

CHONG MAI

FREE CHOICE:

VICTIM OR HERO?

TRAUMA OR RESILIENCE

DEFICIT OR ABUNDANCE

DIVIDES

IN DUALITY:

REN MAI & DU MAI

♀

♂

SPIRITUAL
INHERITAGE, SKILL,
PATH, AUTHENTIC
SELF.

MYSTERIOUS
GATE
SOLAR PLEXUS

DAN-
TIAN

BABY:

NUTRITIONAL
NEEDS NOT
MET
A BIRTH
TRAUMA

POSTNATAL
Qi IS
COMPROMISED
DIGESTIVE
ISSUES
GENERATIVE
FORCE IS
ALTERED
OR
DAMAGED
CHRONIC
ILL-
NESS

PC
6

PC
6

- COLD FEET
- NUMBNESS
- RESTLESS LEGS SYNDROME

SP 4

• Ki SOURCE
POINT

LV 3 / Blood Flow

SP 1

Ki 3

Ki 6

Ki 10

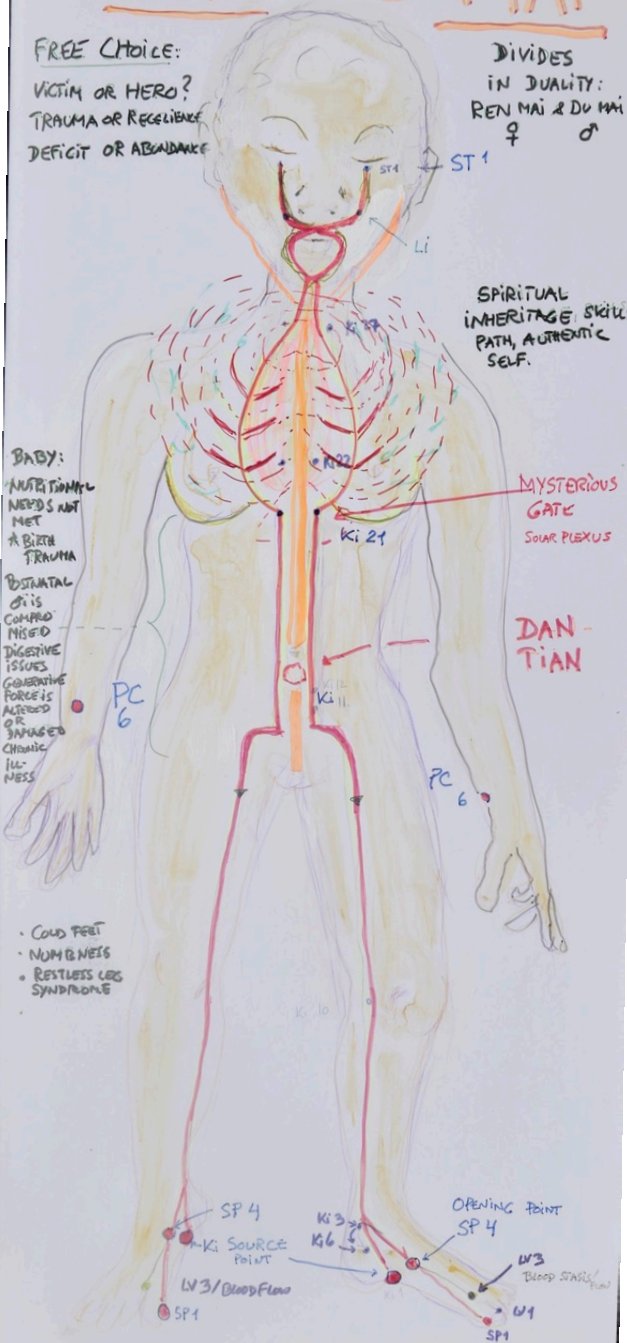
OPENING POINT
SP 4

LV 3

Blood Stasis / Flow

W 1

SP 1



THE PENETRATING VESSEL

BALANCE:

CALMS THE MIND

LOVE & LOGIC

HEART & BRAIN

HEART & UTERUS

REORGANIZES:

STAGNANT ENERGY &

THUS STAGNANT BLOOD

AUTHENTIC SELF

REMOVES OBSTACLES

ANCESTORS WOUNDS

MENTAL ILLNESS
UNRESOLVED TRAUMAS
IN OUR BONES, DNA

DU

REN

HEADACHE, UTERUS,
SPINE, BREATHLESSNESS

UNBALANCE: FROZEN
STAGES

DEPRESSION
HEART

PERSONA

↓
AUTHENTIC
SELF

URO-GENITAL
ORGANS

ABDOMEN, CHEST

EARLY CHILDHOOD

TRAUMA ~ ALTERED
TEMPLATE OF GENERATIVE
FORCE WITHIN US.

POTENTIAL REGULATING
QI HAS BEEN COMPROMISED.

BAD HABITS

TAKE SURFACE

HOT FLASHES - COUNTER
FLOW

ASTMA - COLD FEET

BLOOD STASIS

TUMORS, FIBROMS

RETICULAR
FORMATIA: HABBITS
LIFE PATTERNS

CHONG
MAI

CIRCULATION
VITALITY RESERVOIR

DANTIAN

PRENATAL ESSENCE ~ UTERUS
ORIGINE

YIN[♀] MERIDIAN
PARTNER: DAI MAI[♂]

DEVELOPEMENT

DESTINY - POTENTIAL
ONENESS

SOURCE OF ALL
VESSELS

SEA OF QI & BLOOD

STAGNATION OF QI → STAGNATED
BLOOD

BRIDGE PRENATAL &
POSTNATAL RESOURCES



REN - MAI

MASTER POINT

- CONCEPTION VESSEL
- DIRECTING VESSEL
- THE SEA OF YIN
- LEADS ALL YIN MERID.

+ INTUITIVE

FLUID-WATER
NOURISHMENT
BONDING
CONTAINMENT
EARTH

SELF LOVE
COMPASSION
CARE

FLOW

GROWTH

CONCEIVE

NO

RESISTANCE

CLOSURE - LET GO

LIMITS

OVERVIEW

CALM DOWN

÷ FEAR

OVERCONTROLLING

STAGNATION OF
ENERGY (BURNERS)

INSUFFICIENT SELF CARE

BURNED OUT - STRESS

GUILT

BURDEN
COMPROMISES
PUT YOUR MASK
ON FIRST (NERVOUS)

DARK
WETT

CONTRACTIVE

SOFT DISORDERS:

GYNECOLOGICAL

GENITAL

URINARY

FLUID METABOLISM

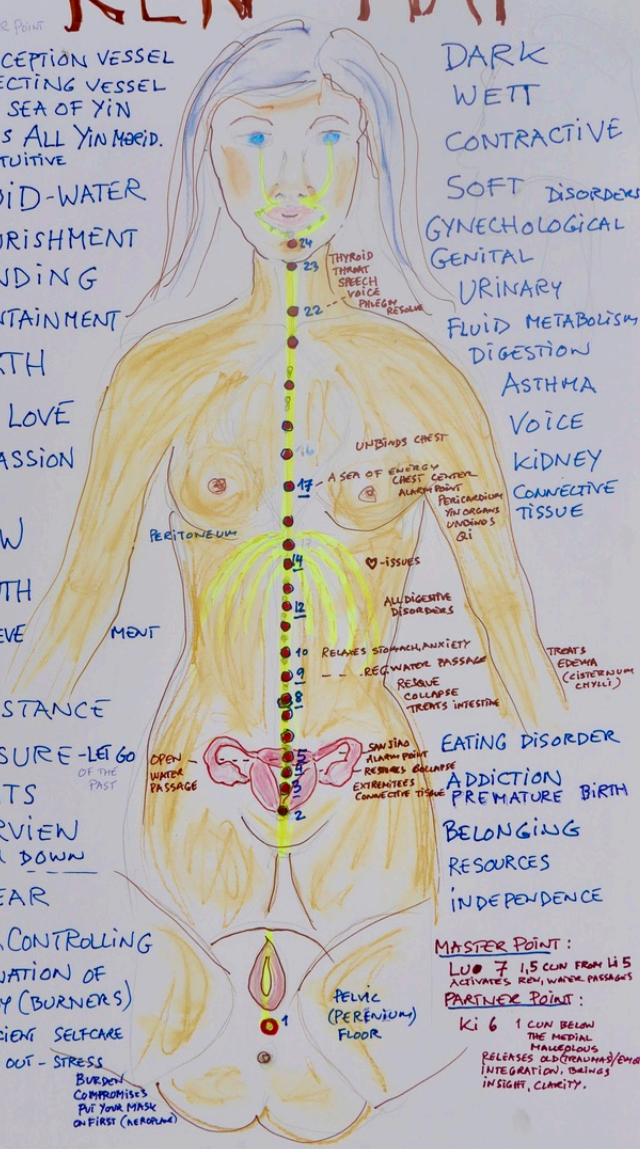
DIGESTION

ASTHMA

VOICE

KIDNEY

CONNECTIVE
TISSUE



EATING DISORDER

ADDICTION
PREMATURE BIRTH

BELONGING

RESOURCES

INDEPENDENCE

MASTER POINT:

LUO 7 1.5 CUN FROM LI 5
ACTIVATES REN, WATER PASSAGE

PARTNER POINT:

KI 6 1 CUN BELOW

THE MEDIAL
MAXILLARY
RELEASES OLD TRAUMAS/EMOTIONS
INTEGRATION, BRINGS
IN SIGHT, CLARITY.

DU



MAI

20 ALL YANG MERIDIANS MEET

THE GOVERNING VESSEL
THE SEA OF INDIVIDUATION
VESSEL OF SEPARATION

28 POINTS

NEUROLOGICAL DISORDERS

INDIVIDUATION - PERSONAL EXPERIENCE

COURAGE, ADVENTURE

LOSS OF INNOCENCE

DRIVE
MOTIVATION
INDEPENDENCE

20 THE HIGHEST YANG POINT
THOUSAND PITAL LOTUS (Bai Hui)
OPENS TO HIGHER MIND - DIVINE NATURE
→ PINEAL GLAND. BALANCES EXCESS AND DEFICIT OF ENERGY (YANG).

