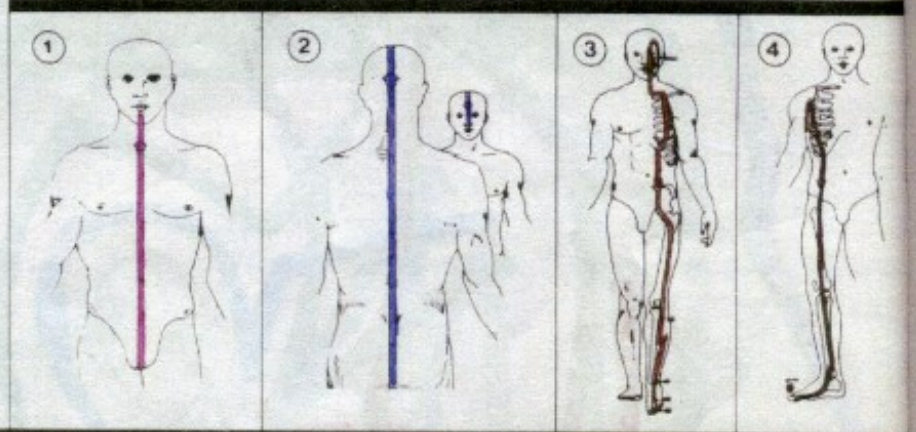


Meridian Booklet

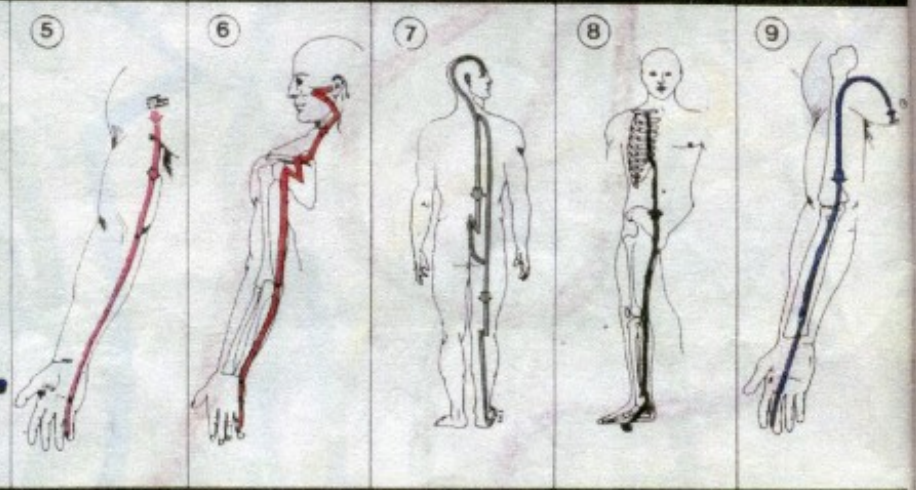


MERIDIANS

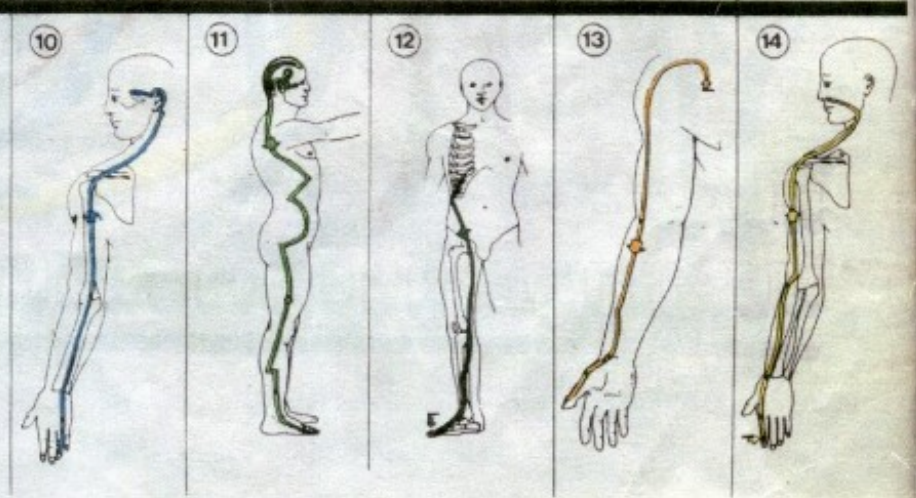
- 1 **CENTRAL**
- 2 **GOVERNING**
- 3 **STOMACH**
- 4 **SPLEEN**

