

Key Points, Poetics, and Therapeutic Applications

Additional notes added from: (and recommended books)

The Acupuncturist Clinical Handbook by Jeffrey H. Jacob

Eight Extraordinary Channels, by Dr. David Twicken

KID 1, *Gushing Spring (Yong Quan)*

Location: When the foot is bent and the toes are curled, it is the depression in the center of the sole, the heart of the sole.



Wood Point

Therapeutic Applications:

Grounding, connecting with earth, rooting, Brings arrogant energy down, Ohm Unison, Ohm Octave

Reduces hyper conditions and edginess

High blood pressure, stroke, insomnia, hypertension, headache, blurry vision.

Source of our vision out of which comes growth

Forward thrust

Fresh vision

Gifts of knowledge and tranquility

Ohm Unison and Ohm Octave in most applications

Ground before beginning and ending every treatment with Ohm Unison or Ohm Octave

KID 3, Great Ravine (Tai Xi)



Location: In the depression behind the inner ankle bone.

Source Point

Earth Point

Shu Stream Point

Therapeutic Applications:

Kidneys are root of yin and yang for whole body.

Full Moon 6th Builds YIN

Earth Day 5th Builds Qi

Solar 7th Builds YANG

Transformational shifting is occurring, when the RNA/DNA are rapidly changing, Symptoms may manifest as serious low back pain, adrenal overload, fear and unrootedness.

To remain grounded while journeying into other realms

Gives us strength, stability and nourishment

Calming

We find the comfort and stability of our inner center and feel full and vibrant able to take on the world.

Urinary dysfunction, fatigue, reproductive problems, age related disorders, kidney yin deficiency, insomnia, dryness, agitation & perimenopausal or menopausal imbalances

LI 4, *Union Valley (Hegu)*

Location: In the depression between the index finger and the thumb, about half an inch below the webbing.



Source Point

Therapeutic Applications:

Command point for the head, used to treat sinus congestion, headaches & toothaches. Zodiac 3rd, New Moon 5th

It is also used for neck pain, and to elicit an endorphin response. Zodiac 3rd

Forcefully circulates the energy of the body, useful to treat pain that is caused of obstructed energy. Zodiac 3rd

Combined with Liver 3, known as the 4 Gates of Heaven. Used for physical pain, to release blocked energy and to release blocked emotions. Zodiac 3rd, New Moon 5th

Stimulates the dispersing function of the lungs (combined with Lung 7) Helps to balance the cycle of taking in and letting go. New Moon 5th, Zodiac 3rd

Regulates period and helps labor

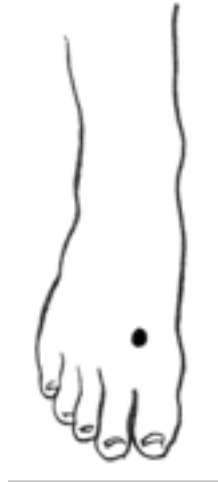
Headache, body ache, fever, sore throat, nose, eye redness, deafness, toothache, TMJ, facial swelling, deviated mouth, ear, mumps, period problems, difficult labor, constipation, lower abdominal pain, mental depression, neck pain, paralysis,

Blocked energy that manifests as bodily pain, PMS, irritability, frustration & an inability to move forward in life..... use Zodiac 3rd

*******contraindicated during pregnancy*******

LIV 3, Great Surge (Tai Chong)

Location: Located one and a half to two inches below the webbing of the big toe, in the depression between the tendons.



Earth Point

Source Point

Shu Stream Point

Therapeutic Applications:

Tonifies Liver Yin and Blood

To release pent up energy that causes anxiety, anger, irritability, fidgetiness, tension, headaches, depression and PMS. Zodiac 3rd (physical block) and New Moon 5th (emotional block)

It has the capacity to liberate energy that is caged and to smooth energy that is aggressive and edgy.
Apply Zodiac 3rd and New Moon 5th

Liv 3 & LI 4 are the 4 Gates of Heaven used to open up the flow of blocked Qi in the body

Qi stagnation, dampness, fullness, deviated mouth, red eyes, burning itching, headache, hyperthyroid, epilepsy, dry eyes, menstruation problems, uterine bleeding, hernia, dizziness, vertigo, insomnia, red face, depression, pain & fullness in hypochondriac region

Have the vitality that gives us the ability to carry out our plans and see them through.
Vision issues.

Gives balance and stability

Enabling us to reach our potential

Energy to surge forward

*******contraindicated in pregnancy*******

REN 4, Origin Pass (Guan Yuan)

Location: Four finger-widths below the navel.

Small intestine mu point.

Meeting of the 3 leg Yin channels.



One of the Three Treasures (Earth)

Therapeutic Applications:

This is the source of our original energy, which is heavenly given, thus it can be used to build and **strengthen the kidney energy and to energize the entire system.**

Regulates the uterus, Treats enuresis, nocturnal emission, frequent urination, irregular menses, uterine bleeding, postpartum hemorrhage, prolapse of rectum, infertility, fatigue, and dampness.

Calms Shen. Roots the Hun. Ohm Unison, Ohm Octave

One of the best tonification points for the entire body.

Tonifies the kidneys.

**This is a powerful place
to strengthen Yin and Yang,
the low back and knees,
and to build core energy.**

Earth Day 5th, Solar 7th, Full Moon 6th

Nourishes or tonifies Yang, (Sol 7th), Qi, (Earth Day 5th),
Yin, (Full Moon) and blood of the entire body.

Used to help the body replenish itself during transformational times where great stores of energy are required to reconfigure new cellular patterns.

******* contraindicated during pregnancy******

REN 4, Origin Pass (Guan Yuan)

“This is the location of the uterus (blood chamber), cinnabar field (Dan Tian) and life gate Fire (Ming Men).

The area around this point is where Ming Men/the Gate of Vitality cooks Jing, creating source qi, and Kidney Yin and Kidney Yang.”

REN 6, Sea of Qi (Qi Hai)

Location: Two finger-widths below the navel.



This area is the reservoir of qi for the entire body: energy emanates from here and returns here.

Its location is the Dan Tian (qi field).

It influences the lower Dan Tian in a similar way to Ren 4.

It has the powerful ability to move qi: to move stagnations and patterns deep in the body.

Therapeutic Applications:

It grounds, roots and centers.

Regulates Qi and blood in lower Jiao.

Tonifies Kidney Qi, pre-heaven, and Yuan Qi.

Treats fatigue, abdominal pain, damp and hernia, genital disorders, enuresis, edema, asthma, diarrhea, dysentery, uterine bleeding, nocturnal emissions, and constipation.