16 PALACE OF WIND.
SOAPS ENERGY INTO THE BRAIN. CLARITY
CALM FOCUS, ATTENTION. PROMOTES COMMUNICATION BETWEEN THE MIND AND BODY. PALPITATIONS STIFFNESS →

14 MEETING POINT OF ALL YANG-MERIDIANS
EXTERNAL CONDITIONS. EXPELS PATHOGENS
CLEARS HEAT - ACUTE COLD AND FLU WITH FEVER
CAUSES SWEATING - MAIN POINT
MAIN POINT - REDUCING HIGH FEVERS - UPPER BACK & NECK STIFFNESS

11 SPIRIT PROBLEMS
PALPITATIONS
ANXIETY, FEAR
MEMORY, MOOD
INSOMNIA
MURDER
THINKING
ABSENT-MINDEDNESS

RISEING YANG
RAISES THE FEELING OF
SUPPORT IN LIFE
SELFESTEEM

EXCESS QI/HEAT MUST BE
DRAWN.

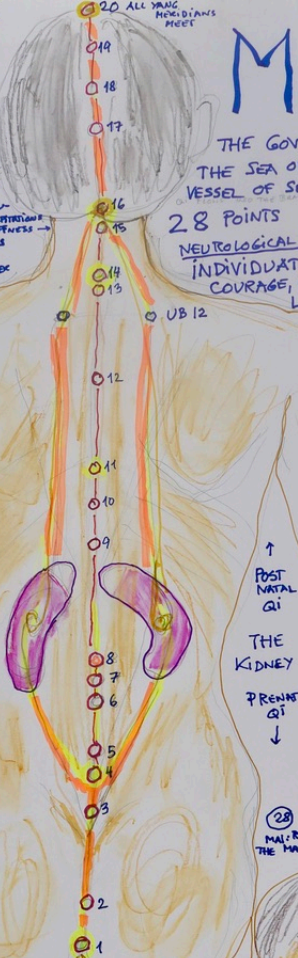
GATE OF DESTINY

4 MING MEN
VITALITY, SPARKLE
STRENGTH - FIRE FOR
TRANSFORMATION - SLOWNESS
NESS - RAISE AND WALK
FOUNDATION OF QI.

1 MAIN POINT FOR
HEMORRHOIDS
URINARY DISORDERS
GENITAL
CONSTIPATION, DIARRHEA
SPIRIT DISORDERS
MANIC DEPRESSION
EPILEPSY

MASTERPOINT: SI 3
COUPLED POINT: UB 62

SI 3 TINY FINGER UNDER 3rd JOINT
UB 62 UNDER THE ANGLE (EXTREMITY)

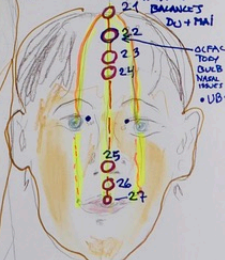


↑
POST
NATAL
Qi

THE
KIDNEY

PRENATAL
Qi
↓

28 MEETING POINT OF DU AND MAI
MAI: REGULATES THE QI FLOW AND
THE MAIN PULSES OF CRANIAL SACRAL
RHYTHMS
BALANCES
DU + MAI



THOUGHT ~ FEELING
MIND ~ BODY

THE LINKING VESSEL
BALANCE THE ENERGY INTERNAL & OUTSIDE

HEAVEN ~ EARTH

YIN

WEI

MASTER P.: P6 PROTECTS THE ♥
INNER GATE

COUPLE P.: SP4
GONG SUN

YIN MERIDIANS: SPLEEN, LUNG
LIVER, PERICARDIUM
KIDNEY, HEART

THROAT CHAKRA
BENEFITS THE TONGUE
DESCENDS Qi - COUGH

BENEFITS THE THROAT & VOICE
WINDOW TO THE SKY-POINT
YIN + CONCEPTION VESSEL
THROAT CHAKRA
DESCENDS REBELLIOUS Qi
ALLEGATES COUGH &
WHEEZING.

GATE OF HOPE --
REGULATES Qi
INVIGORATES BLOOD
HARMONIZES THE
LIVER & STOMACH

INNER GATE P6

SP 13
REGULATES Qi
ALLEGATES MIN

CHONG MEN

SP 12

EDEMA
INVIGORATES BLOOD
REGULATES Qi,
URINATION, DRAINS HEAT
ALLEGATES PAIN

QI MEN
LV 14
ALLEGATES POINT
LIVER

SP 16

DA HENG
SP 15
GREAT HORIZON-
TM. MOVES Qi
REG. INTESTINES

ZHONG GUEST
HOUSE
Ki 9
PREGNANCY
BLOOD SUPPLY
EXHAUSTION
DISHARMONY
BETWEEN Q & Q
MANIC, MENTAL
DISORDERS
ACUTE
CONDITIONS

SUPPORT YIN-ENERGY
BALANCES EMOTIONS IN GENERAL

PROTECTS HEART, TREATS
SADNESS, UPSET, DEPRESSION
EFFECT THYROID, BLOOD STASIS

INTERSECT ALL YIN MERIDIANS
AFFECTS NUTRITIONAL Qi IN THE
BLOOD - BALANCES IT.

FUNDAMENTAL STABILIZATION, ESSENTIAL
BALANCE. REORGANIZES ENERGIES - FLOW.

+ PAST - STAGNATION - HEART PAIN
TOO MUCH YIN, DARKNESS
DEPRESSION - OBSESSIVENESS, PAST FUTURE

NO SPEAK - LOSS OF VOICE
SUICIDE
LIVING IN THE PAST
Qi & BLOOD CONSUMED
FLEXIBILITY - ADJUST
THE USAGE OF YOUR RESOURCES

HOW DO WE USE
OUR POTENTIALS
A RESOURCES IN AN
APPROPRIATE WAY?

THE PATTERN THE
SHAPE, THE QUANTITY
IS THE YING
WEI.

TS 5
OUTER GATE

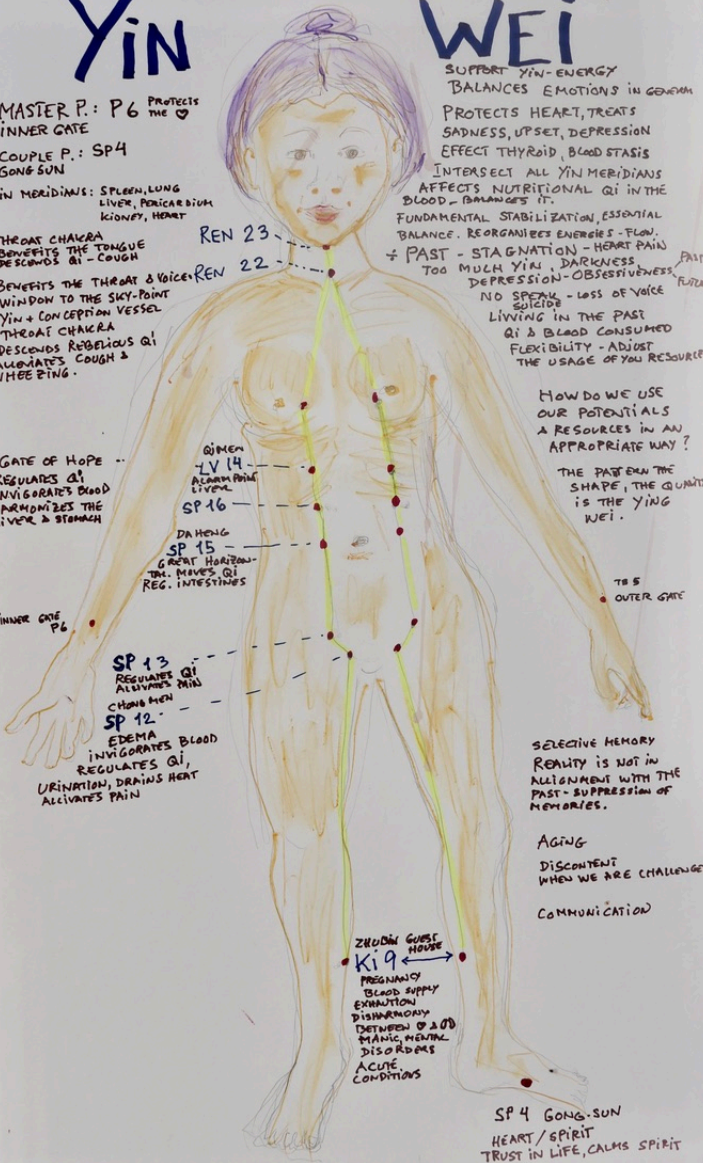
SELECTIVE MEMORY
REALITY IS NOT IN
ALIGNMENT WITH THE
PAST - SUPPRESSION OF
MEMORIES.

AGING

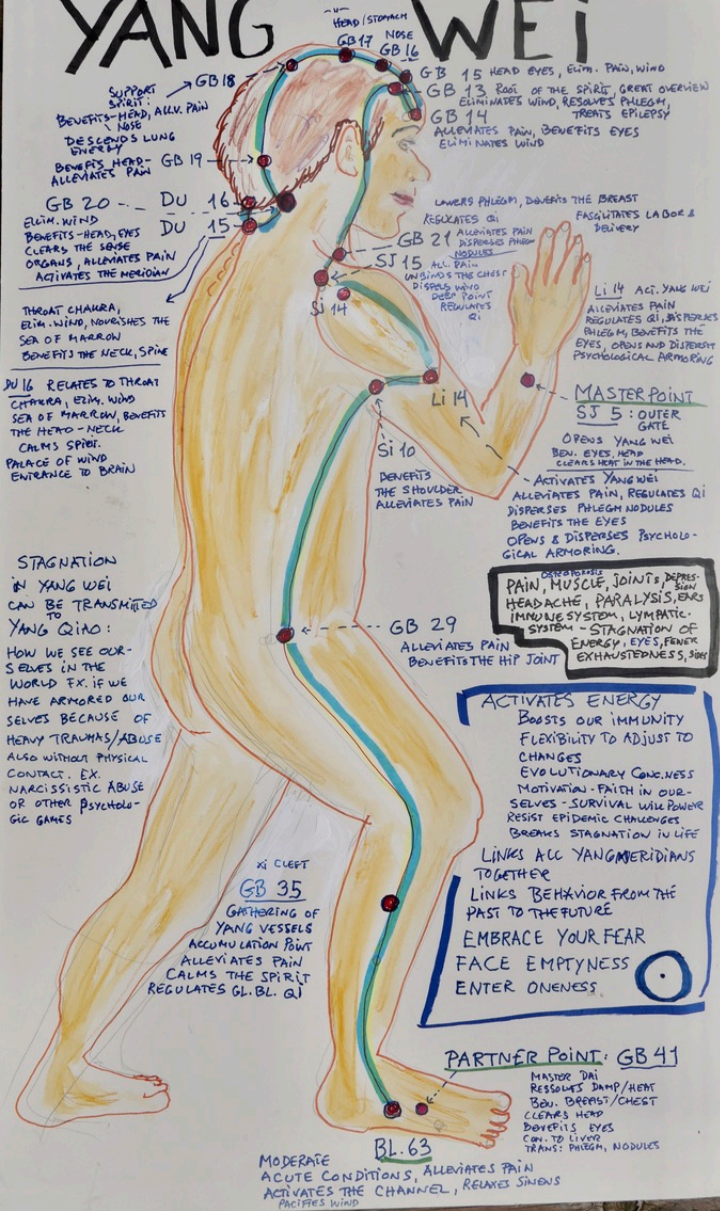
DISCONTENT
WHEN WE ARE CHALLENGED

COMMUNICATION

SP 4 GONG-SUN
HEART/SPIRIT
TRUST IN LIFE, CALMS SPIRIT



YANG WEI



YIN

QIAO

HELPS TO: REGAIN SELF-ACCEPTANCE

WORTHY OF LOVE, KINDNESS,
SELF CARE, SAFER IN THE WORLD

BALANCES: RIGHT & LEFT

NIGHT & DAY

CIRCADIAN RHYTHM

OPENING/CLOSING OF THE EYES

MOTILITY/ STEPPING VESSEL
TO TAKE A STANCE

UB. 1: BRIGHT EYES

MEETING POINT OF: URINARY BLADDER, SMALL
INTESTINE, STOMACH, GALL BLADDER & TRIPLE BURNER
YIN/YANG VESSELS & DUMAI
BENEFITS OVERVIEW, EYES, EXPELS AND
CLEANS HEAT - ENTERS THE BRAIN

