

2025



# **Meridian Flushing Foundation**

QEST4

First Edition

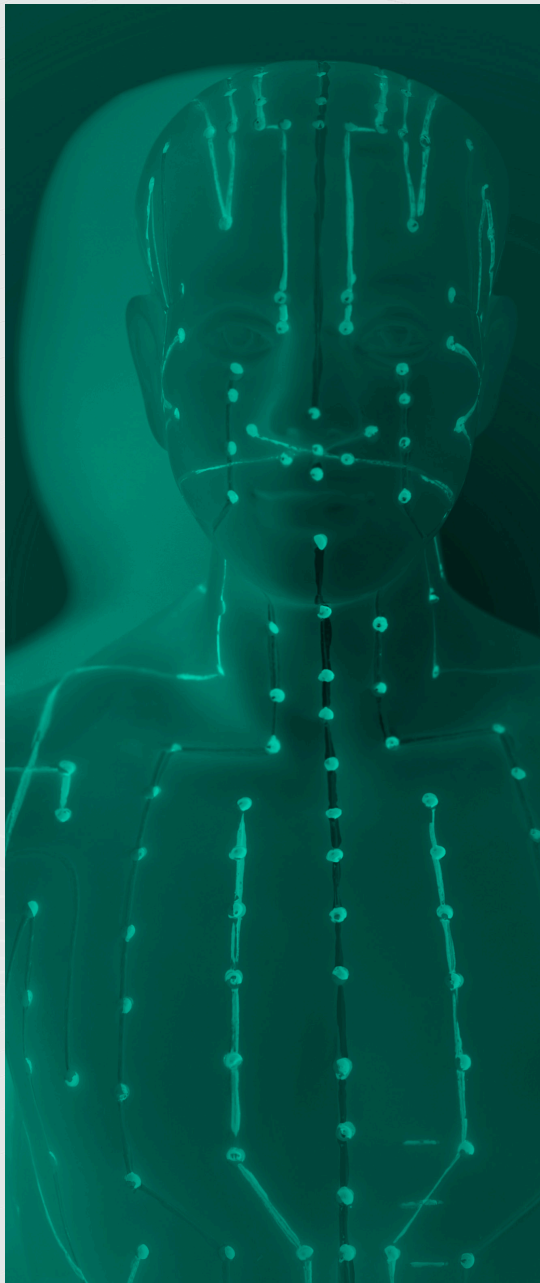


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# Introduction

Unlocking the Pathways to Enhanced Health & Well-being



## What Are Meridians?

Meridians are **pathways** in the body along which **vital energy flows**. These pathways form a complex network that serves as the foundation for Traditional Chinese Medicine (TCM) and has been integral to various healing practices for centuries.

## Why Are Meridians Important?

**Energy is where everything starts.** The health of our meridians directly affects our physical condition and emotional stability. A smooth and balanced energy flow within these pathways is essential for maintaining overall health and well-being. Disruptions or blockages in this flow can lead to illness and discomfort.

## The Historical Context

Meridians were discovered in Chinese medicine over 2,700 years ago. Over time the practices of flushing and stimulating meridians were used to cleanse and invigorate these crucial pathways. Historically, practitioners have used this method to eliminate toxins, improve energy flow, and enhance organ function.

## Benefits of Meridian Flushing

Meridian flushing can be a powerful tool to increase or enhance your overall health and wellness holistically. However, the thing that perhaps sets meridian flushing apart the most is that it is completely free, it's super easy, and **anybody can do it** at any time and any place.





# Meridian Flushing

- The body contains **twelve regular meridians**, and **eight extraordinary meridians**, each corresponding to different organs and governing specific bodily functions and emotional states.
- To "flush" a meridian, means to **apply physical or energetic pressure** along the desired meridian pathway **in reverse once**, and **then forward along the pathway three times**. (Watch videos below)

- Meridian flushing aims to **cleanse, balance, and stimulate** these energy pathways. By doing so, it helps correct imbalances in the flow of energy, which can arise from physical injury, emotional stress, dietary irregularities, environmental factors, and other issues.
- Common techniques for balancing meridians include acupressure, acupuncture, massage, and specific exercises like Qi Gong or Tai Chi. These methods apply physical or energetic pressure to meridian points, enhancing Qi flow.

# THE Basics

## What is flushing?

## How to utilize meridian flushing:





# Regular Meridians VS. *Extraordinary Meridians*

You can imagine the differences between the two types by either a pool or a river. The **twelve regular meridians are the channels** through which Qi (vital energy) flow continuously. Imagine these **regular meridians are rivers**. They are **directly linked to specific organs** (six yin organs and six yang organs) and flow bilaterally on the body.

In contrast, the eight **extraordinary meridians are considered reservoirs** (imagine pools) of Qi, supplementing the twelve regular meridians. They do not belong to specific organs but rather **support and integrate the functions of the regular meridians**. The extraordinary meridians:

- Store surplus Qi from the regular meridians, which can be mobilized when there is a deficiency or imbalance.
- Integrate the functions of the regular meridians to maintain overall balance and protect against external and internal disturbances.
- Support development and growth processes throughout life.

While the twelve **regular meridians are primarily responsible for distributing Qi** to specific organs and areas of the body, the eight **extraordinary meridians act as additional channels that provide a layer of regulation** and integration throughout the body's energy system, often coming into play during times of imbalance or illness when extra energy resources are necessary.

**Regular meridians can be flushed**, and **extraordinary meridians cannot**. You can however, **stimulate/balance extraordinary meridians if needed**. We will show how to both flush and/or stimulate each of the 20 meridians.



# The 12 Main Meridians

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## INTRODUCTION

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The Twelve Regular Meridians form the body's primary network for the flow of Qi (vital energy), representing the standard pathways that maintain health and vitality. These meridians are directly linked to specific organs and functions, and are essential for regulating physiological activities and maintaining internal balance. Each meridian corresponds to an internal organ and is classified either as Yin or Yang based on the organ's characteristics and the

fundamental Yin-Yang theory. The twelve meridians operate in a continuous cycle, **each with a peak time of day during which the flow of Qi is strongest in that specific meridian**, contributing to the rhythmic balance of the body's daily energetic cycle. Collectively, these meridians ensure harmony between the physical and emotional aspects of the body. Other names for these pathways include the Twelve Primary Meridians or the Twelve Main Channels.



# Liver Meridian

1:00am - 3:00am

## General Information

The Liver Meridian ensures the smooth flow of Qi throughout the body influencing digestion, reproductive health, and emotional balance. It also regulates the storage and release of blood as needed by the body, playing a crucial role in maintaining vitality and stamina. The Liver Meridian affects the health of your tendons and nails, and impacts vision due to its connection to the eyes. It is a Yin meridian paired with the gallbladder, its Yang counterpart.

## Pathway and Flow:

The Liver Meridian starts at the inside (lateral side) of the big toe, goes up the inside of the leg to the hip, runs backward on the hip, up and around the waist and forward along the rib cage, halfway to the sternum.

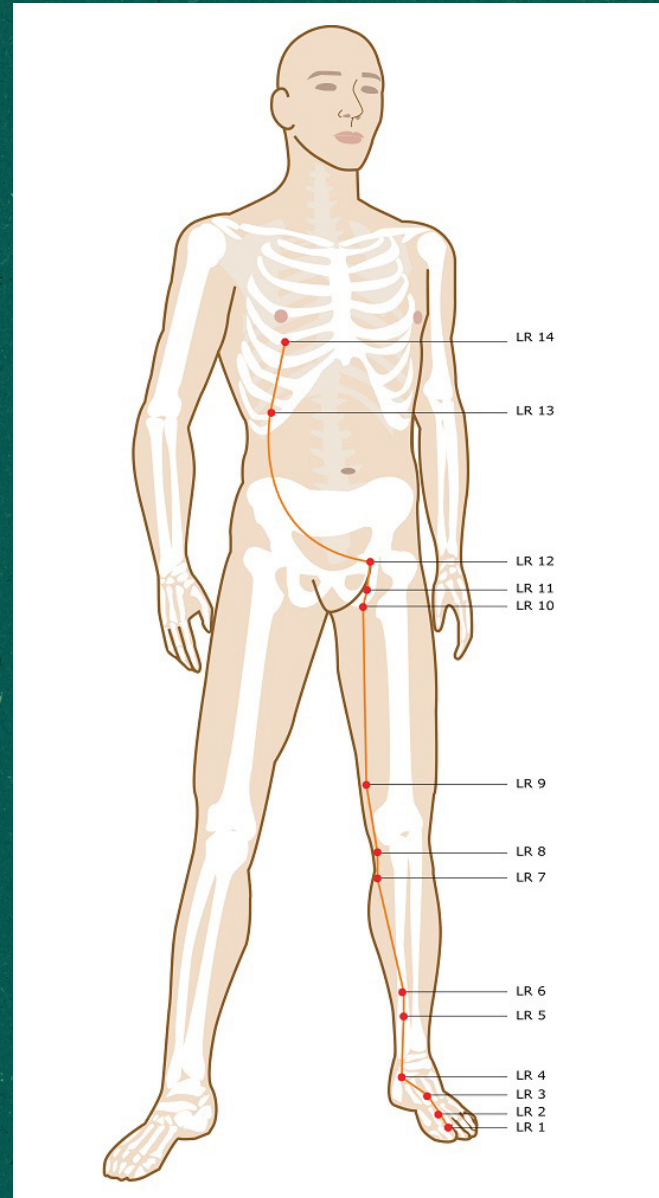
## Emotional Aspects of Liver:

In Chinese Medicine, the liver is where we hold anger, frustration, bitterness, and resentment. Repressed anger is often an underlying issue in addictions. Unacknowledged or unexpressed anger leads to depression, shame, jealousy, or irritability, which further deplete our energy levels. The liver is also connected to deeper issues of meaning and purpose.

