

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

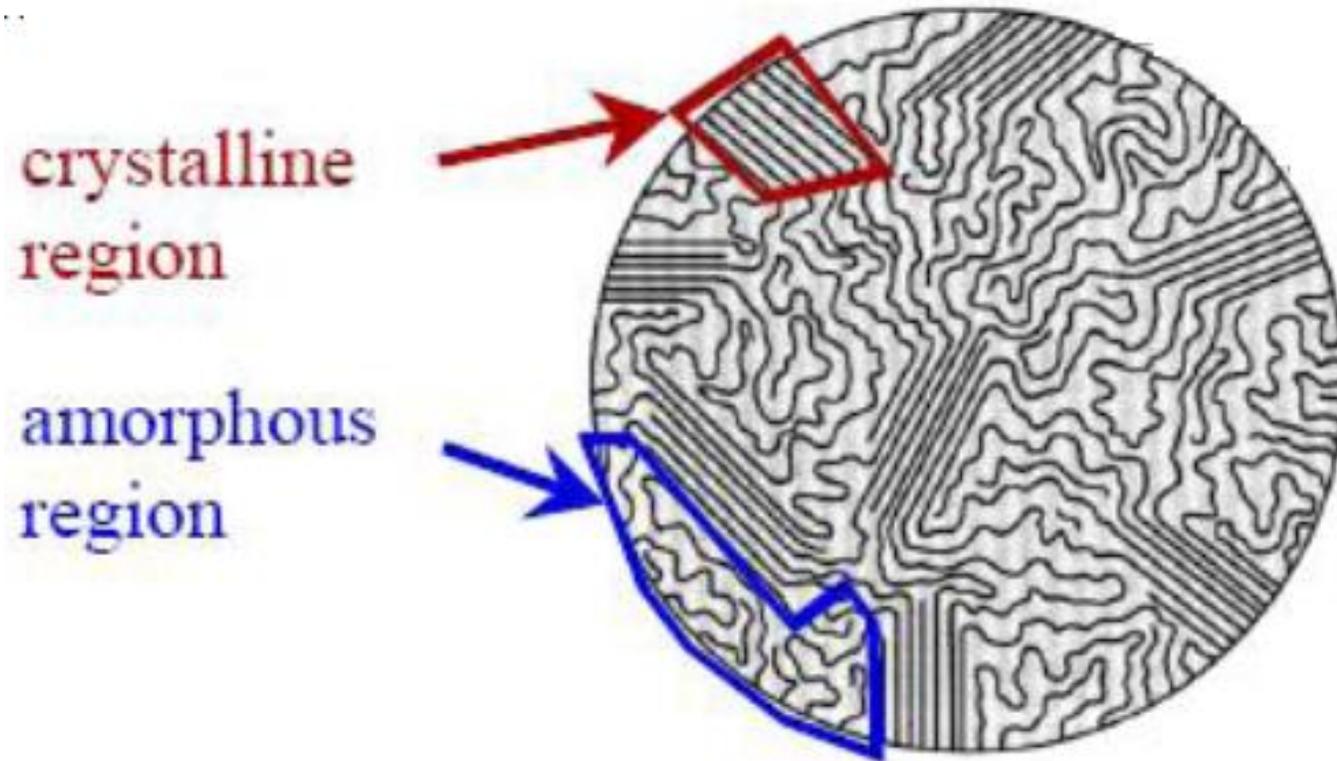
經脈 - Jing Mai

經 Jing = 糸 Silk + 冫 underground rivers

脈 Mai = 月 flesh (in the body) + 辰 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 ilac 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 沖 or 衝)

少沖 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

# 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

太沖 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

太沖 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 **凌** (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 尸

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  
脛痠眩冒  
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

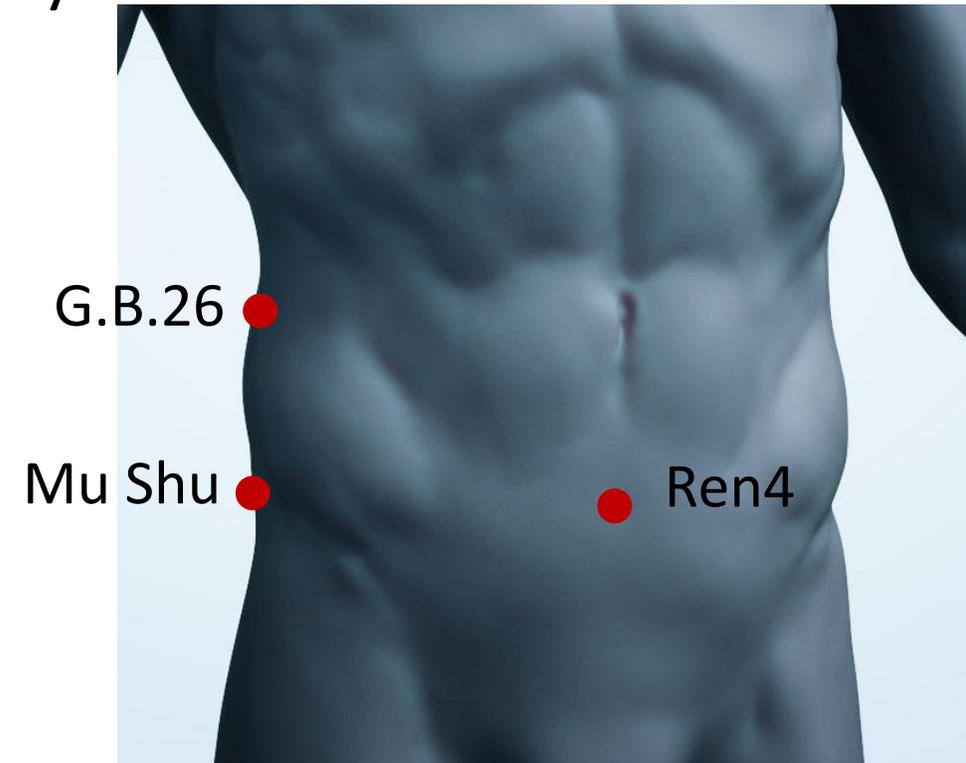
舉 – Ju = lift: hands participating (similar to extend 申)  
two hands coming from the side to lift

# 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

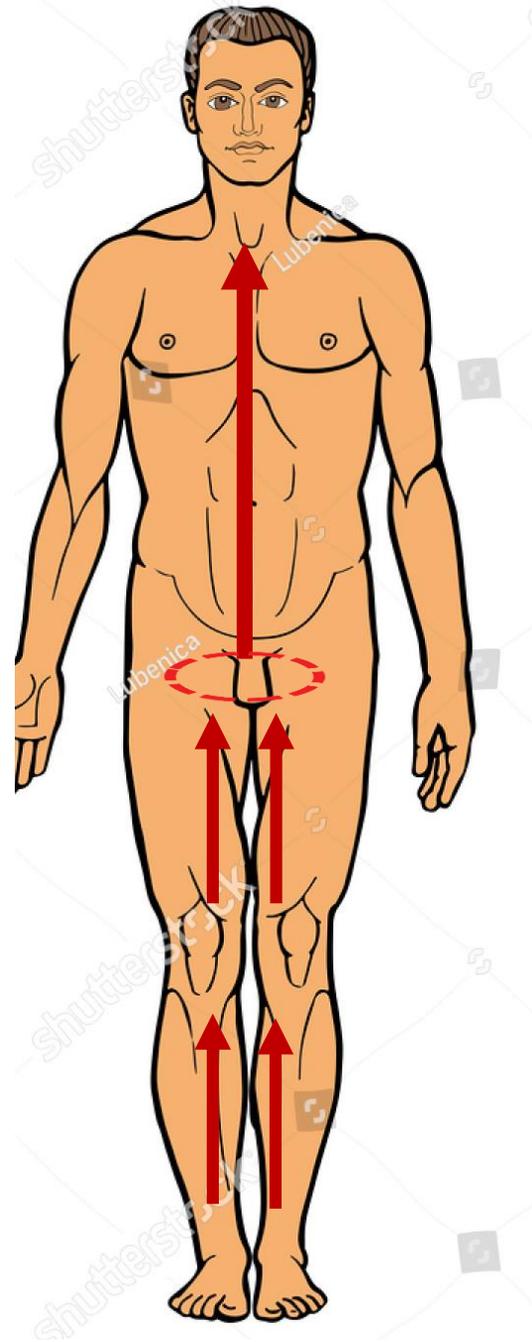
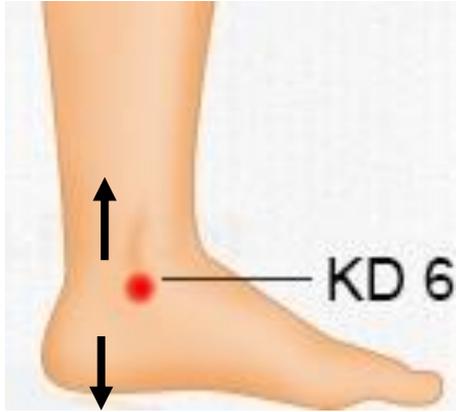
**觀音** Guan Yin (Avalokiteshvara)

**觀** – to observe: a bird/stork **藿** 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 **𠄎**

**照海** – Zhao Hai, Illuminating Ocean, Kid6



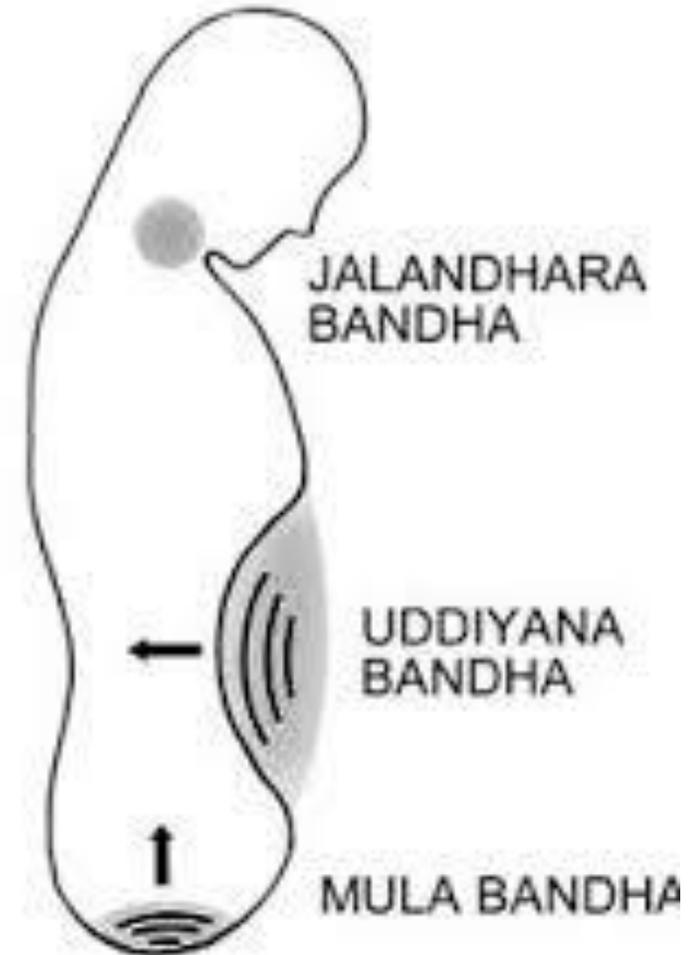
# Creating the Lift/Extension/Space

Kid6

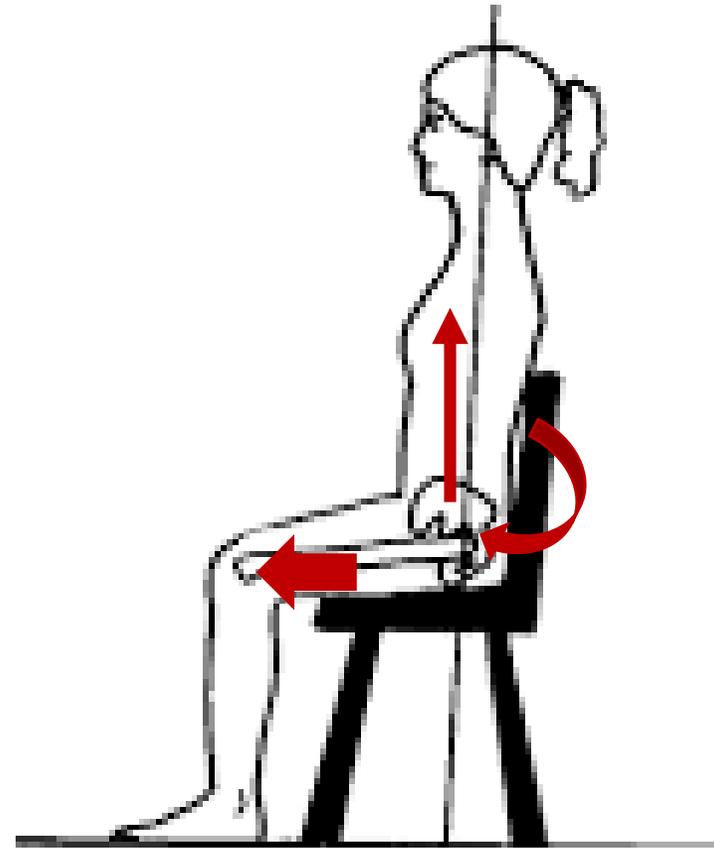
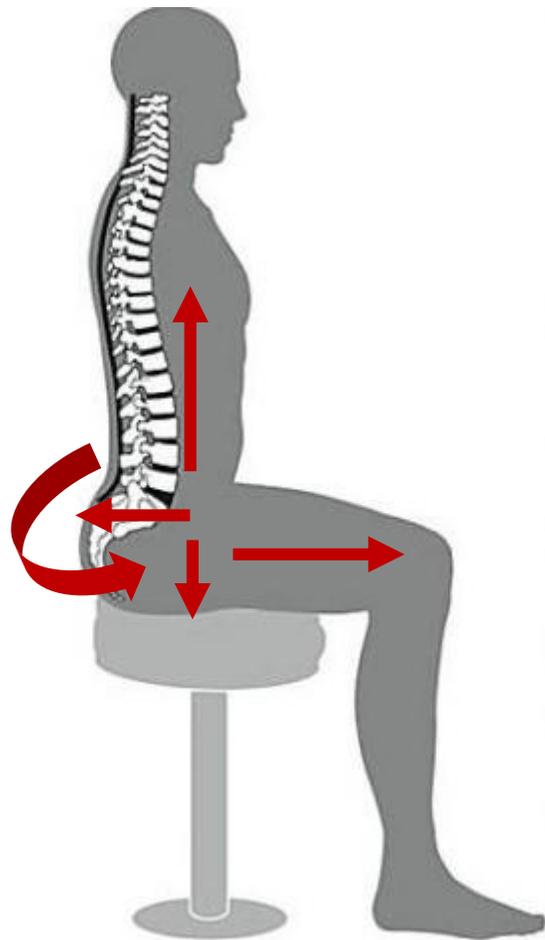
Inner Yin – Xin Yin Men (new BL37)

Mu Shu

BL2







# 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**  
go against then obstruction,  
to make harmony go with

**搖足而得之**  
shake foot to find it

# 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 – 居髎 Ju Liao Residing Liao  
creates space between torso and leg  
releases diaphragm

居 Ju = to reside (踞 – to squat)

髎 Liao = 骨 Bone + 翬 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

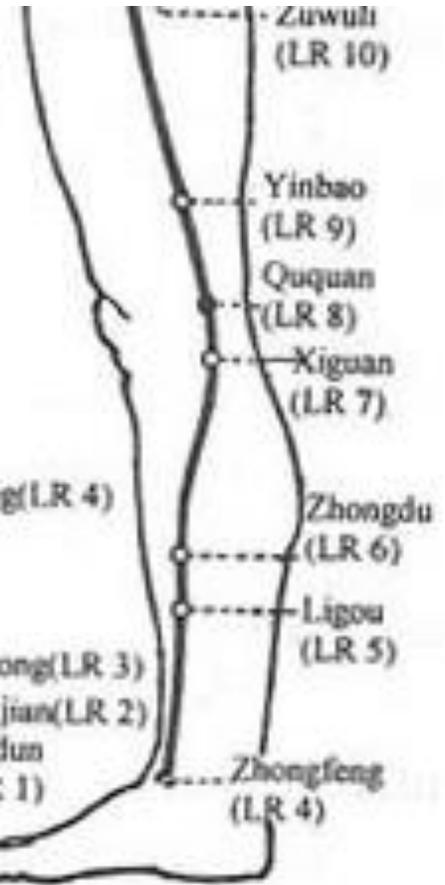
SP8 **地機** Di Ji Earth Machine

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 Stretchng 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 居髎 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

L.I.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 蠡溝 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 氵 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 髹 Liao Points

髹 – Liao = “Bone Hole”

