

The Five Phases Calendar (Zi Wu Liu Zhu detailed method)

The represented Calendar is a property of the Pulse Academy ©. All rights reserved. Any copy are made at permission of plenipotentiary:
 Tiger-Telecom Co. Ltd., 58 Partizansky Av., Vladivostok 690002, Russia.
 Phone 007-4232-452033, e-mail: tiger-telecom@mail.ru

Meridians in order of daily circulation													S (Stems)		Time	B (Branches)	
NN	GB	LR	LU	LI	ST	SP	HT	SI	UB	KI	PC	TE					
120	Heat	Cold	Heat	Cold	Dryness	Damp	Dryness	Damp	Wind	Wind	Wind	Wind	S10B12	Qi Yin Cold			
1	Wind	Wind	Damp	Dryness	Damp	Dryness	Cold	Heat	Cold	Heat	Heat	Cold	S1B1				
2	Cold	Heat	Dryness	Damp	Heat	Cold	Wind	Wind	Dryness	Damp	Heat	Cold	S2B2				
3	Dryness	Damp	Cold	Heat	Wind	Wind	Heat	Cold	Damp	Dryness	Damp	Dryness	S3B3				
4	Damp	Dryness	Wind	Wind	Cold	Heat	Damp	Dryness	Heat	Cold	Damp	Dryness	S4B4				
5	Heat	Cold	Heat	Cold	Dryness	Damp	Dryness	Damp	Wind	Wind	Dryness	Damp	S5B5				
6	Wind	Wind	Damp	Dryness	Damp	Dryness	Cold	Heat	Cold	Heat	Dryness	Damp	S6B6				
7	Cold	Heat	Dryness	Damp	Heat	Cold	Wind	Wind	Dryness	Damp	Cold	Heat	S7B7				
8	Dryness	Damp	Cold	Heat	Wind	Wind	Heat	Cold	Damp	Dryness	Cold	Heat	S8B8				
9	Damp	Dryness	Wind	Wind	Cold	Heat	Damp	Dryness	Heat	Cold	Wind	Wind	S9B9				
10	Heat	Cold	Heat	Cold	Dryness	Damp	Dryness	Damp	Wind	Wind	Wind	Wind	S10B10				
11	Dryness	Damp	Wind	Wind	Heat	Cold	Dryness	Damp	Cold	Heat	Heat	Cold	S1B11	Qi Yang Wind			
12	Cold	Heat	Cold	Heat	Damp	Dryness	Damp	Dryness	Wind	Wind	Wind	Wind	S2B12				
13	Wind	Wind	Dryness	Damp	Dryness	Damp	Heat	Cold	Heat	Cold	Wind	Wind	S3B1				
14	Heat	Cold	Damp	Dryness	Cold	Heat	Wind	Wind	Damp	Dryness	Damp	Heat	S4B2				
15	Damp	Dryness	Heat	Cold	Wind	Wind	Cold	Heat	Dryness	Damp	Dryness	Heat	S5B3				
16	Dryness	Damp	Wind	Wind	Heat	Cold	Dryness	Damp	Cold	Heat	Dryness	Damp	S6B4				
17	Cold	Heat	Cold	Heat	Damp	Dryness	Damp	Dryness	Wind	Wind	Cold	Damp	S7B5				
18	Wind	Wind	Dryness	Damp	Dryness	Damp	Heat	Cold	Heat	Cold	Cold	Dryness	S8B6				
19	Heat	Cold	Damp	Dryness	Cold	Heat	Wind	Wind	Damp	Dryness	Wind	Dryness	S9B7				
20	Damp	Dryness	Heat	Cold	Wind	Wind	Cold	Heat	Dryness	Damp	Wind	Cold	S10B8				
21	Dryness	Damp	Wind	Wind	Heat	Cold	Dryness	Damp	Cold	Heat	Heat	Cold	S1B9				
22	Wind	Wind	Damp	Dryness	Damp	Dryness	Cold	Heat	Cold	Heat	Heat	Cold	S2B10	Qi Yin Wind			
23	Cold	Heat	Dryness	Damp	Heat	Cold	Wind	Wind	Dryness	Damp	Damp	Dryness	S3B11				
24	Dryness	Damp	Cold	Heat	Wind	Wind	Heat	Cold	Damp	Dryness	Damp	Dryness	S4B12				
25	Damp	Dryness	Wind	Wind	Cold	Heat	Damp	Dryness	Heat	Cold	Dryness	Damp	S5B1				
26	Heat	Cold	Heat	Cold	Dryness	Damp	Dryness	Damp	Wind	Wind	Dryness	Damp	S6B2				
27	Wind	Wind	Damp	Dryness	Damp	Dryness	Cold	Heat	Cold	Heat	Cold	Heat	S7B3				
28	Cold	Heat	Dryness	Damp	Heat	Cold	Wind	Wind	Dryness	Damp	Cold	Heat	S8B4				
29	Dryness	Damp	Cold	Heat	Wind	Wind	Heat	Cold	Damp	Dryness	Wind	Wind	S9B5				
30	Damp	Dryness	Wind	Wind	Cold	Heat	Damp	Dryness	Heat	Cold	Wind	Wind	S10B6				
31	Heat	Cold	Heat	Cold	Dryness	Damp	Dryness	Damp	Wind	Wind	Heat	Cold	S1B7				
32	Wind	Wind	Damp	Dryness	Damp	Dryness	Cold	Heat	Cold	Heat	Heat	Cold	S2B8				
33	Cold	Heat	Cold	Heat	Damp	Dryness	Damp	Dryness	Wind	Wind	Wind	Wind	S3B9	Qi Yang Heat			
34	Wind	Wind	Dryness	Damp	Dryness	Damp	Heat	Cold	Heat	Cold	Cold	Heat	S4B10				
35	Heat	Cold	Damp	Dryness	Cold	Heat	Wind	Wind	Damp	Dryness	Cold	Heat	S5B11				
36	Damp	Dryness	Heat	Cold	Wind	Wind	Cold	Heat	Dryness	Damp	Dryness	Damp	S6B12				
37	Dryness	Damp	Wind	Wind	Heat	Cold	Dryness	Damp	Cold	Heat	Dryness	Damp	S7B1				
38	Cold	Heat	Cold	Heat	Damp	Dryness	Damp	Dryness	Wind	Wind	Damp	Dryness	S8B2				
39	Wind	Wind	Dryness	Damp	Dryness	Damp	Heat	Cold	Heat	Cold	Damp	Dryness	S9B3				
40	Heat	Cold	Damp	Dryness	Cold	Heat	Wind	Wind	Damp	Dryness	Heat	Cold	S10B4				