Apply the Earth Day 5th and the Solar 7th to build energy and strengthen the entire body.

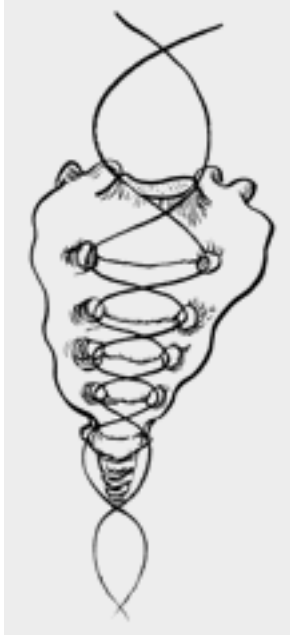
*******BUILD BUILD BUILD*******

Use the Ohm Unison and Ohm Octave to root and balance energy in the body.

Excellent when used in conjunction with Ren 4, Origins Pass

***** Contraindicated during pregnancy*******

The Eight Seams
Consist Of Four Bilateral Points:



- UB 31, Upper Bone Hole (Shong Liao)** located in the first sacral foramen.
- UB 32, Second Bone Hole (Ci Liao)** located in the second sacral foramen.
- UB 33, Central Bone Hole (Zong Liao)** located in the third sacral foramen.
- UB 34, Lower Bone Hole (Xia Liao)** located in the fourth sacral foramen.

The sacrum itself is a poetic gem. It is shaped like a butterfly and the name translates as sacred bone.

The sacrum becomes very active during times of realignment and reconfiguration and Kundalini awakening. During these times, it is common to experience changes in the sacrum that can manifest as low back pain or disc problems, often affecting the neck as well.

The eight seams have a deeper link in Taoist tradition to the eight trigrams of the Ba Gua, or the eight sacred directions and the I Ching.

The eight seams are at a critical juncture in the Microcosmic Orbit, innervating the uterus and testes and sharing an energetic relationship to birth and rebirth at physical, emotional and psycho-spiritual levels.

It is imperative for energy to flow freely through this area, as the seams wind and rewind new structure and allow the mystery of the caduces to form and flow.

Therapeutic Applications:

Use Ohm forks bilaterally.

For muscular tightness, and spasms, use Zodiac 3rd.
(apply Zodiac fork on tight side)

To open sacrum especially for psycho-spiritual issues,
use the New Moon 5th.

To root Kundalini Rising, use Ohm Octave

*******Contraindicated during pregnancy.*******

UB 10, *Celestial Pillar (Tian Zhu)*

Location: On the back of the head, slightly above the hairline, on either side of the nape of the neck, at the outer edge of the trapezius muscle.



The neck and trapezius muscles are likened to pillars supporting the head (heaven)

The Celestial Pillar empowers us to hold our heads up, to stand up straight, and to handle conflict and adversity with poise and with integrity.

WINDOW OF SKY Point

Connecting to our inner strength and thus being open to intuition and insight.

Opens the spine, treats neck disorders and allows us a window to the sky.

Therapeutic Applications:

New Moon 5th to open up spine and neck rigidity, and to release emotional traumas associated with the neck.

This point creates a window of access into higher awareness.

Combine with UB 60, Kun Lun Mountains, to create the Stairway To Heaven to open the entire spine and related muscles and to create the pillars for new spiritual architecture.

Opens our vision to give us the strength and courage to move ahead with insightful purpose.

Gives us a boost of vitality

Expels wind, treats occipital or vertical headaches, stiff neck

Clears the brain, stimulates memory and concentration

Brightens the eyes

Invigorates lower back

Removes channel obstruction. Clears pain

When we are balanced & stable then we may be able to leave the fear of going forward behind to move ahead with fresh insight.

UB 60, *Kunlun Mountains (Kun Lun)*

Location: In the depression between the outer anklebone and the Achilles tendon.



Fire Point

Jing River Point

Kun Lun Mountains is the dwelling of the immortals and the gods. The pillars that separate heaven from earth.

It is also the sky point of the Bladder meridian,

where personal and divine vision and mission meet.

It provides access to our full potential

and to the immortal parts contained within us.

Here we are filled with inner vision, love and inspiration to harmonize and deepen our relationships in life.

No matter how far we stray along our path or from our original nature, there is always the possibility of returning to our deepest source.

Therapeutic Applications:

Use New Moon 5th to open the access and communication with the realms and consciousness of the gods.

Use in combination with UB 10, Celestial Pillar. To open back and spine and to facilitate the kundalini process of activation, realignment, and integration.

Back stiffness and pain

Helps to move on when dying

UB 23, Shu Point of the Kidney (Shen Shu)

Location: Two fingers' width lateral to the 2nd lumbar vertebrae, in the space between the top of the hips and the bottom of the ribs, on the quadratus lumborum muscle.



Gateway of transfer to and from the kidneys

Shen Shu is a place of direct communication with the kidneys who bring the vitality of inherited energy and energetic movement to the other meridians.

This is a powerful place to strengthen both the Yin and Yang Kidney energy.

This is where our deepest reserves are found, directing life and revitalizing the spirit

Therapeutic Applications:

******* BUILD BUILD BUILD*******

Earth Day 5th, Full Moon 6th, Solar 7th

To strengthen low back, knees and build core energy. Use Earth Day 5th, Solar 7th & Full Moon 6th

Benefits bone and marrow

Nourishes blood (+ UB 20)

Resolves dampness

Brightens the eyes

Benefits the ears

Kidney belt line:

GB 25 + UB 52 + UB 23 + DU 4

Earth Day 5th, Solar 7th, Full Moon 6th

DU 2, Low Back Shu (Yao Shu Du)

Location: At the sacral hiatus.



Low Back Shu has a direct relationship to the Gate of Vitality and our life force.

This life force is the root of our body, and is part of the lower Dan Tian. Flowing into this area is essential for qi to flow up the Du channel to the brain.

The energetics of this point influences the eight sacral foramen points, where the spinal nerves flow through, influencing the powerful energies flowing in the coccyx and sacrum.

The Low Back Shu refers to the location and the energetic function of this point to treat low back pain and the spine.

It is used in combination with DU 16, Wind Mansion, to achieve cranial sacral still point and to facilitate Kundalini energy.

Therapeutic Applications:

Apply the New Moon 5th on DU 2 and DU 16 to achieve cranial sacral still point and rhythm.
(moons for rhythm)

Extinguishes interior wind, pain and stiffness of the lower back and strengthens the lower back. Tonifies Kidney Yang and moves qi. Arouses Ming Men Fire. Treats epilepsy, calms spasms and convulsions. Used to treat hemorrhoids.