骨 Bone + 翬 to soar, the sound of wind

羽 – wings, 彡 - hair



公案

# The Lung Channel

Goes from the Centre out

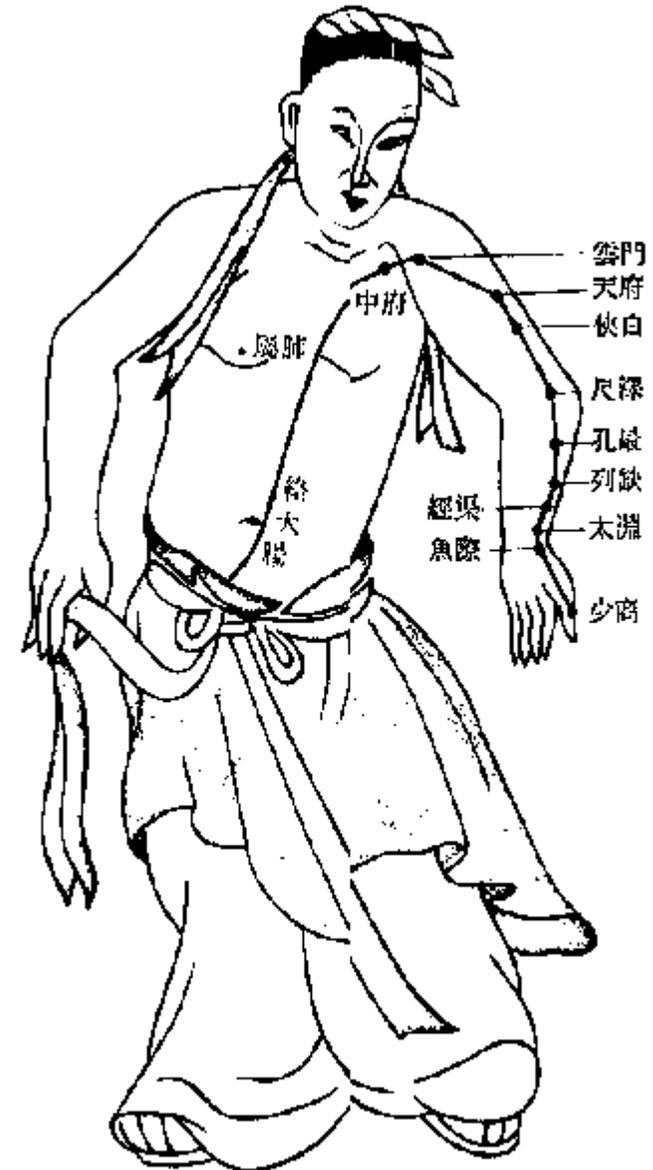
Reflects a canopy/umbrella/sprinkler

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

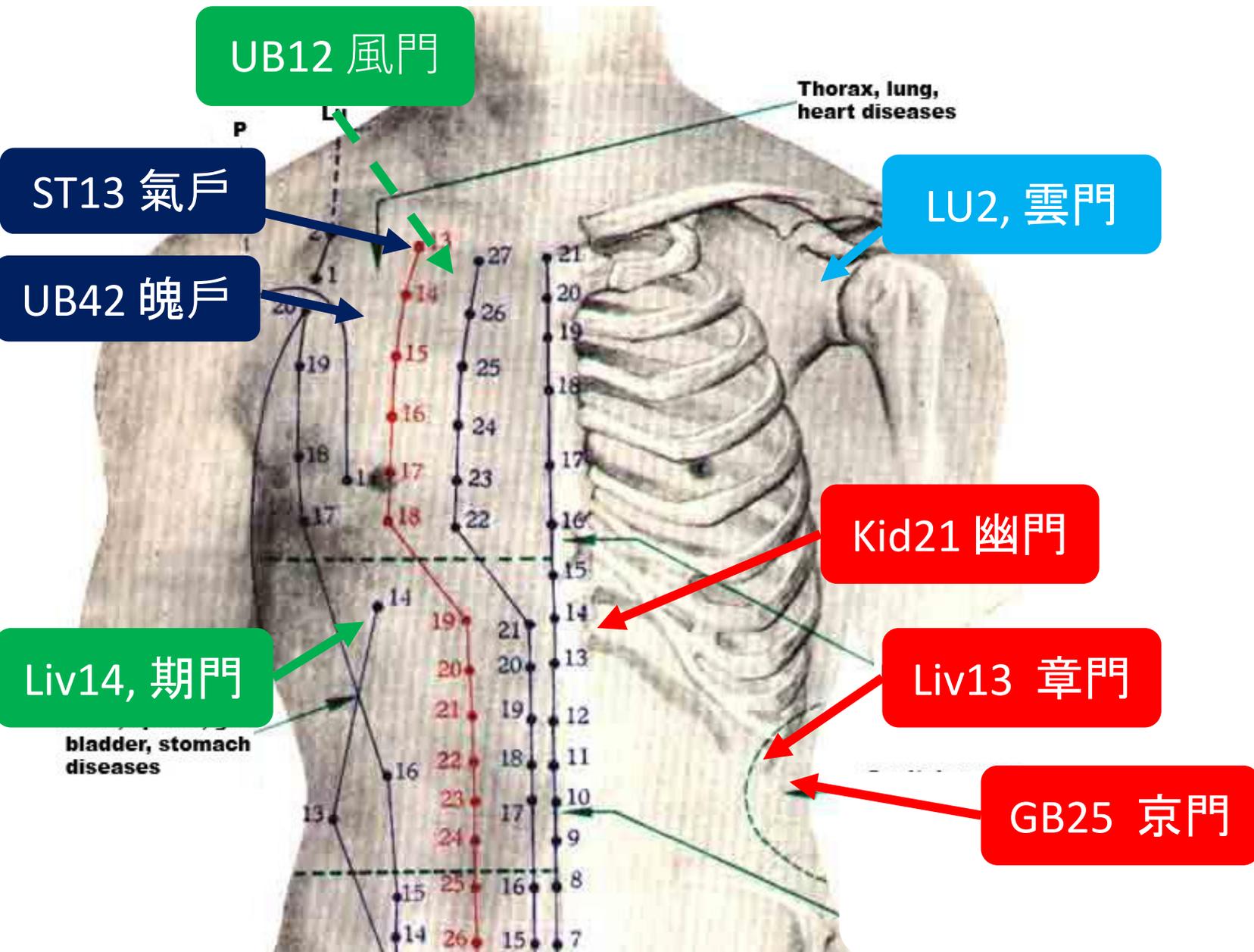
中 – Zhong = Centre

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



# 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.

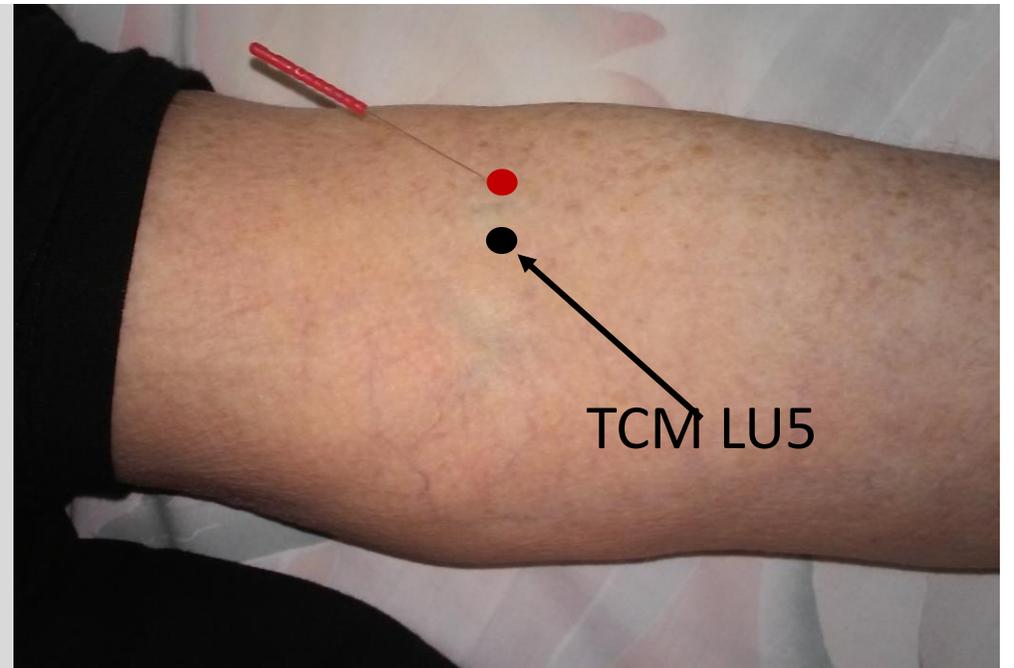
add Kid4 for inhalation problems

SP4 for exhalation problems

Immune

Autoimmune

Supporting Kidney (water on Metal)



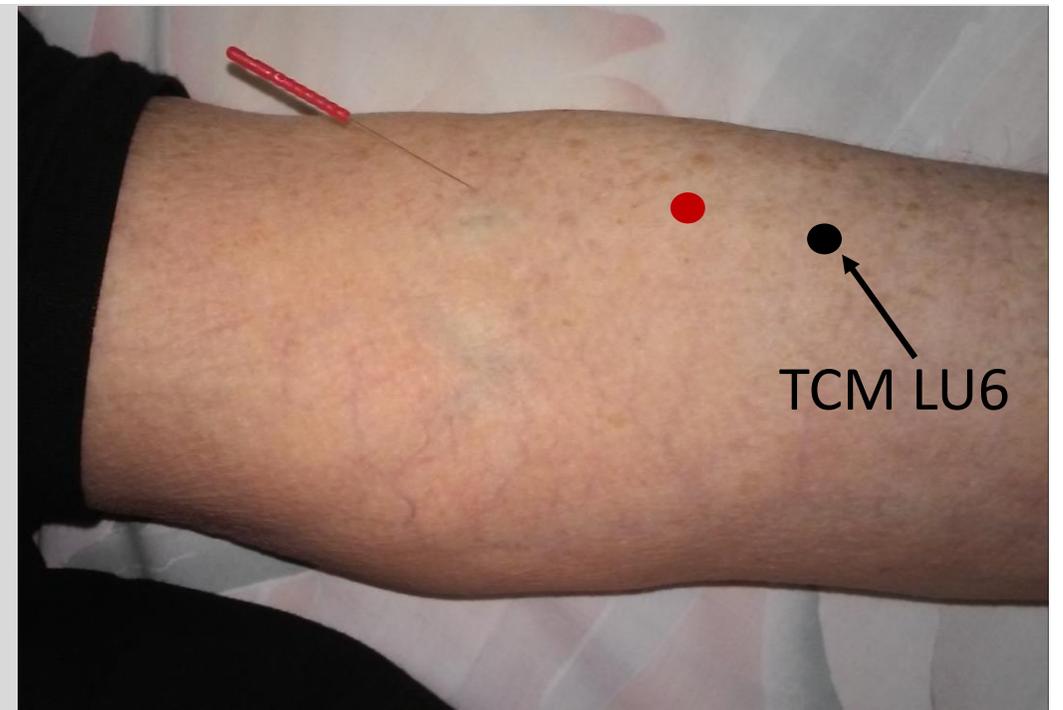
# LU6 孔最 Kong Zui

**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 刂) to the bare bone (歹 evil: a bone cut in half)

**缺** – Que = Lack, short off pottery, 缶, divided 夬

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

水 Water Radical



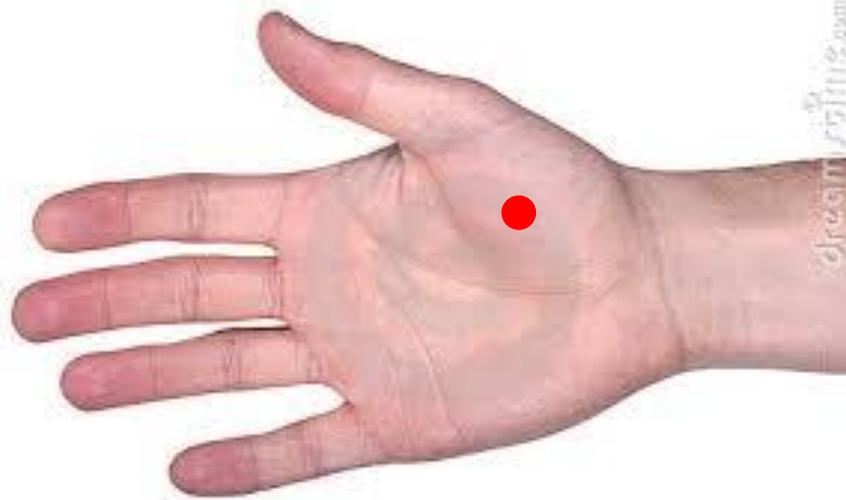
□ Enclosure  
with 水 Water  
= contained water swirling

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

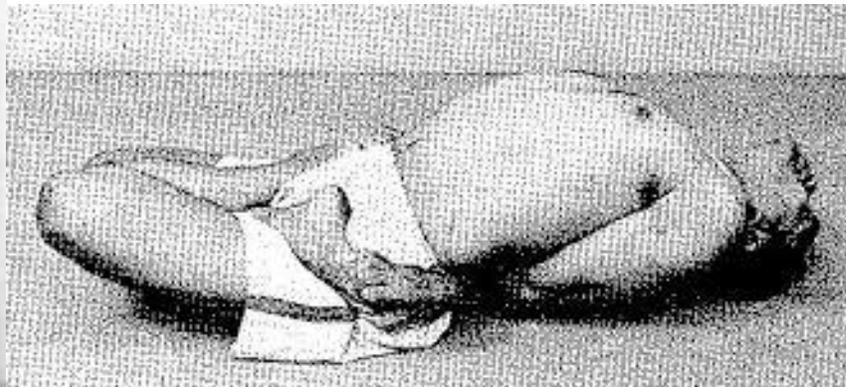


Traditional Buddha Feet  
without fish



# Vajra 金剛: Thunderbolt/Cut Through

Supta Vajrasana

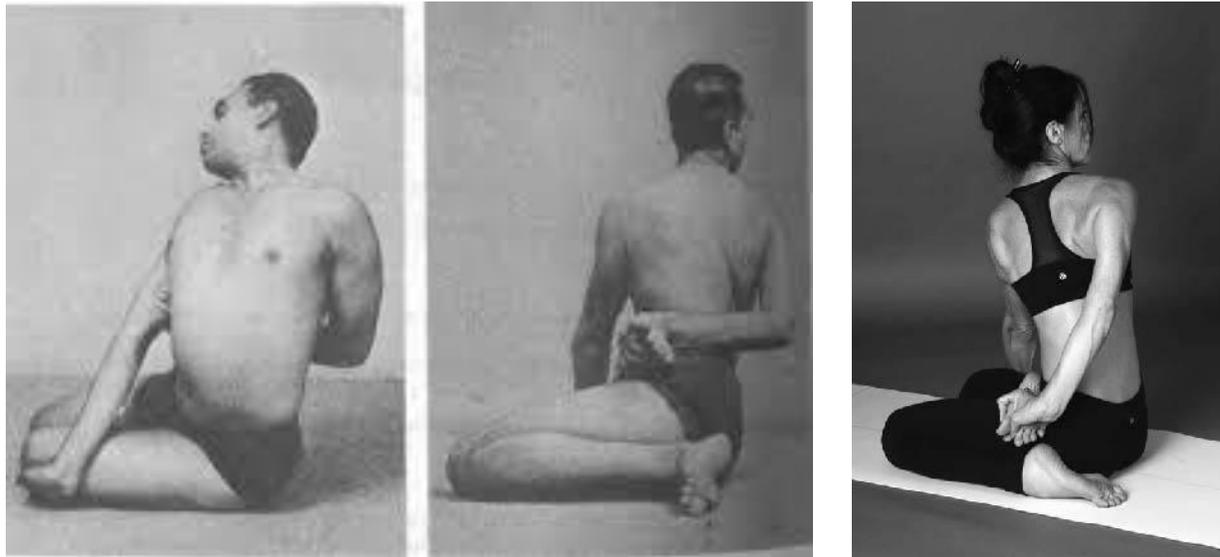


Yoga Mudrasana



# Vajra 金剛: Thunderbolt/Cut Through

Supta Urdva Pada Vajrasana

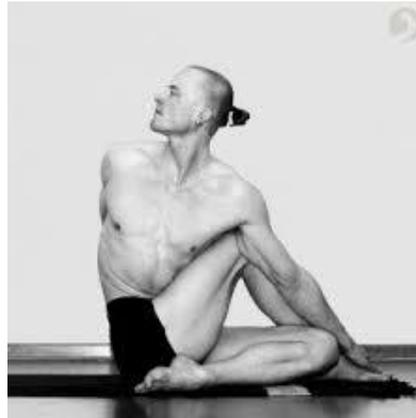
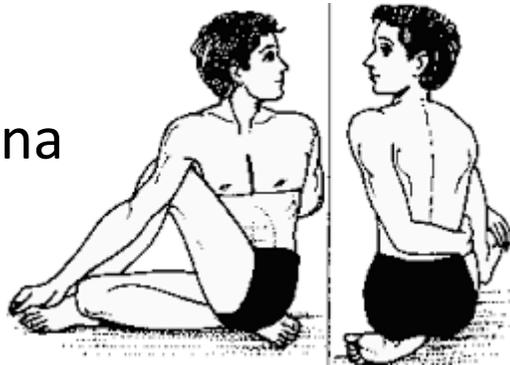