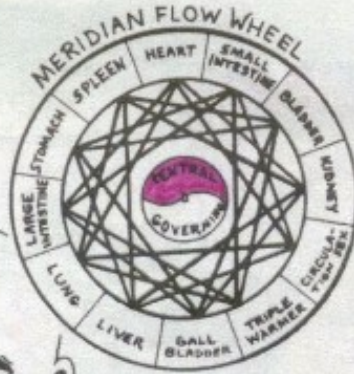


- 5 **HEART**
- 6 **SMALL**
INTESTINE
- 7 **BLADDER**
- 8 **KIDNEY**
- 9 **CIRCULATION-**
GEN



- 10 **TRIPLE-**
WARRER
- 11 **GALL**
BLADDER
- 12 **LIVER**
- 13 **LUNG**
- 14 **LARGE**
INTESTINE





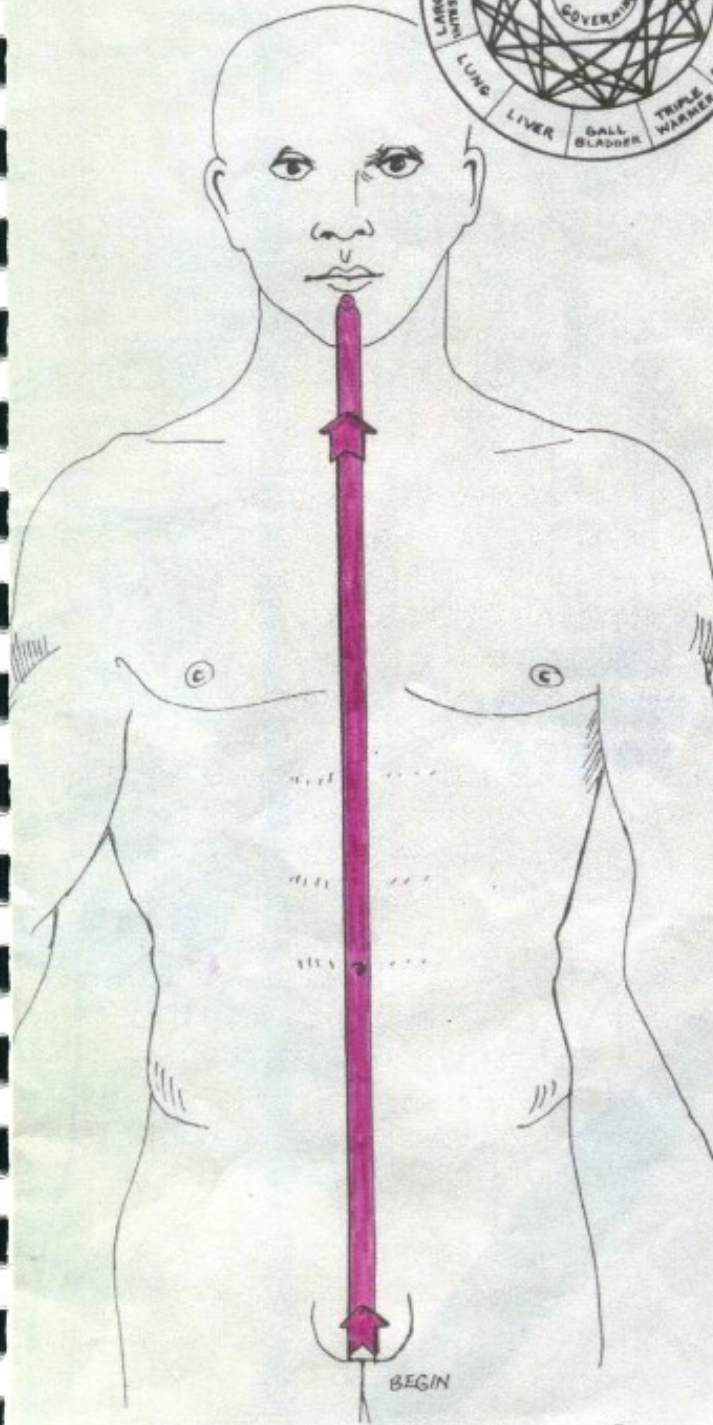
CENTRAL MERIDIAN

Continue coloring using RED-VIOLET.

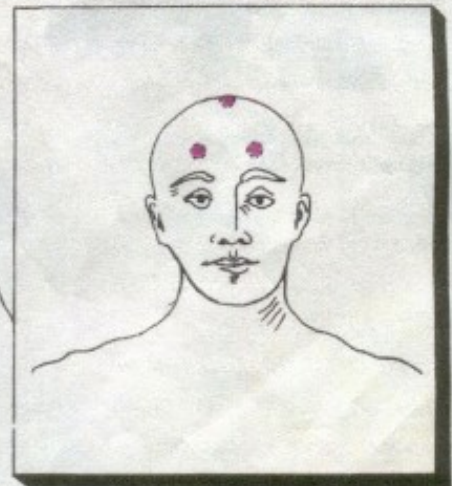
3. Color the NEURO-VASCULAR HOLDING POINTS which are on the anterior fontanel (the baby's soft spot), and the frontal eminence, between eyebrows and hairline.

NOTE: The neuro-vascular holding points are drawn in BROKEN LINES to indicate that they are worked with LIGHT PRESSURE.

4. Color the CENTRAL MERIDIAN TITLE at the top of the page, the MERIDIAN FLOW WHEEL WEDGE, and the CENTRAL MERIDIAN which runs from the pubic bone up to the lower lip.
5. There are no ACUPRESSURE HOLDING POINTS for the supraspinatus muscle.
6. Circle the ORIGIN and INSERTION of the SUPRASPINATUS MUSCLE.



