

WATER: KIDNEY MANAGEMENT & TREATMENT

I. KIDNEY YIN-ESSENCE

A. Kidney Yin-Essence Deficiency

1. General Problem

Unable to identify with or feel compassion for fellow man

Reduced social consciousness

Ruthless, survival of fittest mentality

Love serves personal advancement

2. Specific Issues To Resolve

Nourishing Water-Kidney Yin-Essence is the central strategy.

With regard to the hardness implied by the above we are dealing with problems involving deficient Blood in particular since it is Blood that lends itself to the softer emotions, to the emotions that evoke sympathy and empathy. Blood that is too hot lends itself the opposite kinds of emotions, quick ungoverned response, irritability and anger. So our task is to enhance blood and make it euthymic.

The source of the heat is best determined by the pulse and tongue.

Blood is Yin-Essence so that nourishing it's source in the Kidney is vital. Another consideration here is the Heart that houses the Spirit very much influenced by the condition of Heart Blood.

3. Specific Phase Methodology for Kidney Yin-Essence Deficiency Within the Generating-controlling Cycle

- Needle the Tonification and Yin-Essence points of the Kidney
 - Kid- 7 [Kidney Tonification Point]
 - Kid-6 [Kidney Yin-Essence Point]
- Needle the Sedation and Yin-Essence points in Metal-Lung [Shang cycle-Phase within Phase]
 - Lu- 5 [Lung Sedation Point]
 - Lu- 1 [Lung Yin-Essence Point]
- Needle the Luo and Source point of Kidney
 - Kid- 4 [Luo Point]
 - Kid- 3 [Source Point]
- SJ- 5 thru to P-6 for general balance of Yin-Essence and Yang-Essence

4. Channel Points For Kidney Yin-Essence Deficiency

a. Management Formulation

- i. Nourish Kidney Yin-Essence and Water Point of Water
 - ii. Nourish Metal [Lung] Yin-Essence [mother of Water]
 - iii. Nourish Blood [optional]
 - iii. Remove Blood heat [if present] [optional]
 - iv. Meeting Points
- b. Management Implementation
- i. Nourish Kidney Yin-Essence
 - 1). Acupuncture
 - a). Kidney Points
 - KI-1- [Bubbling Spring]
 - Calming the mind in anxiety & hypomania
 - Courage
 - KI- 2- [Blazing Valley] for will power
 - KI- 3- [Greater Stream]
 - To anchor all of the other spirit points
 - Nourish Yin-Essence, Yang-Essence, Qi-Essence and Essence
 - KI 4-[Big Bell]
 - A place to store and hold, to gather forces & to lift the spirit
 - Compassion
 - Communicate with Heart through P-3, 6, 8
 - KI- 6 [Shining Sea]
 - Calms Shen by nourishing Yin-Essence-Essence
 - KI 9: [Guest Building (House)]
 - Calms the mind w/ anxiety, restlessness, chest oppression & palpitations w/ HT-KI not harmonized.
 - Ability to step outside of oneself and bear witness to self
 - Observer of ones own reactions
 - Calms Shen
 - Phlegm disturbing the Heart
 - Communicates between Kidney and Heart
 - Cry and laugh for no reason
 - Neurosis from past experience

- KI- 10 [Water Point of Water]
 Tonifies Kidney Yin
 Increases ability to `flow' in all aspects of life
- KI- 15 [Central Flow]
 Nourishes Kidney Yin-Essence
- KI- 16 [Vitals Transporting Hollow]
 Connects Heart and Kidney
 Calms the mind by bringing Yin-Essence to the Heart thru UB- 43
- KI- 21-[Dark or Secret Gate, Gate of Hades]
 To open awareness to old dark fears and terrors which the person cannot face.
- KI- 22-[Walking Corridor]
 For despondency and isolation, and for feeling free, used with WOS P-1, 2 also as Exit-Entry Points.
- KI-27 [Transporting Point Mansion, Store House]
 This point to enhance compassion and the connection to all people, the universe I are one. (This concept fits with my own for the function of Kidney Yin-Essence energies.)

b). Other

UB Channel

- UB-1 [Eyes Clarity]
 Bring Qi-Essence to the `third eye' to enhance new vision
 Pituitary gland-endocrine system
 For the balance of Yin-Essence & Yang-Essence through Yin-Essence Qi-Essence
 Mai
- UB- 23
 Nourishes Yin-Essence, Blood & Essence
- UB- 43 [Fatty Vital Hollow]
 Nourishes Essence w/UB- 31, 34

Compassion:

- Consolation: UB- 65 [Bundle Bone]
 Smiling Sympathy: KI- 4
 Calm: KI- 2

Homeostatic Channels

Ren Mai [[Sea of Yin-Essence]

Builds all Yin-Essence energy

Ren- 1 [Meeting of Yin-Essence]

Nourished Yin-Essence and
benefits essence

Ren- 4 [Gateway to Original Qi-Essence]

Nourishes blood and Yin-Essence

Ren- 7 [Yin-Essence Junction]

Nourishes Yin-Essence

Ren- 15 [Turtledove Tail]

- Luo point of [Ren Mai]
- Calms Shen by nourishing
Yin-Essence Organs
- Connects with Jing and Yuan
Qi-Essence of all Yin-Essence
organs

Chong Mai + Yin-Essence Qi-Essence

Self-reflection

Meeting Points

i. GB-39 [Suspended Bell] nourishes
Kidney Essence and Marrow as well as
Yin-Essence and is one of the Eight
Meeting Points for Marrow.

ii. DU-16, 20 are Seas of Marrow is
beneficial for the Central Nervous
System.

Primary Channels

Liv- 8 [Curved Spring]

Nourish Yin-Essence and Blood

SP- 6 [Three Yin-Essence Crossing]

Yin-Essence and Blood

SP- 12 [Penetrating Gate]

Tonifies Yin-Essence

ST- 30

Crossing point of Chong, Du and
Ren Mai

Where Qi-Essence enters Chong
Mai

Tonifies Kidney [Liver] Essence

2). Herbs

Left Returning

Lotus Stamen

Yin-Essence and Yang-Essence Essence
deficiency

ii. Nourish Metal [Lung] Yin-Essence

1). Acupuncture

LU- 1 [Central Treasury]

Tonifies Lung Yin-Essence;

LU- 6 [Collecting Hole]

Accumulation Point activates the Qi-Essence.

LU- 8 [Channel Ditch]

Accumulation Point

LU- 9 [Great Abyss]

Tonifies Lung Yin-Essence

Ability to change

BL- 13 [[Lung's Shu]

Tonifies Lung Yang-Essence, Yin-Essence & Qi-
Essence

BL- 43 [Fatty Vital Hollow]

Tonifies Lung Yin-Essence and Qi-Essence;
stimulates the mind; promotes essence

BL- 42 [Corporeal Soul] W/ LU 6

Release the Po (Inferior soul) that is the
propelling force, the basic energy from the
cosmos that we identify with the 'dark'
unconscious forces or 'instincts' (life force is
real translation of Freud's 'libido').

b. Other Contributing Points

HT-1: [Utmost Source, Extreme Spring]

Builds Yin-Essence

HT- 6: [Yin-Essence's Crevice]

Moves past old bitterness

Heart Yin-Essence

P- 4 [Cleft Gate]

Old bitterness in heart

P- 8 [Palace of Labor]

Transformation [to new bonds]

SI- 1 [Lesser Marsh]

Parts of ourselves and past that we cannot let
go

SI- 9 True Shoulder]

Uncertainty and confusion of change

Naïve

GV- 12:

Tonifies Lung Qi-Essence

Tonify Gathering Qi-Essence

LU-9 and CV-17

Constitution (Japanese)

LU-7

LI-4, 11

Homeostatic Channels

i. Ren Mai

Ren is the "Sea of Yin-Essence"

Bonding, dependency, maternal
nourishment

Loving

Complete within oneself

ii. Yin-Essence Wei

People unable to move ahead in life and
stuck between the past and the present.

Moves people into the present and free
to grow and realize their being

Help a person extend themselves beyond where they
are

Distal Points on Upper Extremities

"Filling the Earth to Generate Metal"

LU- 1 & ST- 36 & SP- 3:

Upper Kidney Points

The Resistance To And Fear Of Change

2). Herbs

Lily Combination [Yin-Essence-Jing deficiency]

iii. Nourish Blood

1). Acupuncture

Chong Mai

Sp 3 [Great White]

Nourish blood

SP-6 [Three Yin-Essence Crossing]

Yin-Essence and Blood

Sp 10 [Sea of Blood]

Nourish blood

SP- 12 [Penetrating Gate]

Where blood enters Chong Mai

Liv- 3 [Great Surging]
 Nourish blood
 Liv 8- [Curved Spring]
 Nourish blood and Yin-Essence
 Liv 10 [Foot five Measure]
 Nourish blood through connection w/Chong
 Mai
 UB- 17 [Diaphragm's Shu]
 Influential Point of blood
 UB- 18
 Nourish blood
 Sea of blood & Essence
 UB- 11, St- 37, 39
 Moxa all Shu points especially UB- 22 and
 [except UB- 18]
 Moxa DU points: DU- 4, 6, 9, 12, 14

2). Herbs

Left Returning
 Lycium formula

iii. Remove Blood Heat [if present]

1). Acupuncture

- Ki- 2 [Blazing Valley]
- Sp 10 [Sea of blood]
- Bai Zhong Wo [Special Point 1 Cun above SP 10]
- Liv-14 [Qi-Essence Men]

2). Herbs

Dang Qui & Gardenia + Ganoderma

B. KIDNEY YIN-ESSENCE EXCESS

1. General Problem

a. Overall

Overly concerned with fellow man and his plight, a very deep
 commitment to compassionate justice and enlightened ethics

b. Specific

Left Brain

Distrusts instinct and follows logic as a guide to the
 application of these principles

Right Brain

Distrusts logic and follows instincts [gut feelings] as a guide
 to the application of these sentiments

2. Specific Issues To Resolve

The goal here is to balance the tendency here to see only good in people with the reality of evil and for both types to achieve balance, for the left brain person greater comfort with their instinctual being and for the right brain greater reliance on reason.

