

## KIDNEY FUNCTION DEVELOPING ENERGY

At 6:00 p.m. the **left** Bladder Energy Developing flow which arrived at the lateral (outer) back side of the little toe changes into the **left** Kidney Energy Developing Flow.

It flows from medial inner corner of the little toe diagonally across the sole of foot to below the medial ankle, comes out at the heel, goes up the medial side (toward back) of the leg. Continues up medial side of leg, between the medial <u>patella (knee cap) and medial ligament</u> (passes between the ligament and bones inside of the knee), up the thigh, to the medial side of the groin and reaches the anus.

From there (see enlarged drawing) it proceeds diagonally to other side, comes out to the right lateral side of coccyx, goes along the genitalia from behind and comes out to the front, then along the pubic bone and up to the lower abdomen (see enlarged drawing), passing over the right outer edge of the bladder and into right kidney at the umbilicus. From the right kidney, descends back and circulates through the bladder. It ascends again through the abdomen, close to the medial side of the right kidney and then to where the 8 <sup>th</sup> rib (costal cartilage) attaches. From there enters the liver, comes out at the cardiac sphincter (the opening between the stomach and the esophagus [in and out of the stomach]) and goes up the chest, into the right lung along the 4 <sup>th</sup> rib and at the 3 <sup>rd</sup> rib, branches into "A" and "B" at the portal (trachea). (Portal, where the trachea divides to go to each lobe of the lungs.)

"A" goes out of the lung at the 3<sup>rd</sup> rib, flows up through the trachea, under the clavicle, up to and through the throat, and branches into "C" and "D" at the root of the tongue.

"C" disperses at the root of the tongue.

"D" ascends along the side of the nose, then from the front of the head to the back of the head (deep within the brain), descends along the cervical vertebrae, then ½ inch from the spinal column, descends along the spine to the coccyx. (Mary said: From the coccyx area goes into the front (anterior) groin area (15's) where it disperses (building the pelvic girdle). (Kato's text states "from the coccyx goes to the inside of the inner thigh and disperses.")

"B" from the 3<sup>rd</sup> rib flows under the sternum and into the heart, circulates the heart and flows down into the diaphragm muscle. The diaphragm muscle attaches at the back and it appears it is there the kidney flow changes into the **right** diaphragm flow just above the right kidney at 8 PM.

The Kidney Flow nurtures (passes through) kidneys, bladder, liver/pancreas, lungs, heart, brain and spine, reproductive and diaphragm..

(Note: Right Kidney Function Energy ascends the left abdomen. "B" also flows directly into the heart; just before entering the heart, divides and "A" goes into the chest, trachea, etc.)

## Kidney flow self help To help left kidney

Left hand: inner right ankle (SEL 5) Right hand: tail bone (coccyx) Left hand: left edge of pubic bone (SEL 15) Right hand: left abdomen (between SELs 15 & 14) Right hand: under left rib cage (SEL 14) Right hand: left lung area (SEL 13) Right hand: under left collar bone (SEL 22) Right hand: left base of head (SEL 4) Left hand: left back waistline (SEL 23) Right hand: left back of neck (SEL 12) Right hand: left shoulder (SEL 11) Left hand: left sacro-iliac joint Right hand: left SEL 4,12,11