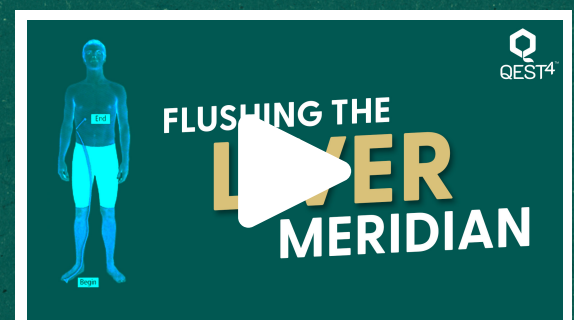
A properly flowing Liver Meridian encourages enthusiasm, creativity, inner strength, and resilience. An increase in the capacity for planning, influencing one's life plans and dreams.

## Common Health Issues:

Menstrual irregularities, digestive disturbances, chronic fatigue, headaches, and vision problems. Emotional issues such as anger management problems or chronic stress.



## Liver Meridian Flush Video





# Lung Meridian

3:00am - 5:00am

## General Information

The Lung Meridian governs respiration and the intake of Qi. It controls the skin's pores and sweat glands, influencing the body's ability to regulate sweating and resistance to colds and flu. The Lung Meridian also assists in the downward passage of Qi, affecting the quality of voice and promoting the circulation of fluids throughout the body.

It is a Yin meridian and is paired with the Large Intestine Meridian, its Yang counterpart.

## Pathway and Flow:

The Lung Meridian starts on the chest at the base of the shoulder and goes down the inside of the front of the arm, to the end of the thumb.

## Emotional Aspects of Lungs:

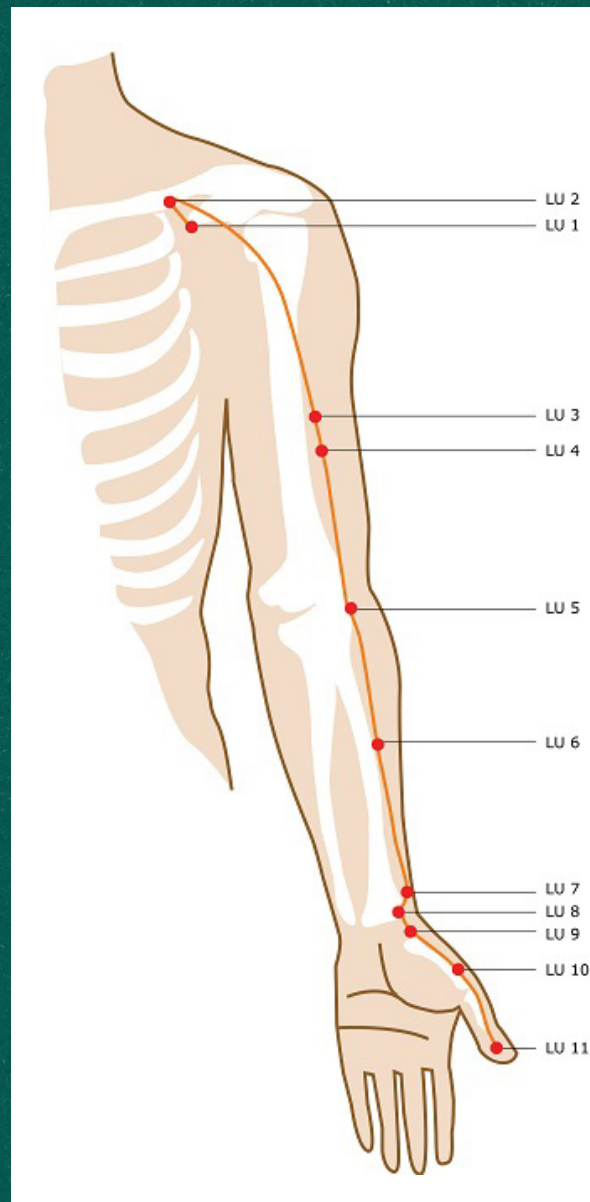
At birth, independent life begins with the first intake of breath. We let go of life as we release our final breath.

Associated with feelings of grief and sadness, an imbalance in the Lung Meridian might manifest as excessive melancholy, depression, or detachment.

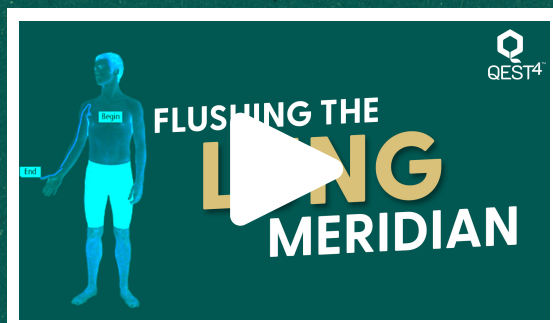
A properly flowing Lung Meridian promotes a sense of order, cleanliness, and ability to be open to receive life's experiences and to let go of the past.

## Common Health Issues:

Respiratory problems like asthma, cough, or shortness of breath. Susceptibility to colds and flu, as well as skin problems such as dryness or eczema.



## Lung Meridian Flush Video





# Large Intestine Meridian

5:00am - 7:00am

## General Information

The Large Intestine Meridian controls the process of elimination and absorption, particularly the final stages of digestion and water absorption in the large intestine. It works closely with the Lung Meridian to regulate the skin's health and the body's immune responses.

It is a Yang meridian and is paired with the Lung Meridian, its Yin counterpart.

## Pathway and Flow:

The Large Intestine Meridian starts at the tip of the index finger, runs up the arm, passes through the shoulder, travels up to the neck, and goes to the opposite side of the nose.

## Emotional Aspects of Large Intestine:

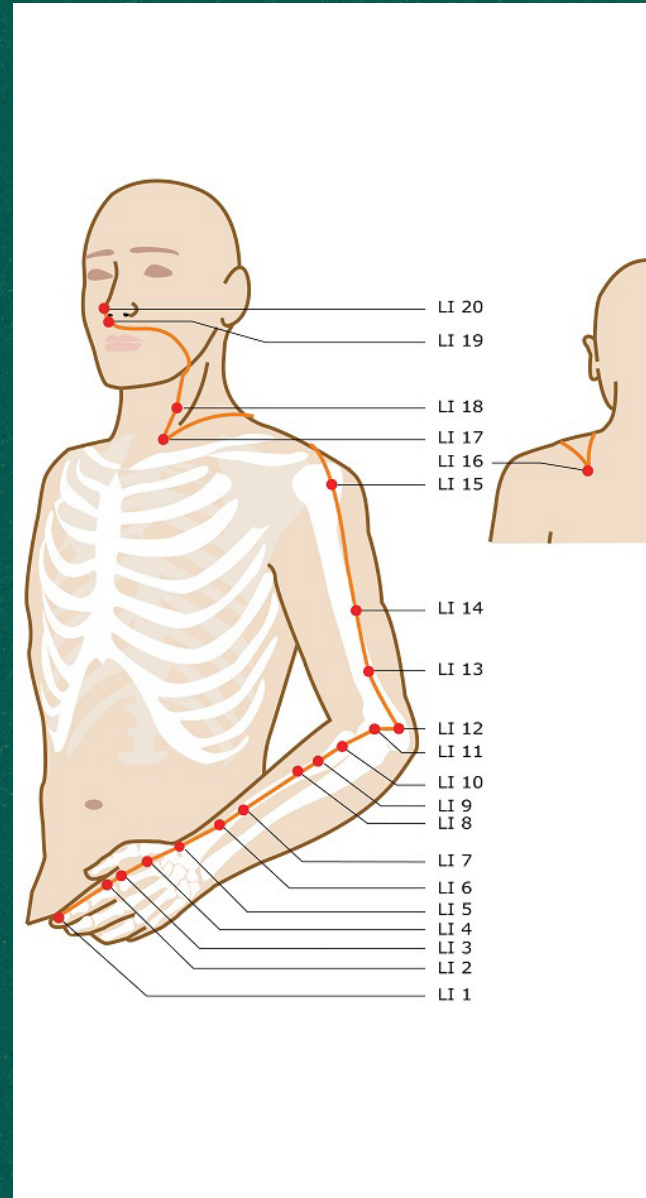
Together with lungs, skin, and mind, this is where we hold onto waste, ready to be released from the body.

This represents our ability to let go of what no longer serves us. There is also a strong connection with perfectionism and self-esteem.

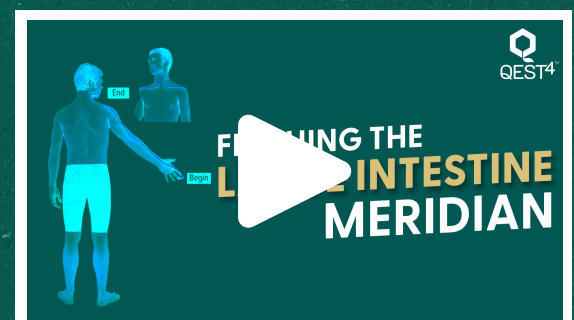
## Common Health Issues:

Imbalances in the Large Intestine Meridian might lead to problems such as constipation, abdominal pain, diarrhea, or other digestive issues.

Can also contribute to skin conditions like acne or eczema due to its connection with the Lung Meridian.



## Large Intestine Meridian Flush Video





# Stomach Meridian

7:00am - 9:00am

## General Information

The Stomach Meridian governs the digestion and absorption of food, transforming it into energy and blood. This meridian also influences the quality of blood and Qi in the body, impacting energy levels, muscle strength, and overall vitality.

The stomach also plays a role in the health of the teeth, gums, and lips. Stomach is a Yang Meridian and its Yin counterpart is the Spleen Meridian.

## Pathway and Flow:

The Stomach Meridian starts at the nose, descends to the jaw, and encircles the lips. It then travels down the neck, through the chest and abdomen, and continues down the front of the leg to the top of the foot, ending at the second toe.