41	Damp	Dryness	Heat	Cold	Wind	Wind	Cold	Heat	Dryness	Damp	Heat	Cold	S1B5	
42	Dryness	Damp	Wind	Wind	Heat	Cold	Dryness	Damp	Cold	Heat	Wind	Wind	S2B6	
43	Cold	Heat	Cold	Heat	Damp	Dryness	Damp	Dryness	Wind	Wind	Wind	Wind	S3B7	
44	Cold	Heat	Dryness	Damp	Heat	Cold	Wind	Wind	Dryness	Damp	Damp	Dryness	S4B8	
45	Dryness	Damp	Cold	Heat	Wind	Wind	Heat	Cold	Damp	Dryness	Damp	Damp	S5B9	
46	Damp	Dryness	Wind	Wind	Cold	Heat	Damp	Dryness	Heat	Cold	Dryness	Damp	S6B10	
47	Heat	Cold	Heat	Cold	Dryness	Damp	Dryness	Damp	Wind	Wind	Cold	Heat	S7B11	
48	Wind	Wind	Damp	Dryness	Damp	Dryness	Cold	Heat	Cold	Heat	Cold	Heat	S8B12	Qi Yin
49	Cold	Heat	Dryness	Damp	Heat	Cold	Wind	Wind	Dryness	Damp	Wind	Wind	S9B1	Heat
50	Dryness	Damp	Cold	Heat	Wind	Wind	Heat	Cold	Damp	Dryness	Wind	Wind	S10B2	
51	Damp	Dryness	Wind	Wind	Cold	Heat	Damp	Dryness	Heat	Cold	Heat	Cold	S1B3	
52	Heat	Cold	Heat	Cold	Dryness	Damp	Dryness	Damp	Wind	Wind	Heat	Cold	S2B4	
53	Wind	Wind	Damp	Dryness	Damp	Dryness	Cold	Heat	Cold	Heat	Damp	Dryness	S3B5	
54	Cold	Heat	Dryness	Damp	Heat	Cold	Wind	Wind	Dryness	Damp	Damp	Dryness	S4B6	
55	Wind	Wind	Dryness	Damp	Dryness	Damp	Heat	Cold	Heat	Cold	Cold	Heat	S5B7	
56	Heat	Cold	Damp	Dryness	Cold	Heat	Wind	Wind	Damp	Dryness	Dryness	Damp	S6B8	
57	Damp	Dryness	Heat	Cold	Wind	Wind	Cold	Heat	Dryness	Damp	Dryness	Damp	S7B9	
58	Dryness	Damp	Wind	Wind	Heat	Cold	Dryness	Damp	Cold	Heat	Damp	Dryness	S8B10	
59	Cold	Heat	Cold	Heat	Damp	Dryness	Damp	Dryness	Wind	Wind	Damp	Dryness	S9B11	
60	Wind	Wind	Dryness	Damp	Dryness	Damp	Heat	Cold	Heat	Cold	Heat	Cold	S10B12	Qi Yang
61	Heat	Cold	Damp	Dryness	Cold	Heat	Wind	Wind	Damp	Dryness	Heat	Cold	S1B1	Damp
62	Damp	Dryness	Heat	Cold	Wind	Wind	Cold	Heat	Dryness	Damp	Wind	Wind	S2B2	
63	Dryness	Damp	Wind	Wind	Heat	Cold	Dryness	Damp	Cold	Heat	Wind	Wind	S3B3	
64	Cold	Heat	Cold	Heat	Damp	Dryness	Damp	Dryness	Wind	Wind	Cold	Heat	S4B4	
65	Wind	Wind	Dryness	Damp	Dryness	Damp	Heat	Cold	Heat	Cold	Cold	Heat	S5B5	
