

The Wind Cannot Be Grasped: A study in Point Names & Clinical Applications

Diversity in Channel Pathways

Ling Shu 2:

all meridians move towards torso
 e.g., 肺出於少商 Fei Chu Yu Shao Shang
 (the Lung arises at LU11, Shao Shang)
 出 Chu – to sprout

order is:
 Lung, Heart (Per), Liver, Spleen, Kidney
 Bladder, G.B, Stomach, San Jiao, S.I., L.I.

Diversity in Channel Pathways

Ling Shu 5:

Order same as L.S.2(Tai Tang, Shao Yang, Yang Ming, legs to arms)
 No Yin channels
 All channels move from fingers/toes to head (Leg Yang also)

Ling Shu 10:

Order is the one we are familiar with (Lung to Liver)
 Flow as we are familiar with

Diversity in Naming Points

命門 Ming Men – both DU4 and U.B.1

HT5 – Tong Li 通里 in today's texts
 通裏 in Ling Shu 10

HT7 – 神門 Shen Men today
 銳骨 Rui Gu, Sharp Bone, in Ling Shu 52
 兌骨 Dui Gu (Exchange Bone) by Ellis

Diversity in Naming Points

Acupuncture is only one modality that contributed/used the meridian system.

Others included:
 meditators
 martial artists
 Feng Shui and Geomancy practitioners
 Astrologers
 etc.

The Meridians

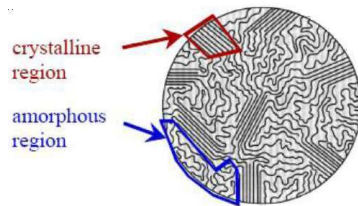
經脈 - Jing Mai

經 Jing = 糸 Silk + 冫 underground rivers

脈 Mai = 月 flesh (in the body) + 氵 river tributaries
 (永 reversed)

The threads/sutures that hold life together and give it pulse

Amorphous vs. Crystalline



Avi's Biases

- Limited Chinese scholarship
- Background in Chan (Zen) not Daoism
- Confirmation of ideas - clearing pressure pain
- Influence of yoga - slant toward "upright posture"

Immune Related Tissue

- glands behind the SCM (S.J.16)
- appendix (Right ST26-27)
- below the scapular spine
- above the posterior iliac crest
- L.I.10-11 attachment of muscle to bone

Hormone Related Areas

- Inner Thighs (Liv9/Inner Yin)
- Eyes (U.B.2)
- Occiput (G.B.20)
- Sacrum
- Supra-Scapular Fossa (S.I.13/S.J.15)

Nervous System Related Areas

- Occiput
- SCM
- T2-T7
- Inner Border of Left Scapula
- Tail Bone
- Groin (Liv12/SP12)

Circulation Related Areas

- S.I.11
- Scalenes
- Pectoralis
- Inguinal (ST30)
- Rhomboids, inner border of scapula

衝 Chong = Serious **重** Movement **行**
突 Tu = Dog **犬** rushing out of its cave **穴**

Related to pressure, stress, the nervous system

The 5 Shu Points

Yang Jing Well – Metal (Yin from within the Yang)
 Yin Jing Well – Wood (Yang from within the Yin)

井 – Jing = well
榮 – Xing (Ying) = the rising of water
俞 – Yu/Shu = to transport (across a river)
經 – Jing = Sutra/classic,
 implies **涇** – river currents under the ground
合 – He = Unite

The Tops: Jing 井 Points

Exchange –

少商	LU11 Shao Shang	Small Merchant
商陽	L.I.1 Shang Yang	Yang Merchant
厲兌	ST45 Li Dui	Sharp (harsh) Barter

Surging – (Chong as either **冲** or **衝**)

少冲	HT9 Shao Chong	Small Flushing
中衝	P.9 Zhong Chong	Middle Surging
關衝	S.J.1 Guan Chong	Gate of Surging

Rushing/Bubbling

涌泉	Kid1 Yong Quan	Bubbling Spring
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The Jing 井 Points II

至陰	U.B.67 Zhi Yin	Reaching Yin
足竅陰	G.B.44 Zu Qiao Yin	Leg Intelligence (opening) Yin
隱白	SP1 Yin Bai	Hidden White
大敦	Liv1 Da Dun	Big urging (sincerity)
少澤	S.I.1 Shao Ze	Small Marsh

The Webs: 榮 Points

魚際	LU10 Yu Ji	Fish Border
少府	HT8 Shao Fu	Small Exchange
大都	SP2 Da Du	Big Metropolis
內庭	ST44 Nei Ting	Inner Courtyard
二間	L.I.2 Er Jian	Second Space
行間	Liv2, Xing Jian	Moving Space
液門	S.J.2 Ye Men	Fluids Gate
勞宮	P.8 Lao Gong	Work Palace (宮 = connected rooms, palace)
前谷	S.I.2 Qian Gu	Before Valley
通谷	U.B.66 Tong Gu	Penetrating Valley
然谷	Kid2 Ran Gu	Blazing Valley
俠谿	G.B.43, Xia Xi	Noble Creek

The Wrists

陽谿	L.I.5 Yang Xi	Yang Creek
陽池	S.J.4 Yang Chi	Yang Pool
陽谷	S.I.5 Yang Gu	Yang valley
太淵	LU9 Tai Yuan	Great Depth/Great Abyss
太淵	P.7 Da Ling	Big Mound
神門	HT7 Shen Men	Gate of Shen

The Yin Channel Shu 俞 points:

太 – Great – a person 人 extending – themselves

太淵 LU9 Tai Yuan Great Depth/Great Abyss
太淵 P.8 Da Ling Big Mound
神門 HT7 Shen Men Gate of Shen

太白 SP3 Tai Bai Great White
太冲 Liv3 Tai Chong Great Surge
太谿 Kid3 Tai Xi Great Creek

俞 - Shu – to transport 喻 – to explain understand, know

The Foot Shu 俞 points (the Jue 厥 Line):

太白 SP3 Tai Bai Great White
太冲 Liv3 Tai Chong Great Surge

陷谷 ST43 Xian Gu Sinking Valley

足臨泣 G.B.41 Zu Lin Qi Leg Overlooking Tears
 臨 – Lin = Face, just before, overlook:
 臥 reclining/prostrating + 品 phonetic
 泣 – Qi = Cry, tears: 氵 water + 立 standing

束骨 U.B.65 Shu Gu Bundle/Restraining the Bone

The Ankles

商丘 SP5 Shang Qiu Merchant (Exchange) Mound
丘墟 G.B.40 Qiu Xu Burial Mound

解谿 ST41 Jie Xi Separating Creek
太谿 Kid3 Tai Xi Great Creek

昆侖 U.B.60 Kun Lun A mountain Range
中封 Liv4 Zhong Feng Centre Authority (Seal)

Ankles Vs Knees

Ankles:

谿 Xi – creek, is a valley, a gorge, a mountain stream,
 奚 – servant, or a person pulling threads or twisting
 谷 – Valley (Gu)

丘 Qiu – a mound
 a person against another back to back

Knees:

泉 Quan – Fountain, is white or pure waters

陵 Ling – a hill to be traversed 委 (taller than a mound)

The Knees: He 合 Points

陽陵泉 G.B.34 Yang Ling Quan Yang Mound Spring
陰陵泉 SP9 Yin Ling Quan Yin Mound Spring
曲泉 Liv8 Qu Quan Bending Spring
委中 U.B.40 Wei Zhong Yielding (Entrusting) Centre
陰谷 Kid10 Yin Gu Yin Valley
足三里 ST36 Zu San Li Leg 3 Mile

The Elbows: He 合 Points

小海 S.I.8 Xiao Hai Small Ocean
少海 HT3 Shao Hai Lesser Ocean
曲澤 P.3 Qu Ze Bending Marsh
尺澤 LU5 Chi Ze Measuring Marsh
曲池 L.I.11 Qu Chi Bending Pond
天井 S.J.10 Tian Jing Heavenly Well

Establishing the Upright Posture & the Space of the Body As a Path to Well-Being

What goes Down must come Up

經脈 - Jing Mai, Sutras and Pulses

The Upright posture is a vibration
It requires a push down in order to move up

The Pure Yang goes up
The Dirty Yin goes down



Defining Health

- Space
- Light
- Capacity for Change (new possibilities)

Disease as related to Upright Posture

疒 Chuang, the disease radical
to lie flat down 一 on a bed/plank 床

病 Bing, sickness 疒 which is a disease that spreads like fire 丙

症 Zheng, syndrome: the correct 正 disease 疒
正 Zheng = correct, Upright

Health as related to Upright Posture

健 Jian – Health
a person 亻 that is erect/established 建

藥 Yao – Medicine
a grass 艹 that brings happiness 樂

舒暢 - Shu Chang: "happy, entirely free from worry"
舒 Shu - to relax, to stretch,
暢 Chang - free unobstructed (extend 申 the rays 易)

欣 Xin – Joy: 欠 = to exhale

歡 Huan – Happy: a bird 萑 exhaling 欠

Health as Ease and Strength

Ling Shu 33:

髓海有餘
則輕勁多力
自過其度

Marrow Ocean has surplus
then Ease, Sturdiness, lots of strength
One surpasses his limits

髓海不足
則腦轉耳鳴
脛痠眩暈
目無所見
懈怠安臥

Marrow Ocean not sufficient
then brain turns, ears cry
legs hurt, dizziness occurs
Eyes have no sight
lazy and wants to lie down

Health as Qing 輕 Ease

輕 – Qing = Ease, Light

輕安 – Qing An = Prasbadhi, easeful

掉舉 – Diao Ju = Auddhatya, restless, aggitated

掉 – Diao = to lose, to fall, to drop

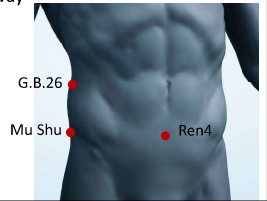
舉 – Ju = lift: hands participating (similar to extend 申)
two hands coming from the side to lift

Health as Extending

G.B.27 Wu Shu 五樞 5 pivot

G.B.28 Wei Dao 維道 Support/Linking Way

Mu Shu – level with Ren4 to the side
(below G.B.26)



Ill-health (Heart Sutra)

Guan Yin –

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

Ill-being as bitter and distress

苦 – Ku = Bitter:

grass that has been around 10 times

厄 – E = Distress:

a crouching, stooping, figure

Shedding light as countering Suffering

觀音 Guan Yin (Avalokiteshvara)

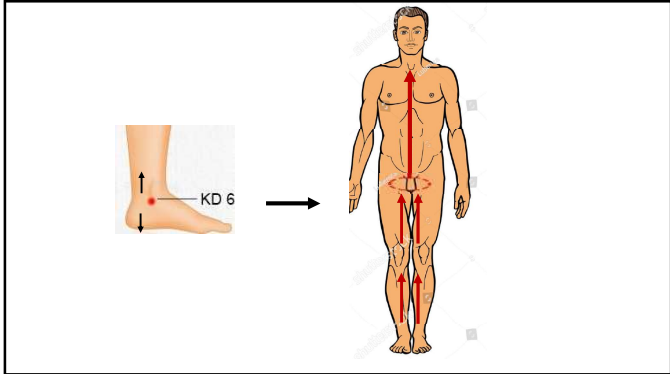
觀 – to observe: a bird/stork 霍 seeing 見

音 – Sound

照見 – Zhao Jian: to illuminate, to shed light

照 Zhao – to make apparent 昭
by putting it in the light of the fire 𤇀

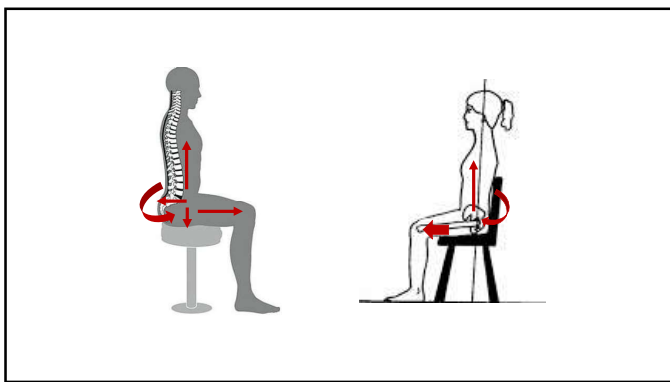
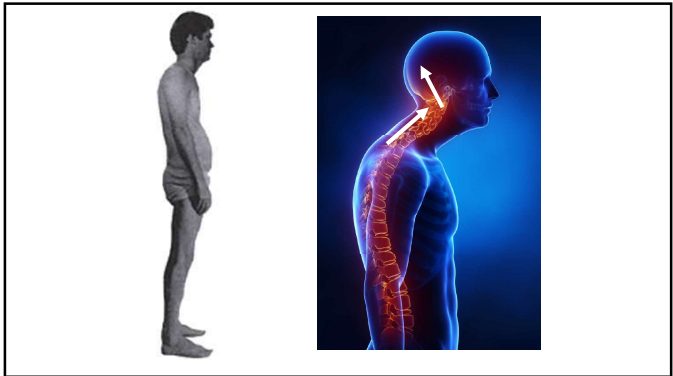
照海 – Zhao Hai, Illuminating Ocean, Kid6



Creating the Lift/Extension/Space

Kid6
Inner Yin – Xin Yin Men (new BL37)
Mu Shu
BL2

JALANDHARA BANDHA
UDDIYANA BANDHA
MULA BANDHA



Liv4 中封 Zhong Feng & ST30 氣街/氣沖 Qi Jie/Qi Chong

中封 Liv4 Zhong Feng - the seal of the centre
 封 Feng, Seal: hand 手 (written as 寸)
 conferring authority 圭 (land 土 + growth 之)

氣沖 ST30 Qi Chong, or Qi Jie **氣街** Qi Jie
 街 Jie – Street/Hub: to walk 行 with authority 圭

Ling Shu 2: 使逆則宛, 使和則通 搖足而得之
 go against then obstruction, shake foot to find it
 to make harmony go with

The Eyes

Eyes – relate to perception
 relate to pain
 affect the nervous system
 strained eyes, strain the
 occiput,
 shoulders,
 spine
 diaphragm

Substitute Points

SP3 – Tai Bai anchors foot
 SP9 – Yin Ling Quan, “spring” below knee
 Liv4 – Zhong Feng, relates to psoas and perineal floor (ST30)
 ST41 – Jie Xi, fulcrum/axis

Kid7 – Fu Liu, “recover the flow” of the channel – look for bumps

Inner Yin – originally releases trapezius
 affects whole skeletal system (activates perineum lift)

T11/12, U.B.49

Lift Supporting Points

U.B.36 - 承扶 Cheng Fu Receiving Support
affects hamstring's influence on pelvic tilt/spine

G.B.29 - 居膠 Ju Liao Residing Liao
creates space between torso and leg
releases diaphragm

居 Ju = to reside (踞 - to squat)

膠 Liao = 骨 Bone + 翥 to soar (wings 羽 + hair 彡)

ST31 - 髀關 Bi Guan

The Upper Points

U.B.2 (standing for U.B.1 - "Ming Men")

ST9 - 人迎 Ren Ying, Human Welcoming

"Tooth Faerie"

release tension in neck and jaw
to encourage/re-establish perineal floor lift

Eye Substitution Points

ST1 承泣 Cheng Qi

G.B.1 瞳子膠 Tong Zi Liao

瞳 Tong = eye 目 + virgin 童 (punishment for severe crime)

衝 Chong = movement 行 with seriousness 重

重 and 童 are variations on same character



Creating Treatment Strategies
based on Point Names

Why Bother with Point Names?

