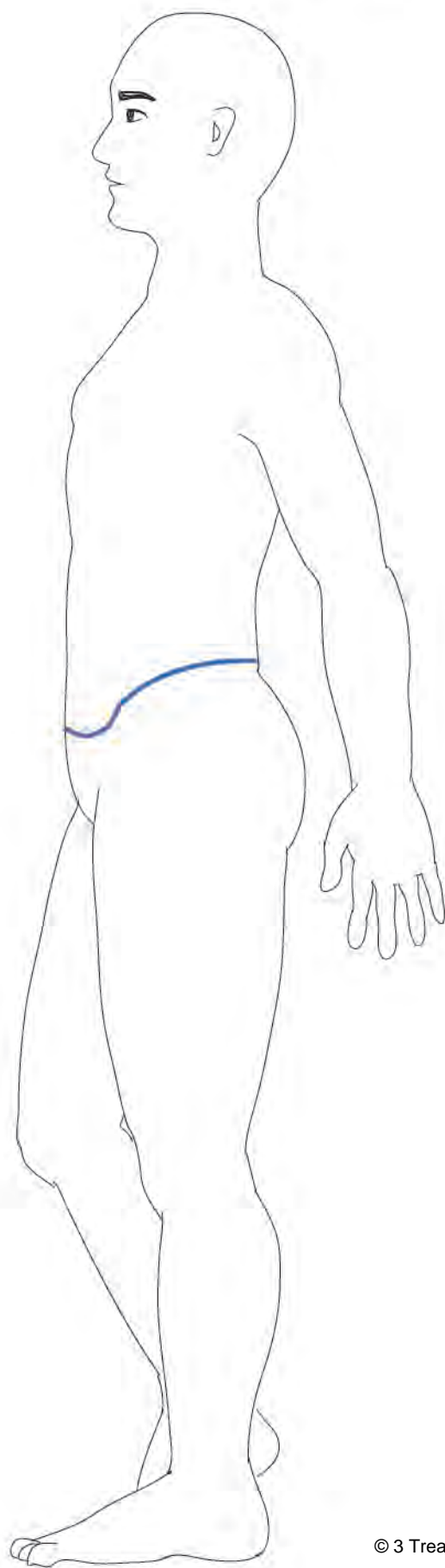
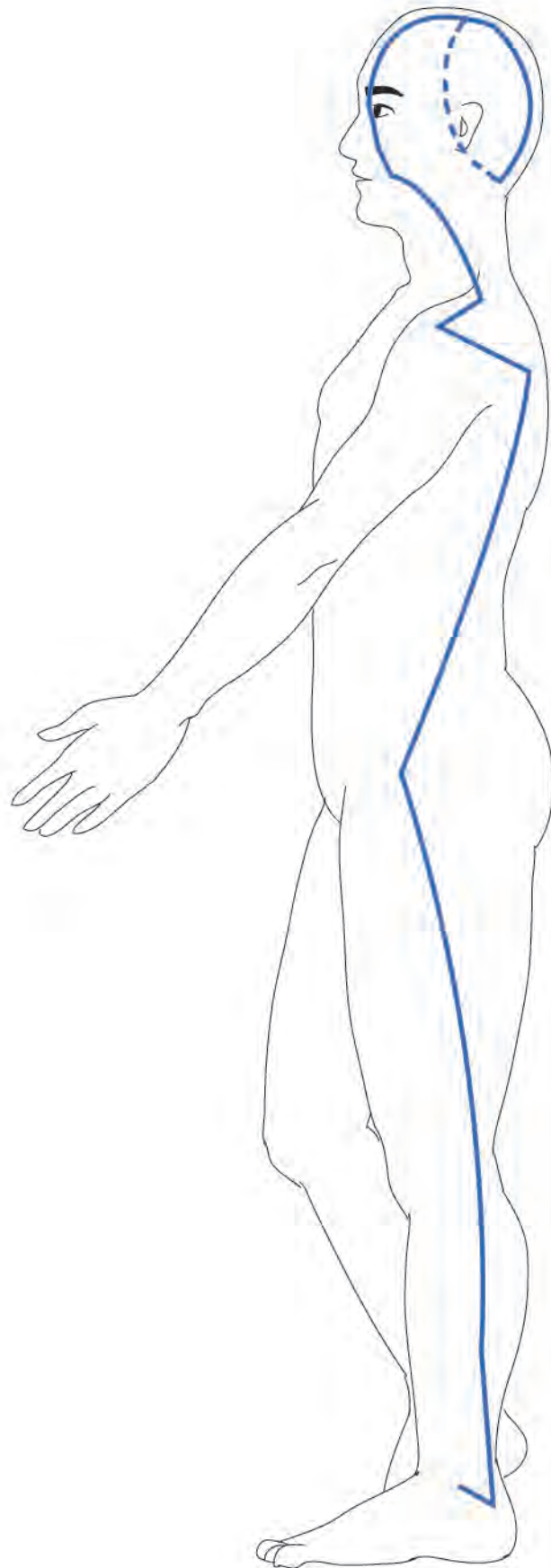


Dai Mai



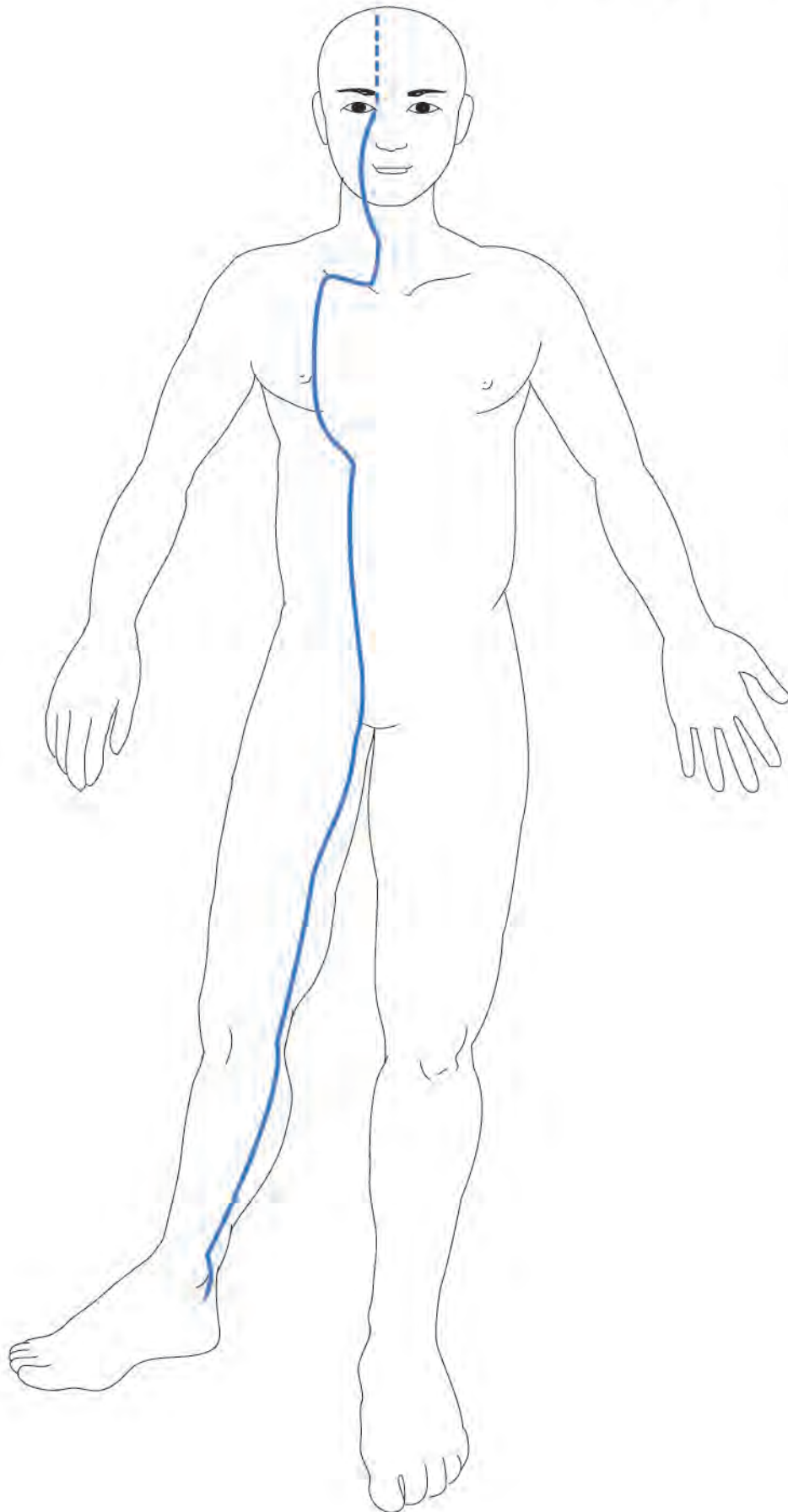
The pathway circles horizontally around the waist ending at the spine.

