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THE LAW OF MIDNIGHT AND MIDDAY KEY TO THE ORGANS & CYCLES

The times listed are when the organs are the strongest. They “kick on” so to speak. The hour opposite the time listed is when that organ is the weakest. In shiatsu, this is referred to as “The Law of Midday and Midnight”.

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|------------------|----------|
| Liver | 1AM-3AM |
| Lungs | 3AM-5AM |
| Large intestine | 5AM-7AM |
| Stomach | 7AM-9AM |
| Spleen\pancreas | 9AM-11AM |
| Heart | 11AM-1PM |
| Small intestine | 1PM-3PM |
| Bladder | 3PM-5PM |
| Kidneys | 5PM-7PM |
| Triple warmer | 7PM-9PM |
| Lymphatic system | 9PM-11PM |
| Gall bladder | 11PM-1AM |

Times are shown as Standard time – you need to do the math for Daylight time

Here’s our little ditty to remember the first 6 systems:

Liver, Lungs, Large Intestine, Stomach, Spleen Heart, Hey!

Then the ditty for the second 6 systems:

The small, bald kid tripped and lymphed to gall.

(Small Intestine, Bladder, Kidneys, Triple Warmer, Lymphatic System, Gall Bladder.)