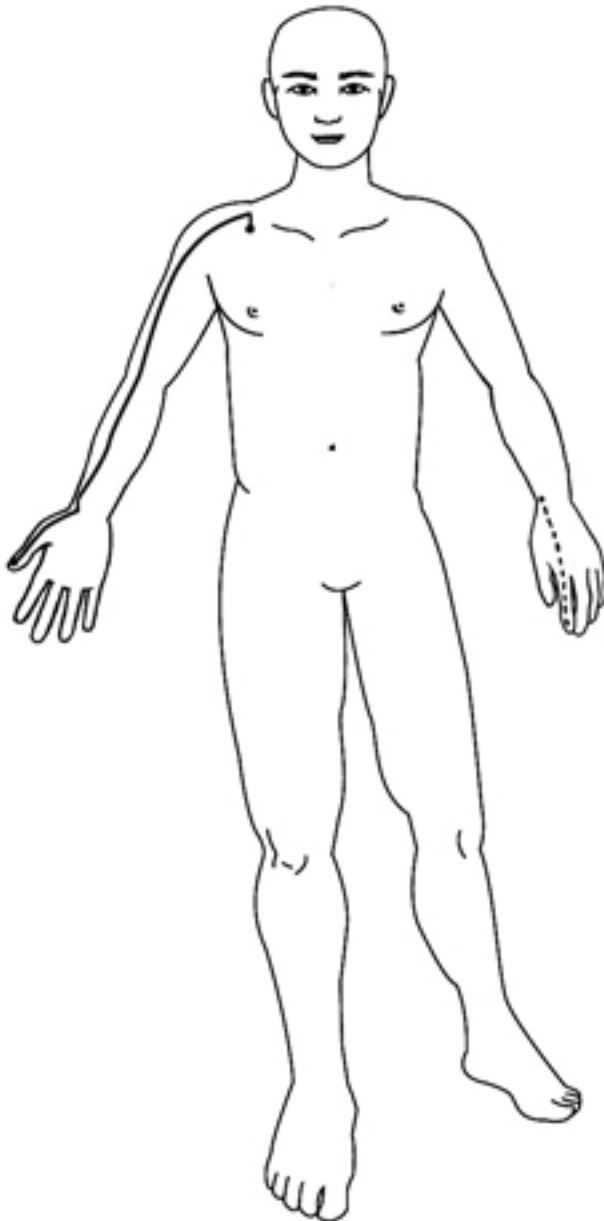
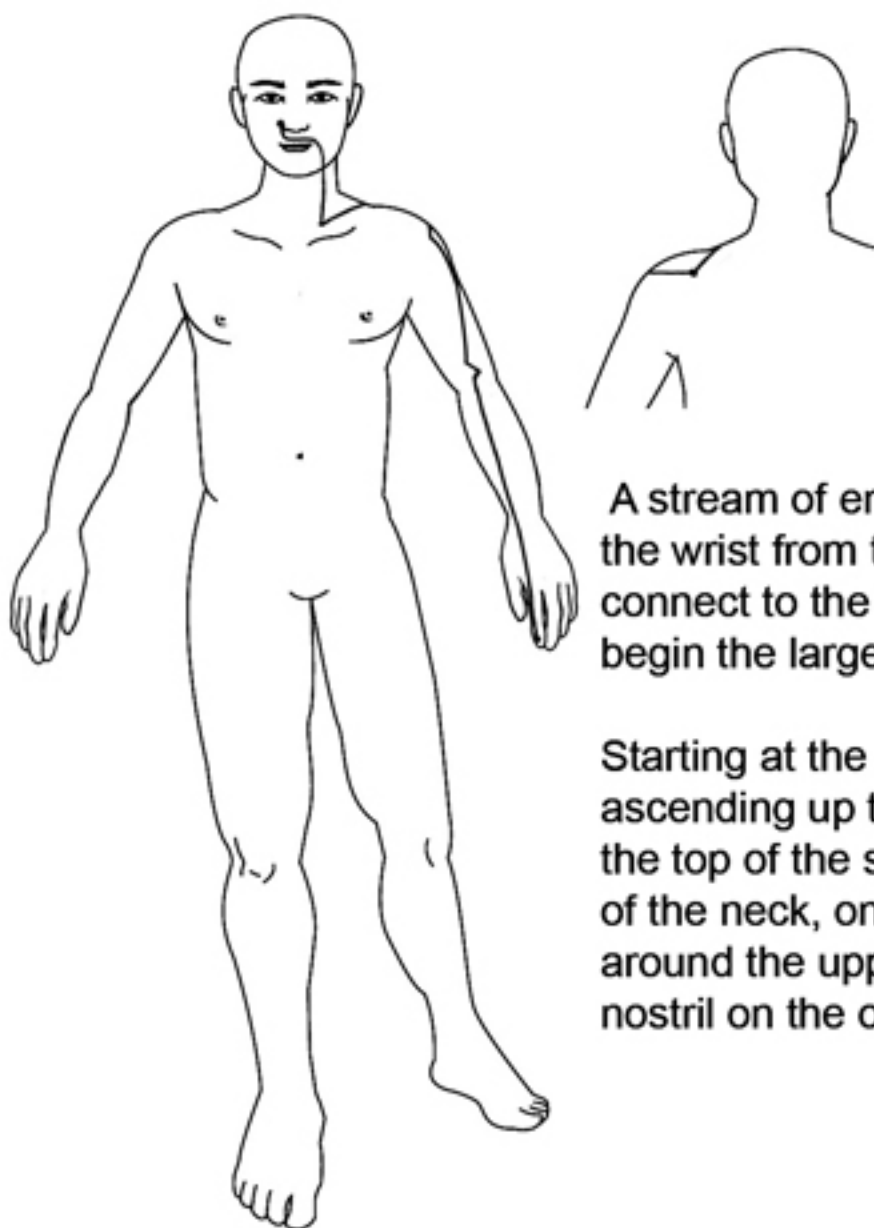


