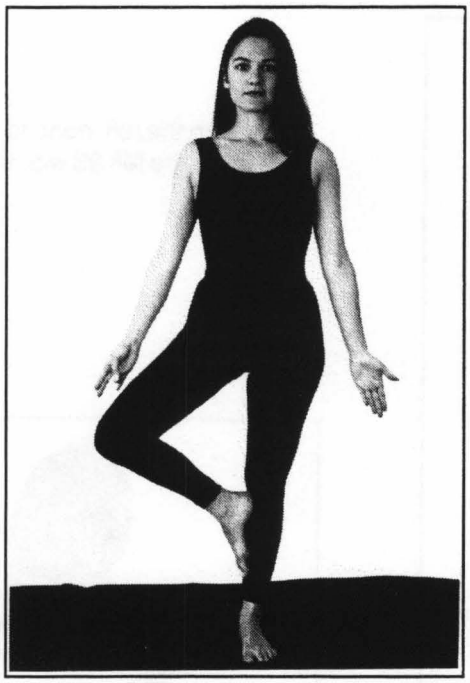


1.The minor diagonal flow can be activated by simply holding the thumb over the ring fingernail and place the opposite hand over the shoulder of the **opposite side** at the base of the neck and bring your knees together. Change hands to activate the opposite flow. I t is extremely important to keep this energy functioning properly since it is the cause for any disharmonies in the body. This technique will revitalize the energy and aid in clearing the chest.

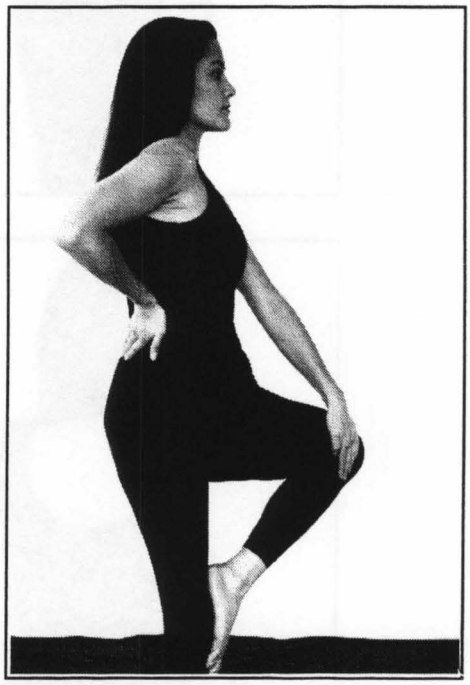
These two flows consist of only nine hand movements and can be accomplished in a very short time.

*When doing self help routines it is best to be comfortably lying or sitting with eyes closed. For presentation purposes the pictures are shown with the eyes open and sitting or standing.

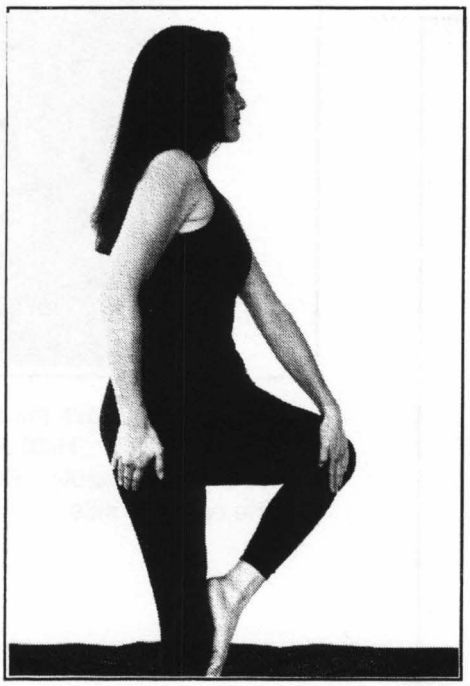
Self Elimination of Fatigue



1. Bring your right foot up to the left leg at the knee and touch the foot to the right leg, left hand can be placed on your right 3 or left open. Press the right thumb over your right ring fingernail. Hold as long as you're comfortable. Reverse for the opposite side.



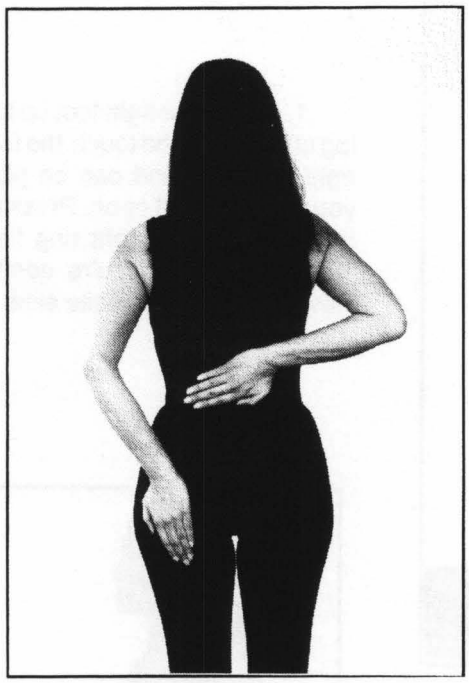
2. After the pulses begins to synchronize move the right hand to the left 23. Hold as long as you're comfortable. Reverse for the opposite side.



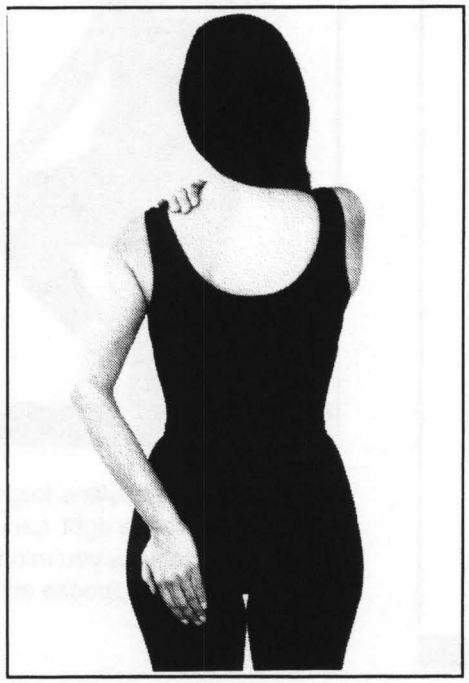
1. Bring your right foot up to the left leg at the knee and touch the foot to the left leg while putting your left hand on your the right 8 and the right hand on the left 25.

*When doing self help routines it is best to be comfortably lying or sitting with eyes closed. For presentation purposes the pictures are shown with the eyes open and sitting or standing.

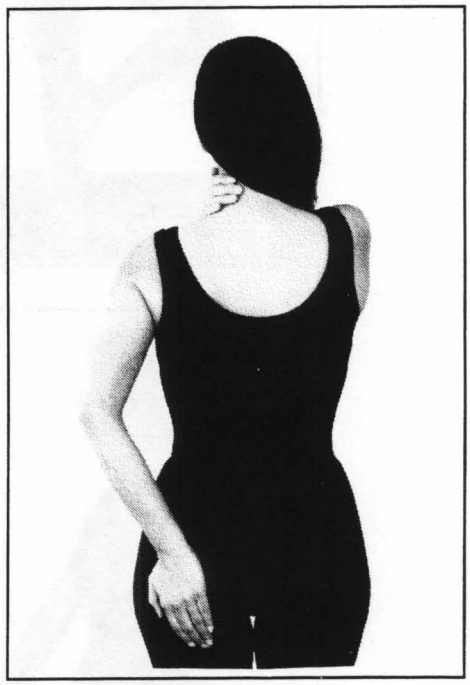
Self Elimination of Fatigue



1. Bring the left hand to the left 25 and hold the left 23 with the right hand.



2. After the pulses begin to synchronize, move the right hand to the left 3.



3. Then move the right hand to the left 12. Hold as long as you're comfortable. Reverse for the opposite side.

*When doing self help routines it is best to be comfortably lying or sitting with eyes closed. For presentation purposes the pictures are shown with the eyes open and sitting or standing.

Chapter 6

Using Jin Shin Acutouch

Giving a Treatment

Treatments can be given to yourself or to others. Generally, a full treatment will last from an hour to an hour and a half. The length of treatment can vary according to the condition of the person being treated. If the person is very weak or ill, the length of treatment should be shorter, and treatments should be given more often.

The person receiving the treatment is fully clothed and lying on their back throughout the treatment.

After energy has been stimulated by a treatment, it will change the flow of energy in the meridians and continue to affect the body for approximately eight hours before it settles. It takes at least three days or more for the energy to begin a return to the more chronic patterns of imbalance. Weekly treatments seem ideal for retrain the energy to flow in the proper patterns and eliminate dis-ease. The frequency of treatments can be determined by the person's condition and will vary accordingly.

The general steps to use when preparing for and giving a treatment are outlined below. Details for each step are given on the following pages.

1. **Evaluate** the person's condition and/or problems. This book contains several diagnostic methods you can use, along with guidelines for a general treatment.

2. **Select the flow patterns** to use for this treatment

3. **Get in position.** When treating another person, each of the flow pattern charts will tell whether the practitioner (person giving the treatment) should sit on the left or right side of the client. If treating yourself, you simply sit or lie in a comfortable position.

4. **Perform each flow pattern** by placing your hands on the points indicated in the flow pattern chart. Details will be given at the end of this chapter on using the charts.

5. **Clear your energy** after working with clients.

Making an Evaluation

This book covers several diagnostic methods for determining the treatment to be used:

- observation, listening and smelling, asking, palpation
- client's reports and symptoms
- pulse evaluation
- five element theory, including organ time and energy
- fifth depth correlation's
- interrelationships
- direction the feet fall when patient lies down and relaxes

You should take into consideration what the client tells you, your own observations, and the client's symptoms. The client's emotional state can be included, because there is a correlation between each of the emotions and the energy of the different organs and their meridians. An additional and extremely important diagnostic method is your own intuitive sense.

If you are not a health practitioner and have never used pulse reading or the Oriental diagnostic theories, the pulse reading section gives some guidelines for general treatments that you can use. Also see the following paragraph for information on selecting flow patterns. The listing of symptoms and related flow patterns in the Appendix can be used as general guidelines, but are not as complete as the other diagnostic tools.

Selecting Flow Patterns

Select flow patterns appropriate for your evaluation. If you feel that many flows could be used, select a few to use now and give the remainder in subsequent treatments. As a general rule, a treatment should include:

- Leg Release -- Its important to do the leg releases prior to other flow patterns to help control a healing crisis and to allow the energy to go throughout the entire system after it has been moved.

- One or more primary flows -- The primary meridians are the ones that develop first in the body. They are the source of energy for all other flows. Excess energy in any of the meridians will flow into the Main Central primary flow.

- One or more point release flows -- The point releases are used to relieve the area of the body where the point is located, as well as the muscles, fascia,

tendons, and ligaments. They can be related to the muscle meridians of the acupuncture system. The point release is frequently used to correct problems relating to an organ located near the point. When giving a first treatment in cases of chronic or acute organ problems (for example, kidney stones or asthma) or when a patient is weak, the point releases will allow the area around the organ to relax so the organ can change as well and is a more gentle, yet effective treatment option.

- One or more organ or depth flow -- The meridians relating to an organ will stimulate the organ, its meridian, and its function. It may be necessary to relax the organ and area around it by doing a point release first. The depth flows can be given according to the organ whose symptoms are appearing.

- End with the Benediction flow, (this is optional, but it makes well-balanced ending)

The pulse reading diagnostic method will pinpoint the primary flows, points and organs that should be released. In addition, the following may be helpful: look at the locations of the points on the body. Notice that the 13 point is on the front chest and 10 on the back. The 10 and 13 point releases can be used for lung or heart conditions and congestion. Also notice that the 4 point is at the base of the back of the head; this point release works well for headaches and tension at the back of the head. Refer to the point number information which gives characteristics and symptoms associated with each of the points. You may also want to look at the pulse reading illustrations to see which points are key for different sections of the body in that diagnostic system.

When selecting flows, also remember that the energy generally moves up the back of the body and down the front. So, for example, releasing the points at the neck and shoulders can move energy up the back and around to flow down the front to relieve the back of the body. Or, releasing the points at the groin and leg can allow energy to flow down the front and up the back to relieve the front of the body, thus easing abdominal or chest problems. More specific information about each type of flow will be given in the section of the primary flows, point releases, organs and special flows.

Getting in Position

The client should be fully clothed and lying on his/her back throughout the treatment with all jewelry, belts or tight clothing loosened to become as comfortable as possible. Removing the shoes will help facilitate holding points on the feet, but it is not necessary as the energy will penetrate through the shoes or a cast if necessary. Often a client will become chilled during treatment or if the room is cool, cover the client with a blanket. You can use a folding chaise lounge without arms or a stool on rollers when working at a massage table to give the treatments. If you are treating yourself, simply sit or lie in a comfortable position (you can watch television or listen to music, if desired).

The best results are obtained when the stomach is empty, since the energy releases generally flow toward the abdominal area, where the energy gets recharged and is then redistributed throughout the body. However, you can treat yourself or others after eating.

The charts of the flow patterns generally start with the practitioner sitting on one side of the client's body while treating the opposite side. You can ask the client to lift their leg, or their body to allow you to put your hand under their back on the opposite side to make the treatment easier. The important thing to remember

is to touch the client's body on the points listed in the chart. The practitioner should be in the most comfortable position possible with the hands in the most natural position to touch the points listed.

Using Your Hands

To perform Jin Shin Acutouch, place your finger tips or the palms of your hands lightly on the skin surface or clothing at the energy point locations on the body. The sequence of points to touch is included in the instructions for the flow patterns.

When you place your hands on two points, the hands act like jumper cables to cause the energy to flow from one point to another, thus recharging the body's battery—the vital life force.

There is a positive (+, masculine, yang) charge in the right hand and negative (-, feminine, yin) charge in the left hand. The energy penetrates from the surface of the person applying Jin Shin to the client's skin surface and deeper into the body until it reaches the bone, then the process reverses and the energy rises back to the skin surface.

Pressure, rubbing, or massage may hinder the energy circulation pattern and should not be used, except as noted below.

Pressure may be applied when:

- tension is extreme in a muscle or when the muscle feels knotty;
- circulation in the body is improperly flowing or is very fast;
- there is painful pulsation or throbbing in the points;
- the nerve impulse is obstructed or the blood needs to be stimulated.

Giving the Flows

Each of the flow patterns has a chart which lists the hand placement. Begin by placing your hands (either all fingers or the palms) on the first point indicated for each hand. The points are said to have a three-inch radius, so as long as your hand is close, the treatment will work. As your sensitivity develops with practice, you will be able to find the center of the points very quickly.

During the treatment the energy points should be held until you feel the energy starting to pulsate at the points and the pulsation's becoming synchronized. When you first begin doing this, your sensitivity may be underdeveloped, so that you do not feel the pulses. In that case, hold the points from 1 to 5 minutes, then move on. As time progresses, you will become more sensitive and will develop a sense of awareness about when to move to the next point.

Most people become very relaxed while receiving a treatment. Many say that they don't feel anything while the treatment is being given, while others may feel the pulsation of the energy at the points or in different areas of their body. Some may experience the sensation of tension or pulling, tickling, or minor discomfort while a blocked point is being released.

It is not uncommon for a person to experience a healing crisis during the process of healing. This is similar in effect to lifting a tree limb from a river bed, which causes all the stagnation that was under it to move and come to the surface. The same thing can happen to a person when a blockage has been removed. All the emotions and illness which were blocked could re-emerge to be released from the body. The energy work not only removes the stagnation, but also strengthens the organs and retrains the energy to flow in its proper patterns. If you are giving treatments to others, consider it your responsibility to provide an environment where they can safely work through emotions, etc.

Your Energy

Many people intuitively know how to channel energy and seem to tap the universal energy naturally. If this is not done, a person may draw on and drain their own energy, which is why many people feel tired or ill after working with someone else. However, when both hands are used at the same time in Jin Shin Acutouch, it has the same affect as a set of jumper cables being used to help stimulate the flow of energy, thus recharging a battery. Jin Shin doesn't take the practitioner's or the client's energy.

Everyone has the ability to treat others with their hands and to channel the universal energy. This ability can be developed and enhanced through meditation.

If you're giving treatments to others on a regular bases, it is recommended that you make a special effort to keep your own energy strong and take precautions to clear the energy of others after working with them. Tai Chi Chuan and Taoist Yoga can be used to build your energy and clear it after working with others. Additional methods for clearing your energy are washing or rinsing your hands or taking a shower, receiving treatments of the healing arts, and using daily mediation.

Recommendations for Beginners

As a beginner, you can use this book long before you understand the diagnostic methods, such as the pulse reading and five element theory. Beginners often treat both sides until they learn to evaluate for treatment. Before you learn to use the diagnostic methods, you can derive great benefits from giving general Jin Shin Acutouch treatments to yourself or others.

Begin by observing people touch themselves and others. Pay special attention to old folks and children.

How to Read the Charts

This book contains a set of charts for each flow pattern. Each set of charts includes a body chart and flow pattern tables. The body chart shows the masculine and feminine principle of the flow. The tables describe the hand movements for the left and right aspects of the flow pattern. In some cases, only one central flow pattern is described.

The Body Charts

The body charts trace the flow pattern of meridians throughout the body. The male and female bodies on the charts are indicative of the masculine and feminine principle of the system. The back side of the body is feminine and the front side is masculine, but **the pattern of each flow is the same in the male as well as the female.**

Sometimes it is difficult for you to determine which flow pattern is for the left side and which is for the right side when the flow patterns cross in the body. When the left and right patterns are too complicated to fit together in one set of charts, each flow is shown in a separate set of charts.

Most flow patterns have a left flow and a right flow. Generally the left flow will be on the top portion of the chart and the right flow will be on the bottom. Occasionally a flow will be in the center of the body or will be longer than just the top portion. In that case the flow pattern chart will continue down the page to completion. The left flow will be on one page and the right flow on the following page.

Solid lines on the body chart indicate the right flow, and dashed lines indicate the left flow. Wavy lines or other symbols represent problems that occur when the flow is not functioning properly.

You can sit on the opposite side of the body from the charts in this book and you can reach under a client if the need arises. If you sit on the opposite side, the hands that are being used by the practitioner must be changed, however, the points that are touched on the body should remain the same. The change should be the most natural position for the hands. When treating yourself, touch the points listed with the hand that is the easiest to use.

By sitting and looking at the flow patterns throughout the book, I have been able to embody them and to diagnose for treatment from the presenting symptoms. This has provided me with another diagnostic tool. I recommend that you outline the left flow pattern with a blue pencil and the right flow pattern with a red pencil.

This will help you integrate the flow pattern through the kinesthetic sense, as well as create a visual pattern that you can refer to periodically.

It's important to pay close attention to the hand positions of each movement and the side of the body which is to be touched. These will change and will cross over to the other side frequently. The energy points you touch may change sides frequently. The beginning practitioner may confuse the hands or the side of the body to be touched. As a result, a different flow is given to the patient than indicated by the charts.

Flow Pattern Tables

The flow pattern tables describe the hand movements that release the disharmony of the flow. The name of the flow pattern is at the top of the page. Characteristics of that pattern and other information may appear below the name.

The flow pattern tables appear next, one for the left flow and one for the right flow. As mentioned earlier, the left and right flows may be shown on separate pages if the flow is particularly long. In some cases, a flow may have only one central flow pattern. Remarks, areas of relief, and self-help techniques appear often below the tables.

The table for the Number 1 Release (left flow) is shown below.

Number 1 Release

Left Flow-sitting on left side of patient		
Movement	**Left Hand**	**Right Hand**
1	**Left 1**	**Left 2**
2	**Left 5**	(same as above)
3	**Left 7**	(same as above)

The main table heading identifies the name of the flow pattern. The second remark is the side of the client's flow being activated and the position you should sit to perform the movements on the patient. For example, the table shown above describes the left flow. To practice the flow on the patient comfortably, sit on the patient's left side.

Note: If you sit on the side opposite of that indicated in the tables, you may find it extremely difficult to perform the touch pattern shown. If you should find yourself twisted or unable to reach a point, check to ascertain if you are sitting on the appropriate side.

The **Movement** column lists the sequence of hand movements. The **Left hand** and **Right hand** columns show the position of your hands during each movement. Each hand position refers to an energy point on one side of the patient's body. Throughout the treatment, both your hands should be touching the patient at all times.

The following steps illustrate how to practice the left flow described in the table shown above.

1. Place your left hand on the Number 1 energy point on the left side of the patient's body (or **Left 1**). Then place your right hand on the Number 2 energy point on the left side of the patient's body (or **Left 2**).

2. Hold the position two to five minutes or until you feel its time to move to the next point.

3. To perform the second movement, move the left hand to the Number 5 energy point on the patient's left side (**Left 5**), while keeping the right hand on the Number 2 energy point (**same as above**).

4. Hold the position two to five minutes or until you feel its time to move to the next point.

5. To perform the third movement, move only the left hand to the Number 7 energy point on the patient's left side (**Left 7**).

6. Hold the position two to five minutes or until you feel its time to stop.

When you've finished the left flow, reposition yourself for practicing the right flow (if necessary), and perform the movements described in the right flow pattern table.

Chapter 7

Primary Flows

There are several flows which are at the formless or forming state and are often referred to as the psychic channels, strange flows, or primary flows. All of the primary flows correlate with the seventh or sixth depth (total depth of the physical form) of the body.

Vertical Harmony Flow

The vertical harmony flow is at the center of the body and is at the seventh depth. The energy meridian goes down the front and down the back of the body. It descends from just below the nose through the solar plexus and navel, it harmonizes the chest and abdomen, then continues to the perineum. While the energy ascends from the forehead into the crown and descends down the back, it harmonizes the back and hips. The flow becomes extinct at the perineum. The flow is good for all vertebra, disc and scoliosis problems. The vertical harmony supplies energy to the main central flow. It is considered at the formless state or at the level of light energy or spirit. All depth flows go into the formless level or the vertical harmony flow.

Trinity Flow

There are three universal harmonizing flows which are on the formless and forming level: the main central, the left and right major vertical and the left and right diagonal. These flows keep us in harmony supplying vital life force energy to all other flows.

Main Central Flow

All other flows in the body receive energy from and give excess energy into the main central flow which is considered the source or ruling energy channel and is the most important of all flows. It represents the fire energy of the sun which is the masculine expanding principle of motion. It flows up the spine, over the head and down through the solar plexus, navel and pubic bone to begin again up the spine.

Directing the flows up the back and down the front is considered the most powerful way of replenishing the entire body energy.

This flow and the vertical harmony flow can be correlated with the conception vessel and governing vessel of the acupuncture system. The conception vessel influences the state of spiritual peace or unrest and the reproduction functions. The governing vessel of the acupuncture system influences the nervous stability or instability, helps to determine the individual's constitution by regulating the prenatal energy and affects the spine. The energy of the flow forms an oval or the number zero and is considered the First Commandment or cosmic source.

Major Vertical Flow

The major vertical flow separates and becomes the primary flow of the right and left side of the body. This energy pattern flows vertically up the center of the left and right sides of the back of the body and down the center of the left and right front side of the body. This flow represents the energy of the moon which is the passive feminine principle illuminating intelligence and wisdom. It is the air - metal energy or breath of life sustaining energy and activates the fire energy.

This flow supervises each side of the body, connecting and regulating all of the organ meridians. The major vertical flow adjusts and maintains the basic functions of the meridians by regulating the activities of the organs. It controls the nourishing energies, regulates the blood and interior body while also controlling the defense mechanisms, regulating resistance and the exterior regions of the body. This flow and the diagonal are born from the main central flow and are considered the second commandment.

The universal major vertical flows are designed to open all the energy points on the right and left sides of the body. They help a new practitioner to learn the points on the body and to recognize that the energy can be stimulated in a vertical pattern on one side of the body or the other. They are very powerful for changing a pattern of disharmony in the vertical flows

Diagonal Flow

The diagonal flow separates into a flow pattern in the body connecting the right hand and left foot or visa versa. It flows up the back and down the front from left side to right side, back and forth or from the right side to the left side. This flow keeps the major vertical flow in harmony with the main central flow. If it is not in balance, it will be the main cause for disharmony in the body energy circulation pattern.

This flow activates the main central and major vertical flow and represents the water energy which is the chemical river of life. It gives energy to the body functional flows and is the source of manifesting the form of the body. If this flow is not functioning properly, the order or disorder of the depth flows in the body appears.

The universal diagonal flows are designed to open all the energy points going from the right to the left side of the body and visa versa. They also help a new practitioner to learn the points on the body and to recognize that the energy can be stimulated in diagonal patterns on the body. When the diagonal flows are out of harmony, symptoms of the depths will begin to appear. They are very powerful for changing a pattern of disharmony in the diagonal meridians.

Fatigue Flow

The fatigue flow can be called up to eliminate the intermingling of the diagonal flow pattern with other flows. It activates all three of the trinity flows: main central, major vertical and diagonal. It is often called the trinity flow or "three-in-one" flow. It is especially good for strengthening weak pulses and for activating the immune system as well as alleviating fatigue and rundown conditions.

Spinal Nerve Flow

The spinal cord and its fluids feed the nervous system of the body as well as the brain stem. The spinal nerve flow is at the center of the back of the body and activates all meridians in the body. It directly affects all of the vertebra. All of the organ meridians cross the spinal process of the body. The Spinal Nerve flow can be used to harmonize numerous conditions which are out of balance.

As the organ meridians developed the left and right organ flow crosses at a corresponding vertebra. When there is a problem with a meridian that crosses the spine or when the organs are not functioning properly, the spinal nerve flow will stagnate, become stiff and harden within the vertebra at the points where the left and right meridians cross. Discomfort may occur as the ailment becomes more and more acute. The points on the spine where the left and right organ meridians cross begin to build and the area becomes very painful. As the energy becomes more and more stagnated and hardened, the condition becomes more and more acute. The meridian is then unable to continue to flow properly in its pathway.

The nerves, organs, their meridians and functions, and various other symptoms can be treated effectively from the spine. This can affect the primary meridians, point or muscle meridians or the organ meridians or all of them.

The spinal nerve flow correlates with the Main Central Flow and Vertical Harmony flows and is at the sixth depth level. It flows from the coccyx up the spine through the sacrum, the lumbar vertebra, thoracic vertebra, cervical vertebra, the base of the skull and into the brain.

Umbilicus Flow and Diaphragm Flow

The diaphragm and umbilicus flows have been included in this section because of their correlation with the total depth flows with which the main central, major vertical, minor diagonal and fatigue flows all correspond. These flows will be referenced again in the organ section of this book.

Both flows are at the formless and forming state and have a significance in the balance of the heaven and earth energies. They are not identifiable as specific organs but they do perform specific functions in the body. If the overall deep pulses are heavy, the umbilicus flow should be used to allow the energy to go up over the head. If the overall superficial pulses are heavy, the diaphragm flow should be used to allow the energy to go down. These flows are used for the waist-up and waist-down problems.

Leg Releases and Other Flows

I experienced several healing crises before the leg release was consistently used. After it was used consistently the energy stayed in the lower extremities of

my body. Subsequently I was more grounded and did not experience healing crises as frequently. I seldom give a treatment without the right and left leg release. This is extremely time consuming but very beneficial. A practitioner can move through the points quickly and still release the stagnant energy in the legs.

The "Benediction" is a way to close the treatment allowing the client to know the treatment is finished. It also helps the descending flows of the body.

Intermingling, Reversing or Deviation of Primary Flow Patterns

When the patterns of a flow deviates from its natural pathways it can become intermingled with other flows. This intermingling causes symptomatic conditions to occur. It is important to familiarize yourself with the problems that occur in order to determine the flows that have become intermingled and the flows necessary for correction. It may be difficult to get a clear indication from the pulses because of the intermingling problems. There are three "Alternate" flows which can be used over a prolonged course of treatment in the order of First Method of Correction, first treatment; Second Method of Correction, second treatment; and Third Method of Correction, third treatment. These methods are often utilized when there is problematic congestion in the chest such as colds, flu, asthma, emphysema, heart problems, etc.

Alternate Diagonal Flow - First Method of Correction

The alternate diagonal flow can be used when the minor flow intermingles with the fatigue flows to cause the following symptoms: lung congestion; shoulder tension; high fever; emotional stresses.

Alternate Major Vertical Flow - Second Method of Correction

The alternate major vertical flow may be used when the diagonal flow intermingles with the fatigue flow to cause the following symptoms: subnormal temperature, low fever; mucous, phlegm, throat tight or sore, coughing; elimination problems; shoulder tension; nose bleeds (hold closer to spine); bed wetting (hold closer to shoulder blade).

Alternate Main Central Flow - Third Method of Correction

The alternate main central flow may be used when the diagonal flows intermingle with the fatigue flows to cause the following symptoms: appetite imbalance; stagnation in stomach; abdominal tensions in pit of stomach; breathing problems; generally confused pulses.

Intermingling of Diagonal Flows With the Fatigue Flows

When the minor diagonal flow intermingles with the fatigue flow the energy flow cannot go through the areas where blockage occurs causing the flow pattern to reverse itself creating discomfort. The pulses should indicate a need for the minor diagonal flow with one or more of the following conditions. The minor diagonal flow should be the primary correction used for the condition which is occurring.

1. Pain and stagnation in the 3, 4, 11, and 12 with accompanying tense shoulders and coughing with phlegm. Respiratory problems with lung tension.

2. Knots appear in the 9's and l0's at the scapula.

3. Hip stiffens and is painful.

4. Bowel movements are a mixture of constipation and diarrhea.

5. Pit of the stomach is heavy and uncomfortable; occasionally feels hungry but can't hold food.

6. Fingers become crooked and congestion of the lungs begin.

7. Feet get cold from the instep to the toes.

8. Painful, feverish, throbbing area at the stomach on the waistline after 2:00 p.m. indicates the small intestine is also involved.

Common Ailments as a Result of the Intermingling and Deviation of the Major Vertical Flow

A common deviation of flows occurs when the major vertical flow intermingles with the minor diagonal flows. The common ailments flow may be applied to bring the flow patterns back into proper alignment. When this intermingling exists, the following symptoms may occur:

1. Headaches, ear problems, arm becomes painful, throbs and swells, toothaches, throat sore, swelling and become irritated.

2. **When #3 point is heavy or overloaded:** The lungs may swell and liquid effusion of the lungs may occur. There will be pain between the ribs and the chest will be painful as if prickled with needles.

3. **When #3 point is weak or deficient:** Pleurisy will occur without the liquid effusion.

4. **When #8 point is heavy or overloaded:** The chest becomes high and there is swelling below the gall bladder. The client may become nauseous.

5. **When #2 is heavy or overloaded:** The hips are painful making it difficult to get up or down. The area below the stomach is painful.

6. When the deviated flow increases, it causes rapidity of the spleen flow. There will be acute pain in the stomach. Females will develop a lower abdominal swelling.

7. When the deviated flow increases, it causes rapidity of the heart flow. The heart feels painful and there is a sense of the heart feeling full. Breathing becomes difficult and the underarm swells.

8. The client may perspire continually and suddenly become chilly. Pain in the knee may occur, outer ankle painful and joints of the hands may have discomfort.

Beeman (1977)

STAR OF THE UNIVERSE

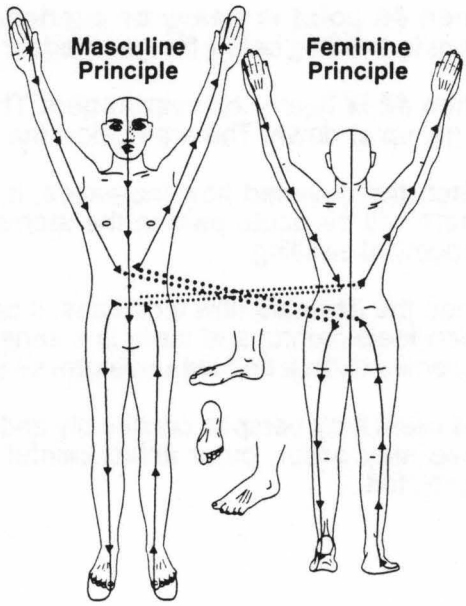
The five element theory recognizes the correlation's and functions of five elements and the organ correspondences. Another way of viewing the information as it relates to the body is to imagine a pictographic image of a six pointed star being superimposed over the body, with the tips pointing to the left and right hand and head, and the left and right foot. These points relate to the energy flow patterns which go with the main primary flows.

One part of the pattern is flowing from the solar plexus through the body to the back, up the right back side of the body, up the back of the right arm over the fingertips, and down the front of the right arm to the solar plexus, passing through the body at the solar plexus to the back of the body and down the back of the left leg over the toes and up the front of the leg, returning to the solar plexus where it begins again.

The opposite flow goes from the solar plexus down the front of the right leg over the toes, up the back of the leg to the center of the back, through the body at the solar plexus on the front of the body, up the front of the left side of the body and into the left arm, over the fingertips and down the back of the left arm, down the left side of the body, through the body returning to the solar plexus where it begins again. The stabilizing or centering support is the energy of the main central flow.

These flow patterns are combined in the body to form a star. When viewed in this way, each individual is the STAR of their own universe. The pattern of touch to activate the star are those which naturally occur in the body; the primary flows, points or muscle meridians and the organ meridians.

STAR OF THE UNIVERSE



Chapter 8

Point or Muscle Meridians, Depth and Other Flows

Point or Muscle Meridians

Each point on the body has a number and each number has a meridian and flow pattern of touch. These flow patterns give us the keys to unlock the mysteries of the body. Problems can occur in the areas where the energy points are located on the body. When an energy point is out of harmony, it will become tense, sore or act as a warning signal that something needs to be done. As the energy begins to accumulate at one of these areas, the body loses its flexibility, becomes stiff and conditions of discomfort appear. Problems at the points will affect the organs and the meridians associated with that section of the body.

The meridian patterns called "Energy Point Releases" can release the tension in a specific section of the body where the point is located as well as the opposing section on the front or on the back of the body. These flows affect the opposite side of the body - back to front and front to back. They are commonly referred to as energy girdles.

Each flow provides us the opportunity to grow and to have certain perspectives about life. Although each individual's energy patterns may differ as a result of different experiences in life, there are common experiences which people have. Everyone handles these life's lessons differently which gives meaning to our physical, mental, emotional, and spiritual aspects. Its thought that the points can be combined to express an experience, a thought, a personality and a feeling.

The organ flows relate to the five element theory and our emotions and personalities. The point releases support our personalities and give it structure and form. Our inherited genetic tendencies, our structure and early life experiences are expressed through the point meridians. We are able to connect with our roots and ancestral codes through these meridians. These flow patterns bring lessons we must learn, inherited tendencies or things we cannot ignore such as injuries, accidents, trauma or our process of aging. These flow patterns have a profound impact on the progression of our spirit.

The point releases are considered to be the muscle channels which nourish the muscles, tendons, connective tissue, fascia and skin. The muscle meridians form the bodies first line of defense or the Wei Qi or Protective energy. It's important to stimulate these meridians to avoid invasion of pernicious Qi into other meridians. They travel in the depressions between the muscle and tendons in the area where the point is located as well as along the meridian pathways.

These channels are broad areas, rather than narrow meridians such as the organ meridians. Muscle channels extend and flex the muscles and joints and assist in the skeletal function and movement of the extremities. The pathology associated with the point meridians is reflected in symptoms of impaired movement; pulled, strained, rigid or atrophied muscles, muscle cramps, etc.

All organ flows are harmonized through one of more of the energy point releases in the area where it is located. My experience has been that the organs cannot relax unless the energy point releases for that section of the body are given. When there is an energy block or tension in the connective tissue surrounding the organs, the organ and its meridian cannot function freely.

As the point releases are given, the energy begins to move through the connective tissue which allows more freedom of energy flow through the organs and their meridians in that area. A practitioner should first release the point meridian in the area of the organs s/he is aiming to affect similar to peeling the layers of an onion from the outside to the inside. After working the point meridian the practitioner can then work on the organ meridian to achieve maximum results.

The primary flow patterns are also dependent on the points on the meridian being open for the energy to flow through their channels freely. As a result, the energy point releases are a vital part of the total treatment for rebalancing the body. A practitioner would be remiss to eliminate them from treatment.

Depth Flows

As the body develops, there are several layers or depths which are recognized. The five depths are born from the primary flows at the sixth depth before the physical form came into existence. All depths go through all parts of the body, even the tongue. Each of these depths correlate with the organs, the points on the body, and the primary flows as well as, the age of a person when conditions of disharmony commonly appear. When the minor diagonal flow is not flowing properly, intermingling of flow patterns occur and conditions of the depth flows appear. When the intermingling gets established and remains uncorrected, it goes deeper and deeper into the body. Various symptoms appear at each of the depths. To establish what depth the person needs, listen to their daily complaints.

First Depth

The intermingling in the first depth affect the stomach and spleen or the earth element and the emotions correlating with this depth are worry, sympathy and obstinacies. The mouth and teeth are affected and conditions may occur at the surface of the skin on the flesh. These frequently appear during childhood, from 0 to 15 years of age but can occur at any age as the intermingling occurs.

Second Depth

The second depth affects the lungs and colon or metal element and the emotion correlating with this depth is grief and longing. The nose, hair and deep skin are affected. These conditions frequently appear during adolescence or from 16 through 30 years of age but can occur at any age as the intermingling occurs.

Third Depth

The third depth affects the gall bladder and liver or wood element and the emotions correlating with this depth are anger and depression. The ligaments, joints, connective tissue, muscles, and eyes are affected. These conditions frequently appear during the ages of 30 to 45 but can occur at any age depending on the intermingling.

Fourth Depth

The fourth depth affects the bladder and kidney and the emotion correlating with this depth is fear. The bones, muscle attachments and ears are affected. The conditions frequently appearing with this depth commonly occur during the ages of 46 to 60.

Fifth Depth

The fifth depth affects the heart and small intestine and the emotions correlating with this depth are pretense, cruelty and sorrow. The blood and arteries are affected by this level. The conditions frequently appearing with this depth commonly occur during all of the preceding ages. The fifth depth flow is all other depth flows combined in reverse order; fourth depth flow, third depth flow, second depth flow and first depth flow.

Sixth Depth or Total Depth

The sixth depth affects the primary flows in the body and affects a person's vital life force energy. If one of these flows stops, the person may lose consciousness. If both stop, the situation is critical. These conditions frequently occur during the ages of 60 and over.

The depth flows start on the body at the number 1 point at the knee area and goes down the feet and up the back of the body, over the head and back to the number 1 point where it goes deeper into the body. Each time the cycle returns to the number 1 point, it goes deeper into the body to another depth level until it enters the sixth or total depth, then it begins again at the first depth flow.

Although the points on the body are on all levels of the body they correlate with the different depths in the body. The numbers on the first depth level begin with the number 1 and go through the number 4, then as it passes the number 1 point, it goes to the second depth level from the number 5 point through the

number 15 point, then it goes deeper as it passes the number 1 point to the third depth level, from the number 16 point through the number 22 point, passing the number 1 point again and goes deeper to the fourth depth level through the number 23 point, passing the number 1 point to the fifth depth level from the number 24 point through the number 26 point, passing the number 1 point to the sixth depth level where it circulates through the primary flows and begins again at the number 1 point at the first depth level.

Special Body Flows

There are several flow patterns which have special functions in the body which correlates with the depth flows. They can be used at any time when the conditions are present in the body.

Special Body Flow Number 1

This special body flow starts at the outer shoulder and affects the digestive functions of the body. It correlates with the first depth flow.

Special Body Flow Number 2

The special body flow number 2 starts at the outer heel and affects the breathing functions of the body. It correlates with the second depth flow.

Special Body Flow Number 3

The special body flow number 3 starts at the inner ankle at the number 5 point and affects the blood level of the body. It correlates with the third depth flow.

Special Body Flow Number 4

The special body flow number 4 starts at the center of the back and affects the muscular, skeletal parts of the body. This flow correlates with the fourth depth flow.

Special Body Flow Number 5

The special body flow number 5 starts at the big toe and affects the joints. Stagnation and hardening of the joints may occur from the intermingling of the fatigue flow with the 12 body-function energy flows. As a result the energy cannot circulate freely through the joints. This flow correlates with the fifth depth flow.

Common Flows

There are several conditions which emerge and are common to all people. As a result there are several patterns of touch which will eliminate and harmonize these conditions.

Breathing Flow

The breathing flow helps all conditions relating to congestion of the chest which includes lung congestion and heart congestion. This flow also aids digestion. Frequently the #10 is blocked or stagnated to cause the difficulty experienced.

Common Ailments Flow

There is an ascending flow pattern which relieves tensions on the back of the body and a descending flow pattern which relieves tensions commonly felt on the front of the body. This can be used daily to assist the energy to flow in its proper pathways.

Consciousness Flow

This flow may be used when a person has lost consciousness or when they are experiencing confusion. It helps to improve awareness.

Dizziness Flow

Use this flow pattern when the condition is hard to diagnose (often due to intermingling of the diagonal flow. This is good for equilibrium. Frequently the #10 is blocked or stagnated to cause the difficulty experienced.

Eye Release

This flow relieves all eye conditions including those caused by organ meridian problems. Frequently the #10 or #14 is blocked or stagnated to cause the difficulty experienced.

Hip Pain (Sciatica)

Use this flow to relieve the most severe pain caused by problems with the hip or sciatica nerve. A note of caution is that the pain may increase when it starts to release.

Leg Pain (Back)

This flow may be used when there is pain in the back of the leg often caused by overuse of the opposite arm. This flow is good for athletes.

Movement of Illnesses

As the energy circulates throughout the body from the skin surface to the bones and back, it may stagnate, reverse itself, or change its course. When this happens discomfort may appear in the body and travel from one place to the other in the body. This movement may take place very quickly or develop over a period of years. Many people who experience this condition are unfairly called hypochondriacs.

Special Balancing

This flow relieves upper back tension and general anxiety. This flow is excellent for non-believers. This flow helps to relieve the bladder meridian.

Upper Back Release

This flow also relieves the upper back tension and general anxiety. It can be used to initiate all treatments. This flow helps to relieve the bladder meridian.

Compressed Oxygen and Liquefied Grain Function Energy

The breath or air comes into the body through the nostrils, goes over the head and down into the cervical vertebra to the third thoracic vertebra (center #10) through the trachea into the lung. Breathing becomes compressed by the liver flow. This is called the compressed oxygen function energy. It then flows out to the seventh thoracic vertebra (center #9) and descends to the buttocks down the thigh, knee, ankle, sole of foot to the tip of the middle toe and combines with the liquefied grain function energy.

Food is taken in through the mouth and is digested in the stomach where the liver and pancreatic digestive juices combine and flow into the small intestine, then into the large intestines where the liquid is absorbed by the intestinal walls and is sent to the kidneys where the nutrients and liquids separate. The liquid becomes urine and the nutrients go to the spleen as liquefied grain energy. The spleen energy and the energy of the nutrients from the liquefied grain energy combine and descend through the abdomen to the thigh, knee, ankle, instep, around the tip of the middle toe and combines or intermingles with the compressed oxygen energy.

This combined energy ascends from the center of the sole of the foot, up the leg, into the fourth lumbar vertebra (center #23) to the umbilicus and divides into two meridians. One portion goes to the compressed oxygen energy flow and systematically intermingles with each of the twelve organ flows. The other portion ascends through the center of the abdomen through the chest, throat and up to the top of the head where it intermingles with the all combined flow.

The compressed oxygen function energy begins at a point about one inch below the umbilicus and the liquefied grain function energy ends at the same point where they meet. The liquefied grain function energy begins at the third front rib and the compressed oxygen function energy ends at the same point where they again meet. The umbilicus and the kidney energy controls the circulation patterns of the liquefied grain and compressed oxygen function energy. If there is any imbalance between the two energies, a struggle will take place between the two in the stomach.

Adapted from Text 2, Mary Burmeister

Diet

Most illness of the flesh can be traced to a person's thinking. For instance, a person who drinks heavily may not believe there's anything wrong with it until they discover they are allergic to alcohol. If they want to feel good and be healthy they must quit drinking. As they change their way of thinking, the desire to drink will diminish and the desire to be healthy will increase. If you perfect your thoughts and philosophy, the natural tendency for the food you need will emerge. Do not eat things different from your philosophy. Health is the result of inner wisdom.

Bleeding Conditions

When the blood becomes stagnated or cannot circulate properly various problems will occur. The treatment for the conditions will vary according to where the blockage is located in the body.

Cuts

Place left hand over the right hand and the right hand on the area that is bleeding. Hold for 20 to 30 minutes. To cause something to come to a head such as a boil or pimple and to pull a splinter out reverse the hands.

Bloody Bowel Movements - 15, 25 or 2 Release

Constipation can cause blood in the stool as a result of releasing stagnated fermented food and blood substances from congested areas in the intestinal tract. The intestinal walls become irritated if there is also a condition of diarrhea. This can cause congested blood to be released. There can also be congestion in the kidney artery to cause blood in the stool. Use the #15, 25 or 2 release for this condition.

Blood in Lungs - 3, 15, 23/25, 10, 9, 2 Release

The lungs will become congested when the stomach is full and the area around the scapula and upper chest become stagnate. The blood can be released into the bronchial area from the back when the fatigue flow cannot descend to the abdominal area. Use the #3, #15, #23/25, #10, #9, #2 or the bladder and kidney flows for this condition.

Hemorrhoids - 8 Release

When the energy going into the legs is not flowing properly the weaker side cannot function and may cause hemorrhoids. Use the #8 and #16, for this condition or hold the left #8 and opposite rectum and visa versa or same side #2 and hemorrhoid.

Menstruation - 15 Release

The reproductive organ tube opens and blood flows out when the right and left energy is in balance. If the energy is not flowing properly, the sluggish side reverses and abdominal pain or discomfort occurs. Use the #15 and 13 release for this condition.

Nose Bleeds - 4 Release

Nose bleeds occur when blood gathers in the muscle close to the spine and flows over the head toward the chest then stops. Use the #4 release to relieve this condition.

Ovarian Bleeding - 2, 15 Release

When the energy which should flow into the legs intermingles with the energy of the buttocks, the ovaries can be affected and ovarian bleeding can occur. Use the #15 release for this condition and hold pubis and coccyx.

Ulcers - Right hand over left hand

Whenever any internal bleeding or ulcers occur, there is irritation of that area. Place the right hand over the left hand and place them over the internal bleeding or irritated area.

Vomiting Blood - 11/12, 3 Release

When food becomes stagnate in the stomach, the lining becomes irritated which causes the food and blood to be expelled by vomiting. Use the #11/12, #3 release for this condition.

Chapter 9

Organs and Their Meridians

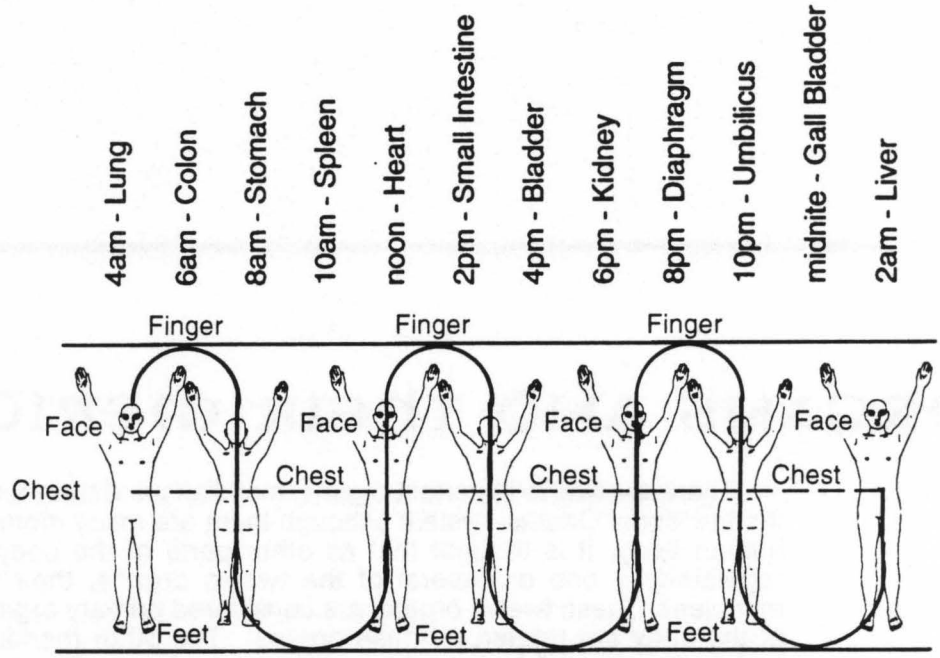
There are twelve important organs, meridians and body functions recognized in the traditional Oriental system although there are many more parts making up the human body. It is thought that all other parts of the body are controlled and regulated by one or several of the twelve organs, their functions, and their meridians. These twelve organs are considered primary organs and all conditions of the body are related to these organs. The other meridians of the body are frequently referred to as extra ordinary meridians. The twelve pairs of organ meridians associated with the primary organs make a total of twenty-four organ meridians.

The organ meridians and flows come into existence from the trinity flows: or the Main Central, Major Vertical and Diagonal meridians. When the twelve organ flows are in balance with the trinity flows there is perfect harmony of the body internally and externally. Disharmony may occur as a result of hereditary characteristics, environmental conditions, weather conditions, mental and emotional anxieties, accidents, illness, food intake, work stress and numerous other conditions. As a result, the energy flows can become stagnated, intermingled, reversed or deviated in some way. When disharmony occurs every effort should be made to find the cause. The condition can be measured by the five attitudes: worry, grief, anger, fear and pretense. The five attitudes and the organs all correlate with the depth flows in the body as well as the five element theory.

The organ flows, primary flows and the muscle flows combine to develop the physical form of the body as well as consciousness, voice and energy. The formation of the organ meridians is thought to follow the law of embryology and comparative anatomy. First there is an outside, then an inside and finally a middle. The first four organ meridians assist in forming and refining the outside or surface of the body; the second four form the inside or deepest portion of the body; and the last four form the middle of the body.

If you can visualize a person with their hands held over their head, you would recognize that energy flow patterns flow in a wave. The chart of the "Cycles of Organ Energy Flows" can be referred to for this flow pattern.

Cycles of the Organ Energy Flows



The meridian of the lung starts at the chest and flows to the thumb and index finger; the meridian of the large intestine starts at the finger and flows to the face; the meridian of the stomach starts at the face and flows to the feet; the meridian of the spleen starts at the feet and flows to the chest; the meridian of the heart starts at the chest and flows to the little finger; the meridian of the small intestine starts at the little finger and flows to the face; the meridian of the bladder starts at the face and flows to the feet; the meridian of the kidney starts at the feet and flows to the chest; the meridian of the diaphragm starts at the chest and flows to the middle and ring fingers; the meridian of the umbilicus starts at the ring fingers and flows to the face; the meridian of the gall bladder starts at the face and flows to the feet; the meridian of the liver starts at the feet and flows to the chest to start the cycle of energy flowing into the lung again.

Lungs

The lungs are two porous and spongy organs which are located in the lateral chambers of the thoracic cavity. The right lung is larger and broader than the left and is made up of three lobes. It is shorter than the left because the liver is next to it. The left lung is longer, narrower and smaller than the right and consists of two lobes. The position of the heart in the chest cavity affects the shape of the left lung. The lung is the last organ to develop in the womb and is the most yin organ. It can be controlled by our will while all other organs are regulated by the autonomic nervous system.

The lungs have a direct connection with the environment and are the organs which are most affected by the environment. The air is fed to the blood through the lungs as a result of the intake of oxygen. Fatigue is often caused by oxygen deficiency in the cells. External respiration takes place in the lungs when the oxygen is diffused from the air sacs to the blood. Internal respiration occurs when the oxygen passes from the blood to the tissue cells.

The functional lung meridian energy flow starts at the lower chest or stomach area from the liver meridian and flows through its primary cycle for a two-hour period from 4 a.m. to 6 a.m. The lung flow intermingles with the life force energy from digested food enzymes with a portion going to the large intestine on the external surface while the main part is distributed through the diaphragm and into the lung.

The energy is distributed throughout the lungs and accumulates in the trachea where it flows from the front of the body under the arm, up the outside of the arm through the elbow. The energy travels down the arm and splits into two meridians about five inches above the wrist. The first meridian helps to create and define the thumb and circulates the inside of the thumbnail. The other portion of the meridian goes to the index fingernail where it becomes the large intestine flow.

Large Intestine (Colon)

The purpose of the large intestine or colon is to complete the absorption of nutrients from food matter to destroy the texture of the food matter by bacterial action, to reabsorb water and to solidify and store feces until elimination. The large intestine is a continuous tube much wider than the small intestine and is about five feet in length. It is subdivided into three main parts: the ascending colon, the transverse colon and the descending colon. The ascending colon and transverse colon are digestive areas where food is still liquid, while the descending colon is a storage area. Some absorption and digestion occurs in the ascending and transverse colon while storage and elimination occurs in the descending colon. The four parts of the colon are the cecum, the colon, the rectum and the anal canal.

The functional large intestine energy meridian starts at the index finger from the lung meridian flowing through its primary cycle for a two-hour period from 6 a.m. to 8 a.m. It flows from the index finger down the back of the arm through the shoulder and into the first thoracic vertebra where energy of the left and right meridians meet and intermingle.

The right meridian goes around the left side of the neck down into the left chest and back up into the breast where one portion is distributed to the left lung, diaphragm and umbilicus or navel making a semi-circle and dissipates into the left external surface of the large intestine. The second portion goes from the left breast up into the throat and penetrates the bottom gums. This goes around the left side of the face and from a point between the upper lip and bottom of the nose, goes into the right cheek bone.

The left meridian goes around the right side of the neck descending into the right chest, then back up to the right breast and spits into two meridians opposite to the right flow above.

Stomach

The stomach is in the upper part of the abdominal cavity just below the diaphragm. It is the first organ of the digestive process as it receives food

immediately after swallowing. The structural folds and musculature enables it to change sizes to accommodate food. As the food leaves, the walls partially collapse and the organ reduces in size. It acts as a reservoir to store food until the food can be assimilated in the small intestine. The contractions of the stomach serve a two-fold purpose: churning and breaking down food into smaller pieces and thorough mixing of food with gastric juices such as hydrochloric acid.

The functional stomach energy meridian starts at the cheek bone in the face from the large intestine meridian and flows through its primary cycle for a two-hour period from 8 a.m. to 10 a.m. It travels from the cheek bone ascending to the third eye between the eyebrows, goes to the beneath the opposite eye, and down to the jaw bone ascending to the front of the opposite ear just above the eyebrow line. It separates into two meridians; one flows directly into the stomach, umbilicus or navel through the inner side of the opposite thigh, to the outer side of the knees and from the stomach into the spleen, and left kidney and in the opposite direction into the gall bladder, and right kidney where both flow into the twelfth thoracic vertebra and scatters.

Another meridian descends from the acromion into the abdomen, about one inch from the sides of the umbilicus and flows into the groin where it intermingles with the flows from the umbilicus. This descends the inner side of the thighs to about three inches above the knees and flows diagonally through the knees to join the other meridians. One part descends along the outer side of the leg into the middle toe and the other descends into the top of the instep, and separates into three parts: one into the middle toe, one into the index toe and one into the outer side of the big toe.

Spleen

The spleen/pancreas is one organ in the Oriental system. The spleen is a lymph gland located under the lower left side of the rib cage. It is one of the last organs involved in the formation of the red globules and is the regulator of the red blood cells. It can store and destroy blood and is part of the immunological system producing antibodies in the body.

The pancreas is an organ which lies behind the stomach attached to the duodenum with its tail touching the spleen. It is known as the compound gland which empties its juices into the small intestine through the common duct. The pancreatic juices contain three essential digestion enzymes: trypsin, amylase and lipase. Serious digestive and malabsorptive problems may occur when the pancreas is not functioning correctly.

The spleen-function energy flow starts at the big toe from the stomach meridian and goes through its two-hour primary cycle from 10 a.m. to 12 p.m. It flows up the side of the big toenail toward the inner ankle and through the heel up the leg along the fibula, past the back of the knee, to the groin, to the ninth rib area where it separates into two meridians. The first part goes toward the underarm and descends to the seventh rib, ascends to the throat and scatters at the root of the tongue. The other circulates the outer surface of the stomach and ascends to the center of the chest into the heart.

Heart

The heart is responsible for regulating the circulation of blood in the body. It is the strongest muscle in the body and is considered the most yang organ of the body. It is located in the center of the chest cavity between the lungs and above

the diaphragm and it is the size of a clenched fist. A muscular partition divides the heart into two sides. The right side of the heart is the receiving chamber for the blood returning from the veins of the body and pumps blood through the lungs. The left side is much stronger than the right and is the distributing chamber containing the blood that has been oxygenated and is ready to be pumped to all cells of the entire system. Each side is subdivided into two cavities, the upper and lower portions. The upper portion or atris walls are thinner and pump a short distance into the lungs. The lower portion or ventricles are structured with thick muscular walls for ejecting blood into the circulatory system. The circulatory system functions through three phases: a period of contraction, a period of dilation and a period of rest.

The heart-function energy flow starts at the chest in the heart from the spleen meridian and goes through its primary function for a two-hour period from 12 noon to 2 p.m. The heart function energy flows out of four exits of the heart into five areas: one flows into the third thoracic vertebra and out to the chest. The second flows through the underarm to the back, into the seventh thoracic vertebra where the left meridian flows into the right kidney and the right flows into the left kidney. The third descends from the lower exit of the heart through the diaphragm and about one inch above the umbilicus into the small intestine. The fourth flows from the third front rib and ascends through the eyes into the brain, and the fifth ascends the chest, the left flow goes into the left lung and the right flow goes into the right lung; circulating through the trachea into the underarm, up the front of the arm through the elbow into the inner side of the little finger into the fingernail.

Small Intestine

After the stomach has completed its digestive work, the food enters the small intestine through the pyloric valve. It is divided into three portions: the ten-inch duodenum which is attached to the lower end of the stomach and resembles the letter "C", the eight foot jejunum, and the twelve-foot ileum which joins the large intestine at a right angle. The ileo-cecal valve is at this junction and acts to prevent the return of material from the large intestine. The greatest amount of digestion and absorption occurs in the small intestine.

The small intestine-function energy flow starts from the little finger from the heart meridian and flows through its two-hour primary cycle from 2 p.m. to 4 p.m. It goes down the outside of the little finger to the outside of the elbow going through the shoulder into the back. At the first thoracic vertebra, the left and right energy flows cross and intermingle. The right flow goes around the left side of the neck descending into the joint of the arm and splits into two meridians: one meridian enters the breast and the heart in a diagonal pattern, then into the stomach and dissipates. One part of the second meridian goes diagonally into the forehead above the center of the eyebrow, the other parts goes into the cheek bone and into the eye and ear. The left flow goes around the right side of the neck down into the joint of the right arm and divides into two portions. This flow pattern is the opposite to the flow above.

Bladder

The bladder is a strong, hollow, muscular organ situated in the pelvic cavity just above and behind the hip bone's front joint or pubic bone. The elasticity of its muscular walls and presence of layers of longitudinal muscle folds gives the bladder the capability of great dispensability. It collects and stores liquid from the kidneys and serves as a reservoir for urine before it is expelled from the body, and in addition, plays a part in urine elimination.

The bladder energy flow begins at the face from the small intestine meridian and flows through its primary cycle from 4 p.m. to 6 p.m. It flows diagonally to the middle on the top of the head where the right and left meridians cross and intermingle, then divide into two meridians. One meridian goes into the brain and divides into two more portions as it resurfaces. One of those goes close to the spinal column about one inch out, then down to the coccyx, into the bladder then upward and divides again. One section goes into the kidney, then back down into the bladder and back up. The second portion follows the hip bone and resurfaces at the side of the coccyx to the back of the rectum and down the back of the knee which intermingles with the other bladder meridian. The other meridian flows into the ear lobe and dissipates.

The second meridian from the brain divides and flows into the back of the shoulders in two meridians. One goes down the spinal column about one and one-half inches out to the ischial tuberosity. The other meridian goes down the back about three inches from the spine to the ischial tuberosity where it intermingles with the meridian above which flows into the back of the knee. Both flows go into the back of leg and into the side of the ankle to the outside of the little toe where it goes to the bottom of the foot and connects with the Kidney meridian.

Kidney

The kidneys perform the function of the formation and excretion of urine in the body. They filter the blood toxins and wastes and convert the waste products to urine, as well as, adjust the amount of water and mineral salts in the body. They are the host for the adrenals and they return the useful liquids such as hormones to the blood stream. The Oriental theory says they control the sexual function and govern the sexual organs. They also affect the condition of the bones and if they are not able to filter the waste effectively, the waste goes to the skin in an attempt to escape. The kidneys are organs about the size of the ears and are located on the back wall of the abdominal cavity - one on each side of the spinal column. The right kidney is slightly lower than the left due to the large space occupied by the liver.

The kidney-function energy flow begins on the outer side of the little toe from the bladder meridian and flows through its primary cycle from 6 p.m. to 8 p.m. It flows diagonally across the sole of the foot under the inner heel, up the inner leg and from the groin to the rectum. It crosses to the opposite side of the coccyx, to the reproductive organs. It then follows the pubic bone into the lower abdomen, to the umbilicus where the left flow goes into the right kidney and the right flow goes into the left kidney.

From the kidney it goes down into the bladder then up into the liver, into the pylorus, to the lung and divides into two meridians: one meridian goes up through the throat and dissipates at the root of the tongue. The other meridian goes up the side of the nose, into the forehead, and down the back of the head along the vertebra to the coccyx about one half inch from the spinal column and resurfaces at the front of the groin where it dissipates. The second part flows from the third front rib into the heart and from the lower part of the heart, into the diaphragm.

Diaphragm-Pericardium or Circulation/Sex

The diaphragm does not have an organ structure in the Oriental system, but is a function. It is associated with the muscle of the diaphragm and the pericardium which is the muscle of the heart and is considered the protector of the heart. The pericardium takes bumps, bruises and trauma at the heart area and acts as a buffer. It is thought to regulate the circulation of the blood, the supply of blood and the sexual organs, their secretions and their functions.. The vital energy for the total being is ruled by the diaphragm and it regulates the whole body's circulation of energy. It is the official of the center that guides its subjects in their joy and pleasure.

The kidney meridian becomes the diaphragm-function energy flow in the chest or diaphragm at 8 p.m. and flows through its primary cycle for a two-hour period until 10 p.m. The meridian goes from the diaphragm into the heart, into the third rib and divides into two meridians. One portion of the meridian goes down and penetrates through the stomach to about one inch below the navel or umbilicus where it dissipates into the small intestine. The other portion resurfaces from the third rib to the chest at the side of the breasts, to the underarm. It then goes up the front of the arm to the elbow, at the center, to the middle of the palm where it divides into two meridians. One meridian goes to the tip of the middle finger and the other goes to the ring finger where it becomes the Umbilicus meridian at the nail.

Umbilicus-Triple Warmer

The umbilicus does not have an organ structure in the Oriental system but is a function. It guards all of the organs and controls the heat in the body, as well as, the heating system of the body. It regulates and affects the function of the thyroid gland. It gathers and regulates the energy of the respiratory, digestive and eliminative systems of the body. The umbilicus extracts the energy from the burning of oxygen, changing food into calories and the sexual fire. It works in cooperation with the organs of the lungs, small intestine, kidneys, diaphragm and the heart.

The umbilicus function energy flow starts at the outside ring finger at 10 p.m. and goes through its primary function until 12 midnight from the diaphragm flow. The meridian goes down the back of the wrist, elbow, into the bony structure of the shoulder and joint of the arm. It moves to the third front rib in the center of the chest between the breasts. One portion dissipates into the third rib then flows through the 5th rib and into the heart and divides into two meridian. The left meridian penetrates the stomach and the pancreas. The right meridian penetrates the gall bladder and the stomach. One meridian goes into the shoulder and penetrates the neck. The meridian flows past the first thoracic vertebra into the opposite side of the face where it divides into two portions about two inches from the ear. One portion of the meridian goes from the back of the ear, into the ear and out to the middle of the lower eyelid. The other portion of the meridian goes from the back of the ear diagonally through the head and resurfaces on the inner edge of the eye, into the back of the head at the occiput where the left and right flows intermingle.

Gall Bladder

The gall bladder is a three to four inch organ which receives the gall or bile from the liver and lies just below the liver at the base of the ribs. The lining of the gall bladder has circular, muscular folds which expand and contract like the stomach. The gall bladder concentrates and stores the bile from the liver until it contracts and expels the bile into the duodenum. Bile is necessary to aid in the digestion of acidic foods.

The umbilicus flow becomes the gall-bladder function energy flow at 12 midnight and continues through its primary cycle until 2 a.m. It begins at the middle of the eyelid and divides into two meridians: one meridian penetrates the cheek, then flows up to the eyebrow and making a semi-circle at the back of the ear to the bottom of the ear. It turns to the back of the head, circulating in a semi-circle to the forehead and makes a semi-circle for the third time, then divides into two portions at the back of the head.

One portion goes to the front of the shoulder and joint of the arm. The other portion goes from the first thoracic vertebra diagonally into the joint at the back of the shoulder. It goes down to the acromion, to the chest, crossing the other meridian and intermingles, then divides into the stomach and umbilicus then dissipates. The second meridian goes down from the cheek to the front of the shoulder through the fourth rib and intermingles at the seventh rib with the flow above. The spleen and pancreas receive the energy from the right meridian then it flows to the fourth lumbar. The left meridian goes into the liver and gall bladder and to the fourth lumbar.

Both of these continue to flow into the abdomen, circulates the pelvis and resurfaces on the side of the rectum, to the opposite buttock, and goes down the outside of the leg into the outer ankle. One portion divides into the top of the foot and goes to the fourth toe (ring) and the other flows diagonally across the top of the foot to the big toe at the nail.

Liver

The liver is the largest gland in the body. It is located in the right abdominal cavity below the right ribs and can extend to the left side of the body. It is firmly connected to the diaphragm and the front abdominal walls by five ligaments. There are five sets of hepatic (liver) vessels; branches of the portal tube which carries blood from the stomach, spleen/pancreas and intestines; bile ducts; branches of the hepatic artery; hepatic veins and the lymphatics.

The liver has four main lobes. Through this complex system of vessels and cells the blood from the portal system empties into the liver, where powerful lobule units purify it, remove needed manufacturing materials and return the clean blood to the heart for distribution throughout the body. It maintains and regulates water balance in the body. It is often compared to a chemical laboratory, a storage plant and a waste disposal plant. It controls the metabolic functions and processes, maintaining the blood glucose levels, breaks down fats, regulates the blood proteins, blood clotting, storage of vitamins and detoxifies.

The liver function energy flow starts at the big toe from the gall bladder meridian at 2 a.m. and goes through its primary function until 4 a.m. The meridian goes up from the big toe on the inside of the foot through the inner ankle up the

inside of the leg through the groin into the pubic area. At that time the left and right meridians cross to the opposite side of the body.

The right meridian goes up the left side of the abdomen to the left side of the stomach and flows into the pancreas. The left meridian goes up the right side of the abdomen and flows into the right side of the stomach and into the gall bladder. Both meridians go through the diaphragm and divide into three meridians. One meridian goes into the throat on the opposite side, into the back of the eye, through the head, and becomes the cerebrum flow. This meridian then flows down the back of the head into the esophagus, and dissipates on the outside of the stomach. The second portion of the meridian goes into the first rib around to the opposite underarm, dissipates and flows into the pleura. The third portion goes into the lung meridian to begin the twenty four hour cycle again.

Intermingling, Reversing or Deviation of Organ Meridians

Descending Flows Intermingling

When the left and right descending or superficial flows of the organ meridians; the large intestine, small intestine, bladder, umbilicus, gall bladder or stomach intermingle they reverse direction. When this happens, the kidney meridian separates and overflows and causes a prickly sensation and problems from the ankle to the back of the head, arms, shoulders, and face. This is often caused by heavy physical work. The first and fourth depth and superficial flows are affected. The sixth depth flows helps this condition. The point releases which can be used to relieve these conditions are the #10, #13, #14, or #15.

Ascending Flows Intermingling

When the left and right ascending or deep flows of the organ meridians; the lungs, spleen, heart, kidney, diaphragm or liver intermingle they reverse direction. When this happens, there is swelling and festering on the front or back of the body. There is pressure at the throat which causes it to contract. The voice may be lost as a result. The second and fifth depths and deep pulses flows are affected. The sixth depth flows helps this condition. The point releases which can be used to relieve these conditions are the #10, #9, or #2.

Bladder and Kidney Meridians Intermingling

When something happens to cause the kidney and bladder meridians to intermingle, the normal patterns will deviate from their path and cause the energy to move horizontally. If the kidney meridian energy is stronger, there will be discomfort at the seventh thoracic vertebra. Water, blood or gas will begin to accumulate at the pit of the stomach as if a container is provided and there will be pressure between the abdomen and back. If the bladder meridian energy is stronger, there will be discomfort at the second lumbar vertebra. This may cause vomiting, tasting acidic, bitter, sweet, salty, or no taste. When the problem is not reversed it can become acute and there may be vomiting of blood, chocolate colored substance or excrement. This affects the fourth depth. The point releases which can be used to relieve these conditions are the #23/25.

Kidney Meridian Separates and Overflows

The kidney meridian can separate and overflow as a result of large quantities of meat and animal products being consumed. When this happens it goes into

the energy of the blood which causes pressure at the pelvis, discomfort in the upper chest, facial problems and festering or breaking out. It disturbs the Compressed Oxygen Energy which causes problems on the front of the body, neuralgia in the lower abdomen, pain in the ribs, and nausea. This affects the fourth depth and reverses itself into the third depth. The point releases which can be used to relieve these conditions are the #11/12, #9, #14, #15, #23/25 and diaphragm flow.

Gall Bladder Meridian Intermingling

The gall bladder meridian can become intermingled with one or more of the twelve organ meridians causing pain, fever, chills, paralysis of the arm, heart pressure and throat contraction. This starts at the #8 and ascends to the seventh thoracic vertebra which may cause paralysis of the right arm. It can travel on up to the fourth thoracic vertebra and dissipate. If it is intermingled with the kidney meridian, chills may develop on the back of the body and fever may develop on the front. When it intermingles at the head, there may be a stroke or problems with the brain. Paralysis may occur on one side of the body. When there is intermingling at the heart, insanity may occur. This affects the third and sixth depths. The main central flow or trinity flow may be used along with the #24/26 release. After these flows are given, the cause of the condition may begin to appear on the pulses.

All Combined Flows

Seventeen body function energy meridians circulate up and down throughout the body to develop the physical form and the consciousness of an individual. The intermingling of the body and mind creates the uniqueness of each individual. These seventeen flows are the lung and large intestine, and the stomach and spleen, which are at the surface of the body and correlate with the first and second depth. The heart and small intestine, and bladder and kidney, are deep in the body and correlate with the fourth and fifth depth. The diaphragm and umbilicus, and the liver and gall bladder are at the middle of the body and correlate with the third and sixth depth of the body. The remaining five energy flows are the descending and ascending body intermingling flow, the kidney and bladder intermingling flow, the kidney separating and overflowing flow, the gall bladder intermingling flow and the vertical harmony flow.

The seventeen body-function energy flows ascend and descend the body and come together at the center of the head (below the crown) and at the umbilicus in the all combined function energy flow. As these meridians circulate through the head and umbilicus the meridians below develop in the body.

Skin Surface Ascending Flow

The skin surface-ascending flow starts from inside the umbilicus from part of the energy of the all combined flow. It circulates from the umbilicus through the skin and warms the body. It is the center of the length and width of the body and it correlates with the first depth flow.

Deep Skin Descending Flow

A part of the all combined energy flow becomes the deep skin descending energy flow at the top of the head and descends through the skin. It circulates from the head through the skin and cools the body.

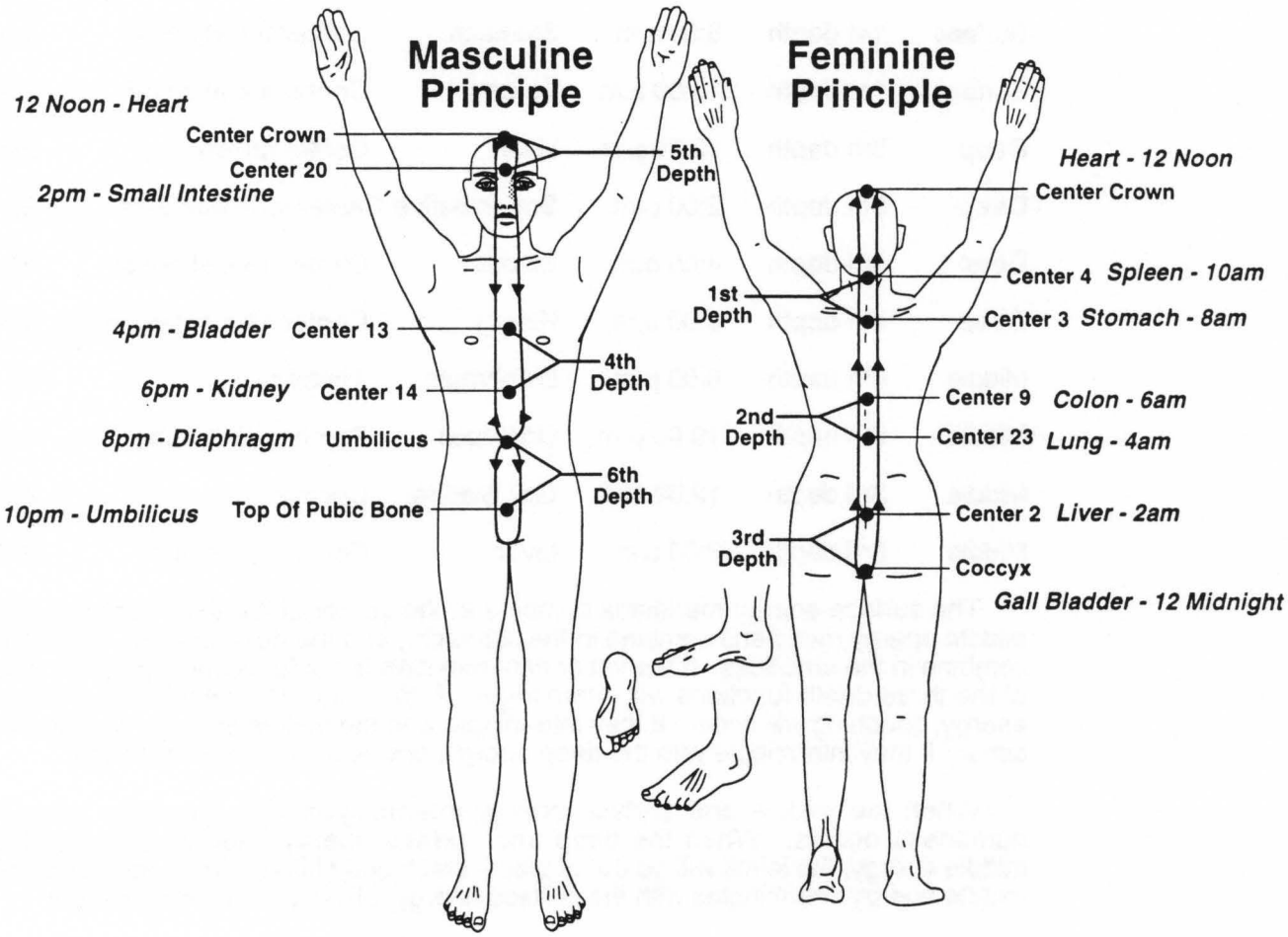
Diagonal Muscle-Function Energy Flow

The diagonal muscle energy flow starts at the number 8 point and winds around the body. It affects the proper function of the kidney and bladder, the chemistry balance of the body and the regenerative system. This flow correlates with the fourth depth flow.

Chest-Back Expanding and Contracting-Function Energy Flow

The chest-back expanding and contracting energy gathers at the pit of the stomach and flows into the left and right major vertical flow. It affects the heart, the motor nerves, and skeletal system. This flow correlates with the fifth depth flow. From the all combined flow it emerges at the base of the head through the neck at the throat, flows down the center of the chest, as well as, both sides, around the feet and ascends the back of the body, crossing to the opposite side at the center of the back of the head, over the head and down to the beginning.

All Combined Flow



Disharmony according to age, time and location

The left hand controls the heart or hot, fire energy and the right hand controls the kidneys or the cold, water energy. There is a constant battle between the kidney and heart as they struggle for control. If one overpowers the other, problems in the energy will become more and more critical. As the twelve (12) organ flows reach their time of predominance their effect is felt at a specific location on the midline of the body along the meridian. If the left and right energy meridians are in harmony, the surface middle and deep meridians will combine in the Main Central and Vertical Harmony meridians.

Disharmonies may appear in the body which corresponds with a certain age of a person and a time of day. These conditions should be taken care of immediately as the results may be critical and cause prolonged illness. The areas of discomfort will appear on the main central and vertical harmony meridians.

Level	Depths	Hour	Organ	Location of Pain	Age
Surface	2nd depth	4:00 a.m.	Lungs	Center 23's at spine	9-10
Surface	2nd depth	6:00 a.m.	Colon	Center 9's at spine	11-13
Surface	1st depth	8:00 a.m.	Stomach	Center 3's at spine	14-16
Surface	1st depth	10:00 a.m.	Spleen	Center 4's at spine	17-24
Deep	5th depth	12:00 p.m.	Heart	Center crown	25-32
Deep	5th depth	2:00 p.m.	Sm. Intestine	Center forehead 20's	33-40
Deep	4th depth	4:00 p.m.	Bladder	Center 13's at chest	41-48
Deep	4th depth	6:00 p.m.	Kidney	Center 14's solar plexus	49-56
Middle	6th depth	8:00 p.m.	Diaphragm	Umbilicus	57-64
Middle	6th depth	10:00 p.m.	Umbilicus	Top of pubic bone	1-3 & 65 up
Middle	3rd depth	12:00 mid.	Gall Bladder	Coccyx	4-5
Middle	3rd depth	2:00 a.m.	Liver	Center 2 at spine	6-8

The surface energy meridians combine at the center of the third front ribs, the middle energy meridians combine in the stomach., and the deep energy meridians combine in the umbilicus. If the left or right meridian is not functioning properly, two of the three depth functions will intermingle. If they intermingle with the surface energy, coughing will occur. If they intermingle with the middle energy, nausea will occur. If they intermingle with the deep energy, physical discomfort will occur.

When the middle and surface energy intermingles with the deep energy, numbness occurs. When the deep and surface energy intermingles with the middle energy, the joints will go out of place, crack and stiffen. When the deep and middle energy intermingles with the surface energy, physical discomfort occurs.

Points of Disharmony

Reproductive Organs (Pubis or Center of the Abdomen)

If there is a disharmony that occurs around 10 p.m. in the reproductive organs between the ages of 1 and 3 or 64 and over, the **umbilicus flow** should be used for relief.

Coccyx (Area of the Coccyx)

If a disharmony occurs around 12 midnight at the coccyx during the ages of 4 and 5 or 64 and over, the **gall bladder flow** should be used for relief.

First Sacral Vertebra (Area of the Center 2)

If there is a disharmony that occurs around 2 a.m. at the Center of the sacrum during the ages of 6 and 8, the **liver flow** should be used for relief.

Second Lumbar Vertebra (Area of the Center 23)

The **lung flow** should be used for relief of a disharmony that occurs around 4 a.m. during the ages of 9 and 10 at the second lumbar vertebra.

Twelfth Thoracic Vertebra (Area of the Low Center 9)

The **large intestine flow** should be used for relief of a disharmony that occurs around 6 a.m. at the twelfth thoracic vertebra during the ages between 11 and 13.

Second Thoracic Vertebra (Area of the Center 3)

The **stomach flow** should be used for relief of a disharmony that occurs around 8 a.m. at the second thoracic vertebra during the ages between 14 and 16.

Back of Head (Area of the Center 4)

The **spleen flow** should be used for relief of a disharmony that occurs around 10 a.m. at the back of the head during the ages of 17 to 24.

Top of Head (Area of the Center Crown)

The **heart flow** should be used for relief of a disharmony that occurs around 12 noon at the top of the head during the ages between 25 and 32.

Between Eyebrows (Area of the Center 20 or Third Eye)

The **small intestine flow** should be used for a disharmony that occurs around 2 p.m. between the eyebrows during the ages between 33 and 40.

Between Breasts (Area of Center 13)

The **bladder flow** should be used for a disharmony that occurs around 4 p.m. between the center breasts during the ages between 41 and 48.

Above Umbilicus 3 Inches (Low Center 14)

The **kidney flow** should be used for a disharmony around 6 p.m. three inches above the umbilicus or navel during the ages between 49 and 56.

Umbilicus (Area of the Navel)

The **diaphragm flow** should be used for a disharmony around 8 p.m. at the navel or umbilicus or center of the abdomen around the Tan Tien during the ages between 57 and 64.

Chapter 10

Pulse Reading and Four Examinations

An Oriental practitioner looks at a client holistically to determine their condition and what treatment should be given to rebalance them. S/he learns to diagnose according to the four examinations to recognize the signs in a patient by looking, listening and smelling, asking, and touching. The practitioner completes each of the examinations gathering signs to weave into the total evaluation. Some signs such as the pulse evaluation are extremely important . Other signs, such as physical complaints are looked at as symptoms of the disharmony. The symptom is the condition which the client will usually be aware of and will discuss. A sign is something that the practitioner knows to look for but the patient would not necessarily know to talk about.

The practitioner begins by looking and paying close attention to four things that are visible to the eyes to determine patterns. Begin by examining their tongue for its coating and its landscape, its shape, its color and its movement? What is the color or hue emanating from their face? (Not their skin color but the more subtle colors, such as dark circles under the eyes or a green or yellow hue around the mouth.) Is the client's body able to create fluids or secretions and are they able to eliminate appropriately? The principle ones are phlegm, vomit, and sweat which can frequently be seen, while the ability to eliminate urine and stool would be discussed during the asking phase. Finally, how does the client look, their shape, manner, how do they behave and what is the state of their thinking.?

Listen to their voice and respiration for common signs which are extremely important for making an evaluation. Is their voice strong or weak, high or low, do they talk a lot or very little? Are they losing or have they lost their voice? Are they able to breath easily, or is their respiration weak? Do they have a shortness

of breath? Are they coughing suddenly or violently or do they have a dry, hacking cough, or is their cough weak?

Smelling is difficult to describe as it is not the body odors we normally think of but are those which are frequently present when a person is sick or out of balance. Many of us have experienced a peculiar rancid odor in an alcoholic's home although its not the odor of alcohol or an elderly person's house who has had an illness for a long time, although they are meticulously clean. The odor may be foul or rancid and nauseating, or more pungent, or strong such as the odor of bleach or fish.

Ask the client questions about their symptoms, their experience of their condition, how it has affected their life, their sleep patterns, their physical and emotional pain, their medical history, etc. This helps to determine important information which would not otherwise be presented. A written record provides more concrete data for the practitioner just as it does for the medical community. This serves as an excellent guide and historical map of the client. For more information on the four pillars of examination refer to "The Web That Has No Weaver" by Ted Kaptchuk.

Touching or taking the pulse is the most important feature in Oriental medicine. As bodyworkers, we know how important touching is and how information can be gathered about the client through touch. As Jin Shin practitioners, we feel the pulses of the body as we give treatments. These can help in information for future treatments.

Sensation of Pulses

While holding the points on the body during treatment, an experience of different sensations will occur. Each of these sensations relate to different organs and depths of the body in the following order:

Sensation of:

1. FLUFF - 3rd depth; liver; source of balance; state of energy.
2. PULSE - 5th depth; heart; awakening; strongest point of energy; waiting for pulse to energize.
3. GUMMY - 1st depth; spleen; calm returns; worry clears away.
4. ROCKS & RODS - 2nd depth; lung; emotions dissipate; peace returns.
5. GURGLES - 4th depth; kidney; lets go; melts away; fear dissipates.
6. FLUFF WITH TONE - primary flows; quieting down.

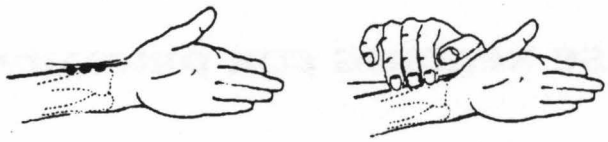
When the pulses have gone through the six sensations, it is time to move to the next point on the flow pattern.

As practitioners, we need to refine our evaluation skills for reading the pulses at the wrist to be able to determine the treatment needed by the individual. The pulse evaluation is both a science and an art which helps to determine the appropriate treatment to use. This method of evaluation is very sensitive and can register illnesses of the past and give indications of illnesses in the future. It is the most difficult to learn, especially from a book. It requires training and experience

and is dependent on the practitioner's gift of sensitivity. The "feel" of the pulses allows us the ability to interpret the pulse indications.

The pulses can be read just as a book can be read once the language of the pulses has been learned. I will attempt to present the information as simply as possible, however, you may need additional training. Acupuncturists have been taught pulse reading for the organ indications and the organ pulses are located on the same positions of the wrists as in Jin Shin Acutouch, however, they do not use the same symbols or criteria.

The pulses can be felt at various points on the body, but Oriental medicine emphasizes taking them at the radial artery near the wrist. Begin by centering yourself and becoming very receptive. Ideally both the client and the practitioner will be relaxed. Wait at least five minutes after the client arrives before taking the pulse reading. Face the client and grasp each of their wrists at the same time, lightly place the index, middle, and ring finger, side by side, on the radial artery placing the index finger at the bottom of the radial bone. The radial artery moves more toward the center of the arm as it gets further away from the wrist, so you may need to place your third finger more toward the center than the other two fingers.



As the fingers are placed on the wrists, a sensation of the pulses can be felt on the balls of the fingers. The practitioner will notice that each side and each finger position will have a different sensation. As the fingers are rolled inward slightly and a gradual increased pressure is applied, the sensations will change to a different quality.

The first sensation of pulses is considered the superficial pulses and relates to the front of the body, and the points on the front of the body and the organs that have descending meridians. The second sensation of pulses is considered the deep pulses and relates to the back of the body, and the points on the back of the body and the organs that have ascending meridians.

The superficial pulses are those felt when placing the fingers lightly on the wrists. The deep pulses are those felt at the deeper level. In addition to the superficial and deep pulses, the three finger positions relate to areas or zones of the body, the energy points on the body and to the twelve organs of the body. The index finger relates to the upper portion of the body, the middle finger relates to the middle of the body, and the ring finger relates to the lower portion of the body.

The evaluation for the primary flows, and energy points can be made at one time through the pulse reading technique. Since one of the greater challenges while working with others will be to become sensitive enough to determine the pulse evaluation indications, I will present the pulse reading technique by the primary flows, point releases and organ flows in an effort to simplify the intellectual process. When a pulse reading is made, a determination should be made for the treatment for the primary flows, and energy point releases and organ flows for every treatment.

Primary Flows

As we move through life, we tend to use one side more than the other and develop more tension and stress on that side. Heavy pulses indicate stagnation or unbalanced function and will indicate which side has the most stress. In the beginning, a practitioner may do both left and right side flow patterns until their sensitivity increases to determine the side with the most tension. Then the flow pattern should be given only for the side with the most tension. The side with the least tension will take less time to get back into harmony. Reciprocal enervation helps the opposite side of the body to relax without additional treatment.

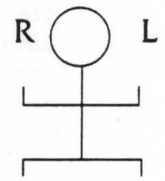
Under ideal conditions in a healthy harmonious body, all pulses will have the same feeling of vitality. When the body is not in balance the pulses will have different qualities such as uneven, heavy, missing or fading out and hard to determine. The norm for each individual is different and must be determined by experience. If you can't tell which side is the heaviest, do the right side. The order of the universe has the left comfortably leading. Therefore, you would want to do the right side to allow the left to be slightly heavier if the pulse indications are not clear. When the left is slightly leading or heavier, there can be perfect harmony. This may be why armies march left-right, left-right. When right is leading, there is destruction.

Pulse Reading for Primary Flow Patterns

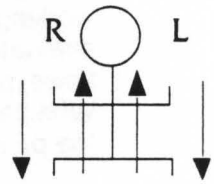
1. Hold both wrists at the same time to take the pulse reading.

2. The overall pulses will be read for the primary indications first. Sensing the pulses on the tips of all the practitioners fingers (not each individual finger) and holding both of the clients wrists at the same time gives the indications for the primary flows needed. Both wrists must be felt at the same time to be able to make a comparison between the right and left superficial or deep pulses.

3. A stick figure will be used for recording the pulse indications. The figure will be facing you just as your client will. The right side is the same as the client's right side and the left is the same as the client's left side.

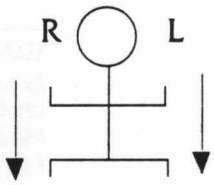


4. As the primary meridians go up the back and down the front, arrows will be used on the stick figure to represent the strongest pulses felt on the overall pulse reading.

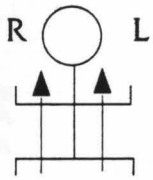


5. These arrows will be placed on the stick figure at the time of taking the pulses.

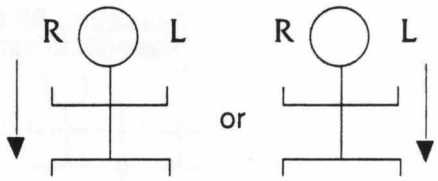
6. The area outside of the arms and legs of the stick figure are representative of the superficial pulses and the front of the client's body.



