

EARTH: SPLEEN MANAGEMENT & TREATMENT

I. SPLEEN YIN

A. Spleen Yin-Essence Deficiency

1. General problem

Difficulty establishing close bonds and boundaries

Tendency to cling

Feels alone

2. Specific Issues to resolve

Enhance ability to form strong and appropriate bonds and boundaries by building Earth Yin

3. Specific Phase Methodology for Earth Yin Deficiency Within the Generating-Controlling Cycle

- Needle the Tonification and Yin points of the Spleen

Sp- 2 [Tonification Point Excessive thoughts]

Sp- 6 [Yin Point]

- Needle the Sedation and Yin points in Fire-Heart [Shang cycle-Phase within Phase]

Ht- 7 [Heart Sedation Point]

Ht- 6, 7 [Heart Yin Point]

- Needle the Luo and Source point of Spleen

- Sp- 4 Luo Point]

- Sp- 3 [Source Point]

- SJ- 5 thru to P-6 for general balance of Yin and Yang

4. Channel-Herb Treatment of Earth Yin-Essence Deficiency

a. Management Formulation

i. Enhance Spleen Yin-Essence

ii. Enhance Heart Yin-Essence

b. Management Implementation

i. Nourish Spleen Yin-Essence

1). Acupuncture

a). Spleen Points that Nourish Yin and Blood

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]

Takes Heat out of Blood

SP- 12 [Penetrating Gate]

Blood reaches Chong Mai

b). Further Points for Earth in Deficiency

Seas of blood

UB- 11, ST- 37, 39

Seas of Nourishment

ST- 30, 36 [Food]

ST- 9

Ren- 17

Du- 14,15

UB- 10

Ren- 6,12

Doorways to the Earth

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

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

Drying out –Leather quality

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

Homeostatic Channels

Ren Mai

Bonding, dependency, maternal
nourishment

Loving

Complete within oneself

Ren is the "Sea of Yin"

Meeting Points

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

LU-1 [Central Treasury]

Spleen & Lung

Outer A.E.P.

UB-49 [Thought Dwelling, Shelter] with

Spleen 8 [Earth Pivot-Accumulating
Point]

Obsessions

Memory and concentration [short
term- to study]

WOS

ST-9 [People Welcome]

Help people find a new level of
function on earth

GB- 42 [Earth Five Meetings]

Sustain the Earth Energy

Earth and Wood meet

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;

Other Points for Earth Yin deficiency

ST-30 [Surging Qi]

Tonifies Yin thru Kidney Essence

ST- 33 [Yin Market]

Tonifies Yin-Essence

ST-37,39

Sea of Blood

ST- 43 [Deep Valley]

Tonifies Spleen

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

Constitution

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

b). Herbs for Spleen 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

ii. Nourish Heart Yin

1). Acupuncture

a). Kidney-Heart Disharmony

Ki- 9, 12, 19, 21

P- 5

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

For despondency and isolation, and for feeling free

GV- 4 [Fire of Mingmen]

b). Heart Yin and Blood

i). Stimulate Directly

HT-1: [Utmost Source, Extreme Spring]

for tapping into one's humanity; connection to Heaven; builds Yin

HT- 5-7

ii). Stimulate Heart Indirectly

P -7: Moxa,

P-8 (Horary)

SI -4: Moxa,

Ht 7

TH 4 Moxa,

TH-6

iii). 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

4). 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

c). Homeostatic Vessels

a). Yin Wei

a). Heart Blood & Yin
[Purpose in life]

b). 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.

d). Formulae

i. Dr. Shen

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

ii. To release joy & relieve depression & anxiety

UB-15, 44 & HT-6

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

- UB-15, 44 & HT-6: to release joy & relieve
depression & anxiety; confidence

- UB- 43- Joy

f). Other

HT-1: [Utmost Source, Extreme Spring] for
tapping into one's humanity; connection to
Heaven; builds Yin

HT-5-7: Tonify Heart Blood and Qi;

HT- 6:

Heart Yin

Moves past old bitterness

Ht- 7: Opens orifices: heart closed [to Spirit];
blood & Yin

SI-3: clears mind to give strength to make
decisions & judgments

SI-7: connection w/HT calms anxiety

LU-9: for poor circulation of Blood

g). Seas of Blood

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

h). Luo Points

SI- 7

Ht- 5 + HT 7 [Source]

i). Outer to Inner

SJ- 5 thru to P-6

2). Herbs

Ginseng and Longan [Gui Pi Wan]

Astragalus & Zizyphus [Yang Xin Tang]

Ginseng and Zizyphus [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]

