

Using the Shēn/Body (身) to treat the Shén/Mind (神)

Pre-requisites for Healing:

- Space
- Light
- allowing new possibilities

The Mind is always larger than any one emotion
There can always be more space in the mind

A Sacred Space is never limited
it can always be enlarged

This is related to Ren 忍
Kshanti - to endure, the capacity to include

Kshanti Paramita 忍

Shariputra's Lion Roar (Buddha's teaching to Rahula):

- Earth – absorb/transforms all things
- Water – receives and flows, washes all
- Fire – accepts and burbs pure and impure
- Air – carries/purifies all smells

A teaspoon of salt in a glass of water is too salty to drink
But in a lake or a river, that salt cannot be noticed.

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

申 Shen – to extend

comes from 𠄎 – two hands
extending a rope
a man standing girding himself
with two hands

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.

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

(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

踹 Chuai to stomp, to kick

足 – the foot

崑 – specialized/concentrated

a plant growing above (山)

as well as below ground (而)

This character appears in the Kidney, U.B., and Spleen
channel descriptions

BL36 承扶 Cheng Fu

承 Cheng = Receive, accept, undertake, to hold
the seal 卩 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

Treating Psycho-spiritual Issues through Physical Means

General Reflexes:

Spine, especially T2- T7 – ANS
T11, T12 - lift

Neck – controls the ANS

Chest – diaphragm

Eyes – perception

Occiput – An Mian (rest, wind)

Sacrum – parasympathetic plexus

Psoas/inner thigh – “freezing reflex”

Treating Psycho-spiritual Issues through Physical Means

Don't forget the Spleen!

The Spleen enters the centre of the heart
(the Pericardium enters the Luo around the heart)

Yi - 意 – the intention

This is the sound (Yin 音) of the heart (心)

Treating Psycho-spiritual Issues through Physical Means

Don't forget the San Jiao!

San Jiao are 3 spaces where anxiety is felt:
chest, stomach, intestines

Jiao - 焦 – “burning space” worried/anxious
A bird 隹 roasted on the fire 灬

Treating Psycho-spiritual Issues through Physical Means

Specific Reflexes:

Ren17 Anxiety Reflex
Ren15 Worry Reflex
Ren9 Sadness Reflex (also heart cannot contain)

T3 – T7
left U.B.43

Also -
ST9, the SCM and Scalenes
Occiput

Treating Psycho-spiritual Issues through Physical Means

Other conditions to consider:

- ANS (autonomic nervous system)
- Thyroid
- Sugar Imbalance
- Viscero-Ptosis
- Liver
- Stagnant Blood in Head

Treating Psycho-spiritual Issues through Physical Means

The neck:

connects the brain and the Heart (as well as body)

Release the SCM	use opposite S.J.8
Release the Scalenes	use SP3, HT3, LU8, or Inner Yin
Release the Cervicals	use same side S.J.8 Liv8 or Inner Yin Kid7 or 9

Treating Psycho-spiritual Issues through Physical Means

Ren9:

Often a pulse is felt on Ren9 (left of navel & up)

This is weak Dan Tian,
or emotions that cannot be held in Heart
use Kidney points + MuShu
then Right ST24 + Left G.B.26
On the back – U.B.52 (towards spine)

Treating Psycho-spiritual Issues through Physical Means

Ren15:

Worry Reflex,
use SP3 + Pericardium
(check P.8: if pain, use P.3 + P.5
no pain, use P.6 or P.4)
P.4 is 3 fingers below P.3

Treating Psycho-spiritual Issues through Physical Means

Ren17:

Anxiety Reflex,
Release lymph in neck (Immune + S.J.)
Then use Pericardium
(check P.8: if pain, use P.3 + P.5
no pain, use P.6 or P.4)
P.4 is 3 fingers below P.3

Treating Psycho-spiritual Issues through Physical Means

T3-T8:

Release with DU2, S.I.9/10, DU16
then needle tight spots that are left
towards the spine (or toward spine and up)

U.B.43:

Left – release with DU2
Right – release with Liv1

Treating Psycho-spiritual Issues through Physical Means

The Neck (I):

The neck connects the brain and the heart

Scalenes	SP3, LU8, HT3, Inner Yin
SCM	Opposite S.J.8 (5 – if rapid pulse) Kid9, ST41 – same sides
S.J.16	Immune
G.B.21	SP9
behind G.B.21	TMJ

Treating Psycho-spiritual Issues through Physical Means

The Neck (II):

Cervicals C2-6	S.J.8 (same side) + Kidney + Liv8 + lhiKun
C3	Right Liv1 Left either Cardiac or SP1
C4	ST9
C5	behind ST9
C6-7	HT3 (if one side)
Atlas (shows on mastoid)	use Yao Tong Xue

Treating Psycho-spiritual Issues through Physical Means

The Occiput:

This area is:
An Mian (安眠 – Peaceful Sleep)
Lu Xi (S.J.19 - Resting Skull 顛息)
息 – is the breath/nose/self
(core) of the heart/mind
DU17 & G.B.19
腦戶 Nao Hu – Door to the Brain
腦空 Nao Kong – Brain Emptiness

It reflects the autonomic nervous system and
endocrine (both are Du 督 supervise/govern)

Treating Psycho-spiritual Issues through Physical Means

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

Treating Psycho-spiritual Issues through Physical Means

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)

