

● 1 Conception Vessel (CV) Meridian

Type A



Type B

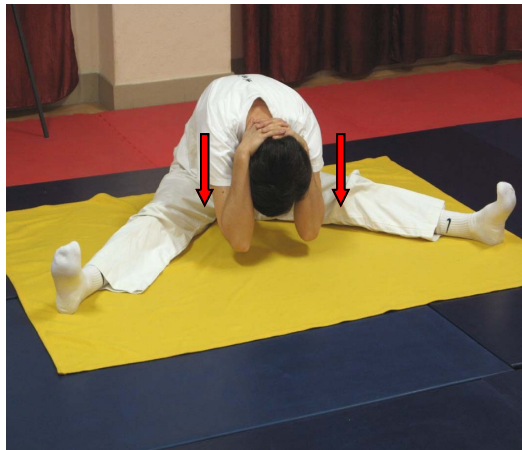


● 2 Governor Vessel (GV) Meridian

Type A



Type B

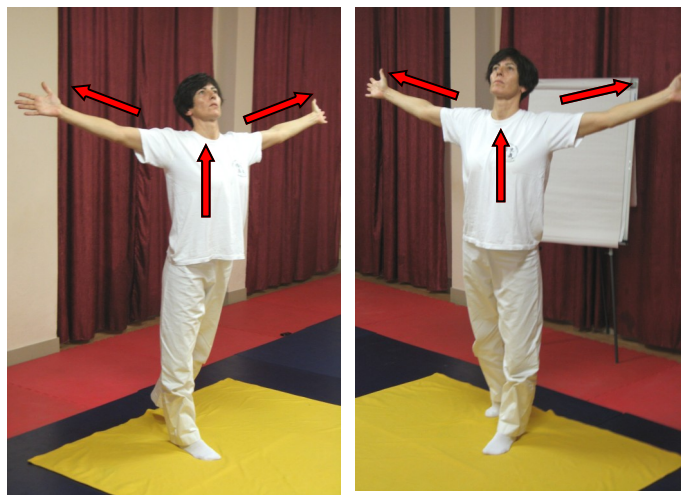


● 3 Lung (LU) & Large Intestine (LI)