- can give us ideas on how others saw this area of the body
- allows us to have a “conversation” about our ideas of how we map the body
- expands the possibilities, based on our imagination
- increases our ability to come up with new treatment ideas

Why Bother with Point Names?

- “Ren4” – between 3 and 5 on the Ren channel
- “Guan Yuan” – 關元 Gateway to the Primary
Yuan 元 = 上 top (head – altered to 二) of person 儿
- Liv4 中封 Zhong Feng Seal of the Centre
- ST30 氣街 Qi Jie The Hub of Qi

Why Bother with Point Names?

- Liv9 陰包 Yin Bao, Yin Wrapping (uterus or bladder)
- 陰器 = Yin Qi Yin Tools = an expression for the genitals
Liv9 affects the perineal floor
- SP3 – release scalenes, releases muscular tension
by name – 太白 Tai Bai Great White
白 = the sun 日 rising (the dot above)
- Can we release the scalenes by grounding? Or must it be SP3?
- Can we release pain by grounding the feet?

Approaches to Point Names

- in relationship to other points with similar names
- in relationship to its location
- In relationship to what we already know the point affects
- In relationship to what we already about that area of the body

Approaches to Point Names

- Direct name correlation (typical in TCM)
- The name suggests a function
- The name suggests a dysfunction/pathology
- The name suggests an organ or body part the point is related to
- The name is shared by other points, suggesting a possible connection between them
- Other – using partial characters, building concepts from characters etc.

Direct Correlation, as used in TCM

Eyes/Vision:

- U.B.6 承光 Cheng Guang Receiving Light
- G.B.16 目窗 Mu Chuang, Window of the Eye
- G.B.37 光明 Guang Ming Light Brightness

Release Exterior:

- U.B.12 風門 Feng Men Wind Door
- G.B.20 風池 Feng Chi Wind Pool
- S.J.5 外關 Wai Guan Outside Passageway

Direct Correlation, as used in TCM

Skin (as Wind):

G.B.31 風市 Feng Shi Wind Market

Blood (nourish, clear heat, invigorate, etc.)

SP10 血海 Xue Hai Blood Ocean

Affect the Interior/Heart:

P.6 內關 Nei Guan Inner Gate

Affect Sinews/Contraction:

DU8 筋縮 Jin Suo Sinew Shrinking

Name Suggests a Function

Kid4 大鐘 Da Zhong Big Bell
a bell/clock is striking metal, therefore lungs

U.B.62 申脈 Shen Mai Extending Vessel
extension, and therefore treats sacrum

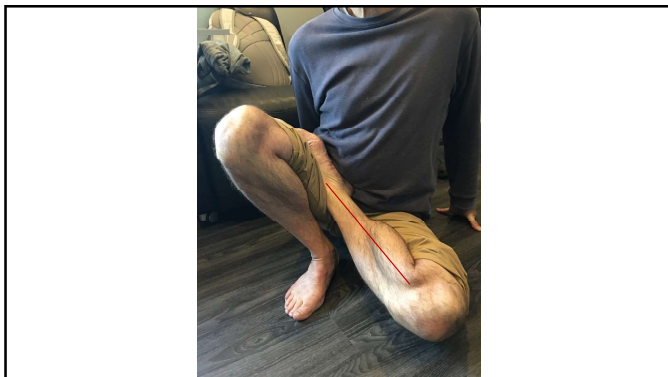
Kid6 照海 Zhao Hai Illuminating Ocean (less obvious than U.B.62)
Zhao 照 overcomes E 厄, hence extends the torso, affects sacrum

SP8 地機 Di Ji Earth Machine
capacity to create new cells (generate matter)

Name Suggests a Function

Liv8 曲泉 Qu Quan Bending Fountain/Spring
The name suggests the knee is bent
allows bending and stretching: tendons

Bending Stretching Points: Stomach Qi and Sacro-iliac
Torque: G.B.34



Name Suggests a Function

- U.B.36 **承扶** Cheng Fu Recieve the Support
affects posture and musculature
- U.B.37 **殷門** Yin Men Abundance Gate
affects flesh (mostly hamstring but also on back)
Inner Yin (New Yin Men **新殷門**) affects flesh everywhere

Name Suggests a Function

- Liv12 **急脈** Ji Mai Hurried Pulse
- SP12 **沖門** Chong Men Rushing Gate
Reflect the state of the autonomic nervous system
- G.B.29 **居膠** Ju Liao Residing Liao (踞 = Squat, 居 = Reside)
allows diaphragm to expand, to reside: calms the ANS

Name Suggests a Function

- LU8 **經渠** Jing Qu Channels and Ditches
– oxygenates the blood
- S.J.8 **三陽絡** San Yang Luo 3 Yang Network
– smooth the Yang, calms the nervous system
- LI.16 **巨骨** Ju Gu – Gigantic Bone
implies plenty of marrow: treats low back pain

Name Suggests a Function

- ST9 **人迎** Ren Ying Welcome Human
Thyroid reflex, “primitive reflex”
- SP20 **周榮** Zhou Rong Thriving Circulation
Cardiac reflex
- ST24 **滑肉門** Hua Rou Men Slippery Flesh Gate
Treats pulsations at the navel
- Ren12 **中腕** Zhong Wan Wan 腕 as 骨脂 (bone fat)
affects marrow, spine

Name Suggests a Function

- S.I.11 **天宗** Tian Zhong Heavenly Ancestor
related to Zhong Qi, circulation
- S.J.15 **天膠** Tian Liao Heavenly Liao
relates to pituitary/hormones
- DU6 **脊中** Ji Zhong Centre of Spine
T11 treats the whole spine

Name Suggests a Dysfunction

- Kid2 **然谷** Ran Gu Burning Valley
adrenal exhaustion
the burning of the desires (Yu **欲** = Desire)
- Kid7 **復溜** Fu Liu Recover the Current
“collapsing bumps” – prolapse of upright posture
- Kid9 **築賓** Zhu Bin Guest House
Toxicity, addictions

Name Suggests a Dysfunction

- SP9 **陰陵泉** Yin Ling Quan
 G.B.34 **陽陵泉** Yang Ling Quan
 Yin/Yang Mound Fountains/Springs
 Dropping affects below the knee
- U.B.63 **金門** Jin Men Metal Gate
 diarrhea, boils (skin and Colon – Metal)

Name Suggests a Dysfunction

- G.B.39 **懸鐘** Xuan Zhong Suspended Clock
 Irregular pulse (heart 心 is suspended 懸)
- Liv5 **蠱溝** Li Gou Worm Hole
 insect is eating through the Wood channel
 liver weakness – endometriosis, gout
- S.J.18 **契脈** Qi Mai Madness or Spasm Vessel
 spasms, ANS

Name Suggests a location/organ

- L.I.2 **二間** Er Jian Second Space
 L.I.3 **三間** San Jian Third Space
 Second/Third section of Colon
- S.I.2 **前谷** Qian Gu Front Valley
 S.I.3 **後谿** Hou Xi Behind Stream
 sections of Small Intestines: jejunum, ileum respectively
 S.I.1 Shao Ze **少澤** Small Marsh – Duodenum
- ST22 **關門** Guan Men Gate of Gate
 Oddi sphincter

Name Suggests a location/organ

- Liv4 **中封** Zhong Feng Seal of the Centre
 affects psoas, ST30, the core (centre)
- Liv9 **陰包** Yin Bao Yin Wrapping
 bladder, uterus, perineal floor
- Ren3 **中極** Zhong Ji Central Pole
 affects the extremities (fingers, toes)
- S.J.3 **中渚** Zhong Zhu Central Sand Bank
 affects Mastoid and Atlas

Name Sharing

- ST13 **氣戶** Qi Hu treats ST30 **氣沖** Qi Chong
- SP15 **大橫** Da Heng, relates to Kid11 **橫骨** Heng Gu
 and to ST9 area as the hyoid (horizontal) bone
- ST34 **梁丘** Liang Qiu treats ST21 **梁門** Liang Men
- U.B.35 **會陽** Hui Yang treats T7, DU9 **至陽** Zhi Yang
- ST44 **內庭** Nei Ting, works with DU24 **神庭** Shen Ting

Other

- HT2 **青靈** Green Spirit + Kid12 **大赫** Great Red
 treat Ren19 **紫宮** Zi Gong Purple Palace
- Hai **海** Ocean as implying salt/mineral.
 (Ocean 海 = where all 每 the water 去 goes to)
 Kid6 **照海** Zhao Hai
 SP10 **血海** Xue Hai
 Ren6 **氣海** Qi Hai
 HT3 **少海** Shao Hai
 S.I.8 **小海** Xiao Hai

The 育 Huang Points

育 Huang - 亡 to die, to perish, missing, buried
 月 flesh/in the body

- U.B.43 膏育俞 Gao Huang Shu
- Kid16 育俞 Huang Shu
- U.B.53 胞育 Bao Huang
- U.B.51 育門 Huang Men

The 髀 Liao Points

髀 - Liao = "Bone Hole"
 骨 Bone + 翬 to soar, the sound of wind
 羽 - wings, 彡 - hair



The Lung Channel

Goes from the Centre out
 Reflects a canopy/umbrella/sprinkler

Used for:

- Lung/Breathing disorders
- Immune and auto-immune disorders
- Disseminating Qi (micro-circulation)
- Exchange: Fu 府, and Shang 商
- Mother of Kidney

LU1 中府 Zhong Fu LU2 雲門 Yun Men

Zhong Fu 中府
 中 - Zhong = Centre
 府 - Fu = Palace, a building (广) where payments/deliver (付) are made
 - an exchange place

LU2 Yun Men 雲門
 雲 - Yun = Cloud (雨 rain + 云 vapor)
 門 - Men = gate, door, entrance

Labels on the diagram:

- UB12 風門
- ST13 氣戶
- UB42 魄戶
- Liv14, 期門
- LU2, 雲門
- Kid21 幽門
- Liv13 章門
- GB25 京門

LU1 中府 Zhong Fu LU2 雲門 Yun Men

- Reflects the lung envelope (e.g. emphysema)
not the bronchii
- Brachial Plexus Congestion
affecting the arm and the breast
- Reflects Dai Mai (obliques) twisting

Release with Kid7, G.B.26

LU3 天府 Tian Fu LU4 俠白 Xia Bai

Chinese



Japanese



LU3 天府 Tian Fu LU4 俠白 Xia Bai

Tian Fu 天府

天 – Tian = Heaven

府 – Fu = Palace, a 广 building where 付 payments/deliver are made
- an exchange place

Xia Bai 俠白

俠 – Xia = Heroic/Noble:

Person + 夾 (Jia: a person holding two others – suggestive of rescue)

白 – Bai = White, The Sun 日 rising

LU5 尺澤 Chi Ze

尺 – Chi = A measurement, Foot

澤 – Ze = Pond or radiance, luster, grace, also moist/damp

Water + 睪 to watch, to spy

Lung – asthma, bronchitis etc.

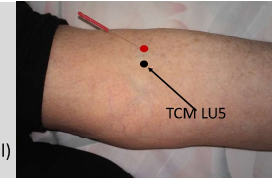
add Kid4 for inhalation problems

SP4 for exhalation problems

Immune

Autoimmune

Supporting Kidney (water on Metal)



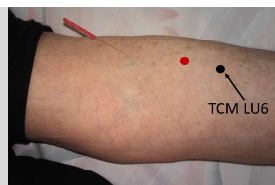
LU6 孔最 Kong Zui

孔 – Kong = Hole, Opening

最 – Zui = Most/exceed

(冂 Mao, cover + 取 Qu, to take)

3 fingers below LU5
use for hemorrhoids,
rectal congestion



LU7 列缺 Lie Que LU8 經渠 Jing Gu

Lie Que 列缺

列 – Lie = Line up, classify:

to cut (knife 刀) to the bare bone (歹 evil: a bone cut in half)

缺 – Que = Lack, short off pottery, 缶, divided 夫

列缺 = lightning

Jing Qu 經渠

經 – Jing = Channel

渠 – Qu = Ditch, canal

LU7 列缺 Lie Que LU8 經渠 Jing Gu

Supply Oxygen in the blood (meeting of Vessels?)
 use for numbness
 Lung problems (esp. if pressure pain on LU10)
 Releases Scalenes
 Tail bone pain
 Urinary incontinence (worse when cold)
 Hormonal headaches (with SP6)
 Autoimmune diseases

LU9 太淵 Yai Yuan

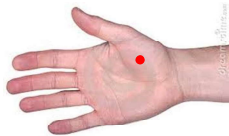
太 – Tai = Great
 淵 – Yuan = Abyss/deep



Used with L.I.5 for shoulder problems
 Originally used in auto-immune protocols

LU10 魚際 Yu Ji

魚 – Yu = Fish
 際 – Ji = Edge, border



Fire point – used for diagnosis of Lung channel
 Treats QL muscle (Kidney muscle – U.B.23/52 area) pain
 Impotence

Fish and Buddha Feet

Buddha feet depicted with fish behind Liv3



Traditional Buddha Feet without fish

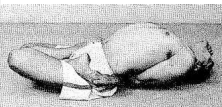


Vajra 金剛: Thunderbolt/Cut Through

Supta Vajrasana

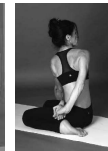


Yoga Mudrasana



Vajra 金剛: Thunderbolt/Cut Through

Supta Urdva Pada Vajrasana




Laghu Vajrasana




Matsya 魚: Fish

Ardha Matsyendrasana



Purna Matsyendrasana



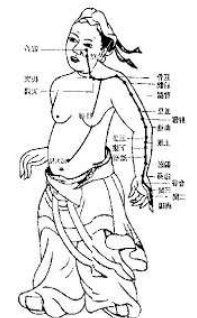
LU11 少商 Shao Shang

少 – Shao = lesser
商 – Shang = Merchant, to discuss, to trade

The Large Intestine Channel

Crosses sides @ DU26, 人中, Human Centre)

Elbow to wrist point names - reflect Leg Yang Ming names

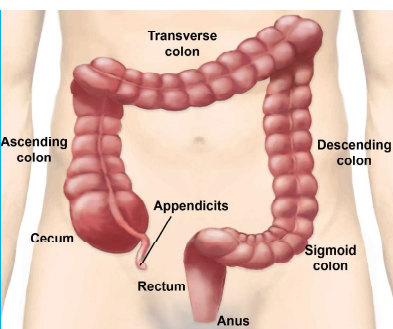


L.I.10 手三里 Shou San Li	ST36 足三里 Zu San Li
L.I.9 上廉 Shang Lian	ST37 上巨虚 Shang Ju Xu
L.I.8 下廉 Xia Lian	ST39 下巨虚 Xia Ju Xu
L.I.5 阳谿 Yang Xi	ST41 解谿 Jie Xi