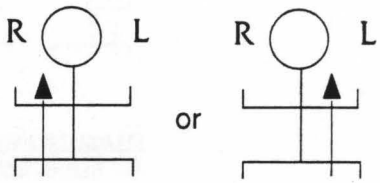
7. The area inside of the arms and legs of the stick figure are representative of the deep pulses and the back of the client's body.



8. Sense all of the superficial pulses at the same time noting if one side is stronger or heavier than the other. Use an arrow going down on the outside of the stick figure to indicate the strongest superficial pulse. Read the deep pulses in the same manner.



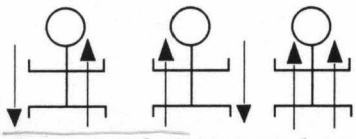
9. After determining the strongest superficial pulse, roll your fingers in slightly and pressing a littler harder to find the deep pulses. A different sensation will be felt at this location. Sense all of the deep pulses at the same time noting if one side is stronger or heavier than the other. Use an arrow going up on the inside of the stick figure to indicate the strongest deep pulse. Then compare the deep pulses and superficial pulses. This will give you an indication of the primary flows to be given. **The strongest deep pulse will indicate the side to treat.**



Main Central: Alternate Main Central:
No clear pulse indication; centering; always appropriate; use when all pulses are too strong, too weak or too chaotic

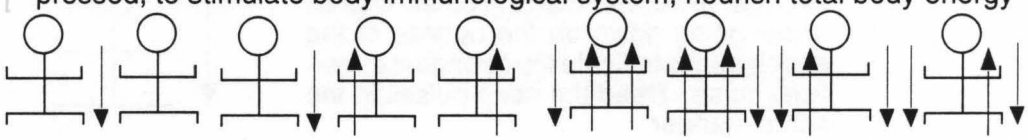
Vertical Harmony: Spirit Energy
No clear pulse indication; centering; always appropriate; spinal problems; back problems; deep flow;

Major Vertical: Major Vertical Universal: Major Vertical Alternate : Opposite Side Indication is the Key
Heavy superficial right flows and heavy deep left flows - left major vertical;
Heavy superficial left flows and heavy deep right flows- right major vertical;
Major Vertical and Bladder flow is also indicated for heavy deep pulses

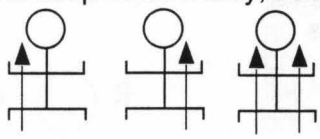


Diagonal: Diagonal Universal: Diagonal Alternate : Same Side Indication is the Key
All right superficial and deep flows heavy - right diagonal;
All left superficial and deep flows heavy - left diagonal;

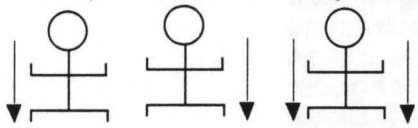
Fatigue: All pulses weak or all pulses heavy; when general fatigue is expressed; to stimulate body immunological system; nourish total body energy



Umbilicus: Upper Back Release: Special Balancing: Common Ailments. Ascending:
All deep flows heavy; back side of body; yin flows



Diaphragm: Common Ailments. Descending:
All superficial flows heavy; front side of body; yang flows



Full Leg Release:
Appropriate any time when all pulses on third finger light or heavy

Another method for determining treatment needed is to notice and observe the way the client's body falls when lying down. If the feet point to the right , a right major vertical adjustment is needed. If the feet point to the left, a left major vertical adjustment is needed. If they are pigeon-toed, a diaphragm flow is needed to relieve the front of the body's tension. If the feet point outward, an umbilicus flow is needed to relieve the tension on the back of body. There is a saying that what is bound in heaven can be loosened in earth. In this system heaven is considered above the waist and earth is considered below the waist.

Point Releases

After the determination is made for the primary flow pattern necessary and the side to treat, the pulses should be sensed for the points which may be blocked or stagnated and need to be released.

The superficial pulses relate to the front of the body and all of the points on the front of the body. Feel for the sensation at each of the fingertips which has the strongest pulse.

The pulse of the index finger on the superficial pulses is for the 13, 18, 19, 20, 21 and 22. The 13 release is the key for the front upper portion of the body.

The middle finger on the superficial pulses is for the 14. The 14 release is the key for the middle front portion of the body.

The ring finger on the superficial pulse is for the 1, 5, 6, 7 and 15. The 15 release is the key for the lower portion of the body. The 1 release relieves the back of the body from toes to head.

Once you have determined the heaviest pulses for the superficial pulses, then roll your fingers inward and press a little harder to feel another sensation at the deep pulse level. The deep pulses relate to the back of the body.

The pulse at the index finger on the deep pulse level is for the 3, 4, 10, 11, 12, 17 and 26. The 10 release is the key for the upper back portion of the body.

The middle finger is for the 9 and 23. The key for the middle back portion of the body is the 9 release.

The ring finger is for the 2, 8, 16, 24 and 25. The key for the lower back portion of the body is the 2.

The 11 release relieves the front of the body from head to toes.

If the energy cannot go up the back and down the front as a result of stagnation or blockage in an area, it will begin to go around the upper, middle or lower body and cause disharmony. I f there are heavy pulses on the index, middle, or ring positions, but you can't determine which one is heaviest, the 4 release relieves the 13's and 10's, on the deeper level it will relieve the 3's and 20/21/22's, the 12 release relieves the 14's and 9's, on the deeper level it will relieve the 23's, and the 11 release relieves the 15's and 2's, on the deeper level it will relieve the 25's.

Upper Girdle	4	13	10	3 or 22
Middle Girdle	12	14	9	23
Lower Girdle	11	15	2	25

Organ Releases

The pulses should be sensed for the organ flows which may be blocked or stagnate and need to be treated. The organs are thought to have the same quality as their corresponding pulse.

The superficial pulses relate to the descending organ flows as well as the front of the body and point releases on the front of the body. Feel for the sensation at the fingertips which has the strongest pulse. The pulse of the index finger on the superficial pulses relates to the small intestine on the client's left wrist and the colon on the client's right wrist. The middle finger on the superficial pulses relates to the gall bladder on the client's left wrist and the stomach on the right wrist. The ring finger on the superficial pulses relates to the bladder on the client's left wrist and to the umbilicus on the right wrist.

The index finger on the deep pulses relates to the heart on the client's left wrist and lung on the right wrist. The middle finger on the deep pulses relates to the liver on the left wrist and to the spleen on the right wrist. The ring finger on the deep pulses relates to the kidney on the left wrist and the diaphragm on the right wrist.

The organs relating to each finger on a particular side of the wrist have a specific relationship. The five element theory and the fifth depth chart can be referred to for recognition of these correspondences and relationships. The correspondences on the left wrist are the small intestine and heart which are the fire element, gall bladder and liver which are the wood element, and the bladder and kidney which are the water element. The correspondences on the right wrist are the colon and lung which are the metal element, the stomach and spleen which are the earth element, and the diaphragm and the umbilicus which are the fire element.

Pulse Reading for Point Releases and Organ Flows

The yang meridians go from heaven (fingers) down (descending) to earth (toes) while the yin meridians go from the earth (toes) up (ascending) to heaven (fingers). All of the organ flows can be stimulated by holding the fingers and the toes.

1. Treat the specific point or muscle meridians and organs relating to the heaviest pulses felt on the fingertips. (You should treat for the side of the overall heavy deep pulses.) Sometimes there are organ pulses which have a special pulse or do specific things. Check the patterns below for special purposes.

2 After determining the indications needed for the primary flows, the practitioner will sense and record the indications and sensations of each of the practitioners individual fingers on the stick figure.

2. The figure is sectioned off for upper body, middle body and lower body and front and back of the body.

3. The superficial pulses will indicate the point releases on the front of the body and the organ meridians which descend. After sensing the individual

superficial pulses, the practitioner will record the indications on the stick figure using the symbols below.

4. The deep pulses will indicate the point releases on the back of the body and the organ meridians which ascend. After sensing the individual deep pulses, the practitioner will record the indications on the stick figure using the symbols below.

5. There will be a total of twelve pulse indications which will be the pulse indications for the point or muscle meridian and the organ treatments needed (same as acupuncture).

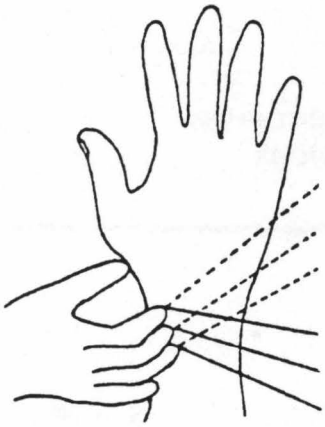
6. The symbols to be used on the stick figure for the individual pulse indications are listed below. There should be twelve indications shown on the stick figure.

✳	**Strongest or Extra Heavy**
X	**Strong or Heavy**
I	**Normal**
ϕ	**Light**
O	**Empty**

Bladder.	All right flows heavy - right flow; all left flows heavy - left flow
Large Intestine/ Small Intestine.	Release pelvic girdle - relaxes the colon
Spleen (Chronic) . . .	Spleen adjustment - fatigue flow

The indications for all of the other flows in the system is a combination of the pulse reading techniques above, the primary flows and point releases, the use of the five element theory, the use of the fifth depth chart and the condition of disharmony reported by the client. This takes a familiarity with the condition that can appear in each situation.

CORRESPONDENCES OF POINTS AND ORGANS



SUPERFICIAL:

Large Intestine
Stomach
Umbilicus

DEEP

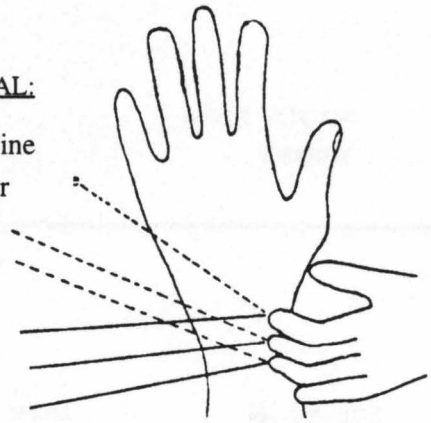
Lung
Spleen
Diaphragm

SUPERFICIAL:

Small Intestine
Gall Bladder
Bladder

DEEP

Heart
Liver
Kidney



Right Hand
Pulses of the right wrist are
felt with the practitioners left fingers

	Superficial descending	Deep ascending
index finger	**SECOND DEPTH** Metal Element Large intestine **13 key** 18, 19, 20, 21, 22	**SECOND DEPTH** Metal Element Lung **10 key** 3, 4, 11, 12, 17, 26
middle finger	**FIRST DEPTH** Earth Element Stomach **14 key**	**FIRST DEPTH** Earth Element Spleen **9 key** 23
ring finger	**TOTAL DEPTH** Fire Element Umbilicus **15 key** 1, 5, 6, 7,	**TOTAL DEPTH** Fire Element Diaphragm **2 key** 8, 16, 24, 25

Left Hand
Pulses of the left wrist are
felt with the practitioners right fingers

	Deep descending	Superficial ascending
index finger	**FIFTH DEPTH** Fire Element Heart **10 key** 3,4,11,12 17,26	**FIFTH DEPTH** Fire Element Small Intestine **13 key** 18,19,20 21,22
middle finger	**THIRD DEPTH** Wood Element Liver **9 key** 23	**THIRD DEPTH** Wood Element Gall Bladder **14 key**
ring finger	**FOURTH DEPTH** Water Element Kidney **2 key** 8,16,24,25	**FOURTH DEPTH** Water Element Bladder **15 key** 1,5,6,7

* Through the years the Umbilicus & Diaphragm pulses have reversed positions of the deep & superficial pulses. Same explanation is that the umbilicus helps the energy go up the back and the diaphragm helps the energy go down the front, we have chosen to place them in this position so that all deep pulse meridians ascend and all superficial pulses descend.

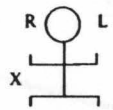
Pulse Correspondence of Organs on Wrists of Client

Right Side Wrist			Left Side Wrist
Superficial Pulses	**Deep Pulses**	**Deep Pulses**	**Superficial Pulses**
Hollow Organs	**Solid Organs**	**Solid Organs**	**Hollow Organs**
Yang	**Yin**	**Yin**	**Yang**
Second Depth Metal Element	Second Depth Metal Element	Fifth Depth Fire Element	Fifth Depth Fire Element
Large Intestine 13 Key	**Lung Key 10**	**Heart 10 Key**	**Small Intestine Key 13**
First Depth Earth Element	First Depth Earth Element	Third Depth Wood Element	Third Depth Wood Element
Stomach 14 Key	**Spleen Key 9**	**Liver 9 Key**	**Gall Bladder Key 14**
Sixth Depth Fire Element	Sixth Depth Fire Element	Fourth Depth Water Element	Fourth Depth Water Element
Umbilicus 15 Key	**Diaphragm Key 2**	**Kidney 2 Key**	**Bladder Key 15**
(Triple Warmer)	(Sex/Circulation)		

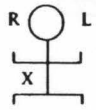
Pulse Correspondence of Energy Points on Wrists of Clients

11 Relieves Front	1 Relieves Back	1 Relieves Back	11 Relieves Front
Front of Body	**Back of Body**	**Back of Body**	**Front of Body**
Superficial Pulses	**Deep Pulses**	**Deep Pulses**	**Superficial Pulses**
18	17	17	18
19			19
20			20
21	Special 4	4 Special	21
	Special 12	12 Special	
	Special 11	11 Special	
22	3	3	22
	26	26	
13 Key	**Key 10**	**Key 10**	**Key 13**
14 Key	**Key 9**	**Key 9**	**Key 14**
	23	23	
15 Key	**Key 2**	**Key 2**	**Key 15**
	25	25	
1	8	8	1
5	16	16	5
6	24	24	6
7			7

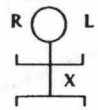
pulse indications



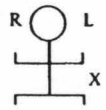
Stomach
1st Depth
R14



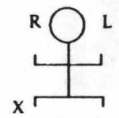
Spleen
1st Depth
R 9,23



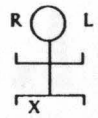
Liver
3rd Depth
L 9,23



Gall Bladder
3rd Depth
L 14

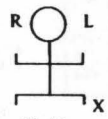


Umbilicus
6th Depth
R 15

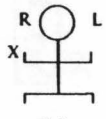


Diaphragm
6th Depth
R 2

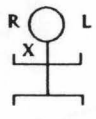
Kidney
4th Depth
L 2



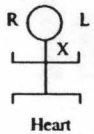
Bladder
4th Depth
L 15



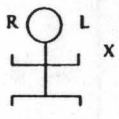
Colon
2nd Depth
13



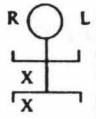
Lung
2nd Depth
R 10



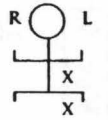
Heart
5th Depth
L 10



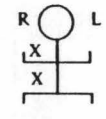
Small Intestine
5th Depth
13



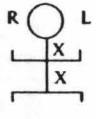
R 23,25



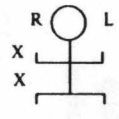
L 23,25



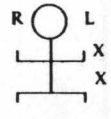
R10,9



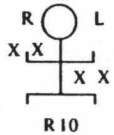
L10,9



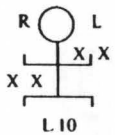
R13,14



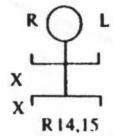
L13,14



R 10
R 20/21/22

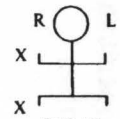


L 10
L 20/21/22

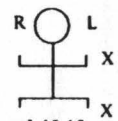


R 14,15

L 14,15

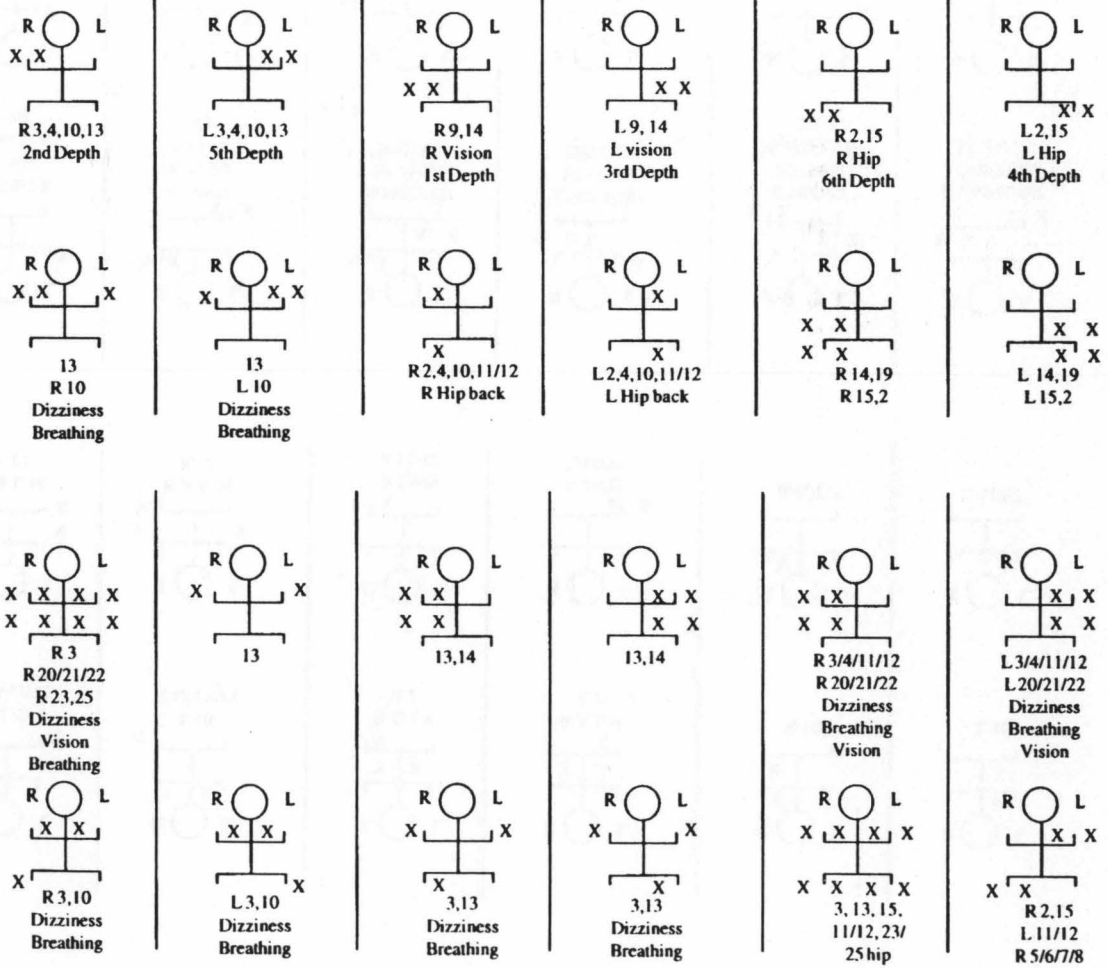


R 13,15

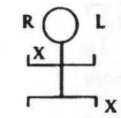


L 13,15

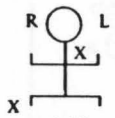
pulse indications



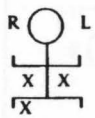
Pulse Indications



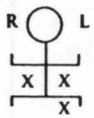
R 10
L 15 11/12



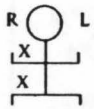
L 10
R 15 11/12



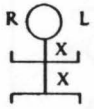
R & L 9
R 2



R & L 9
L 2



R 10



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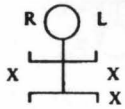

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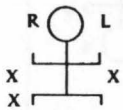

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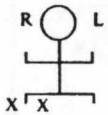

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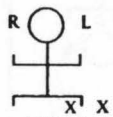

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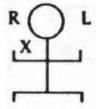

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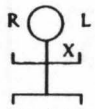

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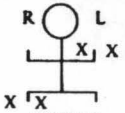

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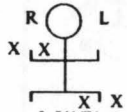
11/12
back of
leg



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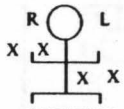

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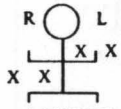

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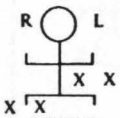

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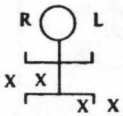

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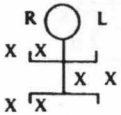
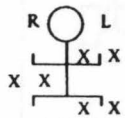


R 23/25
Back of Leg
Diagonal



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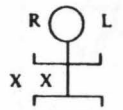
Back of Leg
Diagonal



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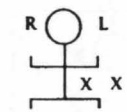

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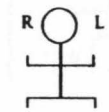
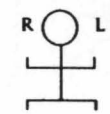




Chapter 11

Oriental Theories

Five Phases or Element Theory

In addition to the fundamental principles of a vital life force and the principles of yin and yang, the Oriental tradition recognizes an interrelationship between the meridians and the treatment used to bring them back into balance. are dependent on one another. A series of laws and theories developed recognizing these relationships. The five element theory is the most popular.

The essence of this law is that yin and yang exert their influence on everything in the universe and everything, including the organs of the body, can be categorized into one of the five elements of wood, fire, earth, metal and water. We can feel and experience the five elements through the earth, trees, food, metal (air), water, and sun. All agricultural, philosophical and medical thought was based on these elements.

The system developed through observation of the nature of each element and its function. As the development of the system expanded, numerous correlation's were noted. Each of the five elements has a season, planet, yin organ, yang organ, nature, emotion, sound, attitude, function, flavor, odor, color, climate and direction, as well as, numerous additional correspondences. The system of correspondences and relationships is applicable to all life. Although there are different aspects of a person to consider, these aspects cannot be isolated from the total being. A substantial portion of mental diseases have a physiological base.

Each element supports another, with movement through each in a cyclical process. The five element theory is vitally important to all of the Oriental healing arts as each element has equal importance and cannot exist without all the others. The wood element is considered the first element from which all other elements are derived. In China, the life force was considered to be in the liver (wood element).

Liver and life have the same word root in English and German: liver-life; leber-leben. (Mann, 1972:97)

Dianne Connelly has written an excellent book on the laws of the five elements or you can also refer to the Yellow Emperors Classic of Internal Medicine for additional information.

In order to utilize the five element chart, you must interview the client to determine which of the elements are out of balance or harmony. A good place to begin is to ascertain if they are having symptoms of any kind. The symptoms are what the client tells you or what you see. They are merely a signal which tells us something is wrong and to point to the problem, they are not the cause. A sign is what we discover through our examinations. In the acutouch system, we would use the sign and the symptom to lead us to the cause. As the client is talking, listen to the tone of the voice, look at the color hue of the face (not the skin color), and ask about the predominant emotion, the skin texture, the best and worst times of the day, the favorite tastes, the ability to sleep, the elimination process, the diet and digestive ability, the sexual energy, the family and work stresses, and the person's habits and hobbies. This is not a total list, but the information gathered from this examination begins to correlate with the relationships on the five element chart.

By looking at the total condition of the person you can begin to determine the relationships that are being discussed with the organs which are out of harmony and a determination can be made for the organ or organs to treat. For instance, if a person came in with an asthmatic condition, the first impulse would be to suspect a problem with the lungs, a mucus and coughing condition, a condition of the deep skin such as dryness and grief. However, as the examination continues you may realize that the correspondences which relate to the water element or kidney/bladder are also apparent, such as, a desire for salty food, dark circles or puffiness under the eyes, a dislike for winter and a desire to groan when feeling bad. (These are the conditions which were predominate in my own case.) As a result of this examination, you would be aware of more than one element which needs attention and would be confident in the treatment needed. The pulse evaluation would then reveal which of the organs needs immediate attention.

One of the diagnostic tools used with the five element theory is to place each element and its organ on different points of a pentagram. The movement of energy from one point to another on the outside of the pentagram in a clockwise direction is considered the creative cycle, while the movement from one point to another in the form of a star is considered the control or destructive cycle. When a condition of disharmony is occurring in one element, you can see the path of destruction by following the movement of the destructive phase. You can also see the path of harmony by following the movement of the constructive phase.

Mother-Son Law

As the energy flows in the organ meridians during a two hour cycle and in specific patterns from chest to fingers to face to feet, one organ meridian will feed into the following meridian and is considered the mother. The receiving meridian is considered the son since it is being fed by the mother. Every organ meridian can be the mother or the son depending on whether it precedes the organ meridian or follows it. The meridian that is the son in the receiving position becomes the mother when it is feeding into a succeeding meridian. For example, the lung is considered the mother of the kidney and the son of the spleen.

When an organ is treated it will affect the following organ as well as the preceding one, however, the preceding organ meridian will not be affected as strongly as the succeeding one. Sometimes it is preferable to treat the organ meridian preceding an affected meridian or organ which has an excess or deficiency rather than treating the affected meridian directly. In this case, the mother-son law would apply. The chart for the midday-midnight law and the chart for the "cycles of organ energy flows" should be helpful to visualize the mother-son relationship.

The organ meridians are separated according to the superficial, yang, pulses relating to the front of the body or the deep, yin, pulses relating to the back of the body. The organ flows of the superficial pulses are the large intestine, bladder, gall bladder, small intestine, umbilicus, and stomach. The organ flows of the deep pulses are the lung, kidney, liver, heart, diaphragm and spleen.

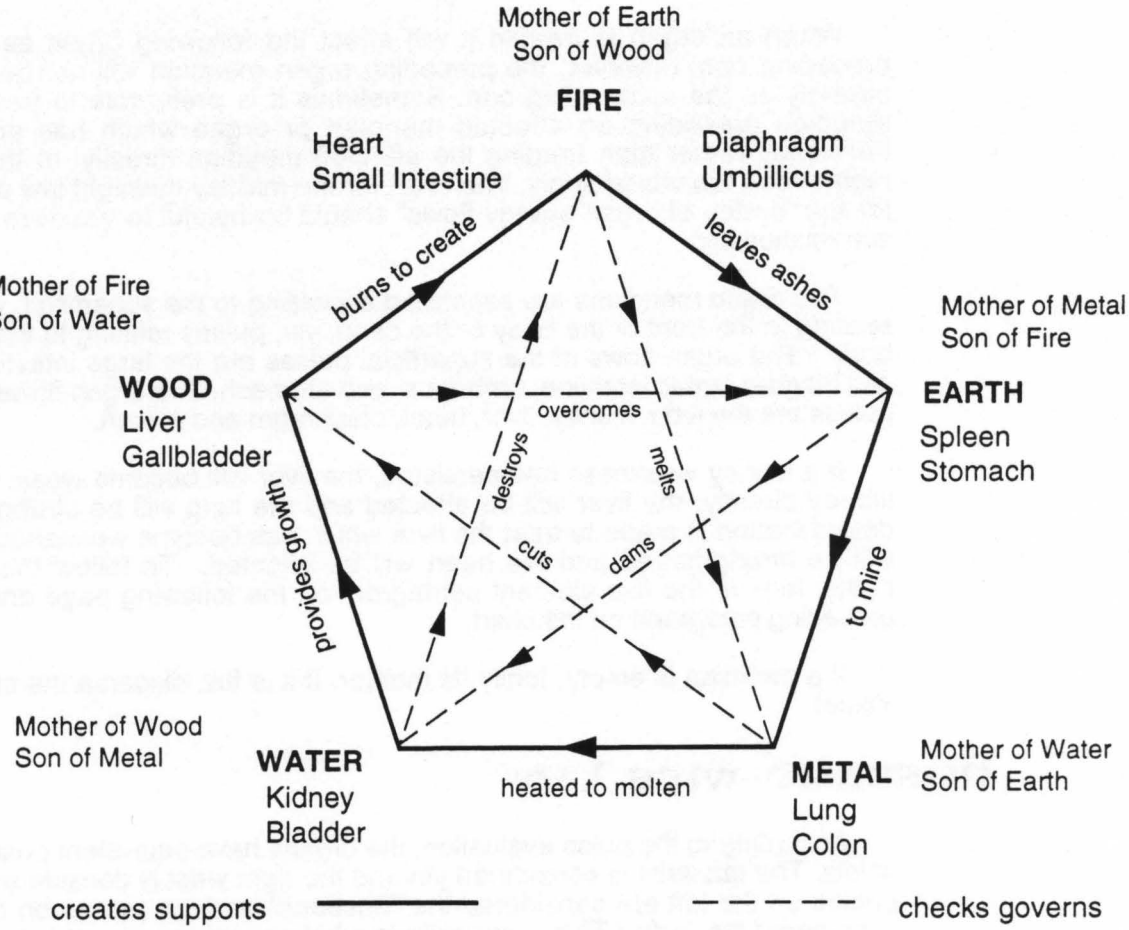
If a kidney weakness has persisted, the liver will become weak. To treat the kidney directly, the liver will be affected and the lung will be strengthened. If a determination is made to treat the liver which has become weakened, the kidney will be strengthened and the heart will be affected. To follow this discussion easier look at the five element pentagram on the following page and image the preceding paragraph on the chart.

If a meridian is empty, tonify its mother. If it is full, disperse the child (Zkenjiu Yixue).

Husband-Wife Law

According to the pulse evaluation, the organs have equivalent positions on the wrists. The left wrist is considered yin and the right wrist is considered yang. The pulses on the left are considered the "husband" and the pulses on the right are considered the "wife." This is opposite to what one would expect but is in keeping with the idea that polar opposites can be opposed to one another and complimentary in function while forming a single unit.

The pulses of the left wrist should be slightly stronger than the right and should lead or dominate the right in tune with the rhythm of the universe. Conversely, the pulses on the right wrist should be slightly lighter than the left. If the pulses of the right wrist are stronger than the left, the organs relating to the left wrist are put into danger.



We are interested in examining the relationships between various organs and their functions in terms of cause and effect not to draw conclusions. Chinese tradition expresses the interrelationships between various meridians and their primary and secondary effect. The interrelationships are examined in a symbol imagery through a series of laws.

"Friendly Elements"

The creation cycle or Mother-Son Law is the movement on the outside of the pentagram and is constructive to the succeeding elements. Wood is the mother of fire and son of water, Fire is the mother of earth and the son of wood. Earth is the mother of metal and the son of fire. Metal is the mother of water and the son of earth. Water is the mother of wood and the son of metal.

"Hostile Elements"

The control cycle is the movement through the inside of the pentagram in the shape of a star. It interacts with the succeeding elements. When the Qi of an element is in excess, it will overact on the succeeding element it normally interacts upon.

When the Qi of an element is deficient, it will be counter attacked by the element it normally controls. This is sometimes referred to as the violation cycle as the element is insulted or preyed upon and humiliated by a disease condition.

FIVE ELEMENT THEORY

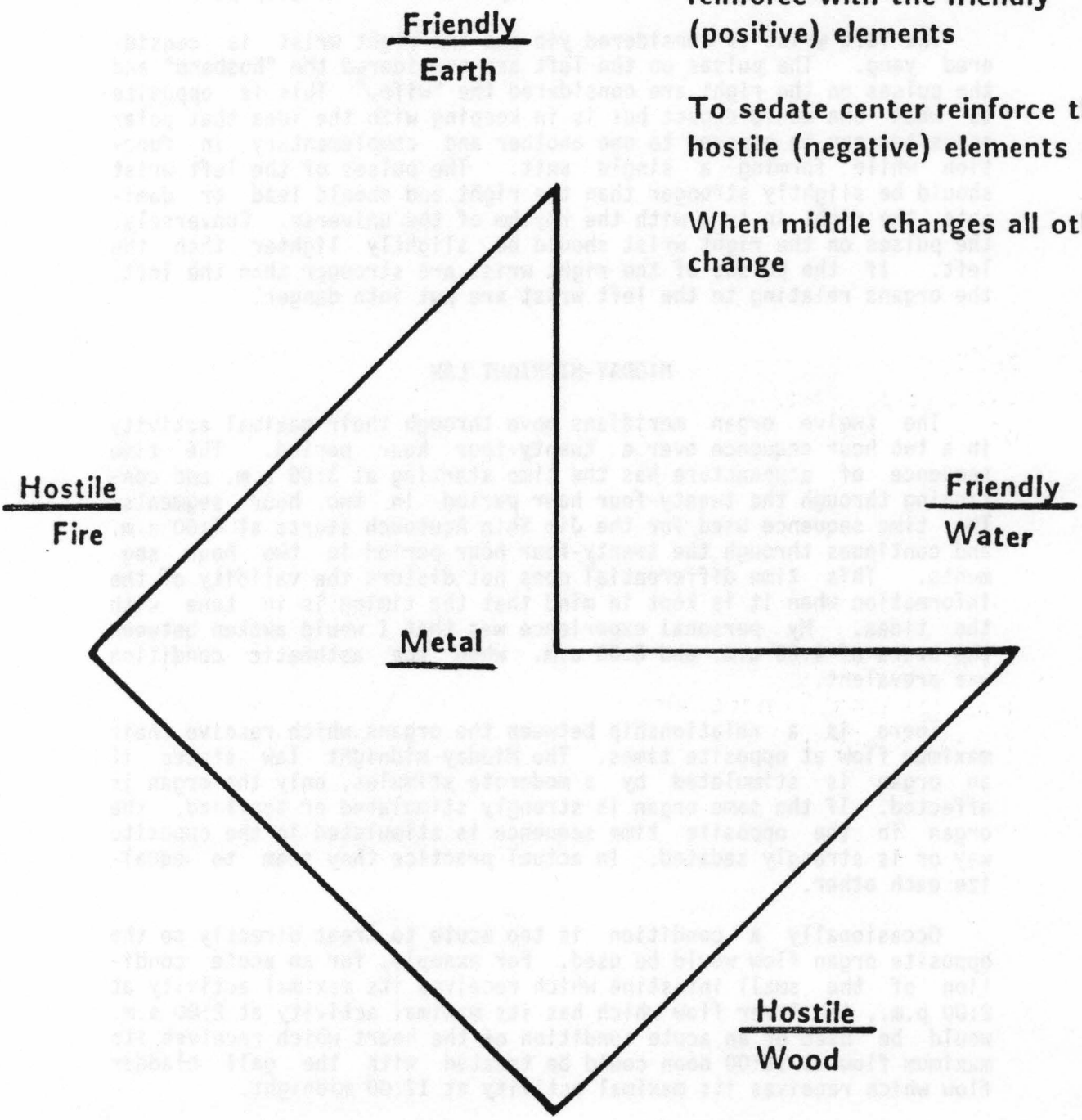
When wanting to focus, place problem in the middle

Example: lung problem

To tonify center (lung) reinforce with the friendly (positive) elements

To sedate center reinforce the hostile (negative) elements

When middle changes all others change



HUSBAND-WIFE LAW

According to the pulse diagnosis, the organs have equivalent positions on the wrists. The small intestine and large intestine are just below the radial bone on the first position of the superficial pulses of both wrists and the heart and lungs are on the first position of the deep pulses. The gall bladder and stomach are on the second position of the superficial pulses and the liver and spleen are on the second position of the deep pulses. The bladder and umbilicus are on the third position of the superficial pulses and the diaphragm and kidney are on the third position of the deep pulses.

The left wrist is considered yin and the right wrist is considered yang. The pulses on the left are considered the "husband" and the pulses on the right are considered the "wife." This is opposite to what one would expect but is in keeping with the idea that polar opposites can be opposed to one another and complementary in function while forming a single unit. The pulses of the left wrist should be slightly stronger than the right and should lead or dominate the right in tune with the rhythm of the universe. Conversely, the pulses on the right wrist should be slightly lighter than the left. If the pulses of the right wrist are stronger than the left, the organs relating to the left wrist are put into danger.

MIDDAY-MIDNIGHT LAW

The twelve organ meridians move through their maximal activity in a two hour sequence over a twenty-four hour period. The time sequence of acupuncture has the time starting at 3:00 a.m. and continuing through the twenty-four hour period in two hour segments. The time sequence used for the Jin Shin Acutouch starts at 4:00 a.m. and continues through the twenty-four hour period in two hour segments. This time differential does not distort the validity of the information when it is kept in mind that the timing is in tune with the tides. My personal experience was that I would awaken between the hours of 4:00 a.m. and 6:00 a.m. when the asthmatic condition was prevalent.

There is a relationship between the organs which receive their maximum flow at opposite times. The Midday-midnight law states if an organ is stimulated by a moderate stimulus, only the organ is affected. If the same organ is strongly stimulated or tonified, the organ in the opposite time sequence is stimulated in the opposite way or is strongly sedated. In actual practice they seem to equalize each other.

Occasionally a condition is too acute to treat directly so the opposite organ flow would be used. For example, for an acute condition of the small intestine which receives its maximal activity at 2:00 p.m., the liver flow which has its maximal activity at 2:00 a.m. would be used or an acute condition of the heart which receives its maximum flow at 12:00 noon could be treated with the gall bladder flow which receives its maximal activity at 12:00 midnight.

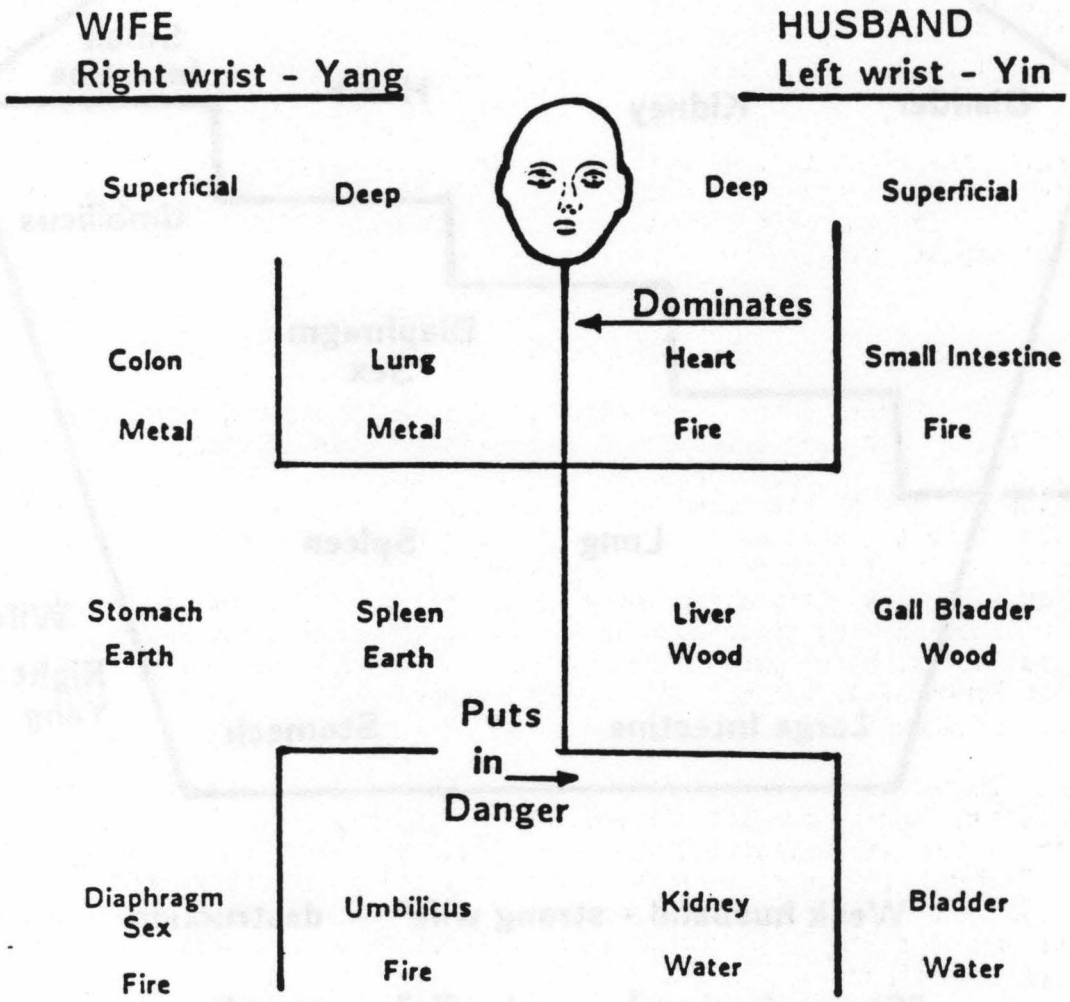
HUSBAND-WIFE LAW

The pulses of left wrist are yin while the right are yang

The pulses on the left are considered the "husband"; the right the "wife"

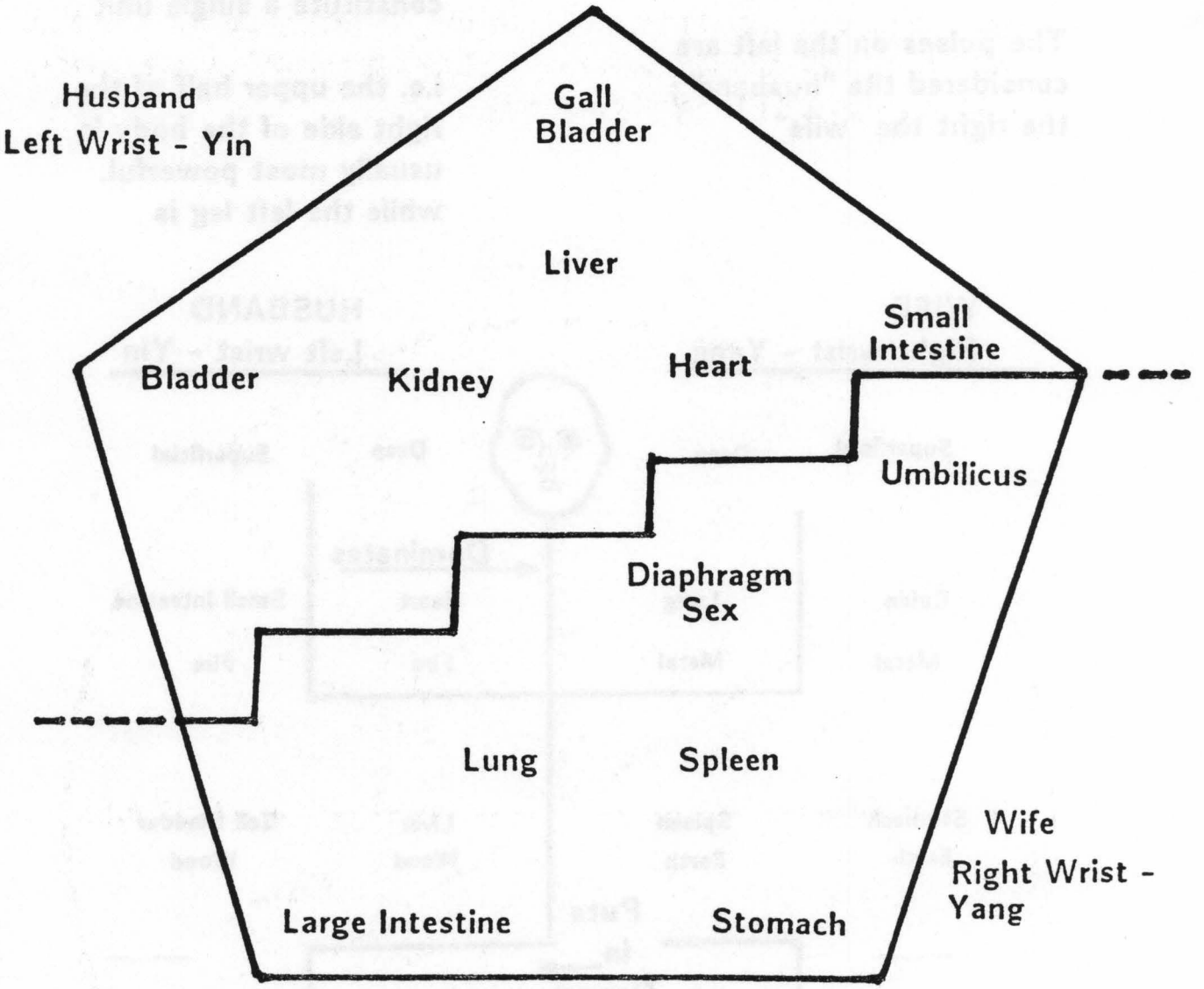
The polar opposites are opposed to one another and constitute a single unit

i.e. the upper half of the right side of the body is usually most powerful, while the left leg is



The "husband" is said to dominate the "wife," while the "wife" is said to contribute stability and solidarity.

HUSBAND - WIFE LAW



"Weak husband - strong wife" - destruction

"Strong husband - weak wife" - security

Five Element Theory

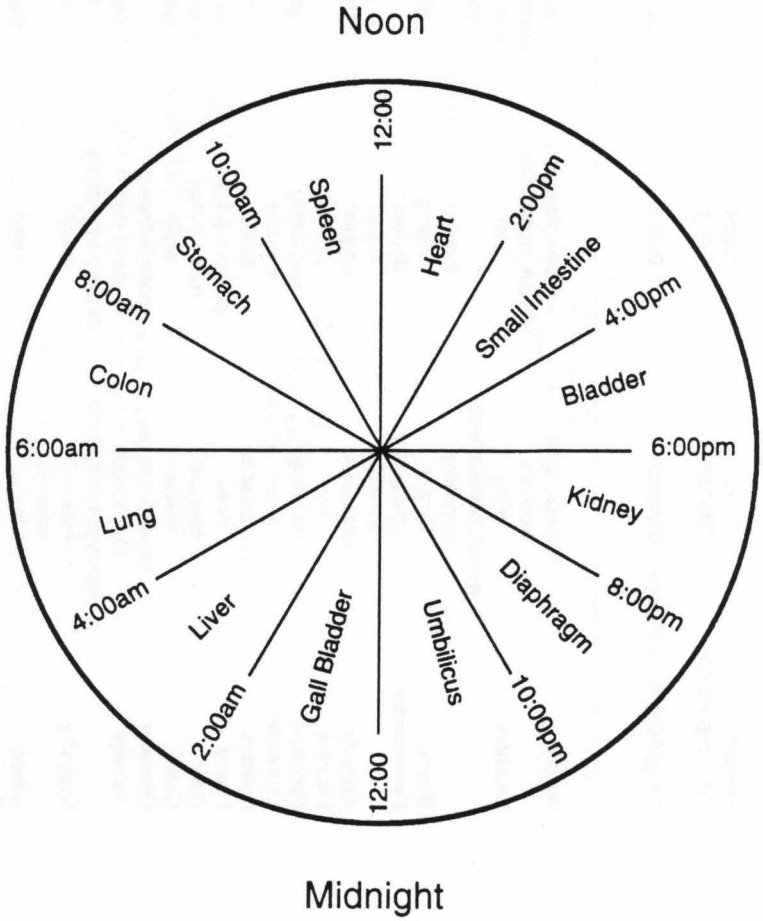
	1st Depth	2nd Depth	3rd Depth	4th Depth	5th Depth
Element	**Earth**	**Metal** (Air)	**Wood** (life)	**Water**	**Fire**
Yin/Deep Pulses	**Spleen**	**Lung**	**Liver** - root of life	**Kidney**	**Heart**
Yang/Superficial Pulses	**Stomach**	**Colon**	**Gall Bladder**	**Bladder**	**Small Intestine** **Umbilicus**
Nature	fairness, open harmony	and opposite justice/righteous courage/generous	kindness decision making	gentleness	respect, honesty joy, sincerity
Emotion	worry anxiety/pensiveness sympathy	grief longing (hopelessness)	anger/jealousy confusion	fear (wet pants)	violence, cruelty hot temper
Sound	singing	weeping	shouting	groaning & complaining	laughter & talkative
Development	change wh-o-o	decline h-s-s - (asthma)	birth sh-h-h	death wh-h-h	growth h-o-o
Attitude	obsession	anguish	depression	fear	emotion - sadness + pretenses
Flowers	lips	body hair	nails	head hair	complexion
Function	retarding - water runs off like mind is saturated	dispersing	gathering	softening	nourishing
Excretion	saliva	mucous	tears	urine	sweat
Instinct	conscience	health	emotion	will	spirit
Flavor	sweet	pungent & spicy - strong almost caustic	sour & acid	salty	bitter & sharp - coffee, etc
Odor	fragrant - flowering	rotten (fishy)	rancid (cheese)	putrid (urine)	scorched (burnt)
Color	yellow	white - pale skin	green/blue	black/dark blue	red
Opening	mouth & tongue - skin probs	nose & cheeks	eyes	ears	tongue & nose - tongue = muscle most like the heart
Tissues	skin surface - colon cleanse flesh/ligaments/tissue	deep skin - hide mucous membrane	ligaments + joints muscle	bones teeth/marrow/nerves	arteries blood & vessels
Capacity	obstinence opinions	cough	control	trembling (fear) (chills)	sadness grief
Sense	taste	smell	sight/vision	hearing	words/speech
Greatest strain	sitting	lying	eye strain	standing	running/walking
Motion	hiccup	cough	clench	tremble	anxiety
Season	beginning of - start things + don't finish all seasons	autumn/fall	spring	winter	summer
Climate	humidity	dryness - dry skin	wind - carries pathogenic organisms	cold	heat
Direction	center	west	east	north	south
Aspect	ideas opinions	animal spirit	soul spirit	will power ambition - Thinking	divine spirit
Planets	Saturn - lessons Teacher	Venus - planet of mother Love relationship	Jupiter - Expansion Friends	Mercury - Communication writing	Mars - planet of father Sexual energy drives us through
Thought	careful	energetic (in hale, ex hale)	relaxed	quiet	enlightening
Cycle	Transformation	Harvesting	Birth	Storing	Growth

Midday-Midnight Law

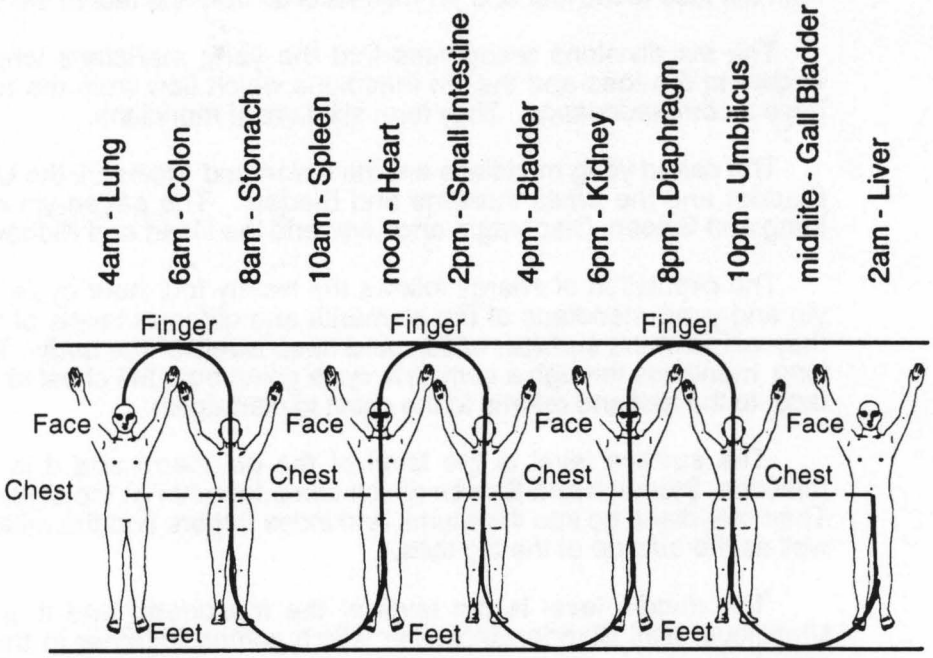
The twelve organ meridians move through their maximal activity in a two hour sequence over a twenty-four hour period. The time sequence used for the Jin Shin Acutouch starts at 4:00 a.m. and continues through the twenty-four hour period in two hour segments. This timing is in tune with the sun dial time or the moon tides. My personal experience was that I would awaken between the hours of 4:00 a.m. and 6:00 a.m. when the asthmatic condition was prevalent.

There is a relationship between the organs which receive their maximum flow at opposite times. The Midday-Midnight law states if an organ is stimulated by a moderate stimulus, only the organ is affected. If the same organ is strongly stimulated or tonified, the organ in the opposite time sequence is stimulated in the opposite way or is strongly sedated. In actual practice they seem to equalize each other.

Occasionally a condition is too acute to treat directly so the opposite organ flow would be used. For example, for an acute condition of the small intestine which receives its maximal activity at 2:00 p.m., the liver flow which has its maximal activity at 2:00 a.m. would be used. An acute condition of the heart which receives its maximum flow at 12:00 noon could be treated with the gall bladder flow which receives its maximal activity at 12:00 midnight.



Cycles of the Organ Energy Flows



The meridian of the lung starts at the chest at 4:00 a.m. and flows to the thumb and index finger; the meridian of the large intestine starts at the finger at 6:00 a.m. and flows to the face; the meridian of the stomach starts at the face at 8:00 a.m. and flows to the feet; the meridian of the spleen starts at the feet at 10:00 a.m. and flows to the chest.

The meridian of the heart starts at the chest at 12:00 noon and flows to the little finger; the meridian of the small intestine starts at the little finger at 2:00 p.m. and flows to the face; the meridian of the bladder starts at the face at 4:00 p.m. and flows to the feet; the meridian of the kidney starts at the feet at 6:00 p.m. and flows to the chest.

The meridian of the diaphragm starts at the chest at 8:00 p.m. and flows to the middle and ring fingers; the meridian of the umbilicus starts at the ring fingers at 10:00 p.m. and flows to the face; the meridian of the gall bladder starts at the face at 12:00 midnight and flows to the feet; the meridian of the liver starts at the feet at 2:00 a.m. and flows to the chest to start the cycle of energy flowing into the lung again.

Levels of Energy

The five element theory pairs organs according to their characteristics. The upper body yin meridians go from the chest up the arm to the fingers and the yang meridians go from the fingers to the face. The yang meridians of the lower body go from the face to the feet and yin meridians go from the feet to the chest.

The six divisions recognizes that the yang meridians which flow from the fingers to the toes and the yin meridians which flow from the toes to the fingers have a correspondence. They form six pairs of meridians.

The paired yang meridians are the Colon and Stomach, the Umbilicus and Gall Bladder and the Small Intestine and Bladder. The paired yin meridians are the Lung and Spleen, Diaphragm and Liver and the Heart and Kidney.

The circulation of energy follows the twenty four hour cycle of energy. If the yin and yang meridians of the elements and different levels of the body connect they will form the surface, middle and deep levels of the body. This creates three long meridians through a complete cycle going from the chest to the fingers, to the face, to the feet and returns to the chest to start again.

The surface level is the level of the ectoderm and it is the Lung, Large Intestine, Stomach and Spleen which come together at the center 13 in the chest. Their meridians go into the thumb and index fingers and the middle, index toes as well as the outside of the big toes.

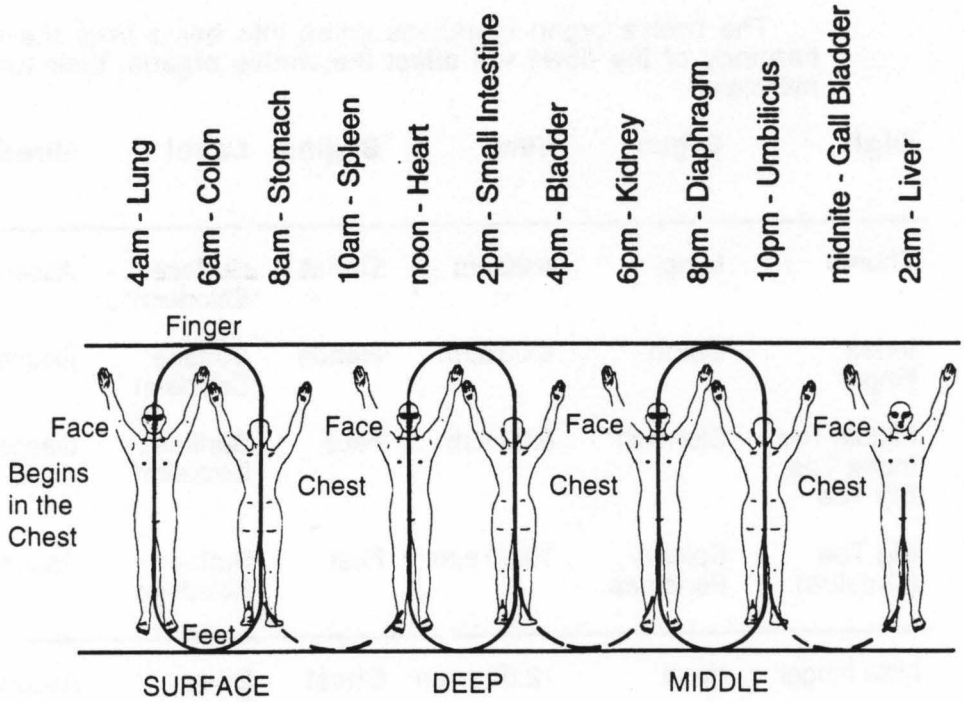
The middle level is the level of the mesoderm and it is the Diaphragm, Umbilicus, Gall Bladder and Liver which comes together in the stomach. Their meridians go into the middle and ring fingers and the fourth and inside of the big toes.

The Deepest level is the endoderm and is the meridian for the Heart, Small Intestine, Bladder and Kidney which comes together in the Umbilicus. Their meridians go into the little fingers and the little toes.

The way the meridians fall on the hands and feet are surface, middle and deep levels if the front of the body is seen as the most superficial and the back of the body is seen as the most deep.

When perverse energy enters into the body, it will affect the most superficial levels first before penetrating deeper to become a chronic condition.

Levels of Energy Through the Cycles



The energy travels from the chest to the fingers to the face and to the feet in three levels to form the surface, middle and deep levels of the body. When perverse (pathogenic) energy enters the body, it affects the superficial levels before penetrating deeper and the condition becomes chronic.

The three paths are the Lung, Large Intestine, Stomach and Spleen at the surface level; the Diaphragm, Umbilicus, Gall Bladder and Liver in the middle level; and the Heart, Small Intestine, Bladder and Kidney on the deep level.

The meridians lie on the arms and legs in the following order.

Starts	**Surface**	**Middle**	**Deep**
Chest	Lung	Diaphragm	Heart
Fingers	Colon	Umbilicus	Small Intestine
Face	Stomach	Gall Bladder	Bladder
Feet	Spleen	Liver	Kidney

Trinity Level - Formless Level & Formed Level

Main Central Flow - Source
Major Vertical Flow - Supervisor
Diagonal Flows - Mediator or Governor

Levels of Energy

The trinity level is at the formless and formed levels of the body and allows all other meridians to come into existence. The Main Central Flow is the Source of all others, the Major Vertical Flow is considered the supervisor and the Diagonals are the mediators or governors.

The twelve organ meridians come into being from the main flows. The harmony of the flows will affect the twelve organs, their functions, and their meridians.

Digit	Organ	Time	Begins	Level	Direction	Point Releases
Thumb	Lung	4:00 am	Chest	Surface Ectoderm	Ascend	3 & 10
Index Finger	Colon	6:00 a.m.	Hands	Surface Ectoderm	Descend	11 & 3
Middle Toe Index Toe Big Toe	Stomach	8:00 a.m.	Face	Surface Ectoderm	Descend	23 & Hi 1
Big Toe (Outside)	Spleen/ Pancreas	10:00 a.m.	Feet	Surface Ectoderm	Ascend	11 & 23
Little Finger	Heart	12:00 noon	Chest	Deep Endoderm	Ascend	10 & Hi 19
Little Finger	Small Intestine	2:00 p.m.	Hands	Deep Endoderm	Descend	11, 13 & 17
Little Toe	Bladder	4:00 p.m.	Face	Deep Endoderm	Descend	12 & 23
Little Toe	Kidney	6:00 p.m.	Feet	Deep Endoderm	Ascend	12 & 23
Middle Finger	Diaphragm	8:00 p.m.	Chest	Middle Mesoderm	Ascend	15 & 23
Ring Finger	Umbilicus	10:00 pm	Hands	Middle Mesoderm	Descend	13 & 23
Ring Toe	Gall Bladder	12:00 midnight	Face	Middle Mesoderm	Descend	9, 12, & 19
Big Toe (Inside)	Liver	2:00 a.m	Feet	Middle Mesoderm	Ascend	9, 11, 19

The yang meridians go from heaven (fingers) down to earth (toes).
The yin meridians go from earth (toes) up to heaven (fingers).

All of the organ flows can be stimulated by holding the fingers and toes.

ENERGY CYCLE CORRELATIONS

	ALL DEPTHS COMBINE AT THESE POINTS	CONDITION	STARTS	DEPTH 1st &2nd SURFACE LEVEL ECTODERM	DEPTH 3rd & Total MIDDLE LEVEL MESODERM	DEPTH 4th & 5th DEEP LEVEL ENDODERM
A.	3	**VITAL LIFE FORCE-BLOOD & BREATH** ascending; sustaining life 10 - mental 2 - physical	CHEST	LUNG- 4:00AM #13	DIAPHRAGM- 8:00PM #14	HEART- 12:00 noon #13
B.	13	**REPRODUCTIVE FUNCTION** descending; regeneration, ellimination 13 - mental 15 - physical	FINGER	LARGE INTESTINE- 6:00AM INDEX FINGER	UMBILICUS- 10:00PM RING FINGER	SMALL INTESTINE- 2:00PM LITTLE FINGER
C.	14	**MENTAL/EMOTIONAL** descending; revitilize 14 - desire world 15 - physical	FACE	STOMACH- 8:00AM #21	GALL BLADDER- 12 midnight #20 or #21	BLADDER- 4:00PM #20
D.	15	**CRITICAL/**	TOES	SPLEEN-ANCHOR* BIG TOE	LIVER-ANCHOR* 10:00AM BIG TOE	KIDNEY ANCHOR* 2:00AM 6:00PM LITTLE TOE
		RUN DOWN CONDITIONS descending; generation and sustaining 9 - desires 2 - physical				
		SPECIAL POINTS				
		HARMONIZED BY:		13 RELEASE combines in center of breasts or sternum 3rd rib	14 RELEASE combines in stomach	15 RELEASE combines in umbilicus

*Anchor flows should be used when critical, chronic or deep conditons are manifest

COMMON TO EACH

1st & 4th DEPTHS ARE THE ACCUMULATORS
2nd & 5th DEPTHS ARE THE ELIMINATORS - MENTAL AND EMOTIONAL STRESSES
3rd & TOTAL DEPTHS ARE THE STABILIZERS
A B C & D goes around whole body three times in 24 hours

Descending intermingling flows go with B and C.
Ascending interminging flows go with A and D.
*DO THE POINT RELEASE WHICH RELATES WITH THE MENTAL ATTITUDE.

Developmental Theory

Creation of a person comes from the Tao, then the Soul emerges, then the spirit emerges. It is thought that the Spirit of a person has already come into being or has individualized as conception happens and forms the Vertical Harmony. The vertical harmony flow goes down the front and back of the body and is the energy of the individualized spirit.

As it becomes more dense, heavier and the frequency becomes lower, it mixes with the energy of the earth known as the Kundalini and creates form. Its as if the Spirit of a person is waiting for conception to happen, then it encompasses the egg and sperm to create form.

Just after conception the embryo resembles a tiny plate with a groove down the middle called the neural groove. As the energy comes down, it is thought to connect through an invisible stem, the vertical harmony, and becomes the center of the spinal cord in the neural groove. The ridges around the groove are called the neural crest and are part of the layer of ectoderm. The neural crest cells eventually give rise to the skin and a majority of the brain and nervous system.

At conception, the energy begins to circulate around and around the body, up the back and down the front until the physical form comes into being. The primary flows comes into existence from the Vertical Harmony flow; the Main Central, Major Verticals and Diagonals. The endocrine glands and nervous system come into form from these meridians and are the regulating system of the body. A minute imbalance can cause differences in mood, appearance, respiration, digestion, elimination, initiative and intelligence. All physical, emotional and psychological illness is the result of imbalance of the vital energy flows.

Finally, the points, the muscles, connective tissue, organs and all other meridians come into manifestation. This creates a network of tributaries flowing through the body.

Where the seventeen combined energetic flow patterns all cross the body is where we connect with the universe or the Main Central and Vertical Harmony flow. If any one of them are out of harmony, there will be discomfort where it crosses on the specific location on the midline of the body. By locating the points of discomfort at the center of the body, a determination can be made for which depth can be use for treatment. Treat for that depth, the corresponding organs and the points located in that area.

Understanding the Depths

There are nine depths of creative energy. Each depth has a vibration which relates to a number and its meaning. The energy of the depths existed before the physical form became gross matter.

We came into form through the nine depths; 9, 8, 7, 6, 5, 4, 3, 2, 1, then the numbers come into existence and are manifest as locations on the body; 1, 2, 3, 4, etc. The 1, 2, 3, 4, are the essence of this body and 4 is the bridge between the physical (form) and the non-physical (formless).

Order of Creation

Formless Level	**9th Depth** -Tao, Heavenly Chi, Omnipresent, Omnipotent, Space for this form, All things return to and come from this level, Beginning and Ending
	8th Depth - Soul, Essence, Jing, Infinity, Perfection, pattern, totality, connected with the source, creation, Being, rhythm
	7th Depth - Spirit, Spark of Life, Sun, Light, Envelope that holds the body
Forming &	**6th Depth** - Essence for this form, Balance, Vital Life Force, Source for this level, Beginning of Circulation of energy and formation of wo/man
Formless	**5th Depth** - Man, Houses the Shen, Heartbeat of Creation, Love for this form, 5 elements
Level of	**4th Depth** - Measures intelligence, Houses the Jing, Order of Creation, Brings formless into form
Being	**3rd Depth** - Trinity, Residence of the Soul Perfection, Birthplace, faculty, function, Source for Man
	2nd Depth - Wisdom, Duality, Illuminating intelligence
	1st Depth - Beginning, Prime mover, Connects heaven with earth

The depth flows are very powerful to use to break the energetic patterns of disharmony.

FIFTH DEPTH CORRELATION
BEFORE FORM

ACCUMULATORS	ELIMINATORS	STABILIZER HARMONIZER	ACCUMULATORS	ELIMINATORS	STABILIZER HARMONIZER
SURFACE LEVEL		MIDDLE LEVEL	DEEP LEVEL		MIDDLE LEVEL
1st DEPTH	2nd DEPTH	3rd DEPTH	4th DEPTH	5th DEPTH	6th DEPTH / TOTAL DEPTH ?
STOMACH	LARGE INTESTINE	GALL BLADDER	BLADDER	SMALL INTESTINE	DIAPHRAGM
SPLEEN	LUNG	LIVER	KIDNEY	HEART	UMBILICUS
WORRY	GRIEF	ANGER	FEAR-PARANOIA	PRETENSE	BREATH OF LIFE
	HOME OF EMOTIONS	BLOOD	MUSCULAR	SKELETAL-BONE MARROW	ELEMENTS
SKIN SURFACE	DEEP SKIN	LIGAMENTS	BONES	ARTERIES	
FLESH	HAIR	MUSCLE	MUSCLE	BLOOD	
MOUTH/TEETH	SKIN	EYES	EARS	ALL COMBINED	
EPIDERMIS	DERMIS	CONNECTIVE TISSUE	BONES	BONE MARROW	ESSENCE
GEMINI/CANCER	ARIES/TARUS	AQUARIUS/PICSES	LIBRA/SCORPIO	LEO/VIRGO	SAGITARIUS/CAPRICORN
PULSES: GUMMY	ROCK & RODS	FLUFFY	GURGES	PULSE	FLUFFY W/TONE
SOLIDIFYING	SOLID	EVAPORATION	LIGUIFYING	PLASMA	
THUMB	RING FINGER	MIDDLE FINGER	INDEX FINGER	LITTLE FINGER	PALM
EARTH	METAL/AIR	WOOD	WATER	FIRE	ESSENCE
AGE: 1-15	16-30	31-45	46-60	60+	BEING
BODY POINTS	BODY POINTS	BODY POINTS	BODY POINTS	BODY POINTS	BODY POINTS
1-4	5-15	16-22	23	24-26	O-All
10 or 13	10 or 13	9 or 14	2 or 15	2 or 15	9 or 14
4	4	12	11	11	12
CONTROLLED BY	CONTROLLED BY	CONTROLLED BY	CONTROLLED BY	CONTROLLED BY	CONTROLLED BY
23	3	14	5-16	PALM	PALM
GOVERNED BY	GOVERNED BY	GOVERNED BY	GOVERNED BY	GOVERNED BY	GOVERNED BY
4th DEPTH	3rd DEPTH	TOTAL DEPTH	5th DEPTH	TOTAL DEPTH	MAIN CENTRAL
TOUCH	SMELL	SIGHT	HEARING	TASTE	MAJOR VERTICAL
SITTING	LYING AROUND	EYE STRAIN	STANDING	WALKING/RUNNING	MINOR DIAGONAL
WHO	WHAT	WHERE	WHEN	WHY	HOW
SATURDAY	FRIDAY	THURSDAY	WEDNESDAY	TUESDAY	MONDAY
SPECIAL BODY	SPECIAL BODY	SPECIAL BODY	SPECIAL BODY	SPECIAL BODY	SPINAL NERVE
FLOW 1	FLOW 2	FLOW 3	FLOW 4	FLOW 5	ALL COMBINED FLOW
SKIN SURFACE	DEEP SKIN	DIAGONAL MUSCLE	DIAGONAL MUSCLE	CHEST-BACK	COMMON AILMENTS
FLOW	FLOW	FLOW	FLOW	EXPANDING	FLOW

TAO
Heavenly Qi

9th Depth

Jing
Soul

8th Depth

Shen
Spirit

7th Depth

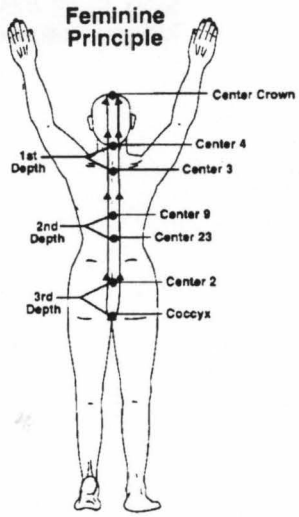
Nutritive Qi
Food Qi

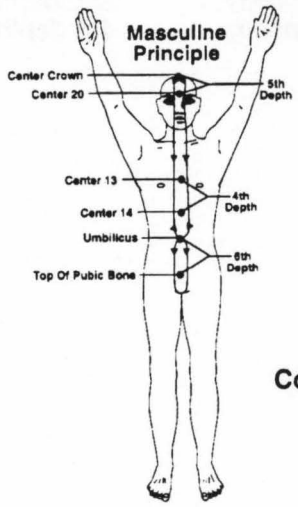
1st Depth

Houses the Shen

5th Depth

Yang
Father





Yin
Mother

Protective Qi
Air Qi

2nd Depth

Houses the Jing Qi
Constitutional Heritage
Genetic Code

4th Depth

Post Heavenly Qi
Essence of Being

6th Depth

Resident of the Soul
Rooted to Liver by Blood
Rises to Heaven after Death

3rd Depth

Creation in the Womb

Developing Fetus

1st month	6th depth	primary flows
2nd month	5th depth	heart and small intestine
3rd month	4th depth	kidney, bladder
4th month	7th depth	vertical harmony

Spirit enters and stays

5th month	3rd depth	liver, gall bladder
6th month	2nd depth	lung, large intestine
7th month	1st depth	spleen, stomach

All depths have been presented

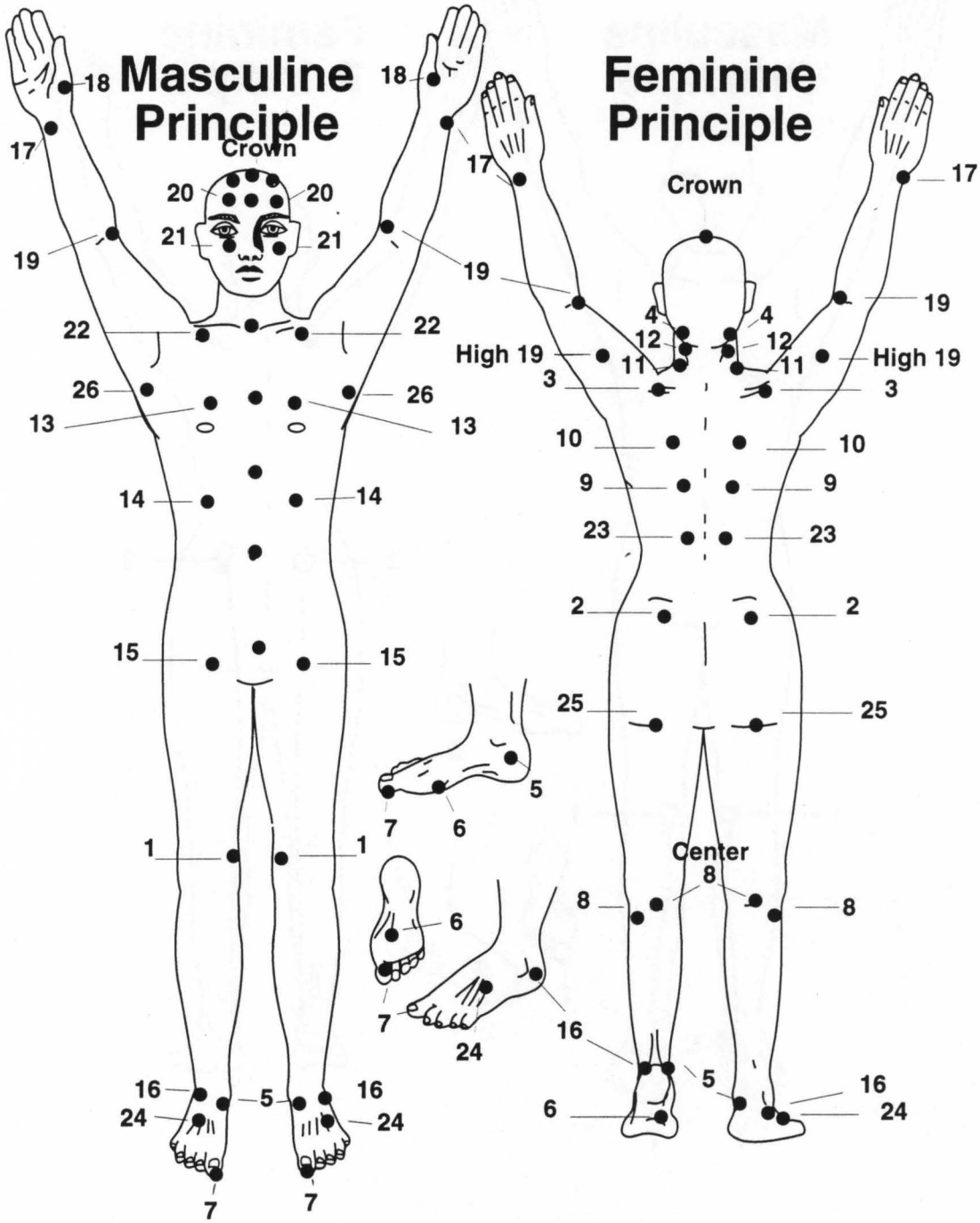
8th month	2nd depth	lung, large intestine
9th month	4th depth	kidney, bladder

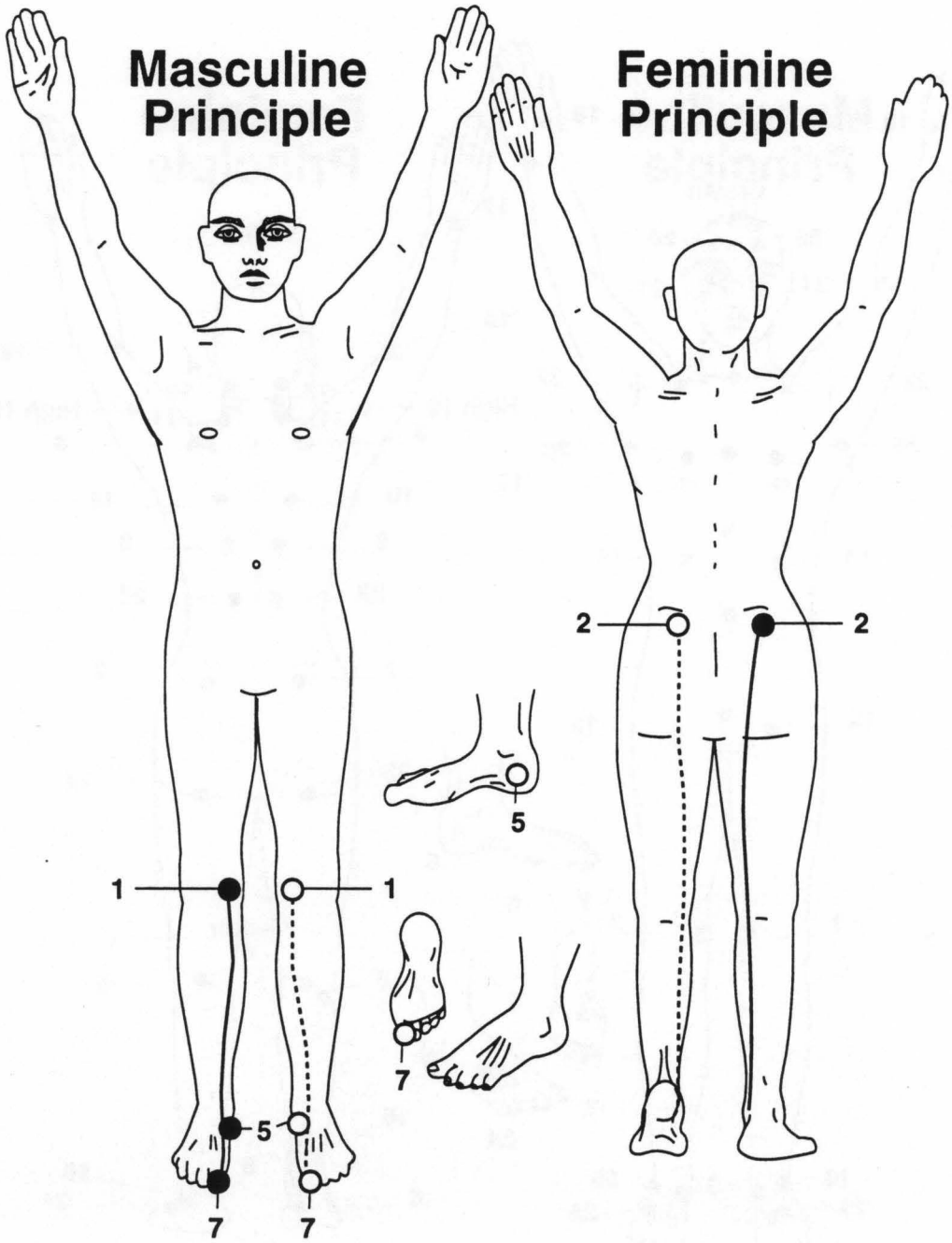
PRACTICAL APPLICATIONS

JIN SHIN ACUTOUCH

FOR OTHERS

PART TWO


Masculine Principle
Crown
18
17
19
20
20
21
21
22
22
26
26
13
13
14
14
15
15
1
1
5
16
16
24
24
7
7
Feminine Principle
Crown
17
17
19
19
4
4
12
12
11
11
High 19
High 19
3
3
10
10
9
9
23
23
2
2
25
25
Center
8
8
8
6
7
7
6
24
16
16
5
6
24


Masculine Principle
Feminine Principle
1
1
5
7
7
2
2
5
7

Prime mover, starts out
Leader — masculine principle
Pulls the energy down

Left flow - sitting on left side of patient		
Movement	**Left hand**	**Right hand**
1	**Left 1**	**Left 2**
2	**Left 5**	(same as above)
3	**Left 7**	(same as above)

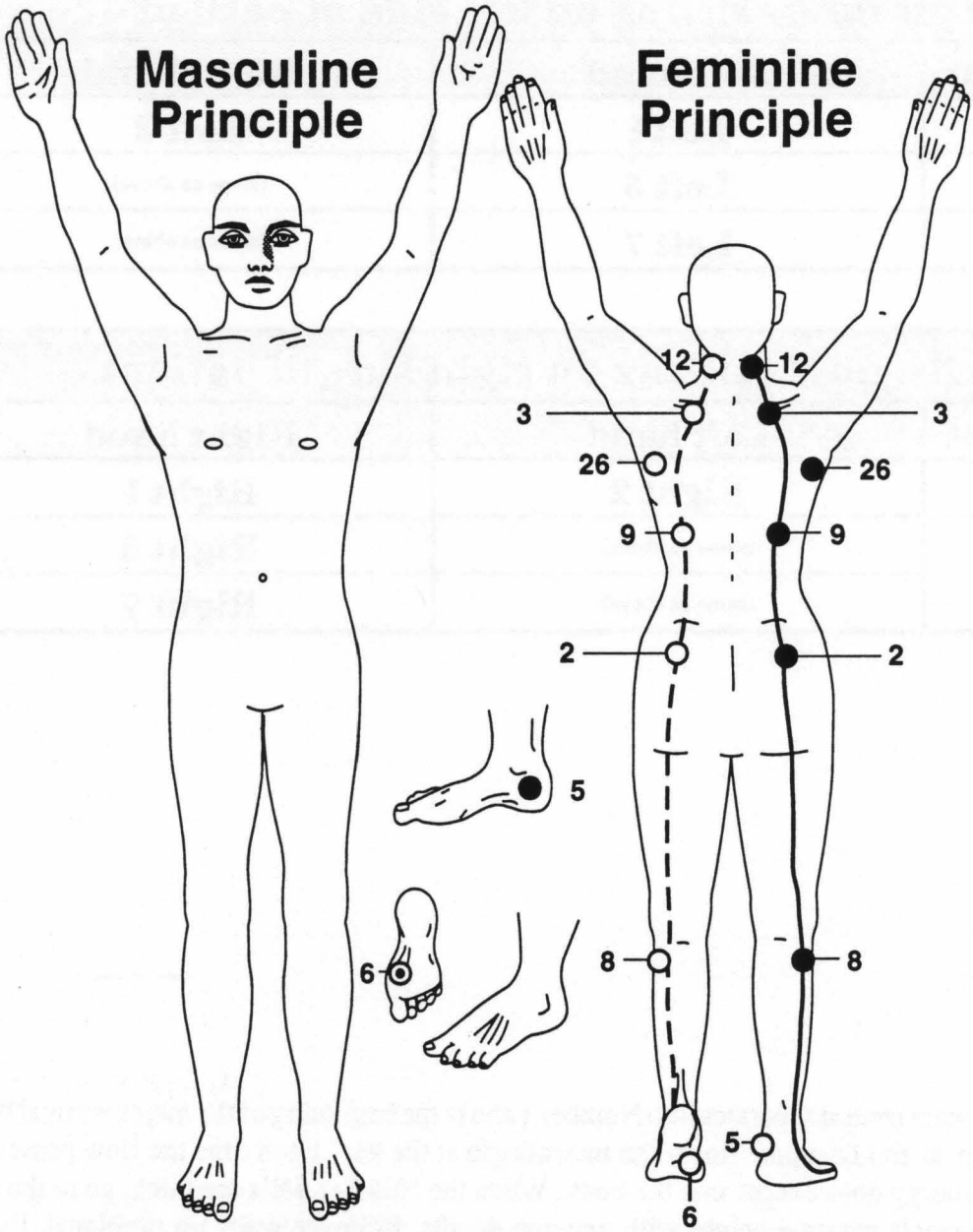
Right flow - sitting on right side of patient		
Movement	**Left hand**	**Right hand**
1	**Right 2**	**Right 1**
2	(same as above)	**Right 5**
3	(same as above)	**Right 7**

(aka Supervisor flow)

Remarks: The main central separates into Number 1 and is the beginning of the major vertical flow. The Major Vertical and Diagonal flows can intermingle at the #1. Each time the flow passes the Number 1, the energy goes deeper into the body. When the Number ##l's are thick, go to the first depth flow. Connects extreme height with extreme depths. Relieves waist up problems. l's are known to destroy as well as create. If it gets too blocked, life ends. Pulls energy down the body.

Relieves: Thighs, abdomen, chest and head, relieves headache, stomach ache, choking, head to toes and back of body. Pulls horizontal bands down; #10's, & #13's, #9's & #14's. #2's & #15's.

Self help: Thumbs are facilitator for this flow. Hold same side #2's and l's or same side 1 and opposite #26 to help #l's be more efficient.


Masculine Principle
Feminine Principle
12
12
3
3
26
26
9
9
2
2
5
6
8
8
5
6

Life force of all living creatures
Feminine principle; wisdom
Pulls the energy up

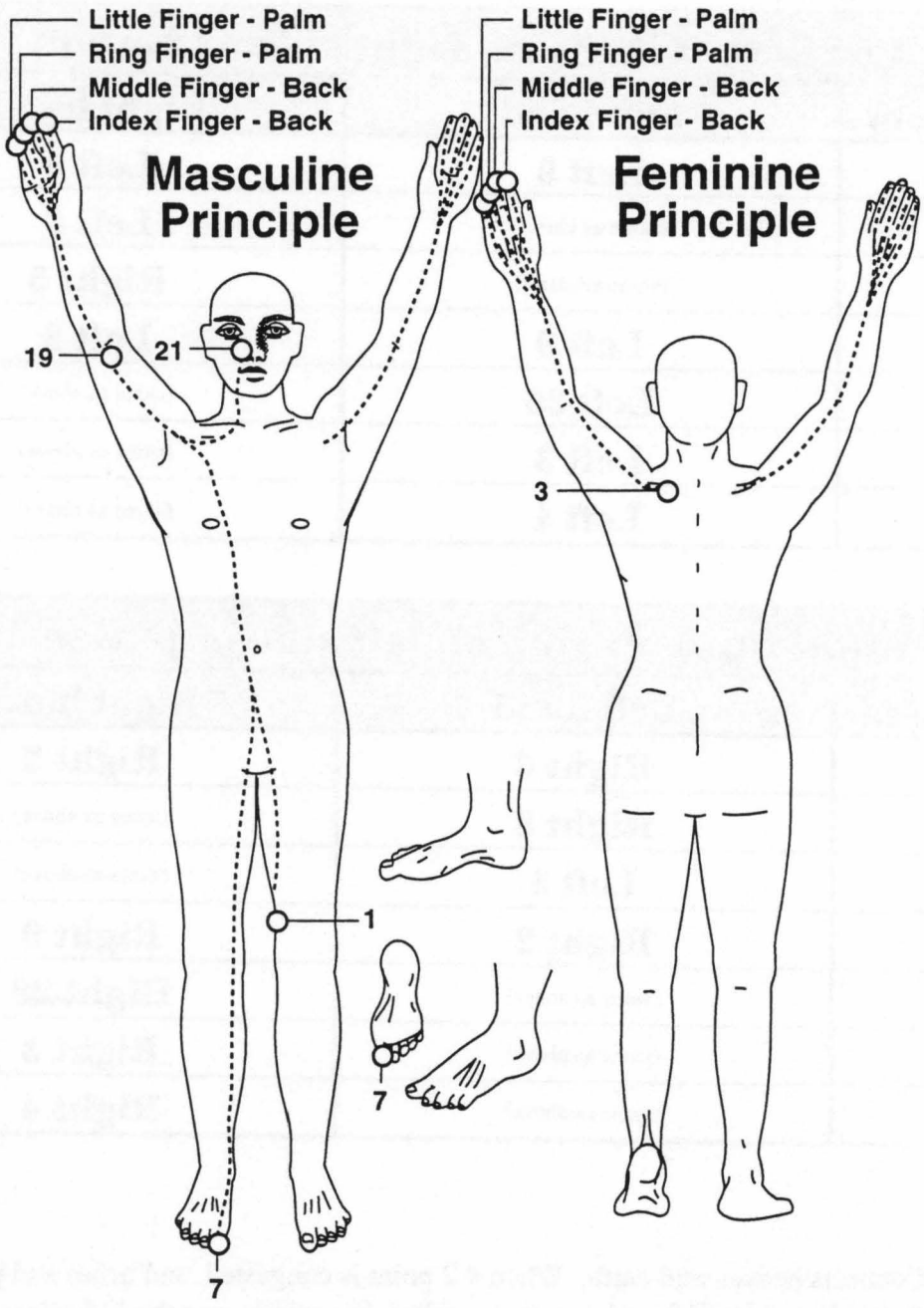
Left flow - sitting on right side of patient		
Movement	**Left hand**	**Right hand**
1	**Left 2**	**Left 6**
2	(same as above)	**Left 8**
3	(same as above)	**Right 5**
4	**Left 9**	**Left 2**
5	**Left 26**	(same as above)
6	**Left 3**	(same as above)
7	**Left 4**	(same as above)

Right flow - sitting on left side of patient		
Movement	**Left hand**	**Right hand**
1	**Right 6**	**Right 2**
2	**Right 8**	(same as above)
3	**Left 5**	(same as above)
4	**Right 2**	**Right 9**
5	(same as above)	**Right 26**
6	(same as above)	**Right 3**
7	(same as above)	**Right 4**

Remarks: Connects heaven and earth. When # 2 point is congested, and aches and pains, #15 is blocked. Release the pubis, #15, and coccyx for relief. For sciatic, use the #15 release. This helps the 3rd depth flow and opens the diagonals. Pulls energy up the body.

Relieves: Fear. Relieves tension in pelvis, legs, back, and upper torso. Pulls energy up the body. Good for pride.

Self help: Ring finger is a facilitator. Hold same side #2 and #3 or same side #2 and opposite #9.