GB. 20: EYE DISEASES, SOMNOLENCE
ABDOMINAL PAIN, URINARY ISSUES

BLOOD STASIS, Qi STAGNATION, DAMPNESS

OBSTETRIC PROBLEMS: PROLONGED LABOUR

LOWER BURNER: GENITAL PAIN

HYPOGASTRIC PAIN,

NIGHT TIME EPILEPSY

ST. 9 MEETING POINT - STOMACH & GALLBL.

WINDOW TO THE SOUL POINT/ SEA OF Qi
REGULATES Qi, BLOOD, LOWERS REBELLIOUS Qi
BENEFITS THROAT, NECK, ALLEVIATES PAIN

ST. 12 MEETING POINT OF:
STOMACH, LARGE INTESTINE,
SMALL INTESTINE, TRIPLE BURNER,
GALL BLADDER MERIDIANS.

DESCENDS LUNG Qi, CLEANS HEAT
FROM THE CHEST, ALLEVIATES
PAIN.

STAGNATION OF YIN QIAO
YANG QIAO IS DEFICIENT
WHY IT IS HARD TO TAKE
ACTION IN THE MOMENT.

PARTNER POINT

LU 7

PARTNER POINT
LUNG 7

MASTER OF REN MAI

ALLEVIATES
PAIN, EXPELS
WIND,
REGULATES
WATER
PASSAGES
DESCENDING

FUNCTION OF
THE LUNG

BENEFITS THE HEAD
REGULATES OPEN REN
IN CONTACT WITH DEEP
SADNESS, GRIEF TO
ALLOW RELEASE OF LUNGS
TONIFIES YIN, CALMS THE
BREATH TO OPEN.

PROPERTIES:

TREATS SOMNOLENCE, INSOMNIA,
YANG EXCESS, ATROPHY, EPILEPSY AT
ACCUMULATION IN THE ABDOMEN
STAGNATION OF YIN: BLOOD, PHLEGM, DAMP-
NESS

PAIN WITHOUT LOCATION

WATER METABOLISM PROBLEMS

GENITAL & BLADDER PAIN, DAMPNESS IN

THE LOWER JIAO: COLD, TESTICULAR TUMOR,

BREAST LUMP, ARTHRITIS, HOT FLASHES,

SEXUAL PROBLEMS, TIGHTNESS IN THE THROAT,

LETHARGY, FEELINGS OF BEING BEATEN DOWN,

LOW SELF-ESTEEM, DEPRESSION

ANKLES LINKED TO
INNER CANTHUS OF THE EYES:
STANCE & PERSPECTIVE
Ki 6 UB 1

A BALANCED STANCE
LEADS TO INTERNAL
ALIGNMENT.

Ki. 8

IRREGULAR MENSTRUATION
PROLAPSE OF
UTERUS, HERNIA,
DIARRHEA, CONSTIPATION
CHONG

Ki. 6

MASTER POINT

TONIFIES VITAL ENERGY

CALMS SPIRIT IN A

DEEP LEVEL

BALANCES BODY & MIND

BENEFITS THE THROAT

KIDNEYS, CLEARS DEFICIENCY

HEAT, REGULATES THE LOWER JIAO

Ki. 2

CLEANS
DEFICIENCY OF HEAT
REGULATES THE LIDNENTS / THE LOWER JIAO
SUPPORTS SLEEP, NIGHT SWEATS, EXCESS HEAT
HELPS WITH TREMOR, ANXIETY, NERVOUSNESS
FEELING ISOLATED AND DISCONNECTED

YANG QIAO

MOTILITY-VESSEL
STANCE - STEPPING DOWN
BALANCE - LEFT-RIGHT
YIN - YANG
CIRCADIAN RHYTHM

GB 20 COMMON COLD, NASAL
CONGESTION, HEADACHE, SHOULDER, NECK
ARM-LIMITATION, VERTIGO, EPILEPSY,
CLOSING THE HEAD (LIVER YANG) BENEFIT EYES

LI-16 ALLEVIATES PAIN
BENEFITS THE SHOULDER-JOINT
REGULATES QI/BLOOD
DISSIPATES PHEGMA NODULES

SI-10: BENEFITS THE
SHOULDER, ALLEVIATES PAIN

MUSCULO-SKELETAL PAIN:
NECK, BACK, SHOULDERS, HIPS
ANKLES

MENTAL PROBLEMS

TREATS: INSOMNIA, HIGH BLOOD-
PRESSURE, FATIGUE, HEADACHES,
EXCESS YANG, RED EYES,
MUSCLE SPASMS, NUMBNESS/CRAMPS
EPILEPSY, FIBROMYALGIA, EYE PAIN
BELLS Palsy, CEREBRAL CONGESTION,
NEURALGIA, CHRONIC MUSCLE SPASMS
TEETH GRINDING - MANIA.
EYE PROBLEMS, URINARY
PROBLEMS

TOO MUCH FIRE:

DRYNESS, ITCHING OF SKIN/EYES
FIRE RAISES UPWARDS - LIKE ENERGY
SHIVERING - THE INSTINCTIVE REACTION
HIGH BLOOD PRESSURE, BURN OUT KIDNEYS
THROUGH CONSTANT ADRENALINE PROD.

FUELS ACTIVITY

MUSCLES & SKELETON

WILL POWER

LOCOMOTION

HOLDING BACK

REBELLING

OVERWORK

OVERSTIMULATION

TOO MUCH
ADRENALIN

UB-1 MANY EYE-ISSUE, REDNESS, DRYNESS, PHOTOPHOBIA
ST-10 BRIGHT EYES - MEETING POINT: EPILEPSY, HEADACHES, SHIVERING
BELLS Palsy - TRIGEMINAL NEURALGIA, PARALYSIS, DEVIATION.
ST-3 PAIN, RIGIDITY CHEEK, TOOTHACHE, STROKE
BEAUTY POINT.

ST-4 EATING DISORDERS, EYE PROBLEMS, STROKE, JOINT-
DISORDER, TOOTHACHE

ST-9 STOMACH PROBLEMS, EYE PROBLEMS, STROKE, JOINT-
DISORDER, TOOTHACHE

LI-15 BENEFITS THE
SHOULDER JOINT
ALLEVIATES PAIN
REGULATES QI/BLOOD
DISSIPATES PHEGMA-
NODULES.

PARTNER-POINT:
(MASTER DU)

SI-3 BEN. SINOWS, EYES, NOSE,
EARS, NECK, BACK
CLEAR MIND, EPILEPSY

THE EMPEROR'S LUXURY SUMMER
HOUSE FOR DEEP REST.

GB-29: ALLEVIATES PAIN
BENEFITS HIP-JOINT

TO CONSTANTLY ADJUST IN ORDER
TO BE IN CONTROL OF YOUR ENERGY-USE.

"EVERYTHING CHANGES EXCEPT THE FACT
THAT EVERYTHING CHANGES."

LAO TZU

SYMPATHIC NERVE-SYSTEM } INFLAMMATION - EXTERNAL
YANG - ADRENALIN
PARASYMPATHIC } EXHAUSTION - INTERNAL
YIN - NORADRENALIN

UB-59 ACUTE BACK & LEG PAIN

UB-61 RELAXES SINOWS
ALLEVIATES PAIN

Ki 6
MASTER-POINT OF
YIN QIAO

MASTER-POINT: UB-62 CALMS THE SPIRIT, TREATS EPILEPSY,
BENEFITS THE HEAD & EYES, OPENS/REGULATES YANG QIAO
ALLEVIATES PAIN

DAI MAI

PRENATAL & POSTNATAL PATHWAYS

FUNCTIONS:

I. INTEGRATION OF CHONG, DU & REN MAI
LUMBAR SUPPORT

II. DRAINS AND DETOXIFIES
BLURRED MIND DUE TO A WEAK YANG
DOMINATED BY DAMPNESS OF YIN
THE BELT IS TOO LOOSE

III. UNRESOLVED ISSUES THREATENING
JING - THE ESSENCE - A FULL BUCKET
A TIGHT BELT - OVERFLOW

GB 26, 27, 28 DAI MAI REGULATES IT, DRAINS DAMP,
REGULATES MENSURATION, ACT. GALLBLADDER MERIDIAN
ALLEGATES PAIN, ENDOMETRIOSIS, ABDOMINAL PAIN,
CONSTIPATION, HERNIA, SCROTAL CONDITIONS, LUMBAR PAIN
27+ TRANSFORMS STAGNATED ENERGY, LUMBAR
28 - - -

LV 13 COMPLETION GATE HARMONIZES LIVER & SPLEEN
- GALLBL.
REGULATES MIDDLE JIAO & LOWER JIAO,
STOMACH PAIN, VOMITING, CONSTIPATION, DIARRHEA,
BLOATING, LOSS OF APPETITE, FATTY LIVER, BROWN THE FREE
END OF 11TH RIB.

