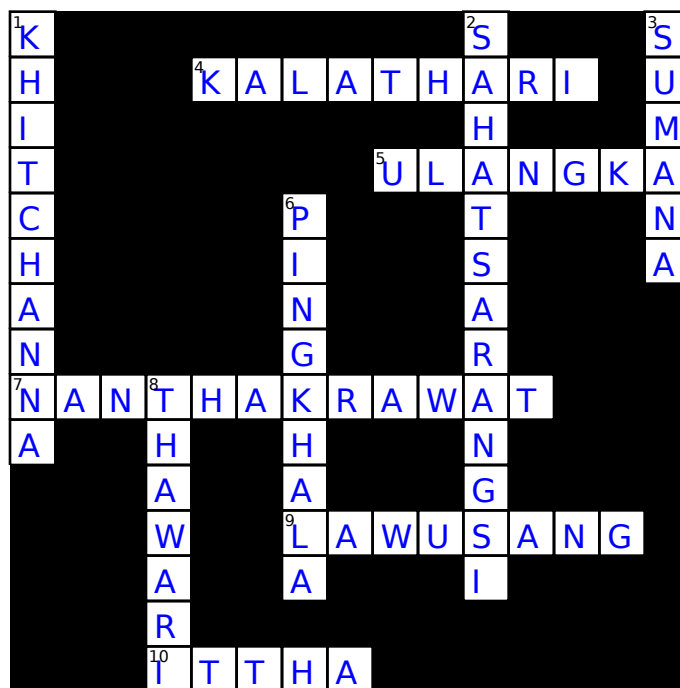


10 Sen Lines (Locations)

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Across

- 4 Starts at the navel and divides into four branches running along the inside of each arm and leg. the arm branches go through the abdominal and chest regions and across the shoulders down the arm and out to the end of each finger. The leg branches travel through the inguinal area down the leg and out into each toe.
- 5 Starts in right ear and travels down the right side of the throat into the chest, through the right nipple then turns inward ending in the solar plexus region.
- 7 This one is actually two lines (a and b) a starts at the navel, descends through the urethra (Sen Sikhini) b starts at the navel, descends through the colon ending at the anus (Sen Sukhumang)
- 9 Starts in left ear and travels down the left side of the throat into the chest, through the left nipple then turns inward ending in the solar plexus region
- 10 Starts in the left nostril, travel up and back inside the head, down the back of the neck, down the back, across the buttocks, along the lateral aspect of the leg to the knee and crosses to the medial aspect of the front of the leg and stops one thumb length from the navel on the left side.

Down

- 1 Runs from the navel to the penis in men (Sen Pitakun) Runs from the navel through the uterus into the vagina in women (Sen Kitcha)
- 2 Starts in the left eye and moves inside the head, through the throat, descending down the left side of the chest and abdomen, down the outside of the leg, crossing under the arch of the foot and up the inside of the leg, across the inguinal area and to the navel.
- 3 Starts at the tip of the tongue, travels down the throat and chest to the solar plexus region.
- 6 Starts in the right nostril, travel up and back inside the head, down the back of the neck, down the back, across the buttocks, along the lateral aspect of the leg to the knee and crosses to the medial aspect of the front of the leg and stops one thumb length from the navel on the right side.
- 8 Starts in the right eye and moves inside the head, through the throat, descending down the right side of the chest and abdomen, down the outside of the leg, crossing under the arch of the foot and up the inside of the leg, across the inguinal area and to the navel.