

# A Meridian Memory System

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This paper describes an active imagination, whole brain approach to memorizing information on the meridians used in Touch for Health. It uses key words and associations for the order of the meridians, their placement on the Five Element Chart, their location on the body, and the location of the pulse and alarm points. Many of these ideas were contributed by Dan Duffy, D.C. and David Walther, D.C., who have made a tremendous contribution to making life a lot easier for those wishing to master this knowledge.

The Touch for Health Instructor can be creative with presenting this material by having the students see, hear, say and act out the information to increase the sensory impact and thus improve recall. The key here is to be outrageous and have fun!

Have people stand in a circle, each representing an element or meridian, and pass a ball around in the direction of the Superficial, Sheng or Ko Cycles. The group says the name of the meridian or element that catches the ball. Another idea is to have them pour water into each others cups in the order of one of the cycles and then have one person stop pouring, representing an energy block. This demonstrates what happens in the case of over/under energy. Also helpful is to have them draw the meridians, alarm and pulse points and five element chart on blank diagrams to establish what they know. Use the TFH Workbook (pages 21-23, 38, 47, 51-53, and 60) and the TFH/5 Element Re-balancing Chart as aids.

Make up your own associations and memory keys that work for you and have your students do the same. Have everyone share at the end of the session what they've found to be most effective in keying in the information.

## PLACEMENT OF THE MERIDIANS ON THE BODY & THE FIVE ELEMENT CHART

### YIN MERIDIANS & ORGANS

**YIN** is the **feminine**, receptive aspect of energy. **Yin is in:** inside of the knee, the arm and the circle (the Five Element Chart). "Mother Earth" grows up towards "Father in Heaven"; therefore, **yin meridians travel up** the front of the body, from the feet to the chest and from the chest to the fingers. Remember that the arms are raised over the head in the anatomical position used in this system (see pages 18 and 19 of the TFH book). Note that yin meridians either begin or end on the chest, which is more developed in women. **Yin organs work all of the time** and are generally solid; a man's work is from sun to sun, but a woman's work is never done.

The **SPLEEN** is like a cave (**EARTH**) where blood cells are stored and is like a burial ground where old red blood cells are filtered out of the blood. The pancreas is also associated with this meridian. To trace the meridian, begin at the big toe, go posterior to the ankle bone and up the inside of the knee and thigh. Moving up the torso lateral to the nipple, go to the shoulder and then drop down the rib cage to just below the level of the nipple on the side of the chest.

The **LUNG**, when toxic, can produce a **METAL** smelling breath. The meridian runs from below the shoulder on the chest, up the inside of the arm to the thumbnail.

The **KIDNEY** filters **WATER** out of the blood. The meridian starts under the foot (the feet are considered by some to be the third kidney), makes a loop behind the medial ankle bone and goes up the back of the inside of the leg (the kidney lies in the back of the abdomen, so it is the most posterior of the yin meridians on the leg). It travels up the abdomen just off the midline, flares out an inch at the chest and goes up to the clavicular sternal junction (K27).

The **LIVER** secretes bile which is green, the color of ripe **WOOD**. The meridian starts on the lateral side of the big toe, moves posterior to the medial ankle bone and comes up the middle of the inside of the leg (between kidney and spleen). It then runs out to the eleventh rib and moves up and in to the medial aspect of the 8th rib (the liver alarm point).

The **HEART** is red like **FIRE**. Trace the meridian from the armpit up the inside of the arm, to the inside corner of the little fingernail.

**CIRCULATION/SEX** makes one hot like **FIRE**. The meridian runs from the nipple, up the middle of the inside of the arm to the middle fingernail (from tip of the chest to tip of the fingers).

**Look at pages 18 & 19 in The Touch for Health Book as you study this.**  
**See pages 16 & 125 for anatomical landmarks.**

## YANG MERIDIANS AND ORGANS

**YANG** is the **masculine**, active aspect of energy. **Yang is out**: outside of the knee, the arm and the circle (the Five Element Chart). **Yang meridians travel down** the body; "Father Heaven" shines down on "Mother Earth". They go down the back of the arms and the back (men's backs are more developed than women's) except for the stomach and gall bladder meridians, which go outside of the knee. Note that yang meridians either begin or end on the head. **Yang organs work periodically** (a man's work is from sun to sun) and are generally hollow (ie. the digestive organs).

Associate the **STOMACH** with the gut which is **EARTHY**. The meridian starts under the eye, goes down to the jaw, then loops out and up over the eye and down the face. It moves down along the outside of the Adam's apple, out to the midpoint of the clavicle, then drops straight down inside of the nipple and curves in an inch. It travels straight down to the pubic bone, then moves down the lateral, front part of the thigh and goes down the leg between the tibia and fibula. It ends on the lateral part of the second toenail ('stomach' and 'second' both begin with 's'). Note that the meridian goes through the associated muscles - pectoralis major clavicular and the anterior neck flexors.

When the **LARGE INTESTINE** is constipated it becomes heavy like **METAL**. Trace the meridian from the medial corner of the index fingernail, down the outside of the arm, up the neck to just lateral to the nose.