66	Dryness	Damp	Cold	Heat	Wind	Wind	Heat	Cold	Damp	Dryness	Dryness	Damp	S6B6	
67	Damp	Dryness	Wind	Wind	Cold	Heat	Damp	Dryness	Heat	Cold	Cold	Heat	S7B7	
68	Heat	Cold	Heat	Cold	Dryness	Damp	Dryness	Damp	Wind	Wind	Cold	Heat	S8B8	
69	Wind	Wind	Damp	Dryness	Damp	Dryness	Cold	Heat	Cold	Heat	Wind	Wind	S9B9	
70	Cold	Heat	Dryness	Damp	Heat	Cold	Wind	Wind	Dryness	Damp	Wind	Wind	S10B10	Qi Yin
71	Dryness	Damp	Cold	Heat	Wind	Wind	Heat	Cold	Damp	Dryness	Heat	Cold	S1B11	Damp
72	Damp	Dryness	Wind	Wind	Cold	Heat	Damp	Dryness	Heat	Cold	Heat	Cold	S2B12	
73	Heat	Cold	Heat	Cold	Dryness	Damp	Dryness	Damp	Wind	Wind	Damp	Dryness	S3B1	
74	Wind	Wind	Damp	Dryness	Damp	Dryness	Cold	Heat	Cold	Heat	Damp	Dryness	S4B2	
75	Cold	Heat	Dryness	Damp	Heat	Cold	Wind	Wind	Dryness	Damp	Dryness	Damp	S5B3	
76	Dryness	Damp	Cold	Heat	Wind	Wind	Heat	Cold	Damp	Dryness	Dryness	Damp	S6B4	
77	Heat	Cold	Damp	Dryness	Cold	Heat	Wind	Wind	Damp	Dryness	Dryness	Damp	S7B5	
78	Damp	Dryness	Heat	Cold	Wind	Wind	Cold	Heat	Dryness	Damp	Damp	Dryness	S8B6	
79	Dryness	Damp	Wind	Wind	Heat	Cold	Dryness	Damp	Cold	Heat	Damp	Dryness	S9B7	
80	Cold	Heat	Cold	Heat	Damp	Dryness	Damp	Dryness	Wind	Wind	Heat	Cold	S10B8	
81	Wind	Wind	Dryness	Damp	Dryness	Damp	Heat	Cold	Heat	Cold	Heat	Cold	S1B9	Qi Yang
82	Heat	Cold	Damp	Dryness	Cold	Heat	Wind	Wind	Damp	Dryness	Wind	Wind	S2B10	Dryness
83	Damp	Dryness	Heat	Cold	Wind	Wind	Cold	Heat	Dryness	Damp	Wind	Wind	S3B11	
84	Dryness	Damp	Wind	Wind	Heat	Cold	Dryness	Damp	Cold	Heat	Cold	Heat	S4B12	
85	Cold	Heat	Cold	Heat	Damp	Dryness	Damp	Dryness	Wind	Wind	Cold	Heat	S5B1	
86	Wind	Wind	Dryness	Damp	Dryness	Damp	Heat	Cold	Heat	Cold	Dryness	Damp	S6B2	
87	Heat	Cold	Damp	Dryness	Cold	Heat	Wind	Wind	Damp	Dryness	Dryness	Damp	S7B3	
88	Damp	Dryness	Wind	Wind	Cold	Heat	Damp	Dryness	Heat	Cold	Cold	Heat	S8B4	
89	Heat	Cold	Heat	Cold	Dryness	Damp	Dryness	Damp	Wind	Wind	Wind	Wind	S9B5	
90	Wind	Wind	Damp	Dryness	Damp	Dryness	Cold	Heat	Cold	Heat	Wind	Wind	S10B6	

