

Table H**HORARY CLOCK: FLOW OF Qi IN THE PRIMARY MERIDIANS**

YIN MERIDIAN	TIME	YANG MERIDIAN
Lung Channel of hand Tai Yin	0300 - 0500	
	0500 - 0700	Large Intestine Channel of hand Yang Ming
	0700 - 0900	Stomach Channel of foot Yang Ming
Spleen Channel of foot Tai Yin	0900 - 1100	
Heart Channel of hand Shao Yin	1100 - 1300	
	1300 - 1500	Small Intestine Channel of hand Tai Yang
	1500 - 1700	Urinary Bladder Channel of foot Tai Yang
Kidney Channel of foot Shao Yin	1700 - 1900	
Pericardium Channel of hand Jue Yin	1900 - 2100	
	2100 - 2300	San Jiao Channel of hand Shao Yang
	2300 - 0100	Gall Bladder Channel of foot Shao Yang
Liver Channel of foot Jue Yin	0100 - 0300	

Table I**ENTRY/EXIT REGIONS & POINTS OF HORARY CLOCK CYCLE:
FLOW OF Qi, 12 PRIMARY MERIDIANS**

	MERIDIAN ENTRY REGION/POINT. MERIDIAN ORIGINATES HERE.	MERIDIAN EXIT REGION/POINT. CONNECTS TO NEXT MERIDIAN.
LUNG	Originates in middle Jiao in region of Stomach, descends, connects with Large Intestine, turns upward, penetrates diaphragm, homes to Lung. Ascends past cardiac orifice of Stomach, passing up through respiratory tract into throat. Turns obliquely downward, emerging below clavicle (LU-1), on upper chest/ between Lung and throat.	Branch runs from lateral wrist (LU-7) to radial tip of index finger (LI-1).
LARGE INTESTINE	Begins at radial tip of index finger (LI-1). Crosses dorsum of hand (LI-4) to lateral wrist (LI-5).	Ends beside nose on contralateral side of face (LI-20).
STOMACH	Begins beside nostrils (LI-20). Ascends to medial canthus (BL-1) and emerges under eye (ST-1), at floor of orbit (infraorbital ridge).	Branch runs from dorsum of foot (ST-42) to medial great toe (SP-1)
SPLEEN	Begins at medial tip, great toe (SP-1). Runs along medial border of foot to medial ankle (SP-5).	Branch from abdominal pathway intersects Ren Mai at REN-10, homes to Spleen and connects with Stomach. Branch from region of Stomach crosses diaphragm and links to Heart Organ. (Connects to REN-17).
HEART	Originates in Heart, emerges though Blood Vessels surrounding Heart, descends through diaphragm, connects with Small Intestine Organ. Branch from Heart ascends beside oesophagus to tissues connecting to eyes, connects with brain. Branch from Heart travels directly into Lung Organ, then runs laterally, emerges at base of axilla (HT-1).	From medial anterior wrist (HT-7), travels through palm to radial tip of little finger (HT-9).
SMALL INTESTINE	Begins at ulnar/medial tip little finger (SI-1), runs along medial hand and wrist (SI-5).	A branch separates on cheek, runs to medial canthus (BL-1), and infra-orbital cheek (SI-18).

URINARY BLADDER	Begins at medial orbit, inner canthus of eye (BL-1), runs up forehead and over top of head (BL-8).	From posterior knee (BL-40), united pathway travels down calf to lateral ankle (BL-60), then along lateral border of foot to lateral tip of little toe (BL-67).
KIDNEY	Commences underneath little toe, crosses foot obliquely to central region of plantar surface (KID-1).	Branch homes up through spinal column, to Kidney Organ. Ascends from Kidneys, passes through Liver, crosses diaphragm, enters Lung, then ascends throat Internally to root of tongue. Branch separates in Lung, connects to Heart, disperses in chest [around KID-25], connects to Pericardium Channel (REN-17).
PERI-CARDIUM	Originates from centre of chest from Pericardium Organ, (connects with REN-17). Descends through diaphragm into abdomen connecting (with) upper, middle and lower Jiaos of San Jiao Organ. Branch runs laterally from centre of chest , emerges at lateral chest/breast (PC-1).	Branch runs from middle palm (PC-8) to medial tip 4th, ring finger (SJ-1).
SAN JIAO	Begins at ulnar tip 4th finger (SJ-1), runs over dorsum of hand to posterior wrist (SJ-4).	Runs along zygomatic arch to lateral end of eyebrow (SJ-23). Terminates at outer canthus (GB-1).
GALL BLADDER	Begins lateral to outer canthus (GB-1), ascends side of face from anterior root of ear (GB-2).	Branch from lateral dorsum of foot (GB-41) runs to hairy dorsum of great toe, lateral side (LIV-1).
LIVER	Begins at lateral dorsum great toe (LIV-1), crosses dorsum of foot to anterior medial ankle (LIV-4).	From anterolateral chest/lower costal region (LIV-14), branch passes through diaphragm, enters Lung Organ, connects to Lung Channel.