L.I.1 商陽 Shang Yang
商 – Shang = Merchant, to discuss, to trade

L.I.2 二間 Er Jian
二 – Er = two
間 – Jian = Space, crack, in between sun/light 日 through the door 門

L.I.3 三間 San Jian
Third Space



L.I.1 商陽 Shang Yang L.I.2 二間 Er Jian

- Metal/Water – for channel pain (including gums, teeth)
- To affect intestinal physical tissue/lining
- L.I.2 – for eyelids and red eyes



Sawada L.I.1



Sawada Liv1

L.I.4 合谷 He Gu

合 – He = Unite: 亼 gather/many + 口 Mouth (many mouths as one)
谷 – Gu = Valley: water [modified] through the ravine's mouth
 sometimes used in place of Gu, grain, 穀

Relates to the brain; used for prognosis of brain-motor problems
 Treats high blood pressure
 Treats Liver Excess patters (Right L.I.4, black clip + Left Liv3 red clip)

L.I.5 陽谿 Yang Xi

谿 – Xi = Creek, Ravine
 Xi 奚 (phonetic) + Gu 谷 Valley

Fire Point Diagnosis
 With LU9 for shoulder pain

L.I.6 偏歷 Pian Li

偏 – Pian = Leaning, Tilting, Slanted (one sided, prejudiced)
歷 – Li = stop or to pass: to experience, to go through
 麻 - cover ripening crops → end of cycle, period, term
 止 - stop

Gum inflammation



L.I.7 溫溜 Wen Liu

溫 – Wen = Warm
 water which feels benevolent 𩰫
 (as in a prisoner 囚 given a plate 皿)
溜 – Liu = Flow: Slipping, Skating
 water that is 留 stopped)

L.I.8 下廉 Xia Lian L.I.9 上廉 Shang Lian

下 – Xia = Below
上 – Shang = Above
廉 – Lian = Corner, Angle, Side
 also Honest, Incorruptible or to examine
 兼 unite, simultaneous, under a shelter 广

L.I.10 手三里 Shou San Li

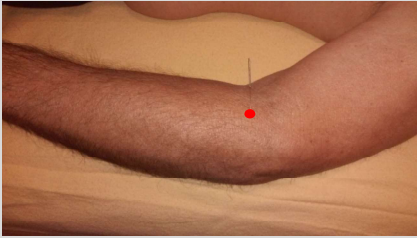
L.I.10 Shou San Li 手三里 (Arm 3 Li)
 ST36 – Zu San Li 足三里 (Leg 3 Li)
 L.I.13 – Shou Wu Li 手五里 (5 Arm Li)
 Liv10 – Zu Wu Li 足五里 (Leg 5 Li)
 HT5 – Tong Li 通里 (Penetrating Li) 通裏
 Ren11 – Jian Li 建里 (Establishing Li) 建裏

里 - Mile
 裏 - Inside

L.I.10 手三里 Shou San Li

“Immune Point”

any immune issues
Shao Yang H.A.
Shoulder



L.I.11 曲池 Qi Chi

曲 – Qu = Bend

池 – Chi = Pond/Pool

where water pools into, a basin

(e.g., 电池 a battery – where electricity pools)

P.1 - Tian Chi 天池 (Heaven Pool)

S.J.4 - Yang Chi 陽池 (Yang Pool)

G.B.20 – Feng Chi 風池 (Wind Pool)

What is pooled at L.I.11?

L.I.12 肘髎 Zhou Liao

肘 – Zhou = Elbow

髎 – Liao = “Bone Hole”

骨 Bone + 髎

翬 Liu: to soar, the sound of wind

羽 – wings, 彡 - hair



L.I.13 手五里 Shou Wu Li

手 – Shou = Arm

五 – Wu = 5

里 – Mile, Village, Hamlet

L.I.14 臂臑 Bi Nao

臂 – Bi = Arm

臑 – Nao = Soft, Upper Arm

Used for Eyes & voice
Release with Kid7, U.B.42/S.I.9/10

瞳 Tong, Pupil → 目 Mu, Eye + 童 Tong, Virgin → 重 Chong, Serious + 辛 Xin, Crime

臂 Bi, Arm → 辟 Pi, Law + 月 flesh radical → 冂 Seal □ “mouthed” to 辛 Xin - criminals

L.I.14 臂臑 Bi Nao L.I.15 肩髃 Jian Yu



L.I.15 肩髃 Jian Yu

肩 – Jian = Shoulder
 髃 – Yu = “Shoulder Bone”

Voice
 Eyes
 Skin
 Detox

**loves Okyu



L.I.15 肩髃 Jian Yu

髃 – Yu Shoulder Bone
 骨 – Bone
 禺 – Yu, mountain district also monkey
 田 – demon’s head
 内 – rump, to trample
 愚 – foolish



L.I.16 巨骨 Ju Gu

巨 – Ju = Huge, enormous
 骨 – Gu = Bone:
 skeleton (丹 - shows skull & spine) inside the flesh 月

Supporting point for spine:
 Huge Bone implies big marrow

L.I.17 天鼎 Tian Ding L.I.18 扶突 Fu Tu

天 – Tian = Heaven
 鼎 – Ding = Sacrificial vessel, tripod
 扶 – Fu = Help, aid - hand 扌 of a man 夫
 突 – Tu = Abrupt, Dash - a dog 犬 rushing out of its cave 穴

Reflect the Thyroid – treat Kidney points
 Reflect the ANS – treat opposite San Jiao (5 or 8)
 L.I.18 – treats cervical spine (C5)

L.I.19 禾髃 He Liao L.I.20 迎香 Ying Xiang

禾 – He = Grain TW22 和髃 He Liao
 髃 – Liao = “Bone Hole” connotes amplification


迎 – Ying = Welcome - 辶 move towards and 卩 look up
 香 – Xiang = Fragrance:
 Grain, 禾, that is sweet 甘 (something inside the mouth)

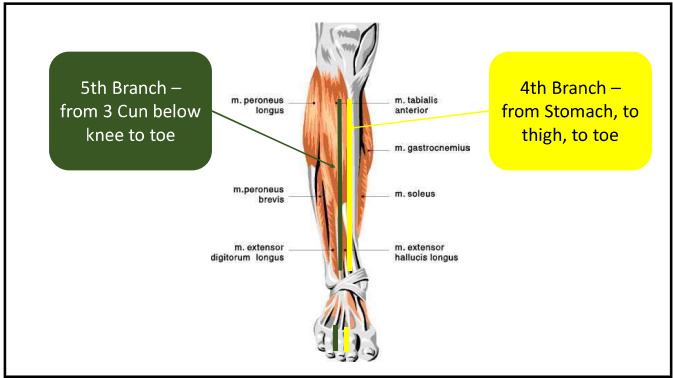
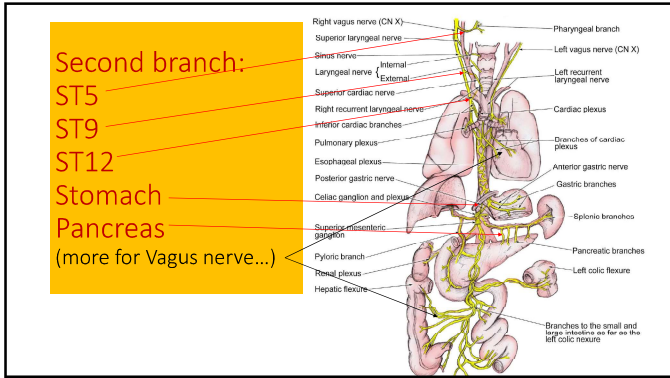
L.I.20 - diagnosis points of sinus, nose, deviated septum with magnets for snoring

The Stomach Channel

6 Branches:

- (1) Nose, eyes, mouth, ears, to brain - this is the main branch!
- (2) ST5 to throat, to ST12, diaphragm stomach & Spleen
- (3) ST12 to breast, side of navel, to ST30
- (4) Stomach’s mouth, down to ST30, down the thigh, to instep to inside of 3rd toe
- (5) ST36 to outside of 3rd toe
- (6) Top of instep, down to big toe tip





ST1 承泣 Cheng Qi

承 – Cheng = Accept, Receive, Undertake, Inherit
 卪 – hands joined (respectfully), 手 – hand, 卪 – seal

泣 – Qi – Tears, to cry, sob, weep (water + 立 standing erect)

ST2 承泣 Si Bai ST3 巨膠 Ju Liao

承 – Cheng = Accept, Receive, Undertake, Inherit
 卪 – hands joined (respectfully), 手 – hand, 卪 – seal

泣 – Qi – Tears, to cry, sob, weep (water + 立 standing erect)

巨 – Ju = Great

膠 – Liao = Bone hole: Bone + Liu (膠), to soar, the sound of wind

Reflects Sinuses (not so much eyes)

ST4 地倉 Di Cang

地 – Di = Earth

倉 – Cang = Storehouse, barn: a container of food

Earth Store Bodhisattva
 Kshitigarbha Di Cang 地藏

ST5 大迎 Da Ying

大 – Da = Big

迎 – Ying = Welcome, Greet 辵 move towards + 卪 look up

迎 Ying, Welcome – also L.I.20 (迎香) and ST9 (人迎)

ST6 頰車 Jia Che

頰 – Jia = Jaw/cheeks: 夾, hold between, squeezes, 頁 the head

車 – Che = Car

Reflects – TMJ

treat Kid9, S.J.8, behind G.B.21

ST7 下關 Xia Guan

下 – Xia = Below

關 – Guan = Gate Passage, Close, turn off
- silk threads inside gate (obstacle → checkpoint)

ST8 頭維 Tou Wei

頭 – Tou = Head

維 – Wei = Tie, Link, Support, Maintain

腦為髓之海

– Brain serves as Sea of Marrow

其輸上在於其蓋 蓋 Gai – canopy, lid, imprint

– its shu (transport) at the top is located at its **canopy**

下在風府

– Below it is Feng Fu (DU16)

ST9 人迎 Ren Ying ST10 水突 Shui Tu

人 – Ren = Person

迎 – Ying = Welcome: 迎 move towards + 印 look up (praise)

水 – Shui = Water

突 – Tu = Abrupt, Dash - Dog 犬 rushing from its cave 穴

Thyroid – treat Kidney points

ANS – treat opposite San Jiao (5/8)

“Primitive reflex” – treat Stomach Qi

ST9 treats cervical (esp. C4) – hence diaphragm and ANS

ST11 氣舍 Qi She ST12 缺盆 Que Pen

氣 – Qi

舍 – She = Hut, Residence

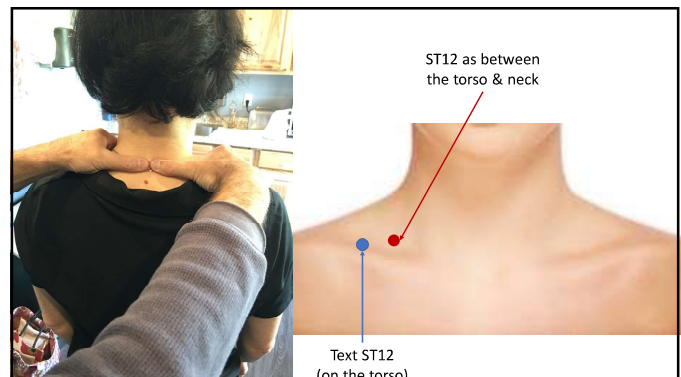
缺 – Que = Lack, Short, Deficient, Absent

盆 – Pen = Basin, Dish (dish, 皿, with separate – 分 – edges)

Scalenes/Brachial Plexus – treat SP3, LU8, HT3, Inner Yin

Muscular pain – treat SP3

Weak stomach acid – treat left Ear endocrine, left ST36

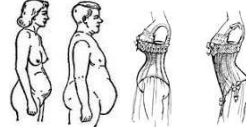


Su Wen 58:
 胸俞十二穴
 Chest (Xiong) Shu 12 Points
 背俞二穴
 Back Shu 2 Points
 膺俞十二穴
 Breast (Ying) Shu 12 points

- ST13 氣戶 Qi Hu
Qi Door
- ST14 庫房 Ku Fang
Storage Building
- ST15 屋翳 Wu Yi
Room Screen
- ST16 膺窗 Ying Chuang
Breast Window
- ST17 乳中 Ru Zhong
Breast Centre
- ST18 乳根 Ru Gen
Breast Root

ST13 氣戶 Qi Hu

氣 - Qi
 戶 - Hu = Door, household/family



Treats pressure pain on ST30 – “viscero-ptosis”

ST18 乳根 Ru Gen

乳 - Ru = Breast
 (related to hatching, feeding the young - as in breast milk)

根 - Gen = Root

Left ST18 –part of cardiac diagnosis

ST19 不容 Bu Rong ST20 承滿 Cheng Man

不 - Bu = No
 容 - Rong = Contain
 also Appearance
 a cover over Gu 谷

承 - Cheng = Receive/Support
 滿 - Man = Full, Satisfied
 water + 滿 even

ST21 樑門 Liang Men

樑 - Liang = Beam, Bridge (cut trees over water)
 門 - Men = Gate

Beam across ST21 – Weak Pancreas: use Kid6+27, Sp5, LU5
 Left ST21 - gastric ulcer Release the SCM (S.J. 5/8)
 Right St21 – duodenal ulcer + SP4/P.6
 Left ST21 – weak stomach acid Ear Endocrine, left ST11, left ST36
 ST34 (Liang Qiu) affects ST21 (Liang Men)

ST22 關門 Guan Men

關 - Guan = Gate, Passage, Checkpoint
 – a gate with an “obstacle” inside

門 - Men = Gate

Right ST22 – Oddi Sphincter
 release with SP3
 essential for diabetes, muscle pain, bruise-like pain

ST23 太乙 Tai Yi ST24 滑肉門 Hua Rou Men

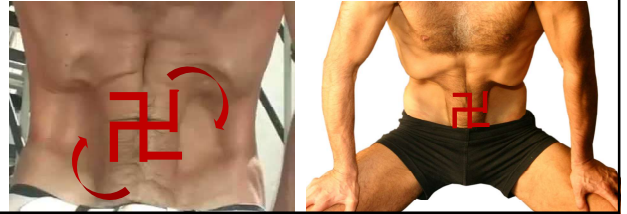
太 – Tai = Great 滑 – Hua = Slippery
 乙 – Yi = Supreme 肉 – Rou = Flesh
 門 – Men = Gate

Right ST24 – for pulsation on Ren9 (around navel)
 weak mesentery

太乙 – Tai Yi = The Great Supreme (The Source)
 Produces the Ten Thousand (myriad)

萬 – Wan – 10,000/innumerable

卍 – Wan (Manji in Japanese): symbol of wheel/whirling



ST25 天樞 Tian Shu

天 – Tian = Heaven
 樞 – Shu = Pivot, hinge

Eyes – acute sight decline: treat eyes
 Structural: treat ST41 (axis for axis)

ST26 外陵 Wai Ling ST27 大巨 Da Ju

外 – Wai = Outside 大 – Da = Big
 陵 – Ling = Mound, burial 巨 – Ju = Great
 彙: walking over a protruding mound

