Welcome to Lesson 4, Topic 2!
In this lesson I’m going to share with you my meridian charts that focus on the Bladder and Kidney Meridians. I’ll also add in just a little bit extra, to cover a couple more things I mentioned in the video from Lesson 4, Topic 1. (The “hara”, and the Lung 7 point.) In that video, I also referred to “Source” points, so you’ll be seeing those here for Kidney and Bladder Meridians in these charts. (And some more Source points later in this e-course.)

In the third topic of this Lesson, you’ll put this information into use, and learn how to give your dog a “Meridian Massage” for the Bladder and Kidney Meridians specifically. You’ll also learn some of what I consider “key acupressure points” to use for senior dogs when doing acupressure in general. In Lesson 5, you’ll be learning more details about how to do that. Meanwhile, as you “massage” along the meridian pathways (whether you're just tracing it, or using any version of compressions), you can start to get familiar with some of these key points you'll be passing over along the way. Don't hesitate to stop and “visit” with them at any time, even if you haven't seen Lesson 5 yet. Or you can think only about learning the general pathways, and ignore the points for now.

Remember some of the points I asked you to keep in mind in Lesson 3, when seeing my charts for the first time?? They still apply. I won't repeat them all here. Just the first two.

1. You don't have to memorize any of this to help your dog, so don't worry!

2. Have fun learning whatever does soak in, whenever it does. Get out the coloring crayons and play. I did! (I’ll add a PDF of the skeleton view of the dog this time for you to draw on, as many times as you care to print it out.)
Here's the first chart, showing the Bladder and Kidney Meridians and some “key” points. You'll see “meridian massage” demonstrated for these meridians in the video for Topic 3 of this Lesson 4.
Here’s a written description of the above chart. (You’ll see all this demonstrated in the video lesson for Topic 3!)

**Bladder Meridian** (yang) is drawn in light blue. **Kidney Meridian** (yin) is drawn in dark blue.

The Bladder Meridian begins at the inner corner of the eye (everything is on each side, right and left), and from there goes up over the top of the head staying close to midline (an inch or less, depending on size of the dog). Staying just lateral to the spine, the pathway continues along the neck and back. Bladder 10 is over the first/top neck vertebra (atlas), an inch or two or three behind the ear (also varies with size of dog!). Bladder 11 is at the “bottom” of the neck, just where your fingers run into the top of the shoulder blade (scapula). (You’ll see Bladder 11 in a video later in this e-course.)

Starting with Bladder 13, at the back of the top of the scapula (not on it, behind it, in the back muscles), there are “Association Points” for all the other meridians, represented in the Bladder Meridian (also known as the “Master Meridian”). Bladder 13 is the Lung Association Point. Moving along, there are more Association points for other meridians, all along the Bladder Meridian pathway. Bladder 23 is the Association Point for the Kidney Meridian. (To locate Bladder 23, you can feel for Bladder 21 which is just behind the last rib, near the spine. Follow the Bladder Meridian back further and you may feel slight depressions or hollows as your fingers find the spaces between the vertebrae. The first slight “hollow” you feel behind Bl 21 is probably Bl 22, and the next is Bl 23! This should be about halfway between the last rib and the front of the pelvis. And it’s right over the kidneys!

Continuing to follow the pathway back alongside the spine, Bladder 25 is the Association Point for the Large Intestine Meridian, and Bladder 28 (in the middle of the rump) is the Association Point for the Bladder Meridian itself. The Bladder Meridian then has a line of a few points that are right alongside the sacrum (top of the rump). That is, they are more medial, or closer to the midline, than Bl 25 through 28 were.

Bladder 40 is at the “bottom” of the hamstrings, and right at the back of the knee. So if you have your dog bend the knee (stifle) even a little, your finger can feel where to go, as if you were going to go right into the back of the knee joint. (Though please don’t try to “dig” in there to feel it!) Bladder 40 is a Master Point for low back and hip issues.

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Then, there is a second line of Bladder Meridian points along the back! They’re lateral to the first line, where you feel the tops of the ribs disappearing as they go under the back muscles towards the vertebrae. You’ll see this second line (and the first) in the video for Topic 3 of this lesson.