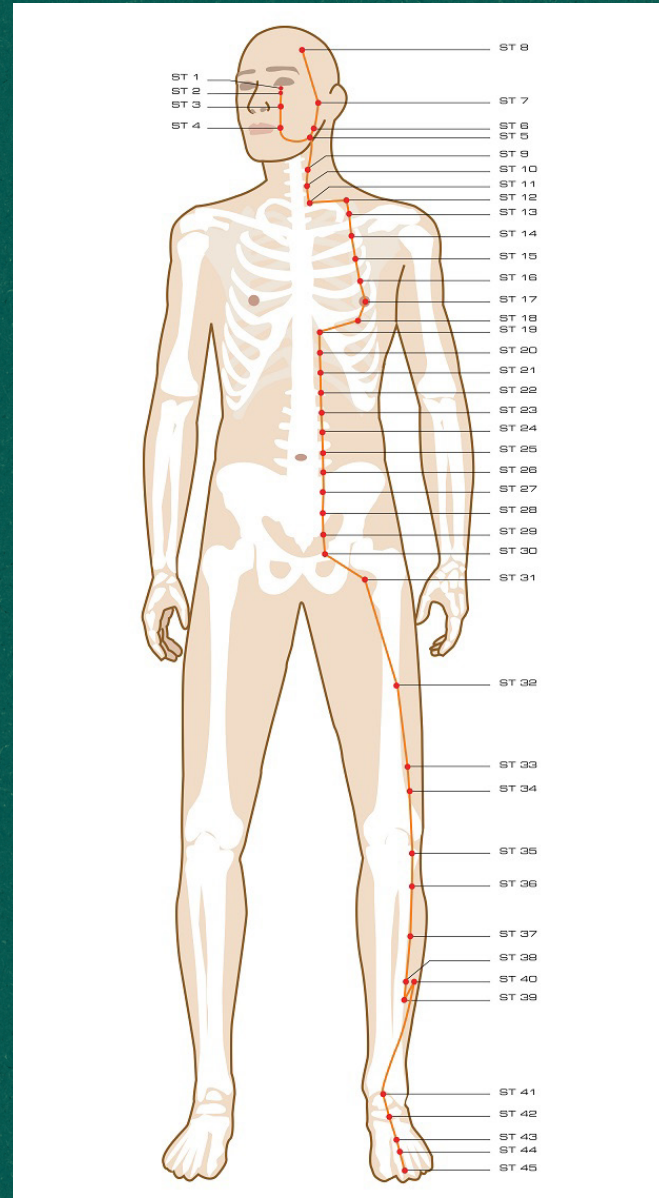
## Emotional Aspects of Stomach:

Stomach energy can represent whether we are feeding ourselves and others. There can be a constant craving or longing to fill hidden needs, or a strong denial and rejection of those needs. The stomach is where we harbor worry until we can no longer stomach what is happening. It is common for food to be used to pacify uncomfortable emotions.

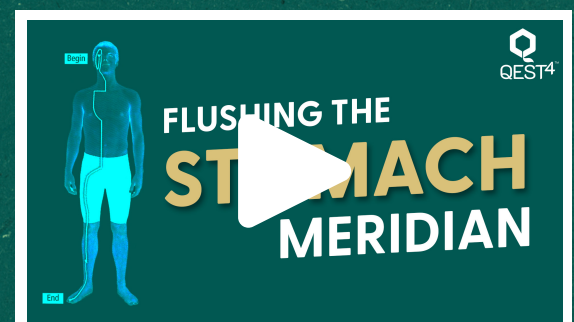
Associated with the ability to receive and process new ideas. Emotional imbalances can manifest as worry or overthinking, which traditionally are thought to affect the stomach's ability to function properly.

## Common Health Issues:

Imbalances in this meridian might be tied to gastrointestinal disorders such as gastritis, ulcers, stomach pain, and bloating. Other issues along this pathway are sinus infections, headaches, and issues with the teeth and gums.



## Stomach Meridian Flush Video





# Spleen Meridian

9:00am - 11:00am

## General Information

The Spleen Meridian governs digestion and the transformation of food into energy and blood, which are vital for overall vitality and strength.

It regulates the blood within the vessels and controls the muscles and the limbs, influencing tone and strength. The Spleen Meridian is important for immune function as it is considered in TCM to help control the lymphatic system. Spleen is a Yin meridian and its Yang counterpart is the Stomach Meridian.

## Pathway and Flow:

The Spleen Meridian starts at the tip of the big toe, runs along the inside of the foot, ascends in front of the ankle, passes along the inner leg, and continues up the body to the chest.

## Emotional Aspects of Spleen:

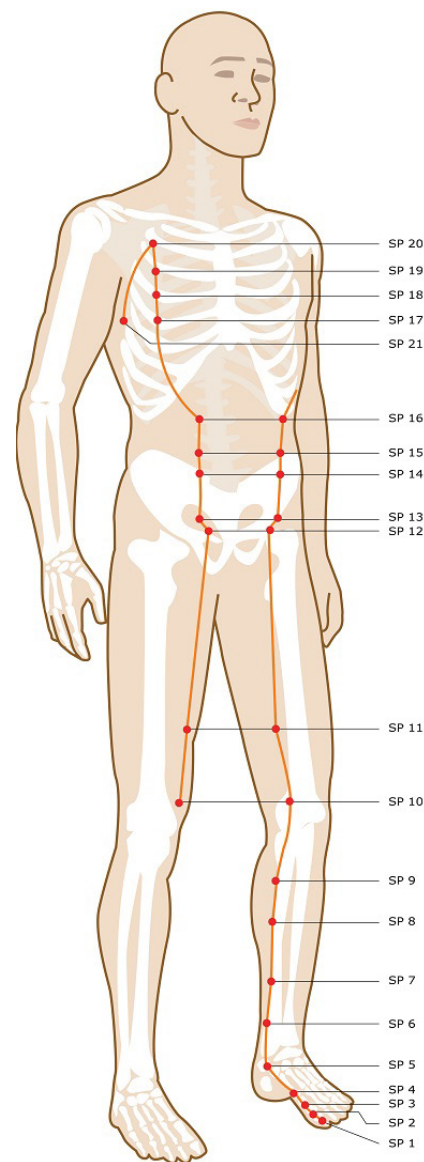
The word "spleen" means moroseness and irritability. Energetic imbalances here may indicate that, rather than filtering out the waste, there is a harboring of old or stagnant thoughts and feelings. Associated with the mental qualities of thinking, studying, and concentration. An imbalance can lead to excessive worry, pensiveness, and overthinking.

A properly flowing Spleen Meridian encourages clarity, compassion, and sympathy, as the blood is freed of negative influences.

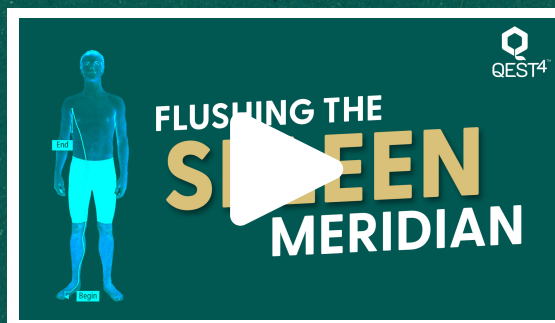
## Common Health Issues:

Imbalances may manifest as digestive issues like bloating, diarrhea, or poor appetite. Can lead to fatigue, weakness, and a tendency to bruise easily.

Women may experience menstrual issues due to its role in controlling blood.



## Spleen Meridian Flush Video





# Heart Meridian

11:00am – 1:00pm

## General Information

The Heart Meridian governs the heart and the blood vessels, influencing not only the circulation of blood but also the stability of the mind. It impacts speech and complexion, as these are seen as external manifestations of heart health in TCM.

This is a Yin meridian and is paired with the Small Intestine Meridian, its Yang counterpart.

Some people don't ever trace along this meridian backwards. If you prefer this, then you would strengthen the Spleen Meridian (which comes before heart on the Meridian Clock) and trace forwards along the Heart Meridian.

## Pathway and Flow:

The Heart Meridian begins in the heart itself, travels up to the armpit, and then runs down the inside of the arm to the tip of the little finger.

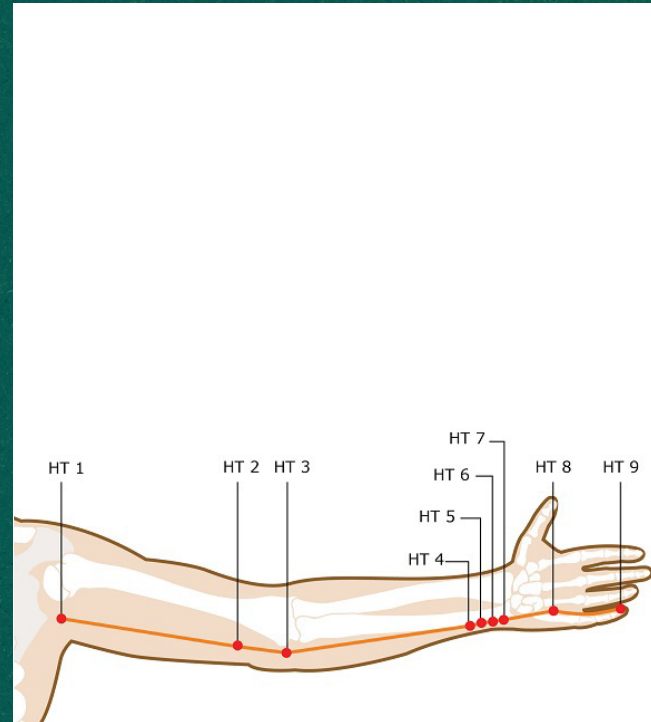
## Emotional Aspects of Heart:

The heart is our most protected organ. It's the seat of our Fire energy in Chinese Medicine. Connected with our expression of passionate love, and conversely, hate. The heart directly affects our ability to feel joy or lack of it, and also our being able to forgive. An imbalance can lead to either an excess of excitement or a deficiency manifesting as depression or lack of enthusiasm.

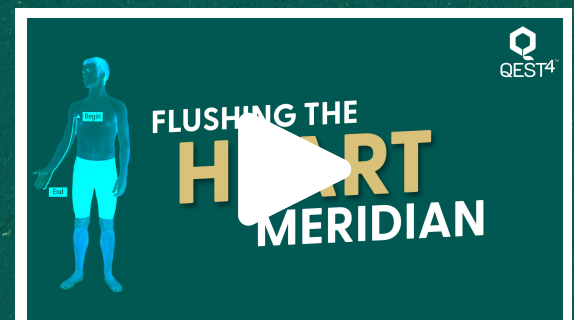
It is responsible for housing the mind ("Shen"), which includes consciousness, emotions, and thoughts. A balanced Heart Meridian supports clear thinking and a calm mind.