Yang Qiao Mai



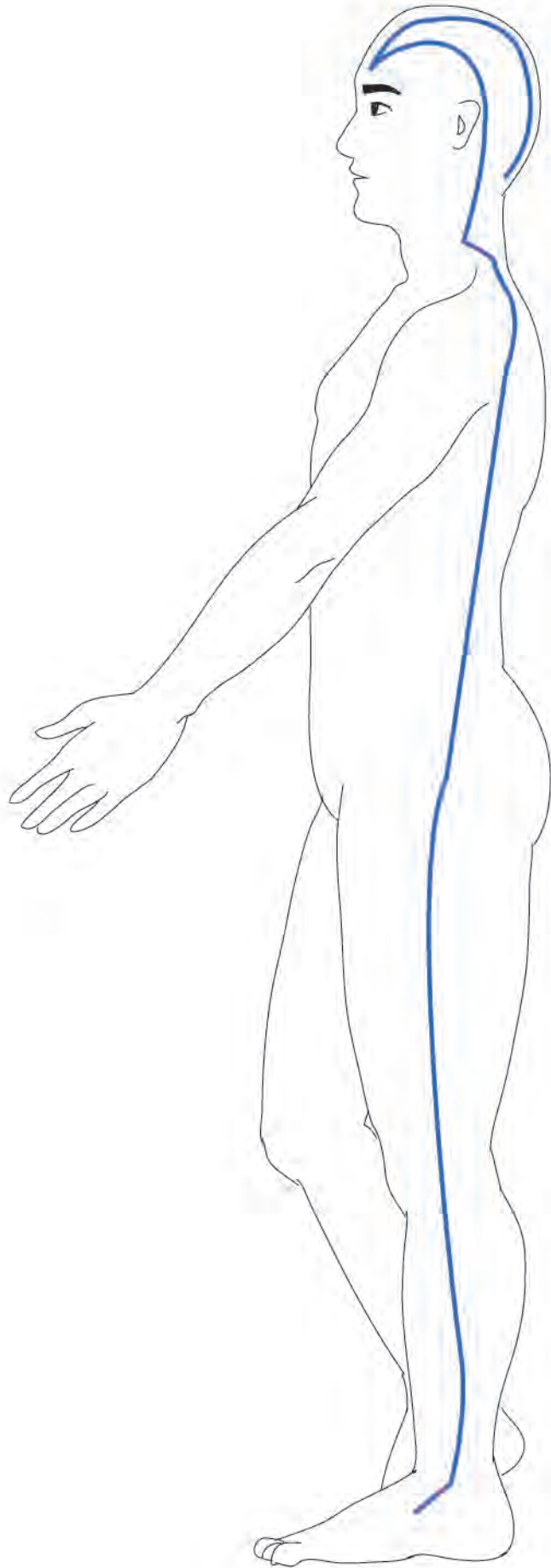
The pathway moves up the yang channels, starting below the ankles on the lateral side of the legs, following the energy pathway as it moves up from the outside ankles, up to the knees, up the hips, ascending up the side of the trunk, up to the shoulders, at the shoulders moving toward the front of the body, ascending the neck, the jaw, corner of the mouth, checks, to the inside corner of the eyes, over the forehead to the nape of the neck and into the brain.