## *Lung Channel*



Starting at the lateral side of your clavicle, arching up over the front of the arm and then descending down the arm ending at the thumb.

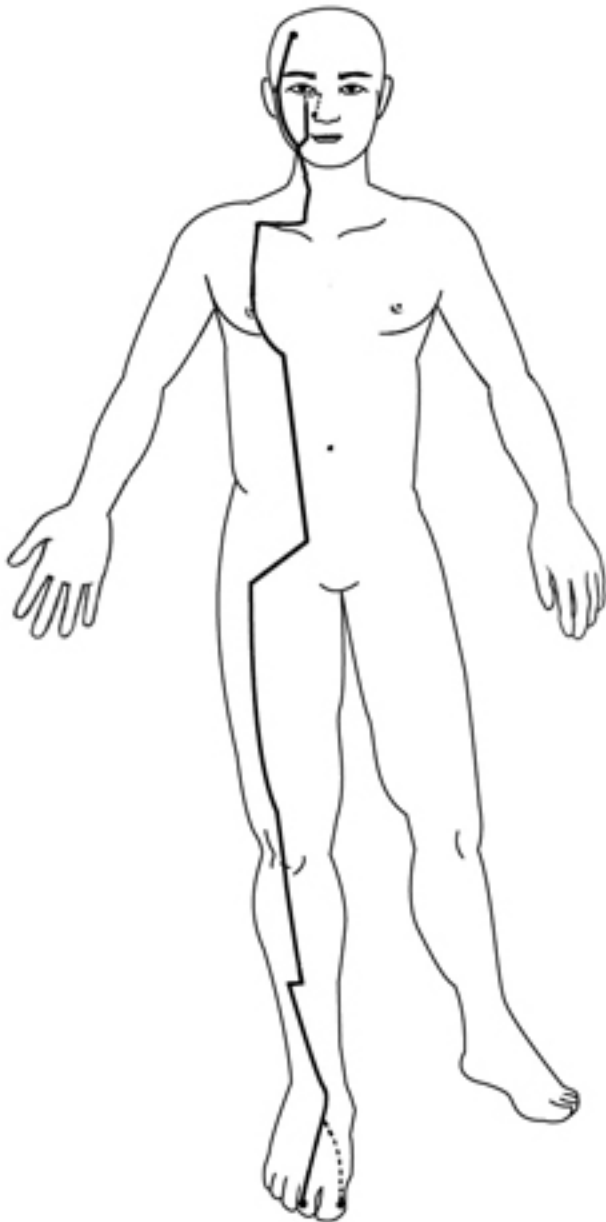
## *Large Intestine Channel*



A stream of energy leaves from the wrist from the lung channel to connect to the index finger to begin the large intestine channel.

