

## Section Three: Channel Charts and Point Charts

This section is designed to help you locate the pathways of 14 channels of energy (qi) and 128 acupressure points. **Qi** (pronounced “chee”) is the invisible energy that activates life (see pages two and six in Section One for more information on qi).

The first 12 energy channels in this section are **organ channels**. These channels contain a unique type of qi that influences a specific internal organ and functions in the body. The last two channels on the list are known as **extraordinary vessels**. They contain qi that influences the fundamental energy of the entire body.

Each energy channel has a certain quality of qi flowing through it such as Lung qi or Large Intestine qi. This qi is either yin or yang in character.

**Yin energy** creates the physical structures (tissues, bones, nerves and muscles) and substances of the body such as blood and moisture. Yin also regulates the activity of the yang energy, cools, moistens and nourishes the body and calms the spirit.

**Yang energy** creates and is the movement, activity and warmth of the body. All of the circulation of energy and substances within the body is due to the yang energy.

As shown in this chart, the 12 organ channels are organized into two systems. The **12-channel system** partners one yin and one yang organ channel together. The **six-channel system** pairs two yin organ channels or two yang organ channels. These pairings are due to the functions of the energy in the horse’s body.

Qi flows through the 12 organ channels in a continuous circuit around the horse’s body. The flow begins at the Lung Channel then flows through the channels of the Large Intestine, Stomach, Spleen, Heart and so on. Once the energy flows through the Liver Channel it moves back to the Lung Channel and begins the circuit again.

Because of this order of qi flow, the Lung Channel is the first channel in this section. It includes one page of charts that show the approximate pathway of the Lung energy. This chart is called a **channel chart** (see pages 62 and 63 for details on using the channel charts). The Lung

section also has 10 pages of charts that show the details of the individual point locations. These charts are called **point charts**, which are explained on page 64.

### Anatomical Terms

To locate an acupressure point you need to find specific bones and muscles then move your fingers up or down, or towards the horse’s head or tail. In the world of anatomy, words like dorsal, ventral and cranial are used to give you these directions. The photo charts on pages 65 and 66 show you what these terms mean.

Page Numbers	Subject			
61-64	How to Use the Channel Charts and the Point Charts			
65-66	Anatomical Terms			
Page Numbers	Name of Channel	Type of Energy	12-Channel Partner	Six-Channel Partner
68-79	<b>Lung (LU)</b>	yin	Large Intestine (yang)	Spleen (foot taiyin)
80-91	<b>Large Intestine (LI)</b>	yang	Lung (yin)	Stomach (foot yangming)
92-109	<b>Stomach (ST)</b>	yang	Spleen (yin)	Large Intestine (hand yangming)
110-117	<b>Spleen (SP)</b>	yin	Stomach (yang)	Lung (hand taiyin)
118-127	<b>Heart (HT)</b>	yin	Small Intestine (yang)	Kidney (foot shaoyin)
128-135	<b>Small Intestine (SI)</b>	yang	Heart (yin)	Bladder (foot taiyang)
136-171	<b>Bladder (BL)</b>	yang	Kidney (yin)	Small Intestine (hand taiyang)
172-181	<b>Kidney (KI)</b>	yin	Bladder (yang)	Heart (hand shaoyin)
182-191	<b>Pericardium (PC)</b>	yin	Triple Heater (yang)	Liver (foot jueyin)
192-201	<b>Triple Heater (TH)</b>	yang	Pericardium (yin)	Gall Bladder (foot shaoyang)
202-223	<b>Gall Bladder (GB)</b>	yang	Liver (yin)	Triple Heater (hand shaoyang)
224-231	<b>Liver (LIV)</b>	yin	Gall Bladder (yang)	Pericardium (hand jueyin)
232-243	<b>Conception Vessel (CV)</b>	yin	none	none
244-262	<b>Governing Vessel (GV)</b>	yang	none	none