## Common Health Issues:

Imbalances might lead to heart disorders, insomnia, palpitations, excessive dreaming, or mental disturbances. Can also influence conditions such as speech disorders or memory problems.



## Heart Meridian Flush Video





# Small Intestine Meridian

1:00pm - 3:00pm

## General Information

The Small Intestine Meridian is primarily responsible for receiving and transforming food from the stomach, then separating the pure from the impure. The pure substances are transformed into nutrients, while the impure are sent to the large intestine for excretion. It plays a critical role in the body's water metabolism and influences the lymphatic system.

It is a Yang meridian and its Yin counterpart is the Heart Meridian.

## Pathway and Flow:

The Small Intestine Meridian begins at the tip of the little finger, travels up the arm, passes over the shoulder, and then ascends to the face, reaching the outer corner of the eye.

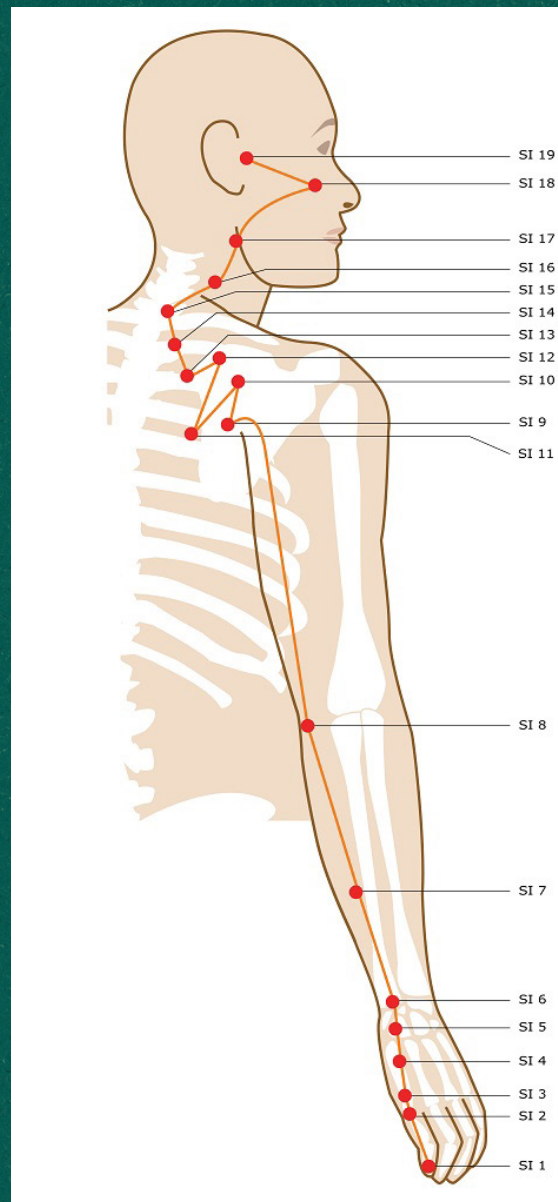
## Emotional Aspects of Small Intestine:

Where an energetic imbalance appears here, it is worth considering whether we are trusting that we will absorb from life only what nurtures us. In TCM, The Small Intestine Meridian has a close connection with the Heart Meridian and will often absorb emotional shock and trauma to protect it.

Associated with discernment and decision-making. An imbalance can lead to confusion, difficulty in making decisions, or a lack of clarity. Can also impact one's ability to assimilate ideas, similar to its physical role in assimilating nutrients.

## Common Health Issues:

Problems with digestion, abdominal pain, bloating, or poor absorption of nutrients. Also, a sore throat, hearing problems, and urinary disorders due to its pathway and connections.



## Small Intestine Meridian Flush Video





# Bladder Meridian

3:00pm - 5:00pm

## General Information

The Bladder Meridian controls the storage and excretion of urine, directly influencing the health and function of the urinary bladder. Because of its path along the back, where two branches flank the spine, it deeply influences the nervous system and can affect the function of all the organs via the spinal branches.

Bladder is a Yang meridian and its Yin counterpart is the Kidney Meridian.

## Pathway and Flow:

The Bladder Meridian begins at the inner corner of the eye, travels up to the forehead, and loops over the head down to the nape of the neck. It then splits into two branches that run parallel down the back, along the spine, continuing down through the buttocks, the back of the legs, and ending at the little toe.

## Emotional Aspects of Bladder:

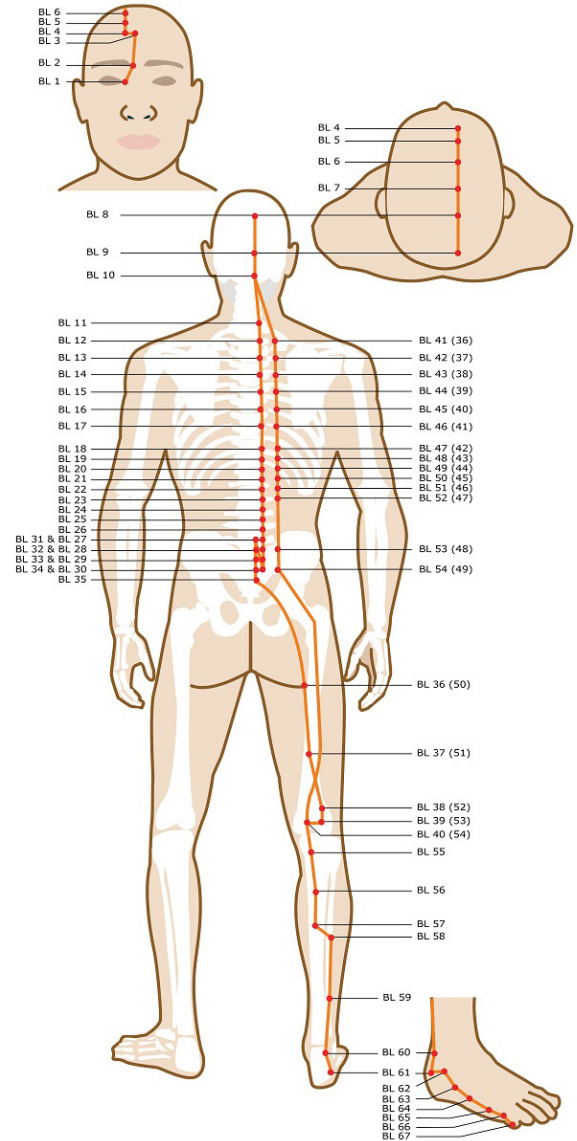
The bladder meridian is in the Water Element of TCM. Imbalance can be expressed as indecision, uncertainty, fear, excessive worry, affecting one's ability to cope with stress. The bladder is often said to hold our 'unshed tears'.

A properly flowing Bladder Meridian expresses a deep sense of connection and awe. Reflecting on its interrelationship with the Kidney Meridian, it supports willpower and the ability to make decisions, which governs fear and willpower.

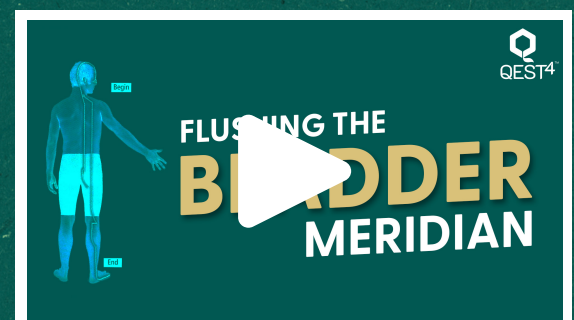
## Common Health Issues:

Imbalances might manifest as urinary problems like frequent urination, incontinence, or urinary tract infections.

Can also contribute to issues such as back pain, headaches, and eye problems like blurred vision or dry eyes, due to its pathway.



## Bladder Meridian Flush Video





# Kidney Meridian

5:00pm - 7:00pm

## General Information

The Kidney Meridian is responsible for filtering waste from the blood and creating urine. In TCM, the kidneys store the "Jing" (essence), which is vital for growth, development, reproduction, and aging. This regulates water metabolism and maintains the balance of fluids in the body. This meridian also influences the health of the bones, marrow, and the production of blood.

Kidney is a Yin meridian and its Yang counterpart is the Bladder Meridian.

## Pathway and Flow:

The Kidney Meridian starts at the bottom of the foot, in the middle of the sole, ascends through the arch, runs behind the inner ankle, up the inside of the leg, through the torso, and connects to the kidney and bladder. It ends at the root of the tongue.

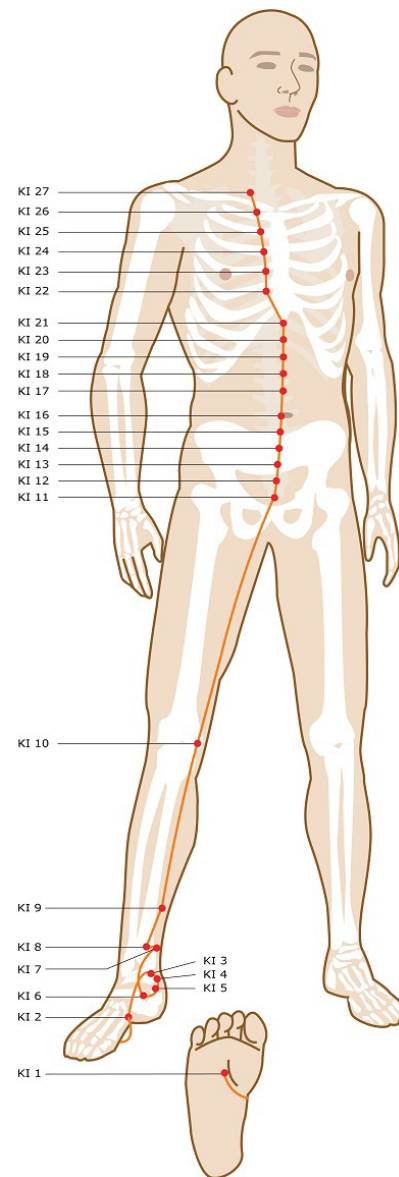
## Emotional Aspects of Kidney:

An imbalance may represent an inability to recognize what we need to release from our lives. Kidneys also represent the balancing of opposites. Issues here may include imbalances within our relationships with others, particularly with our primary partner, or imbalances on the masculine and feminine energies within ourselves.