Starting at the index finger, ascending up the arm, then across the top of the shoulder, up the side of the neck, on to the face, curving around the upper lip to cross to the nostril on the opposite side.

## *Stomach Channel*



A stream of energy leaves the nostril from the large intestine channel flowing up to the inner corner of the eye and then along the ridge of the lower eye to begin the stomach channel.

Starting underneath the ridge of the lower eye, moving down to the jaw, then ascending up the outside of your face to the scalp, back down the neck, moving out at the clavicle to descend in alignment with the nipple, then moving in toward the stomach, descending down to the groin, then flaring out at the groin to continue the descent down the front of the leg, ending at the second toe.

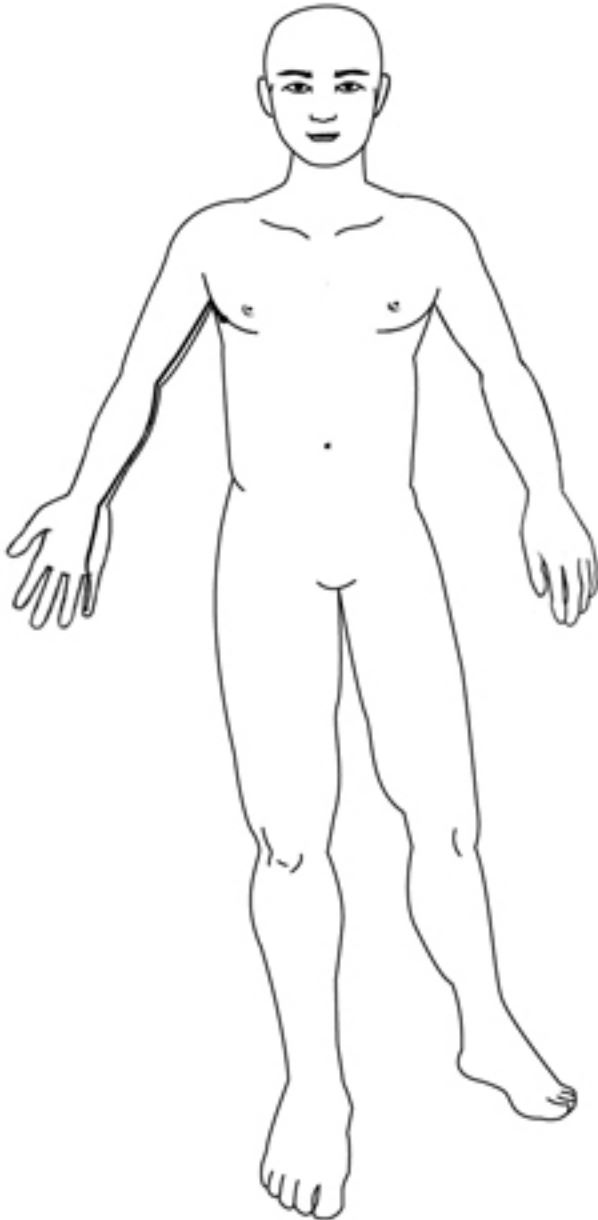
## *Spleen Channel*



A stream of energy leaves the foot from the stomach channel to connect with the big toe to begin the spleen channel.

Starting at the medial side of the big toe, moving up the inside of the leg, ascending up the torso and at the chest laterally moving toward the seam of your arm, then moving down side of your chest, ending at your rib cage in alignment with your heart.

## *Heart Channel*



The spleen channel connects internally with the heart channel.

Starting from the hollow in your armpit descending straight down the arm and ending at your little finger.

