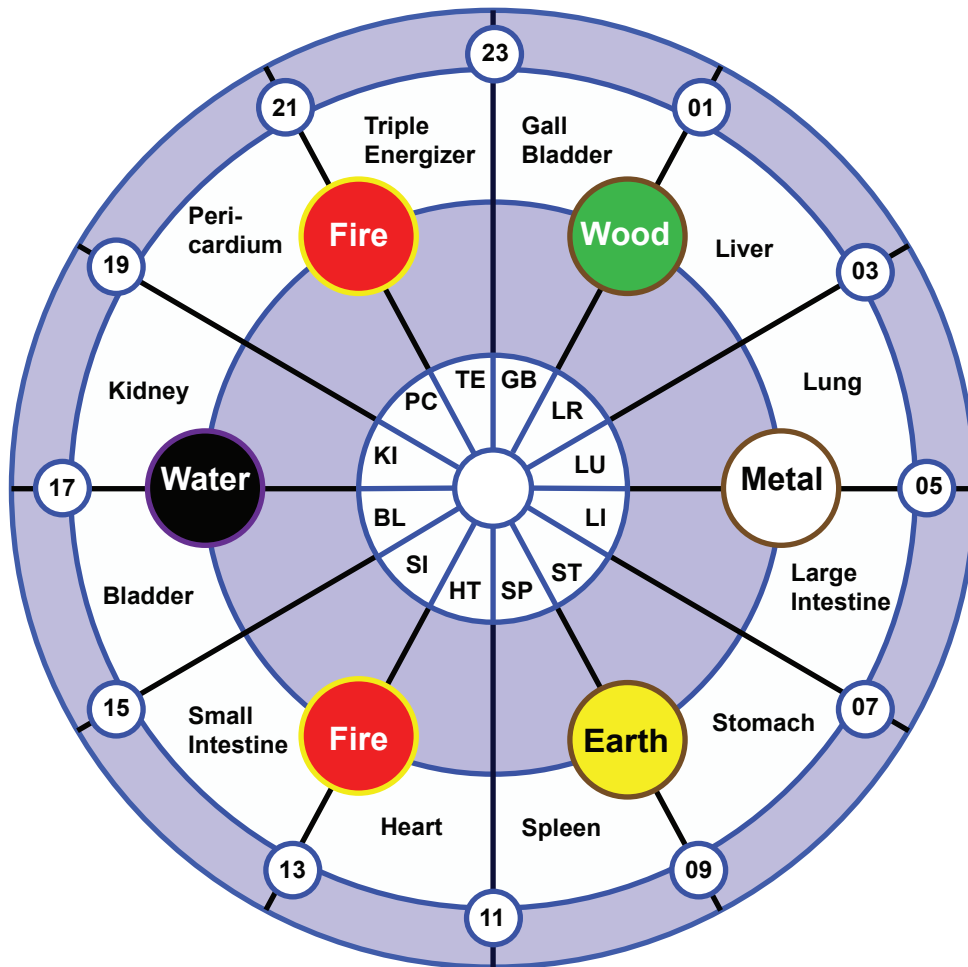
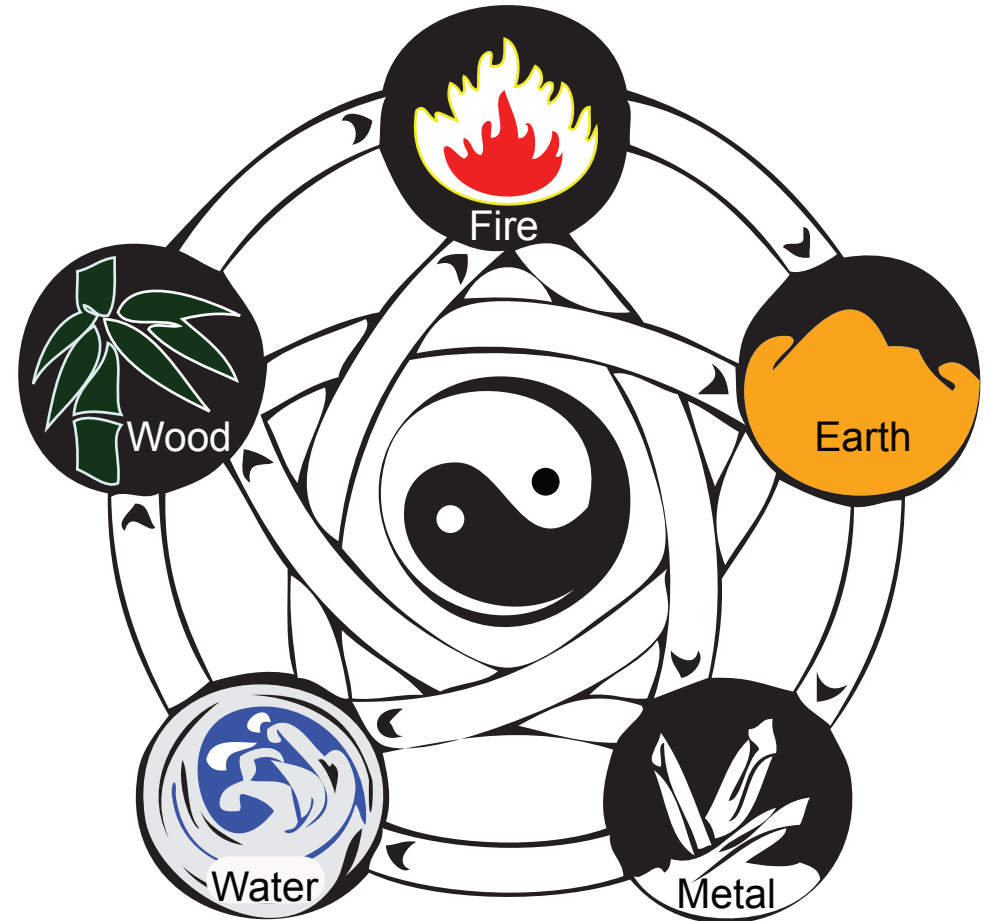


The Meridian Clock - The Horary Clock



Five Elements Healing



Each Meridian is most active at certain times of the day/night

The Meridian Clock - or Horary Clock is helpful in pinpointing deficient or over-active meridian function. Studying the meridian pathways and Acupressure points for transmitting Qi healing energy is key to transformational energy work

In the Chinese system the five elements are not static forms - the more accurate translation would be: 'The Five Walks' or 'The Five Moves'.