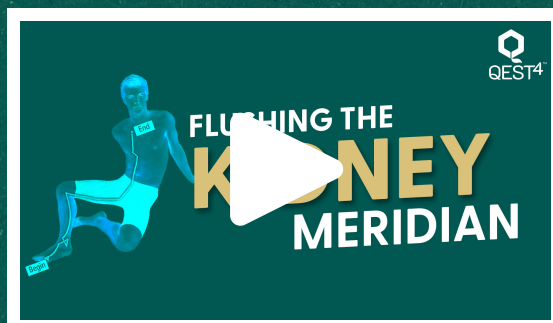
Associated with our ability to respond to change, whether we are able to go with the flow of life or are trying to swim against the tide. Supports willpower and determination. a healthy kidney energy fosters a sense of courage and the ability to achieve one's goals.

## Common Health Issues:

Chronic kidney disease, frequent urination, or incontinence. Lower back pain, tinnitus, or issues related to bone health and fertility. Emotional disturbances such as excessive fear, anxiety, or a lack of willpower.



## Kidney Meridian Flush Video





# Circulation-Sex Meridian

7:00pm - 9:00pm

## General Information

The Circulation-Sex Meridian is also known as the Pericardium Meridian. It protects the heart by acting as its shield. This meridian is responsible for safeguarding the heart against external pathogens and excessive emotional disturbances. Regulates blood circulation within the major blood vessels that service the heart, aiding in maintaining proper heart function. Pericardium is a Yin meridian and its Yang counterpart is the Triple Warmer Meridian. This pairing is somewhat unique as both meridians, traditionally, don't correspond to physical organs as directly as other meridian pairs do.

## Pathway and Flow:

The Circulation-Sex Meridian begins in the chest, specifically in the pericardium area which encloses the heart. It travels down the middle of the arm, passing through the elbow, and ending at the tip of the middle finger.

## Emotional Aspects of

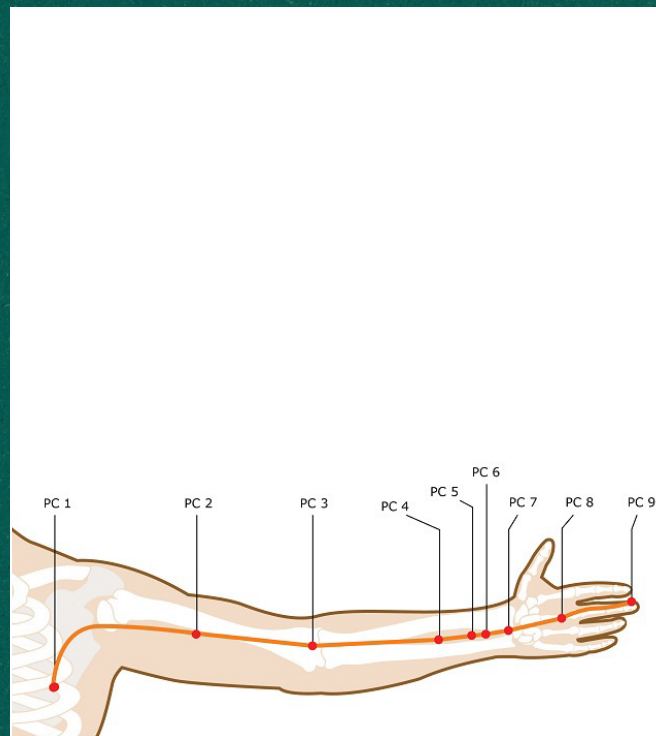
### Circulation-Sex:

Linked with emotional processing and is considered to influence relationships and sexual health. It balances emotions such as joy, happiness, and the stresses of emotional entanglements.

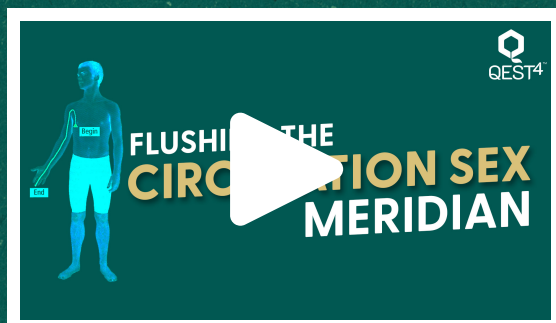
An imbalance in the Circulation-Sex Meridian can lead to emotional disturbances such as excessive excitement or sadness, and issues like anxiety, heartache, acceptance or rejection, communication or the lack of it, experiences of trauma or distrust, self-dislike, or confidence.

## Common Health Issues:

Palpitations, irregular heartbeat, or chest pain. Can also influence stomach and lungs, leading to symptoms like gastric pain or breathing difficulties. Emotional disorders related to stress, anxiety, or relationship conflicts.



## Circulation-Sex Meridian Flush Video





# Triple Warmer Meridian

9:00pm - 11:00pm

## General Information

Regulates the three divisions or 'jiaos' of the body:

- Upper Jiao includes the heart and lungs, managing the intake and descent of Qi and fluids.
- Middle Jiao encompasses the spleen and stomach, responsible for extracting and distributing nutrients from food.
- Lower Jiao involves the liver, kidneys, and bladder, handling elimination and reproductive functions.

This is also our defense mechanism and many consider not strengthening this meridian as it is typically overactive. (Watch video below)

TWM is a Yang meridian and its Yin counterpart is the Pericardium Meridian. This pairing is somewhat unique as both meridians, traditionally, don't correspond to physical organs as directly as other meridian pairs do.

## Pathway and Flow:

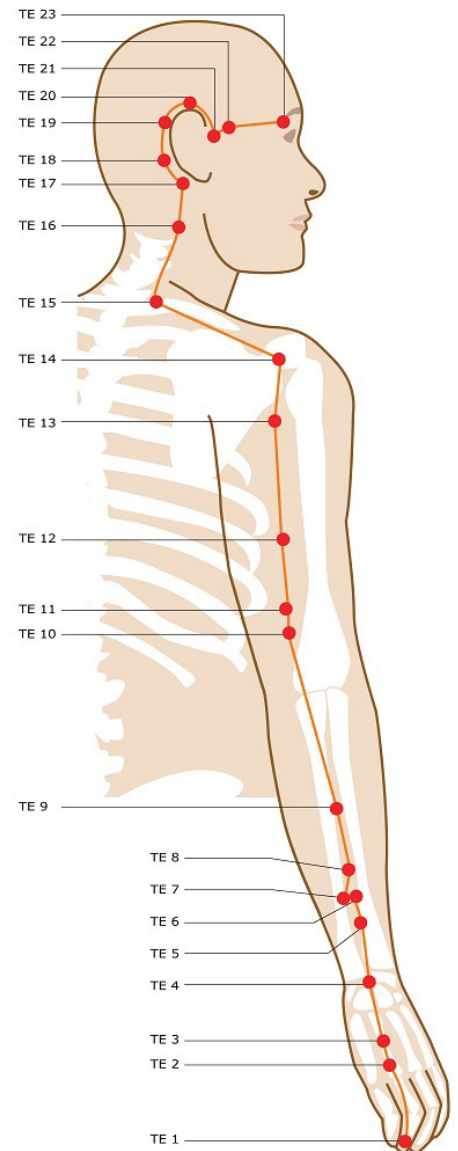
The Triple Warmer Meridian begins at the tip of the ring finger, travels up the arm and shoulder, passes through the side of the neck and cheek, and ends in front of the ear.

## Emotional Aspects of Triple Warmer:

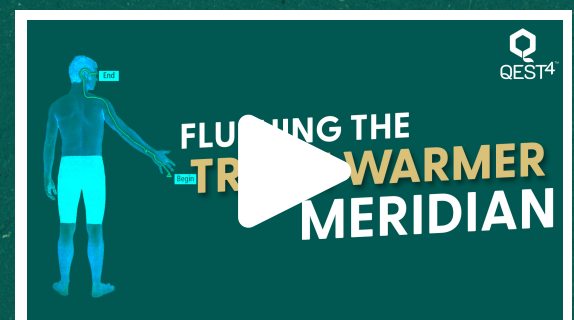
Associated with the overall harmony of emotions and physiological processes. An imbalance in the Triple Warmer Meridian can lead to issues such as stress, anxiety, or insomnia. Often seen as influencing the body's defensive energy, which can be linked to the fight or flight response and overall stress management.

## Common Health Issues:

Imbalances might manifest in any of the three jiaos – respiratory issues (upper), digestive problems (middle), or urinary and reproductive issues (lower). Fatigue, chronic pain, immune system disorders, insomnia, or lack of energy.



## Triple Warmer Meridian Flush Video





# Gallbladder Meridian

3:00am – 5:00am

## General Information

The Gallbladder Meridian is responsible for the storage and excretion of bile, which is vital for digestion and the emulsification of fats. It plays a significant role in muscular strength and tone, particularly in the legs and hips. It also influences the quality of decision-making and assertiveness, reflecting its close relationship with the liver, which governs planning and strategic thinking in TCM. Gallbladder is a Yang meridian and its Yin counterpart is the Liver Meridian.

## Pathway and Flow:

The Gallbladder Meridian begins at the outer corner of the eye, runs along the side of the head, down the neck, and traverses the shoulders and flanks before zigzagging across the sides of the legs and ending at the fourth toe.

