
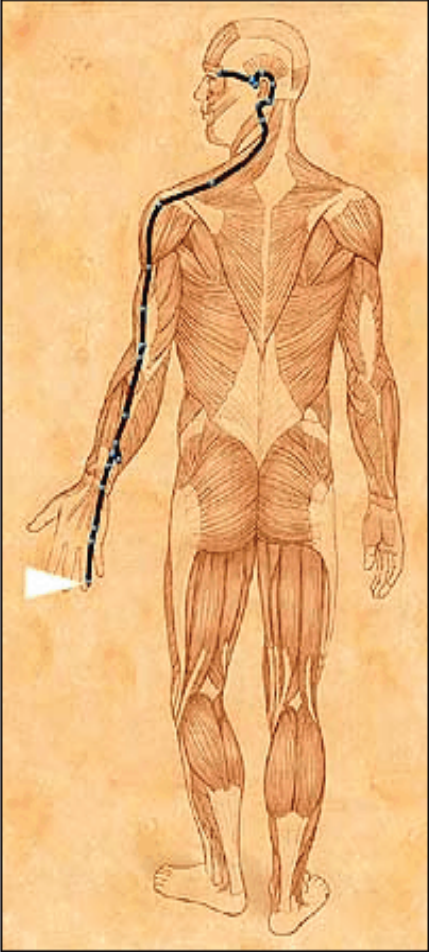
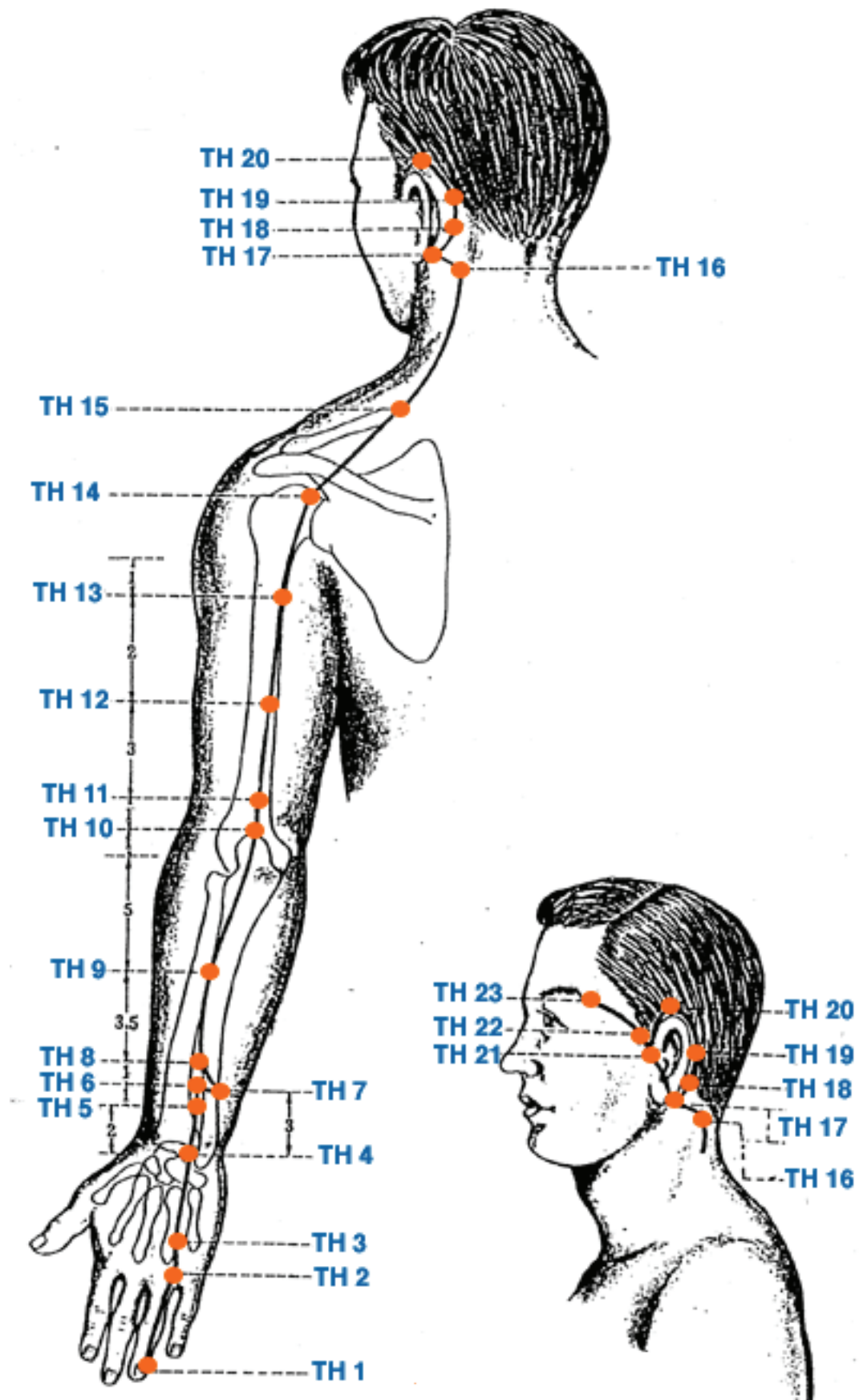


Triple Burner Meridian



Points	Abstracts	Meridians	Selections	Library	Resources
TB1 • Guan Chong		Triple Burner • 1		Triple Burner Points	
				TB1 • Guan Chong	
				TB2 • Ye Men	
				TB3 • Zhong Zhu	
				TB4 • Yang Chi	
				TB5 • Wai Guan	
				TB6 • Zhi Gou	
				TB7 • Hui Zong	
				TB8 • San Yang Luo	
				TB9 • Si Du	
				TB10 • Tian Jing	
				TB11 • Qing Leng Yuan	
				TB12 • Xiao Luo	
				TB13 • Nao Hui	
				TB14 • Jian Liao	
				TB15 • Tian Liao	
				TB16 • Tian You	
				TB17 • Yi Feng	
				TB18 • Qi Mai	
				TB19 • Lu Xi	
				TB20 • Jiao Sun	
<p>TB1 • Guan Chong • Triple Burner 1 Passage Hub. Jing Well Point on the Triple Energizer Channel. Metal Point on Fire Meridian.</p> <p>Location: <i>On the ulnar side of the fourth digit, 0.1 cun from the corner of the nailbed.</i></p> <p><i>Clears Upper Burner Heat</i> <i>Benefits The Ears And Tongue</i> <i>Activates The Channel</i> <i>Alleviates Pain</i></p>					

To Flush this meridian, begin by using the palm of the opposite hand to sweep the meridian path starting next to the eyebrow and moving downward to the ring finger. Sweep once from TB 23 to TB1. Then sweep in the normal direction from TB1, the ring finger to TB23 three times. The one sweep in the opposite direction flushes the meridian, and the three sweeps energizes the meridian with clean energy. It is helpful to shake the energy off your hand after the flushing sweep to remove any negative energy. You may also think of your palm as being magnetic when you do the flush sweep to remove any harmful material or blockages.

Triple Burner Meridian

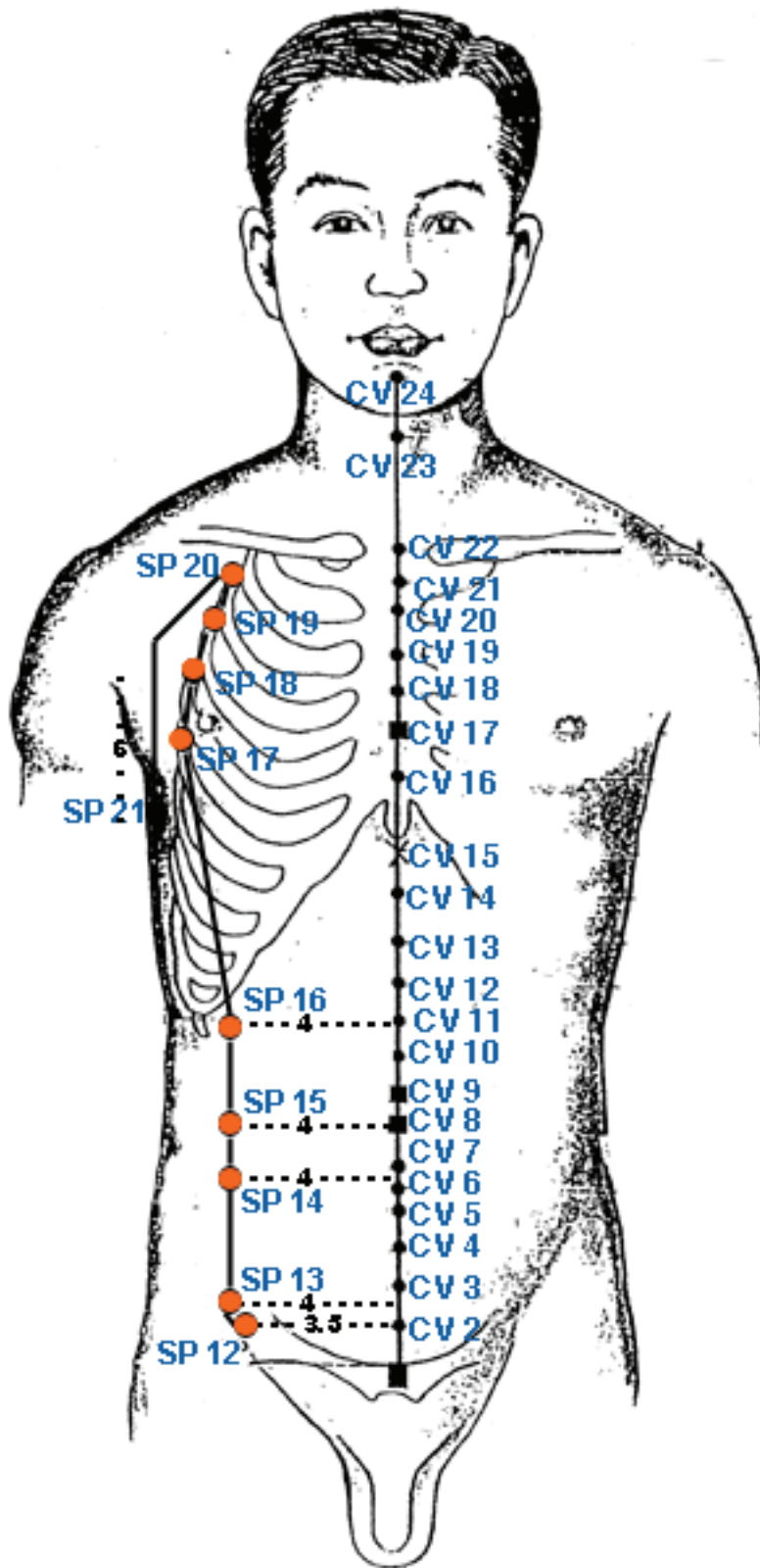


Spleen Meridian

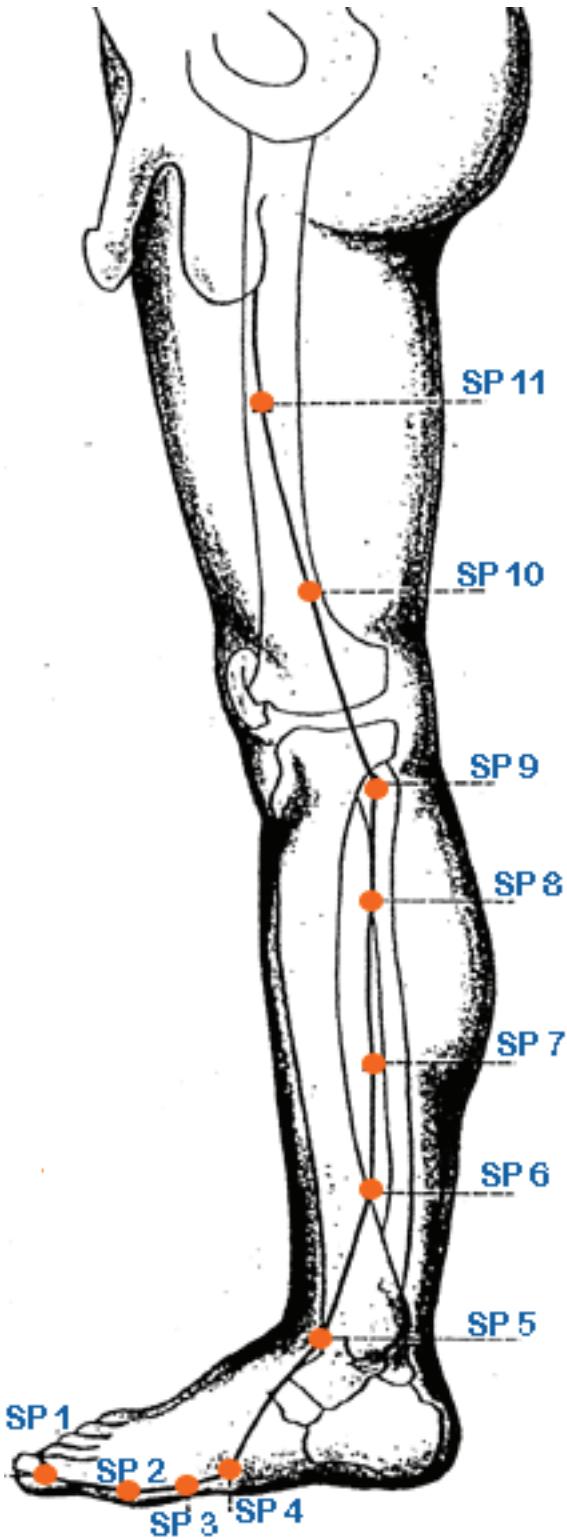
Points	Abstracts	Meridians	Selections	Library	Resources
SP1 • Yin Bai		Spleen • 1		Spleen Points	
				<ul style="list-style-type: none"> SP1 • Yin Bai SP2 • Da Du SP3 • Tai Bai SP4 • Gong Sun SP5 • Shang Qui SP6 • San Yin Jiao SP7 • Lou Gu SP8 • Di Ji SP9 • Yin Ling Quan SP10 • Xue Hai SP11 • Ji Men SP12 • Chong Men SP13 • Fu She SP14 • Fu Jie SP15 • Da Heng SP16 • Fu Ai SP17 • Shi Dou SP18 • Tian Xi SP19 • Xiong Xiang SP20 • Zhou Rong 	
<p>SP1 • Yin Bai • Spleen 1 Hidden White. Jing Well Point on the Spleen Channel. Wood Point on Earth Meridian. Location: <i>On the medial great toe, .01 cun from the corner of the nail bed.</i></p> <p><i>Stops Bleeding</i> <i>Regulates The Spleen</i> <i>Unbinds The Chest</i> <i>Calms The Heart</i> <i>Calms The Spirit</i> <i>Revises Consciousness</i></p>					

