

YOUR ENERGETIC MERIDIAN BODY:

Your **Governing Meridian** begins at the base of your Spine, then goes up your back, over your head, down your face and ends at the base of your nose.

3 MERIDIANS DESCEND THE INSIDE OF YOUR ARMS:

Your **Heart Meridian** begins in your arm pit (see circle), goes down the inside of your arms and ends at the inside of your little finger near the nail.

Your **Pericardium Meridian** begins near your nipple, curves up and then goes down the inside of your arms, and ends at the tip of your middle finger.

Your **Lung Meridian** begins in the valley where your arm meets your torso. It goes down the inside of your arm and ends at your thumb.

3 MERIDIANS DESCEND YOUR BACK, BUTTOCKS AND OUTSIDE YOUR LEGS TO YOUR FEET:

Your **Bladder Meridian** begins at the corner of your eyes, goes up over your head, down your back, buttocks and legs to your little toe.

Your **Gall Bladder Meridian** begins at the outside edge of your eyes, loops back and forth over the side of your head, and then zigzags down your side and outside of your legs to your fourth toe.

Your **Stomach Meridian** begins under your eyes, goes down your chest through your nipples and down the outside of your legs to your second toe.

Your **Conception Meridian** begins at your lower jaw, descends the front of your torso to the base of your spine.

3 MERIDIANS ASCEND THE OUTSIDE OF YOUR ARMS:

Your **Small Intestine Meridian** begins at your little fingers, goes up the outside of your arms, over your shoulders and ends in front of your ears.

Your **Triple Warmer Meridian** begins at your ring fingers, goes up the outside of your arms, over your shoulders and around your ears to the tip of your eyebrows.

Your **Large Intestine Meridian** begins at your Index finger, goes up the outside of your arms, over your shoulders to the edge of your nostrils.

3 MERIDIANS BEGIN IN YOUR FEET, ASCEND THE INSIDE OF YOUR LEGS, THEN GO UP YOUR ABDOMEN AND CHEST:

Your **Kidney Meridian** begins at the bottom of your feet, goes up the inside of your legs to your groin, then straight up your chest to just below your collar bones.

Your **Liver Meridian** begins on the inside of your big toe, goes up the inside of your legs to your 11th rib.

Your **Spleen Meridian** starts on the outside of your big toe, goes up the inside of your leg then up the outside of your torso near your armpit then descends down your side to your 12th rib.

