

## Illustrated locations of the 12 Alarm Points by David Fuess

How to measure to locate the points:

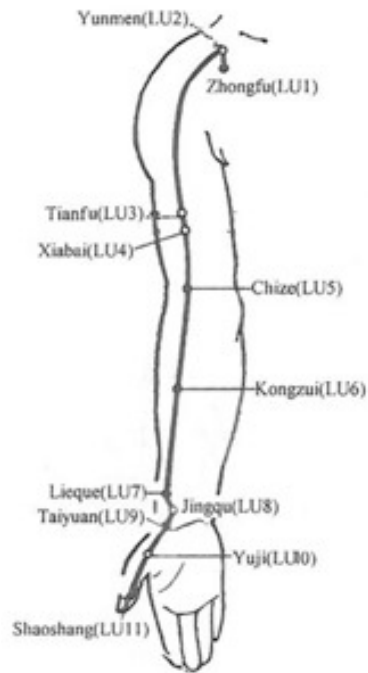
1 **cun** (ts'un) is the width of each person's thumb at the knuckle.

1.5 cun is the width of the index and middle fingers.

3 cun is the width of all fingers side-by-side.

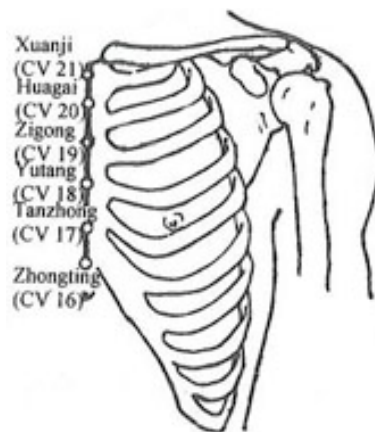
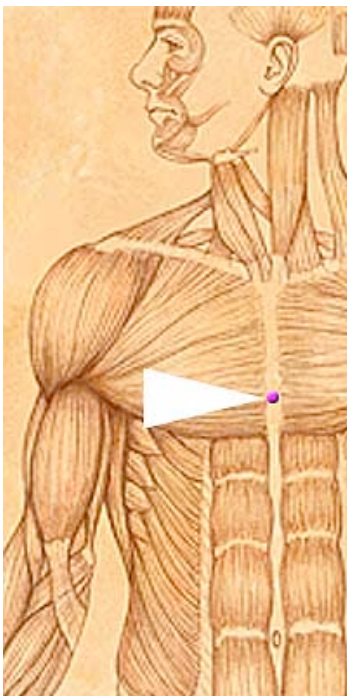
All drawings <http://www.acuxo.com/meridianPictures.asp> & <http://www.acupuncture.com/education/points/index.htm>

**Lung 1** *On the lateral chest, below the acromial (shoulder) end of the clavicle*



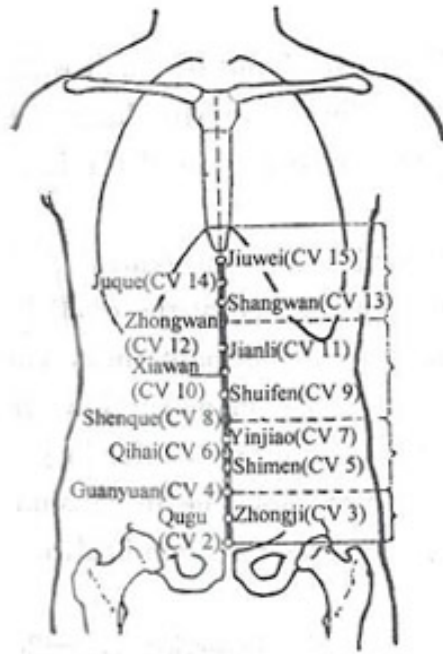
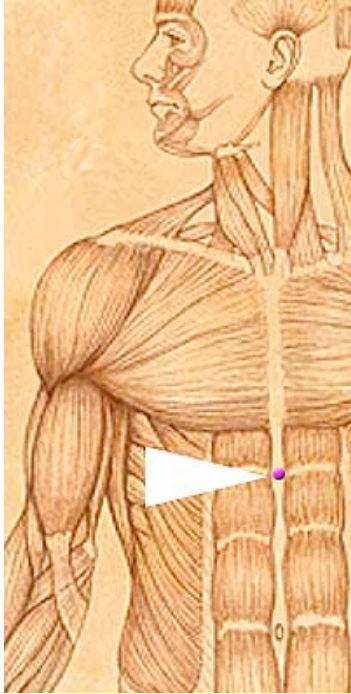
**CV17 • Diaphragm, Heart Protector**

