

FIRE: HEART MANAGEMENT & TREATMENT

I. HEART YIN

A. Heart Yin-Essence Deficiency

1. General problem

- a. Uninspired
- b. Intolerant of ambiguity and paradox
- c. Subdued
- d. Need approval of authorities
- e. Favors status quo
- f. Bureaucratic

2. Specific Issues to resolve

- Innate lack of Fire
- Constitutional Kidney Yang-Essence deficiency

3. Specific Methodology for Heart Yin-Essence Deficiency Within the Generating-Controlling Cycle

- Needle the Tonification and Yin points of the Heart
Ht- 9 [Tonification Point]
Ht- 6, 7, 1 [Yin Point]
- Needle the Sedation and Yin points in Wood-Liver [Shang cycle-Phase within Phase]
Liv-2 [Sedation Point]
Liv 3 [Yin Point]
- Needle the Luo and Source point of Heart
 - Ht- 5 [Luo Point]
 - Ht- 7 [Source Point]
- SJ- 5 thru to P-6 for general balance of Yin and Yang

4. Treatment for Heart Yin-Essence Deficiency

a. Management Formulation

- i. Build Heart Yin and Blood; Kidney-Heart Harmony
- ii. Nourish Wood Yin [mother phase]
- iii. Kidney Yin-Essence [grandmother phase]

b. Management Implementation

i. Heart Treatment for Heart Yin-Essence Deficiency

1). Acupuncture

- a). Heart Yin-Essence and Blood
- a). 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). 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

e). Homeostatic Vessels

i). Yin Wei

Heart Blood & Yin

Purpose in life]

ii). 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]

iii). 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[Walking Corridor]
For despondency and isolation, and for feeling free, used with WOS P-1,2 also as Exit-Entry Points.

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.

f). Formulae

i. Dr. Shen

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

ii. UB- 15, 44 & HT- 6

To release joy & relieve depression & anxiety

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

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

g). Other

Ren- 15 [Turtledove Tail]

Source point for all Yin-Essence

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

SI- 16 [Heavenly Window [Tian Chuang]

- Real Identity – clarity –sorting out
- Balance Yin around the Heart
- Window of the Sky

h). 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]

ii. Wood Yin-Essence Treatment for Heart Yin-Essence Deficiency

1). Acupuncture

- Liv-1 [Great Sincerity]
Wood Point of Wood
- Liv-3 [Great Surging]
Source Point of Wood
- Liv- 8 [Curved Spring]
Water Tonification Point
- Liv- 10 [Foot Five Measures]
Connects w/ Chong-St. 30

2). Herbs

Rehmania Six Formula [Liu Wei Di Huang Wan]

Eight Ingredient Pill with Rehmania [Ba Wei Di Huang Wan]

Linking Decoction [Yi Guan Jian]

Tonify The Liver Decoction [Bu Gan Tang]

iii. Kidney Yin-Essence for Heart Yin-Essence Deficiency
[Grandmother re: Generating Cycle]

1) Acupuncture

Ren Mai [Sea of Yin]

Builds all Yin energy

Kidney- 1 [Gushing Spring]

Tonifies Yin

Kidney- 2 [Blazing Valley]

Beginning of Yin Qiao

Helps Nourish Yin

Kidney- 3 [Great Ravine]

Tonifies Yin

Kidney- 4[Big Bell]

Allows Kidney to communicate with Heart

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

KI- 6 [Shining Sea]

Calms Shen by nourishing Yin-Essence

Kidney- 9: [Guest Building (House)]

- Calms the mind w/ anxiety, restlessness, chest oppression & palpitations w/ HT-KI not harmonized.
- Regulates Yin Wei
- 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

Kidney- 10 [Yin Valley]

Tonifies Kidney Yin

Increases ability to `flow' in all aspects of life

Kidney- 15 [Central Flow]

Nourishes Kidney Yin

Kidney- 16 [Vitals Transporting Hollow]

Connects Heart and Kidney

Calms the mind by bringing Yin to the Heart thru BI-43

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

Connects Heart and Kidneys

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

Kidney- 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 energies.)