To Flush this meridian, begin by using the palm of the opposite hand to sweep the meridian path starting under the arm and moving downward to the big toe. Sweep once from SP 24 to SP1. Then sweep in the normal direction from SP1, the big toe to SP24 three times. The one sweep in the opposite direction flushes the meridian, and the three sweeps energizes the meridian with clean energy. It is helpful to shake the energy off your hand after the flushing sweep to remove any negative energy. You may also think of your palm as being magnetic when you do the flush sweep to remove any harmful material or blockages.

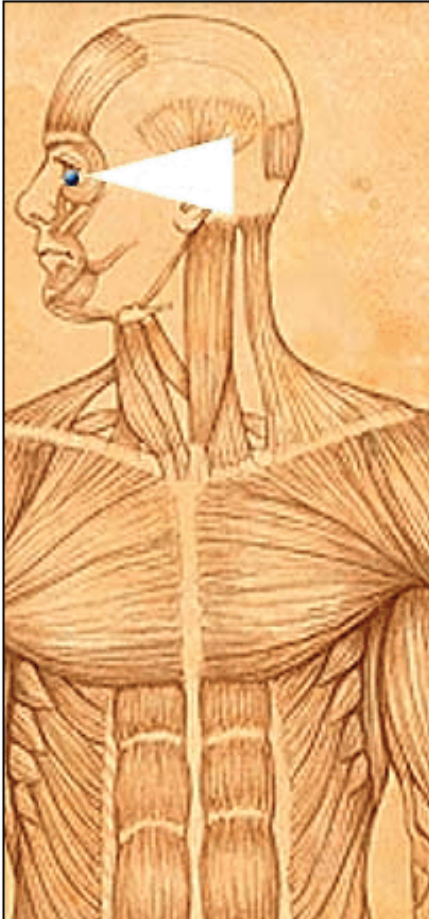
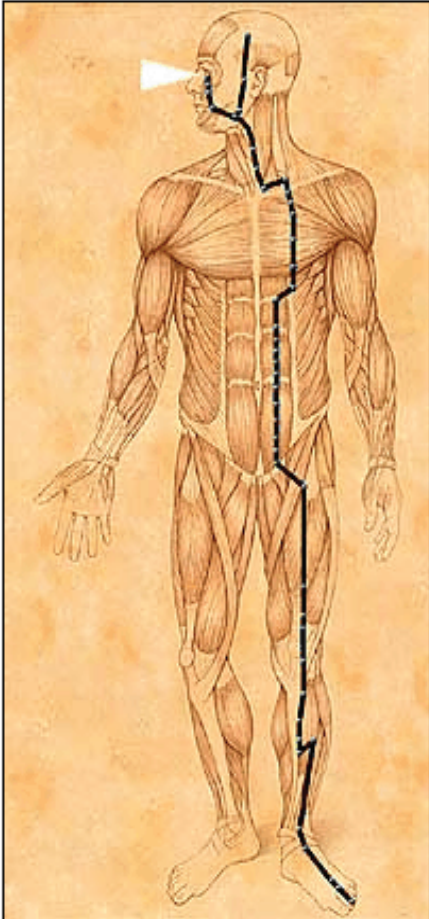
Spleen Meridian



Spleen Meridian

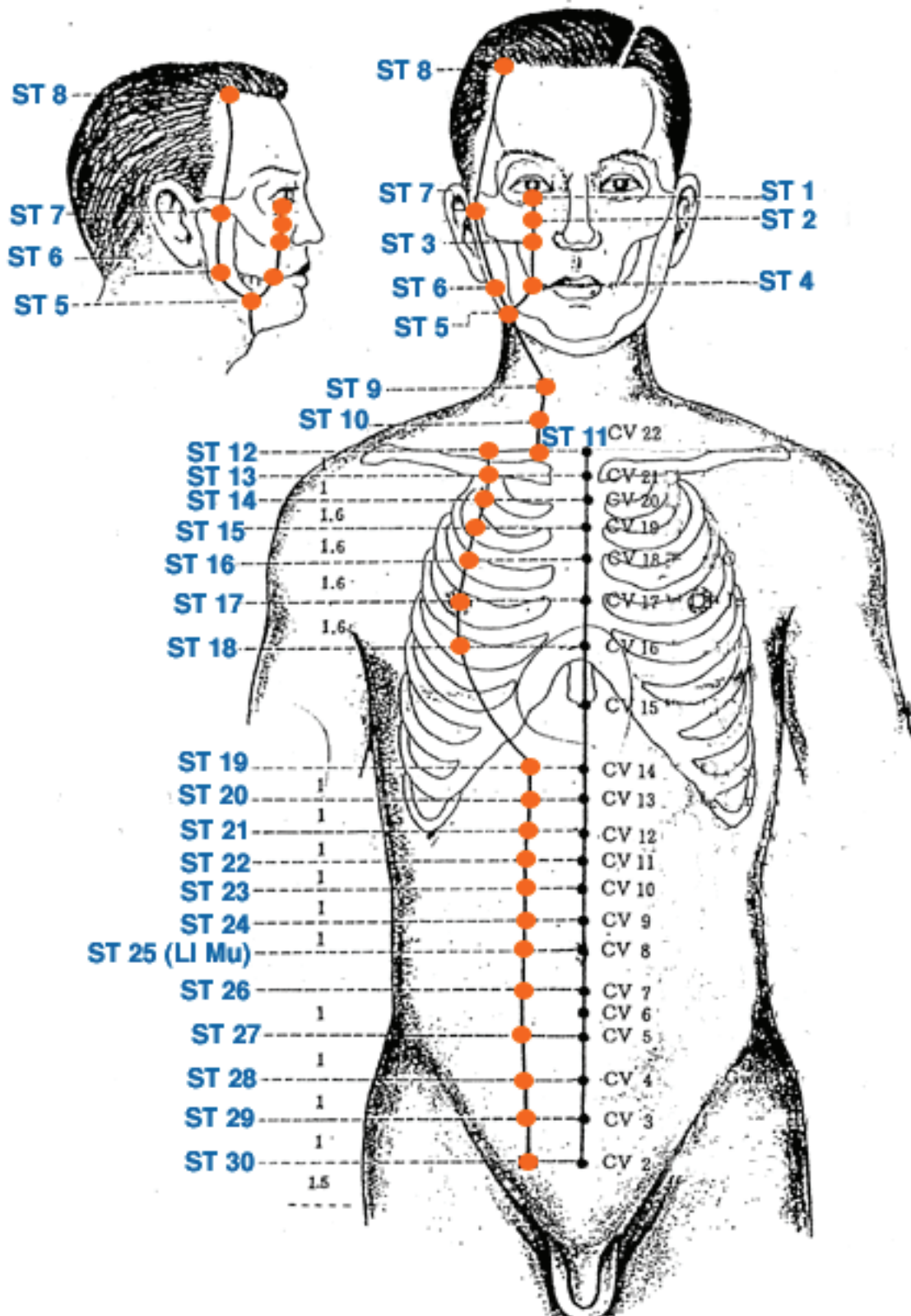


Stomach Meridian

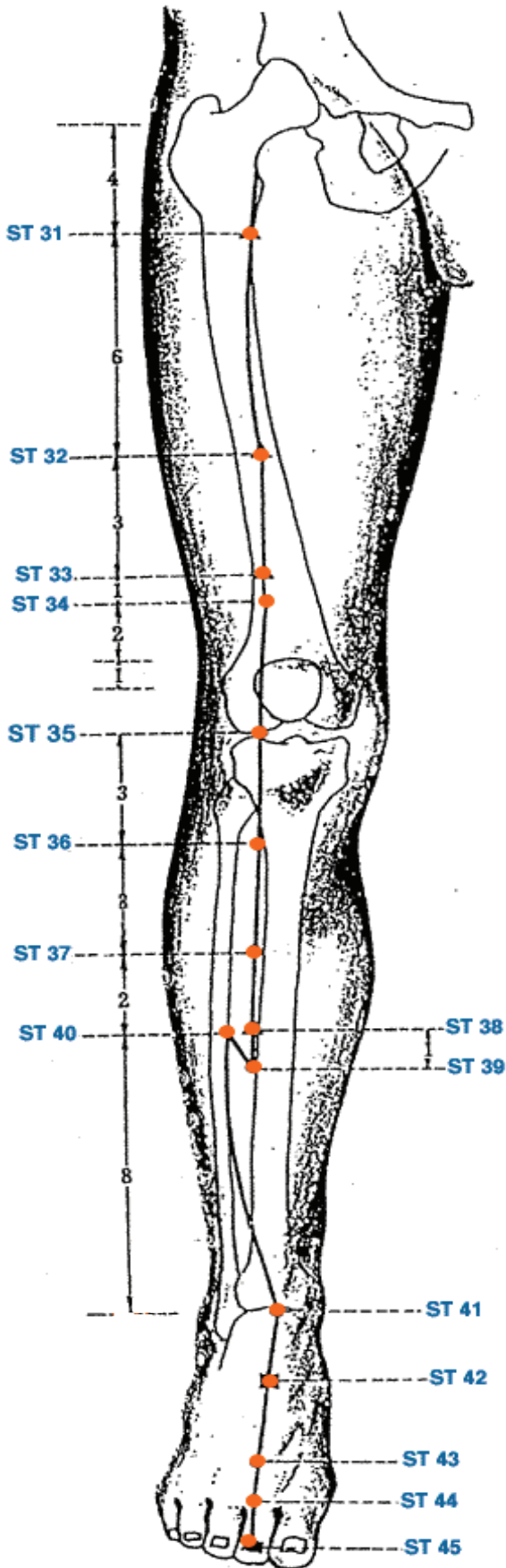
Points	Abstracts	Meridians	Selections	Library	Resources
ST1 • Cheng Qi		Stomach • 1			Stomach Points
					<ul style="list-style-type: none"> ST1 • Cheng Qi ST2 • Si Bai ST3 • Ju Liao ST4 • Di Cang ST5 • Da Ying ST6 • Jia Che ST7 • Xia Guan ST8 • Tou Wei ST9 • Ren Ying ST10 • Shui Tu ST11 • Qi She ST12 • Que Pen ST13 • Qi Hu ST14 • Ku Fang ST15 • Wu Yi ST16 • Ying Chuang ST17 • Ru Zhong ST18 • Ru Gen ST19 • Bu Rong ST20 • Cheng Man
<p>ST1 • Cheng Qi • Stomach 1 Tear Container. Meeting Point on the Stomach Channel with the Yang Motility and Conception Vessels.</p> <p>Location: <i>One the face, on the inferior border of the orbit, in the orbicularis oculi muscle, directly below the pupil when eyes are focused forward.</i></p> <p>Caution <i>Do not manipulate the needle as bleeding occurs very easily.</i></p> <p><i>Benefits The Eyes</i> <i>Expels Wind</i> <i>Stops Lacrimation</i> <i>Clears Heat</i></p>					

To Flush this meridian, begin by using the palm of the opposite hand to sweep the meridian path starting at the second toe and moving upward to under the eye. Sweep once from ST 45 to ST 1. Then sweep in the normal direction from ST1, under the eye to ST45 three times. The one sweep in the opposite direction flushes the meridian, and the three sweeps energizes the meridian with clean energy. It is helpful to shake the energy off your hand after the flushing sweep to remove any negative energy. You may also think of your palm as being magnetic when you do the flush sweep to remove any harmful material or blockages.


