

## MERIDIAN SYSTEM

60-H YIN YOGA  
TEACHER TRAINING PROGRAM

## MERIDIAN SYSTEM

### Zang & Fu Organs

Organ	Type	Paired with	Element	Emotion	Function
<b>Spleen</b>	Zang	Stomach	Earth	Worry	Controls digestion, stores intention or determination
<b>Liver</b>	Zang	Gall Bladder	Wood	Anger	Stores blood, regulates Chi flow, controls tendons, seat of soul
<b>Kidney</b>	Zang	Urinary Bladder	Water	Fear	Regulates water volume, coordinates respiration, stores Ching
<b>Heart</b>	Zang	Small Intestine	Fire	Joy/Fright	Blood circulation, mental functions
<b>Lungs</b>	Zang	Large Intestine	Metal	Sadness/Grief	Controls Chi and respiration, regulates water flow
<b>Stomach</b>	Fu	Spleen	Earth		Reservoir for food and water
<b>Urinary Bladder</b>	Fu	Kidney	Water		Storing and discharging
<b>Gall Bladder</b>	Fu	Liver	Wood		Reservoir for bile (Liver Chi): Gung ho! Decisiveness/dithering
<b>Small Intestines</b>	Fu	Heart	Fire		Receives and contains food and water
<b>Large Intestines</b>	Fu	Lungs	Metal		Involved with transport and transformation

## LOWER BODY MERIDIANS

<b>Characteristics</b>	<b>Kidney</b>	<b>Urinary</b>	<b>Liver</b>	<b>Gall Bladder</b>	<b>Spleen</b>	<b>Stomach</b>
<b>Paired Organ (Meridian)</b>	Urinary Bladder	Kidney	Gall Bladder	Liver	Stomach	Spleen
<b>Energy</b>	Yin	Yang	Yin	Yang	Yin	Yang
<b>Element</b>	Water		Wood		Earth	
<b>Positive Emotions</b>	Deep acceptance of the self, strong, healthy connections to others. Hopeful	Strong faith, optimistic, trusting, courageous	Self-kindness and acceptance	Kind, merciful, tolerant and forgiving	Trust, honesty, openness, acceptance, equanimity, balance, and impartiality	Trust; calm and serenity; strong belief in goodness
<b>Negative Emotions</b>	Fear, weak willpower, insecure, aloof, isolated	Fearful of the outside world, despairing, pessimistic	Hyper-critical of, and angry at the self; guilt	Anger at others, rage, very judgmental and critical	Worry, excessive thinking, pensiveness, obsessiveness, remorse, regret, obsessions, and self-doubt	Anxiety, worry, scepticism, poor confidence, feelings of suspicion or mistrust.
<b>Physical Branches</b>	Ears, bones, urine, head and pubic hair, brain, marrow	Autonomous nervous system	Eyes, tendons, tears, nails		Muscles, lips, mouth, saliva, lymphatic system	
<b>Functions</b>	Stores prenatal essence, filters the blood	Stores and eliminates urine	Stores the blood, governs the free flow of qi	Stores and excretes bile	Cleanses and 'modifies' the blood, houses the body's Yi (wisdom mind)	Assimilation of Qi from food through digestion and absorption
<b>Peak Hours</b>	5pm-7pm	3pm-5pm	1am-3am	11pm-1am	9am-11am	7am-9am
<b>Season</b>	Winter		Spring		Late Summer	

## UPPER BODY MERIDIANS

Characteristics	Lungs	Large Intestine	Heart	Small Intestine	Pericardium	Triple Heater
<b>Paired Organ (Meridian)</b>	Large Intestine	Lungs	Small Intestines	Heart	Triple Heater	Pericardium
<b>Energy</b>	Yin	Yang	Yin	Yang	Yin	Yang
<b>Element</b>	Metal		Fire		Fire	
<b>Positive Emotions</b>	Faith, renewal, excitement, ability to let go and move on. Strong desire	Willing to let go unneeded, or toxic things; inspired	Love; seeing the good in the self and others; calm, feeling at Peace/ home	Can act decisively; Clear about desires	Healthy priorities; recognizes and responds to emotional needs	Feeling safe and secure; trusts in goodness
<b>Negative Emotions</b>	Profound sadness And grief; Unwillingness to get emotionally-involved with others; aloof; unable to progress past massive disappointment	A need to be In control; Feelings of emptiness	Heartache; grief	Confusion; unable to make decisions	Frustrated, Too many demands; ignores their own deepest emotional needs	Heavy-duty stress; fight / flight / freeze response. Fear, panic, hysteria
<b>Physical Branches</b>	Nose, skin, body hair, mucus		Blood, tongue, throat, facial complexion, adrenals, sweat, thyroid, prostate, pituitary	Blood, tongue, throat, sweat, facial complexion	Blood, tongue, throat, sweat, facial complexion	
<b>Functions</b>	Accepts pure fluids from spleen, which are then mixed with air, And circulated through the meridians	Absorption Of fluids, elimination Of solid wastes		Absorbs nutrients, digestion and elimination	Protects the heart	Regulates transformation and transportation of bodily fluid
<b>Peak Hours</b>	3am-5am	5am-7am	11am-1pm	1pm-3pm	7pm-9pm	9pm-11pm
<b>Season</b>	Autumn		Summer		Summer	