Little Finger - Palm
Ring Finger - Palm
Middle Finger - Back
Index Finger - Back
Masculine Principle
Little Finger - Palm
Ring Finger - Palm
Middle Finger - Back
Index Finger - Back
Feminine Principle
19
21
3
1
7
7

Understanding
Trinity

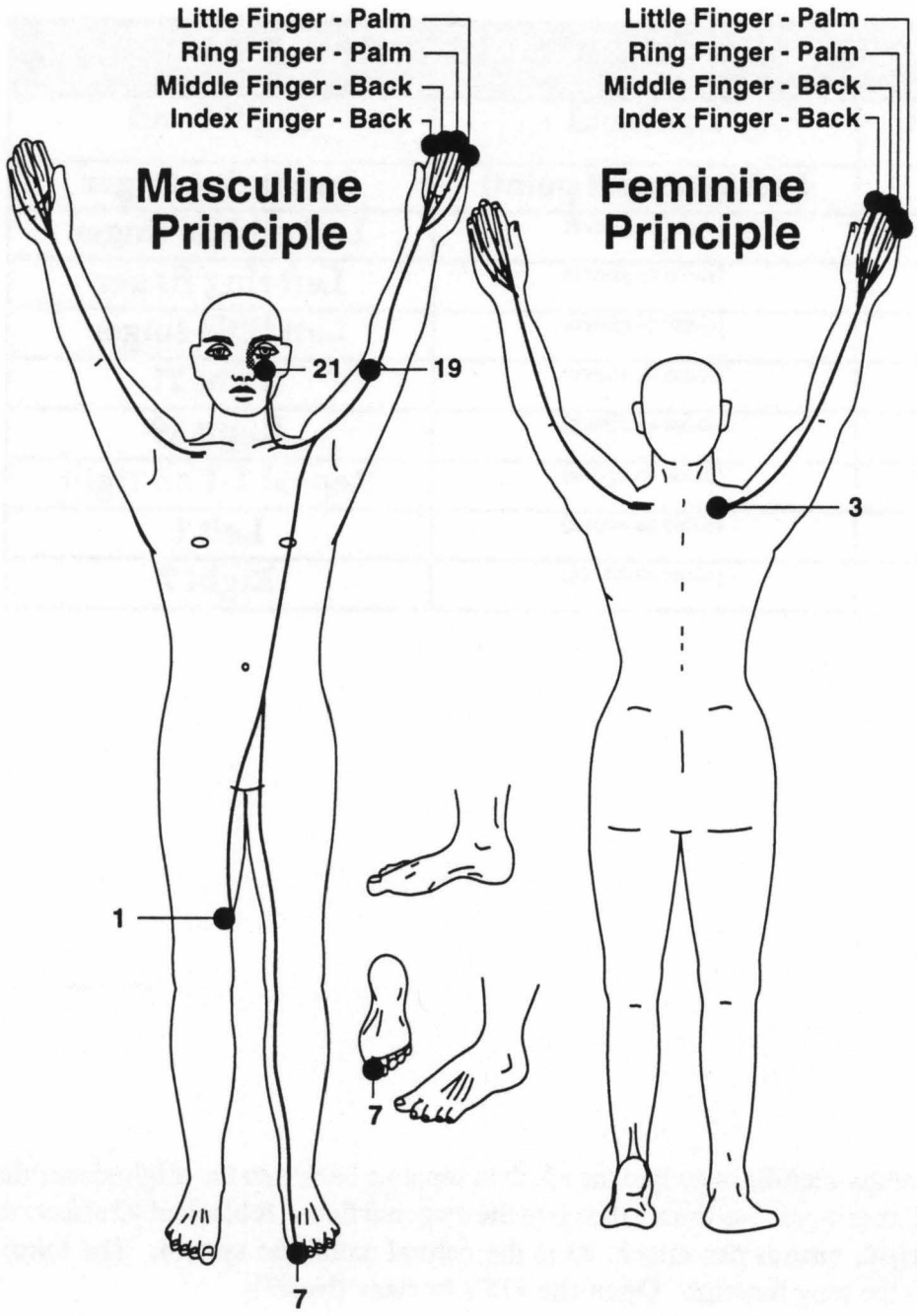
Left flow - sitting on right side of patient		
Movement	**Left hand**	**Right hand**
1	Left 3 (tensest point)	Left index finger
2	(same as above)	Left middle finger
3	(same as above)	Left ring finger
4	(same as above)	Left little finger
5	(same as above)	Right 21
6	(same as above)	Right 19
7	(same as above)	Repeat 1-4 on right
8	(same as above)	Left 1
9	(same as above)	Right 7

Remarks: All energy meridians go into the #3, then separate back into the original meridian. This flow goes into all the fingers and thumb then into the diagonal flow. A blocked #3 affects the lungs. When #3's are tight, viruses can attack. #3 is the natural antibiotic system. The third thoracic vertebrae affects the lung function. **Open the #15's to clear the #3's**

Relieves: All lung and breathing problems, bronchial pneumonia, asthma (wheezing #3's blocked), colds, flu, T.B., emphysema, and allergies. Balances the body, supports and stimulates the lymphatic system, and helps bring fever down. A deviated flow blocks happiness.

Self help: Middle finger is a facilitator. Hold same side #3 and #15.

NUMBER 3 RELEASE (RIGHT)



Understanding

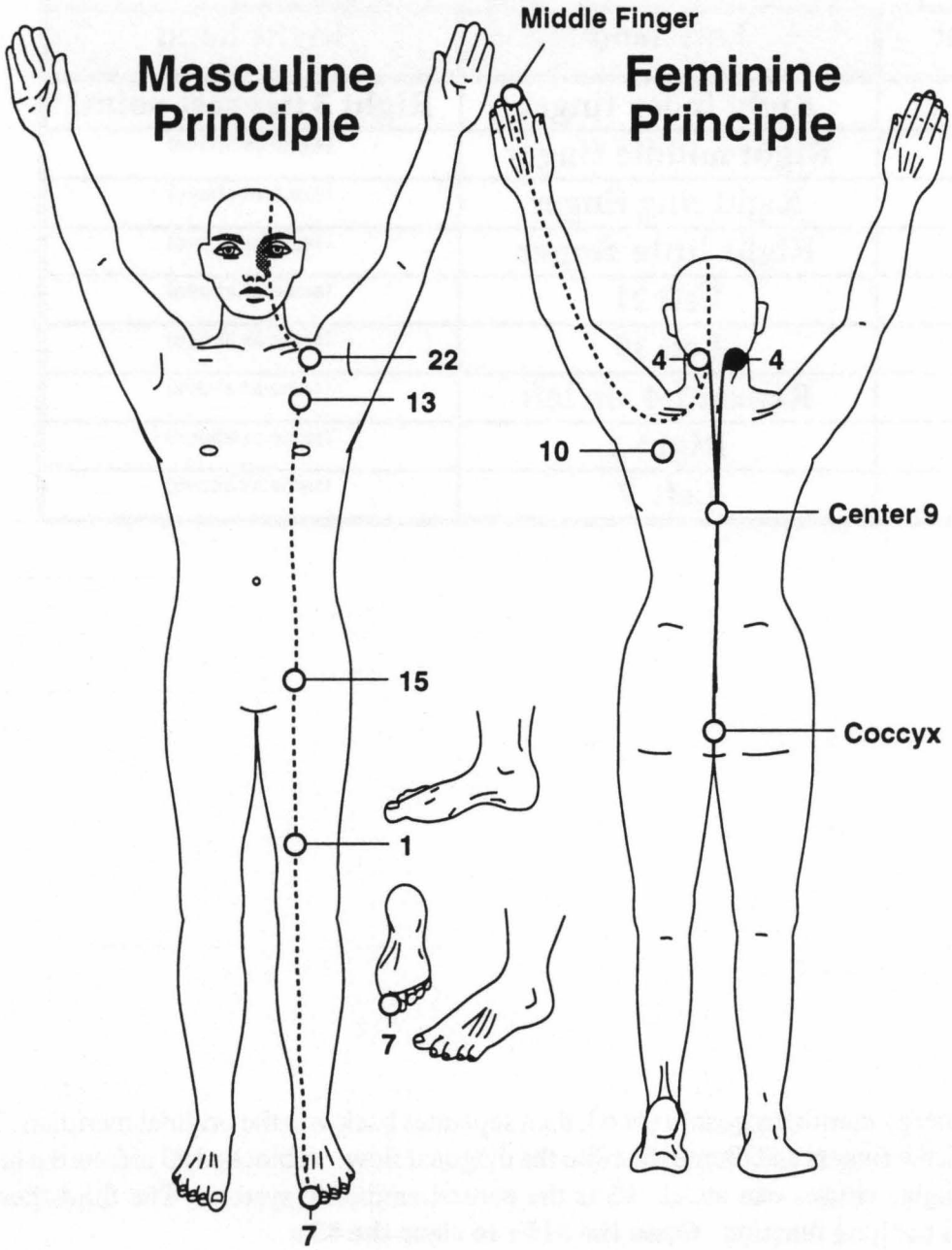
Trinity

Right flow - sitting on left side of patient		
Movement	Left hand	Right hand
1	Right index finger	Right 3 (tensest point)
2	Right middle finger	(same as above)
3	Right ring finger	(same as above)
4	Right little finger	(same as above)
5	Left 21	(same as above)
6	Left 19	(same as above)
7	Repeat 1-4 on left	(same as above)
8	Right 1	(same as above)
9	Left 7	(same as above)

Remarks: All energy meridians go into the #3, then separates back into the original meridian. This flow goes into all the fingers and thumb then into the diagonal flow. A blocked #3 affects the lungs. When #3's are tight, viruses can attack. #3 is the natural antibiotic system. The third thoracic vertebrae affects the lung function. **Open the #15's to clear the #3's**

Relieves: All lung and breathing problems, bronchial pneumonia, asthma (wheezing #3's blocked), colds, flu, T.B., emphysema, and allergies. Balances the body, supports and stimulates the lymphatic system, and helps bring fever down. A deviated flow blocks happiness.

Self help: Middle finger is a facilitator. Hold same side #3 and #15.


Middle Finger
Masculine Principle
Feminine Principle
22
13
15
1
7
7
4
4
10
Center 9
Coccyx

Measures intelligence — knowledge
The window that admits light and air — weaving maidens
Coordinator for Number 10's and 13's
Number 9's and 10's release 4's

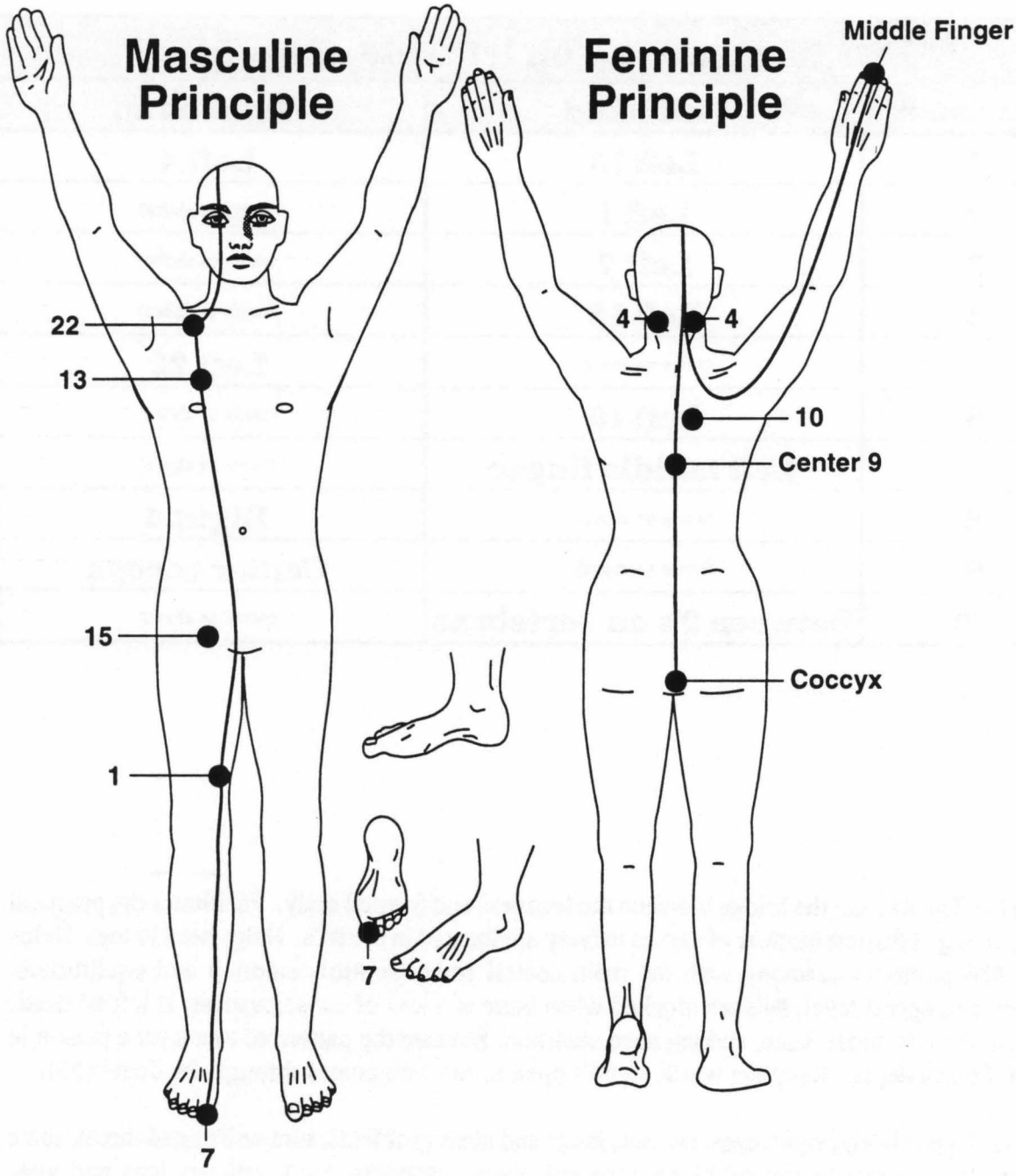
Left flow - sitting on left side of patient		
Movement	**Left hand**	**Right hand**
1	**Left 13**	**Left 4**
2	**Left 1**	(same as above)
3	**Left 7**	(same as above)
4	**Left 15**	(same as above)
5	(same as above)	**Left 22**
6	**Left 10**	(same as above)
7	**Left middle finger**	(same as above)
8	(same as above)	**Right 4**
9	(same as above)	**Center coccyx**
10	**Between 9's on vertebrae**	(same as above)

Remarks: The #4's are the bridge between the formless and formed body. Facilitates the practical level of living. Greatest number of nerves in body are located in the #4's. Helps head to toes. Helps get all #26 points in harmony with the main central flow. Controls emotion and equilibrium. Auditory perceptual level. #4's are blocked when there is a loss of consciousness. If left #4 needs attention, the left throat, knee, and leg need attention. Reverse the pattern of touch for a person in a coma. Fourth depth. Keep the windows #4's open to see who comes through the doors (#3).

Relieves: Upper Body; sight, eyes, sinuses, lungs and heart problems, sore or irritated throat, same side tonsillitis, opposite eye problems (crossed, weak, cataracts, etc.), relieves legs and knee problems. When #4's are congested, the #13's/10's girdle is stagnated. The #9's and #10's, relieves #4's.

Self help: Ring finger is a facilitator. Hold opposite #4 and #9 or opposite $4 and #21, or hold both #4's. # 5, 6, 7, 8 release will help the #4's.

NUMBER 4 RELEASE (RIGHT)



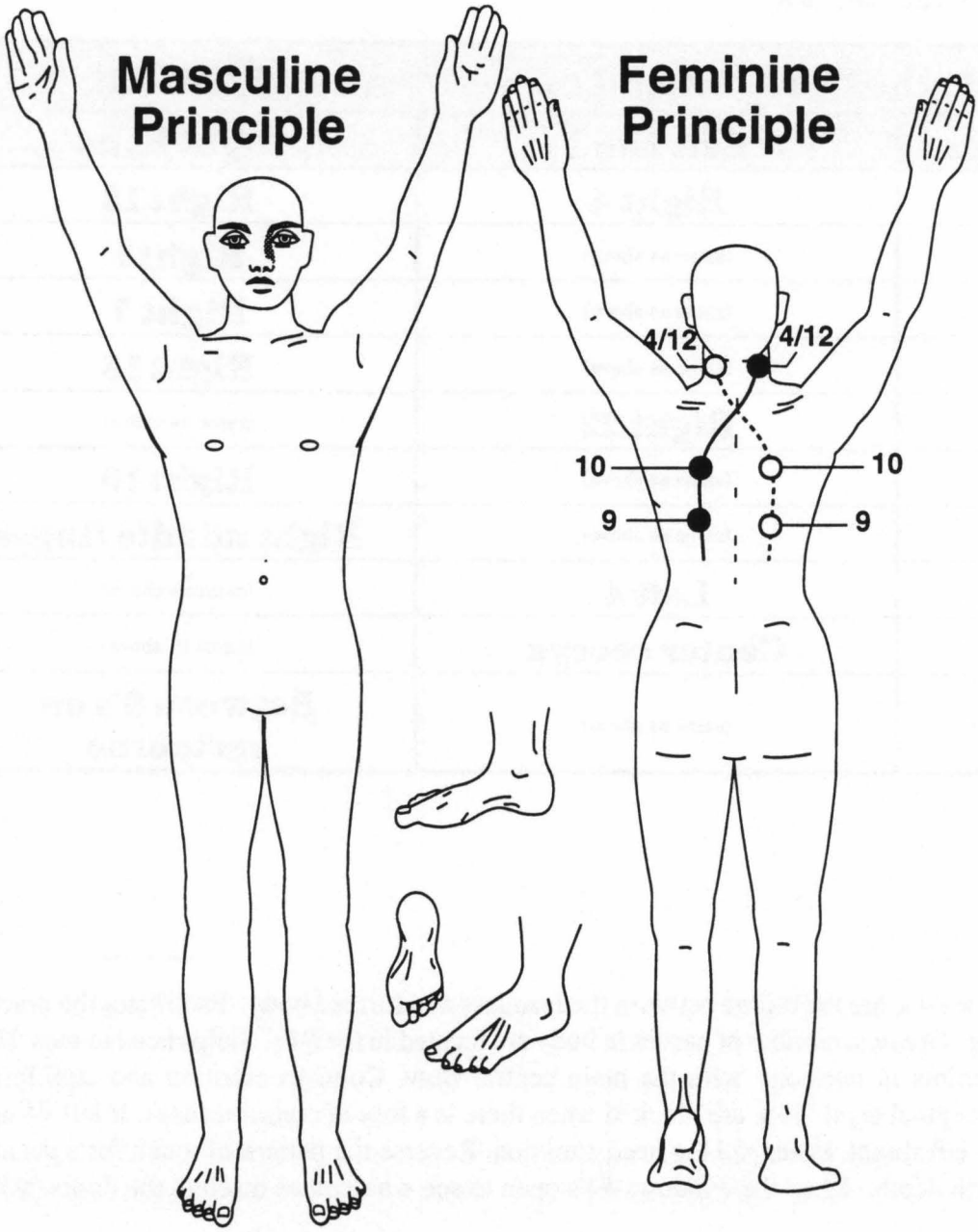
Measures intelligence — knowledge
The window that admits light and air — weaving maidens
Coordinator for 10's and 13's
9's and 10's release 4's

Right flow - sitting on right side of patient		
Movement	**Left hand**	**Right hand**
1	**Right 4**	**Right 13**
2	(same as above)	**Right 1**
3	(same as above)	**Right 7**
4	(same as above)	**Right 15**
5	**Right 22**	(same as above)
6	(same as above)	**Right 10**
7	(same as above)	**Right middle finger**
8	**Left 4**	(same as above)
9	**Center coccyx**	(same as above)
10	(same as above)	**Between 9's on vertebrae**

Remarks: The #4's. are the bridge between the formless and formed body. Facilitates the practical level of living. Greatest number of nerves in body are located in the #4's. Helps head to toes. Helps get all #26 points in harmony with the main central flow. Controls emotion and equilibrium. Auditory perceptual level. #4's. are blocked when there is a loss of consciousness. If left #4 needs attention, the left throat, knee, and leg need attention. Reverse the pattern of touch for a person in a coma. Fourth depth. Keep the windows #4's open to see who comes through the doors (#3).

Relieves: Upper Body; sight, eyes, sinuses, lungs and heart problems, sore or irritated throat, same side tonsillitis, opposite eye problems (crossed, weak, cataracts, etc.), relieves legs and knee problems. When #4's. are congested, the #13's/10's girdle is stagnated. The #9's and #10's, relieves #4's.

Self help: Ring finger is a facilitator. Hold opposite #4 and #9 or opposite #4 and #21, or hold both #4's. #5, 6, 7, 8 release will help the #4's.


Masculine Principle
Feminine Principle
4/12
4/12
10
10
9
9

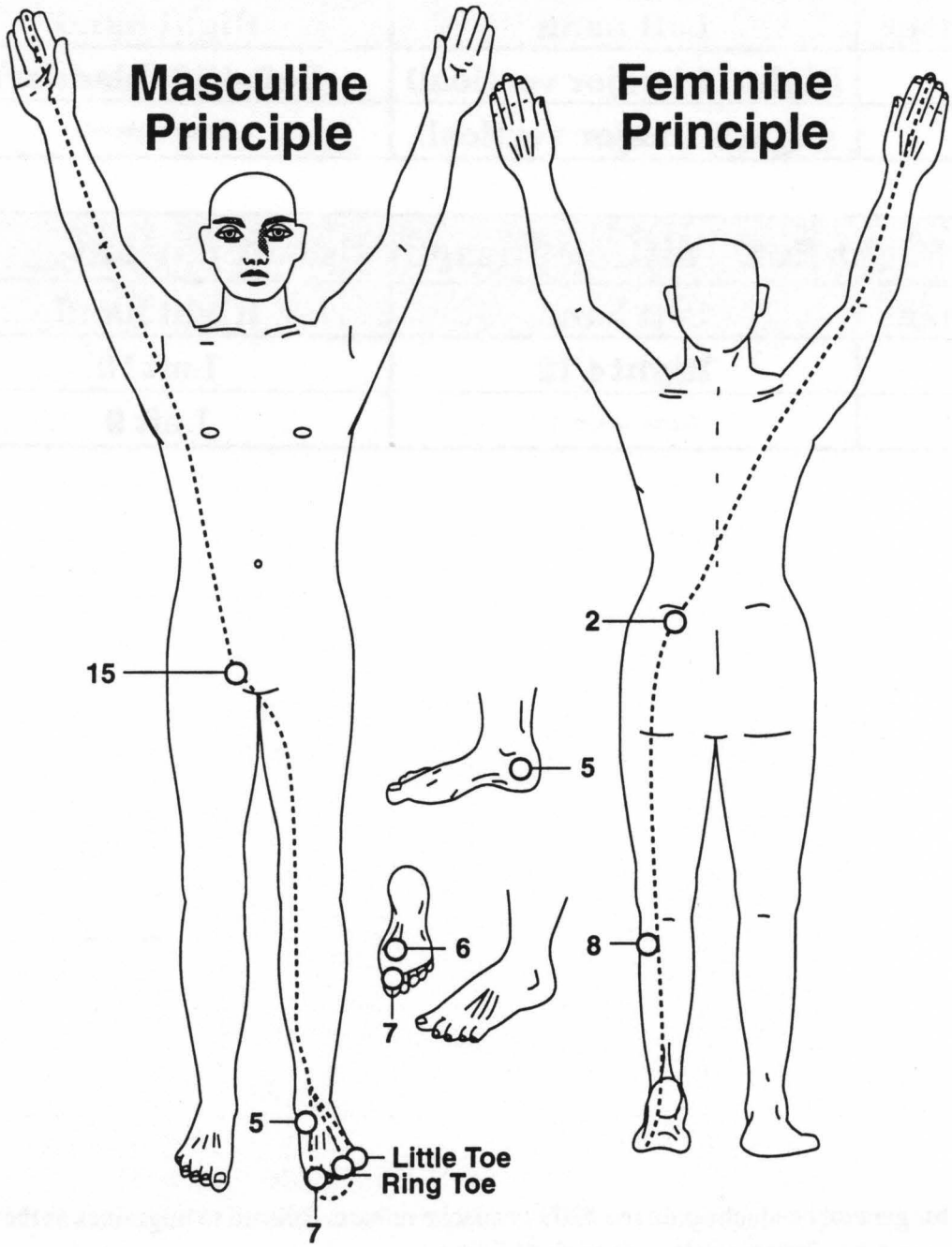
Left flow - sitting on left side of patient		
Movement	**Left hand**	**Right hand**
1	**Right 10 (major vertical)**	**Left 4/12 (bladder)**
2	**Right 9 (major vertical)**	(same as above)

Right flow - sitting on right side of patient		
Movement	**Left hand**	**Right hand**
1	**Right 4/12**	**Left 10**
2	(same as above)	**Left 9**

Remarks: for general headache pain see #20's headache release. Related to migraines as they are localized to one side - inflammation of the skull lining.

Relieves: This flow relieves headaches on one side of head centering at the #4's.

Self help: Ring finger is a facilitator. Hold opposite #4 and #9 or opposite #4 and #21, or hold both #4's, #5, 6, 7, 8 release will help the #4's.


Masculine Principle
Feminine Principle
15
2
5
6
7
8
5
Little Toe
Ring Toe
7

Joy, sorrow, balance
Equilibrium, victory, power, magic, splendor

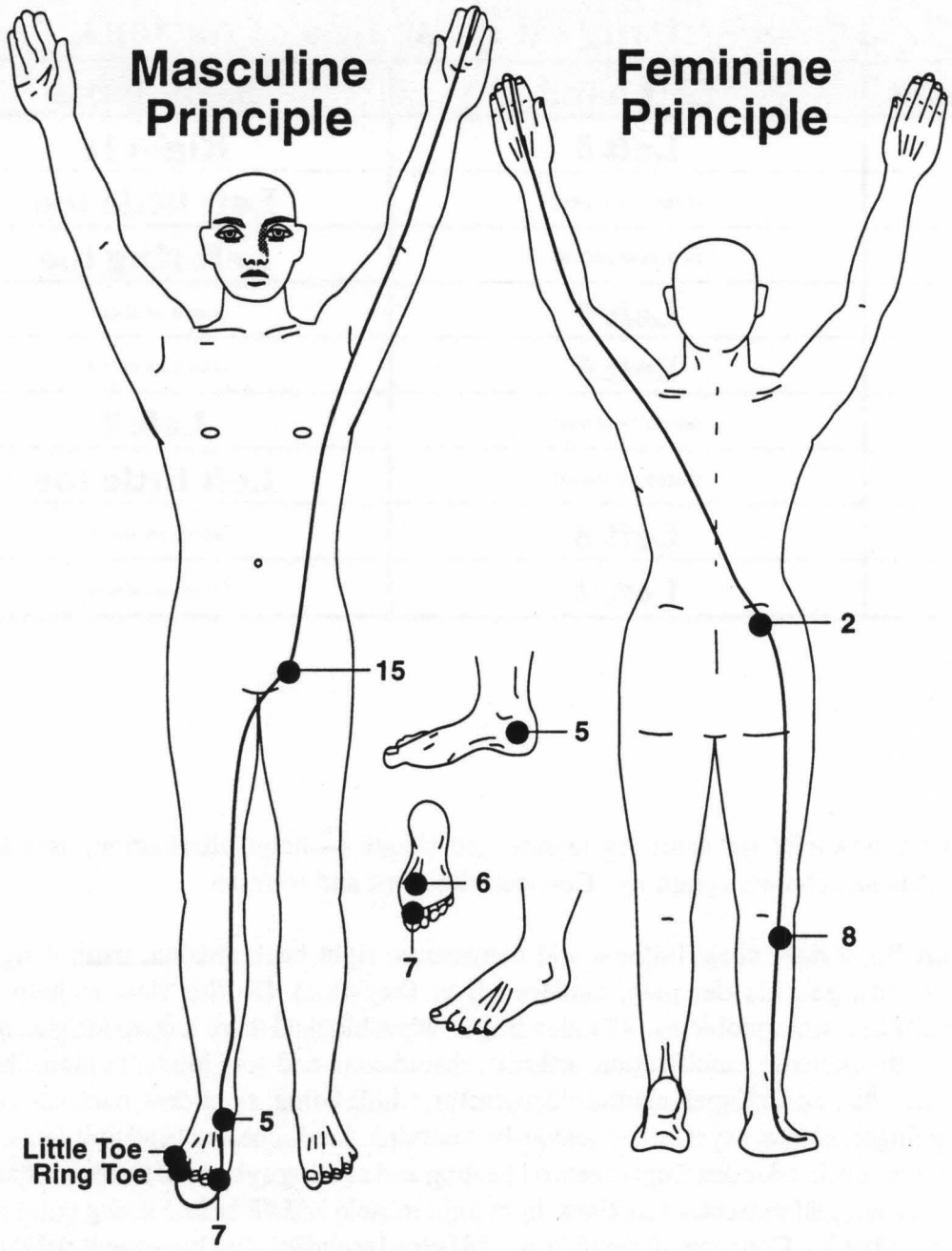
Left flow - sitting on right side of patient		
Movement	**Left hand**	**Right hand**
1	**Left 5**	**Right 15**
2	(same as above)	**Left little toe**
3	(same as above)	**Left ring toe**
4	**Left 6**	(same as above)
5	**Left 5**	(same as above)
6	(same as above)	**Left 7**
7	(same as above)	**Left little toe**
8	**Left 8**	(same as above)
9	**Left 2**	(same as above)

Remarks: Very powerful for short leg release and skeptics—helps elimination, assimilation, regenerative balance, chronic coughing. Connects the spirit and wo/man.

Relieves: (left flow) right chest fullness and congestion, right back tension, painful right hip, digestive problems, gall bladder pain, hardened liver (hepatitis). Do this flow to help relieve persistent headaches, sinus problems. **#5** index finger, when blocked there is deep fatigue, relieves muscles, affect the skeleton, calcification, arthritis, rheumatism and sore joints; bunions, hearing, relates to human. **#6** middle finger, natural chiropractor, whole being; shoulders, back stress, collar bone. **#7** ring finger, natural psychiatrist; jealously, tantrums, headache and head problems, relates to the sun and the spirit. **#8** index finger, natural heating and cooling system of the body, harmony, foundation, free will, all muscular functions, hold tight muscle and #8 before doing point release. Good for teething babies. Connects all depth flows. #8 helps 1st and 4th depths—opens pelvic girdle, rectal problems and generative problems; right #8 good for diarrhea; left #8 good to relieve constipation; hyperactivity; reproduction. When hold 6's, often relieves 3's.

Self help: Hold same side #15 and #3, #15 and #2. For #5, hold opposite# 5 and #10, for #6, hold same side #6 and #15, for #7 hold opposite side #7 and #12, for #8, Hold both #25's, or both #2's or same side #8 and #11, low #8 helps painful #16 an #12.

NUMBER 5, 6, 7, & 8 RELEASE (RIGHT)



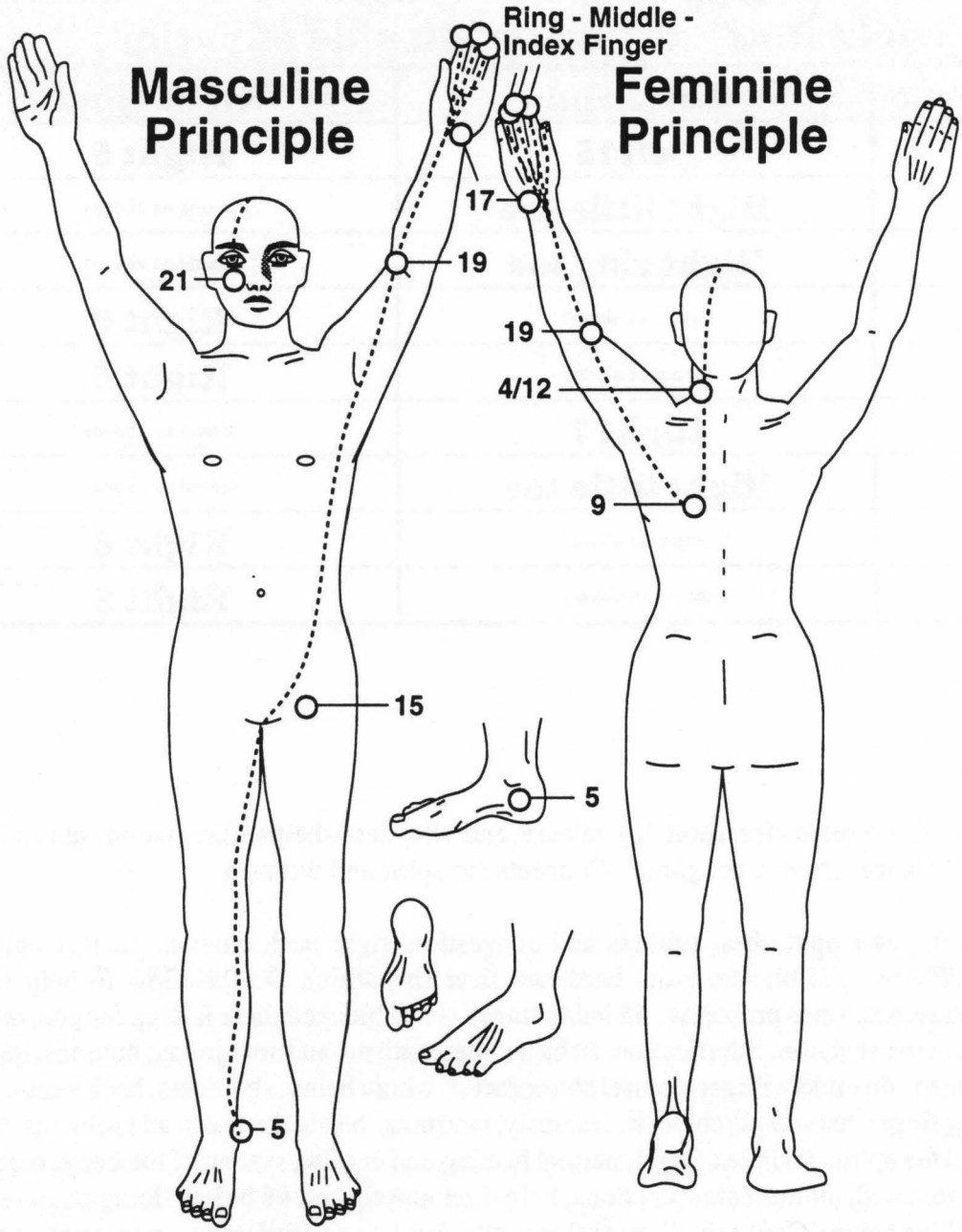
Joy, sorrow, balance
Equilibrium, victory, power, magic, splendor

Right flow - sitting on left side of patient		
Movement	**Left hand**	**Right hand**
1	**Left 15**	**Right 5**
2	**Right little toe**	(same as above)
3	**Right ring toe**	(same as above)
4	(same as above)	**Right 6**
5	(same as above)	**Right 5**
6	**Right 7**	(same as above)
7	**Right little toe**	(same as above)
8	(same as above)	**Right 8**
9	(same as above)	**Right 2**

Remarks: Very powerful for short leg release and skeptics—helps elimination, assimilation, regenerative balance, chronic coughing. Connects the spirit and wo/man.

Relieves: (left flow) right chest fullness and congestion, right back tension, painful right hip, digestive problems, gall bladder pain, hardened liver (hepatitis). Do this flow to help relieve persistent headaches, sinus problems. **#5** index finger, when blocked there is deep fatigue, relieves muscles, affect the skeleton, calcification, arthritis, rheumatisms and sore joints; bunions, hearing, relates to human. **#6** middle finger, natural chiropractor, whole being; shoulders, back stress, collar bone. **#7** ring finger, natural psychiatrist; jealously, tantrums, headache and head problems, relates to the sun and the spirit. **#8** index finger, natural heating and cooling system of the body, harmony, foundation, free will, all muscular functions, hold tight muscle and #8 before doing point release. Good for teething babies. Connects all depth flows. #8 helps 1st and 4th depths—opens pelvic girdle, rectal problems and generative problems; right #8 good for diarrhea; left #8 good to relieve constipation; hyperactivity; reproduction. when hold 6's, often relieves 3's.

Self help: Hold same side #15 and #3, #15 and #2. For #5, hold opposite #5 and #10, for #6, hold same side #6 and #15, for #7 hold opposite side #7 and #12, for #8, Hold both #2's or both #2's or same side #8 and #11, low #8 helps painful #16 an #12.


Ring - Middle -
Index Finger
Masculine
Principle
Feminine
Principle
17
21
19
19
4/12
9
15
5
5

Completion
Beginning and Ending of Cycle

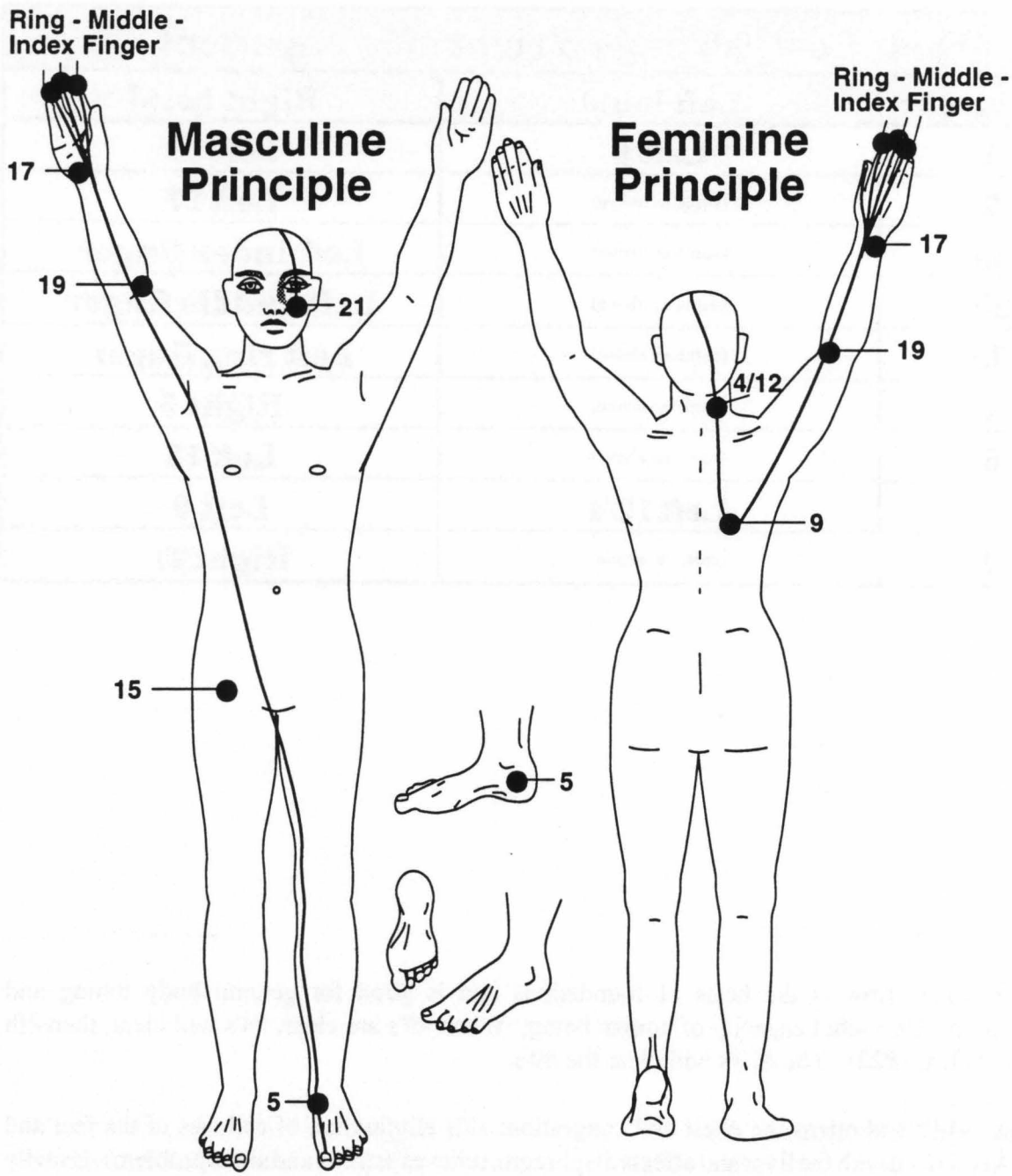
Left flow - sitting on right side of patient		
Movement	**Left hand**	**Right hand**
1	**Left 9**	**Left 19**
2	(same as above)	**Left 17**
3a	(same as above)	**Left index finger**
3b	(same as above)	**Left middle finger**
3c	(same as above)	**Left ring finger**
4	(same as above)	**Right 5**
5	(same as above)	**Left 15**
6	**Left 12/4**	**Left 9**
7	(same as above)	**Right 21**

Remarks: This flow is the basis of foundations and is good for general body toning and conditioning. Unlimited capacity of human being. When #9's are clear, #4's will clear, then 4th depth will clear (#23). The #19's will clear the #9's.

Relieves: #14's and opens the chest and congestion; aids elimination of calluses of the feet and hands. Associated with the liver and affects diaphragm, relieves asthma and sinus problems. Usually do both sides; shoulder blade relief—#9 & #10 affect eyes on same side; increases activity level in the arms; takes tension out of spine at the #9 area; when there is hip pain, do the opposite side #3; relieves pain; clear hips and thighs; good for broken coccyx; ankle sprain do same side #9; opposite #14's. breathing, nosebleed; crux of all disorders in this area—poor digestion —7th thoracic—thumb—diaphragm.

Self help: Thumb is facilitator. Hold opposite #19 and #1, or same side #9 and #19 or both #19's.

NUMBER 9 RELEASE (RIGHT)



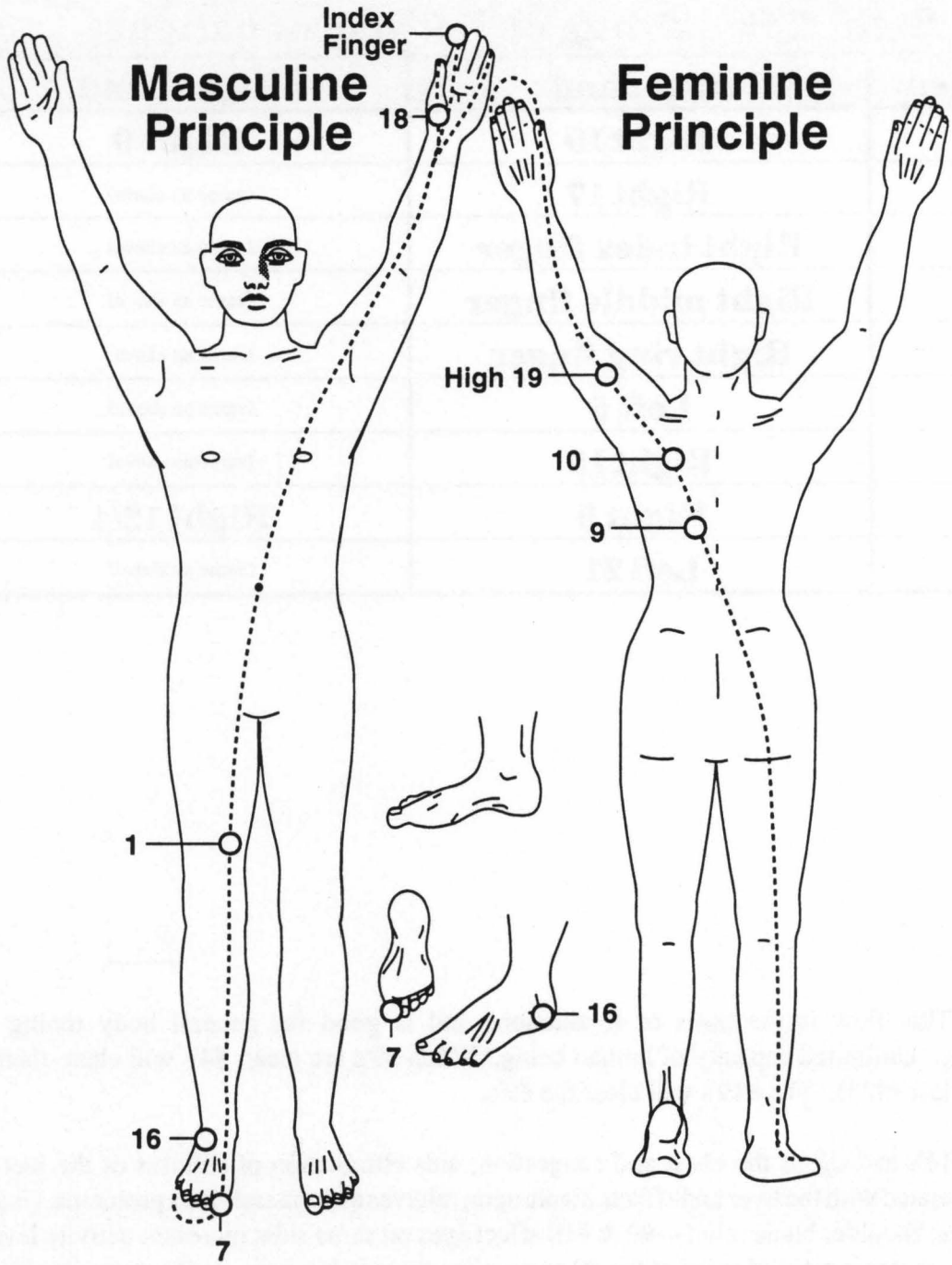
Completion
Beginning and Ending of Cycle

Right flow - sitting on left side of patient		
Movement	**Left hand**	**Right hand**
1	**Right 19**	**Right 9**
2	**Right 17**	(same as above)
3a	**Right index finger**	(same as above)
3b	**Right middle finger**	(same as above)
3c	**Right ring finger**	(same as above)
4	**Left 5**	(same as above)
5	**Right 15**	(same as above)
6	**Right 9**	**Right 12/4**
7	**Left 21**	(same as above)

Remarks: This flow is the basis of foundations and is good for general body toning and conditioning. Unlimited capacity of human being. When #9's are clear, #4's will clear, then 4th depth will clear (#23). The #19's will clear the #9's.

Relieves: #14's and opens the chest and congestion; aids elimination of calluses of the feet and hands. Associated with the liver and affects diaphragm, relieves asthma and sinus problems. Usually do both sides; shoulder blade relief—#9 & #10 affect eyes on same side; increases activity level in the arms; takes tension out of spine at the #9 area; when there is hip pain, do the opposite side #3; relieves pain; clear hips and thighs; good for broken coccyx; ankle sprain do same side #9; opposite #14's, breathing, nosebleed; crux of all disorders in this area—poor digestion —7th thoracic—thumb—diaphragm.

Self help: Thumb is facilitator. Hold opposite #19 and #1, or same side# 9 and #19 or both #19's.


Index Finger
Masculine Principle
18
Feminine Principle
High 19
10
9
1
16
7
7
16

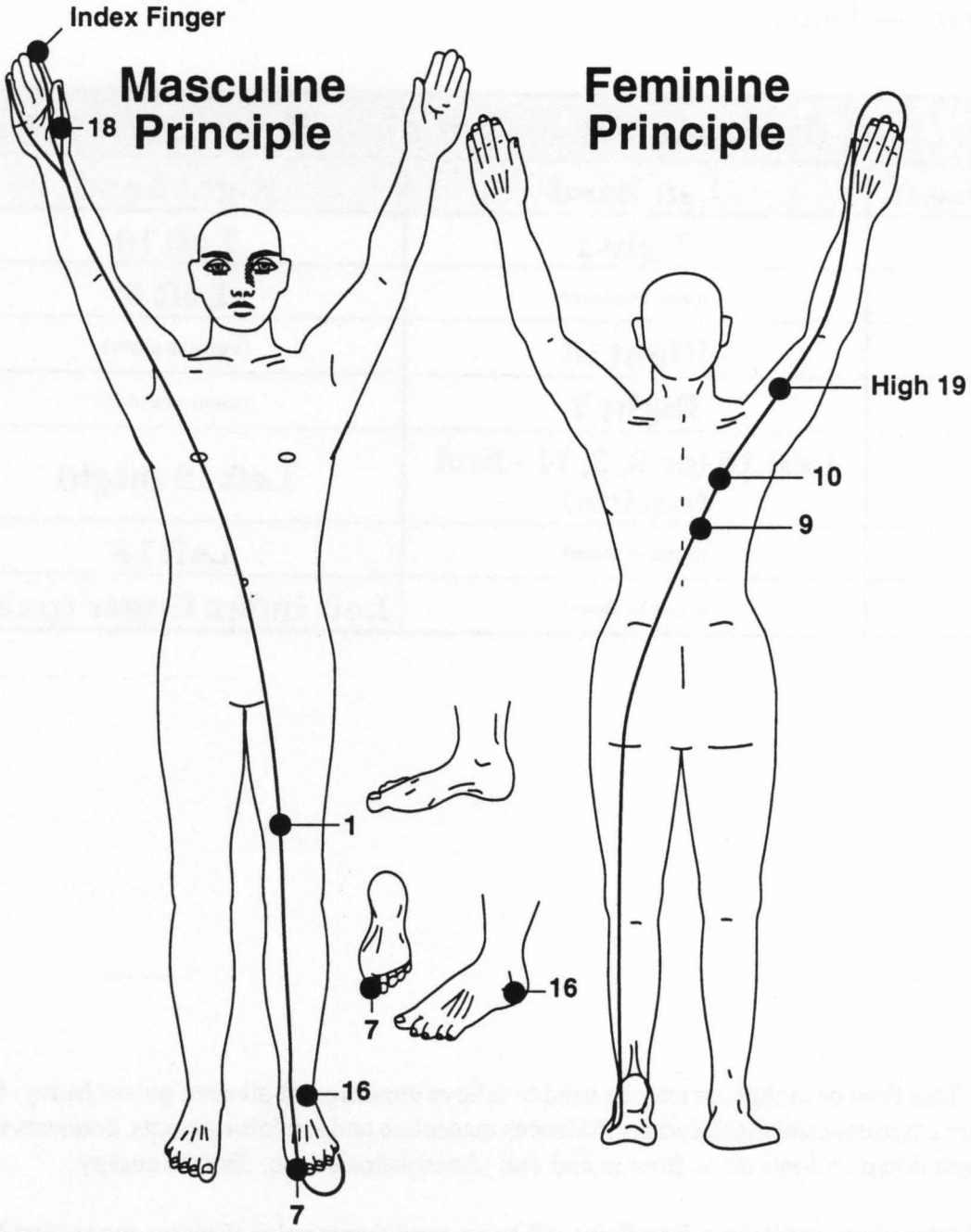
Perfection, dominion
Life power
Little finger — heart

Left flow - sitting on left side of patient		
Movement	**Left hand**	**Right hand**
1	**Right 1**	**Left 10**
2	(same as above)	**Left 9**
3	**Right 16**	(same as above)
4	**Right 7**	(same as above)
5	**Left 10 (or 9, 3, 11 - find tension)**	**Left 19 (high)**
6	(same as above)	**Left 18**
7	(same as above)	**Left index finger (palm)**

Remarks: This flow or umbilicus may be used to relieve condition of all deep pulses heavy. #10's and #13's are emotional and mental stress. Balances masculine and feminine aspects, connects waist up with waist down. Allows air to flow in and out. Abundance of life. Boosts energy.

Relieves: Helps chest and descending flows; all heart conditions: valve disease, congestive heart disease, rapid and slow heart beat, heart attack, etc. All lung conditions: colds, flu, asthma, congestion, bronchial pneumonia, T.B., loss of thumb strength, throat problems, hoarseness, voice problems or loss, balances blood pressure, good for ear problems. If there is pain in the #10's, do the Number #13 release. Left flow relieves the left hip and right knee.

Self help: Hold index finger. Hold upper arms at High #19's. Hold opposite High #19 and #1 or same side high #19 and #10.


Index Finger
Masculine Principle
18
Feminine Principle
High 19
10
9
1
16
7
16
7

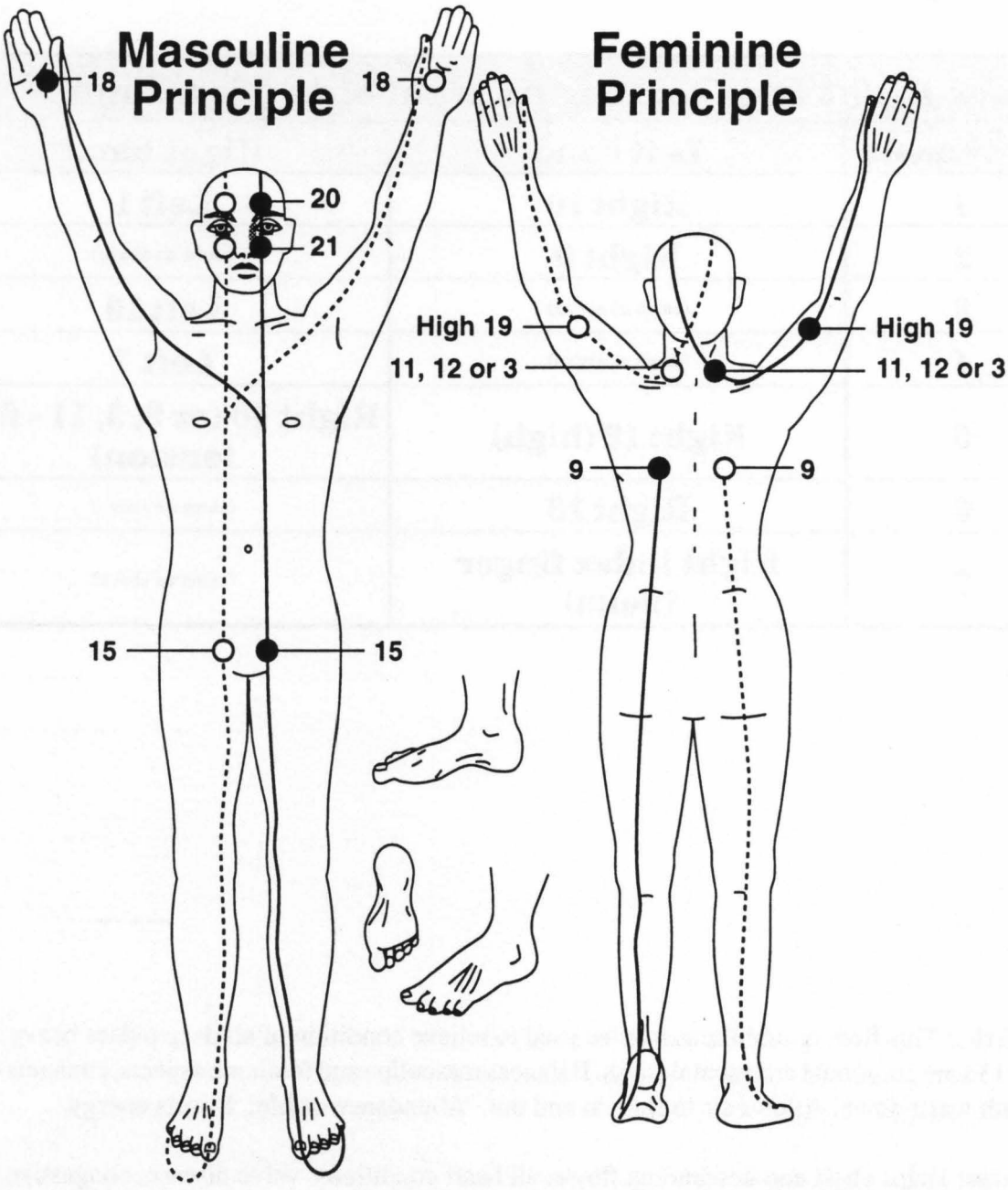
Perfection, dominion
Life power
Little finger — heart

Right flow - sitting on right side of patient		
Movement	**Left hand**	**Right hand**
1	**Right 10**	**Left 1**
2	**Right 9**	(same as above)
3	(same as above)	**Left 16**
4	(same as above)	**Left 7**
5	**Right 19 (high)**	**Right 10 (or 9, 3, 11 - find tension)**
6	**Right 18**	(same as above)
7	**Right index finger (palm)**	(same as above)

Remarks: This flow or umbilicus may be used to relieve condition of all deep pulses heavy. #10's and #13's are emotional and mental stress. Balances masculine and feminine aspects, connects waist up with waist down. Allows air to flow in and out. Abundance of life. Boosts energy.

Relieves: Helps chest and descending flows; all heart conditions: valve disease, congestive heart disease, rapid and slow heart beat, heart attack, etc. All lung conditions: colds, flu, asthma, congestion, bronchial pneumonia, T.B., loss of thumb strength, throat problems, hoarseness, voice problems or loss, balances blood pressure, good for ear problems. If there is pain in the #10's, do the Number #13 release. Left flow relieves the left hip and right knee.

Self help: Hold index finger. Hold upper arms at High #19's. Hold opposite High #19 and #1 or same side high #19 and #10.


Masculine Principle
Feminine Principle
18
18
20
21
High 19
11, 12 or 3
High 19
11, 12 or 3
9
9
15
15

Harmonize, surrender

Left flow - sitting on right side of patient		
Movement	**Left hand**	**Right hand**
1	Left 11, 12, or 3	Left 19 (high)
2	(same as above) tonsest spot	Left 18
3	(same as above)	Right 21
4	(same as above)	Right 20
5	(same as above)	Right 9
6	(same as above)	Right 15

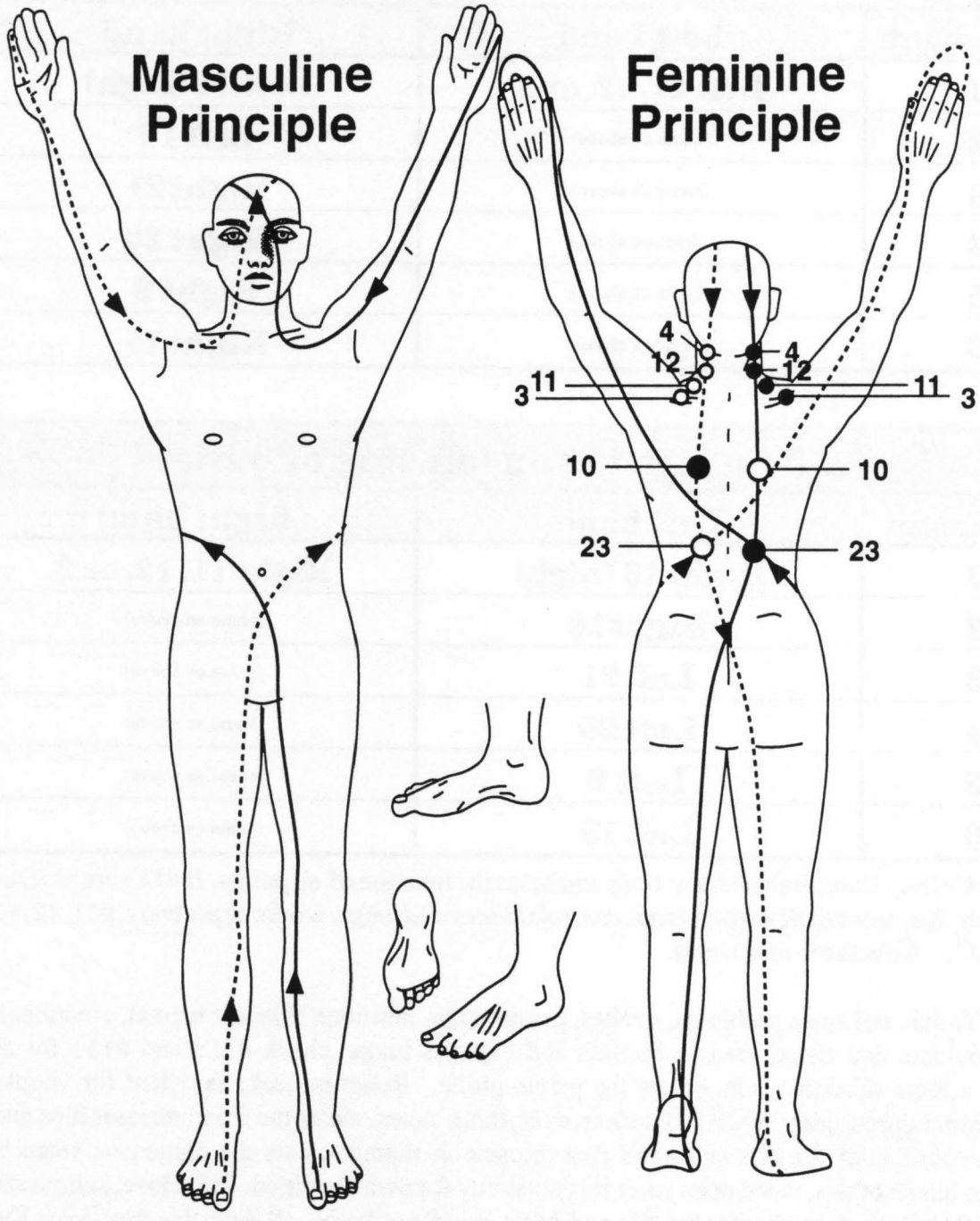
Right flow - sitting on left side of patient		
Movement	**Left hand**	**Right hand**
1	Right 19 (high)	Right 11, 12, or 3 tonsest spot
2	Right 18	(same as above)
3	Left 21	(same as above)
4	Left 20	(same as above)
5	Left 9	(same as above)
6	Left 15	(same as above)

Remarks: Cosmic Door; Balances the body and helps the function of all points. If #11's are blocked, deep flow needed. Key to waist down problems, *controls kidney and lungs;* works upper body; #11, 12, #3, #15's relieve pelvis. Affects the entire arm.

organ

Relieves: Throat and sinus problems, strokes, perspiration, hormone balance, mental, emotional stress, affects shoulders and chest, breasts, bursitis and expands lungs; check #11's and #15's for all back problems; affects sciatica, groin, opens the pelvic girdle. Relieves neck; excellent for whiplash (do opposite from injured side). When **#11's** clear, everything clears, clears the front, releases hips and upper shoulders, coordinator for #2's and #15's first thoracic & thumb; clears the diagonals, when blocked tendency to blame others, when open takes responsibility for own condition, **#12's** love, submission-trust that thy will be done. Coordinator for #9's and #14's, middle of body, all digestive functions; liver, gall bladder, stomach, spleen. If right #11 blocked mental emotional stresses, left #11 blocked, it may lead to insanity.

Self help: Hold second thoracic & index finger, for #11 hold same side #11 and #25 or coccyx, for #12 hold opposite side #12 and #4. #11 & #13 clears thinking, #11 and #25 clears front of body, #11 & #15 clears back of body, and #11 and opposite #2 clears diagonals.


Masculine Principle
Feminine Principle
4
12
11
3
10
23
4
12
11
3
10
23

For relief of pain

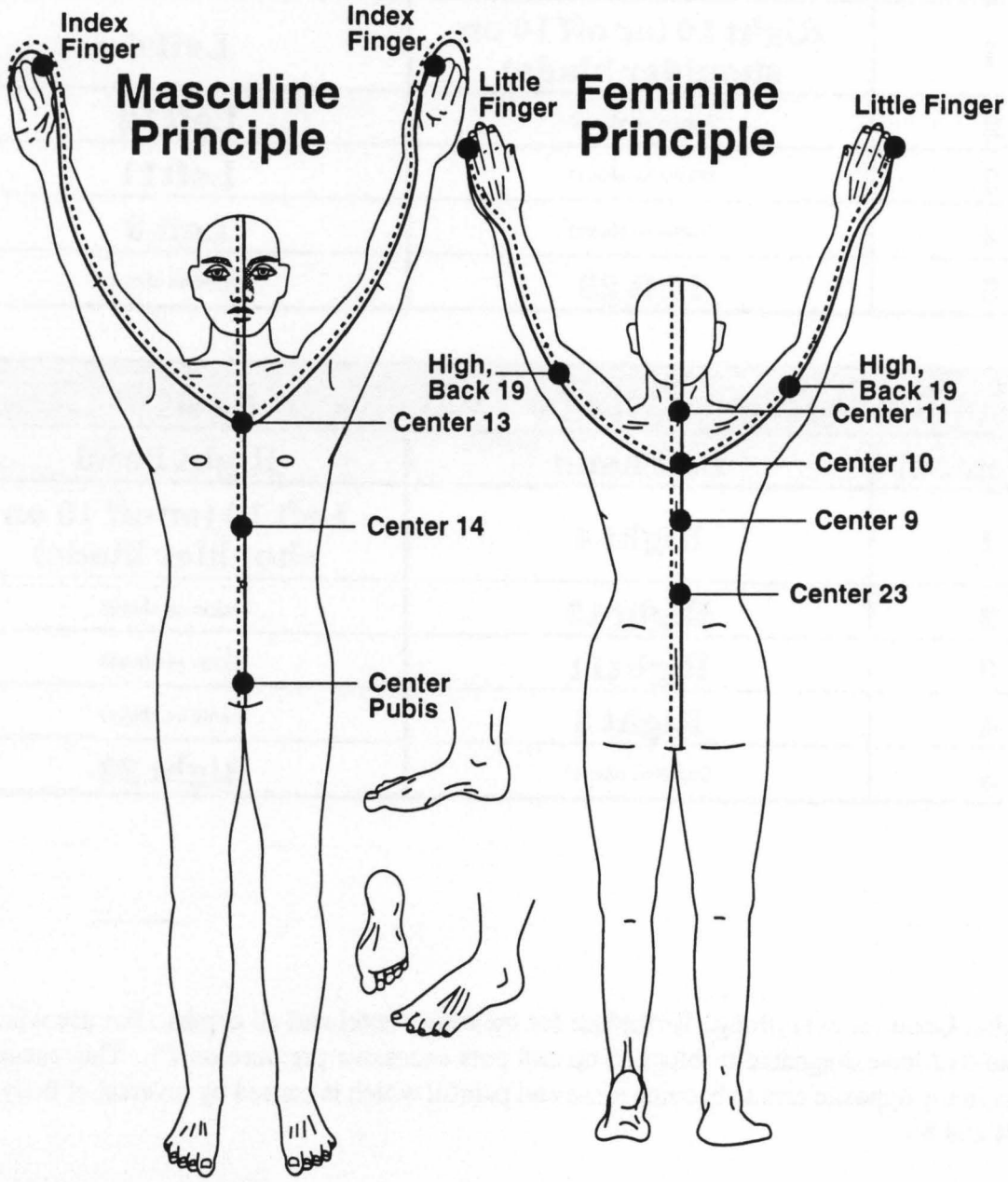
Left flow - sitting on left side of patient		
Movement	**Left hand**	**Right hand**
1	Right 10 (or off 10 on shoulder blade)	Left 4
2	(same as above)	Left 12
3	(same as above)	Left11
4	(same as above)	Left 3
5	Left 23	(same as above)

Right flow - sitting on left side of patient		
Movement	**Left hand**	**Right hand**
1	Right 4	Left 10 (or off 10 on shoulder blade)
2	Right 12	(same as above)
3	Right11	(same as above)
4	Right 3	(same as above)
5	(same as above)	Right 23

Remarks: Good for everything. Birthplace for the trinity level and all depths. For use when #4, #11, and #12 have stagnated or blocked up and puts excessive pressure on #3. This causes the muscles in the opposite arm to become tense and painful which is caused by reversal of body flow from #4 and #3.

Relieves: Whiplash—go to opposite #9, #10, and #23 of injured area (left neck, right ring finger). Generally their back was tight with tension before the accident. Anything helping #11's and #3's will help everything. Hormone balance—Good for sciatica, asthma, hiccups, bells palsy, stiff neck, and hangovers. **#3's** Birthplace of everything, Door to everything, **#4's** Measures intelligence, **#11's** Cosmic and Swinging door, **#12's** Thy will

Self Help: Do this flow and hold ring finger with opposite shoulder and neck. Hold #16's.


Index Finger
Index Finger
Masculine Principle
Little Finger
Feminine Principle
Little Finger
High, Back 19
High, Back 19
Center 13
Center 11
Center 10
Center 14
Center 9
Center 23
Center Pubis

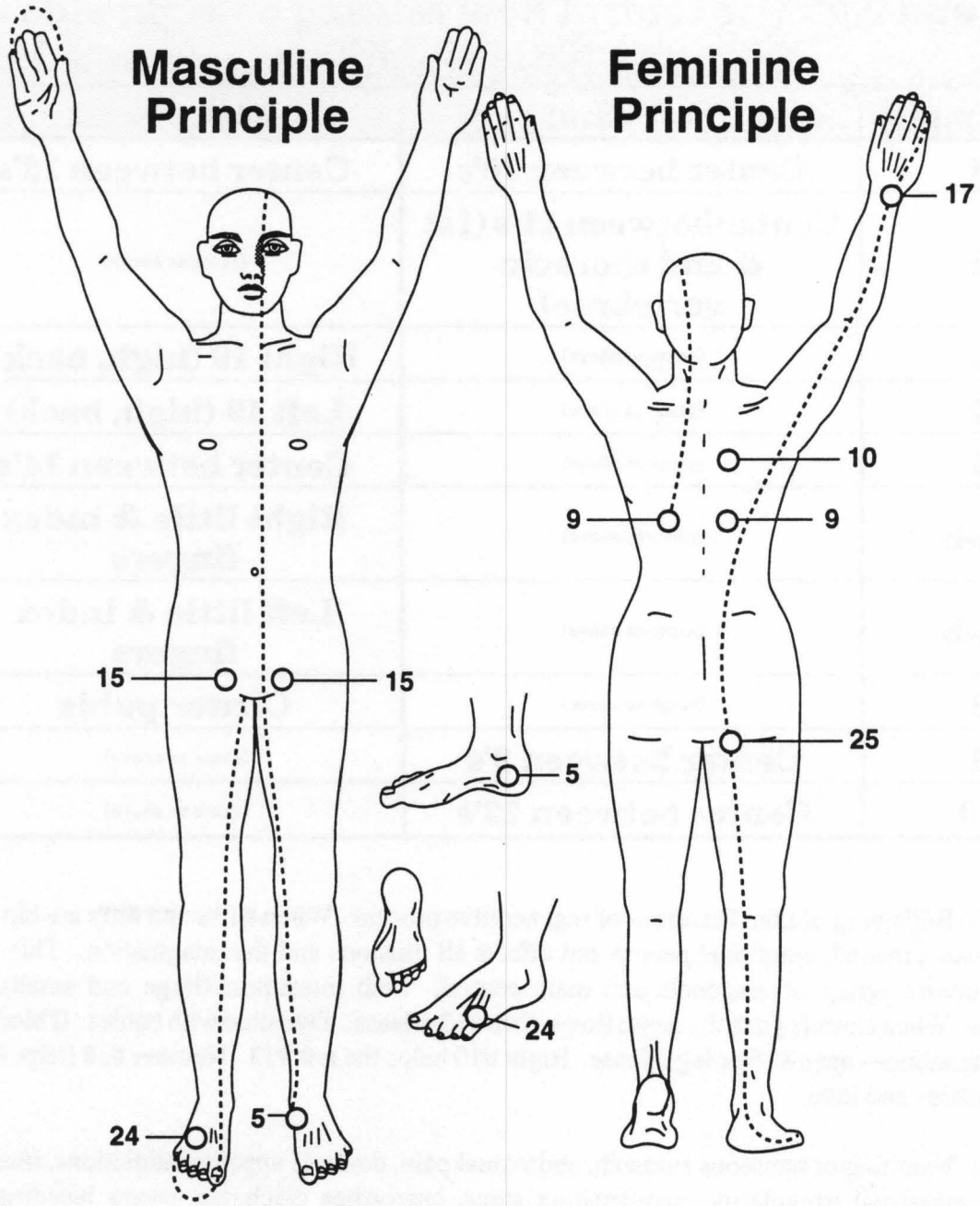
Optimism, spirit
Fountain of youth
Relieves front of body

Left and right, or central flow - sitting on right side of patient		
Movement	**Left hand**	**Right hand**
1	**Center between 10's**	**Center between 13's**
2	**Center between 11's (1st & 2nd thoracic vertebrae)**	(same as above)
3	(same as above)	**Right 19 (high, back)**
4	(same as above)	**Left 19 (high, back)**
5	(same as above)	**Center between 14's**
6a-b	(same as above)	**Right little & index fingers**
7a-b	(same as above)	**Left little & index fingers**
8	(same as above)	**Center pubis**
9	**Center between 9's**	(same as above)
10	**Center between 23's**	(same as above)

Remarks: Beginning of life. Governor of regenerative process. When #13's and #10's are blocked it will cause a mental, emotional person and affects all illusions and the imagination. This flow relieves intermingling of diagonals and main central, both intestines; (large and small) and umbilicus. When chronic go to the depth flows, then #13 release. Dynamic with babies. If blocked, pelvic stagnation—open #15 or leg release. Right #10 helps the left #13. Number #18 helps #13's - relationships and love.

Relieves: Vomiting or nauseous stomach, abdominal pain, controls appetite, addictions, immune system, menstrual irregularity, menstruation stops, leucorrhea discharge, ovary bleeding, all reproductive and digestive problems, pregnancy, emotional instability, chest tightness or congestion, shoulder tension, heart, kidney and bladder problems, ear blockage, back of head pain. Works arms, lungs, head, pelvic area.

Self help: Middle finger or hold index, middle, and little fingers. Hold both #13's or #13 & opposite #19. #11 & #13 helps thinking. Cross arms and hold high #19's.


Masculine Principle
Feminine Principle
17
10
9
9
15
15
25
5
24
24
5

Equilibrium
Anchor for middle font of body
Mind

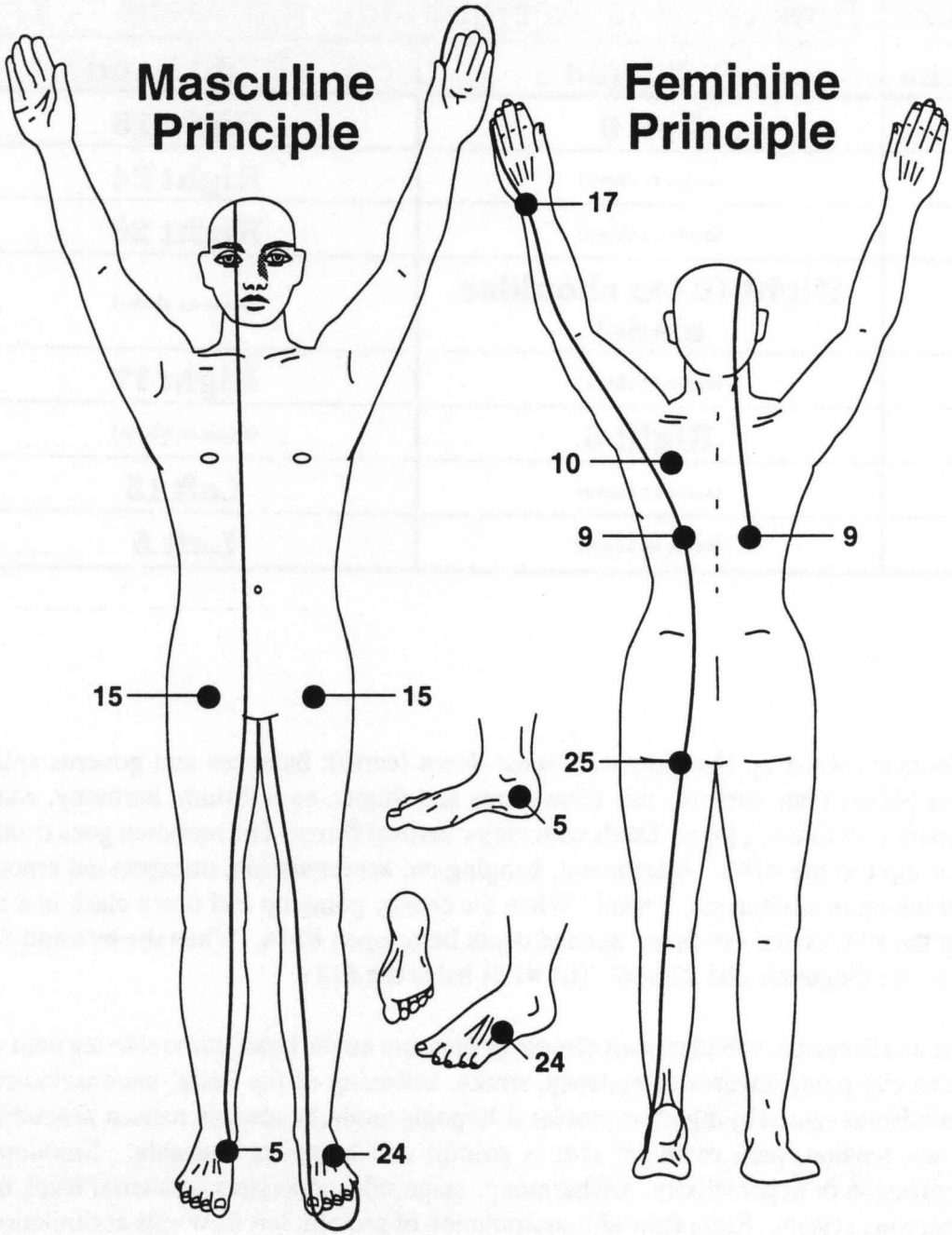
Left flow - sitting on right side of patient		
Movement	**Left hand**	**Right hand**
1	**Left 9**	**Right 15**
2	(same as above)	**Right 24**
3	(same as above)	**Right 25**
4	**Right 10 (on shoulder blade)**	(same as above)
5	(same as above)	**Right 17**
6	**Right 9**	(same as above)
7	(same as above)	**Left 15**
8	(same as above)	**Left 5**

Remarks: Connects waist up (heaven) with waist down (earth); balances and governs spleen/ pancreas, solar plexus (sun force for this form), hips and thighs; equilibrium, harmony, adapts, equalizes, adjusts, coordinates, logic. Deals with major vertical flows. The meridian goes from the center of the armpit to the #14's. Attachment, hanging on, accumulation, unexpressed emotion. Digestion and taking in sustenance, I want. When the energy going up and down clash in a head on collision at the #14, do the eye flow. Second depth helps open #14's. When the #9's and #14's are blocked, do the diagonals and #24/26. The #12's helps the #14's.

Relieves: Fear and Pretense, valvular heart disease or pressure on the heart, same side leg pain with knee pain, knee cap pain, seizures or epilepsy, stroke, softening of the brain, unconsciousness, childhood convulsions caused by digestive problems, hypoglycemia, headaches, nausea, assimilation and elimination, tension, pain of thigh, arm is painful and becomes unusable. Emotionally distressed, depression or hyperactivity. Disharmony, same side brain stress; material level, habit abuse level, nervous system. Right flow aids assimilation of protein; left flow aids assimilation of carbohydrates (diabetes and hypoglycemia). Releases horizontal girdle between #14's and #23's. Governs thighs and hips.

Self help: Hold ring finger. Hold both #14's, hold same side #14 and #19, hold both elbows or hold right elbow and left high #1, reverse for opposite side

NUMBER 14 RELEASE (RIGHT)



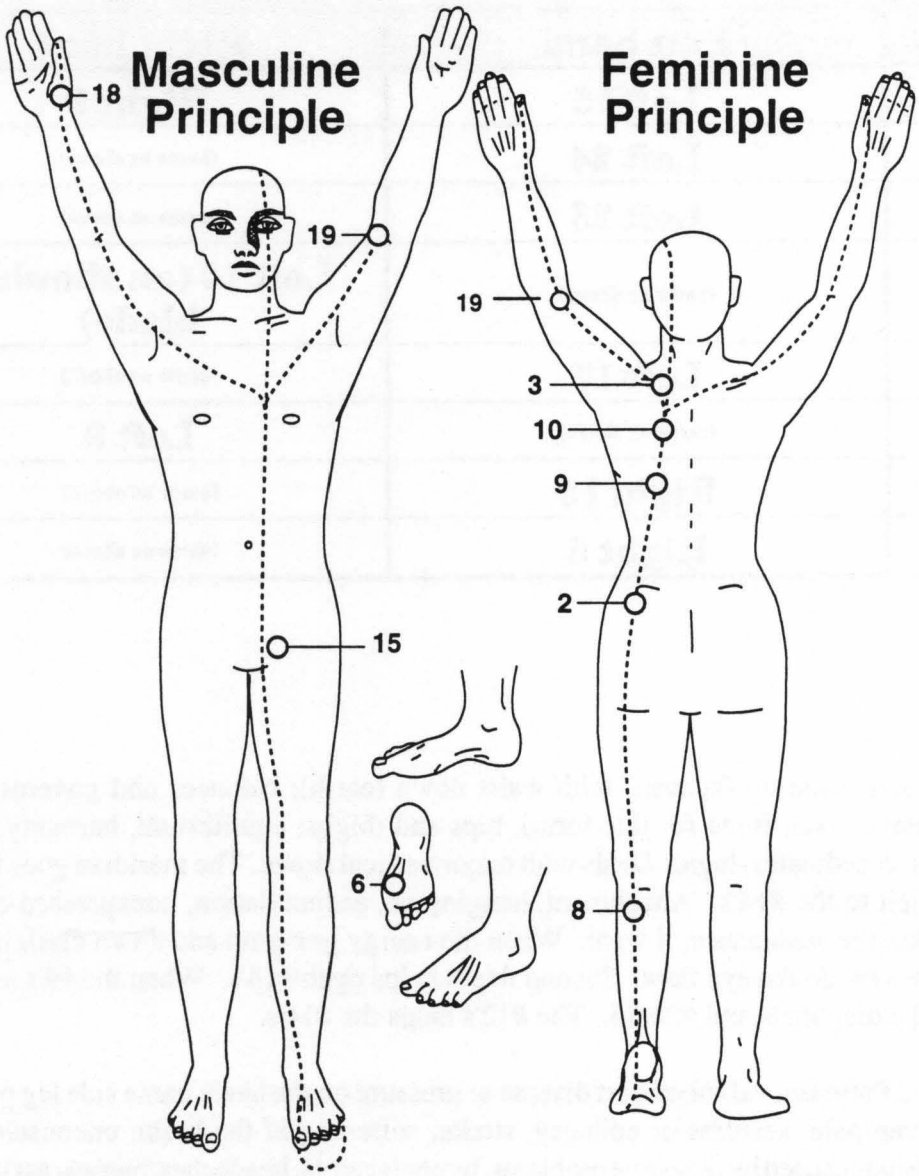
Equilibrium
Anchor for middle font of body
Mind

Right flow - sitting on left side of patient		
Movement	**Left hand**	**Right hand**
1	**Left 15**	**Right 9**
2	**Left 24**	(same as above)
3	**Left 25**	(same as above)
4	(same as above)	**Left 10 (on shoulder blade)**
5	**Left 17**	(same as above)
6	(same as above)	**Left 9**
7	**Right 15**	(same as above)
8	**Right 5**	(same as above)

Remarks: Connects waist up (heaven) with waist down (earth); balances and governs spleen/ pancreas, solar plexus (sun force for this form), hips and thighs; equilibrium, harmony, adapts, equalizes, adjusts, coordinates, logic. Deals with major vertical flows. The meridian goes from the center of the armpit to the #14's. Attachment, hanging on, accumulation, unexpressed emotion. Digestion and taking in sustenance, I want. When the energy going up and down clash in a head on collision at the #14, do the eye flow. Second depth helps open #14's. When the #9's and #14's are blocked, do the diagonals and #24/26. The #12's helps the #14's.

Relieves: Fear and Pretense, valvular heart disease or pressure on the heart, same side leg pain with knee pain, knee cap pain, seizures or epilepsy, stroke, softening of the brain, unconsciousness, childhood convulsions caused by digestive problems, hypoglycemia, headaches, nausea, assimilation and elimination, tension pain of thigh, arm is painful and becomes unusable. Emotionally distressed, depression or hyperactivity. Disharmony, same side brain stress; material level—habit abuse level—nervous system. Right flow aids assimilation of protein; left flow aids assimilation of carbohydrates (diabetes and hypoglycemia). Releases horizontal girdle between #14's. and #23's. Governs thighs and hips.

Self help: Hold ring finger. Hold both #14's, hold same side #14 and #19, hold both elbows or hold right elbow and left high #1, reverse for opposite side


Masculine Principle
Feminine Principle
18
19
15
6
19
3
10
9
2
8

Ecstasy, laughter, happiness, joy
Anchor for lower front of body

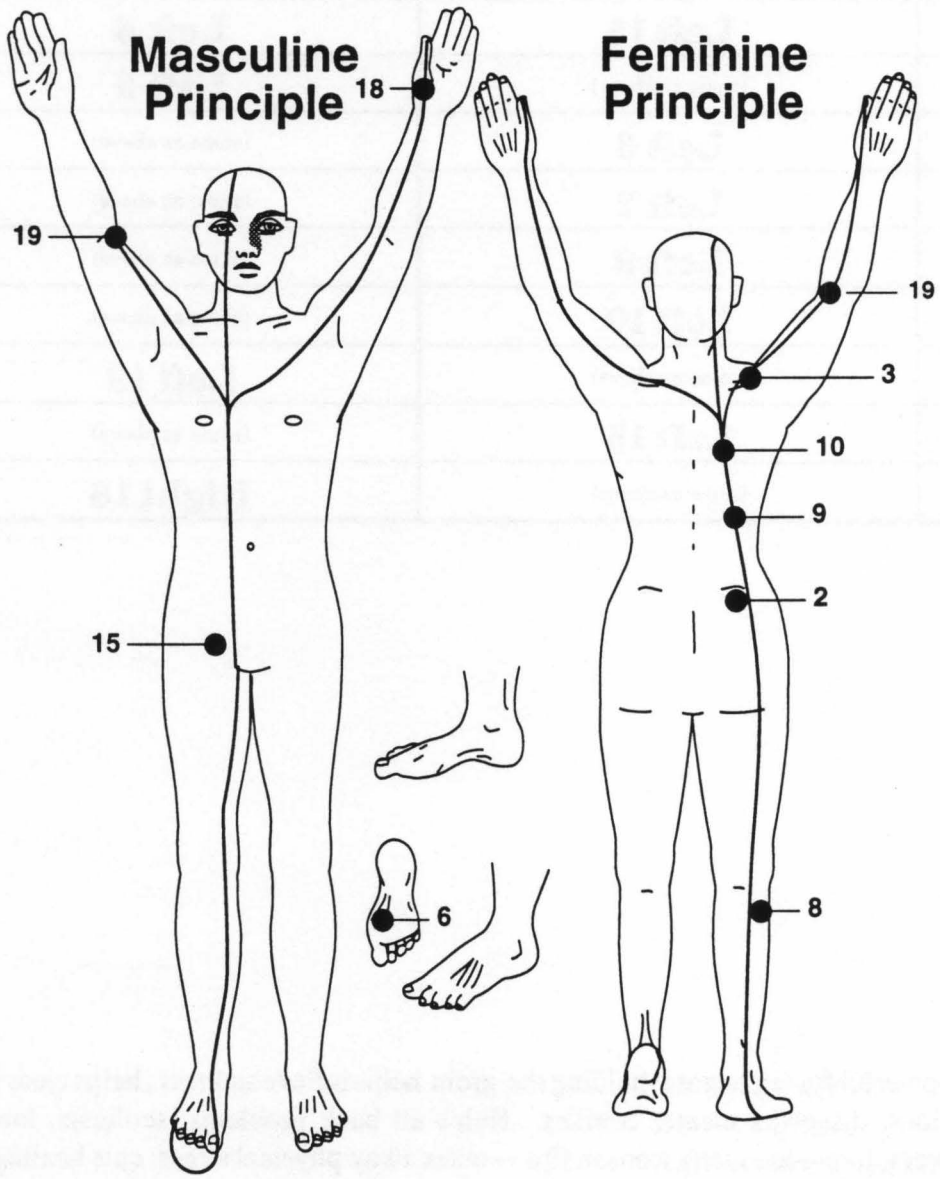
Left flow - sitting on right side of patient		
Movement	**Left hand**	**Right hand**
1	**Left 15**	**Left 6**
2	(same as above)	**Left 8**
3	**Left 3**	(same as above)
4	**Left 2**	(same as above)
5	**Left 9**	(same as above)
6	**Left 10**	(same as above)
7	(same as above)	**Left 19**
8	**Left 15**	(same as above)
9	(same as above)	**Right 18**

Remarks: Very powerful for leg release; holding the groin helps relieve sadness ; helps clear brain. Purify subconscious, dissolves mental conflict. Helps all back problems; scoliosis, lordosis, hunched back. Overactive—too many irons in fire —takes away physical stress; cuts healing time in half—helps bones knit— sprains—hold #15's and grab ankle at sprain, osteoporosis—4th depth fear level.

Relieves: First 3 steps relieve same side; abdominal discomfort, constipation, back problems, hip pain, knee pain, knee swollen, cold feet, legs swollen (lower), groin aches. All 7 steps: relieves heart ailments and varicose veins, angina pectoris (do also diaphragm, gall bladder and #16,17,18, 19 flow). Good for menstrual cramps, emotions, etc., hunched back—clears #6's, sway back.

Self help: Hold little finger. Hold both #15's or same side #15 and #3 or #15 then #6 and #3.