91	Cold	Heat	Dryness	Damp	Heat	Cold	Wind	Wind	Dryness	Damp	Heat	Cold	S1B7	Qi Yin Dryness
92	Dryness	Damp	Cold	Heat	Wind	Wind	Heat	Cold	Damp	Dryness	Heat	Cold	S2B8	
93	Damp	Dryness	Wind	Wind	Cold	Heat	Damp	Dryness	Heat	Cold	Damp	Dryness	S3B9	
94	Heat	Cold	Heat	Cold	Dryness	Damp	Dryness	Damp	Wind	Wind	Damp	Dryness	S4B10	
95	Wind	Wind	Damp	Dryness	Damp	Dryness	Cold	Heat	Cold	Heat	Dryness	Damp	S5B11	
96	Cold	Heat	Dryness	Damp	Heat	Cold	Wind	Wind	Dryness	Damp	Dryness	Damp	S6B12	
97	Dryness	Damp	Cold	Heat	Wind	Wind	Heat	Cold	Damp	Dryness	Cold	Heat	S7B1	
98	Damp	Dryness	Wind	Wind	Cold	Heat	Damp	Dryness	Heat	Cold	Cold	Heat	S8B2	
99	Damp	Dryness	Heat	Cold	Wind	Wind	Cold	Heat	Dryness	Damp	Damp	Dryness	S9B3	
100	Dryness	Damp	Wind	Wind	Heat	Cold	Dryness	Damp	Cold	Heat	Heat	Cold	S10B4	
101	Cold	Heat	Cold	Heat	Damp	Dryness	Damp	Dryness	Wind	Wind	Heat	Cold	S1B5	
102	Wind	Wind	Dryness	Damp	Dryness	Damp	Heat	Cold	Heat	Cold	Wind	Wind	S2B6	
103	Heat	Cold	Damp	Dryness	Cold	Heat	Wind	Wind	Damp	Dryness	Wind	Wind	S3B7	
104	Damp	Dryness	Heat	Cold	Wind	Wind	Cold	Heat	Dryness	Damp	Cold	Heat	S4B8	
105	Dryness	Damp	Wind	Wind	Heat	Cold	Dryness	Damp	Cold	Heat	Cold	Heat	S5B9	
106	Cold	Heat	Cold	Heat	Damp	Dryness	Damp	Dryness	Wind	Wind	Dryness	Damp	S6B10	
107	Wind	Wind	Dryness	Damp	Dryness	Damp	Heat	Cold	Heat	Cold	Dryness	Damp	S7B11	
108	Heat	Cold	Damp	Dryness	Cold	Heat	Wind	Wind	Damp	Dryness	Damp	Dryness	S8B12	
109	Damp	Dryness	Heat	Cold	Wind	Wind	Cold	Heat	Dryness	Damp	Damp	Dryness	S9B1	
110	Heat	Cold	Heat	Cold	Dryness	Damp	Dryness	Damp	Wind	Wind	Wind	Wind	S10B2	
111	Wind	Wind	Damp	Dryness	Damp	Dryness	Cold	Heat	Cold	Heat	Heat	Cold	S1B3	
112	Cold	Heat	Dryness	Damp	Heat	Cold	Wind	Wind	Dryness	Damp	Heat	Cold	S2B4	
113	Dryness	Damp	Cold	Heat	Wind	Wind	Heat	Cold	Damp	Dryness	Wind	Wind	S3B5	
114	Damp	Dryness	Wind	Wind	Cold	Heat	Damp	Dryness	Heat	Cold	Damp	Dryness	S4B6	
115	Heat	Cold	Heat	Cold	Dryness	Damp	Dryness	Damp	Wind	Wind	Cold	Heat	S5B7	
116	Wind	Wind	Damp	Dryness	Damp	Dryness	Cold	Heat	Cold	Heat	Dryness	Damp	S6B8	
117	Cold	Heat	Dryness	Damp	Heat	Cold	Wind	Wind	Dryness	Damp	Dryness	Damp	S7B9	
118	Dryness	Damp	Cold	Heat	Wind	Wind	Heat	Cold	Damp	Dryness	Cold	Heat	S8B10	
119	Damp	Dryness	Wind	Wind	Cold	Heat	Damp	Dryness	Heat	Cold	Damp	Dryness	S9B11	
120	Heat	Cold	Heat	Cold	Dryness	Damp	Dryness	Damp	Wind	Wind	Wind	Wind	S10B12	

