



MERIDIANS are a network of energy pathways that run throughout the body. Each meridian flow governs a particular physical and emotional function in the body.

-----	Lung	Lu	intake of Ki (energy) through breathing, optimism & positivity
—	Large Intestine	Li	elimination of waste products & energy stagnation
—	Stomach	St	digestive tract, appetite, mental stability
- - - - -	Spleen	Sp	digestive fluids, controls the muscles, thinking & learning
- - - - -	Heart	Ht	circulation and balance of emotions
—	Small Intestine	Si	digestive absorption and taking new experiences on board
—	Bladder	Bl	governs the flow of Ki to all meridians & organs via the Autonomic Nervous System, urinary system, fight/flight mechanism
-----	Kidney	Ki	aspects of reproduction, inherited energy, controls bones, will power
- - - - -	Heart Protector	Hp	assists the heart physically & emotionally
—	Triple Heater	Th	protects the whole body, immune system, balances temperament
—	Gall Bladder	GB	controls tendons & muscles, mental flexibility & decision making
- - - - -	Liver	Lv	stores blood, ensures smooth movement, joints & tendons, controls anger & mood swings



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