Laghu Vajrasana

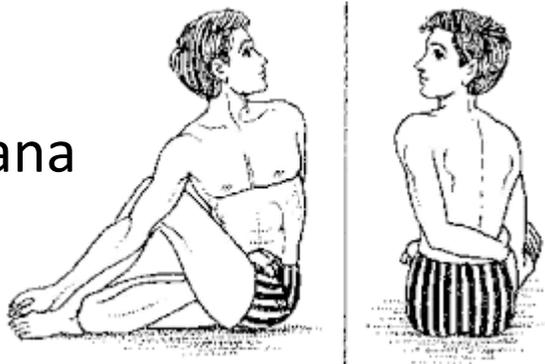


# Matsya 魚: Fish

Ardha  
Matsyendrasana



Purna  
Matsyendrasana



# LU11 少商 Shao Shang

少 – Shao = lesser

商 – Shang = Merchant, to discuss, to trade

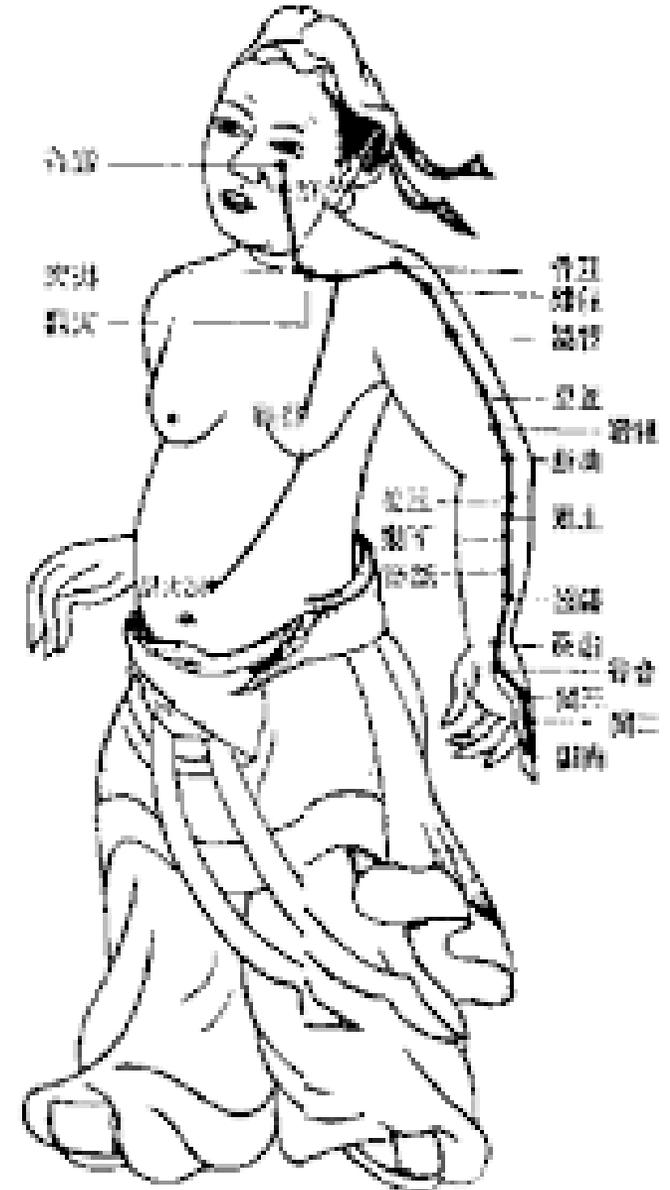
# The Large Intestine Channel

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

L.I.9 上廉  
Shang Lian

L.I.8 下廉  
Xia Lian

L.I.5 陽谿  
Yang Xi

ST36 足三里  
Zu San Li

ST37 上巨虛  
Shang Ju Xu

ST39 下巨虛  
Xia Ju Xu

ST41 解谿  
Jie Xi

L.I.1 商陽 Shang Yang

商 – Shang = Merchant,  
to discuss, to trade

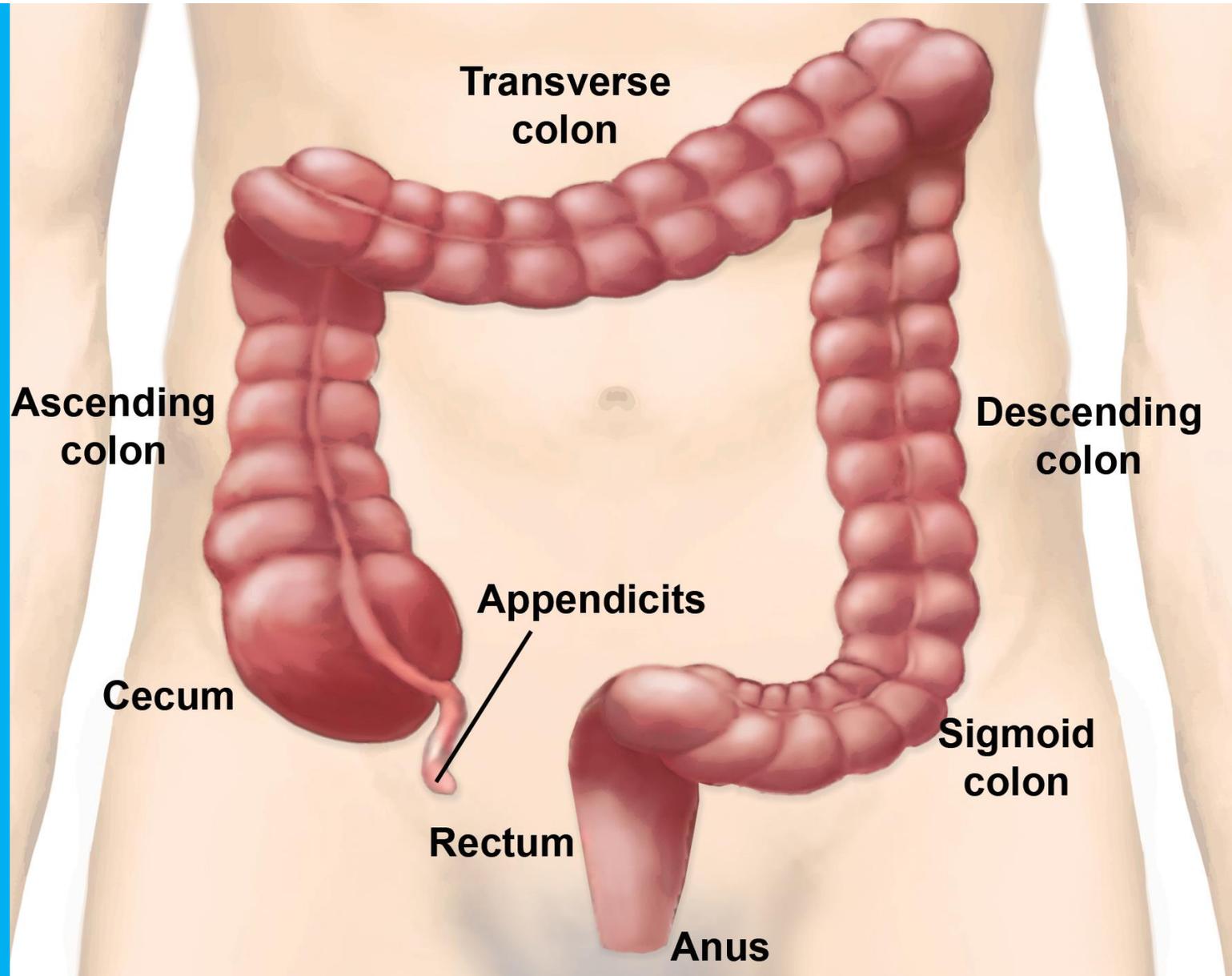
L.I.2 二間 Er Jian

二 – Er = two

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

L.I.3 三間 San Jian

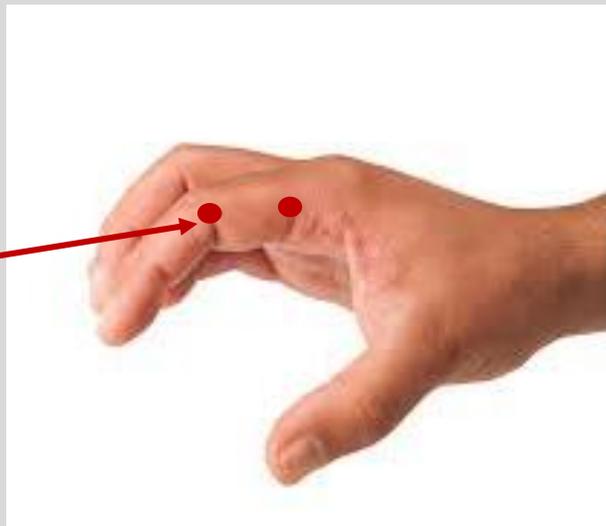
Third Space



# 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.2



Sawada Liv1



## L.I.4 合谷 He Gu

合 – He = Unite: 亼 gather/many + 口 Mouth (many mouths as one)

谷 – Gu = Valley: 水 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 **温**

(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)

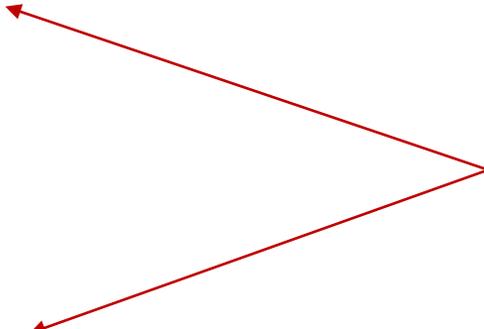
L.I.13 – Shou Wu Li 手五里 (5 Arm Li)

Liv10 – Zu Wu Li 足五里 (Leg 5 Li)

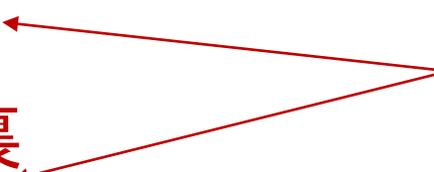
HT5 – Tong Li 通里 (Penetrating Li) 通裏

Ren11 – Jian Li 建里 (Establishing Li) 建裏

里 - Mile



裏 - Inside



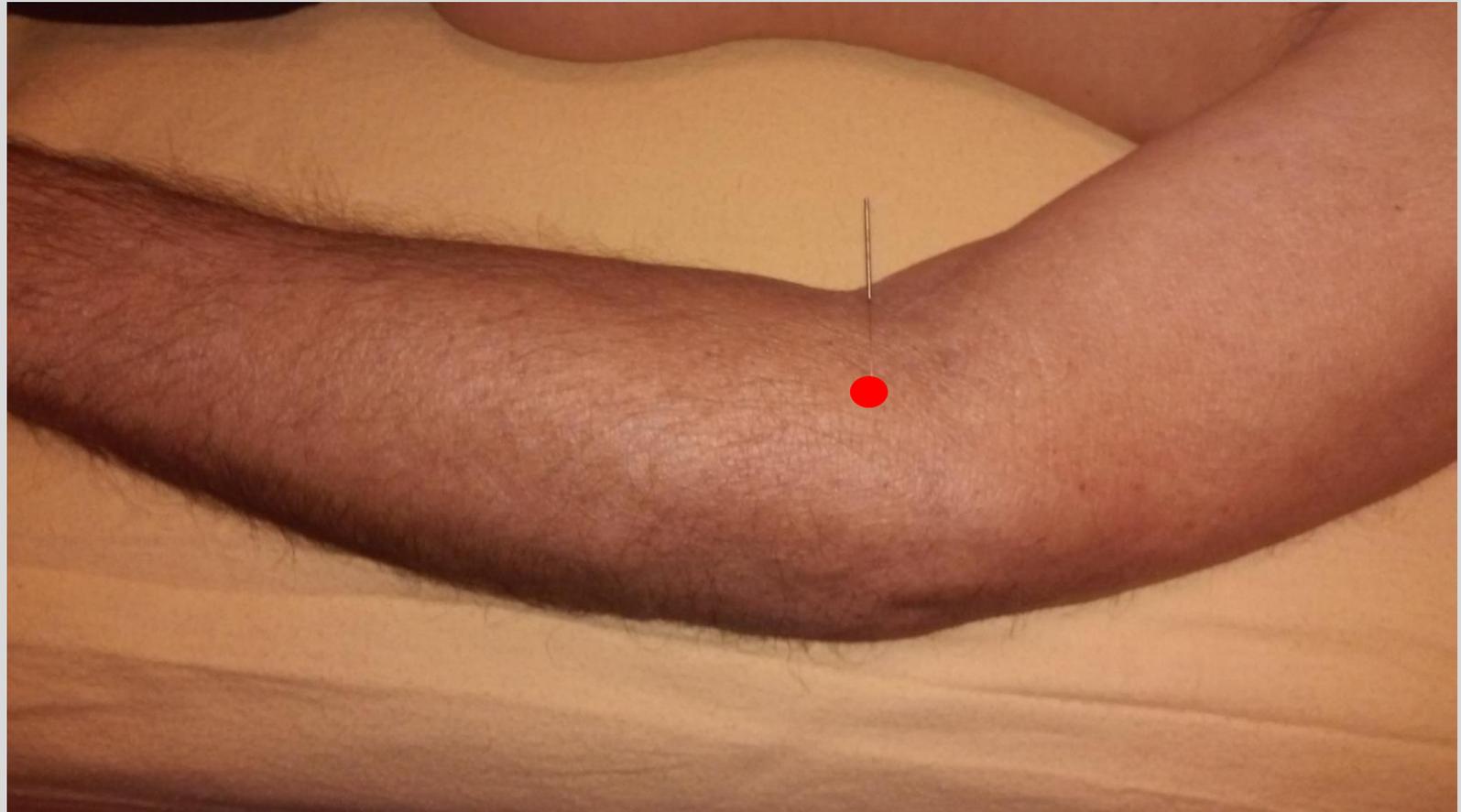
# L.I.10 手三里 Shou San Li

“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., 電池 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 肘髀 Zhou Liao

肘 – Zhou = Elbow

髀 – Liao = “Bone Hole”

骨 Bone + 髀

髀 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

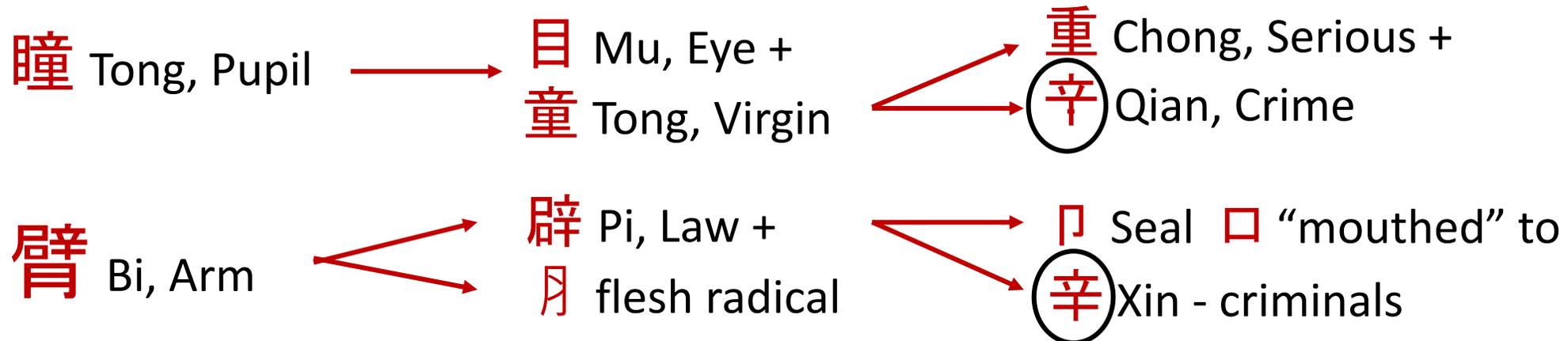
里 – Mile, Village, Hamlet

# 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



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”

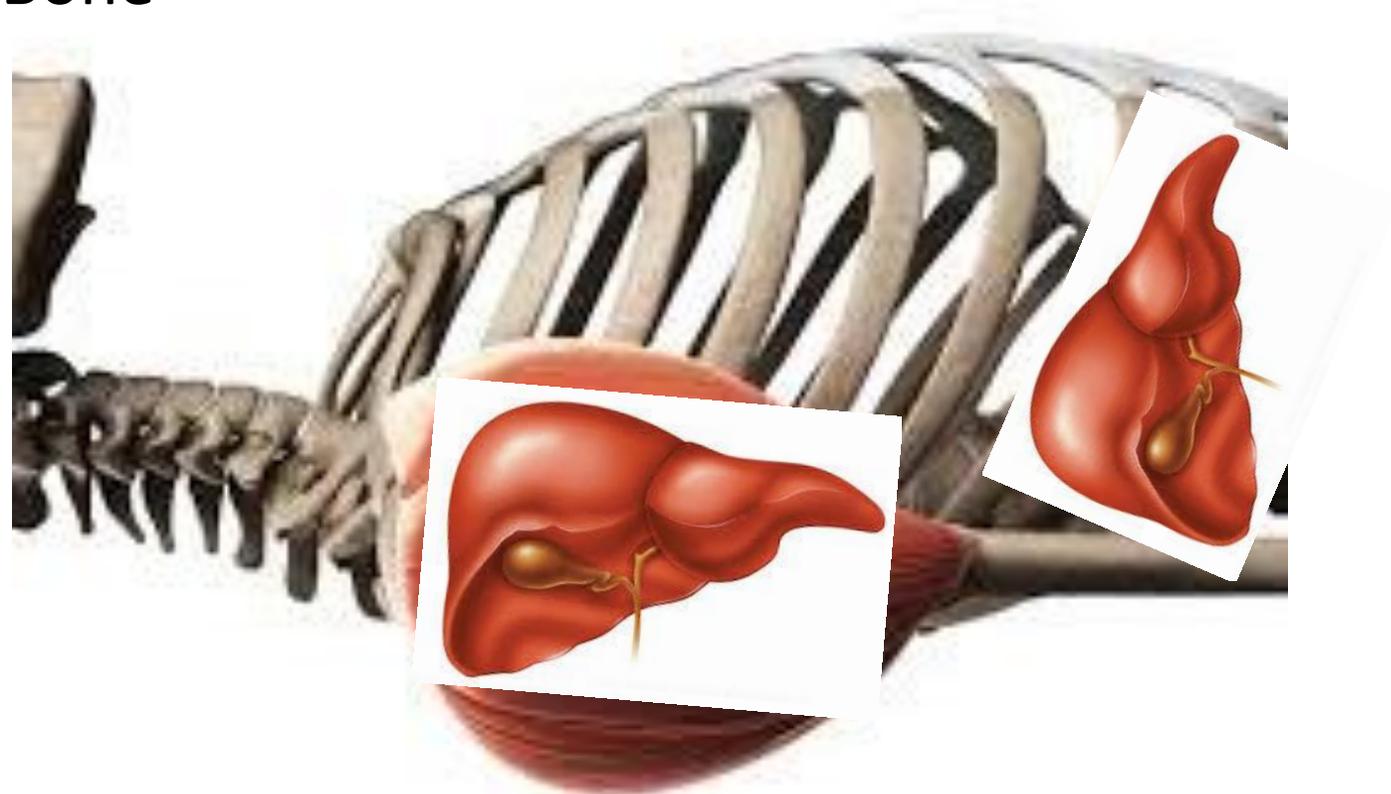
Voice

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

**肉** – rump, to trample

**愚** - foolish



# L.I.16 巨骨 Ju Gu

巨 – Ju = Huge, enormous

骨 – Gu = Bone:

skeleton (骨 - 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 禾髒 He Liao    L.I.20 迎香 Ying Xiang

禾 – He = Grain

TW22 和髒 He Liao

髒 – Liao = “Bone Hole” connotes amplification

迎 – Ying = Welcome - 辵 move towards and 卬 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

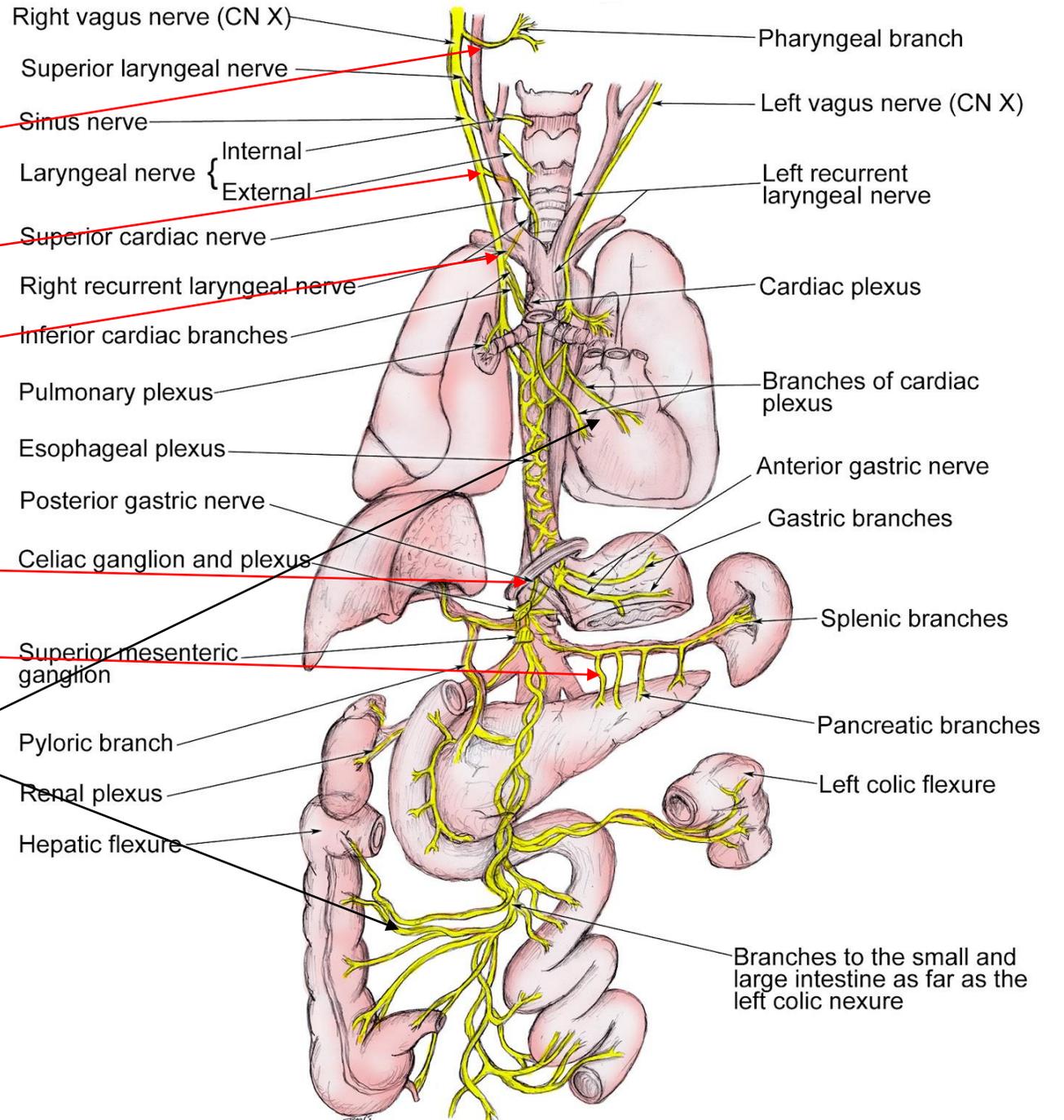
# The Stomach Channel

## 6 Branches:

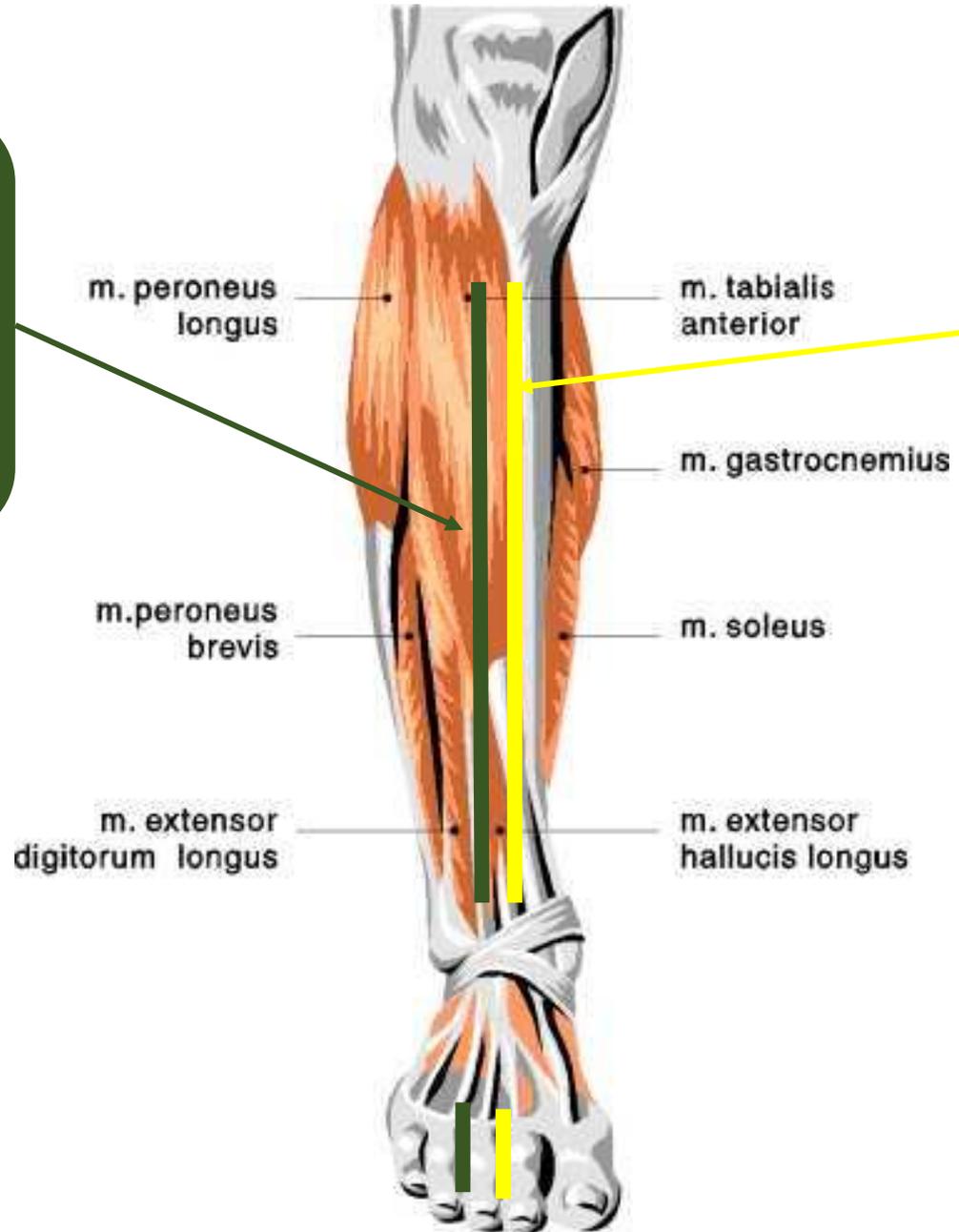
- (1) Nose, eyes, mouth, ears, to brain  
- **this is the main branch!**
- (2) ST5 to throat, to ST12, diaphragm  
stomach & Spleen
- (3) ST12 to breast, side of navel, to ST30
- (4) Stomach's mouth, down to ST30, down  
the thigh, to instep to inside of 3rd toe
- (5) ST36 to outside of 3rd toe
- (6)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



Second branch:  
 ST5  
 ST9  
 ST12  
 Stomach  
 Pancreas  
 (more for Vagus nerve...)



