

BODYWORK

## The Meridian Clock: A Taoist Cosmological Imaging System, Part Two

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*Editor's note* : The first part of Dr. Twicken's article appeared in the February 2005 issue.

The following tables present each of the four trinity or harmonic partners and their corresponding acupuncture pairs, which comprise the three channel pairings on the arms and legs. This presentation of the meridian clock provides the theoretical support for the acupuncture channel pairs, and reveals that the clock is not just a time-based tool, but that it is also an imaging system of the human body.

# Fire Trinity reveals the three Hand Yin Channels: Heart, Lung, Pericardium

|   |  |   |   |  |
|---|--|---|---|--|
|   | Snake - 6<br>Yang Fire<br>Yang Earth<br>Yang Metal<br>9 am - 11 am<br>Spleen | Horse - 7<br>Yin Fire<br>Yin Earth<br>11 am - 1 pm<br>Heart | Sheep - 8<br>Yin Earth<br>Ying Fire<br>Yin Wood<br>1 pm - 3 pm<br>Small Intestine |  |
| Dragon - 5<br>Yang Earth<br>Yin Wood<br>Yin Water<br>7 am - 9 am<br>Stomach |  | South<br>Fire<br>Summer                                     |   | Monkey - 9<br>Yang Metal<br>Yang Water<br>Yang Earth<br>3 pm - 5 pm<br>Bladder |
| Rabbit - 4<br>Yin Wood<br>5 am - 7 am<br>Large Intestine                    | East<br>Wood<br>Spring   |   | West<br>Metal<br>Fall   | Cock - 10<br>Yin Metal<br>5 pm - 7 pm<br>Kidney                                |
| Tiger - 3<br>Yang Wood<br>Yang Fire<br>Yang Earth<br>3 am - 5 am<br>Lung    |  | North<br>Water<br>Winter                                    |   | Dog - 11<br>Yang Earth<br>Yin Metal<br>Yin Fire<br>7 pm - 9 pm<br>Pericardium  |
|   | Ox - 2<br>Yin Earth<br>Yin Water<br>Yin Metal<br>1 am - 3 am<br>Liver        | Rat - 1<br>Yin Water<br>11 pm - 1 am<br>Gallbladder         | Pig - 12<br>Yang Water<br>Yang Wood<br>9 pm - 11 pm<br>San Jiao                   |  |

**Wood Frame reveals the three Arm Yang Channels:  
Large Intestine, Small Intestine, San Jiao**

|   |  |   |  |  |
|---|--|---|--|--|
|   | Snake - 6<br>Yang Fire<br>Yang Earth<br>Yang Metal<br>9 am - 11 am<br>Spleen | Horse - 7<br>Yin Fire<br>Yin Earth<br>11 am - 1 pm<br>Heart | <b>Sheep - 8</b><br>Yin Earth<br>Yang Fire<br>Yin Wood<br><b>1 pm - 3 pm</b><br><b>Small Intestine</b> |  |
| Dragon - 5<br>Yang Earth<br>Yin Wood<br>Yin Water<br>7 am - 9 am<br>Stomach   |  | South<br>Fire<br>Summer                                     |  | Monkey - 9<br>Yang Metal<br>Yang Water<br>Yang Earth<br>3 pm - 5 pm<br>Bladder |
| <b>Rabbit - 4</b><br>Yin Wood<br><b>5 am - 7 am</b><br><b>Large Intestine</b> | East<br>Wood<br>Spring   |   | West<br>Metal<br>Fall  | Cock - 10<br>Yin Metal<br>5 pm - 7 pm<br>Kidney                                |
| Tiger - 3<br>Yang Wood<br>Yang Fire<br>Yang Earth<br>3 am - 5 am<br>Lung      |  | North<br>Water<br>Winter                                    |  | Dog - 11<br>Yang Earth<br>Yin Metal<br>Yin Fire<br>7 pm - 9 pm<br>Pericardium  |
|   | Ox - 2<br>Yin Earth<br>Yin Water<br>Yin Metal<br>1 am - 3 am<br>Liver        | Rat - 1<br>Yin Water<br>11 pm - 1 am<br>Gallbladder         | <b>Pig - 12</b><br>Yang Water<br>Yang Wood<br><b>9 pm - 11 pm</b><br><b>San Jiao</b>                   |  |