*On the midline, 2 cun below the xiphoid process*



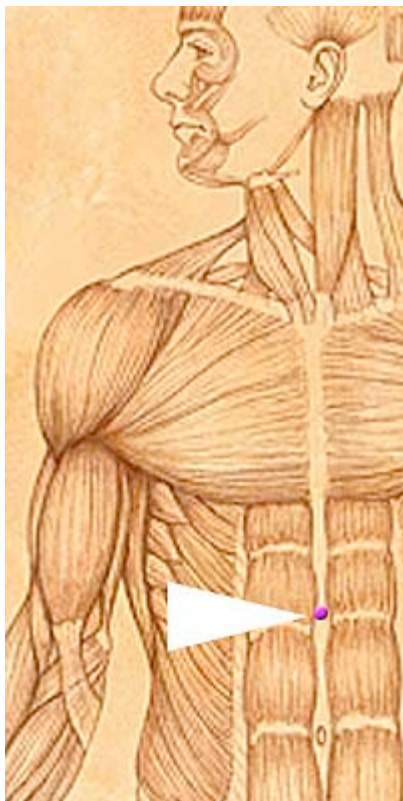
**CV14 • Heart alarm point**

*On the sternal midline, level with the 4th intercostal space, between the nipples.*



**CV12 • Stomach**

*On the midline, 4 cun above the umbilicus*



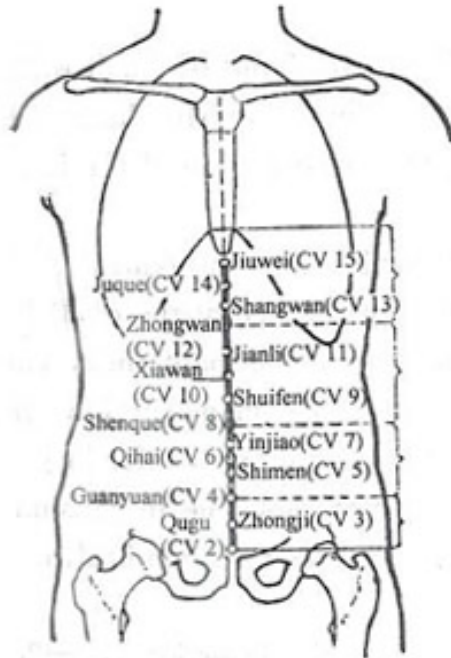
**CV5 • Triple Burner**

*On the lower abdomen, on the midline, 2 cun below the umbilicus.*

