Chart of General Circulation of Energy

- Liver
- Lung
- Large Intestine
- Stomach
- Small Intestine
- Gall Bladder
- Tri-Heater
- Heart Constrictor
- Kidney
- Bladder

Timings:
- 1-3 AM: Liver
- 3-5 AM: Lung
- 5-7 AM: Large Intestine
- 7-9 AM: Stomach
- 9-11 AM: Small Intestine
- 11 AM-1 PM: Gall Bladder
- 1-3 PM: Tri-Heater
- 3-5 PM: Heart Constrictor
- 5-7 PM: Kidney
- 7-9 PM: Bladder
- 9-11 PM: Heart
- 11 PM-1 AM: Small Intestine

Clock Times:
- midnight
- 6 am
- 6 pm
- noon