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
ш	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! He 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, takingthe 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	xì	LHS	entry	exit
Lu	11	10	9	8	5	9	7	6	- 174	1	7
Sp	1	2	3	5	9	3	4	8	*	1	21
Ht	9	8	7	4	3	7	5	6		1	9
К	1	2	3	7	10	3	4	5	171	1	22
Pc	9	8	7	5	3	7	6	4	1. 4 14	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					Ï	

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

	Yin	Yang	
Tai	Lu LI		Yang
ı aı	Sp	St	Ming
Shao	Ht	SI	Tai
Silao	K	UB	1 ai
Jue	Pc	SJ	Shao
206	Lv	GB	Snau

(UB)				
BS		FM	li li	nf
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/v	Lu9
23	K	GB25	essel	
25	LI	St25		
27	SI	Ren4		
28	UB	Ren3		

	Grp Luo	TMM
3AYa	SJ8	GB13
3AYi	Pc5	GB22
3LYa	GB 39,35	SI18,St2
3LYi	Sp 6	Ren3

<	_	Ren	Lu7	443	Ren15
	`	YiQ	K6	K8	
	/	Du	S13	••	Du1
`	\	YaQ	UB62	UB59	**
,	1	Dai	GB41	-	1975
_	\	YaW	SJ5	GB35	44
/	/	Chong	Sp4	••	**
	_	YiW	Pc6	K9	**

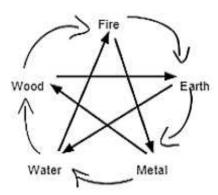
Sky			
Pc 1	SJ 16		
Lu 3	Du 16		
St 9	SI 17		
UB 10	LI 18		
SI 16	Ren 22		



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