Ren- 1 [Meeting of Yin]

Nourished Yin and benefits essence

Ren- 4 [Gateway to Original Qi]

Nourishes blood and Yin

Ren- 7 [Yin Junction]

Nourishes Yin

Ren -15 [Turtledove Tail]

Source point of all Yin organs

Connects with Essence

Liv- 8 [Curved Spring]

Nourish Yin and Blood

SP-6 [Three Yin Crossing]

Yin and Blood

SP- 12 [Penetrating Gate]

Tonifies Yin

ST- 30 [Surging Qi]

Crossing point of Chong, Du and Ren Mai

Where Qi enters Chong Mai

Tonifies Kidney [Liver] Essence

Bl- 23 [Kidney's Shu]

Nourishes Yin, Blood & Essence

Bl- 43 [Fatty Vital Hollow]

Nourishes Essence

BL-31-34:

Tonify Kidney Essence

2). Herbs

Linking Decoction [Yi guan Jian]

Left Returning [Zuo Gui Wan]

Ginseng and Zizyphus [Tian Wang Bu Xin Tang]

B. Heart Yin-Essence Excess

1. General problem

Flood of imagery

Restless

Hyperactive

Chaotic with shifting focus

Rebellious and defiant

2. Specific Issues to resolve

Heart Yin-Essence Deficiency and excess as defined in DRRBF is a constitutional issue that always involves the Water Phase whose essence controls all conception, in-utero and birth events.

3. Specific Methodology for Heart Yin Excess Within the Generating-Controlling Cycle

- Needle phase point of `controlling' and `insulting' phase in Kidney

Ht- 3 [Water Point]

Ht-4 [Lung Point]

- Needle horary point, tonification point and Yang point of `controlling' phase –Water-Kidneys

Ki- 10 [Water Horary Point]

Ki- 7 [Tonification and Yang point]

- Needle horary point, tonification point and Yang point of `insulting' phase- Metal-Lungs

Lu- 8 [Horary Point]

Lu- 9 [Tonification Point]

Lu- 7 [Yang Point]

- P- 6 thru to SJ-5

- Ghost Points

4. Channel Treatment for Heart Yin Excess

a. Management Formulation

- i. Build Kidney Yang & Qi Essence [Controlling]
- ii. Build Lung Qi [Insulting]

b. Management Implementation

i. Water-Kidney Yang-Essence Treatment for Heart Yin Excess

1). Acupuncture

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- 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.)

KI 26

Gentle push

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.

UB- 1 [Eyes Clarity]

Balance of Yin & Yang through Yin Qiao Mai

UB- 23 w/ BI 52

Tonifies Kidney especially Will Power [Zhi]

UB- 31-34: tonify Kidney and body

UB- 43 [Deep Disease Point]-rich for the Vitals]

Joyful confidence

UB-62 [Extending Vessel]

For awakening & awareness

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

DU- 4 [Mingmen]

Tonify Kidney Yang

DU- 14 [Great Hammer]

Tonifies Yang [Meeting Place of 6 Yang]
especially Heart Yang

Get person going or slow them down- inertia

DU-16, 20

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

GB -13 [Root Spirit]

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

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

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]

- Reunion of w/ Bladder.
- Sea of Bone Marrow.
- Large effect on mental activity.
- Wind = spirit (also SI 12 Grasping the
wind).

- Deals with Yang energy, activity, responsibility, ability to respond, protection, alertness, clarity of mind, sense of vision/dream.
- For mind-spirit out of control, or fatigued, fogged.

Block [Worsley]

Ren- 1- Du- 20

2). Herbs for Water-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]

ii. Kidney Qi-Essence [Control] for Heart Yin Excess

1). Acupuncture

TB- 4

Transmits the Original Yuan Qi

Ren- 4 [Gateway to Original Qi]

Benefits Original Qi Kidney Qi-Essence

Ren- 6

Tonifies Original Kidney Qi-Essence

DU- 3, 4, 6, 9, 12, 14, 20 with Moxa;

KI- 3 [Sea of Qi]

Tonifies Original Kidney Qi-Essence

KI- 16 [Vitals Transporting Point]

Connect Chong mai and Kidney channel

Where Kidney channel goes to Heart and

diaphragm and fails to nourish the Heart

Descends Qi from Lungs into the Kidney

UB-23 [Kidney Shu]

To receive the Qi

Tonifies Qi of entire body

Nourishes the Essence and the Marrow

BL-31-34: tonify Kidney and body

BL 43

To receive the Qi

Tonifies Qi of entire body

Nourishes the Essence and the Marrow

BL-62: invigorates Qi for awakening and awareness

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

Right Returning [You Gui Yin]

Rehmannia Eight [Jin Gui Shen Qi Wan]

Eucommnia and Rehmannia [You Gui Wan]

iii. Lung Qi [Insulting]

1). Acupuncture

LU- 1 [Central Treasury]

Tonifies Lung Qi and Yin; descending function of Lung Qi-Kidney

LU- 4 [Guarding White]

The here and now

LU-6 [Channel Ditch]

Accumulation Point activates the Qi.