Yin Qiao Mai



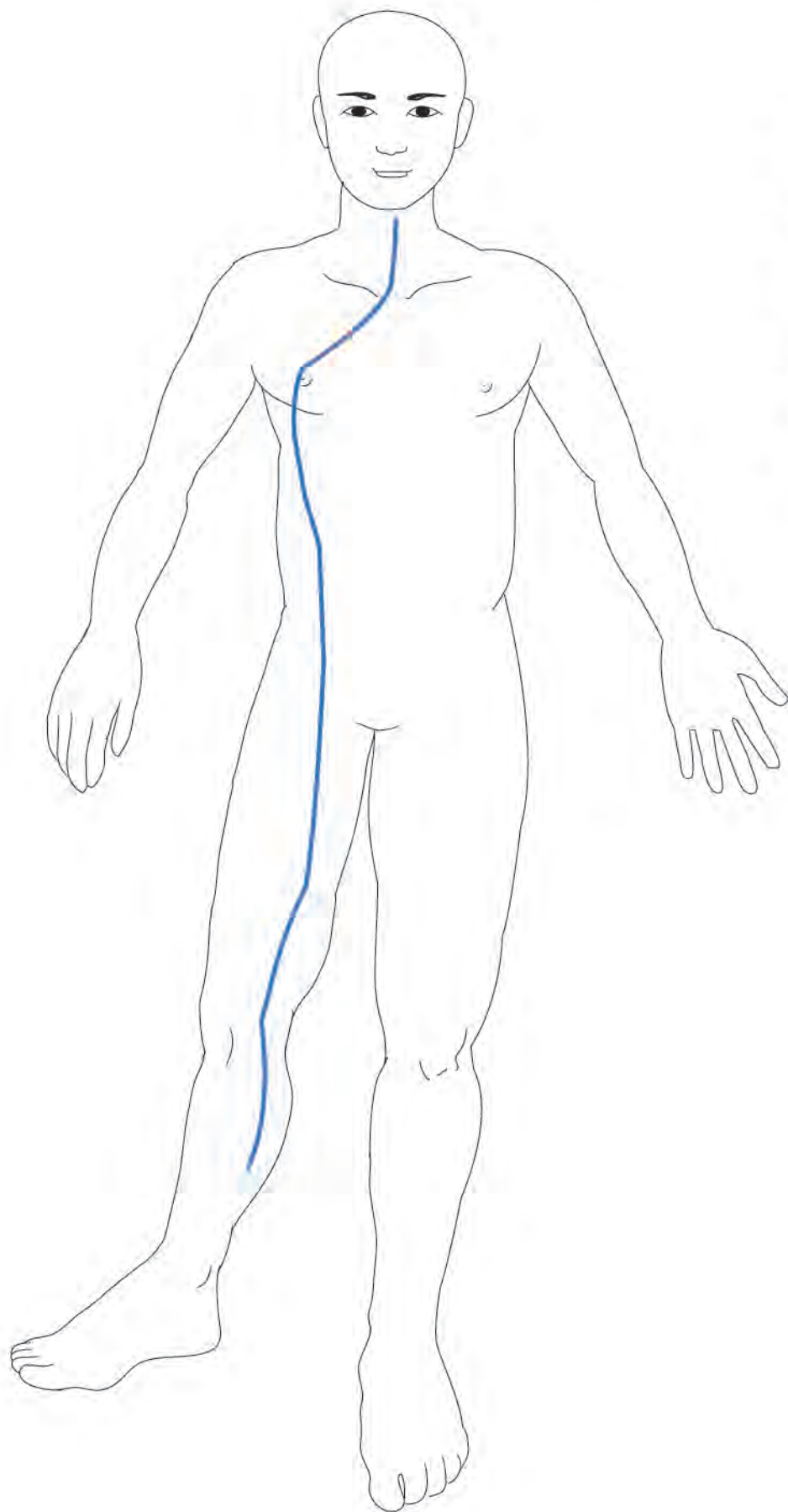
The pathway moves up the yin channels, starting below the ankle on the medial side of the legs, following the energy pathway as it moves up from the inside ankles, up to the knees, up to the genitals, ascending up the abdomen, the chest, up the throat, the face, to the inner corner of the eyes, over the forehead, to the nape of the neck and into the brain.

Yang Wei Mai



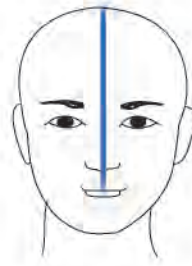
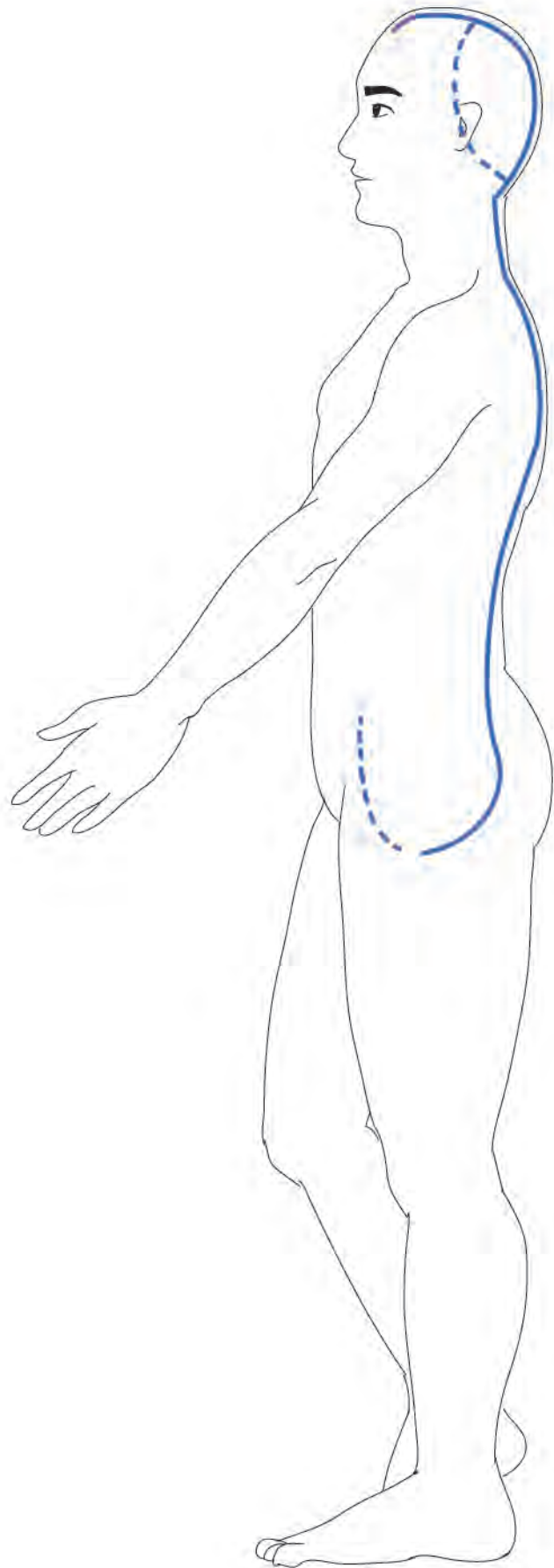
The pathway links the yang channels, starting at the midpoint on the lateral side of your feet, following the energy pathway as it moves up the outside of the legs, to the knees, to the hip, ascending laterally up the side of the trunk, to the back of the shoulder, up the neck, behind the ear, to the forehead, then back over the top of the head ending at the nape of the neck.

Yin Wei Mai



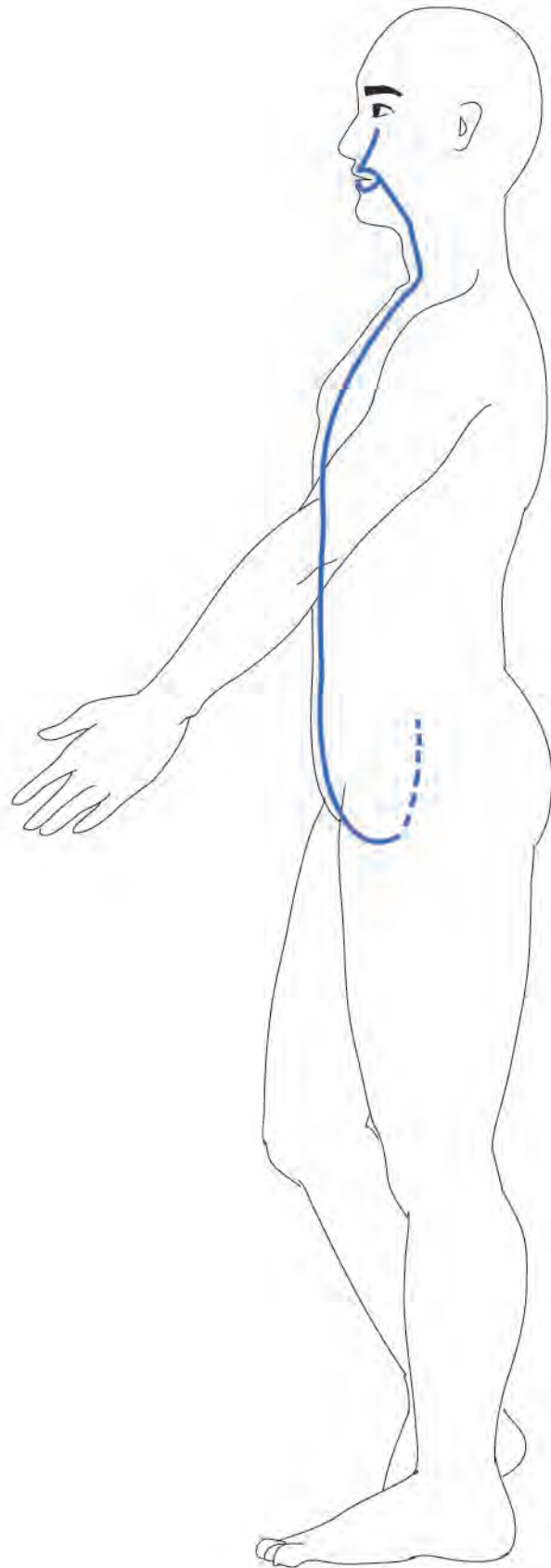
The pathway links the yin channels, starting at the calves on the medial side of the legs, following the energy of the pathway as it moves up the inside of the legs, to the knees, the groin, ascending up the torso into the spleen and into the liver, then moving inward as it ascends into the throat.