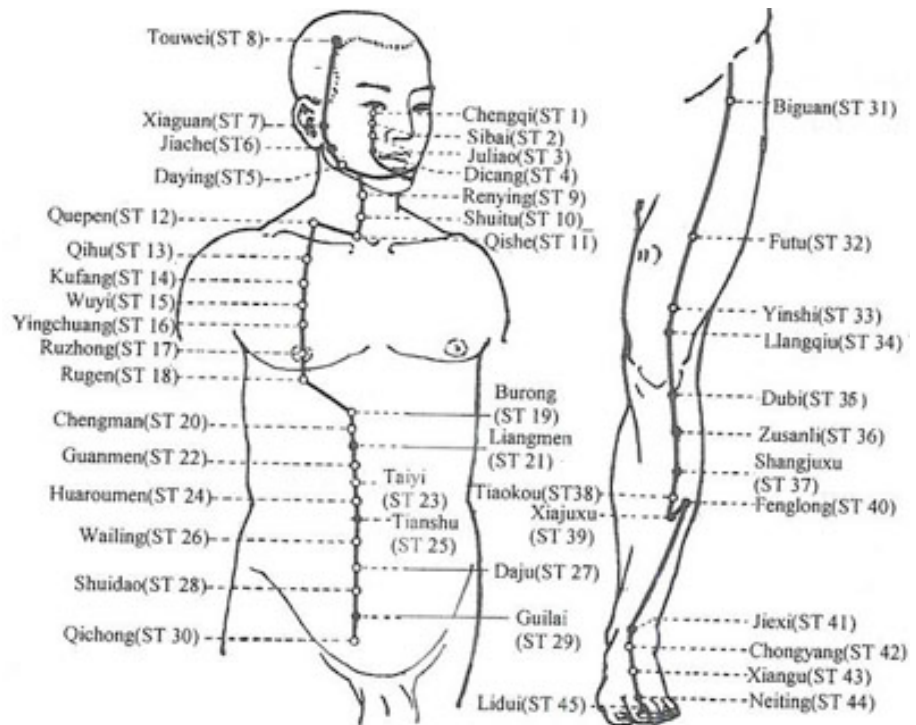
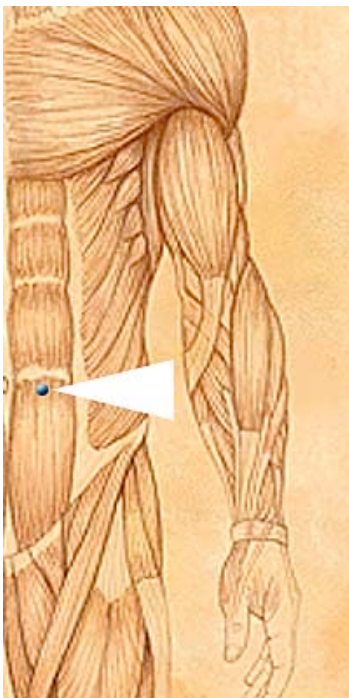


**CV4 • Small Intestine** *In the pubic region, on the anterior midline, 2 cun above the upper border of the symphysis pubis.*

**CV3 • Bladder** *on the midline 1 cun above the upper border of the pubic bone.*

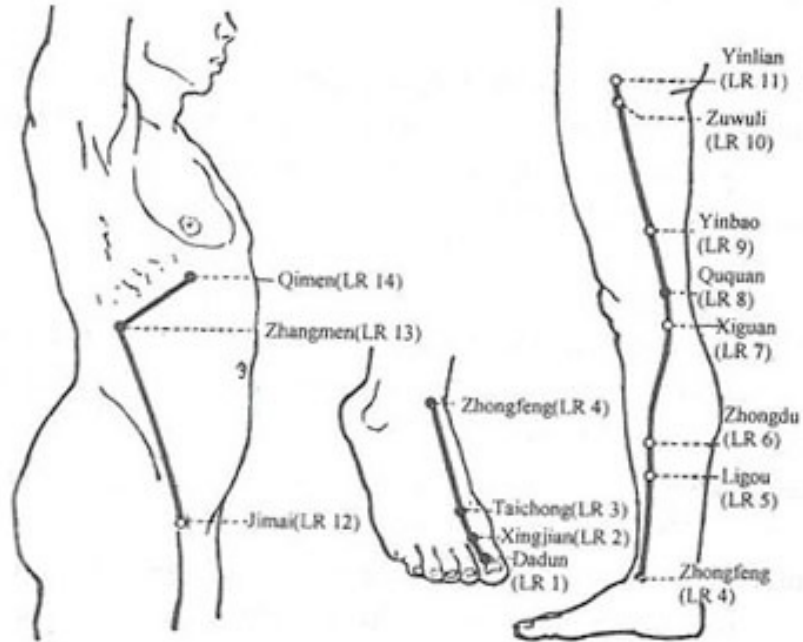
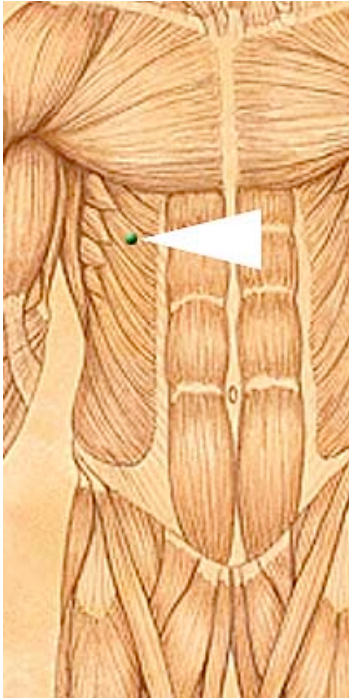


