



**Liver Channel**  
 A stream of energy leaves the fourth toe from the gall bladder channel to connect to the big toe to begin the liver channel.

**Lung Channel**  
 Starting at the lateral side of your clavicle, arching up over the front of the arm and then descending down the arm ending at the thumb.

**Large Intestine Channel**  
 A stream of energy leaves from the wrist from the lung channel to begin the large intestine channel. Starting at the index finger, ascending up the arm, then across the top of the shoulder, up the side of the neck, on to the face, curving around the upper lip to cross to the nostril on the opposite side.

**Stomach Channel**  
 A stream of energy leaves the nostril from the large intestine channel from the corner of the eye and then moving up to the lower eye to begin the stomach channel. Starting underneath the ridge of the lower lip, moving down to the ridge of the lower back, down to the jaw, then ascending to descend in alignment with the nipple, then down to the groin, then moving out at the clavicle to continue the descent down the front of the leg, ending at the second toe.

**Spleen Channel**  
 A stream of energy leaves the foot from the stomach channel to connect with the big toe to begin the spleen channel. Starting at the medial side of the big toe, ascending up the inside of the leg, moving up the inside of the chest, ending at your heart.

**Heart Channel**  
 The spleen channel connects internally starting from the hollow in your armpit ending at your little finger.

**Small Intestine Channel**  
 The heart channel connects at the little finger with the small intestine channel. Starting from your little finger ascending up the arm to the back of the shoulder, back of the scapula, then up and across the side of your neck, up to the cheek and back to the opening of your ear.

**Urinary Bladder Channel**  
 A stream of energy leaves the cheek from the small intestine channel to connect with the inner corner of the eye to begin the bladder channel. Starting at the inner corner of the eye, going up the back of your head, the top of the head, then down the back of your neck, down the back of your leg, and then moving to descend down the leg ending at the little toe, outside of the calf.

**Governing Vessel**  
 Starting at the perineum, ascending up the front midline of the spine, over the top of the head, coming down over center of your face and ending at the upper lip.



**Conception Vessel**  
 Starting at the perineum, ascending up the front midline of the body ending at the bottom lip.

**Gall Bladder Channel**  
 The Triple burner channel connects at the eye with the gall bladder channel. Starting from the outer corner of the eye, ascending up to a point above the ear, curving back around behind the ear, back down the head, down the neck, to the top of the shoulder, head, to the top of the shoulder, underneath your arm, descending down the side of your torso, moving in at the waist, back out at the hip then descending down the outside of the leg ending at the fourth toe.

**Triple Burner Channel**  
 A stream of energy leaves the palm from the pericardium channel to connect with the fourth finger to begin the triple burner channel. Beginning at the 4th finger, moving up the arm, back ascending up the side of the neck, circling around the outside of the ear, ending at the outer corner of your eyebrow.

**Pericardium Channel**  
 The kidney channel connects internally with the pericardium channel. Starting just lateral from the nipple, arching up toward seam of the inside of your arm ending at the middle finger.

**Kidney Channel**  
 A stream of energy leaves the fifth toe of the bladder channel and connects to the sole of the feet where the kidney channel begins. Starting at the middle of the ball of the foot, moving toward the inside of your leg, ascending up the ankle bone, ascending up the inside of the leg and then moving up the torso just lateral to the midline ending at the clavicle.