

Using the Shen/Body (身) to treat the Shen/Mind (神)

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**Avi Magidoff L.Ac.**

Lotus Institute Of Integrative Medicine  
Tel: (626) 780-7182 Fax: (626) 609-2929  
Website: [www.eLotus.org](http://www.eLotus.org) Email: [info@eLotus.org](mailto:info@eLotus.org)

Treating Psycho-spiritual Issues through Physical Means

**Shen, 神**, is the extension (申) of that which comes from Heaven (示)

It requires contact – otherwise it has nowhere to extend towards

Thus it seeks to be relaxed, spontaneous, free and disciplined all at the same time

Treating Psycho-spiritual Issues through Physical Means

申 Shen – to extend  
comes from 𠄎 – two hands  
extending a rope  
a man standing girding himself  
with two hands

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Avalokiteshvara (觀音) in the Heart Sutra (心經)

**照見五蘊皆空度一切苦厄**

Zhao Jian Wu Yun Jie, Kong Du Yi Qie Ku E  
("shed light on the 5 Skandhas and found them equally empty,  
after this penetration she overcame ill-being")

照 Zhao illuminate – to make apparent by putting it in the light of fire  
苦 Ku bitter – grass that is old - withered  
厄 e distress – a person crouching under a cliff

Ill-being (disease) has to do with lack of  
uprightness, lack of freshness, withered.

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By Ling Shu 33, health involves -

輕勁多力 – Qing Jing Duo Li (ease, vigour, lots of power)

輕 – Qing, light, ease

cart moving swiftly along river

勁 – Jing, vigorous, sturdy

River with strength (and internal river of strength)

輕安 – Qing An – ease/light, peace/calm

Prasrabhi (ease) the opposite of sluggishness  
– alertness, flexibility

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(Ling Shu 33 cont)

The opposite of ease is Auddhatya, excitement, restlessness  
which can be expressed as Bu An (不安)  
or as Diao Ju (掉舉) to lose one's wholeness (or uprightness, lift)

掉舉 – Diao Ju, drop the lift, loose wholeness

掉 Diao – drop, lose, fall

舉 Ju – lift, raise, uphold, whole

the top part is similar to Shen (申) to extend





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**Releasing the Occiput:**

Under-3rd-Toe  
U.B.66 (if hormonal related)  
Right only – left ST27

Puffy mastoid – relates to autoimmune – use Liv13

All neck issue – look at T3-T5

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**Autonomic Nervous System (ANS) Pulse:**

The clearest indication of an ANS disorder is the pulse.

It is a “tight” pulse, which in TCM would be described as “wiry” and thin, often weak but not necessarily so.

(note – wiry is supposed to be an Excess pulse, so saying “wiry” on a deficient pulse is inaccurate, but it is the common description)

This pulse disappears upon pressure (by Nagano) or changes quality and loses its “edginess” (by Avi)

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**ANS Reflexes:**

There is no autonomic nervous system clear reflex, but it can reflect on:

tight SCM (parasympathetic/vagus blockage)  
tight diaphragm (can reflect on C3)  
tight Liv12  
Ren17  
Ren9  
T5, T7  
Inner boarder of left scapula

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**ANS Treatments (I):**

Differentiate between slow and rapid (including normal) pulse  
Under-3rd-Toe – if pulse is not slow, or it is clearly tight  
S.J.8 for regular and slow pulse, S.J.5 for rapid pulse  
Pericardium (check P.8)  
Ren6 (rapid pulse only)  
Liv12 (rapid pulse)

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**ANS Treatments (II):**

**Back Treatments:**

Du2  
S.I.9/10  
T5, T7

There is a correlation between ANS and thyroid  
There is a correlation between ANS and Adrenal

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**Thyroid (I):**

Thyroid is in the Kidney domain - it is an endocrine gland,  
the throat is Kidney

domain

originally –

Kid3 for hypo, Kid7 for hyper, Kid9 for goiter

however, do not rely on this and check the effect on ST9

ST Qi – can be useful also (ST9 is thyroid reflex)

Hypothyroid – activate the Du

Du2, (L2), T11,12, T7, T5 (or T9, T4)