NUMBER 15 RELEASE (RIGHT)



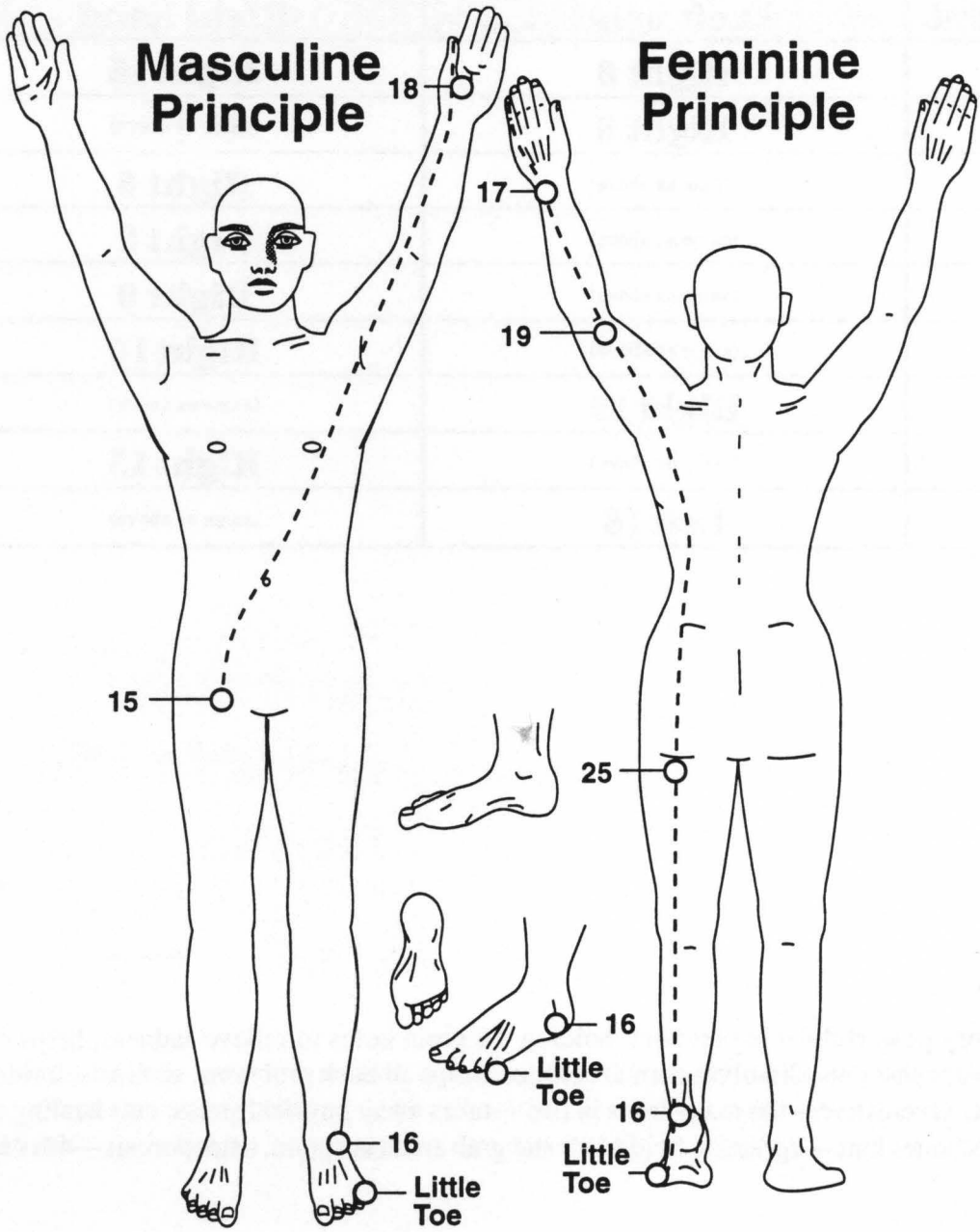
Ecstasy, laughter, happiness, joy
Anchor for lower front of body

Right flow - sitting on left side of patient		
Movement	**Left hand**	**Right hand**
1	**Right 6**	**Right 15**
2	**Right 8**	(same as above)
3	(same as above)	**Right 3**
4	(same as above)	**Right 2**
5	(same as above)	**Right 9**
6	(same as above)	**Right 10**
7	**Right 19**	(same as above)
8	(same as above)	**Right 15**
9	**Left 18**	(same as above)

Remarks: Very powerful for leg release; holding the groin helps to relieve sadness; helps clear brain. Purify subconscious, dissolves mental conflict. Helps all back problems; scoliosis, loridosis, hunched back. Overactive—too many irons in fire —takes away physical stress; cuts healing time in half—helps bones knit— sprains—hold #15's and grab ankle at sprain, osteoporosis—4th depth, fear level.

Relieves: First 3 steps relieve same side; abdominal discomfort, constipation, back problems, hip pain, knee pain, knee swollen, cold feet, legs swollen (lower), groin aches. All 7 steps: relieves heart ailments and varicose veins, angina pectoris (do also diaphragm, gall bladder and #16,17,18, 19 flow). Good for menstrual cramps, emotions, etc., hunched back—clears #6's, sway back.

Self help: Hold little finger. Hold both #15's or same side #15 and #3 or #15 then #6 and #3.


Masculine Principle
Feminine Principle
18
17
19
15
25
16
Little Toe
16
Little Toe
16
Little Toe

Mediator

Good for any condition

Left flow - sitting on right side of patient		
Movement	**Left hand**	**Right hand**
1*	**Left little toe**	**Left 16**
2*	**Left 25**	(same as above)
3	(same as above)	**Left 19**
4	**Left 17**	(same as above)
5	**Left 18**	(same as above)
6	(same as above)	**Right 15**

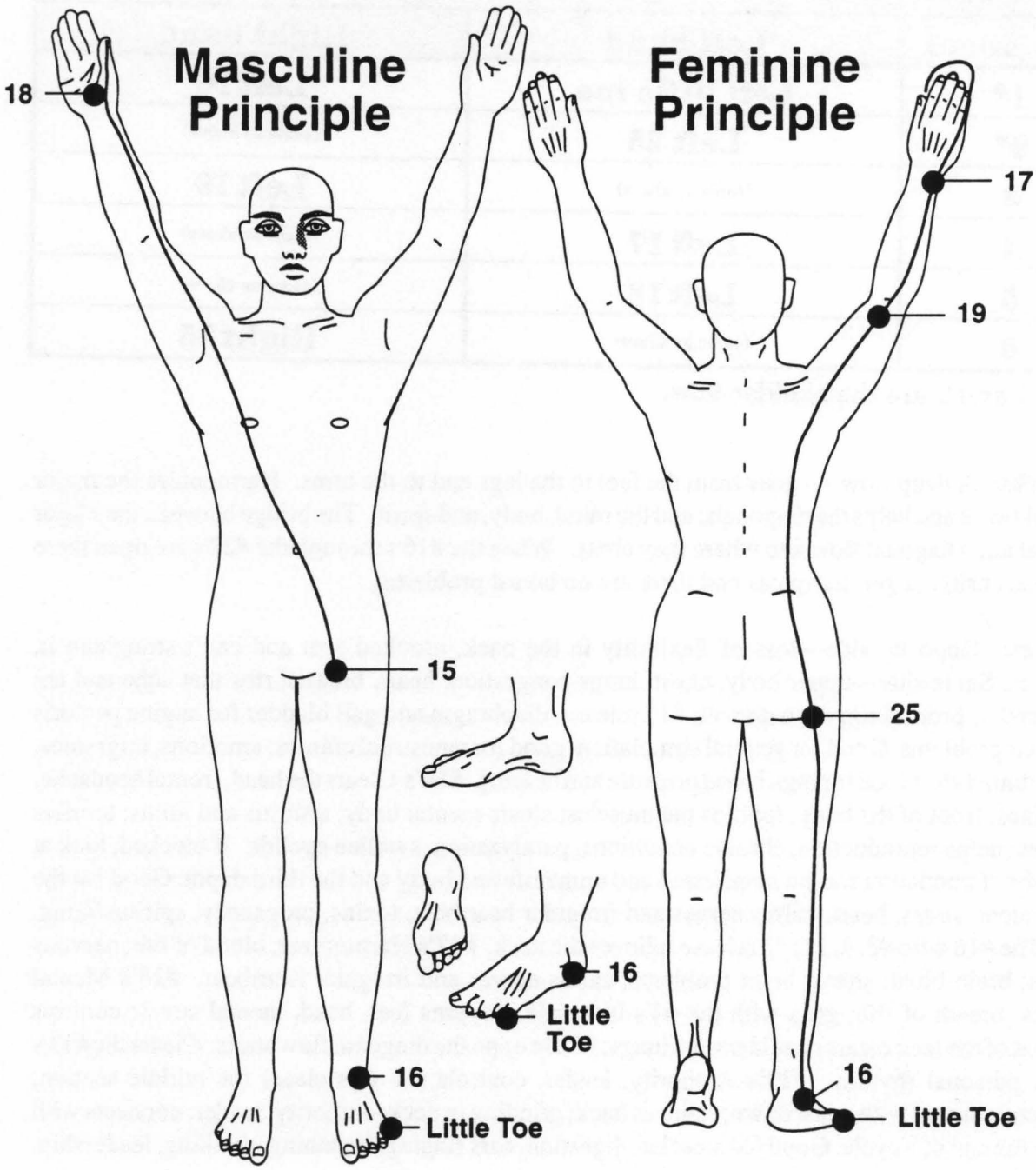
*Steps 1 and 2 are the bladder flow.

Remarks: A deep flow — goes from the feet to the legs and to the arms. Harmonizes the major vertical flows and helps the diagonals; and the mind, body, and spirit. The bridge between the Major Vertical and Diagonal flow and where they cross. When the #16's through the #22's are open there is no insecurity, anger dissipates and there are no breast problems.

Relieves: Opposite side—loss of flexibility in the back, crooked arm and can't straighten it, paralysis. Same side—upper body, chest, lungs-congestion, heart, breasts, ribs that ache and are expanded or protruding; Also do with #15 release, diaphragm and gall bladder for angina pectoris and heart problems. Good for general stimulation; good for menstrual cramps; emotions, migraines, carpal tunnel etc. Good for high blood pressure and hearing. **#16's** Clears the head, frontal headache, migraines; front of the body; tonifies the muscles; clears mental body; arthritis and joints; tonifies muscles; helps reproduction, chronic conditions, paralyzation, swollen eyelids. If blocked, look at the #24's. Foundation for the manifested and unmanifested body and the third depth. Good for the brain; bloat, stress, heart; calms nerves and irregular heartbeat, toxins, pregnancy, spiritualizing, Soul. The #16 with #3, 4, 11, 12 release relieves the neck. **#17's** Harmonizer; blood of life; nervous system; brain bloat; stress; heart problems, calms nerves and irregular heartbeat. **#18's** Mental stresses, breath of life; goes with the #4's insomnia; governs feet, head, mental stress; controls function of the feet; clears shoulders and lungs; where opposite diagonal flow starts. Clears the #13's worry, personal rhythm. **#19's** Authority, leader, controls the #9's clears the middle section; connects waist up with waist down; relieves back; grinding in neck; authority; leader; connects with #9's or the end of a cycle. Good for muscles, digestion, ears ringing, breathing, thinking, leadership.

Self help: Hold thumb and little finger. #19's control #9's clears middle section; For #16's hold thumb and cross right knee over right; same side #11 and #25, hold both #16's or hold same side #12 and #16. For #17's hold ring and little fingers or hold opposite side #16 an #17, hold both #17's. For #18's hold same side #25 and #3, hold both #18's or hold same side #4 and #18. For #19's, hold elbows; hold opposite #19 and #1, or hold same side #14 an #19, hold both #19's.

NUMBER 16, 17, 18, & 19 RELEASE (RIGHT)



Mediator
Good for any condition

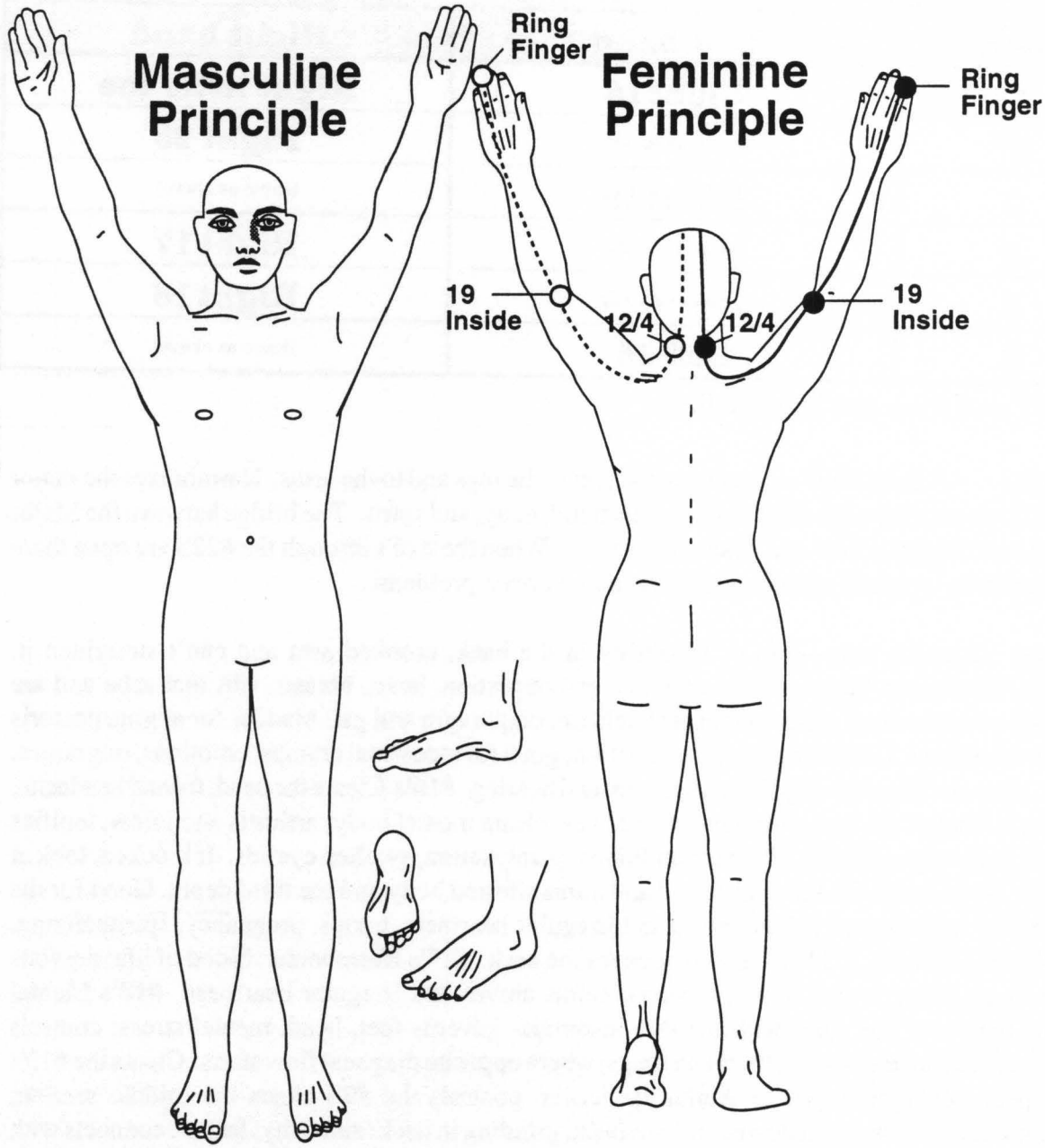
Right flow - sitting on left side of patient		
Movement	**Left hand**	**Right hand**
1*	**Right 16**	**Right little toe**
2*	(same as above)	**Right 25**
3	**Right 19**	(same as above)
4	(same as above)	**Right 17**
5	(same as above)	**Right 18**
6	**Left 15**	(same as above)

*Steps 1 and 2 are the bladder flow.

Remarks: A deep flow — goes from the feet to the legs and to the arms. Harmonizes the major vertical flows and helps the diagonals; and the mind, body, and spirit. The bridge between the Major Vertical and Diagonal flow and where they cross. When the #16's through the #22's are open there is no insecurity, anger dissipates and there are no breast problems.

Relieves: Opposite side—loss of flexibility in the back, crooked arm and can't straighten it, paralysis. Same side—upper body, chest, lungs-congestion, heart, breasts, ribs that ache and are expanded or protruding; Also do with #15 release, diaphragm and gall bladder for angina pectoris and heart problems. Good for general stimulation; good for menstrual cramps; emotions, migraines, carpal tunnel etc. Good for high blood pressure and hearing. **#16's** Clears the head, frontal headache, migraines; front of the body; tonifies the muscles; clears mental body; arthritis and joints; tonifies muscles; helps reproduction, chronic conditions, paralyzation, swollen eyelids. If blocked, look at the #24's. Foundation for the manifested and unmanifested body and the third depth. Good for the brain; bloat, stress, heart; calms nerves and irregular heartbeat, toxins, pregnancy, spiritualizing, Soul. The #16 with #3, 4, 11, 12 release relieves the neck. **#17's** Harmonizer; blood of life; nervous system; brain bloat; stress; heart problems, calms nerves and irregular heartbeat. **#18's** Mental stresses, breath of life; goes with the #4's insomnia; governs feet, head, mental stress; controls function of the feet; clears shoulders and lungs; where opposite diagonal flow starts. Clears the #13's worry, personal rhythm. **#19's** Authority, leader, controls the #9's clears the middle section; connects waist up with waist down; relieves back; grinding in neck; authority; leader; connects with #9's or the end of a cycle. Good for muscles, digestion, ears ringing, breathing, thinking, leadership.

Self help: Hold thumb and little finger. #19's control #9's clears middle section; For #16's hold thumb and cross right knee over right; same side #11 and #25, hold both #16's or hold same side #12 and #16. For #17's hold ring and little fingers or hold opposite side #16 an #17, hold both #17's. For #18's, hold same side #25 and #3, hold both #18's or hold same side 4 and 18. For #19's, hold elbows; hold opposite #19 and #1, or hold same side #14 an #19, hold both #19's.


Masculine Principle
Ring Finger
Feminine Principle
Ring Finger
19 Inside
12/4
12/4
19 Inside

Consciousness
Vision

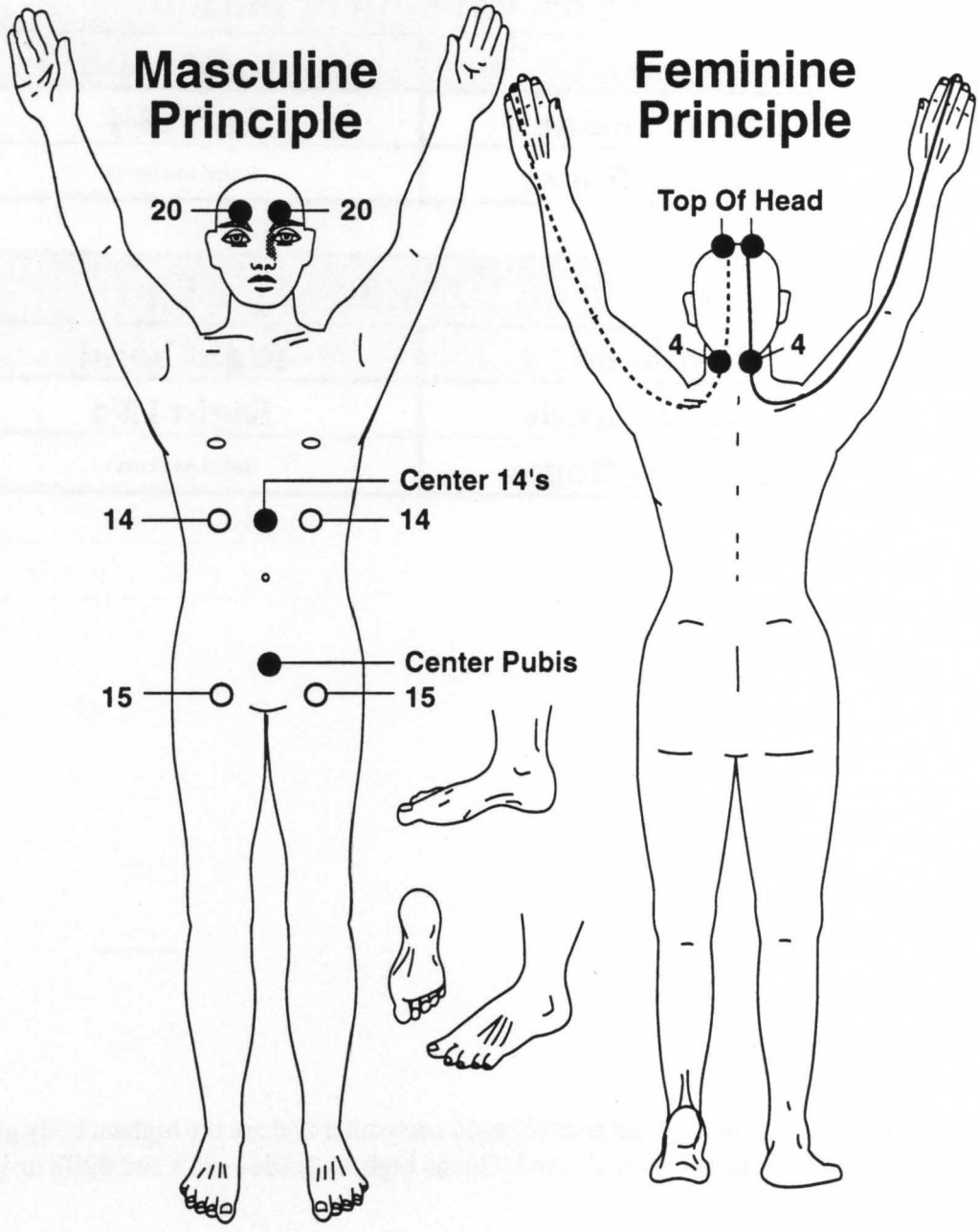
Left flow - sitting on left side of patient		
Movement	**Left hand**	**Right hand**
1	**Left 19, inside**	**Left 12/4**
2	**Left ring finger**	(same as above)

Right flow - sitting on left side of patient		
Movement	**Left hand**	**Right hand**
1	**Right 19, inside**	**Right 12/4**
2	**Right ring finger**	(same as above)

Remarks: Connection to the creator. #12's and #20 hold each other and are the highest body girdle in the body. Can use umbilicus flow—pineal gland. Opens highest girdle—#4's and #20's or same side #16.

Relieves: Head, perceptions—point of coordination of all other life functions. Mental, emotional person, jealously, common sense. Helps 3rd, 4th and 5th depths. If there is tension near the #20's work the #12's. Frontal headache: opposite #20, #14, and #15.

Self Help: Hold both #22's, Hold both #22's, Hold same side #16 and #20. Hold high #1 and opposite #19.


Masculine Principle
Feminine Principle
20
20
Top Of Head
4
4
Center 14's
14
14
Center Pubis
15
15

Consciousness
Vision

Treater flow - sitting on left side of patient		
Movement	**Left hand**	**Right hand**
1a	**Left, top of head**	**Right top of head**
1b	**Left 20**	**Right 20**
1c*	**Right 4**	**Left 4**
2	**Center pubis**	**Center between 14's**

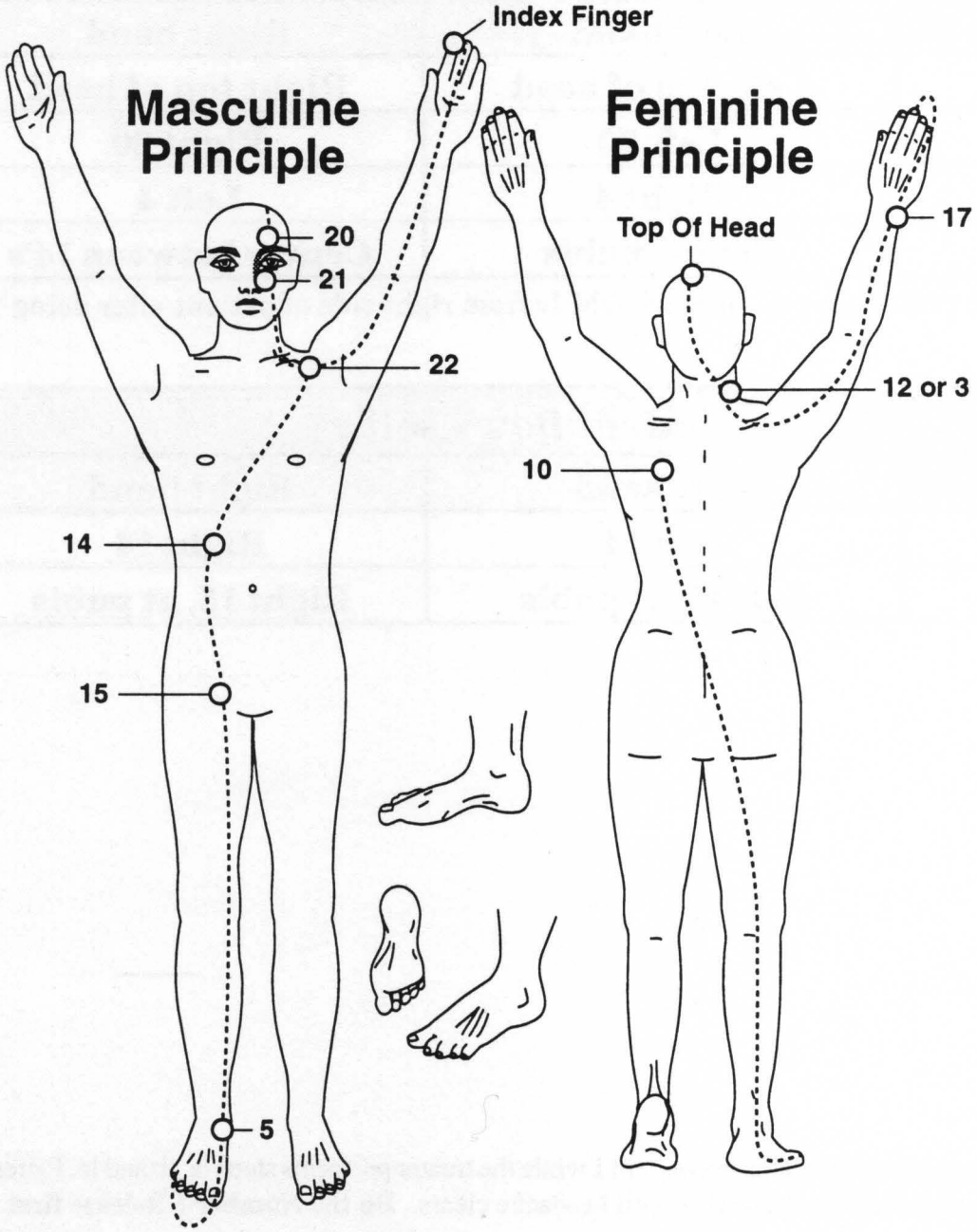
*If headache centers in rear of head, add 1c from right side of patient after doing 1a and 1b.

Patient flow - self		
Movement	**Left hand**	**Right hand**
1	**Left 14**	**Right 14**
2	**Left 15, at pubis**	**Right 15, at pubis**

Remarks: The patient maintains movement 1 while the treater performs steps la, lb and lc. Patient and treater hold movement 2 together until headache clears. **Do the Number I Release first.**

Relieves: This flow helps relieve Headache at the area of the #20's. It relieves weight problems and bloat.

Self Help: Hold both #20's Hold both #22's, Hold same side #16 and #20. Hold high #1 and #19 or opposite side #4 and #19 and ring finger to clear.


Index Finger
Masculine Principle
Feminine Principle
20
21
22
Top Of Head
17
12 or 3
10
14
15
5

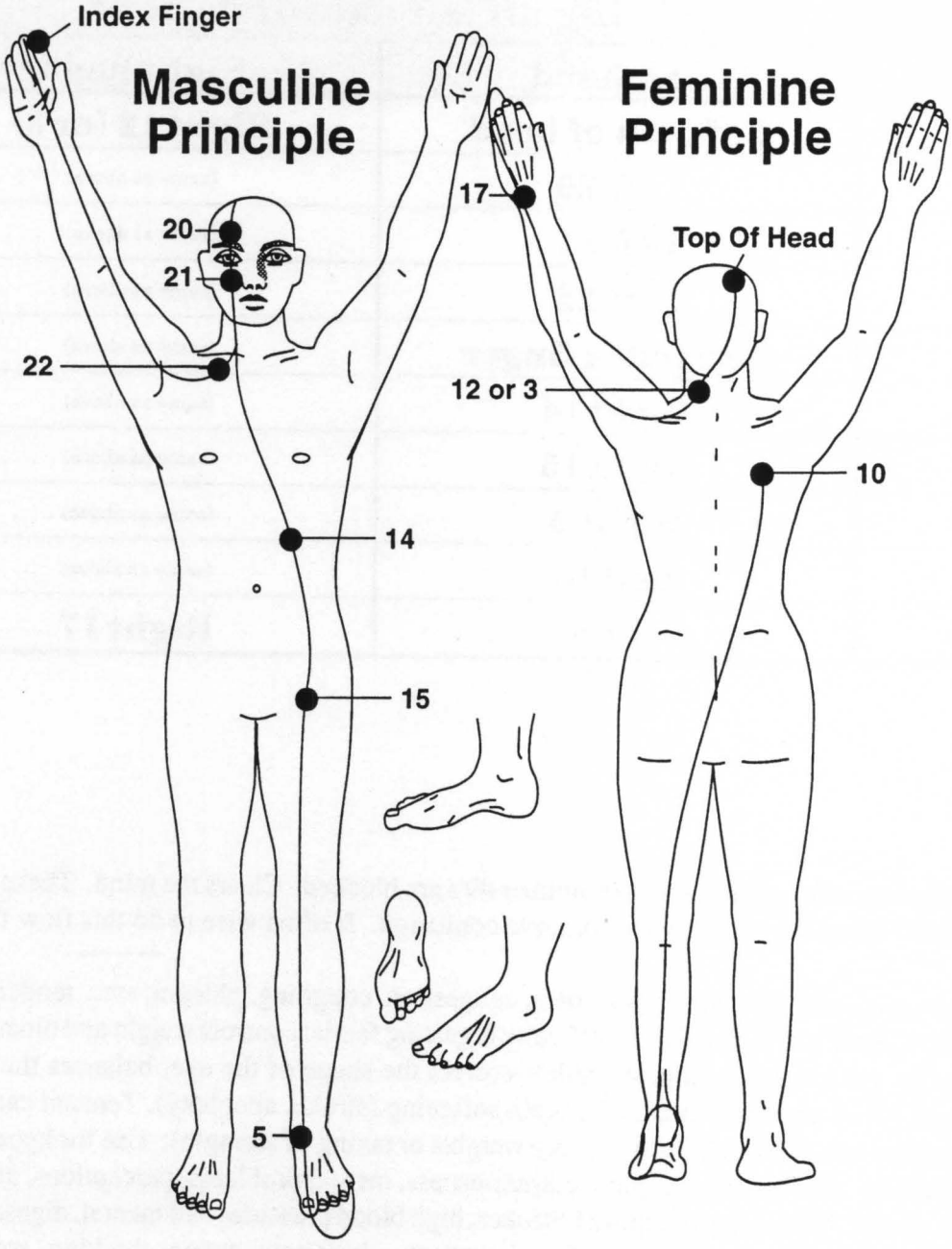
Release — consciousness — vision
Immortality, inspirational

Left flow - sitting on left side of patient		
Movement	**Left hand**	**Right hand**
1	**Left, top of head**	**Right 12 (or 3)**
2	**Left 20**	(same as above)
3	**Left 21**	(same as above)
4	**Left 22**	(same as above)
5	**Left index finger**	(same as above)
6	**Right 14**	(same as above)
7	**Right 15**	(same as above)
8	**Right 5**	(same as above)
9	**Left 10**	(same as above)
10	(same as above)	**Right 17**

Remarks: When this flow is blocked, the number #9's are blocked. Clears the mind. These should always be open. Good for clarity and to remove confusion. It often wise to do this flow first.

Relieves: Lung and chest problems from colds, congestion, coughing, phlegm, etc.; tenderness or swelling in the liver or gall bladder area; difficulty digesting foods; controls weight and bloat. Same side—headache, ear problems; opposite side—correct the shape of the eye, balances the blood-anemia or high blood pressure; migraines, brain softening (stroke, apoplexy). Tension caused by using the opposite arm too much (lifting heavy weights or taxing of strength); Use for hyperactive children and adults. **#20** Clears the mind, consciousness, mental problems, perceptions, ability to visualize, dizziness; Affects 2nd depth. **#21** Strokes, high blood pressure—all mental, digestive and physical functions. Affects weight. Profound security, obsessions-eating, thinking, worrying. Hate. **#22** Foundations of all thought. Total harmony of mind, body and spirit. Acceptance (adapter) or resistance. #22's are like a train station as everything goes through the #22's.

Self Help: Hold both #20's, #21's, or #22's, Hold high #1 and opposite #19. Use #4's and #19's and ring finger to clear. #23's help open the #20, #21, #22's. For the #20 hold same side #16 and #20, for the #21 hold apposite #23 and #21, for #22 hold same side #3 and #22.


Index Finger
Masculine Principle
Feminine Principle
20
21
22
17
Top Of Head
12 or 3
10
14
15
5

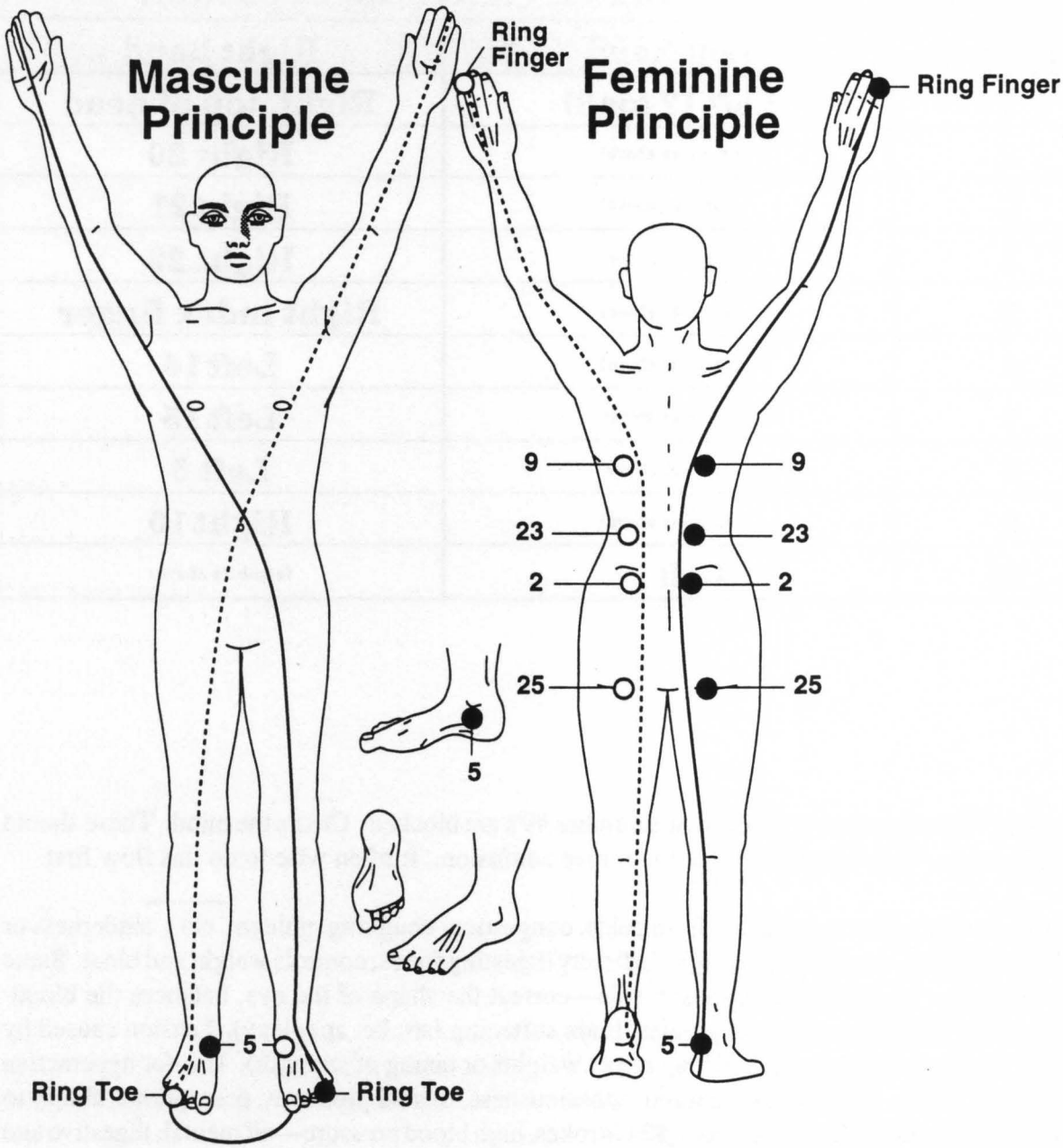
Release — consciousness — vision
Immortality, inspirational

Right flow - sitting on right side of patient		
Movement	**Left hand**	**Right hand**
1	**Left 12 (or 3)**	**Right, top of head**
2	(same as above)	**Right 20**
3	(same as above)	**Right 21**
4	(same as above)	**Right 22**
5	(same as above)	**Right index finger**
6	(same as above)	**Left 14**
7	(same as above)	**Left 15**
8	(same as above)	**Left 5**
9	(same as above)	**Right 10**
10	**Left 17**	(same as above)

Remarks: When this flow is blocked, the number #9's are blocked. Clears the mind. These should always be open. Good for clarity and to remove confusion. It often wise to do this flow first.

Relieves: Lung and chest problems from colds, congestion, coughing, phlegm, etc.; tenderness or swelling in the liver or gall bladder area; difficulty digesting foods; controls weight and bloat. Same side—headache, ear problems; opposite side—correct the shape of the eye, balances the blood-anemia or high blood pressure; migraines, brain softening (stroke, apoplexy). Tension caused by using the opposite arm too much (lifting heavy weights or taxing of strength); Use for hyperactive children and adults. **#20** Clears the mind, consciousness, mental problems, perceptions, ability to visualize, dizziness; Affects 2nd depth. **#21** Strokes, high blood pressure—all mental, digestive and physical functions. Affects weight. Profound security, obsessions-eating, thinking, worrying. Hate. **#22** Foundations of all thought. Total harmony of mind, body and spirit. Acceptance (adapter) or resistance. #22's are like a train station as everything goes through the #22's.

Self Help: Hold both #20's #21's, or #22's, Hold high #1 and opposite #19. Use #4's and #19's and ring finger to clear. #23's help open the #20, #21, #22's. For the #20 hold same side #16 and #20, for the #21 hold opposite #23 and #21, for #22 hold same side #3 and #22.


Masculine Principle
Ring Finger
Feminine Principle
Ring Finger
9
23
2
25
5
9
23
2
25
5
5
Ring Toe
Ring Toe

Peace, passion, regeneration
Vital to our way of life

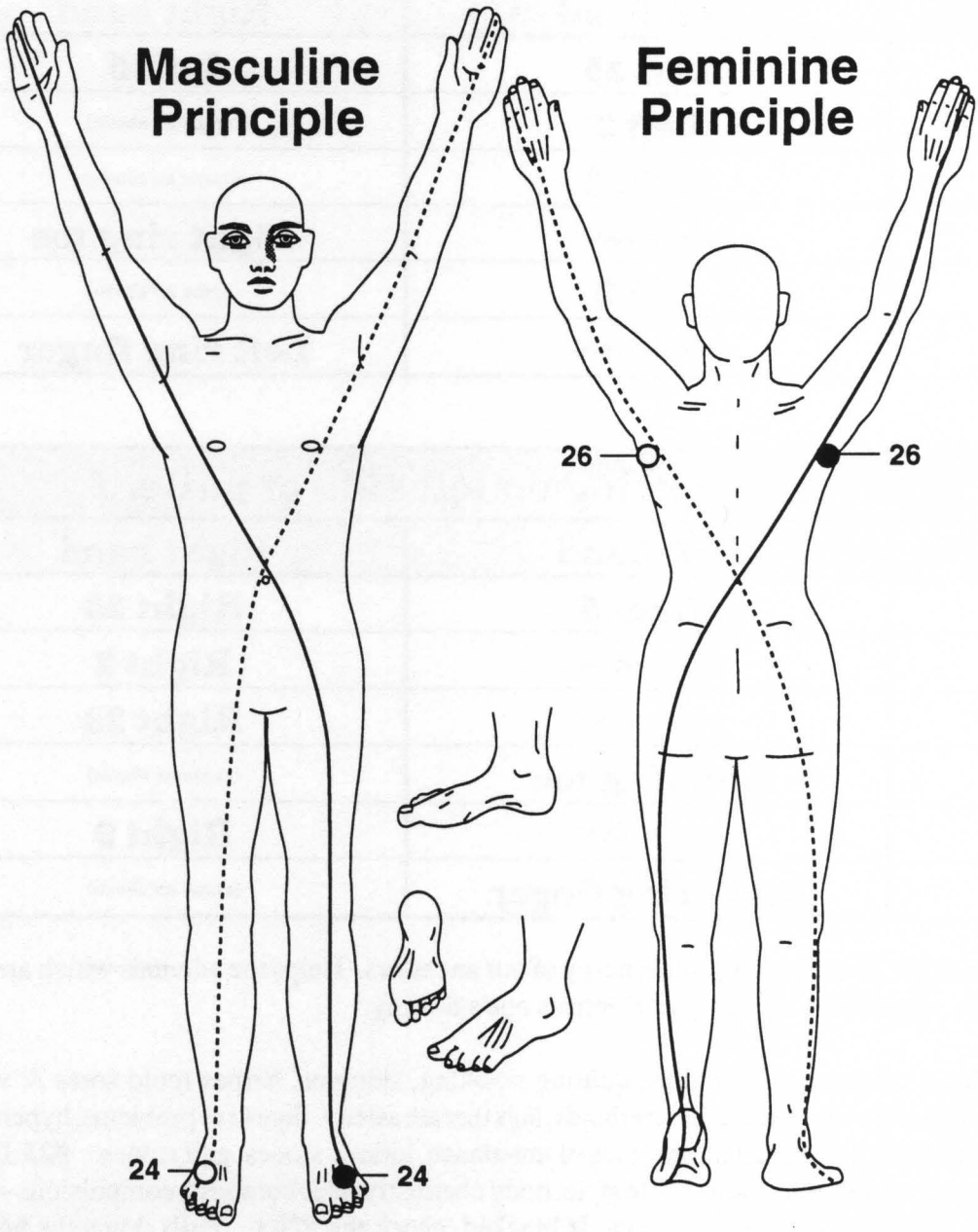
Left flow - sitting on right side of patient		
Movement	**Left hand**	**Right hand**
1	**Left 25**	**Left 5**
2	**Left 2**	(same as above)
3	**Left 23**	(same as above)
4	(same as above)	**Right ring toe**
5	**Left 9**	(same as above)
6	(same as above)	**Left ring finger**

Right flow - sitting on left side of patient		
Movement	**Left hand**	**Right hand**
1	**Right 5**	**Right 25**
2	(same as above)	**Right 2**
3	(same as above)	**Right 23**
4	**Left ring toe**	(same as above)
5	(same as above)	**Right 9**
6	**Right ring finger**	(same as above)

Remarks: Vital to life, Stores the jing and energy of our ancestors. Helps the adrenals which are second only to the brain. Basis of body energy. Controls one's destiny.

Relieves: all blood conditions, infections, quitting smoking, shingles, herpes (cold sores & vaginal), pelvic tension and sacro—iliac strains, hemorrhoids, legs that are asleep, digestive problems, hyperactivity. Good for gall bladder attack, diabetes, cholesterol imbalance, kidney stones, gall stones. **#23** Diuretic, anorexic, addictions, obsessions, chaotic life style, body chemistry, stubbornness, compulsions—eating, frustration, fear. Prejudice, temper, criticism. If blocked, check the #24's . Pulls down the horizontal flows, #9's & #14's and #15's & #2's and helps deep ascending flows. **#25's**—aids circulation, blocks ascending flows, good for all blood conditions, relaxes entire skeleton, energy for immune system. Energy re-enters the Main Central at the coccyx.

Self help: hold 2nd and 3rd lumbar and #16. Sit on #25's for cold buttocks. #23's are helped by #l's, #8's or toes, high #10. #23's open opposite #22's. Hold the same side #15 and #3. Hold both #23's For the #23 hold same side #1 and #23, for the #25 hold the same side #11 and #25.


Masculine Principle
Feminine Principle
26
26
24
24

Harmonizes

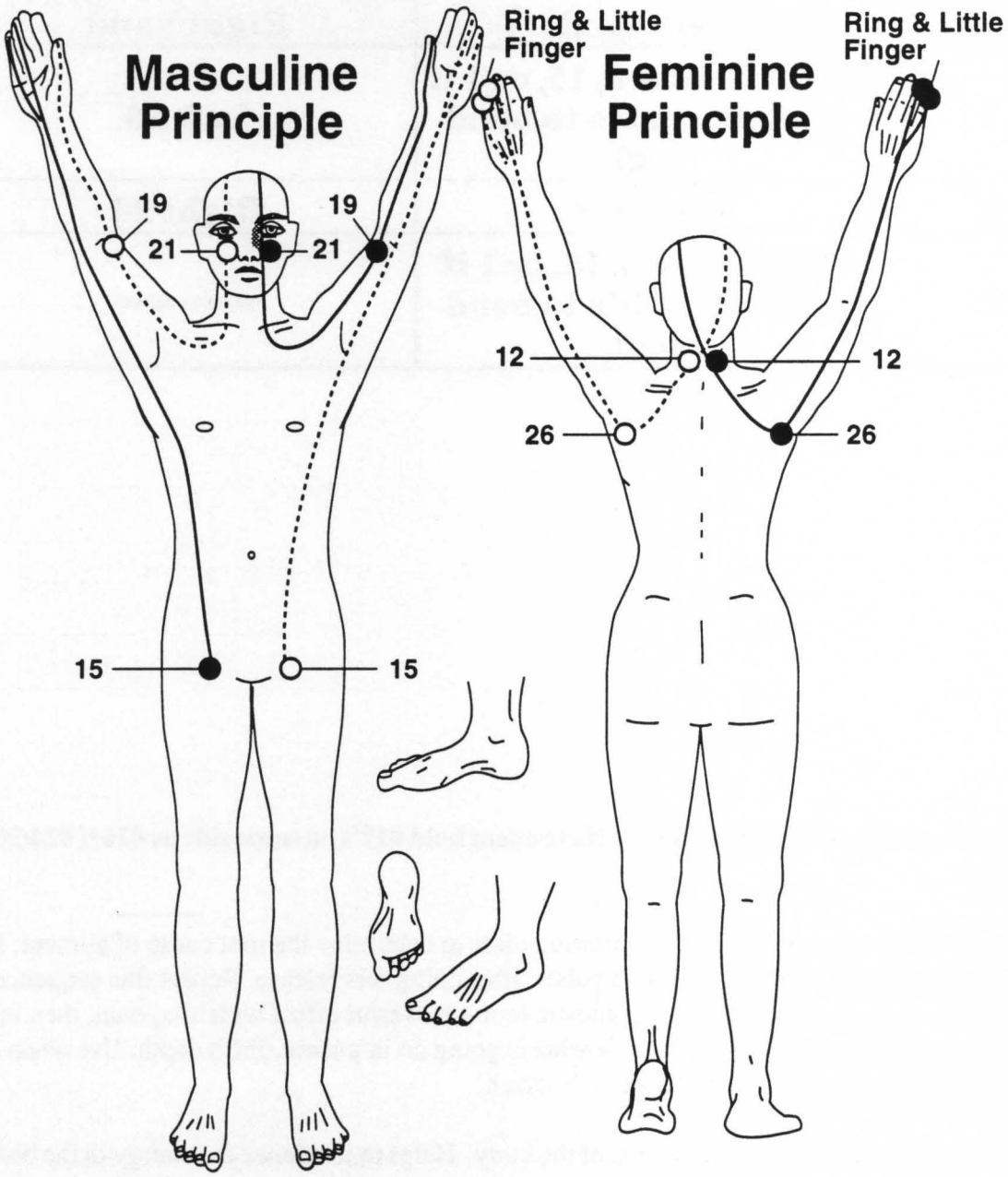
*Treater flow - sitting on left side of patient		
Movement	**Left hand**	**Right hand**
1	**Right 24 (use 8, 15, or 1 if patient unable to bend leg)**	**Left 26**
2	(same as above)	**Right 26**
3	**Left 24 (use 8, 15, or 1 if patient unable to bend leg)**	(same as above)

*** Repeat above procedure 2 more times. Have client hold #17's on same side as #26 if #24/26's are painful.**

Remarks: This flow is used to clarify confused pulses to determine the root cause of ailment. Do Main Central Vertical flow first, then read pulses after doing this release. Repeat this sequence 3 times. This flow crosses at the #23's. Diagnostic tool—powerful effect with diagonal, then read pulses. The remaining pulses should clarify what is going on in patient. Fifth depth. Use when all pulses are heavy. Gets stagnated food out of stomach.

Relieves: All conditions and energy points of the body. Helps to rebalance the energy in the body, harmonizes all disorders when several points are blocked. When #26 is full, scapula gets hard. Fatty tumors, lumps in breast appear. Muscle numbness and all muscular patterns in body (feelings & physical). Use with spleen flow for impotence and frigidity. **#24's** Harmonizes chaos, jealousy, revenge, anger stubborn. **#26's** Harmonizes all disorders, all shaky feelings.

Self Help: Have client hold #17's during treatment as well as between treatments. Hold both #24's or #26's. For #24 hold opposite #24 and #26. For #26 hold 26 and 15 or opposite #25 and #26.


Masculine Principle
Feminine Principle
Ring & Little Finger
Ring & Little Finger
19
19
21
21
12
12
26
26
15
15

Complete
Total peace and harmony

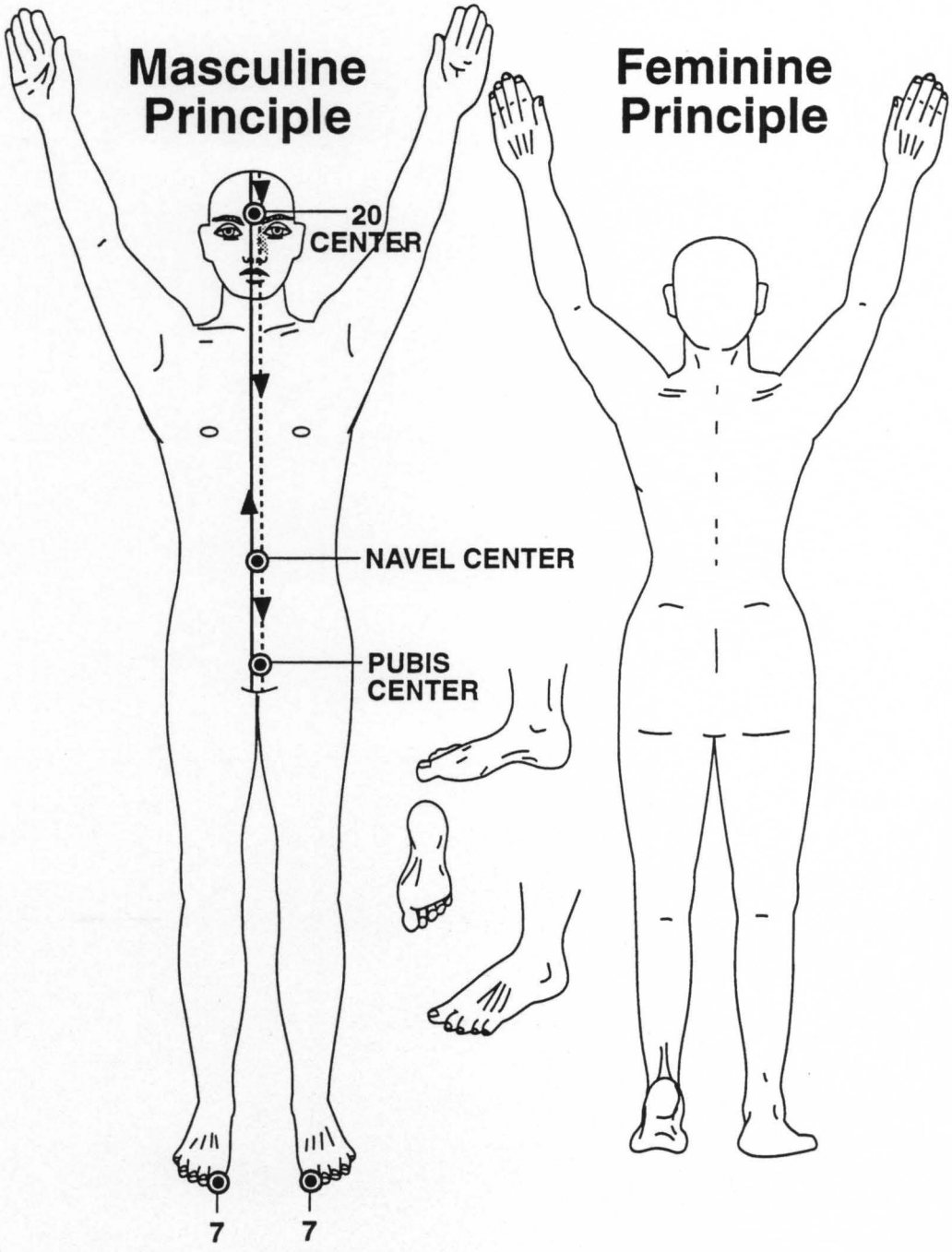
Left flow - sitting on left side of patient		
Movement	**Left hand**	**Right hand**
1	**Left little & ring fingers**	**Left 26**
2	**Left 12**	(same as above)
3	**Right 21**	(same as above)
4	**Right 19**	(same as above)
5	**Left 15**	(same as above)

Right flow - sitting on right side of patient		
Movement	**Left hand**	**Right hand**
1	**Right 26**	**Right little & ring fingers**
2	(same as above)	**Right 12**
3	(same as above)	**Left 21**
4	(same as above)	**Left 19**
5	(same as above)	**Right 15**

Remarks: Life everlasting, total peace and harmony, limitless life. When the #26's are full, the scapula gets hard.

Relieves: This flow helps the heart, bladder and spleen. Unblocks tense and/or knotted #26 area under arm; tense and knotted #10 to #9 area on back; numb and paralyzed arm especially little and ring fingers and area up arm above them; depression. Relaxes shoulders raised on ends which points to the 3rd and total depths. Calluses on hands (release #3's, #9's and #13's also); bursitis. Harmonizer. #10 and #9 helps #26. Opposite #5, 6, 7, 8 also helps. Fourth depth and muscle flow.

Self Help: Holding both #26's balances the heart and allows the energy to go deeper and deeper through every layer of the body. Hold #26 and opposite #15 or #25.


Masculine Principle
Feminine Principle
20
CENTER
NAVEL CENTER
PUBIS CENTER
7
7

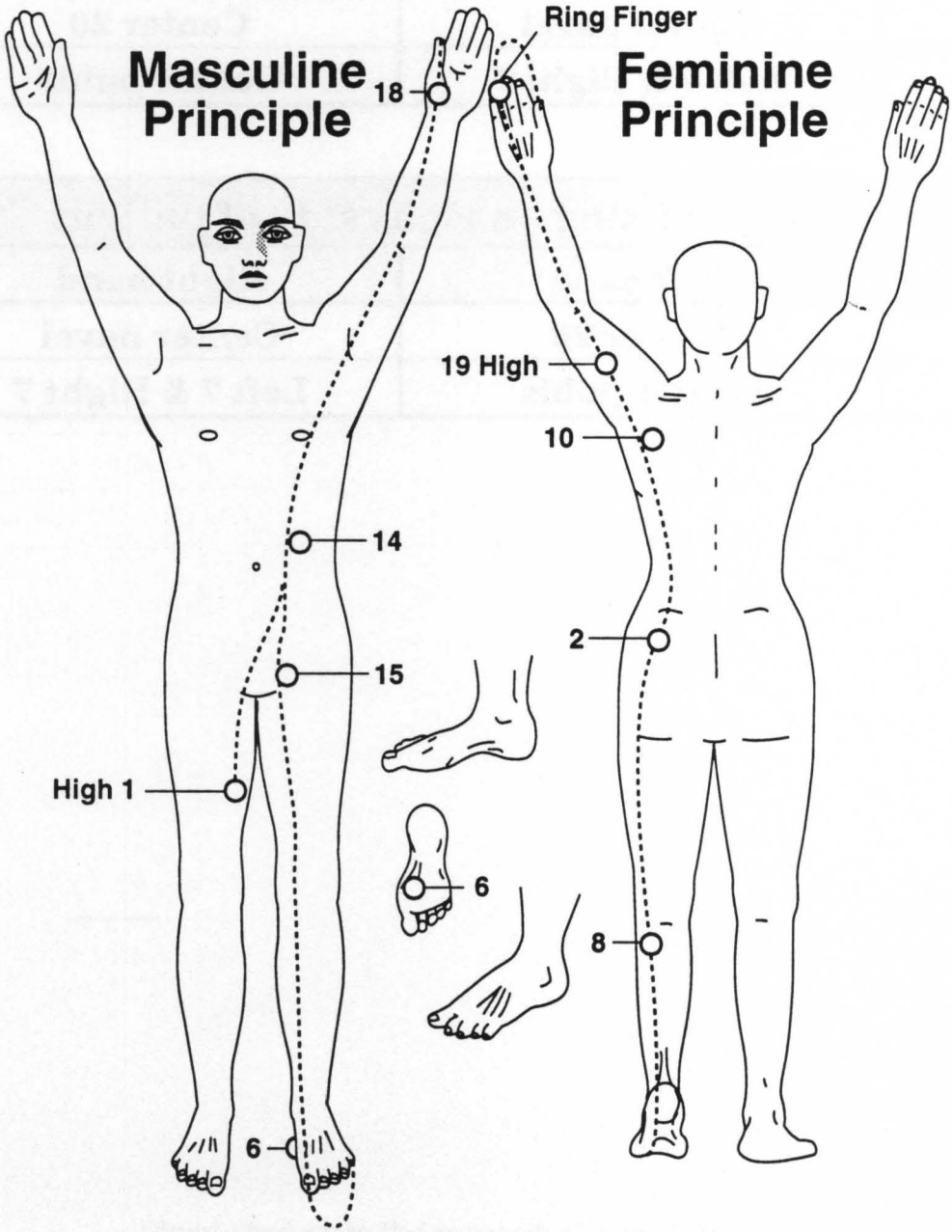
Central flow - sitting on left side of patient		
Movement	Left hand	Right hand
1	Center navel	Center 20
2	Left 7 & Right 7	Center pubis

Central flow - sitting on right side of patient		
Movement	Left hand	Right hand
1	Center 20	Center navel
2	Center pubis	Left 7 & Right 7

Remarks: Releases the descending flows in the lower half of the body (earth).

Relieves: pelvic tilt, improves elimination, stimulates energy flow, improves consciousness and circulation to the head and brain. Recommended to conclude all treatments.

Self Help: Top of head at crown and top of pubis bone


Ring Finger
Masculine Principle
18
Feminine Principle
19 High
10
14
2
15
High 1
6
8
6

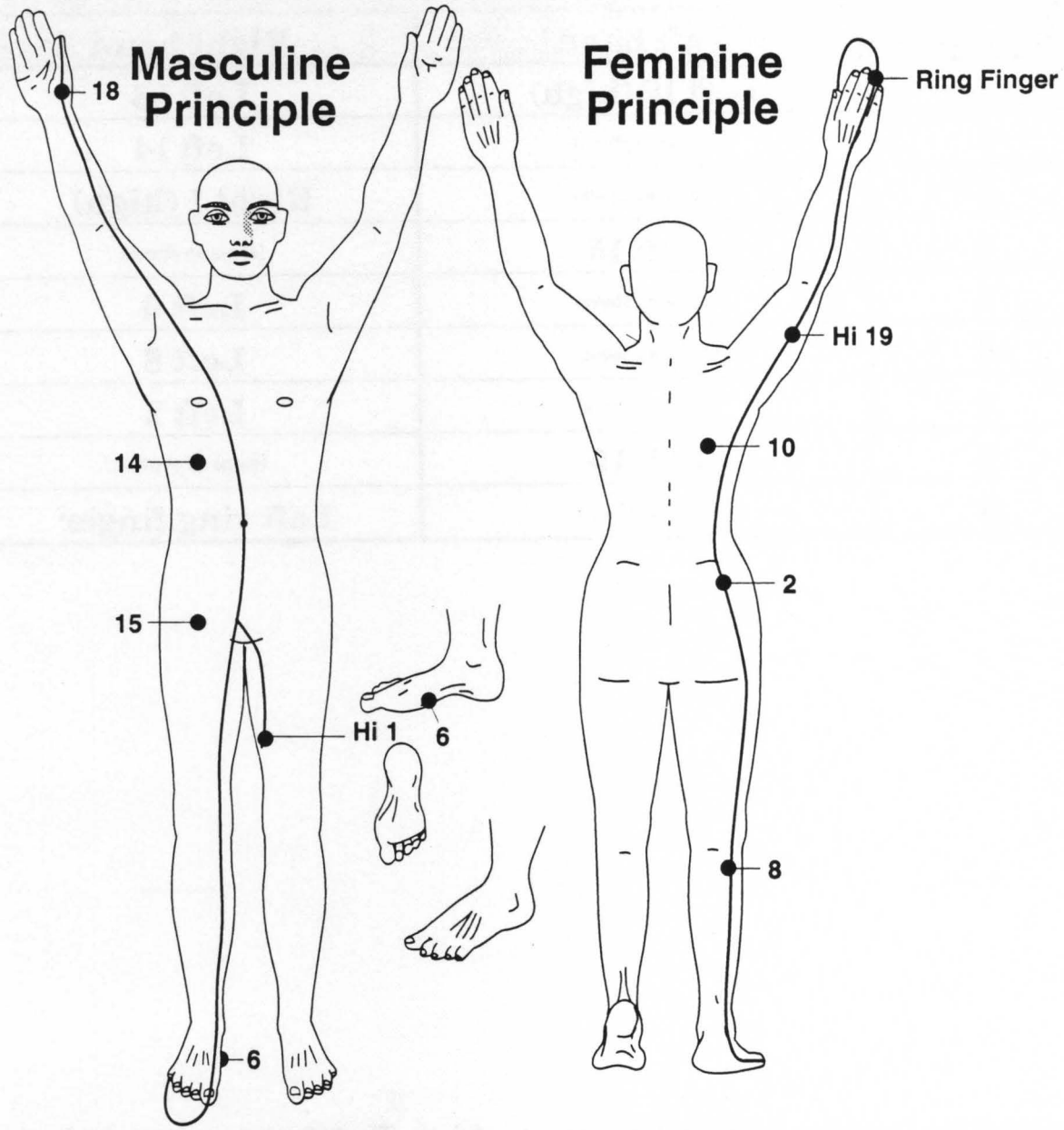
Aids digestion
Number 10 is key

Left flow - sitting on right side of patient		
Movement	**Left hand**	**Right hand**
1	**Left 19 (high)**	**Left 18**
2	(same as above)	**Left 14**
3	(same as above)	**Right 1 (high)**
4	**Left 15**	(same as above)
5	(same as above)	**Left 6**
6	(same as above)	**Left 8**
7	(same as above)	**Left 2**
8	**Left 10**	(same as above)
9	(same as above)	**Left ring finger**

Remarks: This flow affects all difficult breathing conditions. The #10 release may need to be given to support this release.

Relieves: colds, chest congestions, asthma, emphysema, emotional tensions, back and leg problems, varicose veins, stuffy nose (due to digestive problems), hiata hernia, breast cancer.

Self Help: cross arms and hold high #19's; hold #18's or ring ringers; stuffy nose—hold opposite side high #1's and same side #19's, #18's and #14's in that order.


Masculine Principle
Feminine Principle
18
Ring Finger
Hi 19
14
10
2
15
Hi 1
6
8
6

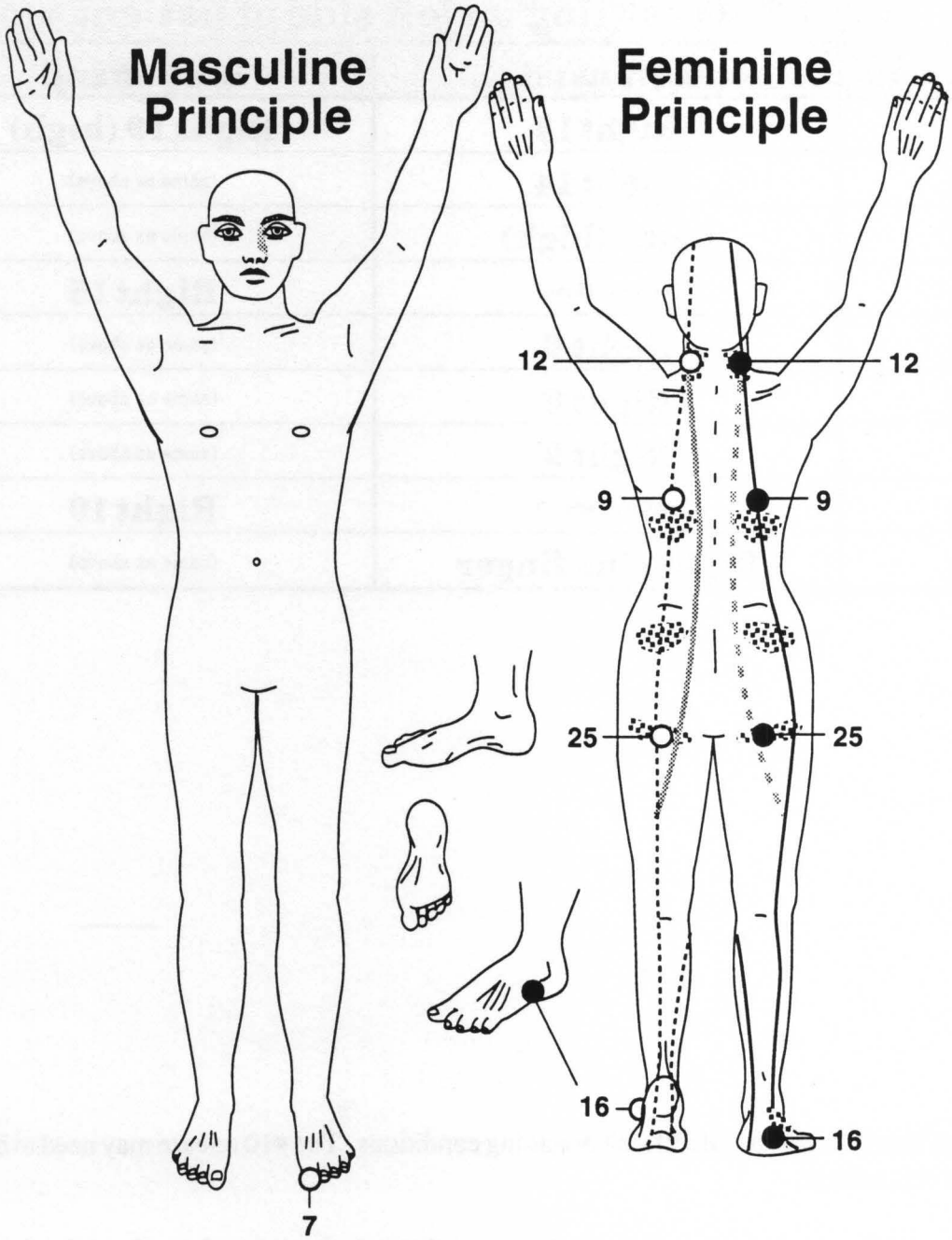
Aids digestion
Number 10 is key

Right flow - sitting on left side of patient		
Movement	**Left hand**	**Right hand**
1	**Right 18**	**Right 19 (high)**
2	**Right 14**	(same as above)
3	**Left 1 (high)**	(same as above)
4	(same as above)	**Right 15**
5	**Right 6**	(same as above)
6	**Right 8**	(same as above)
7	**Right 2**	(same as above)
8	(same as above)	**Right 10**
9	**Right ring finger**	(same as above)

Remarks: This flow affects all difficult breathing conditions. The #10 release may need to be given to support this release.

Relieves: colds, chest congestions, asthma, emphysema, emotional tensions, back and leg problems, varicose veins, stuffy nose (due to digestive problems), hiata hernia, breast cancer.

Self Help: cross arms and hold high #19's; hold #18's or ring ringers; stuffy nose—hold opposite side high #1's and same side #19's; #18's and #14's in that order.


Masculine Principle
Feminine Principle
12
12
9
9
25
25
16
16
7

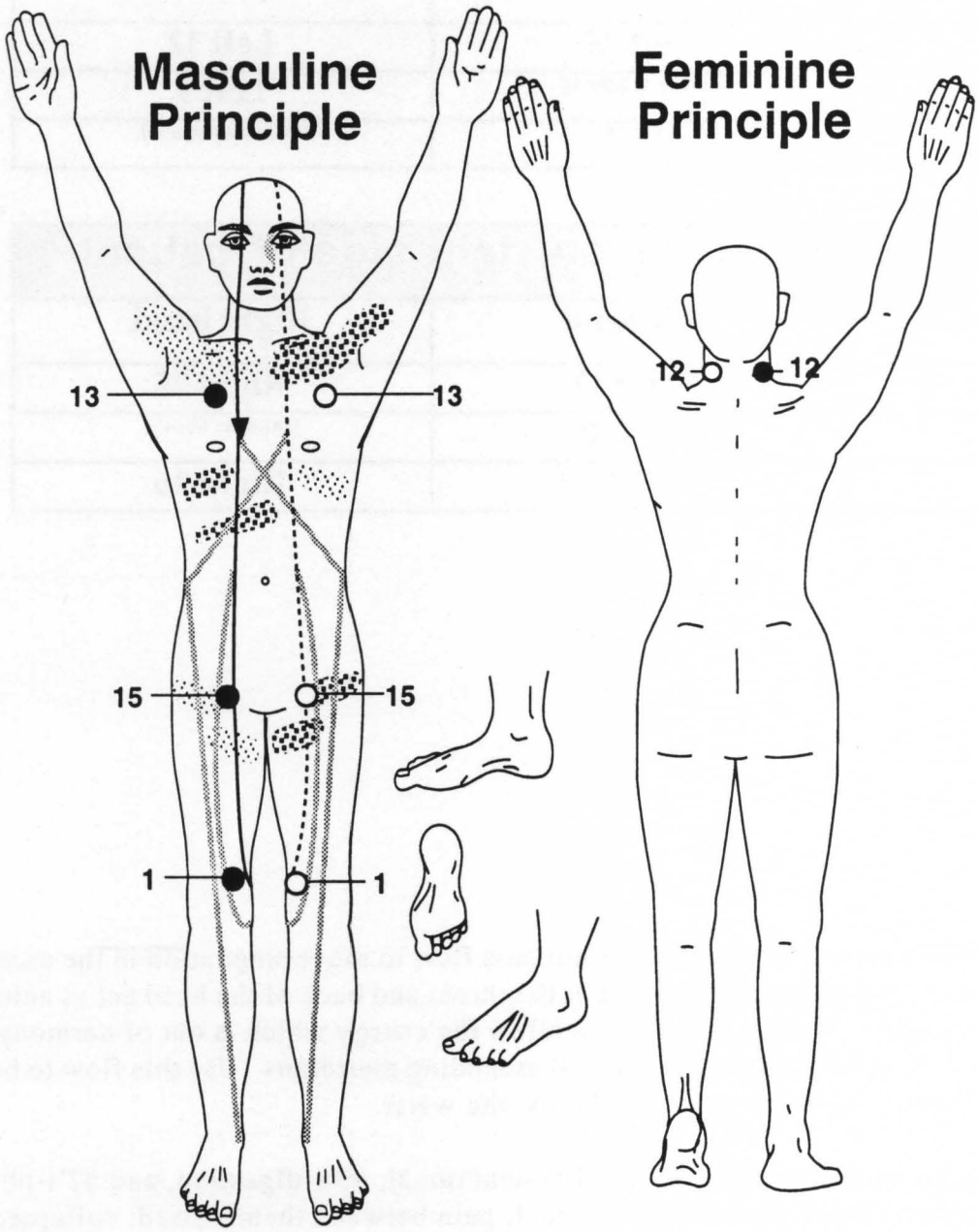
Left flow - sitting on ~~right~~ left side of patient		
Movement	**Left hand**	**Right hand**
1	Left 25	Left 12
2	(same as above)	Left 9
3	Left 16	(same as above)

Right flow - sitting on right side of patient		
Movement	**Left hand**	**Right hand**
1	Right 12	Right 25
2	Right 9	(same as above)
3	(same as above)	Right 16

Remarks: This flow works with the umbilicus flow to move stagnation in the ascending meridians and deep pulses. The points at the throat and back of the head act as automatic safety valves and will close and will not allow the energy which is out of harmony to go into the head. Can be used to stimulate all ascending meridians. Use this flow to help all ascending flows. Good for problems below the waist.

Relieves: Can be used to relieve the #10's-emotional, #9's-digestion, and #2's-physical abuses. Problems when the ribs are affected; pain between them, raised, collapsed or if the space between them is stretched. When the #3's or #22's are blocked it will pull the shoulders up. Good for pleurisy, prickly chest, swollen lungs and paralysis, Pain in hips and is hard to get up or lie down, knees, ankles, and joints. Problems can occur all along the meridian; swelling, boils, itching, etc.

Self Help: Hold both #12 then opposite side #12 and #25, #16, and toes.


Masculine Principle
Feminine Principle
13
13
15
15
1
1
12
12

Waist up

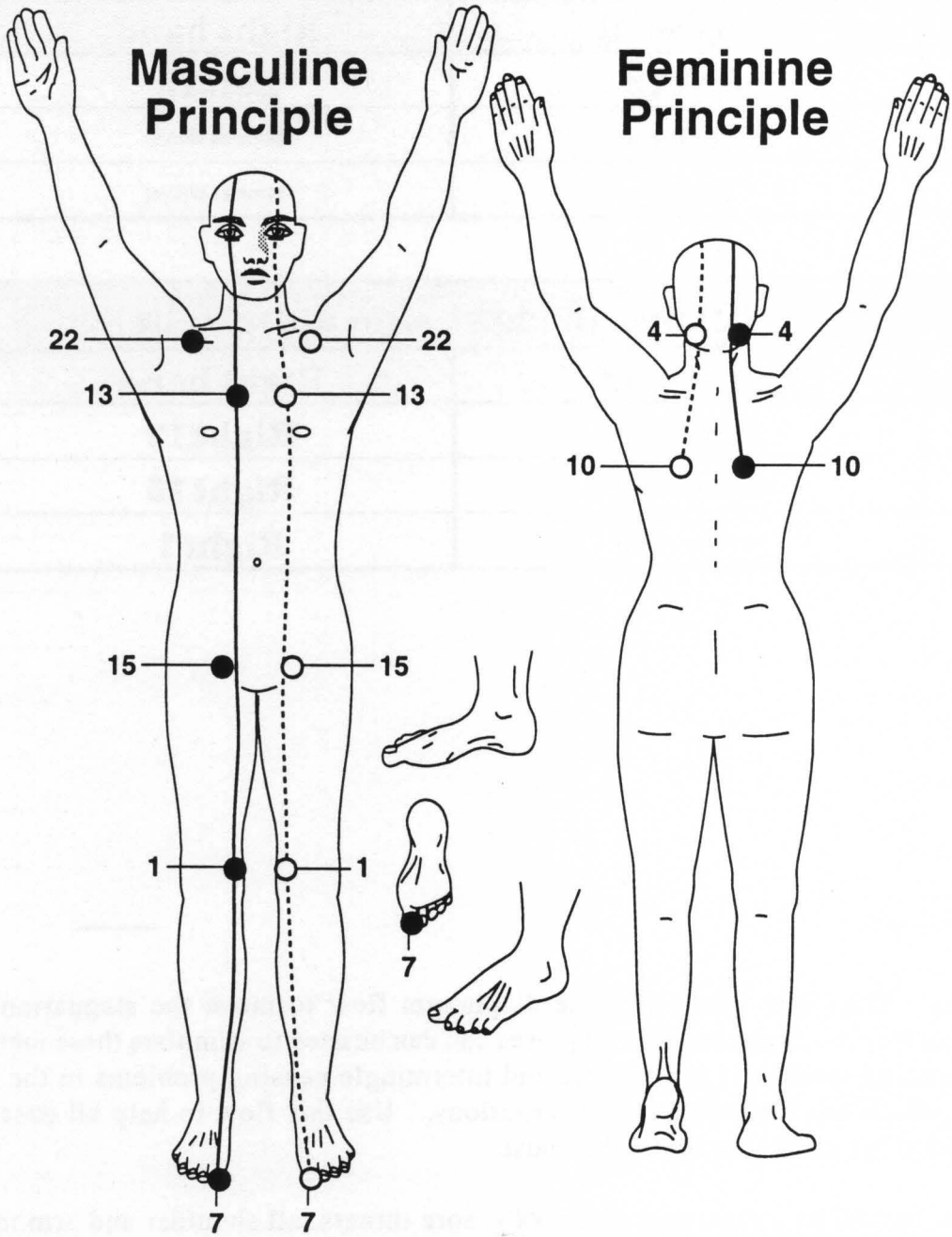
Left flow - sitting on left side of patient		
Movement	**Left hand**	**Right hand**
1	**Left 13**	**Left 12**
2	**Left 15**	(same as above)
3	**Left 1**	(same as above)

Right flow - sitting on right side of patient		
Movement	**Left hand**	**Right hand**
1	**Right 12**	**Right 13**
2	(same as above)	**Right 15**
	(same as above)	**Right 1**

Remarks: This flow works like the diaphragm flow to move the stagnation in the descending meridians and superficial pulses and can be used to stimulate these meridians. The descending meridians can reverse and intermingle causing problems in the kidney meridian which can result in prickly sensations. Use this flow to help all descending flows. Good for problems above the waist.

Relieves: Headaches, ears, pain at the #4's, sore throats, all shoulder and arm involvement, heart problems, difficulty breathing, suddenly chilled, swollen underarm, and chest stagnation. Result of intermingling and deviation of the major vertical flow with the minor diagonal flow. Helps the upper, middle and lower body, #13, #14 and #15 releases.

Self Help: Hold #12 and opposite #13, #15, #1, and toes.


Masculine Principle
Feminine Principle
22
22
13
13
15
15
1
1
7
7
7
4
4
10
10

Left flow - sitting on left side of patient		
Movement	**Left hand**	**Right hand**
1	Left 10	Left 22
2	Left 15	(same as above)
3	(same as above)	Left 4
4	Left 7	(same as above)
5	Left 1	(same as above)
6	Left 13	(same as above)

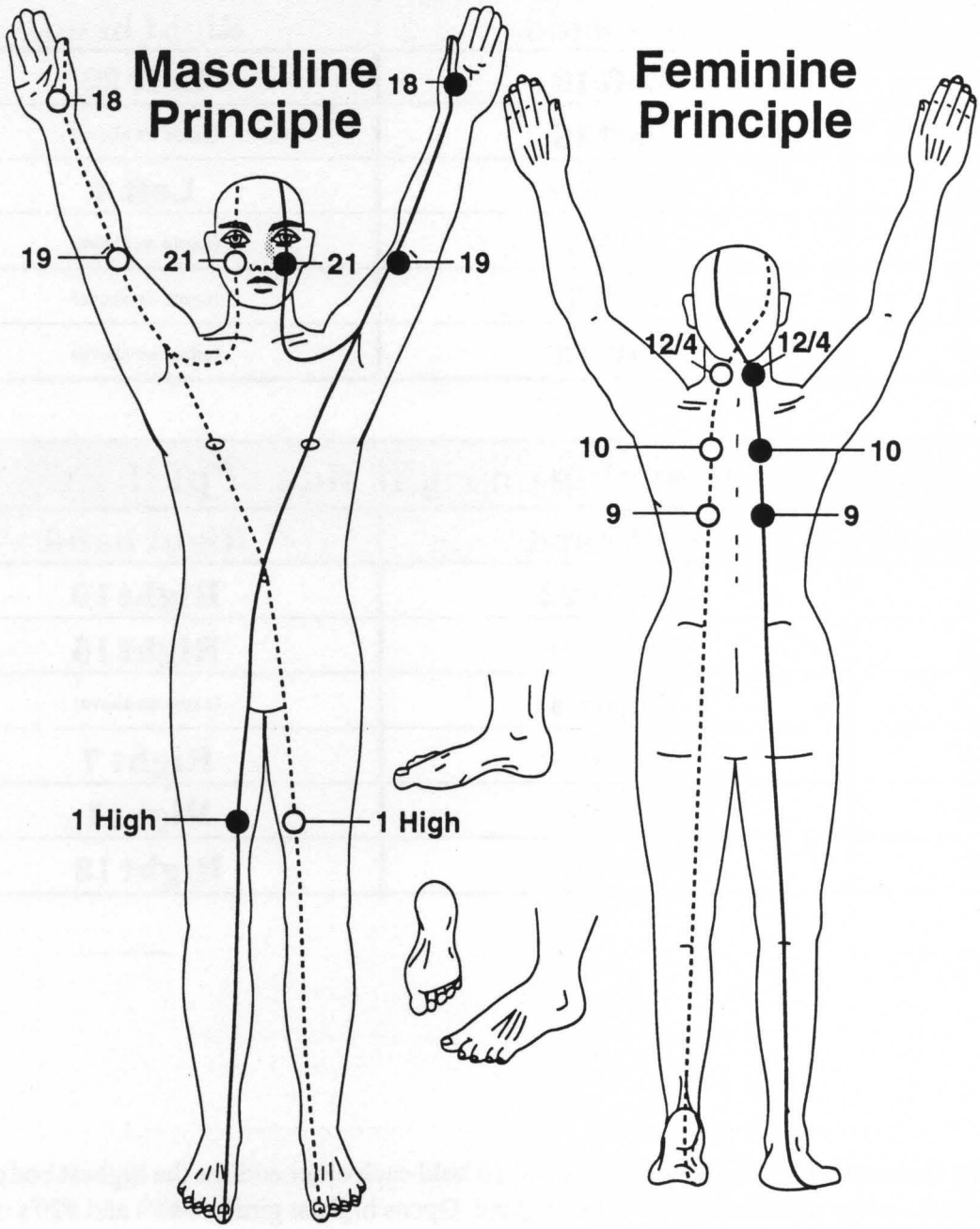
Right flow - sitting on right side of patient		
Movement	**Left hand**	**Right hand**
1	Right 22	Right 10
2	(same as above)	Right 15
3	Right 4	(same as above)
4	(same as above)	Right 7
5	(same as above)	Right 1
6	(same as above)	Right 13

These flows can be used to revive the unconscious person - or relieve dulled senses. Improves awareness. 10 and 22 will revive fainting person.

Remarks: Connection to the creator. #12's and 20 hold each other and are the highest body girdle in the body. Can use umbilicus flow—pineal gland. Opens highest girdle—#4's and #20's or same side Number #16.

Relieves: Head, perceptions—point of coordination of all other life functions. Mental, emotional person, jealously, common sense. Helps 3rd, 4th and 5th depths. If there is tension near the #20's work the #12's. Frontal headache: opposite #20, #14, and #15.

Self Help: Hold both #20's, Hold both #22's, Hold high #1 and opposite #19.


Masculine Principle
Feminine Principle
18
18
19
21
21
19
12/4
12/4
10
10
9
9
1 High
1 High

Harmonize
Number 10 is the key

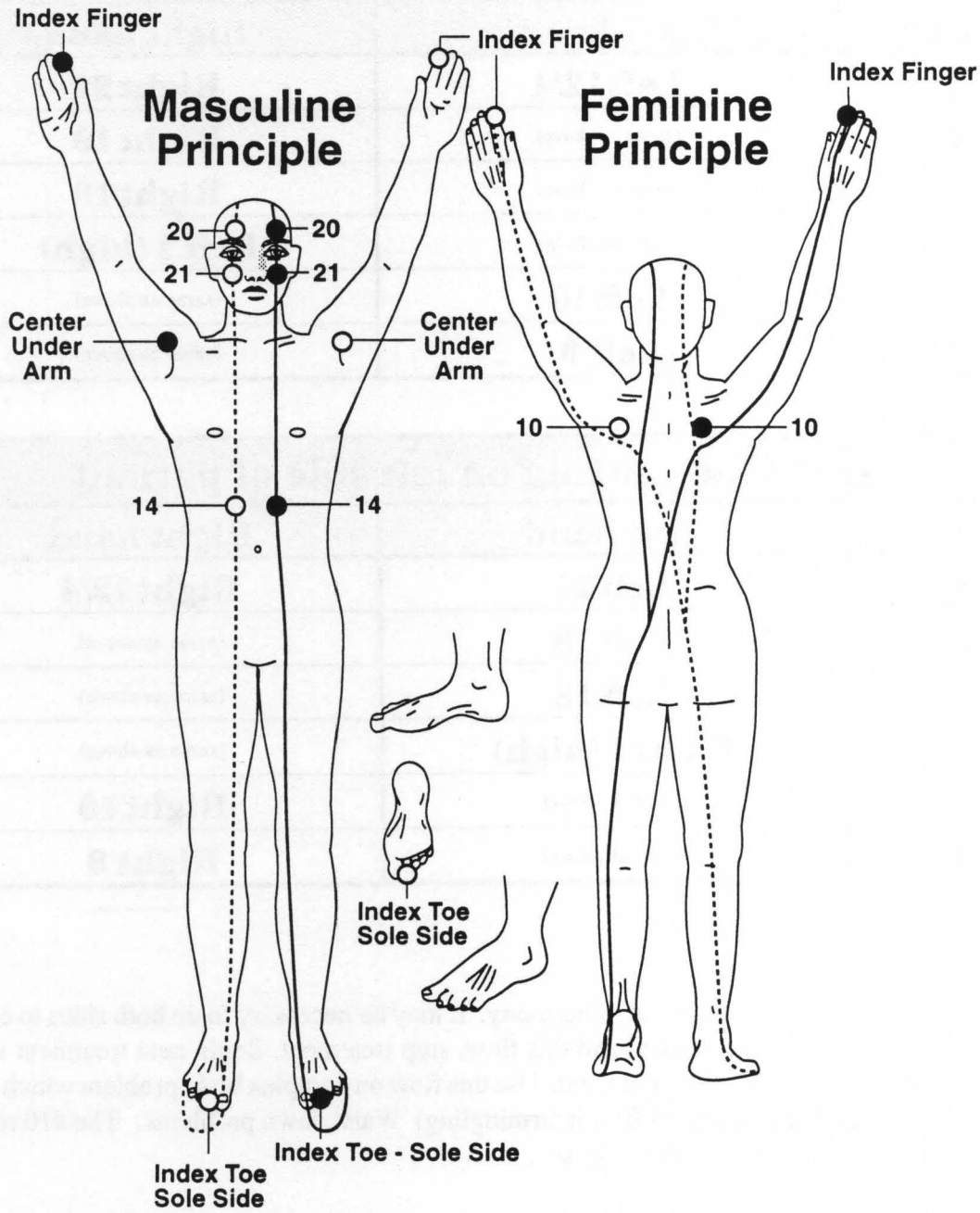
*Left flow - sitting on right side of patient		
Movement	**Left hand**	**Right hand**
1	Left 12/4	Right 21
2	(same as above)	Right 19
3	(same as above)	Right 18
4	(same as above)	Left 1 (high)
5	Left 10	(same as above)
6	Left 9	(same as above)

*Right flow - sitting on left side of patient		
Movement	**Left hand**	**Right hand**
1	Left 21	Right 12/4
2	Left 19	(same as above)
3	Left 18	(same as above)
4	Right 1 (high)	(same as above)
5	(same as above)	Right 10
6	(same as above)	Right 9

Remarks: Dizziness means to be out of harmony. It may be necessary to do both sides to clarify problems. After main central vertical and this flow, stop treatment. Begin next treatment where pulses showed problems after first treatment. Use this flow on complex body problem which resist diagnosis (probably due to diagonal flow intermingling) Waist down problems. The #10 release may need to be given to support this release.

Relieves: loss of equilibrium; imbalance of left and right #9's #10's, #18's and/or #19's; releases #9's #10's, #4's and #12's heart problems; back stiffness; eyes won't focus. Use when its hard to diagnose for treatment.

Self Help: This is a complex problem. Have client do self help Main Central flow. Have client do self help for the presenting pulse reading diagnosis.