Du Mai: Main Pathway



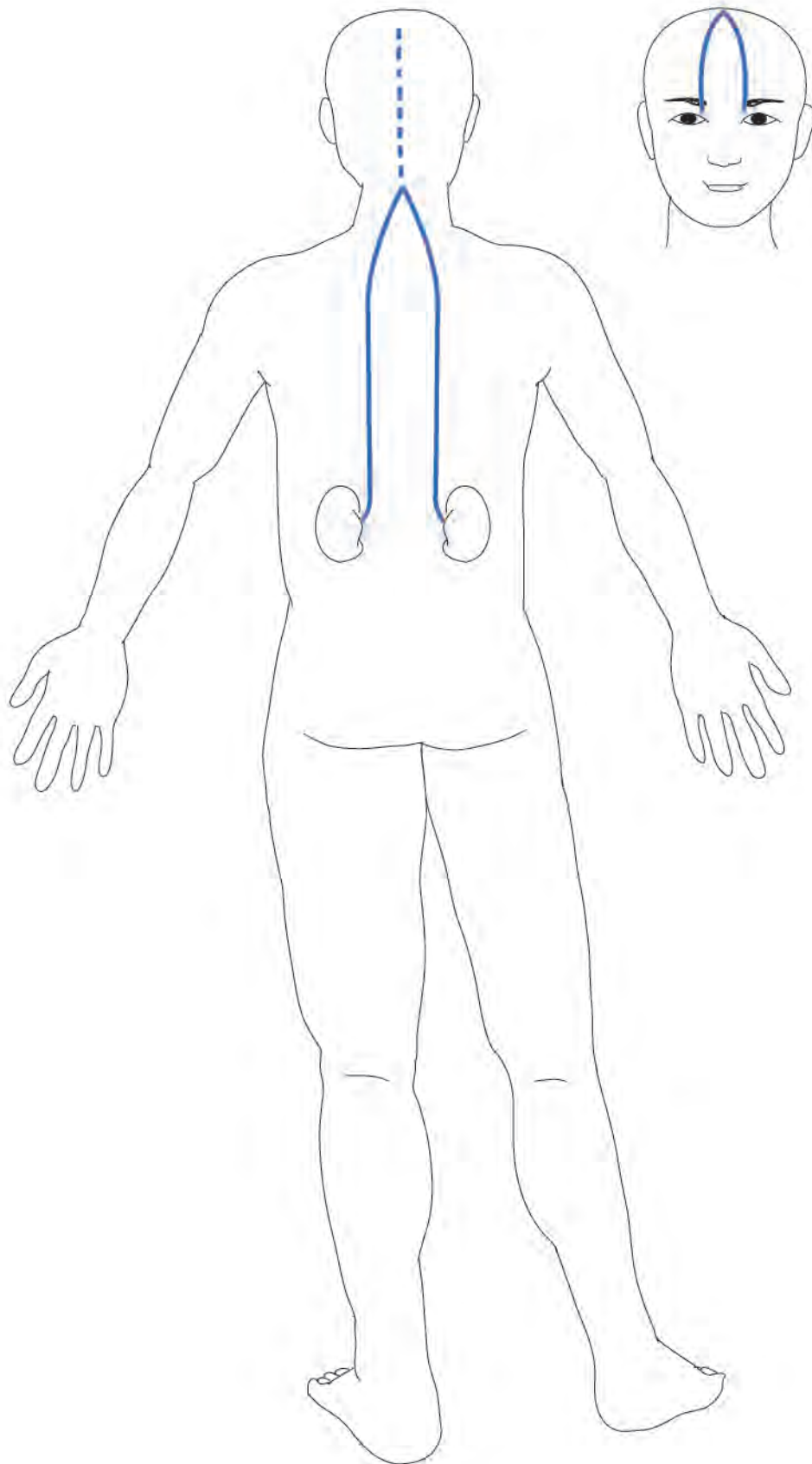
The main pathway begins in the pelvic cavity, travels down to the perineum, back to the coccyx, then ascends up the midline of the spine, at the nape of the neck, enters the brain, ascending to the top of the head, then descending down the midline of the forehead, down the bridge of the nose and ending at the upper lip.

Du Mai: 2nd Pathway



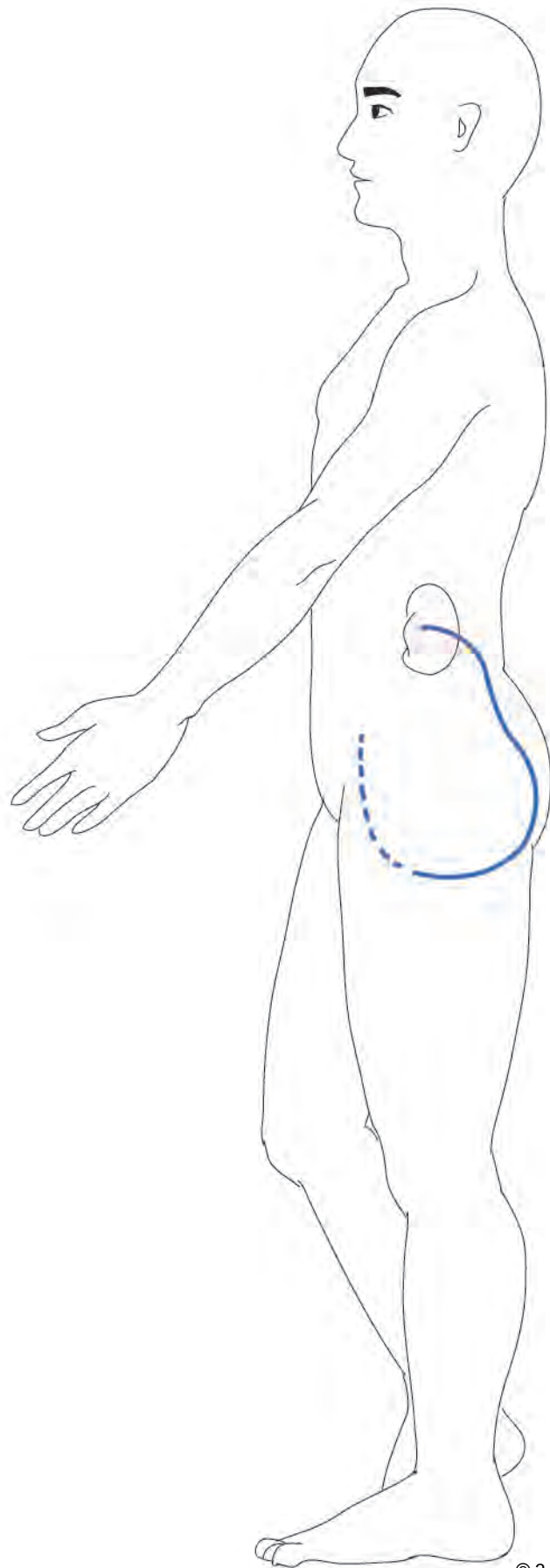
The 2nd pathway begins in lower abdomen, travels up the front midline to the navel, up the chest, entering the throat, circles the lips splitting into two channels, continuing up the cheeks and into the eyes.