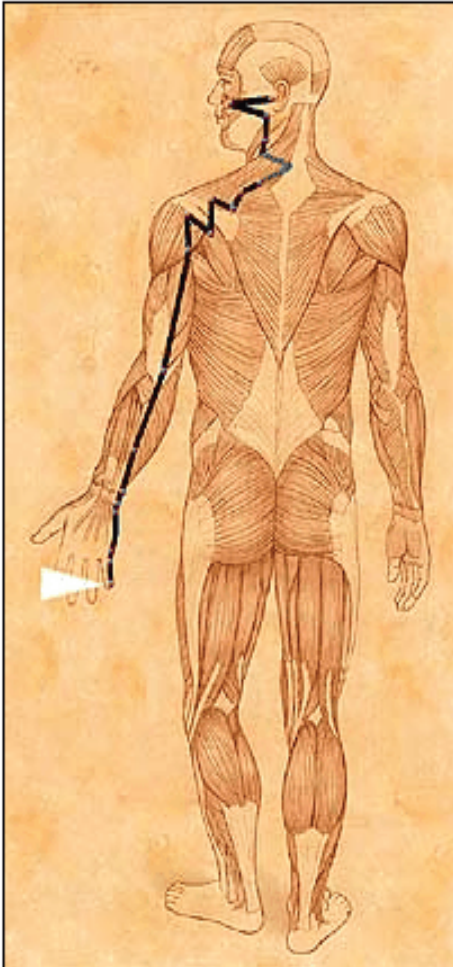
Stomach Meridian



Stomach Meridian



Small Intestine Meridian

Points	Abstracts	Meridians	Selections	Library	Resources
SI1 • Shao Ze		Small Intestine • 1			Small Intestine Points
				<ul style="list-style-type: none"> SI1 • Shao Ze SI2 • Qian Gu SI3 • Hou Xi SI4 • Wan Gu SI5 • Yang Gu SI6 • Yang Lao SI7 • Zhi Zheng SI8 • Xiao Hai SI9 • Jian Zhen SI10 • Nao Shu SI11 • Tian Zong SI12 • Bing Feng SI13 • Qu Yaun SI14 • Jian Wai Shu SI15 • Jian Zhong Zhu SI16 • Tian Chuang SI17 • Tian Rong SI18 • Quan Liao SI19 • Ting Gong 	

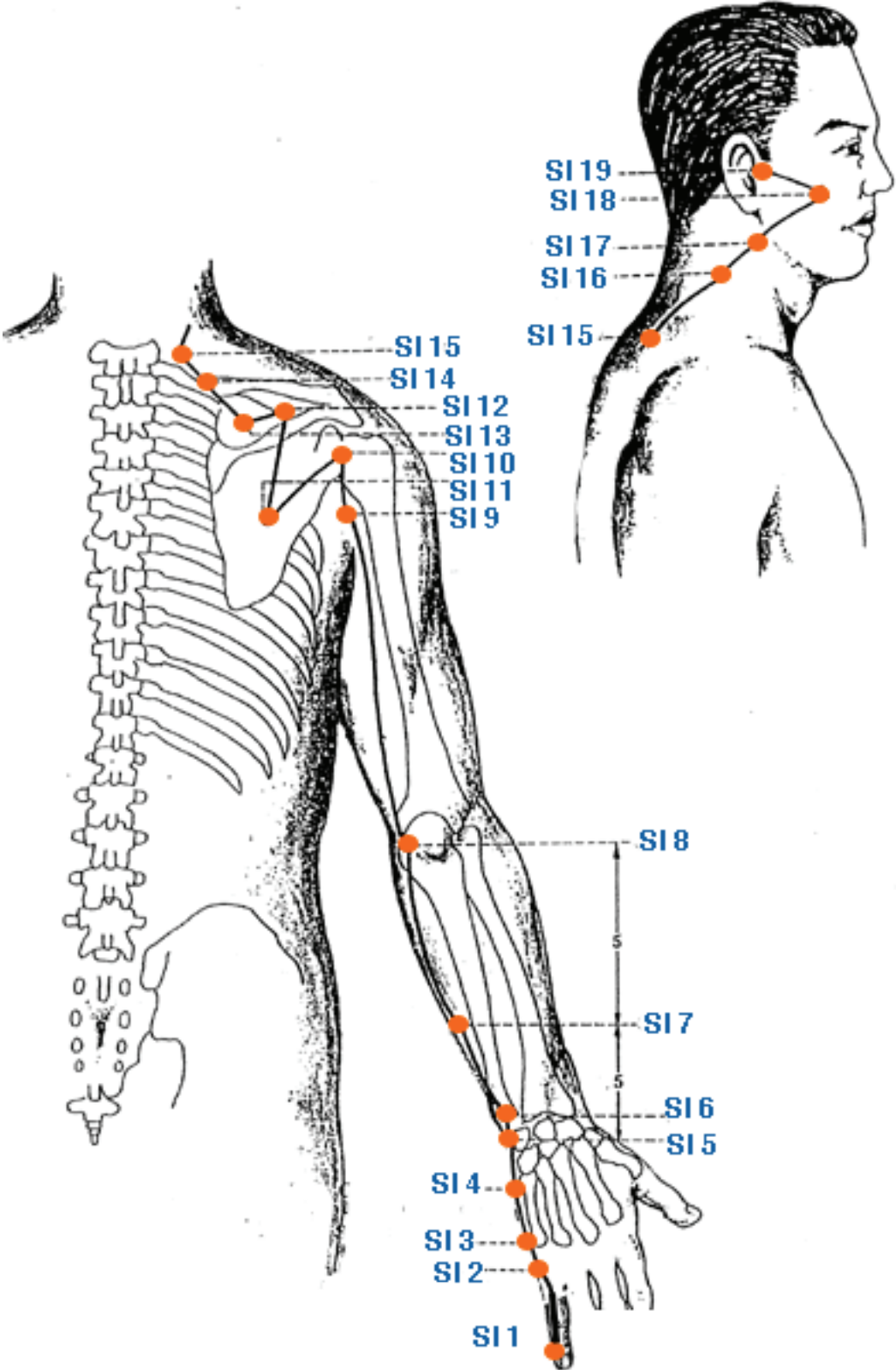
SI1 • Shao Ze • Small Intestine 1 Lesser Marsh. Jing Well Poing on the Small Intestine Channel. Metal Point on Fire Meridian.

Location: *On the ulnar side of the fifth digit, 0.1 cun from the corner of the nail bed.*



Clears Heat
Revives Consciousness
Promotes Lactation
Clears The Sense Organs
Benefits The Breasts

To Flush this meridian, begin by using the palm of the opposite hand to sweep the meridian path starting at the ear and moving downward to the little finger. Sweep once from SI 19 to SI1. Then sweep in the normal direction from SI1, the ear to SI19 three times. The one sweep in the opposite direction flushes the meridian, and the three sweeps energizes the meridian with clean energy. It is helpful to shake the energy off your hand after the flushing sweep to remove any negative energy. You may also think of your palm as being magnetic when you do the flush sweep to remove any harmful material or blockages.

Small Intestine Meridian



Pericardium Meridian

Points	Abstracts	Meridians	Selections	Library	Resources
PC1 • Tian Chi		Pericardium • 1		Pericardium Points	
				<ul style="list-style-type: none"> PC1 • Tian Chi PC2 • Tian Quan PC3 • Qu Ze PC4 • Xi Men PC5 • Jian Shi PC6 • Nei Guan PC7 • Da Ling PC8 • Lao Gong PC9 • Zhong Chong 	

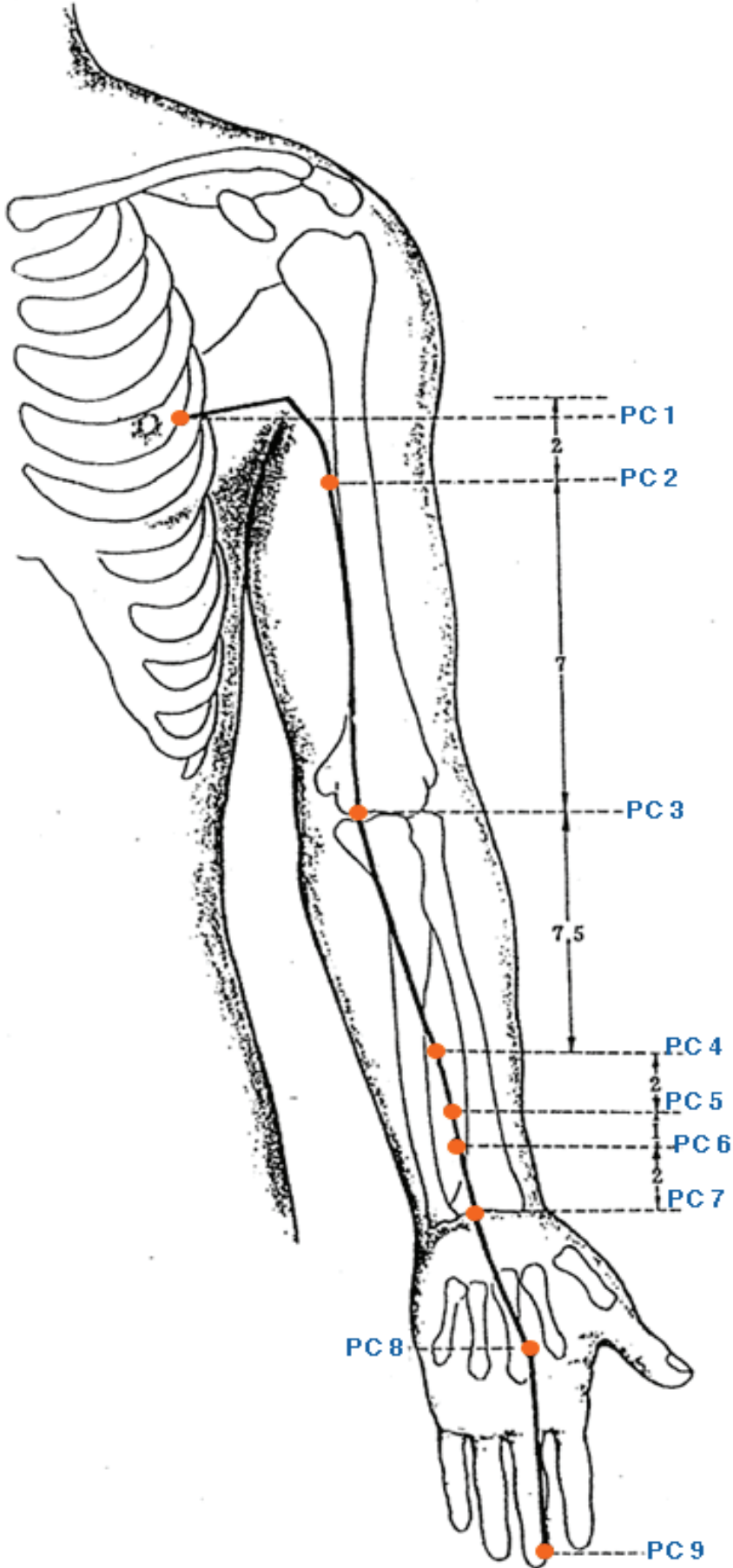
PC1 • Tian Chi • Pericardium 1 Celestial Pool. Meeting Point on the Pericardium Channel with the Gall Bladder, Liver and Triple Energizer Channels. Minor Window of the Sky Point.

Location: On the lateral chest, in the fourth intercostal space, 5 cun lateral to the anterior midline, approximately 1 cun lateral to the nipple.



*Unbinds The Chest
Regulates Qi
Benefits The Breasts
Transforms Phlegm
Lowers Rebellion
Dissipates Nodules*

To Flush this meridian, begin by using the palm of the opposite hand to sweep the meridian path starting at the middle finger and moving upward to the inside of the shoulder. Sweep once from PC9 to PC1. Then sweep in the normal direction from PC1, the shoulder to PC9 three times. The one sweep in the opposite direction flushes the meridian, and the three sweeps energizes the meridian with clean energy. It is helpful to shake the energy off your hand after the flushing sweep to remove any negative energy. You may also think of your palm as being magnetic when you do the flush sweep to remove any harmful material or blockages.

