

The 12 Primary Qi Meridians & Eight Vessels

The 12 Principle Bilateral Channels (*Meridians*) are arranged as Yin/Yang organ systems that mutually support each other and subsequently generate or control other Yin/Yang organ systems. Six channels run up/down the arms while six channels run up/down the legs. There are also countless small “*Lu*” (Qi Branches) that carry energy from the channels outward to the skin and from the channels inward to the bone marrow, thus distributing Qi to every cell in the body. There are eight “*Qi Vessels*” that are often compared to reservoirs because they store and regulate the Qi in your channels and organs. The *Governing Vessel (GV)* acts as a Qi reservoir for all the Yang channels. It runs from between the tip of the coccyx and anus to the upper lip. The *Conception Vessel (CV)* acts as a reservoir for all the Yin channels. It runs from the perineum to the lower lip. The other “*Strange Vessels*” are not used much in acupuncture/massage due to inaccessibility or lack of knowledge of use. They are, however, used in Qigong and guided meditation to nourish the brain/bone marrow (*Thrusting Vessel*), invigorate the sexual glands/kidneys (*Belt Vessel*) and to reverse the aging process.

THE CIRCADIAN RHYTHM: One of the main *Qi* exchanges among the 12 Principle channels. This energetic exchange derives from the rotation of the earth on its axis which shifts energy dominance from one of the 12 organ systems to another every 2 hours. Treatments are more effective when treating a channel/organ system during this time, and particularly when using the *Identity Point* of the channel during this 2 hour “live” period.

Time	Organ	Polarity	Direction	Route	Element
3-5 AM	LU	Yin	Distal	Chest to Hand	Metal
5-7 AM	LI	Yang	Proximal	Hand to Head	Metal
7-9 AM	ST	Yang	Distal	Head to Foot	Earth
9-11 AM	SP	Yin	Proximal	Foot to Chest	Earth
11-1 PM	HE	Yin	Distal	Chest to Hand	Fire
1-3 PM	SI	Yang	Proximal	Hand to Head	Fire
3-5 PM	UB	Yang	Distal	Head to Foot	Water
5-7 PM	KI	Yin	Proximal	Foot to Chest	Water
7-9 PM	PE	Yin	Distal	Chest to Hand	Fire
9-11 PM	TB	Yang	Proximal	Hand to Head	Fire
11-1 AM	GB	Yang	Distal	Head to Foot	Wood
1-3 AM	LV	Yin	Proximal	Foot to Chest	Wood