

LEFT SPLEEN DEVELOPING FLOW

The **right** stomach flow "B" that goes to left leg and at lateral left knee turns into "d" that reaches the lateral side of left big toe goes to medial side of big toe and turns into the flow that creates the **left** spleen flow at 10 AM. It flows up from the edge of the nail to the medial ankle, rises slightly toward the ankle bone, then dips back down, going under the ankle, comes out from under the heel, up along the tibia; then by the inside of the back of the knee; travels up along medial thigh and into the groin. At the groin, the left flow crosses to the right side of the genitals, passes through the reproductive organs, ischium, gall bladder and liver, to the right 9 rib, branches into two parts, "A" and "B".

"A" ascends between the 4 and 3 rib, turns toward the right armpit, descends to between the 6 and 7 rib and turns outward toward the back, ascends along the lateral side (close to side seam) of the rib cage, passes in front of the shoulder ("lateral 22"), turns and continues to ascend right side of throat. Disperses at the root of the tongue.

"B" circulates the outer surface of the stomach, crossing the midline of the body to the left side of the sternum. Ascends the center of the chest into the left side of the heart where it creates the **Left** Heart Function Energy at the 3 rib at noon.

Spleen flow self help

Left flow

Left hand: inner left ankle (SEL 5) Right hand: tail bone (coccyx)

Left hand: under right rib cage (SEL 14) Right hand: left 3rd rib (SEL 13)

Right hand: under right collar bone (SEL 22)