5th Branch –  
from 3 Cun below  
knee to toe



4th Branch –  
from Stomach, to  
thigh, to toe

# ST1 承泣 Cheng Qi

**承** – Cheng = Accept, Receive, Undertake, Inherit

**𠂔** – hands joined (respectfully), **手** – hand, **冫** – seal

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

ST2 承泣 Si Bai    ST3 巨髎 Ju Liao

**承** – Cheng = Accept, Receive, Undertake, Inherit

**卂** – hands joined (respectfully), **手** – hand, **卩** – seal

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

**巨** – Ju = Great

**髎** – Liao = Bone hole: Bone + Liu (**翏**), 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**



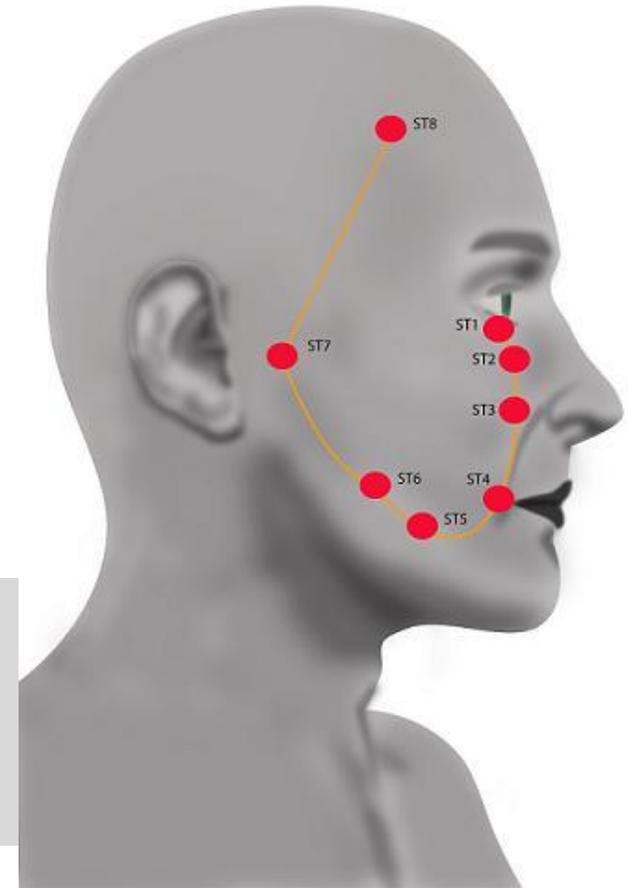
# ST5 大迎 Da Ying

大 – Da = Big

迎 – Ying = Welcome,

Greet 迎 move towards + 印 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: 辵 move towards + 卬 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

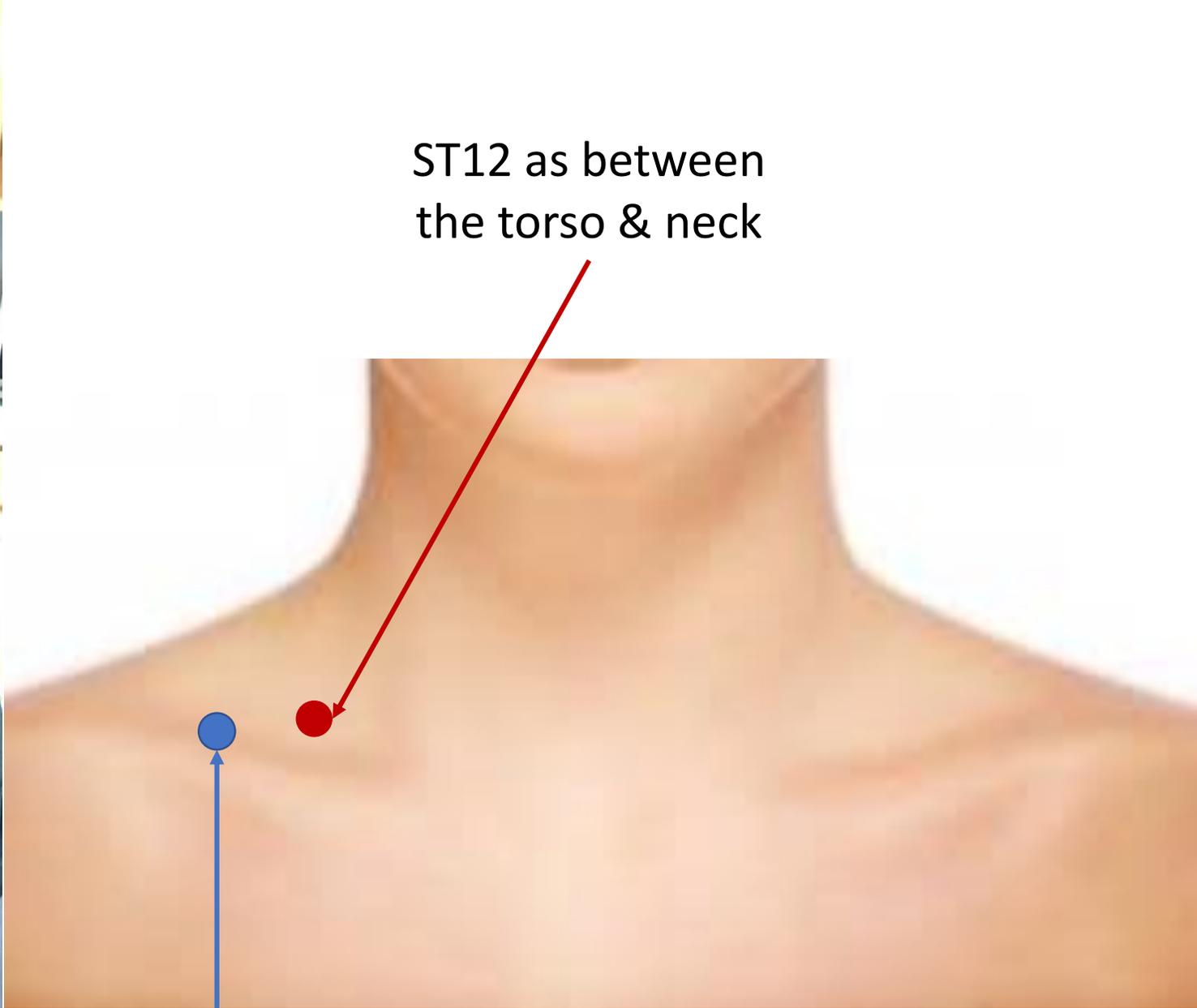
缺 – Que = Lack, Short, Deficient, Absent

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



ST12 as between  
the torso & neck

Text ST12  
(on the torso)

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

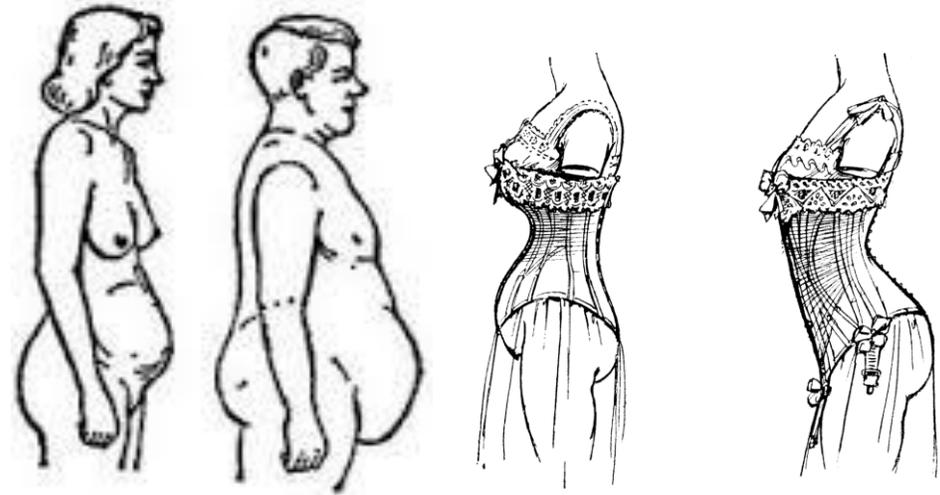
ST17 乳中 Ru Zhong  
Breast Centre

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 承满 Cheng Man

不 – Bu = No

容 – Rong = Contain  
also Appearance  
a cover over Gu 谷

承 – Cheng = Receive/Support

满 – Man = Full, Satisfied  
water + 鹵 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

乙 – Yi = Supreme

滑 – Hua = Slippery

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  
凌 : walking over a protruding mound

巨 – Ju = Great

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

# ST28 水道 Shui Dao

水 – Shui = Water

道 – Dao = Way, Path: to lead 首 the walk 走

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 & hams  
bending/stretching the knee

# ST32 伏兔 Fu Tu

**伏** Fu = crouch, conceal, prostrate  
a person **𠂇** 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 犛鼻 Du Bi

犛 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

足太陰脾經



# The Spleen Channel

Pours into the Heart Centre

注心中

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

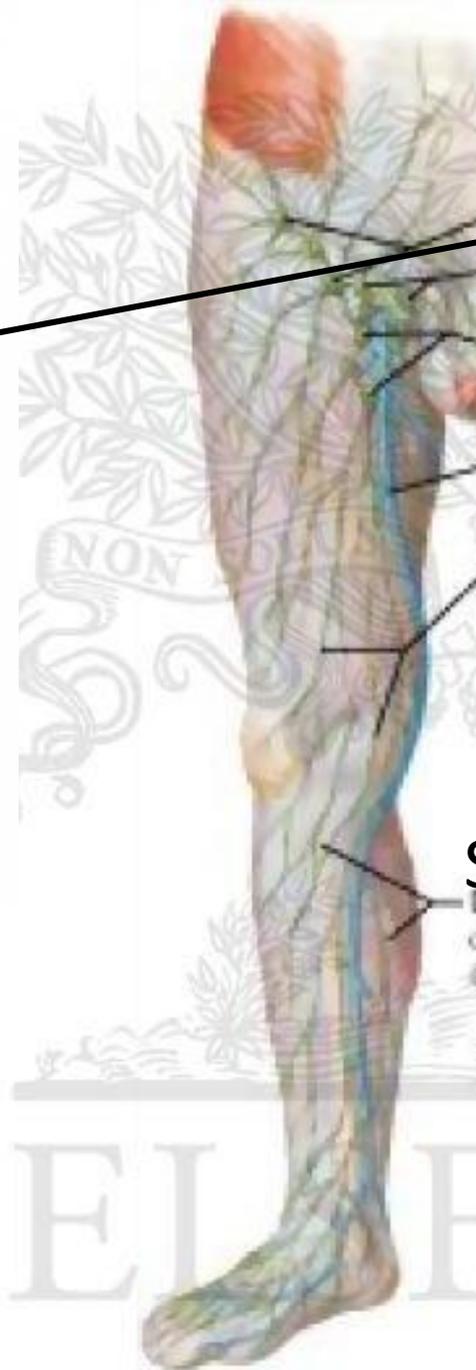
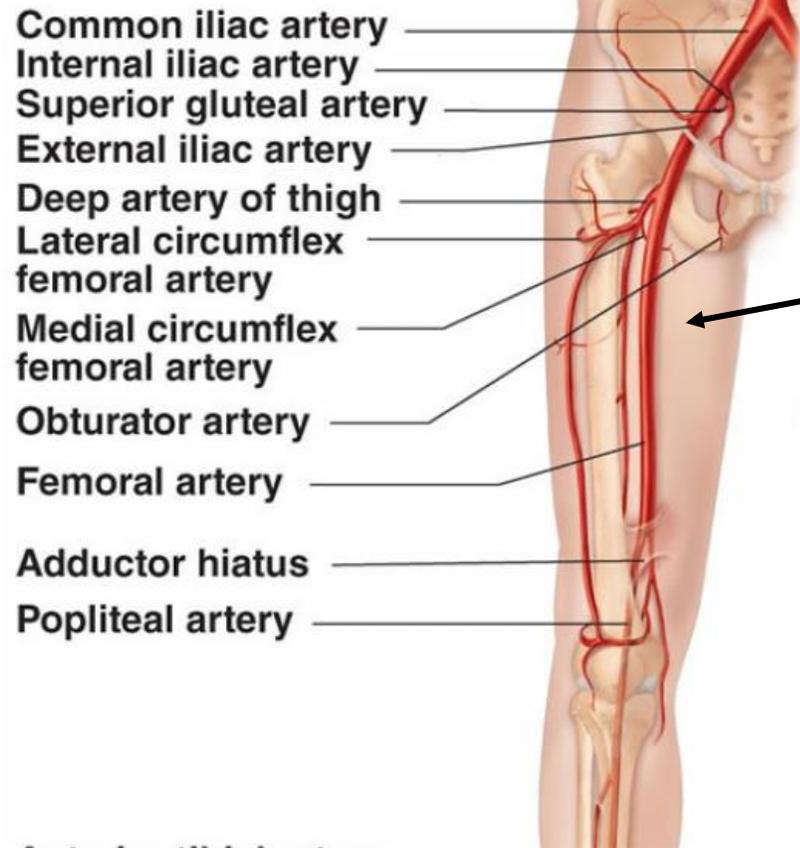
上踹內

踹 – Chuai: to stomp

foot 足 + Focus 耑

耑 山 growing above

而 and below



Femoral Artery  
in thigh

Saphenous Nerve  
in shin

脾 Pi Spleen



```
graph LR; A[脾 Pi Spleen] --> B[月 Flesh (肉)]; A --> C[卑 Bei];
```

卑 Bei

Low/Inferior/Humble

hand holding an ordinary mug

## SP1 隱白 Yin Bai

隱 – Yin = Secret,  
Hidden, Concealed  
(hill + Yin 憲 careful)

白 – Bai = White,  
Clear

## SP2 大都 Da Du

大 – Da = Big

都 – Du = Metropolis,  
entirely/all

Left part = 者  
𠂇 + 白

Fire Point – use SP5/9

## SP3 太白 Tai Bai

太 – Tai = Great

白 – Bai = White,  
Clear

## 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

Glycgen?

# 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 良

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 勺)

# The Heart Channel

As a metaphor for the spiritual journey

As a very physical entity







Heart Channel

# 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 陰郛 Yin Xi

陰 – Yin

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

郛 - valley on the left, city on the right

What we dislike appears: our Yin accumulations

# HT5 通裏 Tong Li

**通** – Tong = Penetrate

Chuo 通 – 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:

辵/走 Chuo – to walk + 首 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 ㄣ 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

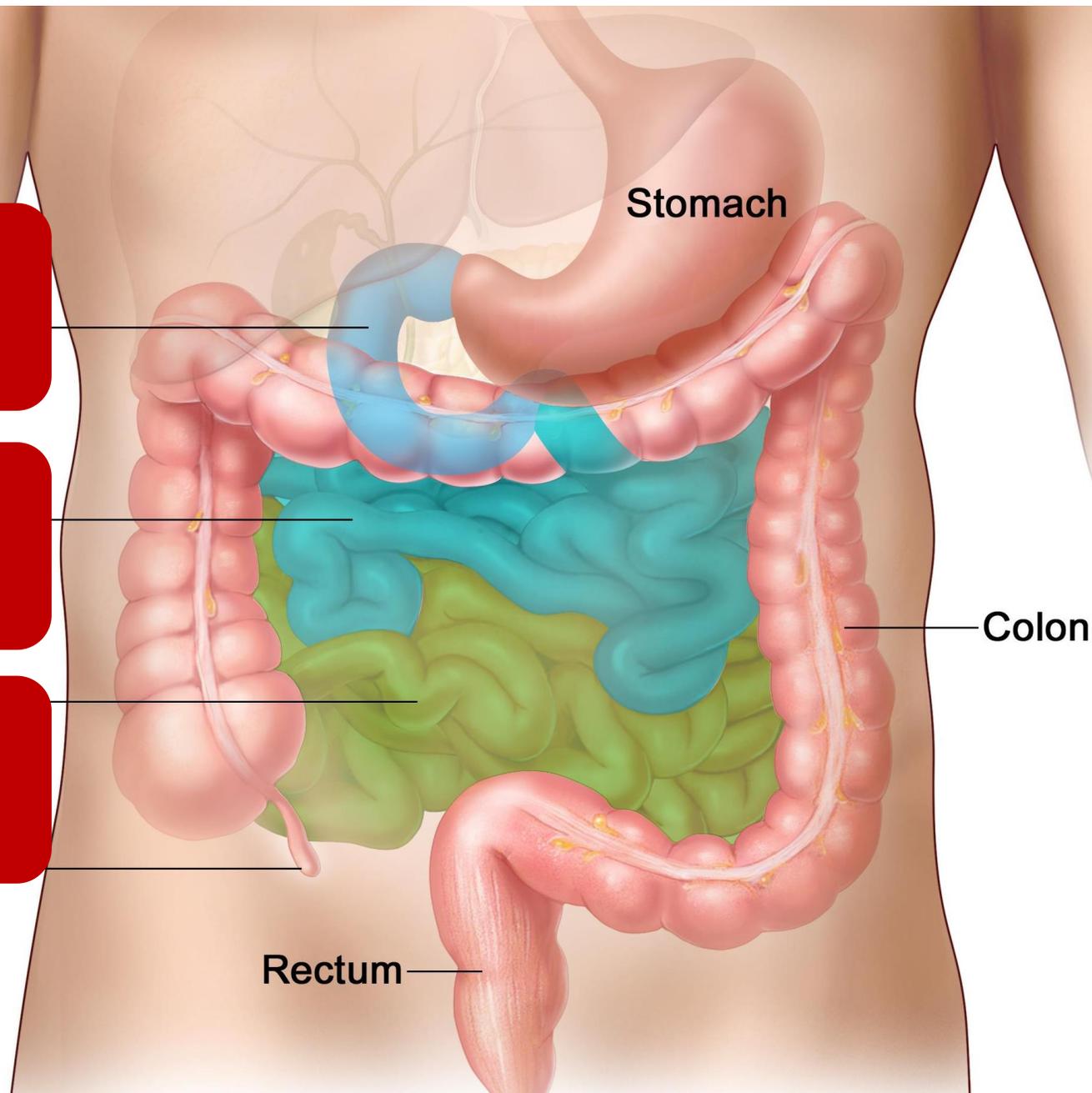
- Digestion (connects to Stomach & S.I.)
- Shoulder
- Brain and Heart
- Hormones (pituitary)



S.I.1 少澤  
Shao Ze Small Marsh  
Duadenum (?)