Lower end of the Manji – Accumulations

Left – Oketsu Treat Left Liv4, LU5	Right - Immune Lung Digestion pelvic shift Kidney (regeneration)	Immune Points LU5/8 SP5/9 Kid7
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ST28 水道 Shui Dao

水 – Shui = Water
 道 – Dao = Way, Path: to lead 首 the walk 止

Name implies ureter?
 Ovaries – treat Kid7

ST29 歸來 Gui Lai

歸 – Gui = Return, belong (woman/wife, 婦 arriving 止)
 來 – Lai = Come



ST30 氣沖 Qi Chong, or 氣街 Qi Jie

氣 – Qi

沖 – Chong = rinse, flush, surge, to wash out, to charge

街 – Jie = Street, hub (walk 行 with authority 圭)

Visceroptosis – use ST13
 Zong Qi (cardiac/ANS) – release ST9 first, under-3rd-Toe, Liv12

ST31 髀關 Bi Guan

髀 Bi = Thigh/buttocks
 骨 Gu bone + 卑, 卑 lower/inferior (as in Pi, Spleen, 脾)

關 Guan = Gate/Passage

Knee Pain – imbalance between quads & hamsrings
 bending/stretching the knee

ST32 伏兔 Fu Tu

伏 Fu = crouch, conceal, prostrate
 a person 亻 crouching like a dog 犬

兔 Tu = Rabbit

Knees
 Balance of quadriceps/hamstrings

ST33 陰市 Yin Shi

陰 Yin

市 Shi = Market, City

Market = exchange
 Exchange in the thighs allows hollowness in the pelvic cavity

ST34 樑丘 Liang Qiu

樑 Liang = Beam

丘 Qiu = Small Hill – person back to back (北 - altered) on a surface

ST34 + SP10 – lift up the quads for knee pain
 ST34 (Liang Qiu) for ST21 (Liang Men)

ST35 犢鼻 Du Bi

犢 Du = Calf (sacrificial cow)

鼻 Bi = Nose
 (the bottom part is “to bestow” – an object on a table)

ST35 reflects knee – use G.B.41
 ST41 + SP5

ST36 足三里 Zu San Li

足 Zu = Leg

三 San = 3

里 Li = Mile (field + earth = village, hamlet, measure)

Li, Mile - regulating

ST37 上巨虛 Shang Ju Xu
ST39 下巨虛 Xia Ju Xu

上 Shang = Above, Upper

下 Xia = Below, Lower

巨 Ju = Great

虛 Xu = Empty, False

Knees
Lack (虛) of Stomach Qi in pulse

ST38 條口 Tiao Kou

條 Tiao = String, Strip, condition, item

口 Kou = Mouth, opening

Right side – appendix
gall stones

ST40 豐隆 Feng Long

豐 Feng = Abundant
a dish 豆 filled with lushness 丰 from the mountain

隆 Long = Prosperous, Flourishing Eminent

Lightning/electric shock – with LU7
Right side – appendix
gall stones

ST41 解谿 Jie Xi

解 Jie = Divide, Separate (cow's 牛 horn 角 cut with a knife 刀)
– to liberate, to untie

谿 Xi = Creek, Ravine

Fire Point – if pain, use St44/45
Tonification point – the original Stomach Qi point
Structural – knees (with SP5), heel, thigh, back, hip

ST42 沖陽 Chong Yang

沖 Chong = rinse, flush surge to wash out, to charge

陽 Yang

ST43 陷谷 Xian Gu

陷 Xian = Sink (from a hill 阝 into a hole 囟)

谷 Gu = Valley

ST44 内庭 Nei Ting

内 Nei = Inside, Inner

庭 Ting = Courtyard (roof over going and standing, i.e., congregating)

Exorcism Coda – DU24 + ST44 (Shen Ting + Nei Ting)
 Water Point – use with ST45 for Stomach channel
 (with ST41 pressure pain)
 Constipation: Stomach Metal/Water on left + G.B. Metal Water on right

ST45 厲兌 Li Dui

厲 Li = Strict, harsh, severe, fierce
 Cliff/ledge over scorpion 萬 suggesting sharp
 [萬 Wan – also 10,000]

[萬 Wan – also 10,000] 兌 Dui = Exchange (a person with a mouth split)

Metal Point – used with ST44 (Metal/Water)
 Constipation: Stomach Metal/Water on left + G.B. Metal Water on right

The Spleen Channel

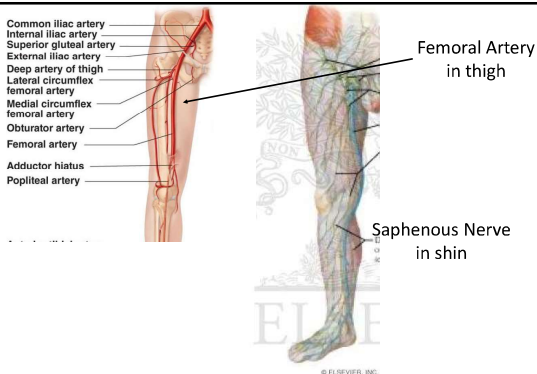
Pours into the Heart Centre
 注心中

Goes up in front of the ankle bone
 "moves up and kicks inside."

上踹内

踹 – Chuai: to stomp
 foot 足 + Focus 崇

崇 山 growing above
 而 and below



脾 Pi Spleen

- 月 Flesh (肉)
- 卑 Bei
 Low/Inferior/Humble
 hand holding an ordinary mug

<p>SP1 隱白 Yin Bai</p> <p>隱 – Yin = Secret, Hidden, Concealed (hill + Yin 隱 careful)</p> <p>白 – Bai = White, Clear</p>	<p>SP2 大都 Da Du</p> <p>大 – Da = Big</p> <p>都 – Du = Metropolis, entirely/all</p> <p>Left part = 者 者 + 白</p> <p>Fire Point – use SP5/9</p>	<p>SP3 太白 Tai Bai</p> <p>太 – Tai = Great</p> <p>白 – Bai = White, Clear</p>
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SP3 太白 Tai Bai

Diabetes (with Kidney, Immune, Oddi, T11/12)

Muscular pain

Brachial Plexus congestion

Numbness/neuropathy

Anxiety/Depression (shows on Ren15 or Ren17 – add Pericardium)

Weak Pulse – second position disappears with pressure

SP4 公孫 Gong Sun

公 – Gong = Public, Fair: divide 八 what is private 厶 also Grandfather

孫 – Sun = Grandson; child 子 in the family line 系

Exhalation problems
Cardiac with large pulse type (SP3 for weak)
SP4 + P.6 for Inner Knee Eye, for ST21

SP5 商丘 Shang Qiu

商 – Shang = Merchant

丘 – Qiu = Hill: person back to back (北 - altered) on a surface

Anti-inflammatory (also Liv5)
Metal/Water
Left SP5/SP9 – for diarrhea (with Liv4/8 on the right)
Right SP5/SP9 – appendicitis
Vaginal discharge
Knee – SP5 + ST41

SP6 三陰交 San Yin Jiao

三 – San = 3

陰 – Yin

交 – Jiao = intersection, make friends, communicate

Hormonal H.A. – SP6 + LU7
Post Partum Depression – SP6, SP9, Pericardium, LU5
Blood Pressure – SP6, SP9, Pericardium, Under-3rd-Toe
Anemia – SP6 (okyu) + Pericardium

SP7 漏谷 Lou Gu

漏 – Lou = Leak, drip, let out, divulge (water + rain 雨 in the house 戶)

谷 – Gu = Valley

Water accumulation/edema: SP3, SP7, SP11
Ear infections/inflammation – SP7, S.J.8
Stop bleeding
Prostatitis

SP8 地機 Di Ji

地 – Di = Earth

機 – Ji = Machine, opportunity - Wood 木 for subtle/small 幾 work)

Generate new cells, new flesh

SP9 陰陵泉 Yin Ling Quan

陰 – Yin

陵 – Ling = Mound, burial - 阝 Hill + 夊: walk over a protruding mound

泉 – Quan = Spring, Fountain (White 白 above + Water under)

SP9 – for L4-L5 (G.B.34 for sacro-iliac), for G.B.21
Appendix (right side)
Diarrhea (left side)
Blood Pressure
Parkinson's (with G.B.39)

SP10 血海 Xue Hai

血 – Xue = Blood

海 – Hai = Ocean: where all 每 the water goes

Treats knee (lifts the quads) with ST34
Mineral imbalance (with Kid6, Ren6, HT3, S.I.8)
Supports SP3 or SP6 to strengthen pulse/blood
Vessel/cardiac disorders – look at Spleen line on thigh

SP11 箕門 Ji Men

箕 – Ji = Bamboo basket, dustpan

門 – Men = Gate

Water Accumulation (look for softer skin, thicker pinching)
Vessel/cardiac disorders – look at Spleen line on thigh

SP12 沖門 Chong Men

沖 – Chong = Rinse, flush, surge

門 – Men = Gate

ANS tightness
Tightness, disrupting circulation in leg or to abdome
Big Toe
Vessel/cardiac disorders – look at Spleen line on thigh

SP13 府舍 Fu She SP14 腹結 Fu Jie

府 – Fu = Palace: building 广 where payments/deliveries 付 are made

舍 – She = Hut, Residence

腹 – Fu = Abdomen Flesh 月 + return 复

結 – Jie = Knot

Abdominal knots
Descending Colon (on left) – reflects IBS, Ulcerative Colitis

SP15 大橫 Da Heng

大 – Da = Big

橫 – Heng = Horizontal

Balances shifts in vertical axis (scoliosis, soft tissue torques)

SP16 腹哀 Fu Ai

腹 – Fu = Abdomen (Flesh 月 + Fu, return - 复)

哀 – Ai = Sorrow

Splenic/Hepatic Flexures?

SP17 食竇 Shi Dou

食 – Shi = Food (collected rice)

竇 – Dou = Hole

Glycogen?

SP18 天谿 Tian Xi

天 – Tian = Heaven

谿 – Xi = Creek

Cardiac

SP19 胸鄉 Xiong Xiang

胸 – Xiong = Chest

鄉 – Xiang = Country

the region between cities 邑 that produces grain 食

Cardiac

SP20 周榮 Zhou Rong

周 – Zhou = Complete, Circuit, all around (also attention)

榮 – Rong = Glory, lush, flourish shining 榮 tree 木

Cardiac

SP21 大包 Da Bao

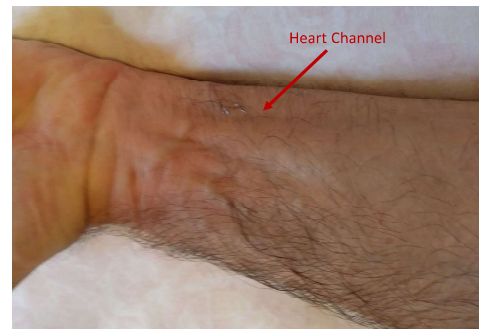
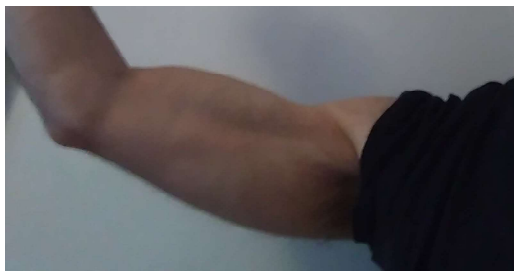
大 – Da = Big

包 – Bao = Wrapping (embryo 巳 inside a wrap 勹)

The Heart Channel

As a metaphor for the spiritual journey

As a very physical entity



HT9 少冲 Shao Chong

少 – Shao = Less

冲 – Chong = rinse, flush surge to wash out, to charge

Confronting the Chong/Blood:
confronting our emotions, recognizing suffering

HT8 少府 Shao Fu

少 – Shao = Less

府 – Fu = Palace, a building 广
where payments/deliveries 付 are made

To be willing to exchange, to let go of emotional patterns

HT7 神門 Shen Men

神 – Shen = Animation, Spirit

門 – Men = Gate

The gate, the entry to (starting point) spiritual path

HT6 陰郄 Yin Xi

陰 – Yin

郄 – Xi – “cleft” a crack or an opening

郄 – valley on the left, city on the right

What we dislike appears: our Yin accumulations

HT5 通裏 Tong Li

通 – Tong = Penetrate

Chuo 𠄎 – to move + Yong 甬 a bud bursting forth

裏 – Li = Inside

simplified is 里 (Li mile) and now written that way

Penetrate the inside to overcome the demons/accumulations
Compassion

HT4 靈道 Ling Dao

靈 – Ling = Spirit/Soul

道 – Dao = Path, Way:

𠄎/足 Chuo – to walk + Shou 首 head (the path ahead)

Now we are on the spiritual path

HT3 少海 Shao Hai

少 – Shao = Less

海 – Hai = Ocean, where all 每 the 氵 water goes

Connecting with all beings, connecting with the ocean of life

HT2 青靈 Qing Ling

青 – Qing = Green, Blue, Young

晴 Qing = Clear: sun is added on the left

靈 – Ling = Spirit

Now the spirit is clear, no more obstacle on the path

HT1 極泉 Ju Quan

極 – Ji = Pole, Extreme

泉 – Quan = Fountain, Spring

Arriving at the Source (fountain)

HT3 少海 Shao Hai

少 – Shao = Less

海 – Hai = Ocean



For C6-C7 and/or L5/S1, one sided (twist)
Resonates with Kid7 and G.B.26
For S.I. channel pain
One of Ocean points (Kid6, SP10, Ren6, S.I.8) – for mineral imbalance

HT7 神門 Shen Men

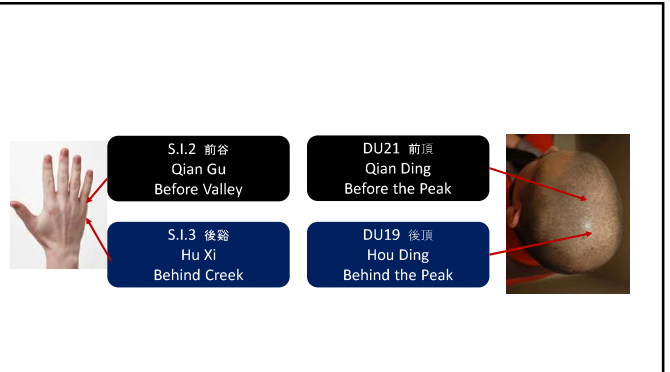
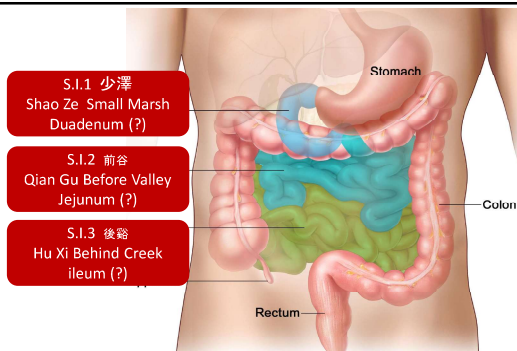
神 – Shen = Animation, Spirit

門 – Men = Gate

Clavicle (Kid27 area) pain

Small Intestine Channel

- Digestion (connects to Stomach & S.I.)
- Shoulder
- Brain and Heart
- Hormones (pituitary)



