

Unlocking the Body's Energy Highways

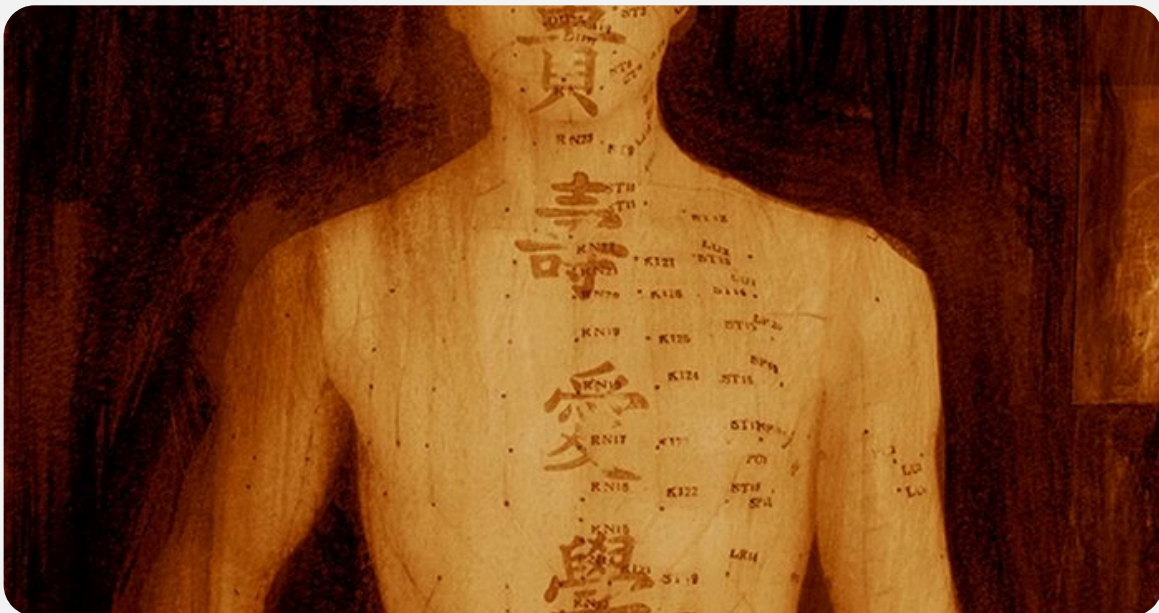


A Beginner's Guide to Meridians

In Traditional Chinese Medicine, the concept of meridians is central to understanding how the body's vital life energy, known as "qi", flows and impacts our overall health.

This knowledge around meridians has been passed down through generations and forms the basis for many energy healing modalities still used today (like EFT Tapping!) – making it one of the oldest and most enduring systems of medicine and healing in human history.

This beginner-friendly guide introduces you to the 12 main meridians, how they influence your health, and how tools like Tapping can support their flow.



What Are Meridians?

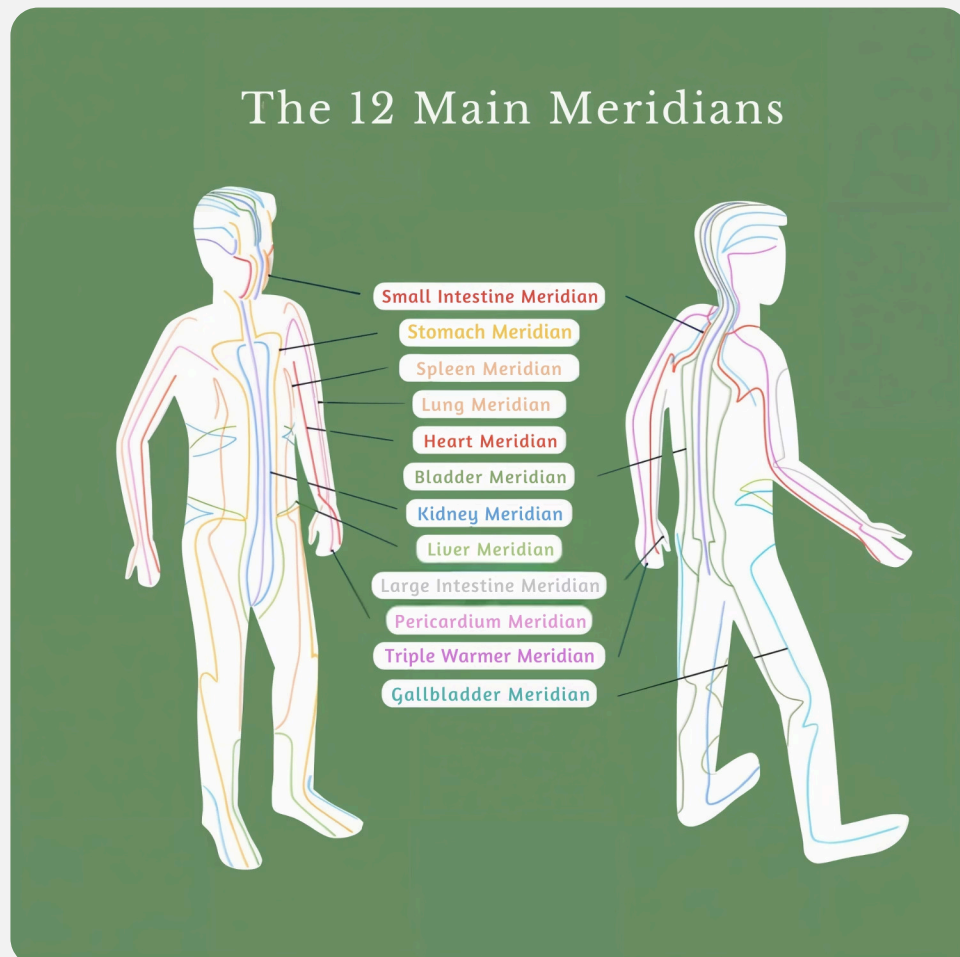
The theory of meridians originated in ancient China over 2,000 years ago. According to traditional Chinese medicine practices, meridians are an intricate network of energy pathways through which life force energy, known as 'qi,' flows.