S.I.2 前谷  
Qian Gu Before Valley  
Jejunum (?)

S.I.3 後谿  
Hu Xi Behind Creek  
ileum (?)



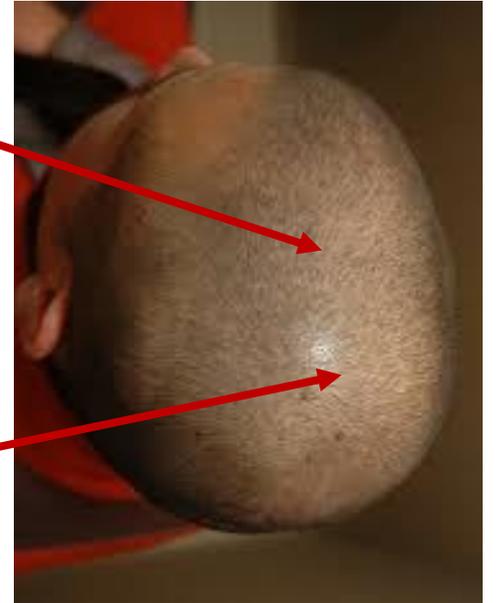


S.I.2 前谷  
Qian Gu  
Before Valley

S.I.3 後谿  
Hu Xi  
Behind Creek

DU21 前頂  
Qian Ding  
Before the Peak

DU19 後頂  
Hou Ding  
Behind the Peak



## S.I.1 少澤 Shao Ze

少 – Shao = Less , tiny, short

澤 – Ze = Pond, marsh

## S.I.2 前谷 Qian Gu

前 – Qian = before, In front,

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 ↑)

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 乘風 Bing Feng

乘 – 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 (囱 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 顴髌 Quan Liao

顴 – Quan = Cheekbones

萑 Stork + 頁 Head

萑 Stork + 見 See = 觀 Guan

髌 – Liao = “Bone Hole”

骨 Bone + 翹

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

## S.I.19 聽宮 Ting Gong

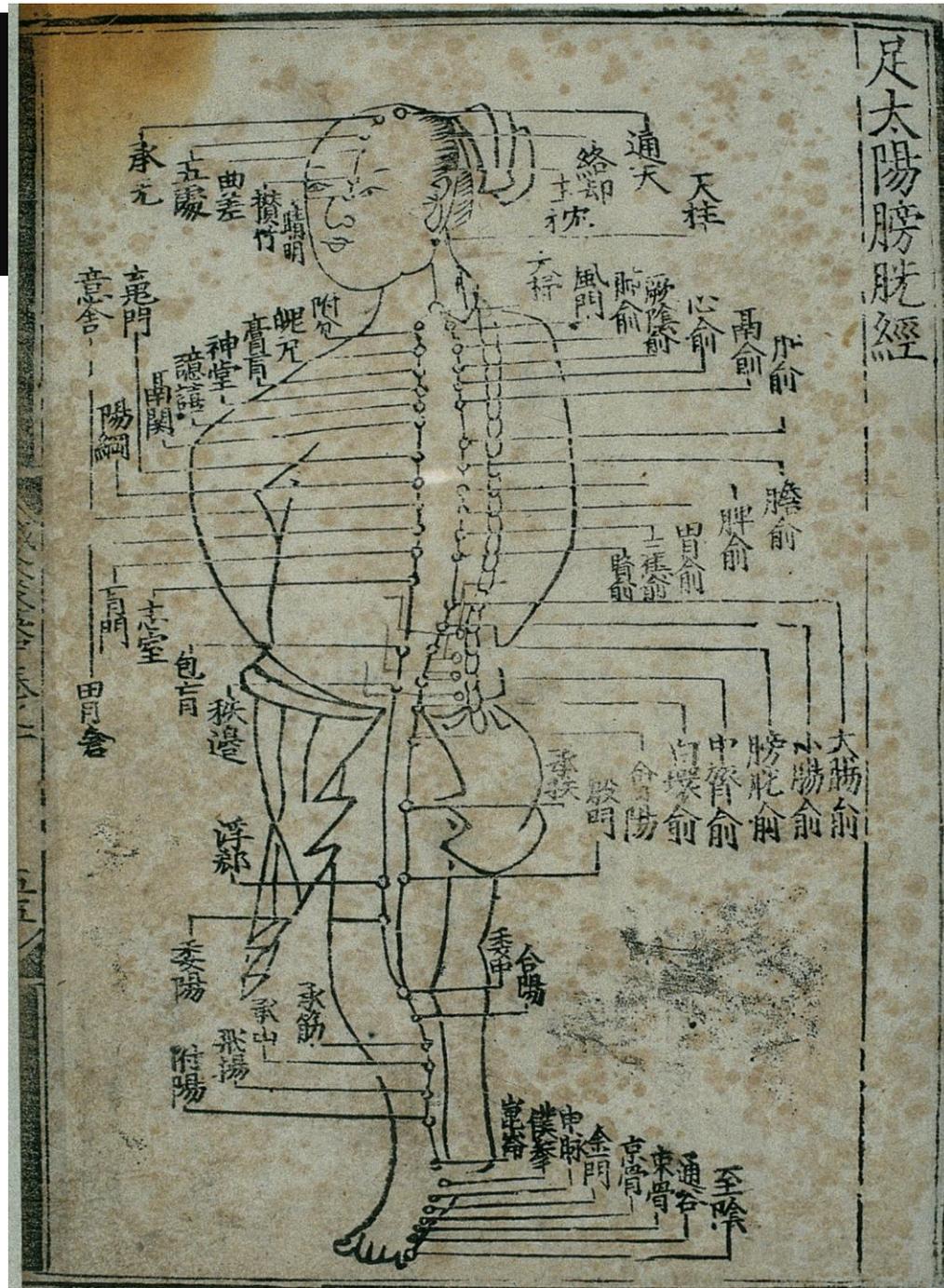
聽 – Ting = Listening (Ear 耳 + Virtue 德)

宮 – Gong = Palace

Reflects and treats hearing

# The Bladder Channel

- Connects with the Brain
- Supports the gait:
  - the spine, shoulder blades
  - the Backbone: Lu 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

BL6 承光 Cheng Gunag  
Receiving Light

BL36 承扶 Cheng Fu  
Receiving Support

BL56 承筋 Cheng Jin  
Supporting Sinews

BL57 承山 Cheng Shan  
Supporting Mountain

陽 Yang

BL35 會陽 Hui Yang  
Meeting Yang

BL39 委陽 Wei Yang  
Bending Yang

BL55 合陽 He Yang  
Union of Yang

BL59 跗陽 Fu Yang  
Instep Yang

BL9 玉枕 Yu Zhen  
Jade Pillow

BL10 天柱 Tian Zhu  
Heavenly Pillar

BL58 飛揚 Fei Yang  
Fly & Lift

BL60 昆侖 Kun Lun

BL62 飛揚 Shen Mai  
Extending Vessel

BL67 至陰 Zhi Yin  
Reaching Yin



Chuai 踹 to stomp, to kick

# BL1 睛明 Jing Ming

**睛** – Jing = Eye    Jing **睛** Clear

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

# BL2 攢竹 Zan Zhu

**攢** – Zan = to Collect (to hoard)  
hand + Zan, **贊**, to assist

**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

**冲** – Chong = Rinse, Flush, Rise

**曲** – Qu = Bend, Twist, Wrong

**差** – Cha = Discrepancy,  
difference, error  
(also dispatch, pronounced Ci)

Shen: depression & mood swings

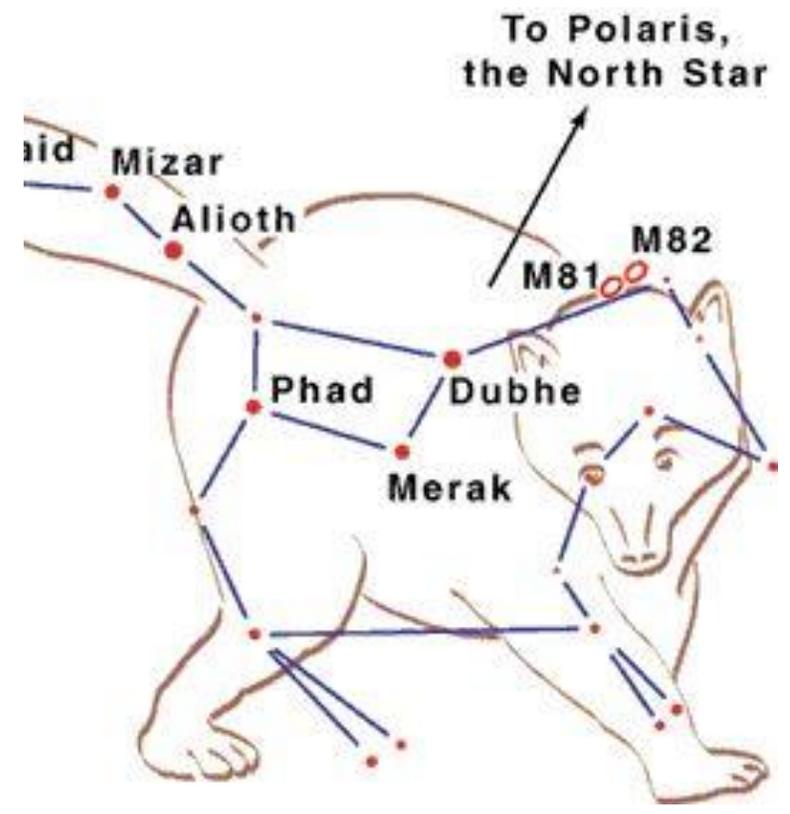
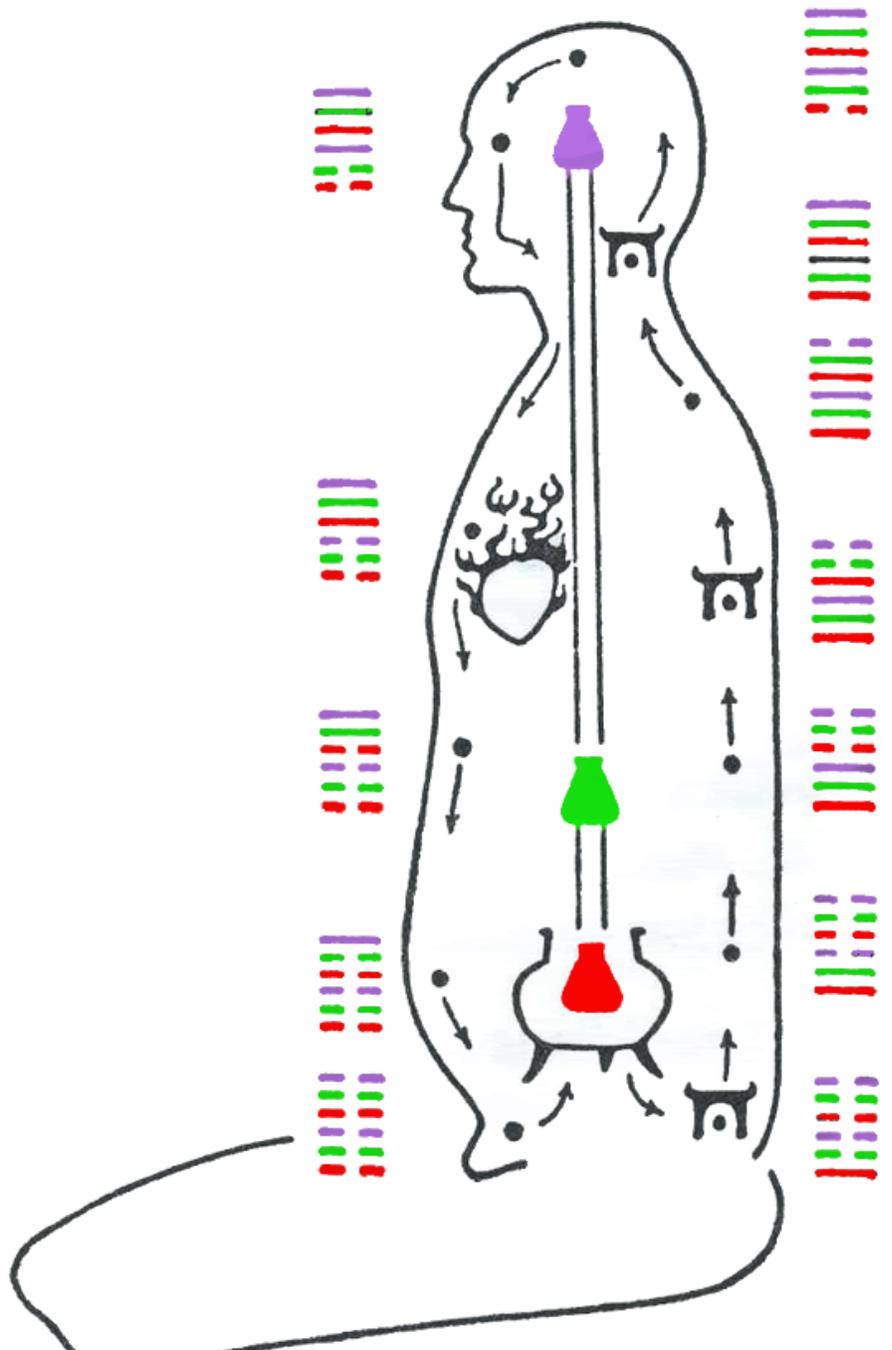
Coordination, shaking, Parkinson's, epilepsy

# BL5 五處 Wu Chu

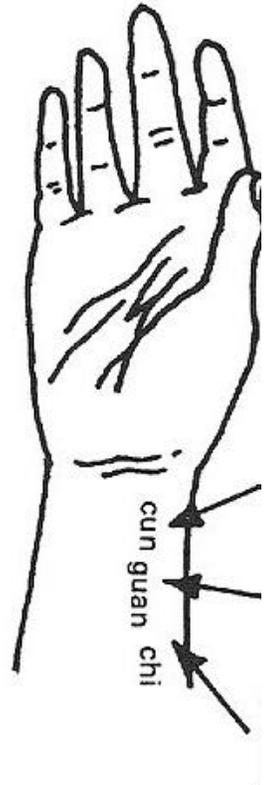
五 – Wu = 5

處 – Chu = Residence, Office, Department

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



Right hand



Lung

Spleen

Ming Men

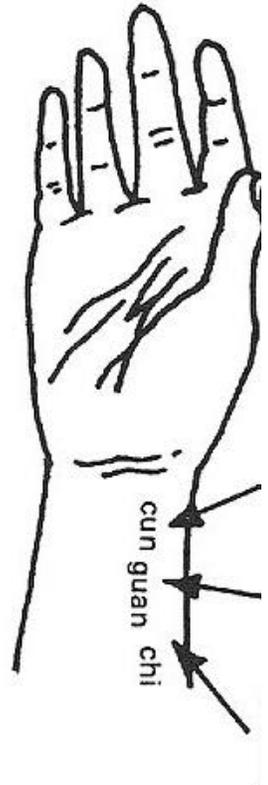
Heart

Liver

Kidney Yin



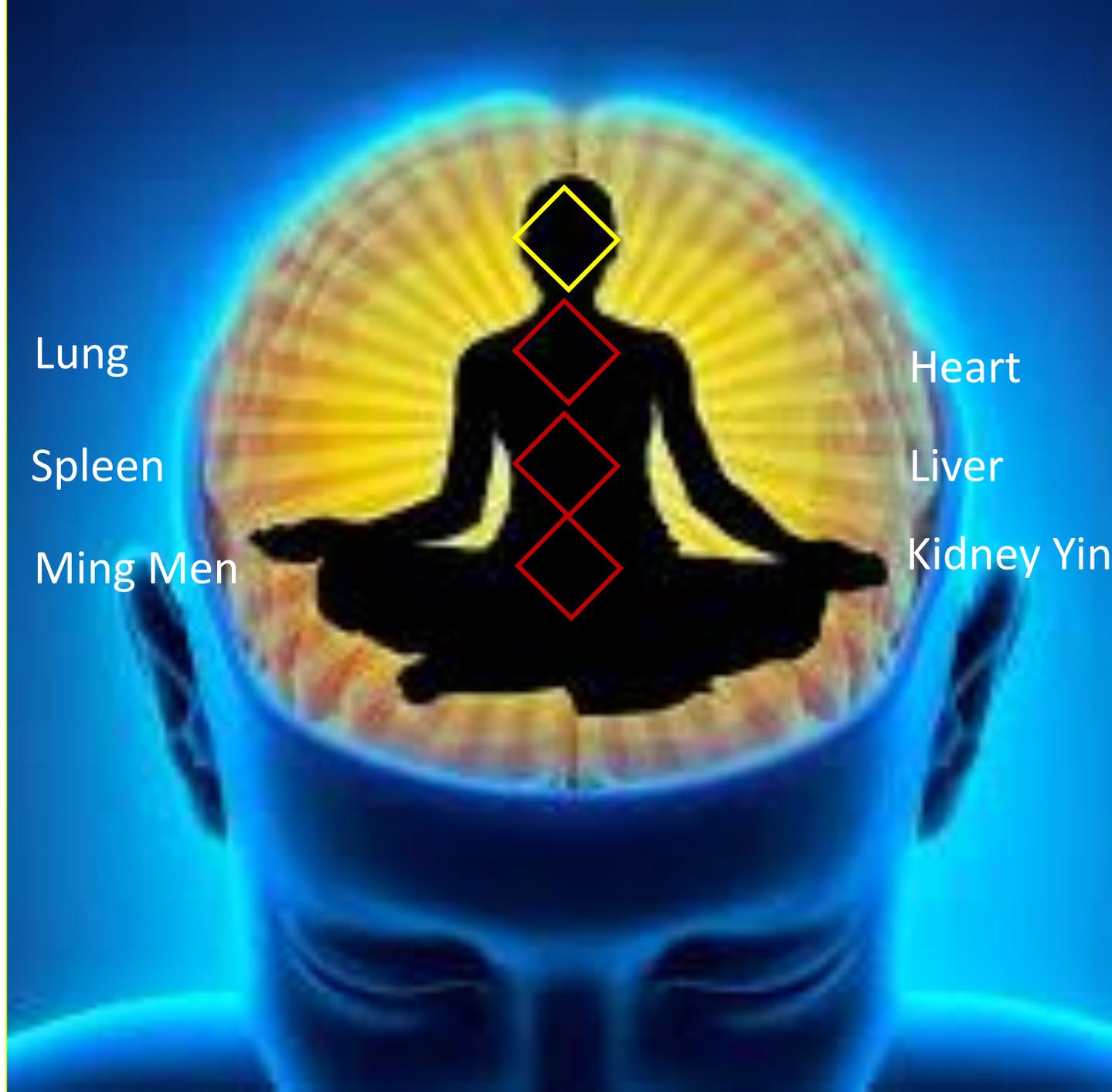
Right hand



Lung

Spleen

Ming Men



Heart

Liver

Kidney Yin



# 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 , **辵** – to move  
+ Yong, **甬**, a bud bursting forth  
To communicate, pass through  
to know well

