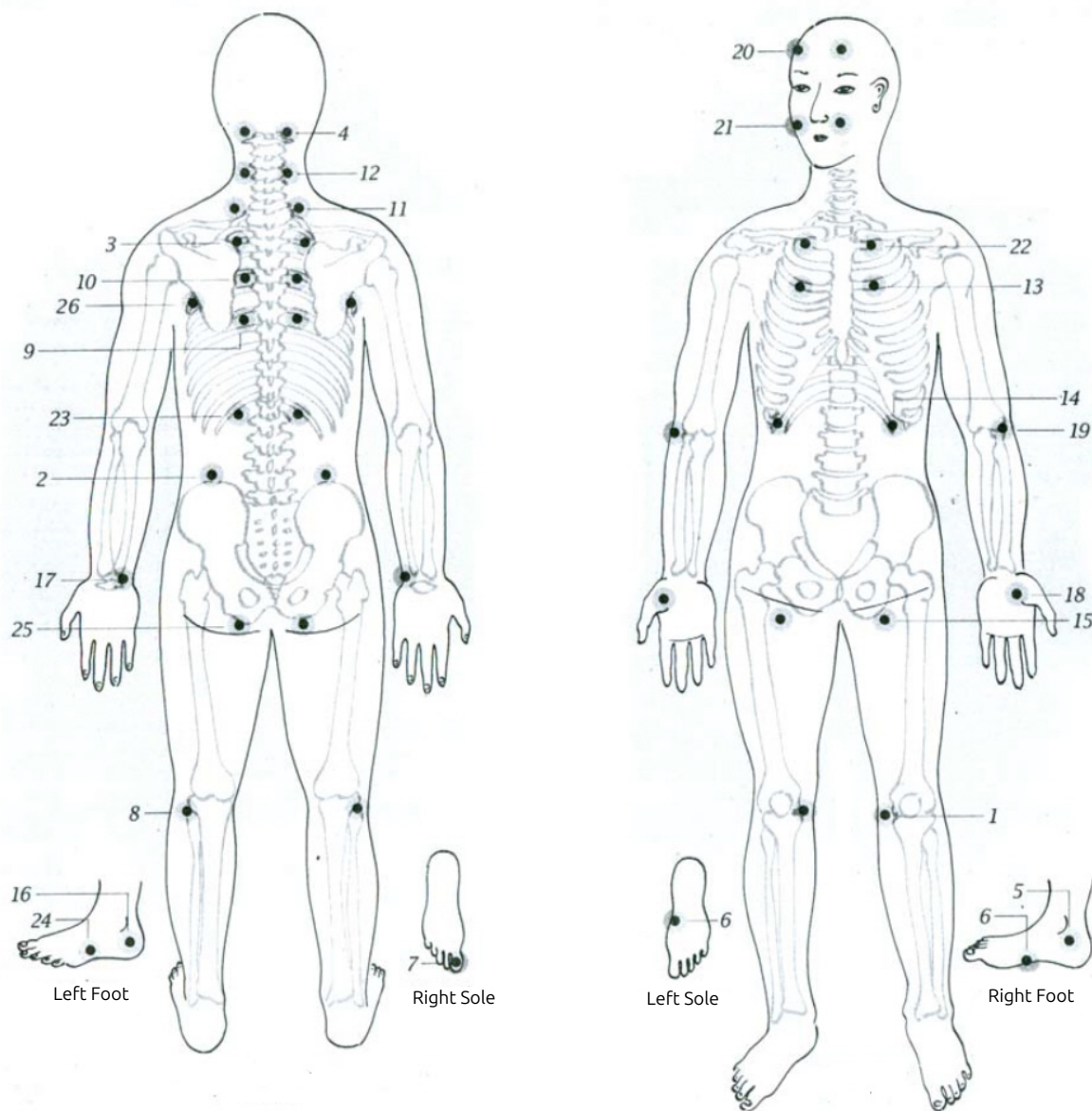


Anchor Steps of the Organ Flows for Daily Energy Hygiene



	<i>Left Flow</i>		<i>Right Flow</i>	
	<i>LH</i>	<i>RH</i>	<i>LH</i>	<i>RH</i>
Liver	L4	R22	L22	R4
Gallbladder	L12	R20	L20	R12
Lung	L14	L22	R22	R14
Large Int.	R11	LF2	RF2	L11
Heart	L11	L17	R17	R11
Small Int.	L11	R13	L13	R11
Kidney	Coccyx	LT5	RT5	Coccyx
Bladder	L12	L25	R25	R12
Spleen	L5	Coccyx	Coccyx	R5
Stomach	L22	L21	R21	R22
Diaphragm	R19	L14	R14	L19
Navel	R20	L19	R19	L20