Elucidations to the Calendar:

1. Column NN means number of stage in the Calendar, the blue colour area means Yang activity of Yin meridians, but red colour is Yang activity of Yang meridians.

2. Abbreviations of meridians are given in accordance with decision of Geneva Acupuncture Meeting at 1989:

- * GB, Gall Bladder;
- * LR, Liver;
- * LU, Lungs;
- * LI, Large Intestine;
- * ST, Stomach;
- * SP, Spleen;
- * HT, Heart;
- * SI, Small Intestine;
- * UB, Urinary Bladder;
- * KI, Kidneys;
- * PC, Pericardium
- * TE, Triple Energizer

3. Time - the current day time

4. Names of Heaven Stems and Earth Branches (SxBx). The color of areas in this columns is in accordance with activity of meridians in daily circulation

5. Distribution of second type Qi in daily circulation.

6. Details inside body of Calendar:

* Blue area - Yin activity of meridians (see interpretation manual to the PMA 2.0 software at www.pulse-academy.org)

* White areas are Yang activity of meridians.

* Red cells mean resonance activation of proper inner phases by external frequencies of the second type.

* Yellow cells means activation of proper Phases "Heat" by external resonating frequencies of the first type.

* Cells has name of metabolic phases of meridians (see interpretation manual as it was mentioned above).

7. At right columns there are sectors of activations of frequencies (Qi) of the second type.