

The 8 Extraordinary Meridians

Governing Vessel
Conception Vessel
Thrusting Vessel
Belt Vessel
Yang Heel Vessel
Yin Heel Vessel
Yang Linking Vessel
Yin Linking Vessel

The 12 Ordinary Meridians

Stomach Meridian
Spleen Meridian
Heart Meridian
Small Intestine Meridian
Bladder Meridian
Kidney Meridian
Pericardium Meridian
Triple Burner Meridian
Gallbladder Meridian
Liver Meridian
Lung Meridian
Large Intestine Meridian

The 7 Chakras

Crown
3rd Eye
Throat
Heart
Solar Plexus
Sacral
Root