Pericardium Meridian

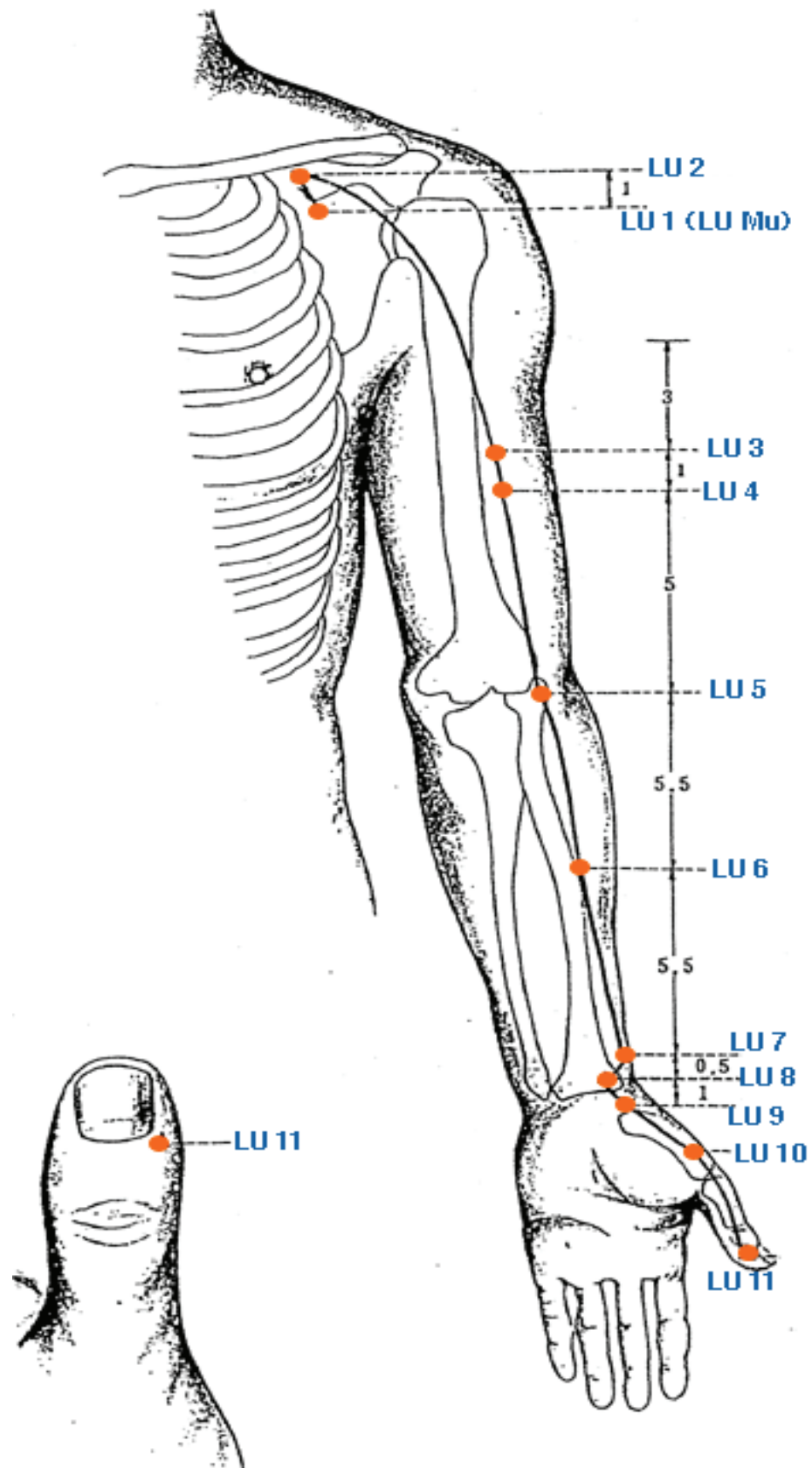


Lung Meridian



Points	Abstracts	Meridians	Selections	Library	Resources
LU1 • Zhong Fu		Lung • 1			Lung Points
					<ul style="list-style-type: none"> LU1 • Zhong Fu LU2 • Yun Men LU3 • Tian Fu LU4 • Xia Bai LU5 • Chi Ze LU6 • Kong Zui LU7 • Lie Que LU8 • Jing Qu LU9 • Tai Yuan LU10 • Yu Ji LU11 • Shao Shang
<p>LU1 • Zhong Fu • Lung 1 Central Treasury. Front Mu Point of the Lung that connects with Back Shu BL13. Meeting Point on the Lung Channel with the Spleen Channel.</p> <p>Location: <i>On the lateral chest, inferior to the acromial end of the clavicle, 6 cun lateral to the Conception Vessel.</i></p> <p>Caution <i>Avoid the Lungs!</i></p> <p><i>Disseminates And Descends Lung Qi</i> <i>Transforms Phlegm</i> <i>Descends Stomach Qi</i> <i>Clears Heat</i> <i>Opens And Regulates The Water Passages</i> <i>Alleviates Cough And Wheezing</i></p>					

To Flush this meridian, begin by using the palm of the opposite hand to sweep the meridian path starting at the thumb and moving upward to the inside of the shoulder. Sweep once from LU11 to LU1. Then sweep in the normal direction from LU1, the shoulder to LU11 three times. The one sweep in the opposite direction flushes the meridian, and the three sweeps energizes the meridian with clean energy. It is helpful to shake the energy off your hand after the flushing sweep to remove any negative energy. You may also think of your palm as being magnetic when you do the flush sweep to remove any harmful material or blockages.

Lung Meridian

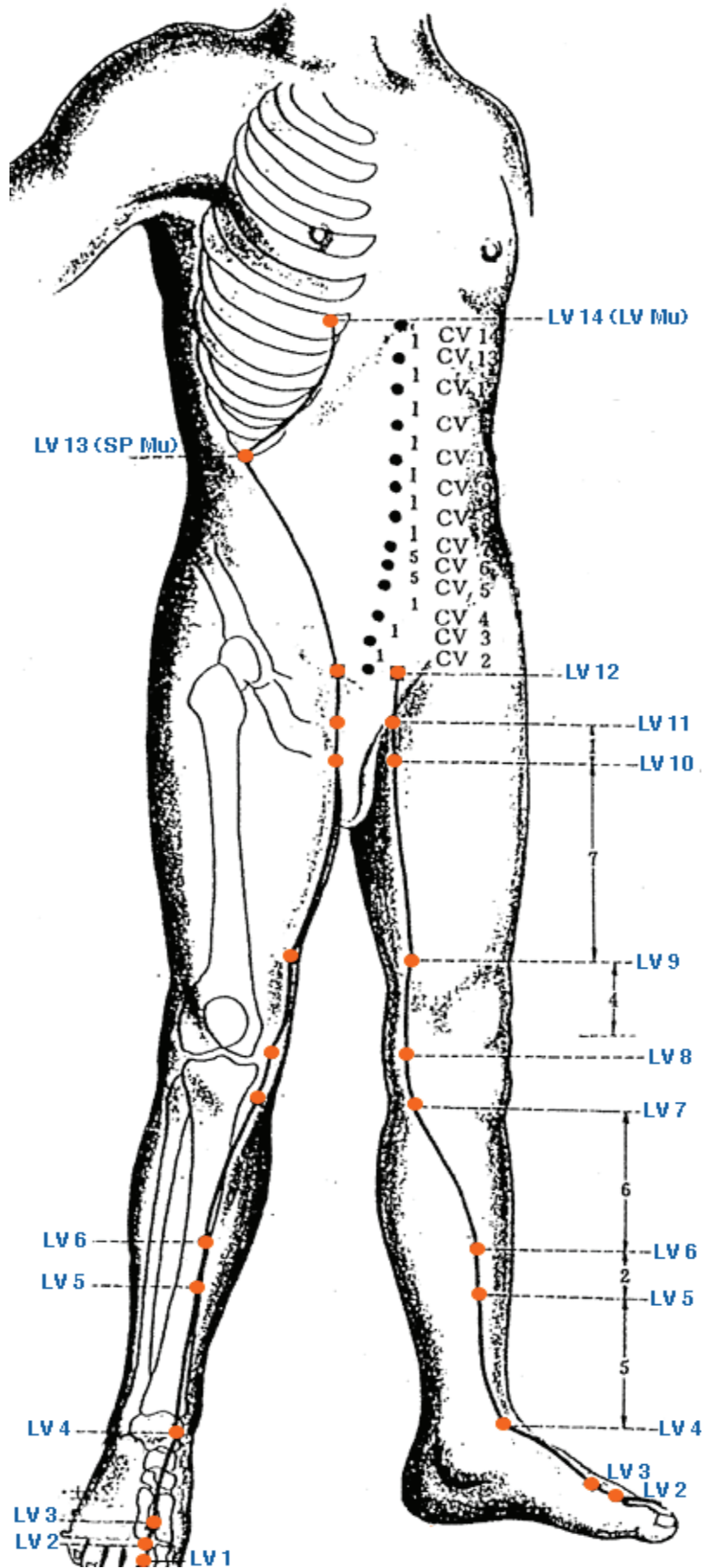


Liver Meridian



Points	Abstracts	Meridians	Selections	Library	Resources
LR1 • Da Dun		Liver • 1			Liver Points
					<ul style="list-style-type: none"> LR1 • Da Dun LR2 • Xing Jian LR3 • Tai Chong LR4 • Zhong Feng LR5 • Li Gou LR6 • Zhong Du LR7 • Xi Guan LR8 • Qu Quan LR9 • Yin Bao LR10 • Zu Wu Li LR11 • Yin Lian LR12 • Ji Mai LR13 • Zhang Men LR14 • Qi Men
<p>LR1 • Da Dun • Liver 1 Large Pile. Jing Well Point on the Liver Channel. Wood Point on Wood Meridian. Location: <i>On the lateral side of the first digit, the great toe, 0.1 cun from the corner of the nail bed.</i></p> <p><i>Regulates Lower Burner Qi</i> <i>Benefits The Genitals</i> <i>Spreads Liver Qi</i> <i>Revives Consciousness</i> <i>Calms The Spirit</i> <i>Treats Shan Disorder</i> <i>Alleviates Pain</i> <i>Regulates Urination</i> <i>Regulates Menstruation</i></p>					

To Flush this meridian, begin by using the palm of the opposite hand to sweep the meridian path starting at the chest and moving downward to the side of the inside of the big toe. Sweep once from LR14 to LR1. Then sweep in the normal direction from LR1, the big toe to LR14 three times. The one sweep in the opposite direction flushes the meridian, and the three sweeps energizes the meridian with clean energy. It is helpful to shake the energy off your hand after the flushing sweep to remove any negative energy. You may also think of your palm as being magnetic when you do the flush sweep to remove any harmful material or blockages.

Liver Meridian



Large Intestine Meridian

Points	Abstracts	Meridians	Selections	Library	Resources
LI1 • Shang Yang		Large Intestine • 1		Large Intestine Points	
				<ul style="list-style-type: none"> LI1 • Shang Yang LI2 • Er Jian LI3 • San Jian LI4 • He Gu LI5 • Yang Xi LI6 • Pian Li LI7 • Wen Liu LI8 • Xia Lian LI9 • Shang Lian LI10 • Shou San Li LI11 • Qu Chi LI12 • Zhou Liao LI13 • Shou Wu Li LI14 • Bi Nao LI15 • Jian Yu LI16 • Ju Gu LI17 • Tian Ding LI18 • Fu Tu LI19 • He Liao LI20 • Ying Xiang 	

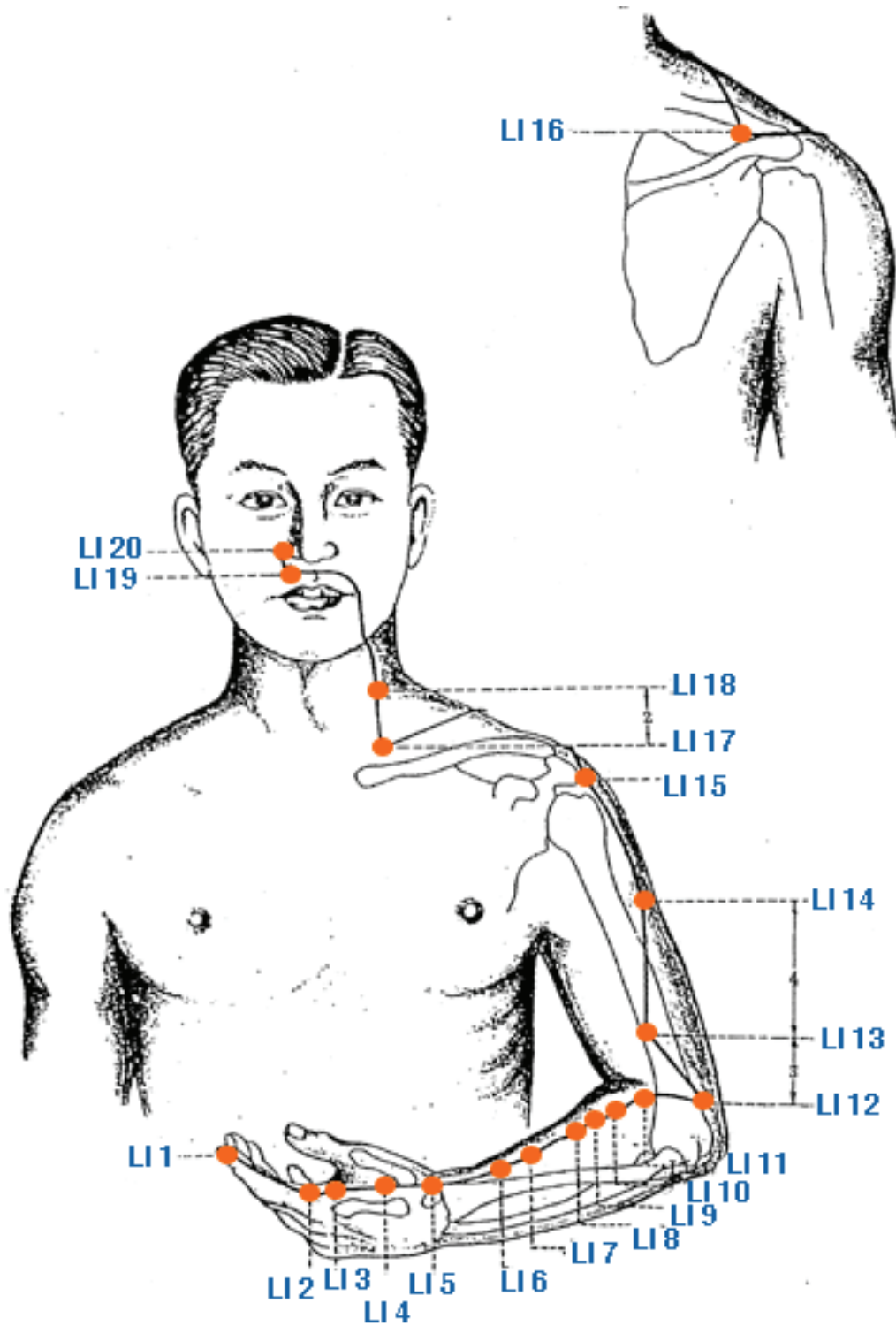
LI1 • Shang Yang • Large Intestine 1 Metal Yang. Jing Well Point on the Large Intestine Channel. Metal Point on Metal Meridian.