Type A

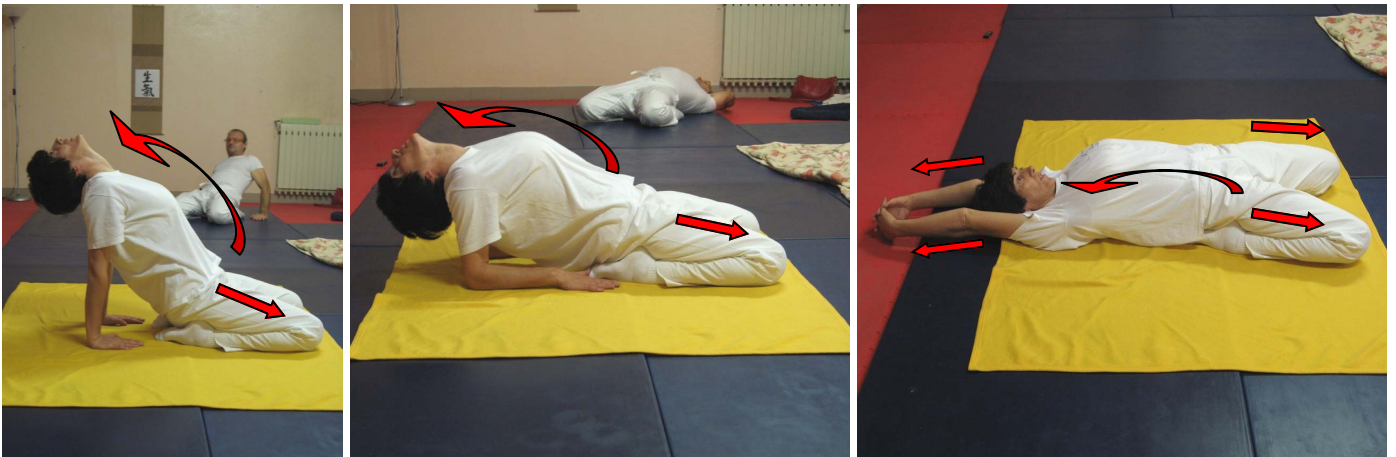


Type B

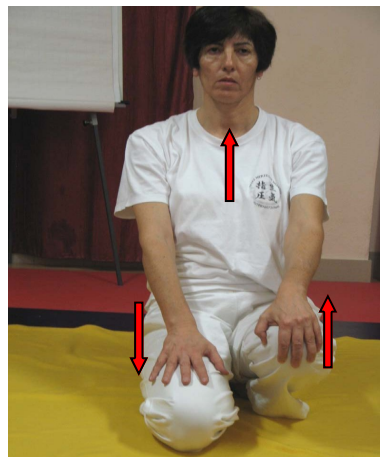


● 4 Spleen (SP) & Stomach (ST) Meridians

Type A

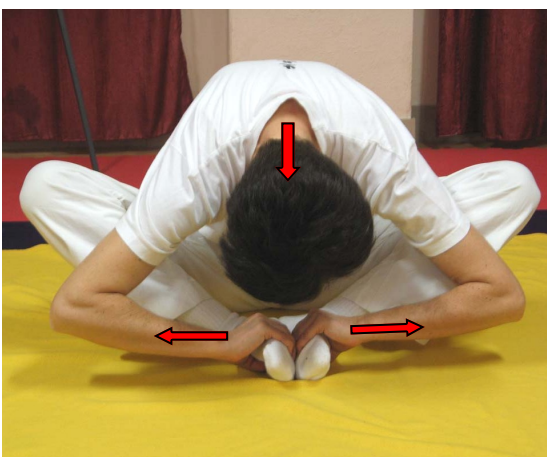


Type B



● 5 Heart (HT) & Small Intestine (SI) Meridians

Type A



Type B



● 6 Kidney (KI) & Bladder (BL) Meridians

Type A

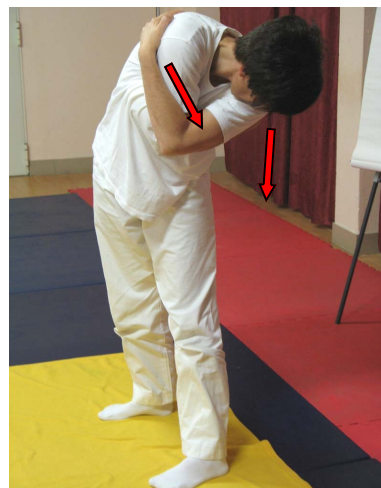


Type B

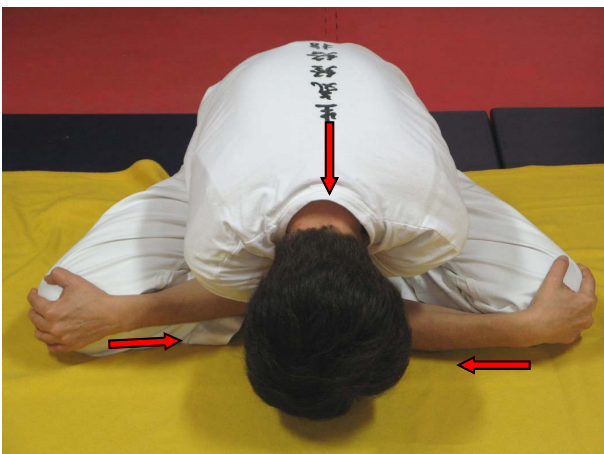


● 7 Heart Constrictor (HC) & Triple Heater (TH) Meridians

Type B

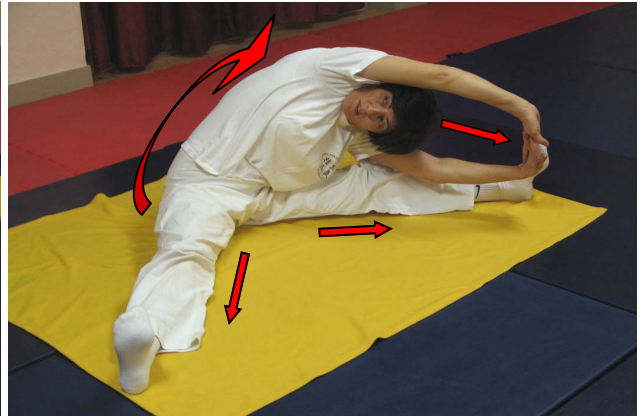


Type A

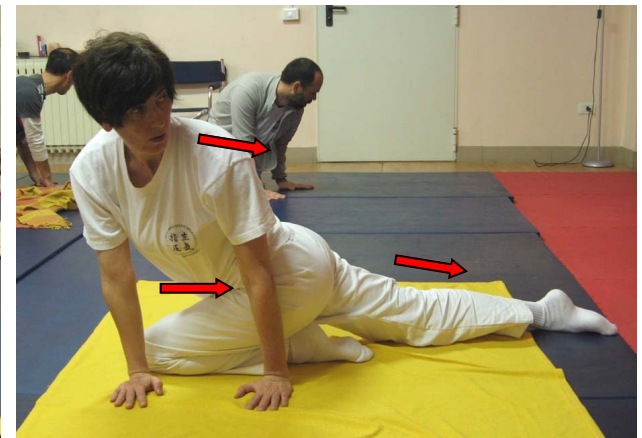
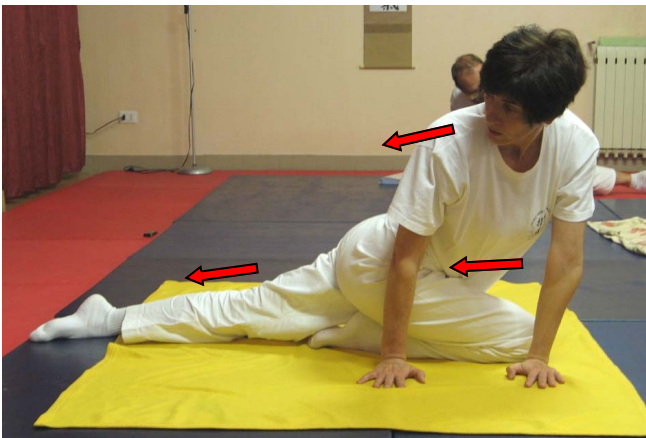


## ● 8 Liver (LV) & Gall Bladder (GB) Meridians

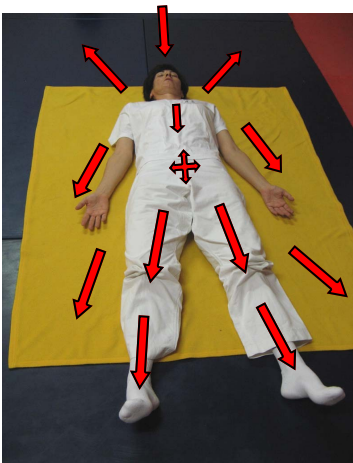
### Type A



### Type B



## ● 9 Relaxation & Seiki Meditation



Lying down on the Back with the palms facing upward. Breath in through the nose and imagining that the Seiki entering from the top of the head (Hiyakue) and move down through the heart to the Tanden (lower abdomen). Breath out from the mouth imagining that the Seiki is released outside through the legs, arms and the entire body.