UB 52 RESIDENCE OF THE WILL
TONIFIES KIDNEY ESSENCE, STRENGTHENS BACK
WILL POWER, L2 INDICATIONS, URINARY ISSUES,
EDEMA, GENITAL PAIN, SWELLING, IMPOTENCE,
KNEE DISORDERS, LUMBAR PAIN, IRREG. MENSES,
VOMITING, SEMINAL EMISSIONS.

UB 23 KIDNEY SHU
WEAK KNEES, TINNITUS,
LOWER BACK, BLURRED VISION,
DEAFNESS, OEDEMA, ASTHMA,
DIARRHOEA, IMPOTENCE, IRR. MENSTR.
INFERTILITY, TONIFIES KIDNEY ESSENCE
BENEFITS BONE & MARROW
RESOLVES DAMP, BENEF. URINE, EYES, EARS
STRENGTHENS KIDNEYS, UTERUS

2 PATHWAYS
POSTNATAL
UB 23
DU 4
PRENATAL



DU 4 - ACCESS TO DAI MAI
GATE OF LIFE
MING MEN
PALACE OF ESSENCE
RESIDENCE OF THE WILL
CLEARS HEAT
REGULATES DAI MAI
TONIFIES THE KIDNEYS
LV 13 & DU 4
ANCHORS DAI MAI'S
ENERGY

BELOW THE 2ND LUMBAR JOINT

AILMENTS - BORDERED - WEAK DAI MAI

DAMPNESS IS A SURVIVAL
STRATEGY

HIP & GROIN PAIN
LOW BACK PAIN
PROSTATITIS
PAINFUL PERIODS DUE TO
FIBROSIS / CYSTS
IMPOTENCE
PAINFUL INTERCOURSE
INFERTILITY
OBESITY
HORMONAL PROBLEMS
LUMBAR PAIN
INABILITY TO TURN
LEG PAIN
DIARRHOEA
SPINAL DISEASE (Spondylosis)
EPILEPSY
MOUTH DISEASES
LACK OF VITALITY
NERVOUS DISORDER
DEPRESSION
IRRITABILITY, ANGER
STIFF NECK
URINARY, HEADACHE'S NOT
(LIVER - GALLBLADDER EYES)
CO. LO. LEG'S, MUSCLE PAIN
WAI GUAN

PARTNER POINT

SI 5 OUTER GATE

RELEASES AND
EXPELS MIND, NOSE, EARS,
ALLEGATES PAIN, OPENS THE
VULVA
HEAT, ACTIVATES SAN JIAO
(THE 3 JIAO'S MERIDIAN)

KI 16 VITAL SHU TUNNY KIDNEYS
BEH. HEART, MEMORIZES, MORE EASILY
REACHES THE ABDOMEN, REGULATES PAIN
REGULATES INTERESTINE, ABDOMINAL
DISTENTION, CONSTIPATION, VOMITING

GB 26
ABDOMINAL, CYSTS,
ENDOMETRIOSIS, HERNIA
INTESTINAL DISORDERS
LEUCORRHOEA, LUMBAR PAIN
IRREG. MENSES, UTERINE PROLAPSE
REGULATES DAI MAI VESSEL, DRAINS DAMP,
ALLEGATES PAIN, STOPS LEUCORRHOEA
ACTIVATES THE GALLBLADDER, ALLEGATES PAIN
ST. 15 STRENGTHENS LEGS, RESOLVES DAMPNESS, REGULATES
GI, ALLEGATES PAIN, CONSTIPATION, DIARRHOEA, INTERESTINE, LIVER
FROM THIS LIFE

ST. 15 STRENGTHENS LEGS, RESOLVES DAMPNESS, REGULATES
GI, ALLEGATES PAIN, CONSTIPATION, DIARRHOEA, INTERESTINE, LIVER
FROM THIS LIFE

ST. 25 REG. INTERESTINE, DIGESTIVE SYSTEM, CONSTIPATION / DIARRHOEA
RESOLVES DAMPNESS, CLEARS HEAT, STOMACH / INTERESTINE, INVIGORATES
THE BEARD, CALMS THE MIND & OPENS ORIFICES, LOSS OF APPETITE
CONSTIPATION, EDEMA, DUODENAL ULCER, INFERTILITY, PERITONITIS
HERNIA, ABDOMINAL DISTENTION, VOMITING

REN 8 SPIRIT GATE - NO NEEDLING! COME OF UMBILICUS
RESOLVE, WARM YANG, REG. INTERESTINE, SUDDEN LOSS OF CONSCIOUSNESS
PAIN, CHILLS NOT TO USE DURING EPILEPTIC ATTACK. PROLAPSE RECTUM
HAEMORRIDS, MISCARRIAGE (YANG DEFICIENCY), SWELLING IN BLADDER
PAIN OF ABDOMEN. ACCESS TO DAN TIAN - MATRIX

ST. 25 REG. INTERESTINE, DIGESTIVE SYSTEM, CONSTIPATION / DIARRHOEA
RESOLVES DAMPNESS, CLEARS HEAT, STOMACH / INTERESTINE, INVIGORATES
THE BEARD, CALMS THE MIND & OPENS ORIFICES, LOSS OF APPETITE
CONSTIPATION, EDEMA, DUODENAL ULCER, INFERTILITY, PERITONITIS
HERNIA, ABDOMINAL DISTENTION, VOMITING

REN 8 SPIRIT GATE - NO NEEDLING! COME OF UMBILICUS
RESOLVE, WARM YANG, REG. INTERESTINE, SUDDEN LOSS OF CONSCIOUSNESS
PAIN, CHILLS NOT TO USE DURING EPILEPTIC ATTACK. PROLAPSE RECTUM
HAEMORRIDS, MISCARRIAGE (YANG DEFICIENCY), SWELLING IN BLADDER
PAIN OF ABDOMEN. ACCESS TO DAN TIAN - MATRIX

REN 8 SPIRIT GATE - NO NEEDLING! COME OF UMBILICUS
RESOLVE, WARM YANG, REG. INTERESTINE, SUDDEN LOSS OF CONSCIOUSNESS
PAIN, CHILLS NOT TO USE DURING EPILEPTIC ATTACK. PROLAPSE RECTUM
HAEMORRIDS, MISCARRIAGE (YANG DEFICIENCY), SWELLING IN BLADDER
PAIN OF ABDOMEN. ACCESS TO DAN TIAN - MATRIX

REN 8 SPIRIT GATE - NO NEEDLING! COME OF UMBILICUS
RESOLVE, WARM YANG, REG. INTERESTINE, SUDDEN LOSS OF CONSCIOUSNESS
PAIN, CHILLS NOT TO USE DURING EPILEPTIC ATTACK. PROLAPSE RECTUM
HAEMORRIDS, MISCARRIAGE (YANG DEFICIENCY), SWELLING IN BLADDER
PAIN OF ABDOMEN. ACCESS TO DAN TIAN - MATRIX

REN 8 SPIRIT GATE - NO NEEDLING! COME OF UMBILICUS
RESOLVE, WARM YANG, REG. INTERESTINE, SUDDEN LOSS OF CONSCIOUSNESS
PAIN, CHILLS NOT TO USE DURING EPILEPTIC ATTACK. PROLAPSE RECTUM
HAEMORRIDS, MISCARRIAGE (YANG DEFICIENCY), SWELLING IN BLADDER
PAIN OF ABDOMEN. ACCESS TO DAN TIAN - MATRIX

REN 8 SPIRIT GATE - NO NEEDLING! COME OF UMBILICUS
RESOLVE, WARM YANG, REG. INTERESTINE, SUDDEN LOSS OF CONSCIOUSNESS
PAIN, CHILLS NOT TO USE DURING EPILEPTIC ATTACK. PROLAPSE RECTUM
HAEMORRIDS, MISCARRIAGE (YANG DEFICIENCY), SWELLING IN BLADDER
PAIN OF ABDOMEN. ACCESS TO DAN TIAN - MATRIX

REN 8 SPIRIT GATE - NO NEEDLING! COME OF UMBILICUS
RESOLVE, WARM YANG, REG. INTERESTINE, SUDDEN LOSS OF CONSCIOUSNESS
PAIN, CHILLS NOT TO USE DURING EPILEPTIC ATTACK. PROLAPSE RECTUM
HAEMORRIDS, MISCARRIAGE (YANG DEFICIENCY), SWELLING IN BLADDER
PAIN OF ABDOMEN. ACCESS TO DAN TIAN - MATRIX

REN 8 SPIRIT GATE - NO NEEDLING! COME OF UMBILICUS
RESOLVE, WARM YANG, REG. INTERESTINE, SUDDEN LOSS OF CONSCIOUSNESS
PAIN, CHILLS NOT TO USE DURING EPILEPTIC ATTACK. PROLAPSE RECTUM
HAEMORRIDS, MISCARRIAGE (YANG DEFICIENCY), SWELLING IN BLADDER
PAIN OF ABDOMEN. ACCESS TO DAN TIAN - MATRIX

REN 8 SPIRIT GATE - NO NEEDLING! COME OF UMBILICUS
RESOLVE, WARM YANG, REG. INTERESTINE, SUDDEN LOSS OF CONSCIOUSNESS
PAIN, CHILLS NOT TO USE DURING EPILEPTIC ATTACK. PROLAPSE RECTUM
HAEMORRIDS, MISCARRIAGE (YANG DEFICIENCY), SWELLING IN BLADDER
PAIN OF ABDOMEN. ACCESS TO DAN TIAN - MATRIX

REN 8 SPIRIT GATE - NO NEEDLING! COME OF UMBILICUS
RESOLVE, WARM YANG, REG. INTERESTINE, SUDDEN LOSS OF CONSCIOUSNESS
PAIN, CHILLS NOT TO USE DURING EPILEPTIC ATTACK. PROLAPSE RECTUM
HAEMORRIDS, MISCARRIAGE (YANG DEFICIENCY), SWELLING IN BLADDER
PAIN OF ABDOMEN. ACCESS TO DAN TIAN - MATRIX

REN 8 SPIRIT GATE - NO NEEDLING! COME OF UMBILICUS
RESOLVE, WARM YANG, REG. INTERESTINE, SUDDEN LOSS OF CONSCIOUSNESS
PAIN, CHILLS NOT TO USE DURING EPILEPTIC ATTACK. PROLAPSE RECTUM
HAEMORRIDS, MISCARRIAGE (YANG DEFICIENCY), SWELLING IN BLADDER
PAIN OF ABDOMEN. ACCESS TO DAN TIAN - MATRIX