Location: On the radial side of the second digit, 0.1 cun from the corner of the nail bed.



Clears Heat
Revives Consciousness
Reduces Swelling
Alleviates Pain

To Flush this meridian, begin by using the palm of the opposite hand to sweep the meridian path starting at the side of the nose and moving downward to the index finger. Sweep once from LI20 to LI1. Then sweep in the normal direction from LI1, the index finger to LI20 three times. The one sweep in the opposite direction flushes the meridian, and the three sweeps energizes the meridian with clean energy. It is helpful to shake the energy off your hand after the flushing sweep to remove any negative energy. You may also think of your palm as being magnetic when you do the flush sweep to remove any harmful material or blockages.

Large Intestine Meridian

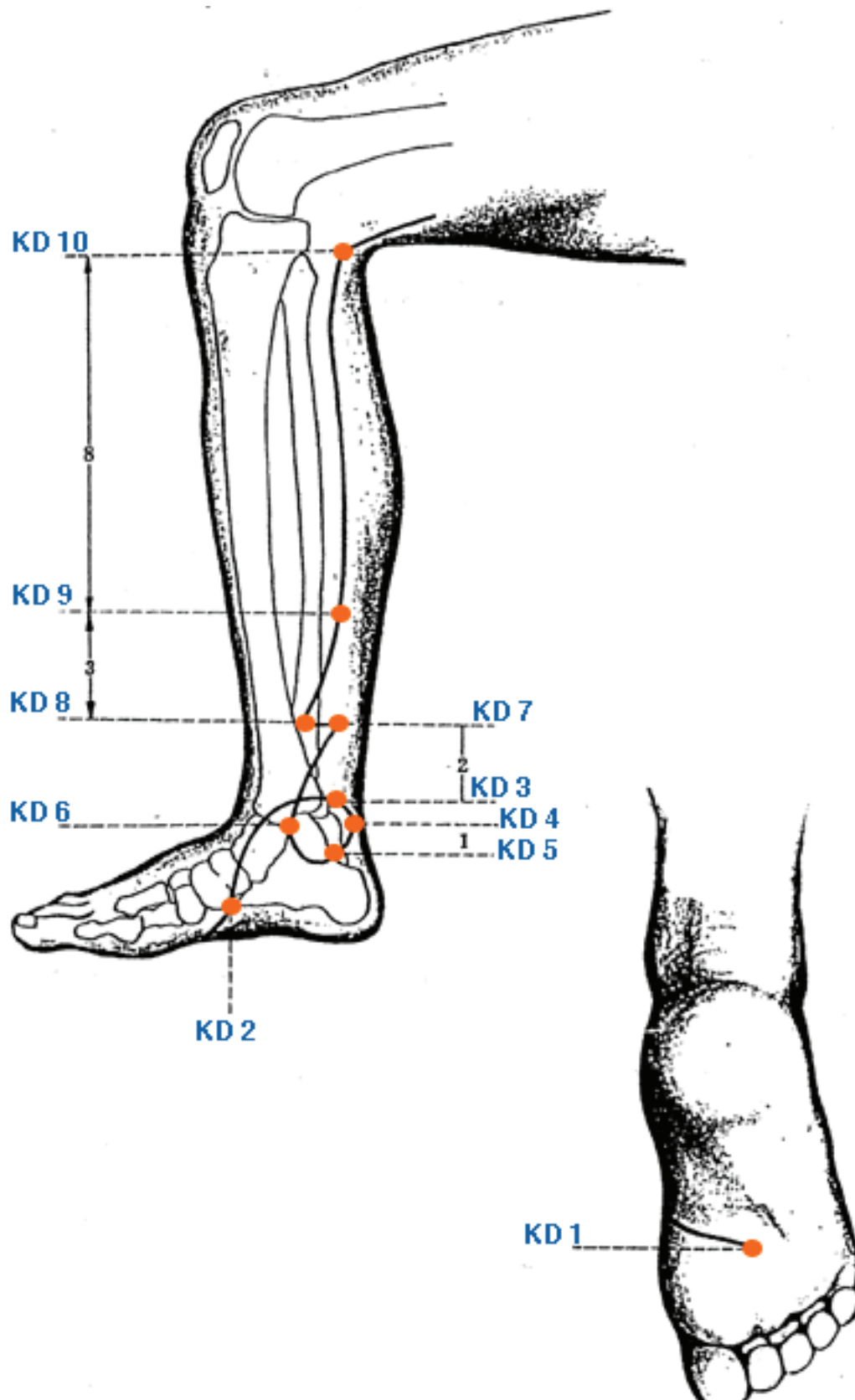


Kidney Meridian

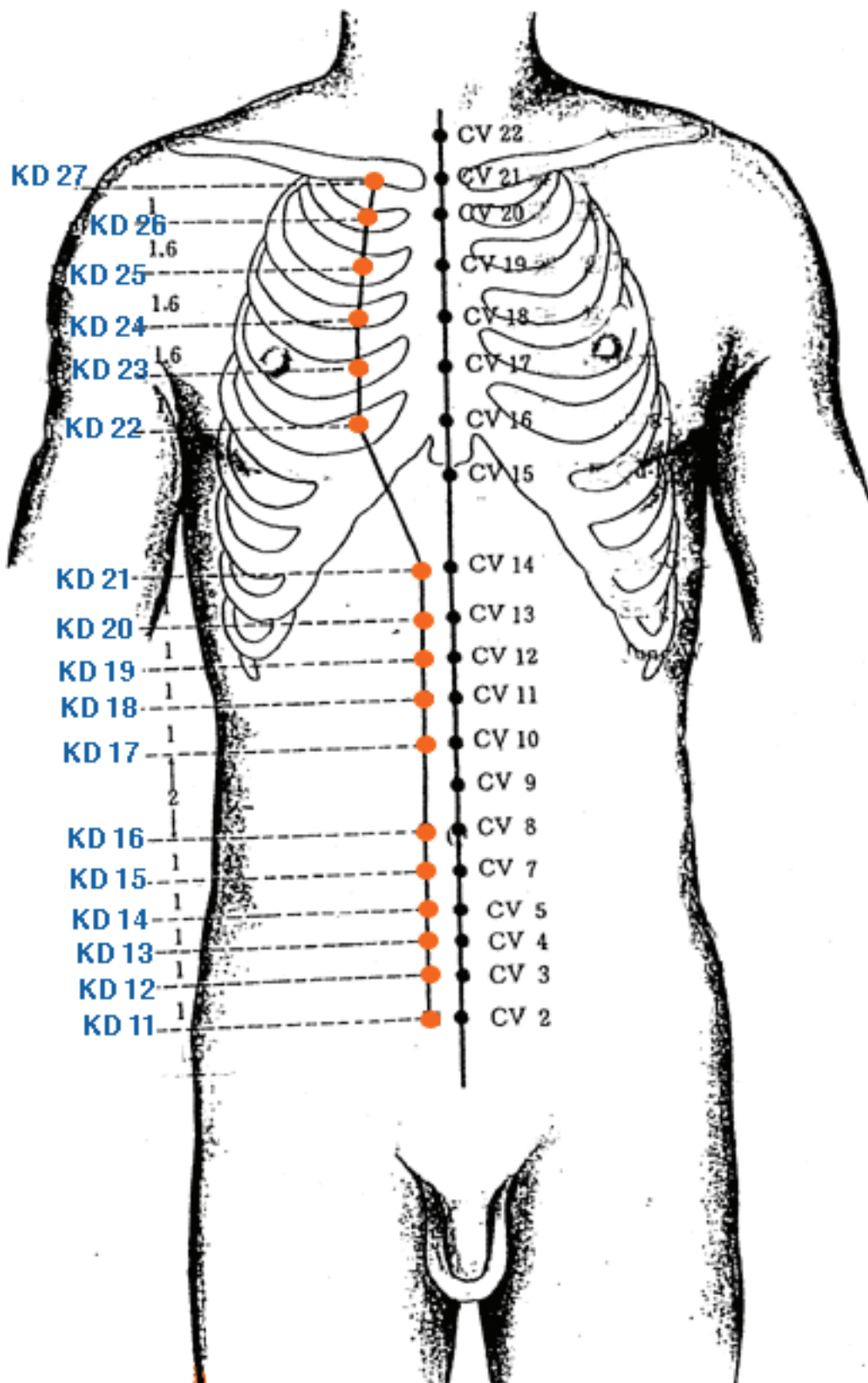
Points	Abstracts	Meridians	Selections	Library	Resources
KI1 • Yong Quan		Kidney • 1			Kidney Points
				<ul style="list-style-type: none"> KI1 • Yong Quan KI2 • Ran Gu KI3 • Tai Xi KI4 • Da Zhong KI5 • Shui quan KI6 • Zhao Hai KI7 • Fu Liu KI8 • Jiao Xin KI9 • Zhu Bin KI10 • Yin Gu KI11 • Heng Gu KI12 • Da He KI13 • Qi Xue KI14 • Si Man KI15 • Zhong Zhu KI16 • Huan Shu KI17 • Shang Qu KI18 • Shi Guan KI19 • Yin Du KI20 • Tong Gu 	
<p>KI1 • Yong Quan • Kidney 1 Gushing Spring. Jing Well Point on the Kidney Channel. Wood Point on Water Meridian. Location: <i>On the sole of the foot, between the second and third metatarsal bones, one-third the the distance from the webs of the toes to the heel.</i></p> <p><i>Descends Excess From The Head</i> <i>Calms The Spirit</i> <i>Revives Consciousness</i> <i>Rescues Yang</i></p>					

To Flush this meridian, begin by using the palm of the opposite hand to sweep the meridian path starting at the collar bone and moving downward to the middle of the foot. Sweep once from Ki27 to Ki1. Then sweep in the normal direction from Ki1, the collar bone to Ki27 three times. The one sweep in the opposite direction flushes the meridian, and the three sweeps energizes the meridian with clean energy. It is helpful to shake the energy off your hand after the flushing sweep to remove any negative energy. You may also think of your palm as being magnetic when you do the flush sweep to remove any harmful material or blockages. You could sweep with both hands at once.