Du Mai: 3rd Pathway



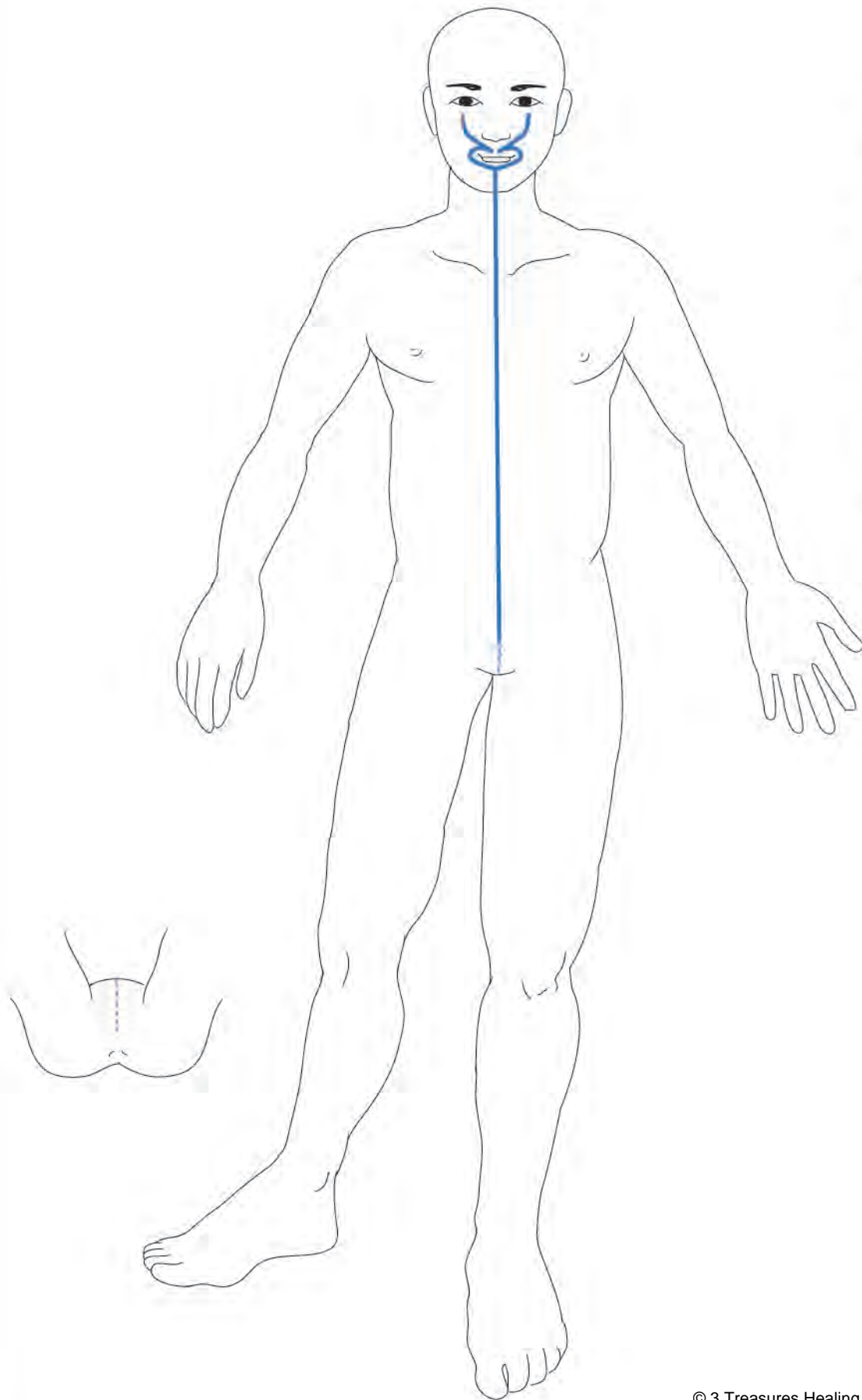
The 3rd pathway begins at the corner of each eye ascends up the forehead to the top of the head, at the top of the head, enters the brain and becomes two channels that exit at the nape of the neck, the two channels descend along the side of spine to the waist, and at the waist connect to the kidneys.

Du Mai: 4th Pathway



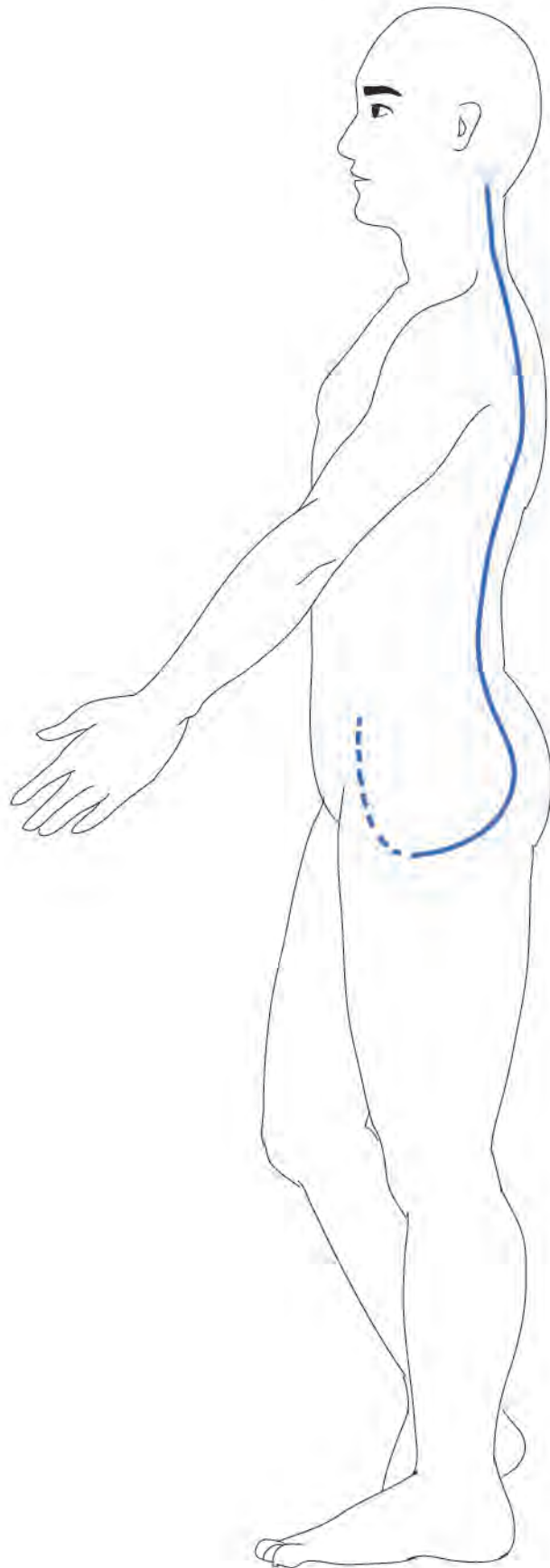
The 4th pathway begins in the lower abdomen, travels to the genitals, into the perineum, back to the coccyx, to the gluteus, ascends up the spine to connects to the kidneys.

