The **Bladder** (BL) Meridian is Yang. It begins in the inner canthus of the eye (BL1 *Sei Mai Bright Eye*), travels up the forehead and over the crown of the head to the occipital ridge (BL10 *Ten Chu Pillar of Heaven*). It descends on either side of the vertebral column medial to the ridge of the erector spinae muscles to the level of the lowest sacral foramen. It crosses the buttock to the middle of the transverse gluteal fold & descends the mid-line of the back of the thigh to the lateral side of the popliteal fossa. The BL meridian then goes internally and reappears again on the occipital ridge (BL10). BL2 channel descends laterally to the ridge of the erector spinae muscles. It travels through the buttock and slightly laterally down the back of the thigh. It meets up with the BL1 channel in the center of the popliteal fossa (BL40) and descends down the middle of the calf (*BL57 Shyo Chu In the Mountains*), passing laterally to continue between the Achilles tendon and the lateral malleolus continuing laterally on the edge of foot where it ends on the lateral side of the little toe (BL60 *Shi Yin Extreme Yin*). (From *Shiatsu Theory & Practice, Beresford-Cooke*).

**Palming down BL 1 channel**
Right hand is the Messenger and your left hand is the Mother
BL 1 channel is located just medial to the ridge of the erector spinae muscles

**Palming down BL 2 channel**
Right hand is the Messenger and the left hand is the Mother
BL 2 channel is located just lateral to the ridge of the erector spinae muscles
Right hand becomes the Mother hand  Left hand moves to meet it

Two hands meet at the low lumbar region, setting up to work down the BL meridian in the leg

Palm down the back of the thigh, on the mid-line. Stop just above the knee, making sure NEVER to put direct pressure on the back of the knee

Right hand becomes the Mother hand  Left hand moves to meet it
Continue palming down the BL meridian in the back of the calf (BL57), moving from the knee to the ankle. NEVER put direct pressure on the back of the knee.

Right hand becomes the Mother hand. Left hand moves to meet it.

**Transition to Gall Bladder Position**

Pick up receiver’s ankle with your right hand.
Stretch the ankle towards their glutes, bringing your left hand on their sacrum for support.
Cross over their ankle, almost touching their bottom leg.

Bring your left hand underneath their knee so you can guide it to its final position.
Gently push their knee up towards their shoulder to at least a 90 degree angle.
Bring your right hand onto GB30 as a mother and now you’re ready to work the GB meridian.
The Gall Bladder (GB) Meridian is Yang. It begins at the lateral corner of the eye and descends to the jaw before zigzagging twice over the side of the head, including the mastoid process and the forehead in its path. After reaching the occipital ridge, it then descends the upper border of the trapezius down the neck to the midpoint of the shoulder (GB21, Ken Sei Well in the Shoulder) where it goes internal, re-emerging below the armpit to take a zigzag path diagonally covering the ribcage, waistline and hips. From the lateral side of the buttock (GB30 Kan Chyo Jumping Pivot) it descends the mid-line of the lateral aspect of the leg, following the iliotibial (IT) tract in the upper leg (GB31 Fu Shi Market of Wind), continuing downward through the tibial tuberosity (GB34 Yo Ryo Sen Yang Mound Spring) and on the fibula in the lower leg, crossing in front of the lateral malleolus to travel between the 4th and 5th metatarsals to the lateral side of the 4th toe. (From Shiatsu Theory and Practice, Beresford-Cooke)

Begin palming down the GB meridian. Keep your mother hand in GB30 and palm down the thigh and the calf remembering never to put direct pressure on the knee. Please note, many people are tender due to tight IT bands, so go gently at first.
To transition out of the prone GB working position, slide your mother hand down off of GB30 and onto the front of the knee.

Gently guide the knee back into a straight position.

**Side to Side Transition**

Pick up receiver’s other ankle and bend both knees towards their glutes.

Crawl your way around their body to get to the other side.

Put your mother hand (right) on their sacrum to support the low back as you stretch both feet to the hip.

Gently put both legs down on the floor.
Put both hands on the lumbar region as you begin to move your right hand.

Place your right hand in the mother position underneath their scapula.

Now you can begin to work down the BL1 channel on the other side. Repeat from the beginning of the sequence.