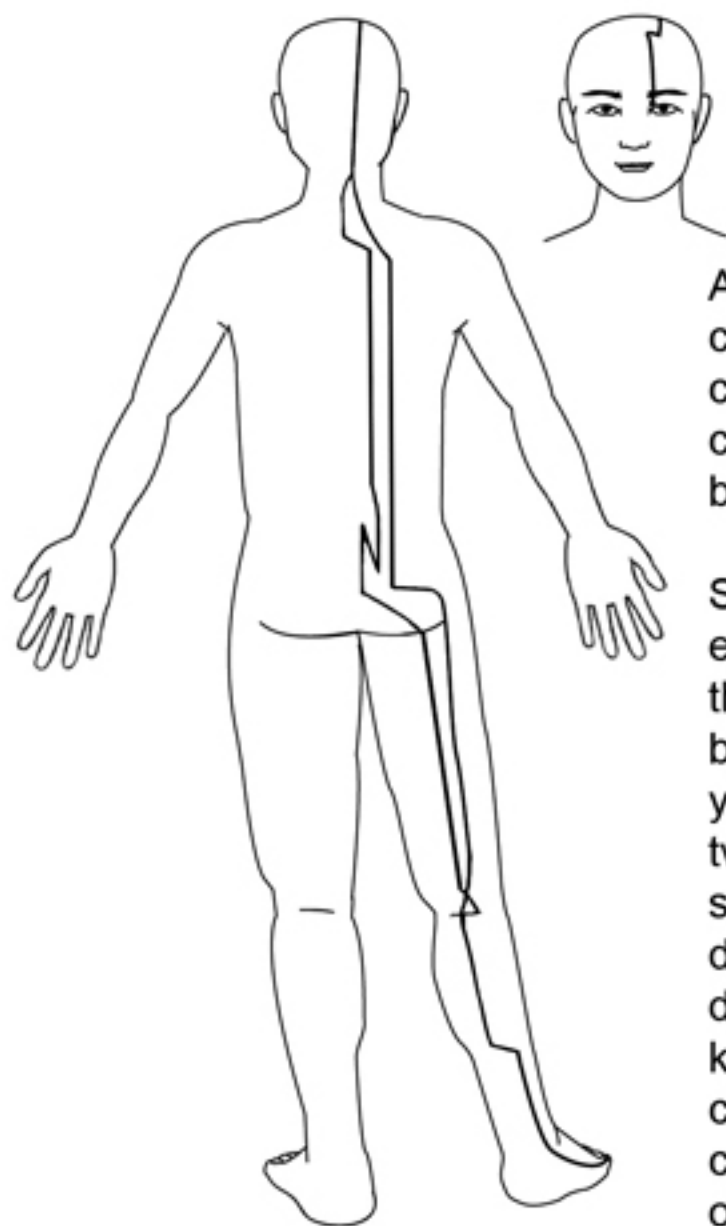
## *Small Intestine Channel*



The heart channel connects at the little finger with the small intestine channel.

Starting from your little finger ascending up the arm to the back of the shoulder, down the scapula, then up and across the back of the shoulder, ascending up the side of your neck, up to the cheek and back to the opening of your ear.