# Metal Frame reveals the three Leg Yin Channels: Kidney, Liver, Spleen

|  |  |  |  |   |
|--|--|--|--|---|
|  | <b>Snake - 6</b><br>Yang Fire<br>Yang Earth<br>Yang Metal<br>9 am - 11 am<br><b>Spleen</b> | <b>Horse - 7</b><br>Yin Fire<br>Yin Earth<br>11 am - 1 pm<br>Heart | <b>Sheep - 8</b><br>Yin Earth<br>Ying Fire<br>Yin Wood<br>1 pm - 3 pm<br>Small Intestine |   |
| <b>Dragon - 5</b><br>Yang Earth<br>Yin Wood<br>Yin Water<br>7 am - 9 am<br>Stomach |  | South<br>Fire<br>Summer  |  | <b>Monkey - 9</b><br>Yang Metal<br>Yang Water<br>Yang Earth<br>3 pm - 5 pm<br>Bladder |
| <b>Rabbit - 4</b><br>Yin Wood<br>5 am - 7 am<br>Large Intestine                    | East<br>Wood<br>Spring   |  | Yang<br>Metal<br>Fall  | <b>Cock - 10</b><br>Yin Metal<br>5 pm - 7 pm<br><b>Kidney</b>                         |
| <b>Tiger - 3</b><br>Yang Wood<br>Yang Fire<br>Yang Earth<br>3 am - 5 am<br>Lung    |  | North<br>Water<br>Winter   |  | <b>Dog - 11</b><br>Yang Earth<br>Yin Metal<br>Yin Fire<br>7 pm - 9 pm<br>Pericardium  |
|  | <b>Ox - 2</b><br>Yin Earth<br>Yin Water<br>Yin Metal<br>1 am - 3 am<br><b>Liver</b>        | <b>Rat - 1</b><br>Yin Water<br>11 pm - 1 am<br>Gallbladder         | <b>Pig - 12</b><br>Yang Water<br>Yang Wood<br>9 pm - 11 pm<br>San Jiao                   |   |

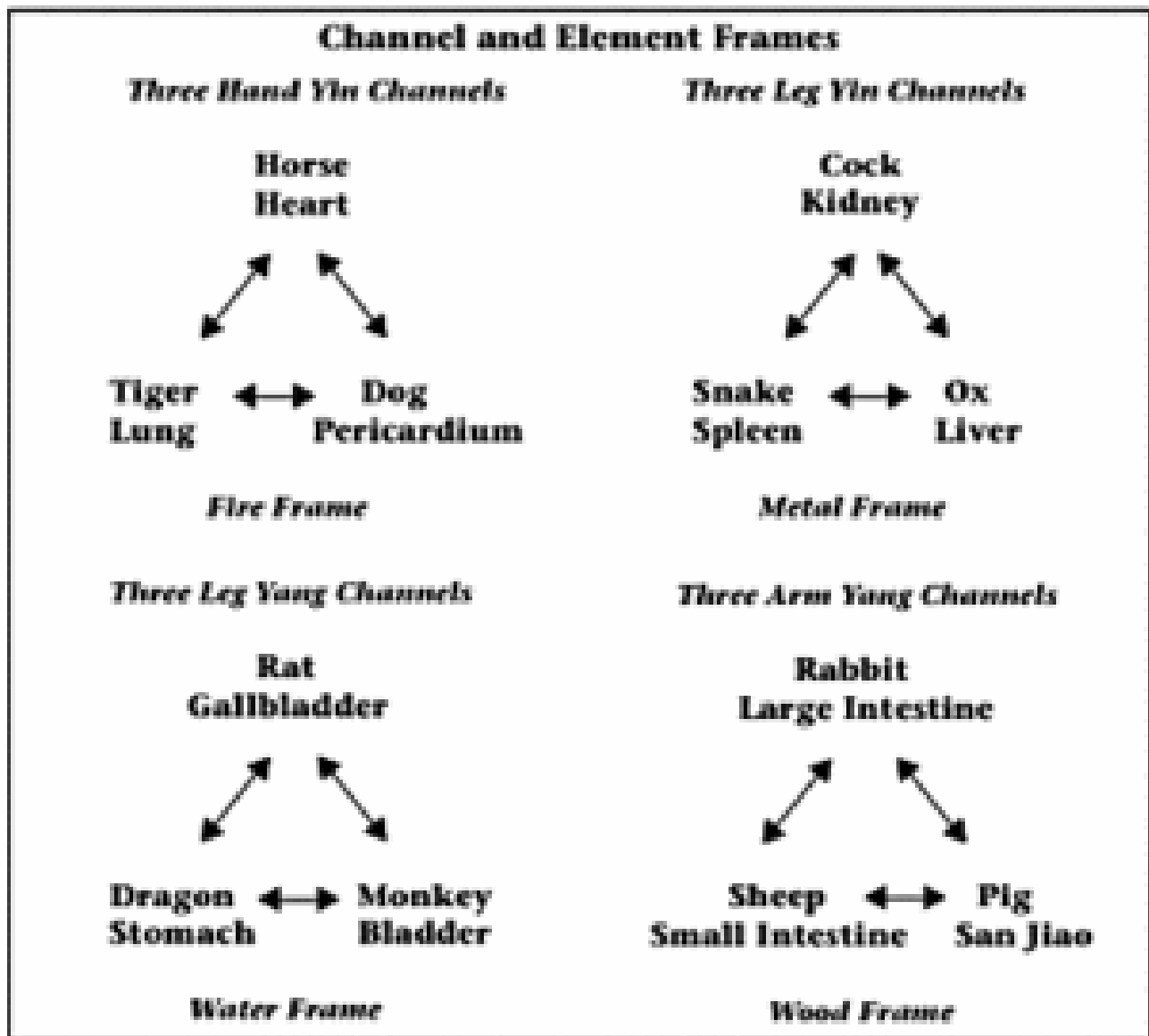
## Water Frame reveals the three Leg Channels: Gall Bladder, Stomach, Bladder