NEURO-VASCULAR HOLDING POINTS





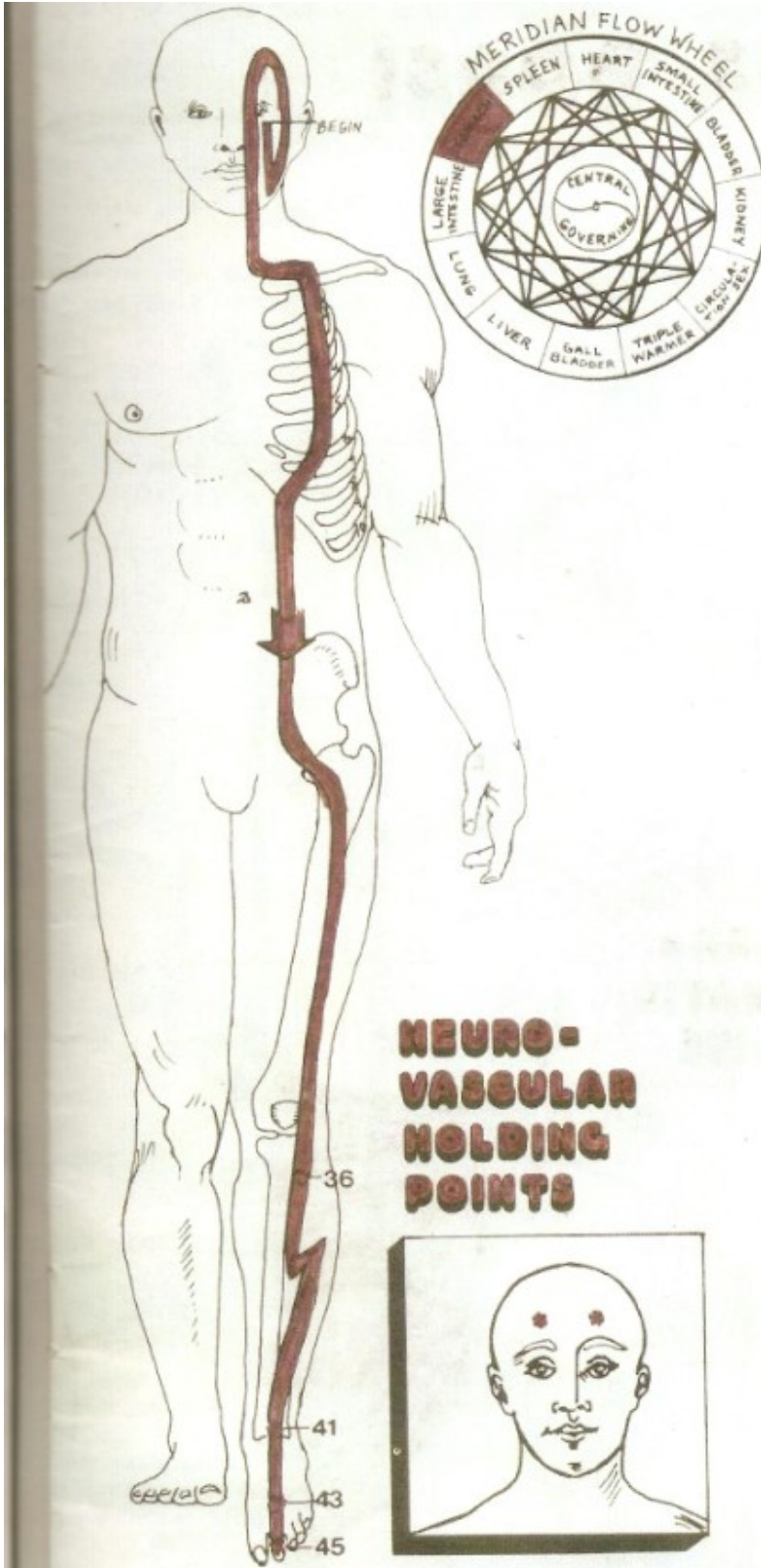
GOVERNING MERIDIAN

Continue coloring using PURPLE.

3. Fill in the NEURO-VASCULAR HOLDING POINT on the temple at the hairline.
4. Color the GOVERNING MERIDIAN TITLE, the MERIDIAN FLOW WHEEL WEDGE, and the GOVERNING MERIDIAN, which runs from the tailbone to the upper lip.
5. There are no ACUPRESSURE HOLDING POINTS for the teres major muscle.
6. Circle the ORIGIN and INSERTION of the TERES MAJOR MUSCLE.

NEURO-VASCULAR HOLDING POINTS

Hold both sides of head



STOMACH MERIDIAN

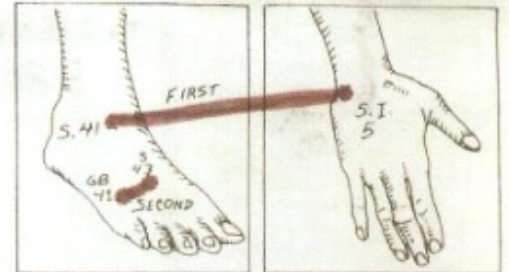
Continue coloring with LIGHT BROWN.

3. Fill in the NEURO-VASCULAR HOLDING POINTS on the head at the frontal eminence, a slight bulge on the sides of the forehead between the eyebrows and the hairline.
4. Color the STOMACH MERIDIAN TITLE, the WEDGE, and the STOMACH MERIDIAN, which runs from the eye down the front of the body, along the outside of the leg, and out the second toe.
5. Color the ACUPRESSURE HOLDING POINTS for both strengthening and weakening, noting the distinction between the first pair of points. The second pair of points held is the same for both strengthening and weakening. This is true for all the meridians.
6. Circle the ORIGIN and INSERTION of the PECTORALIS MAJOR CLAVICULAR MUSCLE.

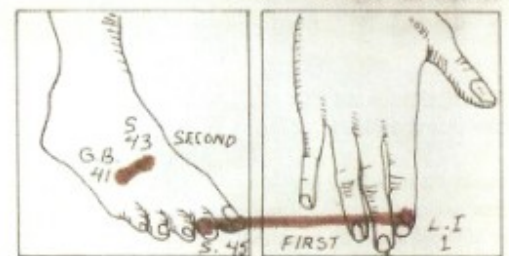
*NOTE: The acupressure holding points and the neuro-vascular holding points are drawn in BROKEN LINES to indicate that they are worked with LIGHT PRESSURE.

