

The Big Picture

	Lu	LI	St	SP	Ht	SI	UB	Ki	P	SJ	GB	Liv	Ren	Du
Xi- Cleft Point Acute pain in immediate channel area	6	7	34	8	6	6	63	5	4	7	36	6	---	---
Luo Point Internally/externally related	7	6	40	4	5	7	58	4	6	5	37	5	15	1
Source Point Encourages movement in meridian	9	4	42	3	7	4	64	3	7	4	40	3	---	---
Mu Point alarm point	Lu 1	St 25	Ren 12	Liv 13	Ren 14	Ren 4	Ren 3	GB 25	Ren 17	Ren 5	GB 24	Liv 14	---	---
Shu Point Correspondence to organ	UB 13	UB 25	UB 21	UB 20	UB 15	UB 27	UB 28	UB 23	UB 14	UB 22	UB 19	UB 18	---	---
Entry Point	Lu 1	LI 4	St 1	Sp 1	Ht 1	SI 1	UB 1	Ki 1	P 1	SJ 1	GB 1	Lv 1		
Exit Point	Lu 7	LI 20	St 42	Sp 21	Ht 9	SI 19	UB 67	Ki 22	P 8	SJ 22	GB 41	Lv 14		

8 Influential Points	
Zang Organs	Liv 13
Fu Organs	Ren 12
Qi	Ren 17
Blood	UB 17
Sinews	GB 34
Marrow	GB 39
Bones	UB 11
Vessels	Lu 9

Window of the Sky Points	
UB 10	*P 1
St 9	*Ren 22
SJ 16	*Du 16
LI 18	*SI 16
Lu 3	*SI 17

Twelve Officials of the Court		
Ht	King	Source of shen and clear insight
Lu	Minister to King	Receives the pure Qi from Heaven
Liv	General	Sets strategy
GB	Judge	Decisions of courage & wise judgement
P	Messenger for King	Protects the King
Sp	Official	In charge of Grainery, transform & transport
St	Official	In charge of Grainery, rotting & ripening
LI	Official	Drainage
SI	Receiving Official	Separates the pure from the impure
Kid	Minister of Health	Strength of body, controls water
SJ	Irrigation Official	Water channels balance & harmony
UB	Minor District Official	Controls storage of water & excretes fluids

Muscle Meridian Meeting Points	
3 arm yang	GB 13
3 arm yin	GB 22
3 leg yang	SI 18 or St 3
3 leg yin	Ren 3

4 Command Points	
Abdomen	St 36
Head & back of neck	Lu 7
Back (upper & lower)	UB 40
Face and mouth	LI 4

Group Luo Points	
3 arm yang	SJ- 8
3 leg yang	GB- 39
3 arm yin	P- 5
3 leg yin	Sp- 6

4 Sea Points	
Blood Qi/Energy Bone Nourishment	UB 11, St 37, St 39 Ren 17, UB 10, St 9 Du 15, Du 16, Du 19, Du 20 St 30, St 36

3 Jiao	
Upper	Ren 17
Middle	Ren 12
Lower	Ren 7

Eight Extra Meridians				
	MP	CP	Xi	Luo
Ren	Lu 7	Ki 6	-----	Ren 15
Yin Qiao	Ki 6	Lu 7	Ki 8	-----
Du	SI 3	UB 62	-----	Du 1
Yang Qiao	UB 62	SI 3	UB 59	-----
Dai	GB 41	SJ 5	-----	-----
Yang Wei	SJ 5	GB 41	GB 35	-----
Chong	Sp 4	P 6	-----	-----
Yin Wei	P 6	Sp 4	Ki 9	-----

Lower He Sea Points:	
Stomach	St- 36
Large Intestine	St- 37
Small Intestine	St- 39
Gallbladder	GB- 34
Urinary Bladder	UB- 40
San Jiao	UB- 39

Well	Spring	Stream	River	Sea
mental illness, chest stifling, fullness under heart	febrile, complexion change, hot sensations	Bi, wind, damp, heaviness, joint pain	asthma, cough, hot/cold sensations, voice sound change	Fu organs, stomach, intestines, rebel Qi, diarrhea

Five Element Points on the Twelve Main Meridians

Element Point	Wood	Fire	Earth	Metal	Water	Element Point	Metal	Water	Wood	Fire	Earth	○ = Hourly Point
Shu Point	Well	Spring	Stream	River	Sea	Shu Point	Well	Spring	Stream	River	Sea	
Yin / Zang						Yang / Fu						Tonify / sedate
Lung	11	10	9	⑧	5	Large Intestine	①	2	3	5	11	Lu 9 5
			Tonify		Sedate			Sedate				LI 11 2
Spleen	1	2	③	5	9	Stomach	45	44	43	41	③⑥	St 41 45
		Tonify		Sedate			Sedate			Tonify		Sp 2 5
Heart	9	⑧	7	4	3	Small Intestine	1	2	3	⑤	8	Ht 9 7
	Tonify		Sedate						Tonify		Sedate	SI 3 8
Kidney	1	2	3	7	⑩	Urinary Bladder	67	⑥⑥	65	60	40	UB 67 65
	Sedate			Tonify			Tonify	Sedate				Ki 7 1
Pericardium	9	⑧	7	5	3	San Jiao (Triple Burner)	1	2	3	⑥	10	P 9 7
	Tonify		Sedate						Tonify		Sedate	SJ 3 10
Liver	①	2	3	4	8	Gallbladder	44	43	④①	38	34	GB 43 38
		Sedate			Tonify			Tonify		Sedate		Liv 8 2