LU- 7 [Broken Sequence]

Survival; Luo point brings Yang energy from the Large Intestine

Grief and sadness

LU- 9 [Great Abyss]

Tonifies Lung Qi and Yin; ability to change

BL- 13 [Lung's Shu]

Tonifies Lung Qi and Yin

Difficulty w/ change w/GV 12, BL 43

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).

2). Herbs

Astragalus and Aster [Bu Fei Tang]

Ginseng and Walnut [Ren Shen Yang Ying Tang]

II. HEART YANG

A. Heart Yang-Essence Deficiency

1. General problem

a. Brilliant ideas but execution is inconsequential

b. Beginning is flashy and impressive but the ending is disappointing

2. Specific Issues to resolve

Heart Yang is best supplemented directly and by nourishing Wood-Liver Yang-Essence, the `mother' of the Heart in the Generating Cycle and Water-Kidney Yang-Essence, the `grandmother'.

3. Specific Methodology for Heart Yang-Essence Deficiency Within the Generating-Controlling Cycle

- Needle the Tonification and Yang points of the deficient organ
 - Ht- 9 [Tonification Point]
 - Ht- 5 [Yang Point]
- Needle the Sedation and Yang points in Mother Organ [Generating-Controlling cycle-Phase within Phase]
 - Liv- 2 [Sedation Point]
 - Liv- 5 [Yang Point]
- P- 6 thru to SJ-5

4. Treatment for Heart Yang-Essence Deficiency

a. Management Formulation

Nourish Heart Yang-Essence

Nourish Wood-Liver Qi-Yang-Essence

Nourish Water-Kidney Qi-Yang Essence

b. Management Implementation

i. Nourish Heart Yang-Essence Deficiency

1). Acupuncture

a). Heart Points

P- 5 [Intermediary]

Reduces Heart Phlegm

Ht- 3 [Lesser Sea]

Removes Channel Obstruction

Ht- 5 [Connecting Route]

Tonifies Heart Qi

Ht- 8 [Lesser Palace]

Regulates Heart Qi

b). Other

TB- 4 [Yang's Pool]

Invigorates Yang w/ DU- 20

Benefits Original Qi

Chong Mai [Ancestral Channel] + Upper Kidney Points

REN- 14 [Great Palace Gate]

Front Mu point of Heart

ST- 15; KI- 25

Front Shu Points

Back Shu point

UB- 15 [Heart's Shu]

Tonifies the Heart

UB- 43 [Fatty Vital Hollow]

Tonifies Qi of entire body

UB- 14 [Absolute Yin Shu]

Regulates Heart

c). 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 Xin Tang] to build
Heart Qi and Blood.

ii. Wood Qi-Yang Essence to Nourish Heart Yang-Essence
Deficiency

i). Acupuncture

Xi-Cleft Point

GB 36, Liv 6

Earth and Wood Meet

GB 42

Liv- 8 [Curved Spring]

Enhances flexibility and vitality in coping

Liv- 10 [Foot Five measure]

Impotence due to phobia [to move]

GB- 14 [Yang Brightness]

Depression

GB- 30 [Encircling Leap] (GB-Heart)

Easily startled

GB- 34 [Yang Mound Spring]

Bring out fear and shyness [w/ KI- 2]

GB- 40 [Hills Ruins]

Ability to make decisions- strong character

To see larger picture from advantage point of hill

Fear, insomnia

SI- 3: Provides clarity of mind and fortitude to make difficult decisions

SI- 7: Decisions, planning for indecisive

SI- 3, Gb-34, GB40 and Liv-3

Balance between that moving towards self and that moving outward.

ST- 34: Helps ST- 21 support lower body

2). Herbs

Single Herbs

Huang Q [Astragalus], Dan Shen [Salvia], Xiang fu [Cyperus]

Formulas

Bu Zhong Yi Qi Tang [Ginseng and Astragalus]

Cyperus for Bupleurum [too cold]

Remove Cimicifuga and add Dan Shen

Increase Astragalus,

An Shen Ding Zhi Tang [Clam Spirit & Stop Fear Decoction]

Shi Wei Wen Dan Tang [Ten Ingredient

Decoction to Warm the Gallbladder]

Wen Dan Teng [Bamboo and Hoelen]

B. Heart Yang-Essence Excess

1. General problem

Quantity over Quality

Superior Expression and communication surpasses mediocre results

Pretense over substance

Repetitive

2. Specific Issues to resolve

Here we are looking for a balance between quality and quantity in which we need to improve the quality and reduce the quantity. At the same time we need balance