DU 4, Life Gate (*Ming Men*)

Location: Below the 2nd lumbar vertebrae.



The door of life is also called the Jade Capital and influences the Cinnabar Field. “Jade” means something precious, and the “Cinnabar Field” is a metaphor for the Dan Tian and the transformations that occur there.

The Chinese believe that life essence is between the Kidneys and behind and below the navel. This point accesses this area.

Ming Men is the residence of essence. Ming can mean destiny. This point influences the *zhi* and the will to pursue and live the life you desire.

It holds the willpower to fulfill your quest and destiny.

Use to nourish source and kidney energy, benefits the lumbar vertebrae, and give access to the Life Gate.

The Life Gate is considered to be the Sea of Blood and essence, and is associated with the reproductive organs in men and women.

Therapeutic Applications:

Apply the Earth Day 5th or Solar 7th to strengthen the Kidney Yang and to treat deficiency or pain in the low back.

To increase virility and vitality, apply Earth Day 5th, Solar 7th,

To treat infertility apply Full Moon 6th

DU 16, *Wind Mansion (Feng Fu Du)*

Location: One inch above the posterior hairline, below the occipital bone.

WINDOW OF SKY Point

Ghost Point

Yang Wei



Wind Mansion refers to the place where wind and non-physical energies are said to enter the body and the mind.

This point can release pathogenic factors.

This point is used to treat neck rigidity and to clear the mind and the brain.

It can also release fear and negative thought forms that keep old patterns cycling.

Wind can mean change. Our ability to respond to changes in life is essential to health and well-being.

Wind Mansion assists in adjusting and responding to change.

This is the proximity of the God's Mouth or Jade Pillow, which is a key to activating the cranial-sacral pump.

Therapeutic Applications:

Apply New Moon 5th to open and release neck rigidity, lack of clarity, old emotional thought forms, and wind.

Use in combination with DU 2, Low Back Shu, to achieve cranial sacral stillpoint.

Apply New Moon fork on DU 16, and Ohm on DU 2

Treats exterior and interior wind.

Calms the shen.

Benefits the brain and marrow.

Used for wind-stroke, epilepsy, hemiplegia

LIV 14, Cycle Gate (Qi Men) Gate of Hope

Location: Two intercostal spaces below the nipple.

Liver front mu

Crossing point of Yin Wei Mai

Highest point on Liver channel, connects to the heart

This is the last point of energy and blood through the meridians, and the gate to the beginning of a new meridian cycle, LU 1 Central Treasury.

Cycle Gate calms the overactive liver and promotes the flow of energy in the cycle of the meridian flow.

It provides access to the fundamental vision of one's true self, one's true cycle of life and destiny. Seeing the big picture

The liver is responsible for the smooth flow of qi and emotions.



Its basic nature is to rise and flow upward. When a condition is very deep, it requires a force to move it up and out of the body. Cycle Gate can create a new cycle for a deep condition. It can help move a stagnant pattern. If you are stuck in past experiences, Cycle Gate can help release the attachment.

The energetic properties of the Liver and Cycle Gate can profoundly move one past old deep, Yuan level conditions. With a new cycle comes new hope for the future. Light at the end of the tunnel.

Fosters forgiveness and imparts hope

Opens the chest to receive breath

Use for mental & emotional stagnation with a lack of sense of direction or flexibility

Therapeutic Applications:

Apply the Zodiac 3rd and New Moon 5th to disperse, release, open and smooth the emotions and liver energy.

It supports the completion of old cycles and provides access to the intelligence of personal, transpersonal, and cosmic cycles.

Use in combination with Lung 1, Central Treasury.

To begin new cycles, bridge and build use the Full Moon 6th on Lu 1 and Ohm on Liv 14

Cycle Gate calms the hun and yi interactions, especially Wood overacting on Earth. It calms and roots the hun.

Moves and tonifies blood.

Promotes the smooth flow of Liver Qi.

It adjusts one to cycles of time and rhythms. It synchronizes.

LU 1, Central Treasury (Zhong Fu)

Location: Six inches lateral to the midline, in the first intercostal space, in the depression between the pectoralis chest muscle and the shoulder bone.



Front mu point of lungs

This is the collecting point for all the energy of the lungs.

It connects the beginning of a new meridian cycle as it ends with Liver 14
Regulates the chest.

Therapeutic Applications:

Used for asthma, coughs and to support the lungs.

Use the New Moon 5th to open and release constrictions and emotions,
follow with the Full Moon 6th to complete the cycle and help to build the
energy of the lungs.

**Excellent when used in combination with Liver 14, Cycle Gate. To
release old emotional cycles and beginning new healthier ones.**

New Moon 5th, Full Moon 6th

Promotes the emotional release of sadness and grief

Facilitates inspiration, both the physical intake of breath and the stimulation of the mind to creativity.

SP 6, Three Yin Intersection (San Yin Jiao)

Location: Three inches above the tip of the inner anklebone, in the depression behind the tibia.



This is a point of intersection for the three leg yin meridians: spleen, liver and kidneys.

Powerful point energetically!

To unite, blend, exchange, engage, interlock, cross, barter, bargain, communicate, join, intertwine, friend, intercourse, hand to, commit, deliver and to pay.

It is a very important point for the treatment of all kinds of gynecological, sexual, urinary, digestive and emotional imbalances.

The energy here is used to nourish and build the blood. Moves blood.

Tonifies and regulates stomach and spleen.

Regulates the uterus and menstruation

Infertility, reduces high blood pressure, calms shen, promotes flow of liver qi, calms mind, treats emotional irritability,

Excellent for the treatment of anxiety, insomnia, deficiency headaches, and many female disorders.

Therapeutic Applications:

Use Earth Day 5th and Full Moon 6th to build qi and blood and to nourish the system.

Use Solar 7th to treat digestive damp conditions or for prolapse conditions due to deficient spleen yang.

Post cancer therapy, Moons, Earth Day 5th

Great paired with Yin Qiao Mai treatment

*******contraindicated during pregnancy*******

ST 36, Leg Three Li (Zu San Li)

Location: Four finger-widths below the kneecap, on the outer side and a finger's breadth off the shinbone.



This point is also called the lower Sea of Qi.

Restores, strengthens and builds energy.

Strength and stamina to deliver what is important. Gives us extra energy when things are not easy.

Improves digestion, strengthens the stomach.

Indicated for all types of digestive disturbances including gas, bloating, nausea, and loose stools.

Builds and supports the immune system.

Gives us the power to forge ahead physically and spiritually.

Brightens the eyes, especially deficiency symptoms, blurred vision.