Index Finger
Index Finger
Index Finger
Masculine Principle
Feminine Principle
20
20
21
21
Center Under Arm
Center Under Arm
10
10
14
14
Index Toe Sole Side
Index Toe - Sole Side
Index Toe Sole Side

Number 10 is the key

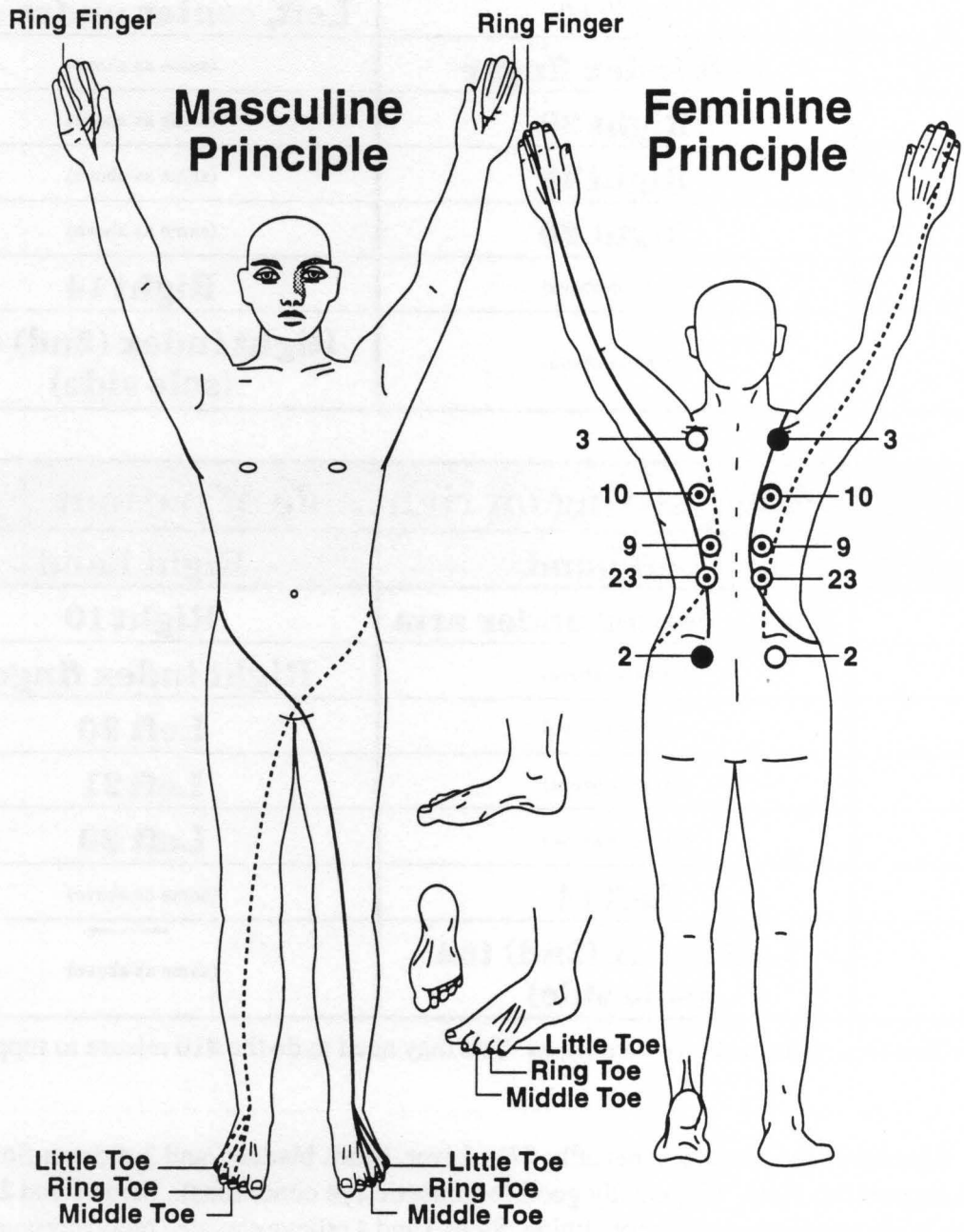
Left flow - sitting on left side of patient		
Movement	**Left hand**	**Right hand**
1	Left 10	Left, center under arm
2	Left index finger	(same as above)
3	Right 20	(same as above)
4	Right 21	(same as above)
5	Right 20	(same as above)
6	(same as above)	Right 14
7	(same as above)	Right index (2nd) toe (sole side)

Right flow - sitting on right side of patient		
Movement	**Left hand**	**Right hand**
1	Right, center under arm	Right 10
2	(same as above)	Right index finger
3	(same as above)	Left 20
4	(same as above)	Left 21
5	(same as above)	Left 20
6	Left 14	(same as above)
7	Left index (2nd) toe (sole side)	(same as above)

Remarks: This flow affects all eye conditions. You may need to do the #10 release to support this release.

Relieves: Shoulder tensions and especially #4's; Liver, heart, bladder, and 3rd depth flows may be used to support this flow. (Especially good for diabetic eye conditions). Steps 1 and 2 relieve upper body, lungs and heart; good for breathing. Steps 3 and 4 relieve elevated blood pressure, same side eye problems. Steps 5, 6 and 7 relieves convulsions, spleen/pancreas, heart palpitation, constipation and reproduction problems. Clears #14's. Center of the armpit goes to the #14's. Descending flow, waist up problems, same side—#23/25 flow, opposite side—#14's.

Self Help: Middle finger, hold #4's & opposite #20, 21, 22. Same side—#23/25 flow, opposite side—#14's.


Ring Finger
Ring Finger
Masculine Principle
Feminine Principle
3
3
10
10
9
9
23
23
2
2
Little Toe
Ring Toe
Middle Toe
Little Toe
Ring Toe
Middle Toe
Little Toe
Ring Toe
Middle Toe

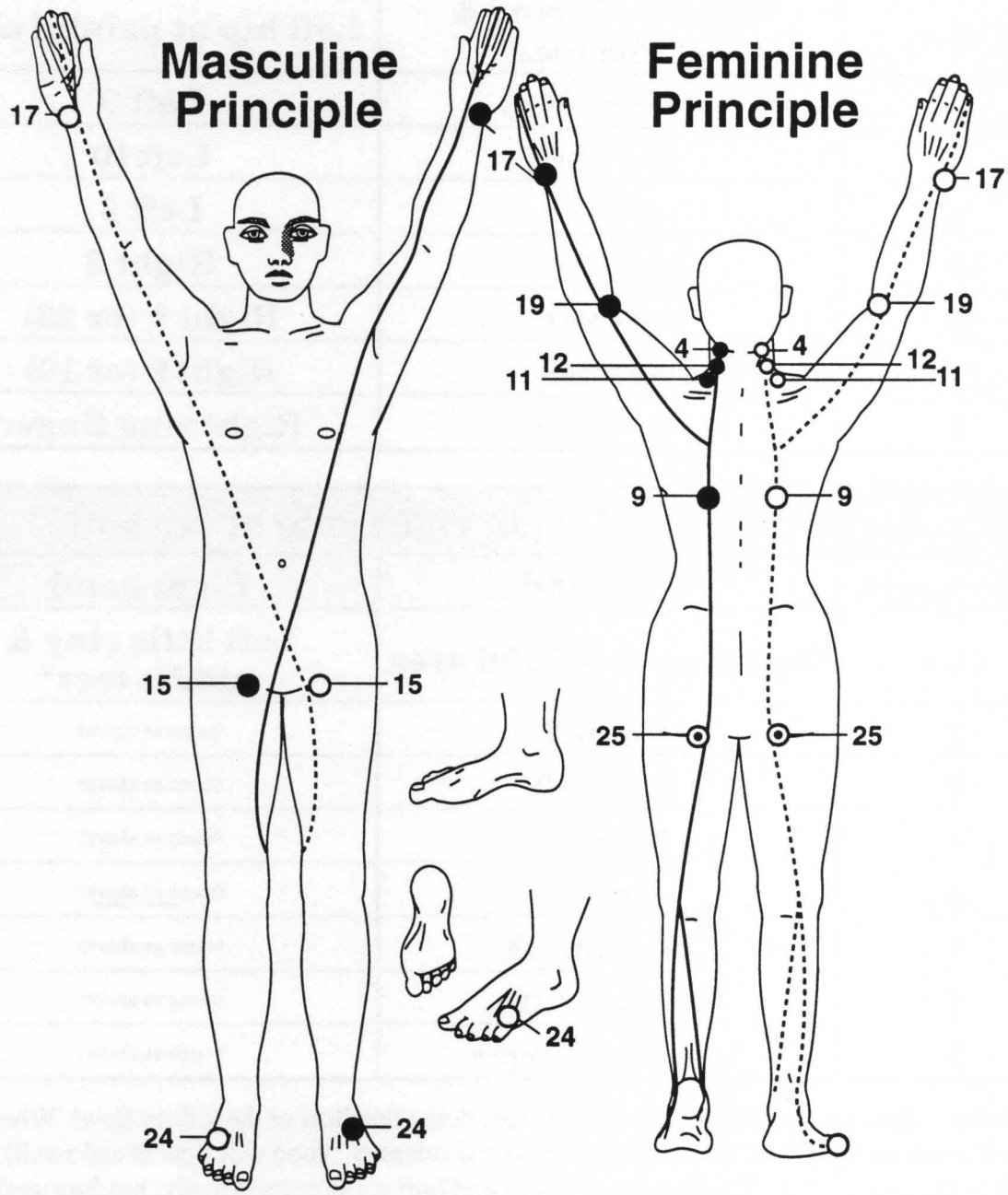
Left flow - sitting on left side of patient		
Movement	**Left hand**	**Right hand**
1a-c	**Right little ring & middle toes***	**Left hip at painful area**
2	(same as above)	**Left 9**
3	(same as above)	**Left 10**
4	(same as above)	**Left 3**
5	(same as above)	**Right 2**
6	(same as above)	**Right 9 (or 23)**
7	(same as above)	**Right 9 (or 10)**
8	(same as above)	**Right ring finger**

Right flow - sitting on right side of patient		
Movement	**Left hand**	**Right hand**
1a-c	**Right hip at painful area**	**Left little ring & middle toes***
2	**Right 9**	(same as above)
3	**Right 10**	(same as above)
4	**Right 3**	(same as above)
5	**Left 2**	(same as above)
6	**Left 9 (or 23)**	(same as above)
7	**Left 9 (or 10)**	(same as above)
8	**Left ring finger**	(same as above)

Remarks: . Release (hold) pubis to coccyx before doing this flow or the kidney flow! When pain starts to release, it may hurt worse! (When tension is released, blood will flow in and swell). May be worse for a day or two. ***Hold each toe on top and bottom simultaneously; holding until they stop hurting; then enfold all at once.**

Relieves: This flow should be able to relieve the most severe pain; May need to do the #15 release first. Relieves sciatic pain. If there is a ruptured disc, medical attention may be necessary.

Self Help: Hold hip at painful area and opposite side toes.


Masculine Principle
Feminine Principle
17
17
17
17
19
19
4
4
12
12
11
11
9
9
15
15
25
25
24
24
24

From supervisor (major vertical) function

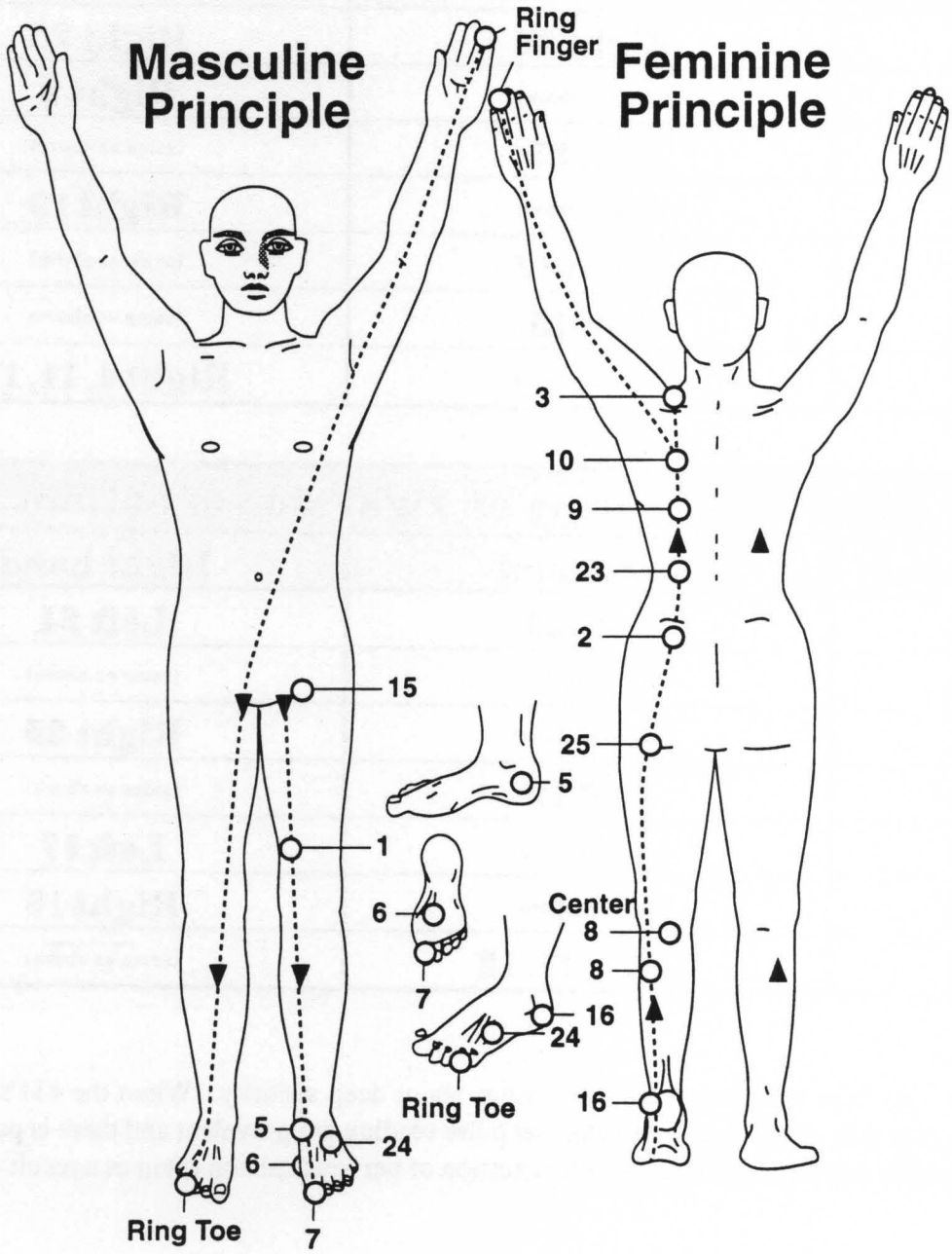
Left flow - sitting on left side of patient		
Movement	**Left hand**	**Right hand**
1	Right 24	Right 25
2	(same as above)	Right 9
3	Left 25	(same as above)
4	(same as above)	Right 19
5	Right 17	(same as above)
6	Left 15	(same as above)
7	(same as above)	Right 4, 11, 12

Right flow - sitting on right side of patient		
Movement	**Left hand**	**Right hand**
1	Left 25	Left 24
2	Left 9	(same as above)
3	(same as above)	Right 25
4	Left 19	(same as above)
5	(same as above)	Left 17
6	(same as above)	Right 15
7	Left 4, 11, 12	(same as above)

Remarks: This flow with breathing flow brings about deep security. When the #11's are open, everything else will clear. Use when diagonal pulse reading are prevalent and there is pain in back of leg caused by opposite arm and shoulder exertion or nervous tension often as a result of overuse

Relieve: Back of leg pain (sciatica) with opposite side shoulder and arm tension, fibroid cysts, chest and breast problems with leg pain, recovery from mastectomy or heart or lung surgery, intermingling of gall bladder, bladder, heart, spleen, major and minor flows; Varicose veins, breast and lung problems—tendonitis, tennis elbows—same side back-opposite breast.

Self Help: Hold #25's and big toe, #11 and #15.


Masculine Principle
Feminine Principle
Ring Finger
3
10
9
23
2
25
5
15
1
6
7
Center
8
8
16
24
Ring Toe
16
5
6
24
7
Ring Toe

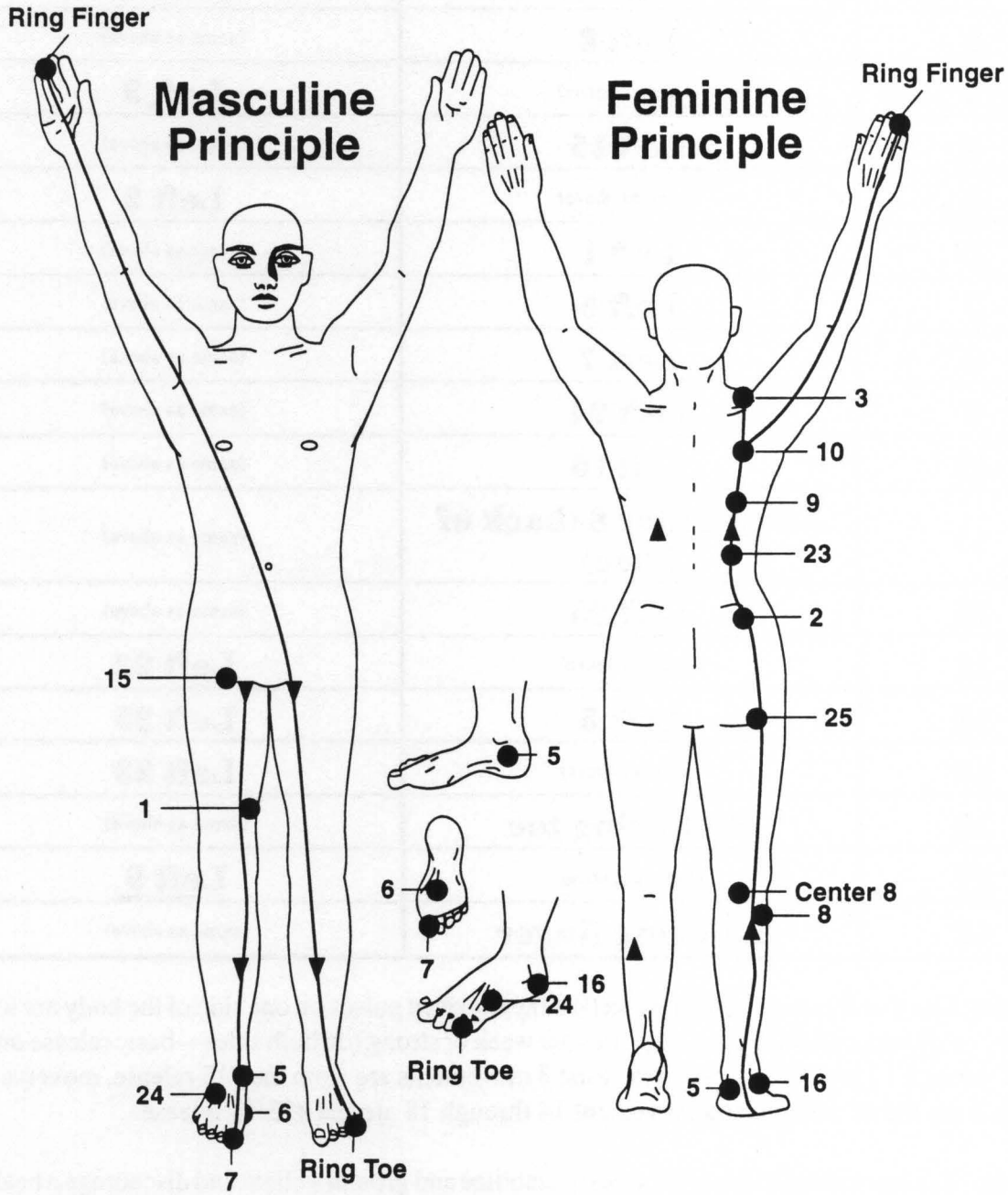
Left flow - sitting on left side of patient		
Movement	**Left hand**	**Right hand**
1	Left 6	Left 15
2	Left 8	(same as above)
3	(same as above)	Left 3
4	Left 15	(same as above)
5	(same as above)	Left 2
6	Left 1	(same as above)
7	Left 5	(same as above)
8	Left 7	(same as above)
9	Left 24	(same as above)
10	Left 16	(same as above)
11	Left, center 8 (back of knee)	(same as above)
12	Left 25	(same as above)
13	(same as above)	Left 23
14	Left 5	Left 25
15	(same as above)	Left 23
16	Right ring toe	(same as above)
17	(same as above)	Left 9
18	Left ring finger	(same as above)

Remarks: Use this flow adjustment when (l) either all deep pulses on one side of the body are weak or strong or (2) when all third position pulses are weak or strong (do both sides—basic release only). Steps 1 through 12 are the basic release. First 3 movements are from the #15 release, movement 4 through 8 are the #1 release, and movement 14 through 18 are the #23/25 release.

Relieves: Recommended to use at all times to stabilize and ground a client and discourage a healing crisis, relieves pelvis tension and opens meridians in legs so energy is free to circulate in the entire body.

Self Help: Use first 8 steps of this flow. Hold ankles and toes. Hold #6's. **#6's Relieves:** Recommended to use at all times to stabilize and grounds a client and discourage a healing crisis, relieves pelvis tension and opens meridians in legs so energy is free to circulate in the entire body.

Leg Release (Right)

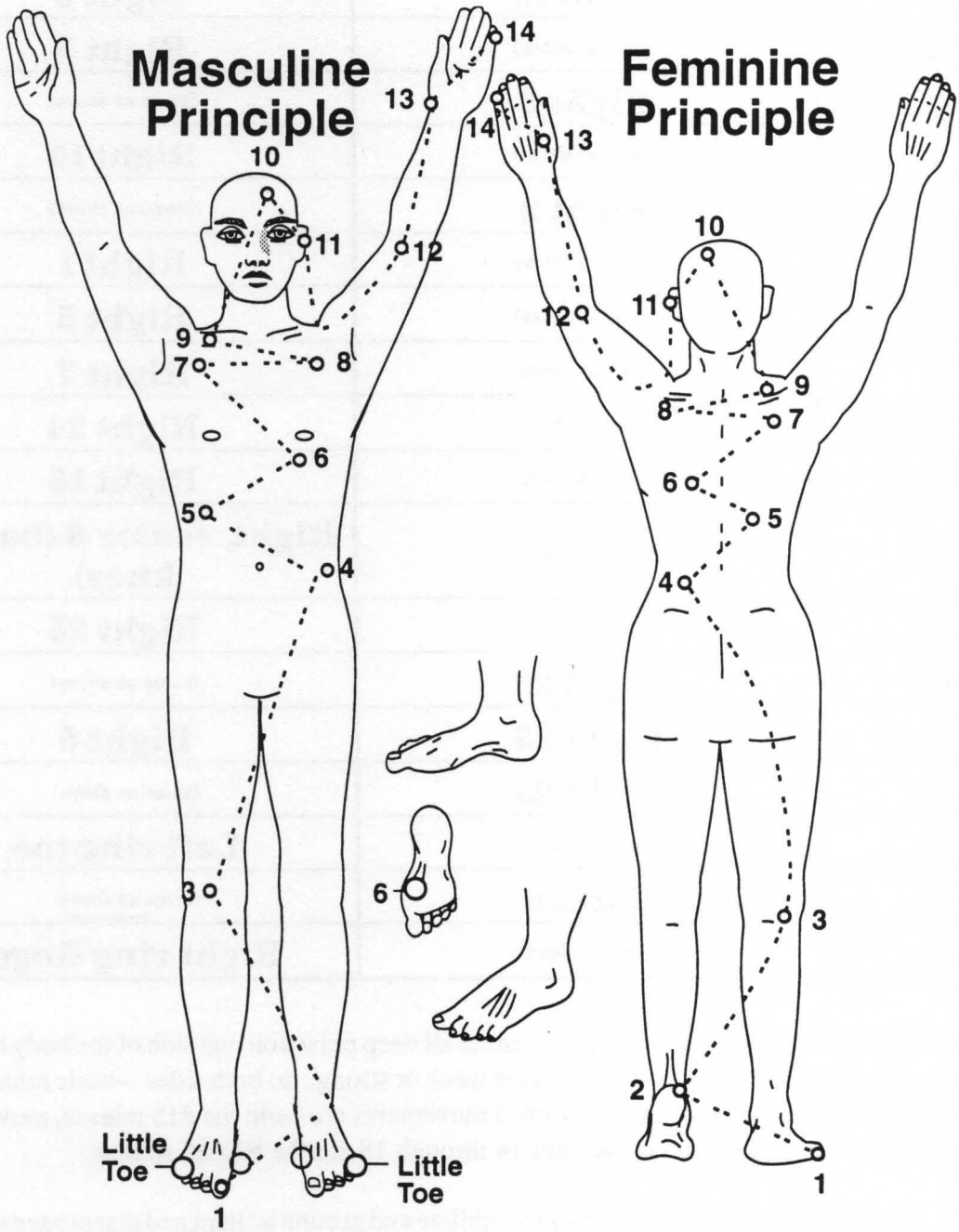


Right flow - sitting on right side of patient		
Movement	**Left hand**	**Right hand**
1	Right 15	Right 6
2	(same as above)	Right 8
3	Right 3	(same as above)
4	(same as above)	Right 15
5	Right 2	(same as above)
6	(same as above)	Right 1
7	(same as above)	Right 5
8	(same as above)	Right 7
9	(same as above)	Right 24
10	(same as above)	Right 16
11	(same as above)	Right, center 8 (back of knee)
12	(same as above)	Right 25
13	Right 23	(same as above)
14	Right 25	Right 5
15	Right 23	(same as above)
16	(same as above)	Left ring toe
17	Right 9	(same as above)
18	(same as above)	Right ring finger

Remarks: Use this flow adjustment when (l) either all deep pulses on one side of the body are weak or strong or (2) when all third position pulses are weak or strong ; do both sides—basic release only. Steps 1 through 12 are the basic release. First 3 movements are from the #15 release, movement 4 through 8 are the #1 release, and movement 14 through 18 are the #23/25 release.

Relieves: Recommended to use at all times to stabilize and ground a client and discourage a healing crisis, relieves pelvis tension and opens meridians in legs so energy is free to circulate in the entire body.

Self Help: Use first 8 steps of this flow. Hold ankles and toes. Hold #6's. **#6's Relieves:** Recommended to use at all times to stabilize and grounds a client and discourage a healing crisis, relieves pelvis tension and opens meridians in legs so energy is free to circulate in the entire body.


Masculine Principle
Feminine Principle
Little Toe
Little Toe

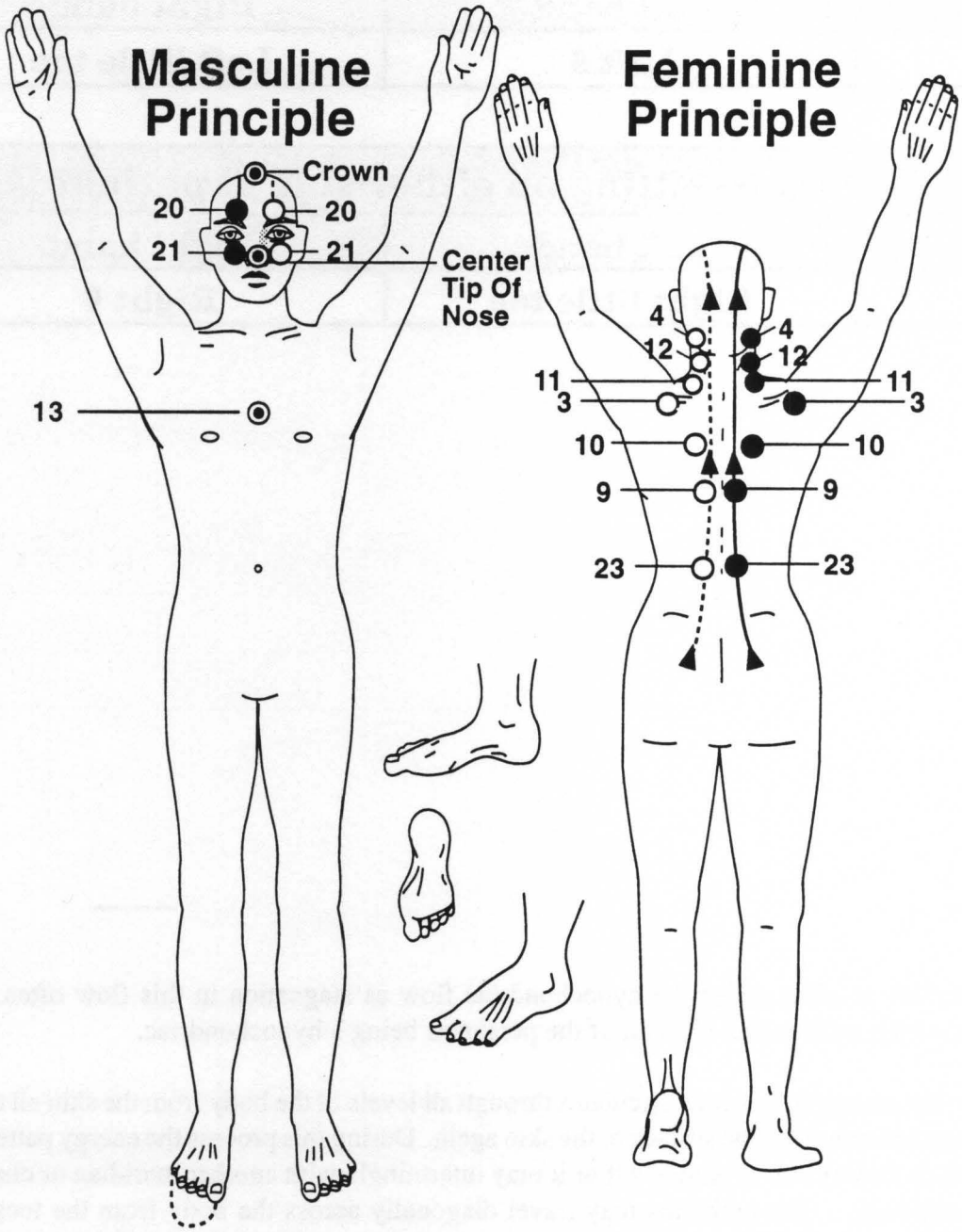
Left flow - sitting on either side of patient		
Movement	**Left hand**	**Right hand**
1	**Left 6**	**Left little toe**

Right flow - sitting on either side of patient		
Movement	**Left hand**	**Right hand**
1	**Right little toe**	**Right 6**

Remarks: This is often called the hypochondriac flow as stagnation in this flow often causes symptoms which leads others to think of the person as being a hypochondriac.

Relieves: The energy in this flow circulates through all levels of the body from the skin all the way to the bones then returns to the surface of the skin again. During this process the energy pattern may dam up which causes it to reverse itself or it may intermingle with another meridian or change its course completely. The problems may travel diagonally across the body from the toes to the opposite ankle and heal, to the opposite knee and so forth throughout the body in the pattern shown. This traveling pattern may occur in one day as has been seen with the flu or it may move from point to point in a month or it may be a year or several years between each movement. As this deviated pattern progresses, the disease becomes more drastic.

Self Help: Hold same side #6 and little toe.


Masculine Principle
Feminine Principle
Crown
20
20
21
21
Center Tip Of Nose
13
4
4
12
12
11
11
3
3
10
10
9
9
23
23

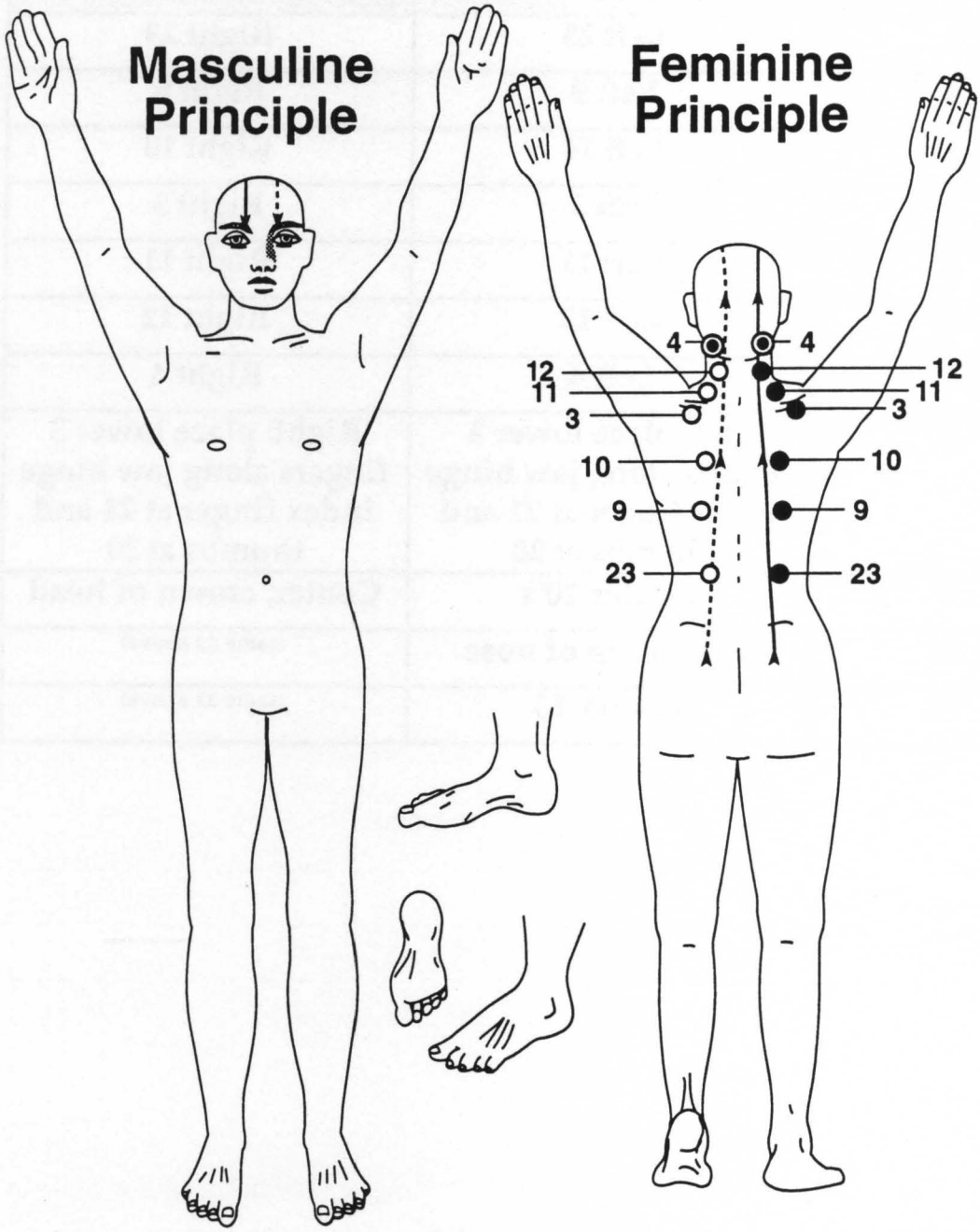
@ head

Central flow - sitting on top side of patient		
Movement	Left hand	Right hand
1	Left 23	Right 23
2	Left 9	Right 9
3	Left 10	Right 10
4	Left 3	Right 3
5	Left 11	Right 11
6	Left 12	Right 12
7	Left 4	Right 4
8	Left: place lower 3 fingers along jaw hinge index finger at 21 and thumbs at 20	Right: place lower 3 fingers along jaw hinge index finger at 21 and thumbs at 20
9	Center 20's	Center, crown of head
10	Center, tip of nose	(same as above)
11	Center 13	(same as above)

Remarks: This flow is very good for the non-believer. Its a very good way to affect the back and bring the body into a deep relaxation.

Relieves: Upper back tension and general anxiety. Use for preliminary evaluation of back tension in cases of scoliosis (spinal curvature).

Self Help: Hold #11 and #15's, then #25's.


Masculine Principle
Feminine Principle
4
4
12
11
3
10
9
23
12
11
3
10
9
23

The Redeemer

@head

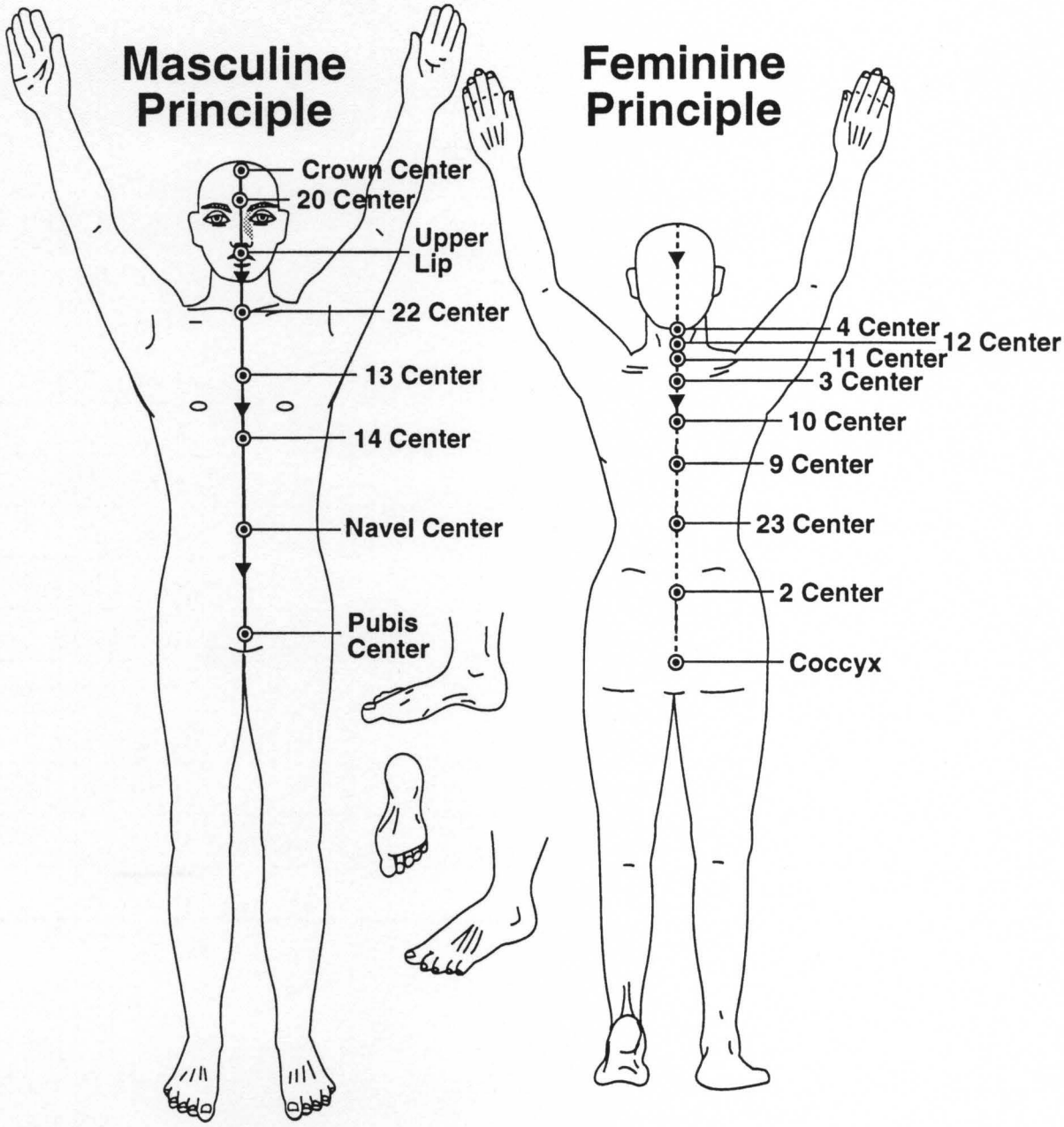
Left flow - sitting on top side of patient		
Movement	**Left hand**	**Right hand**
1	Left 23	Left 4
2	Left 9	(same as above)
3	Left 10	(same as above)
4	Left 3	(same as above)
5	Left 11	(same as above)
6	Left 12	(same as above)
7*	Left 4	Right 4

Right flow - sitting on top side of patient		
Movement	**Left hand**	**Right hand**
1	Right 4	Right 23
2	(same as above)	Right 9
3	(same as above)	Right 10
4	(same as above)	Right 3
5	(same as above)	Right 11
6	(same as above)	Right 12
7*	Left 4	Right 4

Remarks: Straighten the body and spine, then pull gently upwards while holding the #4's to release tension along the spine. For general release of the crux of all problems (the cross within—lateral flow to the arms). Recommended to initiate all treatments of others.

Relieves: Helps all back problems, releases bladder flow, helps with all upper body stress and tension.

Self Help: Hold same side #4 and #25.


Masculine Principle
Crown Center
20 Center
Upper Lip
22 Center
13 Center
14 Center
Navel Center
Pubis Center
Feminine Principle
4 Center
12 Center
11 Center
3 Center
10 Center
9 Center
23 Center
2 Center
Coccyx

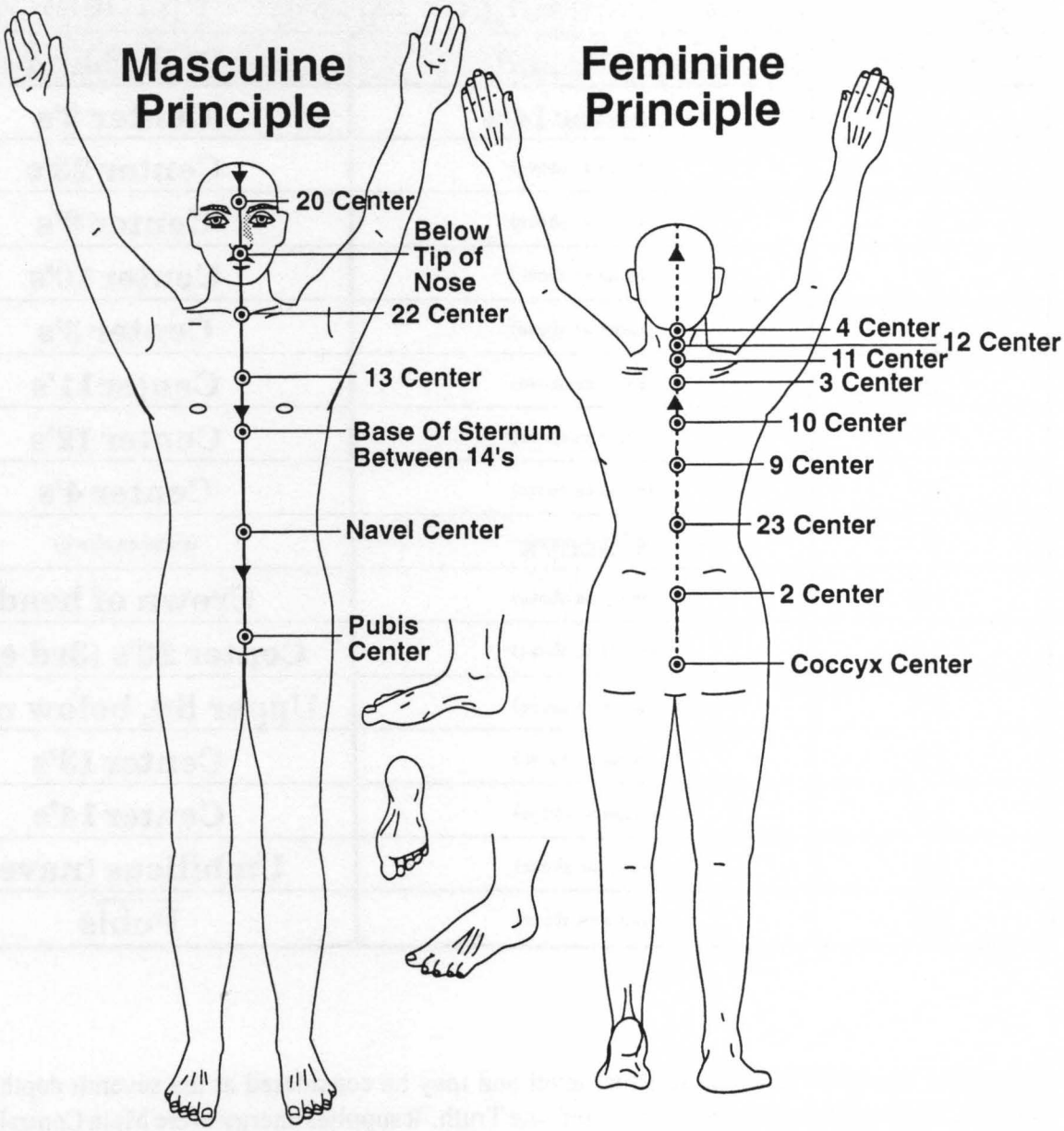
Seventh Depth Flow Meridian
The cup that runneth over
Everlasting life, Infinite truth

Central flow - sitting on left side of patient		
Movement	**Left hand**	**Right hand**
1	Center 14's	Center 2's
2	(same as above)	Center 23's
3	(same as above)	Center 9's
4	(same as above)	Center 10's
5	(same as above)	Center 3's
6	(same as above)	Center 11's
7	(same as above)	Center 12's
8	(same as above)	Center 4's
9	Coccyx	(same as above)
10	(same as above)	Crown of head
11	(same as above)	Center 20's (3rd eye)
12	(same as above)	Upper lip, below nose
13	(same as above)	Center 13's
14	(same as above)	Center 14's
15	(same as above)	Umbilicus (navel)
16	(same as above)	Pubis

Remarks: This flow is at the spiritual level and may be considered at the seventh depth level harmonizing the total depth (6th depth). Infinite Truth. It supplies energy to the Main Central flow. It brings in light energy, removes back fatigue and heaviness while harmonizing and balancing the body. Use to balance the body and for generally heavy pulses.

Relieves: Entire body; use this flow anytime. Good for balancing and centering a person. For disc problems of the vertebrae and spine: hold painful site, left hand and right hand above, at and below site of troubled disc; good for scoliosis; do kidney and bladder flow also.

Self help: Hold coccyx with one hand, top of head and then pubis with other.



Each body has their own personal energy the only source is the center.

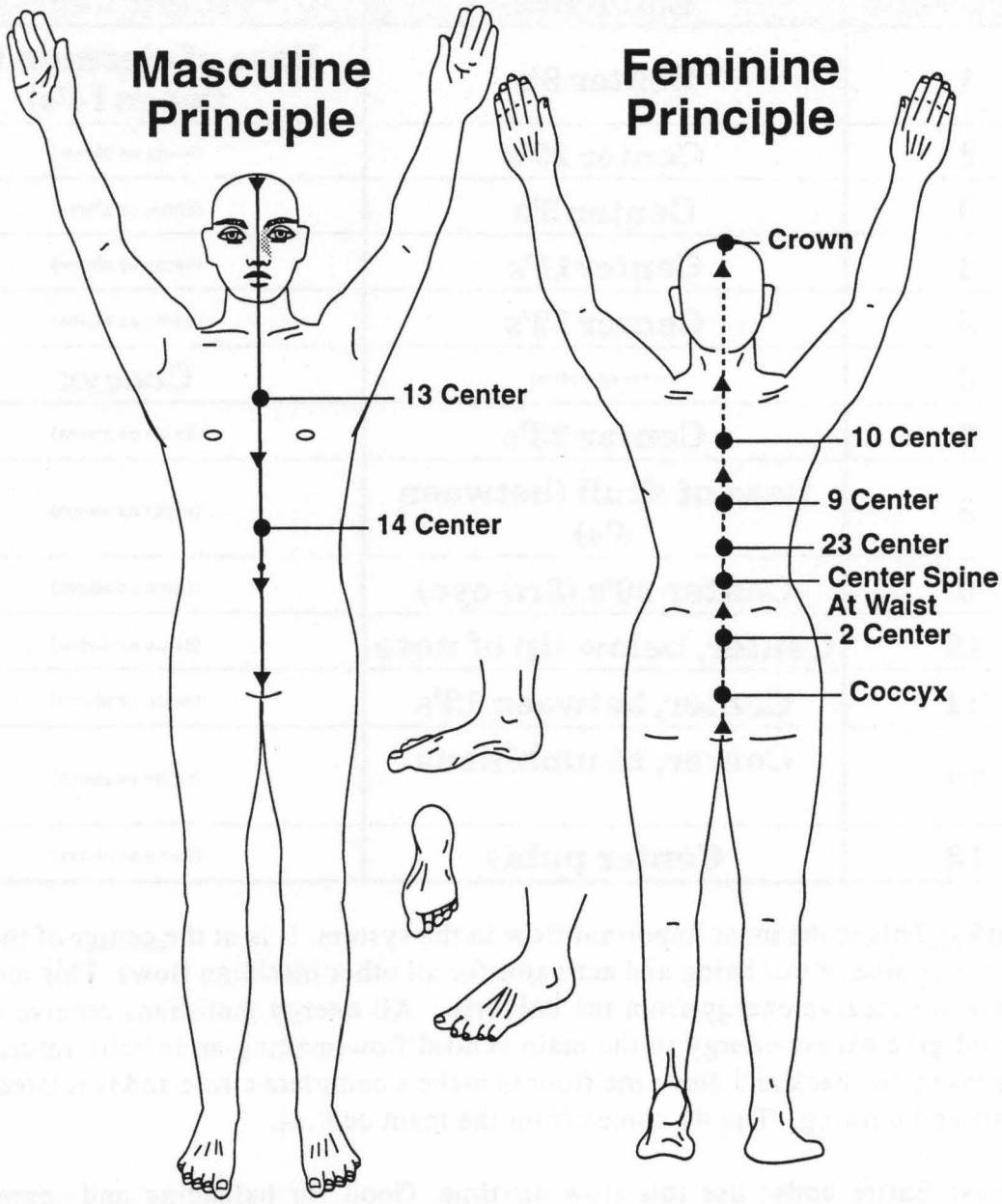
The first commandment - Source

Central flow - sitting on right side of patient		
Movement	**Left hand**	**Right hand**
1	**Center 9's**	**Base of sternum (between 14's)**
2	**Center 10's**	(same as above)
3	**Center 3's**	(same as above)
4	**Center 11's**	(same as above)
5	**Center 12's**	(same as above)
6	(same as above)	**Coccyx**
7	**Center 23's**	(same as above)
8	**Base of skull (between 4's)**	(same as above)
9	**Center 20's (3rd eye)**	(same as above)
10	**Center, below tip of nose**	(same as above)
11	**Center, between 13's**	(same as above)
12	**Center, at umbilicus**	(same as above)
13	**Center pubis**	(same as above)

Remarks: This is the most important flow in the system. It is at the center of the body and is the source of our being and activator for all other meridian flows. This meridian is where we receive energy from the universe. All energy meridians receive energy from and give excess energy to the main central flow making an infinite return. The flow goes up the back and down the front to make a complete circle and is related to the 0, or all and nothing. The #1 comes from the main central.

Relieves: Entire body; use this flow anytime. Good for balancing and centering a person. Balances the digestive functions and appetite; brings relief to the center of body. Harmonizes endocrine and glandular systems; strengthens immune system; memory, harmonizes total being. Good for the eyes; warms extremities, use for paralyses from waist down. Paralyses from waist down, do main central.

Self help: Hold the palms. Top of head with right hand, move left hand to the center of forehead, below nose, V of neck at throat, center of heart area, solar plexus, navel, top of pubic bone at center. Right & left back of wrists.


Masculine Principle
Feminine Principle
Crown
13 Center
10 Center
9 Center
14 Center
23 Center
Center Spine At Waist
2 Center
Coccyx

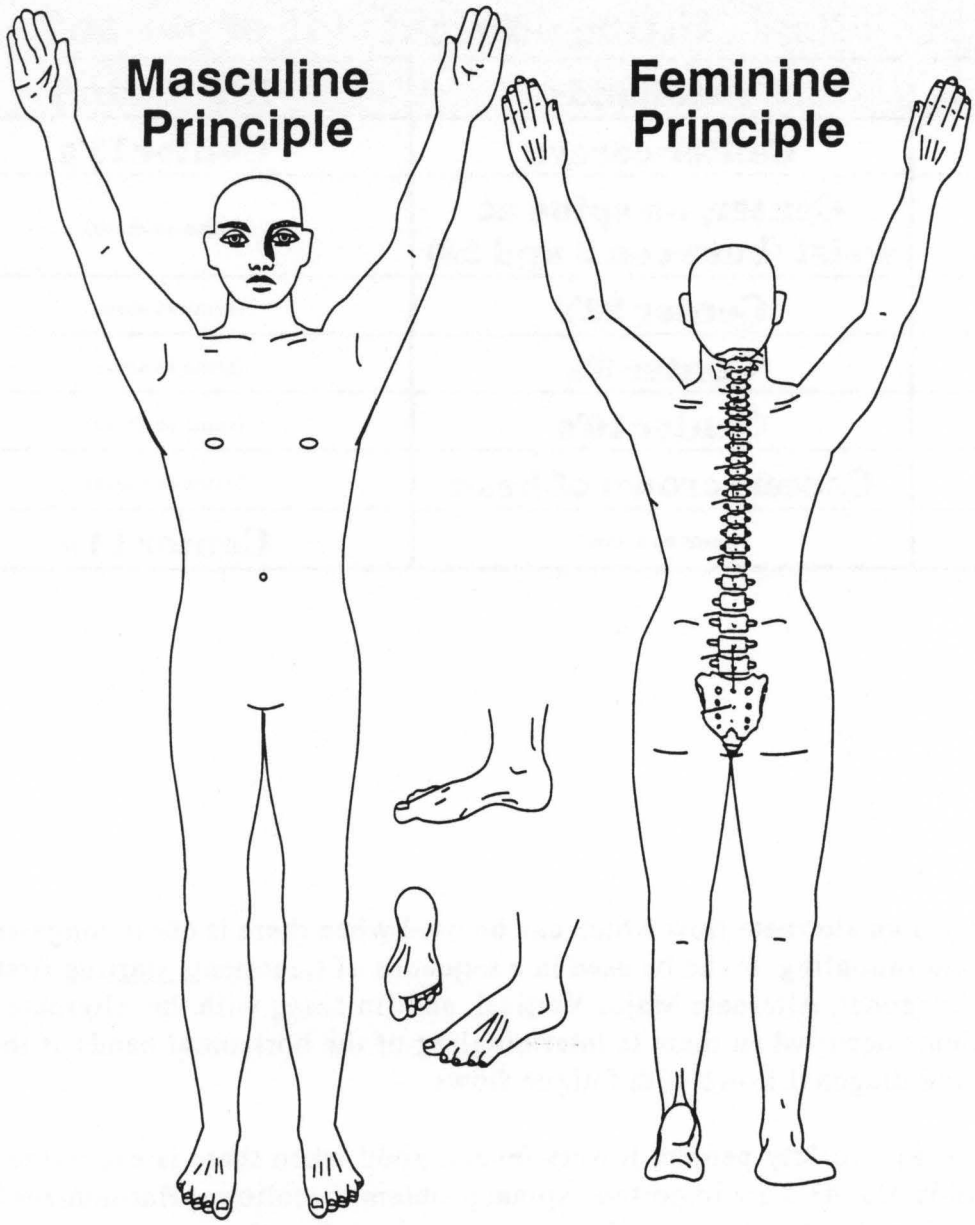
Third method of correction
Number 14 release

Central flow - sitting on right side of patient		
Movement	**Left hand**	**Right hand**
1	**Center coccyx**	**Center 13's**
2	**Center, on spine at waist (between 2 and 23)**	(same as above)
3	**Center 23's**	(same as above)
4	**Center 9's**	(same as above)
5	**Center 10's**	(same as above)
6	**Center, crown of head**	(same as above)
7	(same as above)	**Center 14's**

Remarks: This is an alternate flow which can be used when there is chest congestion or symptoms of intermingling. It can be used in a sequence of treatments starting first with the Alternate Diagonal, Alternate Major Vertical, and finishing with the Alternate Main Central. Problems occur when there is intermingling of the horizontal bands at the #13 and #14 area and diagonal flows with fatigue flows.

Relieves: Good for worldly people, lowers fevers, good when there is excessive chest congestion, colds, flu, #3's are important, spinal problems, scoliosis; Harmonizes body; stimulates the digestive function which affects the stomach, spleen, pancreas, and gall bladder; regulates appetite, abdominal problems, stomach ache, chest congestion and breath. Use when there is a heaviness in pit of stomach. Holding coccyx causes energy to ascend, holding the center front of body causes energy to descend. Aids circulation of feet. Use for generally confused pulses and when there is a respiratory involvement.

Self help: Top of head with right hand, move left hand to the center of forehead, below nose, V of neck at throat, center of heart area, solar plexus, navel, top of pubic bone at center.


Masculine
Principle
Feminine
Principle

Central flow - sitting on right side of patient		
Movement	**Left hand**	**Right hand**
1	**Center crown can use center 4's**	**Center, base of skull between 4's**
2 - 30	(same as above)	**Center; hold each spinal process (depression) down spine to coccyx**

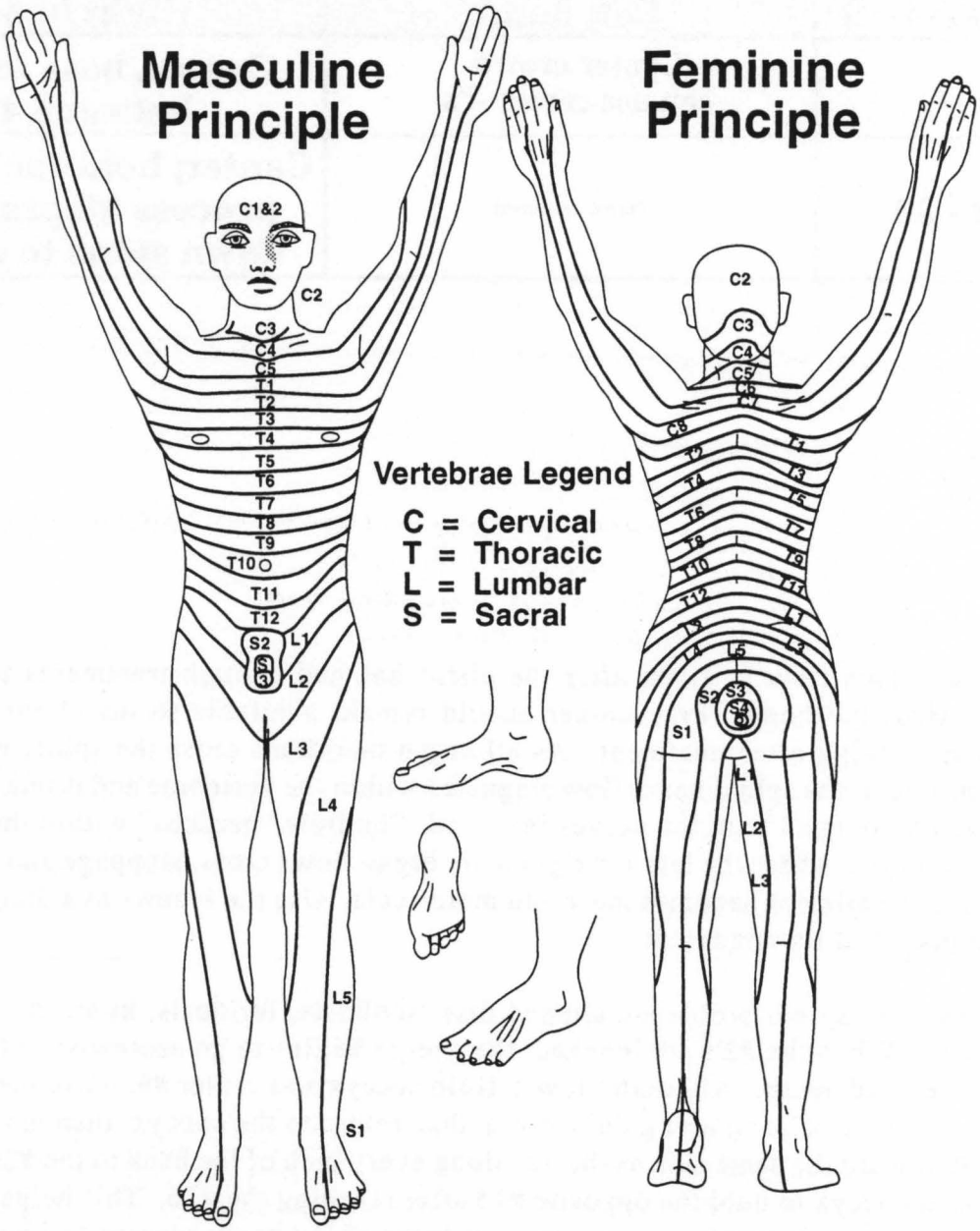
Very Powerful. Works every one of the depths. Works every one of the organs.
NEVER DO WITHOUT FIRST DOING: Leg Releases or 5,6,7,8 Releases.

To get bound up energy out of Sacral area:
Top Hand CENTER 9
Lower Hand Coccyx - move up edge of sacrum (my side) slowly - to Iliac crest - 4 or 5 points
Top Hand Move from CENTER 9 to 26 (my side)
slowly - about 1 inch each move.
Stop longer at sore spots.

Remarks: This flow is given after the client has had enough treatments to open the meridians of the body. Practitioner should remain available to the client in case of symptoms arising after treatment. As all organ meridians cross the spine, when organ ailments occur, the spinal nerve flow stagnates within the vertebrae and is unable to serve the organ associated with the nerves involved. The flow "hardens" within the vertebrae and at the points where the left and right body organ flows cross, stoppage and discomfort occur and the ailment becomes more and more acute. Use the elbows as a diagnostic tool for the back and its alignment.

Relieves: All spinal problems, slipped disc, scoliosis, loridosis, kyphosis. All organ meridians. When the #2's are blocked, the energy begins to go crosswise at the sacrum. Clears the third depth. Alternate flows: Hold coccyx and center #9, move the hand from the coccyx to the #2's all along the sacrum, then return to the coccyx, then move the hand at the #9 toward the same side as the #2, along every inch of the back to the #26. Remove hand from coccyx to hold the opposite #15 after reaching the #26. This helps the energy flow between all three triangular bony structures of the back; sacrum and both scapula. Can use the #4's instead of the crown of the head in the main flow.
Hold #15's and each vertebrae - helps all depths and brings joy.

Self Help: Hold above, on and below the problem area of the spine. Hold the #4's and problem area, then the coccyx. Hold each finger. Scoliosis; Right hand on top of the left on the vertebrae, then hold the center #4's and the problem area.


Masculine Principle
Feminine Principle
C1&2
C2
C3
C4
C5
T1
T2
T3
T4
T5
T6
T7
T8
T9
T10
T11
T12
S2
S3
L1
L2
L3
L4
L5
S1
Vertebrae Legend
C = Cervical
T = Thoracic
L = Lumbar
S = Sacral

THE SPINAL NERVE FLOW

The spinal nerve flow stagnates at the vertebrae where the left and right organ flows cross at the spine when the organ is not functioning properly. This causes a buildup of tension and the area becomes stiff and hardens and causes referred pain in the body according to the chart on page 108.

The following information will give an indication of the body functions which may be controlled by directing attention to the associated vertebrae. Pain can be relieved at the vertebrae by holding the associated finger indicated.

Vertebra Legend

C = Cervical	**T = Thoracic**
L = Lumbar	**S = Sacral**

The Cervical Vertebra

Cl - Lowers fever; revives the unconscious; regulates the pulses; First depth. Thumb.

C2 - Stops nausea; stimulates the teeth; opens the pupils of the eye; Third depth. Index finger.

C3 - Stops elbow pain; contracts the lungs; corrects diaphragm problems; Fifth depth. Middle finger.

C4 - Contracts the veins of the heart; liver, kidney, spleen and lungs; The nipples are supplied by the 4th thoracic root (13 area). Vertical harmony. Ring finger. 7th depth.

C4, 5 - Nerve pressure and irritation in this area of the neck can produce neck pain and stiffness; nervousness; muscle tension; insomnia; throat and thyroid trouble; etc. Second depth. C-5 - 2nd depth.

C1, 2, 3 - Headaches; tension; migraine; dizziness; sinus trouble; pain in eyes, ears and face; allergies; hay fever; etc.; can be caused by spinal nerve pressure and irritation in this area.

C5, 6, 7 - Contracts veins of the teeth, throat, thyroid and esophagus (little finger). The clavicular or area of the #22's is served by the 5th cervical root. The deltoid region or 26 & 13 area is served by the 5th and 6th cervical root. The outer and back portions of the arm are supplied by the 5th, 6th and 7th cervical root (high #19's or outside). The hand is served by the 6th and 7th cervical roots; the 6th cervical serves the thumb, the 7th cervical serves the middle of the hand including the index and middle fingers. C5 - second depth; C6 - fourth depth; C7 - sixth depth; little finger.

C6, 7 - Shoulder and arm pain and numbness; bursitis; poor circulation in arms; swelling of hands, etc; may be produced if there is misalignment of one or more spinal vertebrae.

Thoracic Vertebrae

Tl - Stops heart pain; stomach pain; gall bladder; decreases flow of blood to the lungs; Thumb.

T2 - Corrects mitral valvular disease of the heart. Constipation. Pass through for organ functions; Index finger

T3 - Expands the lungs; makes milk in the breasts; expands the pleura; Middle finger.

T4 - Pericardium; Lungs; expands the esophagus; contracts the kidneys; Ring finger.

T5 - Contracts the heart and stomach; opens the pylorus valve; Little finger.

T6 - Heart; Expands the trachea; Center of the wrist.

T7 - Main Central; Diaphragm; hiccoughs, strengthens blood, breathing; expands the kidneys; contracts all the internal vital organs; Thumb.

T8 - Diaphragm; Index finger.

T9 - Liver; Middle finger.

T10 -Gall Bladder; Ring finger.

Tll - Spleen; Little finger.

T12 - Stomach; Center back of wrist.

T1, 2, 3 - Asthma; difficult breathing; heart problems; high and low blood pressure; pleurisy; etc.; can result from pressure and irritation on the nerves in this area of the spine.

T4, 5 - If there is spinal misalignment in this area, the resultant nerve pressure and irritation may cause pain between shoulders; chest and rib pains; liver and gall bladder problems; shingles,

Tl - T6 - Helps rest of spine. Can be helped by 13 release.

T6 - T12 - Helped by 14 release.

T8, 9 - Increases the function of the heart; expands the gall bladder; stimulates the bladder (index and middle fingers). The inner and frontal portions of the arm are served by the 8th cervical and the first thoracic root (high #l9's inside).

T6, 7, 8, 9 - Subluxation of one or more spinal vertebrae here can cause stomach, pancreas, and intestinal trouble; low blood sugar; indigestion; heartburn; gas; etc.

T10, 11, 12, Ll - Expands the stomach; intestines, liver, gall bladder, uterus, lungs and ureter;

relieves leg ailments (ring and little ringer, center of the wrist). The umbilicus is supplied by the 10th thoracic root (14 area). The groin or 15 area above the genitals is served by the 12th thoracic root. Colon trouble, constipation, kidney trouble, adrenal stress, etc., can be caused by spinal nerve pressure and irritation in this area.

Lumbar Vertrebra

Ll - Key for third depth; liver; umbilicus; Thumb.

L2 - Key for second depth; umbilicus; lung and kidney; Index finger.

L3 - Key for fifth depth; Kidney; heart and large intestine; Middle finger.

L4 - Key for fourth depth; Large Intestine; small intestine and kidney; Ring finger.

L5 - Key for first depth; bladder; large intestine; Little finger.

Ll - L5 - Helped by 15 release.

L1, 2, 3, 4 - Easily injured. Contracts veins of the stomach, intestines, liver, kidney, spleen, uterus and bladder (thumb, index, middle and little finger). The inner and frontal positions of the thighs - 1st, 2nd, 3rd and 4th lumbar roots (high l's). The foot - 1st sacral and 4th and 5th lumbar roots (5, 16, #24's). Backache, menstrual cramps, and other female disorders, impotency, sterility, bladder problems, bed-wetting, etc., may be pressure and irritation on spinal nerves in low back. Spinal nerve pressure and irritation in this part of the spine may result in low back pain, sciatica, pain and poor circulation in the legs, etc. Ll - umbilicus - water retention; L2 - kidney; L3 - strengthens back; L5 - large intestine.

L4, 5 - Spinal nerve pressure and irritation in this part of the spine may result in low back pain, sciatica, pain and poor circulation in the legs, etc.

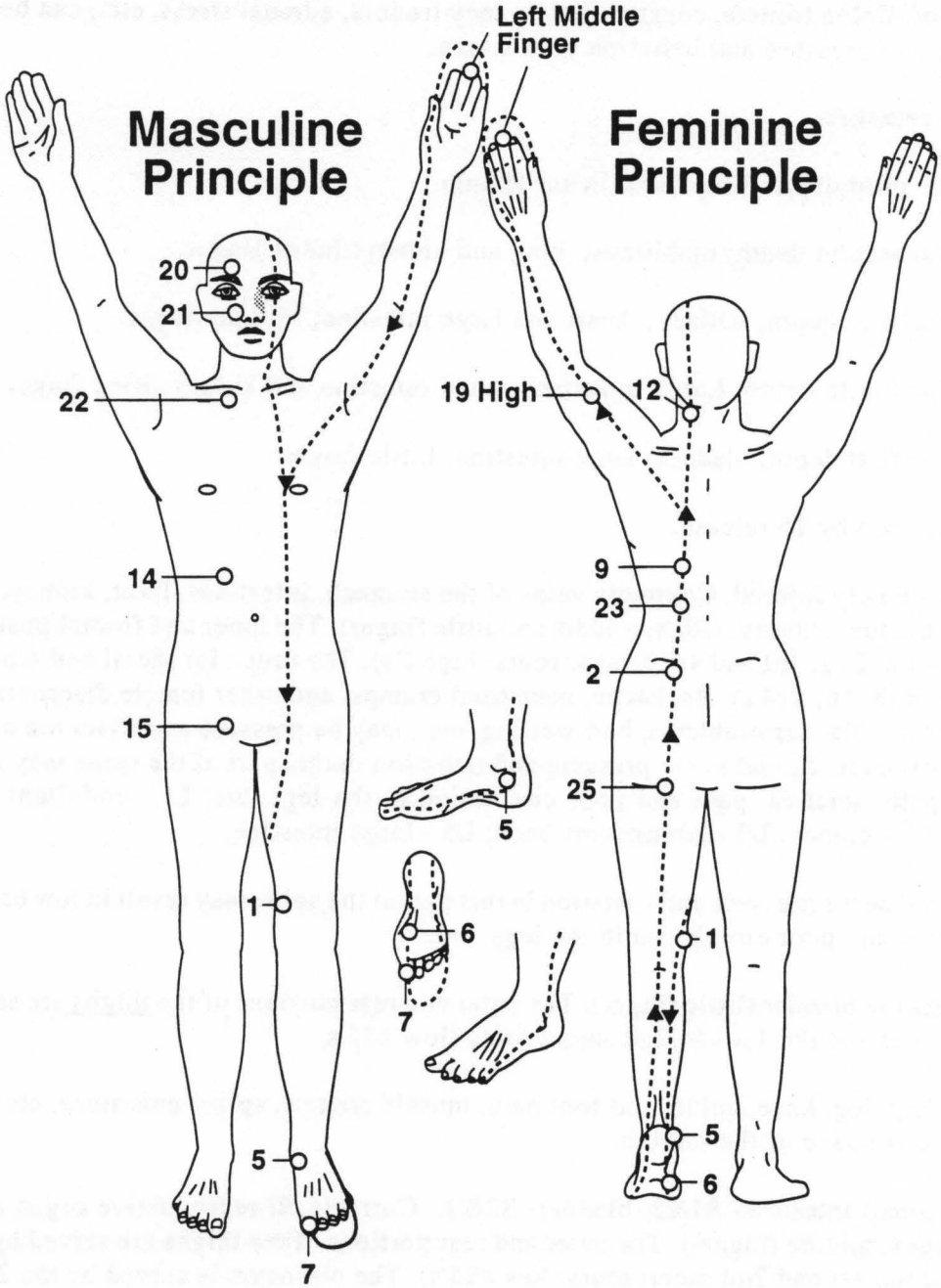
L5 - Shrinks the bladder (little finger). The outer and rear portions of the thighs are served by the 5th lumbar and the 1st and 2nd sacral roots (low #25's.

Sacrum - Hip, leg, knee, ankle, and foot pain, muscle cramps, spinal curvature, etc., can be caused by a slippage of the sacrum.

S1, 2, 3 - Small intestine- S1&2, bladder- S2&3. Corrects all reproductive organ ailments (thumb, index, middle fingers). The outer and rear portions of the thighs are served by the 5th lumbar and the 1st and 2nd sacral roots (low #25's). The perineum is served by the 2nd, 3rd, 4th and 5th sacral roots.

S4, 5 & Coccyx 1, 2, 3 - Corrects toes and sole of the foot ailments; (ring and little fingers). The perineum is served by the 2nd, 3rd, 4th and 5th sacral roots. Thumb 1, Index 2, Middle 3.

Major Vertical Flow - Left



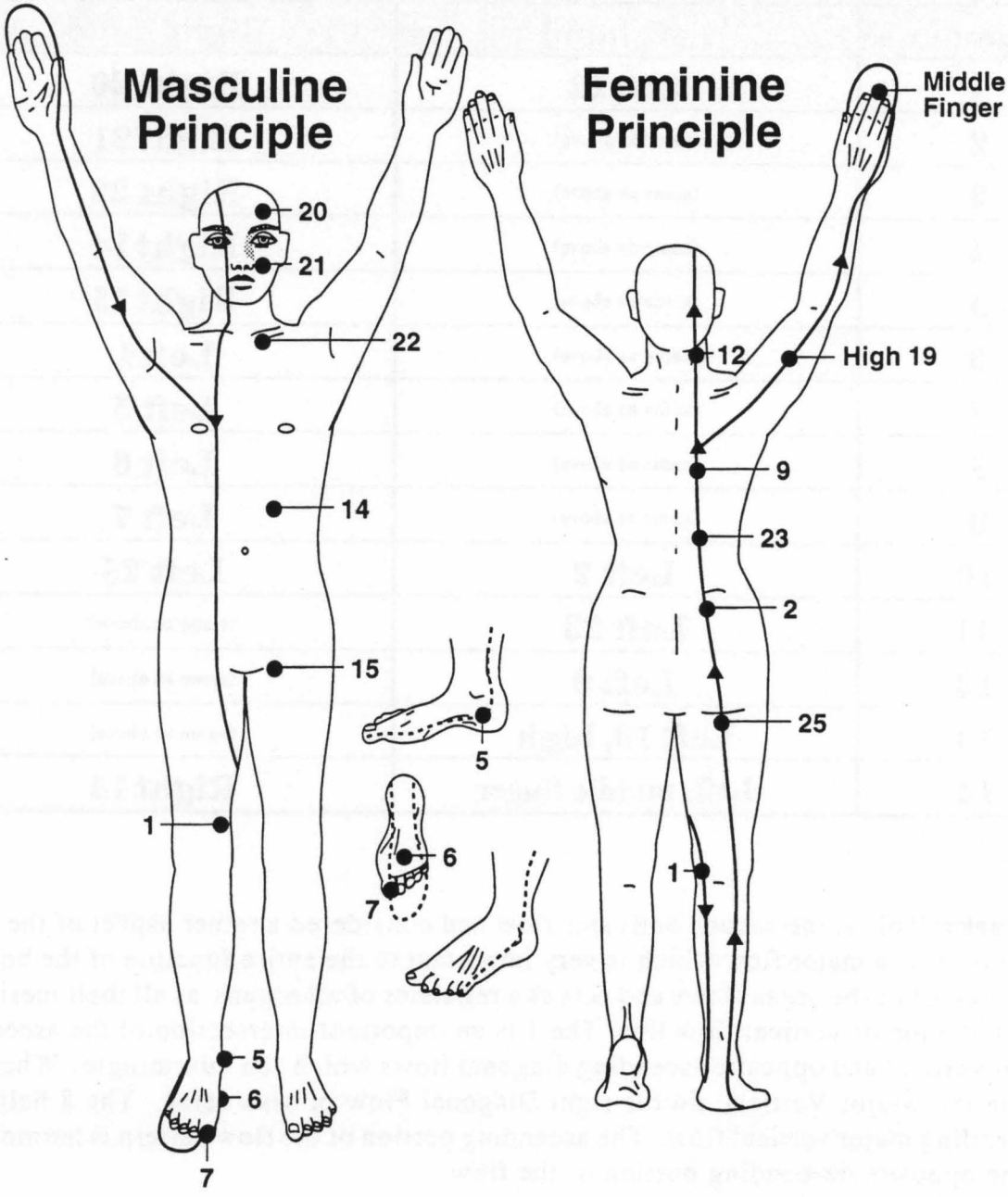
Supervisor flow

Left flow - sitting on right side of patient		
Movement	**Left hand**	**Right hand**
1	**Left 12**	**Right 20**
2	(same as above)	**Right 21**
3	(same as above)	**Right 22**
4	(same as above)	**Right 14**
5	(same as above)	**Right 15**
6	(same as above)	**Left 1**
7	(same as above)	**Left 5**
8	(same as above)	**Left 6**
9	(same as above)	**Left 7**
10	**Left 2**	**Left 25**
11	**Left 23**	(same as above)
12	**Left 9**	(same as above)
13	**Left 19, high**	(same as above)
14	**Left, middle finger**	**Right 14**

Remarks: This is the second activator flow and considered another aspect of the Main Central. It is a major flow which is very important to the entire function of the body. It activates all of the organ flows and acts as a regulator of all organs as all their meridians are on the major vertical flow line. The 1 is an important intersection of the ascending major vertical and opposite ascending diagonal flows which can intermingle. When you do the left Major Vertical, do the right Diagonal Flow or visa versa. The 8 helps the descending major vertical flow. The ascending portion of the flow pattern is harmonized by the opposite descending portion of the flow.

Relieves: Intermingled flows of major vertical and minor diagonal; regulates blood; controls defense mechanisms and resistance; relieves pelvic girdle; use when superficial pulses are heavy on the right side and deep pulses are heavy on left side or visa versa. Starts at the #1. 23 of the 26 points on the body are on this flow.

Self help: Hold thumb on middle finger and opposite hand on same side #1.


Masculine Principle
Feminine Principle
Middle Finger
20
21
22
14
15
1
5
6
7
12
High 19
9
23
2
25
1

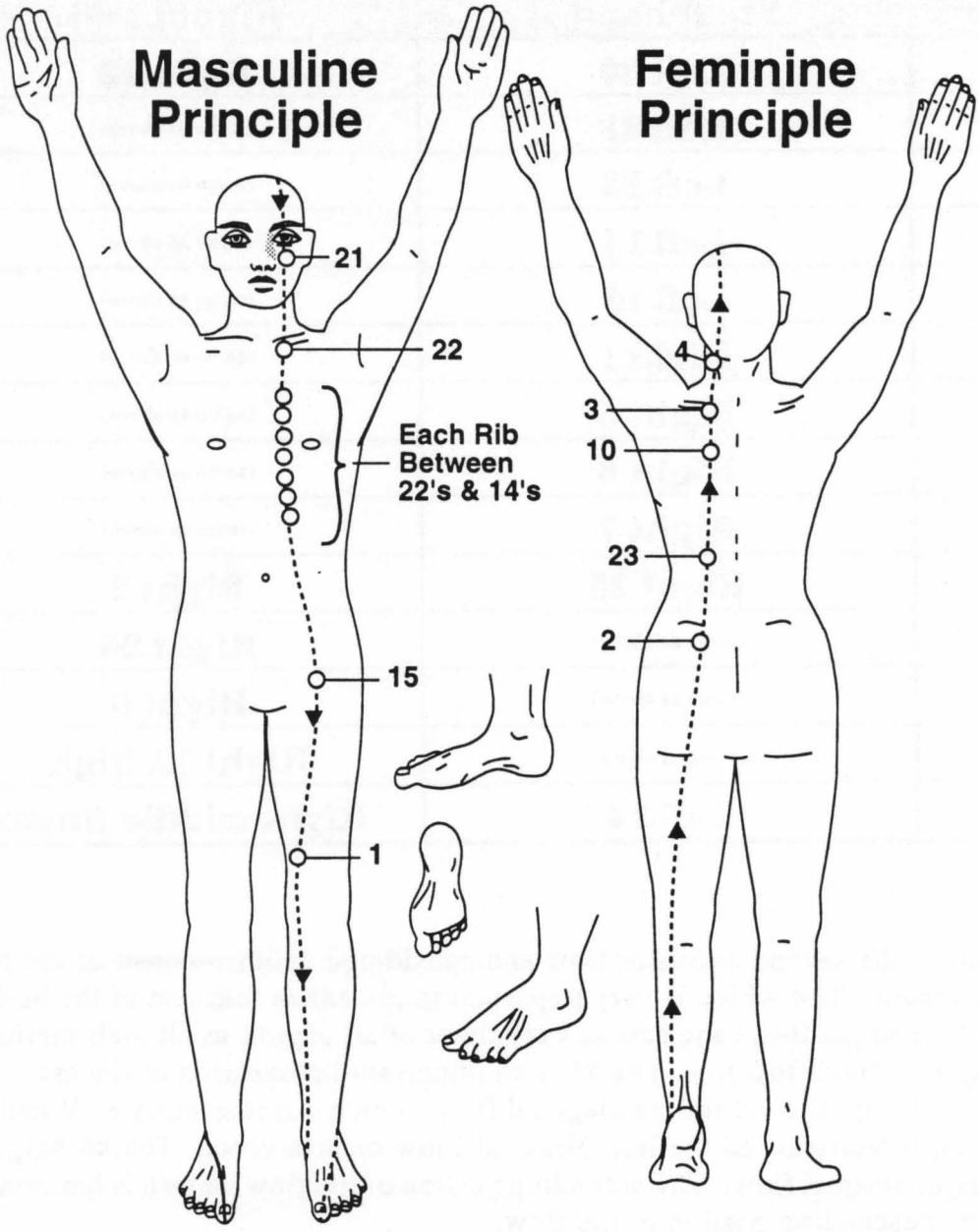
Supervisor flow

Right flow - sitting on left side of patient		
Movement	**Left hand**	**Right hand**
1	**Left 20**	**Right 12**
2	**Left 21**	(same as above)
3	**Left 22**	(same as above)
4	**Left 14**	(same as above)
5	**Left 15**	(same as above)
6	**Right 1**	(same as above)
7	**Right 5**	(same as above)
8	**Right 6**	(same as above)
9	**Right 7**	(same as above)
10	**Right 25**	**Right 2**
11	(same as above)	**Right 23**
12	(same as above)	**Right 9**
13	(same as above)	**Right 19, high**
14	**Left 14**	**Right middle finger**

Remarks: This is the second activator flow and considered another aspect of the Main Central. It is a major flow which is very important to the entire function of the body. It activates all of the organ flows and acts as a regulator of all organs as all their meridians are on the major vertical flow line. The #1 is an important intersection of the ascending major vertical and opposite ascending diagonal flows which can intermingle. When you do the right Major Vertical, do the left Diagonal Flow or visa versa. The #8 helps the descending major vertical flow. The ascending portion of the flow pattern is harmonized by the opposite descending portion of the flow.

Relieves: Intermingled flows of major vertical and minor diagonal; regulates blood; controls defense mechanisms and resistance; relieves pelvic girdle; use when superficial pulses are heavy on the right side and deep pulses are heavy on left side or visa versa Starts at the #1. 23 of the 26 points on the body are on this flow.

Self help: Hold thumb on middle finger and opposite hand on same side #1.


Masculine Principle
Feminine Principle
21
22
Each Rib Between 22's & 14's
15
1
4
3
10
23
2

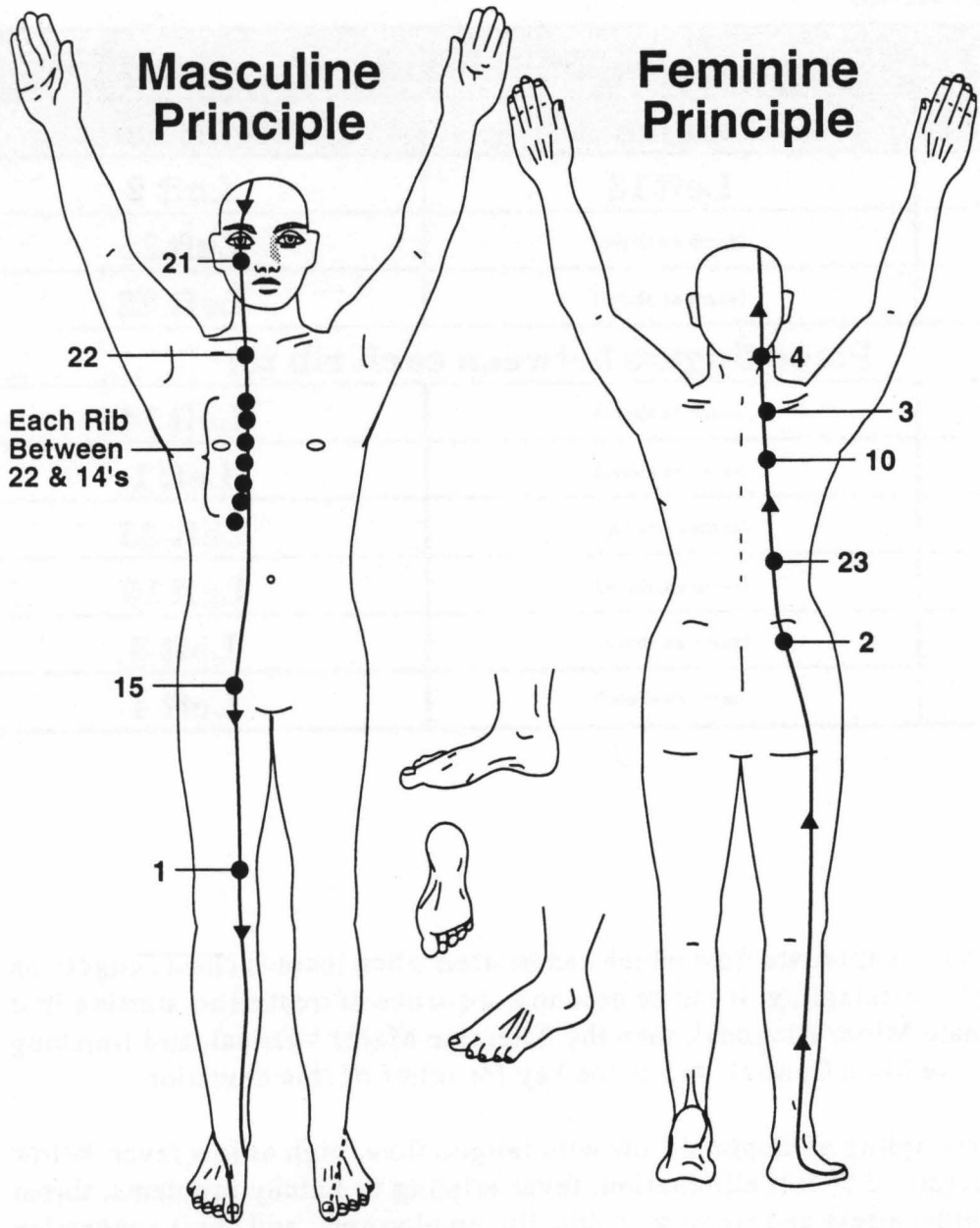
Second method of correction
(Alternate supervisor flow)
Number 15 release

Left flow - sitting on left side of patient		
Movement	**Left hand**	**Right hand**
1	**Left 15**	**Left 2**
2	(same as above)	**Left 21**
3	(same as above)	**Left 22**
Place fingers between each rib to: From 22 to 14 Hold each one for a while		
4	(same as above)	**Left 14**
5	(same as above)	**Left 1**
6	(same as above)	**Left 23**
7	(same as above)	**Left 10**
8	(same as above)	**Left 3**
9	(same as above)	**Left 4**

Remarks: This is an alternate flow which can be used when there is chest congestion or symptoms of intermingling. It can be used in a sequence of treatments starting first with the Alternate Minor Diagonal, then the Alternate Major Vertical, and finishing with the Alternate Main Central. #15 is the key for relief of this deviation.

Relieves: Intermingling of diagonal flow with fatigue flow, high or low fever, below normal temperature, difficult elimination, fever relating to kidney problems, throat problems, shoulder stress and tension, colds, flu, emphysema, and chest congestion with a buildup of phlegm, coughing and mucous. For nose bleeds, go closer to spine. For bed wetting, go closer to shoulder blade. Use this flow when there are respiratory or intermingling problems and when superficial pulses are heavy on the right side and deep pulses are heavy on left side or visa versa. Do for heavy side deep pulses.

Self help: Hold thumb over ring finger, opposite hand on same side shoulder and keep the knees together.


