

Ends 10pm
at ring + middle
fingers of
right hand

Right Diaphragm
Developing flow

Begins 8pm
at right side
of Diaphragm

A disperses

A circulates

stomach

small
intestine

3rd rib



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DIAPHRAGM FUNCTION DEVELOPING ENERGY

The **left** Kidney Developing Energy Flow changes at 8 pm into the **right** Diaphragm Developing Energy Flow. The energy circulates the diaphragm muscle and at the lower part of the chest goes directly into the heart. It comes out of the heart at the base of the third front rib, where it separates into two flows, "A" and "B".

"A" descends from the third rib into the stomach, circulates in the stomach, and continues to descend. It comes out one inch below the umbilicus and scatters in the direction of the small intestine.

"B" emerges from under the third rib, comes out three inches below the armpit (to the side of the nipple), goes up into the pit of the right arm, runs along the middle of the inner arm (ascends the center of the anterior (front) side of the arm), comes out into the dent in the outer elbow (thumb side) joint, runs along the middle of elbow joint to inner side (comes out little finger side), runs along middle of forearm, reaches the middle of the palm and divides into "a" and "b".

"a" goes from the center of the palm out to the tip of the middle finger.

"b" goes from the center of the palm to the inside of the ring finger, then round the tip of the nail, reaches the back of the nail, and at 10 PM turns into the flow that creates the **right** umbilicus at the top of the nail.

Diaphragm flow self help

Right flow

Left hand: under right rib cage (SEL 14)

Right hand: left elbow (SEL 19)

Left hand: right sit bone (SEL 25)

Right hand: inner left ankle (SEL 5)

Right hand: left palm center

Right thumb over right ring fingernail