Resolves edema.

Expels wind and dampness.

Therapeutic Applications:

Apply Earth Day 5th and Solar 7th to build and enhance the immune system,
To vitalize the bodies energy and to treat digestive problems.

Aid in assimilation and nourishment of body and mind, Use Full Moon 6th

Watery diarrhea, use Solar 7th

Chronic Dry constipation, use Full Moon 6th

Post cancer therapy, use moons and Earth Day 5th

Great in combination with Spleen 6

Great in combination with Yang Qiao treatment.

REN 17, Chest Center (Dan Zhong)

Location: In the center of the chest, level with the fourth rib.

This is the palace of the heart.

One of the three treasures (Humanity)

Heart Chakra

Pericardium mu point

Influential point of qi

Meeting point of Spleen, Kidney, Pericardium, Small Intestine, and San Jiao

Chest Center is the group point of the upper Jiao. It influences the entire upper Jiao, which includes the Lungs, Pericardium and Heart.

It also influences the Lung po and the Heart Shen, and their corresponding qualities and functions.

This area influences the collective consciousness and conditioning of society.



By cultivating this area, we free ourselves from these influences, allowing awareness of our Yuan Shen.

It opens energy, releases stagnation from the chest, and allows for synchronization of the heart and lung rhythms.

It can take us back to our infant and childlike nature where we felt safe.

Use this point if people are shut down energetically due to past traumas that keep them from receiving what they need.

Therapeutic Applications:

Apply the New Moon 5th to open up energy blockages of a physical and/or emotional nature such as asthma, chest constrictions from emotional stress, and energetic blocks to intimacy.

Use Ohm Unison to synchronize heart and lung rhythms and to connect the heart and the spirit.

Tonifies and regulates the heart and lungs. It is important for qi development and assists the Heart to pump blood.

Tonifies Zhong qi.

Facilitates the dispersing and descending functions of the Lungs.

Releases emotions related to the heart.

Treats lung heat, palpitations, hiccups, asthma, chest pain, difficulty swallowing, resolves phlegm in the upper Jiao.

Treats insufficient lactation.

The Eight Extraordinary Vessels

Du Mai

Opening Point: SI 3, Back Ravine

Balance Point: UB 62, Extending Vessel



The Du channel is the **Sea of Yang**.

The vessel of Individuality.

Who am I?

It is the coordinator and source of the multitudes of yang expression in the body.

Yang energetic properties include: movement, activity, exploration, and independence.

Du Mai rules, initiates, stimulates, corrects, and keeps vigil, overseeing all yang activities on behalf of the other vessels.

Walking, talking and interacting with new people and new locations, and having new experiences.

DU 4, Ming Men, ignites the movement, if the energy of Ming Men or the Kidneys is deficient or suppressed, we might not move forward to interact with others.

Imbalances in the DU channel include the inability to express oneself.

Du Mai is the rope of the spine

that holds all the yang strings in place, a pillar of stability, authority, and origination. The center of all yang activity, the sublime creative principle, the Sea of Yang allows the body to flourish with vitality and abundance.

It gives guidance for the vitality of life itself.

This embryonic connection

is responsible for the development and unfolding of potential.

It represents the origin, the first organization of yang inside the body, the initial primal cellular differentiation, injector, and initiator of the powerful life force. The Ren Mai contains and nourishes this vast empire of creative energy and wisdom.

The nourishing and bonding of the Ren needs to be unified with the exploration and independence of the Du.

Du Mai is a pillar that strengthens the backbone and the core of the body and aids with perception, higher knowledge,

Anatomical areas of influence: Anus, genitalia, back, spine, occiput, head, brain, and marrow.

Controls Yang: qi, Yuan qi, Wei qi, heat, wind, fire, activity, and movement.

Pain and stiffness of the spine, chronic lower backache due to Kidney deficiency, tonify kidney yang and strengthen the back,

Earth Day 5th ,Solar 7th

pain in the eyes, **expel either internal or external wind**, fever, runny nose, headache, floating pulse, dizziness, tremors, epilepsy, convulsions.

Zodiac 3rd

Influences Kidneys, Yang and qi, Spleen Yang deficiency.

Nourish the spine and the brain, dizziness, tinnitus, and poor memory. Use Earth Day 5th.

Regulate Kundalini during transformational cycles and synthesize sexual/spiritual issues.

Dizziness, tremors, stiff neck, blown-out sacrum, low back pain radiating into pelvic crest vertex headaches, survival and prosperity issues, lack of grounding.

Use New Moon 5th or Zodiac 3rd

Circulates Wei qi, regulates heat, infertility, constipation, colic, hemorrhoids, enuresis influences the central nervous system.

Ren Mai

Opening Point: LU 7, Broken Sequence

Balance Point: KID 6, Shining Sea



Vessel of bonding

Ren Mai coordinates and directs all of the yin functions and activity in the body.

The Yin of the body includes the bones, muscles, tendons, organs, blood, fluids, and Jing.

It preserves and ensures that the yin liaison links the yin to source.

It is the secret movement and purpose of water cradled in the core of the earth, our bodies, bones, and cells.

The Sea of Yin provides yin vitality to all of life, reliably nourishing new life forms and new creation.

The Ren is Yin, which corresponds to bonding, especially how we bond to our parents and family. The nature of the bonding contributes to imprints or images that influence a person throughout a lifetime. These imprints can influence our emotions and behavior patterns in our relationships in the future. This can influence our relationships with food, the feeling of belonging, and being accepted by others.

If trouble bonding, Ren Mai deficiency. If excess of bonding, stagnation in Ren Mai, development of mucus, fibroids...

The Ren channel influences the genitals, uterus, abdomen, lower Jiao, thorax, heart, lungs, throat, face, and eyes.

Use to nourish blood and essence.

Regulates the uterus and blood in women. It influences the reproductive system, menstruation, fertility, conception, pregnancy, and menopause. Full Moon 6th, and Earth Day 5th on Spleen 6

It controls all Yin, blood, fluids, damp, and phlegm

Moves Qi in the lower burner and uterus. (fibroids, lumps, carcinoma of the uterus, hernia in men)

Use to nourish the Yin energy in the body. Use Full Moon 6th

(night sweats, hot flashes, feeling of heat, mental irritability, anxiety, dryness, dizziness, tinnitus, insomnia and low back pain.)