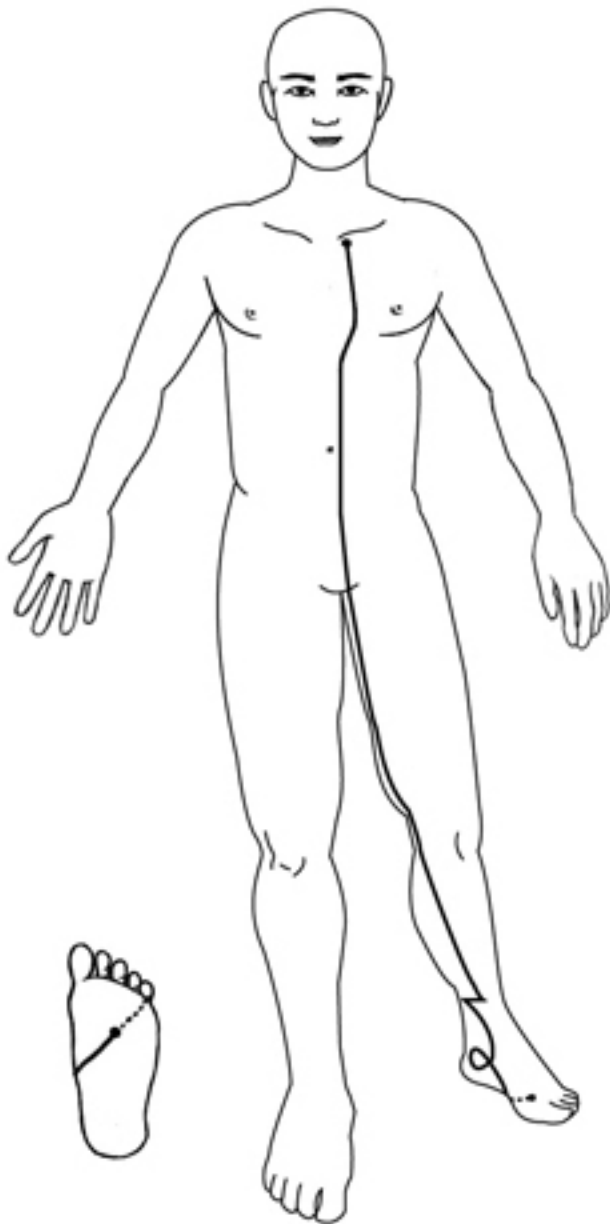
## *Urinary Bladder Channel*



A stream of energy leaves the check from the small intestine channel to connect with the inner corner of the eye to begin the bladder channel.

Starting at the inner corner of the eye, going up the forehead, over the top of the head then down the back of the head. At the back of your head, the channel splits into two branches just lateral to the spine, the two branches descend down the back, down the buttock, down the back of the leg, at the knee the 2 branches join, and continuing the descent down the calf and then moving to the outside of the leg ending at the little toe.

## *Kidney Channel*

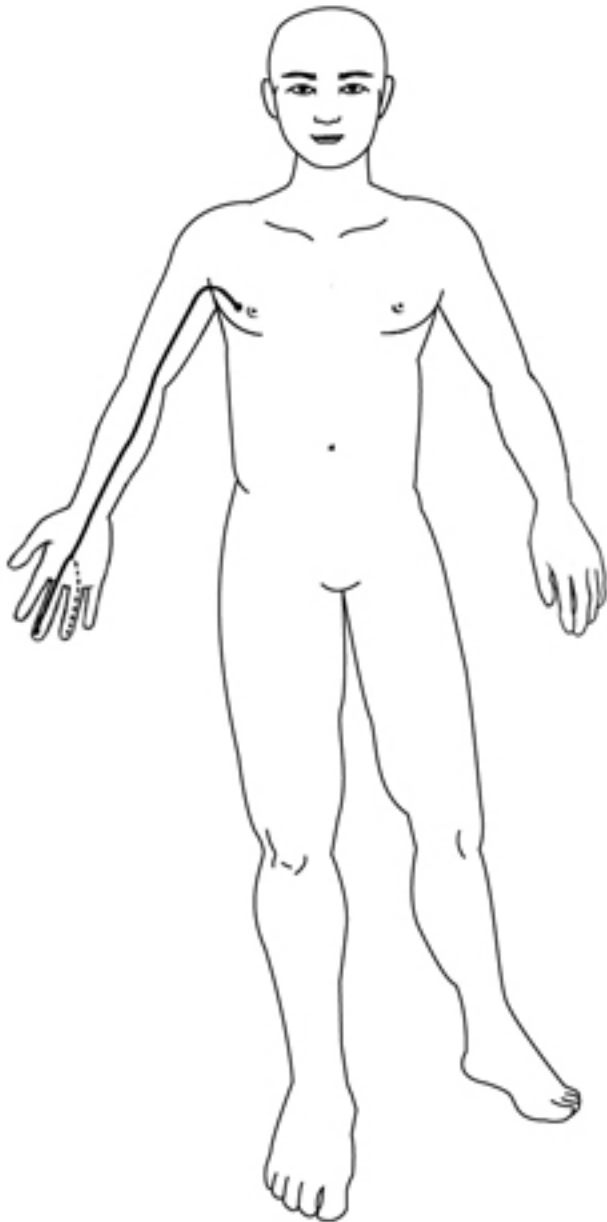


A stream of energy leaves the fifth toe of the bladder channel and connects to the sole of the feet where the kidney channel begins.

Starting at the midline of the ball of the foot, moving toward the inside of your leg, circling behind the ankle bone, ascending up the inside of the leg and then moving up the torso just lateral to the midline ending at the clavicle.



## *Pericardium Channel*



The kidney channel connects internally with the pericardium channel.

Starting just lateral from the nipple, arching up toward seam of the arm, descending down the inside of your arm ending at the middle finger.

## *Triple Burner Channel*



A stream of energy leaves the palm from the pericardium channel to connect with the fourth finger to begin the triple burner channel.

Beginning at the 4th finger, moving up the arm, back across the shoulder, then ascending up the side of the neck, circling around the outside of the ear, ending at the outer corner of your eyebrow.