S.I.1 少澤 Shao Ze

S.I.2 前谷 Qian Gu

少 – Shao = Less , tiny, short

前 – Qian = before, In front,

澤 – Ze = Pond, marsh

谷 – Gu = Valley

Metal/Water combination

Digestion with pressure pain on Ren9
or full palm pressure on navel

S.I.3 後谿 Hou Xi

後 – Hou = Back, behind (walking with small steps)

谿 – Xi = Ravine: Xi 奚 (slave or why) + Gu 谷 Valley

Pituitary

Hormonal (pressure pain on U.B.2 & occiput)
especially if birth control pill

S.I.4 腕骨 Wan Gu

腕 – Wan = Wrist (Flesh 月 that bends 宛)

骨 – Gu = Bone

Spine (Du) and back

S.I.5 陽谷 Yang Gu

陽 – Yang

谷 – Gu = Valley

Fire Point (diagnosis)
Shoulder (with HT7)

S.I.6 養老 Yang Lao

養 – Yang = Nourish, support, to raise (sheep for food 食)

老 – Lao = Old, venerated

Hua – transform, 匕
more common as 化

Relaxes upper body
Shoulder
Releases S.I.11

S.I.7 支正 Zhi Zheng

支 – Zhi = Branch, off-shoot, also to support, to erect
(a hand stripping off a branch 𠂇)

正 – Zheng = Correct, Upright, True

S.I.8 小海 Xiao Hai

小 - Xiao = Small

海 - Hai = Ocean

Ocean - mineral

S.I.9 肩貞 Jian Zhen

S.I.10 臑俞 Nao Shu

肩 - Jian = Shoulder (flesh + door leaf)

臑 - Nao = Soft, Biceps

貞 - Zhen = Virtuous

俞 - Shu = Transport

Releases: rhomboids, upper thoracics, inner border of scapula
 Affects sympathetic nervous system
 Shoulder/Deltoid
 Blood Pressure

S.I.11 天宗 Tian Zong

天 - Tian = Heaven

宗 - Zong = Ancestor, Sect (a building of revelation/worship 示)

Zong (Ancestral/Pectoral) Qi: circulation
 Left - Cardiac
 Right - Digestion (Gall Bladder, Liver, Stomach, Small Intestine)
 "Breast Shu"



S.I.12 秉風 Bing Feng

秉 - Bing = Grasp, Hold

風 - Feng = Wind

Below Scapular Spine - lymph infection points

S.I.13 曲垣 Qu Yuan

曲 - Qu = Bent, Twisted

垣 - Yuan = Wall

Posterior Pituitary Shu

S.I.14 肩外俞 Jian Wai Shu
S.I.15 肩中俞 Jian Zhong Shu

肩 – Jian = Shoulder (flesh + door leaf)

外 – Wai = Outer

中 – Zhong = Centre

俞 – Shu = to Transport

S.I.16 天窗 Tian Chuang

天 – Tian = Heaven

窗 – Chuang = Window (囟 Cong, window + 穴 Xue, hole/cave)

S.J.16 天牖 Tian You

Tian Chuang – the space of heaven = head

S.I.17 天容 Tian Rong

天 – Tian = Heaven

容 – Rong = Appearance, Contain, Feature (roof over Valley)

Reflects parotid glands

S.I.18 顴髎 Quan Liao

顴 – Quan = Cheekbones

霍 Stork + 頁 Head

霍 Stork + 見 See = 觀 Guan

髎 – Liao = “Bone Hole”
骨 Bone + 廖

廖 Liu: to soar, the sound of wind
(羽 wings + 彡 hair)

S.I.19 聽宮 Ting Gong

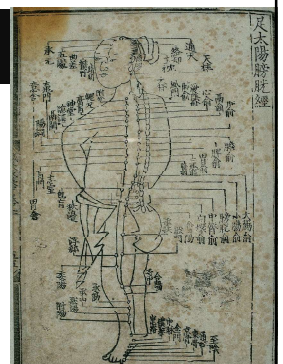
聽 – Ting = Listening (Ear 耳 + Virtue 德)

宮 – Gong = Palace

Reflects and treats hearing

The Bladder Channel

- Connects with the Brain
- Supports the gait:
the spine, shoulder blades
the Backbone: 脊 or strength
- 旅 journey + 月 flesh
involved in Chuai (踹) kicking/stomping
- Summits and Mountains: 巔 Dian
(山 mountain + 顛 top or “true head”)



承 Cheng, Receive	陽 Yang	BL9 玉枕 Yu Zhen Jade Pillow
BL6 承光 Cheng Gunag Receiving Light	BL35 會陽 Hui Yang Meeting Yang	BL10 天柱 Tian Zhu Heavenly Pillar
BL36 承扶 Cheng Fu Receiving Support	BL39 委陽 Wei Yang Bending Yang	BL58 飛揚 Fei Yang Fly & Lift
BL56 承筋 Cheng Jin Supporting Sinews	BL55 合陽 He Yang Union of Yang	BL60 昆侖 Kun Lun
BL57 承山 Cheng Shan Supporting Mountain	BL59 跗陽 Fu Yang Instep Yang	BL62 飛瀉 Shen Mai Extending Vessel
Chuai 踹 to stomp, to kick		BL67 至陰 Zhi Yin Reaching Yin

BL1 **精明** Jing Ming
BL2 **攢竹** Zan Zhu

睛 – Jing = Eye Jing **晴** Clear **攢** – Zan = to Collect (to hoard)
hand + Zan, 贊, to assist

明 – Ming = Bright, Understanding (sun & moon) **竹** – Zhu = Bamboo

Ming Men **命門**, Pituitary: reflects and treats hormones
Relaxes Diaphragm
Pain perception, especially for pain in neck & shoulders

BL3 **眉冲** Mei Chong
BL4 **曲差** Qu Cha

眉 – Mei = Eye brow, an upper margin **曲** – Qu = Bend, Twist, Wrong

冲 – Chong = Rinse, Flush, Rise **差** – Cha = Discrepancy, difference, error (also dispatch, pronounced Ci)

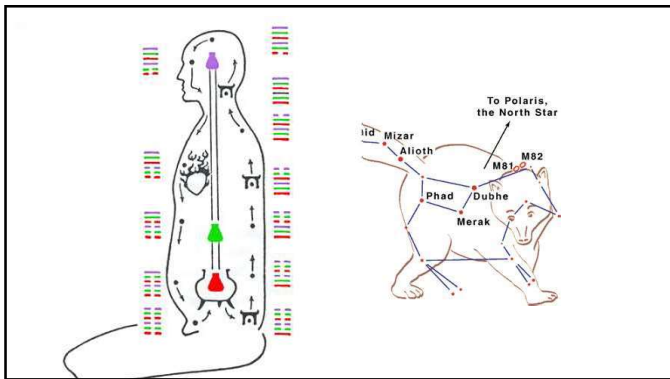
Shen: depression & mood swings
Coordination, shaking, Parkinson's, epilepsy

BL5 **五處** Wu Chu

五 – Wu = 5

處 – Chu = Residence, Office, Department

Affects the 5 Zang, the space of the abdomen and spine





BL6 承光 Cheng Guang

承 – Cheng = Receive, Support

光 – Guang = Light

Eyes/Sight

BL7 通天 Tong Tian

BL8 絡卻 Luo Que

通 – Tong = Penetrate:
Chuo , 𠄎 – to move
+ Yong, 甬, a bud bursting forth
To communicate, pass through
to know well

天 – Tian = Heaven

Stagnant Blood in Head

Left – releases Spleen Right – Releases Liver

絡 – Luo = Net, web, connect

卻 – Que = Withdraw, retreat
(Restrain 𠄎, the mouth with lips,
written as Gu - 谷)

BL9 玉枕 Yu Zhen

BL10 天柱 Tian Zhu

玉 – Yu = Jade

天 – Tian = Heaven

枕 – Zhen = Pillow

柱 – Zhu = Pillar, column

ANS

Endocrine

BL11 大杼 Da Zhu

大 – Da = Big

杼 – Zhu = Shuttle of a loom

Weave/lay down bone

BL12 風門 Feng Men

風 – Feng = Wind

門 – Men = Gate, door

Wind
Lungs

The Shu 俞 Points I – non-standard points

俞 Shu = assemble 亼 a boat 舟 to cross the river 川

BL14 Jue Yin Shu 厥陰俞

BL16 Du Shu 督俞

督 Du = 目 eye + 叔 uncle
叔 = 禾 beans + 又 hand

BL17 Ge Shu 膈俞

The Shu 俞 Points II – non-standard points

BL24 Qi Hai Shu 氣海俞

BL26 Guan Yuan Shu 關元俞

BL29 Zhong Lu Shu 中膂俞

膂 = 旅 travel (people with flags) in the body 月

BL30 Bai Huan Shu 白環俞

The Shu 俞 Points III - usage

BL13 – Lungs (+okyu)

BL16/17 - ANS, insomnia, asthma (+okyu)

BL20 – release hamstrings, bending knee

BL26-27 - autoimmune

The Liao 髎 Points

髎 – Liao = “Bone Hole”

骨 Bone + 髎

髎 Liu: to soar, the sound of wind

羽 – wings, 彡 - hair

BL32 次髎 Ci Liao – Womens’ Point, also eyes, esophagus

BL33 中髎 Zhong Liao – Men’s Point

BL34 下髎 Xia Liao – Testosterone Point

BL35 會陽 Hui Yang

會 Hui = Meeting, Assemble

陽 Yang

Hui Yang (BL35) treats Zhi Yang (DU9):
Liver (rectal vein, portal vein, Liver) – Left BL35

Hemorrhoids
Prostate

Outer Bladder Line: The Zang building a house

魄戶 BL42 Po Hu, Door of Po

神堂 BL45 Shen Tang, Hall of Shen

膈關 BL46 Ge Guan, Diaphragm Checkpoint

魂門 BL47 Hun Men, Gate of Hun

意舍 BL49 Yi She, Residence of Yi

舍 She is a hut or a shed, also to abandon

志室 BL52 Zhi Shi, Room of Zhi

Outer Bladder Line: The Huang 育 Points

育 Huang = Wang 亡 – dead, perished missing, buried
to enter 入 into a concealed space
月 - in the body

膏肓俞 BL43 Gao Huang Shu

育門 BL51 Huang Men

胞育 BL53 Bao Huang

Outer Bladder Line: The “other” points

附分 U.B.41 Fu Fen 附 Fu = Add/Append/Attach, 分 Fen = divide

諛諛 U.B.45 Yi Shi 諛 Yi = belch, words + Yi thought 意
諛 Shi = frightened sound (言 words + 喜 Love)

陽綱 U.B.48 Yang Gang 綱 Gang = head rope (rope for pulling nets)
outline, guide

胃倉 U.B.50 Wei Cang Stomach Storehouse/Barn

秩邊 U.B.54 = Zhi Bian 秩 Zhi = Order/sequence
邊 Bian = Edge (walk, 辵 + 鼻 edge)

Outer Bladder Line- usage

BL42 – Oxygen Supply to lung and blood: numbness
Systemic Metal Point: autoimmune

BL43 – Genetic disorders, birth defects

BL42-44 – circulation, refection of Cardiac on left

BL49 – Depression, Lift the back of the ribs off waist

BL52 – Weak Dan Tian (Ren9 pulse), Adrenal support

BL53 – Gynecology, Uterus, also spine/back

BL36 承扶 Cheng Fu

承 Cheng = Receive, accept, undertake, to hold
the seal 印 of hands 手 joined respectfully 升

扶 Fu = Support: to help with a hand, to prop up

Back Pain (Kawai used 2 fingers below)
Any structural issue
Re-educate posture and give it support

BL37 殷門 Yin Men

殷 Yin = Abundant, ardent/eager

門 Men = Gate

Like BL36, more for muscles less structural

BL38 浮郄 Fu Xi BL39 委陽 Wei Yang BL40 委中 Wei Zhong

浮 Fu = Float, Drift, Exceed

郄 Xi – a crack, an opening, a “cleft”

委 Wei = Yield, entrust, also to appoint

陽 Yang 中 Zhong = Centre

IHiKun (BL40, 58, 60) for head injuries or “started with fever”
Back Pain

BL64 京骨 Jing Gu BL65 束骨 Shu Gu

京 Jing = Capital
("a man made hill" tall 高 & vertical)

骨 Gu = Bone

束 Shu = Bind, Bundle:
(to enclose a tree)

骨 Gu = Bone

Back Pain

BL66 通谷 Tong Gu

通 Tong = to penetrate, to communicate, to pass through
Move 通 + 甬 a bud bursting forth

谷 Gu = Valley

Endocrine: estrogen imbalance
Tail bone injuries
Metal/Water

BL67 至陰 Zhi Yin


至 Zhi = to arrive (pictograph of a bird swooping down)

陰 Yin

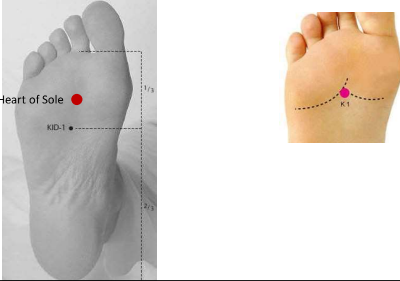
Metal/Water

The Kidney Channel

- Homes to bones:
hyoid, pubic, sternum, heel
- Supports the Spine
involved in Chuai (踹) kicking/stomping
踹內 Chuai Nei – Stomp Inner vs. 腓 Fei – calf
足 foot + 蒂 focus
(山 above ground & 而 below ground)
- Affinity to Lungs and to Heart (Shao Yin)



Kid1 涌泉 Yong Quan Heart of Sole 足心



Kid1 涌泉 Yong Quan Heart of Sole 足心

涌 Yong = to bubble, to rush forth (water + Yong, 甬, to bud)

泉 Quan = Spring/Fountain

足 Zu = Foot

心 Xin = Heart

Spine (especially lower) – Heart of Sole location
Heel pain – either location

Kid2 然谷 Ran Gu

然 Ran = Roasted (adding Fire = 然, 燃 Blazing)
current use = correct, "as in"

谷 Gu = Valley,
could be short for Yu **欲** Desire (a gapping 谷 need 欠)

Adrenal/Kidney Exhaustion reflex

Kid3 太谿 Tai Xi

太 Tai = Great

谿 Xi = Creek, a gorge, a mountain stream
奚 Xi + **谷** Gu Valley
奚 Xi was a servant woman condemned to spinning/weaving

Rapid pulse point
Hypothyroid (but Kid7 or 9 are often better)
Brain – look for nodule above Kid3

Kid4 大鐘 Da Zhong Kid5 水泉 Shui Quan

大 Da = Big

水 Shui = Water

鐘 Zhong = Bell Clock
金 Metal being struck
by a servant **童**

泉 Quan = Spring/Fountain

Lung – inhalation problems

Kid6 照海 Zhao Hai

照 Zhao = Illuminate, shed light on, according to
昭 apparent (sun 日 + decree 召) above + **火** Fire below

海 Hai = Ocean: where all **每** the water **水** goes

Heart Sutra –
"shed light on the 5 Skandhas and found them equally empty
After this penetration, she overcame ill-being"
照見五蘊皆空度一切苦厄 - Zhao Jian Wu Yun Jie, Kong Du Yi Qie Ku
苦 Ku = Bitter, grass that has been around 10 times
厄 E = distress: crouched person 卮 under a 厂 cliff

Kid6 照海 Zhao Hai

照 Zhao = Illuminate, shed light on, according to
昭 apparent (sun 日 + decree 召) above + **火** Fire below

海 Hai = Ocean: where all **每** the water **水** goes

Adrenal (reflects below Kid16) with Kid27
Immune supporting point
Mineral/Ocean Treatment (Kid6, SP10, Ren6, HT3, S.I.8)
Weak Lower Dan Tian, Sinking perineal floor: Kid6, Inner Yin, Mu Shu,
BL2 (or ST9, or under teeth)

Kid7 復溜 Fu Liu

復 Fu = Repeat, Recover step 彳 + repeat 復

溜 Liu = Skate, slip away
水 Water + **留** Liu to remain:
stop 卯 in a field 田

Kid7 + Kid10 (Metal/Water)
Ovaries
Quadratus Lumborum
G.B.26, Pectoralis, L.I./Lung shoulder pain
Slow Pulse Point

Kid8 交信 Jiao Xin

交 Jiao = Intersect, Meet, to exchange

信 Xin = Trust, belief, true
 人 person + 言 word

Kid9 築賓 Zhu Bin

築 Zhu = to build, to construct

賓 Bin = a guest/visitor
 one who brings gifts 貝 to the home

Detox & Skin (with L.I.15) – chemicals, medications, etc.