Ren Mai: Main Pathway



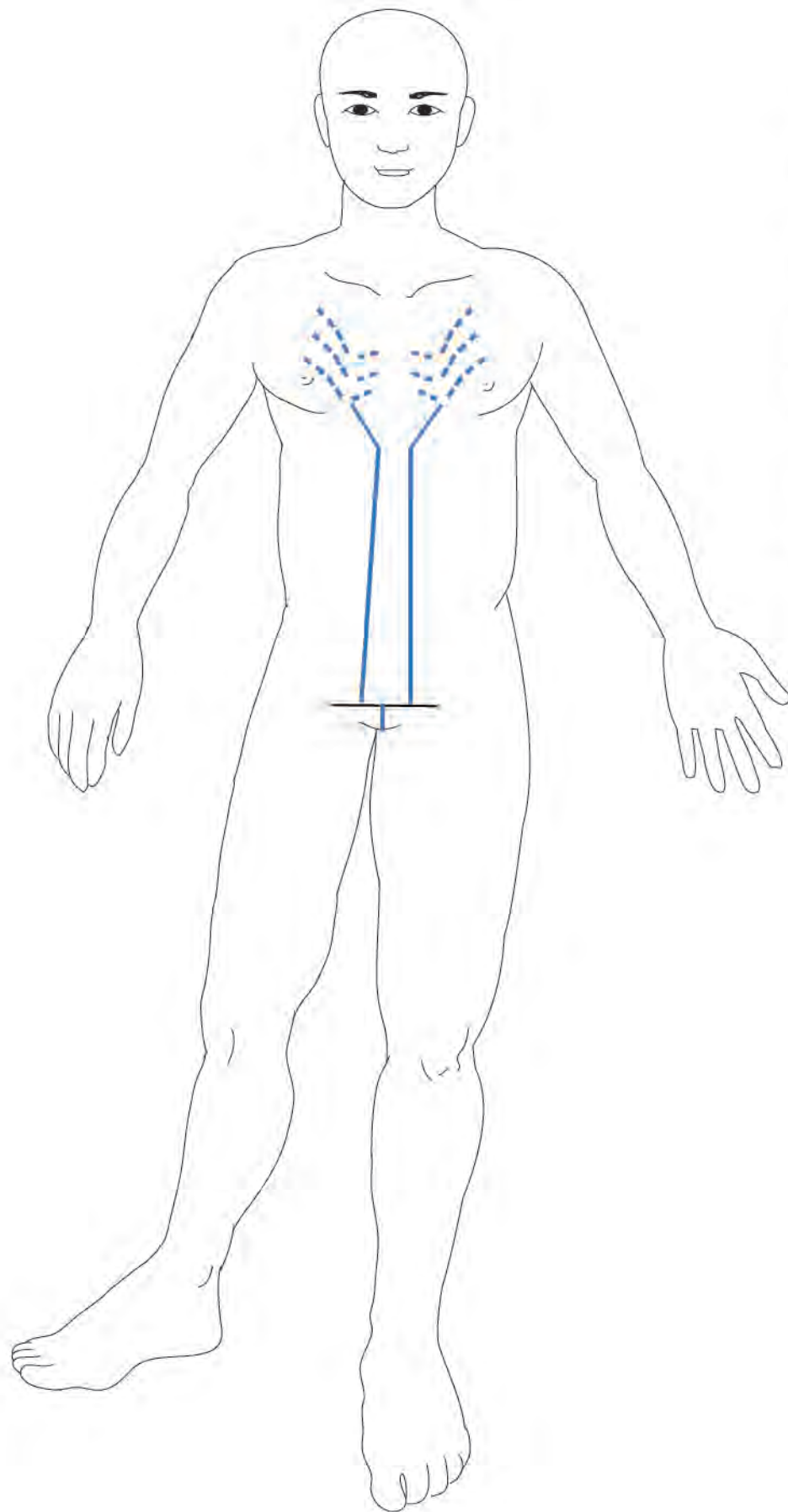
The main pathway begins in the lower abdomen, connecting with the internal urogenital organs, travels down to the perineum, then ascends up the entire front midline of the body, pubic region, lower abdomen, chest, neck, chin, to the bottom lip and then at the bottom lip branches into 2 channels that circle the mouth, continues up the face, entering into the eyes.