Masculine Principle
Feminine Principle
21
22
Each Rib Between 22 & 14's
15
1
4
3
10
23
2

Second method of correction
(Alternate supervisor flow)
Number 15 release

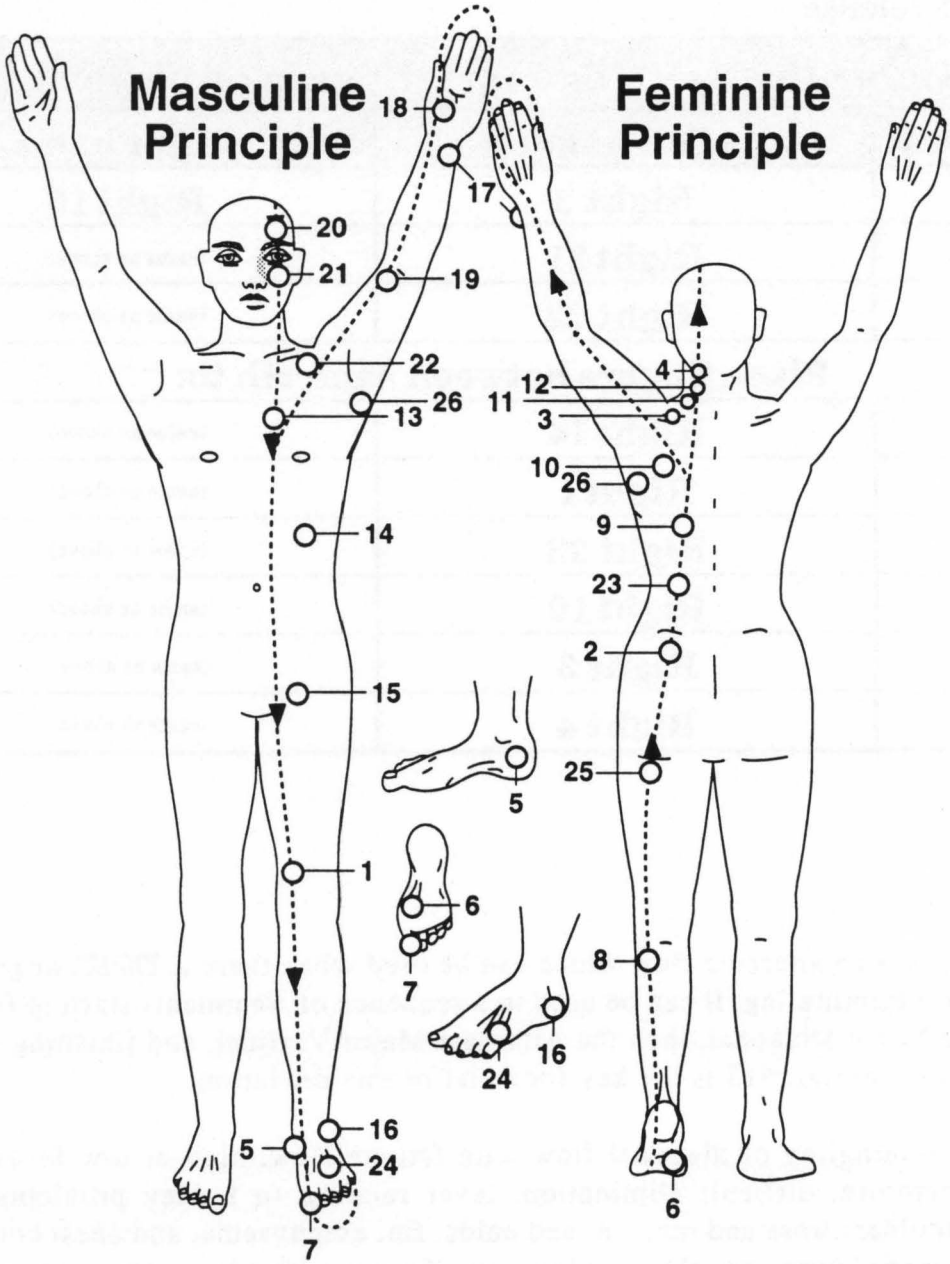
Right flow - sitting on right side of patient		
Movement	**Left hand**	**Right hand**
1	**Right 2**	**Right 15**
2	**Right 21**	(same as above)
3	**Right 22**	(same as above)
Place fingers between each rib to: From 22 to 14 Hold each one for a while		
4	**Right 14**	(same as above)
5	**Right 1**	(same as above)
6	**Right 23**	(same as above)
7	**Right 10**	(same as above)
8	**Right 3**	(same as above)
9	**Right 4**	(same as above)

Remarks: This is an alternate flow which can be used when there is chest congestion or symptoms of intermingling. It can be used in a sequence of treatments starting first with the Alternate Minor Diagonal, then the Alternate Major Vertical, and finishing with the Alternate Main Central. #15 is the key for relief of this deviation.

Relieves: Intermingling of diagonal flow with fatigue flow, high or low fever, below normal temperature, difficult elimination, fever relating to kidney problems, throat problems, shoulder stress and tension, and colds, flu, emphysema, and chest congestion with a buildup of phlegm, coughing and mucous. For nose bleeds, go closer to spine. For bed wetting, go closer to shoulder blade. Use this flow when there are respiratory or intermingling problems and when superficial pulses are heavy on the right side and deep pulses are heavy on left side or visa versa Do for heavy side deep pulses.

Self help: Hold thumb over ring finger, opposite hand on same side shoulder and keep the knees together.

MAJOR VERTICAL UNIVERSAL FLOW - LEFT



Major Vertical Universal Flow - Left

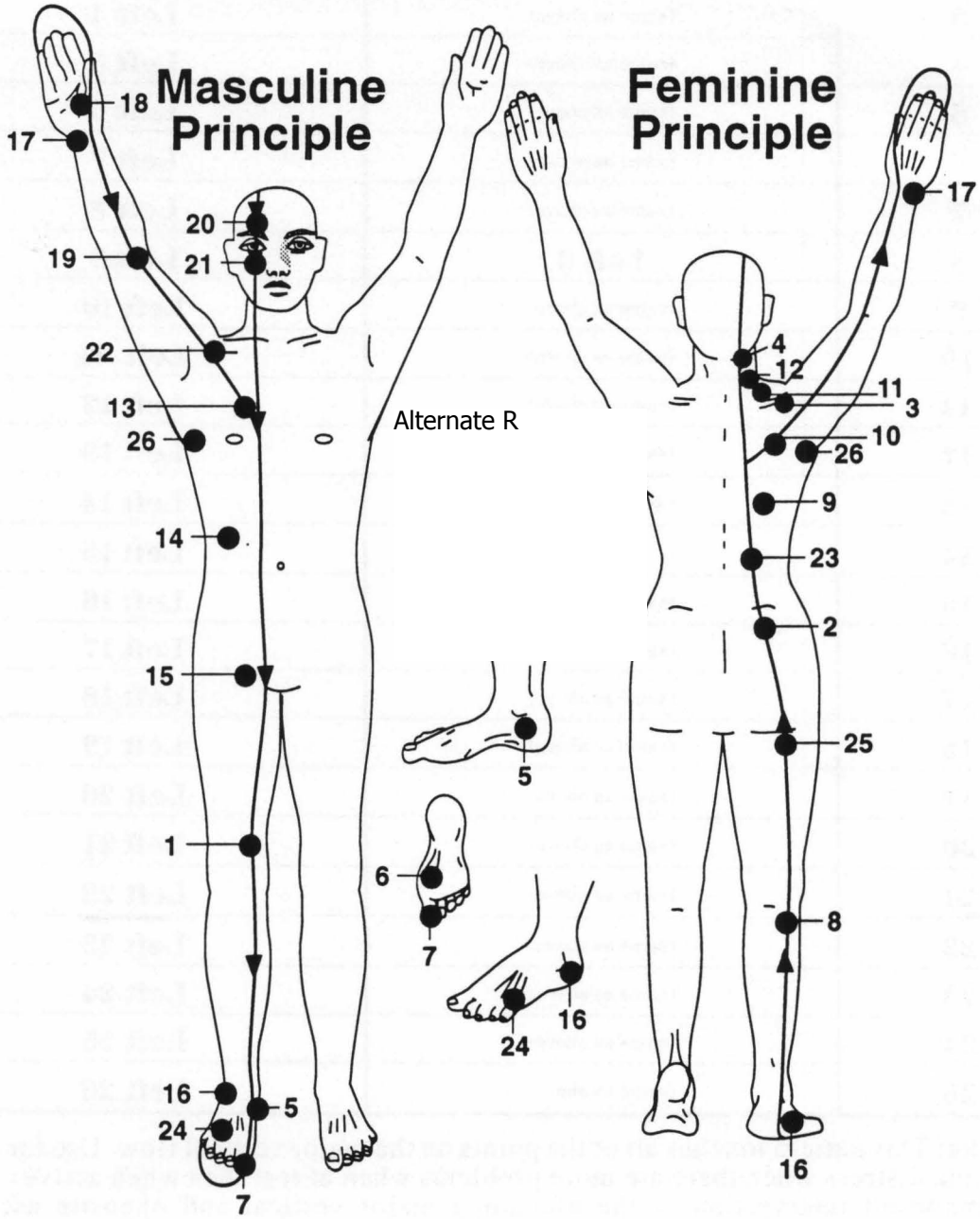
Left flow - sitting on left side of patient		
Movement	**Left hand**	**Right hand**
1	Left 1	Left 2
2	(same as above)	Left 3
3	(same as above)	Left 4
4	(same as above)	Left 5
5	(same as above)	Left 6
6	(same as above)	Left 7
7	(same as above)	Left 8
8	Left 8	Left 9
9	(same as above)	Left 10
10	(same as above)	Left 11
11	(same as above)	Left 12
12	(same as above)	Left 13
13	(same as above)	Left 14
14	(same as above)	Left 15
15	(same as above)	Left 16
16	(same as above)	Left 17
17	(same as above)	Left 18
18	(same as above)	Left 19
19	(same as above)	Left 20
20	(same as above)	Left 21
21	(same as above)	Left 22
22	(same as above)	Left 23
23	(same as above)	Left 24
24	(same as above)	Left 25
25	(same as above)	Left 26

Remarks: This pattern touches all of the points on the major vertical flow. Use for release of left side distress when there are more problems when at rest than when active. The #1 is an important intersection of the ascending major vertical and opposite ascending diagonal flows which can intermingle. Use this flow when there are respiratory or intermingling problems.

Relieves: All Major Vertical problems. Use when superficial pulses are heavy on the right side and deep pulses are heavy on the left.

Self help: Hold thumb on middle finger and opposite hand on same side #1.

Major Vertical Universal Flow - Right



aka Static Flow

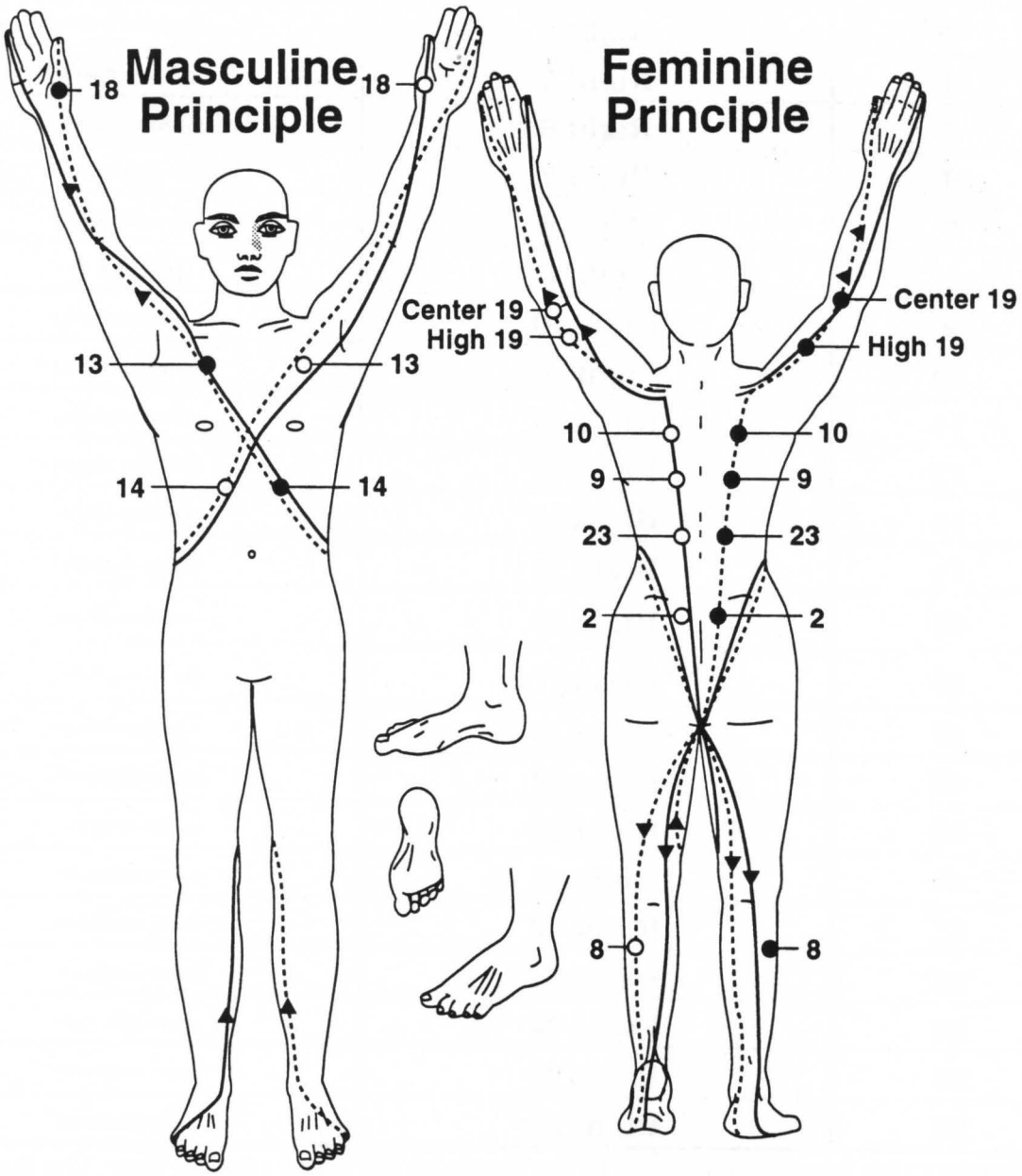
MAJOR VERTICAL UNIVERSAL FLOW - RIGHT

Right flow - sitting on right side of patient		
Movement	**Left hand**	**Right hand**
1	Right 2	Right 1
2	Right 3	(same as above)
3	Right 4	(same as above)
4	Right 5	(same as above)
5	Right 6	(same as above)
6	Right 7	(same as above)
7	Right 8	(same as above)
8	Right 9	Right 8
9	Right 10	(same as above)
10	Right 11	(same as above)
11	Right 12	(same as above)
12	Right 13	(same as above)
13	Right 14	(same as above)
14	Right 15	(same as above)
15	Right 16	(same as above)
16	Right 17	(same as above)
17	Right 18	(same as above)
18	Right 19	(same as above)
19	Right 20	(same as above)
20	Right 21	(same as above)
21	Right 22	(same as above)
22	Right 23	(same as above)
23	Right 24	(same as above)
24	Right 25	(same as above)
25	Right 26	(same as above)

Remarks: This pattern touches all of the points on the major vertical flow. Use for release of left side distress when there are more problems when at rest than when active. The #1 is an important intersection of the ascending major vertical and opposite ascending diagonal flows which can intermingle. Use this flow when there are respiratory or intermingling problems.

Relieves: All Major Vertical problems. Use when superficial pulses are heavy on left side & deep pulses are heavy on the right side.

Self help: Hold thumb on middle finger and opposite hand on same side #1.



Relieves: shoulder tension, eyes cloudy or bloodshot, fingers swelling, arthritis, nose clogged, and pain or lumps in the breasts.

Third Primary Activator Mediator Flow

Left flow - sitting on left side of patient		
Movement	Left hand	Right hand
1	Left 19, high	Left 10
2	Left 19, center	(same as above)
3	(same as above)	Left 9
4	(same as above)	Left 23
5	Left 18	(same as above)
6	(same as above)	Left 2
7	Left 13	(same as above)
8	Right 14	(same as above)
9	Left 8	(same as above)

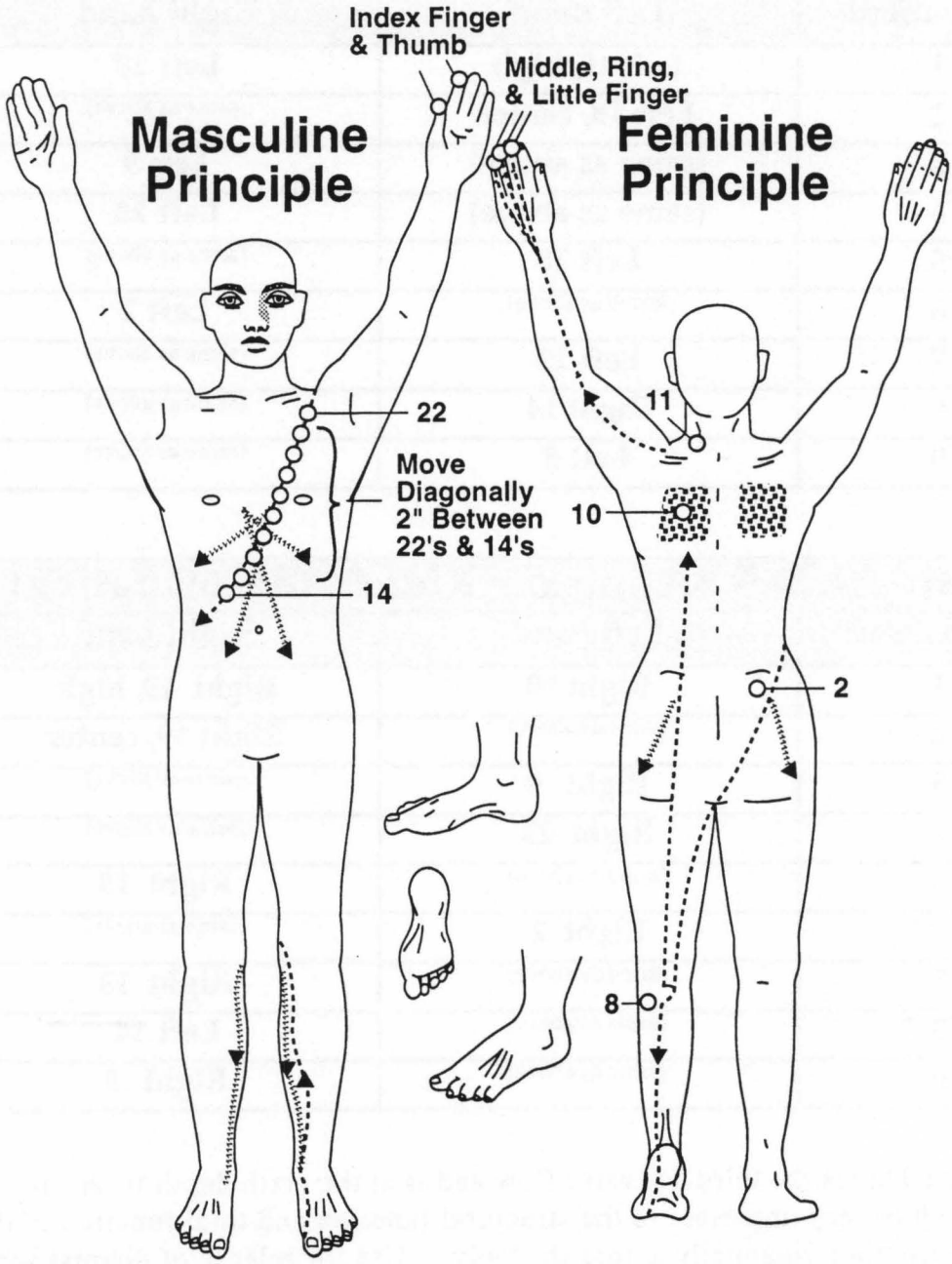
Right flow - sitting on Right side of patient		
Movement	Left hand	Right hand
1	Right 10	Right 19, high
2	(same as above)	Right 19, center
3	Right 9	(same as above)
4	Right 23	(same as above)
5	(same as above)	Right 18
6	Right 2	(same as above)
7	(same as above)	Right 13
8	(same as above)	Left 14
9	(same as above)	Right 8

Remarks: This is the third activator flow and is at the sixth depth level. It is a major flow which is very important to the structural function and total function of the body. This pattern goes diagonally across the body. Use for release of distress when there are more problems when at rest than when active. When this flow is not functioning properly it is the main cause for problems in all of the other energy flow patterns. Do the side with the heavy deep pulse. The pattern starts at center #3.

Relieves: All problems with the diagonal flow. Use for conditions of the superficial and deep pulses heavy on same side. Treat the side of the heavy deep pulses.

Self Help: Hold thumb on middle finger & opposite hand on opposite #3.

Diagonal Flow -Alternate Left



Tension

Disharmony

First method of correction
(Alternate mediator flow)
Number 13 release

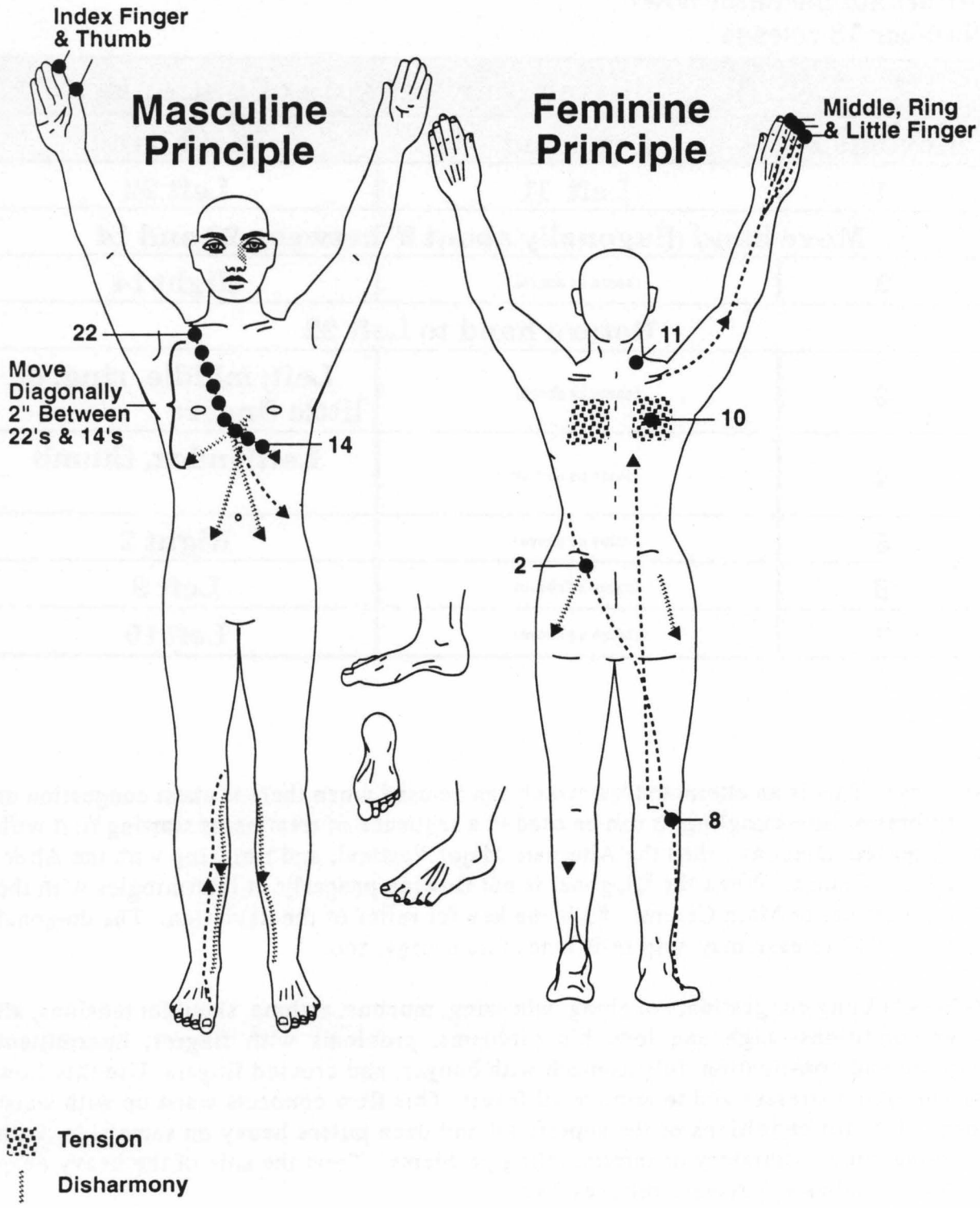
Left flow - sitting on right side of patient		
Movement	**Left hand**	**Right hand**
1	**Left 11**	**Left 22**
Move hand diagonally about 2" between 22 and 14		
2	(same as above)	**Right 14**
Return hand to Left 22		
3	(same as above)	**Left; middle, ring, & little fingers**
4	(same as above)	**Left; index, thumb**
5	(same as above)	**Right 2**
6	(same as above)	**Left 8**
7	(same as above)	**Left 10**

Remarks: This is an alternate flow which can be used when there is chest congestion or symptoms of intermingling. It can be used in a sequence of treatments starting first with the Alternate Diagonal, then the Alternate Major Vertical, and finishing with the Alternate Main Central. When the Diagonal is not flowing properly, it intermingles with the Major Vertical or Main Central. #3 is the key for relief of the deviation. The diagonal flow and #13 release may help re-balance this energy, too.

Relieves: Lung congestion, coughing, wheezing, mucous, asthma, shoulder tensions, all fever conditions- high and low, hip problems, problems with fingers, intermittent diarrhea and constipation, full stomach with hunger, and crossed fingers. Use this flow for emotional stresses and to remove all fevers. This flow connects waist up with waist down. Use for conditions of the superficial and deep pulses heavy on same side with accompanying respiratory or intermingling problems. Treat the side of the heavy deep pulses. Number #11 release relieves #3's

Self Help: Hold thumb over ring finger and opposite hand on opposite shoulder at #3.

Diagonal Flow - Alternate Right



First method of correction
(Alternate mediator flow)

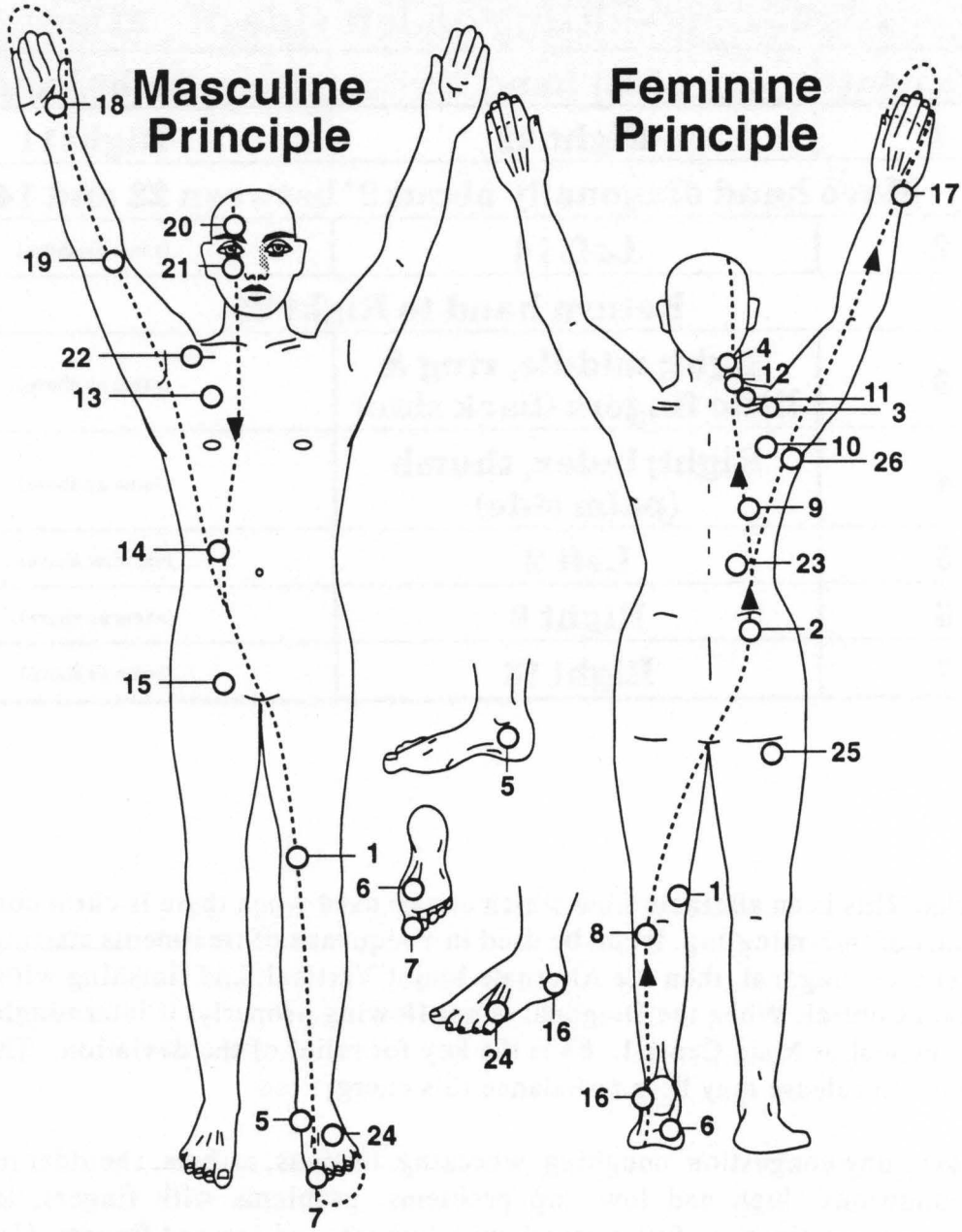
Right flow - sitting on left side of patient		
Movement	**Left hand**	**Right hand**
1	**Right 22**	**Right11**
Move hand diagonally about 2" between 22 and 14		
2	**Left 14**	(same as above)
Return hand to Right 22		
3	**Right; middle, ring & little fingers (back side)**	(same as above)
4	**Right; index, thumb (palm side)**	(same as above)
5	**Left 2**	(same as above)
6	**Right 8**	(same as above)
7	**Right 10**	(same as above)

Remarks: This is an alternate flow which can be used when there is chest congestion or symptoms of intermingling. It can be used in a sequence of treatments starting first with the Alternate Diagonal, then the Alternate Major Vertical, and finishing with the Alternate Main Central. When the Diagonal is not flowing properly, it intermingles with the Major Vertical or Main Central. #3 is the key for relief of the deviation. The diagonal flow and #13 release may help re-balance this energy, too.

Relieves: Lung congestion, coughing, wheezing, mucous, asthma, shoulder tensions, all fever conditions- high and low, hip problems, problems with fingers, intermittent diarrhea and constipation, full stomach with hunger, and crossed fingers. Use this flow for emotional stresses and to remove all fevers. This flow connects waist up with waist down. Use for conditions of the superficial pulses heavy on the left side and deep pulses heavy on the right side with accompanying respiratory or intermingling problems. Number 11 release relieves #3's

Self Help: Hold thumb over ring finger and opposite hand on opposite shoulder at #3 holding knees together with #1's touching.

Diagonal Universal Flow - Left



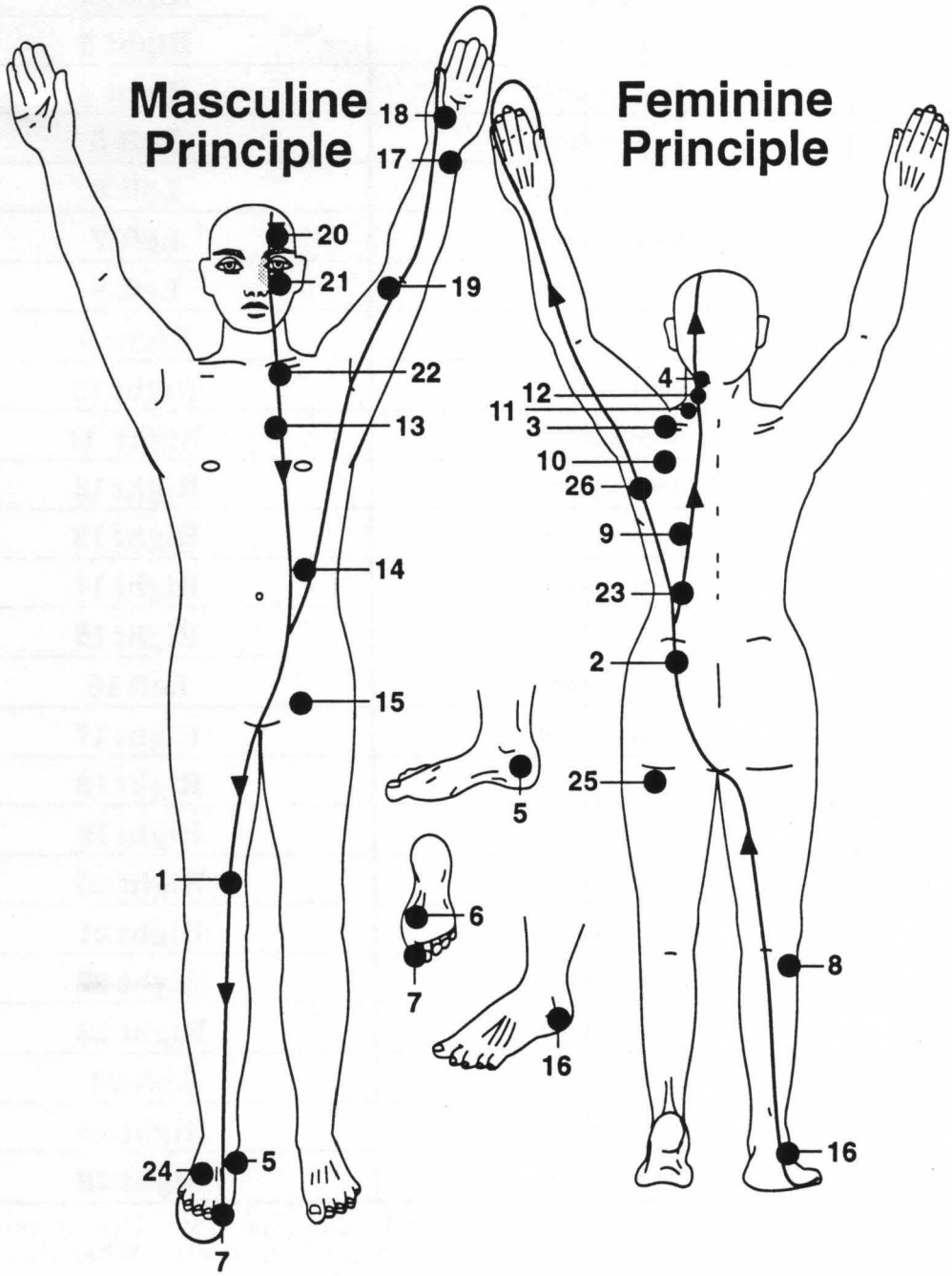
Diagonal Universal Flow - Left

Left flow - sitting on left side of patient		
Movement	**Left hand**	**Right hand**
1	Left 1	Right 2
2	(same as above)	Right 3
3	(same as above)	Right 4
4	(same as above)	Left 5
5	(same as above)	Left 6
6	(same as above)	Left 7
7	(same as above)	Left 8
8	Left 8	Right 9
9	(same as above)	Right 10
10	(same as above)	Right 11
11	(same as above)	Right 12
12	(same as above)	Right 13
13	(same as above)	Right 14
14	(same as above)	Right 15
15	(same as above)	Left 16
16	(same as above)	Right 17
17	(same as above)	Right 18
18	(same as above)	Right 19
19	(same as above)	Right 20
20	(same as above)	Right 21
21	(same as above)	Right 22
22	(same as above)	Right 23
23	(same as above)	Left 24
24	(same as above)	Right 25
25	(same as above)	Right 26

Remarks: This pattern touches all of the points on the diagonal flow. Use for release of distress when there are more problems when active than when at rest. When this flow is not functioning properly it is the main cause for problems in all of the other energy flow patterns. The pattern starts at center #3.

Relieves: All problems with the diagonal flow. Use for conditions of the superficial and deep pulses heavy on same side with chronic problems. Treat the side of the heavy deep pulses.

Self Help: Hold thumb on middle finger and opposite hand on apposite side shoulder at #3 with knees together at the #1's


Masculine Principle
Feminine Principle
18
17
20
21
19
22
13
14
15
1
24
5
7
4
12
11
3
10
26
9
23
2
25
5
6
7
16
8
16

DIAGONAL UNIVERSAL FLOW - RIGHT

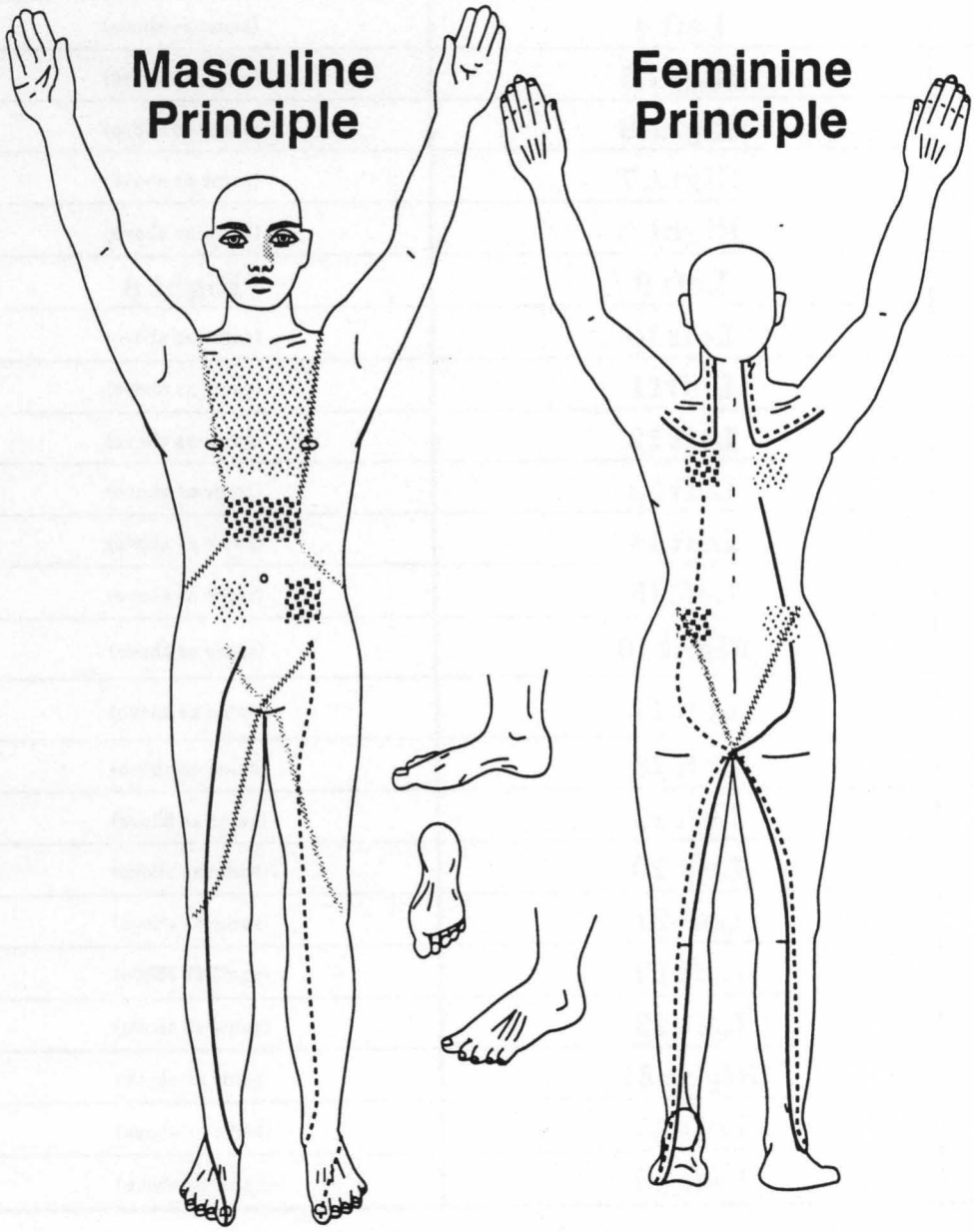
Right flow - sitting on right side of patient		
Movement	**Left hand**	**Right hand**
1	Left 2	Right 1
2	Left 3	(same as above)
3	Left 4	(same as above)
4	Right 5	(same as above)
5	Right 6	(same as above)
6	Right 7	(same as above)
7	Right 8	(same as above)
8	Left 9	Right 8
9	Left 10	(same as above)
10	Left11	(same as above)
11	Left 12	(same as above)
12	Left 13	(same as above)
13	Left 14	(same as above)
14	Left 15	(same as above)
15	Right 16	(same as above)
16	Left 17	(same as above)
17	Left 18	(same as above)
18	Left 19	(same as above)
19	Left 20	(same as above)
20	Left 21	(same as above)
21	Left 22	(same as above)
22	Left 23	(same as above)
23	Right 24	(same as above)
24	Left 25	(same as above)
25	Left 26	(same as above)

Remarks: This pattern touches all of the points on the diagonal flow. Use for release of distress when there are more problems when active than when at rest. When this flow is not functioning properly it is the main cause for problems in all of the other energy flow patterns. The pattern starts at center #3.

Relieves: All problems with the diagonal flow. Use for conditions of the superficial and deep pulses heavy on same side with chronic problems. Treat the side of the heavy deep pulses.

Self Help: Hold thumb on middle finger and opposite hand on opposite side shoulder at #3 with the knees together at the #1's.

Intermingling of Diagonal Flows with Fatigue



Tension

Disharmony

INTERMINGLING OF DIAGONAL FLOWS WITH FATIGUE

Respiratory problems.
Lung tension
Use diagonal for correction

Remarks: The wavy lines are the incorrect flow. The# 3, 4, 11, and 12 points can stagnate and become painful. Use when the 13, 14 or 15's are blocked. When the #3 point is blocked, phlegm begins to develop. If not corrected, the blockage increases and the color of the phlegm changes. The phlegm goes from clear through yellow, green, and brown, until bloody sputum appears. This can cause wheezing and asthma, as well as night sweats. When there is a blockage, the energy reverses itself as it cannot break through the blockage, the stomach at the waistline pulsates and the individual is hot or feels feverish in the afternoon after 2pm.

Relieves: The diagonal flow can be used to correct the problems above. Shoulder tension, phlegm, colds, flu emphysema, coughing, congestion, tension at the #9's and #10's, stiff painful hips, fingers bent, bowels develop intermittent constipation and diarrhea (indicates small intestine involvement), the feet may become cold. At 2 p.m. the center of body may become hot and feverish, pit of stomach feels full and uncomfortable

Self Help: Diagonal Flow, Hold thumb on ring finger and opposite hand on opposite side shoulder at #3 and hold knees together. Do flow above.

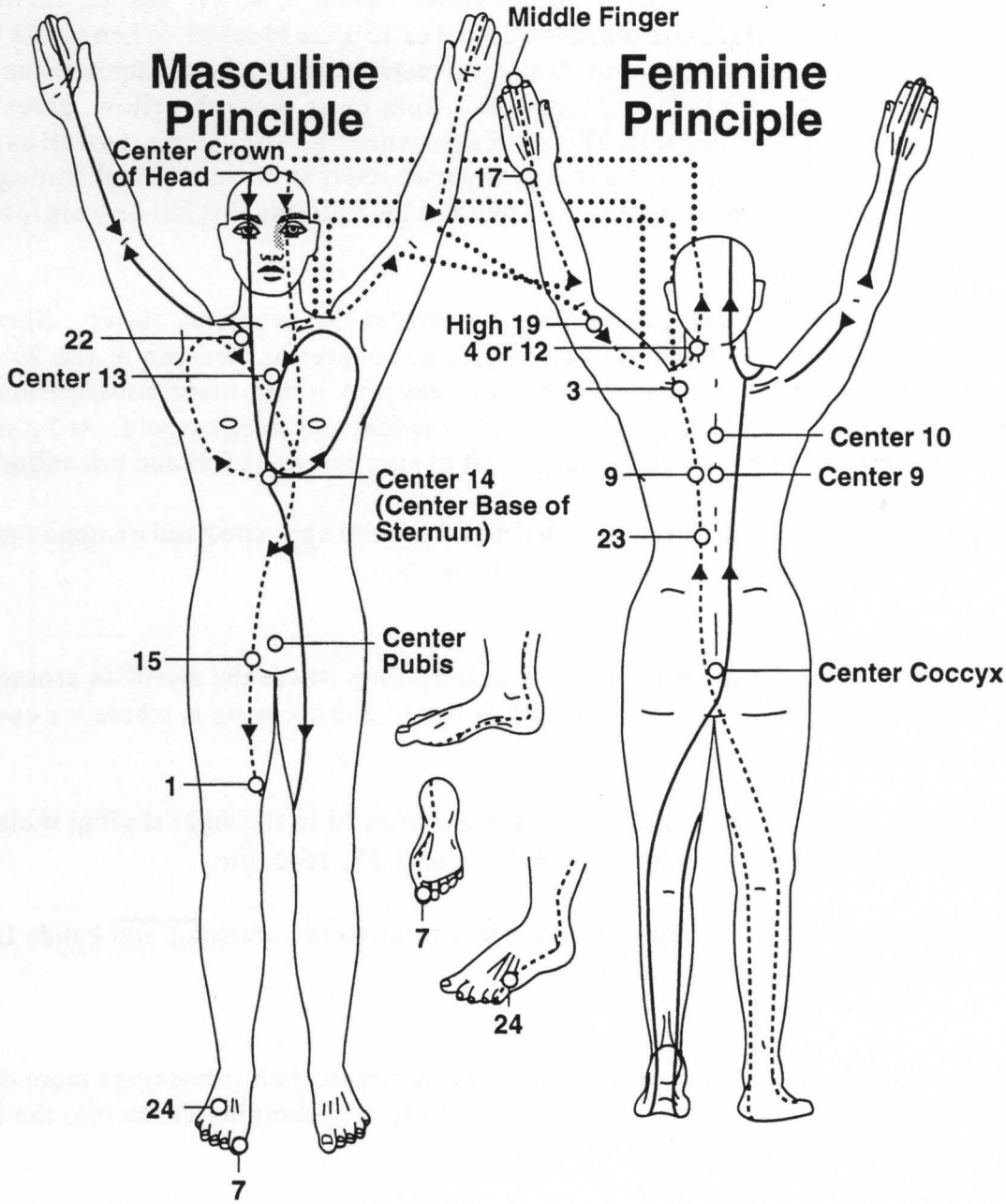
If diagonal crossing is not in harmony, look at the points where the meridian crosses the body (or where it should cross)-which depth is there. The crossing is where we connect with the universe.

If energy is not moving up the back and down the front ↑↓ in the right rhythm it clashes ✱ and creates a band around the body 14-9, 9-14 or 2-15, 15-2, etc.

The depths (reversing and increasing of depths) refer to the clashing and bands in the body. Do treatment for current problems.

Notes:
The formless level includes the diaphragm and umbilicus, then it becomes more dense (gross matter into the third depth). The third depth starts becoming dense into the body and into form (liver/gallbladder)
Form begins at the lung function.

Depths or form & formless
4th & 5th elementary for thyroid, trachea, lung
5th dynamic for growth itself - vehicle of elimination
1st & 4th depths - any lumps
pain behind knee - 4th depth - all back problems


Middle Finger
Masculine Principle
Feminine Principle
Center Crown of Head
17
22
Center 13
High 19
4 or 12
3
Center 10
9
Center 9
Center 14 (Center Base of Sternum)
23
15
Center Pubis
Center Coccyx
1
7
24
24
7

The Caterer and Garbage Collector

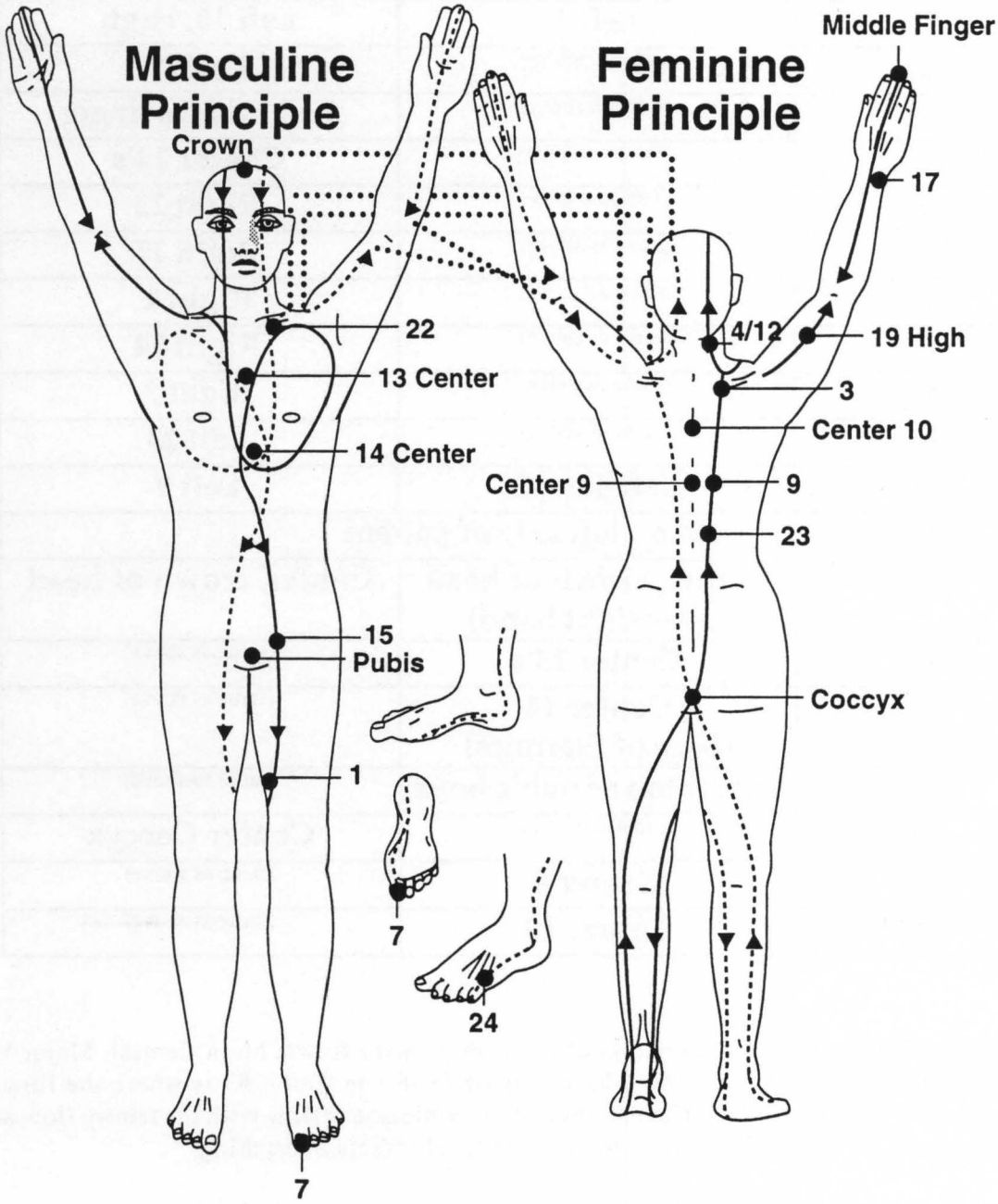
Left flow - sitting on Right side of patient		
Movement	Left hand	Right hand
1	Left 3	Left 19, High
2	(same as above)	Left 17
3	(same as above)	Left middle finger
4	(same as above)	Center 14's
5	(same as above)	Right 22
6	(same as above)	Right 15
7	(same as above)	Right 1
8	(same as above)	Right 24
9	(same as above)	Right 7
10	(same as above)	Left 23
11	Left 4 or 12	Left 9
Sit on left side of patient		
12	Center, crown of head (over right hand)	Center, crown of head
13	Center 13's	(same as above)
14	Center 14 (base of Sternum)	(same as above)
15	Center top of pubic bone	(same as above)
16	(same as above)	Center Coccyx
17	Center 9	(same as above)
18	Center 10	(same as above)

Do left leg Release

Remarks: This flow is a combination of all three primary flows: Main Central, Major Vertical, and Minor Diagonal. Trinity flow—harmonizing (3 in one flow). #3 is where the flow pattern begins and is the focal point. The breathing flow & dizziness flow with the trinity flow activates everything in the body. Fatigue of the muscle level affects everything.

Relieves: General fatigue (depletion of energy) can happen at all depths and begins at the #3's and #19's Fatigue of 5th depth can result in leukemia, osteoporosis, etc. As it gets deeper in the body, it goes to the opposite ankle and affects the #5's and #16's Strengthens the immune and lymph systems to fight infections, clears blood, depletion of energy. Use when all pulses are weak or heavy—do side with heaviest deep left pulses. Depletion of energy.

Self-help: Right hand on right crown, left hand on left crown, . Hold #3's and #19's or #5's and #16's.


Masculine Principle
Crown
22
13 Center
14 Center
15
Pubis
1
7
7
24
Feminine Principle
Middle Finger
17
4/12
19 High
3
Center 10
Center 9
9
23
Coccyx

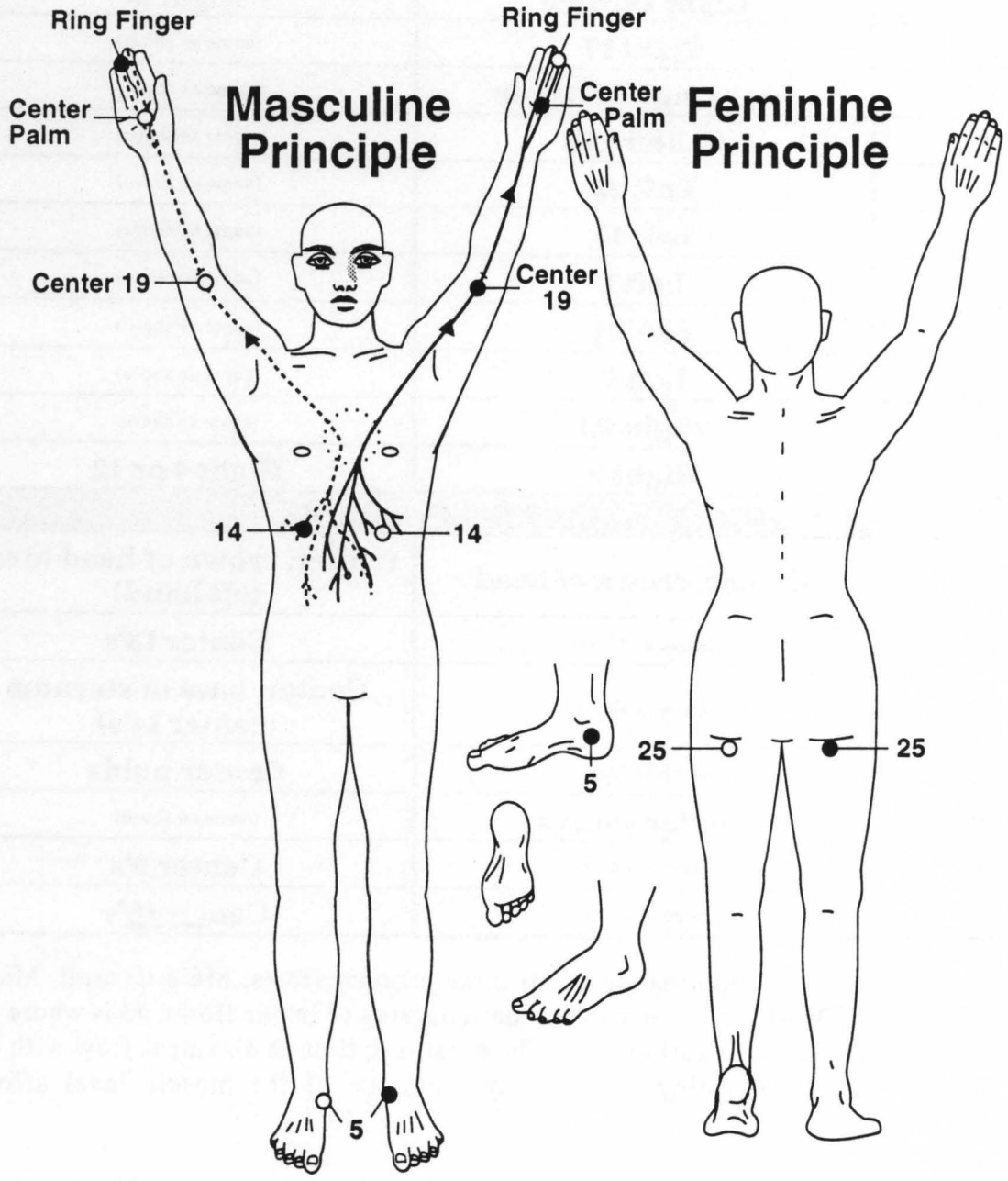
Right flow - sitting on left side of patient		
Movement	**Left hand**	**Right hand**
1	Right 19, high	Right 3
2	Right 17	(same as above)
3	Right middle finger	(same as above)
4	Center 14's	(same as above)
5	Left 22	(same as above)
6	Left 15	(same as above)
7	Left 1	(same as above)
8	Left 24	(same as above)
9	Left 7	(same as above)
10	Right 23	(same as above)
11	Right 9	Right 4 or 12
Sit on right side of patient		
12	Center, crown of head	Center, crown of head (over left hand)
13	(same as above)	Center 13's
14	(same as above)	Center, base of sternum (center 14's)
15	(same as above)	Center pubis
16	Center coccyx	(same as above)
17	same as above)	Center 9's
18	same as above)	Center 10's

Do Right Leg Release

Remarks: This flow is a combination of all three primary flows: Main Central, Major Vertical, and Minor Diagonal. Trinity flow—harmonizing (3 in one flow). #3 is where the flow pattern begins and is the focal point. The breathing flow & dizziness flow with the trinity flow activates everything in the body. Fatigue of the muscle level affects everything.

Relieves: General fatigue (depletion of energy) can happen at all depths and begins at the #3's and #19's. Fatigue of 5th depth can result in leukemia, osteoporosis, etc. . As it gets deeper in the body, it goes to the opposite ankle and affects the #5's and #16's. Strengthens the immune and lymph systems to fight infections, clears blood, depletion of energy. Use when all pulses are weak or heavy—do side with heaviest right deep pulses.

Self-help: Right hand on right crown, left hand on left crown, . Hold #3's and #19's or #5's and #16's.


Ring Finger
Center Palm
Masculine Principle
Ring Finger
Center Palm
Feminine Principle
Center 19
Center 19
14
14
5
5
25
25

Middle Flow, Yin
8:00 p.m., ascending, chest to hands
Begins: chest

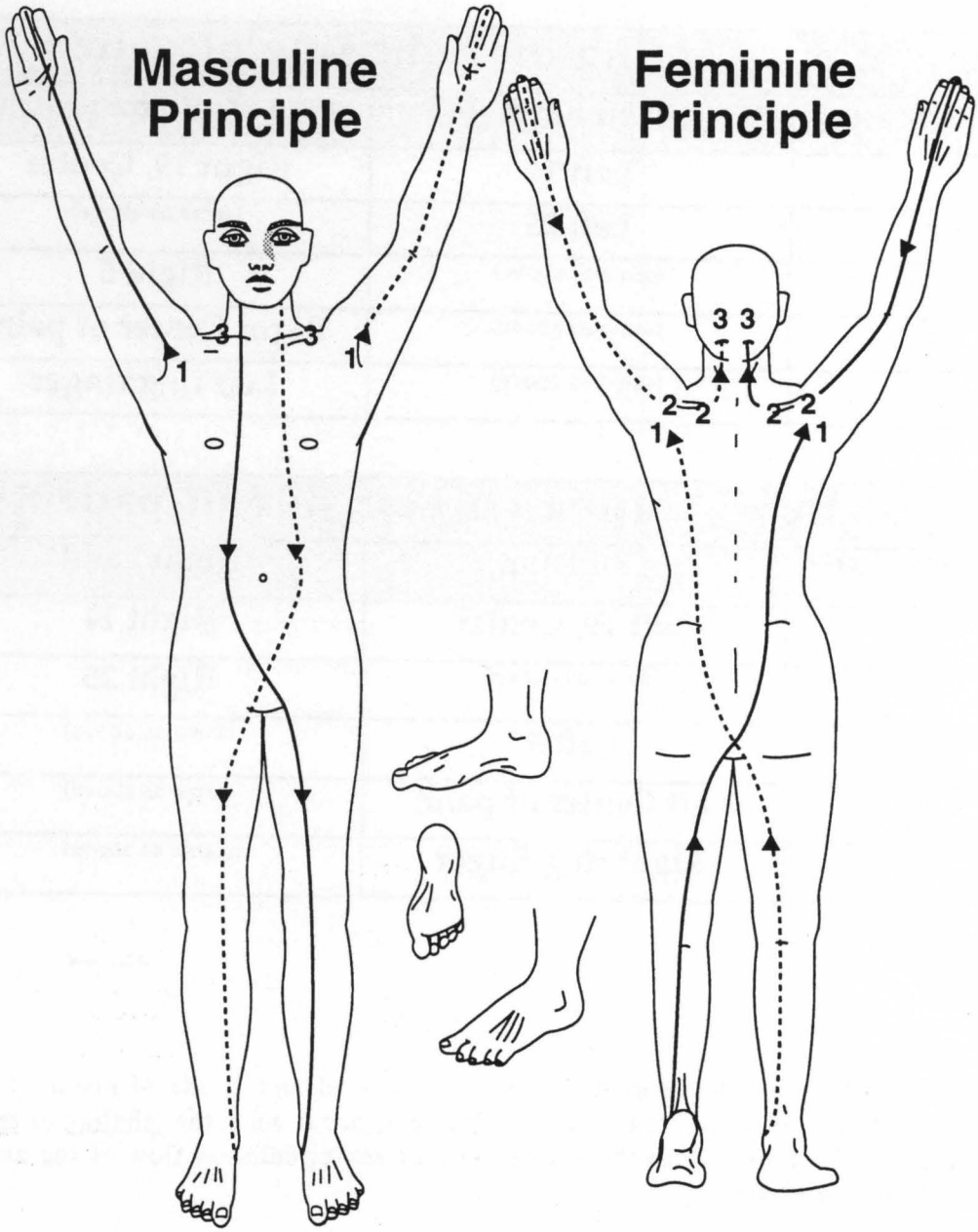
Left flow - sitting on right side of patient		
Movement	Left hand	Right hand
1	Left 14	Right 19, Center
2	Left 25	(same as above)
3	(same as above)	Right 5
4	(same as above)	Right Center of palm
5	(same as above)	Left ring finger

Right flow - sitting on Left side of patient		
Movement	Left hand	Right hand
1	Left 19, Center	Right 14
2	(same as above)	Right 25
3	Left 5	(same as above)
4	Left Center of palm	(same as above)
5	Right ring finger	(same as above)

Remarks: "This flow is at the total or sixth depth level and is the Minister of the Yang (Descending) Flows"; It is vital to life itself. Problems occur when the inhaling or receiving is not in harmony. Correlates with the pericardium or sex-circulation flow of the acupuncture system. Main source of energy.

Relieves: Can aid in calming the heart; in case of a heart attack, use this flow, not the heart flow; when patient is recuperating, then use heart flow. Eliminates negativity, recharges the total being. When imbalanced, the client may be talkative and wants to be the center of attention. At the extreme; extrovert. Regulates the blood composition and supply to descending organ meridians. Constant thirst. Use this flow when all descending (superficial) pulses are heavy to release the descending pulses. Vital to life - recharges total being - vital energy.

Self Help: Middle of palm and middle finger, hold #14's. and #19's.


Masculine Principle
Feminine Principle
1
3
3
1
3 3
2 2
2 2
1
1

Descending Flows Intermingling - 13 Release

When the descending flows or the flows on the superficial pulses intermingle and reverse direction, the kidney function energy flow separates and overflows, which affects the fourth depth flow. The discomfort may be felt from the outer ankle to the back of the head and the face, and the arms and shoulders may be painful as if pricked with needles. This is a sixth depth condition and the flows on that level will help these conditions. The 1st and 4th depths are affected when these conditions are apparent which causes physical problems.

The descending flows start at the fingers or face and are found on the superficial pulses and are listed below:

Large Intestine	Small Intestine	Bladder
Umbilicus	Gall Bladder	Stomach

The key point releases relating to the intermingled descending flows are:

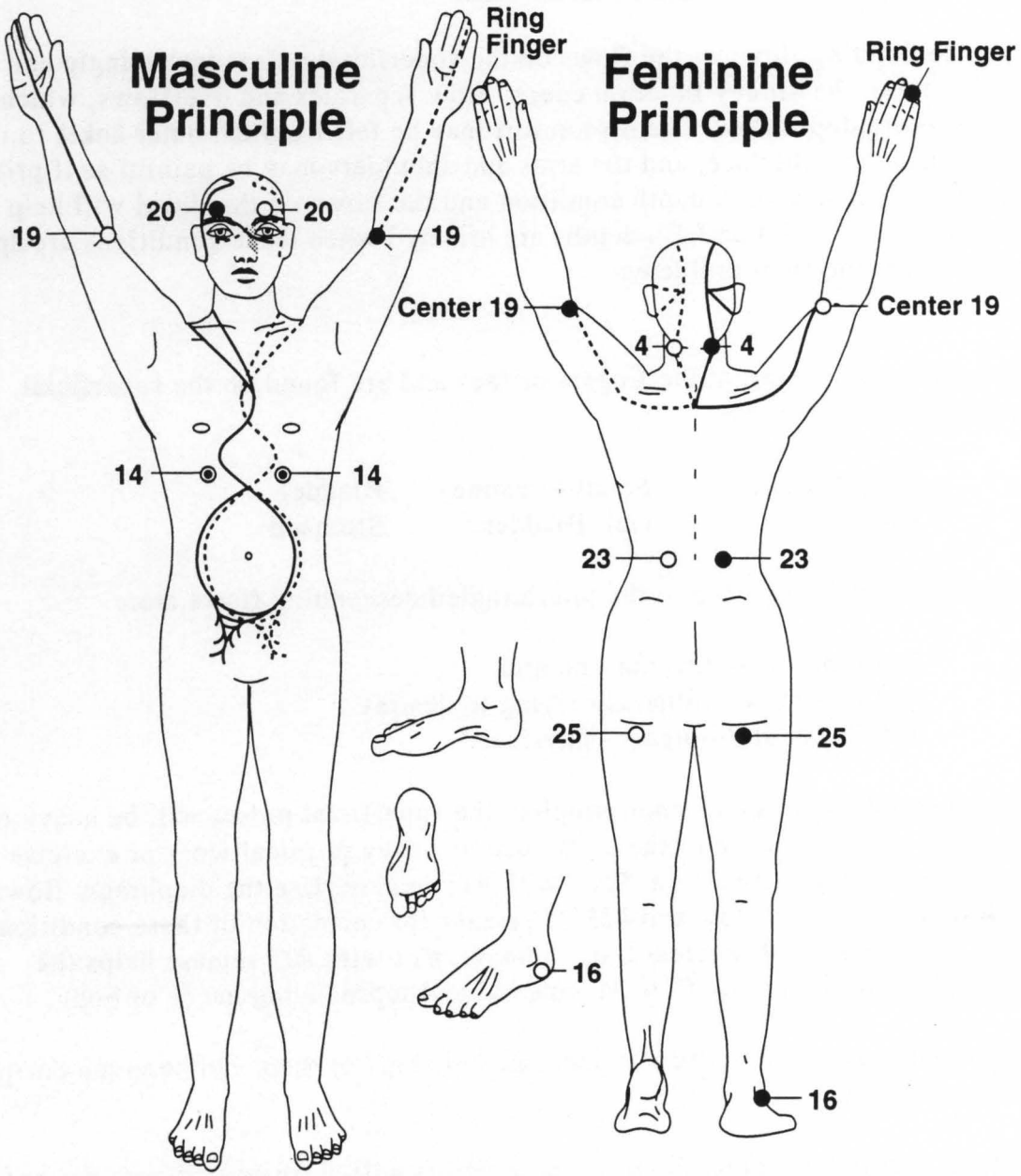
#13 Emotional Trauma - mental
#14 Digestive Problems - trying to desires
#15 Physical Problems - physical

When the descending flows are intermingled, the superficial pulses will be heavy or out of balance. Strenuous use of the body such as heavy physical work or exercise may be the cause of this condition. Start with #15 release. Use the diaphragm flow, kidney flow, fourth depth flow and #23/25 release for correction of these conditions. #9 release, #14, release, #19 release, #25 release, #11 with #25 release helps the ability to exhale; special body flow #1 - mental and reproducing needs of body.

All of these flows cannot be given at one time but some of them can be given during a subsequent treatment.

REMARKS: Automatic safety factors. These points will close and by-pass the head. They will not allow the deviated energy to go to head. Headache, back of head aches; shoulders are painful; upper arms ache; coccyx may slip, very painful (often can't sit) The diaphragm, kidney, and diagonal meridians may be affected.

SELF HELP: Hold #15 and opposite side #1 then #7.


Masculine Principle
Ring Finger
20
20
19
19
14
14
Feminine Principle
Ring Finger
Center 19
Center 19
4
4
23
23
25
25
16
16

Middle Flow, Yang

10:00pm ~~8:00 p.m.~~, descending, hands to face; Begins: ~~chest~~ hands (ring finger)

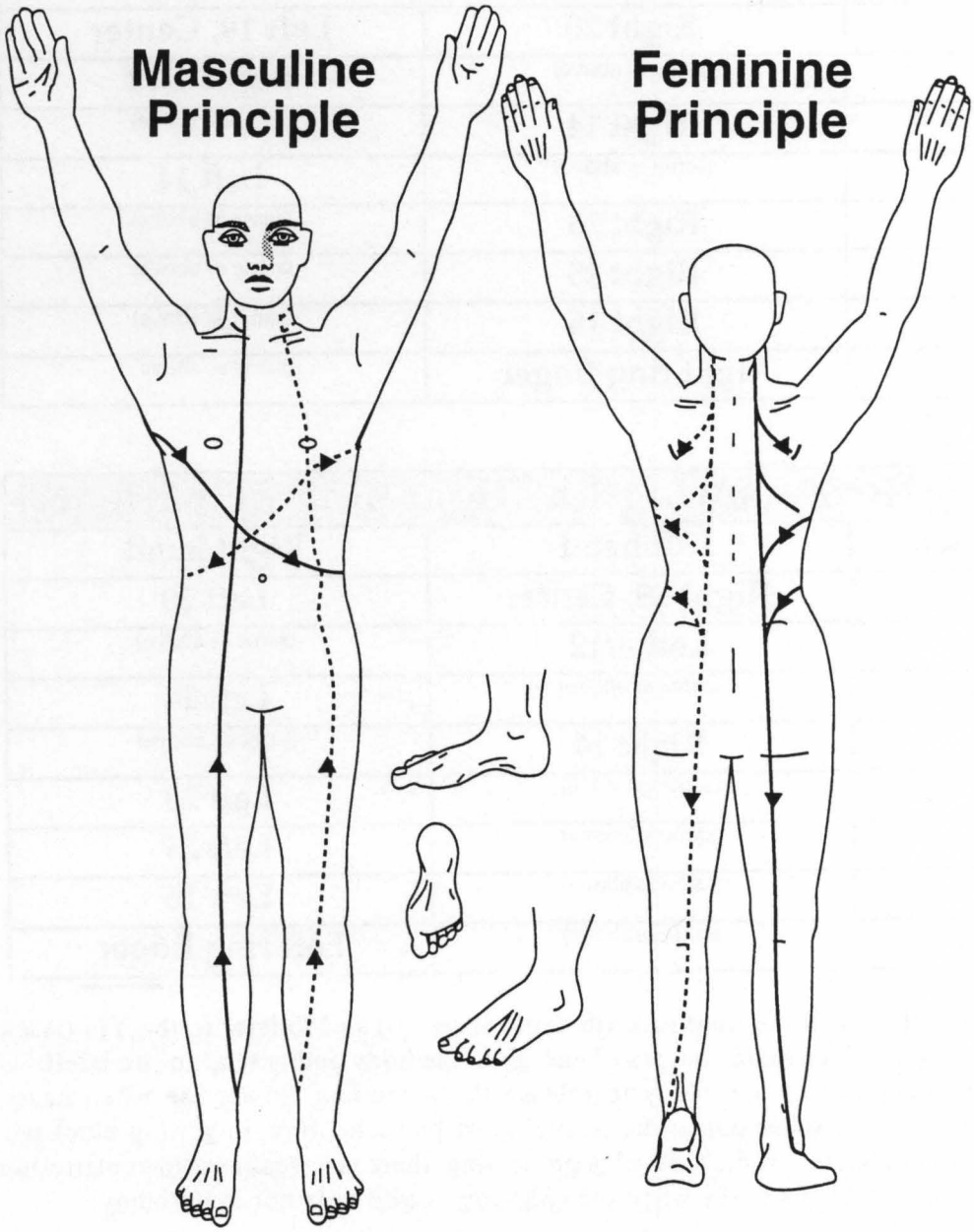
Left flow - sitting on Left side of patient		
Movement	**Left hand**	**Right hand**
1	Right 20	Left 19, Center
2	(same as above)	Right 4/12
3	Right 14	(same as above)
4	(same as above)	Left 14
5	Right 23	(same as above)
6	Right 25	(same as above)
7	Right 16	(same as above)
8	Right ring finger	(same as above)

Right flow - sitting on Right side of patient		
Movement	**Left hand**	**Right hand**
1	Right 19, Center	Left 20
2	Left 4/12	(same as above)
3	(same as above)	Left 14
4	Right 14	(same as above)
5	(same as above)	Left 23
6	(same as above)	Left 25
7	(same as above)	Left 16
8	(same as above)	Left ring finger

Remarks: This flow is at the total or sixth depth level. "The Minister to the Yin (Ascending) Flows"; This is one of the main sources of energy to the body and is vital to life itself. Use this flow when all deep pulses are heavy to release the ascending flows; use when heart, small intestine, kidney and bladder pulses are heavy; most powerful flow in getting blockage out of head and moving down the front. If navel is protruding, there is a weakness in constitution. Main source of energy. Problems occur when the exhaling or giving is not in harmony.

Relieves: Exhaling, respiration, digestion, elimination, the urogenital system, deafness, neuralgia, convulsions, tinnitus, swollen throat, night sweats, joints, rheumatism, problems with the edge of the eye, cysts. Controls body temperature, reproduction endocrine system, extreme imbalances. Right flow affects the left ear & visa versa. Attitudes of stubborn, critical, temper. Helps the #13, #14, #15 releases or upper, middle, and lower body. At the extreme; introvert, loner, victim.

Self Help: Center of palms. Ring finger. Do flow above.


Masculine Principle
Feminine Principle

Ascending Flows Intermingling - 13 Release

When the ascending flows intermingle and reverse their direction, swelling and festering along the meridians may develop. A loss of voice may be experienced and tumors may occur. The reversal occurs from the inner ankle. This is a sixth depth condition and the flows on this level will help these conditions. The 2nd and 5th depths are affected when these conditions are apparent which causes a mental, emotional person.

The ascending flows are those which start at the feet or chest and are found on the deep level pulses and are listed below:

Lungs	Spleen	Heart
Kidney	Diaphragm	Liver

The key point releases relating to the intermingled ascending flows are:

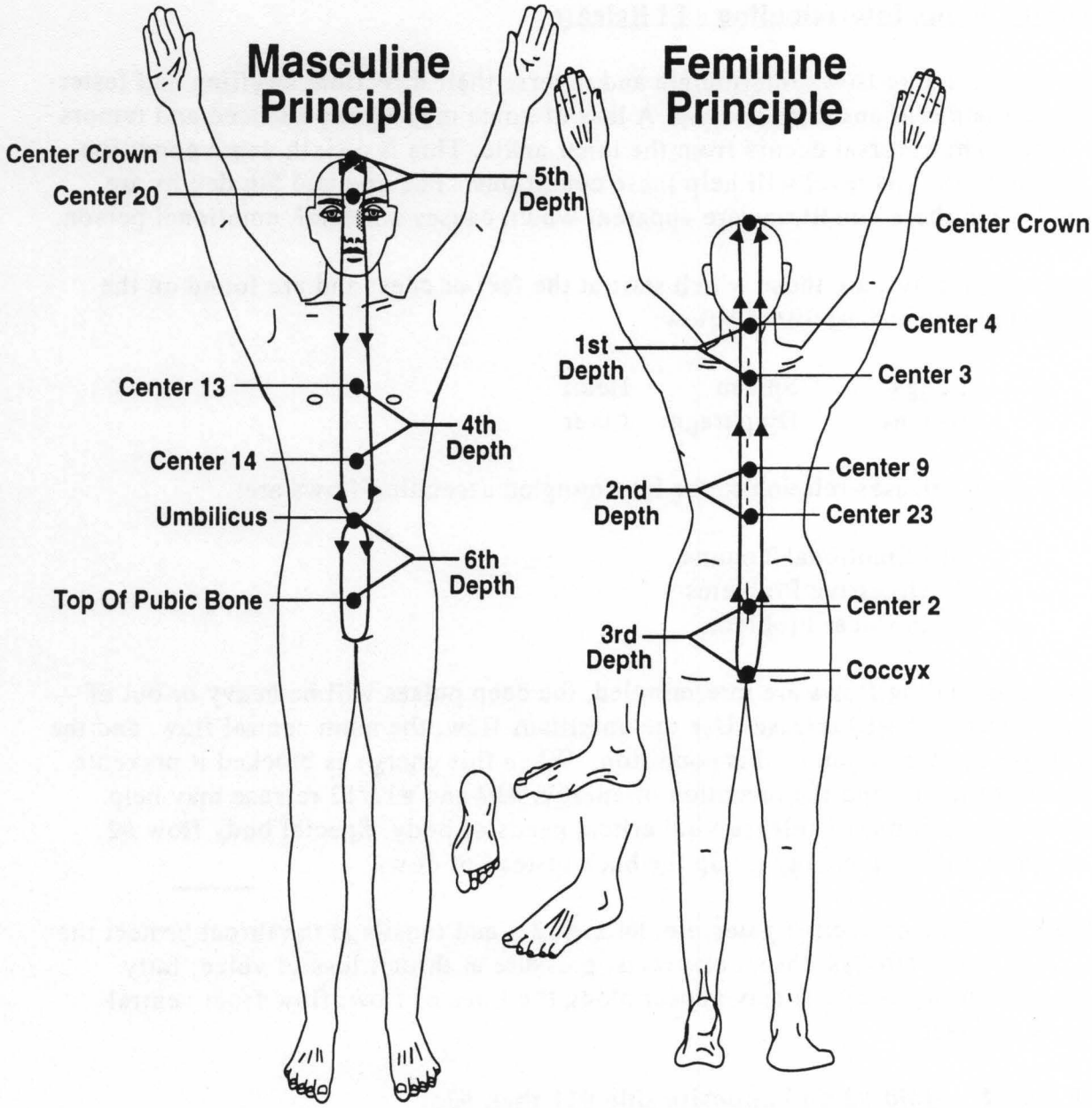
#10 Emotional Trauma
#9 Digestive Problems
#2 Physical Problems

When the ascending flows are intermingled, the deep pulses will be heavy or out of balance. Start with #10 release. Use the umbilicus flow, the main central flow, and the #15 release for correction of this condition. When this energy is blocked it prevents the ability to inhale and the reception of energy. #10 and #11/12 release may help relieve this condition. #9 release vital critcal needs of body. Special body flow #2, #15 and #25 will help energy go up the back instead of down.

REMARKS: The protective gates, i.e. #4's, #12's and tonsils at the throat protect the brain. May cause strokes; throat contracts; pressure at throat; loss of voice; fatty swellings (sebaceous cysts) may appear along the lines of flow; flow from ventral ankles is reversed.

SELF HELP: Hold #2 and opposite side #11 then #25.

NOTE: #15's must be opened to correct.


Masculine Principle
Feminine Principle
Center Crown
Center 20
5th Depth
Center 13
4th Depth
Center 14
Umbilicus
6th Depth
Top Of Pubic Bone
Center Crown
Center 4
1st Depth
Center 3
Center 9
2nd Depth
Center 23
Center 2
3rd Depth
Coccyx

ALL COMBINED FLOW

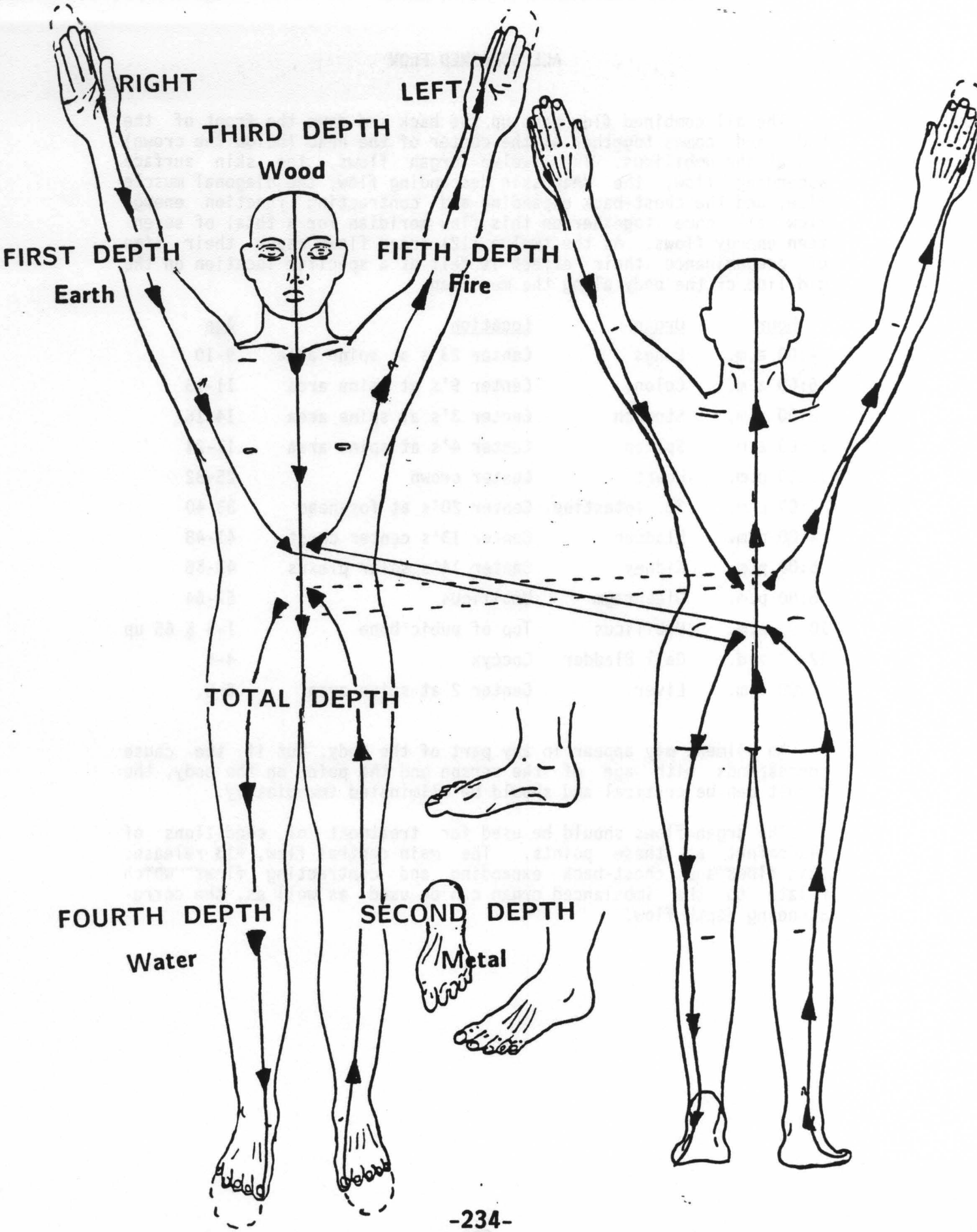
The all combined flow goes up the back and down the front of the body and comes together at the center of the head (below the crown) and at the umbilicus. The twelve organ flows, the skin surface ascending flow, the deep skin descending flow, the diagonal muscle flow, and the chest-back expanding and contracting function energy flow all come together on this flow meridian for a total of seventeen energy flows. As the twelve (12) organ flows reach their time of predominance their effect is felt at a specific location on the mid-line of the body along the meridian.

	Hour	Organ	Location	Age
2nd depth	4:00 a.m.	Lungs	Center 23's at spine area	9-10
	6:00 a.m.	Colon	Center 9's at spine area	11-13
1st depth	8:00 a.m.	Stomach	Center 3's at spine area	14-16
	10:00 a.m.	Spleen	Center 4's at spine area	17-24
5th depth	12:00 p.m.	Heart	Center crown	25-32
	2:00 p.m.	Sm. Intestine	Center 20's at forehead	33-40
4th depth	4:00 p.m.	Bladder	Center 13's center chest	41-48
	6:00 p.m.	Kidney	Center 14's solar plexus	49-56
6th	8:00 p.m.	Diaphragm	Umbilicus	57-64
	10:00 p.m.	Umbilicus	Top of pubic bone	1-3 & 65 up
3rd	12:00 mid.	Gall Bladder	Coccyx	4-5
	2:00 a.m.	Liver	Center 2 at spine area	6-8

An ailment may appear in any part of the body, but if the cause corresponds with age of the person and the point on the body, the result can be critical and should be eliminated immediately.

The organ flows should be used for treatment of conditions of discomfort at these points. The main central flow, #13 release, skin flows and chest-back expanding and contracting flows which relate to the imbalanced organ can be used, as well as, the corresponding depth flow.

STAR OF THE UNIVERSE



This page is basically the same as p. 82 in the first section of this book.

® pages 80-82

Disharmony According to Level, Depth, Age, Time and Location

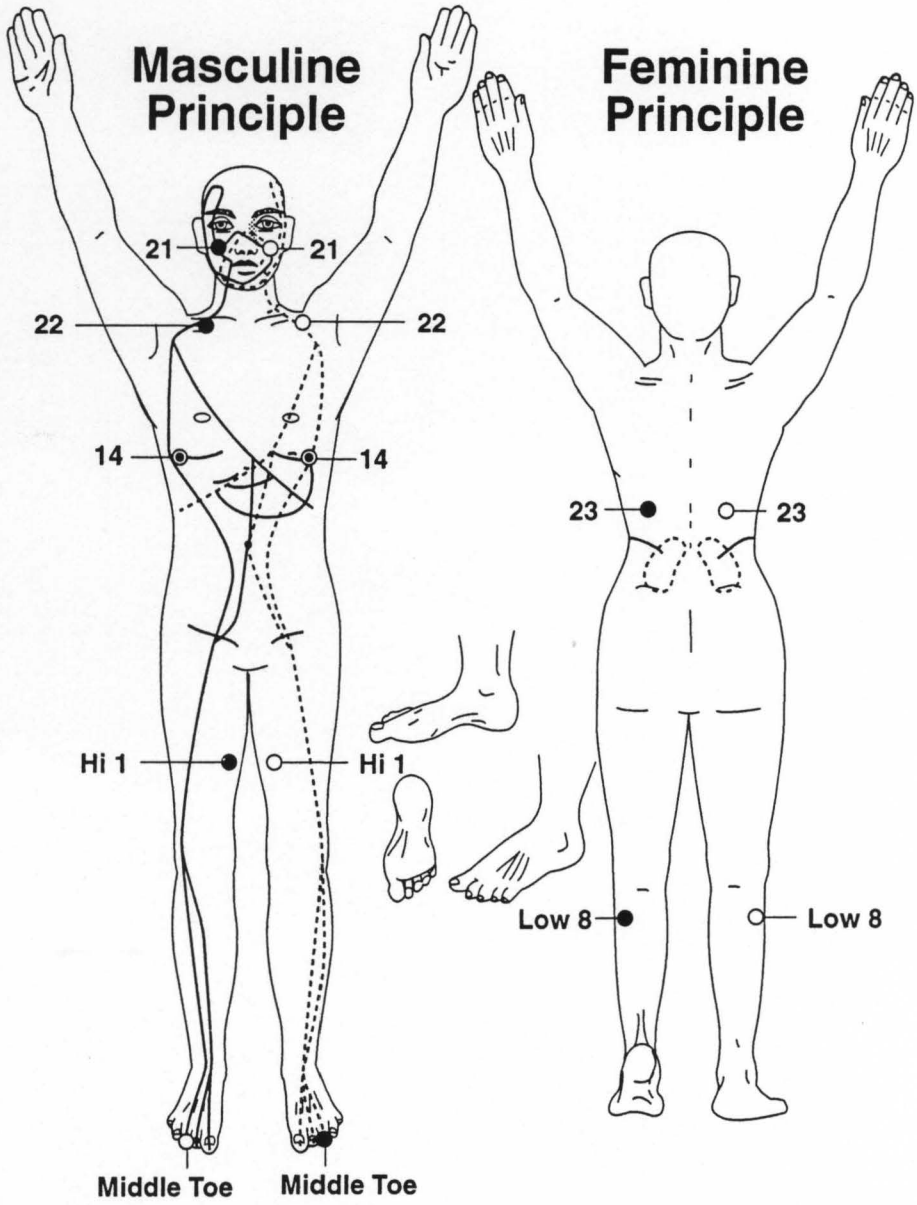
The left hand controls the heart or hot, fire energy and the right hand controls the kidneys or the cold, water energy. There is a constant battle between the kidney and heart as they struggle for control. If one overpowers the other, problems in the energy will become more and more critical. As the twelve (12) organ flows reach their time of predominance their effect is felt at a specific location on the midline of the body along the meridian. If the left and right energy meridians are in harmony, the surface middle and deep meridians will combine in the Main Central and Vertical Harmony meridians.

Disharmonies may appear in the body which corresponds with a certain age of a person and a time of day. These conditions should be taken care of immediately as the results may be critical and cause prolonged illness. The areas of discomfort will appear on the central meridians.