Balance is achieved through the Triple Burner and balancing the excess Yin-Essence less by reducing Yin-Essence but by building Kidney Yang-Essence. Treat Kidney Yin-Essence excess through the Bladder Channel.

3. Specific Phase Methodology for Kidney Yin-Essence Excess Within the Shang-Ke Cycle

- Needle phase point of `controlling` and `insulting` phase in Kidney
 - Kid- 3 [Earth Point]
 - Kid- 2 [Fire Point]
- Needle horary point, tonification point and Yang-Essence point of `controlling` phase –Earth-Spleen
 - Sp- 3 [Spleen Horary and Yang-Essence Point]
 - Sp- 2 [Spleen Tonification Point]
- Needle horary point, tonification point and Yang-Essence point of `insulting` phase- Fire-Heart
 - Ht-8 [Heart Horary Point]
 - Ht- 9 [Heart Tonification Point]
 - Ht- 5 [Heart Yang-Essence Point]
- SJ- 5 thru to P- 6
- Ghost Points

4. Channel Points for Kidney Yin-Essence Excess

a. Management Formulation

- i. Build Earth [Spleen-Stomach] Yang-Essence to control-balance Water [Kidney] Yin-Essence Excess
- ii. Build Fire [Heart] Yang-Essence to `insult` Kidney Yin-Essence Excess

b. Management Implementation

i. Build Earth [Spleen-Stomach] Yang-Essence to control-balance Water [Kidney] Yin-Essence Excess

1). Acupuncture

a). Spleen Points

SP-1 [Hidden White]

Tonifies and strengthens Spleen
Reduce phlegm especially I head
Restlessness
Depression w/Blood stagnation

Calming the mind and agitated sleep w/
excess dreaming
Diminished awareness

SP- 2 [Great Capital]

Reduce Phlegm
Obsessions

SP- 3 [Great White]

Reduce phlegm
Major point affecting Lungs
Enhances memory & mental clarity

SP- 4 [Grandfather Grandchild]

Luo bringing Yang-Essence energy from
the Stomach
Descend Qi

SP- 5 [Metal's Note Hill]

Reduce phlegm
Strengthens Boundaries

SP- 7 [Leaking Valley]

Firms the Earth

SP- 8: [Earth Pivot-Crux]]

Moves damp
Most mental of the Spleen points
Innermost thoughts

SP- 9 [Yin Mound Spring]

Strengthens Spleen
Clears damp

b). Stomach Points

ST- 1 [Tear Container]

To reduce tendency to feel sorry [cry] for
oneself

ST- 8 [Head's binding]

Obsessions

ST- 13 [Qi Door]

Relieves ambivalence and indecision

ST- 14 [Storeroom]

Feels confined

ST- 16 [Breast Window]

Day dreaming

ST- 21 [Beam Gate]

Support from lower body to stand upright [with DU- 14] so as to establish boundaries

ST- 27 [Great Gigantic]

Build Kidney Yang-Essence/Qi-Essence

ST-30 [Surging Qi]

Tonifies Qi through Stomach and Kidney and as one of the Seas of Nourishment

ST- 32 [Hidden Rabbit]

Timid

ST-36 [Leg Three Miles]

Tonifies Upright Qi

ST-40 [Abundant Bulge]

Resolve phlegm

ST-42 [Surging Yang]

Tonifies Qi of ST & SP best w/ TB- 4 & LU- 9

ST- 43 [Deep Valley]

Tonifies Spleen

c). Seas of Nourishment

St-30, 36 [Food]

ST-9, CV-17, GV-14,15; BL-10

CV-6,12

d). Doorways to the Earth

CV- 1, 4; St- 30; Liv- 12; KI- 11;UB- 40; BL- 35;

GB- 30; DU- 1, 4; Sp- 12

e). Meeting Points

LU-1 [Central Treasury]

Spleen and Lung

f). Homeostatic Channels

Du Mai

Separation from maternal

Who Am I

Individuality

Yang Wei

Brings energy to the outside and strengthens all of the Yang-Essence of the body

g). Outer A.E.P.

BL-49 [Thought Dwelling, Shelter] with Spleen- 8 [Earth Pivot-Accumulating Point]

Obsessions

Short-term memory and concentration

h. WOS

ST-9 [People Welcome]

To help people find a new level of
function on earth

LU-3 [Celestial Storehouse]

Possession by family

i). Constitution [Earth]

Sp- 6, 10; ST- 25, 36, 44, 45

j). Devils:

Possession by family and need for approval-
controlled from elsewhere; growth and concept
of personal growth is blocked

k). Other Primary Channel Points

LIV- 13 [Order Gate]

Mu point of the Spleen

Allows Spleen Qi to ascend

GB- 42 [Earth Five Meetings]

Where Earth and Wood meet

Sustains the Earth Energy

TB- 3

Transforms Gu Qi to postnatal Qi

Used with Spleen points

TB- 4

Tonifies Stomach and Spleen

Regulates Stomach

Fluid transformation

UB- 20 [Spleen's Shu]

Tonifies Spleen and Stomach; nourishes
Blood

UB- 43 [Fatty Vital Hollow]

The Deep Disease Point

UB- 49 [Abode of Thought]

Tonifies mental aspect of Spleen

Nourish Fire point in the Earth

Balance Yang-Essence and Yin-Essence
within the Earth

l). Boundaries: any point with the word Gate

CV-4 [First Gate]

CV-5 [Stone Gate]

GV-4 [Gate of Life]
 SP-11 [Basket Gate]
 SP-12 [Rushing Gate]
 ST- 16: Keeps things in boundaries; `Leaking Gut` Syndrome
 ST-21 [Bridge Gate, Beam Door]
 ST-22 [Gate Door, Border Gate]
 BL-12 [Wind Gate]
 BL-42 [Soul Door]
 BL-46 [Diaphragm Border]
 BL-47 [Spirit Soul Gate]
 KI-21 [Dark Gate]
 TH-2 [Fluid Door]
 TH-21 [Ear Door]

2). Herbs

Major 4, 6

Ginseng and Atractylodes

d. Build Heart Yang-Essence to control-balance Kidney Yin-Essence Excess

1). Acupuncture

a). Fire Phase

Ht- 3 [Lesser Sea]
 Removes Channel Obstruction
 Ht- 5 [Connecting Route]
 Nourishes Heart Qi
 Ht- 7 [Shen Men]
 Source Point
 Nourishes Shen
 Heart closed
 Ht- 8 [Lesser Palace]
 Regulates Heart Qi
 P- 4 [Cleft Gate]
 Removes pain and bitterness in Heart
 P- 7 [Great Mound]
 Ghost Point
 Bring things to surface buried long ago
 P- 8 [Palace of Labor]
 Stabilizes Yang-Essence
 P- 9 [Central Hub]
 Brings back Yang-Essence to the Heart
 TB- 4 [Yang-Essence's Pool]
 Invigorates Yang-Essence w/ DU 20

b). Kidney-Heart Disharmony

Ki- 4, 9, 12, 16, 21

P- 5

Ki- 22- P- 1, 2 [women] [Exit-Entry]

For despondency and isolation, and for feeling free

DU- 4 [Fire of Ming Men]

c). Chong Mai + Upper Kidney Points

Ki- 21[Dark or Secret Gate, Gate of Hades]

To open awareness to old dark fears and terrors that the person cannot face.

Ki- 22 [Corridor Walk]

- Relation between fear and intimacy
- Transition to spirit
- Despondency - isolation
 - Combined with Entry Points [WOS] [PC-1-Tianchi in man & PC-2Tianguan in woman]
- Feel free

Ki- 24 [Spirit Burial Ground]

Resurrects the spirit of people in whom the spirit has died.

Ki- 25 [Spirit Seal, Mind Seal] which

Like a reservoir of fluid flowing over and refreshing us. This point helps to get through a difficult time when identity and a sense of purpose is emergent and has not yet crystallized. It is used also to seal a treatment.

KI 26 [Lively Center]

More like an induction compared to a command (relative to others); gentler: "Yes, you can have this" instead of "Get moving" (kid 27) or "HAVE an identity" - A little push; artful quality to embracing aspect of Kidney

KI-27 [Transporting Point Mansion, Store House]

This point is the storehouse for all energy including physical, mental and spiritual. It provides considerable power to all endeavors and adds the zest to these activities which give them life and excitement such as 'team spirit'.