**St/ Stomach 25 – Large Intestine Alarm** *On the abdomen, 2 cun lateral to the umbilicus*

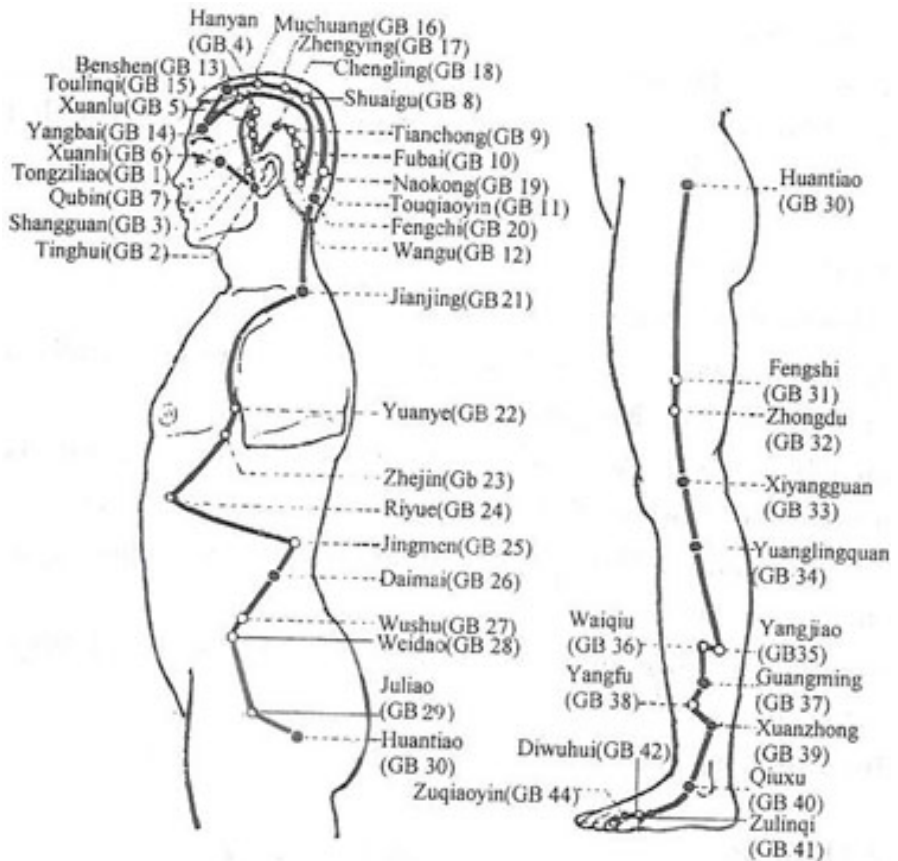
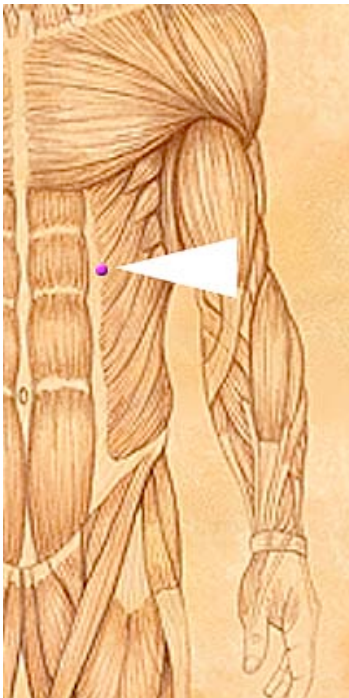


