

Meridians and other Layers

Layers

Most Superficial

- 12 Cutaneous
- 12 Muscle
- 15 Collateral
- 12 Main Meridian
- 12 Divergent Meridian
- 8 Extra Ordinary Meridian

Deepest

Meridians

Each Limb can be divided like a pie in to three parts with each part having a (Inside) Yin and (Outside) Yang side.

yang = open = hollow = thin = fu = connected to the outside of body

yin = closed = solid = thick = zang = inside of body only

3 Hand Sections

Anterior Portion of the Arm

- Inside Tai Yin - Lung (11 Points)
- Outside Yang Ming - Large Intestine (20 Points)

Middle Portion of the Arm

- Inside Jue Yin - Pericardium (9 Points)
- Outside Shao Yang - Sanjiao (23 Points)

Posterior Portion of the Arm

- Inside Shao Yin - Heart (9 Points)
- Outside Tai Yang - Small Intestine (18 Points)

3 Foot Sections

Anterior Portion of the Leg

- Inside Tai Yin - Spleen (21 Points)
- Outside Yang Ming - Stomach (45 Points)

Middle Portion of the Leg

- Inside Jue Yin - Liver (14 Points)
- Outside Shao Yang - Gall Bladder (44 Points)

Posterior Portion of the Leg

- Inside Shao Yin - Kidney (27 Points)
- Outside Tai Yang - Urinary Bladder (67 Points)

Path:

Hand: Inside -> Outside

[then] Foot: Outside -> Inside

[for each] Inner (Anterior) -> Outer -> Middle (Posterior)

Time:

Starting at 3 am, each stage is 2 hours. eg. 3am - 5am, 5am - 7am

Five Elements:

Each inner / outer stage combination is an element -
Metal, Earth, Fire, Water, Ministerial Fire, Wood

Metal :- Hand Tai Yin (Lu) / 3am-5am -> Hand Yang Ming (Li) / 5am-7am ->
Earth :- Foot Yang Ming (St) / 7am-9am -> Foot Tai Yin (Sp) / 9am-11am ->
|
Fire :- Hand Shao Yin (Ht) / 11am-1pm -> Hand Tai Yang (Si) / 1pm-3pm ->
Water :- Foot Tai Yang (Gb) / 3pm-5pm -> Foot Shao Yin (Li) / 5pm-7pm ->
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M. Fire :- Hand Jue Yin (Pc) / 7pm-9pm -> Hand Shao Yang (Sj) / 9pm-11pm ->
Wood :- Foot Shao Yang (Ub) / 11pm-1am-> Foot Jue Yin (Ki) / 1am - 3am ->