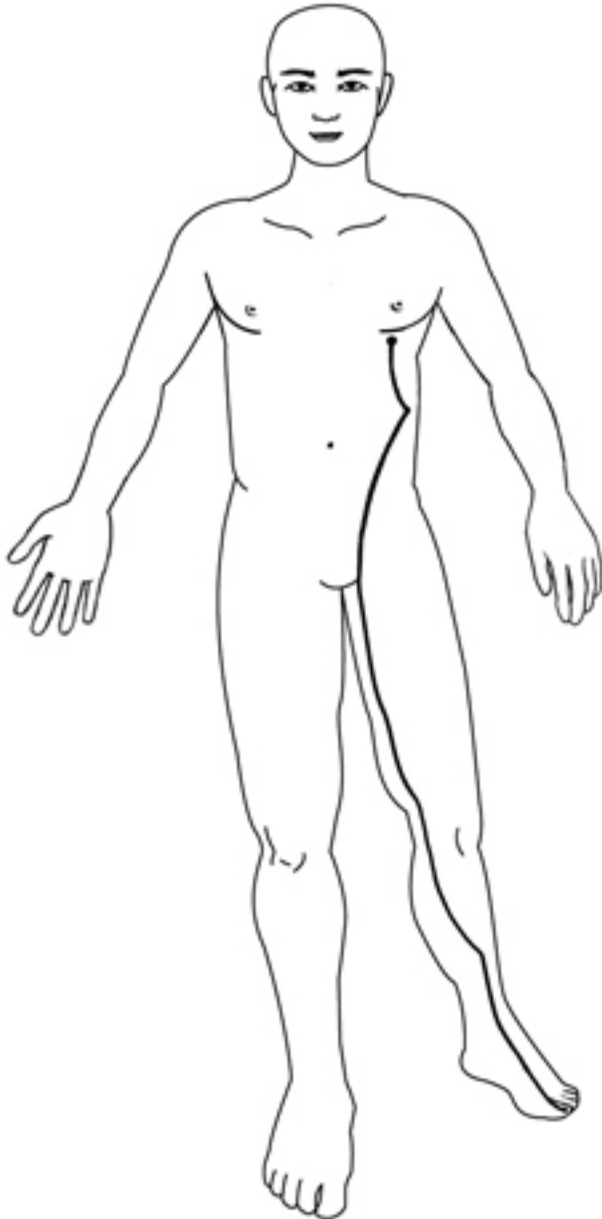
## *Gall Bladder Channel*



The triple burner channel connects at the eye with the gall bladder channel.

Starting from the outer corner of the eye, ascending up to a point above the ear, curving back around behind the ear, ascending up to the forehead, back down the head, down neck, to the top of the shoulder, underneath your arm, descending down the side of your torso, moving in at the waist, back out at the hip then descending down the outside of the leg ending at the fourth toe.