Kidney Meridian



Kidney Meridian

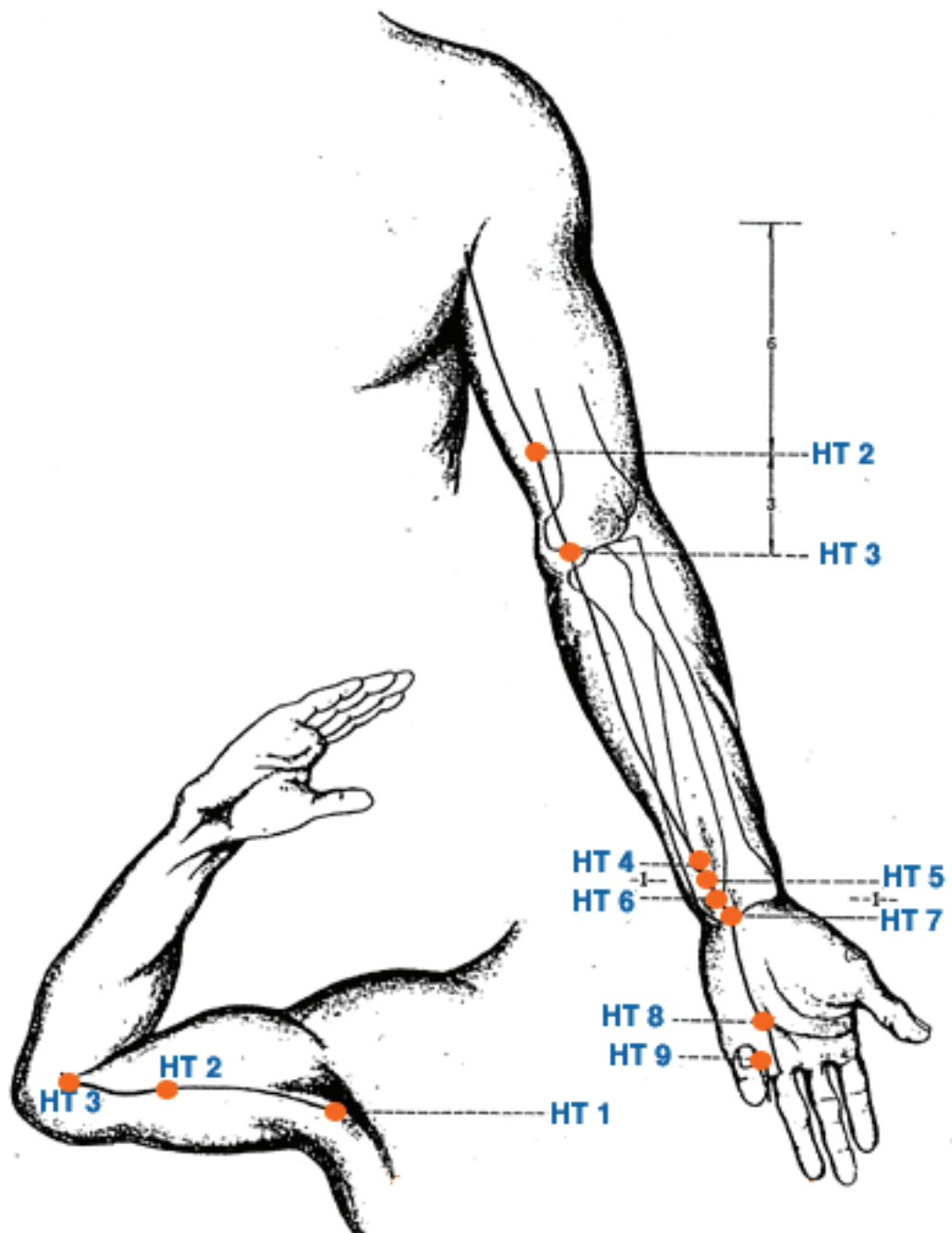


Heart Meridian


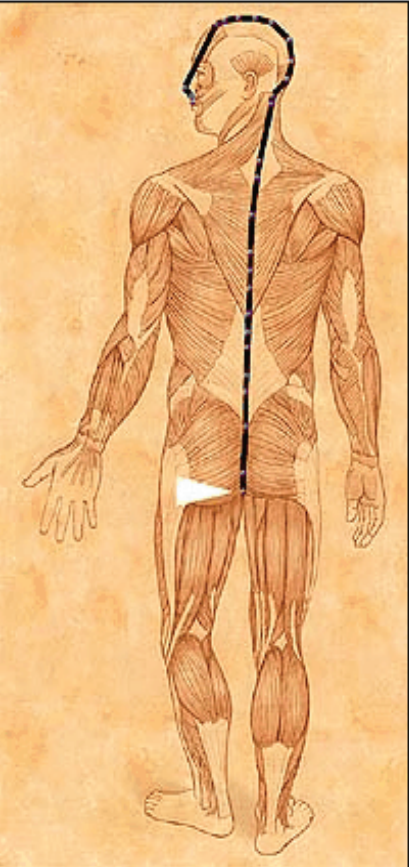
Points	Abstracts	Meridians	Selections	Library	Resources										
HE1 • Ji Quan		Heart • 1													
					<table border="1"> <thead> <tr> <th>Heart Points</th> </tr> </thead> <tbody> <tr><td>HE1 • Ji Quan</td></tr> <tr><td>HE2 • Qing Ling</td></tr> <tr><td>HE3 • Shao Hai</td></tr> <tr><td>HE4 • Ling Dao</td></tr> <tr><td>HE5 • Tong Li</td></tr> <tr><td>HE6 • Yin Xi</td></tr> <tr><td>HE7 • Shen Men</td></tr> <tr><td>HE8 • Shao Fu</td></tr> <tr><td>HE9 • Shao Chong</td></tr> </tbody> </table>	Heart Points	HE1 • Ji Quan	HE2 • Qing Ling	HE3 • Shao Hai	HE4 • Ling Dao	HE5 • Tong Li	HE6 • Yin Xi	HE7 • Shen Men	HE8 • Shao Fu	HE9 • Shao Chong
Heart Points															
HE1 • Ji Quan															
HE2 • Qing Ling															
HE3 • Shao Hai															
HE4 • Ling Dao															
HE5 • Tong Li															
HE6 • Yin Xi															
HE7 • Shen Men															
HE8 • Shao Fu															
HE9 • Shao Chong															
<p>HE1 • Ji Quan • Heart 1 Highest Spring.</p> <p>Location: <i>In the axillary fossa when the arm is abducted, medial to the axillary artery.</i></p> <p>Caution <i>Avoid the axillary artery.</i></p> <p><i>Unbinds The Chest</i> <i>Activates The Channel</i> <i>Benefits The Arm</i></p>															

To Flush this meridian, begin by using the palm of the opposite hand to sweep the meridian path starting at the little finger and moving upward to the under arm. Sweep once from HE9 to HE1. Then sweep in the normal direction from HE1, the armpit to HE9 three times. The one sweep in the opposite direction flushes the meridian, and the three sweeps energizes the meridian with clean energy. It is helpful to shake the energy off your hand after the flushing sweep to remove any negative energy. You may also think of your palm as being magnetic when you do the flush sweep to remove any harmful material or blockages.

Heart Meridian

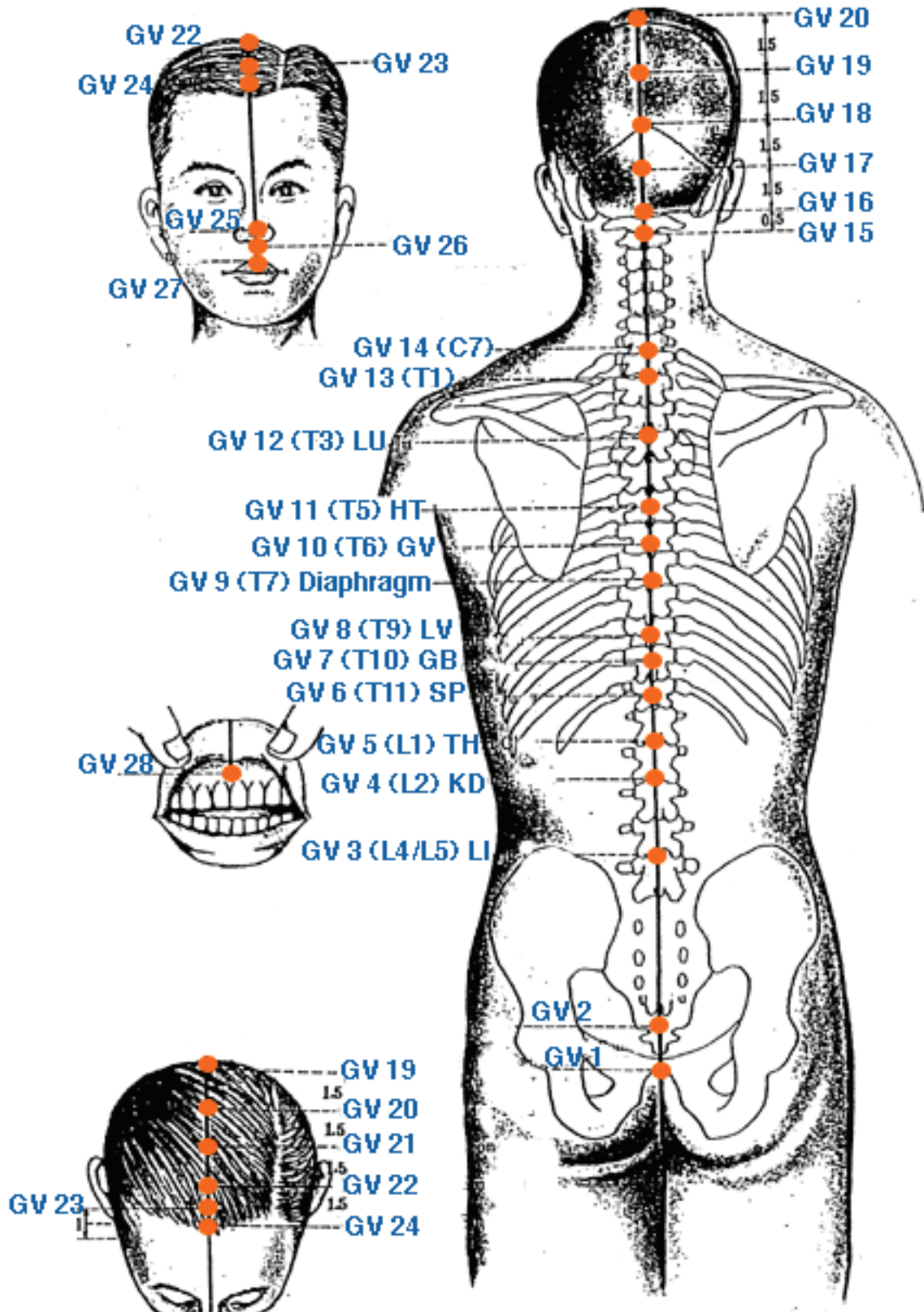


Governing Vessel



Points	Abstracts	Meridians	Selections	Library	Resources
GV1 • Chang Qiang		Governing Vessel • 1		Governing Vessel Points	
				<ul style="list-style-type: none"> GV1 • Chang Qiang GV2 • Yao Shu GV3 • Yao Yang Guan GV4 • Ming Men GV5 • Xuan Shu GV6 • Ji Zhong GV7 • Zhong Shu GV8 • Jin Suo GV9 • Zhi Yang GV10 • Ling Tai GV11 • Shen Dao GV12 • Shen Zhu GV13 • Tao Dao GV14 • Daz Hui GV15 • Ya Men GV16 • Feng Fu GV17 • Nao Hu GV18 • Qiang Jian GV19 • Hou Ding GV20 • Bai Hui 	
<p>GV1 • Chang Qiang • Governing Vessel 1 Long Strong. Luo Connecting Point of the Governing Vessel to CV1. Meeting Point on the Governing Vessel with the Conception Vessel.</p> <p>Location: <i>Midway between the anus and the tip of the coccyx.</i></p> <p><i>Treats Hemorrhoids</i> <i>Benefits The Two Lower Yin</i> <i>Activates The Channel</i> <i>Calms The Spirit</i> <i>Alleviates Pain</i></p>					

To Flush this meridian, begin by using the palm of the dominant hand to sweep the meridian path starting at the upper lip and moving downward to the perineum. Sweep once from GV28 to GV1. Then sweep in the normal direction from GV1, the eye to GV28 three times. The one sweep in the opposite direction flushes the meridian, and the three sweeps energizes the meridian with clean energy. It is helpful to shake the energy off your hand after the flushing sweep to remove any negative energy. You may also think of your palm as being magnetic when you do the flush sweep to remove any harmful material or blockages. Another meridian that you could use a partner for.

Governing Vessel



Conception Vessel

Points	Abstracts	Meridians	Selections	Library	Resources
CV1 • Hui Yin		Conception Vessel • 1		Conception Vessel Points	
				<ul style="list-style-type: none"> CV1 • Hui Yin CV2 • Qu Gu CV3 • Zhong Ji CV4 • Guan Yuan CV5 • Shi Men CV6 • Qi Hai CV7 • Yin Jiao CV8 • Shen Que CV9 • Shui Fen CV10 • Xia Guan CV11 • Jian Li CV12 • Zhon Guan CV13 • Shan Guan CV14 • Ju Que CV15 • Jiu Wei CV16 • Zhong Ting CV17 • Shan Zhong CV18 • Yu Tang CV19 • Zi Gong CV20 • Hua Gai 	

CV1 • Hui Yin • Conception Vessel 1 Meeting of Yin. Meeting Point on the Conception Vessel with the Governing and Penetrating Vessels.