Strong Push [especially combined with KI- 3]

Still others use this point more specifically for strengthen the adrenals and sexual energy for people who do not have access to it and use it to treat impotence and frigidity.

d). Front-Back

REN- 14 [Great Palace Gate]

Front Mu point of Heart

Front Shu Points

ST- 15 [Roof]

KI- 25 [Spirit Storhouse]

Back Shu point

UB- 14 [Absolute Yin Shu]

Regulates Heart

UB- 15 [Heart's Shu]

Tonifies the Heart

UB- 43 [Fatty Vital Hollow]

Tonifies Qi of entire body

Joy

UB- 44 [Spirit's Hall]

e). Homeostatic Vessels

Chong Mai

1). The penetrating vessel is the mother of all the vessels.

2). It has the function of opening the cardiac and chest Qi & especially Blood circulation

3). It serves the extensive capillary system.

4). Cosmic Architect [Blue Print for Life]

f). Formulae

i. Dr. Shen

HT- 5-7; P- 6; LU- 9; SP- 6; REN-4

[with variations]

Yintang

ii. To release joy & relieve depression & anxiety

UB-15, 44 & HT-6

g). Other

Constitution

HT- 5

P- 3, 4, 8

REN- 17

Sp-21- [Great Wrapping]

Great Luo Point

Controls capillary circulation

h). Phlegm-Misting the Orifices

All Hollow Organ Essence Points

LI- 4

KI- 26, 27- Phlegm in chest

SI- 5

KI- 26, 27

SP- 1

SP- 3

SI- 5

KI- 9

P- 3: Opens Orifices

P- 5: Misting Orifices of heart

SJ- 6:

Ren- 1:

Ren- 17: Chest

DU- 15

DU- 17

DU- 18: Mania

DU 25: Loss of consciousness w/ P- 6; KI- 1

DU- 26: Opens Orifices

2). Herbs

Astragalus & Zizyphus- [Yang-Essence Xin Tang] to build
Heart Qi-Essence and Blood.

II. KIDNEY YANG-ESSENCE

A. Kidney Yang Essence Deficiency

1. General Problem

Diminished Life force, Will Power, drive and motivation

Foresight diminished

Loss of the sense of the divine

Ego functions necessary to evaluate and respond to reality is reduced

2. Specific Issues To Resolve

Strengthening Kidney Yang-Essence is our goal and most important intervention. Reducing any phase energy in the presence of another deficiency, especially as significant as Kidney Yang-Essence deficiency, is physiologically very undesirable, (either Kidney Yin-Essence, Spleen Qi-

Essence [‘controlling phase’ in the ko cycle] or reducing Heart Yang-Essence [‘insulting’ phase in the ko cycle]).

3. Specific Phase Methodology for Kidney Yang-Essence Deficiency Within the Generating-controlling Cycle

- Needle the Tonification and Yang-Essence points of the Kidney
 - Ki- 7 [Tonification Point]
 - Ki -7 and Ki 3 [Yang-Essence Points]
- Needle the Sedation and Yang-Essence points in Mother Organ [Sheng cycle-Phase within Phase]
 - Lu- 5 [Sedation Point]
 - Lu- 7 [Yang-Essence Point]
- P- 6 thru to SJ-5

4. Channel Points for Kidney Yang-Essence Deficiency

a. Management Formulation

- i. Enhance Kidney Yang-Essence
- ii. Enhance Metal Yang-Essence

b. Management Implementation

i. Enhance Kidney Yang-Essence-

1). Acupuncture

a). Kidney Channel

KI-1- [Bubbling Spring]

Will power and calming the mind in anxiety & hypomania

Courage

KI- 2- [Blazing Valley] for will power

KI- 3- [Greater Stream]

To anchor all of the other spirit points
Nourish Yin-Essence, Yang-Essence, Qi-Essence and Essence

KI- 4-[Big Bell]

A place to store and hold, to gather forces & to lift the spirit

Strengthen will power

Eliminate Fear- Promote Self Esteem

Communicate with Heart through P-3, 6, 8

KI- 7 [Returning Current]

Tonifies Yang-Essence most powerfully

KI- 10 [Yin-Essence Valley]

Increases ability to ‘flow’ in all aspects of life

KI- 21 [Dark or Secret Gate, Gate of Hades]

To open awareness to old dark fears and terrors that the person cannot face.

KI- 23 [Spirit Mind Seal] (w/ KI- 5- Accumulation Point)]

Where there is no 'will to live'. It is akin to a storehouse for the spirit used to help a person who is experiencing terror and having difficulty maintaining the feeling that 'the spirit is with me and I am at one with God', that I can hold what is mine inside. (This point is similar in action to KI-27 except that it is less powerful especially on a physical level. Often they are used together.)

KI-23 with KI-4 for courage, will power & hopeless depression

Ki- 24 [Spirit Burial Ground]

Resurrects the spirit of people in whom the spirit has died.

Promotes self esteem in people who have no purpose in living

Strengthens essence to fulfill destiny and let go of past

Ki- 25 [Spirit Seal, Mind Seal] which

Like a reservoir of fluid flowing over and refreshing us. This point helps to get through a difficult time when identity and a sense of purpose is emergent and has not yet crystallized. It is used also to seal a treatment.

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and adds the zest to these activities which give them life and excitement such as 'team spirit'.

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b). Urinary Bladder Channel

UB-1 [Eye's Clarity]

Balance of Yin-Essence & Yang-Essence

Crossing point of Yin Qiao, Yang Qiao and DU channels

UB- 23 w/ BI 52

Tonifies Kidney especially Will Power

UB- 31-34

Tonify Kidney Essence

UB- 35 [Meeting of Yang]

Meeting place where all Yang converge

Raises Yang with weakness of Will

UB 42 [Corporeal Soul]

Nourishes Qi to disperse emotions

Live in the moment and overcome deep mourning

UB- 43 [Fatty vital Hollow]

Tonifies Qi of entire body

Joyful confidence

[Deep Disease Point][Rich for the Vitals]

UB- 46 [Diaphragm Pass] Gate of Vitality

Stagnation of Qi-Essence due to suppression of tender feelings and replacement with angry feelings

UB- 47 [Ethereal Soul Gate]

Roots the Hun

Lack Assertiveness

UB- 48 [Yang Headrope]

Timid, shy and lack of confidence

UB- 52 [Will Power Room (Chamber)]

Will - determination translated into action

UB- 55 [Will's Chamber]

Strengthens Yang-Essence to support and empower the lower body

UB- 62 [Extending Vessel]

For awakening & awareness

Finding Purpose

UB- 67 [Reaching Yin]

Tonifies Yang [through Uterus, Kidney]

Nourish Metal Phase Point in Water and Metal

[UB- 67, LI- 1]

b). Homeostatic Vessels

Ren- 4 [Gateway to Original Qi]

Strengthens Yang w/ moxa

Tonifies Original Qi

Ren- 6 [Sea of Qi]

Tonifies Qi and Yang w/ Moxa

Tonifies Original Qi and Kidney Yang

Ren-8 [Spirit's Palace Gate]

Tonifies and Rescues Yang

Tonifies Original Qi

Du Mai

Individualization- Separation from Maternal-development of individuality

DU- 4 [Mingmen] w/ Moxa

Tonify Kidney Yang-Essence

Upright Posture

DU- 14 [Great Hammer]

Tonifies Yang-Essence [Meeting Place of 6 Yang-Essence]

Get person going or slow them down- inertia

Upright Posture

DU- 16 [Wind Palace]

- Deals with Yang-Essence energy, activity, responsibility, ability to respond, protection, alertness, clarity of mind, sense of vision/dream.
- Reunion of w/ Bladder.
- Sea of Bone Marrow.
- Large effect on mental activity.
- Wind = spirit (also SI 12 Grasping the wind).

- For mind-spirit out of control, or fatigued, fogged.

DU-16, 20

Seas of Marrow is beneficial for the Central Nervous System.

c). Other Channel Points

GB -13 [Root Spirit]

Gathers Essence to the head and with Ren 4 to strength will power and calm Shen

ST- 27 [Great Gigantic]

Build Kidney Yang-Essence/Qi-Essence

P-8 [Palace of Weariness]

Weariness from constant striving [Will-striving]

TB- 3, 4

Childhood Malnutrition

Plum Blossom

a. Lower back lumber & sacro-coccygeal; inguinal; lower abdominal & upper margin of symphysis pubis

b. SP- 6; Ren- 4,6,12; DU- 4,14,20

Window of the Sky

UB-10 [Heavenly Pillar] for mental energy

- A glimpse of your real identity; so that all else assumes real proportion; and easy to sort out.
- Mental Energy
- SI-17 is similarly used; though not a Window.