Ren Mai: 2nd Pathway



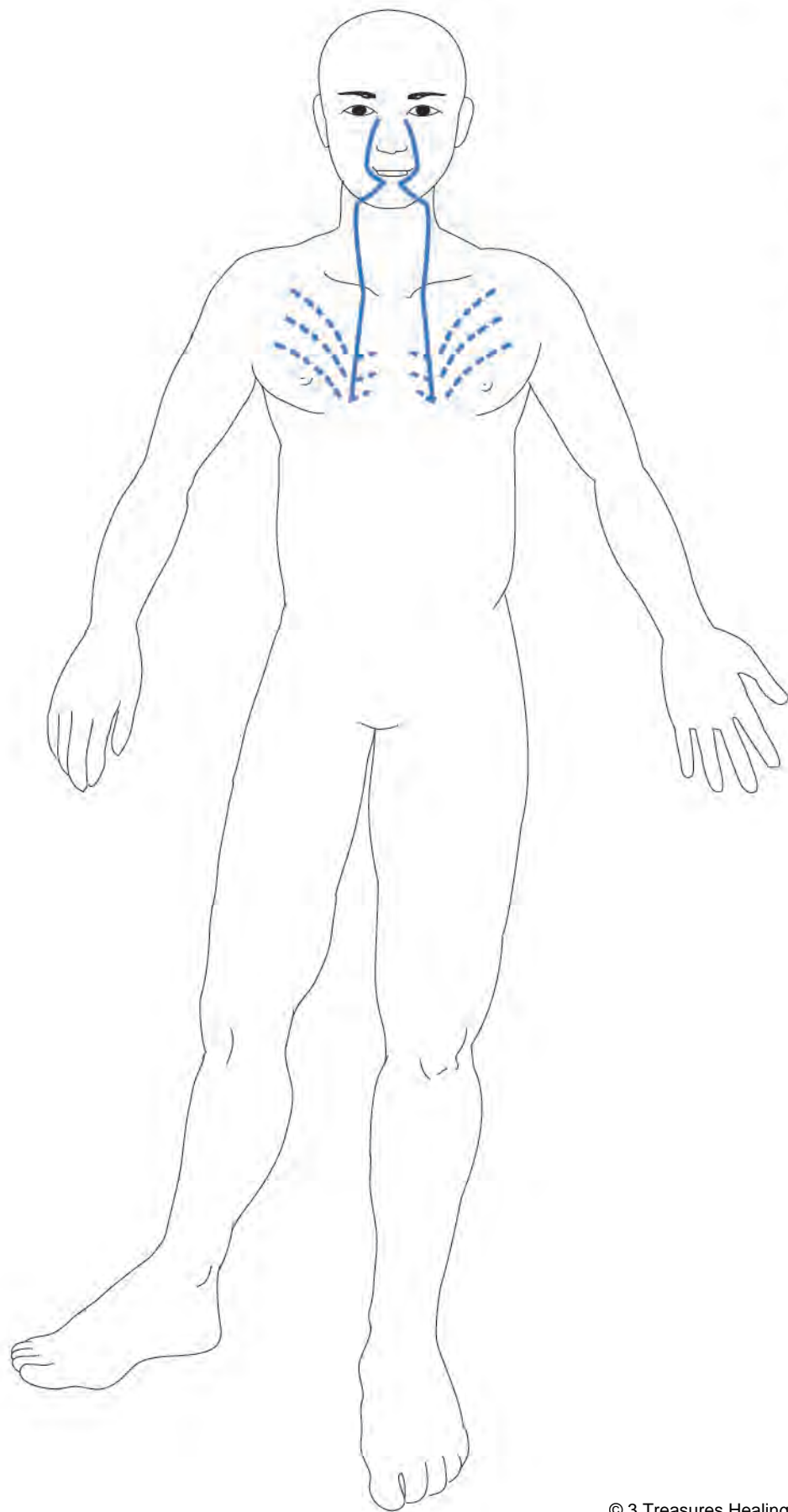
The 2nd pathway begins in the lower abdomen, travels down and back to the spine, then ascends up the spine to the base of the neck.

Chong Mai: Main Pathway



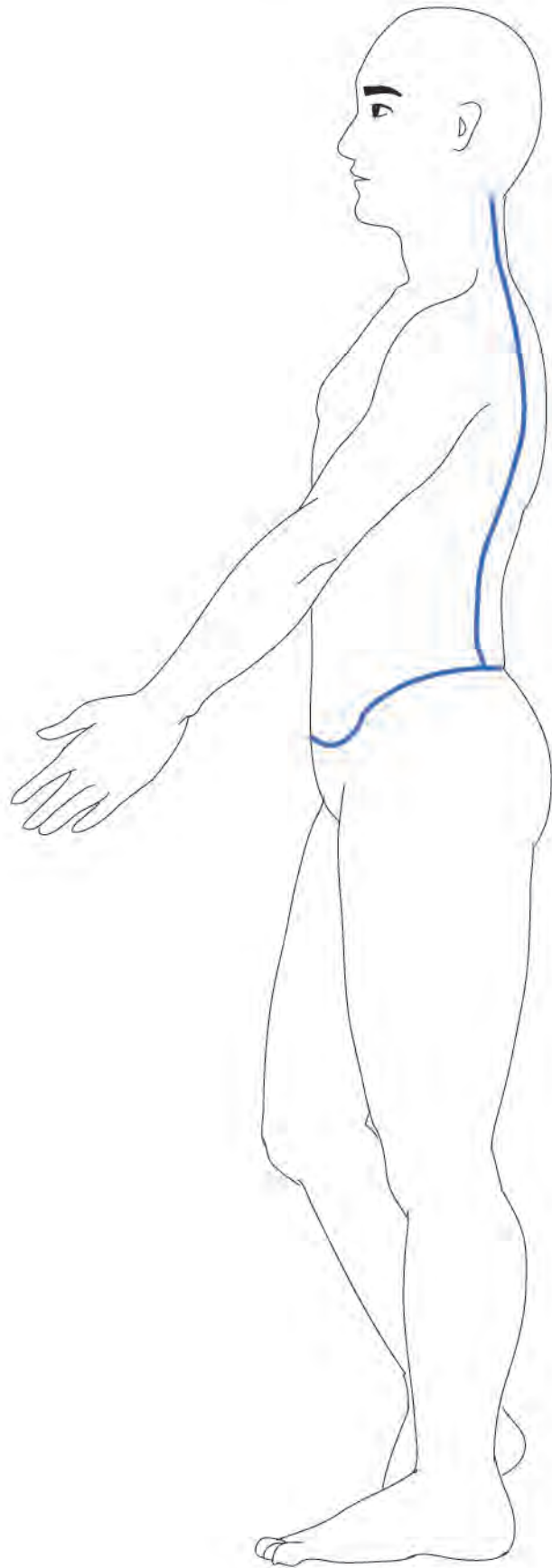
The main pathway begins in the lower abdomen, travels down to the perineum, ascends up to the pubic bone, feel the whole horizontal axis of the pubic bone, at the pubic bone it splits into two channels that travel upward just lateral to the midline, following the kidney channels, and then diffuse in the region of the chest, in the region of the heart.