Liver

Addictions

Pelvic shift, neck, TMJ (G.B.7 Qu Bin 曲髻: 髻 Bin = 影 hair 賓 guest)

Goiter

Kid10 陰谷 Yin Gu

陰 Yin

谷 Gu = Valley

With Kid7 (Metal/Water) if pressure pain on Kid2
 Supports BL66 as hormonal point (Water on Water)
 Basillary Artery Insufficiency – Kid10, Liv8, S.J.8

Inner Yin 新殷門 Xin Yin Men

新 Xin = New, Fresh

Meaning New B37 (Yin Men)

殷 Yin = Abundance

5 fingers above Kid10

門 Men = Gate

Trapezius Releasing oint

Constipation (left side)

Hormonal

Supports Perineal Floor – Upright Posture

Kid11 橫骨 Heng Gu

橫 Heng = Horizontal


骨 Gu = Bone

Relates and treats ST9
 Freeze response, Activates moving forward/out





Ren 任

ST9 – Hyoid Bone  SP15 – Great Horizontal
Kid11 – Hubic Bone

Kid12 大赫 Da He

大 Da = Big
赫 He = brilliant, inspiring (awe)
two fires **赤** (Chi – red)

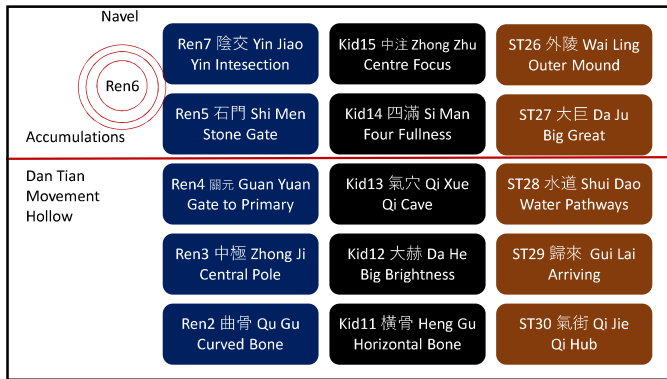
Kid13 氣穴 Qi Xue

氣 Qi
穴 Xue = Cave

Reflects Uterus (Bao Men **胞門**)

Kid14 四滿 Si Man **Kid15 中注 Zhong Zhu**

四 Si = 4 **中** Zhong = Centre
滿 Man = to fulfill, satisfy, complete, full
water at rim, **滿** **注** Zhu = to pour,
to concentrate,
to direct/focus



Kid16 育俞 Huang Shu

育 Huang = Missing/buried in the body
 亡 Wang missing + 月 flesh

俞 Shu = Transport

Below Kid16 – reflects Adrenal Shock
 Kid16 Treats – Sciatica, piriformis, low back pain
 Nasal allergies

Kid17 商曲 Shang Qu Kid18 石關 Shi Guan
Kid19 陰都 Yin Du Kid20 通谷 Tong Gu

商 Shang = Merchant, to discuss,
to trade

曲 Qu = Bend

陰 Yin

都 Du = Big City

石 Shi = Stone

關 Guan = Gate, Checkpoint

通 Tong = Penetrate, Open:

辵 – to move + 甬 a bud bursting

谷 Gu = Valley

Kid21 幽門 You Men

幽 You = Secluded: 絲 small (silk threads) 山 mountain recesses

門 Men = Gate

Kid 22 步廊 Bu Lang

步 Bu = Stepping, Marching,
stages of process (one foot then the other)

廊 Lang = Corridor, Porch
a roof over 良 good + 郎 City (= 郎 a minister/official)

Kid 23 神封 Shen Feng

神 – Shen = Animation, Spirit

封 – Feng = A seal, feudal authority
圭 tablet (representing authority) + 寸 hand

ST30 氣街 Qi Jie
街 Jie = 行 walking with 圭 authority

Kid 24 靈墟 Ling Xu

靈 – Ling = Soul

墟 – Xu = burial ground, large hill,
虛 False/empty 土 Earth

Kid 25 神藏 Shen Cang

神 – Shen

藏 – Cang/Zang = hide, hoard, store
戕 attack and 臣 subjugate (together = Zang 臧)
under the 艸 grass
i.e., conceal under grass the spoils of war

Kid 26 彘中 Yu Zhong

彘 – Yu = Refined, elegant, accomplished

中 – Zhong = Centre

Kid 27 俞府 Shu Fu

俞 – Shu = Transport

府 – Fu = Palace
广 a building where 付 payments/deliveries are made

Parathyroid Shu
Produces Sympathetic feedback
Adrenal Treatment (subdue parathyroid to support Adrenals/Gonads)

The Pericardium Channel

- The Influences of Heaven pouring in:
the hand equivalent of Chuai (蹠)
- standing on our hands
- Jian (間) Space In between
- Lao (勞) The work, the heat
of interacting with Heaven





The Pericardium Channel

- The Influences of Heaven pouring in: the hand equivalent of Chuai (踮) Standing on our hands
- Jian (間) Space In between
- Lao (勞) The work, the heat of interacting with Heaven



P.1 天池 Tian Chi

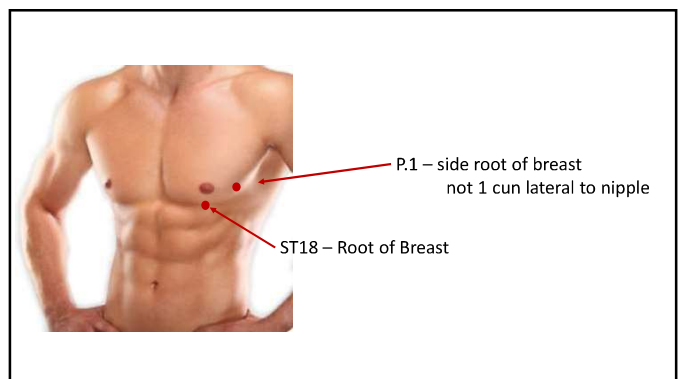
天 – Tian = Heaven

池 – Chi = Pool, pond

泉 – Quan = Spring

P1 – Cardiac reflex (left side)

P.2 天泉 Tian Quan





P.3 曲澤 Qu Ze

曲 – Qu = Bend

澤 – Ze = Marsh, Radiance: 水 Water + 睪 to spy, to watch

Water Point – use with P.5 when there is pressure pain on P.8

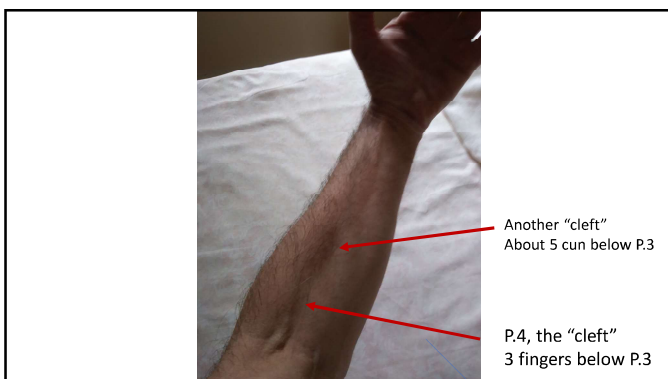
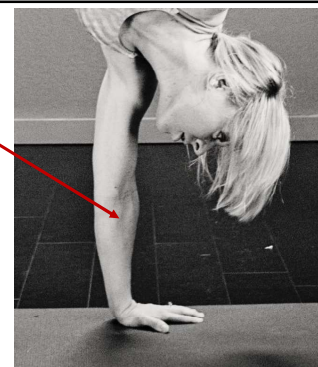
P.4 郄門 Xi Men

郄 – Xi “Cleft” – same as 郤 a crack or an opening

門 – Men = Door, Gate

Blood Supply to abdomen
Any blood disorder (for anemia – possibly P.6)

P.4 Xi Men 郄門
Cleft/Crack/Dip Gate
郄/郤 = crack/opening



P.5 間使 Jian Shi

間 – Jian = Space, Between (日 sun showing through the 門 door)

使 – Shi = 人 person + 吏 official
→ Envoy, to cause, to enable

Metal Point – use with P.3 when there is pressure pain on P.8

P.6 內關 Nei Guan

內 – Nei = Inside

關 – Guan = Gate, pass through

Choose P.6 (or P.4) when there is no pressure pain on P.8
Anemia

P.7 大陵 Da Ling

大 – Da = Big

陵 – Ling = Mound, burrial ground:
β Hill + 委 : walking over a protruding mound

P.8 勞宮 Lao Gong

勞 – Lao = Labour, toil
burning 焚 + strength 力

宮 – Gong = Palace

Fire Point – Diagnostic for use of Pericardium points

Kid2 Ran Gu

然谷 Blazing Valley

谷 Gu as short for Yu 欲 Desire
Kidneys – adrenals, will power

P.8 Lao Gong

勞宮 Labour Palace

勞 Lao – Burning Strength
Pericardium – protect the heart

Nervous System – our response to
the world (Heaven), conflict
Anxiety, Depression, Insomnia, etc

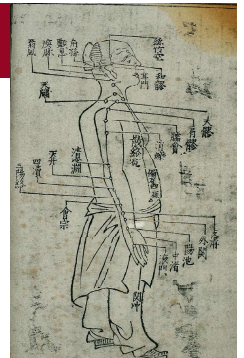
P.9 中衝 Zhong Chong

中 – Zhong = Centre

衝 – Chong = To charge, to rush towards
行 to move with 重 seriousness, emphasize

The San Jiao Channel

- Immunity, Lymphatics
Lymph as irrigation
- Autonomic Nervous System
窘急 Jiong Ji = distress, anxiety, urgency
焦 Jiao = Burnt, Charred, also “anxious”
- Ear
- TMJ



S.J.1 關衝 Guan Chong S.J.2 液門 Ye Men

關 – Guan = Gate, pass through
衝 – Chong
 行 to move
 + **重** to emphasize, serious
 (沖 – Chong: rinse, flush, charge)

液 – Ye = Liquid
 灬 water condensing at 夜 night

門 – Men = Gate, Door

Metal/Water
 Lymph Clearing (with Spleen Metal/Water)
 Right – for Gall stones (with G.B. Metal/Water)

S.J.3 中渚 Zhong Zhu

中 – Zhong = Centre
渚 – Zhu = islet, sand bank

Ears, Mastoid
 Neck
 Low back (Yao Tong Xue 腰痛穴)

S.J.4 陽池 Yang Chi

陽 – Yang
池 – Chi = Pond, pool, reservoir

Gynecology (Left SP6, Ren12, Right S.J.4)

S.J.5 外關 Wai Guan

外 – Wai = Outside
關 – Guan = Gate, passthrough

Autonomic Nervous System
 Release SCM (opposite), Release Cervicals (same side)
 Rapid Pulse

S.J.6 支溝 Zhi Gou S.J.7 會宗 Hui Zong

支 – Zhi = Branch, off-shoot, also to support, to erect (hand stripping off a branch 个)
溝 – Gou = Ditch, gutter:
 灬 water
 勹 an interlocking structure

會 – Hui = Meeting, Assembly –
 會 Repeated + 人 together
宗 – Zong = Ancestor
 宀 building
 for 示 teaching

S.J.8 三陽絡 San Yang Luo
 S.J.9 四瀆 Si Du

三 – San = 3
陽 – Yang
絡 – Luo = Net, web, connecting

四 – Si = 4
瀆 – Du = Ditch, gutter
 灬 water + 賣 selling, peddling

Autonomic Nervous System
 Release SCM (opposite), Release Cervicals (same side)
 Slow or Normal Pulse
 Ear Infection (with SP7)

S.J.10 天井 Tian Jing
 S.J.11 清冷淵 Qing Leng Yuan
 S.J.12 消樂 Xiao Luo

天 – Tian = Heaven
 井 – Jing = Well
 清 – Qing = Pure, Clear
 冷 – Leng = Cold
 消 – Xiao = Vanish, Disappear:
 肖 looks like 氵 water
 淵 – Yuan = Abyss
 water swirling/contained
 樂 – Luo = River in ShanDong:
 literally 氵 water + 樂 happy

S.J.13 臑會 Nao Hui
 S.J.14 肩髃 Jian Liao

臑 – Nao = Soft, Upper Arm
 會 – Hui = Meeting
 肩 – Jian = Shoulder
 髃 – Liao = “Bone Hole” - 骨 Bone + 翹 to soar: the sound of wind

S.J.15 天膠 Tian Liao

天 – Tian = Heaven
 膠 – Liao = “Bone Hole” - 骨 Bone + 翹 to soar: the sound of wind

Pituitary/Hormonal

S.J.16 天牖 Tian You

天 – Tian = Heaven
 牖 – You = Window, Enlightenment
 片 Slice + 戶 door
 + 甫 = Great or Father:
 用 capable 用 + 父 father (hands enforcing the law)

Immune reflex
 Support point to release ANS

S.J.17 翳風 Yi Feng

翳 – Yi = Screen/shade
 翳 Echo + 羽 feather
 風 – Feng = Wind

Ear Reflex

S.J.18 瘵脈 Ji Mai

瘵 – Ji = Furious, Madness, Malaria 疒 sick + 契 deed, contract
 as if you have a contract with illness
 (Ellis translates it as spasm/jerking)
 or 愒 – Jia, indifferent, carefree (癡癎 Chi Zong is convulsions)
 脈 – Mai = Vessel/Pulse

ANS & Spasms
 Stubborn Disease (person who has a “contract” with disease)

S.J.19 顛息 Lu Xi

顛 – Lu = Skull (container 盧 of the head 頁)

息 – Xi = Breath, Rest, also stop, news
(heart's life force exhaling through the nose)

Autonomic Nervous System

S.J.20 角孫 Jiao Sun

角 – Jiao = Horn, Angle

孫 – Sun = Grandson, Descendant (a child 子 in the 系 family line)