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**Thyroid (other considerations):**

Consider autoimmune issue  
 Consider toxicity (Kid9, L.I.15)  
 Check Liver  
 Always treat Liver and Thyroid in any type of cancer  
 especially if chemo or radiation are involved

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**Sugar Metabolism:**

SP3  
 T11,12  
 If diabetes add -  
 Adrenal (Kid below knee + 27)  
 Immune  
 Odi (right ST22)  
 Consider this for any sugar imbalance  
 Consider Diabetes to also be autoimmune (add Ren4 etc.)  
 Consider Fatty Liver treatment

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**Viscero-Ptosis:**

Can accompany sugar imbalance also  
 Can affect Zong Qi (ST30 is related to Zong Qi)  
 Reflects on ST30 to G.B.27/28 (inguinal)  
 ST13  
 Supporting points: G.B.26, Inner Yin, Immune

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**Stagnant Blood in the Head:**

Reflects on DU20 (area), can be pain, mushy or heat  
 Originally considered the result of damage on Ren4  
 e.g. post-partum depression  
 SP6, SP9, Pericardium (according to P.8), LU5  
 Also Mu Shu + U.B.2 (or ST9 or Tooth Faerie)

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**Liver:**

Reflects on Liv14 or under ribs, C3, U.B.43, T7/T9 (all on the right)  
 Deficient Right Liv1  
 Excess physical damage – Right Kid7, SP7, HT3, P.4  
 Mouth sores – SP3, Liv3 (bilateral)  
 Liv2 pressure pain – Liv4 + Liv8  
 Fatty Liver Right ST25, Liv13  
 (obese – start with left G.B.26, ST27, Ren6)  
 Other Kid9 + L.I.15 (detox)  
 Right Si Shen Cong  
 G.B.28 (needle towards leg – especially in menopause)  
 All types – left U.B.35 (to release right T7/T9)  
 Right S.I.11

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**Brain Damage:**

L2 – Stem of brain ends at DU2  
 Kid3 – nodule above Kid3  
 Shao Yin Jue – behind Liv3  
 Wiry Pulse (Parkinson's):  
 G.B39 (against channel) + SP9  
 Head injury – IhiKun (U.B.40, 58, 60)  
 Take U.B.40 lateral (and above) U.B.40

### Treating Psycho-spiritual Issues through Physical Means

#### **8-Extraordinary Vessels Treatments:**

Treat the actual channel, not just opening points

Chong for issues with regard to resonance with one's blueprint  
SP4 + Kid11, Kid16, Kid21, Kid27  
can add Ren15, P.6 (Luo - "escape valves"), can add Dai Mai

Yin Qiao for reflection on self, role in life  
Kid6, Kid8, ST9, U.B.1 (or 2)

Yin Wei for transitions in life, also "occupying" the self  
Kid9, Sp13, 14, or 15 (by sensitivity), Liv14, Ren22/23

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#### **DU24, DU23, U.B.5:**

This area should also be considered for all mental/emotional issues

DU24 神庭, Shen Ting the court of the Shen

DU23 上星, Shang Xing the upper star

U.B.5 五處, Wu Chu 5 Spaces

處 is a tiger (虎) pursuing (女) a resting place (几)  
処 - to dwell

These relate to Yamamoto's Basal Ganglia (centre), Cerbrum/cerebellum

### Treating Psycho-spiritual Issues through Physical Means

#### **Exorcism/Ghost Treatments:**

An option for when a person is "out of control" e.g., addiction, obsession

Opening Signature – DU24 (神庭, Shen Ting) + ST44 (内庭, Nei Ting)  
you may opt for DU23 (上星, Shang Xing)  
the Upper Star, a Sun Si Miao Ghost point  
(in which case you might close with Ren3)

Treatment – usually include P.6 (内關, Nei Gua – Gate to the Inner)  
and Kid9 (築賓 Zhu Bin – Built for Guests)

Closure – 陵, Ling Mound/Tomb (G.B.34, or SP9, or P.7 or ST26)  
The hill that is to be traversed – the burial grounds