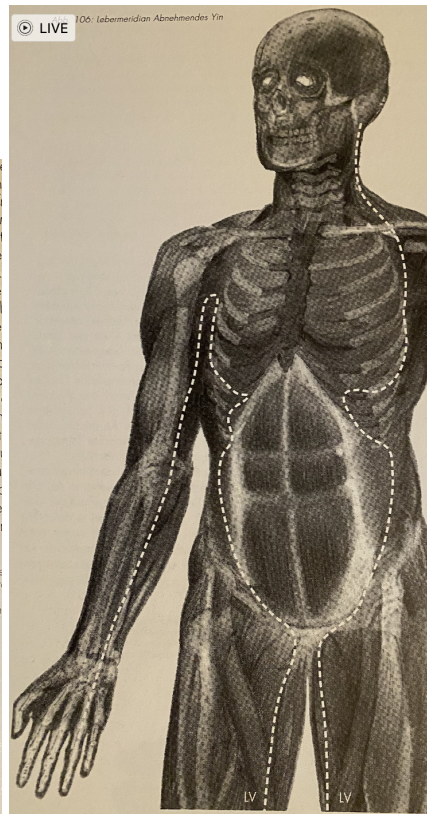
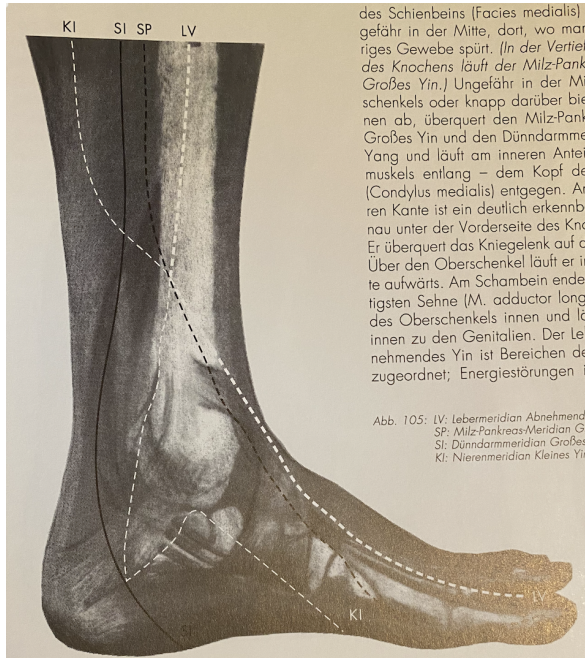


Trajectory and treatment Liver meridian



Yin meridian, energy upwards, wood element, jue Yin.

Points

- **LE1** (Tai Ton): Jing-well and wood point of Liver channel
- LE2: Ying-spring and Fire point of Liver channel
- LE3: Shu-stream, Yuan source and earth point of Liver Channel
- **LE4** (Chu To): Jing River and metal point of the liver channel
- LE5: Luo connecting point of liver channel
- LE6: Xi-cleft point of Liver channel
- LE8: He-Sea and Water point of liver channel
- **LE13** (Sho Mon): Bo point of the Spleen and meeting point of LE and GB channels
- **LE14** (Kimon): Bo point of the Liver.

Classic

- Foot
 - Starts at the nail of the big toe (on the little toe side). LV1.
 - It runs upwards between the metatarsals of the big toe and 2nd toe.
 - At the upper hock joint it runs on the two inner tendons on the front side of the hock joint. LV4.
- Lower leg
 - It runs straight to the point on the inside of the leg above the ankle where it meets spleen and kidney meridians (3 yin). This point is sensitive, 3 cun above the inner ankle, on the outer edge of the shin bone.

- it runs on the front side (flat part) of the shin bone where it feels fibrous
- halfway the lower leg or a bit higher it turns to the inside, crosses the spleen meridian, the small intestine meridian and the HC meridian and runs against the inner part of the calf muscle to the head of the shin bone.
- Knee
 - It runs on the inner knee brace alongside the knee (end of the knee pleat) (between kidney and spleen).
- Upper Leg
 - It runs in the middle of the inside of the leg on the edge of the large muscle Gracilis. It ends at the pubis bone on the most powerful tendon Adductor Longus) in the middle of the inside of the upper leg. From there it runs inwards to the genitals.
- Pelvis
 - On the hara, the liver meridian runs deep. It starts on the upper edge of the pubis bone, outside the kidney meridian. Keep contact with the last point on the upper leg and with the other thumb start moving on the upper pubis bone edge from middle to outside. 1 cun from the middle is kidney. 2 cun from the middle is Liver. Here the connection is clear.
- Chest, hara
 - From 2 cun from the middle line on the edge of the pubis bone, it runs outwards and upwards and crosses the stomach meridian and then the spleen meridian and runs outside spleen meridian upwards not far from intestinal bone.
 - It runs to the front to the free end of the 11th rib (LV13).
 - From the frontside of the 11th rib, it runs over the 10th rib to the 9th rib to the 8th rib. It doesn't follow the rib bow, but runs parallel to it over the ribs to the 8th rib (LV14)

Masunaga

- Chest
 - It follows the 8th rib to the side of the body and then continues upwards to the 3rd rib. On the chest it crosses the spleen meridian and runs upwards outside and parallel to it.
 - Approx at 3rd rib, there are 2 branches. Branch nr.1 runs on the outside of the large chest muscle to the arm. Branch nr. 2 continues outside and parallel to the spleen meridian over the clavicle to the head.
- Neck
 - branch nr.2 runs from the point on the upper edge of the 3rd rib, straight up over the clavicle.
 - It runs over the neck and reaches the outer edge of the oblique neck muscle halfway on the neck.
- Head
 - It runs to the point behind the earlobe where the 3 lines from GB meridian (and liver also) meet.
- Shoulder
 - Branch nr. 1 runs from the 3rd rib and follows the outside of the large chest muscle to the front of the armpit.
- Upper arm
 - runs between HC and HT meridians on the inner edge of the biceps.
- Elbow
 - Here it runs between the strong tendon of the biceps (where the HC meridian runs) and the inner knob of the elbow.
- Lower arm
 - runs next to the HC meridian (0,5 to 1 cun on pink side)
- Hand
 - runs down on the tendon of the muscle that runs to the ring finger.
 - Runs in the middle of the ring finger.
 - ends at highest point of the ring finger top.

Treatment

- receiver on the back. Sit in seiza at the foot. treat the foot.
- Move a little between the legs and treat ankle and lower leg.
- Sit in seiza, place leg in stretch position and treat knee and upper leg.
- place leg back in normal position, sit in seiza and treat upper body and arm

Stretch

- receiver on the back, place foot just above the knee.