REN 8 SPIRIT GATE - NO NEEDLING! COME OF UMBILICUS
RESOLVE, WARM YANG, REG. INTERESTINE, SUDDEN LOSS OF CONSCIOUSNESS
PAIN, CHILLS NOT TO USE DURING EPILEPTIC ATTACK. PROLAPSE RECTUM
HAEMORRIDS, MISCARRIAGE (YANG DEFICIENCY), SWELLING IN BLADDER
PAIN OF ABDOMEN. ACCESS TO DAN TIAN - MATRIX

REN 8 SPIRIT GATE - NO NEEDLING! COME OF UMBILICUS
RESOLVE, WARM YANG, REG. INTERESTINE, SUDDEN LOSS OF CONSCIOUSNESS
PAIN, CHILLS NOT TO USE DURING EPILEPTIC ATTACK. PROLAPSE RECTUM
HAEMORRIDS, MISCARRIAGE (YANG DEFICIENCY), SWELLING IN BLADDER
PAIN OF ABDOMEN. ACCESS TO DAN TIAN - MATRIX

REN 8 SPIRIT GATE - NO NEEDLING! COME OF UMBILICUS
RESOLVE, WARM YANG, REG. INTERESTINE, SUDDEN LOSS OF CONSCIOUSNESS
PAIN, CHILLS NOT TO USE DURING EPILEPTIC ATTACK. PROLAPSE RECTUM
HAEMORRIDS, MISCARRIAGE (YANG DEFICIENCY), SWELLING IN BLADDER
PAIN OF ABDOMEN. ACCESS TO DAN TIAN - MATRIX

REN 8 SPIRIT GATE - NO NEEDLING! COME OF UMBILICUS
RESOLVE, WARM YANG, REG. INTERESTINE, SUDDEN LOSS OF CONSCIOUSNESS
PAIN, CHILLS NOT TO USE DURING EPILEPTIC ATTACK. PROLAPSE RECTUM
HAEMORRIDS, MISCARRIAGE (YANG DEFICIENCY), SWELLING IN BLADDER
PAIN OF ABDOMEN. ACCESS TO DAN TIAN - MATRIX

REN 8 SPIRIT GATE - NO NEEDLING! COME OF UMBILICUS
RESOLVE, WARM YANG, REG. INTERESTINE, SUDDEN LOSS OF CONSCIOUSNESS
PAIN, CHILLS NOT TO USE DURING EPILEPTIC ATTACK. PROLAPSE RECTUM
HAEMORRIDS, MISCARRIAGE (YANG DEFICIENCY), SWELLING IN BLADDER
PAIN OF ABDOMEN. ACCESS TO DAN TIAN - MATRIX

REN 8 SPIRIT GATE - NO NEEDLING! COME OF UMBILICUS
RESOLVE, WARM YANG, REG. INTERESTINE, SUDDEN LOSS OF CONSCIOUSNESS
PAIN, CHILLS NOT TO USE DURING EPILEPTIC ATTACK. PROLAPSE RECTUM
HAEMORRIDS, MISCARRIAGE (YANG DEFICIENCY), SWELLING IN BLADDER
PAIN OF ABDOMEN. ACCESS TO DAN TIAN - MATRIX

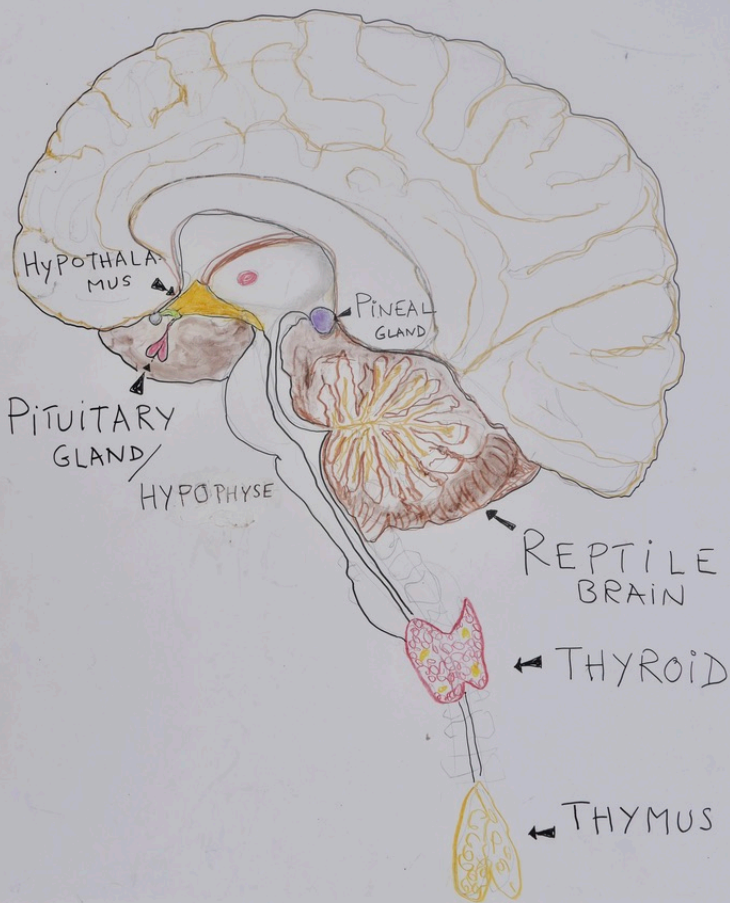
REN 8 SPIRIT GATE - NO NEEDLING! COME OF UMBILICUS
RESOLVE, WARM YANG, REG. INTERESTINE, SUDDEN LOSS OF CONSCIOUSNESS
PAIN, CHILLS NOT TO USE DURING EPILEPTIC ATTACK. PROLAPSE RECTUM
HAEMORRIDS, MISCARRIAGE (YANG DEFICIENCY), SWELLING IN BLADDER
PAIN OF ABDOMEN. ACCESS TO DAN TIAN - MATRIX

REN 8 SPIRIT GATE - NO NEEDLING! COME OF UMBILICUS
RESOLVE, WARM YANG, REG. INTERESTINE, SUDDEN LOSS OF CONSCIOUSNESS
PAIN, CHILLS NOT TO USE DURING EPILEPTIC ATTACK. PROLAPSE RECTUM
HAEMORRIDS, MISCARRIAGE (YANG DEFICIENCY), SWELLING IN BLADDER
PAIN OF ABDOMEN. ACCESS TO DAN TIAN - MATRIX

REN 8 SPIRIT GATE - NO NEEDLING! COME OF UMBILICUS
RESOLVE, WARM YANG, REG. INTERESTINE, SUDDEN LOSS OF CONSCIOUSNESS
PAIN, CHILLS NOT TO USE DURING EPILEPTIC ATTACK. PROLAPSE RECTUM
HAEMORRIDS, MISCARRIAGE (YANG DEFICIENCY), SWELLING IN BLADDER
PAIN OF ABDOMEN. ACCESS TO DAN TIAN - MATRIX

GB 41 GATE OF YEARS - RELEASE -
TRANSFORM PHLEGM, CLEARS HEAD,
BEN. GUEST, CLEARS EYES
DISTINGUISH NOBLES
STRENGTHEN LIVER GI
LUMBAR PAIN

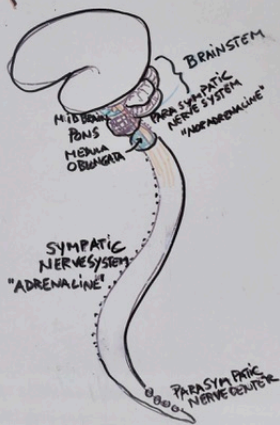
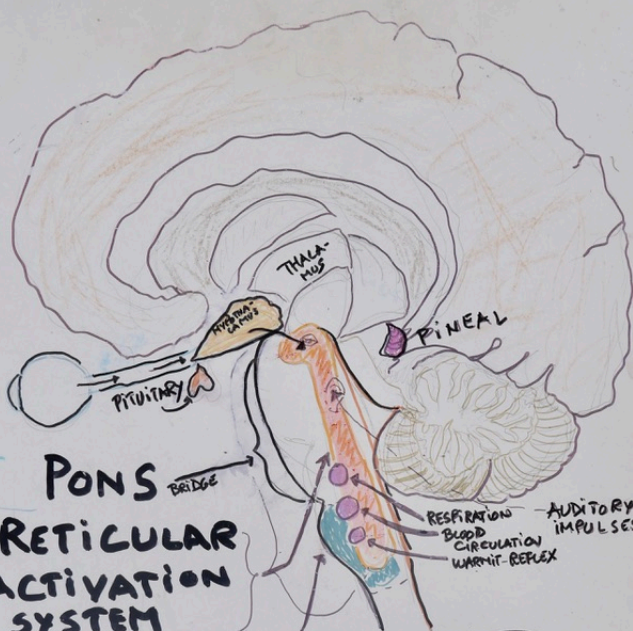
MASTER POINT