You can think of meridians like the body's energy highways.

Mapped out over thousands of years by Chinese medicine practitioners, meridians are believed to be connected to various organs and bodily functions. When these pathways are open, we feel well. When blocked, we feel stuck—mentally, physically, or spiritually.

Stimulating the pathways through acupoints found along the meridians – whether through acupuncture needles, finger pressure, or Tapping – **can help balance the body's energy flow, alleviate physical discomfort or emotional distress, and promote healing.**

There are **12 primary meridians**, each associated with a specific organ system, and each with its own unique pathway through the body. These meridians are grouped into pairs—one yin and one yang—that work together to create balance.



The 12 Main Meridians



Small Intestine Meridian

Element: Fire

Function: This meridian is responsible for separating pure from impure substances after digestion. It helps regulate digestion, absorption, and elimination.

Pathway: Runs from the hand, through the shoulder, and into the small intestine.

Signs of Imbalance: Abdominal pain or bloating, poor digestion, difficulty absorbing nutrients, indecisiveness, foggy thinking, or issues along the meridian pathway like shoulder or neck pain



Stomach Meridian

Element: Earth

Function: Governs digestion and nourishment. It regulates the intake of food and fluids and the transformation of nutrients into energy.

Pathway: Begins at the head, moves down through the face and neck, and travels down the chest to the stomach.

Signs of Imbalance: Digestive issues like acid reflux, indigestion, nausea, or excessive appetite; worry or anxiety (the emotion associated with Earth); issues along the meridian pathway like frontal headaches or knee pain.



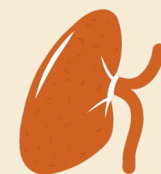
Spleen Meridian

Element: Earth

Function: Associated with digestion, blood production, and immune functions. It helps in the transformation and transportation of nutrients.

Pathway: Starts at the foot, travels up the inner leg to the spleen and stomach.

Signs of Imbalance: Fatigue, sluggishness, bloating after eating, loose stools, poor appetite, easy bruising, tendency to worry or overthink, dampness accumulation (e.g., edema).





Lung Meridian

Element: Metal

Function: Controls respiration, the intake of oxygen, and the excretion of carbon dioxide. It also regulates skin health and immune defense.

Pathway: Starts in the chest, runs through the arm to the thumb.

Signs of Imbalance: Respiratory conditions (cough, shortness of breath, asthma), frequent colds or flu, skin issues (like dryness or eczema), feelings of grief or sadness, a weakened voice.



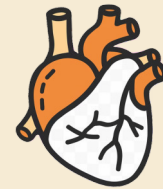
Heart Meridian

Element: Fire

Function: The heart meridian governs emotional well-being and blood circulation. It controls the rhythm and strength of the heartbeat.

Pathway: Runs from the heart through the arm to the small finger.

Signs of Imbalance: Palpitations, shortness of breath, chest discomfort, insomnia, anxiety, restlessness, poor memory, excessive or lack of joy, speech problems.



Bladder Meridian

Element: Water

Function: Associated with the storage and excretion of fluids. It also influences the nervous system and stress response.

Pathway: Begins at the head, moves down the spine, and travels to the feet.

Signs of Imbalance: Urinary issues (frequency, urgency, difficulty), lower back pain, stiffness along the spine, headaches (especially at the back of the head), fear, or difficulty adapting to change.





Kidney Meridian

Element: Water

Function: Controls the production of energy and stores essential life force. It governs growth, reproduction, and aging.

