

# Big Picture Chart

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