3. Specific Methodology for Heart Yang Excess Within the Generating-Controlling Cycle

- Reduce Excess through control and insulting' cycle
- Needle phase point of `controlling' and `insulting' phase in Yang excess Phase
 - Ht- 3 [Water Point]
 - Ht- 4 [Metal Point]
- Needle horary point, tonification point and Yin point of `controlling' phase
 - Ki- 10 [Horary Point]
 - Ki- 7 [Tonification Point-Yin Point]
- Needle horary point, tonification point and Yin point of `insulting' phase
 - Lu- 8 [Horari Point]
 - Lu- 9 [Tonification Point and Tonifies Yin]
- SJ-5 thru to P- 6

4. Channel Treatment for Heart Yang-Essence Excess

a. Management Formulation

Kidney Yin [Controlling Cycle]

Metal Lung Yin [Insulting Cycle]

Heart Qi Transfer

b. Management Implementation

i. Kidney Yin [Controlling Cycle]

1). Acupuncture

Ren Mai [Sea of Yin]

Builds all Yin energy

Kidney- 1 [Gushing Spring]

Tonifies Yin

Kidney- 2 [Blazing Valley]

Beginning of Yin Qiao

Helps Nourish Yin

Kidney- 3 [Great Ravine]

Tonifies Yin

Kidney- 4[Big Bell]

Allows Kidney to communicate with Heart

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

KI- 6 [Shining Sea]

Calms Shen by nourishing Yin-Essence

Kidney- 9: [Guest Building (House)]

- Calms the mind w/ anxiety, restlessness, chest oppression & palpitations w/ HT-KI not harmonized.
- Regulates Yin Wei
- 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

Kidney- 10 [Yin Valley]

Tonifies Kidney Yin

Increases ability to `flow' in all aspects of life

Kidney- 15 [Central Flow]

Nourishes Kidney Yin

Kidney- 16 [Vitals Transporting Hollow]

Connects Heart and Kidney

Calms the mind by bringing Yin to the Heart thru BI-43

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

Connects Heart and Kidneys

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

Kidney- 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 energies.)

Ren- 1 [Meeting of Yin]

Nourished Yin and benefits essence

Ren- 4 [Gateway to Original Qi]

Nourishes blood and Yin

Ren- 7 [Yin Junction]

Nourishes Yin

- Ren -15 [Turtledove Tail]
 - Source point of all Yin organs
 - Connects with Essence
- Liv- 8 [Curved Spring]
 - Nourish Yin and Blood
- SP-6 [Three Yin Crossing]
 - Yin and Blood
- SP- 12 [Penetrating Gate]
 - Tonifies Yin
- ST- 30 [Surging Qi]
 - Crossing point of Chong, Du and Ren Mai
 - Where Qi enters Chong Mai
 - Tonifies Kidney [Liver] Essence
- BL- 23 [Kidney's Shu]
 - Nourishes Yin, Blood & Essence
- BL- 43 [Fatty Vital Hollow]
 - Nourishes Essence
- BL-31-34:
 - Tonify Kidney Essence

2). Herbs

- Linking Decoction [Yi guan Jian]
- Left Returning [Zuo Gui Wan]
- Ginseng and Zizyphus [Tian Wang Bu Xin Tang]

ii. Metal Lung Yin-Essence [Insulting Cycle](Transforming and Expanding Bonds)

1). Acupuncture

- LU- 1 [Central Treasury]
 - Tonifies Lung Yin [and Qi]
- LU- 9 [Great Abyss]
 - Tonifies Lung Qi and Yin
 - Ability to change
- LI- 4 [Union Valley]
 - Dispersing function of Lungs w/ LU- 7
- UB- 13 [Lung's Shu]
 - Tonifies Lung Yin, Qi, & Essence
- UB- 42 [Corporeal Soul]
 - Outer Bladder Spirit point is more Yang than the inner Bladder Point
 - 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').

UB- 43 [Fatty Vital Hollow]

Tonifies Lung Yin [& Qi] of entire body

Stimulates the mind

Promotes essence- poor memory

DU- 12 [Body Pillar]

Tonifies Lung Qi [w/ moxa]

Difficulty w/ accepting things that they cannot change

b). Other

P- 8

For transformation

LU-9 and Ren-17

Tonify Gathering Qi Zong]

LU- 1 & ST- 36 & SP- 3

Filling the Earth to Generate Metal

SI- 1 [Lesser Marsh]

Parts of ourselves and past that we cannot let go

SI- 9 True Shoulder]

Uncertainty and confusion of change

Naïve

DU- 12:

Tonifies Lung Qi

Tonify Gathering Qi

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

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

Distal Points on Upper Extremities

Help a person to extend themselves beyond where they are

"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]