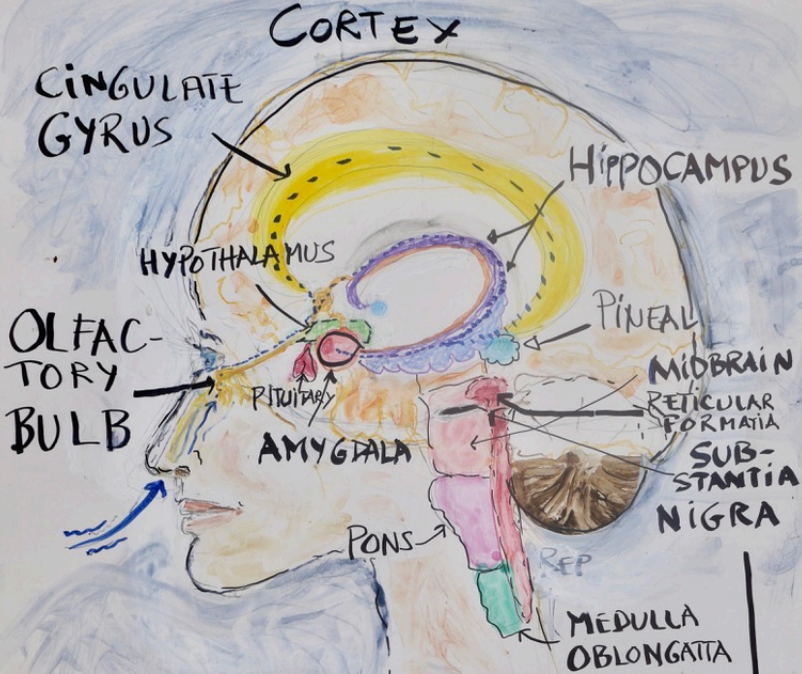


BRAIN STEM

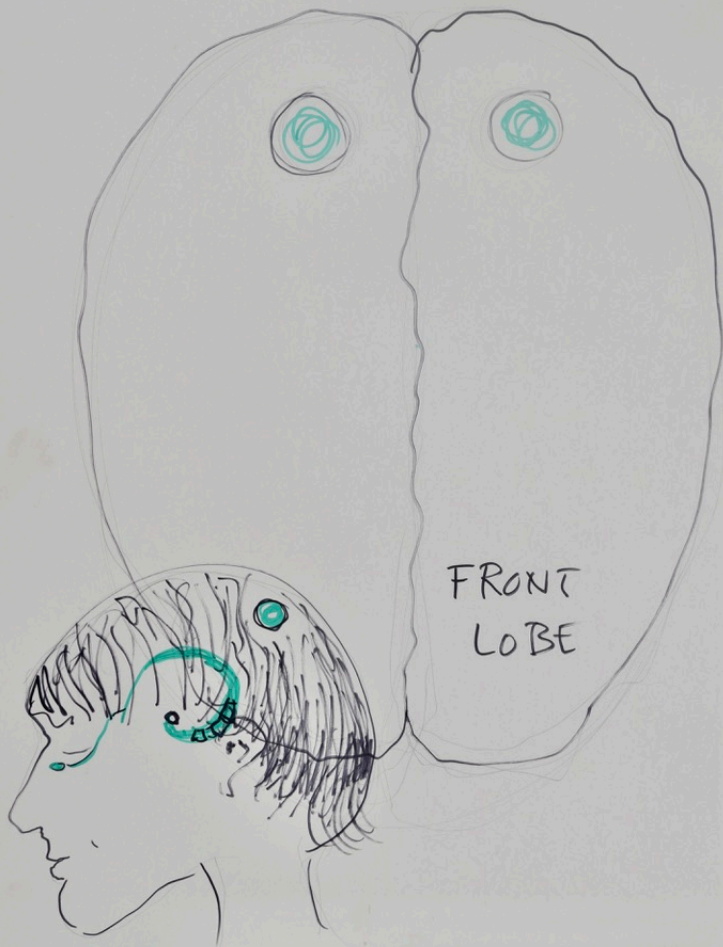
PONS BRIDGE RETICULAR ACTIVATION SYSTEM MEDULLA OBLONGATA

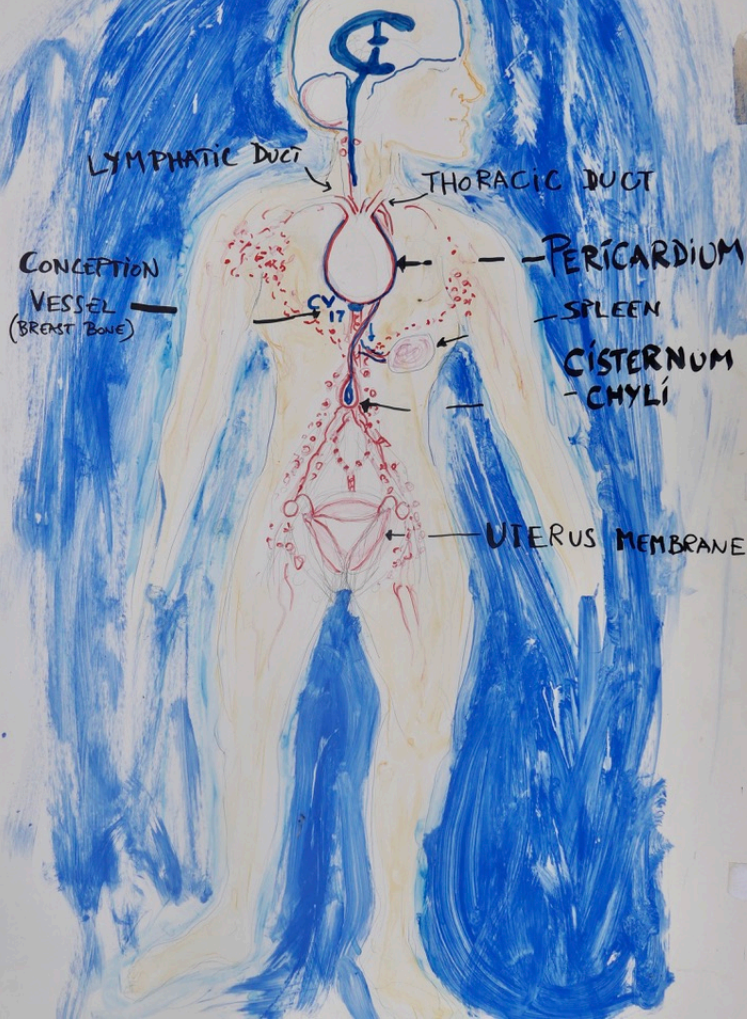
**FORMATIO
REGULARIS:**
FILTER THAT
REGULATES
CONSCIOUSNESS
&
HABITS





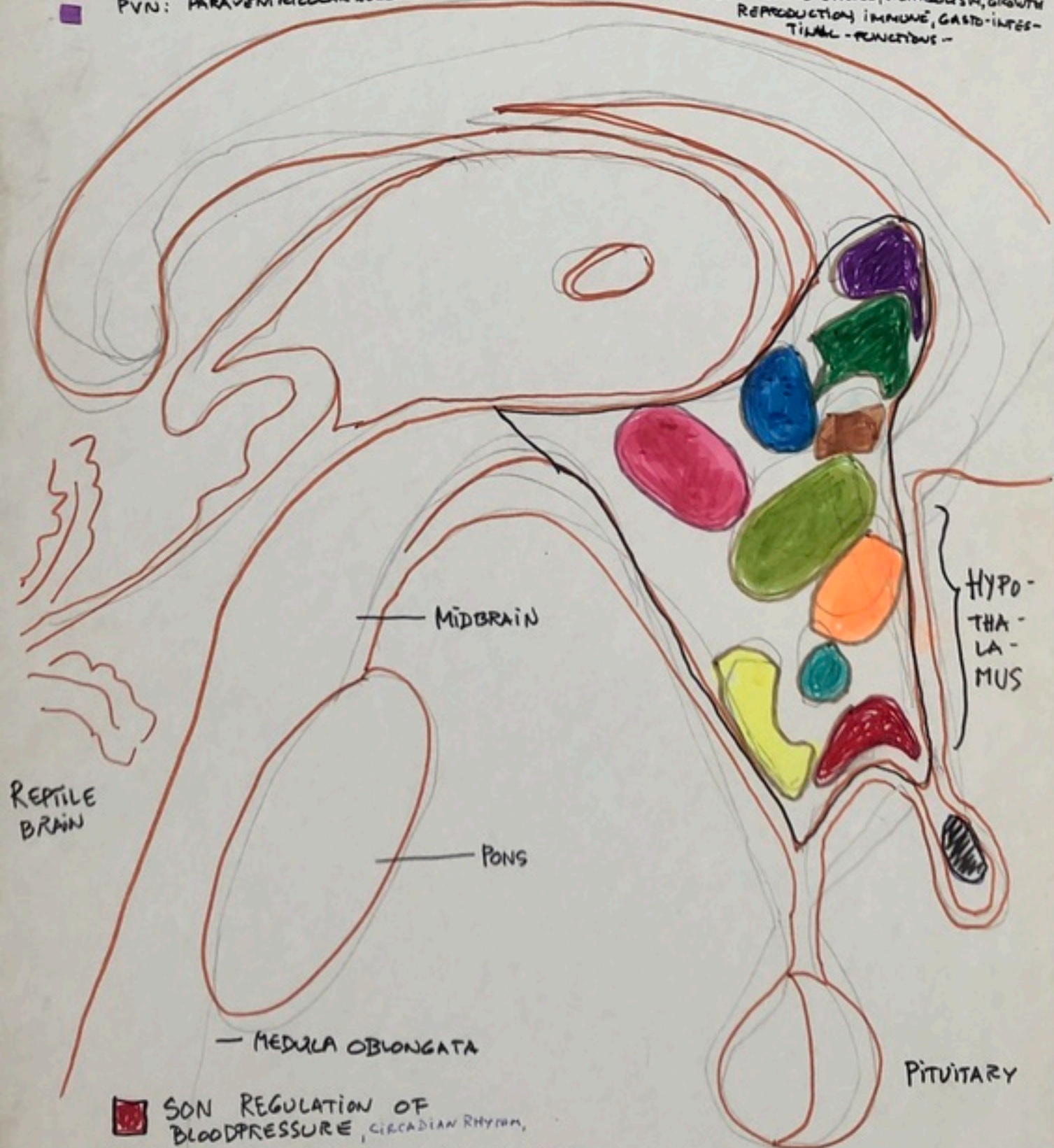
BACK





HYPOTHALAMUS

- SON: SUPRA OPTIC NUCLEUS - PRODUCES VASOPRESSIN = ANTI DIURETIC HORMONE ADH & OXYTOCIN
- ARC: REGULATES THE RELEASE OF HORMONES (EX. GNRH & PROLACTIN), APPETITE AND GROWTH (ARCuate) NUCLEUS
- TN: TUBULAR NUCLEUS - INVOLVED IN TRANSMISSION OF RELEASING HORMONES TO THE PITUITARY PORTAL - MAY BE INVOLVED IN REGULATION OF MOTOR ACTIVITY - CONNECTED TO THE CEREBELLUM.
- AH: ANTERIOR HY. PRODUCES SPEXIN (SPX) A RECENTLY IDENTIFIED NEUROPEPTIDE - IMP. ROLE OF ENERGY HOMEOSTASIS - CONNECTED TO LEPTIN ACTION. APPETITE REGULATION.
- VMN: VENTRO MEDIAL NUCLEUS - A COMPLEX STRUCTURE → NEUROENDOCRINE FUNCTIONS - GLUCOSE REGULATION, THERMOGENESIS, APPETITE, SOCIAL & SEXUAL BEHAVIORS. SYMPATHETIC ACTIVITY, DAMAGE → OBESITY.
- LH: LATERAL HYPOTHALAMUS - FEEDING CENTER - SWITCH - COGNITIVE CONTROL: MCH NEURONS - MELANIN-CONCENTRATING HORMONE - HOMEOSTATIC REGULATION AND MOTIVATED BEHAVIORS IMPACT ON THE ENTIRE CENTRAL NERVOUS-SYSTEM. ENERGY BALANCE, SLEEP, LEARNING & MEMORY PROCES.
- PH: POSTERIOR HYPOTHALAMUS - THETA RHYTHM - SLEEP - HIPPOCAMPAL SYNCHRONIZING PATHWAY BRAINSTEM, FREQUENCY MODULATION - CELL-DISCHARGE
- DMN: DORSO MEDIAL NUCLEUS - CRITICAL FOR THE CIRCADIAN RHYTHMS AND RECEIVES INPUT FROM MONITORING SYSTEMS OF FOOD AVAILABILITY.
- MMB: MAMMARY BODY - FAT
- PVN: PARAVENTRICULAR NUCLEUS - PRINCIPAL MOTOR OF HYPOTHAL. CONTROLLING STRESS, METABOLISM, GROWTH REPRODUCTION, IMMUNE, GASTRO-INTESTINAL - FUNCTIONS -