**天** – Tian = Heaven

**絡** – Luo = Net, web, connect

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

Stagnant Blood in Head

Left – releases Spleen      Right – Releases Liver

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 卩

BL14 Jue Yin Shu 厥陰俞

BL16 Du Shu 督俞

督 Du = 目 eye + 叔 uncle

叔 = 尗 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 髃 Points

髃 – Liao = “Bone Hole”

骨 Bone + 翬

翬 Liu: to soar, the sound of wind

羽 – wings, 彡 - hair

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

BL33 中髃 Zhong Liao – Men’s Point

BL34 下髃( 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

膏育俞 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

**諛譖** U.B.45 Yi Shi    **諛** Yi = belch, words + Yi thought **意**  
**譖** 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 阝 of hands 手 joined respectfully 卩

**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

# The Calf: BL55 - BL59

**合陽** BL55 He Yang

**合** He = Union, Join (many mouths as one)

**陽** Yang

**承筋** BL56 Cheng Jin

**承** Cheng = Support, Receive

**筋** Jin = sinew/tendon (flesh + strength + bamboo)

**承山** BL57 Cheng Shan

**承** Cheng = Support, Receive

**山** Shan = Mountain

BL58 飛揚 Fey Yang

BL59 趺陽 Fu Yang

**飛揚** BL58 Fey Yang Fly & Rise

**飛** Fei = Fly

**揚** Yang = to raise, to spread (to hold **手** in the light **易**)

**跗陽** or **趺陽** BL59 Fu Yang Instep Yang

**跗** or **趺** Fu = Tarsal

**跗** = foot, **足** + Fu **付** to pay

**趺** = foot, **足** + Fu **夫** a man

**扶** Fu, Support (**手** + **夫**)

# BL60 昆侖 Kun Lun

昆 Kun (elder brother)

侖 Lun Arrange

Kun Lun - Mountains of Western China

IHiKun – for head injuries, neck

Cardiac, especially on left

“Western Paradise” – immortality, death

# BL61 僕參 Pu Can

僕 Pu = Servant

參 Can = Participate, Join (3 suns)

or Can 駢 – “outer horse” horse, 馬, added on the left)

# BL62 申脈 Shen Mai

申 Shen = to extend

脈 Mai = Pulse, vessel

申 shēn

Hands 𠄎 girding body (written as  
| ). ([www.zhongwen.com](http://www.zhongwen.com))

Sacrum pain – with Kid6

Eversion/Inversion of foot – with Kid6 and ST41

# BL63 金門 Jin Men

金 Jin = Metal/Gold

門 Men = Gate

Boils

Cock's Crow diarrhea

Spleen Assisting point

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 辶 + 甬 a bud bursting forth

**谷** Gu = Valley

Endocrine: estrogen imbalance

Tail bone injuries

Metal/Water

# BL67 至陰 Zhi Yin

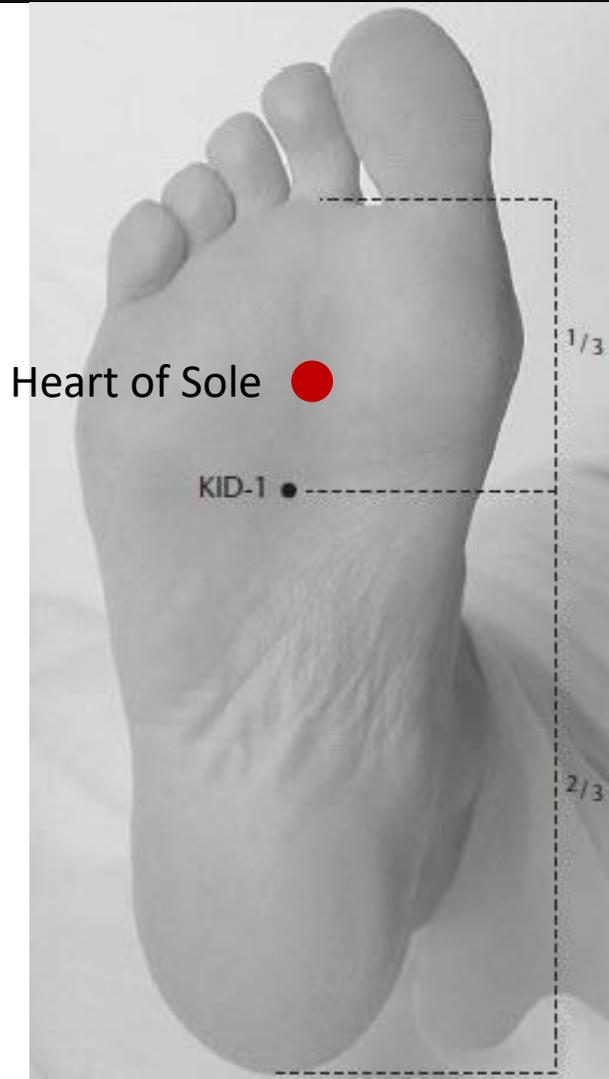
**至** Zhi = to arrive (pictograph of a bird swooping down)

**陰** Yin

Metal/Water



# 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, 涌, 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 = Ran, **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 复

**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 **曲鬢**: **鬢** Bin = **髟** 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

殷 Yin = Abundance

門 Men = Gate

Meaning New B37 (Yin Men)

5 fingers above Kid10

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

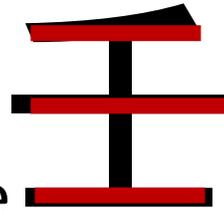






# Ren 任

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

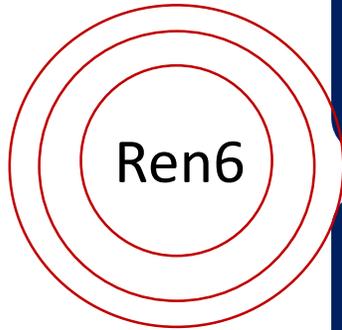
四 Si = 4

中 Zhong = Centre

滿 Man = to fulfill, satisfy,  
complete, full  
water at rim, 滿

注 Zhu = to pour,  
to concentrate,  
to direct/focus

Navel



Ren7 陰交 Yin Jiao  
Yin Intesection

Kid15 中注 Zhong Zhu  
Centre Focus

ST26 外陵 Wai Ling  
Outer Mound

Ren5 石門 Shi Men  
Stone Gate

Kid14 四滿 Si Man  
Four Fullness

ST27 大巨 Da Ju  
Big Great

Accumulations

Ren4 關元 Guan Yuan  
Gate to Primary

Kid13 氣穴 Qi Xue  
Qi Cave

ST28 水道 Shui Dao  
Water Pathways

Dan Tian  
Movement  
Hollow

Ren3 中極 Zhong Ji  
Central Pole

Kid12 大赫 Da He  
Big Brightness

ST29 歸來 Gui Lai  
Arriving

Ren2 曲骨 Qu Gu  
Curved Bone

Kid11 橫骨 Heng Gu  
Horizontal Bone

ST30 氣街 Qi Jie  
Qi Hub

# 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

Kid19 陰都 Yin Du

Kid18 石關 Shi Guan

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 + **阝** 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

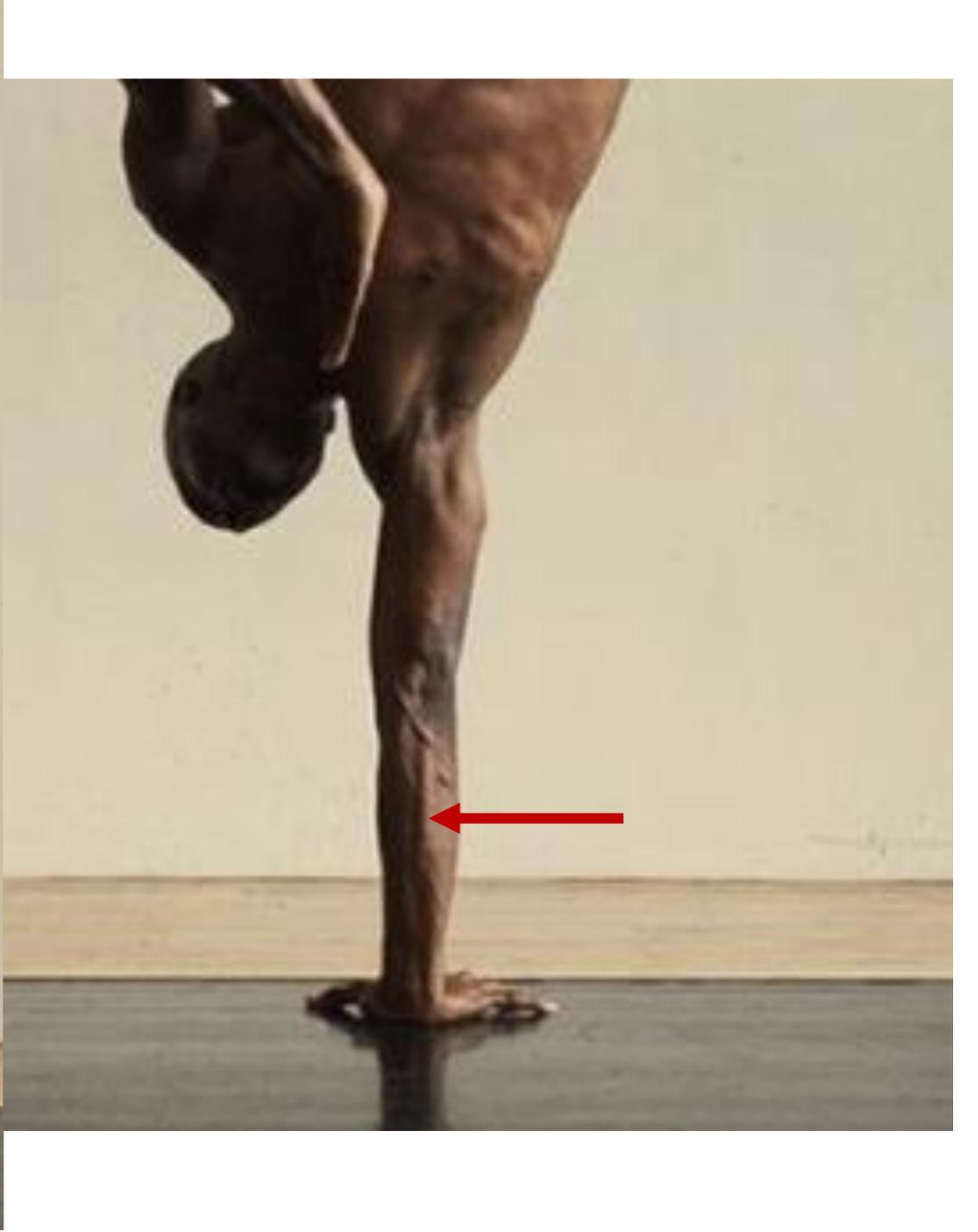
广 a building where 付 payments/deliveries are made

Parathyroid Shu

Produces Sympathetic feedback

Adrenal Treatment (subdue parathyroid to support Adrenals/Gonads)



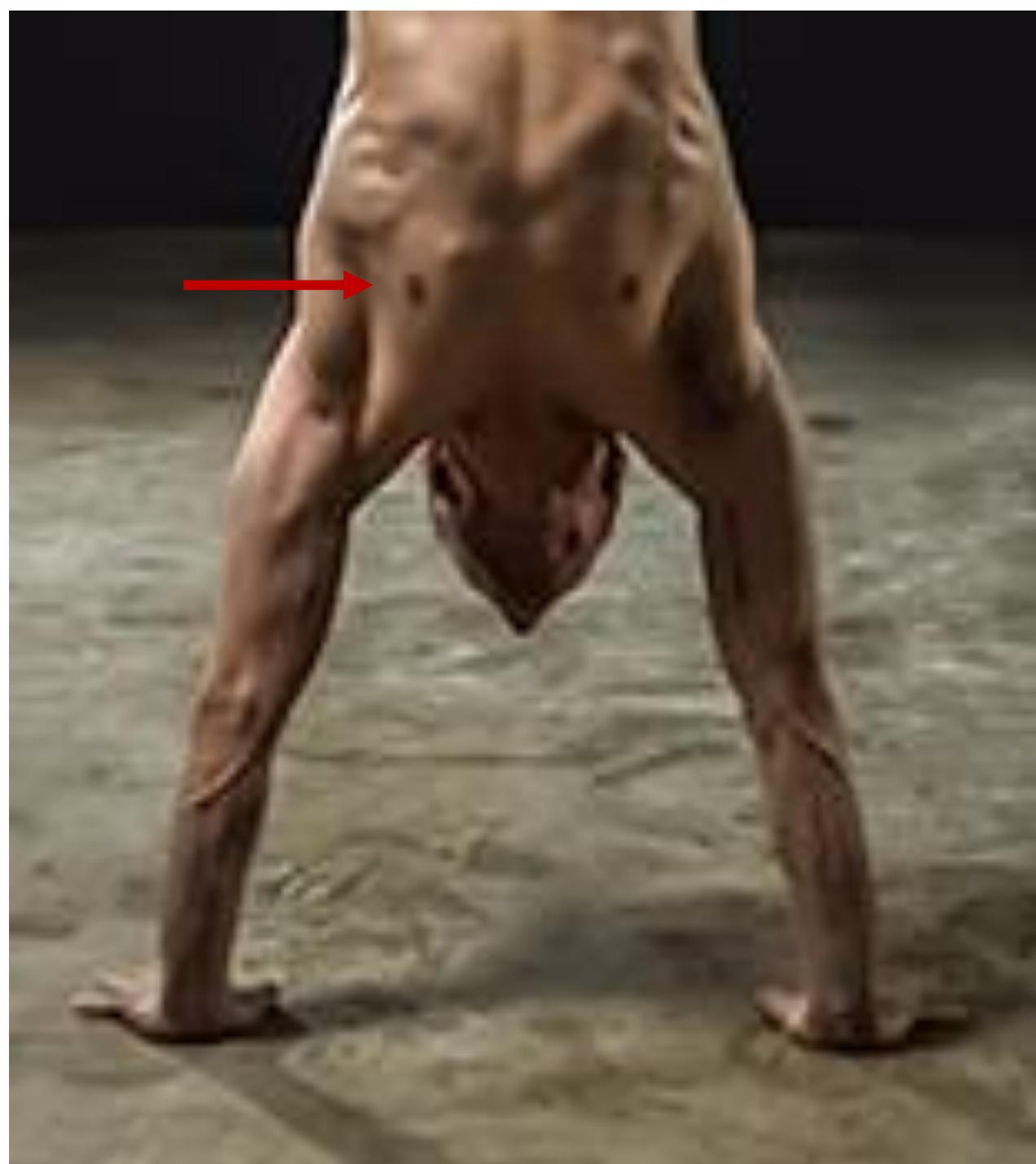


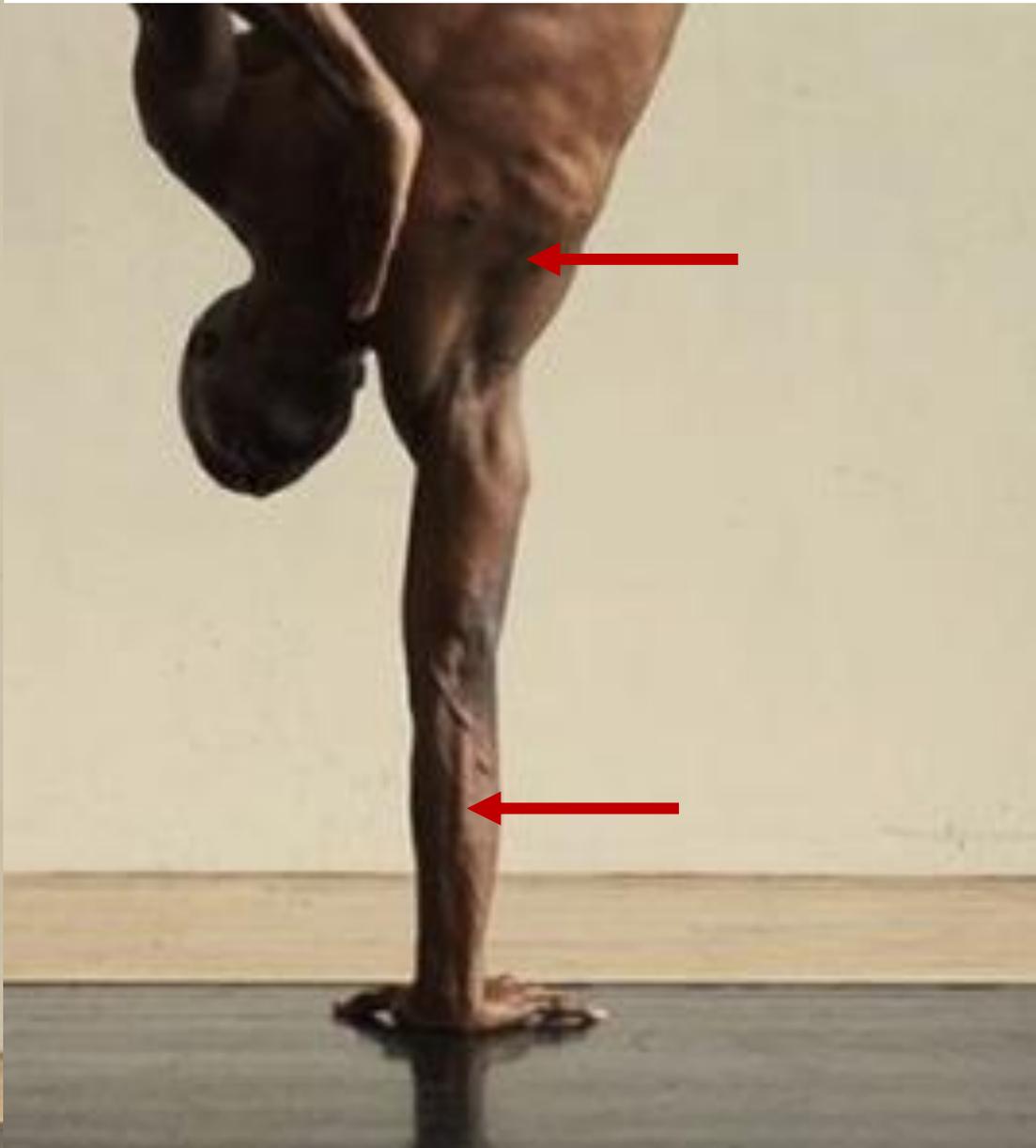


# The Pericardium Channel

- The Influences of Heaven pouring in:  
the hand equivalent of Chuai (踹)  
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