Table J**ROOT & BRANCH AREAS: 12 PRIMARY MERIDIANS**

MERIDIAN	ROOT AREA	BRANCH AREA
3 ARM YANG		
SMALL INTESTINE	Proximal to posterior wrist, SI-6 (Yang Lao)	Above eye, M-HN-6 (Yu Yao), BL-2 (Zan Zhu)
SAN JIAO	2 cun proximal to webbing between 4th & 5th fingers, SJ-3 (Zhong Zhu)	Behind superior angle of ear, SJ-19 (Lu Xi); outer canthus of eye, SJ-23 (Si Zhu Kong)
LARGE INTESTINE	Middle of elbow, LI-11 (Qu Chi), LI-14 (Bi Nai)	Cheek and mandible, LI-20 (Ying Xiang), REN-24 (Cheng Jiang)
3 ARM YIN		
LUNG	At the radial 'pulse', cun kou, LU-9 (Tai Yuan)	Area of axillary artery, LU-1 (Zhong Fu)
PERICARDIUM	2 cun proximal to anterior wrist between 2 tendons, PC-6 (Nei Guan)	3 cun below axilla, PC-1 (Tian Chi)
HEART	Ulnar side of anterior wrist, HT-7 (Shen Men)	Back Associated-Shu, Transporting point, BL-15 (Xin Shu)
3 LEG YANG		
URINARY BLADDER	Above lateral heel, BL-59 (Fu Yang)	Eye, BL-1 (Jing Ming)
GALL BLADDER	In space between 4th & 5th metatarsal bones, GB-43 (Xia Xi), GB-44 (Zu Qiao Yin)	In front of ear, GB-2 (Ting Hui), SI-19 (Ting Gong)
STOMACH	Lateral side 2nd toe, ST-45 (Li Dui)	Front of face, ST-4 (Di Cang), ST-9 (Ren Ying)
3 LEG YIN		
LIVER	5 cun proximal to webbing between 1st & 2nd toes, LIV-4 (Zhong Feng)	Back Associated-Shu, Transporting point, BL-18 (Gan Shu)
SPLEEN	Above medial ankle, SP-6 (San Yin Jiao)	Back Associated-Shu, Transporting point, BL-20 (Pi Shu); root of tongue, REN-23 (Lian Quan)
KIDNEY	Below medial ankle, KID-2 (Ran Gu), KID-6 (Zhao Hai)	Back Associated-Shu, Transporting point, BL-23 (Shen Shu)

Table K
THE 6 DIVISION MERIDIANS (THE 6 CHANNELS)

DIVISION	PRIMARY MERIDIANS	
	UPPER LIMB	LOWER LIMB
TAI YANG (Greater Yang)	SMALL INTESTINE CHANNEL OF HAND TAI YANG	URINARY BLADDER CHANNEL OF FOOT TAI YANG
SHAO YANG (Lesser Yang)	SAN JIAO CHANNEL OF HAND SHAO YANG	GALL BLADDER CHANNEL OF FOOT SHAO YANG
YANG MING (Yang Brightness)	LARGE INTESTINE CHANNEL OF HAND YANG MING	STOMACH CHANNEL OF FOOT YANG MING
TAI YIN (Greater Yin)	LUNG CHANNEL OF HAND TAI YIN	SPLEEN CHANNEL OF FOOT TAI YIN
JUE YIN (Absolute Yin)	PERICARDIUM CHANNEL OF HAND JUE YIN	LIVER CHANNEL OF FOOT JUE YIN
SHAO YIN (Lesser Yin)	HEART CHANNEL OF HAND SHAO YIN	KIDNEY CHANNEL OF FOOT SHAO YIN