

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

By David Twicken, DOM, LAc

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

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

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

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

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

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

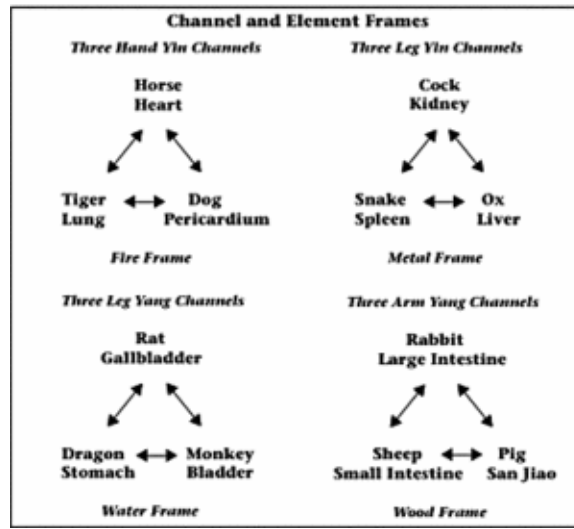
	Snake - 6 Yang Fire Yang Earth Yang Metal 9 am - 11 am Spleen	Horse - 7 Yin Fire Yin Earth 11 am - 1 pm Heart	Sheep - 8 Yin Earth Ying Fire Yin Wood 1 pm - 3 pm Small Intestine	
Dragon - 5 Yang Earth Yin Wood Yin Water 7 am - 9 am Stomach		South Fire Summer		Monkey - 9 Yang Metal Yang Water Yang Earth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

Channel and Element Frames

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.

Click [here](#) for more information about David Twicken, DOM, LAc.



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