Bladder 60 is in the “hollow” of the hock, and with your fingers there, aim a bit down onto the top of the bone of the hock joint. You fingers will (or will start to with practice) naturally come together there (almost, with your dog’s skin/thin tissue between them, of course!) to massage or apply acupressure to Bladder 60 on the outside (lateral aspect) and Kidney 3 on the inside (medial aspect).

Bladder 64 is the Source point for the Bladder Meridian. This means that it’s the point from which you can balance the energy flow in the entire meridian. (That’s head to hind toe, in the case of the Bladder Meridian!) Visualize the entire length of the meridian as you “hang out” on this point. :-) You’ll find it at the bottom of the hock, below Bl 60, where the bulge of the hock (the side of it) is just starting to smooth out into the straight side of the long bone below the hock (the lateral metatarsal).

The last point of the Bladder Meridian, the Ting point, is Bladder 67. It’s at the nail bed of the lateral toe, and at the lateral side (outside) of it.

And now for the Kidney Meridian!
The Kidney Meridian begins with Ki 1, very close to where the Bladder Meridian ends. It’s on the hind paw, but not on a toe. It begins in the middle of the back edge of the large, center paw pad at the back of the paw. (See picture at right.)
Kidney 3 is the Source Point of the Kidney Meridian. (See comments above re Bladder 64 regarding Source Points.) Even though Bl 64 and Ki 3 are the two Source Points, it’s Bl 60 and Ki 3 that mirror each other in location, at the top of the hock, at the bottom of the hollow above it, Bl 60 on the outside (later aspect), and Ki 3 on the inside (medial aspect).

Kidney 6 is below Kidney 3 (and below Ki 4 and 5, all very close together on the back/inside of the hock joint). It’s almost mirroring Bl 64, but a bit higher up, closer to the middle of the hock (height-wise) than the bottom.

The Kidney Meridian continues up the inside of the hind leg from there, and through the groin (where the leg joins onto the body) onto the belly. Along the belly, and then the chest, the Kidney meridian is running right alongside the midline of the front (belly side) of the body, just as the Bladder Meridian is doing along the back.

Kidney 27 is the end of the Kidney Meridian, located on each side of the sternum right at the top of it. (Just lateral to it.) Your fingers will naturally find that there’s a “hollow” area right here. Ki 27 is more or less at the bottom edge of that hollow area. If you massage in here, and start to feel the edges of the sternum at the top of it, you’ll be on Ki 27 (right and left). You can see it with the front view drawing of the dog’s skeleton the page after next.
Here's another view of the Bladder and Kidney Meridians, shown on a drawing with muscles. And in this one you can also see the medial aspects of the “far side” legs to see the Kidney pathway better.
And here's a front view for you to see the chest area for the end of the Kidney Meridian, and also shows the beginning of the Bladder Meridian on the head. (And do you notice Lung 7 also? That's because I mentioned in the video in Topic 1 of this Lesson.)
And last chart (for this PDF), is a closer look at the lower limbs. Also includes Lung7 for you! As well as Ki 6. Those were the two points I mentioned “doing” together to open the Conception Vessel and help Lung and Kidney communicate with each other. (You’ll learn more about how to apply acupressure in Lesson 5, 6, and 8.)

Note: the green shadings that are on the illustration are indicating joints, not acupressure points. I did though, also use a green felt pen to add in the point Lung 7 on the front leg, just above the “wrist.”
Here's a reminder for you of the associations with the Bladder and Kidney Meridians...

<table>
<thead>
<tr>
<th>Yin</th>
<th>Yang</th>
<th>Element</th>
<th>Emotion</th>
<th>Body tissue</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kidney (Ki)</td>
<td>Bladder (Bl)</td>
<td>Water</td>
<td>Fear</td>
<td>Bone</td>
</tr>
</tbody>
</table>

And remember the video from Lesson 4, Topic 1? More associations for the Water Element (Kidney/Bladder) include:

- Season: Winter
- Sense organ: ears and hearing
- Body tissue: in addition to bone, also teeth, and bone marrow (and Body fluid is Urine)
- Color: Black or Blue

And finally, I just want to point out that I added in locations for you of the Lung 7 point, and the hara, both mentioned in the video from Lesson 4, Topic 1. I will see about making a video demonstrating these in future. In the meantime, you can probably do very well playing with it from the the descriptions and charts. Just ask me for any help if there's any confusion!