All 12 organ flows (Lung, Large Intestine, etc) circulate the body, 24 hours a day non-stop. They clean, repair and re-generate. Every two hours, though, a different organ function energy will do a ‘solo dance’.

To harmonize, hold the corresponding finger:

4 -6 am – Lung - **Hold Ring Finger**  
6 -8 am – Large Intestine– **Hold Ring Finger**8 -10 am – Stomach – **Hold Thumb**10 -12 noon – Spleen – **Hold Thumb**  
12 -2pm – [Heart](https://www.flowsforlife.com/jin-shin-jyutsu/heart/) – **Hold Little Finger**  
2 -4 pm – Small Intestine – **Hold Little Finger**4 -6 pm – Bladder – **Hold Index Finger**

6 -8 pm – Kidney – **Hold Index Finger**  
8 -10 pm – Diaphragm – **Hold Center Palm**  
10 -12 midnight – Umbilicus – **Hold Center Palm**12-2 am – Gallbladder – **Hold Middle Finger**2 - 4 am – Liver – **Hold Middle Finger**