B. Spleen Yin-Essence Excess

1. General problem

Bonding is excessive

2. Specific Issues to resolve

Reduce and control Earth Yin-Essence

3. Specific Phase Methodology for Earth-Spleen Yin-Essence Excess Within the
Generating-Controlling Cycle

a. Reduce Excess through control and insulting' cycle

b. Needle phase point of `controlling' and `insulting' phase in Yin Excess
Phase

- Sp- 1[Spleen Wood Point]
- SP- 8 [Spleen Water Point]

c. Needle horary point, tonification point and Yang point of controlling
phase

- Liv 1 [Liver Horary Point]
- Liv- 8 [Liver Tonification point]
- Liv- 6 [Lung Yang point]

d. Needle horary point, tonification point and Yang point of `insulting'
phase

- Ki- [10 Horary Point]

- Ki- 7 [Kidney Tonification and Yang Point
- e. SJ- 5 thru to P-6 for general balance of Yang-Essence and Yang-Essence

4. Channel-Herb Treatment of Spleen Yin-Essence Excess

a. Management Formulation

- Enhance Wood Yang-Essence to control Earth Yin
- Enhance Water Yang-Essence insulting phase
- Strengthen Boundaries

b. Management Implementation

i. Enhance Liver Yang-Essence to control Spleen Yin

1). Acupuncture

- Liv 1 [Great Sincerity]
 - Remove Damp Heat
 - Problem w/ authority
 - Clears things, accumulations, when ready to let go of things that have piled up
- Liv- 2 [Travel Between]
 - Moves Qi
 - Remove Damp Heat
 - Agitated Depression due to Qi –Damp stag.
- Liv- 3[Great Surging]
 - Moves Qi
 - Reduce sexual urge-fantasy-obsession
- Liv- 4 [Middle Seal]
 - Move Qi & Damp
 - Problem forgiving self
- Liv- 5 Woodworm Canal]
 - Move Qi & Damp
- Live- 6 [Central Capital]
 - Moves Qi
- Liv- 13 [Order Gate]
 - Moves Qi esp. Stomach
 - Enhances mental vision and emotional growth
- GB-1 [Pupils Bone Hole]
 - Enhances clarity
- GB-8-12
 - Enhances and grounds one's ability to assimilate and express information
- GB- 9 Celestial Surging]
 - Quiets the mind
- GB- 12 [Completed Bone]

- Quiets mind [Shen]
- GB-15 [Head Overlooking Tears]
Balances emotions deeply – bipolar extremes
- GB-16 [Eye Window]
Eyes are window to soul- visions
- GB -13
Gathers essence to the head and with Ren 4 to strength will power and calm shen
- GB- 21 [Shoulder Well]
Atlas Point-carrying the burden of the world on shoulders
- GB- 24 [Sun and Moon]
Ambivalence
- GB- 30 [Encircling Leap]
Easily startled
- GB- 37 [Bright Light]
Evokes unresolved anger interfering with life
- GB- 38 [Yang-Essence's Assistant]
Jealousy
- GB- 40 [Hills Ruins]
Ability to make decisions- strong character
To see larger picture from advantage point of hill
Fear
- GB- 41 [Foot Overlooking Tears]
Smooth Flow of Liver-GB
- P- 4 [Cleft Gate]
Old bitterness in heart
- 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 Door]
Door never closes

ST- 30

Crossing point of Chong, Du and Ren Mai
 Where Qi enters Chong Mai
 Tonifies Kidney [Liver] Essence

GV- 12

Difficulty w/ Change [w/ moxa]

TB- 3, 4: Childhood Malnutrition

Formula

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

2). 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.

Divergent Channels

i. Liver Divergent Channel:

Pathway

From Liv- 5

Function

Anger

ii. GB divergent channel

Uses Blood to maintain repressed emotions
 as retained pathogens in joints

Other

i. Bio-energetic Points

See separate Sheet

Example:

SI-3, Gb-34, GB40 and Liv-3 are
 Relaxing nervous and musculo-
 skeletal system

Associated with Fear

SI-7 [Branch From the Main]

Stiff neck

ii. Extra Channels

Dai Mai

Harmonizes Liver and Gall Bladder

2). Herbs for Nourishing Liver Yang-Essence

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]

ii. Enhance Kidney Yang-Essence 'insulting phase'

1). Acupuncture

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

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 most powerfully

KI-10- 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-5 for courage, will power & hopeless depression

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

Balance of Yin & Yang through Yin Qiao Mai

UB- 23 w/ BI 52

Tonifies Kidney especially Will Power

UB-31-34: tonify Kidney and body

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

Joyful confidence

UB-52 [Will Power Room (Chamber)]

Will = determination translated into action

UB-62: For awakening & awareness

Ren- 4 w/ moxa

Ren 6 w/ Moxa

Ren-8 w/ Moxa

DU- 4 [Mingmen]

Tonify Kidney Yang

Upright Posture

DU- 14

Tonifies Yang [Meeting Place of 6 Yang]

Get person going or slow them down- inertia

Upright Posture

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

GB -13

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

P-8

Palace of weariness

Weariness from constant striving

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] for mental energy

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

- SI-17 is similarly use; though not a Window.