ACUPRESSURE HOLDING POINTS

TO STRENGTHEN



TO WEAKEN



NEURO-VASCULAR HOLDING POINTS





SPLEEN MERIDIAN

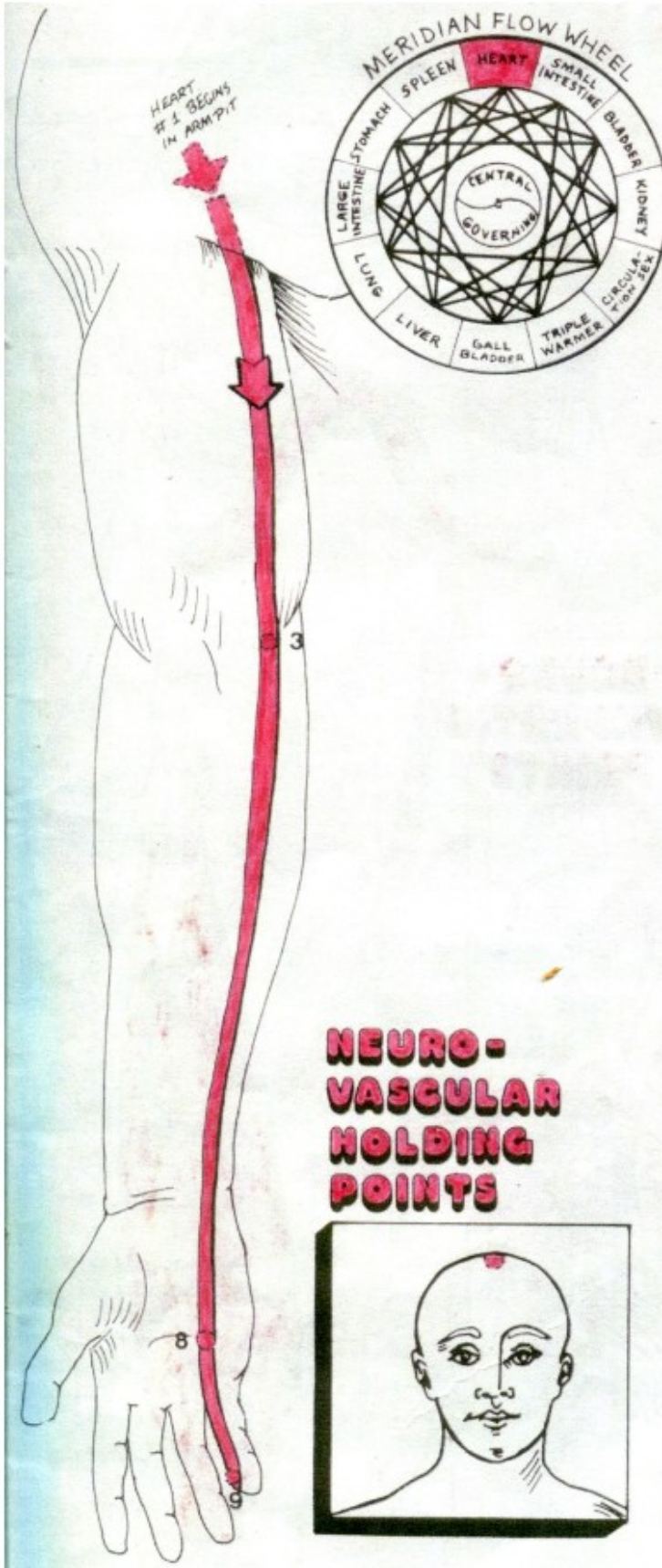
Continue coloring using DARK BROWN.

3. Fill in the NEURO-VASCULAR HOLDING POINT on the parietal bone, just above and behind the ear.
4. Color the SPLEEN MERIDIAN TITLE, the MERIDIAN FLOW WHEEL WEDGE, and the SPLEEN MERIDIAN, which runs from the big toe up the inside of the leg to the side of the chest on the front of the body.
5. Color the ACUPRESSURE HOLDING POINTS for both strengthening and weakening.
6. Circle the ORIGIN and INSERTION of the LATISSIMUS DORSI MUSCLE.

ACUPRESSURE HOLDING POINTS TO STRENGTHEN

ACUPRESSURE HOLDING POINTS TO WEAKEN

NEURO-VASCULAR HOLDING POINTS



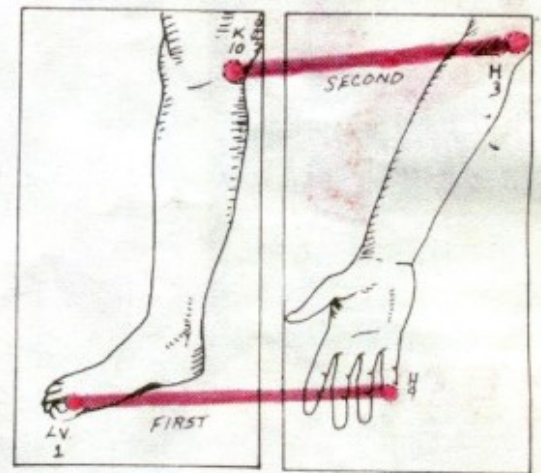
HEART MERIDIAN

Continue coloring using PINK.

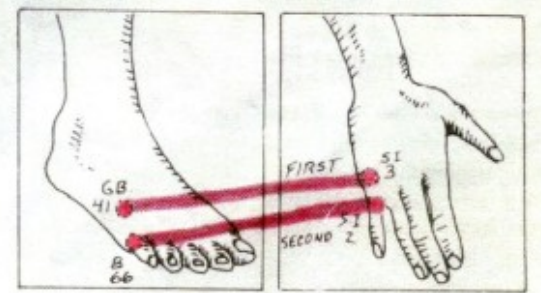
3. Color the NEURO-VASCULAR HOLDING POINT on the anterior fontanel, the baby's soft spot.
4. Color the HEART MERIDIAN TITLE, the WEDGE, and the HEART MERIDIAN, which runs from the armpit down the inside of the arm to the tip of the little finger.
5. Color the ACUPRESSURE HOLDING POINTS for both strengthening and weakening.
6. Circle the ORIGIN and INSERTION of the SUBSCAPULARIS MUSCLE. Note that it cannot be seen or felt since it is behind the shoulder blade.