Treating Psycho-spiritual Issues through Physical Means

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

Treating Psycho-spiritual Issues through Physical Means

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)

Treating Psycho-spiritual Issues through Physical Means

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

Treating Psycho-spiritual Issues through Physical Means

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)

Treating Psycho-spiritual Issues through Physical Means

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

Treating Psycho-spiritual Issues through Physical Means

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

Treating Psycho-spiritual Issues through Physical Means

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

Treating Psycho-spiritual Issues through Physical Means

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)

Treating Psycho-spiritual Issues through Physical Means

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

Treating Psycho-spiritual Issues through Physical Means

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

Treating Psycho-spiritual Issues through Physical Means

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 (虍) pursuing (夂) a resting place (几)
处 - 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 (内关, Nei Guan – 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

The Frontal Hairline:

How we "digest" or link into the brain (ST8)

DU24 Shen Ting 神庭 Shen Courtyard

U.B.4 Qu Cha 曲差 Bent ?

差 - Difference/Discrepancy/Error
(also dispatch – as in synapses?)

G.B.15 Lin Qi 臨泣

臨 – Lin = Face, just before, overlook:

臥, recline/crouch + 品 (phonetic)

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

G.B.13 Ben Shen 本神 Root of Shen

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

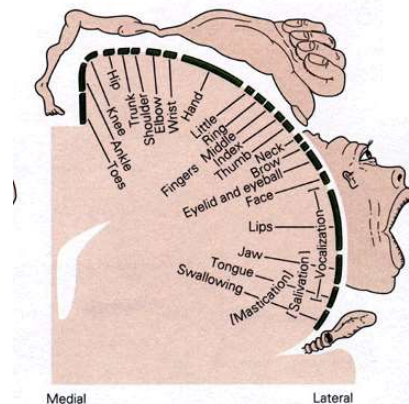
Top – G.B.13, 15, 16, 17, 18:

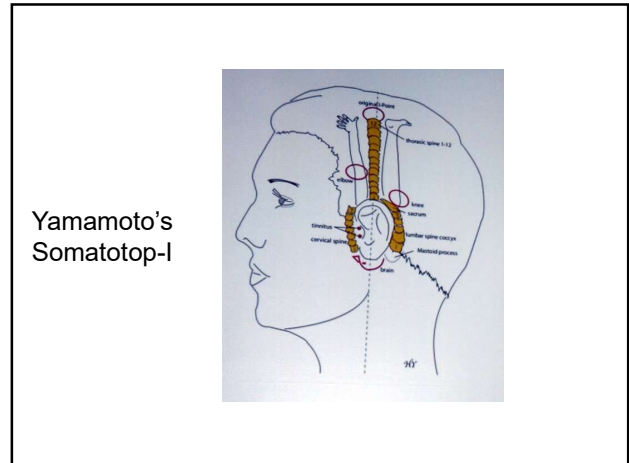
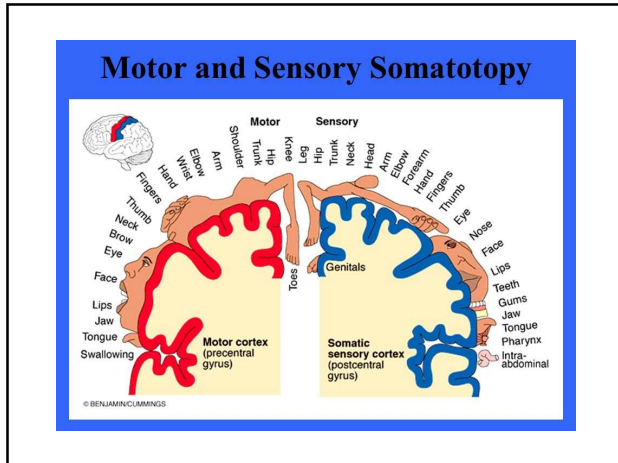
Marrow, Prefrontal Cortex: Pain and Fear

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 頤厭 Han Yan

頤 – 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)

懽 – Yan (adding the heart radical on the left):
 content, peaceful (Deadman's translation of G.B.4)

Implying how we view (digest) what we take in – our attitude

G.B.5 懸顱 Xuan Lu

G.B.6 懸釐 Xuan Li

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

顱 – 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 (net/threads in a frame)

谷 – Gu = Valley
 欲 - Yu: desires

Synapses (threads inside the frame/skull) modulating our 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

Chong, charging, surging – connotes nervous system impulses

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

G.B.10 浮白 Fu Bai

浮 – Fu = Float, Superficial

白 – Bai = White

This is like the white matter – myelin, which is “floating”

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

The occiput/mastoid = wind area
– crucial for smooth brain activity

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

S.J.18 癎脈 Ji Mai

癎 – Ji = Furious, Madness, Malaria 疒 sick + 契 deed, contract
as if you have a contract with illness
or 愒 – Jia, indifferent, carefree

(Ellis translates it as spasm/jerking
- 癎瘳 Chi Zong is convulsions)

脈 – Mai = Vessel/Pulse

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

S.J.19 顱息 Lu Xi

顱 – 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.22 (耳)和髹 (Er) He Liao

耳 – Er = Ear

和 – He = Harmony

髹 – Liao = “Bone Hole” - 骨 Bone + 翹 to soar, the sound of wind

髹 – Liao = “Bone Hole”

骨 Bone + 翹

翹 Liu: to soar, the sound of wind

羽 – wings, 彡 - hair

