

There are **12 major meridians** within our physical body that, along with the 7 chakras, make up our subtle body. The subtle body is energetic and while it cannot be physically seen, it is vibrant and active. This energy is balanced between feminine and masculine, yin and yang. The 12 meridians are divided between this polarity which also corresponds to the side of the body they are located on and the **organs** they pass through.

The Body Meridians

Two Centerline Meridians:

Conception Vessel
Governing Vessel

Twelve Principal Meridians:

Stomach Meridian
Spleen Meridian
Small Intestine Meridian
Heart Meridian
Bladder Meridian
Kidney Meridian
Pericardium Meridian
Triple Warmer Meridian
Gall Bladder Meridian
Liver Meridian
Lung Meridian
Large Intestine Meridian