GV-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

Ren-DU

TB- 3, 4

Childhood Malnutrition

2). Herbs for Controlling Spleen Yin Essence

Kidney Yang Deficiency

Right Returning [You Gui Yin]

Rehmannia Eight [Jin Gui Shen Qi Wan]

Eucommnia and Rehmannia [You Gui Wan

Vitality combination

iii. Strengthen Boundaries

Ren- 4 [First Gate]

Ren - 5 [Stone Gate]

Du- 4 [Gate of Life]

SP-11 [Basket Gate]

SP-12 [Rushing Gate]

KI- 21 [Dark Gate]

P- 6 [Inner Border Gate]
 TB- 2 [Fluid Door]
 TB- 5 [Outer Border Gate]
 TB- 21 [Ear Door]
 UB- 12 [Wind Gate]
 UB- 42 [Soul Door]
 UB- 46 [Diaphragm Border]
 UB- 47 [Spirit Soul Gate]
 ST- 13: Always hesitating [to cross boundary]
 ST- 14: Feel confined; trapped heat
 ST- 16
 Keeps things in boundaries; `Leaking Gut` Syndrome
 ST- 21 [Bridge Gate, Beam Door]
 ST-22 [Gate Door, Border Gate]
 ST-30: Tonifies Qi through Stomach and Kidney and as one
 of the Seas of Nourishment
 ST-36: Tonifies Upright Qi
 ST-42
 Tonifies Qi of ST & SP especially w/ TB-4

II. SPLEEN YANG-ESSENCE

A. Spleen Yang-Essence Deficiency

1. General problem

Boundaries: Where do I leave off and you begin

Ability to expand bonding-boundary issues from family of origin to include differences from the past?

2. Specific Issues to resolve

Supplement Stomach Qi-Yang-Essence

3. Specific Phase Methodology for Spleen Yang-Essence Within the Generating-Controlling Cycle

- Needle the Tonification and Yang-Essence points of the deficient organ

Sp- 2 [Spleen Tonification Point]

SP- 3 [Spleen Yang-Essence Point]

- Needle the Sedation and Yang-Essence points in Mother Organ [Sheng cycle-Phase within Phase]

Ht- 7 [Sedation Point]

Ht- 5 [Yang-Essence Point]

- P- 6 thru to SJ-5

4. Channel-Herb Treatment for Spleen Yang-Essence Deficiency

a. Management Formulation

i. Nourish Spleen-Stomach Yang-Essence

- ii. Nourish Heart Yang-Essence
- b. Management-Implementation
 - i. Nourish Spleen-Stomach Yang-Essence and Accumulation Point
 - 1). Acupuncture
 - a). Seas of Nourishment
 - St-30, 36 [Food]
 - ST-9, CV-17, GV-14,15; BL-10
 - CV-6, 12
 - b). Doorways to the Earth
 - CV- 1, 4; St- 30; Liv- 12; KI- 11; BL 40; BL- 35;
 - GB- 30; GV- 1, 4; Sp- 12
 - c). Build Earth-Spleen Yang-Essence
 - SP- 9 [clears damp-Yang-Essence]
 - SP- 4 [the Luo bringing Yang-Essence energy from the Stomach]
 - SP- 21 [Master of all the Luo Points, [Earth Motivator]]
 - LIV- 13 [the Mu point of the Spleen]
 - d). Devils:
 - Possession by family and need for approval-controlled from elsewhere; growth and concept of personal growth is blocked
 - e). 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
 - g). Meeting Points
 - Sp- 6: Three Yang-Essence of the legs
 - LI- 20: ST & LI
 - LU-1: SP & LU
 - h). WOS
 - ST-9 [People Welcome] to help people find a new level of function on earth
 - LU-3: Possession by family & food
 - i). Stomach Points
 - ST- 1 [Tear Container]: to reduce tendency to feel sorry [cry] for oneself
 - ST- 8: Obsessions

ST- 13: Relieves ambivalence and indecision
 ST- 14: Feels confined
 ST- 16: Day dreaming
 ST- 19: Emotional trauma; cannot contain
 ST- 21: Feeling that not getting enough support
 from lower body; stand upright with GV- 14;
 boundary
 ST- 22: Boundaries
 ST- 23: Harmonize Spleen and Stomach;
 creativity; coordinate and organize information
 ST- 27: Build Kidney Yang-Essence/Qi
 ST- 32: Timid
 ST- 34: Helps ST- 21 support lower body
 ST-40: Anxiety, phobias re: phlegm

j. 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]

k. Other

BL- 20: Tonifies Spleen and Stomach; nourishes
 Blood
 BL- 43- The Deep Disease Point [the emptiness
 at the `center` is profound in such a young
 woman]

l. Yang-Essence [Stomach- Boundaries-Difficulty
 Creating boundaries]

