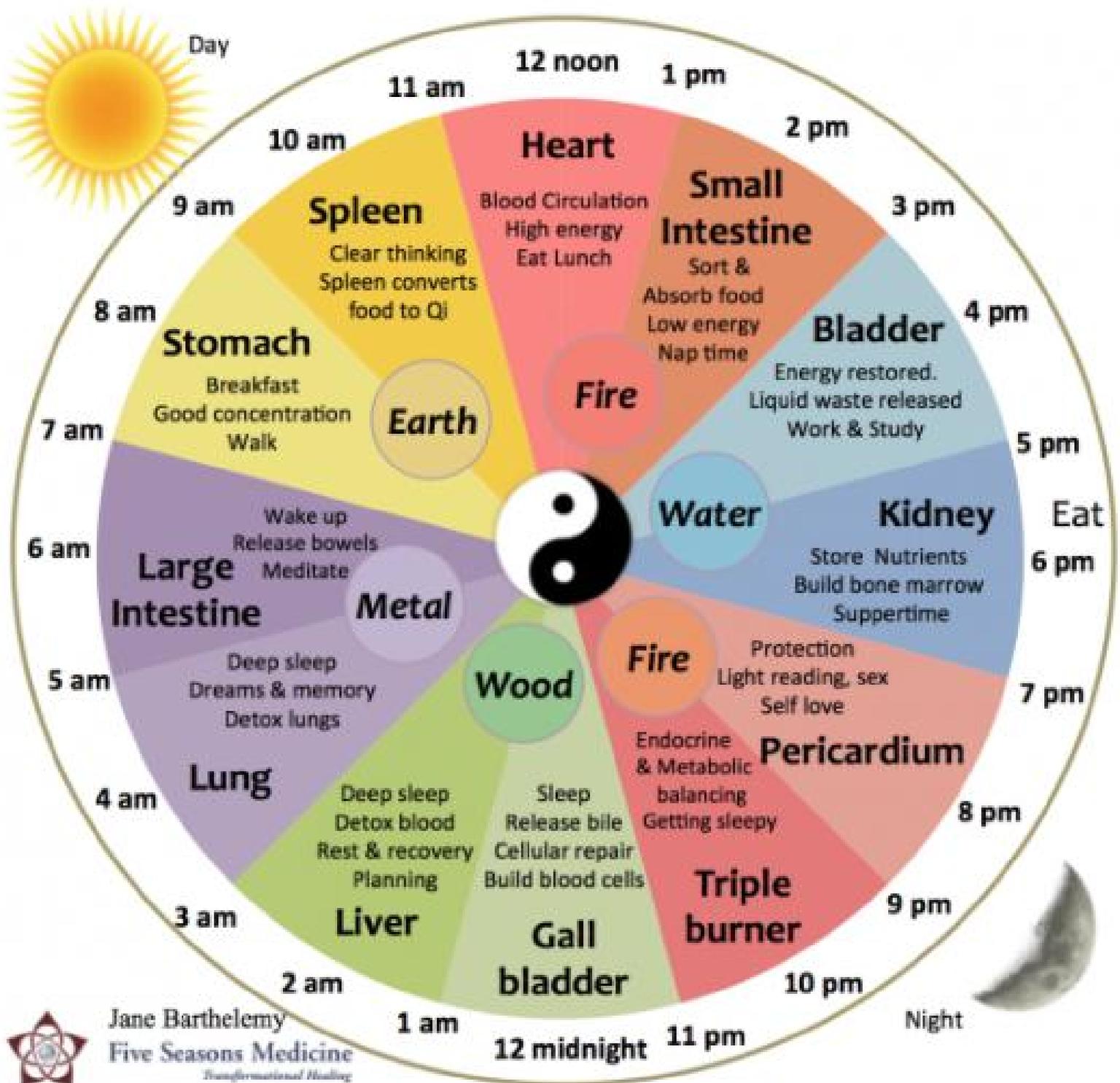


# CHINESE MERIDIAN CLOCK

The Chinese 24-Hour Meridian Clock



In Traditional Chinese Medicine it is believed that each organ has its point of highest energy and lowest energy. One way this clock is helpful is for people who wake up at the same time every night. Is it coincidence or is it a sign of a struggling organ?