|   |  |   |   |  |
|---|--|---|---|--|
|   | Snake - 6<br>Yang Fire<br>Yang Earth<br>Yang Metal<br>9 am - 11 am<br>Spleen | Horse - 7<br>Yin Fire<br>Yin Earth<br>11 am - 1 pm<br>Heart           | Sheep - 8<br>Yin Earth<br>Ying Fire<br>Yin Wood<br>1 pm - 3 pm<br>Small Intestine |  |
| <b>Dragon - 5</b><br>Yang Earth<br>Yin Wood<br>Yin Water<br>7 am - 9 am<br><br><u>Stomach</u> |  | South<br>Fire<br>Summer   |   | <b>Monkey - 9</b><br>Yang Metal<br>Yang Water<br>Yang Earth<br>3 pm - 5 pm<br><br><u>Bladder</u> |
| Rabbit - 4<br>Yin Wood<br>5 am - 7 am<br>Large Intestine                                      | East<br>Wood<br>Spring   |   | West<br>Metal<br>Fall   | Cock - 10<br>Yin Metal<br>5 pm - 7 pm<br>Kidney  |
| Tiger - 3<br>Yang Wood<br>Yang Fire<br>Yang Earth<br>3 am - 5 am<br>Lung                      |  | North<br>Water<br>Winter  |   | Dog - 11<br>Yang Earth<br>Yin Metal<br>Yin Fire<br>7 pm - 9 pm<br>Pericardium                    |
|   | Ox - 2<br>Yin Earth<br>Yin Water<br>Yin Metal<br>1 am - 3 am<br>Liver        | <b>Rat - 1</b><br>Yin Water<br>11 pm - 1 am<br><br><u>Gallbladder</u> | Pig - 12<br>Yang Water<br>Yang Wood<br>9 pm - 11 pm<br>San Jiao                   |  |

### Meridian Clock Theory for Explaining the Location of the Channels on the Hands and Feet

The Rabbit/Large Intestine is Wood and the Horse/Heart is Fire. Both are Yang elements; their three-channel patterns are located on the Yang part of the body, the arm. The trinity pairs of these animals/elements are located on the arm. The Cock/Kidney is Metal and the Rat/Gallbladder is Water. Both are Yin elements; their three-channel patterns are located on the Yin part of the body, the leg. The trinity pairs of these animals/elements are located on the leg. These two principles provide a model supporting the locations of the channels, not only their pairings.

## ***Zang-Fu Channel and Branch Pairings***



A deep study of the meridian clock reveals theories supporting fundamental principles of Chinese medicine. Along with the Taoist *He Tu*, *Luo Shu* and *Ba Gua* energy formations, the meridian clock is an imaging system of the human body. It provides a significant method to evaluate the human body and select acupuncture point combinations. Acupuncture applications using the meridian clock will be presented in future articles.

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