Level	Depths	Hour	Organ	Location of Pain	Age
Surface	2nd depth	4:00 a.m.	Lungs	Center 23's at spine	9-10
Surface	2nd depth	6:00 a.m.	Colon	Center #9's at spine	11-13
Surface	1st depth	8:00 a.m.	Stomach	Center #3's at spine	14-16
Surface	1st depth	10:00 a.m.	Spleen	Center #4's at spine	17-24
Deep	5th depth	12:00 p.m.	Heart	Center crown	25-32
Deep	5th depth	2:00 p.m.	Sm. Intestine	Center forehead #20's	33-4
Deep	4th depth	4:00 p.m.	Bladder	Center #13's at chest	41-48
Deep	4th depth	6:00 p.m.	Kidney	Center #14's solar plexus	49-56
Middle	6th depth	8:00 p.m.	Diaphragm	Umbilicus	57-64
Middle	6th depth	10:00 p.m.	Umbilicus	Top of pubic bone	1-3 & 65 up
Middle	3rd depth	12:00 mid.	Gall Bladder	Coccyx	4-5
Middle	3rd depth	2:00 a.m.	Liver	Center 2 at spine	6-8

The surface energy meridians combine at the center of the third front ribs, the middle energy meridians combine in the stomach and the deep energy meridians combine in the umbilicus. If the left or right meridian is not functioning properly, two of the three depth functions will intermingle. If they intermingle with the surface energy, coughing will occur. If they intermingle with the middle energy, nausea will occur. If they intermingle with the deep energy, physical discomfort will occur.

When the middle and surface energy intermingles with the deep energy, numbness occurs. When the deep and surface energy intermingles with the middle energy, the joints will go out of place, crack and stiffen. When the deep and middle energy intermingles with the surface energy, physical discomfort occurs.


Masculine Principle
Feminine Principle
21
21
22
22
14
14
23
23
Hi 1
Hi 1
Low 8
Low 8
Middle Toe
Middle Toe

Surface flow, Yang
8:00 a.m.; descending, face to feet
Begins: Face

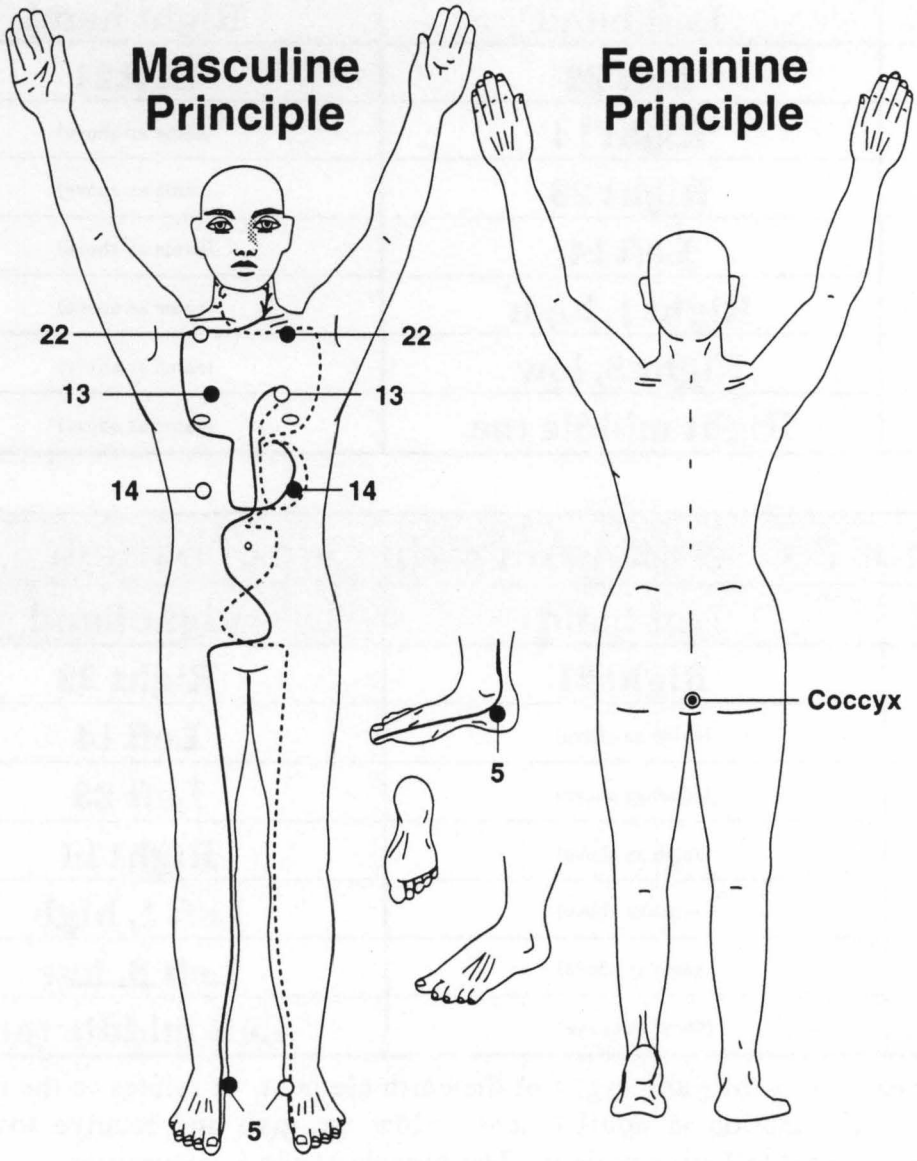
Left flow - sitting on left side of patient		
Movement	**Left hand**	**Right hand**
1	Left 22	Left 21
2	Right 14	(same as above)
3	Right 23	(same as above)
4	Left 14	(same as above)
5	Right 1, high	(same as above)
6	Right 8, low	(same as above)
7	Right middle toe	(same as above)

Right flow - sitting on right side of patient		
Movement	**Left hand**	**Right hand**
1	Right 21	Right 22
2	(same as above)	Left 14
3	(same as above)	Left 23
4	(same as above)	Right 14
5	(same as above)	Left 1, high
6	(same as above)	Left 8, low
7	(same as above)	Left middle toe

Remarks: The stomach is the yang organ of the earth element. It relates to the mother principle; its general function is nourishment. How we give and receive love and compassion. Use to quiet talkative patient. The biggest strain is oversitting.

Relieves: Clears front of body and head; helps digestion and assimilation; food allergies; alters worry, apprehension, depression, hate, self protection, sympathy and selfishness. Helps forgetfulness, constant talking, excessive mental activity, nostalgia, obsession, abstinence, hiatal hernia, anxiety, thinning hair, fatigue, fertility or infertility, natural plastic surgeon. Right flow affects left kidney and visa versa. The meridian goes into the big, index and middle toes. The #9's and #14's relieve the stomach area.

Self Help: Thumb, Hold opposite high #1 and #21, do flow above on self.


Masculine Principle
Feminine Principle
22
22
13
13
14
14
5
5
Coccyx

Surface Flow, Yin
10:00 a.m.; ascending, feet to chest
Begins: Big Toe

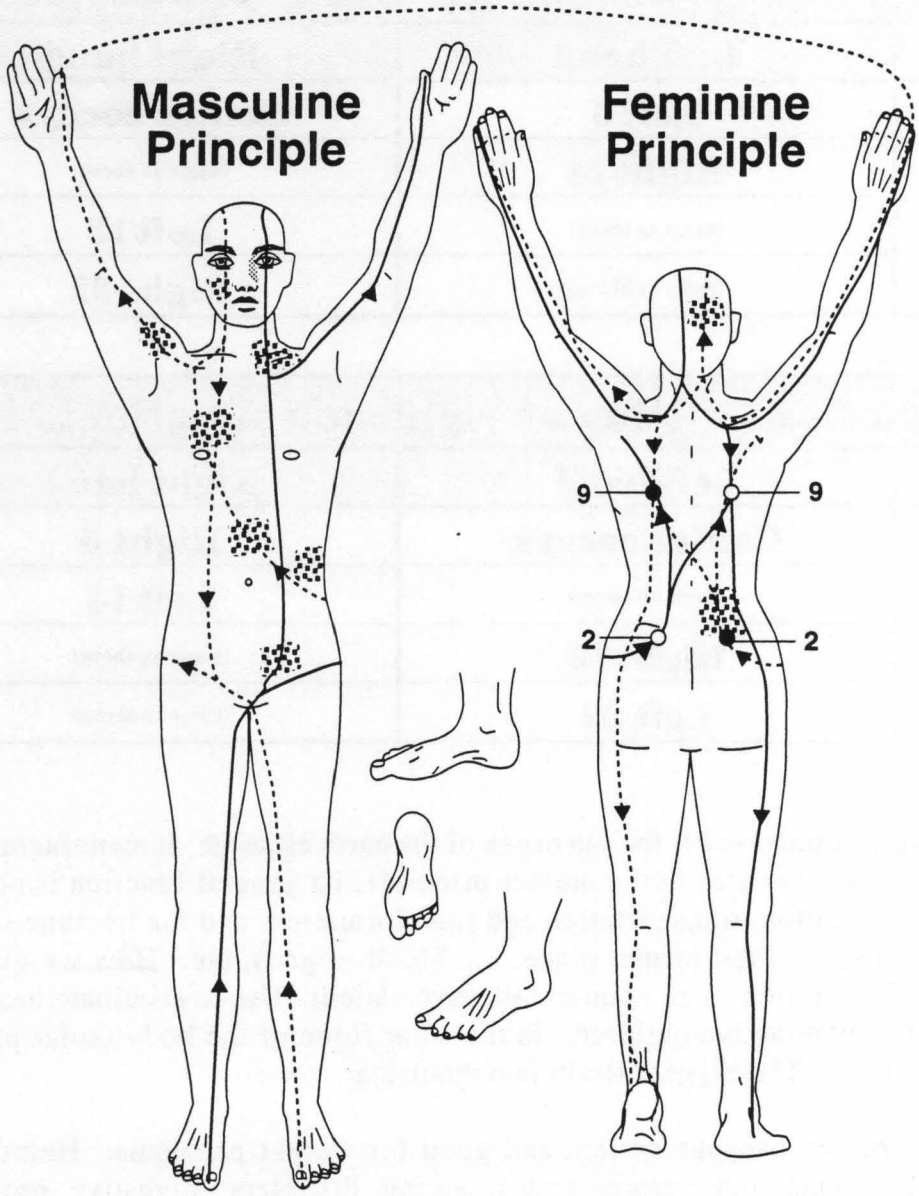
Left flow - sitting on left side of patient		
Movement	**Left hand**	**Right hand**
1	**Left 5**	**Center coccyx**
2	**Right 14**	(same as above)
3	(same as above)	**Left 13**
4	(same as above)	**Right 22**

Right flow - sitting on right side of patient		
Movement	**Left hand**	**Right hand**
1	**Center coccyx**	**Right 5**
2	(same as above)	**Left 14**
3	**Right 13**	(same as above)
4	**Left 22**	(same as above)

Remarks: The spleen/pancreas is the yin organ of the earth element. It manufactures red and white corpuscles. It relates to the mother principle; its general function is nourishment, body communication, transportation and transformation, and the immune system. It helps to hold things in their proper place, i.e. blood, organs, etc. How we give and receive love and compassion. Use to quiet talkative patient. Use to eliminate heaviness of body. Good for hyperactive children. Is the solar force of the body (solar plexus). Anchor for first depth. The biggest strain is oversitting.

Relieves: Helps blood, nervous system and good for weight problems. Helps sugar balance, craving sweets and carbohydrates, eating disorders, digestive problems, hypoglycemia, diabetes, eating disorders, carries out impurities. Alters obsession, opinionated, obstinacies, temperamental displays, colitis, dry lips, muscle tone, stumbling over words, stomach ache, throat problems, and hardened base of tongue. Helps allergies, anxiety, pancreatic weakness, hyperactivity, convulsions, colic, memory, ways of being, hearing and reproductive organs and ovaries. When working well, heat won't bother you. Left flow affects right side; right flow affects left side.

Self Help: Hold little finger, Hold opposite #14 and #13 or #22.


Masculine Principle
Feminine Principle
9
9
2
2

First Depth - Stomach Spleen
Governed by the Fourth Depth
Controlled by Number 23
Beginning Functions of hearing and touch

Left flow - sitting on left side of patient		
Movement	**Left hand**	**Right hand**
1	**Right 2**	**Left 9**

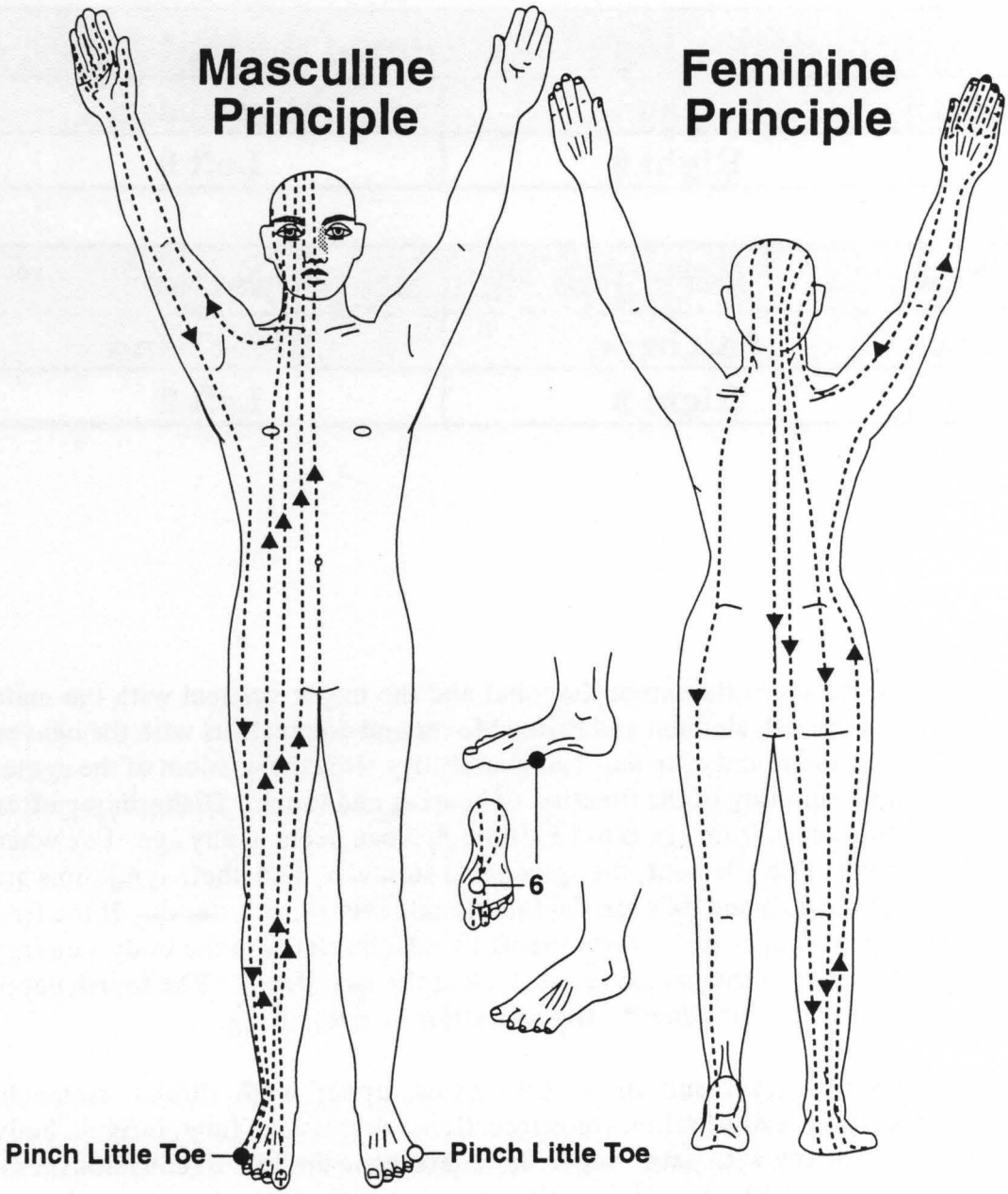
Crosses at 23

Right flow - sitting on right side of patient		
Movement	**Left hand**	**Right hand**
1	**Right 9**	**Left 2**

Remarks: This flow balances the minor diagonal and the major vertical with the main central flow. This is the earth element and Prime Mover and connects us with the heaven and earth. This level is the foundation and brings stability. It is the wisdom of the cycles of energy. This is the beginning of the function of hearing and touch. Disharmony often begins to appear on this depth from age O to 15 although it can occur at any age. Use when getting the pulses of the earth element; the spleen and stomach, and their symptoms are apparent. The area of the #3's and #4's are the functional level for this depth. If the first depth is not clear, it gets deeper and affects the #23's which relates to the body's energy source. If the pulses are hot or the person is hot, look at the first depth. The fourth depth needs to be clear to clear the first depth. Biggest strain is oversitting.

Relieves: Disharmony may result in: mouth, gums, upper teeth throbs, stomach, diarrhea, spleen, digestion, assimilation, sinus infections, scar tissue, lung, fatigue, body heavy, back at kidneys heavy with pain, upper shoulders tense up, loss of consciousness, cold feet, upper arm tense and heavy. Helps with growth, repairs damages of our abuses. When a person has a critical illness, look at the first and fourth depths. If a person stutters, use the first depth with the #4's When a gossip, use the first and third depths. If talkative look at the back of the leg; also use the breathing flow and the #14 release.

Self Help: Hold opposite #9 and #2, opposite #21 and High #1. For babies check their #21's, and #22's and hold their #23's.


Masculine Principle
Feminine Principle
6
Pinch Little Toe
Pinch Little Toe

First Depth - Stomach/Spleen
Earth Element

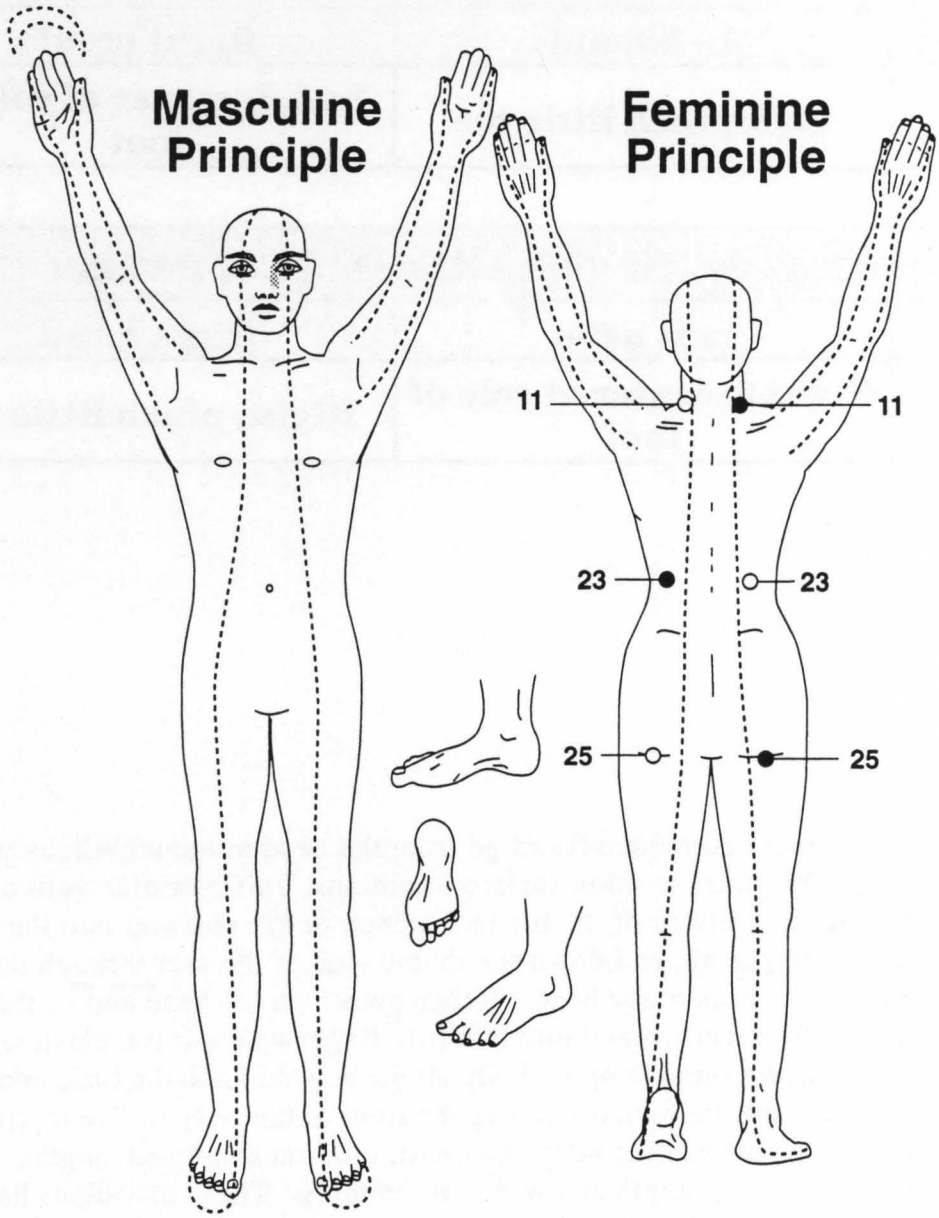
Left flow - sitting on either side of patient		
Movement	**Left hand**	**Right hand**
1	**Left, pinch little toe**	**Left 6, center of sole of foot**

Right flow - sitting on either side of patient		
Movement	**Left hand**	**Right hand**
1	**Right 6, center at sole of foot**	**Right, pinch little toe**

Remarks: The seventeen all combined flows go from the head to the umbilicus where a portion of the energy becomes the skin surface meridians. This meridian goes up the outside of the little toe and outside of the leg to the back of the arm and into the little finger and around each finger tip, and down the thumb side of the arm through the top of the shoulder and into the back of the head. It then goes over the head and up the arm into the thumb around the fingertips and into the little finger where it travels down the arm into the armpit and down the side of the body all the way down to the little and ring toe. The meridian them goes into each toe and up the front of the body in five meridians over the head and down the back of the body. Good for the first and fourth depths. This flow begins at the center of the length and width of the body. These meridians help to create the Wei Qi or protective Qi of the body and helps to warm the body.

Relieves: Helps all digestive functions. Do left side to sedate skin eruptions and right side to clear blackheads. Good for acne, skin problems, hairiness, excess fat, excess perspiration and when always cold. Check kidney and bladder pulses. Clears #4's and when the #4's are clear the fourth depth will clear. Note: Holding the #6 will help the energy of the little toe.

Self Help: Hold same side #6 and little toe or opposite big toes.


Masculine Principle
Feminine Principle
11
11
23
23
25
25

First depth correlation
Digestive functions

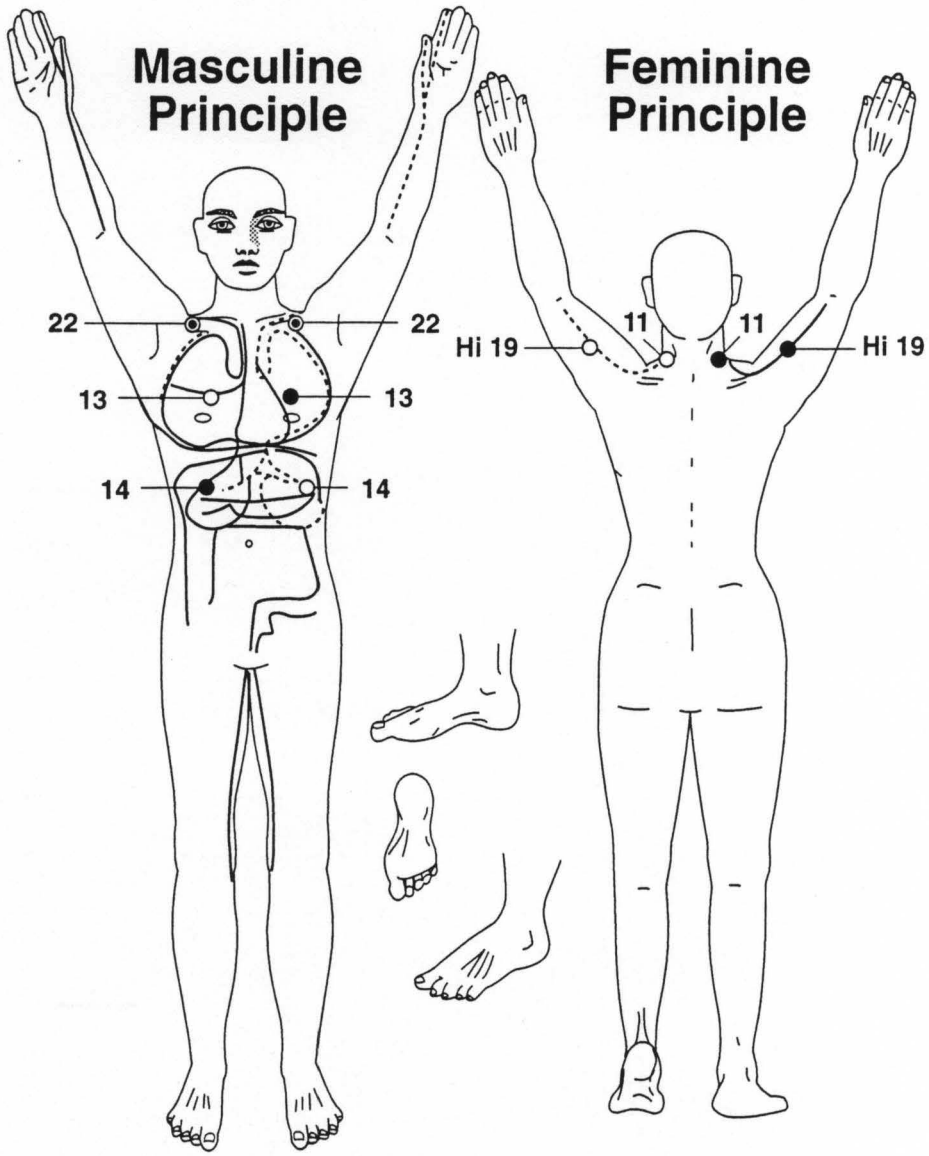
Left flow - sitting on left side of patient		
Movement	**Left hand**	**Right hand**
1	**Right 23**	**Left11**
2	**Left 25 (For diarrhea, use left 2 instead of 25; for left descending colon or left abdominal problems, use left 25 and left11.)**	(same as above)

Right flow - sitting on right side of patient		
Movement	**Left hand**	**Right hand**
1	**Right11**	**Left 23**
2	(same as above)	**Right 25 (For diarrhea, use right 2 instead of 25; for right descending colon or right abdominal problems, use right 25 and right 11.)**

Remarks: This special flow helps with all digestive functions. It helps balance the earth elements; stomach, spleen/pancreas and thewood element; liver and gall bladder. Quickie for front of body.

Relieves: Disharmony in digestion and elimination. Good for the colon, colitis, dysentery, diarrhea and abdominal discomfort, appendicitis. For left colon or abdominal problems, use the left 25 and left 11. Left flow relieves diarrhea; right flow relieves constipation. Use #2 instead of #25 for diarrhea. Also good for liver, hepatitis, gall bladder, gall stones.

Self Help: Same side #11 and #25 or #2 or opposite side #11 and #25 or #2.


Masculine Principle
Feminine Principle
22
22
13
13
14
14
Hi 19
11
11
Hi 19

Surface flow, Yin
4:00 a.m.; ascending, chest to hands
Begins: chest

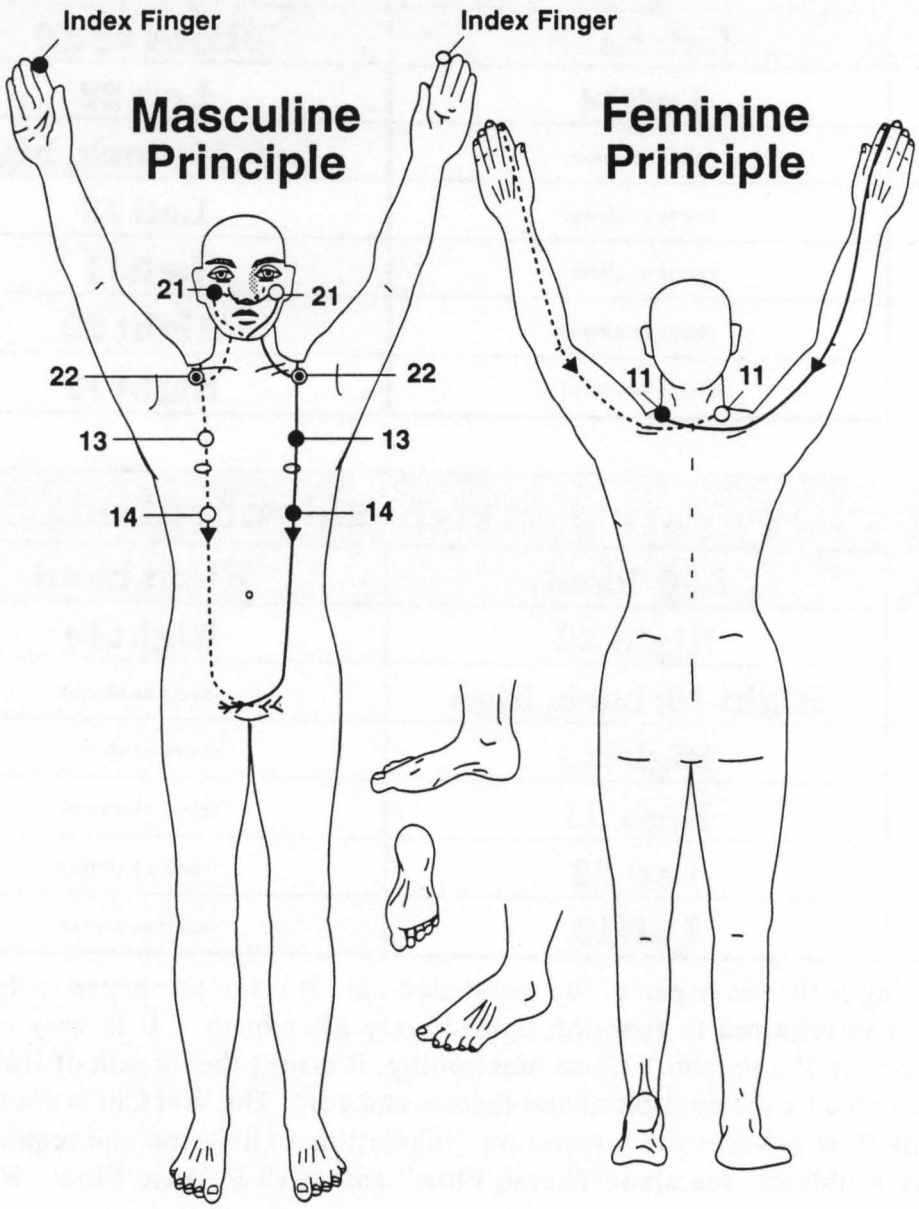
Left flow - sitting on left side of patient		
Movement	**Left hand**	**Right hand**
1	Left 14	Left 22
2	(same as above)	Left 19; back, high
3	(same as above)	Left 18
4	(same as above)	Left11
5	(same as above)	Right 22
6	(same as above)	Right 13

Right flow - sitting on right side of patient		
Movement	**Left hand**	**Right hand**
1	Right 22	Right 14
2	Right 19; back, high	(same as above)
3	Right 18	(same as above)
4	Right11	(same as above)
	Left 22	(same as above)
	Left 13	(same as above)

Remarks: The lung is the yin organ of the metal element. It is the last organ to develop and is the first organ required to function immediately after birth. It is very closely connected to the Spirit of a person. Upon functioning, it brings the breath of life. It is the organ most affected by the environmental factors and cold. The Wei Chi is controlled by the lungs. This flow governs the inspiration, inhalation, exhalation and respiration. For intermingling problems, see also "Thumb Flow" and "#13 Release Flow. Biggest strain is lying around.

Relieves: " Problems relating to this flow may be breathing problems, mucous, coughing, chest congestion, swollen lungs, allergies, asthma, aching upper arm, shoulder and back chills, feverish palms, perspiring while sleeping, skin problems, throat problems, and thumb sucking. The breath is the greatest harmonizer for the blood. Grief, negativity, rejection, longing, anguish, conniving or mental clarity, common sense, maturity.

Self Help: Hold thumb and index finger. Hold same side #22 and #14.


Index Finger
Index Finger
Masculine Principle
Feminine Principle
21
21
22
22
13
13
14
14
11
11

Surface flow, Yang
6:00 a.m.; descending, hands to face
Begins: index finger

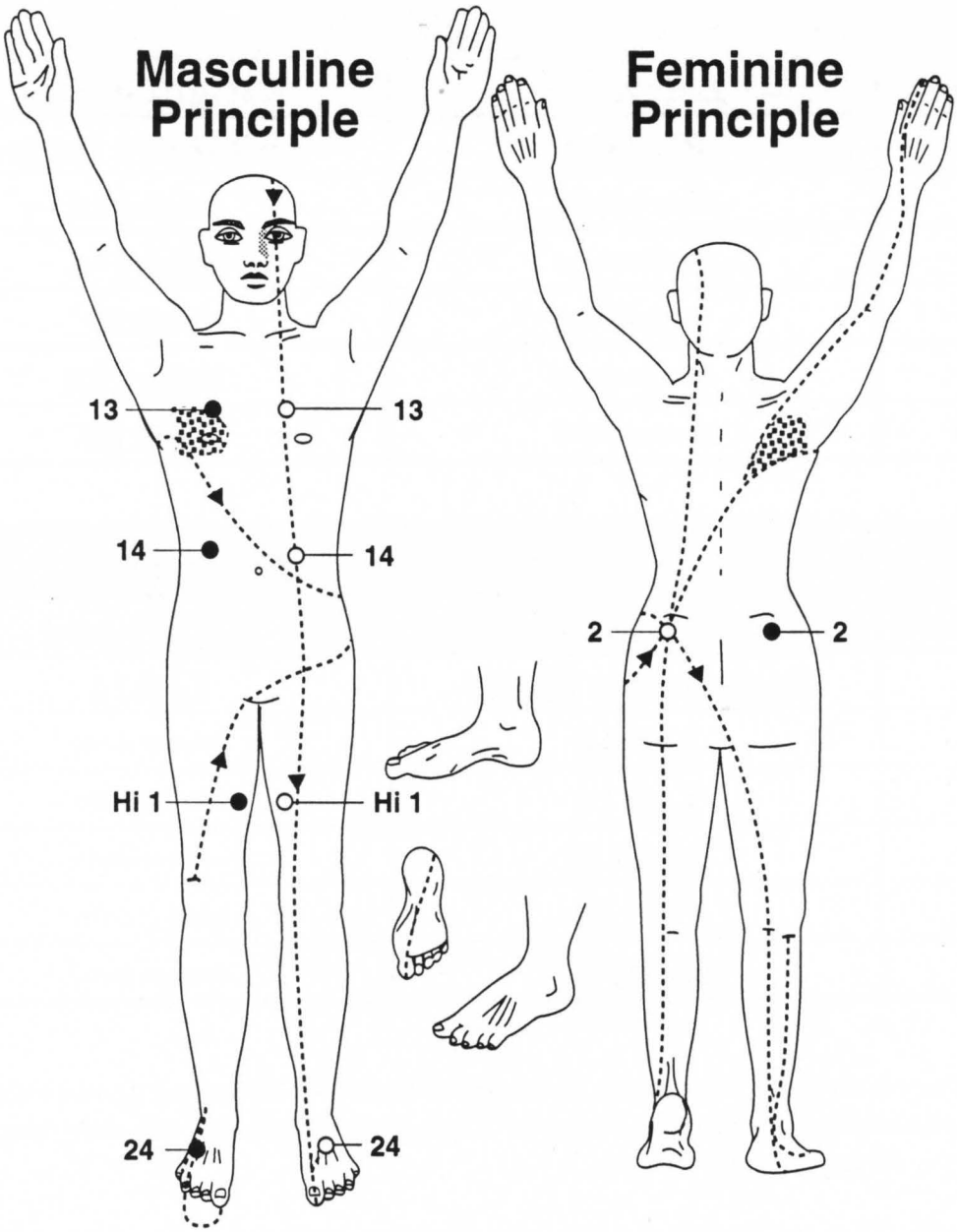
Left flow - sitting on right side of patient		
Movement	**Left hand**	**Right hand**
1	Right 11	Left index finger
2	(same as above)	Right 13
3	(same as above)	Right 14
4	(same as above)	Left 21
5	(same as above)	Right 22
6	(same as above)	Left 22

Right flow - sitting on left side of patient		
Movement	**Left hand**	**Right hand**
1	Right index finger	Left 11
2	Left 13	(same as above)
3	Left 14	(same as above)
4	Right 21	(same as above)
	Left 22	(same as above)
	Right 22	(same as above)

Remarks: The colon is the yang organ of the metal element. It regulates and controls the function of elimination. It moves foods and fluids downwards and absorbs water from waste. Biggest strain is lying around.

Relieves: Left—sedates, diarrhea; right—constipation; hold #18 and back of thumb (Ho Ku Point); right flow affects descending colon and left gums and teeth; left flow affects ascending colon and right gums and teeth. May cause the chest to swell, yellow eyes, numb throat, nose bleeds, toothaches, forefinger stiffness, swollen wrists and cheeks, shoulder and upper arm aches, bursitis, asthma, mucous problems, tennis elbow, skin problems and body hair.

Self Help: Hold index finger, #11 and opposite #21.


Masculine Principle
Feminine Principle
13
13
14
14
Hi 1
Hi 1
24
24
2
2

Second depth, fifth depth

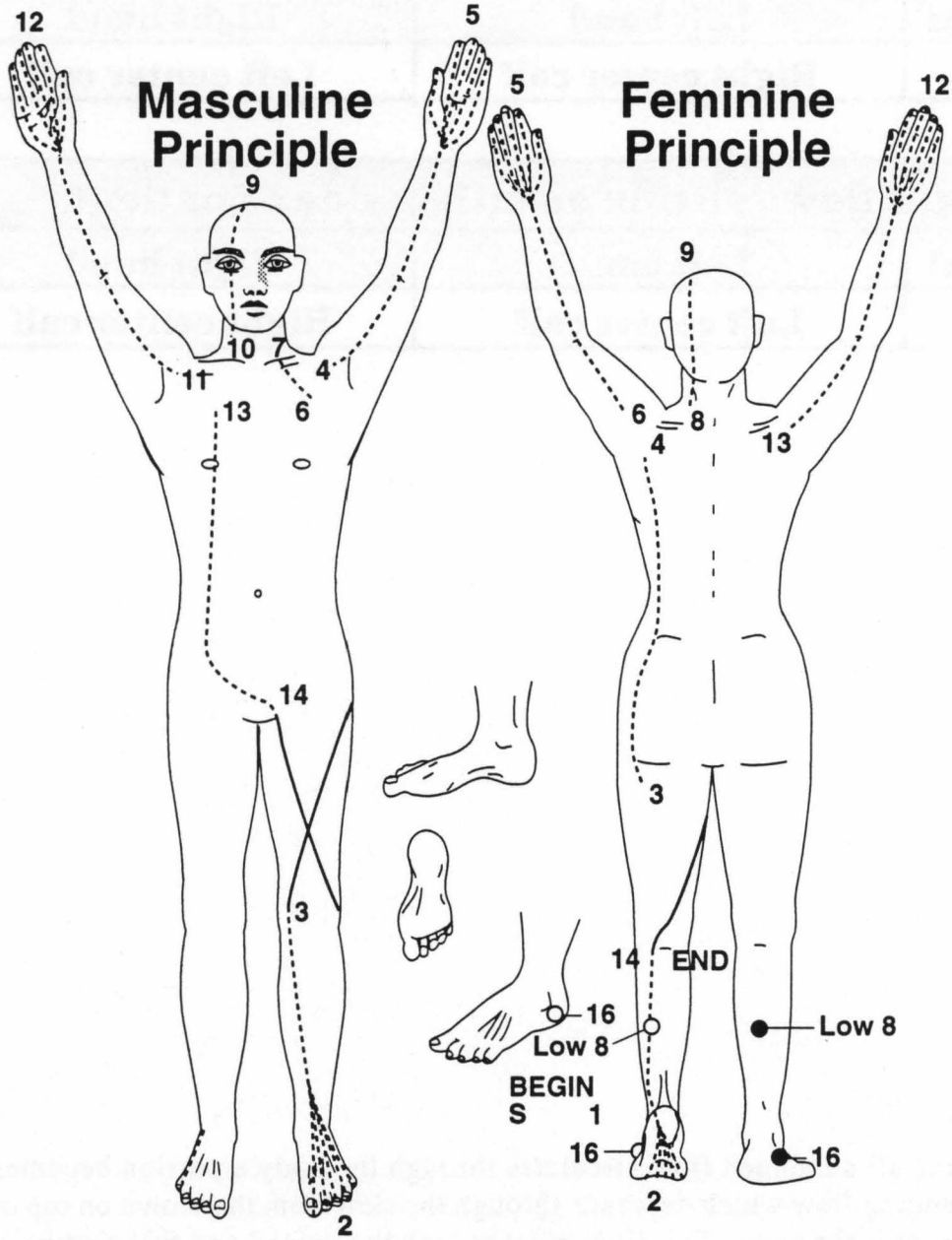
Left flow - sitting on either side of patient		
Movement	**Left hand**	**Right hand**
1	**Right center calf**	**Left center calf**

Right flow - sitting on either side of patient		
Movement	**Left hand**	**Right hand**
1	**Left center calf**	**Right center calf**

Remarks: As the all combined flow circulates through the body a portion becomes the deep skin descending flow which descends through the skin from the crown on top of the head. This flow cools the body. This flow relieves both the second and fifth depths. This can be used at any time with any treatment.

Relieves: Good for: lymph system, throat, body hair, pimples, sunburn or other burn, shingles, hot flashes, scars, controls gas, virus infections, intermingling with organ flows, complexion problems, pock marks, psoriasis—hold psoriasis and calf same side.

Self Help: Hold opposite calves.



NOTE: LEFT MERIDIAN FLOW SHOWN ONLY FOR CLARITY

Second Depth Correlation
Breathing

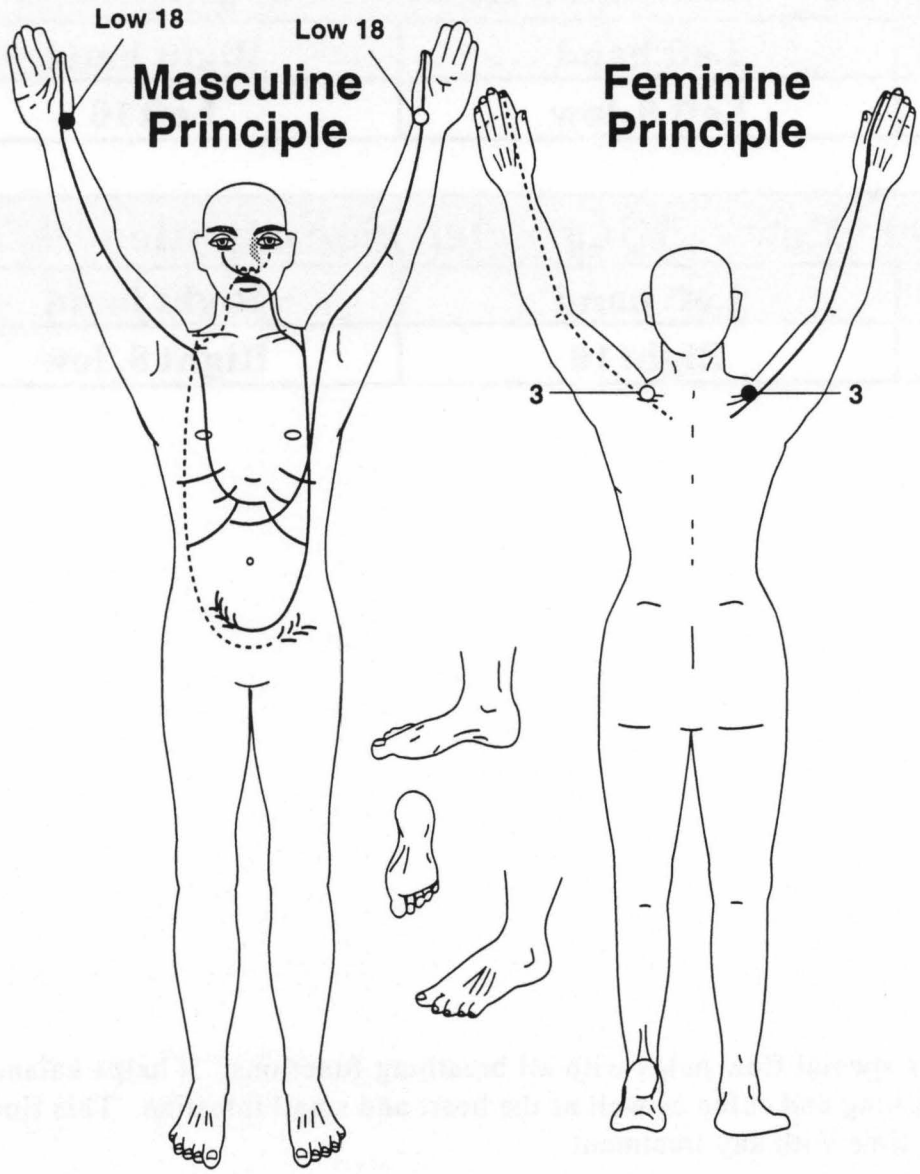
Left flow - sitting on right side of patient		
Movement	**Left hand**	**Right hand**
1	**Left 8, low**	**Left 16**

Right flow - sitting on left side of patient		
Movement	**Left hand**	**Right hand**
1	**Right 16**	**Right 8, low**

Remarks: This special flow helps with all breathing functions. It helps balance the metal elements; lung and colon as well as the heart and small intestine. This flow can be given at any time with any treatment.

Relieves: Disharmony of special body energy flow #2 may cause lung dysfunction, pneumonia, emphysema, asthma, colds, flu, bronchitis, cramps, menstrual problems, nausea, outer leg from knee on down disorder, corns, calluses on bottom of feet, gums, teeth grinding, TM joint, tonsillitis, throat problems, thyroid, parathyroid, goiter, difficulty swallowing or clearing throat; left flow: right gums and teeth; right flow: left gums and teeth; cramps, can't swallow or clear throat. Relieves spasms. Same side flow helps same side. Will stop convulsions.

Self Help: Do flow above. Hold same side #8 and #16.


Low 18
Low 18
Masculine Principle
Feminine Principle
3
3

Lung and large intestine

Flows intermingle

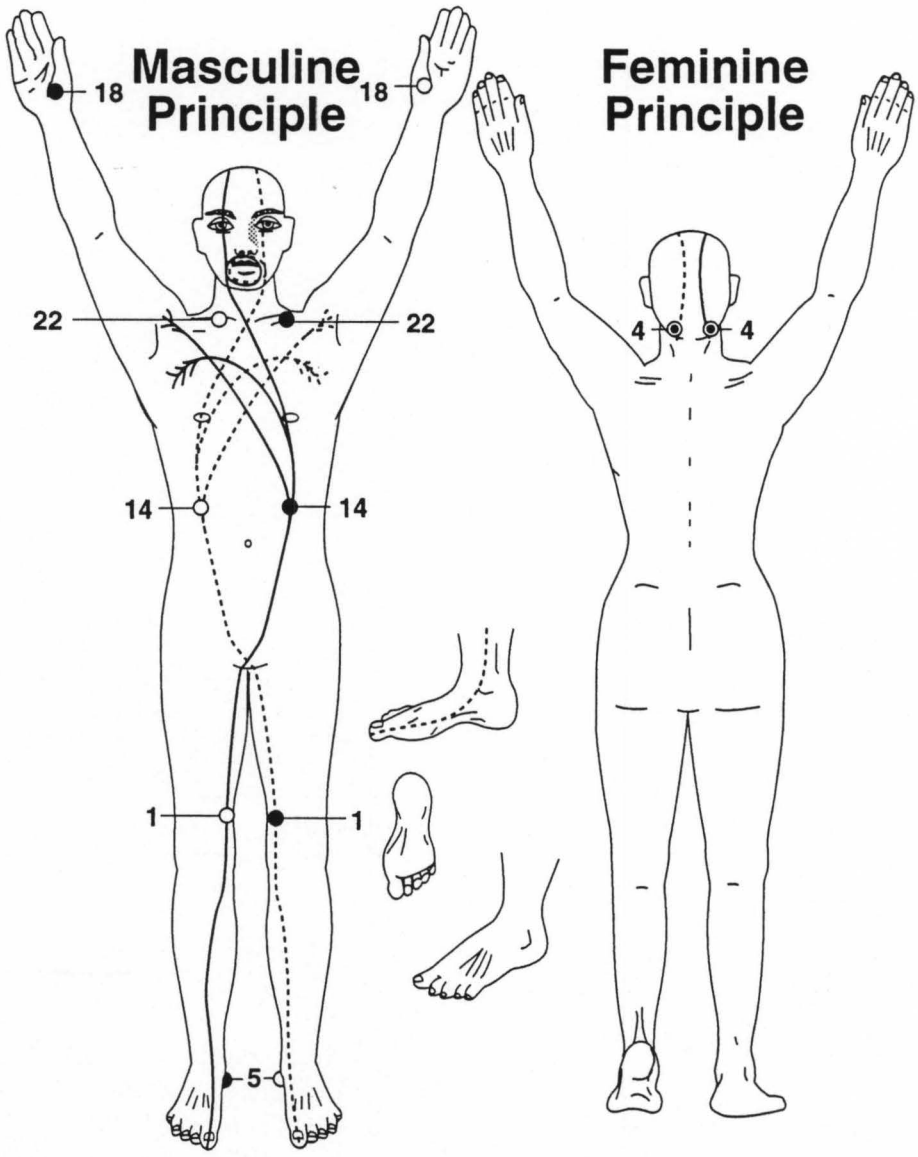
Left flow - sitting on left side of patient		
Movement	**Left hand**	**Right hand**
1	**Left 18; low, pulse area**	**Left 3**

Right flow - sitting on right side of patient		
Movement	**Left hand**	**Right hand**
1	**Right 3**	**Right 18; low, pulse area**

Remarks: Supports the Breath of life. The lung and large intestine flow can become intermingled, as a result of the proximity of their flow patterns. The pulse indication of this condition would show irregular pulses with superficial pulses heavy and unusual pulses at the lung and large intestine. The descending flows need help. This is a second depth condition. Correct treatment for this condition would be a thumb flow, diaphragm flow, lung flow, large intestine flow, second depth flow and a #13 release. All of these flows could not be given at one time, but some could be given at a subsequent treatment.

Relieves: This may result in disharmony in the chest and the abdomen with accompanying lung congestion, coughs, phlegm and mucous, and constipation or diarrhea, heart palpitation, fast pulses, irritable eyes, sweating while sleeping, nose bleeds or stops up, breast problems, upper arm painful or uncomfortable, elbow dysfunctions, teeth, swollen cheeks, throat problems.

Self help: Hold thumb and same side #3; use when pulse indicates lung and colon flows.


Masculine Principle
Feminine Principle
18
18
22
22
14
14
1
1
5
4
4

Middle flow, yin
2:00 a.m.; ascending, feet to chest
Begins: big toe

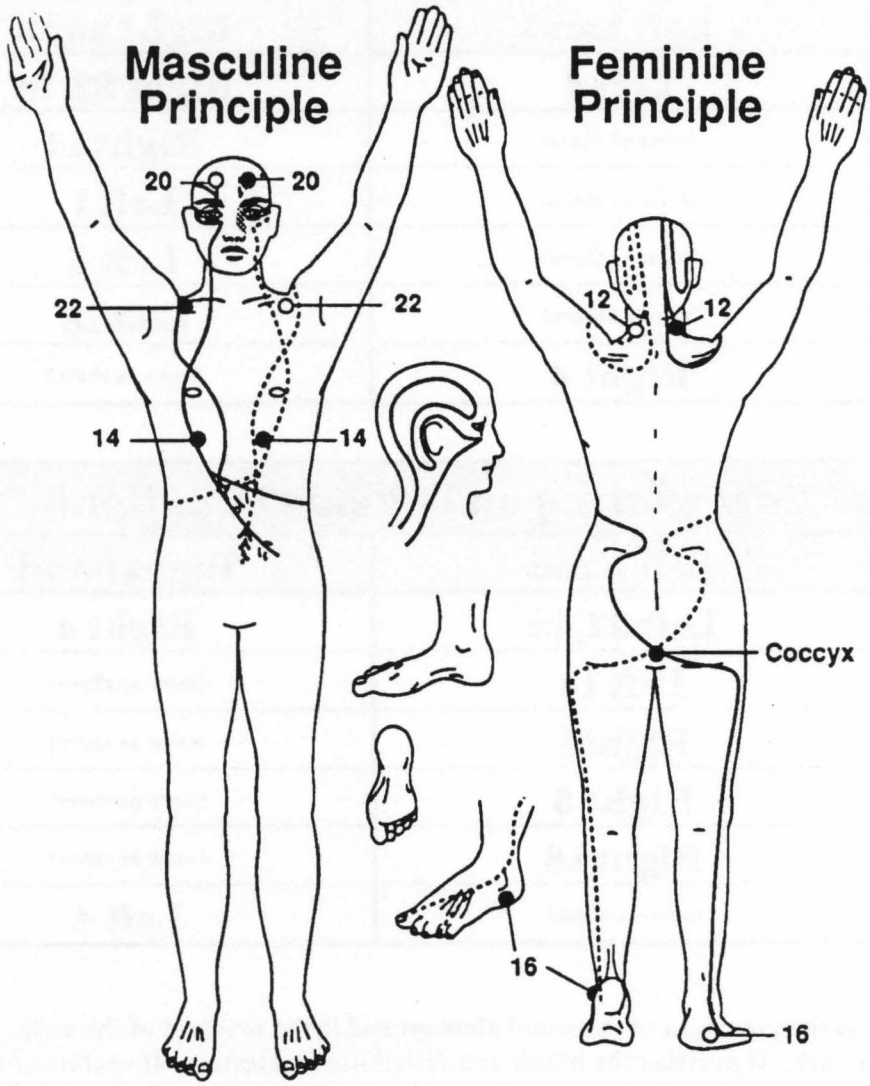
Left flow - sitting on right side of patient		
Movement	**Left hand**	**Right hand**
1	Left 4	Right 22, in
2	(same as above)	Right 14
3	(same as above)	Left 1
4	(same as above)	Left 5
5	(same as above)	Left 18
6	Right 4	(same as above)

Right flow - sitting on left side of patient		
Movement	**Left hand**	**Right hand**
1	Left 22, in	Right 4
2	Left 14	(same as above)
3	Right 1	(same as above)
4	Right 5	(same as above)
5	Right 18	(same as above)
6	(same as above)	Left 4

Remarks: The liver is the yin organ of the wood element and is the resident of the soul. It brings new life, birth and growth. It purifies the blood and distributes materials. It secretes outwardly and maintains and regulates the water balance. It controls vital functions of emotional changes, the channel and organs, specifically metabolic functions and bile secretions. Temper and emotional nature indicates serious liver/gall bladder problems. The liver helps the lungsand is closely related to the kidney. Greatest strain is over use of the eyes.

Relieves: Slow start in the morning; dry throat; blood; nausea; eyes; nearsightedness; esophagus; fatigue; left hip problem, do right liver flow, etc.; most important in regulating women's menses; migraines; headaches; allergies; males—abdominal discomfort; females— lower abdominal swelling and bloating; easy bruising. Anger, depression, objective thought, personal thoughts, lower mental body, perceptions, ego, mental reflexes, confusion, jaundice.

Self Help: Hold #4 and opposite #14; hold #4 and opposite #3.


Masculine Principle
Feminine Principle
20
20
22
22
14
14
12
12
Coccyx
16
16

Middle flow, yang
Midnight; descending, face to feet
Begins: face

Left flow - sitting on right side of patient		
Movement	**Left hand**	**Right hand**
1	Left 12	Right 20
2	(same as above)	Center coccyx
3	(same as above)	Right 16
4	(same as above)	Right 14
5	(same as above)	Left 14
6	(same as above)	Left 22

Right flow - sitting on left side of patient		
Movement	**Left hand**	**Right hand**
1	Left 20	Right 12
2	Center coccyx	(same as above)
3	Left 16	(same as above)
4	Left 14	(same as above)
5	Right 14	(same as above)
6	Right 22	(same as above)

Remarks: The gall bladder is the yang organ of the wood element. It relates to the father principle of business, organization, planning and making decisions. It's general function is to store bile manufactured by the liver until it contracts and expels it into the duodenum. Temper and emotional nature indicates a serious liver/gall bladder problem.

Relieves: Migraine headaches, goose flesh, convulsions, bile taste, neuralgia, sighing, muscles, tendons, ligaments, can't turn to side from lying down, leg hot on outside, headache, eye strain, chin, underarm, knee, shin, outer ankle and joints may have pain; bent ring finger or stiffness. Right #14 tight: protein not digesting properly; left #14 tight: carbohydrates not digesting properly. Anger, cowardliness, instability, display of emotion, gallstones, repressed strong emotions; depression; hatred; revenge.

Self Help: Hold #12 and opposite #20 then both #14's.

This page is updated and shown in the book on p. 183

GALL BLADDER - MIDDLE FLOW, YANG
MIDNIGHT; DESCENDING, FACE TO FEET
FOR OTHERS & SELF
BEGINS: FACE

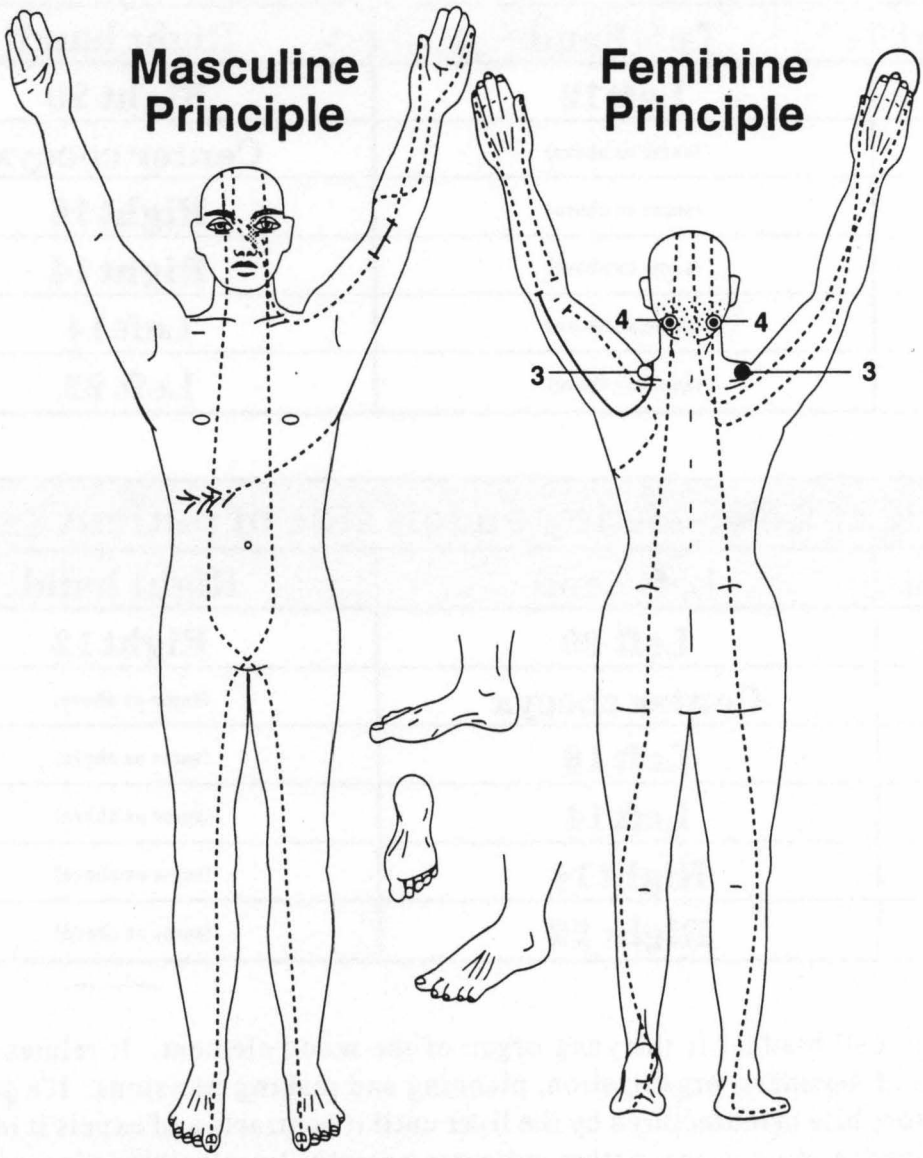
LEFT FLOW - SITTING ON RIGHT SIDE OF PATIENT

MOVEMENT	HAND	SIDE & ENERGY POINT
1	L1	LEFT #12
	R1	RIGHT #20
2	R2	CENTER coccyx
3	R3	RIGHT #16
4	R4	RIGHT #14
5	R5	LEFT #14
6	R6	LEFT #22

RIGHT FLOW - SITTING ON LEFT SIDE OF PATIENT

MOVEMENT	HAND	SIDE & ENERGY POINT
1	R1	RIGHT #12
	L1	LEFT #20
2	L2	CENTER coccyx
3	L3	LEFT #16
4	L4	LEFT #14
5	L5	RIGHT #14
6	L6	RIGHT #22

REMARKS: Temper and emotional nature indicates a serious liver/gall bladder problem. Problems: occurring migraine headaches, goose flesh, convulsions, bile taste in mouth, neuralgia, big sighs, muscles, tendons, ligaments, unable to turn to side when lying down, leg hot, headache, eye strain, chin, underarm, knee shin, outer ankle and joints may have pain; bent ring finger or stiffness. Right #14 tight: protein not digesting properly; left #14 tight: carbohydrates not digesting properly. Anger, cowardliness, instability, display of emotion, gallstones, repressed strong emotions; depression; hatred; revenge.


Masculine Principle
Feminine Principle
4
4
3
3

Governed by total depth
Controlled by energy 14
Beginning functions of speech and sight

Left flow - sitting on left side of patient		
Movement	**Left hand**	**Right hand**
1	**Left 3**	**Left 4**
2	**Right 4**	(same as above)

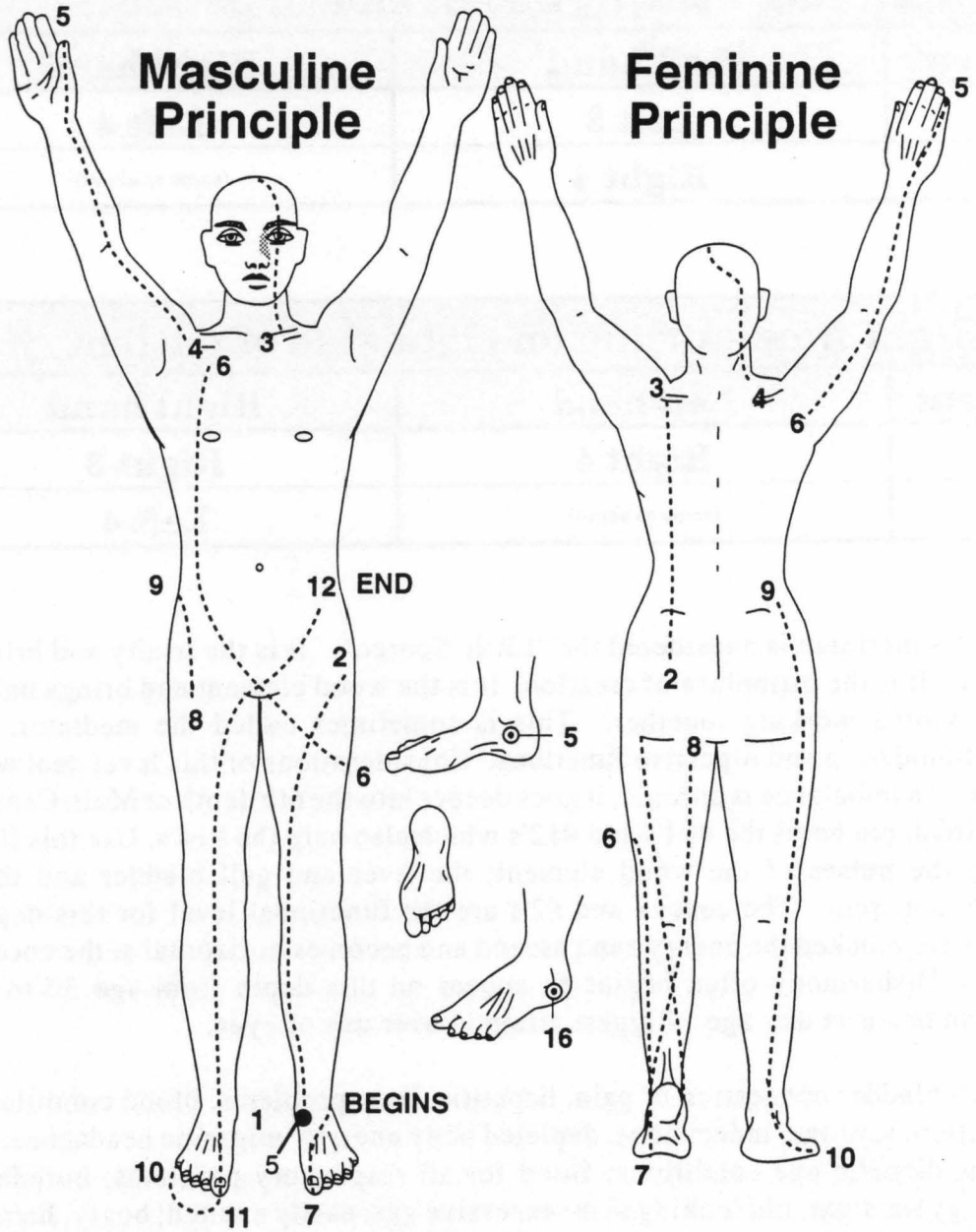
Crosses at neck

Right flow - sitting on right side of patient		
Movement	**Left hand**	**Right hand**
1	**Right 4**	**Right 3**
2	(same as above)	**Left 4**

Remarks: This meridian is considered the "Little Source". It is the trinity and brings understanding. It is the birthplace of creation. It is the wood element and brings unity. It keeps everything working together. This is sometimes called the mediator. It supports the foundation and digestive functions. Considerations of this level deal with the past. When an imbalance is chronic, it goes deeper into the 6th depth or Main Central flow. The third depth helps the #14's and #12's which also help the #14's. Use this flow when getting the pulses of the wood element; the liver and gall bladder and their symptoms are apparent. The coccyx and #2's are the functional level for this depth. When the #2's are blocked the energy can't ascend and becomes horizontal at the coccyx and sacrum. Disharmony often begins to appear on this depth from age 30 to 45 although it can occur at any age. Biggest strain is over use of eyes.

Relieves: gall bladder congestion or pain, hepatitis, liver problems, blood conditions, anger, frustration, revenge, indecisions, depleted body energy; migraine headaches; all eye problems, diabetic eye conditions; Good for all respiratory problems; boredom, bruising, energy for sight; old looking skin; excessive gas; easily excited; bossy, hatred, revenge, pride, jealousy; being mixed up, critical, confusion, overwhelmed, low self esteem, long held thoughts, repressed emotions, (I'm going to get even"). For shoulders raised on ends, do this flow and #26 release. Lack of incentive; hernias, belching, energy is backing up; When a gossip, do with the first depth; For muscles spasms, do the liver and fourth depth. It paralyzes us. When the coccyx is broken, do the third depth and diagonal. The energy reenters the Main Central flow at the coccyx.

Self Help: Hold the same side #4 and #3, then opposite #4.



NOTE: LEFT MERIDIAN FLOW SHOWN ONLY FOR CLARITY

Third depth correlation
Blood level

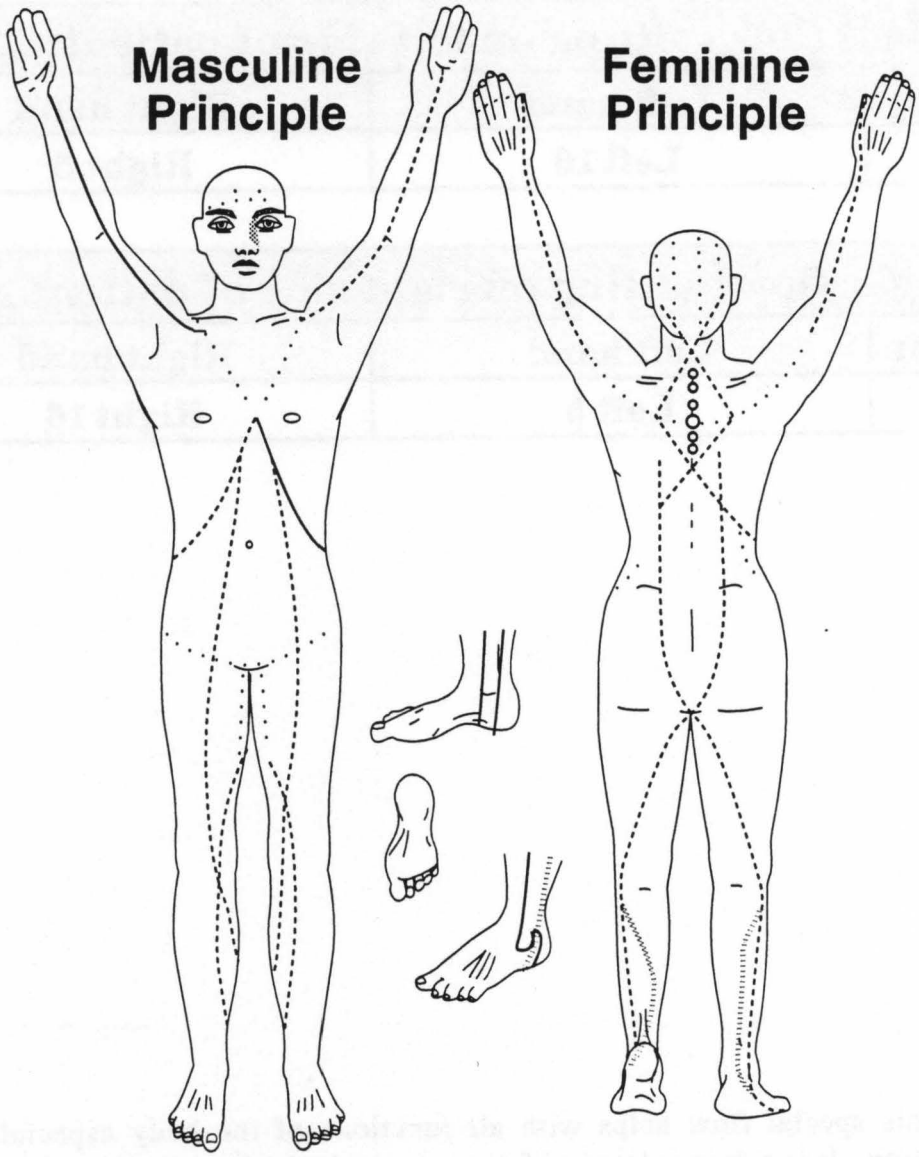
Left flow - sitting on left side of patient		
Movement	**Left hand**	**Right hand**
1	**Left 16**	**Right 5**

Right flow - sitting on right side of patient		
Movement	**Left hand**	**Right hand**
1	**Left 5**	**Right 16**

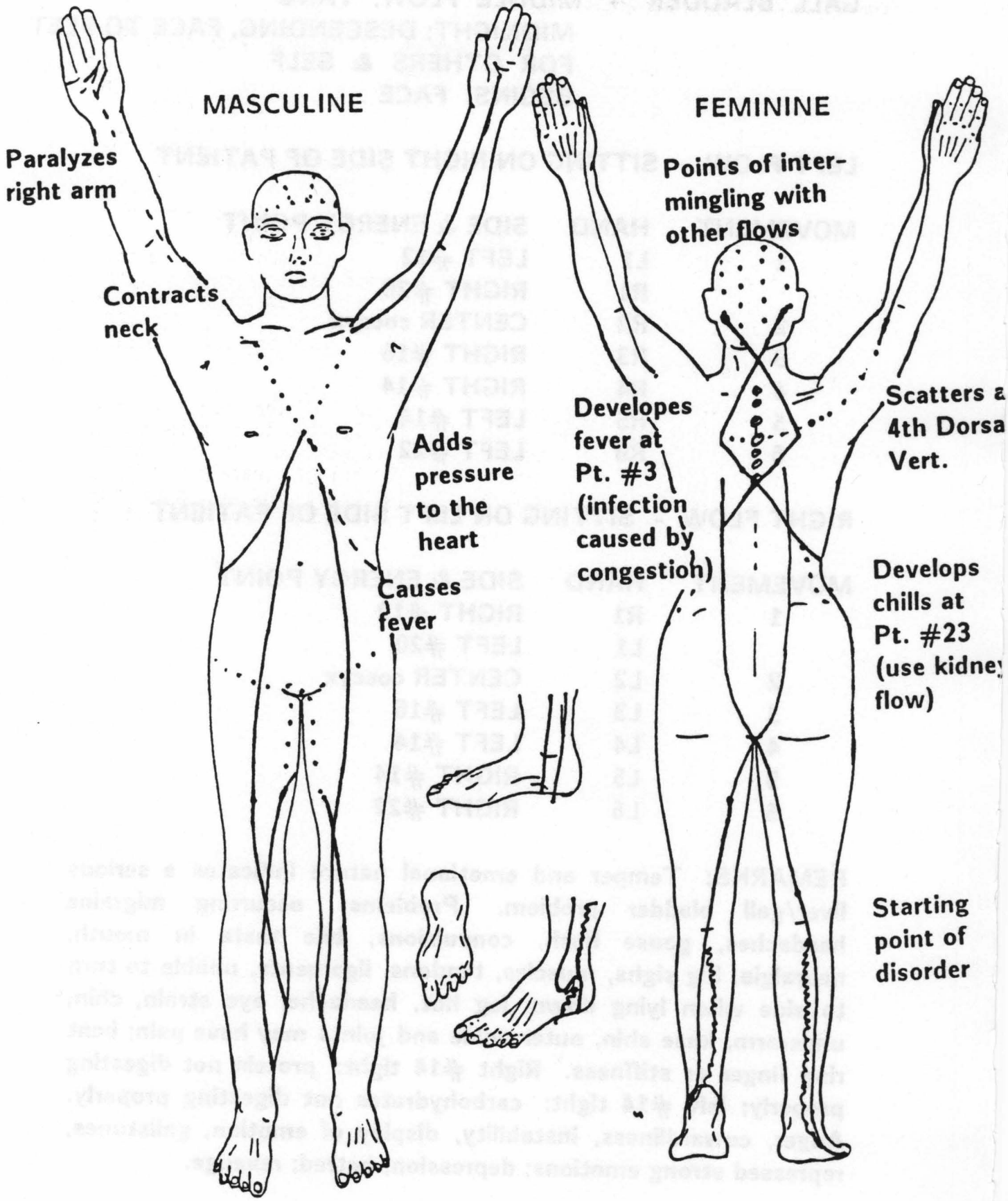
Remarks: This special flow helps with all functions of the body especially the digestive function. It is a deeper level of fatigue in the body than the #3 and #19's. It helps balance the wood elements and the blood; liver and gall/bladder and the Main Central Flow. This flow can be given at any time with any treatment.

Relieves: Problems of this special energy flow may result in: stiff or bent arms and legs, (oiling and cleaning out joints), arthritis, rheumatism, infantile paralysis, joint problems, migraine headaches, neuralgia. Clears opposite throat and same side back and leg, asthma, pain, eyes.

Self help: Interlace hands; hold tendon at back of head or hold opposite #5 and #16 for 15 to 20 minutes.


Masculine Principle
Feminine Principle

GALL BLADDER FLOW INTERMINGLES WITH OTHER FLOWS

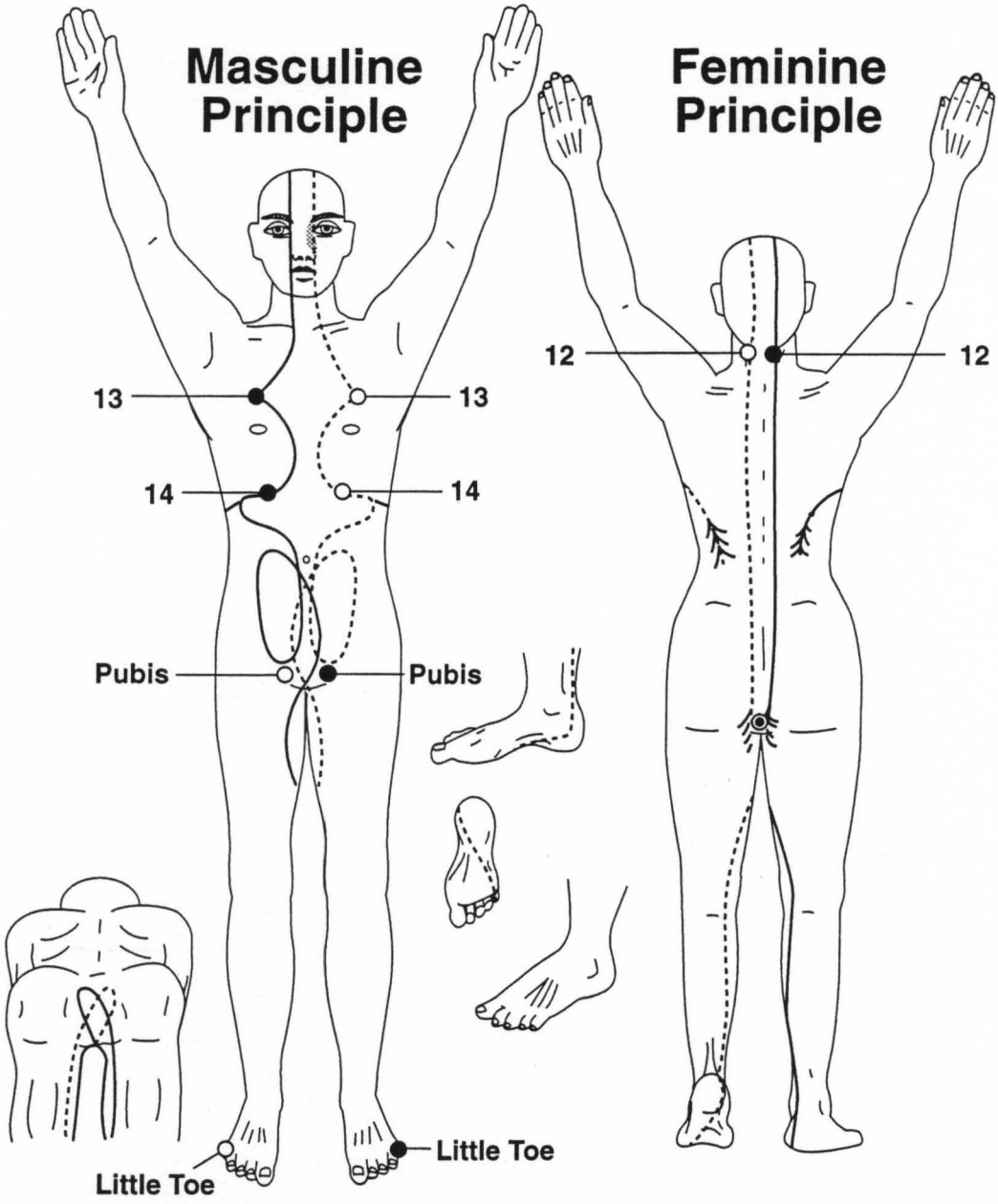


Gall Bladder Interminging - 16 KeY

When the gall bladder flow becomes intermingled with the other energy flows, it causes disharmony in the body which can be in the form of pain, fever, chills, and adds pressure to the heart. The disorder starts at the #8 point on the leg. There is a separation of energy at the heels which scatters. Chills and fever develop at the #23. Fever develops as a result of intermingling down the front and chills develop as a result of intermingling up the back.

Diagnosis of this problem from the pulses would show irregular pulses with unusual gall bladder pulses. This is a third and total depth condition. Correct treatment for this condition is a main central flow, gall bladder flow, #24/26 release and a third and total depth flow. Fatigue release, first method of correction because 3's are involved. Hold #15's and #3's, #23/25 for chills, use #16, 17, 18, 19 when #16 and #8's are affected. Use #5, 6, 7, 8 to clear opposite chest and back.

Paralysis of the arm on the same side of the body of the disorder develops at the #9 area or at the 7th thoracic vertebra. A fever may develop at the #3 area caused by congestion. At the head, congestion of the brain may develop. Hemiplegia (paralysis of one side of the body) adds pressure at the heart and insanity may develop. When there is congestion, infections, use of antibiotics in the body, check the gall bladder.


Masculine Principle
Feminine Principle
13
13
14
14
Pubis
Pubis
12
12
Little Toe
Little Toe

Deep flow, yin
6:00 p.m.; ascending, feet to chest
Begins: little toe

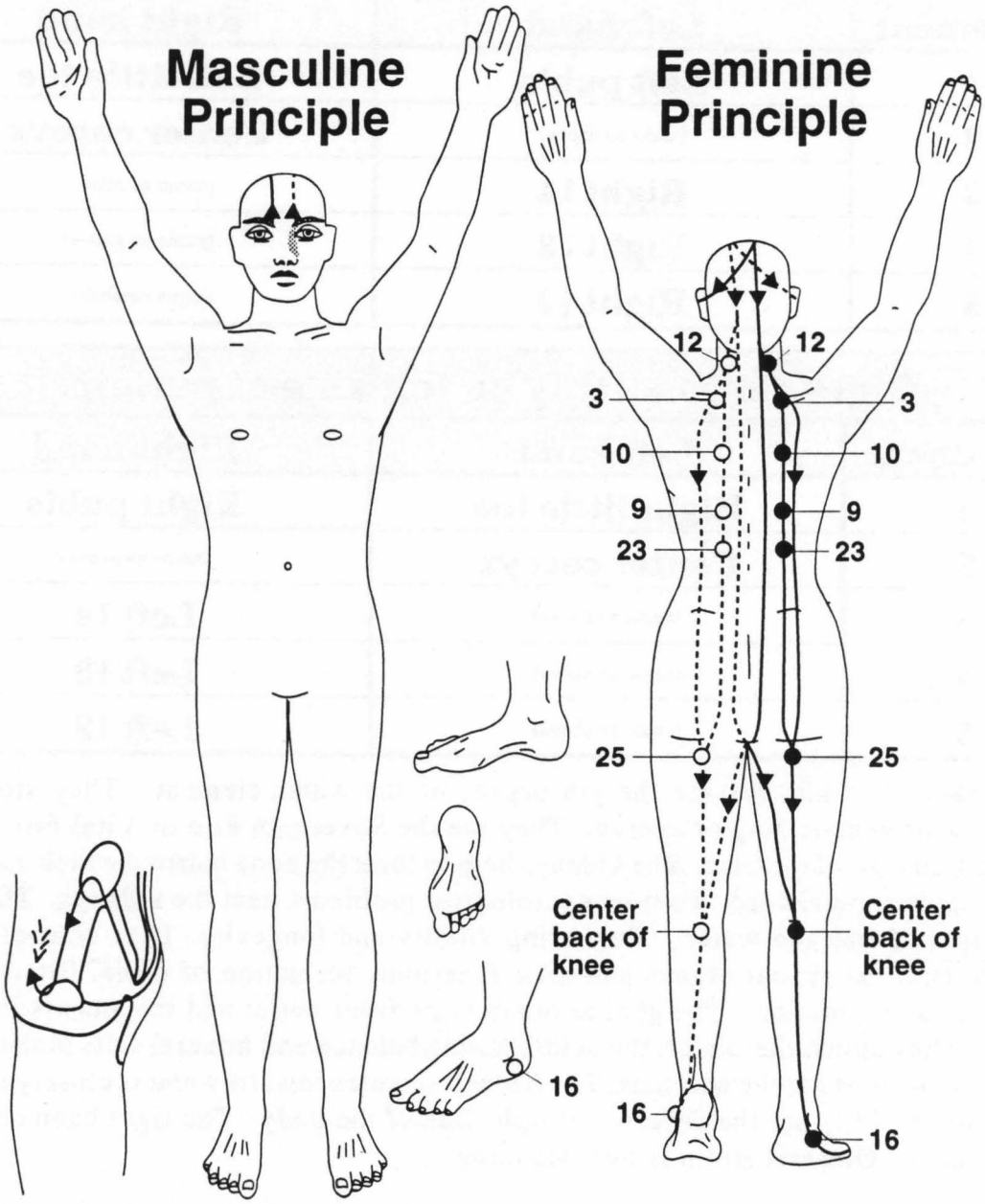
Left flow - sitting on right side of patient		
Movement	**Left hand**	**Right hand**
1	**Left pubis**	**Left little toe**
2	(same as above)	**Center coccyx**
3	**Right 14**	(same as above)
4	**Right 13**	(same as above)
5	**Right 12**	(same as above)

Right flow - sitting on left side of patient		
Movement	**Left hand**	**Right hand**
1	**Right little toe**	**Right pubis**
2	**Center coccyx**	(same as above)
3	(same as above)	**Left 14**
4	(same as above)	**Left 13**
5	(same as above)	**Left 12**

Remarks: The kidneys are the yin organs of the water element. They store the ancestral or genetic Jing or energy. They are the Sovereign Fire or Vital Fire which should flame all of the time. The kidneys help to form the bone marrow which also fills the brain and spinal cord. To treat neurological problems treat the kidneys. They are the origin of fire and water. They bring vitality and longevity. They control water metabolism, the sexual organs and their functions, formation of urine, filtering the blood, and elimination. The genital organ is its front outlet and the anus is the rear outlet. They adjust the water, the acid/alkaline balance and mineral salts in the body. They are the host for the adrenals. The Kidney secretes inwardly and is closely related to the liver. They are the Director of right side of the body. The right hand controls the kidneys. Greatest strain is over standing.

Relieves: Use in all bladder conditions (use kidney flow first); releases water retention. All ear problems; kidney stones; bloating; heart beat; blood in phlegm; dry throat and mouth; top of esophagus swollen; nausea; dizziness when standing; groin & pelvis; buttocks; sole of feet hot; instep problems; controls bones, marrow, nails and teeth; fear; groaning; lack; greediness; perfectionism; lack of affection; timid.

Self Help: Hold opposite sole of foot and pubis then #12, or hold #12 and pubis.


Masculine Principle
Feminine Principle
12
12
3
3
10
10
9
9
23
23
25
25
Center back of knee
Center back of knee
16
16
16

Deep flow, yang
4:00 p.m.; descending, face to feet
Begins: face

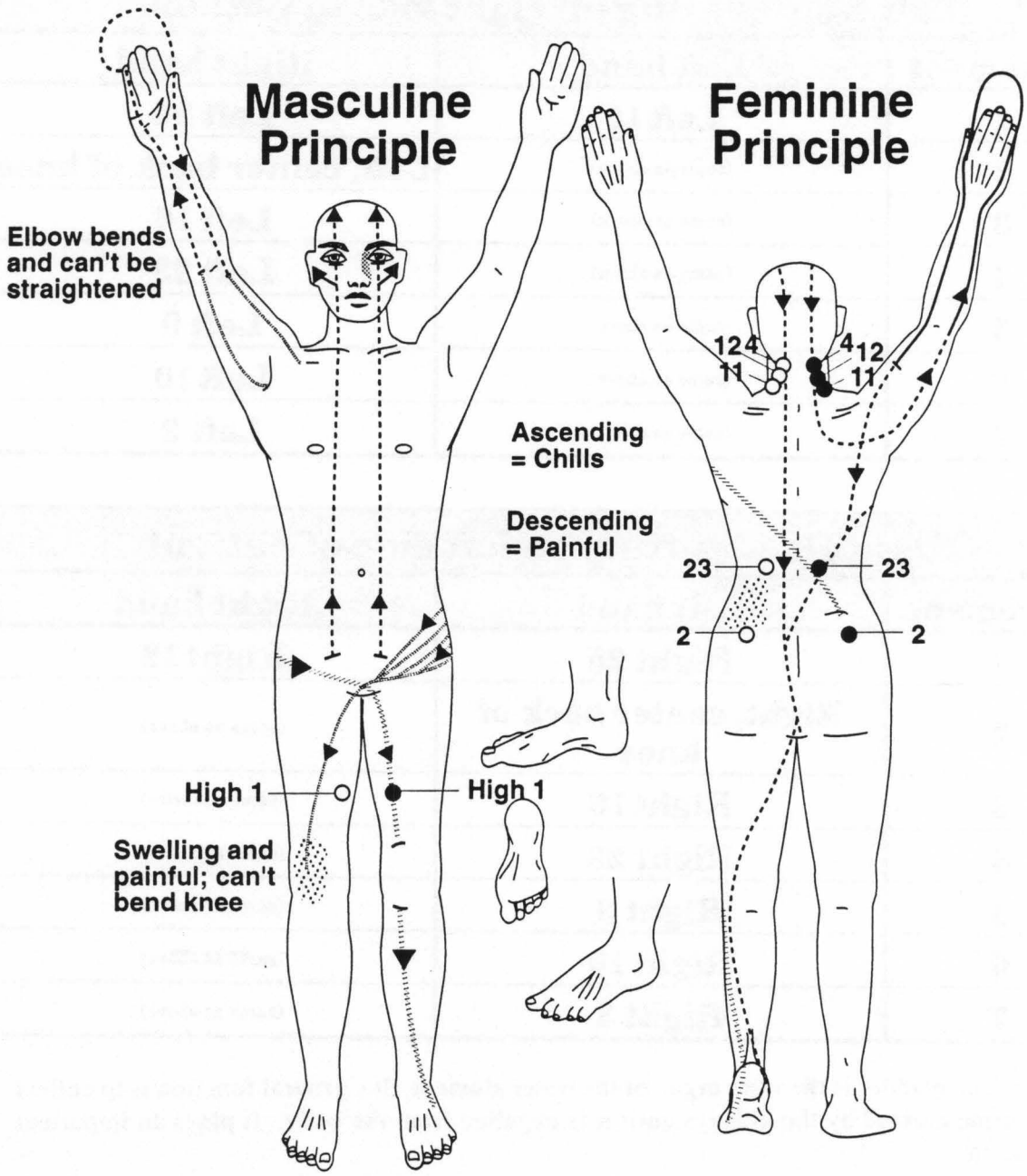
Left flow - sitting on right side of patient		
Movement	**Left hand**	**Right hand**
1	**Left 12**	**Left 25**
2	(same as above)	**Left, center back of knee**
3	(same as above)	**Left 16**
4	(same as above)	**Left 23**
5	(same as above)	**Left 9**
6	(same as above)	**Left 10**
7	(same as above)	**Left 3**

Right flow - sitting on left side of patient		
Movement	**Left hand**	**Right hand**
1	**Right 25**	**Right 12**
2	**Right, center back of knee**	(same as above)
3	**Right 16**	(same as above)
4	**Right 23**	(same as above)
5	**Right 9**	(same as above)
6	**Right 10**	(same as above)
7	**Right 3**	(same as above)

Remarks: The bladder is the yang organ of the water element. It's general function is to collect and store urine created by the kidneys until it is expelled from the body. It plays an important in elimination.