DU-16 [Wind Palace]

See above under Homeostatic Vessels

Block [Worsley]

Ren-DU

2). Herbs

Right Returning

Vitality combination

Lotus Stamen

Yin-Essence and Yang-Essence Essence

deficiency

ii. Enhance Metal Yang-Essence

1). Acupuncture

i). Large Intestines

- LI- 1 [Metal's Note Yang]
Master [Horari] LI Point
- LI- 2 [Second Space]
Relieves constipation by moving water up to balance Heat
- LI- 4 [Union Valley]
Dispersing function of Lungs w/ LU- 7
Harmonizes ascending and descending Qi
- LI- 7 [Warm Flow]
Accumulation Point
Regulates Blood flow in LI and warming aspect
- LI- 10 [Arm Three Miles]
Tonifies Qi
- LI- 15 [Shoulder Bone]
Tonifies the capacity to stimulate Yang
- LI-16 [Great Bone]
Moves the Qi down

ii). Lungs

- LU- 2 [Cloud Gate]
Old Grief Stagnating in the Lungs
- Lu- 3 [Celestial Storehouse]
Window of the Sky
Forgiveness
Possession by family
Sense of deep unworthiness
Let go of sadness
- LU- 4 [Guarding White]
The here and now
- LU- 5 [Cubit Marsh]
Harmonizes Stomach and Large Intestine
Causes LU Qi to descend
- LU- 6 [Channel Ditch]
Accumulation Point activates the Qi.
- LU- 7 [Broken Sequence]
Tonifies Lung Qi
Luo point brings Yang energy from the Large Intestine
Cathexis of repressed feelings
[abreaction, primarily grief and sadness]

LU- 9: [Greater Abyss]
 To clear out grief [for his Lost Self or
 Involutional Depression]
 LU-10: removes strong Heat

iii). Primary Channel Points

SI- 1 [Lesser Marsh]
 Parts of ourselves and past that we
 cannot let go

SI- 3 [Back Stream]
 Provides clarity of mind and fortitude to
 make difficult decisions

SI- 7 [Branch from the Main]

- For indecisive people
- Reinforces decisions made by the Liver
- Helps planning and deciding aspect
- Stiff

SI- 9 [True Shoulder]
 Helps with confusion associated with
 change

ST-13 [Qi-Essence Door]
 Door never closes

KI- 7 [Returning Current]
 Tonifies Yang-Essence most powerfully

KI- 10 [Yin-Essence Valley]
 Increases ability to `flow' in all aspects of
 life

P- 4 [Cleft Gate]
 Removes pain and bitterness in Heart

DU- 12 [Body Pillar]
 Tonifies Lung Qi [w/ moxa]
 Difficulty w/ accepting things that they
 cannot change

ST- 13 [Qi-Essence Door]
 Door never closes
 Hesitates to let go

UB-13
 Difficulty w/ Change [with DU-12 & UB-
 43]
 Tonifies Qi

iv. Upper Kidney Spirit Points

The Resistance To And Fear Of Change

KI- 23 [Spirit Mind Seal]

KI-23 with KI-4 for courage, will power & hopeless depression

KI- 24 [[Spirit Burial Ground]

Cannot let go of the grief for a person they have lost

v. Homeostatic Vessels

DU Mai

Sea of Yang

Yang Qiao Mail

Standing up to the Yang external world

v). Formulae

1). Help a person to extend themselves beyond where they are

Distal Points on Upper Extremities

2). Tonify Gathering[Zong] Qi

LU-9 and CV-17

3). "Filling the Earth to Generate Metal

LU- 1 & ST- 36 & SP- 3

4). Points: SP-1; LU-11; GV-26

Breathing-Stretching

For the first five minutes the needles not stimulated.

For the second five minutes do deep abdominal breathing.

For the third five minutes have the patient stretch there toes.

vi. Constitution (Japanese)

LU- 7 [Broken Sequence]

LI- 4, 11

vi). de La Fuye

a. Awakening:

UB- 17

Ki- 3

b. Courage:

KI- 1

GB- 34

SI- 3

P- 7

2). Herbs

Ginseng & Walnut Ren Shen Hu Tao Tang]
 Astragalus and Aster [Bu Fei Tang]
 Ginseng and Gecko
 Atractylodes and Cardomon

B. KIDNEY YANG-ESSENCE EXCESS

1. General Problem

Here the issue is power without love. The results of this condition, a dominating and controlling personality and an all-consuming ambition, are all functions of enormous energy without the mitigation of the softer emotions associated with philia or agape, unconditional a-sexual love especially in the face of hostility.

2. Specific Issues To Resolve

The balance to this power without love is the spirit that resides in the Heart. It is primarily here that we turn for balance and in a lesser way to the controlling Spleen Qi-Essence that supplies softening blood and the enhancing metal Phase.

3. Specific Phase Methodology for Kidney Yang-Essence Excess Within the Generating-controlling Cycle

- Reduce Excess through control and insulting' cycle
- Needle phase point of `controlling' and `insulting' phase in Kidney Phase
 - Ki- 3 [Earth Point- Controlling]
 - Ki 2 [Heart Point- Insulting]
- Needle horary point, tonification point and Yin-Essence point of `controlling' phase
 - Sp- 3 [Spleen Horari Point]
 - Sp- 2 [Spleen Tonification Point]
 - SP- 6 [Spleen Tonifies Yin-Essence]
- Needle horary point, tonification point and Yin-Essence point of `insulting' phase
 - Ht- 8 [Heart Horary Point]
 - Ht- 9 [Heart Tonification Point-Yin-Essence Point]
- SJ-5 to P-6

4. Channel Points for Kidney Yang-Essence Excess

a. Management Formulation

- i. Nourish Spleen Yin-Essence and Earth Point of Earth
- ii. Build Heart Yin-Essence

b. Management Implementation

i. Nourish Spleen Yin-Essence

1). Acupuncture

- a). Spleen Points that Nourish Yin and Blood
 SP- 3 [Great White]

Tonifies Spleen
 Major point affecting Lungs
 Enhances memory & mental clarity

SP- 6 [Three Yin of the legs]
 Tonifies Yin and blood
 Calms the mind w/ blood or Yin-Essence deficiency especially blood [Heart Blood deficiency] causing insomnia

SP- 9 [The Mound Spring]
 Production of Blood

SP- 10 [Sea of Blood]
 Tonifies and takes Heat out of Blood

SP- 12 [Penetrating Gate]
 Tonifies Yin
 Blood reaches Chong Mai

b). Stomach Points

ST-30 [Surging Qi]
 Tonifies Yin thru Kidney Essence

ST- 33 [Yin Market]
 Tonifies Yin-Essence

St- 36 [Leg Three Miles]
 Tonifies entire body blood

ST-37,39
 Sea of Blood

ST- 43 [Deep Valley]
 Tonifies Spleen

c). Other Channel Points Earth Yin deficiency

TB- 3 [Cental Islet]
 Transforms Gu Qi to postnatal Qi- used with Spleen points

TB- 4 [Yangs Pool]
 Tonifies Stomach and Spleen for production of blood
 Regulates Stomach
 Fluid transformation;

UB- 20 [Spleen's Shu]
 Nourishes Blood
 Tonifies Spleen and Stomach

UB- 43 [Fatty Vital Hollow]
 Nourishes Essence
 The Deep Disease Point

UB- 49 [Abode of Thought]

Tonifies mental aspect of Spleen

Associated with Heart Blood that controls the mind

d). Nourish Blood [in addition to above]

Liv 8- [Curved Spring]

Tonifies Liver Yin and blood

Liv 10 [Foot Five Measures]

Connection with Chong near Stomach 30

UB-11 [Great Shuttle]

Sea of Blood

Tonifies blood and marrow

UB- 17 [Diaphragm's Shu]

Sea of Blood

Tonifies blood

Seas of Blood

Chong Mai + Bl11, 17; St 30, 37, 39; GB- 39;

UB 43- [Fatty vital Hollow]

Nourishes Essence

Deep Disease Point- [Moxa]

Back Shu Points

Moxa all Shu points [except Bl- 18] and DU 4, 6, 9, 12, 14; especially Bl 22

e). Further Points for Earth Yin-Essence Deficiency

i). Seas of Nourishment

ST- 30, 36 [Food]

ST- 9

Ren- 17

Du- 14,15

UB- 10

Ren- 6,12 [Moxa]

ii. Doorways to the Earth

Ren- 1, 4; St- 30; Liv- 12; KI- 11; UB 40;

UB- 35; GB- 30; DU- 1, 4; SP- 12

iii. Drying out –Leather quality

Lu- 9; SP- 3; St- 36; SP- 12

iv. Homeostatic Channels

Ren Mai

Bonding, dependency, maternal nourishment

Loving
 Complete within oneself
 Ren is the "Sea of Yin"

Chong Mai
 Sea of blood

v. Meeting Points

Sp- 6 [Three Yin-Essence of the legs]
 LU-1 [Central Treasury]
 Spleen & Lung

vi. Outer A.E.P.

