

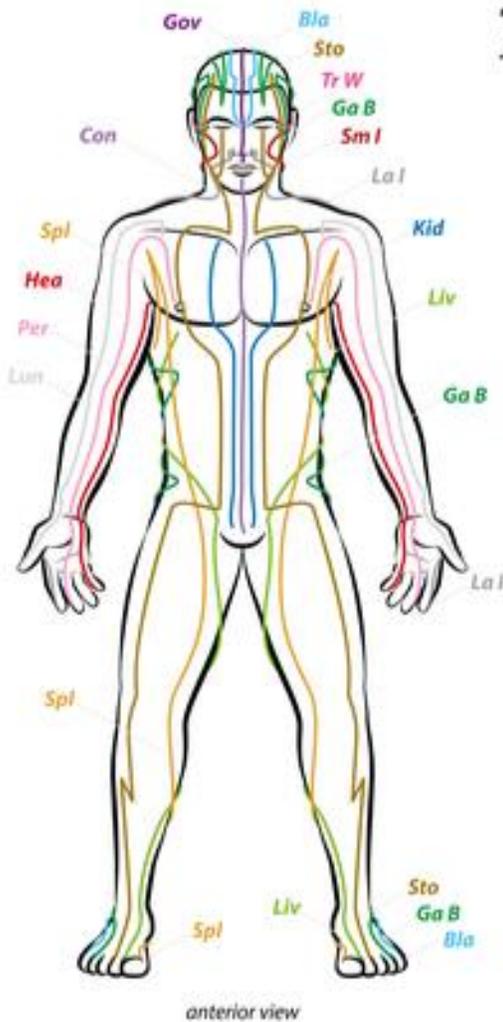
## Movement, Meridians, & Mantras

### 12 standard meridians

The 12 standard meridians, also called Principal Meridians, are divided into Yin and Yang groups. The **Yin meridians** of the **arm** are **Lung**, **Heart**, and **Pericardium**. The **Yang meridians** of the **arm** are **Large Intestine**, **Small Intestine**, and **Triple Burner**. The **Yin Meridians** of the **leg** are **Spleen**, **Kidney**, and **Liver**. The **Yang meridians** of the **leg** are **Stomach**, **Bladder**, and **Gall Bladder**.<sup>[5]</sup>

\*Wikipedia

## The Body Meridians

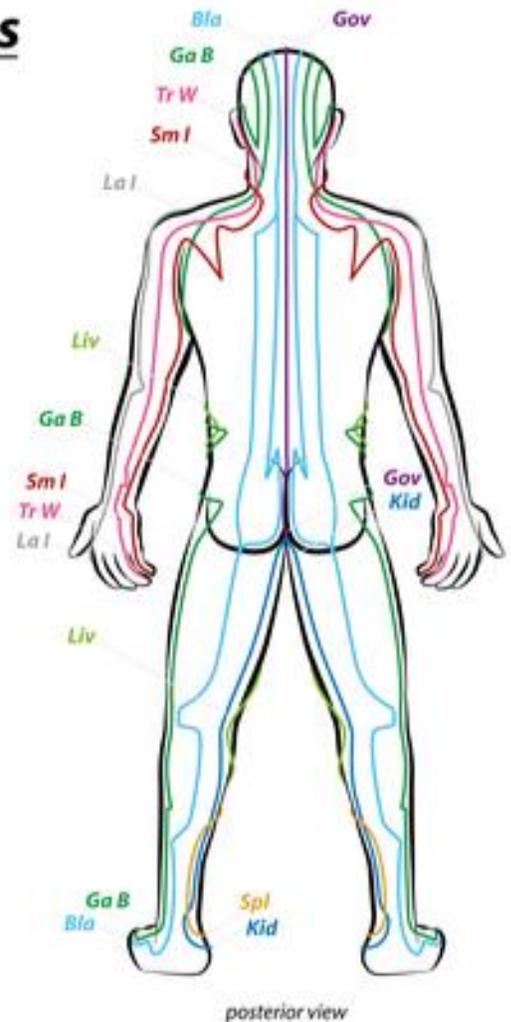


### Two Centerline Meridians:

Conception Vessel  
Governing Vessel

### Twelve Principal Meridians:

- 2 Stomach Meridian  
Spleen Meridian
- 3 Small Intestine Meridian  
Heart Meridian
- 4 Bladder Meridian  
Kidney Meridian
- 5 Pericardium Meridian  
Triple Warmer Meridian
- 6 Gall Bladder Meridian  
Liver Meridian
- 1 Lung Meridian  
Large Intestine Meridian