Chong Mai: 2nd Pathway



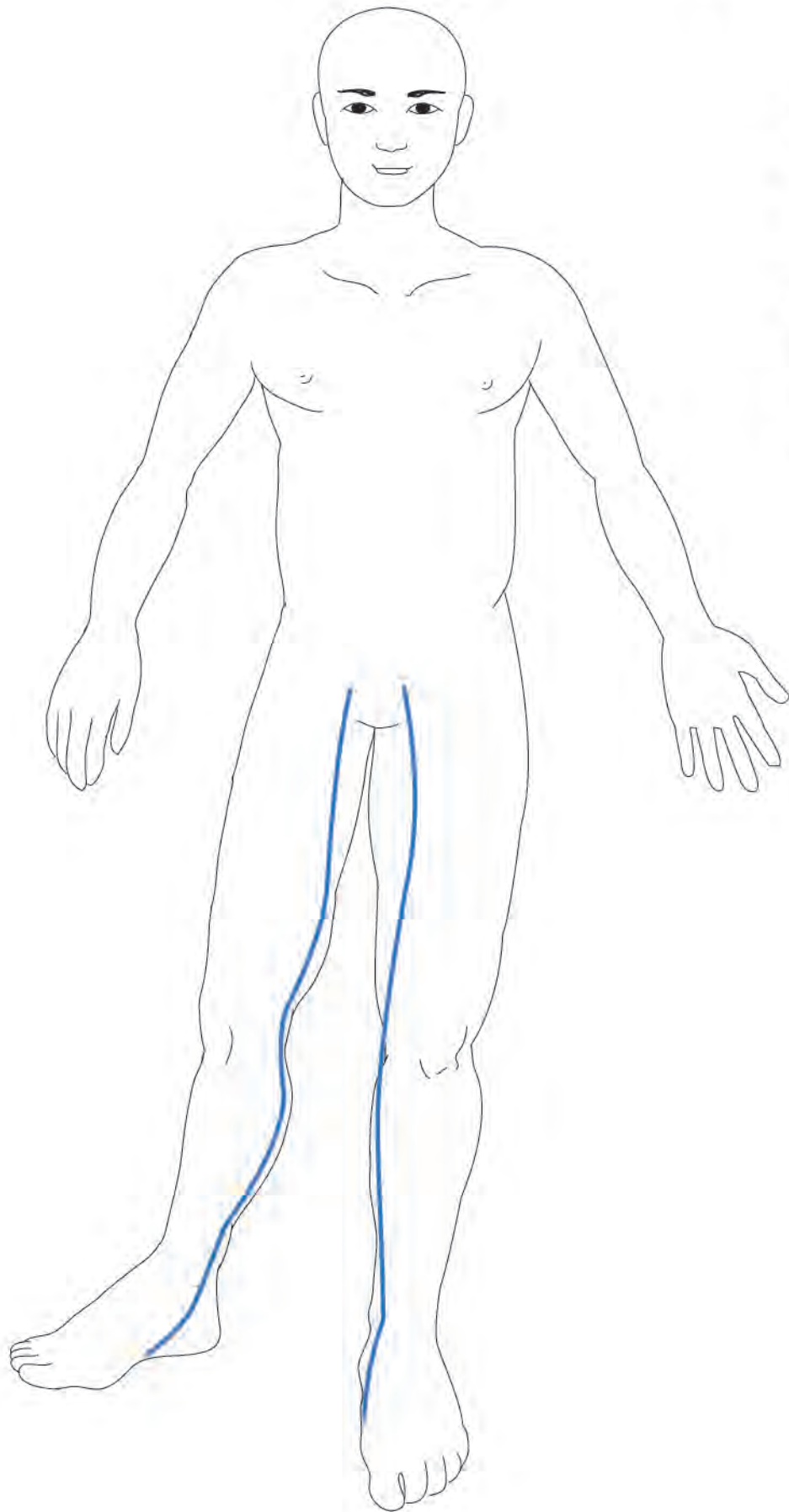
The 2nd pathway begins from the two channels that diffuses in the chest, just lateral to the midline, the two channels ascend the throat, the face, circle the mouth, into the nose and into the eyes.

Chong Mai: 3rd Pathway



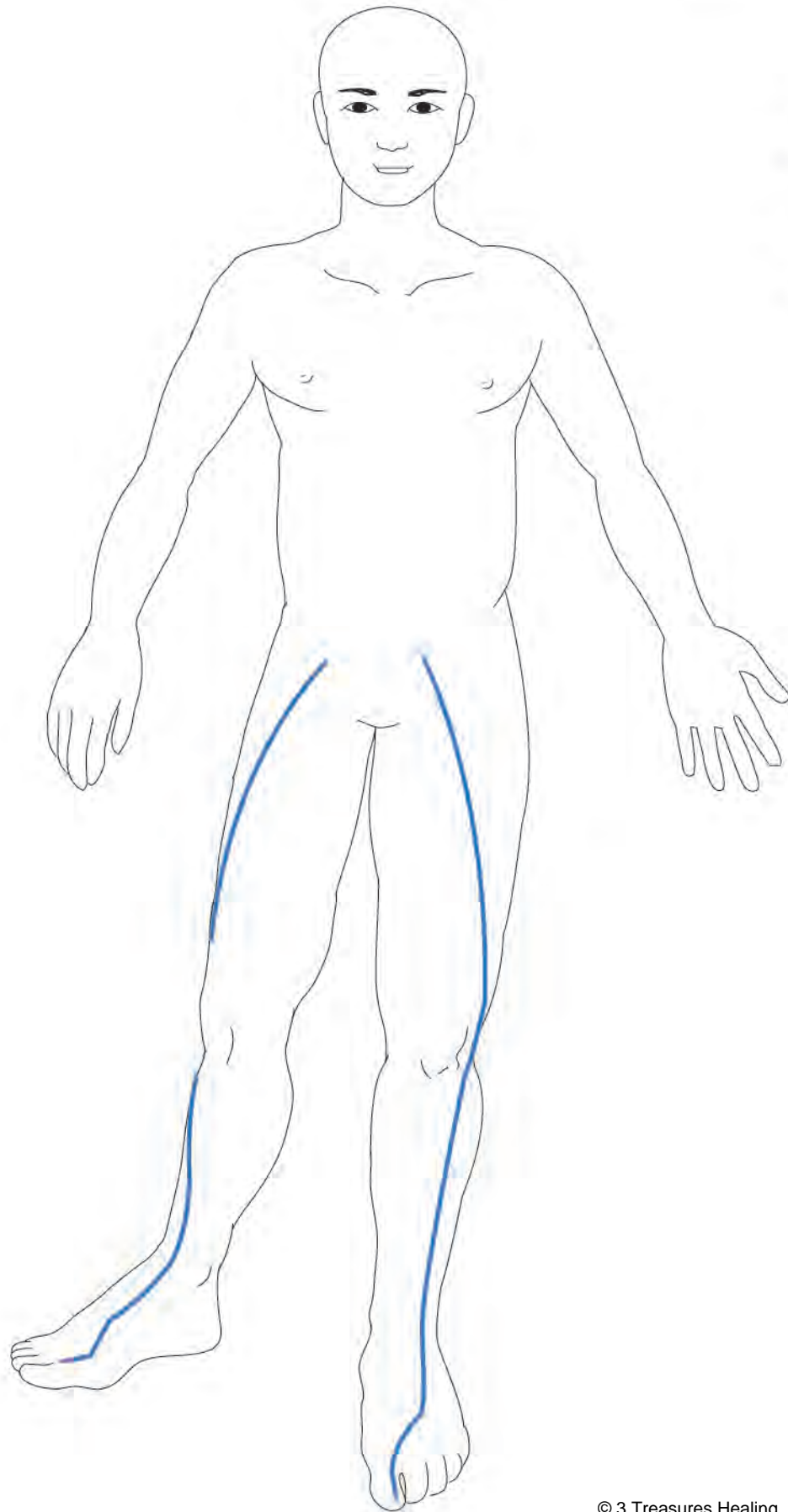
The 3rd pathway begins in the lower abdomen, moving to the back along the waist connecting with dai mai, the horizontal belt channel, and then connecting to du mai, the channel that travels up along the spine.

Chong Mai: 4th Pathway



The 4th pathway beginning at the level of the pubic bone, just lateral to the midline, descending along the medial aspects of the legs on both sides, traveling down to the crease of the knees, down to the inside ankles and then to the sole of each foot.

Chong Mai: 5th Pathway



The 5th pathway starting at the level of the pubic bone and following the stomach channel on both sides, descending down the front of the legs, past the knees, crossing the foot, ending at the big toe.