ACUPRESSURE HOLDING POINTS

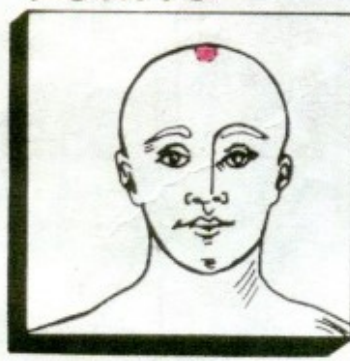
TO STRENGTHEN

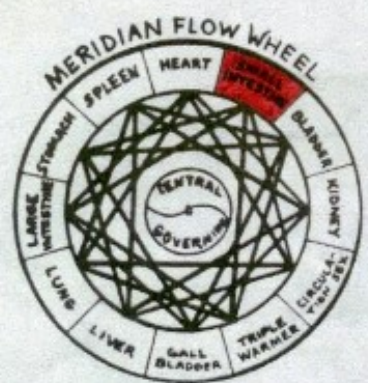


STRENGTHEN SMALL INTESTINE MERIDIAN INSTEAD OF WEAKENING HEART



NEURO-VASCULAR HOLDING POINTS



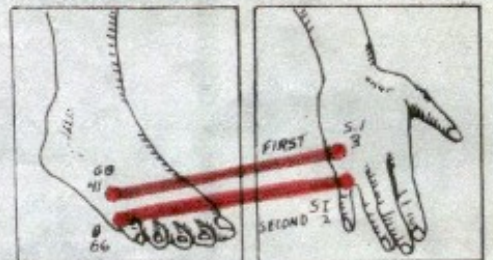


SMALL INTESTINE MERIDIAN

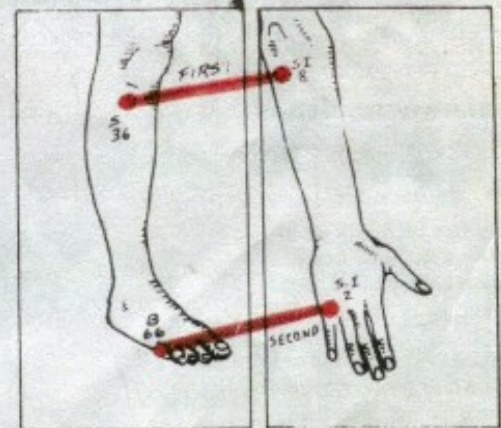
- Continue coloring with RED.
3. Color the NEURO-VASCULAR HOLDING POINTS on the parietal eminence, the ridge between the ear and the top of the head.
 4. Color the SMALL INTESTINE TITLE, the WEDGE, and the SMALL INTESTINE MERIDIAN, which runs from the little finger, on the outside of the arm, up to the cheek.
 5. Color the ACUPRESSURE HOLDING POINTS for both strengthening and weakening
 6. Circle the ORIGIN and INSERTION of the QUADRICEPS.

ACUPRESSURE HOLDING POINTS

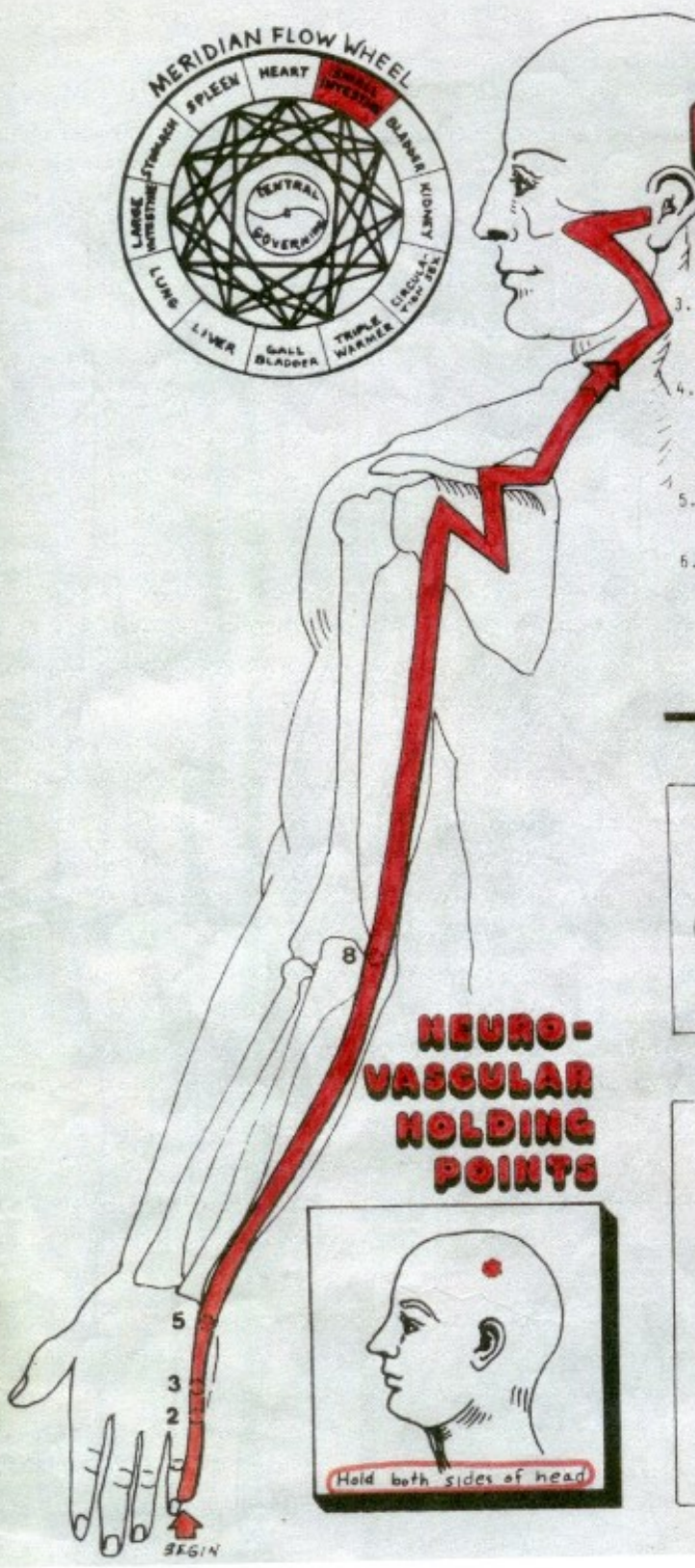
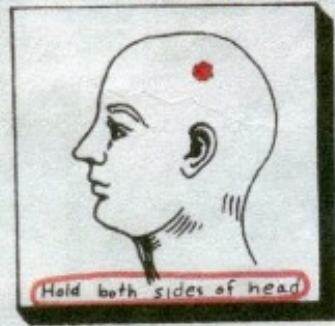
TO STRENGTHEN