**Liv/Liver 14 Liver Alarm (contraction, tension)**

*On the chest, on the midclavicular line, in the sixth intercostal space, at the level of CV 14*



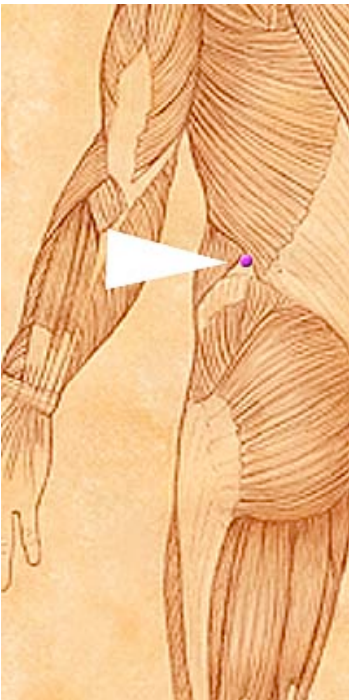
**GB/Gall Bladder 24 – Gall Bladder Alarm** *On the anterior chest midclavicular line at the level of the seventh intercostal space.*



**Liv/Liver 13 – Spleen (Pancreas) Alarm** *On the lateral abdomen, slightly inferior and anterior to the tip of the free end of the eleventh rib.*