It's important to remember that this isn't just physical ailments that can be at play, but also emotional ailments. For example, if you wake up in the early hours between 1am and 3am, this is the time of the liver. This may represent the liver is having difficulty detoxifying, but it may also represent feelings of suppressed anger (as this is where we store this emotion when not properly dealt with).

Chinese Medicine practitioners use this clock to help them determine the organ responsible for disease. Keep a record of when you're waking up at night and see if there's a pattern. By listening to our body's signals, we know where to focus our attention and help ensure equilibrium is restored.

Let's take a look at the time of day and the corresponding organ and process;

**5am to 7am** is the time of the Large Intestine making it a perfect time to have a bowel movement and remove toxins from the day before. At this time, emotions of defensiveness or feelings of being stuck could be evoked.

**7am to 9am** is the time of the Stomach which is why it's often recommended to eat our biggest meal of the day at this time, to optimise digestion and absorption. Warm meals that are high in nutrition are best in the morning. Emotions that are likely to be stirred at this time include disgust or despair.

**9am to 11am** is the time of the Pancreas and Spleen, where enzymes are released to help digest food and release energy for the day ahead. This is the ideal time to exercise and work. Do your most taxing tasks of the day at this time. Emotions such as low self-esteem may be felt at this time.

**11am to 1pm** is the time of the Heart which will work to pump nutrients around the body to help provide you with energy and nutrition. This is also a good time to eat lunch and it is recommend to have a light, cooked meal. Feelings of joy or sadness can also be experienced at this time.

**1pm to 3pm** is the time of the Small Intestine and is when food eaten earlier will complete its digestion and assimilation. Sometimes, vulnerable thoughts or feelings of abandonment may subconsciously arise at this time.

**3pm to 5pm** is the time of the Bladder when metabolic wastes move into the kidney's filtration system. This is the perfect time to study or complete brain-challenging work and make sure you're drinking plenty of water, to help aid the detoxification process. Feeling irritated or timid may also occur at this time.

**5pm to 7pm** is the time of the Kidneys when the blood is filtered and the kidneys work to maintain proper chemical balance. This is the perfect time to have dinner and to activate your circulation either by walking, having a massage or stretching. Subconscious thoughts of fear or terror can also be active at this time.

**7pm to 9pm** is the time of Circulation when nutrients are carried to the capillaries and to each cell. This is the perfect time to read. Avoid doing mental activities at this time. A difficulty in expressing emotions may also be felt however, this is the perfect time to have sex or conceive.

**9pm to 11pm** is the time of Triple Heater or endocrine system where the body's homeostasis is adjusted and enzymes are replenished. It is recommended to sleep at this time so the body can conserve energy for the following day. Falling asleep before 11pm helps improve better detoxification in the body. Feelings of paranoia or confusion may also be felt.

**11pm to 1am** is the time of the Gall Bladder and in order to wake feeling energised the body should be at rest. In Chinese medicine, this period of time is when yin energy fades and yang energy begins to grow. Yang energy helps you to keep active during the day and is stored when you are asleep. Every hour asleep before 11pm is worth 2 hours of every hour asleep after 11pm. Subconscious feelings of resentment may appear during this time.

**1am to 3am** is the time of the Liver and a time when the body should be asleep. During this time, toxins are released from the body and fresh new blood is made. If you find yourself waking during this time, you could have too much yang energy or problems with your liver or detoxification pathways. This is also the time of anger, frustration and rage.

**3am to 5am** the time of the Lungs and again, this is the time where the body should be asleep. If woken at this time, nerve soothing exercises are recommended such as breathing exercises. The body should be kept warm at this time too to help the lungs replenish the body with oxygen. The lungs are also associated with feelings of grief and sadness.