

BIG PICTURE

SPECIAL POINTS	EARTH				HEAVEN				MAN				EXTRA	
	LU	LI	ST	SP	HT	SI	UB	KD	PC	SJ	GB	LV	RN	DU
YUAN-SOURCE	9	4	42	3	7	4	64	3	7	4	40	3		
LUO-CONNECTING	7	6	40	4	5	7	58	4	6	5	37	5	15	1
XI-CLEFT	6	7	34	8	6	6	63	5	4	7	36	6		
FRONT-MU	LU1	ST25	RN12	LV13	RN14	RN4	RN3	GB25	RN17	RN5	GB24	LV14		
BACK-SHU	UB13	UB25	UB21	UB20	UB15	UB27	UB28	UB23	UB14	UB22	UB19	UB18		
ENTRY	1	4	1	1	1	1	1	1	1	1	1	1		
EXIT	7	20	42	21	9	19	67	22	8	22	41	14		

8 INFLUENTIAL POINTS	
ZANG	LV13
FU	RN12
QI	RN17
BLOOD	UB17
SINEWS	GB34
MARROW	GB39
BONES	UB11
VESSELS	LU9

WINDOW OF THE SKY	
ST9	SI17
LI18	SJ16
SI16	RN22
UB10	DU16
LU3	PC1

WELL	SPRING	STREAM	RIVER	SEA
Mental illness, chest stiffling, 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

GROUP LUO POINTS	
3 ARM YANG	SJ8
3 ARM YIN	PC5
3 LEG YANG	GB35 (GB39)
3 LEG YIN	SP6

MUSCLE MERIDIAN MEETING POINTS		
3 ARM YANG	Forehead	GB13
3 ARM YIN	Thoracic cavity	GB22
3 LEG YANG	Eyes	SI18, ST3
3 LEG YIN	Genital	RN3



4 COMMAND POINTS	
ABDOMEN	ST36
HEAD AND BACK OF NECK	LU7
BACK (UPPER AND LOWER)	UB40
FACE AND MOUTH	LI4

13 GHOST POINTS												
Palace	Faith	Fortress	Heart	Path	Pillow	Bed	Market	Cave	Hall	Store	Leg	Seal
DU26	LU11	SP1	PC7	UB62	DU16	ST6	RN24	PC8	DU23	RN1	LI11	Hai quan

4 SEA POINTS	
QI	ST9, RN17, DU15, DU14
BLOOD	UB11, ST37, ST39
FOOD	ST30, ST36
MARROW	DU20, DU16

LOWER HE-SEA POINTS		
3 ARM YANG	LI	ST37
	SI	ST39
	SJ	UB39
3 LEG YANG	ST	ST36
	UB	UB40
	GB	GB34

8 EXTRA MERIDIANS				
	MASTER	XI-CLEFT	LUO	RANGE OF ACTION
REN	LU7		RN15	Abdomen, chest, lungs, throat, face
YIN QIAO	KD6	KD8		
DU	SI3		DU1	Back of legs, back, spine, neck, neck, head, eyes, brain
YANG QIAO	UB62	UB59		
DAI	GB41			Outer aspect of leg, sides of body, shoulders, side of neck
YANG WEI	SJ5	GB35		
CHONG	SP4			Inner aspect of leg, abdomen, chest, heart, stomach
YIN WEI	PC6	KD9		

FIVE ELEMENT POINTS ON THE 12 PRIMARY MERIDIANS														
		Well	Spring	Stream	River	Sea			Well	Spring	Stream	River	Sea	
		Wood	Fire	Earth	Metal	Water			Metal	Water	Wood	Fire	Earth	
TAI YIN	LU	11	10	9	8	5	YANG MING	LI	1	2	3	5	11	
	SP	1	2	3	5	9		ST	45	44	43	41	36	
SHAO YIN	HT	9	8	7	4	3	TAI YANG	SI	1	2	3	5	8	
	KD	1	2	3	7	10		UB	67	66	65	60	40	
JUE YIN	PC	9	8	7	5	3	SHAO YANG	SJ	1	2	3	6	10	
	LV	1	2	3	4	8		GB	44	43	41	38	34	

BIG PICTURE PRACTICE

SPECIAL POINTS	EARTH				HEAVEN				MAN				EXTRA	
	LU	LI	ST	SP	HT	SI	UB	KD	PC	SJ	GB	LV	RN	DU
YUAN-SOURCE														
LUO-CONNECTING														
XI-CLEFT														
FRONT-MU														
BACK-SHU														
ENTRY														
EXIT														

8 INFLUENTIAL POINTS	
ZANG	
FU	
QI	
BLOOD	
SINEWS	
MARROW	
BONES	
VESSELS	

WELL	SPRING	STREAM	RIVER	SEA

GROUP LUO POINTS	
3 ARM YANG	
3 ARM YIN	
3 LEG YANG	
3 LEG YIN	

WINDOW OF THE SKY	

MUSCLE MERIDIAN MEETING POINTS	
3 ARM YANG	
3 ARM YIN	
3 LEG YANG	
3 LEG YIN	



4 COMMAND POINTS	
ABDOMEN	
HEAD AND BACK OF NECK	
BACK (UPPER AND LOWER)	
FACE AND MOUTH	

13 GHOST POINTS												
Palace	Faith	Fortress	Heart	Path	Pillow	Bed	Market	Cave	Hall	Store	Leg	Seal

4 SEA POINTS	
QI	
BLOOD	
FOOD	
MARROW	

LOWER HE-SEA POINTS		
3 ARM YANG	LI	
	SI	
	SJ	
3 LEG YANG	ST	
	UB	
	GB	

8 EXTRA MERIDIANS				
	MASTER	XI-CLEFT	LUO	RANGE OF ACTION
REN				
YIN QIAO				
DU				
YANG QIAO				
DAI				
YANG WEI				
CHONG				
YIN WEI				

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TAI YIN	LU						YANG MING	LI					
	SP							ST					
SHAO YIN	HT						TAI YANG	SI					
	KD							UB					
JUE YIN	PC						SHAO YANG	SJ					
	LV							GB					