UB-49 [Thought Dwelling, Shelter] with
 Spleen 8 [Earth Pivot-Accumulating
 Point]
 Obsessions
 Memory and concentration [short
 term- to study]

vii. WOS

ST-9 [People Welcome]
 Help people find a new level of
 function on earth

viii. Constitution

Sp- 6, 10; ST- 25, 36, 44, 45

f). Boundaries

i). Any point with the word Gate

P- 6 [Inner Border Gate]
 Allows heart to regulate
 boundaries

CV-4 [First Gate]

CV-5 [Stone Gate]

GV-4 [Gate of Life]

SP-11 [Basket Gate]

SP-12 [Rushing Gate]

ST- 16: Keeps things in boundaries;
 `Leaking Gut' Syndrome

ST-21 [Bridge Gate, Beam Door]

ST-22 [Gate Door, Border Gate]

BL-12 [Wind Gate]

BL-42 [Soul Door]

BL-46 [Diaphragm Border]

BL-47 [Spirit Soul Gate]

KI-21 [Dark Gate]

TH-2 [Fluid Door]

TH-21 [Ear Door]

ii). Stomach- Boundaries-Difficulty Creating boundaries] Stomach Qi-Essence Deficient

ST- 13: Always hesitating [to cross boundary]

ST- 14: Feel confined; trapped heat

St- 16: Strengthens boundaries

ST-30: Tonifies Qi-Essence through Stomach and Kidney and as one of the Seas of Nourishment

ST-36: Tonifies Upright Qi-Essence

ST-42: Tonifies Qi-Essence of ST & SP especially w/ TW-4

2). Herbs for Earth Yin-Essence Deficiency

1). Stomach Yin deficiency

Sweet Combination

2). Spleen Qi deficiency

Ginseng and Longan

Major 4, 6

Ginseng and Atractylodes

3). Lung-Spleen Qi deficiency

Atractylodes and Cardomon

iii. Nourish Heart Yin-Essence

a). Heart Yin-Essence and Blood

Stimulate Heart Indirectly

Ht- 1 [Utmost Spring]

Tonifies Heart Yin

Tapping into one's humanity

HT-5-7

Tonify Heart Blood and Qi;

Ht- 6 [Yin' Crevice]

Tonifies Heart Yin w/Kidney- 7

Moves Past old bitterness

Ht- 7 [Spirits Gate]

Tonifies Heart Yin and Blood

b). Kidney-Heart Disharmony

Ki- 4, 9, 12, 16, 21

P- 5

KI- 22- P- 1, 2 [women] [Exit-Entry]

For despondency and isolation, and for
feeling free

GV- 4 [Fire of Ming Men]

c). SP- 21 & HT- 1

- i. To allow energy to flow to the Heart through the Earth energies
- ii. Clear out the air
- iii. Tapping into humanity
- iv. I don't fit in and I have no place in world

d). Homeostatic Vessels

Yin Wei

Heart Blood & Yin
Purpose in life

Chong Mai

- 1). The penetrating vessel is the mother of all the vessels.
- 2). It has the function of opening the cardiac and chest Qi & especially Blood circulation
- 3). It serves the extensive capillary system.
- 4). Cosmic Architect [Blue Print for Life]

Chong Mai + Upper Kidney Points

KI- 21-[Dark or Secret Gate, Gate of Hades]
Open awareness to old dark fears and terrors that the person cannot face.

KI-22 & P-1,2

Allows energy to flow from the Water to the Fire for harmony.

KI- 24-[Spirit Burial Ground]

Resurrects the spirit of people in whom the spirit has died.

KI- 25-[Spirit Seal, Mind Seal] which

Like a reservoir of fluid flowing over and refreshing us. This point helps to get through a difficult time when identity and a sense of purpose is emergent and has not yet crystallized. It is used also to seal a treatment.

Ren Mai

Ren- 14 [Great Palace Gate]

Mu point of heart

Ren-15

Luo point of all Yin-Essence Organs

e). Front-Back

- Front Mu point: REN- 14
- Front Shu Points: ST- 15; KI- 25
- Back Shu point:: UB-15
- Ren 15: Source point for all Yin

f). Formulae

i. Dr. Shen

HT- 5-7; P- 6; LU- 9; SP- 6; REN- 4 [with variations]

Yintang

ii. To release joy & relieve depression & anxiety

UB- 15, 44 & HT-6

g). Outer A.E.P.& Accumulation Point

- UB- 15, 44 & HT- 6
 - to release joy & relieve depression & anxiety; confidence
- UB- 43 [Fatty Vital Hollow-Deep Disease Point]
 - Joy

h). Primary Channel Points

Ren- 15 [Turtledove Tail]

Source point for all Yin-Essence

P- 7 [Great Mound]

Nourishes heart Blood

SI- 3 [Back Stream]

Clears mind [controlled by Heart Blood] to give strength to make decisions & judgments

LU- 9 [Great Abyss]

Promotes circulation of Blood

Sp- 21 [Great wrapping]

Great Luo Point; Controls capillary circulation

i). Seas of Blood

UB- 11; UB- 17; ST- 37, 39; GB- 39

2). Heart Yin-Essence Deficient Herbs

Ginseng and Longan [Gui Pi Wan]

Ginseng and Ziziphus [Tian Wang Bu Xin Wan]

Baked [Honey Fried] Licorice [Zhi Gan Cao Tang]

Biota Seed

Pill to nourish the heart [Bai Zi Yang Xin Wan]

III. KIDNEY QI-ESSENCE

A. Kidney Qi-Essence Deficiency

1. General Problem

Fear and lack of faith in self and in others and in the mysterious forces that we call divine, with a deep sense that life is unfair to you specifically.

2. Specific Issues To Resolve

Building both Kidney Yin-Essence and Yang-Essence is the principal intervention here.

3. General Strategy

Build Kidney Yin-Essence

Build Kidney Yang-Essence

4. Intervention

a. Nourish Kidney Yin-Essence

1). Acupuncture

i). Kidney Channel

KI-1- [Bubbling Spring]

Will power and calming the mind in anxiety & hypomania

Courage

KI- 2- [Blazing Valley] for will power

KI- 3- [Greater Stream]

To anchor all of the other spirit points

Nourish Yin-Essence, Yang-Essence, Qi-Essence and Essence

KI- 4-[Big Bell]

A place to store and hold, to gather forces & to lift the spirit

Strengthen will power

Eliminate Fear- Promote Self Esteem

Communicate with Heart through P-3, 6, 8

KI- 6 [Shining Sea]

Nourishes Kidney Yin-Essence

Promotes self-esteem and confidence

Holding onto long lasting anger and paranoia

KI- 7 [Returning Current]

Tonifies Yang-Essence most powerfully

KI- 10 [Yin-Essence Valley]

Increases ability to 'flow' in all aspects of life

KI- 21 [Dark or Secret Gate, Gate of Hades]

To open awareness to old dark fears and terrors that the person cannot face.

KI- 23 [Spirit Mind Seal] (w/ KI- 5- Accumulation Point)]

Where there is no 'will to live'. It is akin to a storehouse for the spirit used to help a person who is experiencing terror and having difficulty maintaining the feeling that 'the spirit is with me and I am at one with God', that I can hold what is mine inside. (This point is similar in action to KI-27 except that it is less powerful especially on a physical level. Often they are used together.)

KI-23 with KI-4 for courage, will power & hopeless depression

Ki- 24 [Spirit Burial Ground]

Resurrects the spirit of people in whom the spirit has died.

Promotes self esteem in people who have no purpose in living

Strengthens Essence to fulfill destiny and let go of past

Ki- 25 [Spirit Seal, Mind Seal] which

Like a reservoir of fluid flowing over and refreshing us. This point helps to get through a difficult time when identity and a sense of purpose is emergent and has not yet crystallized. It is used also to seal a treatment.

KI 26 - More like an induction compared to a command (relative to others); gentler: "Yes, you can have this" instead of "Get moving" (kid 27) or "HAVE an identity" - A little push; artful quality to embracing aspect of Kidney

KI-27 [Transporting Point Mansion, Store House]

This point is the storehouse for all energy including physical, mental and spiritual. It provides considerable power to all endeavors

and adds the zest to these activities which give them life and excitement such as 'team spirit'.

Strong Push [especially combined with KI- 3]

Still others use this point more specifically for strengthen the adrenals and sexual energy for people who do not have access to it and use it to treat impotence and frigidity.

b). Urinary Bladder Channel

UB-1 [Eye's Clarity]

Balance of Yin-Essence & Yang-Essence

Crossing point of Yin Qiao, Yang Qiao and DU channels

UB- 23 w/ BI 52

Tonifies Kidney especially Will Power

UB- 31-34

Tonify Kidney Essence

UB- 35 [Meeting of Yang]

Meeting place where all Yang converge

Raises Yang with weakness of Will

UB 42 [Corporeal Soul]

Nourishes Qi to disperse emotions

Live in the moment and overcome deep mourning

UB- 43 [Fatty vital Hollow]

Tonifies Qi of entire body

Joyful confidence

[Deep Disease Point][Rich for the Vitals]

UB- 46 [Diaphragm Pass] Gate of Vitality

Stagnation of Qi-Essence due to suppression of tender feelings and replacement with angry feelings

UB- 47 [Ethereal Soul Gate]

Roots the Hun

Lack Assertiveness

UB- 48 [Yang Headrope]

Timid, shy and lack of confidence

UB- 52 [Will Power Room (Chamber)]

Will - determination translated into action

UB- 55 [Will's Chamber]

Strengthens Yang-Essence to support and empower the lower body

UB- 62 [Extending Vessel]

For awakening & awareness

Finding Purpose

UB- 67 [Reaching Yin]

Tonifies Yang [through Uterus, Kidney]

Nourish Metal Phase Point in Water and Metal

[UB- 67, LI- 1]

b). Homeostatic Vessels

Ren- 4 [Gateway to Original Qi]

Strengthens Yang w/ moxa

Tonifies Original Qi

Ren- 6 [Sea of Qi]

Tonifies Qi and Yang w/ Moxa

Tonifies Original Qi and Kidney Yang

Ren-8 [Spirit's Palace Gate]

Tonifies and Rescues Yang

Tonifies Original Qi

Du Mai

Individualization- Separation from Maternal-development of individuality

DU- 4 [Mingmen] w/ Moxa

Tonify Kidney Yang-Essence

Upright Posture

DU- 14 [Great Hammer]

Tonifies Yang-Essence [Meeting Place of 6 Yang-Essence]

Get person going or slow them down-inertia

Upright Posture

DU- 16 [Wind Palace]

- Deals with Yang-Essence energy, activity, responsibility, ability to respond, protection, alertness, clarity of mind, sense of vision/dream.
- Reunion of w/ Bladder.
- Sea of Bone Marrow.
- Large effect on mental activity.

