

RIGHT SPLEEN DEVELOPING FLOW

The **left** stomach flow "B" that goes to right leg and at lateral right knee turns into "d" that reaches lateral side of right big toe goes to the medial side and turns into the flow that creates the **right** spleen flow at 10 AM. It flows up from the medial 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; along the tibia; then by the inside of the back of the knee; travels along the medial thigh and into the groin. At the groin, the right spleen flow crosses to the left side of the genitals, passes through the reproductive organs, ischium, pancreas and spleen to the left 9th rib, branches into two parts, "A" and "B".

"A" ascends between the 4 and 3 rib, turns toward the left 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 left 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 right side of the sternum. Ascends the center of the chest into the right side of the heart where it creates the **Right** Heart Function Energy at the 3 rib at noon.

Spleen flow self help

Right flow

Right hand: inner right ankle (SEL 5)

Left hand: tail bone (coccyx)

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

Left hand: under left collar bone (SEL 22)