Regulates Kundalini during transformational rising and nourishes waters, and roots Yin through threshold shock. (feelings of heat, upward rising of heat, irritability, anxiety, low back pain, palpitations, dizziness, feeling ungrounded, shaky, fragile, nervous system is short-circuiting.) Nourish with moons on Ren, disperse with zodiac on Du

Regulates etheric mechanisms of conception, giving birth, and sexual rigidity, (unable to birth ideas or plans, fear of stepping into new frequencies, or into new ways of seeing and knowing yourself and the divine., sexual abuse issues, low self esteem)

Fosters relationship with Yin, the feminine principle. (unyielding, inflexible, constant business, inability to let go of control or to become vulnerable and receptive, over identification with the yang principle.



Chong Mai

Opening Point: SP 4, Grandparents/Grandchild

Balance Point: P 6, Inner Gate

Chong Mai is the **Sea of Blood**

The Sea of the twelve Meridians

The Chong channel creates all channels and can influence all of them.

The blueprint of your life. Chong is the cosmic architect.

Central Vessel which gives birth to Ren and Du.

Regulates blood and energy

Grants access and communication between Heaven and Earth.

Bridging the realities of substance and form and essence

Mastering the circulation of yin and of yang.

It is the qi that moves between the kidneys in the middle envelope of vitality.

The Chong Mai prepares us for exchange.

Enhancing our ability to exchange the old patterns of the past, the blood traumas, for new patterns of the authentic self.

It grants us promise of a renewed life and the possibility for the creation of a new life of being and belonging.

Its home is the uterus and it has a powerful connection to the Ming Men and kidney energies as well as the navel energies.

It is linked to both Qi and blood, the Qi of heaven, and the essences of Earth. Penetrating everything.

Its circulation is up and down.

The Chong Mai's power, function, and vitality are seen everywhere. It connects the initial patterns of life and the constant renewing of life that follows the initial patterning.

The Chong channel is the unfolding of the genetic and destiny code contained in Jing.

The Chong channel offers the capacity to reconnect and re-align to our Yuan Shen, our original spirit.

Moves stagnated Qi and blood in the chest and abdomen.

(flatulence, abdominal distention or masses) New Moon 5th,

Regulates the uterus and menstruation, nourishes blood

(any gynecological problem or imbalance)

Moons, Earth Day 5th

Strengthens digestion and constitution

(poor appetite, abdominal distention, improper food assimilation)

Earth Day 5th , Solar 7th (unless needing fluid)

**Releases intergenerational imprinting
at the muscular and cellular levels.**

(addictive patterns, generational cycles and repetitions of behaviors, themes, and abuses. All addictions and that which keep us from discovering our true self.) New Moon 5th

Smooth and nourish the heart.

(pain in the chest, feelings of stuffiness and oppression in the heart, palpitations)

Locates blood root, unique and divine piece in the puzzle, divine blueprint (despair, lack of self identity, over identification with family of origin, culture, gender, nation, and with those small patterning and constrictive conditionings.)

Recognizes denied shaman.

(searching for answers and solutions outside of ourselves and in outworn and un-useful paradigms.)

New Moon 5th to Full Moon 6th to Solar 7th

Dai Mai

Opening Point: GB 41, Near to Tears

Balance Point: SJ 5, Outer Gate



Vessel of latency

Dai Mai encloses space and creates a framework. It contains and conducts, harmonizes and regulates, binds and unifies.

It is the horizontal transverse energetic that encircles and connects all other vessels and meridians and controls circulation.

It provides guidance, attaching itself to the highest cause, enhancing the cooperation of all energies.

It is often compared to the belt of a robe. A robe without a belt or with a worn-out waistband can drag, be overwhelming and unwieldy: a belt that is pulled too tight will bunch up the robe, causing constraint and discomfort from containment. But a belt with a well-balanced pressure keeps the garment draped harmoniously and allows flow and movement, communication, rhythm, and regularity.

Responsible for the harmonious functioning of the uterus and for the balance of liquids in the lower elixir field.

The Dai Mai has deep association with Ming Men and the power of the kidneys and all other meridians.

Dai Mai is a depository for post natal junk.

Anything that the body cannot transform or transport will go into Dai.

Accumulation in the Dai Mai channel can prevent us from growing, developing, and being creative. The accumulations slow our response to life experiences.

The Dai is about not being able to deal with things in the time of now. The Dai channel can release what we have stored.

Dampness is a main excess in the Dai channel.

(Gall Bladder and Liver overacting on Spleen and Stomach, wood overacts on earth, creating dampness)

**Gall Bladder, Liver, Kidney, Spleen, Stomach, and the Bladder. Influences the uterus
Regulates the qi of the legs, abdomen and hips.**

Distension and fullness of the abdomen, weakness of the lumbar region, gynecological conditions, leucorrhea, prolapse of the uterus, the hips, dampness, damp in lower Jiao.

Regulates qi of Liver, Spleen, and Kidneys

Harmonizes Liver and Gallbladder channels.

(temporal headaches, pent-up emotions, frustration, stagnation) Zodiac 3rd, New Moon 5th

Disperses damp heat in the genitals.

(burning or difficult urination, vaginal discharge)

Smooths and increases circulation in the legs and stomach channel. (cold legs and feet, tense outer leg muscles, weakness or atrophy of leg muscles)

Regulates energy flow through legs and hips.
(hip pain, sciatica) Zodiac 3rd

Frustration, indecision, fence-sitting, procrastination, stuckness, inertia. Zodiac 3rd

Connects vertically bifurcated energy, **disconnect between up and down**, energy in head with no
rooting below

Regulates the cooperative effects of the 12 meridians to the highest good. **This vessel wants everyone
to cooperate!**

Yang Qiao Mai

Opening Point: UB 62, Extending Vessel

Balance Point: SI 3, Back Ravine

Lateral aspect of leg, back, neck, head, eyes

Yang Qiao channel energetic properties include your stance and actions in relationship to others. How we stand up to the external world. Being comfortable with how we move.

The Yang Qiao Mai originates in the heel and sole, assuring the infinite movements of Earth's energy upward and heaven's energy downward.

Along with the Yin Qiao Mai, it creates equilibrium and harmonizes the yin and yang aspects of function within the body and outside of the body on all levels and in all dimensions.

Yang Qiao rises, extending and enlarging its influence, and propagates the whole system.

It has a close relationship to all musculature in the body, and is in charge of all flexion and extension on all levels.

The opening point, UB 62, Extending Vessel, expresses elevation and stretching movement.

Both are mutually connected to the eyes the "gates of destiny" bringing the essences that reflect the deeper messages from the cave of the heart, from the cave in the mountain, and from the heart of the universe, to perpetually nourish spirit.