- Wind = spirit (also SI 12 Grasping the wind).
- For mind-spirit out of control, or fatigued, fogged.

DU-16, 20

Seas of Marrow is beneficial for the Central Nervous System.

c). Other Channel Points

GB -13 [Root Spirit]

Gathers Essence to the head and with Ren 4 to strength will power and calm Shen

ST- 27 [Great Gigantic]

Build Kidney Yang-Essence/Qi-Essence

P-8 [Palace of Weariness]

Weariness from constant striving [Will-striving]

TB- 3, 4

Childhood Malnutrition

Plum Blossom

- Lower back lumber & sacro-coccygeal; inguinal; lower abdominal & upper margin of symphysis pubis
- SP- 6; Ren- 4,6,12; DU- 4,14,20

Window of the Sky

UB-10 [Heavenly Pillar] for mental energy

- A glimpse of your real identity; so that all else assumes real proportion; and easy to sort out.
- Mental Energy
- SI-17 is similarly used; though not a Window.

DU-16 [Wind Palace]

See above under Homeostatic Vessels

Block [Worsley]

Ren-DU

2). Herbs

Left Returning

Lotus Stamen

Yin-Essence and Yang-Essence Essence deficiency

Linking Decoction [Yi guan Jian]

Ginseng and Zizyphus [Tian Wang Bu Xin Tang]

b. Kidney Yang-Essence

1). Acupuncture

a). Kidney Channel Points

KI-1- [Bubbling Spring]

Will power and calming the mind in anxiety & hypomania

Courage

KI- 2- [Blazing Valley]

Will power

KI- 3- [Greater Stream] to

Anchor all of the other spirit points

KI- 4-[Big Bell]

A place to store and hold, to gather forces & to lift the spirit

Strengthen will power

Eliminate Fear- Promote Self Esteem

KI- 7 [Returning Current]

Tonifies Yang-Essence most powerfully

KI- 10 [Yin-Essence Valley]

Increases ability to 'flow' in all aspects of life

KI- 21-[Dark or Secret Gate, Gate of Hades]

Open awareness to old dark fears and terrors that the person cannot face.

KI- 23-[Spirit Mind Seal] (w/ KI- 5- Accumulation Point)]

- Where there is no 'will to live'.
- It is akin to a storehouse for the spirit used to help a person who is experiencing terror and having difficulty maintaining the feeling that 'the spirit is with me and I am at one with God', that I can hold what is mine inside.
- This point is similar in action to KI-27 except that it is less powerful especially on a physical level. Often they are used together.
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- Resurrects the spirit of people in whom the spirit has died.
- Promotes self esteem in people who have no purpose in living

- Strengthens essence to fulfill destiny and let go of past

Ki- 25 [Spirit Seal, Mind Seal] which

Like a reservoir of fluid flowing over and refreshing us. This point helps to get through a difficult time when identity and a sense of purpose is emergent and has not yet crystallized. It is used also to seal a treatment.

KI 26 [Lively Center]

More like an induction compared to a command (relative to others); gentler: "Yes, you can have this" instead of "Get moving" (KI 27) or "HAVE an identity" - A little push; artful quality to embracing aspect of Kidney

KI-27 [Transporting Point Mansion, Store House]

- This point is the storehouse for all energy including physical, mental and spiritual. It provides considerable power to all endeavors and adds the zest to these activities which give them life and excitement such as 'team spirit'.
- Strong Push [especially combined with KI- 3]
- Still others use this point more specifically for strengthen the adrenals and sexual energy for people who do not have access to it and use it to treat impotence and frigidity.

b). Bladder Channel Points

UB- 1 [Eyes Clarity]

Balance of Yin-Essence & Yang-Essence

Crossing point of Yin Qiao, Yang Qiao and DU channels

UB- 23 w/ BI 52

Tonifies Kidney especially Will Power

UB- 31-34

Tonify Kidney Essence

UB- 35 [Meeting of Yang]

Meeting place where all Yang converge

Raises Yang with weakness of Will

UB 42 [Corporeal Soul]

Nourishes Qi to disperse emotions

Live in the moment and overcome deep mourning

UB- 43 [Fatty vital Hollow]

Tonifies Qi of entire body

- Joyful confidence
 [Deep Disease Point][Rich for the Vitals]
- UB- 46 [Diaphragm Pass] Gate of Vitality
 Stagnation of Qi-Essence due to suppression of tender feelings and replacement with angry feelings
- UB- 47 [Ethereal Soul Gate]
 Roots the Hun
 Lack Assertiveness
- UB- 48 [Yang Headrope]
 Timid, shy and lack of confidence
- UB- 52 [Will Power Room (Chamber)]
 Will - determination translated into action
- UB- 55 [Will's Chamber]
 Strengthens Yang-Essence to support and empower the lower body
- UB-62 [Extending Vessel]
 For awakening & awareness
 Finding Purpose
- UB- 67 [Reaching Yin]
 Tonifies Yang [through Uterus, Kidney]
 Nourish Metal Phase Point in Water and Metal [UB- 67, LI- 1]
- c). Homeostatic Vessels
- i). Ren Mai
- Ren- 4 [Gateway to Original Qi]
 Strenthens Yang w/ moxa
 Tonifies Original Qi
- Ren- 6 [Sea of Qi]
 Tonifies Qi and Yang w/ Moxa
 Tonifies Original Qi and Kidney Yang
- Ren-8 [Spirit's Palace Gate]
 Tonifies and Rescues Yang
 Tonifies Original Qi
 w/ Moxa
- ii. Du Mai
- DU- 4 [Mingmen]
 Tonify Kidney Yang
 Upright Posture
- DU- 14 [Great Hammer]
 Tonifies Yang [Meeting Place of 6 Yang]
 especially Heart Yang

Get person going or slow them down- inertia
Upright Posture

DU-16, 20

'Seas of Marrow' is beneficial for the Central
Nervous System.

d). Primary Channel Points

GB -13 [Root Spirit]

Gathers Essence to the head and with Ren 4 to
strength will power and calm Shen

ST- 27 [Great Gigantic]

Build Kidney Yang-Essence/Qi-Essence

e). Plum Blossom

a. Lower back lumber & sacro-coccygeal; inguinal; lower
abdominal & upper margin of symphysis pubis

b. SP-6; CV-4,6,12; GV-4,14,20

f). Window of the Sky

BL-10 [Heavenly Pillar]

- Mental energy
- A glimpse of your real identity; so that all else
assumes real proportion; and easy to sort out.

SI-17 [Celestial Reception]

Similarly use to BL 10 though not a Window.

DU-16 [Wind Palace]

- Deals with Yang energy, activity, responsibility,
ability to respond, protection, alertness, clarity of
mind, sense of vision/dream.
- Reunion of w/ Bladder.
- Sea of Bone Marrow.
- Large effect on mental activity.
- Wind = spirit (also SI 12 Grasping the wind).
- For mind-spirit out of control, or fatigued, fogged.

g). Block [Worsley]

Ren- 1- Du- 20

2). Herbs for Kidney Qi-Essence Deficiency or Heart Yin Excess

Right Returning [You Gui Yin]

Rehmannia Eight [Jin Gui Shen Qi Wan]

Eucommnia and Rehmannia [You Gui Wan]

B. Kidney Qi-Essence Excess

1. General Problem

Rather than being one with God, one is either God incarnate or the direct voice of God, or in a special relationship with God through idolatry and rigid blind obedience to this `transcendent' figure.

2. Specific Issues To Resolve

Working through the Controlling cycle one will strengthen the blood nourishing aspects of Spleen Qi-Essence [`controlling phase'] and to a much lesser extent the Heart Yin-Essence [`insulting phase'].