Parietal Lobe, Autonomic Nervous System

S.J.21 耳門 Er Men

耳 – Er = Ear

門 – Men = Door, Gate

Ears, Hearing

S.J.22 (耳)和膠 (Er) He Liao

耳 – Er = Ear

和 – He = Harmony

膠 – Liao = "Bone Hole" -骨 Bone + 廖 to soar, the sound of wind

S.J.23 絲竹空 Si Zhu Kong

絲 – Si = Silk/thread

竹 – Zhu = Bamboo

空 – Kong = Empty, Hole

G.B.19 – 腦空 Nao Kong: Brain Empty

Kid13 – 氣穴 Qi Xue: Qi Hole

(Ren4 – 關元 Guan Yuan: Gate to Head/Primary)

The Gall Bladder Channel

"The Brain channel"

膽 Dan, Gall Bladder:

月 flesh + 詹 excellence, verbose

产 – person on a cliff (danger)

八 – scattering/dividing

言 – words

Deals with judgments, makes decisions

Clarifies (Yang) fat (accumulations)

– in charge of centering 中 and uprightness 正

膽者中正之官決斷出焉



G.B.1 瞳子膠 Tong Zi Liao

瞳 – Tong = Pupil

this is the eye 目 + 童 Tong – a virgin

relates to Chong 衝 (童 surrounded by 行)

子 – Zi = Child

膠 – Liao = “Bone hole”: the sound of soaring/wind in bone

Ability to look to sides – open new horizons
Fertility

G.B.2 聽會 Ting Hui

聽 – Ting = Listen (惠 virtue of the 耳 ear)

會 – Hui = Meeting, assembly

Ears and hearing reflex

G.B.3 上關 Shang Guan

上 – Shang = Above, Upper

關 – Guan = Gate, passthrough

Ling Shu 33: Treatise on the Four Oceans

腦為髓之海
其輸上在於其蓋
下在風府

Brain serves as the Marrow's Ocean

Its Shu above is located at its lid (cover, canopy)

Below at Feng Fu (DU16)

Ling Shu 33: Treatise on the Four Oceans II

髓海有餘
則輕勁多力
自過其度

Marrow ocean has surplus
then ease sturdiness lots of power
One exceeds ones limits

Ling Shu 33: Treatise on the Four Oceans III

髓海不足
則腦轉耳鳴
脛痠眩冒

Marrow ocean not sufficient
brain turns, ear cries
lower leg aches
dizzy emits/covers spots
(or brilliance emits – meaning bright spots)

目無所見
懈怠安臥

Eye not actually seeing
non-attention, lazy, pacified lying down.

Frontal – G.B.4-7:

懸 Xuan – Suspended: the continuous activity of the brain

Temporal – G.B.8, 9, 10:

Processing sensory input: synapses, surges and myelin

Top – G.B.13, 15, 16, 17, 18:

Marrow, Prefrontal Cortex: Pain and Fear

Occipital – G.B.19, 20, 11, 12:

Calming the Wind, calming the fluctuation of the mind
安眠 An Mian – Calm Sleep

G.B.4 頷厭 Han Yan

頷 – Han = Chin, jaw, to nod
含 – to contain/hold in the mouth, to cherish
+ 頁 head/page

厭 – Yan = Dislike (stones piled on a 厂 cliff until full)
(the character inside the cliff is to fill,
hence Ellis translates it as Fullness)

憺 – Yan (adding the heart radical on the left): content, peaceful

G.B.5 懸顛 Xuan Lu G.B.6. 懸釐 Xuan Li

懸 – Xuan = Suspended: 心 Heart + 縣 an inverted head tied

顛 – Lu = Skull

釐 – Li = this is a measure of 1/1000 or to manage

Suspended Heart/Mind:
irregular heart beat (skipping beats)
stroke
Dry Eyes

G.B.7 曲鬢 Qu Bin

曲 – Qu = Bend

鬢 – Bin = Temple: 髟 hair + 賓 Guest
same as in Kid9, Zhu Bin 築賓

G.B.8 率谷 Shuai Gu

率 – Shuai = To lead (to frame the net)

谷 – Gu = Valley

欲 - Yu: desires

Processing sensory input
Releases G.B.15-18 pressure pain

G.B.9 天冲 Tian Chong

天 – Tian = Heaven

冲 – Chong = To surge, to wash out, to charge
Ellis puts G.B.9 as Chong, 衝, to dash, a hub

Processing sensory input
Releases G.B.15-18 pressure pain

G.B.10 浮白 Fu Bai

浮 – Fu = Float, Superficial

白 – Bai = White

Tinnitus
Cataracts

G.B.11 頭竅陰 Tou Qiao Yin

頭 – Tou = Head

竅 – Qiao = aperture, opening, orifice
Hole, 穴 + Jiao 教 (sunlight emitting)
also intelligence

陰 – Yin

G.B.12 完骨 Wan Gu

完 – Wan = Complete, finish: a 宀 roof over 元 head/primary

骨 – Gu = Bone

Autoimmune disorders
Low back pain
Tinnitus

G.B.13 本神 Ben Shen

本 – Ben = Root, Origin, Source

神 – Shen

Shen – perception, emotion, pain

G.B.14 陽白 Yang Bai

陽 – Yang

白 – Bai = Clarity, Pure, White

Eyes

G.B.15 (頭)臨泣 (Tou) Lin Qi

頭 – Tou = Head

臨 – Lin = Face, just before, overlook
臥 recline, lie down, crouch + 品 phonetic

泣 – Qi = Cry, tears: 氵 water + 立 standing

Shen – perception, emotion, pain

G.B.16 目窗 Mu Chuang

目 – Mu = Eye

窗 – Chuang = Window: 囟 window + 穴 Cave/hole
therefore can be seen as the cavity of the eye

Eye orbit
Shen – perception, emotion, pain

G.B.17 正營 Zheng Ying

正 – Zheng = Upright, Correct, Straight

營 – Ying = Encampment/Nourishing

正營 also means to be fearful, anxious

Shen – perception, emotion, pain, fear, anxiety

G.B.18 承靈 Cheng Ling

承 – Cheng = Accept, Receive, undertake

靈 – Ling = Soul

Shen – perception, emotion, pain

G.B.19 腦空 Nao Kong

腦 – Nao = Brain

空 – Kong = Empty

Reflex for ANS – insomnia, anxiety
Reflex for Hormonal disorders

G.B.20 風池 Feng Chi

風 – Feng = Wind

池 – Chi = Pond

Reflex for ANS – insomnia, anxiety
Reflex for hormonal disorders

G.B.21 肩井 Jian Jing

肩 – Jian = Shoulder

井 – Jing = Well

Opens tips of fingers (Jing points)
Behind G.B.21 – for TMJ
“Weak Earth/Wood Excess” reflex – release with SP9

G.B.22 淵腋 Yuan Ye

淵 – Yuan = Abyss: contained water swirling

腋 – Ye = Armpit: 月 flesh + 夜 night

Shoulder: unable to lift arm

G.B.23 輒筋 Zhe Jin

輒 – Zhe = flanks – 車 chariot + 耳 ears drooping (seats on the side)

筋 – Jin = Ligament/Sinews: 月 flesh + 竹 bamboo + 力 strength

Mastoid/auditory

G.B.24 日月 Ri Yue

日 – Ri = Sun

月 – Yue = Moon

Gall Stone reflex (right side)

G.B.25 京門 Jing Men

京 Jing = Capital city, great, man-made hill
(高 tall, altered, and vertical)

門 – Men = gate, door

Stimulate kidneys to excrete fluids (with BL20, 25, 28)

G.B.26 帶脈 Dai Mai

帶 Dai = Belt (also to carry, lead, bring)

脈 – Mai = Vessel

Structural problems
– anything involving a twist (low back, knee, neck, shoulder)
Salt consuming type
Release with Kid7

G.B.27 五樞 Wu Shu G.B.28 維道 Wei Dao

五 Wu = 5

維 Wei = Tie, hold together
support or maintain

樞 – Shu = Pivot/Axis, Hub

道 – Dao = Path
(the movement ahead)

On the Side (Mu Shu):
creates the lift/extension
of the torso

On the Inguinal:
reflects viscero-ptosis (use ST13)
inguinal circulation blockage (gyn)
releases diaphragm (hot flashes)

G.B.29 居髎 Ju Liao

居 Ju = Reside
Ellis translates it as "squat"
adding the foot radical makes Ju, **踞**, to squat

髎 – Liao = "Bone Hole" **骨** bone + **翹** to soar: wings flying

Releases Diaphragm and Rhomboids
ANS

G.B.30 環跳 Huan Tiao

環 Huan = Loop, Surround, encircle

跳 Tiao = Jump: the **兆** sign of the **足** foot

Piriformis – release with Huakaya G.B.31
Activates/opens the toes

G.B.31 風市 Feng Shi

風 Feng = Wind

市 Shi = Market/city

Releases Piriformis
Perineal Floor
Prostate

G.B.32 中瀆 Zhong Du

中 Zhong = Centre

瀆 Du = Ditch, River: **氵** water + **賣** to sell

G.B.33 膝陽關 Xi Yang Guan

膝 Xi = Knee

陽 Yang

關 – Guan = Gate, Pass through

G.B.34 陽陵泉
Yang Ling Quan

G.B.34 陽陵泉
Yang Ling Quan

G.B.35 陽交
Yang Jiao

G.B.36 外丘
Wai Qiu

G.B.38 陽輔
Yang Fu

G.B.40 丘墟
Qiu Xu

G.B.37 光明
Guang Ming

G.B.34 陽陵泉 Yang Ling Quan

陽 Yang

陵 Ling = Mound/Burial ground
β Hill + 夔 : walking over a protruding mound

泉 Quan = Spring/Fountain

Meeting of "Torque"	Calf cramps
Sacro-iliac ligament	Hot Flushes (with SP9)
Wrist & shoulder	Exorcism

G.B.35 陽交 Yang Jiao
G.B.36 外丘 Wai Qiu

陽 Yang

交 Jiao = cross, meet, intersect,
make friends

外 – Wai = Outside

丘 – Qiu = Mound, small hill

G.B.37 光明 Guang Ming

光 – Guang = Light (a Person carrying Fire)

明 – Ming = Bright, Clear, Understanding

Eyes, brain

G.B.38 陽輔 Yang Fu

陽 Yang

輔 Fu = Assist:
車 cart + 甫 father – meaning "capable" or strong

Fire point of G.B.

G.B.39 懸鐘 Xuan Zong (or 絕骨 Jue Gu)

懸 – Xuan = Suspended: Heart + 縣 and inverted head + tie

鐘 – Zhong = Bell, clock, a servant hitting the metal

絕 – Jue = Cut off: 刀 knife cutting 糸 silk into 口 sections
(written as 巴 anxious, awaiting – a coiled snake)

骨 – Gu = Bone

Spine, scoliosis	Skipping heart beat
Brain injury (wiry pulse)	

G.B.40 丘墟 Qiu Xu

丘 – Qiu = Mound, small hill

墟 – Xu = burial ground, large hill,
土 Earth + 虛 false/empty

Sinuses (okyu)
Back pain
Release G.B.40 wth Kid7

G.B.41 (足)臨泣 (Zu) Lin Qi
 G.B.42 地五會 Di Wu Hui

足 – Zu = Leg

臨 – Lin = Face, just before, overlook:
 臥 reclining/prostrating + 品 phonetic

泣 – Qi = Cry, tears: water + 立 standing

地 – Di = Earth

五 – Wu = 5

會 – Hui = Meeting, assemble

G.B.43 俠谿 Xia Xi

俠 – Xia = Heroic/Noble:
 人 Person
 + 夾 a person holding two others – suggestive of rescue
 Ellis translates it as Pinched Ravine:
 Xia 俠 might be Xia (narrow 狹) or Jia (夾 squeezed)

谿 – Xi = Creek, Mountain stream

Metal/Water:
 Gall Stones (with S.J.1/2 – right side)
 Constipation (right side with left ST44/45)

G.B.44 足竅陰 (Zu) Qiao Yin

足 – Zu = Leg

竅 – Qiao = aperture, opening, orifice, also intelligence
 穴 Hole + 敷 sunlight emitting

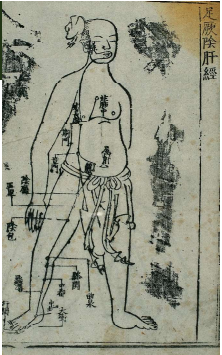
陰 – Yin

Metal/Water:
 Gall Stones (with S.J.1/2 – right side)
 Constipation (right side with left ST44/45)

The Liver Channel

The Hun Channel
 魂 Hun
 a 鬼 ghost in/from the 云 clouds
 i.e., in vapour form (“ethereal”)

The Psoas Channel
 抵小腹 - Di Xiao Fu:
 supports the lower belly
 genitals/lower abdomen
 swellings, hernias




Liv1 大敦 Da Dun

大 – Da = Big

敦 – Dun = to urge, sincere, honest, or kind hearted, esteemed
 (also written as Dun, 惇)
 a lamb being beaten but does not cry, hence to bear

Ellis translates Dun as Pile:
 Dun 墩 is a stone block (adding 石 stone in front of 敦)



Liv1 大敦 Da Dun

魂 HUN
 a 鬼 ghost in/from the 云 clouds
 – i.e., in vaporous form (“ethereal”)

Liver Deficiency
 ANS with rapid pulse
 Eyes (at centre tip of big toe)

Liv2 行間 Xing Jian

行 – Xing = Walk, behave, to process, formation

間 – Jian = Space in between
 日 sun/light comes through the 門 door

Fire Point (diagnosis)
 Pain behind eye
 Testicles – Liv1 + Liv2 (opposite sides)

Liv3 太冲 Tai Chong

太 – Tai = Great

冲 – Chong = rinse, flush surge to wash out, to charge

Mouth Sores – with SP3
 Hepatitis: L.I.4 (black clip – right) + Liv3 (red clip – left)

Liv4 中封 Zhong Feng

Ling Shu 2 –

中封內踝之前一寸半

Zong Feng (Liv4) enters the ankle prior to one cun, incompletely
 Meaning it is one cun below the ankle! (you will find slightly puffy tissue there)

使逆則宛, 使和則通

Make opposite (against) then bent (crooked),
 make harmony then open (flow)

搖足而得之

Rock the foot to find it

Liv4 中封 Zhong Feng

中 – Zhong = Centre

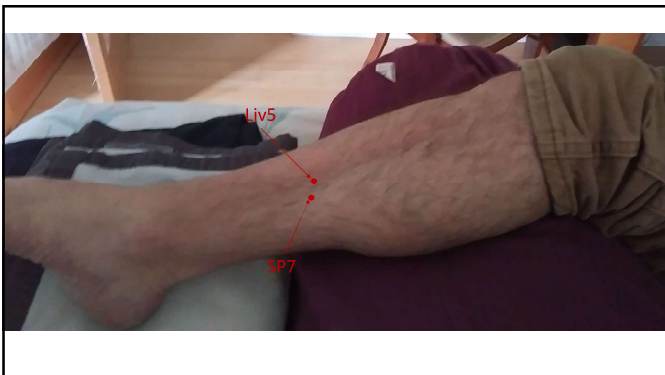
封 – Feng = seal, authority: to confer authority