The Yang Qiao is activated when one is overly engaged with the exterior. The more intense the engagement, the more intense the pathogens move to the exterior and activate imbalances in the Yang Qiao channel. When focus is at the exterior, your Wei qi is engaged at the exterior and you are not in the present moment, leading to exuberance of qi and possibly Yang rising, headaches, and hypertension.

Directing your energy and desires too much towards others can lead to rebellious qi, which can cause rebellious actions.

Highly judgmental, everything is wrong with the world.

They want to rebel.

Asthma, Parkinson's, nausea, headaches, and vomiting.

Either too much activist or retreating into depression.

Diseases of the eyes.

Regulates the motion of the lower limbs

Eversion of the foot with tension and pain on the lateral aspect of the lower leg, and the medial side of the leg is flaccid, weak, or atrophied.

Pain in the back and lumbar region,

spasm of the lower limb,
conditions of the lateral aspect of the body,



hemiplegia, epilepsy, insomnia, redness and pain of the inner canthus.
Includes conditions of excess Yang, especially in the head and neck, including cerebral thrombosis and hemorrhaging.

Expels internal wind from the head. (facial paralysis, wind stroke, severe dizziness, aphasia)

Expels external wind and release exterior invasions of wind heat or wind cold. (sneezing, headache, stiff neck, runny nose, floating pulse)

Harmonizes energy flow through the back and along the bladder channel of the leg. (acute pain due to sprain or invasion of cold, only if pain is unilateral)

Regulates and influences energy flow through the **hip and to the eyes**. (radiation or focal hip pain, dry eyes, deteriorating vision, edginess while doing computer work).

Integrates and assimilates new cellular information.

(high nervous tension, headache, feeling overwhelmed by new information, emotions, and insights that come from psychospiritual evolution, emotional paralysis, excessive thinking, control issues, nervous system overload.) Zodiac 3rd

Equalizes left/right imbalances in the physical and energetic field
from new formatting of spinal energies.

(structural imbalances between left and right side of the body, feeling of energies being different from side to side, feeling of walking on a slant or of the floor being lower than it is, ricocheting energy, equilibrium problems.) Ohm Unison

Animates physical and etheric musculature, **initiates motility.**

(stasis and fear from transformational impacts, inability to extend one's soul to access new learning and visions into the world, inability to accept the heavenly energies, physical mobility challenges.)

Yin Qiao Mai

Opening Point: KID 6, Shining Sea

Balance Point: LU 7, Broken Sequence



Vessel of one's stance

Yin Qiao energetic properties include your stance in relation to yourself.

How do I stand up to myself?

Am I comfortable at the present moment?

Am I taking in life?

Inner legs, abdomen, eyes

The Yin Qiao reflects self esteem.

When we have self esteem issues we may withdraw from interacting with other people. We can turn inward to escape from interacting with others. If you don't like yourself you create self destructive behaviours, autoimmune diseases. This situation can result from the loss of a loved one, depression, or trauma.

If you can't accept yourself in the current moment, or don't feel good about yourself, consider treating the Yin Qiao.

The Yin Qiao Mai moves gracefully up the body as it attracts the deepest energies from the earth, and through internal connections with the Yang Qiao Mai, transports these essences to the top of the body, grants comprehension of the higher aspects of life.

It Illuminates.

Yin Qiao is robust and agile, breathing vitality from the soles and the heels, anchored at the heels and malleolus, connecting the body to the central organization, keeping balance, equilibrium of yin/yang, left/right, up/down, inner/outer, fire/water, science/art, qi/essences.

Carrying the yin torch of the kidneys upward to the eyes and brain.

Yin Qiao irrigates and waters the entire organism.

Yin Qiao rules exchanges, creating equilibrium between yin and yang at every level and dimension.

It brings illumination, the reflection off the water, into our physical, emotional, and spiritual being, bringing into focus our highest sight and vision, helping us cling to our highest principles and to water's spiritual sustenance, so that we can shine our light in dark, challenging, and transformational times.

The opening point, Kidney 6, Shining Sea, creates **unity between fire and water**, renounces the dialectics of opposites, raising yin essences with the power and animation of fire.

Regulates sleep and nourishes yin essence on the physical, emotional, and psychic levels. Full Moon 6th

Helps those who have fallen asleep to **"wake up"** Solar 7th

Regulates the circulation of energy in the stomach channel

(inner aspects of legs are loose and the foot turns inward, partly pulled by the tight outer leg muscles:
weakness of leg muscles:
certain cases of atrophy.)

Regulates energy in the lower burner in women.

(abdominal distension, abdominal masses, lumps, fibroids, difficult delivery or retention of placenta)

Equalizes left/right imbalances in the physical and energetic field

from new formatting of spinal energies.

(structural imbalances between left and right side of the body, feeling of energies being different from side to side, feeling of walking on a slant or of the floor being lower than it is, ricocheting energy, equilibrium problems.) Ohm Unison

Regulates the visual opening, raises yin essences to the eyes,

helping us to truly see.

(Dry eyes, deteriorating vision, edginess or blurred vision while doing computer work, inability to bring transformational experiences into focus or to open up and see the greater vision and principles.) watering with moons

Quells fear from deep seated abandonment and dissolution of the ego. (Depression, introversion, insomnia, isolation, immobility)

Nourishes physical and etheric musculature

(stasis and fear from transformational impacts, inability to extend one's soul to access new learning and visions into the world, inability to accept the heavenly energies, physical mobility challenges)

The Wei Channels

The Wei channels energetic properties can access experiences as we age:

the experiences that have caused imbalances within a person.
These imbalances relate to significant stages in our life.
For example, going to school for the first time.

**Wei channels access issues of the
past and future,
their patterns and imprints.**

Are you living in the past? If you are, it is a Yin Wei issue.
Are you always thinking about the future? If you are, it is a Yang Wei issue.

Being trapped in time, past or future, relates to the Wei channels.

It takes a lot of qi, blood and over the long term, Jing, to maintain this state of being. It is very draining to maintain these conditions.

Points on the Wei channels can assist in moving us past stagnation from the past or future.
There are cleft points on these channels, which indicate the channel is very susceptible to stagnations.

Yin Wei Mai



Opening Point: P6, Inner Gate

Balance Point: SP 4, Grandparents/Grandchild

Vessel of aging

The channel influences Yin, blood, mental and emotional conditions, chest, Heart, Liver, Shen, and the hypochondrium

Unfolding process, destiny, where am I going? One's purpose

Follows the cycle of 7(female) or 8(male)

The Yin Wei Mai spreads out and connects, links, enhances, and builds the relationship between all yin aspects of the body. Circulating between and within all of the yin meridians – primary, secondary, tertiary: the muscle meridians, organs, tissues, and finer energetic networks.