Pathway: Starts at the feet and travels up the inner leg to the kidneys.

Signs of Imbalance: Chronic fatigue, developmental issues, premature aging, reproductive challenges, bone problems (like osteoporosis), hearing loss or tinnitus, excessive fear or insecurity, lower back weakness.



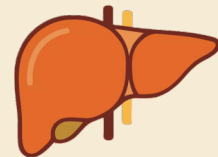
Liver Meridian

Element: Wood

Function: Regulates the smooth flow of qi, detoxification, and the storage of blood. It affects emotional health and decision-making.

Pathway: Begins at the foot, moves up the inner leg to the liver.

Signs of Imbalance: Irritability, anger, frustration, stress, mood swings, menstrual irregularities, digestive issues (especially after fatty foods), eye problems (blurry vision, dry eyes), tension headaches, tight muscles.



Large Intestine Meridian

Element: Metal

Function: Manages waste elimination and supports immune defense. It works in conjunction with the lungs to regulate water metabolism.

Pathway: Travels from the hand, through the arm, to the large intestine.

Signs of Imbalance: Constipation or diarrhea, abdominal pain, skin issues (like acne or rashes, especially on the face/shoulders), sinus problems, difficulty releasing emotions or past experiences.





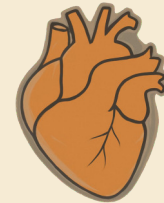
Pericardium Meridian

Element: Fire

Function: Protects the heart and governs emotional stability. It plays a role in balancing the body's blood circulation.

Pathway: Runs from the chest through the arm to the middle finger.

Signs of Imbalance: Anxiety, nervousness, palpitations (especially related to emotional upset), chest tightness or discomfort, difficulty with intimacy or forming close relationships, sleep disturbances.



Triple Warmer Meridian

Element: Fire

Function: Regulates the body's metabolism and controls the distribution of qi and fluids in the body. It's connected to the immune and endocrine systems.

Pathway: Starts at the hand, travels up the arm, and reaches the head.

Signs of Imbalance: Issues with temperature regulation (feeling too hot or cold), fluid metabolism issues (swelling or dryness), immune system imbalances, hormonal fluctuations, ear problems, or general feelings of being "out of sync."



Gallbladder Meridian

Element: Wood

Function: Responsible for decision-making, courage, and the smooth flow of bile and digestion. It also helps regulate emotional health.

Pathway: Begins at the head, moves down the side of the body, and ends at the foot.

Signs of Imbalance: Indecisiveness, timidity, irritability, digestive issues (especially with fatty foods, bloating, gas), headaches (often on the side of the head or temples), pain or stiffness along the sides of the body, gallstones.



EFT Tapping to Support Your Meridian System

You've now been introduced to the 12 main meridians and their profound influence on your overall health and wellbeing.

This knowledge has been passed down through generations and forms the basis for effective modern healing modalities like EFT Tapping.

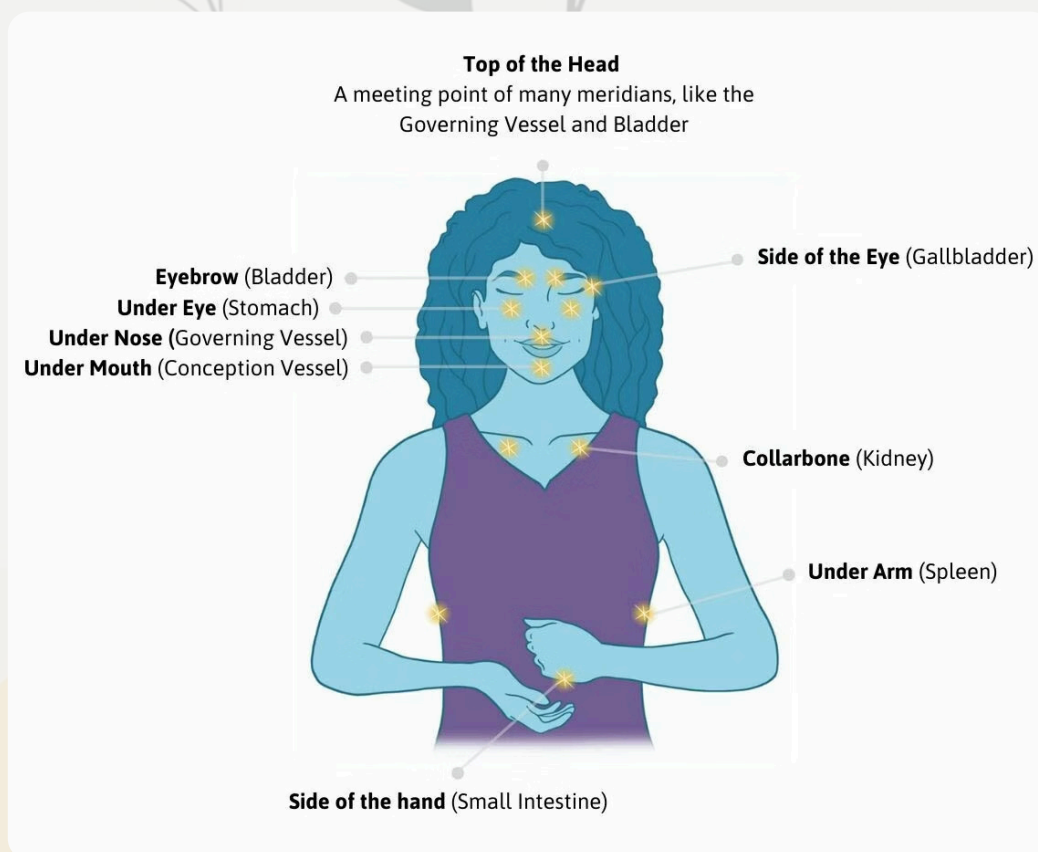
EFT Tapping (also known as Emotional Freedom Techniques or simply "EFT") combines elements of cognitive therapy, exposure techniques, and stimulation of acupressure points along the body's main meridians to promote healing and balance.