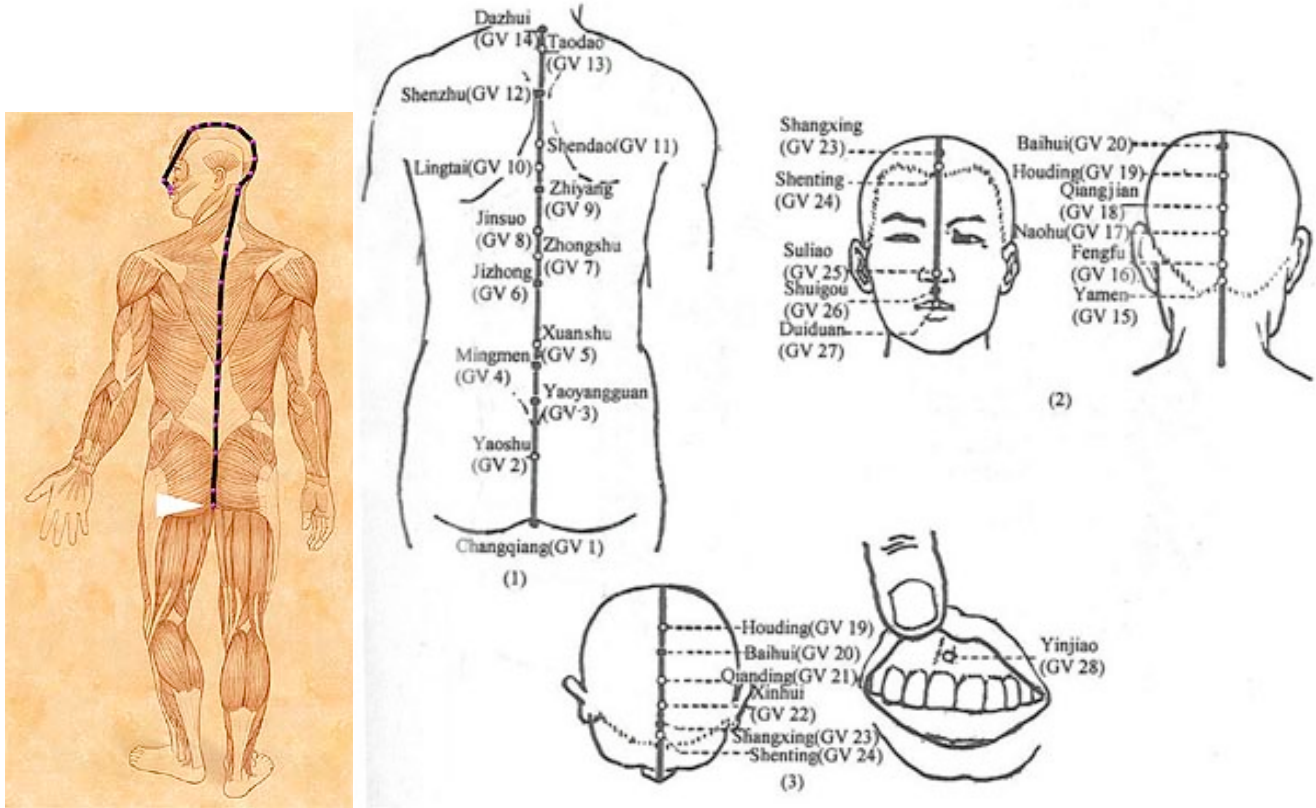


**GB/Gall Bladder 25 – Kidney Alarm** *On the lateral abdomen at the lower border of the free end of the twelfth rib.*

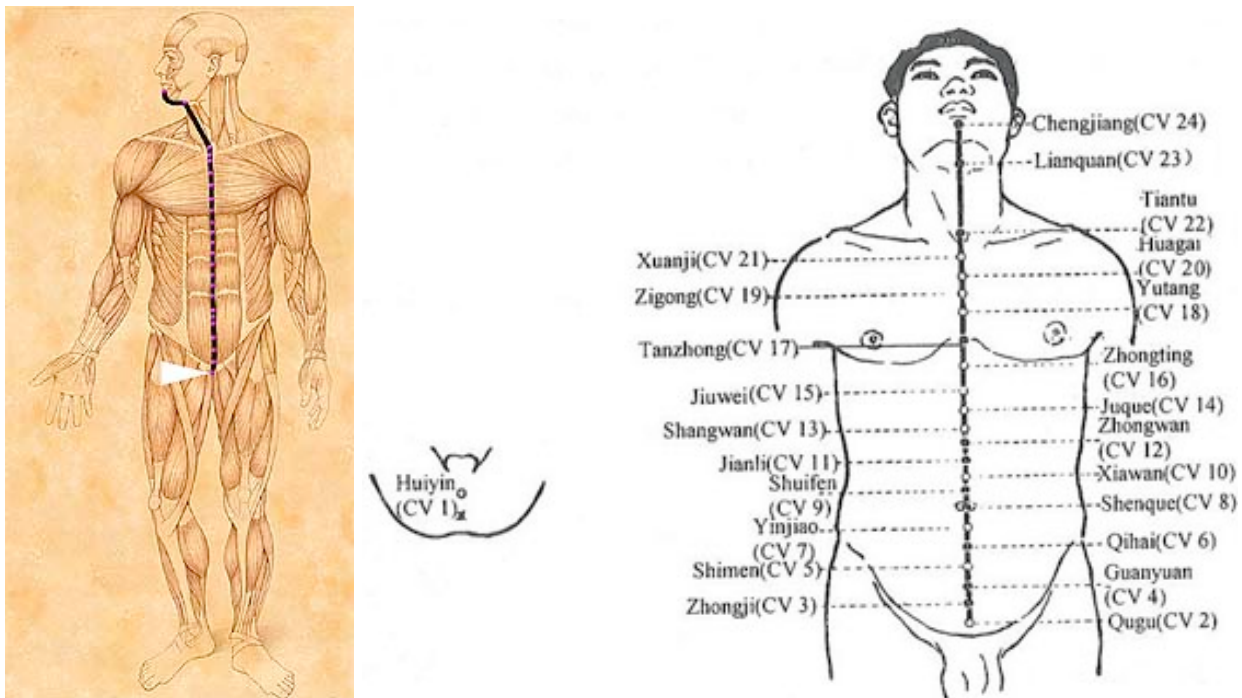


# Microcosmic Orbit – connecting the Governing and the Conception Vessels (Du and Ren Channels)

## Governing Vessel (Du Channel)



## Conception Vessel (Ren Channel)



More info: [http://www.healing-tao.co.uk/ht\\_microcosmic\\_orbit.htm](http://www.healing-tao.co.uk/ht_microcosmic_orbit.htm) (source of next illustration)