Relieves: Effective for shoulders, neck; earache, migraines, headaches, blood pressure, bloody nose, convulsions, eye ache, tears, bones (broken), tense back, hip, thigh, knee, back of calf, ankles, eczema, sciatica, anal fistula, diverticulitis, bloody nose, little finger bending, colic, diarrhea, back problems, insecurity, lack, arthritis, thinning hair, heart problems, fear, timidity, perfectionism, epilepsy, clinging to life, lack, lack of affection, no ambition, greediness.

Self Help: Hold little finger. Hold #12 and coccyx then little toe.



NOTE: LEFT MERIDIAN FLOW SHOWN ONLY FOR CLARITY

Governed by Fifth Depth
Controlled by Energy Point 16 & 5
Beginning function of taste

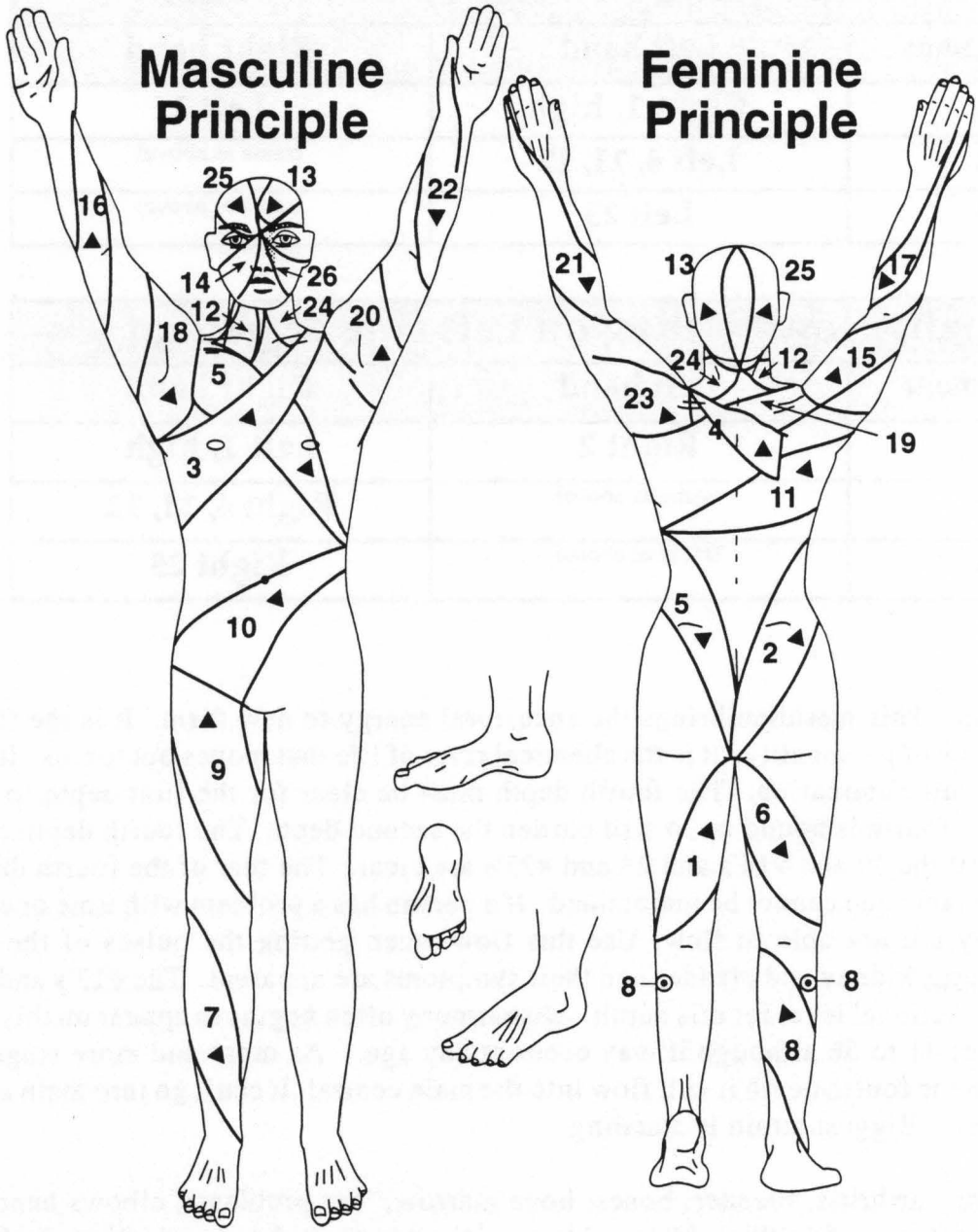
Left flow - sitting on right side of patient		
Movement	Left hand	Right hand
1	Right 1, high	Left 2
2	Left 4, 11, 12	(same as above)
3	Left 23	(same as above)

Right flow - sitting on Left side of patient		
Movement	Left hand	Right hand
1	Right 2	Left 1, high
2	(same as above)	Right 4, 11, 12
3	(same as above)	Right 23

Remarks: This meridian brings the ancestoral energy to new form. It is the flow of life or flow of personality. It is the chemical river of life that moves out toxins. It helps to adjust all elimination. The fourth depth must be clear for the first depth to clear. When the fourth is bound up, it will burden the second depth. The fourth depth cannot clear until the 39 and #14's and 23 and #25's are clear. The fear of the fourth depth is that the status quo cannot be maintained. If a person has a problem with time or always late, they are not able to flow. Use this flow when getting the pulses of the water element; the kidney and bladder and their symptoms are apparent. The #13's and #14's are the functional level for this depth. Disharmony often begins to appear on this depth from ages 41 to 56 although it may occur at any age. As more and more stagnation occurs in the fourth depth it will flow into the main central. It can't go into main central when clear. Biggest strain is standing.

Relieves: arthritis, bladder, bones, bone marrow, ear problems, elbows bends and can't straighten, frigidity, hip problems, impotence, kidney, urination problems, umbilicus, knee swelling and discomforts, limb stiffness, muscle functions and spasms, nails, polyps, prostrate problems, reproductive problems, rheumatism, rectal problems, same side sacroiliac problems, tumors, vaginitis; chills-ascending flow, pain-descending flow.

Self Help: Hold the #l and opposite #2, then #4.


Masculine Principle
Feminine Principle
25
13
16
22
14
26
12
24
20
18
5
3
10
9
7
21
13
25
17
24
12
15
23
4
19
11
5
2
6
1
8
8
8

Fourth depth level

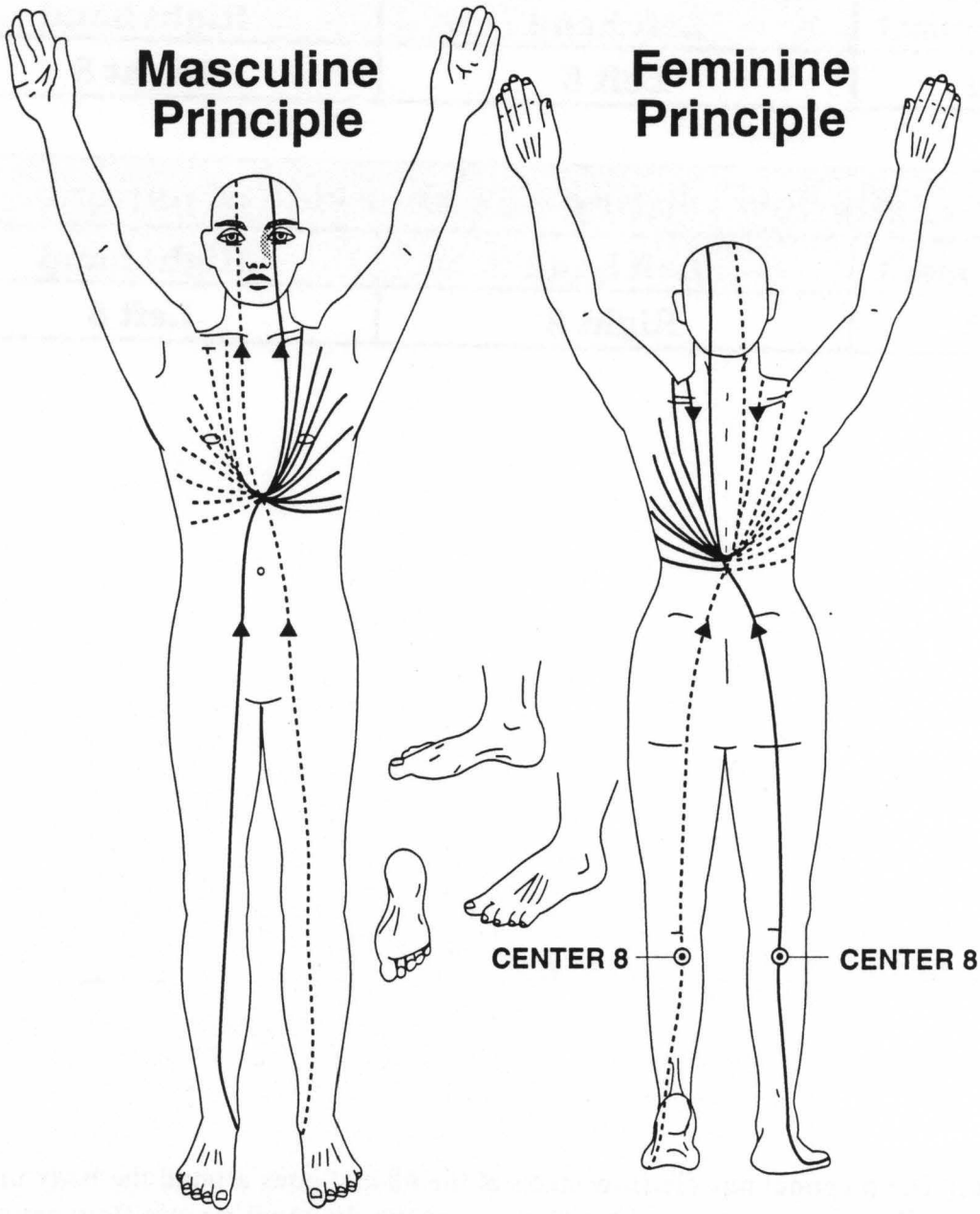
Left flow - sitting on either side of patient		
Movement	**Left hand**	**Right hand**
1	**Left 8**	**Right 8**

Right flow - sitting on either side of patient		
Movement	**Left hand**	**Right hand**
2	**Right 8**	**Left 8**

Remarks: The diagonal muscle flow starts at the #8 and goes around the body until it reaches the #26, then it reverses through the opposite diagonal muscle flow pattern to return to the #8.

Relieves: Affects proper function of kidney and bladder, chemistry balance, regenerative system, musculature, and adjusts metabolism. This flow helps the third and fourth depths. This can be used at any time with any treatment.

Self Help: Hold opposite side #8's.


Masculine Principle
Feminine Principle
CENTER 8
CENTER 8

Fourth Depth Correlation
Muscular/Skeletal

Sitting on foot side of patient		
Movement	**Left hand**	**Right hand**
1	**Right 8, center**	**Left 8, center**
Releases caved chest		

Sitting on foot side of patient		
Movement	**Left hand**	**Right hand**
1	**Left 8, center**	**Right 8, center**
Loosens back, relieves pelvic girdle, gets tummy in		

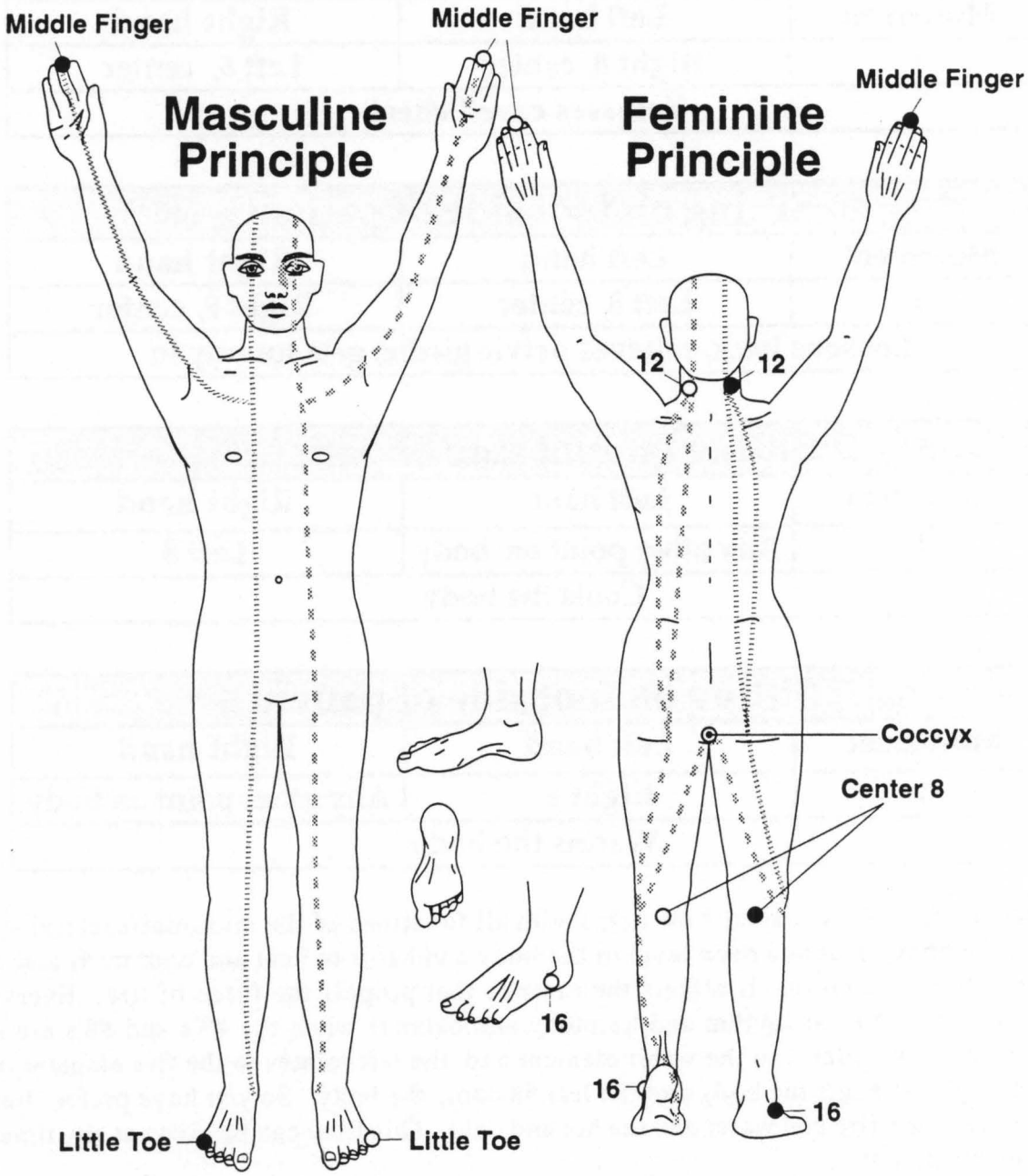
Sitting on foot side of patient		
Movement	**Left hand**	**Right hand**
1	**Any other point on body**	**Left 8**
Cools the body		

Sitting on foot side of patient		
Movement	**Left hand**	**Right hand**
1	**Right 8**	**Any other point on body**
Warms the body		

Remarks: This special flow helps with all functions of the muscular/skeletal system of the body. It is at a deep level of the body and helps to heat and cool it. It also helps to relieve the chest. It affects the essence that propels the force of life. Everything comes together in rhythm and harmony and balance when the #3's and #8's are clear. The right #3 relates to the water element and the left relates to the fire element, while the right #8 heats the body and the left #8 cools the body. So you have perfect balance between the fire and water and the hot and cold. This flow can be given at any time with any treatment.

Relieves: Energy stagnating on one side of body or the other and causing that side shoulder to be raised or dropped; hip out of alignment, one leg shorter, pelvis tilt, vascular problems, limbs, paralysis, eyes. Normally do just one side. Use both hands as indicated to raise chest; strengthen back. Reverse to eliminate back ram rod effect.

Self Help: Hold opposite side #8's then change and hold same side #8's.


Middle Finger
Middle Finger
Middle Finger
Masculine Principle
Feminine Principle
12
12
Coccyx
Center 8
16
16
16
Little Toe
Little Toe

Ascending: Universal Harmony

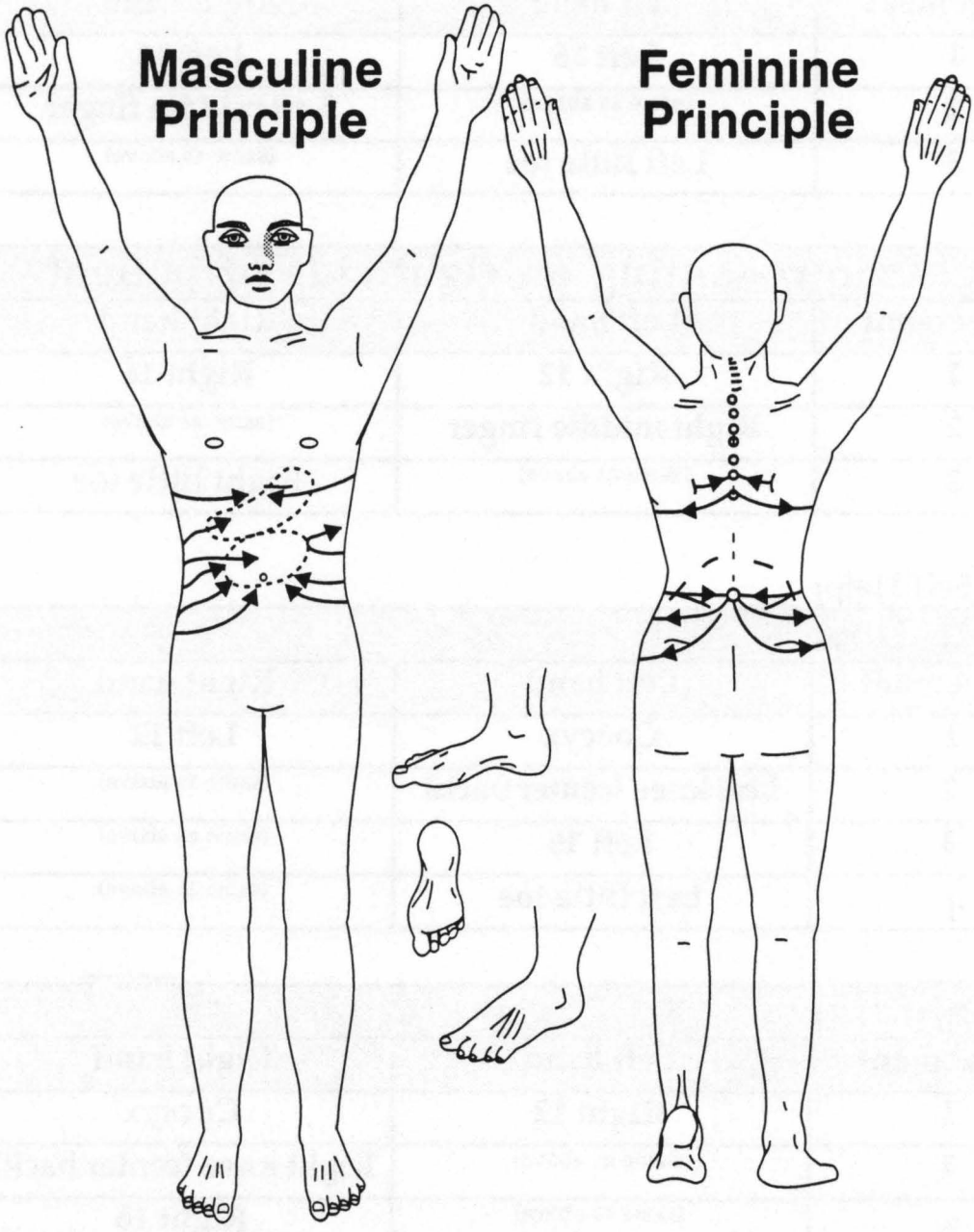
Left flow - sitting on Left side of patient		
Movement	Left hand	Right hand
1	Left 16	Left 12
2	(same as above)	Left middle finger
3	Left little toe	(same as above)

Right flow - sitting on right side of patient		
Movement	Left hand	Right hand
1	Right 12	Right 16
2	Right middle finger	(same as above)
3	(same as above)	Right little toe

Quick Self Help:

Left flow		
Movement	Left hand	Right hand
1	Coccyx	Left 12
2	Left knee (center back)	(same as above)
3	Left 16	(same as above)
4	Left little toe	(same as above)

Right flow		
Movement	Left hand	Right hand
1	Right 12	Coccyx
2	(same as above)	Right knee (center back)
3	(same as above)	Right 16
4	(same as above)	Right little toe


Masculine Principle
Feminine Principle

Kidney/Bladder Intermingling - 14 KEY

When the kidney and bladder flows intermingle the conflict of the ascending kidney and the descending bladder flow causes the flow pattern to deviate and to begin to flow in a horizontal pattern. A bag-like container develops at the pit of the stomach where water or gas accumulates and causes discomfort. The stomach and abdomen will be painful and the person may vomit a watery fluid. When the disharmony becomes acute, they may vomit blood, a pasty chocolate colored substance or excrement. A prolonged condition of this type can be the cause of suffocation of life itself. Can use breathing release, diaphragm, #23/25 release and special body flow #4. This is a fourth depth condition. If the vomit has a certain taste or color it can be related to specific organs which may be affected:

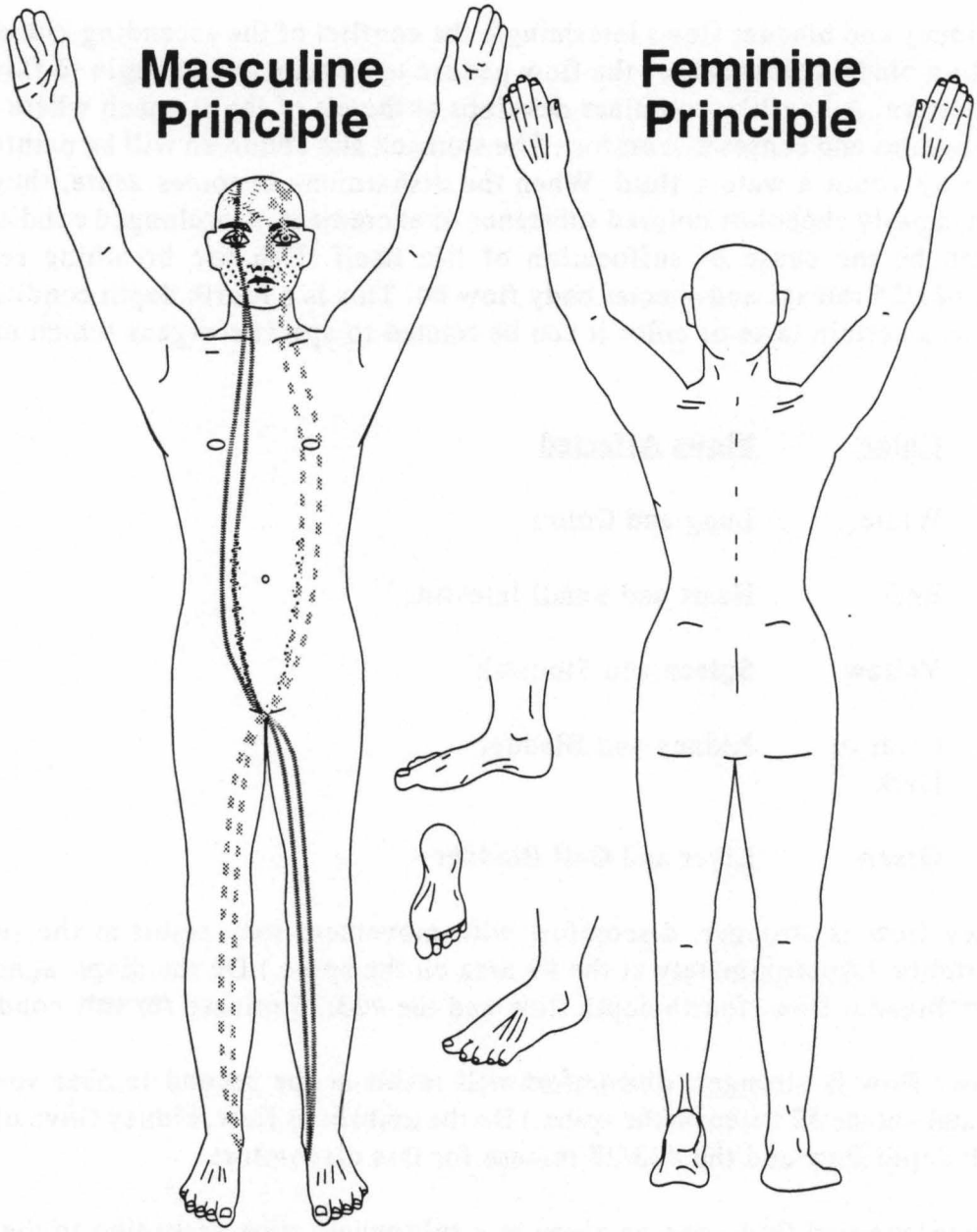
Taste	Color	Flows Affected
Acid	White	Lung and Colon
Bitter	Red	Heart and Small Intestine
Sweet	Yellow	Spleen and Stomach
Salty	Clear or Dark	Kidney and Bladder
Sour	Green	Liver and Gall Bladder

If the kidney flow is stronger, discomfort with movement may result at the seventh thoracic vertebra. (Approximately at the #9 area on the spine.) Do the diaphragm flow, kidney flow, bladder flow, fourth depth flow and the #23/25 release for this condition.

If the bladder flow is stronger, discomfort will result at the second lumbar vertebra. (Approximately at the #23 area on the spine.) Do the umbilicus flow, kidney flow, bladder flow, fourth depth flow and the #23/25 release for this discomfort.

The other intermingled flows can be given at a subsequent time according to the taste, color and the coordinated organ flow. The five element theory and the pulses will help to determine which organ is being affected.

REMARKS: Kidney flow stronger - 7th thoracic vertebrae is painful; stomach like a bag full of water; bladder flow stronger - 2nd lumbar painful; blood or gas; pressure from abdomen to back.

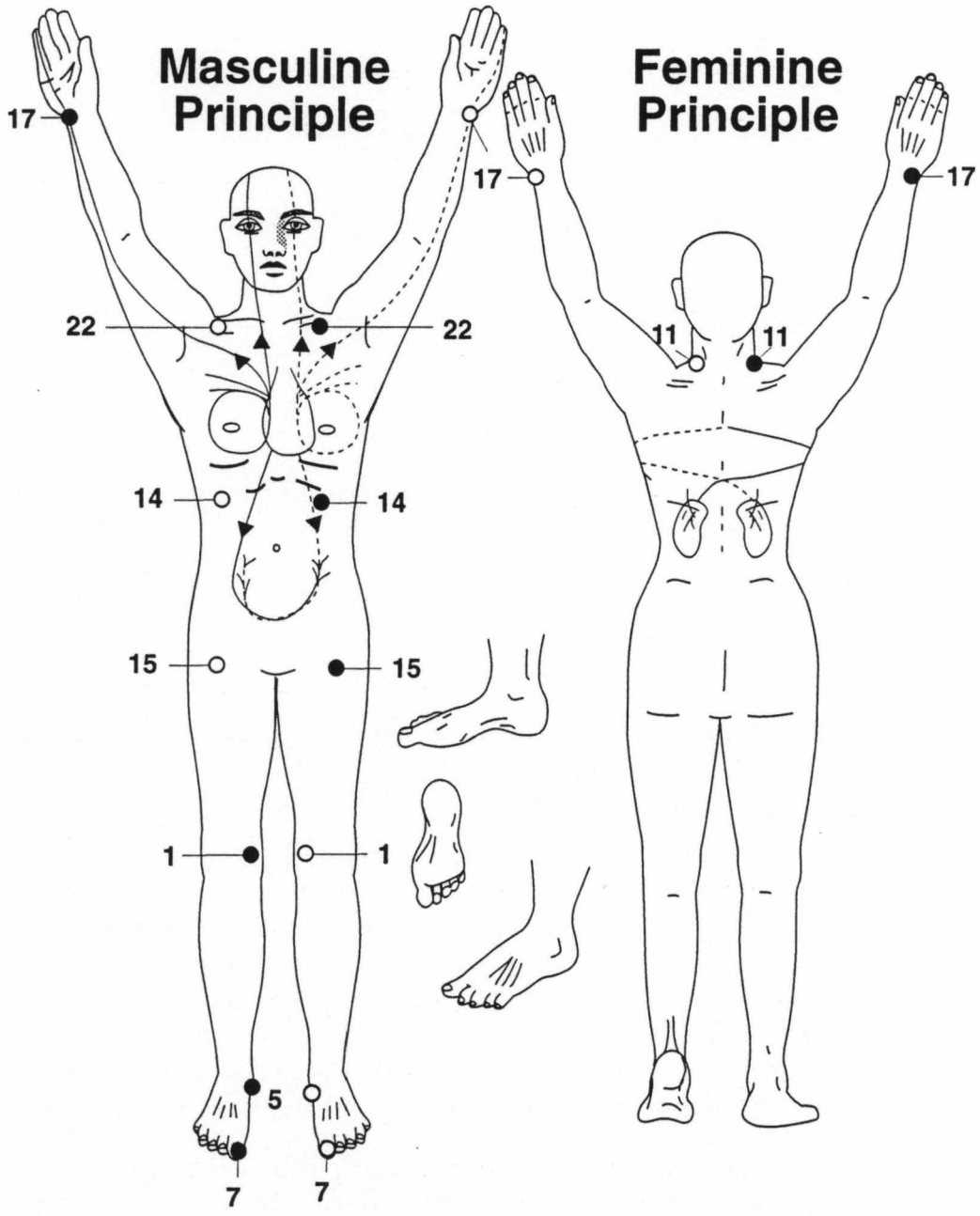

Masculine Principle
Feminine Principle

Kidney Flow Separates and Overflows - 15 Key

The kidney flow may separate into the blood flow and oxygen compressed flow. The blood flow ascends from the back of the big toes and will cause upward pressure at the pelvis, discomfort in the upper half of the chest, facial discomfort, festering, breaking out and forehead discomfort. The compressed-oxygen energy flow ascends from the feet and causes the pain of neuralgia in the lower abdomen, nausea and prickly pain. The pain of this condition is felt on the front of the body.

Pulse diagnosis of this condition may consist of heavy superficial pulses or heavy deep pulses with an accompanying heavy kidney pulse. Correct treatment for this condition is proper eating habits, umbilicus or diaphragm flow, kidney flow, fourth depth flow, fatigue flow and the #14 release. All of these cannot be given at one time but some can be given at a subsequent time.

Use the umbilicus flow for the prickling pain and neuralgia of the disorder of the compressed oxygen energy flow. Use the diaphragm flow for the festering disorders of the blood energy flow. Respiratory - #9 release, #11 and #25 release, middle toe (sole side). Vascular - #11 and #15 release, #14 release, diaphragm flow, middle toe (top side). This will harmonize the composition of the blood.


Masculine Principle
Feminine Principle
17
17
17
22
22
11
11
14
14
15
15
1
1
5
7
7

Deep flow, yin
Noon ascending, chest to hands
Begins: chest

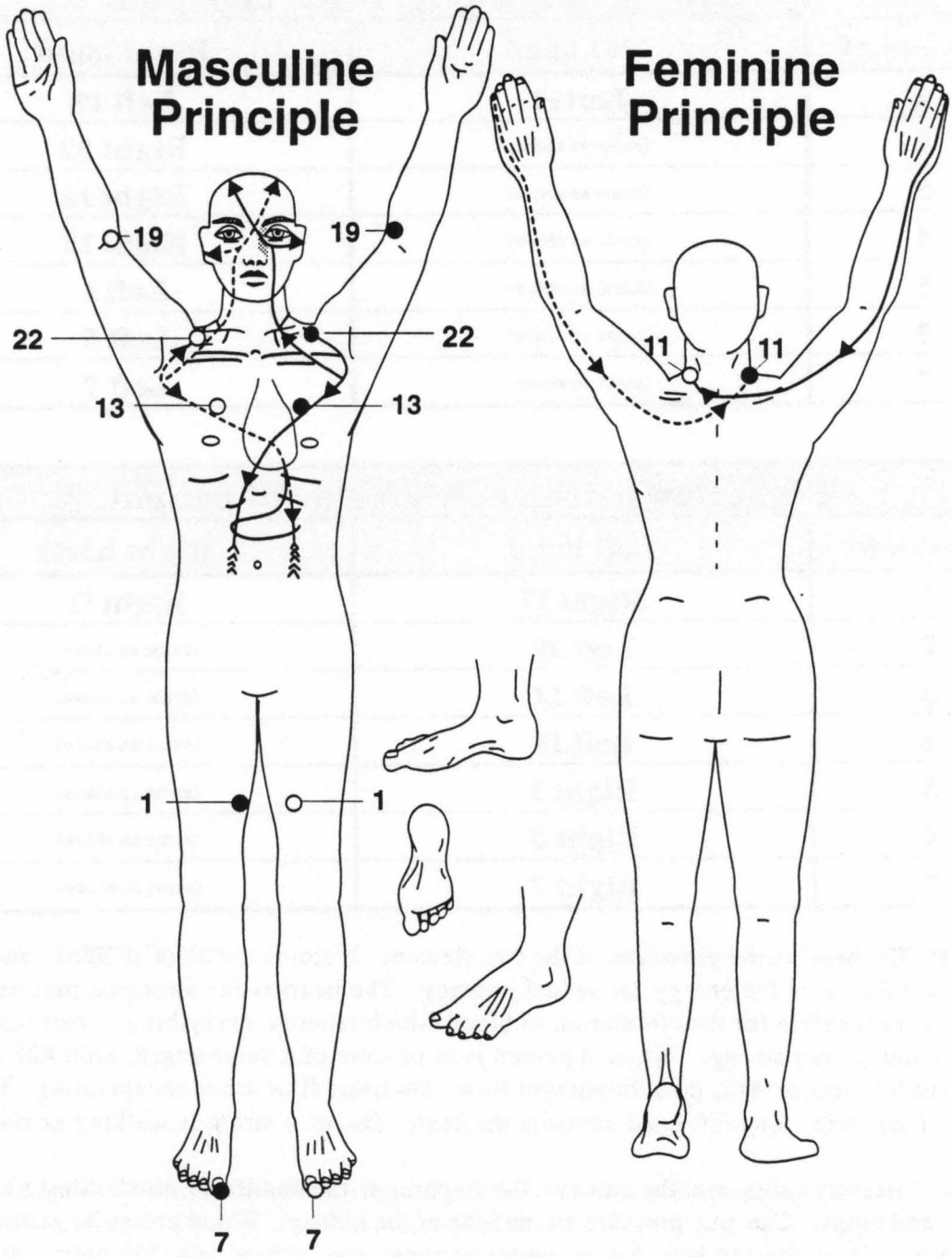
Left flow - sitting on right side of patient		
Movement	**Left hand**	**Right hand**
1	**Left 11**	**Left 17**
2	(same as above)	**Right 22**
3	(same as above)	**Right 14**
4	(same as above)	**Right 15**
5	(same as above)	**Left 1**
6	(same as above)	**Left 5**
7	(same as above)	**Left 7**

Right flow - sitting on left side of patient		
Movement	**Left hand**	**Right hand**
1	**Right 17**	**Right 11**
2	**Left 22**	(same as above)
3	**Left 14**	(same as above)
4	**Left 15**	(same as above)
5	**Right 1**	(same as above)
6	**Right 5**	(same as above)
7	**Right 7**	(same as above)

Remarks: The heart is the yin organ of the fire element. It stores the Shen or Spirit and is the Ministerial Fire. It is the energy for sexual potency. The heart is the strongest muscle in the body. It is responsible for the circulation of blood which records everything. Most perfect of all organs and is very strong. When a person is in process of a heart attack, hold #26's under arms or put left arm on #11, do a diaphragm flow. Do heart flow when recuperating. It is the Director of left side. The left hand controls the heart. Greatest strain is walking or running.

Relieves: Instantly splits into; the kidneys, the diaphragm, the umbilicus, small intestine, throat and eyes, and lungs. Can put pressure on the lobe of the kidney. Blood pressure, yellow eyes; heart strain; pain in chest to little finger, under or upper arm, elbow pain; hot palms, dry skin; circulatory problems; loses all enthusiasm and accepts defeat; pretense; covering up, cruelty; crying on inside, laughing on outside.

Self Help: Hold little finger or #17's. Wrap arms around yourself and hold the #26's. Can hold the #17 and same side #11 and opposite #15.


Masculine Principle
Feminine Principle
19
19
22
22
13
13
11
11
1
1
7
7

Deep flow, yang
2:00 p.m.; descending, hands to face
Begins: little finger

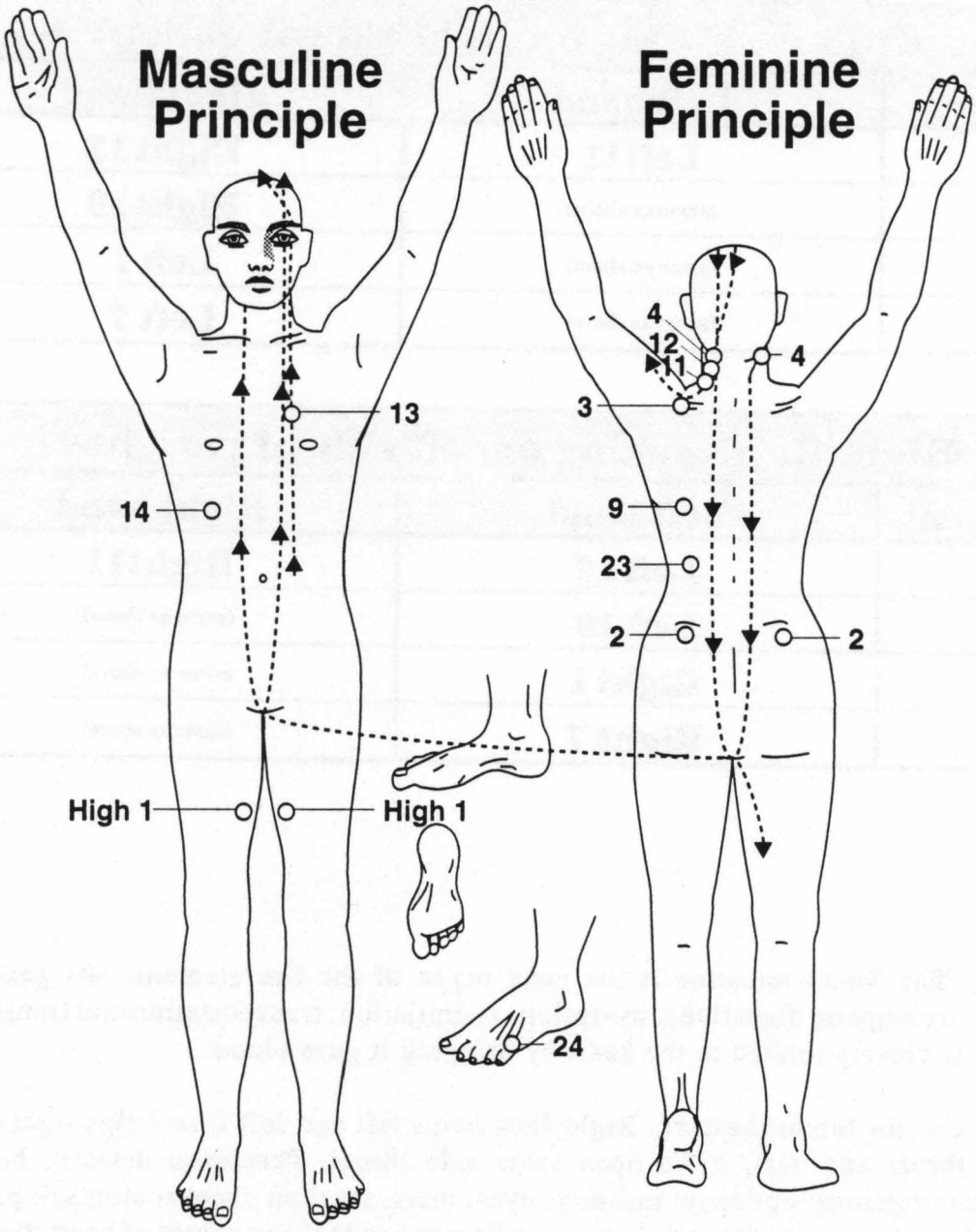
Left flow - sitting on right side of patient		
Movement	**Left hand**	**Right hand**
1	**Left 11**	**Right 13**
2	(same as above)	**Right 19**
3	(same as above)	**Left 1**
4	(same as above)	**Left 7**

Right flow - sitting on left side of patient		
Movement	**Left hand**	**Right hand**
1	**Left 13**	**Right 11**
2	**Left 19**	(same as above)
3	**Right 1**	(same as above)
4	**Right 7**	(same as above)

Remarks: The Small intestine is the yang organ of the fire element. Its general function is to complete digestion, absorption, assimilation, transportation and transformation. It is closely related to the heart by bringing it pure blood.

Relieves: Use for throat; hearing. Right flow helps left ear; left flow helps right ear; (Opposite throat and ear), #13's open same side throat. Parkinson disease; heart; deafness; convulsions; epilepsy; insanity; eyes, tears, swollen cheeks; stomach problems; eczema; migraines; pressure in head and neck; headache in center of head, fistula in the anus; colic; constipation (hold left 8) or diarrhea (hold right 8); stresses in ll's, #12's and #3's (must release); sciatica; back, hip and down back of leg; little finger; pretense; insecurity; perfectionist; greediness; timidity; feeling lack; lack of affection; crying on inside, laughing on outside; desire for life; loses all enthusiasm and accepts defeat; no ambition; cruelty.

Self Help: Hold little finger. Hold opposite #13 and #11 or hold high #19's.


Masculine Principle
Feminine Principle
13
14
High 1
High 1
24
4
12
11
4
3
9
23
2
2

Fifth Depth - Heart/Small Intestine - Left

Controlled by palm

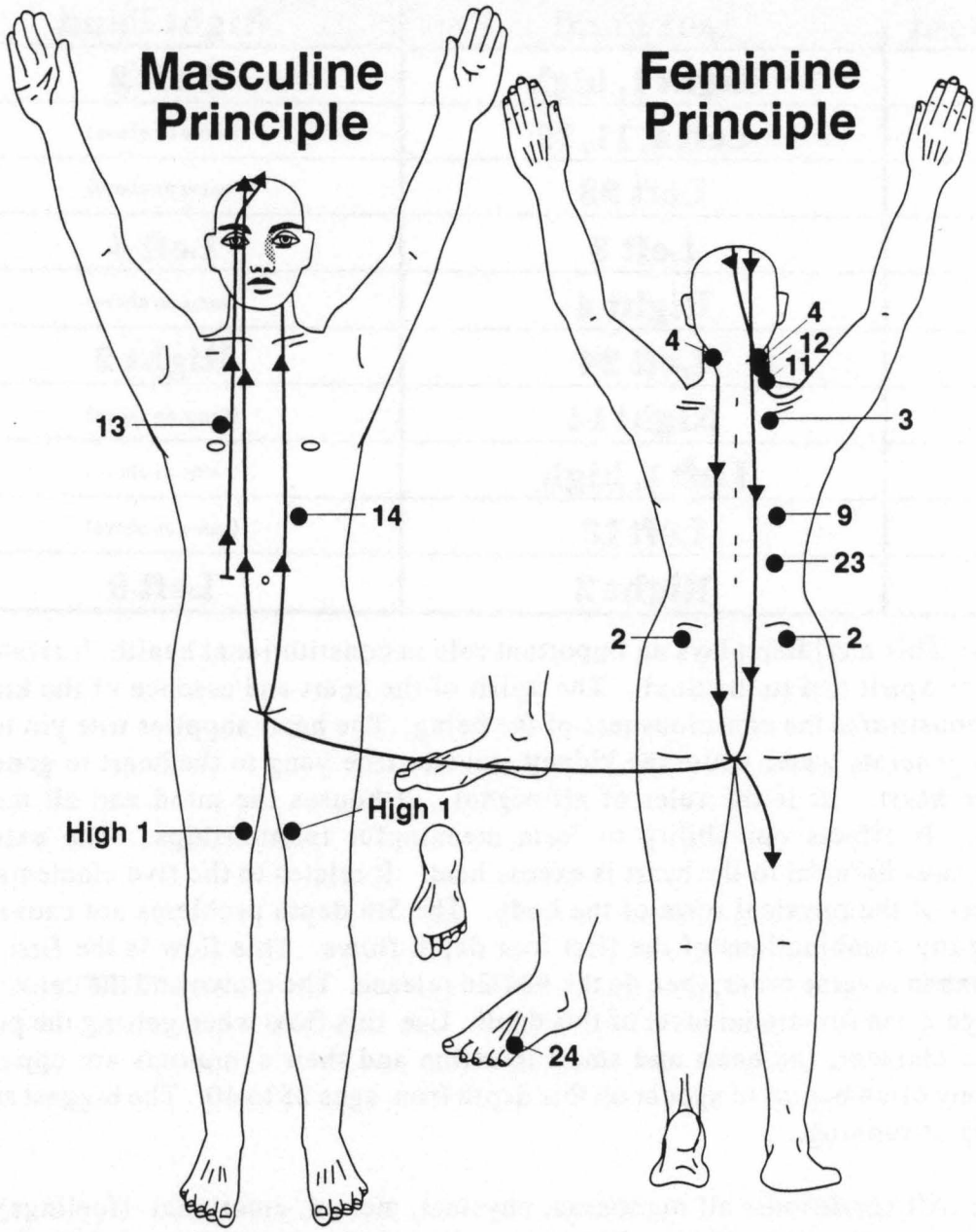
Combinations of all previous depths

Left flow - sitting on ~~left~~ right side of patient			
Movement	**Left hand**	**Right hand**	
1	**Right 1, high**	**Left 2**	4th depth
2	**Left 4, 11, 12**	(same as above)	
3	**Left 23**	(same as above)	
4	**Left 3**	**Left 4**	3rd depth
5	**Right 4**	(same as above)	
6	**Left 24**	**Right 2**	2nd depth
7	**Right 14**	(same as above)	
8	**Left 1, high**	(same as above)	
9	**Left 13**	(same as above)	
10	**Right 2**	**Left 9**	1st depth

Remarks: This meridian plays an important role in constitutional health. It relates to the Shen or Spirit and to the Soul. The Spirit of the heart and essence of the kidney together constitutes the consciousness of the being. The heart supplies true yin to the kidney to generate water while the kidney elevates true yang to the heart to generate fire in the heart. It is the ruler of all organs. It houses the mind and all mental activities. It affects our ability to form meaningful relationships. The exterior pathogen most harmful to the heart is excess heat. It relates to the five elements and five depths of the physical form of the body. The 5th depth problems are caused by intermingling combinations of the first four depth flows. This flow is the first four depths done in reverse order, then do the #24/26 release. The crown and the center #20 or third eye is the functional level of this depth. Use this flow when getting the pulses of the fire element; the heart and small intestine and their symptoms are apparent. Disharmony often begins to appear on this depth from ages 25 to 40. The biggest strain is walking or running.

Relieves: All conditions; all numbness, physical, mental, emotional (feelings) and Spiritual; tenseness; pain all over; The kidney, liver, spleen, umbilicus and diaphragm are very important for this depth as distress can become chronic; skeletal; heart; motor nerves. Vitalizes the pineal and pituitary gland; do this flow with the #24/26 which releases the muscles. Holding the high 1 and opposite #26 at the base of the scapula will go deeper than holding the High #1 and opposite High #19.

Self Help: Hug yourself and hold the #26's. Hold the umbilicus and #11 or #22 on same side.


Masculine Principle
Feminine Principle
13
14
High 1
High 1
24
4
4
12
11
3
9
23
2
2

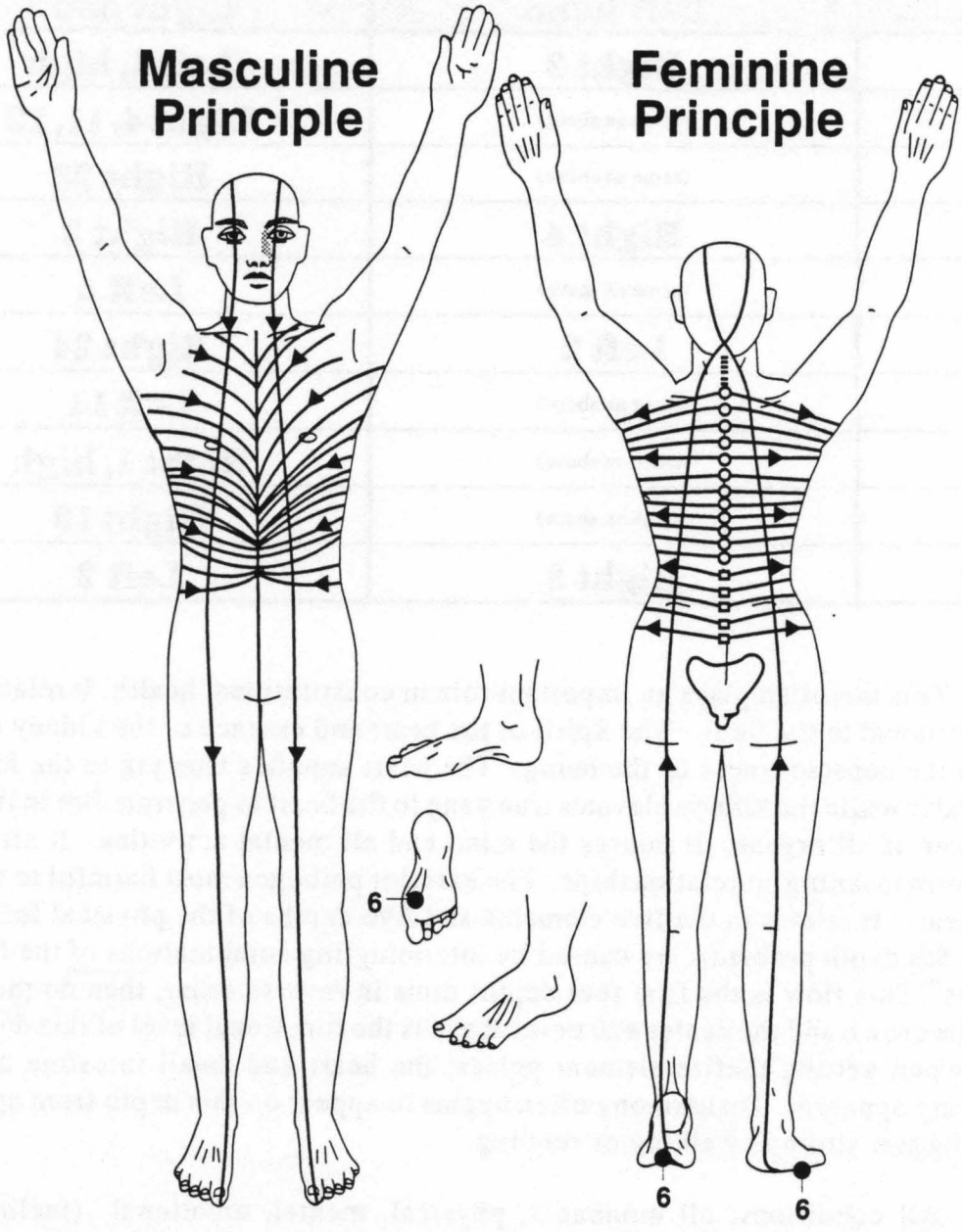
Controlled by palm
Combinations of all previous depths

Right flow - sitting on left side of patient		
Movement	**Left hand**	**Right hand**
1	**Right 2**	**Left 1, high**
2	(same as above)	**Right 4, 11, 12**
3	(same as above)	**Right 23**
4	**Right 4**	**Right 3**
5	(same as above)	**Left 4**
6	**Left 2**	**Right 24**
7	(same as above)	**Left 14**
8	(same as above)	**Right 1, high**
9	(same as above)	**Right 13**
10	**Right 9**	**Left 2**

Remarks: This meridian plays an important role in constitutional health. It relates to the Shen or Spirit and to the Soul. The Spirit of the heart and essence of the kidney together constitutes the consciousness of the being. The heart supplies true yin to the kidney to generate water while the kidney elevates true yang to the heart to generate fire in the heart. It is the ruler of all organs. It houses the mind and all mental activities. It affects our ability to form meaningful relationships. The exterior pathogen most harmful to the heart is excess heat. It relates to the five elements and five depths of the physical form of the body. The 5th depth problems are caused by intermingling combinations of the first four depth flows. This flow is the first four depths done in reverse order, then do the #24/26 release. The crown and the center #20 or third eye is the functional level of this depth. Use this flow when getting thefire element pulses; the heart and small intestine and their symptoms are apparent. Disharmony often begins to appear on this depth from ages 25 to 40. The biggest strain is walking or running.

Relieves: All conditions; all numbness, physical, mental, emotional (feelings) and Spiritual; tenseness; pain all over; The kidney, liver, spleen, umbilicus and diaphragm are very important for this depth as distress can become chronic; skeletal; heart; motor nerves. Vitalizes the pineal and pituitary gland; do this flow with the #24/26 which releases the muscles. Holding the high #1 and opposite #26 at the base of the scapula will go deeper than holding the High #1 and opposite High #19.

Self Help: Hug yourself and hold the #26's. Hold umbilicus and #11 or #22 on same side.


Masculine Principle
Feminine Principle
6
6
6

Fifth depth level

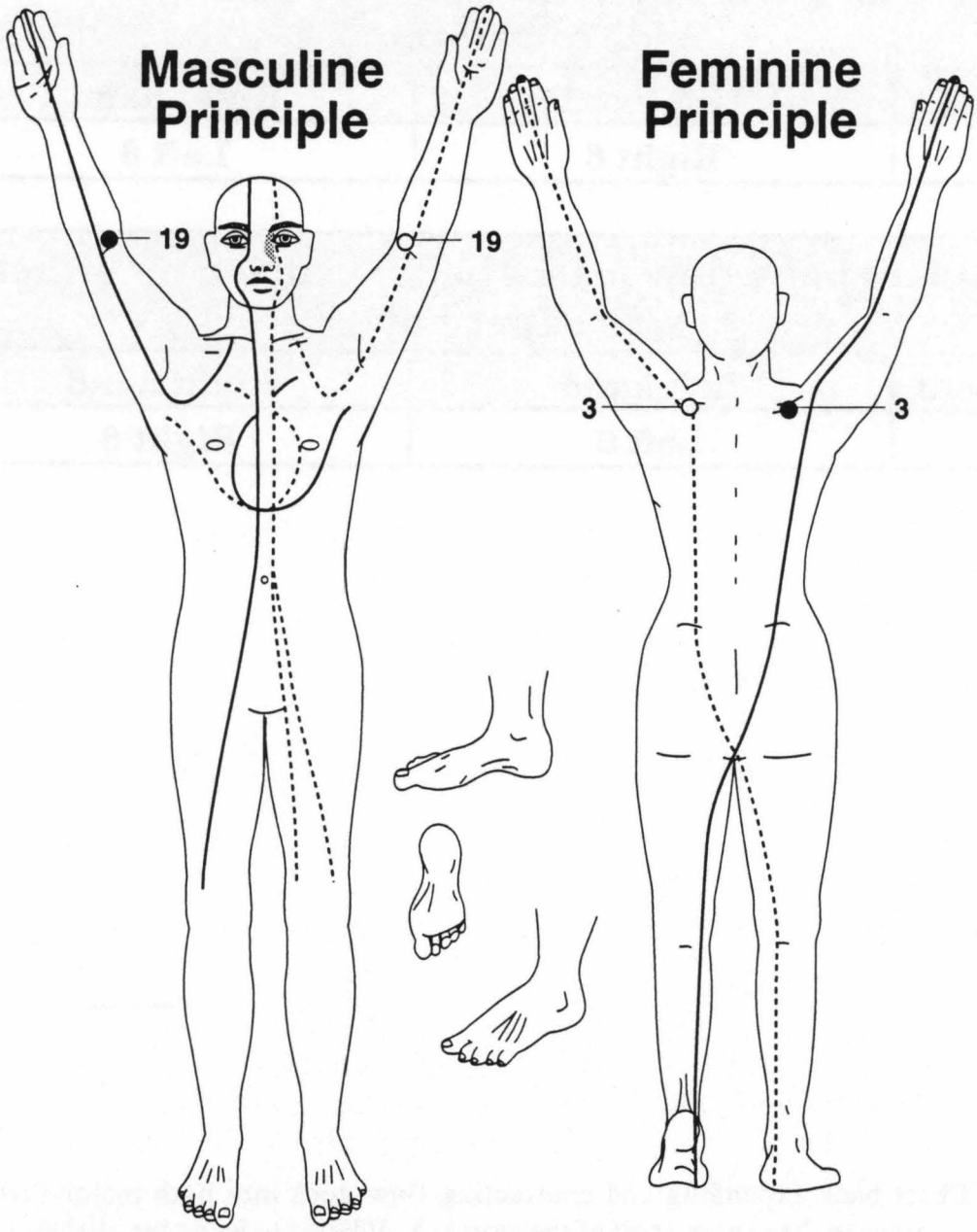
Shoulders forward flow (eases chest) - sitting on either side of patient		
Movement	**Left hand**	**Right hand**
1	**Right 6**	**Left 6**

Shoulders back flow (eases back) - sitting on either side of patient		
Movement	**Left hand**	**Right hand**
2	**Left 6**	**Right 6**

Remarks: Chest back expanding and contracting flow goes into both major vertical flows after it comes to the center or pit of the stomach . It helps to bring the skeleton into balance. It adjusts the posture; when the head and shoulders are pulled forward and when they are pulled back and the shoulders are pulled up. This flow correlates with the fifth depth flow.

Relieves: Heart, motor nerves, skeletal systems, humpback - release pubis and #15's.

Self Help: Hold the bottom of the feet at the #6's, then reverse your hands and hold them again.


Masculine Principle
Feminine Principle
19
19
3
3

Fifth Depth Correlation
Arteries - Blood

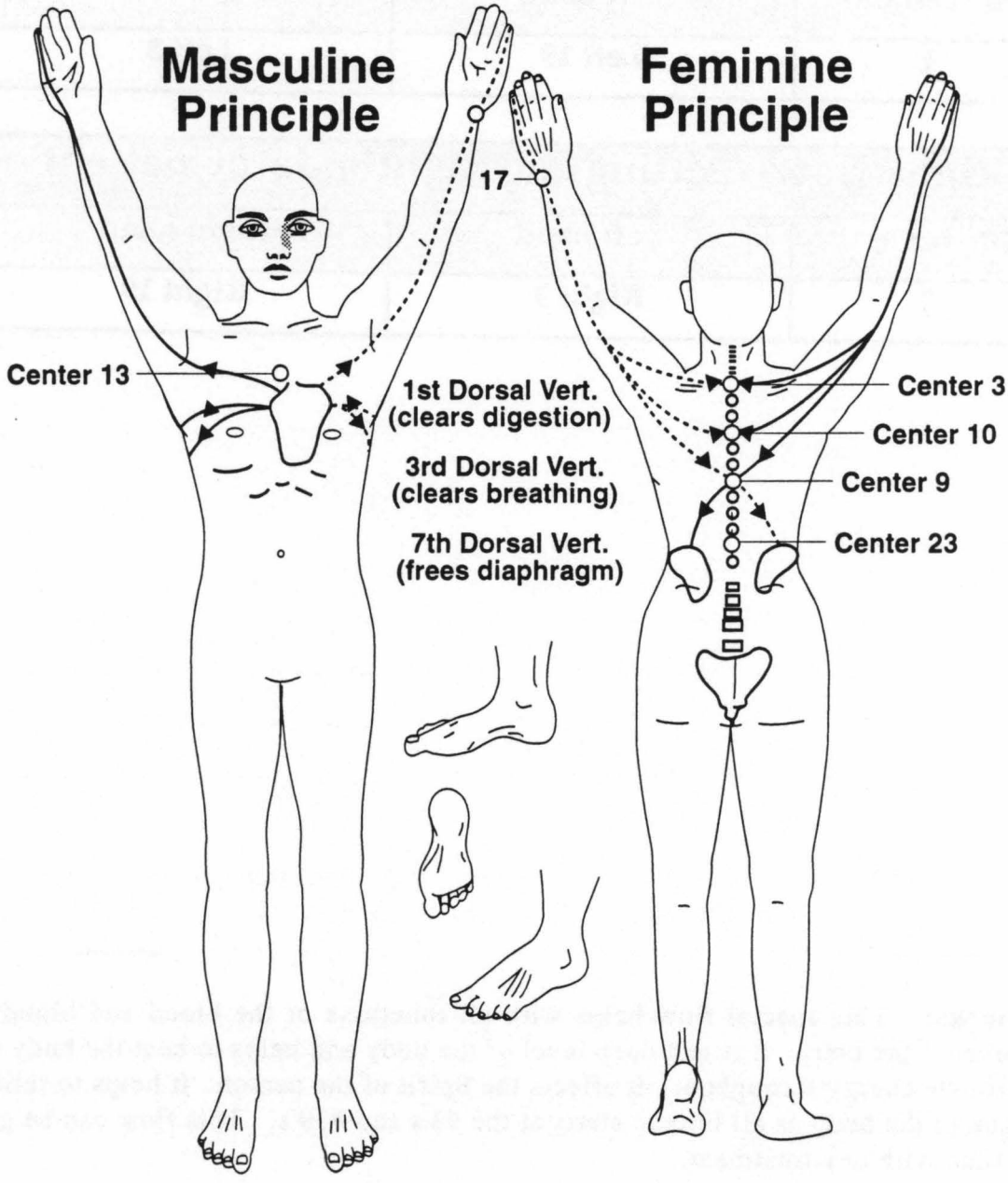
Left flow - sitting on Left side of patient		
Movement	Left hand	Right hand
1	Left 19	Left 3

Right flow - sitting on Right side of patient		
Movement	Left hand	Right hand
1	Right 3	Right 19

Remarks: This special flow helps with all functions of the blood and blood vessel systems of the body. It is at a deep level of the body and helps to heat the body as well as provide energy throughout. It affects the Spirit of the person. It helps to relieve the fatigue in the body as all fatigue starts at the #3's and #19's. This flow can be given at any time with any treatment.

Relieves: Daily fatigue can intermingle and affect the twelve organ flows which causes the joints, arms and legs to be affected as energy cannot circulate. The result can cause problems in the joints; Arthritis and rheumatism; insomnia; stagnation; immobility and hardening of joints; bursitis.

Self Help: Hold little finger. Hold #3 and #19 on same side.


Masculine Principle
Feminine Principle
17
Center 13
1st Dorsal Vert. (clears digestion)
3rd Dorsal Vert. (clears breathing)
7th Dorsal Vert. (frees diaphragm)
Center 3
Center 10
Center 9
Center 23

Heart and Small Intestine
All Deep Flows are Heavy
Flows Intermingle

Left flow - sitting on Left side of patient		
Movement	Left hand	Right hand
1	Left 17	Center 3
2	(same as above)	Center 10
3	(same as above)	Center 9
4	(same as above)	Center 23
5	(same as above)	Center 13

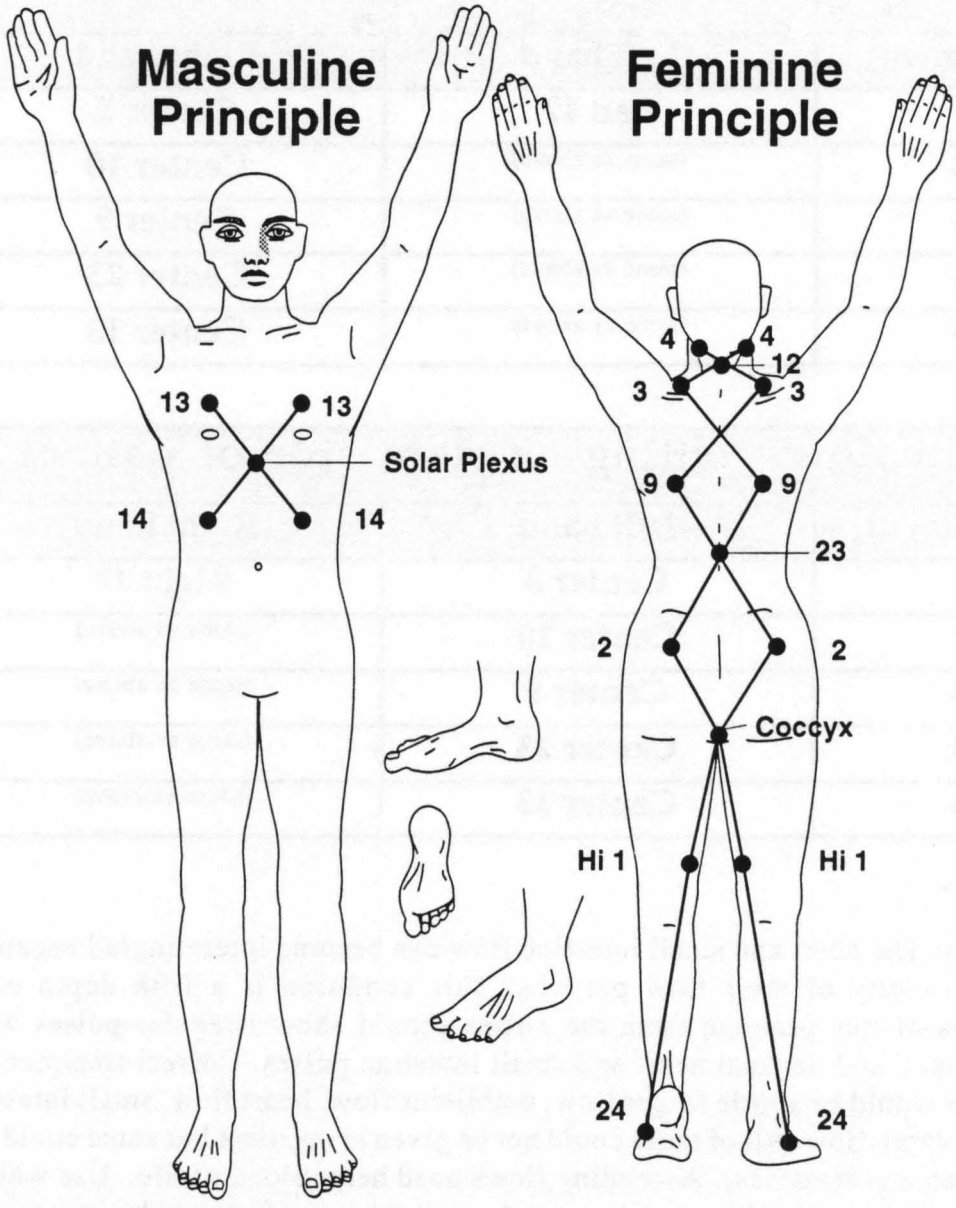
Right flow - sitting on right side of patient		
Movement	Left hand	Right hand
1	Center 3	Right 17
2	Center 10	(same as above)
3	Center 9	(same as above)
4	Center 23	(same as above)
5	Center 13	(same as above)

Remarks: The heart and small intestine flow can become intermingled because of the close proximity of their flow patterns. This condition is a fifth depth condition. Diagnosis of this problem from the pulses should show irregular pulses with deep pulses heavy and unusual heart and small intestine pulses. Correct treatment for this condition would be a little finger flow, umbilicus flow, heart flow, small intestine flow and fifth depth flow. All of these could not be given at one time but some could be given at a subsequent treatment. Ascending flows need help; blood of life. Use when pulses indicate intermingling between heart and small intestine flows; release intermingling where two flows meet.

Relieves: Heart problems; throat problems; swollen cheeks, protruding eyeballs, appendicitis, pain at the solar plexus, shoulder, upper and front of arm, elbow, hot palms, cold feet, sore knees.

Self Help: Heart attack: hold #17 and raise arm and hold #3 or #11 same side. Relieve tense or sensitive spots in under arm, hold wrist with fingers pointing toward hand.

Fifth Depth Movement When Left & Right Are Shown



ARTERIES - HARDENED: #23 & 25 release; #15 release; #3 release

ARTHRITIS: diagonal flow; main central vertical flow; diaphragm flow; special body flow #3; cross hands, place palms on floor and place both feet over hands; hold 2-5 minutes, then place hands palm down on opposite feet; #5, 6, 7, 8 release; center front of wrist

ASSIMILATION: #5, 6, 7, 8 release; #14 release

ASTHMA: lung flow; breathing flow; intermingling flow - 3rd method of correction; leg release; #13 release; #3 release; hold #11's and #15's; also check right #10, right #2, left #8 - lung and kidney disharmony; ATTACK: hold thumb or big toe firmly then when attack settles down do #14 release to reconnect waist up with waist down; 2nd depth

AUDITORY PROBLEMS: #4 release

AUTISTIC: kidney flow, stomach flow, spleen flow, #10 release, #20, 21, 22 (paralysis on right)

AUXILIARY FLOWS (5) - #13, #14, #15, #16, #17

AWARENESS: #20, 21, 22 release

BABIES, NEW: 1st depth, balancing right and left major vertical flow; check 26 & 9; hold #2's to clear; umbilicus flow; if a condition is taken care of in first year, it can be reversed. If not, it will take at least 7 years or more. If sucks thumb, saying "I need help." Needs digestive help. Helps vascular system, nervous system. If sucks ring finger, needs deeper help. Check depth flows for problem. A baby has been fully indoctrinated by the environmental, mental vibrations at 7 months. How to hold: at #9's and bottom; #13 release, #10 release. Critical problems - treat daily for one year

BACK PAIN: bladder flow, release #5, 6, 7, 8, release #9; check #11, 12 and 15 release; tension: spinal flow; stiffness: heart flow; knots in: release #2, 23, 13, #19's; intermingle flow - 1st method; hunchback: special body #4 flow; chest-back opening flow; alignment of spinal curvature: special body #4; kidney flow (janitorial system); breathing flow; dizziness flow; #16, 17, 18, 19 release; vertical harmony flow, points on front of body and flows going down; stress - hold #15 and #11. When you work on back, you work on everything

BACK, UPPER: high #19's and dig around to find taunt area

BALANCE: hold #25's for 20 minutes each day; #3 release; #5, 6, 7, 8 release; #16, 17, 18, 19 release

BALDNESS: treat stomach as weak stomach condition is cause; kidney flow

BEDWETTING: #19's, bladder, kidney

BEHAVIOR PROBLEM: tells us what the person's needs are

BELCHING: #14 release

BLACKOUTS, DIZZINESS, UNCONSCIOUSNESS, COMAS: diagonal flow; release #4 and #1

BLADDER: bladder flow; release #15's, #13's, #2's, #8's; 4th depth flow; eye release

BLEEDING: in expectorant: kidney flow; in stool: step on #24 knees crossed; intermingling flow - 3rd method; kidney flow; bladder flow; release #23-25; abdomen: opposite high 1 and opposite #24; in urine: release #3, #10, #9, #23 and pubic area; open wounds: stop bleeding, right on bottom, left on top; pull out splinter or drain pus, etc.; left on bottom, right on top

BLOAT: release back #9's, #lO's, #3's, #23's, #25's, #2's, and all #15's and #8's: HOLD #l's with opposite hands; #20, 21, 22 release; hold #22 and opposite #3

BLOOD: #16, 17, 18, 19 release; #23 & 25 release; major vertical flow; #3 conditions; 5th depth

BLOOD PRESSURE: high: release #10, release #20, 21, 22; #16, 17, 18, 19 release; blood conditions: release #23-25, eye release, #12, #2, hold #9 and same side coccyx, #l9's or high #l9's

BLOOD SUGAR: release #14 and #23, 1st depth

BLOODY BM: release #15's and #25's; step on #24's, knees crossed

BODY: Yellow: stomach flow, heavy; spleen flow; balance #3 release; toning: #9 release; chemistry balance - 4th depth

BONE PROBLEMS, BREAKS, ETC.: kidney flow, bladder flow, release #15; structure: 1st depth; marrow: 4th depth

BOWELS, COLON, SMALL INTESTINE: adjustment; intermingling flow 2nd method of correction

BRAIN: main central vertical flow; fatigue flow; stomach flow; heart flow; diaphragm flow; gall bladder flow; liver flow; release #4, 12, 11, 13, 20, 21, 22, 19; #15 release; right brain - imagination; left brain - logic

BREASTS: pain under: gall bladder flow; lumps and/or tension: release #14, 16, 17, 18, 19; #24/26, heart, lung; #l9's also for cancer; leg pain release; #13 release; feeding: center back of wrist

BREATHING: lung flow; breathing flow; hold #11 and #25; hold under armpits; hold middle finger and 3rd thoracic vertebrae (middle 3); hold high #l's; hold high #l9's and opposite #1 high - lungs, mental stress, clear shoulders; holding fingers takes stress out of #ll's and #3's; breathing properly activates metabolism, harmonizes organs, emotional stability, thoughtful, all embracing, loving personality; shallow breathing - inactive metabolism, incoordination, anxiety, instability, frustration, fears; breathing moves old out and brings new in; total philosophy and psychology of life, give and receive; clear lungs - #18's and #l9's; #10 release; #13 release; helps ascending and descending flows; relax shoulders; inability to catch breath may be liver problem

BRONCHITIS: lung - breathing flow, #3 release; intermingling flow
3rd method of correction; #20, 21, 22 release

BRONCHIAL-PNEUMONIA: #10 release; lung flow; #3 release; 3rd method of correction; second method of correction; first method of correction

BRUISES: push in on center

BUNIONS: hold #9's and low #8's

BURSITIS: special body flow #4; 2nd depth; opposite #10; #3, 4, 11, 12 release; #11 & 12 release; #26 release; left bursitis work on right #12; arms, hand and elbow problems

BURNS: hand above burn (without touching) pull pain down body; left on bottom, right on top until you can touch

BUTTOCKS: kidney flow; hip flow

CALLUSES: on feet: intermingling flow - 3rd method of correction, hold #9; on hands: hold #9, #3, #26; #9 release

CANCER: release #16, 17, 18, 19; ankle flow; kidney flow; hold #7's

CANKER SORES: high #1 and opposite #21 (cross hands); stomach flow

CHEEKS SWOLLEN AND SORE: large intestine same side; small intestine flow; sore: diaphragm flow; stomach flow

CHEST: vertical harmony flow; congestion: lung flow; breathing flow; full and tight: #5, 6, 7, 8 release; #9 release; liver flow; Pain in: gall bladder flow; common ailments flow; enlarged: release #9; choking: release #13; raise chest: special body #4; full or swollen chest: release #16, 17, 18, 19; strangulation: hold middle finger, #l; opens: #9 release; #20, 21, 22 release

CHILDBIRTH: high #l's

CHILDREN'S DISEASES: lung tension flow-all methods; #3 release

CHILLS: small intestine flow; gall bladder flow; kidney flow; bladder flow

CHIN: small intestine flow; gall bladder flow; large intestine flow

CHOKING: #l release

CHOLESTEROL IMBALANCE: #23 & 25 release

CHOLIC: hold #14's and wear socks

CIRCULATION: main central vertical flow; heart flow; diaphragm flow; #23 & 25 release; #5, 6, 7, 8 release; #10 release

DEPRESSION: stomach flow; liver flow; gall bladder flow; 1st and 3rd depth

DIABETES: #23 & 25 release; spleen flow; stomach flow; #9 release; #14 release

DIAGNOSIS DIFFICULT: diagonal flow (intermingling); dizziness flow; #24 - 26 release; main central flow

DIAPHRAGM: #9 release; diaphragm flow; #4 release

DIARRHEA: special body flow #1 - left side; right #8; left colon flow

DIGESTIVE PROBLEMS: stomach flow; spleen flow; gall bladder flow; liver flow; small intestine flow; release #13; hold #21; hold thumb; hold middle finger; #11 & 12 release; #20, 21, 22 release; #23 & 25 release; #9 release

DISC PROBLEMS: kidney flow; bladder flow; 4th depth flow; vertical harmony flow; spinal nerve flow

DISHARMONY: main cause - minor diagonal

DYSLEXIA: 3rd and 4th depth; #l's and #12's

DIURETIC: #23 & 25 release; #5, 6, 7, 8 release; kidney flow; bladder flow

DIVITICULITIS: kidney flow, colon flow

DIZZINESS: kidney flow; diagonal flow; release #4, #8, #20, 21, 22; hold #12's

DROWSINESS: #5, 6, 7, 8 release; #16, 17, 18, 19 release

DRUGS: including coffee: liver flow

DRUNK: passed out: release #4

DYSENTERY: special body flow #l

EARS: ringing and back of ears sore: umbilicus flow; common flow; release #20, 21, 22; 4th depth correction; release #13; ring finger - right ear, little finger hard - left; #10 release; 4th depth; #l9's - skeletal, muscular, vascular, nervous system; babies: right hand holds #2; left hand holds between #26 & #9 on opposite side; #13 release, toe flows, major central vertical flow; diaphragm flow; hold little finger or thumbs for breast feeding, pregnancy, skin surface conditions

EATING: #23 & 25 release

ELBOWS: ache: lung flow; heart flow; triple warmer flow; diaphragm flow; little finger flow; small intestine flow; : hold index finger same side; tendonitis: hold opposite #ll's; #16, 17, 18, 19 release

ELIMINATION PROBLEMS: shoulder tension; #9; #10; #3; colon; bladder; #5, 6, 7, 8 release

PULSES: general information: when the pulses are generally light on the left side - think of the liver; when the pulses are generally light on the right side - think of the lungs; when the pulses are generally light - think of the spleen; the kidney is thought of as the battery of the body, therefore it is never sedated. It has yin points and yang points. Must be sure to balance the yin and yang. Inflammation - wiry, racy, yang. Deep heavy: #10 release or umbilicus; weak pulses: fatigue flow; spleen flow; generally heavy Pulses: vertical harmony flow; superficial pulses heavy: #15 release or diaphragm flow

RECTAL PROBLEMS: #5, 6, 7, 8 release; kidney flow; bladder flow; hold side of rectum and opposite #8; 4th depth

REGENERATION: #5, 6, 7, 8 release; #23 & 25 release

REPRODUCTIVE ORGANS: release #13's; special body #2 flow; release #15, 8, 2, hold #8's and #15's and high #l's, open pubes; hold #5's and #16's; gall bladder flow; kidney flow; liver flow; spleen flow; #5, 6, 7, 8 release; hold #11 and opposite #8

RESPIRATION: #10 release; lung flow; breathing flow; joint of upper arm; #3; 3rd thoracic and middle finger

RHEUMATISM: special body #3 flow; special body #5 flow; #16, 17, 18, 19 release; #24 & 26 release

RIBS PROTRUDING: #16, 17, 18, 19 release

RING FINGER: diaphragm flow; lung flow; umbilicus flow; grief, unable to smile and be happy, respiratory, worldly functions gives energy to all organ flows; deep energy walks up - shows accumulation of water in body - hold center of palm

SACRO-ILIAC STRAINS: #23 & 25 release; #2 release; #15 release

SAD: #15 release

SCHIZOPHRENIA: release #14; stomach flow; spleen flow

SCIATICA: hip flow; release #2; leg pain release; vertical harmony flow; opposite shoulder stress; #11 and #12

SCOLIOSIS: vertical harmony flow; spinal nerve flow; major vertical supervisor flow; do point release on each where spine is pushing through

SEIZURE: toes & #14's; thumbs & #7's; stomach flow; blocked #14's if chronic #14 release & #23/25 release

SENILITY - 5th depth

SEX ORGANS: diaphragm flow; umbilicus flow; #5, 6, 7, 8 release; kidney flow; bladder flow; #11 & 12 release; #15 release; #23 & 25
SEXUAL EXCESS: main central vertical flow; kidney flow; release #13

SHINGLES: main central flow; stomach flow; bladder flow; spleen flow ; #23 & 25 release

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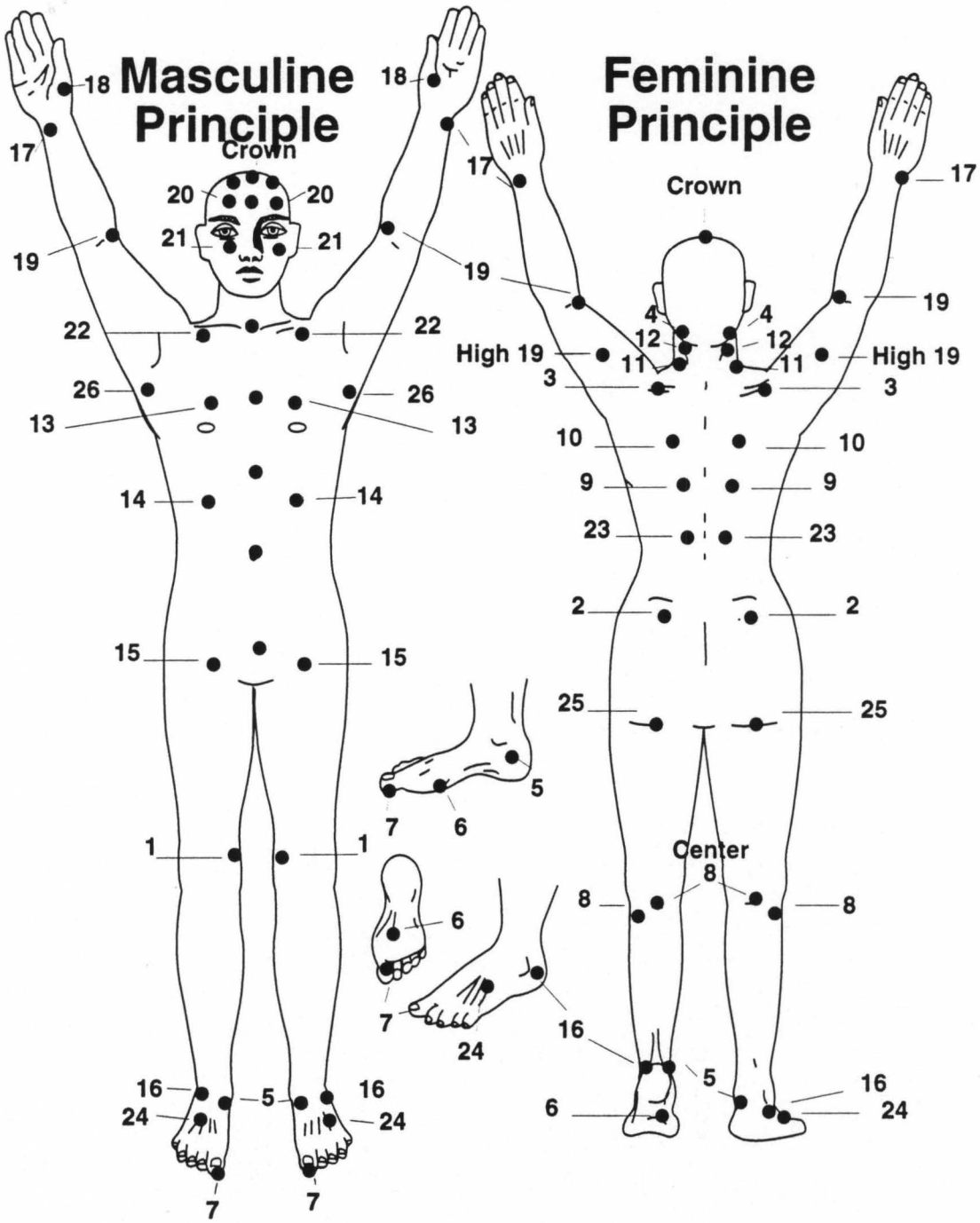

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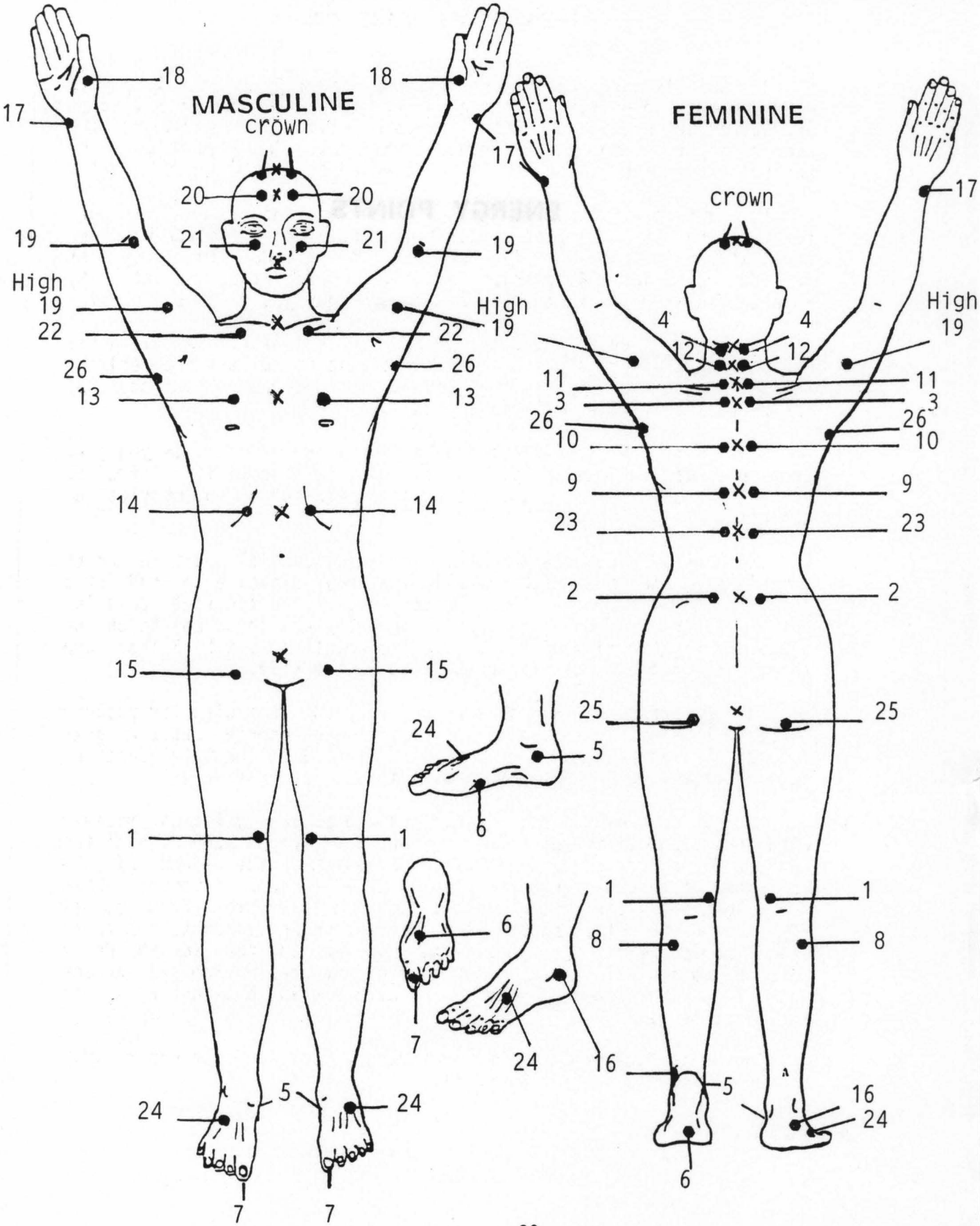
MASCULINE
crown
FEMININE
crown
High
High
High