■ SON REGULATION OF BLOODPRESSURE, CIRCADIAN RHYTHM,

■ ARC GROWTH HORMONE RELEASE FOOD INTAKE, BODY WEIGHT

■ TN FEEDING

■ AH ENERGY BALANCE THERMO REGULATION

■ VMN ENERGY BALANCE GLUCOSE METABOLISM

■ SUPRA CHIASMATIC NUCLEUS COUNTS THE INTAKE OF LIGHT → PINEAL - CIRCADIAN RHYTHM (PACEMAKER)

■ LH FEEDING REWARD

■ PH STRESS RESPONSE

■ DMN ENERGY EXPENDITURE

■ MMB COLLECTIVE MEMORY INPUT TO ANTERIOR HYPOTHALAMUS

■ PVN STRESS RESPONSE FOOD INTAKE

YANG QIAO
ACCUMULATION



STORING OF TRAUMAS
(PRE- & PAST NATAL)

BATTERY

ENERGETIC MATRIX
YIN QIAO ACC.
STORING OF TRAUMAS

(PRE- & PAST)
NATAL
SURVIVE
INSTINCTS

PARTNER
SI 3
YIN Q.

Y
A
N
G
Q
I
A
O

Y
I
N
Q
I
A
O

Y
A
N
G
Q
I
A
O

OVER ACTIVITY
MOVEMENT
HEAT

UB 1

GB 21

SHOULDER BLADES

SOLAR PLEXUS
ADRENAL GLANDS
KIDNEYS

DANTIAN
LOW ACTIVITY
STAGNATION-FREEZE

SACRUM

WRIST
LU 7
PARTNER
YIN Q.