## Emotional Aspects of Gallbladder:

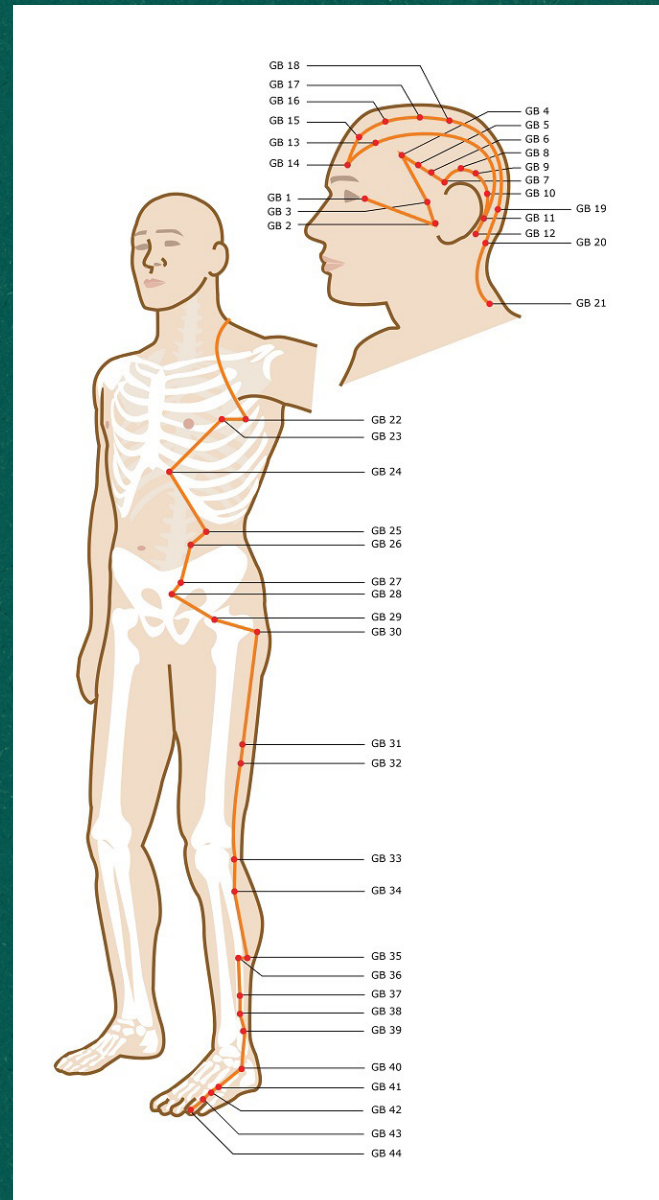
Gallbladder is involved in new beginnings and decision making. Liver is the planner, helping us to see where we want to go in life. The gallbladder is the decision maker that enables us to know what our next steps should be.

When gallbladder energy is blocked, we may feel stuck, frustrated, resentful, or angry. Consider the balance between acceptance and bitterness. Linked with courage and initiative. An imbalance in the Gallbladder Meridian can lead to timidity, indecisiveness, or a propensity for rash decisions.

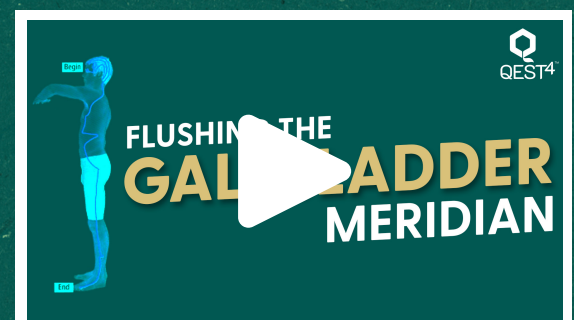
## Common Health Issues:

Headaches (particularly migraines that travel along the side of the head), hip and joint pain, issues with tendons and ligaments. Digestive problems, gallstones.

Emotional difficulties related to fear of confrontation or making decisions.



## Gallbladder Meridian Flush Video





# Extraordinary Meridians

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## INTRODUCTION

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The Eight Extraordinary Meridians represent the body's deepest level of energetic structuring. These meridians are the first to form in utero and are carriers of Yuan Qi—the ancestral energy which corresponds to our genetic inheritance. They function as

deep reservoirs from which the **Twelve Regular Meridians can be replenished**, and into which the latter can **drain their excesses**. Other names for these Eight Extraordinary Meridians include the Eight Curious Vessels, the Eight Marvellous Meridians, and the Eight Irregular Vessels.



# Conception Vessel Meridian

## General Information

The Conception Vessel, also known as Ren Mai, is the main meridian that runs along the front midline of the body. It is directly involved in the Yin aspects of the body, influencing all the Yin meridians. It is significant for its role in reproductive health, the menstrual cycle, and overall vitality. Ren Mai relates to responsibility for, or fostering of, the process of birth, whether it be that of a child, a creative idea, or an endeavour. This meridian is a repository for unexpressed emotions and psychological complexes that require transformation. The repression of these shadow aspects of the personality may give rise to dampness of body/mind/spirit.

## Pathway and Flow:

The Conception Vessel runs along the midline of the anterior aspect of the body, starting from the perineum, moving up the front center of the abdomen and chest, and ending at the mouth. It intersects with all the Yin meridians of the body, integrating their energies.

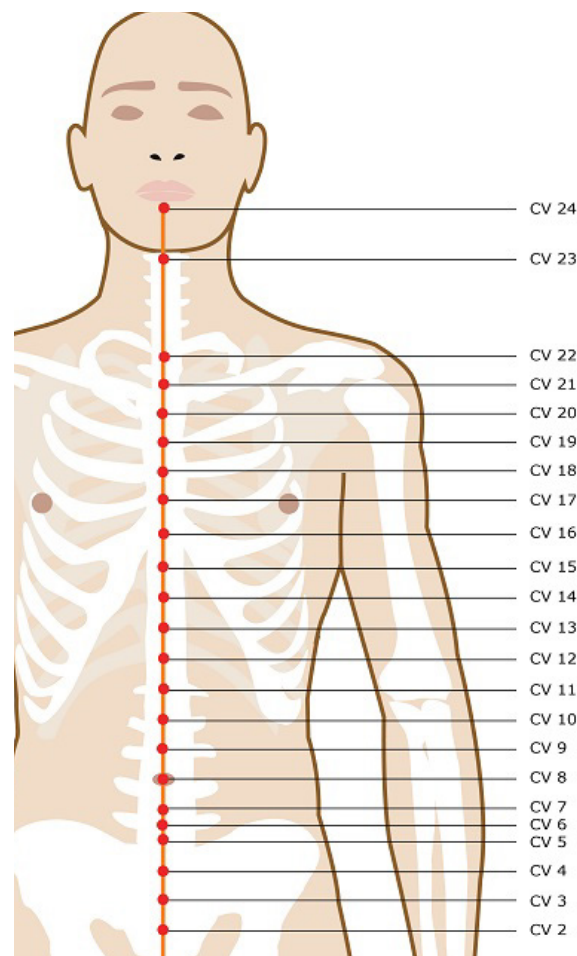
## Emotional Aspects of Conception Vessel:

Associated with the nurturing aspect of emotional health. An imbalance can lead to emotional disturbances such as anxiety, fear of intimacy, or challenges in personal relationships.

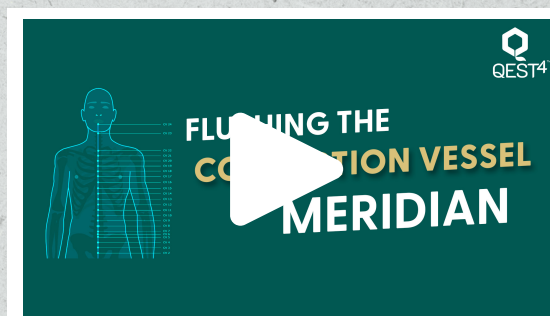
Supports a person's ability to accept and nurture themselves and others, playing a key role in emotional bonding and connections.

## Common Health Issues:

Reproductive issues such as infertility, irregular menstruation, and discomfort during pregnancy. Frequent urination or incontinence, and problems in the digestive system due to its abdominal pathway.



## Conception Vessel Meridian Stimulation Video





# Governing Vessel Meridian

## General Information

The Governing Vessel, also known as Du Mai, runs along the back midline of the body and is associated with all the Yang meridians. It has a significant impact on the spine, brain, and nervous system, and it governs aspects like strength and vitality. It is coupled with the Yang Qiao Mai

The Du relates to transformational cycles, survival issues, and groundedness in the world. Issues of becoming "upright" and independent, as well as risk-taking, are relevant.

## Pathway and Flow:

The Governing Vessel runs up the midline of the posterior aspect of the body, starting from the perineum, moving up along the spine, over the top of the head, and ending on the upper lip. It intersects with all the Yang meridians and is instrumental in controlling the Yang energies of the body.

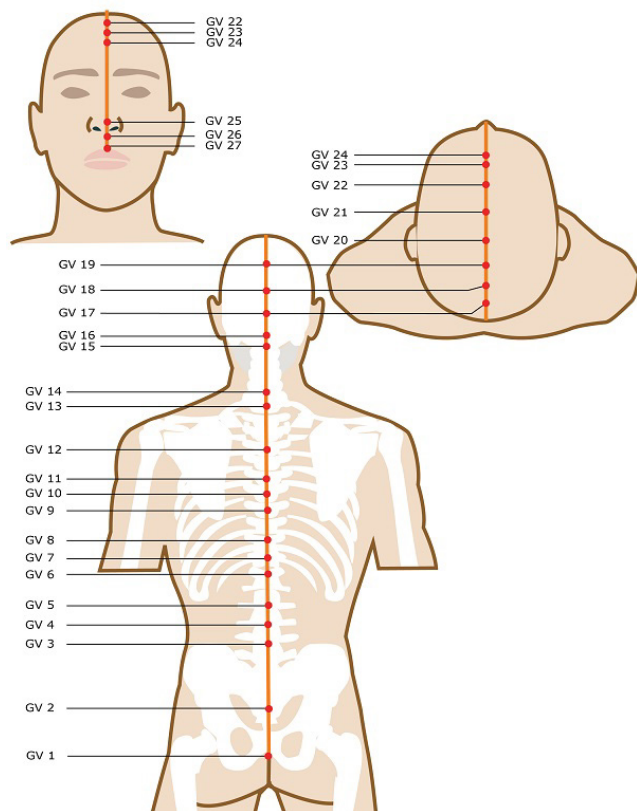
## Emotional Aspects of Governing Vessel:

As a Yang eridian, the Governing Vessel is associated with strength, willpower, and determination. It is thought to impact a person's drive and ability to control aspects of their life.

