

Big Picture Chart

	Well	Spring	Stream	River	Sea	Yuan	Luo	Xi
Lu	11	10	9	8	5	9	7	6
Sp	1	2	3	5	9	3	4	8
Ht	9	8	7	4	3	7	5	6
K	1	2	3	7	10	3	4	5
Pc	9	8	7	5	3	7	6	4
Lv	1	2	3	4	8	3	5	6
LI	1	2	3	5	11	4	6	7
St	45	44	43	41	36	42	40	34
SI	1	2	3	5	8	4	7	6
UB	67	66	65	60	40	64	58	63
SJ	1	2	3	6	10	4	5	7
GB	44	43	41	38	34	40	37	36

The first three points of each channel are sequential, starting from the tips of the fingers and toes. Memorize which channels start with 1 and which start with the last point, and memorize those last points. Remember that they alternate. Also remember that GB is the only exception to this rule, with the Shu Stream point not being sequential.

Know your point location! The Sea points are located around the knees and elbows.

Yuan points for the Zang organs are the same as Shu Stream points for those channels.

You basically just have to memorize the River points, but remember that they fall (numerically and on the body) between the Stream and Sea points.

For the Yuan points for the Fu organs, remember that every other number is a 4 and that the in between numbers fall between the Stream and River and all have 4s in them (42, 64, 40).

Luo points for Zang organs: Basically just memorize these, but think about the cadence/rhythm while you recite them and remember that they're all numbers between 4 and 7.

To get the Luo points for the Fu organs, look at the Fu River points. Then remember: +1, -1, +2, -2, -1, -1. In other words, the River of LI is $5 + 1 = 6$, which is the Luo point. The River of the St is 41. Subtract 1 and you get 40, the Luo of the St.

Again, you pretty much have to memorize these, but remember that it starts and ends with a 6 and that Ht is 6. The other three numbers go in descending order.

Another one that's a bit of a stretch: First memorize every other number (7, 6, 7). Then the second one (St) is 34, which, taking the previous "7", is remembered with $7 = 3 + 4$. The fourth one (UB) is 63 and the sixth one (GB) is the inverse of that (36).

It's important to keep in mind that this is just one person's way of remembering these numbers. Study them and make up your own tricks. Personalizing this will make it a lot easier to remember!

	wood	fire	earth	metal	water						
	well	spring	stream	river	sea	yuan	luo	xi	LHS	entry	exit
Lu	11	10	9	8	5	9	7	6	-	1	7
Sp	1	2	3	5	9	3	4	8	-	1	21
Ht	9	8	7	4	3	7	5	6	-	1	9
K	1	2	3	7	10	3	4	5	-	1	22
Pc	9	8	7	5	3	7	6	4	-	1	8
Lv	1	2	3	4	8	3	5	6	-	1	14
LI	1	2	3	5	11	4	6	7	St 37	4	20
St	45	44	43	41	36	42	40	34	St 36	1	42
SI	1	2	3	5	8	4	7	6	St 39	1	9
UB	67	66	65	60	40	64	58	63	UB 40	1	67
SJ	1	2	3	6	10	4	5	7	UB 39	1	22
GB	44	43	41	38	34	40	37	36	GB 34	1	41
	metal	water	wood	fire	earth						

Comm	
Ab	St 36
Head/neck	Lu 7
Back	UB 40
Face/mouth	LI 4

	Yin	Yang
Tai	Lu -- LI	Yang Ming
	Sp -- St	
Shao	Ht -- SI	Tai
	K -- UB	
Jue	Pc -- SJ	Shao
	Lv -- GB	

(UB)

BS	FM	Inf
13	Lu Lu1	Zang Lv13
14	Pc Ren17	Fu Ren12
15	Ht Ren14	Qi Ren17
18	Lv Lv14	Blood UB17
19	GB GB24	Sinew GB34
20	Sp Lv13	Marrow GB39
21	St Ren12	Bones UB11
22	SJ Ren5	Pulse/vessel Lu9
23	K GB25	
25	LI St25	
27	SI Ren4	
28	UB Ren3	

	Grp Luo	TMM
3AYa	SJ8	GB13
3AYi	Pc5	GB22
3LYa	GB 39,35	SI16,St2
3LYi	Sp 6	Ren3

Sky	
Pc 1	SJ 16
Lu 3	Du 16
St 9	SI 17
UB 10	LI 18
SI 16	Ren 22

		xi	luo
<	Ren Lu7	--	Ren15
<	YIQ K6	K8	--
<	Du SI3	--	Du1
<	YaQ UB62	UB59	--
<	Dai GB41	--	--
<	YaW SJ5	GB35	--
<	Chong Sp4	--	--
<	YiW Pc6	K9	--

Seas

Blood: UB 11, St 37, St 39
 Qi/Energy: Ren 17, St 9, Du 14, Du 15
 Bone: Du 16, Du 20
 Nourish: St 30, St 36

Upper Ren 17
Middle Ren 12
 Lower Ren 7

JW-- fullness Ht, Shen, conscious
 YS-- heat, febrile dz
 SS-- Bi, damp, heavy, joint, wind
 JR-- cough, sore throat, asthma, H&C, malari
 HS-- rebel qi, nausea, vomit