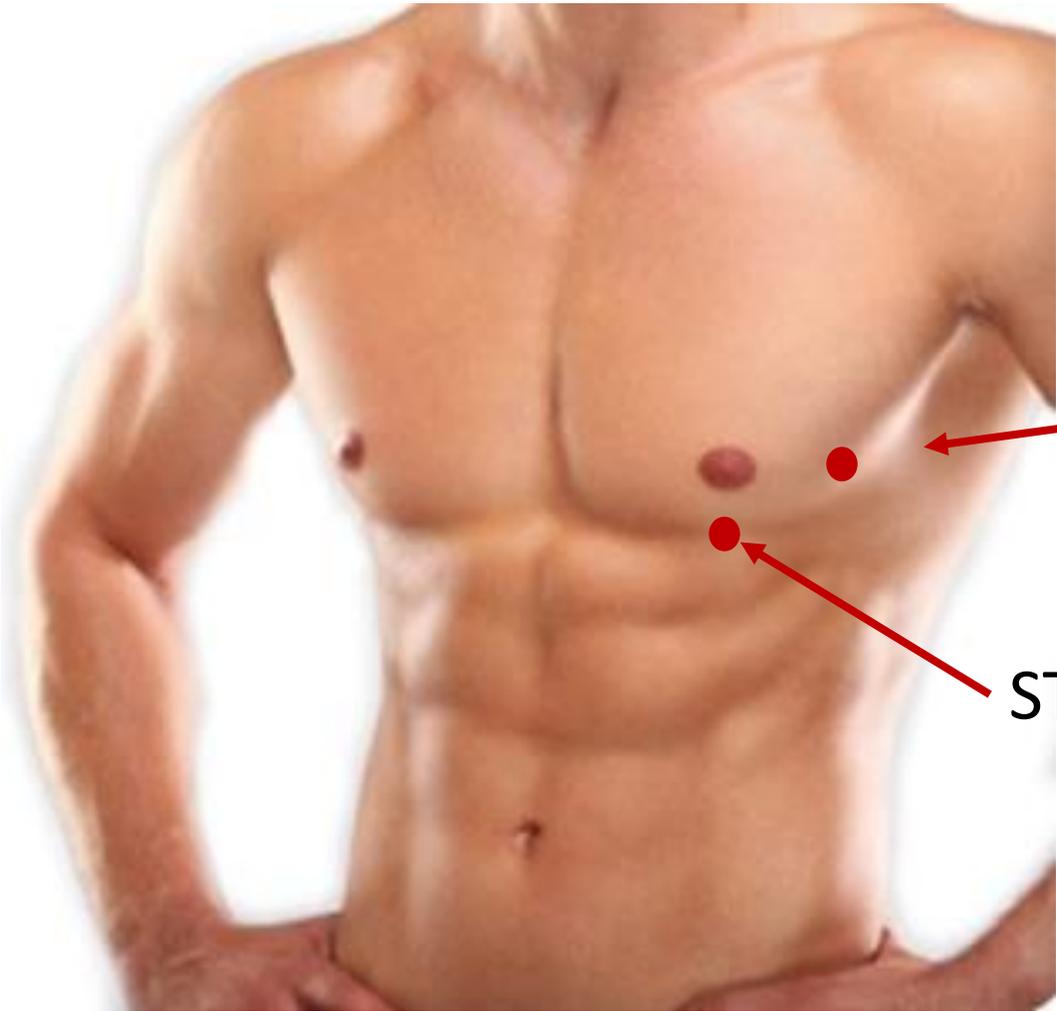
## P.2 天泉 Tian Quan

天 – Tian = Heaven

池 – Chi = Pool, pond

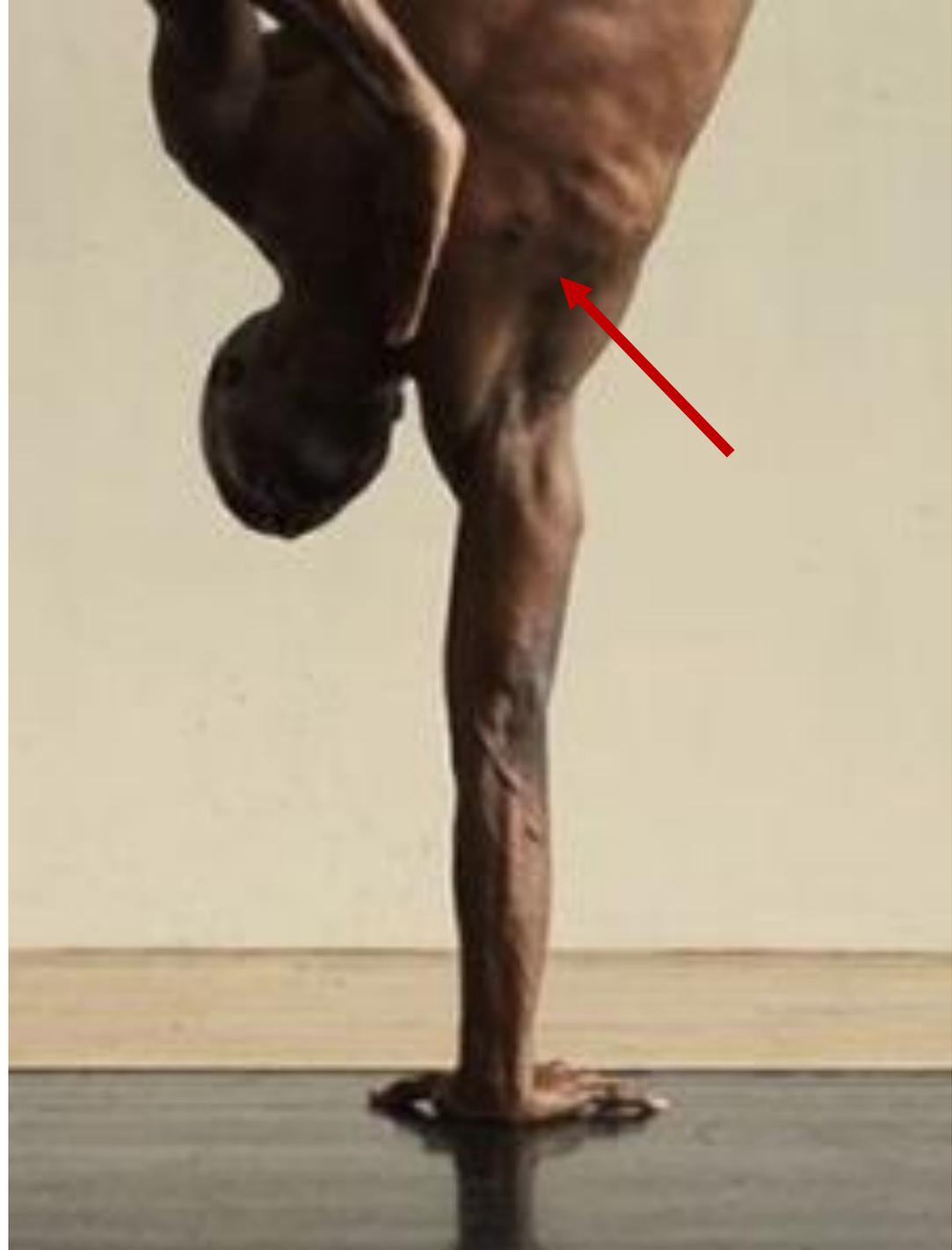
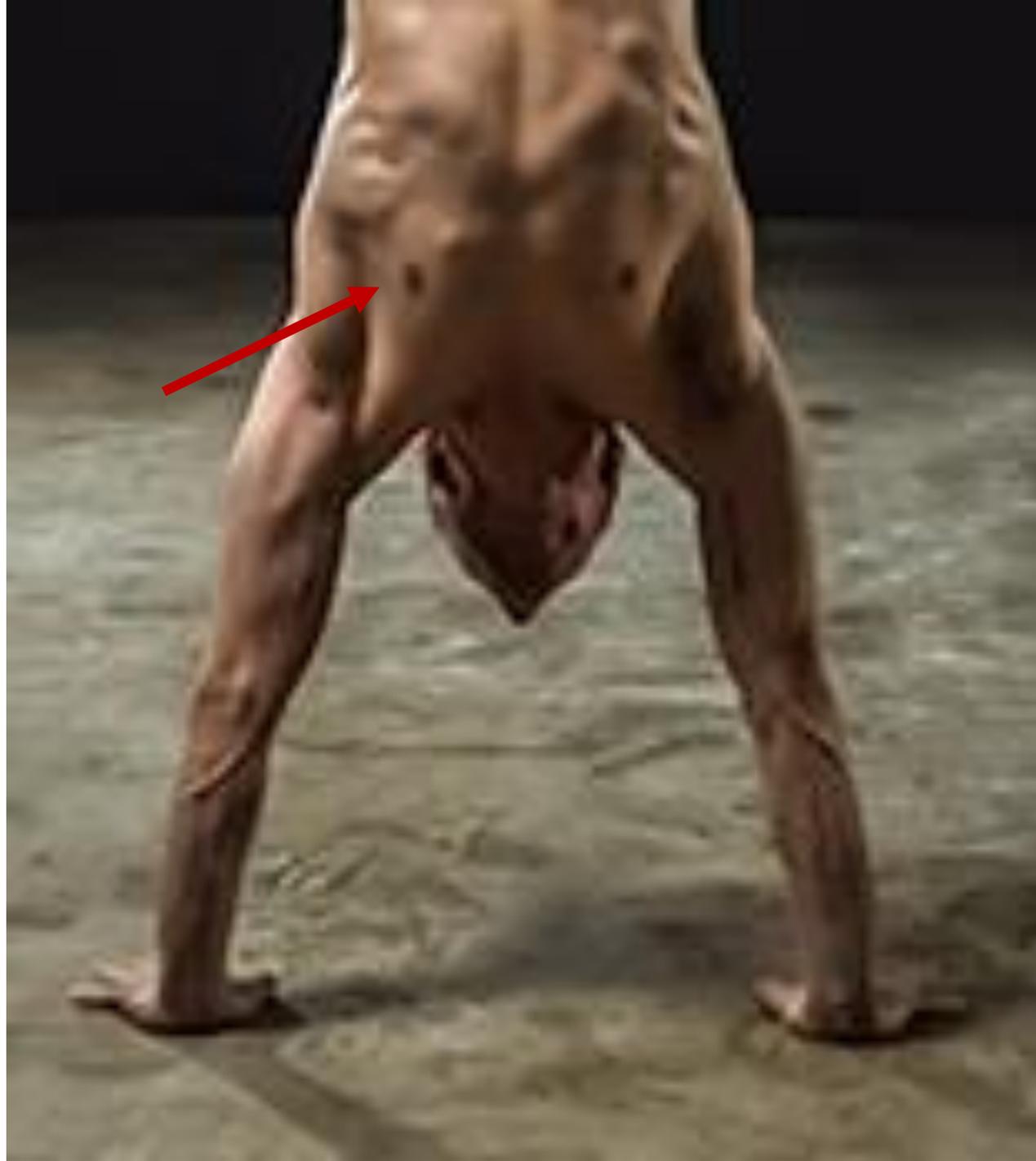
泉 – Quan = Spring

P1 – Cardiac reflex (left side)



P.1 – side root of breast  
not 1 cun lateral to nipple

ST18 – Root of Breast



## 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 郛門 Xi Men

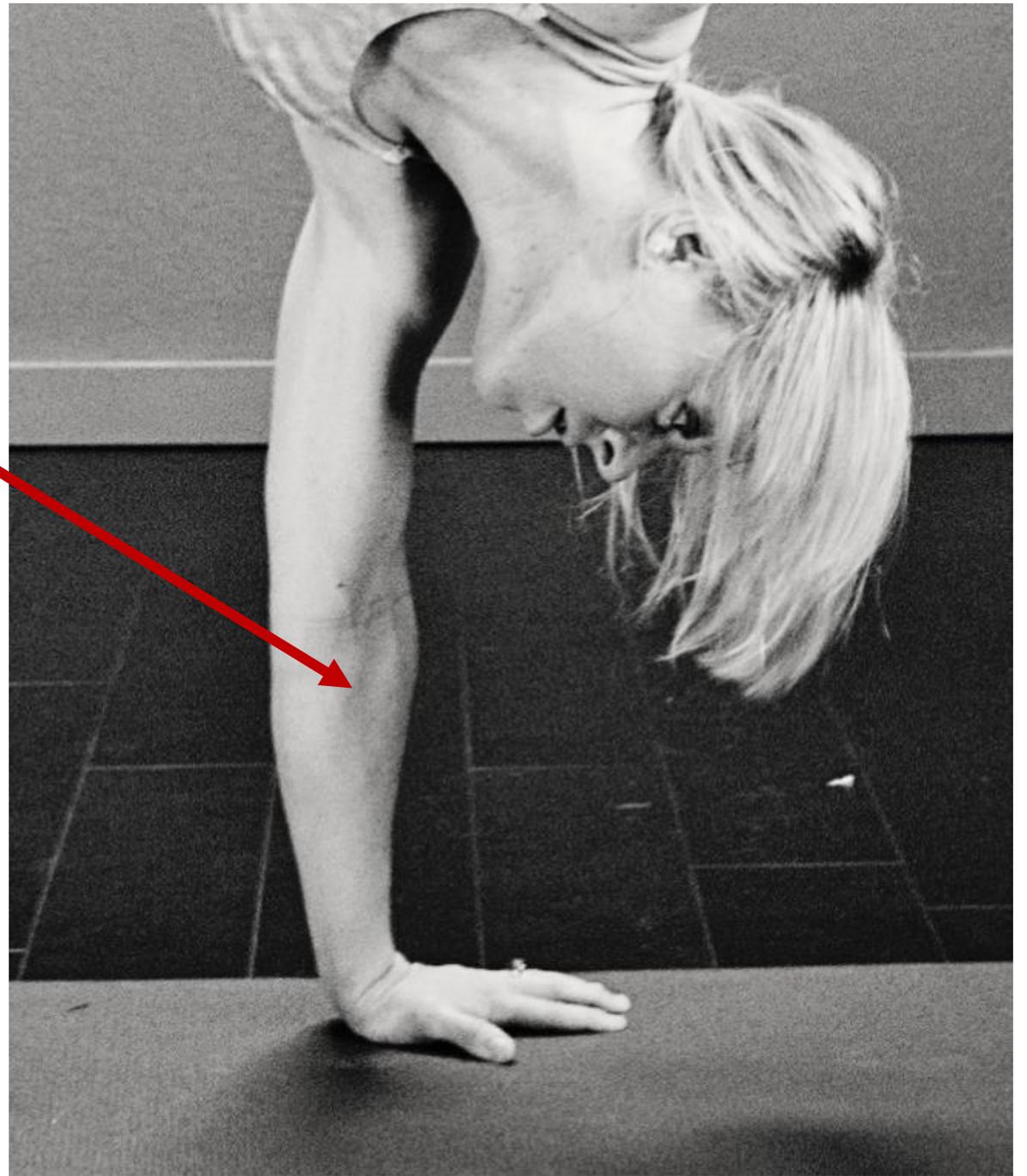
郛 – Xi “Cleft” – same as 郛 a crack or an opening

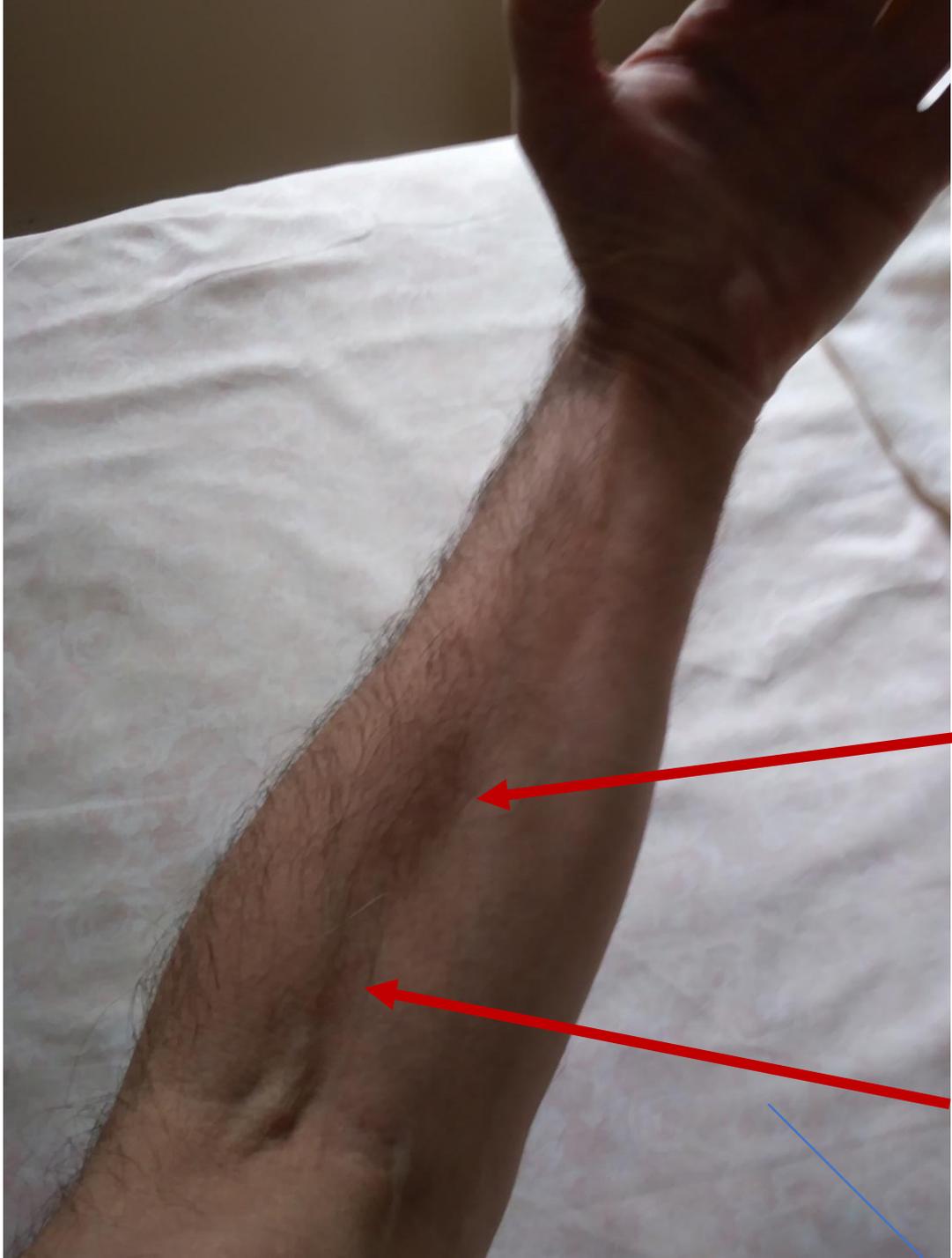
門 – Men = Door, Gate

Blood Supply to abdomen

Any blood disorder (for anemia – possibly P.6)

P.4 Xi Men 郗門  
Cleft/Crack/Dip Gate  
郗/谷 = crack/opening





Another "cleft"  
About 5 cun below P.3

P.4, the "cleft"  
3 fingers below P.3

## 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 + 夂 : walking over a protruding mound

## P.8 勞宮 Lao Gong

勞 – Lao = Labour, toil  
burning 熒 + 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

**氵** 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

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

**溝** – Gou = Ditch, gutter:  
氵 water  
冫 an interlocking structure

## S.J.7 會宗 Hui Zong

**會** – Hui = Meeting, Assembly –  
曾 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

四 – Si = 4

陽 - Yang

瀆 – Du = Ditch, gutter

氵 water + 買 selling, peddling

絡 – Luo = Net, web, connecting

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 消灤 Xiao Luo

天 – Tian = Heaven

井 – Jing = Well

消 – Xiao = Vanish, Disappear:  
肖 looks like 氵 water

灤 – Luo = River in ShanDong:  
literally 氵 water + 樂 happy

清 – Qing = Pure, Clear

冷 – Leng = Cold

淵 – Yuan = Abyss  
water swirling/contained

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 + 翥 to soar: the sound of wind

# S.J.15 天髌 Tian Liao

天 – Tian = Heaven

髌 – 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  
    毳 Echo + 羽 feather

風 – Feng = Wind

Ear Reflex

## S.J.18 瘈脈 Ji Mai

**瘈** – 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 (癇瘈 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.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)和髹 (Er) He Liao

耳 – Er = Ear

和 – He = Harmony

髹 – Liao = “Bone Hole” - 骨 Bone + 翬 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

𠂔 – person on a cliff (danger)