Since a harmonious Kidney-Heart polarity is so vital to healthy function, I prefer, when there is such profound dysfunction with one or the other as in this instance, to try to work through other avenues except for points that harmonize [balance] the Kidney-Heart axis. Again, I try to avoid draining Qi-Essence to achieve a balance

3. General Strategy

Build Earth Yin-Essence and Yang-Essence [`controlling cycle']

Build Fire Yin-Essence and Yang-Essence [`insulting cycle']

4. Intervention

a. Nourish Spleen Yin-Essence

1). Acupuncture

a). Spleen Points that Nourish Yin and Blood

SP- 3 [Great White]

Tonifies Spleen

Major point affecting Lungs

Enhances memory & mental clarity

SP- 6 [Three Yin of the legs]

Tonifies Yin and blood

Calms the mind w/ blood or Yin-Essence deficiency especially blood [Heart Blood deficiency] causing insomnia

SP- 9 [The Mound Spring]

Production of Blood

SP- 10 [Sea of Blood]

Tonifies and takes Heat out of Blood

SP- 12 [Penetrating Gate]

Tonifies Yin

Blood reaches Chong Mai

b). Stomach Points

ST-30 [Surging Qi]

Tonifies Yin thru Kidney Essence

ST- 33 [Yin Market]

Tonifies Yin-Essence

St- 36 [Leg Three Miles]

Tonifies entire body blood

ST-37,39

Sea of Blood

ST- 43 [Deep Valley]

Tonifies Spleen

c). Other Channel Points Earth Yin deficiency

TB- 3 [Cental Islet]

Transforms Gu Qi to postnatal Qi- used with
Spleen points

TB- 4 [Yangs Pool]

Tonifies Stomach and Spleen for production of
blood

Regulates Stomach

Fluid transformation;

UB- 20 [Spleen's Shu]

Nourishes Blood

Tonifies Spleen and Stomach

UB- 43 [Fatty Vital Hollow]

Nourishes Essence

The Deep Disease Point

UB- 49 [Abode of Thought]

Tonifies mental aspect of Spleen

Associated with Heart Blood that controls the
mind

d). Nourish Blood [in addition to above]

Liv 8- [Curved Spring]

Tonifies Liver Yin and blood

Liv 10 [Foot Five Measures]

Connection with Chong near Stomach 30

UB-11 [Great Shuttle]

Sea of Blood

Tonifies blood and marrow

UB- 17 [Diaphragm's Shu]

Sea of Blood

Tonifies blood

Seas of Blood

Chong Mai + Bl11, 17; St 30, 37, 39; GB-39;

UB 43- [Fatty vital Hollow]

Nourishes Essence

Deep Disease Point- [Moxa]

Back Shu Points

Moxa all Shu points [except Bl- 18] and DU 4, 6, 9, 12, 14; especially Bl 22

e). Further Points for Earth Yin-Essence Deficiency

i). Seas of Nourishment

ST- 30, 36 [Food]

ST- 9

Ren- 17

Du- 14,15

UB- 10

Ren- 6,12 [Moxa]

ii. Doorways to the Earth

Ren- 1, 4; St- 30; Liv- 12; KI- 11; UB 40; UB- 35;

GB- 30; DU- 1, 4; SP- 12

iii. Drying out –Leather quality

Lu- 9; SP- 3; St- 36; SP- 12

iv. Homeostatic Channels

Ren Mai

Bonding, dependency, maternal
nourishment

Loving

Complete within oneself

Ren is the "Sea of Yin"

Chong Mai

Sea of blood

v. Meeting Points

Sp- 6 [Three Yin-Essence of the legs]

LU-1 [Central Treasury]

Spleen & Lung

vi. Outer A.E.P.

UB-49 [Thought Dwelling, Shelter] with Spleen

8 [Earth Pivot-Accumulating Point]

Obsessions

Memory and concentration [short term-
to study]

vii. WOS

ST-9 [People Welcome]

Help people find a new level of function
on earth

viii. Constitution

Sp- 6, 10; ST- 25, 36, 44, 45

f. Boundaries

i). Any point with the word Gate

CV-4 [First Gate]

CV-5 [Stone Gate]

GV-4 [Gate of Life]

SP-11 [Basket Gate]

SP-12 [Rushing Gate]

ST- 16: Keeps things in boundaries; `Leaking Gut' Syndrome

ST-21 [Bridge Gate, Beam Door]

ST-22 [Gate Door, Border Gate]

BL-12 [Wind Gate]

BL-42 [Soul Door]

BL-46 [Diaphragm Border]

BL-47 [Spirit Soul Gate]

KI-21 [Dark Gate]

TH-2 [Fluid Door]

TH-21 [Ear Door]

ii). Stomach- Boundaries-Difficulty Creating boundaries] Stomach Qi-Essence Deficient

ST- 13: Always hesitating [to cross boundary]

ST- 14: Feel confined; trapped heat

St- 16: Strengthens boundaries

ST-30: Tonifies Qi-Essence through Stomach and Kidney and as one of the Seas of Nourishment

ST-36: Tonifies Upright Qi-Essence

ST-42: Tonifies Qi-Essence of ST & SP especially w/ TW-4

2). Herbs for Earth Yin-Essence Deficiency

1). Stomach Yin deficiency

Sweet Combination

2). Spleen Qi deficiency

Ginseng and Longan

Major 4, 6

Ginseng and Atractylodes

3). Lung-Spleen Qi deficiency

Atractylodes and Cardom

4). Eight-Treasure Decoction [Ba Zheng Tang]

b. Earth [Nourish Earth Yang-Essence `controlling cycle`]

1). Acupuncture

a). Spleen Points

SP-1 [Hidden White]

Tonifies and strengthens Spleen
 Reduce phlegm especially I head
 Restlessness
 Depression w/Blood stagnation
 Calming the mind and agitated sleep w/ excess
 dreaming
 Diminished awareness

SP- 2 [Great Capital]

Reduce Phlegm
 Obsessions

SP- 3 [Great White]

Reduce phlegm
 Major point affecting Lungs
 Enhances memory & mental clarity

SP- 4 [Grandfather Grandchild]

Luo bringing Yang-Essence energy from the
 Stomach
 Descend Qi

SP- 5 [Metal's Note Hill]

Reduce phlegm
 Strengthens Boundaries

SP- 7 [Leaking Valley]

Firms the Earth

SP- 8: [Earth Pivot-Crux]]

Moves damp
 Most mental of the Spleen points
 Innermost thoughts

SP- 9 [Yin Mound Spring]

Strengthens Spleen
 Clears damp

b). Stomach Points

ST- 1 [Tear Container]

To reduce tendency to feel sorry [cry] for
 oneself

ST- 8 [Head's binding]

Obsessions

ST- 13 [Qi Door]

Relieves ambivalence and indecision

- ST- 14 [Storeroom]
Feels confined
- ST- 16 [Breast Window]
Day dreaming
- ST- 21 [Beam Gate]
Support from lower body to stand upright [with
DU- 14] so as to establish boundaries
- ST- 27 [Great Gigantic]
Build Kidney Yang-Essence/Qi-Essence
- ST-30 [Surging Qi]
Tonifies Qi through Stomach and Kidney and as
one of the Seas of Nourishment
- ST- 32 [Hidden Rabbit]
Timid
- ST-36 [Leg Three Miles]
Tonifies Upright Qi
- ST-40 [Abundant Bulge]
Resolve phlegm
- ST-42 [Surging Yang]
Tonifies Qi of ST & SP best w/ TB- 4 & LU- 9
- ST- 43 [Deep Valley]
Tonifies Spleen

c). Seas of Nourishment

- St-30, 36 [Food]
- ST-9, CV-17, GV-14,15; BL-10
- CV-6,12

c). Doorways to the Earth

- CV- 1, 4; St- 30; Liv- 12; KI- 11; UB- 40; BL- 35; GB- 30;
- DU- 1, 4; Sp- 12

d). Meeting Points

- LU-1 [Central Treasury]
- Spleen and Lung

e). Homeostatic Channels

- Du Mai
- Separation from maternal
- Who Am I
- Individuality

Yang Wei

- Brings energy to the outside and strengthens all
of the Yang-Essence of the body

f). Outer A.E.P.

BL-49 [Thought Dwelling, Shelter] with Spleen- 8
[Earth Pivot-Accumulating Point]

Obsessions

Short-term memory and concentration

g). WOS

ST-9 [People Welcome]

To help people find a new level of function on earth

LU-3 [Celestial Storehouse]

Possession by family

h). Constitution [Earth]

Sp- 6, 10; ST- 25, 36, 44, 45

i). Devils

Possession by family and need for approval-controlled from elsewhere; growth and concept of personal growth is blocked

j). Other Primary Channel Points

LIV- 13 [Order Gate]

Mu point of the Spleen

Allows Spleen Qi to ascend

GB-30 [Encircling Leap]

Tonify Qi-Essence of entire body

GB- 42 [Earth Five Meetings]

Where Earth and Wood meet

Sustains the Earth Energy

TB- 3

Transforms Gu Qi to postnatal Qi

Used with Spleen points

TB- 4

Tonifies Stomach and Spleen

Regulates Stomach

Fluid transformation

UB- 20 [Spleen's Shu]

Tonifies Spleen and Stomach; nourishes Blood

UB- 43 [Fatty Vital Hollow]

Nourishes Qi for entire body

The Deep Disease Point

UB- 49 [Abode of Thought]

Tonifies mental aspect of Spleen

Nourish Fire point in the Earth

Balance Yang-Essence and Yin-Essence within
the Earth

k). Homeostatic Channels

Du Mai: Separation from maternal

Who Am I

Individuality

Yang-Essence Wei: brings energy to the outside and
strengthens all of the Yang-Essence of the body

l). Meeting Points

Sp- 6: Three Yin-Essence of the legs

LI- 20: ST & LI

LU-1: SP & LU

j). Build Boundaries

i). any point with the word Gate

CV-4 [First Gate]

CV-5 [Stone Gate]

GV-4 [Gate of Life]

SP-11 [Basket Gate]

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ST- 16: Keeps things in boundaries; 'Leaking
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UB-42 [Soul Door]

