



Acupressure points for sedating, strengthening or triple pointing meridians

When working with any other meridian other than that named the following rules are true:

- Stomach point is always ST36
- Spleen point is always SP3
- Heart point is always HT8
- Small intestine point is always SI5 unless it's filling in for Heart
- Bladder point is always BL66
- Kidney point is always K10
- CX and TW are only used for their own meridians (as they are additional Fires).
- Gallbladder point is always GB41
- Liver point is always LV1
- Large Intestine point is always LI1

	Str 1	Str 2	Sed 1	Sed 2	Cont 1	Cont 2
Stomach	ST 41	SI5	ST45	LI1	ST43	GB41
Spleen	SP2	HT8	SP5	LU8	SP1	LV1
Heart	HT9	LV1	SI3	GB41	SI2	BL66
Small Intestine	SI3	GB41	SI8	ST36	SI2	BL66
Bladder	BL67	LI1	BL65	GB41	BL40	ST36
Kidney	K7	LU8	K1	LV1	K3	SP3
Circulation Sex	CX9	LV1	CX7	SP3	CX3	K10
Triple Warmer	TW3	GB41	TW10	ST36	TW2	BL66
Gallbladder	GB43	BL66	GB38	SI5	GB44	LI1
Liver	LV8	K10	LV2	HT8	LV4	LU8
Lung	LU9	SP3	LU5	K10	LU10	HT8
Large Intestine	LI11	ST36	LI2	BL66	LI5	SI5

Summary provided by Katja – katjabroadbent@gmail.com – to share resources related to EEM Years 1 & 2 please visit my website and email me for a login and password. Thanks! ☺ healinghandscumbria.yolasite.com



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