八 – scattering/dividing

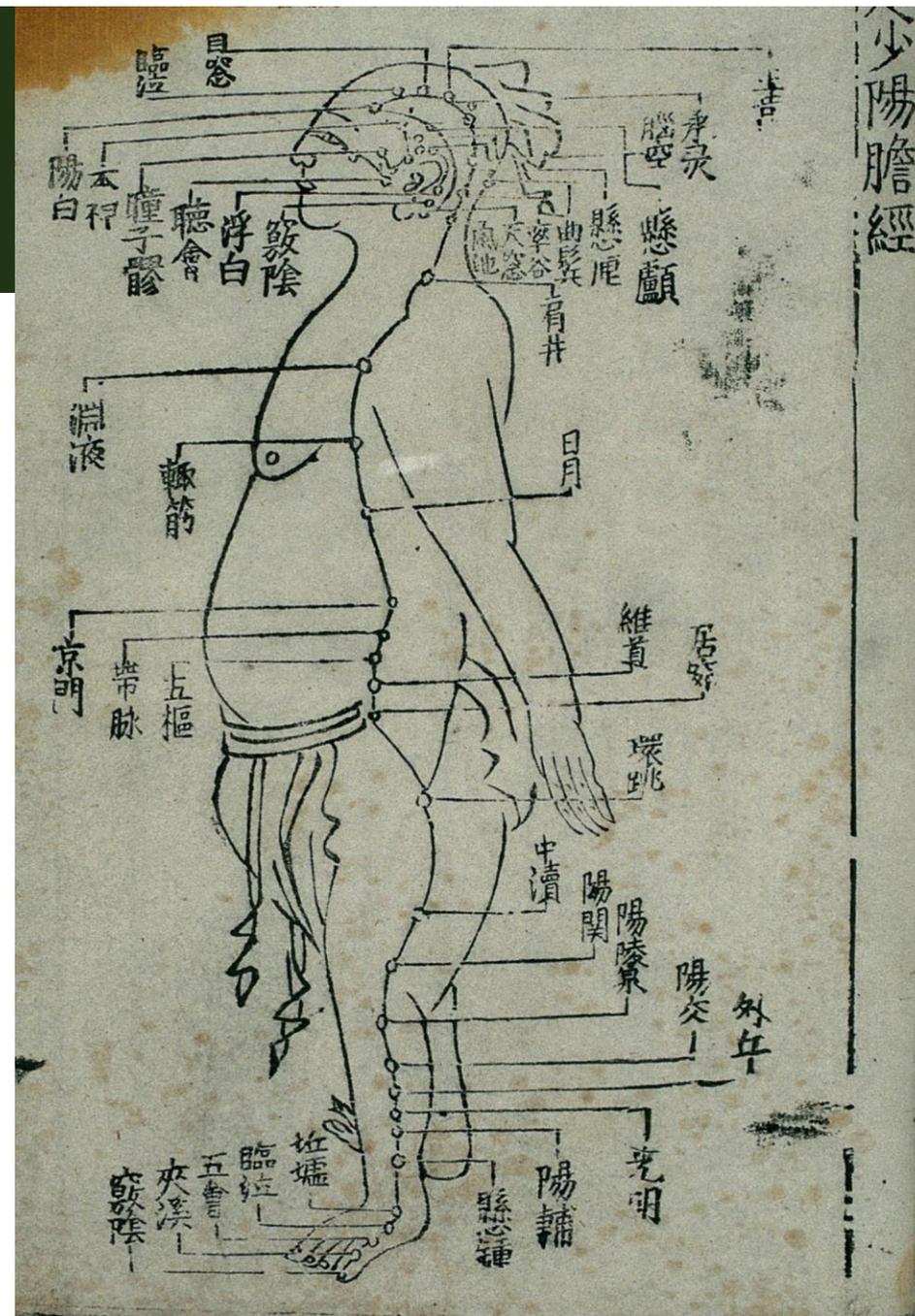
言 – words

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 ( 聽 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

Marrow ocean not sufficient

則腦轉耳鳴

brain turns, ear cries

脛痠眩冒

lower leg aches

dizzy emits/covers spots

(or brilliance emits – meaning bright spots)

目無所見

Eye not actually seeing

懈怠安臥

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)

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

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 (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 **敷** (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 + 𪔐 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 viscerop-tosis (use ST13)  
inguinal circulation blockage (gyn)  
releases diaphragm (hot flashes)

## G.B.29 居髌 Ju Liao

居 Ju = Reside

Ellis translates it as “squat”

adding the foot radical makes Ju, 踞, to squat

髌 – Liao = “Bone Hole” 骨 bone + 翬 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.35 陽交  
Yang Jiao

G.B.38 陽輔  
Yang Fu

G.B.37 光明  
Guang Ming

G.B.34 陽陵泉  
Yang Ling Quan

G.B.36 外丘  
Wai Qiu

G.B.40 丘墟  
Qiu Xu

# G.B.34 陽陵泉 Yang Ling Quan

陽 Yang

陵 Ling = Mound/Burrial ground

β Hill + 夂 : walking over a protruding mound

泉 Quan = Spring/Fountain

Meeting of “Torque”

Sacro-iliac ligament

Wrist & shoulder

Calf cramps

Hot Flushes (with SP9)

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 **卍** sections  
(written as **巴** anxious, awaiting – a coiled snake)

**骨** – Gu = Bone

Spine, scoliosis

Brain injury (wiry pulse)

Skipping heart beat

# 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

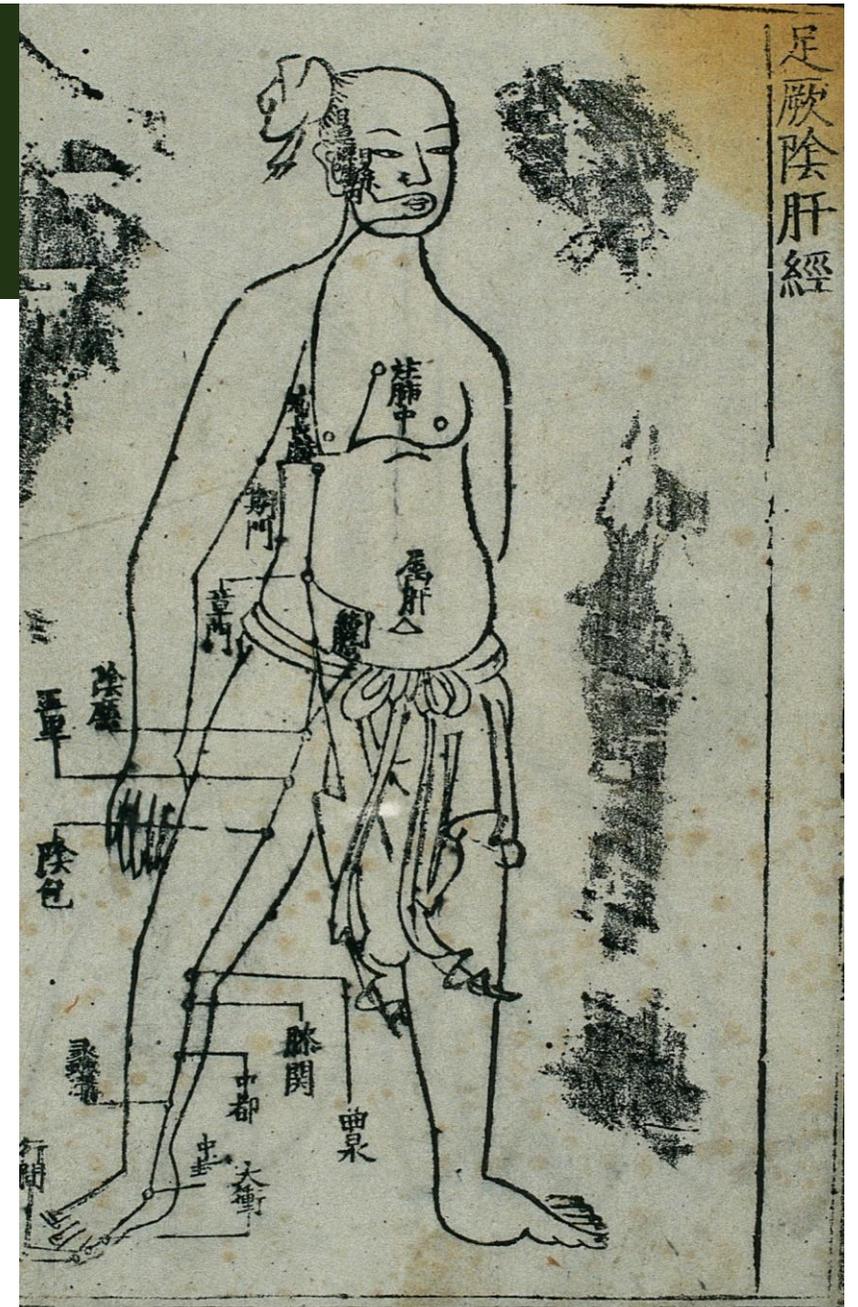
a **鬼** ghost in/from the **云** clouds  
i.e., in vapour form (“ethereal”)

## 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 礧 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 太沖 Tai Chong

太 – Tai = Great

沖 – 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

SP7

# Liv5 蠹溝 Li Gou

蠹 – Li = Insect that bores into wood

溝 – Gou = Ditch, gutter, groove  
    ) water with 毒 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  
    **派** tributaries (joining of rivers)  
    **月** in the body

ANS

Circulation blockage

# Liv13 章門 Zhang Men

章 – Zhang = seal, stamp, section (音 sound + 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

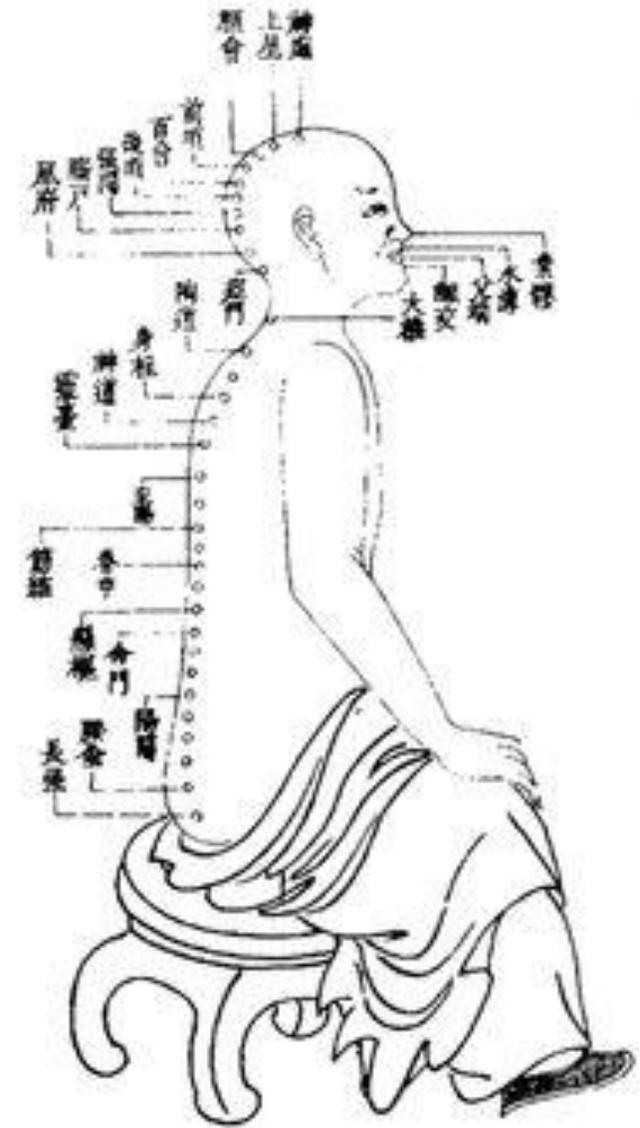
Liver reflex

# The Du Channel

**督** Du – to govern, to supervise  
the **目** eye overseeing  
**又** hands collecting **赤** 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



督脈經諸穴之圖

# 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

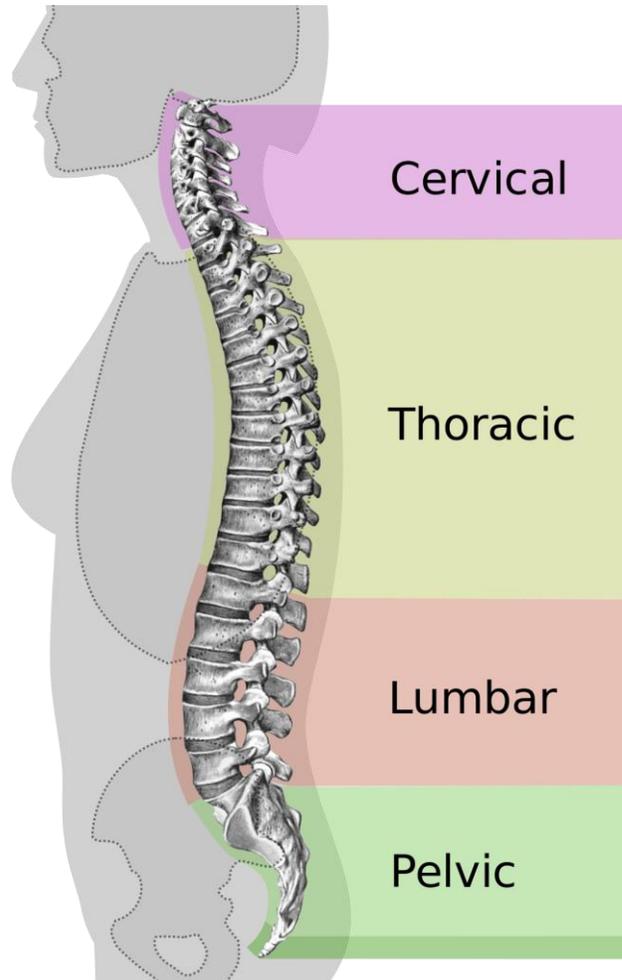
可以養親 – able to support my parents

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

厶 – this is 巳 (to stop, already) altered to look 厶  
(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  
    阝 hill  
    + 匋 Tao – a pottery furnace

**大** – Da = Big

**椎** – Zhui = Hammer/Vertebrae

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

Spreading (warming, cough)

Tail bone

# DU15 啞門 Ya Men

啞 – Ya = Mute

口 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

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

 – 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 素髀 Su Liao      DU26 人中 Ren Zhong

素 – Su = Simple, Elementary, Basic/Pure

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

人 – Ren = Person/Human

中 – Zhong = Centre

DU27 兌端 Dui Duan    DU28 齧交 Yin Jiao

兌 – Dui = Exchange, trade, barter

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

齧 – Yin = Gum

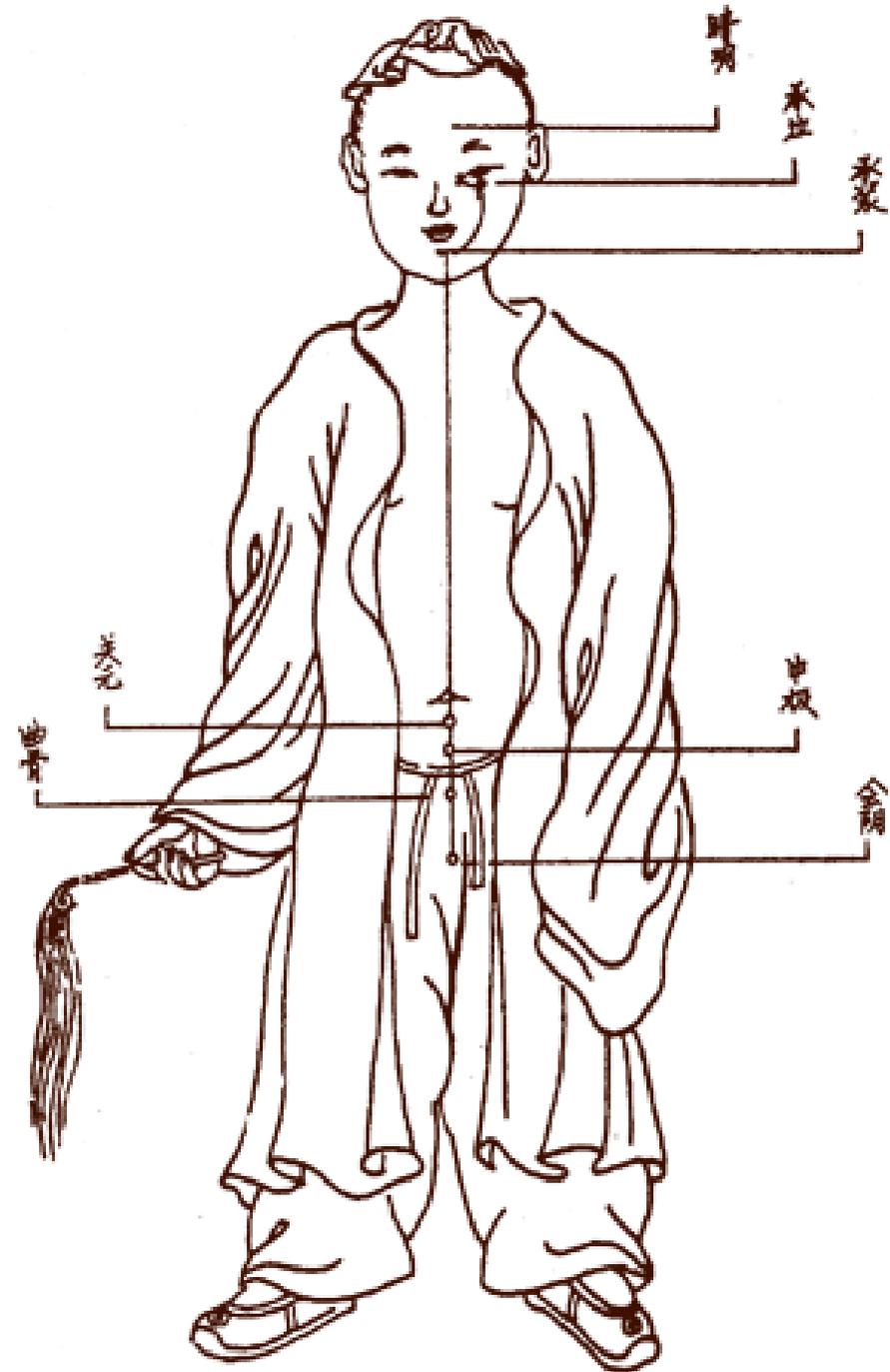
交 – Jiao = Cross, Intersect

# 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

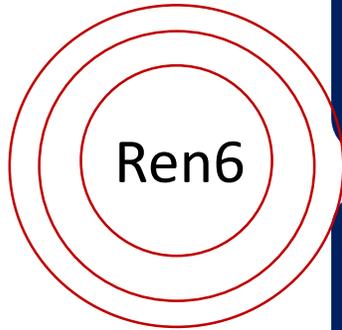
Autoimmune  
Cardiac

# Ren5 關元 Shi Men

石 – Shi = Stone

門 – Men = Door, Gate

Navel



Ren7 陰交 Yin Jiao  
Yin Intesection

Kid15 中注 Zhong Zhu  
Centre Focus

ST26 外陵 Wai Ling  
Outer Mound

Ren5 石門 Shi Men  
Stone Gate

Kid14 四滿 Si Man  
Four Fullness

ST27 大巨 Da Ju  
Big Great

Accumulations

Ren4 關元 Guan Yuan  
Gate to Primary

Kid13 氣穴 Qi Xue  
Qi Cave

ST28 水道 Shui Dao  
Water Pathways

Dan Tian  
Movement  
Hollow

Ren3 中極 Zhong Ji  
Central Pole

Kid12 大赫 Da He  
Big Brightness

ST29 歸來 Gui Lai  
Arriving

Ren2 曲骨 Qu Gu  
Curved Bone

Kid11 橫骨 Heng Gu  
Horizontal Bone

ST30 氣街 Qi Jie  
Qi Hub

# 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

+ 欵 - 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 **礼** 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 + 欵 (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 + Dan 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 **蓋**)

# 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)