During the process, you'll typically focus on a specific issue—like anxiety, a traumatic memory, pain in your body, or a craving—while gently tapping on a sequence of acupoints on your face and upper body with your fingertips. This process is usually accompanied by verbal statements that acknowledge the problem and promote self-acceptance.

The idea is that this combination helps **send calming signals to your brain and body**, rapidly reducing emotional and physical distress and bringing balance and harmony to your entire system.

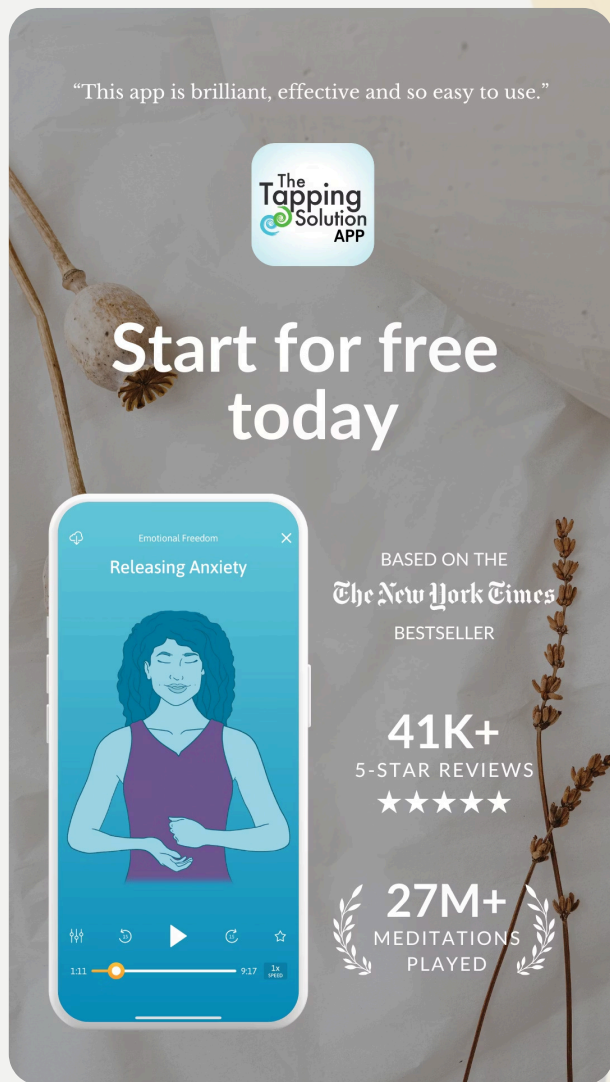
Tapping has been shown to relieve stress and anxiety, promote better sleep, reduce pain, boost confidence, and so much more.

Below is a chart of the 9 main Tapping points used in EFT Tapping, and their corresponding meridians:



Note: In addition to the 12 primary meridians we've covered in this guide, there are two other major meridians that aren't linked to specific organs - the Governing Vessel and the Conception Vessel. These additional meridians are also used in EFT Tapping, as you can see in the diagram. The 9 specific points used in EFT Tapping were chosen for their effectiveness in addressing a wide range of emotional and physical concerns.

Tapping in The Tapping Solution App



If you're ready to see how *you* can support the healthy flow of energy through your meridian pathways and boost your own well-being, then it's time to try Tapping!

Check out [The Tapping Solution App for guided sessions on everything from pain relief to better sleep.](#)

In the app, you'll be guided every step of the way through the process, so you can tap into this effective tool for better health, wellbeing, and energy anytime you need.