Location: *In the perineal region, at the midpoint between the anus and the posterior border of the scrotum in males and the posterior labial commissure in females.*

Contraindication: *Do Not Needle If Pregnancy is known or suspected.*

Regulates The Anterior And Posterior Yin and Yang

Resolves Damp Heat

Calms The Spirit

Promotes Resuscitation

Clears Heat

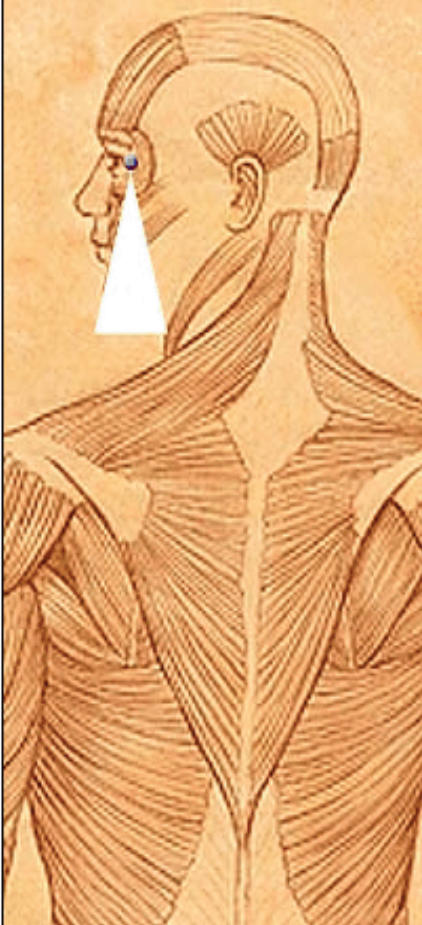

Regulates Menstruation

Tonifies The Kidneys

Drains Damp

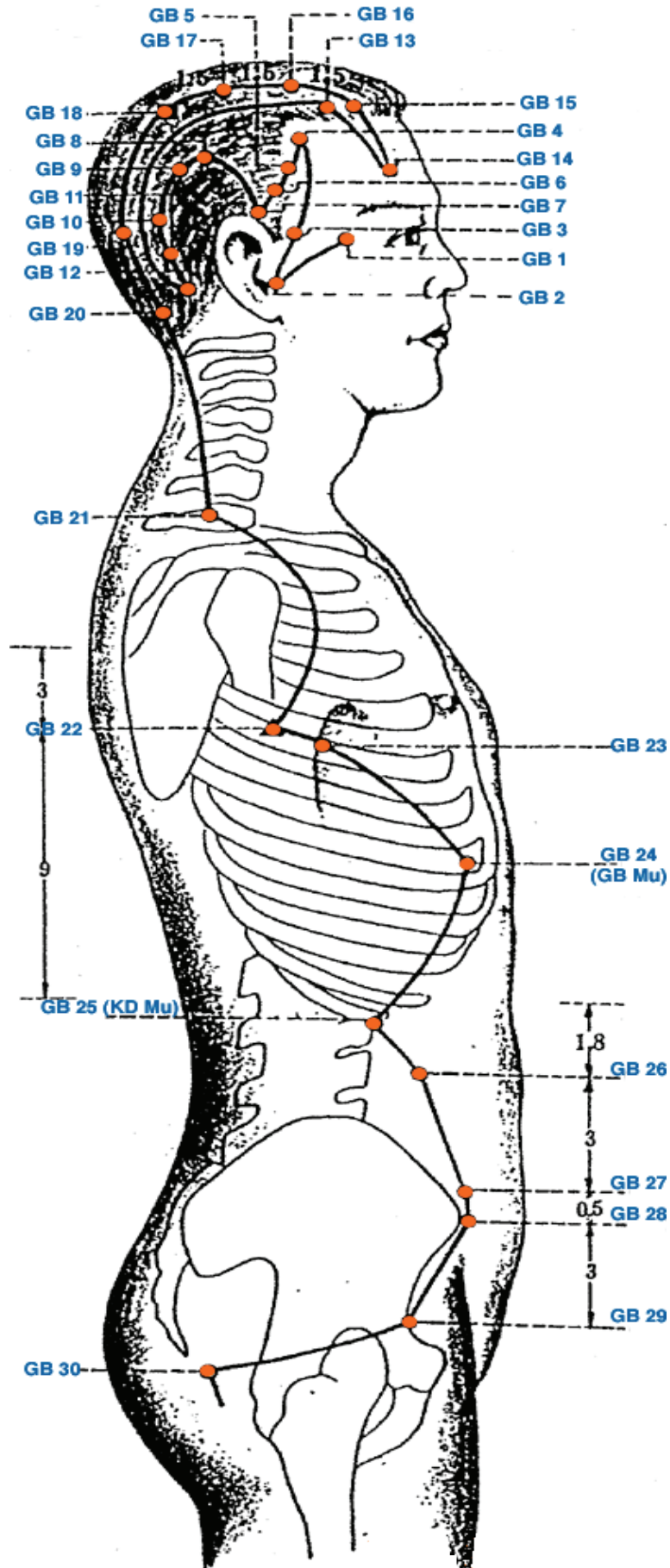
To Flush this meridian, begin by using the palm of the dominant hand to sweep the meridian path starting at the chin and moving downward to the perineum. Sweep once from CV24 to CV1. Then sweep in the normal direction from CV1, the perineum to CV24 three times. The one sweep in the opposite direction flushes the meridian, and the three sweeps energizes the meridian with clean energy. It is helpful to shake the energy off your hand after the flushing sweep to remove any negative energy. You may also think of your palm as being magnetic when you do the flush sweep to remove any harmful material or blockages.

Gall Bladder Meridian

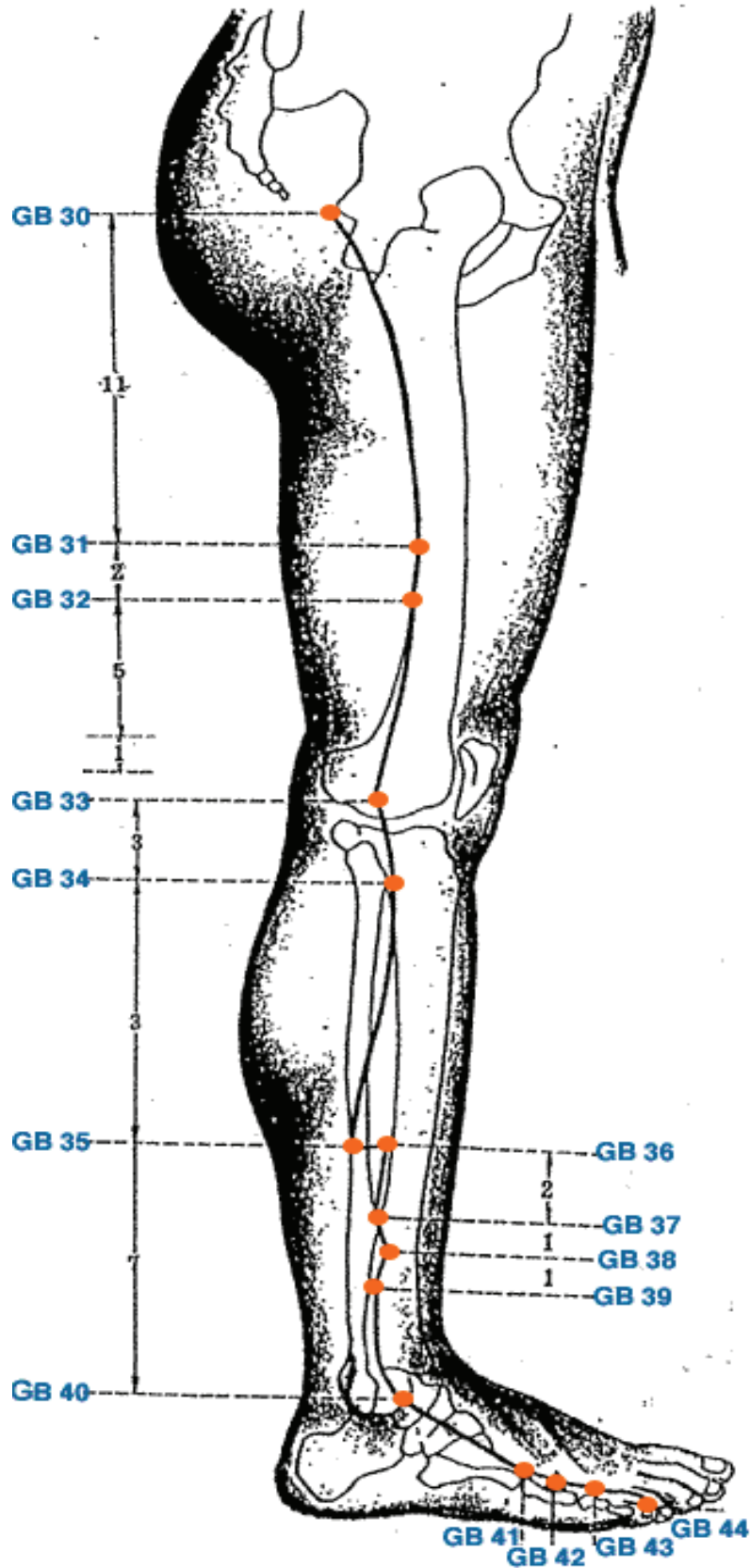
Points	Abstracts	Meridians	Selections	Library	Resources
GB1 • Tong Zi Liao		Gall Bladder • 1		Gall Bladder Points	
				<ul style="list-style-type: none"> GB6 • Xuan Li GB7 • Qu Bin GB8 • Shuai Gu GB9 • Tian Chong GB10 • Fu Bai GB11 • Tou Qiao Yin GB12 • Wan Gu GB13 • Ben Shen GB14 • Yang Bai GB15 • Tou Lin Qi GB16 • Mu Chuang GB17 • Zheng Ying GB18 • Cheng Ling GB19 • Nao Kong GB20 • Feng Chi GB21 • Jian Jing GB22 • Yuan Ye GB23 • Zhe Jin GB24 • Ri Yue GB25 • Jing Men 	
<p>GB1 • Tong Zi Liao • Gall Bladder 1 Pupil Bone Hole. Meeting Point on the Gall Bladder Channel with the Small Intestine and Triple Energizer Channels.</p> <p>Location: <i>On the lateral face, 0.5 cun lateral to the outer canthus of the eye.</i></p> <p><i>Benefits The Eyes</i> <i>Expels Wind</i> <i>Clears Heat</i></p>					

To Flush this meridian, begin by using the palm of the opposite hand to sweep the meridian path starting at the fourth toe and moving upward to the corner of the eye on the same side. Sweep once from GB44 to GB1. Then sweep in the normal direction from GB1, the eye to GB44 three times. The one sweep in the opposite direction flushes the meridian, and the three sweeps energizes the meridian with clean energy. It is helpful to shake the energy off your hand after the flushing sweep to remove any negative energy. You may also think of your palm as being magnetic when you do the flush sweep to remove any harmful material or blockages.

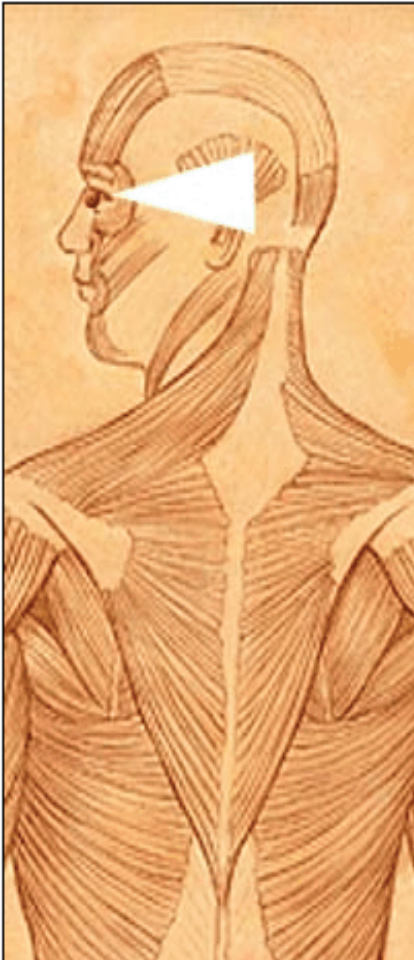
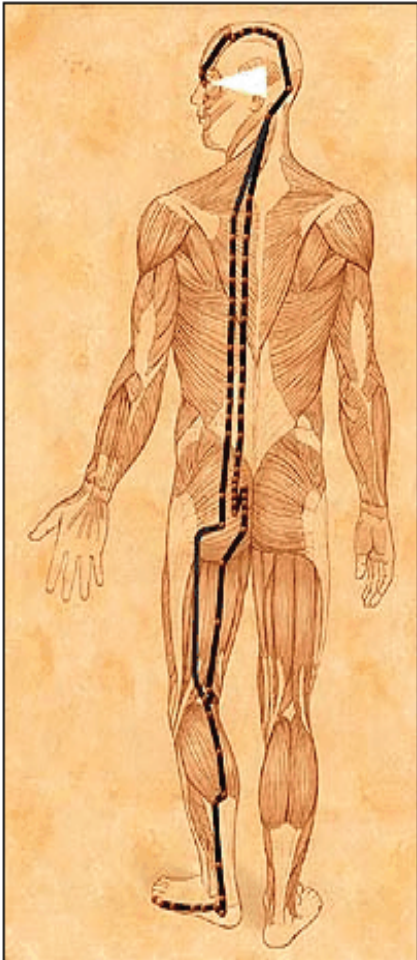
Gall Bladder Meridian



Gall Bladder Meridian



Bladder Meridian

Points	Abstracts	Meridians	Selections	Library	Resources
BL1 • Jing Ming		Bladder • 1		Bladder Points	
				<ul style="list-style-type: none"> BL1 • Jing Ming BL2 • Zan Zhu BL3 • Mei Chong BL4 • Qu Chai BL5 • Wu Chu BL6 • Cheng Guang BL7 • Tong Tian BL8 • Luo Que BL9 • Yu Zhen BL10 • Tian Zhu BL11 • Da Zhu BL12 • Feng Men BL13 • Fei Shu BL14 • Jue Yin Shu BL15 • Xin Shu BL16 • Du Shu BL17 • Ge Shu BL18 • Gan Shu BL19 • Dan Shu BL20 • Pi Shu 	

BL1 • Jing Ming • Bladder 1 Bright Eyes. Meeting Point on Bladder Channel with Small Intestine, Stomach, Gall Bladder, Triple Energizer Channels Governing, Conception, and Yin and Yang Motility Vessels.