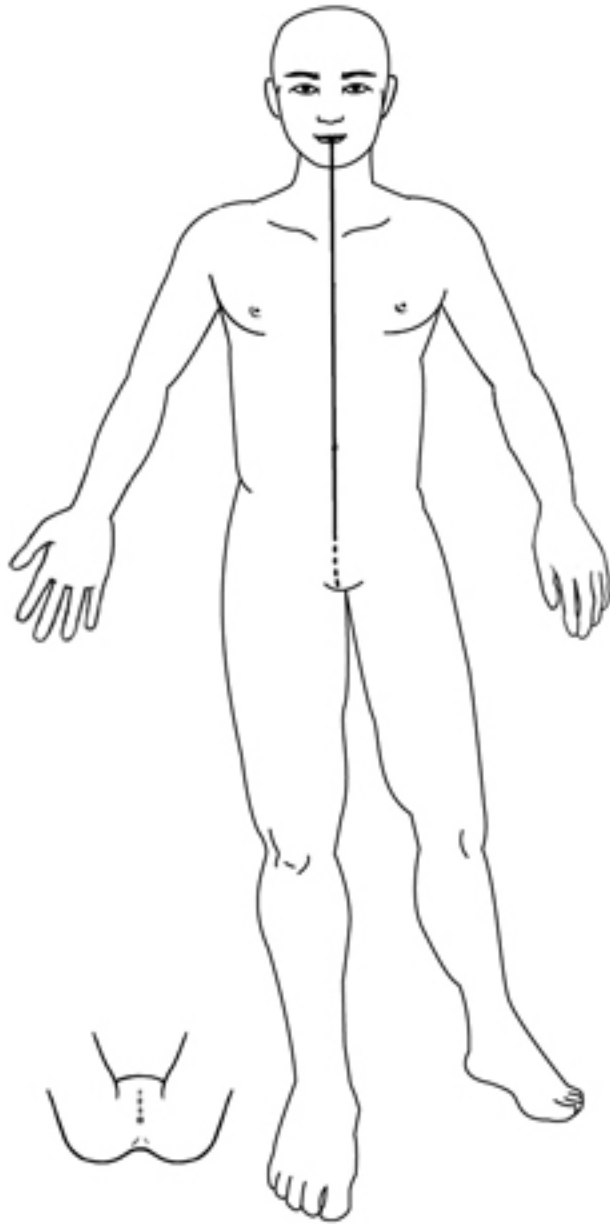
## *Liver Channel*



A stream of energy leaves the fourth toe from the gall bladder channel to connect to the big toe to begin the liver channel.

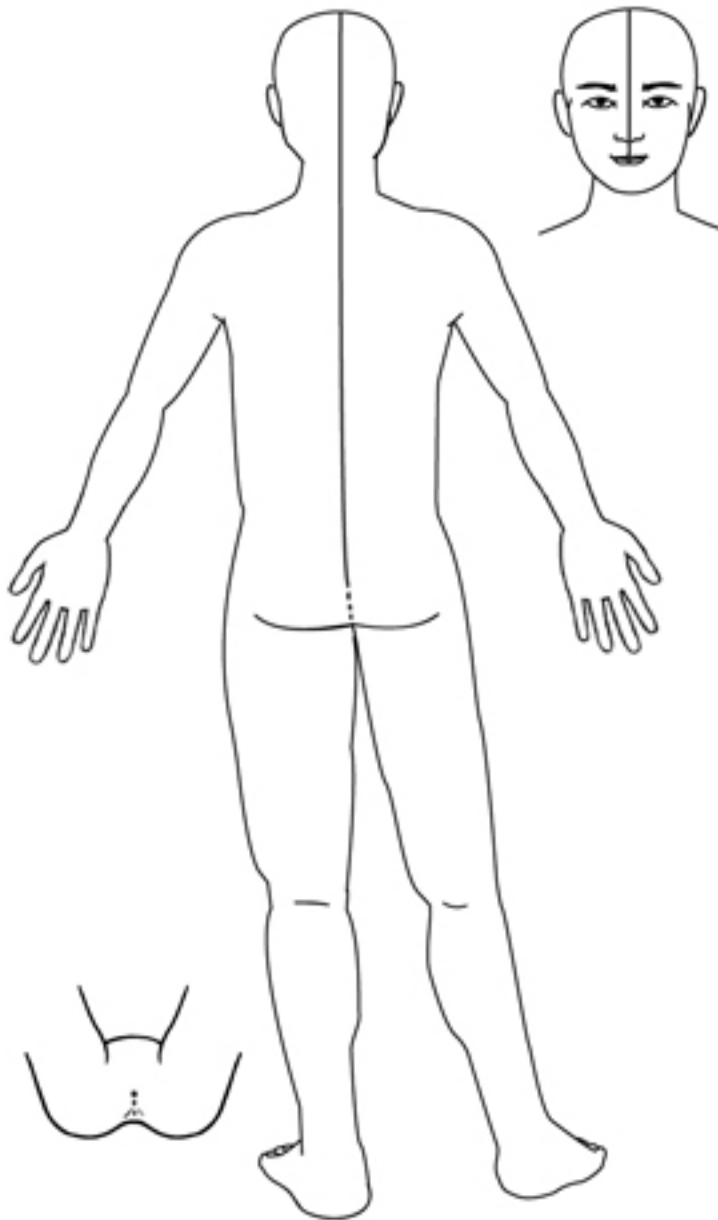
Starting from the lateral side of your big toe, moving up the inside of the leg, ascending the torso moving laterally toward your ribcage and ending just beneath and in alignment with the nipple.

## *Conception Vessel*



Starting at the perineum,  
ascending up the front midline of  
the body ending at the bottom lip.

## *Governing Vessel*



Starting at the perineum, ascending up the midline of the spine, over the top of the head, coming down over center of your face and ending at the upper lip.