UB-46 [Diaphragm Border]

UB-47 [Spirit Soul Gate]

KI-21 [Dark Gate]

TH-2 [Fluid Door]

TH-21 [Ear Door]

ii). Yang-Essence [Stomach- Boundaries-Difficulty
Creating boundaries]

Stomach Qi-Essence –Yin-Essence Deficient

ST- 13: Always hesitating [to cross
boundary]

ST- 14: Feel confined; trapped heat

St- 16: Strengthens boundaries

ST-30: Tonifies Qi-Essence through

Stomach and Kidney and as one of the
Seas of Nourishment

ST-36: Tonifies Upright Qi-Essence

ST-42: Tonifies Qi-Essence of ST & SP
especially w/ TW-4

ii). Herbs

Major 4, 6
Ginseng and Atractylodes

c. Nourish Heart Yin-Essence [‘insulting cycle’]

1). Acupuncture

a). Stimulate Heart

i. Directly

Ht- 1 [Utmost Spring]
Tonifies Heart Yin
Tapping into one's humanity

HT-5-7
Tonify Heart Blood and Qi;

Ht- 6 [Yin’ Crevice]
Tonifies Heart Yin w/Kidney- 7
Moves Past old bitterness

Ht- 7 [Spirits Gate]
Tonifies Heart Yin and Blood

ii. Indirectly

P -7 [Great Mound]
Removes Damp Phlegm from heart

P-8

TB 4 [Yang’s Pool]
Invigorates Yang w/ DU- 20

b). Kidney-Heart Disharmony

Ki- 4, 9, 12, 16, 21

P- 5

KI- 22- P- 1, 2 [women] [Exit-Entry]

For despondency and isolation, and for feeling
free

DU- 4 [Fire of Ming Men]

c). SP- 21 & HT- 1

i. To allow energy to flow to the Heart through the
Earth energies

ii. Clear out the air

iii. Tapping into humanity

iv. I don’t fit in and I have no place in world

d). Homeostatic Vessels

Yin Wei

Heart Blood & Yin

Purpose in life

Chong Mai

- 1). The penetrating vessel is the mother of all the vessels.
- 2). It has the function of opening the cardiac and chest Qi & especially Blood circulation
- 3). It serves the extensive capillary system.
- 4). Cosmic Architect [Blue Print for Life]

Chong Mai + Upper Kidney Points

KI- 21-[Dark or Secret Gate, Gate of Hades]
Open awareness to old dark fears and terrors that the person cannot face.

KI-22 & P-1,2

Allows energy to flow from the Water to the Fire for harmony.

KI- 24-[Spirit Burial Ground]

Resurrects the spirit of people in whom the spirit has died.

KI- 25-[Spirit Seal, Mind Seal] which

Like a reservoir of fluid flowing over and refreshing us. This point helps to get through a difficult time when identity and a sense of purpose is emergent and has not yet crystallized. It is used also to seal a treatment.

Ren Mai

Ren- 14 [Great Palace Gate]

Mu point of heart

Ren-15

Luo point of all Yin-Essence Organs

e). Front-Back

- Front Mu point: REN- 14
- Front Shu Points: ST- 15; KI- 25
- Back Shu point:: UB-15
- Ren 15: Source point for all Yin

f). Formulae

i. Dr. Shen

HT- 5-7; P- 6; LU- 9; SP- 6; REN- 4 [with variations]

Yintang

- ii. To release joy & relieve depression & anxiety
UB- 15, 44 & HT-6

g). Outer A.E.P. & Accumulation Point

- UB- 15, 44 & HT- 6
 - to release joy & relieve depression & anxiety; confidence
- UB- 43 [Fatty Vital Hollow-Deep Disease Point]
 - Joy

h). Primary Channel Points

Ren- 15 [Turtledove Tail]

Source point for all Yin-Essence

P- 7 [Great Mound]

Nourishes heart Blood

SI- 3 [Back Stream]

Clears mind [controlled by Heart Blood] to give strength to make decisions & judgments

SI- 16 [Celestial Window]

Balances Yin around the Heart

LU- 9 [Great Abyss]

Promotes circulation of Blood

Sp- 21 [Great wrapping]

Great Luo Point; Controls capillary circulation

i). Seas of Blood

UB- 11; UB- 17; ST- 37, 39; GB- 39

2). Herbs for Heart Yin-Essence Deficient

Ginseng and Longan [Gui Pi Wan]

Ginseng and Ziziphus [Tian Wang Bu Xin Wan]

Baked [Honey Fried] Licorice [Zhi Gan Cao Tang]

Biota Seed

Pill to nourish the heart [Bai Zi Yang Xin Wan]

d. Nourish Heart Yang-Essence Deficiency1). Acupuncture

a). Fire Phase

Ht- 3 [Lesser Sea]

Removes Channel Obstruction

Ht- 5 [Connecting Route]

Nourishes Heart Qi

Ht- 7 [Shen Men]

Source Point

Nourishes Shen

Heart closed

Ht- 8 [Lesser Palace]

Regulates Heart Qi

P- 4 [Cleft Gate]

Removes pain and bitterness in Heart

P- 7 [Great Mound]

Ghost Point

Bring things to surface buried long ago

P- 8 [Palace of Labor and Weariness]

Stabilizes Yang-Essence

P- 9 [Central Hub]

Brings back Yang-Essence to the Heart

TB- 4 [Yang-Essence's Pool]

Invigorates Yang-Essence w/ DU 20

b). Kidney-Heart Disharmony

Ki- 4, 9, 12, 16, 21

P- 5

Ki- 22- P- 1, 2 [women] [Exit-Entry]

For despondency and isolation, and for feeling free

DU- 4 [Fire of Ming Men]

c). Chong Mai + Upper Kidney Points

Ki- 21 [Dark or Secret Gate, Gate of Hades]

To open awareness to old dark fears and terrors that the person cannot face.

Ki- 22 [Corridor Walk]

- Relation between fear and intimacy
- Transition to spirit
- Despondency - isolation
 - Combined with Entry Points [WOS] [PC-1-Tianchi in man & PC-2Tianguan in woman]
- Feel free

Ki- 24 [Spirit Burial Ground]

Resurrects the spirit of people in whom the spirit has died.

Ki- 25 [Spirit Seal, Mind Seal] which

Like a reservoir of fluid flowing over and refreshing us. This point helps to get through a

difficult time when identity and a sense of purpose is emergent and has not yet crystallized. It is used also to seal a treatment.

KI 26 [Lively Center]

More like an induction compared to a command (relative to others); gentler: "Yes, you can have this" instead of "Get moving" (kid 27) or "HAVE an identity" - A little push; artful quality to embracing aspect of Kidney

KI-27 [Transporting Point Mansion, Store House]

This point is the storehouse for all energy including physical, mental and spiritual. It provides considerable power to all endeavors and adds the zest to these activities which give them life and excitement such as 'team spirit'.

Strong Push [especially combined with KI- 3]

Still others use this point more specifically for strengthen the adrenals and sexual energy for people who do not have access to it and use it to treat impotence and frigidity.

d). Front-Back

Ren- 5 [StoneGate]

Tonifies Original Qi

Ren- 6 [Sea of Qi]

Tonifies Original Qi

Ren- 8 [Spirit's Palace Gate]

Tonifies Original Qi

Tonifies and rescues Yang

Ren- 14 [Great Palace Gate]

Front Mu point of Heart

Ren- 15-17

Tonifies Post Natal [Zhong] Qi

Front Shu Points

ST- 15 [Roof]

KI- 25 [Spirit Storhouse]

Back Shu point

UB- 14 [Absolute Yin Shu]

Regulates Heart

UB- 15 [Heart's Shu]

Tonifies the Heart

UB- 43 [Fatty Vital Hollow]

Tonifies Qi of entire body

Joy

UB- 44 [Spirit's Hall]

e). Homeostatic Vessels

Chong Mai

1). The penetrating vessel is the mother of all the vessels.

2). It has the function of opening the cardiac and chest Qi & especially Blood circulation

3). It serves the extensive capillary system.

4). Cosmic Architect [Blue Print for Life]

f). Formulae

i. Dr. Shen

HT- 5-7; P- 6; LU- 9; SP- 6; REN-4

[with variations]

Yintang

ii. To release joy & relieve depression & anxiety

UB-15, 44 & HT-6

g). Constitution

HT- 5

P- 3, 4, 8

REN- 17

h). Primary Channels

Lu- 9 [Great Abyss]

Tonifies Gathering Qi in the chest

Promotes circulation of blood

Sp-21- [Great Wrapping]

Great Luo Point

Controls capillary circulation

h). Phlegm-Misting the Orifices

All Hollow Organ Essence Points

LI- 4

KI- 26, 27- Phlegm in chest

SI- 5

KI- 26, 27

SP- 1

SP- 3

SI- 5

KI- 9

P- 3: Opens Orifices

P- 5: Misting Orifices of heart

SJ- 6:

Ren- 1:

Ren- 17: Chest

DU- 15

DU- 17

DU- 18: Mania

DU 25: Loss of consciousness w/ P- 6; KI- 1

DU- 26: Opens Orifices

2). Herbs

Astragalus & Zizyphus- [Yang-Essence Xin Tang]

To build Heart Qi and Blood.