圭 a jade tablet symbolizes feudal authority over the land
 + 手 Hand

Liver (Metal on Wood)

Oketsu

Psoas, inguinal, low back 圭 is also in Jie, Street 街 – as in Qi Jie/ST30
 Ligaments/tendons



Liv5 蠡溝 Li Gou

蠡 – Li = Insect that bores into wood

溝 – Gou = Ditch, gutter, groove

水 with 溝 interlocking structure

Endometriosis

Anti-inflammatory for lower Jiao

Skin

Gout

Liv6 中都 Zhong Du

中 – Zhong = Centre

都 – Du = Metropolis, also all/entirely

Liv7 膝關 Xi Guan

膝 Xi = Knee

關 – Guan = Gate, Passthrough

Liv8 曲泉 Qu Quan

曲 Qu = Bent

泉 – Quan = Spring, Fountain

Cysts/fibroids
Tendons/ligaments
Water Point (Metal Water – Liv4 +8)

Liv9 陰包 Yin Bao

陰 – Yin

包 – Bao = Warp, bag

Hormonal reflex/treatment
Eyes

Liv10 足五里 Zu Wu Li Liv11 陰廉 Yin Lian

足 – Zu = Leg

陰 – Yin

五 – Wu = 5

廉 – Lian = Corner, Side
Honest
to examine

里 – Mile, Village, Hamlet

Psoas (attachment) - ANS
Inner thigh circulatory blockage
Treats big toe

Liv12 急脈 Ji Mai

急 – Ji = Anxious, hurried
心 the heart 及 reaching, grabbing

脈 – Mai = Pulse
脈 tributaries (joining of rivers)
月 in the body

ANS
Circulation blockage

Liv13 章門 Zhang Men

章 – Zhang = seal, stamp, section (音 sound + 耑 completed)
 樟 Camphor: with 木 wood on the left

門 – Men = Door/Gate

Mastoid
 Deep Tissue Pain
 Hearing
 Right ST25 + Liv13 for fatty liver

Liv14 期門 Qi Men

期 – Qi = month (moon), period, phase
 月 moon + 其 basket (Qi phonetic)

門 – Men = Door/Gate

Liver reflex

The Du Channel

督 Du – to govern, to supervise
 the 目 eye overseeing
 又 hands collecting 未 beans
 叔 – father's younger brother

Du – governor, works on behalf of the emperor,
 is dependent on the emperor.

Hormonal and nervous systems -
 govern but at the command of the brain



Zhuang Zi 3: 緣督以為經

緣督以為經 – because of Du there is Jing
 可以保身 – able to defend the body
 可以全生 – able to be all of life
 可以養親 – able to support my parents
 可以盡年 – able to complete my lifespan

Burton Watson's translation:

Follow the middle; go by what is constant, and you can stay in one piece,
 keep yourself alive, look after your parents, and live out your years.

The Du as the Centre



Bow's deepest/changing curve – the most potential

DU16 – spine & brain
 DU14 – cervical to thoracic

T5/T7 – height of kyphotic curve

T11/T12 – thoracic to lumbar: lordotic curve to kyphotic
 L2 – height of lordotic curve
 L5 – Sacrum to Lumbar

DU1 長強 Chang Qiang

長 – Chang = Long
 it implies length in time: a person with long hair
 also interpreted as a 兀 long table + 匕 person + 亡 death

強 – Qiang = Strong, Powerful
 虫 insect + 弘 to expand, enlarge: a bow after it releases

DU2 腰俞 Yao Shu

腰 – Yao = Waist, lower back,

俞 – Shu = Transport

Spine/Back
ANS (check against left BL43)

DU3 腰陽關 Yao Yang Guan

腰 – Yao = Waist, lower back,

陽 – Yang

關 – Guan = Gate, Passthrough, checkpoint

DU4 命門 Ming Men

命 – Ming = Decree, life, fate
口 Mouth + 令 Ling to command (亼 assemble + 冫 seal)

門 – Men = Door

Ear
Thyroid
For Kidneys – BL52 is preferred

DU5 懸樞 Xuan Shu

懸 – Xuan = Suspended, hanging
縣 hang = head upside down, tied + 心 heart

樞 – Shu = Pivot, Axis, Hub

DU6 脊中 Ji Zhong

脊 – Ji = Spine

中 – Zhong = Centre

Sugar
Thyroid
Spine

DU7 中樞 Zhong Shu DU8 筋縮 Jin Suo

中 – Zhong = Centre

樞 – Shu = Pivot, Axis

筋 – Jin = Ligament, Sinew, Tendon
力 strength
月 in the body
like 竹 bamboo (striated)

縮 – Suo = Shrink
糸. Silk
+ ancient character for night

DU7 (T10) – G.B.
DU8 (T9) – bedwetting

DU9 至陽 Zhi Yang

至 – Zhi = Arrive, most, extreme
a bird swooping down towards the ground

陽 – Yang

ST15 屋翳 Wu Yi (House Screen/Shade)
屋 Wu (house) is roof over 至 Zhi

T7 (DU9) at T7 – where you push up to Yang
Second Intercostal (ST15) – where the push is reflected

DU10 靈台 Ling Tai

靈 – Ling = Soul

台 – Tai = Platform, table, stage
△ – this is 巳 (to stop, already) altered to look △
(so similar to Zhi)

台 is same as Tai 臺, platform, tower:
高 Tall + Arrive 至 (Zhi - continues the theme of DU9)

DU11 神道 Shen Dao

神 – Shen = Spirit

道 – Dao = Path (to walk 辵 + head/lead 首)

T7-T5 (DU9-11) – height of kyphotic curve – affect whole spine

DU12 身柱 Shen Zhu

身 – Shen = Body, Torso, Life, Oneself

柱 – Zhu = Pillar, column

知利 Zhi Li – To benefit awareness/knowledge/intelligence

T3 – supports the upper spine, the neck

DU13 陶道 Tao Dao DU14 大椎 Da Zui

陶 – Tao = Happy, Pleasing Pottery
β hill
+ 匋 Tao – a pottery furnace

大 – Da = Big

椎 – Zhui = Hammer/Vertebrae

道 – Dao = Path
to walk, 辵 + head/lead 首

Spreading (warming, cough)
Tail bone

DU15 啞門 Ya Men

啞 – Ya = Mute
□ mouth + 亞 a deformed (inferior, second rate) person

門 – Men = Door

Tongue, speech, saliva

DU16 風府 Feng Fu

風 – Feng = Wind

府 – Fu = Palace:
 广 a building where 付 payments/deliveries are made

Affects/releases whole spine and nervous system

Entries into the Brain

DU16 – by Nan Jing 28

DU17 – Nao Men, Brain Gate

DU20 – by Su Wen 60

DU24 – Shen Ting, Courtyard of the Shen

Yin Tang 印堂 – can be “brain” but is likely more “mind”

DU17 腦戶 Nao Hu DU18 強間 Qiang Jian

腦 – Nao = Brain

戶 – Hu = Door, also family

強 – Qiang = Strong, Powerful
 虫 insect + 弘 to expand, enlarge (a bow after it is released)

間 – Jian = Space – the light between the door cracks

DU19 後頂 Hou Ding DU21 前頂 Qian Ding

後 – Hou = Back, behind (walking with small steps)

前 – Qian = Before

頂 – Ding = Peak, Top (vertex)

後谿 Hou Xi - S.I.3
 前谷 Qian Gu - S.I.2

DU20 百會 Bai Hui

百 – Bai = 100

會 – Hui = Meeting, Assembly, Gathering

Post Partum Depression
 Face and sinuses (with Ren22 – Ren/Du Miscommunication)

DU22 囟會 Xin Hui

囟 – Xin = Skull (skull with brain inside), top of head

會 – Hui = Meeting, Assembly, Gathering

DU23 上星 Shang Xing

上 – Shang = Above/Upper

星 – Xing = Star

DU24 神庭 Shen Ting

神 – Shen

庭 – Ting = Courtyard

Shen
Nose
“Exorcism” Signature – DU24 + St44

DU25 素膠 Su Liao DU26 人中 Ren Zhong

素 – Su = Simple, Elementary, Basic/Pure

膠 – Liao = Bone Hole – Bone + the sound of wind blowing

人 – Ren = Person/Human

中 – Zhong = Centre

DU27 兌端 Dui Duan DU28 齟交 Yin Jiao

兌 – Dui = Exchange, trade, barter

端 – Duan = End, tip, upright, hold level
立 to stand like 耑 a growing plant

齟 – Yin = Gum

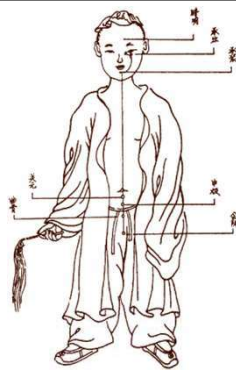
交 – Jiao = Cross, Intersect

The Ren Channel

任 Ren – Responsibility, Appointment, Assignment

人 Person + 壬 Burden (工 with pole)

Conception is 妊



Ren1 會陰 Hui Yin

會 – Hui = Meeting, Assembly

陰 – Yin

Ren2 曲骨 Qu Gu

曲 – Qu = Bend, Curved

骨 – Gu = Bone

Ren3 中極 Zhong Ji

中 – Zhong = Centre

極 – Ji = Pole, Extreme
北極星 – Bei Ji Xing: the north star

Affect the extremities (fingers/toes)
Generate new tissue
Related to Ren21 (璇璣 Xuan Ji) and Du23 (上星 Shang Xing the Upper Star)

Ren4 關元 Guan Yuan

關 – Guan = Gate, Passthrough, checkpoint

元 – Yuan = Primary: 上 top (head – altered to 二) of person 儿

Autoimmune
Cardiac

Ren5 關元 Shi Men

石 – Shi = Stone

門 – Men = Door, Gate

<p>Navel Ren6 Accumulations</p>	<p>Ren7 陰交 Yin Jiao Yin Intesection</p>	<p>Kid15 中注 Zhong Zhu Centre Focus</p>	<p>ST26 外陵 Wai Ling Outer Mound</p>
	<p>Ren5 石門 Shi Men Stone Gate</p>	<p>Kid14 四滿 Si Man Four Fullness</p>	<p>ST27 大巨 Da Ju Big Great</p>
	<p>Ren4 關元 Guan Yuan Gate to Primary</p>	<p>Kid13 氣穴 Qi Xue Qi Cave</p>	<p>ST28 水道 Shui Dao Water Pathways</p>
<p>Dan Tian Movement Hollow</p>	<p>Ren3 中極 Zhong Ji Central Pole</p>	<p>Kid12 大赫 Da He Big Brightness</p>	<p>ST29 歸來 Gui Lai Arriving</p>
	<p>Ren2 曲骨 Qu Gu Curved Bone</p>	<p>Kid11 橫骨 Heng Gu Horizontal Bone</p>	<p>ST30 氣街 Qi Jie Qi Hub</p>

Ren6 氣海 Qi Hai

氣 – Qi

海 – Hai = Ocean (where all water goes to)

ANS – smooth/calm Qi
Stones – move Qi
Mineral Imbalance – Ocean points – Kid6, SP10, Ren6, S.I.8, HT3

Ren7 陰交 Yin Jiao

陰 – Yin

交 – Jiao = intersection (a person with crossed legs)
make friends, communicate

Ren8 神闕 Shen Que

神 – Shen

闕 – Que = watchtower:
門 gate
+ 坎 - to dig out, to expand (Jue phonetic))

Ren9 水分 Shui Fen

水 – Shui = Water

分 – Fen = Divide, distinguish: divide 八 with a knife 刀

Pulse at Ren9 –
weak mesentery – use Mu Shu
or emotions uncontained – use Mu Shu + SP3/Per
S.I. reflex - use S.I.1/2 or S.I.3
Sadness reflex – use SP3 + Pericardium (Right ST24 by Nagano)

Ren10, 12, 13 下脘 中脘 上脘
Lower, Centre & Upper Wan

下 – Xia = Below, Lower 中 – Zhong = Centre 上 – Shang = Above

脘 – Wan = Stomach cavity
or 管 Guan - a Pipe, also to manage, take care, control

According to Kiiko Wan 脘 is defined as 骨脂 meaning Bone Resin/Fat

骨 – bone 脂 – tasty meat, grease

Ren10, 12, 13 下脘 中脘 上脘
Lower, Centre & Upper Wan

Marrow (Wan 脘 as 骨脂):
Spine
Neurological
Stomach Mu/Meeting of Fu organs: sac (rugae) – affects uterus
Clarifies the pulse

Treat with Kidney, Stomach Qi, Immune, Release the neck

Ren11 建里 Jian Li

建 – Jian = Establish - to 聿 write rules of 彳 behaviour
Ellis says it may refer to Jian, Healthy/Strong 健
(adding a person to erect)

里 – Li = Mile: field + earth – village, hamlet, measure
It might really be Li 裏 Inside (which simplified is 里)

Ren14 巨闕 Ju Que Ren 15 鳩尾 Jiu Wei

巨 – Ju = Great, Huge

闕 – Que = Watchtower: Gate 門 + 缺 (Jue - to dig out, to expand)

鳩 – Jiu = Turtle-dove, pigeon

尾 – Wei = Tail: the fur 毛 on the lower body 尸

“Worry” Reflex
Cardiac Reflex
Acid Reflux Reflex

Ren16 中庭 Zhong Ting

中 – Zhong = Centre

庭 – Ting = Court, Hall:
a roof over courtyard, where people go and stand
implies imperial waiting area

Ren17 膻中 Shan Zhong (or Dan Zhong 亶中)

膻 – Shan = chest (or smell of sheep):
月 Flesh + 亶 亶 = true, sincere

中 – Zhong = Centre

“Anxiety” Reflex
Cardiac Reflex

Ren18 玉堂 Yu Tang Ren 19 紫宮 Zi Gong

玉 – Yu = Jade

紫 – Zi = Purple

堂 – Tang = Hall

宮 – Gong = Palace

Ren20 華蓋 Hua Gai

華 – Hua = Flowery, magnificent (flowers and leaves emerging)

蓋 – Gai = canopy, cover (grass over cover 盍)

Ren21 璇璣 Xuan Ji

璇 – Xuan = Jade, Star
王 jade
+ 旋 Xuan = revolve: to orbit around the emperor

璣 – Ji = pearl, geometrical instrument
王 Emperor + 幾 Ji - almost, how many

This is an astronomical instrument to look for the north star

“Sextant” (Ren21) treats North Star (Ren3)

Ren22 天突 Tian Tu

天 – Tian = Heaven

突 – Tu = Abrupt, Dash: Dog 犬 rushing from its cave 穴

Sinus/face – with DU20 and 3-bypass cord
Cough

Ren23 廉泉 Lian Quan

廉 – Lian = Corner, Honest

泉 – Quan = Fountain Spring



Ren24 承漿 Cheng Jiang

承 – Cheng = Accept, Receive, Contain

漿 – Jiang = Broth, Paste, Sauce (thick fluid)

水 water

+ 將 Jiang (as phonetic) – will, to go (future)