**The Functional Channel**  
(Conception Vessel)

**The Governing Channel**

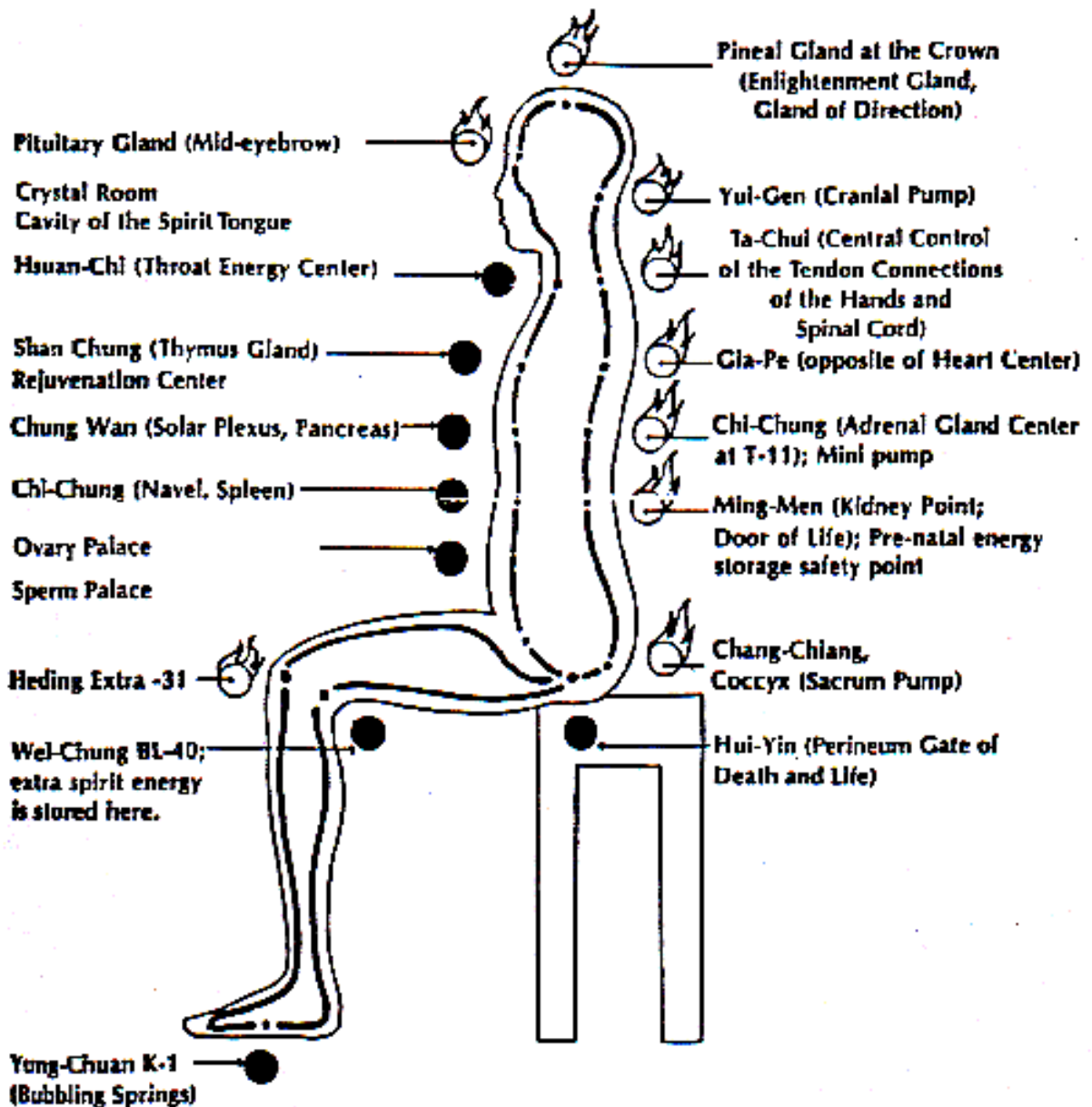
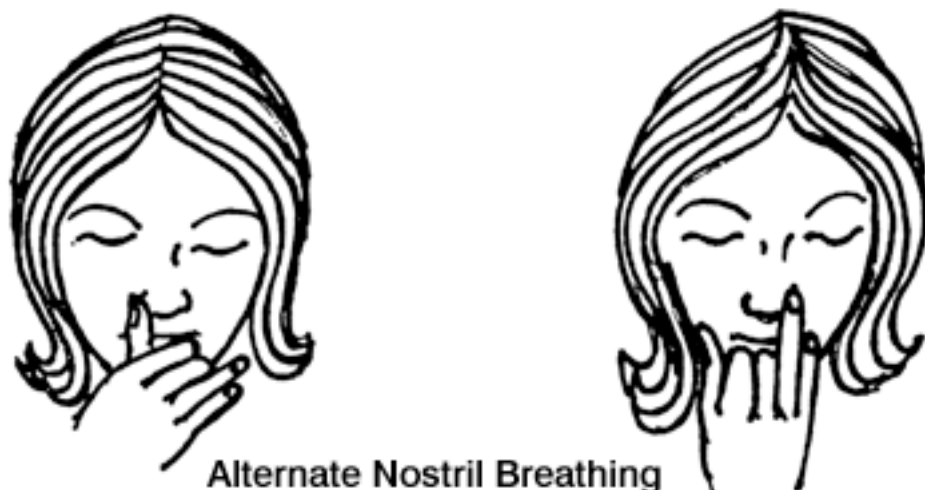


FIGURE 2-1B

Learn to circulate your CHI in the Microcosmic Orbit. The tongue touches the roof of the palate to complete the circuit of the Governing and Functional Channels



## Technique

1. Close the right nostril with your right thumb and inhale through the left nostril. Do this to the count of four seconds.
2. Immediately close the left nostril with your right ring finger and little finger, and at the same time remove your thumb from the right nostril, and exhale through this nostril. Do this to the count of eight seconds. This completes a half round.
3. Inhale through the right nostril to the count of four seconds. Close the right nostril with your right thumb and exhale through the left nostril to the count of eight seconds. This completes one full round.

Start by doing three rounds, adding one per week until you are doing seven rounds.

Alternate nostril breathing should not be practiced if you have a cold or if your nasal passages are blocked in any way. Forced breathing through the nose may lead to complications. In pranayama it is important to follow this rule: under no circumstances should anything be forced. If you use the nostrils for breath control they must be unobstructed. If they are not, you must practice throat breathing. Inhale through the right nostril to the count of four seconds. Close the right nostril with your right thumb and exhale through the left nostril to the count of eight seconds. This completes one full round.

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