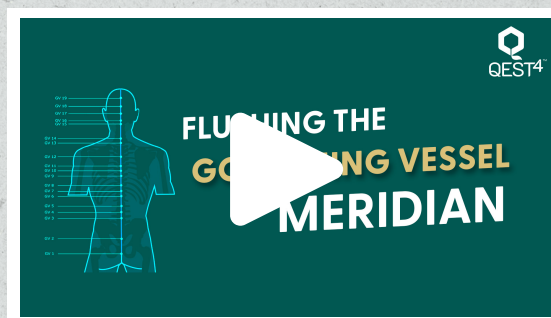
An imbalance might manifest as mental rigidity, excessive fear, or difficulty in coping with stress.

## Common Health Issues:

Imbalances can lead to back pain, spinal issues, and neurological disorders due to its path along the spine. It may also influence conditions like headaches, mental disorders, and insomnia.



## Governing Vessel Meridian Stimulation Video





# Yin Qiao Mai Meridian

## General Information

The Yin Qiao Mai, also known as Yin Heel, and is coupled often with the Conception Vessel. This plays a critical role in regulating the body's Yin aspects during periods of rest and inactivity, making it crucial for maintaining balance in the body's quieter, more internal states supporting restorative processes such as sleep, allowing the body to recover and rejuvenate.

## Pathway and Flow:

The Yin Qiao Mai begins at the inner side of the foot, near the big toe, ascends along the inner leg, passes through the groin, and continues up the front of the body, ending near the inner canthus of the eye.

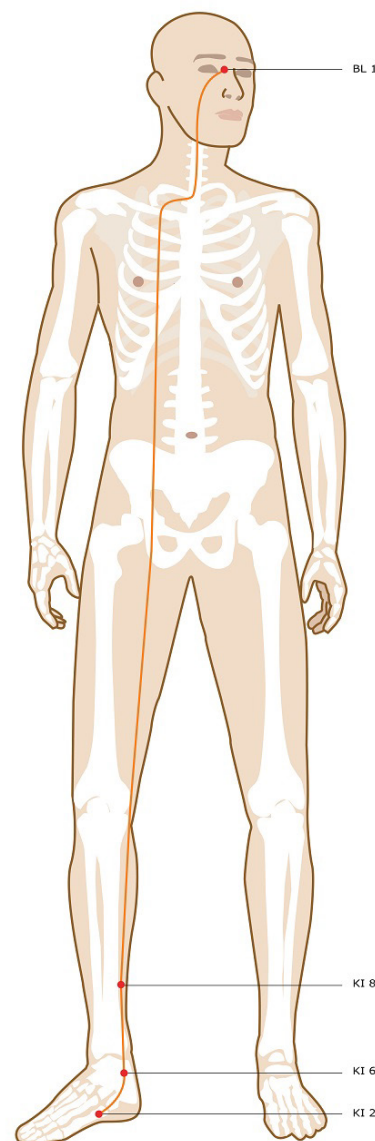
## Emotional Aspects of Belt Vessel:

Yin Qiao Mai facilitates calmness and introspection. Important for maintaining emotional balance during periods of decreased activity and helps in managing nighttime fears or anxieties.

An imbalance in the Yin Qiao Mai can result in emotional disturbances such as depression or lethargy. Often associated with issues of self-trust, abandonment, and feelings of unworthiness.

## Common Health Issues:

Manifestations include left/right imbalance, inversion of the foot, pain in the eyes, somnolence, insomnia, disturbed sleep, or frequent nighttime waking, leg cramps or weakness, difficulty in controlling leg movements, or even conditions affecting the genitals or urinary tract due to its path.



## Yin Qiao Mai Meridian Stimulation Video





# Yang Qiao Mai Meridian

## General Information

The Yang Qiao Mai, also known as Yang Heel, and is coupled often with the Governing Vessel. This plays a critical role in maintaining the body's balance and facilitating movement. It works particularly with the muscles and movements on the body's lateral sides helping with the extension and the stabilization of the limbs and trunk especially during periods of activity.

## Pathway and Flow:

The Yang Qiao Mai starts at the heel, ascends the outer aspect of the leg and side of the body, passes through the hip, runs along the side of the abdomen and the back, reaches the shoulder, and continues up to the neck and the head, ending near the outer canthus of the eye.

## Emotional Aspects of Belt Vessel:

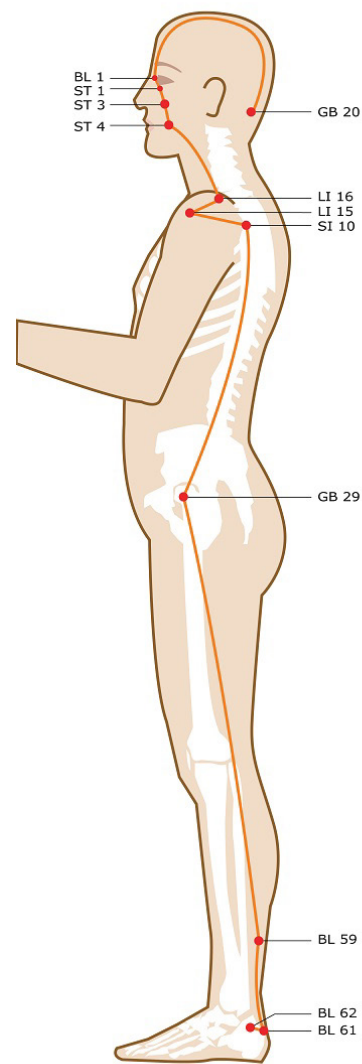
Yang Qiao Mai is concerned with the meaning that we derive from life and helps us to respond to life with clarity and compassion.

Helps provide emotional stability of being "grounded" or centered. Manages the distribution of emotional energy, preventing you from overwhelming the heart or mind.

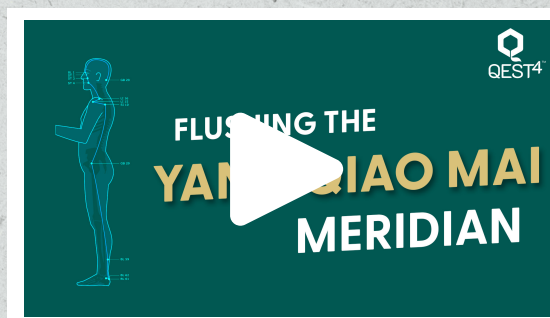
Imbalances can lead to feelings of emotional restriction or feeling "stuck," often manifesting as stress or anxiety about moving forward in life.

## Common Health Issues:

Muscular stiffness or spasms, especially along the legs and back. Sciatica, lower back pain, irregular sleep patterns including difficulties falling asleep or night-time waking. Some get a sensation of "walking on a slant," excessive thinking, and a generalized feeling of being overwhelmed and out-of-control.



## Yang Qiao Mai Meridian Stimulation Video





# Penetrating Vessel Meridian

## General Information

The Penetrating Vessel, also known as Chong Mai, is often considered the "sea of blood" and is crucial for its role in circulating Qi and blood throughout the body, making it a foundational meridian for overall health and particularly influential in reproductive and digestive health. Chong Mai is most closely associated with Yuan Qi.

The Chong has a close resonance with-if not an actual equivalence to-the Shushumna Nadi described in Hindu Yogic traditions. It is our energetic core.

## Pathway and Flow:

The Penetrating Vessel originates in the abdomen, near the uterus in women and the lower abdomen in men. It ascends through the body's core, branching out to the chest and running along the spine.

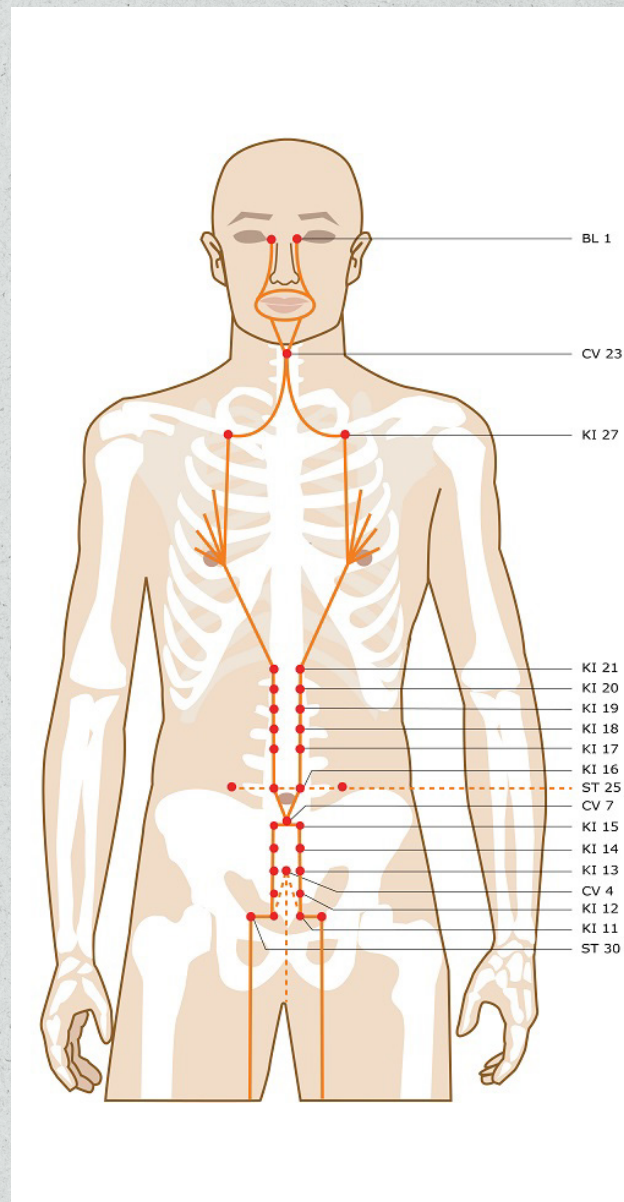
## Emotional Aspects of Penetrating Vessel:

An imbalance in the Chong Meridian negatively impacts our self-acceptance and self-love.