TO WEAKEN



NEURO-VASCULAR HOLDING POINTS





BLADDER MERIDIAN

ACUPRESSURE HOLDING POINTS TO STRENGTHEN

Continue using LIGHT GRAY.

- Fill in the NEURO-VASCULAR HOLDING POINTS on the head above the inner eyebrow corner, and also on the frontal eminence.
- Color the BLADDER MERIDIAN TITLE, the WHEEL, and the BLADDER MERIDIAN, which runs from the corner of the eye, over the head, down the back, down the back of the leg, and out the little toe.
- Color the ACUPRESSURE HOLDING POINTS for both strengthening and weakening.

NOTE: Remember that the acupressure holding points and the neuro-vascular holding points are drawn in DOTTEN LINES to indicate that they are worked with LIGHT PRESSURE.

- Circle the ORIGIN and INSERTION of the MERIDIAN.

NEURO-VASCULAR HOLDING POINTS

TO WEAKEN

KIDNEY MERIDIAN

Continue using BLACK.

3. Color the NEURO-VASCULAR HOLDING POINT on the occipital protuberance, the bump on the back of the skull.
4. Color the KIDNEY MERIDIAN TIBIAL WEDGE, and the KIDNEY MERIDIAN, which runs from the ball of the foot, up the inside of the leg to the collar bone.
5. Fill in the ACUPRESSURE HOLDING POINTS for both strengthening and weakening.

NOTE: Remember the acupressure holding points and the neuro-vascular holding points are drawn in BROKEN LINES to indicate that they are worked with LIGHT PRESSURE.

6. Circle the ORIGIN and INSERTION of the PSQAS.

ACUPRESSURE HOLDING POINTS TO STRENGTHEN

ACUPRESSURE HOLDING POINTS TO WEAKEN

NEURO-VASCULAR HOLDING POINTS

KIDNEY NUMBER ONE BEGINS ON BOTTOM OF FOOT



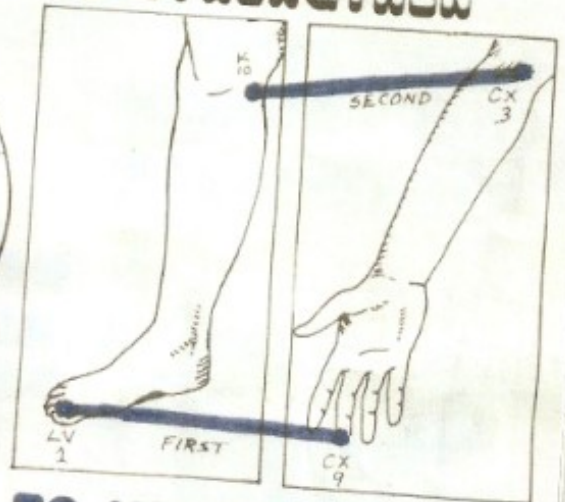
CIRCULATION-SEX MERIDIAN

Continue coloring with BLUE.

