



Rhythm points on Yin meridians (Class 5) plus Source Points

	Wood (1 st Shu point -Well)	Fire (2 nd Shu point -Spring)	Earth (3 rd Shu point- stream)	Metal (4 th Shu point - River)	Water (5 th Shu point - Sea)	Source
Kidney	K1	K2	K3	K7	K10	K3
Liver	LV1	LV2	LV3	LV4	LV8	LV3
Heart	HT9	HT8	HT7	HT4	HT3	HT7
Circulation Sex	CX9	CX8	CX7	CX3	CX	CX7
Spleen	SP1	SP2	SP3	SP5	SP9	SP3
Lung	LU11	LU10	LU9	LU8	LU5	LU9

* Acupoints in bold are used when strengthening or sedating meridians other than their own.

Rhythm points on Yang meridians

	Metal (Well) (1 st Shu point -Well)	Water (2 nd Shu point -Spring)	Wood (3 rd Shu point- stream)	Fire (4 th Shu point - River)	Earth (5 th Shu point - Sea)	Source
Bladder	BL67	BL66	BL65	BL60	BL40	BL64
Gallbladder	GB44	GB43	GB41	GB38	GB34	GB40
Small Intestine	SI1	SI2	SI3 (when subbing in for heart)	SI5	SI8	SI4
Triple Warmer	TW1	TW2	TW3	TW6	TW10	TW4
Stomach	ST 45	ST44	ST43	ST41	ST36	ST42
Large Intestine	LI1	LI2	LI3	LI5	LI11	LI4

Acupressure points for sedating, strengthening or triple pointing meridians

* Acupoints in bold are used when strengthening or sedating meridians other than their own. (SI2 +3 are used to fill in for HT on one occasion). Each of these points is the same element point as its meridian.

E.g. K10 is a Water point on a Water meridian. ST36 is an Earth point on an Earth meridian.

	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 (filling in for HT)	GB41	SI2 (filling in for HT)	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