It maintains and holds the great principle of connectivity and communication of the equilibrium of yin in the body, like Ren Mai maintains the great principle of yin by providing the first organization of the yin function.

Yin Wei is the artist, the high priestess of the yin. **Her movement is always to the interior**, crossing, exchanging, gathering, and collaborating.

Yin Wei provides solidity, security, and a firm foundation.

Life depends on this networks ability to maintain the great principle of yin, flowing pure waters through difficulty, patient and sincere, trusting in the deep lessons.

This vessel maintains a special relationship to the kidney meridian and the deeper aspects of the heart's knowledge and wisdom.

Connects all the Yin channels, can be used for **deficiency of blood** and/or yin especially if accompanied by psychological symptoms. (insomnia, anxiety, mental restlessness)

Tonifies the blood and the heart (chest pain, feeling of stuffiness of the chest, feeling of oppression or tightness of the chest, anxiety, apprehension, depression, nightmares)

Tonifies the blood, **treats headaches due t blood deficiency**. (pain in back of the neck and occiput)

Connects the inner and the outer self. Inner Gate, Pericardium 6, opens gate to the inner self, calms anxiety from stepping into new form, opens up the heart when shut down from dissociated emotions and that are often a mechanism for survival. (anxiety, anger, flatness, not grounded, not in body, hypervigilance, insomnia)

Opens the heart to unconditional love, unwraps the heart chakra, links the emotional self back to wholeness. (emotionally shut down from wounding, unable to accept or give love or to experience joy, issues with bonding and intimacy.

Moves the heart into its upper vibrations (palpitations, arrhythmias, not being able to break through the lower lessons of the heart: pain, blame, hurt, individual experiences that damage the original child and into the experience of forgiveness, joy, universal love.

Yang Wei Mai



Opening Point: SJ 5, Outer Gate

Balance Point: GB 41, Near to Tears

Vessel of aging

Unfolding process, destiny. Where am I going? One's purpose

Follows cycle of 7(female) and 8(male)

The channel influences the lateral aspect of the legs, hips, back, head, ears, and brain.

The Yang Wei Mai represents the great principle of yang, and holds together and maintains all the yang functions.

Health, strength, stability, proper balance, and harmony of yang are associated with it.

This vessel is responsible for the exterior guarding against external energies penetrating inward.

Yang Wei makes sure the defensive qi of the body is strong and intact.

The Yang Wei goes deep but does not violate, is easily accepted, like the truth of a sage and of perennial philosophy.

Teaches us to have healthy boundaries.

Connects all yang channels, used for intermittent fevers or intermittent energetics and to make a link and a correction.

(alternation of chills and fever, symptoms there and gone, an urge to change a personal pattern is there and gone.)

Smooths energy flow and influences the sides of the body. (hypochondriac pain, pain in the lateral aspect of the leg, pain in the lateral side of the neck)

Regulates energy to the ears, opens up etheric listening devices.
(tinnitus and deafness, selective hearing, unable to listen to the inner voice)

Opens awareness of Shao Yang stage of emotional patterning and spiritual transformation, and offers a link from one level to the next.

Last stage before a pathogen or toxic pattern penetrates inward.

Outer Gate, San Jiao 5, vents out or exposes the pattern and the transformational path.

Allows for the Liver to hear the call and see the vision.

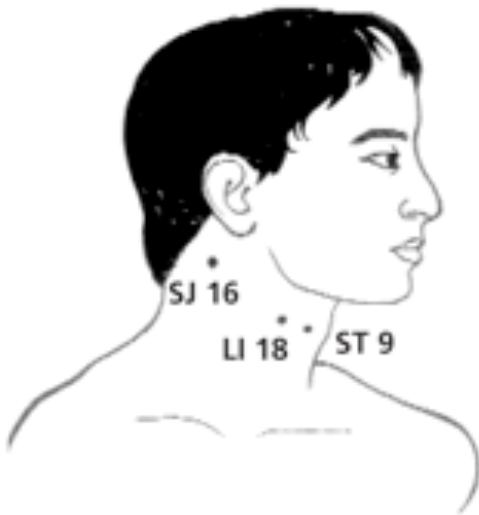
(feelings of being caught in an endless loop of inaction and indecision, deaf or not listening to inner guidance, not letting what is dead die to let energy bring forth something new, problems letting go in general, fear of failure.)

Helps release attachments to the masculine principle of objectivity,
invites other ways of doing and being,

like seeing and feeling things from the inside out.

(tensions, anger, and resentments of models based on the "old guard" paradigms that may appear in any arena)

Windows of the Sky Points



ST 9, *People's Welcome (Ren Ying)*

Location: An inch plus to the side of the Adam's apple.

This point is used for fullness of the chest, flushing and dizziness.

It also benefits the throat.

This point is helpful for people who are always trying to please,

or resentment in relationships which they are giving but not receiving, overly welcoming, accommodating and not meeting their divine potential.

It is also useful for co-dependents and caretakers who are **repeatedly taken advantage of by others.**

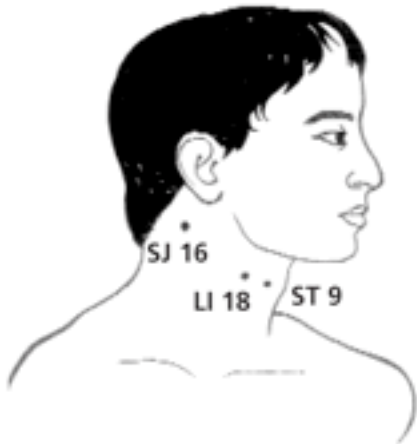
It is indicated for constricted throat, situations of disempowerment and situations where people feel degraded, shut down, and unable to speak or ask for what they want.

Therapeutic Applications:

Apply New Moon 5th, place interval on or above the body.

LI 18, Support the Prominence (Fu Tu)

Location: Approximately three inches lateral from the prominence of the larynx



Use this point when people are unable to speak
or they inappropriately cling to the past
and imagine a future that is unrealistic.

It can help people to let go of their denser, thicker, safe bodies,
or habits that no longer serve their evolutionary process.

Use for people who **cannot swallow what is hard to stomach
or digest**, or cannot hear, acknowledge, or manifest their inner
promptings.

The intent may be there, but there is no follow through or ability
to access their finer bodies.

it releases grief of the past:

grief that comes from letting go of old attitudes and unrefined consciousness, so that a realistic future
can be manifested, and a prominent vision can emerge.

Therapeutic Applications:

New Moon 5th interval on or above the body.

SJ 16, *Celestial Teacher (Tian You)*

Location: At the outer border of the largest sinews of the neck (sternocleidomasoid muscle) behind SI 17, Celestial Appearance.