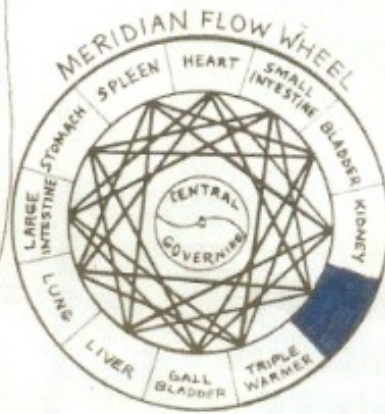
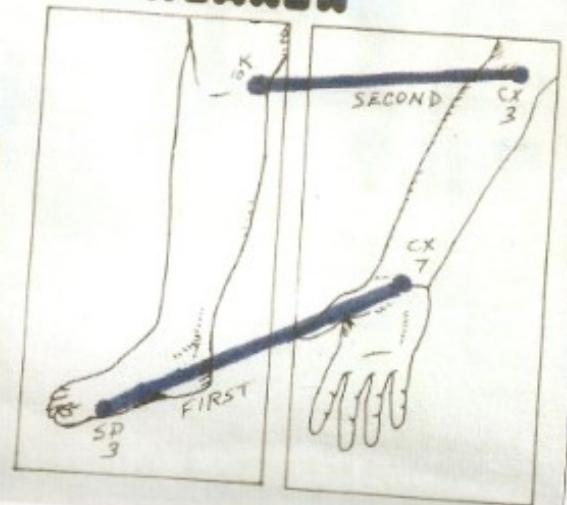
3. Color the NEURO-VASCULAR HOLDING POINTS on the parietal eminence, the ridge between the ear and the top of the head.
4. Color the CIRCULATION SEX MERIDIAN TITLE, the WEDGE, and the CIRCULATION SEX MERIDIAN, which runs from the nipple, down the inside of the arm, and out the middle finger.
5. Fill in the ACUPRESSURE HOLDING POINTS for both strengthening and weakening.
6. Circle the ORIGIN and INSERTION of the GLUTEUS MEDIUS.



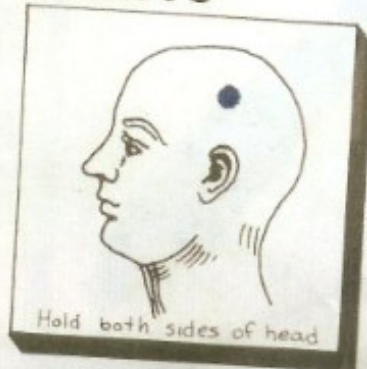
ACUPRESSURE HOLDING POINTS TO STRENGTHEN