Location: On the face, 0.1 cun superior to the inner canthus when the eye is closed.

Contraindication: Moxa.

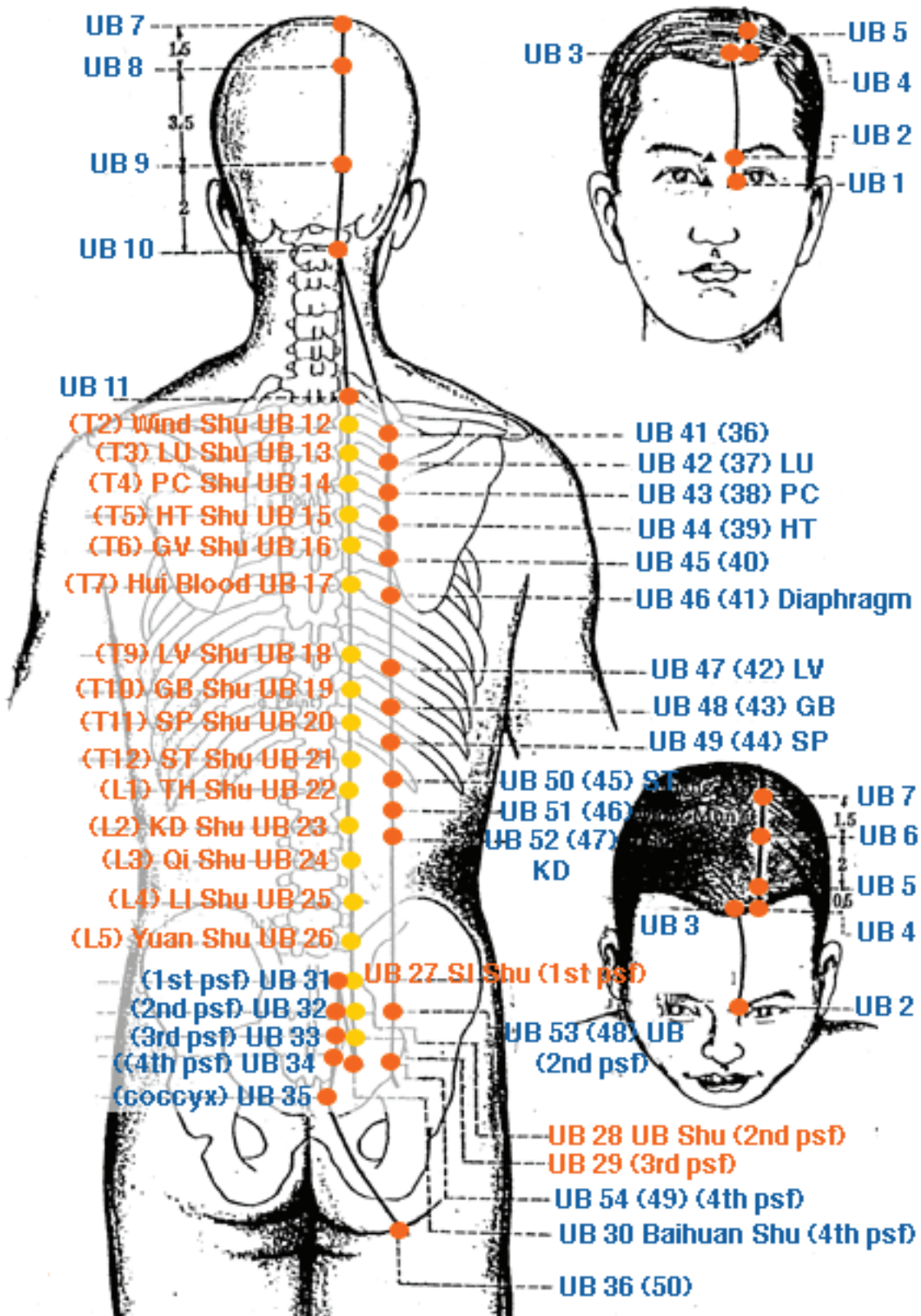
Benefits The Eyes

Expels Wind

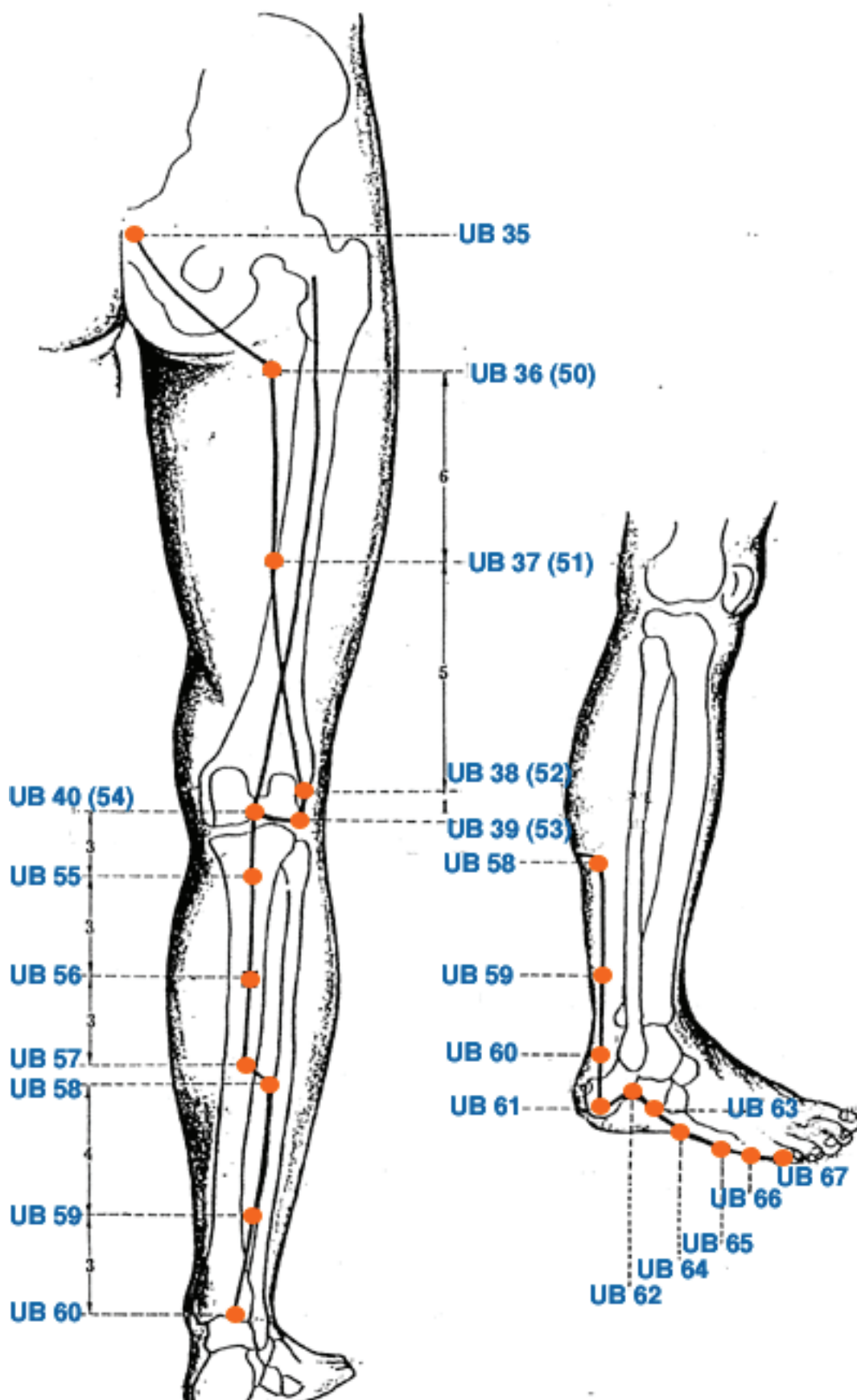
Clears Heat

To Flush this meridian, begin by using the palm any hand that will reach to sweep the meridian path starting at the small toe and moving upward to the eye on the same side of the body. You may have to alternate hands to reach the entire path, or this is one meridian that having a partner sweep your path, would be easier. Sweep once from BL67 to BL1. Then sweep in the normal direction from BL1, the eye to BL67 three times. The one sweep in the opposite direction flushes the meridian, and the three sweeps energizes the meridian with clean energy. It is helpful to shake the energy off your hand after the flushing sweep to remove any negative energy. You may also think of your palm as being magnetic when you do the flush sweep to remove any harmful material or blockages.

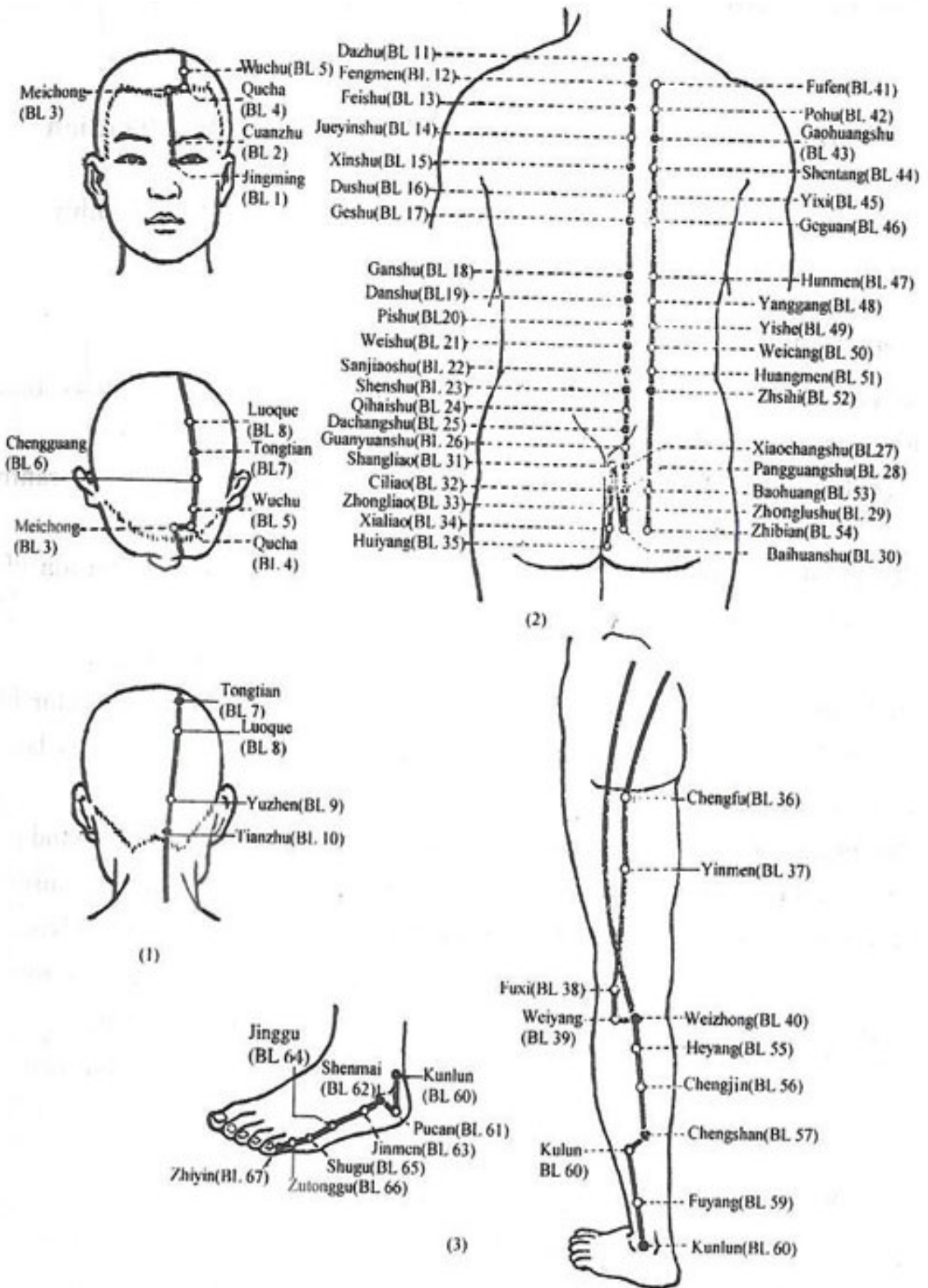
Bladder Meridian



Bladder Meridian



Bladder Meridian



Conception Vessel