The **BLADDER** holds **WATER**. The longest meridian starts at the inside of the eye, goes up and back over the skull and straight down the back (forming the sides of a ladder) along the transverse processes of the vertebrae (which form the rungs of a ladder) to the sacroiliac joint. It moves up and in on the sacrum and then follows the gluteal fold down and out to its midline. It begins again at T2 and goes down and out to the medial border of the scapula. It travels straight down the back through the point it ended on the gluteal fold, down the midline of the hamstrings and slants laterally to the outside of the back of the knee. It moves in to the middle of the back of the knee, then goes down between the gastrocnemius muscles to the outside of the foot and to the little toenail.

The **GALL BLADDER** holds bile which is green, the color of ripe **WOOD**. To remember this meridian think "**eye see the Man in the moon over my shoulder four toeday**". This meridian starts on the outside of the eye and goes down and back in front of the ear, then up to the hair line where it makes a circle forward and moves back down to just above the ear. It then loops back over and down around the ear, thus far completing the shape of an 'M' for Man. It makes a crescent moon loop up and forward to the hair line, then travels back down behind that loop and goes down the back of the neck and over the shoulder (around the deltoid). It curves forward to the rib line (alarm point GB 24) then down and back to the iliac crest of the pelvis. It then moves straight down the outside of the thigh and shin and ends on the fourth toe (four toeday).

The **SMALL INTESTINE** is in the center of a pot belly. Think of the pot being over the **FIRE**. This meridian runs from the lateral corner of the little finger nail to the scapula, makes a 'V' and runs up to the ear. To differentiate this meridian from the large intestine, think of it relating to the small (little) finger and the ear (the small opening on the head) as opposed to the large intestine, which is related to a larger (index) finger and a larger opening on the head (the nose).

The **TRIPLE WARMER** is obviously associated with **FIRE**. To remember the course of the meridian think of a triple ring. It starts on the lateral corner of the nail of the ring finger and travels up the back of the arm to the point where a pierced earring would be placed. Then it makes a ring back around the ear and ends at a point lateral to the eye brow.

The **CENTRAL** and **GOVERNING** meridians are exit or storage meridians and are not considered to be yin or yang, or related to an element. The Central Meridian runs from the pubic bone up the "center" of the body, under the chin to just below the lower lip. The Governing Meridian travels from the tail bone, up the spine (think that to govern, one needs to have "back bone"), over the top of the head and down the face to the center of the upper lip.

## ALARM POINTS

See page 122 in the TFH Book for a picture of the points.

The Lung alarm point is at the beginning of the **Lung** meridian (**LU 1**) and over the upper corner of the Lung.

Use the memory key "**Circulate Heart Strong**" to remember the points on the midline (the central meridian) for **Circulation/sex** (**CV 17**; level with the nipples), **Heart** (**CV 14**; the tip of the xiphoid process) and **Stomach** (**CV 12**; halfway between the xiphoid process and the umbilicus).

"**Three Small Buttons**" will help you recall **Triple Warmer** (**CV 5**), **Small Intestines** (**CV 4**) and **Bladder** (**CV 3**), which equally divide the space between the umbilicus and the pubic bone.

The gall bladder is tucked under a flap of the liver so remember that the **Gall Bladder** alarm point (**GB 24**) is underneath **Liver** alarm point (**LV 14**- the end of the liver meridian). The points are located over the organs and the contralateral spots on the left.

The **Large Intestine** alarm points (**ST 25**) are just lateral to the navel near where the large intestine is.

The points for **Spleen** (**LV 13**) and **Kidney** (**GB 25**) are at the tips of the 11th and 12th ribs. The kidney is located at the level of the 12 rib and T 12. It is the most posterior of the abdominal organs and alarm points.

## SUPERFICIAL ENERGY FLOW MEMORY KEYS

LUNG  
LARGE INTESTINE  
STOMACH  
SPLEEN

LUXURIOUS  
LIVING  
STIMULATES  
SPENDING

HEART  
SMALL INTESTINE  
BLADDER  
KIDNEY  
CIRCULATION/SEX

HEAVENLY  
SILENCE  
BREEDS  
KIND  
CITIZENS

TRIPLE WARMER  
GALL BLADDER  
LIVER

TEACH  
GOOD  
LIVING

Remember that life starts with a breath, so start with LUNG to use this memory key. It can help you to remember the flow of the meridians for doing a meridian massage and the sequence of a 14 Muscle Balance (Central and Governing come first, then Stomach).

### PULSES OF THE WRIST

1. See page 29 in the Touch for Health book for a picture of the location of the pulses.
2. Hold your hands in front of you with your palms facing you. There are three pulses on each wrist starting at the first crease in the wrist.
3. Read the acronym **SIGBEE** and **LISTWO** left to right and above down.
4. **SIGBEE** is on the left wrist and stands for Small Intestine, Gall Bladder, and Bladder.
5. **LISTWO** is on the right wrist and stands for Large Intestine, Stomach, and Triple Warmer.
6. These are the superficial pulses and are yang meridians. To determine the deep pulses which designate the yin meridians (yin is in), use the coupled meridian on the five element chart (i.e. the lung meridian is coupled with large intestine on the metal element).
7. See "PULSE CHECK" on page 29 for the procedure for testing the pulses.

#### LEFT WRIST PULSES

<b>Superficial</b>	<b>Deep</b>
Small Intestine	Heart
Gall Bladder	Liver
Bladder	Kidney

#### RIGHTS WRIST PULSES

<b>Superficial</b>	<b>Deep</b>
Large Intestine	Lung
Stomach	Spleen
Triple Warmer	Circulation-Sex