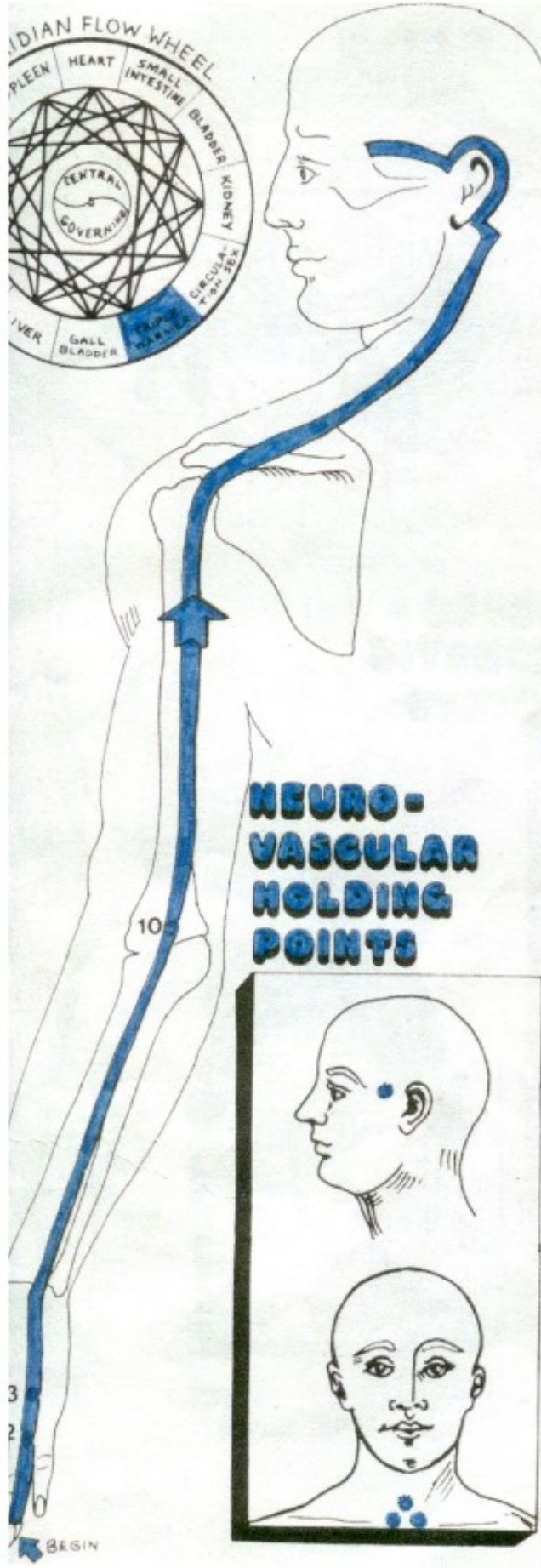


TO WEAKEN



NEURO-VASCULAR HOLDING POINTS

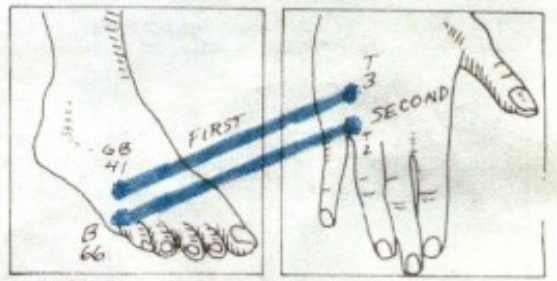




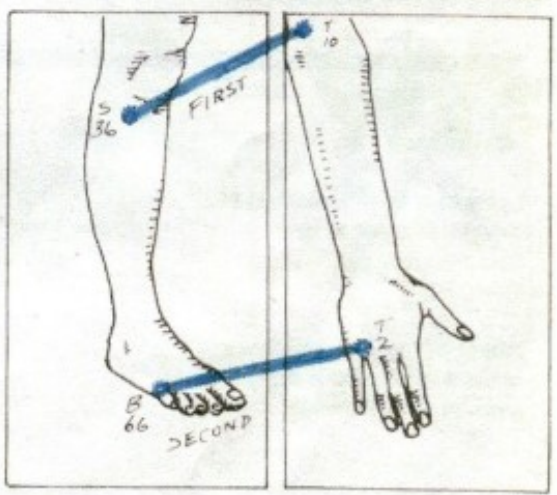
TRIPLE-WARMER MERIDIAN

- Continue coloring with BLUE-GREEN.
- Color the NEURO-VASCULAR HOLDING POINTS on the temple at the hairline, and the triangle of dots in the depression just above the breastbone.
 - Color the TRIPLE WARMER MERIDIAN TITLE, the WEDGE, and the TRIPLE WARMER MERIDIAN, which runs from the ring finger, up the front of the arm, around the ear to the eye.
 - Fill in the ACUPRESSURE HOLDING POINTS for both strengthening and weakening.
 - Circle the ORIGIN and INSERTION of the TERES MINOR.

ACUPRESSURE HOLDING POINTS TO STRENGTHEN



TO WEAKEN



GALL BLADDER MERIDIAN



Continue coloring with LIGHT GREEN.

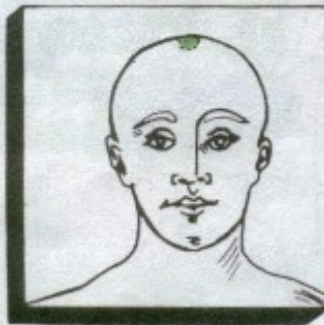
3. Fill in the NEURO-VASCULAR-HOLDING POINT on the anterior fontanel, the baby's soft spot.
4. Color the GALL BLADDER MERIDIAN TITLE, the WEDGE, and the GALL BLADDER MERIDIAN, which runs from the eye, sweeps over the side of the head twice, down the side of the body and leg, and out the 4th toe.

5. Fill in the ACUPRESSURE HOLDING POINTS for both strengthening and weakening.

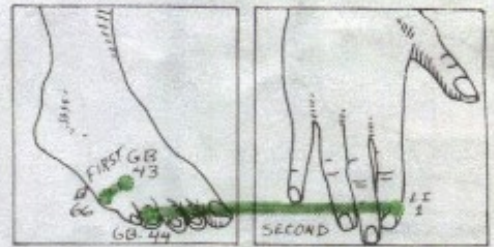
NOTE: Remember the acupressure holding points and the neuro-vascular holding points are drawn in BROKEN LINES to indicate that they are worked with LIGHT PRESSURE.

6. Circle the ORIGIN and INSERTION of the ANTERIOR DELTOID.

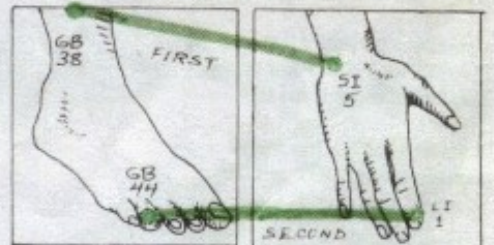
NEURO-VASCULAR HOLDING POINTS



ACUPRESSURE HOLDING POINTS TO STRENGTHEN



TO WEAKEN



LIVER MERIDIAN

Continue using GREEN.

3. Fill in the NEURO-VASCULAR HOLDING POINTS, on the hair line about 1-1½ inches to each side of the center.
4. Color the LIVER MERIDIAN TITLE, the WEDGE, and the LIVER MERIDIAN, which runs from the big toe, up the inside of the leg, around the waist and to the rib cage.
5. Fill in the ACUPRESSURE HOLDING POINTS for both strengthening and weakening.
6. Circle the ORIGIN and INSERTION of the PECTORALIS MAJOR STERNAL.

ACUPRESSURE HOLDING POINTS TO STRENGTHEN

NEURO-VASCULAR HOLDING POINTS

TO WEAKEN

LUNG MERIDIAN

Continue coloring with ORANGE

- Color in the NEURO-VASCULAR HOLDING POINT on the anterior fontanel, the baby's soft spot.
- Color the LUNG MERIDIAN TITLE, the WEDGE, and the LUNG MERIDIAN, which runs from the chest, down the outside of the front of the arm to the thumb.
- Fill in the ACUPRESSURE HOLDING POINTS for both strengthening and weakening.
- Circle the ORIGIN and INSERTION of the ANTERIOR SERRATUS MUSCLE.

*Fill in the LUNG WEDGE on the Meridian Flow Wheel.

ACUPRESSURE HOLDING POINTS TO STRENGTHEN

TO WEAKEN

NEURO-VASCULAR HOLDING POINTS



LARGE INTESTINE MERIDIAN

Continue using YELLOW.

- Color in the NEURO-VASCULAR HOLDING POINT on the parietal eminence, a ridge between the ear and the top of the head.
- Color the LARGE INTESTINE MERIDIAN TITLE, the WEDGE, and the LARGE INTESTINE MERIDIAN, which runs from the index finger, up the outside of the back of the arm to the nose.
- Fill in the ACUPRESSURE HOLDING POINTS for both strengthening and weakening.
- Circle the ORIGIN and INSERTION of the FASCIA LATA MUSCLE.

ACUPRESSURE HOLDING POINTS TO STRENGTHEN

ACUPRESSURE HOLDING POINTS TO WEAKEN

NEURO-VASCULAR HOLDING POINTS

Hold both sides of head.



ANTERIOR TORSO MERIDIANS

LUNG

CIRCULATION - SEX

HEART

GALL BLADDER

STOMACH

CENTRAL

SPLEEN

KIDNEY

LIVER