Apply for head and neck rigidity,
blurring of vision,
sudden deafness,
and loss of visual clarity.

**This point is for those who do not listen to their inner voice
but hedge their bets on the status quo.**

Applications are for draining the outside authority and
connecting deeply within the healing circle of the wellspring of
inner nourishment, the inner teacher.

Therapeutic Applications:

New Moon 5th on or above the body.

UB 10, Heaven's Celestial Pillar (Tian Zhu)

Location: At the hairline on the nape of the neck.



Use this point to clear the brain and brighten the eyes.

**This is the pillar to higher consciousness,
the stairway to heaven.**

It opens up the cranium and spine.

Stagnation is common in the transformational processes and working with the pillar (the foundation) assists in opening the new spiritual infrastructure.

Use in combination with UB 60, Kun Lun Mountains

Therapeutic Applications:

New Moon 5th

LU 3, Heavenly Residence, Celestial Storehouse (Tian Fu)

Location: Found by raising the arm straight up beside the head, then turning the head and touching the arm with the tip of the nose.

This window stores the Akashic Records.

This is the spirit of the lungs.

It allows access to the intergenerational and karmic patterns that perpetuate grief.

Without this connection to spirit or inspiration, there is eternal emptiness, desolation, and despair, which are common themes with the lung.

It bridges the gap between loneliness and engagement.

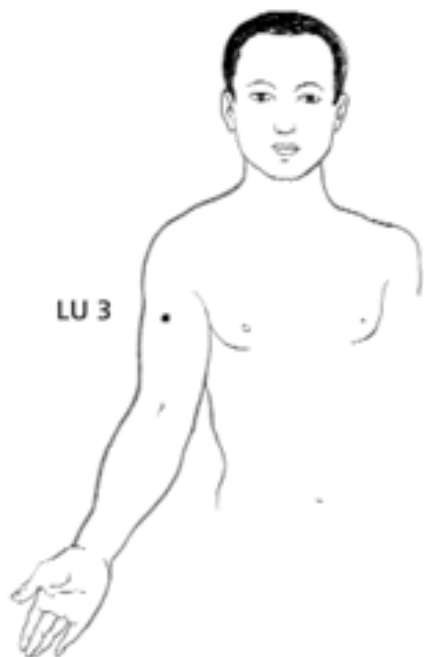
The heavenly residence offers us a clean slate to reformat and restore the Celestial blueprint and receive inner communion.

It frees the despair and longing for home that alienates one from source and from those who could be bridges.

It helps us to raise our arms to the heavens, to spirit, and to the cosmos.

Therapeutic Applications:

Apply Full Moon 6th interval to bring records and blueprints to fullness, connecting with the Yin aspect of the lungs.



REN 22, Heaven Projection, Celestial Chimny (Tian Tu)

Location: In the depression above the sternum.



Apply to clear the throat from stifled grief or anger, which is grief at the core.

Cools throat from the anger that grows from living someone else's truth.

Powerful point for connecting with the deeper truth that one must speak,

the truth that informs the spiritual search.

In alchemy, this is the neck of the vessel, the narrows one must pass to connect to spirit, to transform the base metals of the emotions into the gold of understanding. You must be willing to give up the things that are most precious to you in order to bring forth your gifts, your truth.

In being true to one's self, path, and heart, one is projected into union with God.

Therapeutic Applications:

Apply the New Moon 5th interval, place the New moon at Ren 22, Celestial Chimney, and the Ohm fork on sternum a finger's width below Ren 22

DU 16, Wind Palace (Feng Fu)

Location: In the depression below the occipital protuberance.



Ghost point

the intersection of Du Mai and Yang Wei channels.

It clears spirit disposition,

disinhibits joints, dissipates cold, and clears fire.

It allows you to move forward to release fear and rigidity of thought forms.

Its action is to clear the mind and benefit the brain.

It is useful for throat chakra issues that have locked up at the neck.

The back of the neck is the place where wind and pernicious influences enter.

Early transpersonal psychologists referred to this point as the trap door, the place where non physical energies and entities find an entranceway into the mind.

It is a major passageway to connect the heart and the mind, the world of the personal to the world of the transpersonal.

Located beneath DU 16, Wind Mansion, is the Jade Pillow, or God's Mouth. This is a key position into the cranial sacral pump.

Therapeutic Applications:

New Moon 5th, or New Moon on DU 16, Ohm on DU 2

P 1, Heavenly Pond (Tian Chi)

Location: About one inch to the outside of the nipple in the fourth intercostal space.



Use for sensation of suffocation in the chest or pain in the hypochondriac region.

This opens the pool of our hearts so that stifled joy and resignation can be released.

This point is used to treat betrayal and an inability to open the heart up to intimacy.

When used **with PC 6, Inner Gate**, it can open the inner gate to the spirit so that intimacy can flow to the heart.

It is very useful for patients who are closed off to memories due to fear.

It allows the truth to be accessed and action initiated.

It opens the chest and allows a coming to terms with the authentic self.

Therapeutic Applications:

Apply the New Moon 5th interval on or above the point and area.



SI 16, *Celestial Window (Tian Chung)*

Location: Behind the sternocleidomastoid muscle.

Use for a sudden loss of voice, tinnitus, and pain in the neck.

Use when pain results from **not being able to see** what is there to see

or from getting **caught in the pattern of blaming others.**

**When one is caught in negative patterning,
the Heavenly Window is closed.**

It treats a blurred mind and vision from
post-traumatic stress

and whiplash, especially if the head has been whipped backwards.

Treats any kind of backward emotional movement or unresolved patterns and issues with the past.

It is also to calm the spirit and to nourish the heart, to bring clarity on the spiritual level, and to aid in sorting the past from the future and the ego consciousness from spiritual consciousness.

It heals the split between the mind and the heart, and distills spiritual essence.

The window brings clarity depth, and connection.

Therapeutic Applications:

Apply the New Moon interval on or above the point area.

SI 17, Heavenly Appearance (*Tian Rong*)

Location: Below the ear in the depression between the corner of the jaw and the front of the anterior border of the sternocleidomastoid.



Treats deafness and tinnitus, sore throat, swelling of the cheek, foreign body sensation in the throat, and removes obstructions.

Exposes the fire poisons of ego, which are our own interpretations, desires, ambitions, and not the Divine's.

This point allows access to true self-knowledge so that you know with clarity what to do.

It is more intense than SI 16, as it is closer to Source and the sorting process is more refined.

Therapeutic Applications:

Apply New Moon 5th interval on or above the point area.