Stomach Qi –Yang-Essence Deficient

ST- 13: Always hesitating [to cross boundary]

ST- 14: Feel confined; trapped heat

St- 16: Strengthens boundaries

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

ST-36: Tonifies Upright Qi

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

ii. Heart Yang-Essence

Ht- 5 tonifies and regulates Heart

Ht- 8 tonifies & regulates Fire

SI- 5 [Fire Point]

iii). Other

GB-30: tonify Qi

BL-17,20, 43:

Stomach St- 41 [Fire point]

2). Herbs

Major 4, 6

Ginseng and Atractylodes

B. Spleen Yang-Essence Excess

1. General problem

Propensity towards loyalty to family and class and share fear and suspicion of change

2. Specific Issues to resolve

Gradually shift bonds to family and class to larger community

3. Specific Phase Methodology for Spleen Yang-Essence Excess Within the Generating-Controlling Cycle

- Reduce Excess through control and insulting' cycle
- Needle phase point of `controlling' and `insulting' phase in Spleen Phase
 - Sp- 1 [Wood Point]
 - Sp- 9 [Water Point]
- Needle horary point, tonification point and Yang-Essence point of `controlling' phase
 - Liv-1 [Liver Horary Point]
 - Liv- 8 [Liver Tonification Point]
 - Liv- 3, 8 [Liver Yang-Essence Points]
- Needle horary point, tonification point and Yang-Essence point of `insulting' phase
 - Sp- 3 [Horari Point]

Sp- 2 [Tonification Point]

SP- 6 [Tonifies Yang-Essence]

○ SJ-5 to P-6

4. Channel-Herb Treatment for Earth Yang-Essence Deficiency

a. Management Formulation

i. Liver Yin-Essence to control-balance Earth Yang-Essence excess through the `controlling cycle`

ii. Kidney Yin-Essence to control-balance Earth Yang-Essence Excess through the `insulting cycle`

b. Management-Implementation

i. Wood-Liver Yin-Essence to control-balance Earth-Spleen Yang-Essence excess through the `controlling cycle`

1). Acupuncture

a). Wood in Wood

Liver-1 [Great Sincerity]

When a person is ready to let go

Clearing accumulations

b). Deficiency [Cannot Retreat]

Liv- 3 [Great Surging]

Tonifies Liver Blood

Liv- 8 [Curved Spring]

Tonifies Liver yin and Blood

Liv- 9 Yin Wrapping

Regulates Liver and Kidney

Keeps Yin in body

Liv- 10 [Foot Five Measures]

Tonifies Liver Blood thru connection with Chong

2). Herbs

Linking Decoction [Yi guan Jian]

Left Returning [Zuo Gui Wan]

Ginseng and Zizyphus [Tian Wang Bu Xin Tang]

iii. Build Water-Kidney Yin-Essence to control-balance Earth-Spleen Yang-Essence Excess through the `insulting cycle`

1). Acupuncture

Ren Mai: Builds all Yin energy [Sea of Yin]

Kidney 1 [Gushing Spring]

Kidney 3 [Great Ravine]

Tonifies Yin (Qi and Yang)

Kidney 4-[Big Bell]

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.
- 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

Increases ability to `flow' in all aspects of life

Kidney16 [Vitals Transporting Hollow]

Connects Heart and Kidney

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

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

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.)

BL-1: Bring Qi to the `third eye' to enhance new vision

Pituitary gland-endocrine system

For the balance of Yin & Yang through Yin Qiao Mai

BL-62: For awakening & awaReness

Compassion:

Consolation: BL-65

Smiling Sympathy: KI- 4

Calm: KI- 2

Chong Mai + Yin Qiao

Self-reflection

BL-46- [Diaphragm Pass] Gate of Vitality

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

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

CV-15

Source point of all Yin organs

Connects with Jingmn

Liv- 8 [Curved Spring]

Nourish Yin and Blood

SP-6 [Three Yin Crossing]

Yin and Blood

SP 12 [Penetrating Gate]

Tonifies Yin

ST- 30

Crossing point of Chong, Du and Ren Mai

Where Qi enters Chong Mai

Tonifies Kidney [Liver] Essence

BL-23

Nourishes Yin, Blood & Essence

BL-43

Nourishes Essence

BL-31-34: Tonify Kidney Essence

Kidney 15

Kidney- 2 [Especially Yin; Yin Qiao

2). Herbs

Linking Decoction [Yi guan Jian]

Left Returning [Zuo Gui Wan]

Ginseng and Zizyphus [Tian Wang Bu Xin Tang]