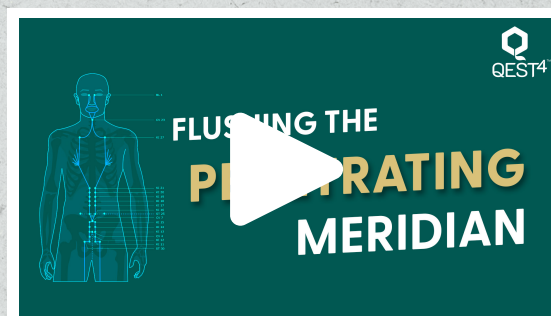
Positively, it influences emotional stability and the ability to "penetrate" life's complexities. Supports the capacity for resilience and adaptation, enabling individuals to recover from emotional and physical challenges.

## Common Health Issues:

Hormonal imbalances, irregular menstruation, infertility, or reproductive health in both sexes. Can influence digestive issues, such as bloating, constipation, or irritable bowel syndrome. Gynaecological disorders, prolapses, and problems with the heart.



## Penetrating Vessel Meridian Stimulation Video





# Yin Wei Mai Meridian

## General Information

The Yin and Yang Wei Mai function as connecting or networking vessels. They also help to maintain the balance of the body's Yin and Yang. Because of this, they relate to the transitions involved in the aging process, and the accompanying transformation of Yin or Yang energies.

The Yin Wei Mai integrates and coordinates the Yin meridians, helping to maintain balance among the body's internal energies. It also plays a significant role in the heart and chest area, influencing the cardiovascular system and emotional health.

## Pathway and Flow:

The Yin Wei Mai starts at the inner ankle, ascends along the medial aspect of the leg, continues up the thigh and abdomen, passes through the chest, and culminates near the neck.

## Emotional Aspects of Yin Wei Mai:

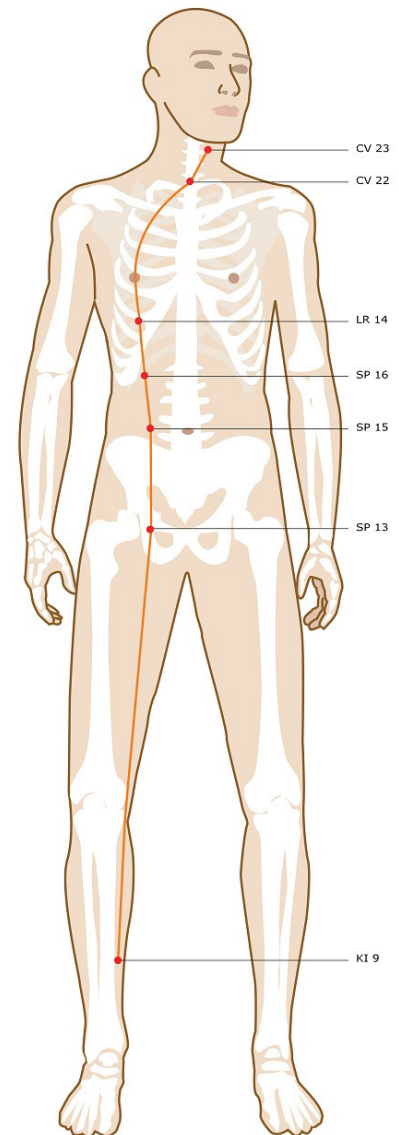
Associated with the deeper aspects of the psyche, including the emotions of love, fear, and insecurities. Yin Wei Mai helps in maintaining emotional stability and deep internal harmony, supporting a calm and reflective state of mind.

An imbalance can lead to chronic sadness, excessive worry, or detachment.

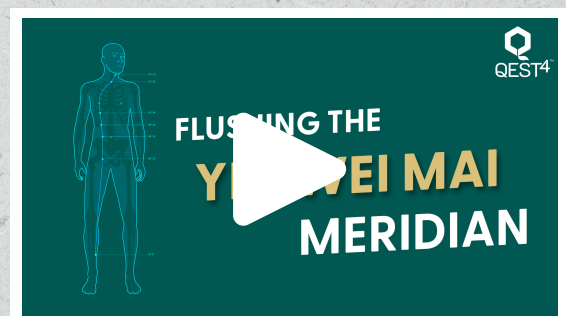
## Common Health Issues:

Cardiac issues, such as palpitations or an irregular heartbeat, and chest pain or discomfort.

Emotional issues might include depression, anxiety, or a sense of vulnerability.



## Yin Wai Mai Meridian Stimulation Video





# Yang Wei Mai Meridian

## General Information

The Yin and Yang Wei Mai function as connecting or networking vessels. They also help to maintain the balance of the body's Yin and Yang. Because of this, they relate to the transitions involved in the aging process, and the accompanying transformation of Yin or Yang energies.

The Yang Wei Mai integrates and coordinates the Yang meridians, helping to maintain balance among the body's external energies. This helps influence the body's ability to react to external environments, supporting vigorous activities and the body's defenses against external pathogens.

## Pathway and Flow:

The Yang Wei Mai begins at the outer tip of the toes, ascends along the outer part of the leg, continues up the thigh and hip, passes through the flank, and traverses the shoulder, proceeding upward across the neck and around the ear, finally reaching the forehead.

## Emotional Aspects of Yang Wei Mai:

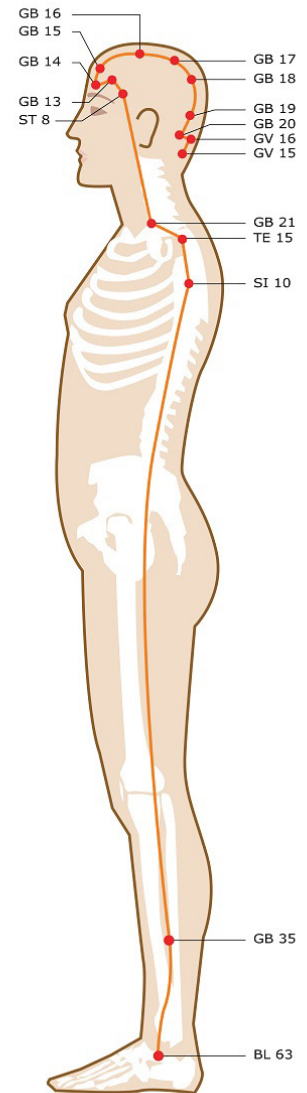
The Yang Wei Mai represents the last stage of defence, and is associated with the body's ability to manage stress and adapt to external changes.

Supports mental clarity and alertness, facilitating a better response to sudden or prolonged demands.

An imbalance in the Yang Wei Mai can lead to a feeling of being overwhelmed or unable to cope with environmental demands.

## Common Health Issues:

Difficulties in adapting to temperature changes, susceptibility to external pathogens (like catching colds frequently), fatigue or exhaustion.



## Yang Wei Mai Meridian Stimulation Video





# Belt Vessel Meridian

## General Information

The Belt Vessel, also known as Dai Mai, is unique as it encircles the body at the waist, acting like a belt, and it integrates the energies of the meridians that ascend and descend the body. It's especially important for its role in governing the lateral aspects of the body and in maintaining the balance between the upper and lower halves.

## Pathway and Flow:

The Belt Vessel is the only horizontal meridian among the Eight Extraordinary Meridians, circling around the waist like a belt. This unique pathway allows it to bind the vertical energy channels (meridians) together, helping maintain harmony between the upper and lower parts of the body.

## Emotional Aspects of Belt Vessel:

The Belt Vessel is concerned with the meaning that we derive from life and helps us to respond to life with clarity and compassion.

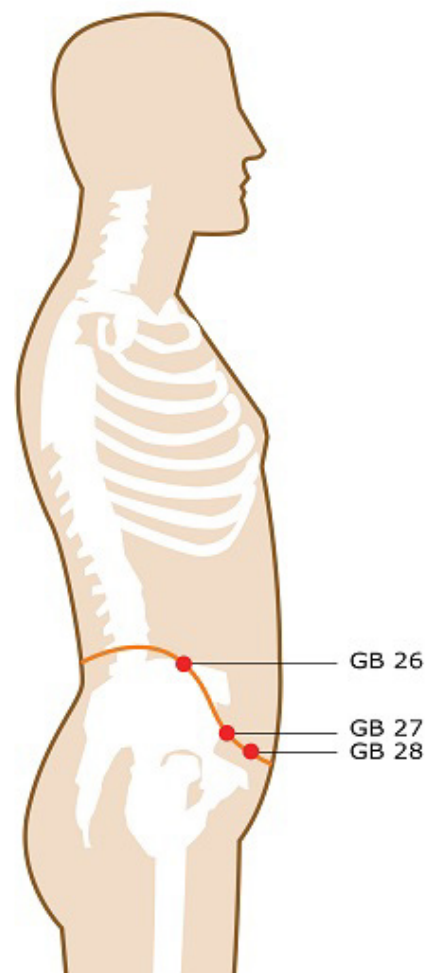
Helps provide emotional stability of being "grounded" or centered. Manages the distribution of emotional energy, preventing you from overwhelming the heart or mind.

Imbalances can lead to feelings of emotional restriction or feeling "stuck," often manifesting as stress or anxiety about moving forward in life.

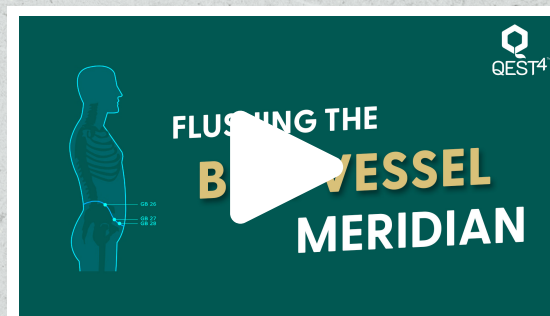
## Common Health Issues:

Can manifest in a person "near to tears" from frustration, indecision or low self-esteem.

Issues often relate to the gallbladder and liver, given its location and the meridians it intersects, you might have hip pain, lower back pain, and circulatory issues in the legs.



## Belt Vessel Meridian Stimulation Video





# Interested in systemizing this process?

See how a QEST4 Bioenergetic Testing Device can be implemented with meridians to help any aspect of wellness. Click the link below:

[Learn More](#)