## THE TWELVE MAIN MERIDIAN LINES

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# THE TWELVE MAIN MERIDIAN LINES

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The twelve main meridian lines in your body are named after the six “zang” and the six “fu” organs. The relationship between the meridian and the organ exists in the **functioning** of the organs instead of the actual organ itself.

## THE LUNG MERIDIAN

It is the intake of [Qi energy](#) from the air to be used by the body, and to build up resistance against any external intrusions. It also eliminates gases that are not needed by the body through exhalation.

## THE LARGE INTESTINE MERIDIAN

This meridian helps the lungs’ functioning, and secretes and excretes from inside and outside the body. It also prevents Qi energy from becoming stagnant.

## THE SPLEEN MERIDIAN

It is involved in digestion and the fermentation process. In modern terms, the spleen is considered as being the pancreas, and the pancreas govern general digestion, and reproductive hormones related to the breasts and ovaries. Mental fatigue has a negative effect on the spleen and a lack of exercise will cause problems with digestion and also with the secretion of hormones.

## THE STOMACH MERIDIAN

This meridian is involved in the functioning of the stomach, esophagus, and duodenum, and also the functioning of the reproductive, lactation, ovary, and appetite mechanism. It is also involved in the menstrual cycle in women.

## THE HEART MERIDIAN

This meridian represents compassion and thus governs emotions and the spirit. It is also responsible for blood circulation and the total body through the brain and the five senses. It is also the mechanism that adapts external stimulation to the internal environment of the body.

## THE SMALL INTESTINE MERIDIAN

The small intestine meridian governs the total body through the digestion and displacement of food. Anxiety, anger, nervous shock, and emotional excitement can affect blood circulation, and the small intestine can actually cause stagnation of the blood that affects the whole body.

## **THE KIDNEY MERIDIAN**

The kidney controls the spirit and energy to the body and governs resistance against mental stress by controlling the secretions of the hormones. It is also responsible in detoxifying and purifying the blood.

## **THE BLADDER MERIDIAN**

This meridian is related to the mid-brain which coordinates with the kidney system and the pituitary gland. Connected to the autonomic nervous system, it is also related to the reproductive and urinary organs. It is also responsible for excreting urine away from the body.

## **THE HEART CONSTRICTOR (PERICARDIUM) MERIDIAN**

It acts as a supplemental function of the heart related to the circulatory system, including the heart sac, the cardiac arteries and the system of veins and arteries. It is also responsible for the total nutrition of the body.

## **THE TRIPLE HEATER (SANJAO) MERIDIAN**

It acts as a supplemental function of the small intestine, and also controls the spirit and visceral organs that circulate Qi energy to the entire body. It also protects the functioning of the lymphatic system. The upper heat is connected to the chest, the middle heat to the solar plexus, and the heat above the navel and below heat is associated with the peritoneum, including the circulation to the extremities.

## **THE LIVER MERIDIAN**

It stores nutrients and energy in time for physical activities. It also helps the body to resist against disease and supplies, analyses and [detoxifies](#) the blood to maintain physical energy.

## **THE GALL BLADDER MERIDIAN**

It is responsible for the distribution of nutrients throughout the body and balances the total energy with the help of internal hormones and secretions which include bile, saliva, gastric acid, insulin, and intestinal hormones.

Mantra prayers and ancestral forgiveness work inspired by

[www.healthbeyondbelief.com](http://www.healthbeyondbelief.com) John Newton

Meridian Stretches inspired by Zen Shiatsu of Chicago

[www.zenshiatsuchicago.org](http://www.zenshiatsuchicago.org)