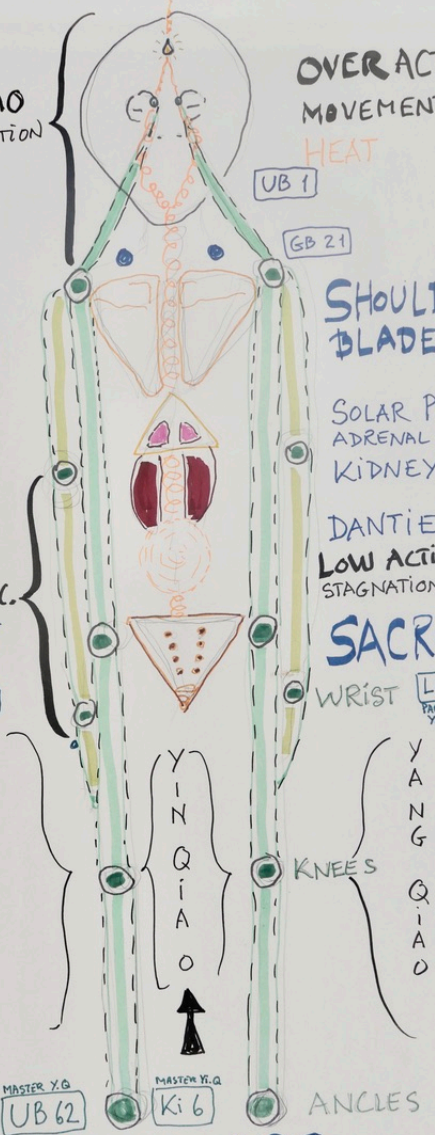
KNEES

MASTER YIN Q.
UB 62

MASTER YANG Q.
KI 6

ANCELES

STANCE



DU MAI & REN MAI

BALANCE

FEBRILE
DISEASES

PARKINSSONS

HEMMORROIDS

MEMORY

STROKE

NEUROLOGY

ACHING IN THE HEAD,
NECK, BACK

SPINAL PROBLEMS -
STIFFNESS

DUMAI 20 BAI HUI

DU MAI 16 PALACE OF
THE WIND

CHONG MAI, REN MAI & DU MAI:
THE MATRIX OF OUR RESOURCES
CONNECT

TO THE SENSES

CORTISOL
PRODUCTION

KIDNEYS

DANTIAN →

MING MEN - ENERGY
RAISE AND WALK

DU MAI 1



THE 8 MASTER POINTS

SMALL
INTESTINE 3
DU MAI

PERICARDIUM 6
YIN WEI

LUNG 7
REN MAI

ABDOMEN, CHEST, STOMACH
HEART, INNER LEGS

BACK, SPINE, BACK OF LEGS,
NECK, HEAD, EYES, BRAIN
OUTSIDE LEGS, HIGHER JIAO

CHEST, ABDOMEN, THROAT, FACE
LUNGS, INSIDE LEGS, EYES, LOWER
JIAO

WAIST AREA, MIDDLE JIAO, SIDES OF
THE BODY, OUTER LEGS, SHOULDERS,
NECK, HEAD, SIDE OF NECK, BACK

SAN JIAO
5 YANG WEI

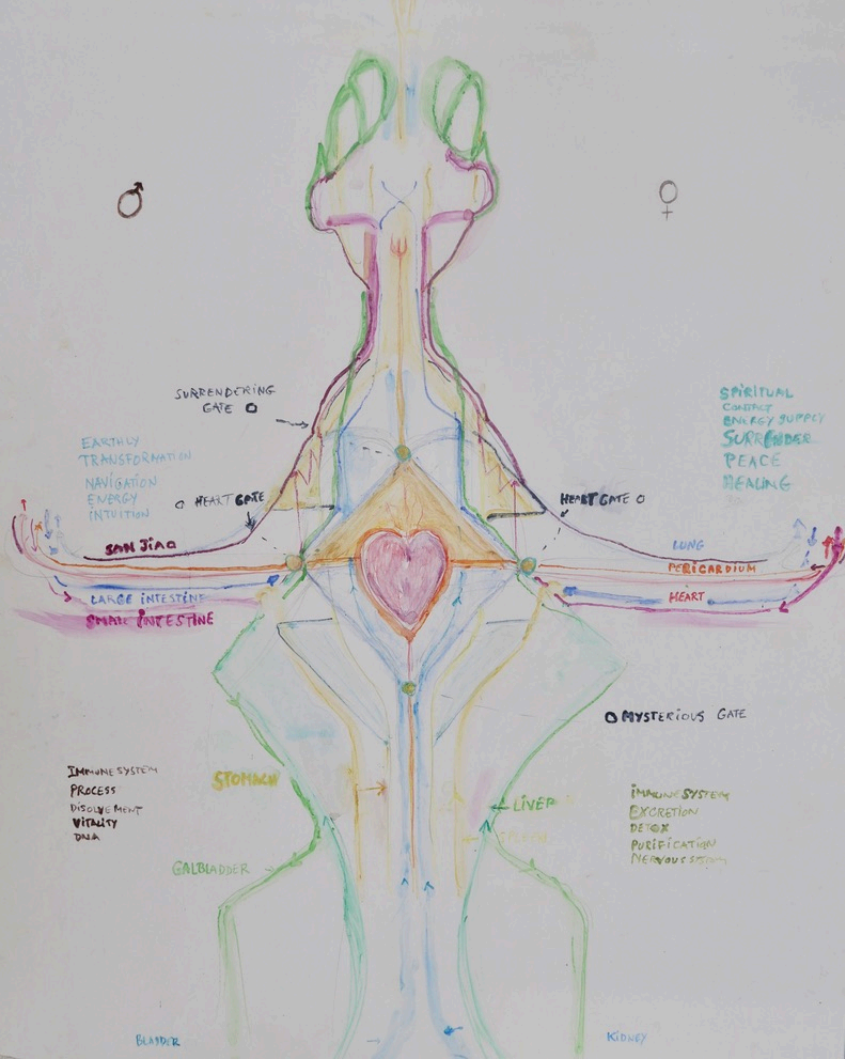
BLADDER 62
YANG QIAO

GALLBLADDER
41
DAI MAI

KIDNEY 6
YIN QIAO

SPLEEN 4
CHONG MAI





HEA VEN

14 MERIDIANS:

2 MIDDLE
+ MERIDIANS

FRONT
BACK

12 MERIDIANS

3 ARM 3 ARM

3 LEG 3 LEG

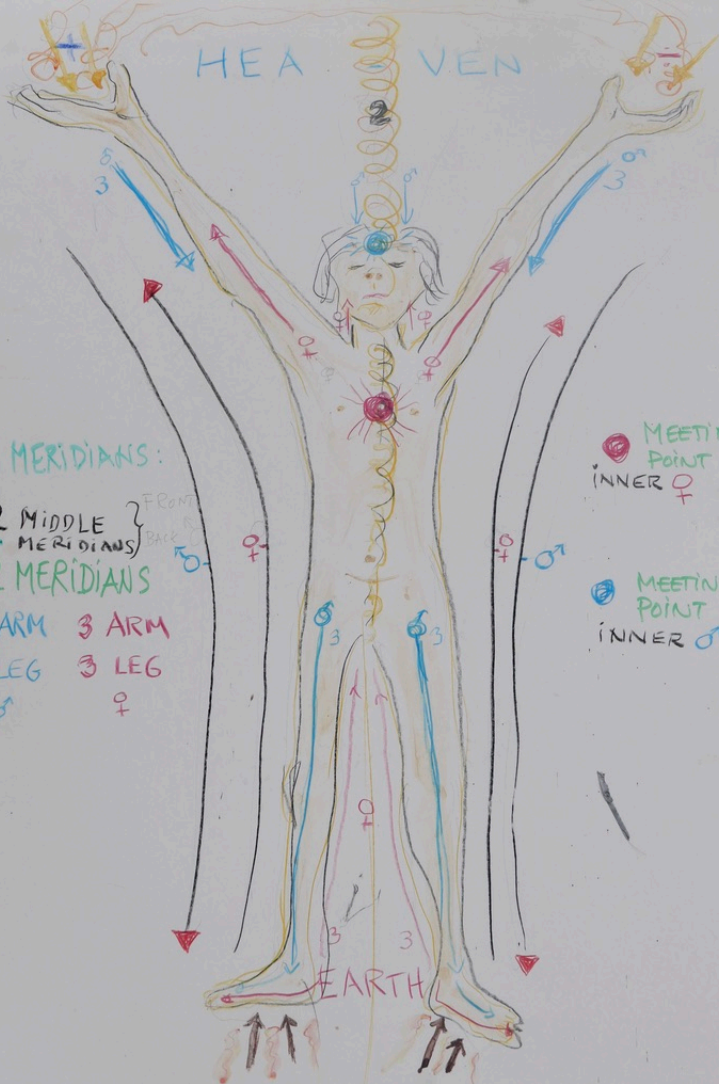
♂

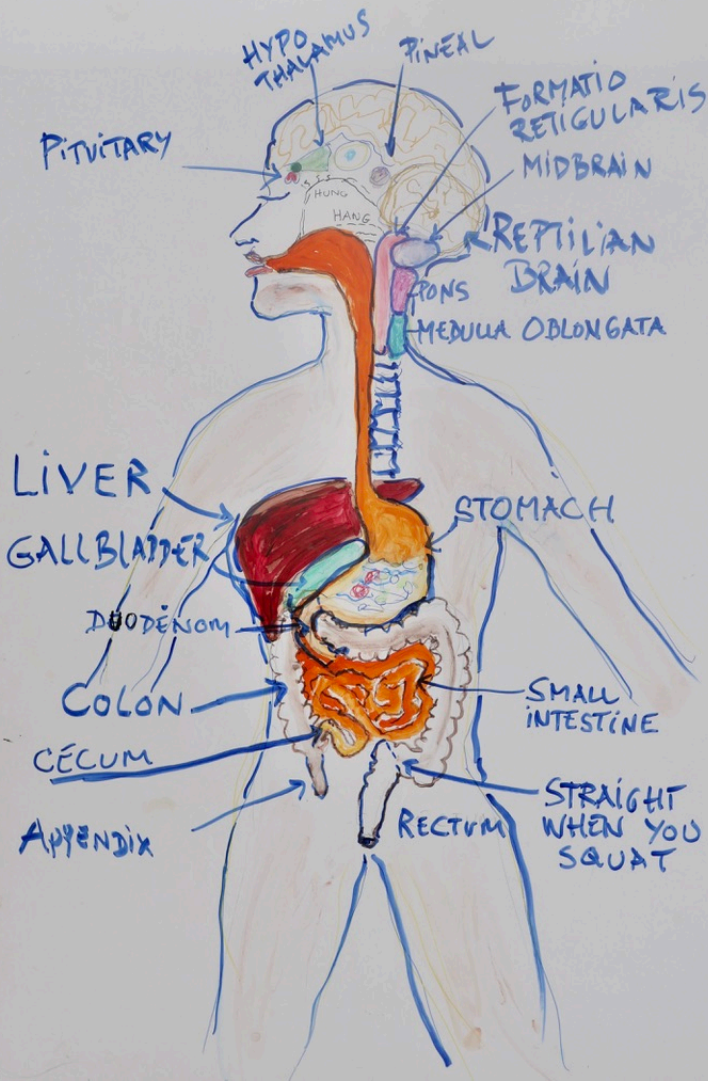
♀

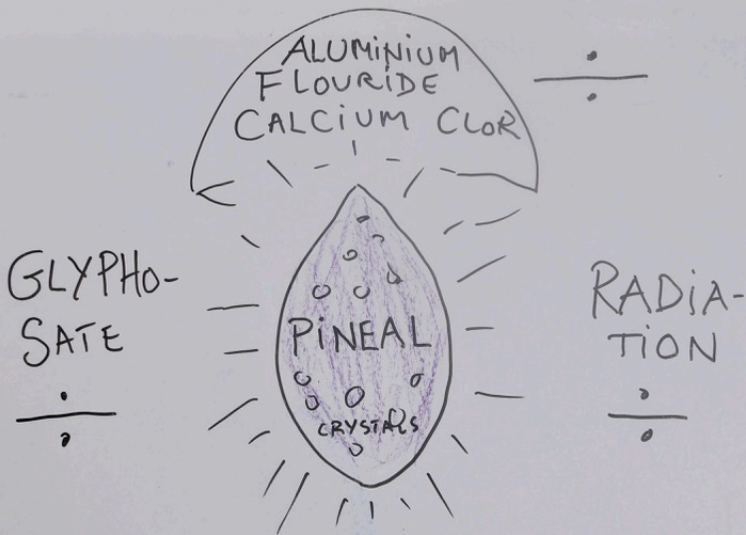
MEETING
POINT
INNER ♀

MEETING
POINT
INNER ♂

EARTH



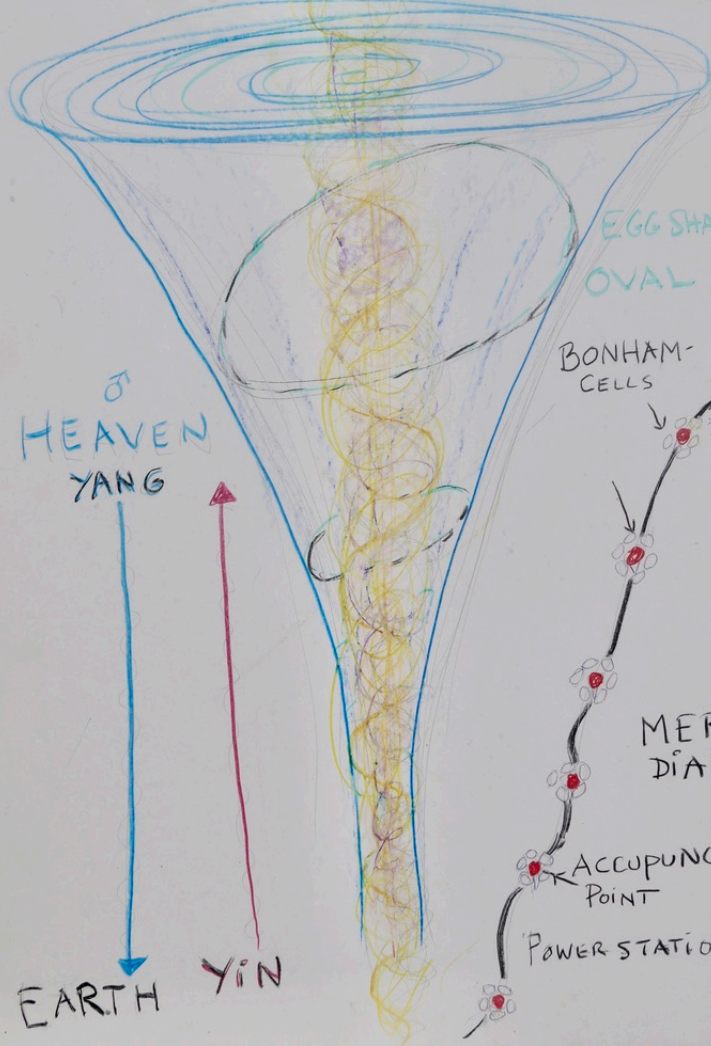




↑

ANTENNA
INTUITION
NAVIGATION
CIRCADIAN RHYTHM
DETOX OF THE CELLS
TRANSFORMER OF LIGHT

CENTRI - PETAL



♂
HEAVEN
YANG

EARTH

YIN

BONHAM-
CELLS

MERI-
DIAN

ACCUPUNCTURE
POINT

POWER STATIONS

HEAVEN

PAST

PRESEN
CE

FUTURE

EARTH



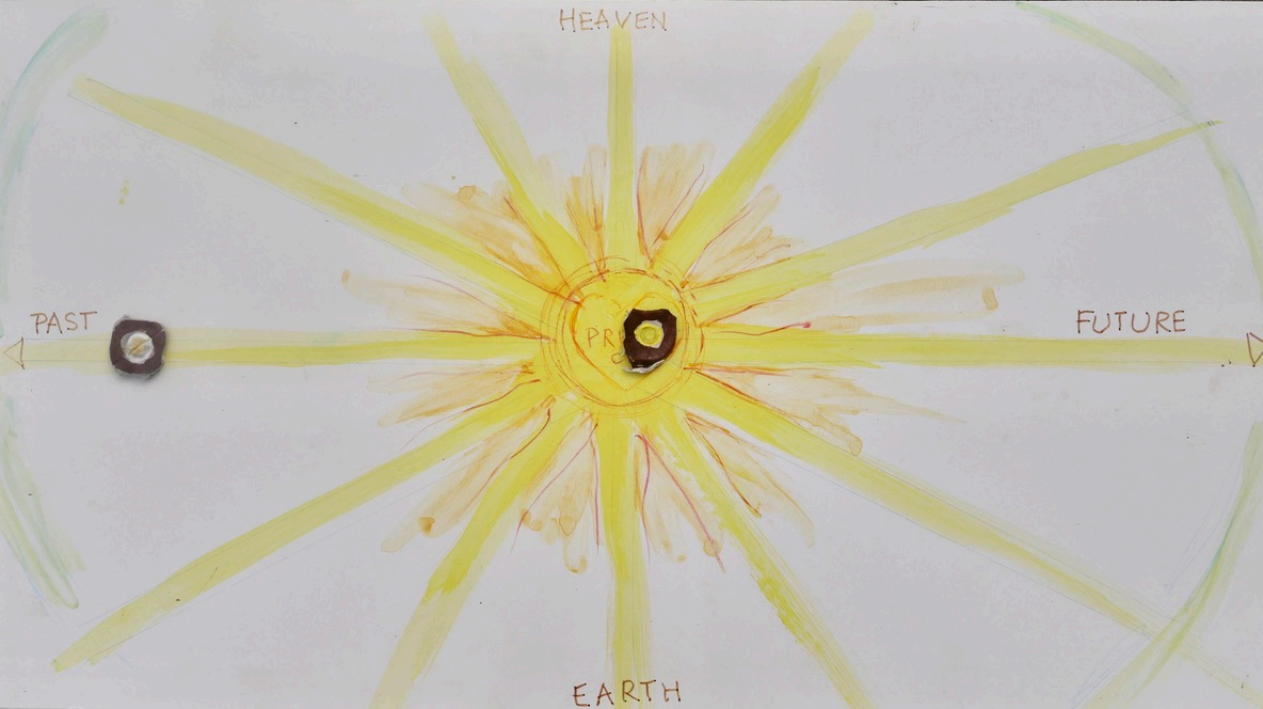
HEAVEN

PAST

FUTURE

PRESENT

EARTH



HEAVEN

PAST

PRESENT

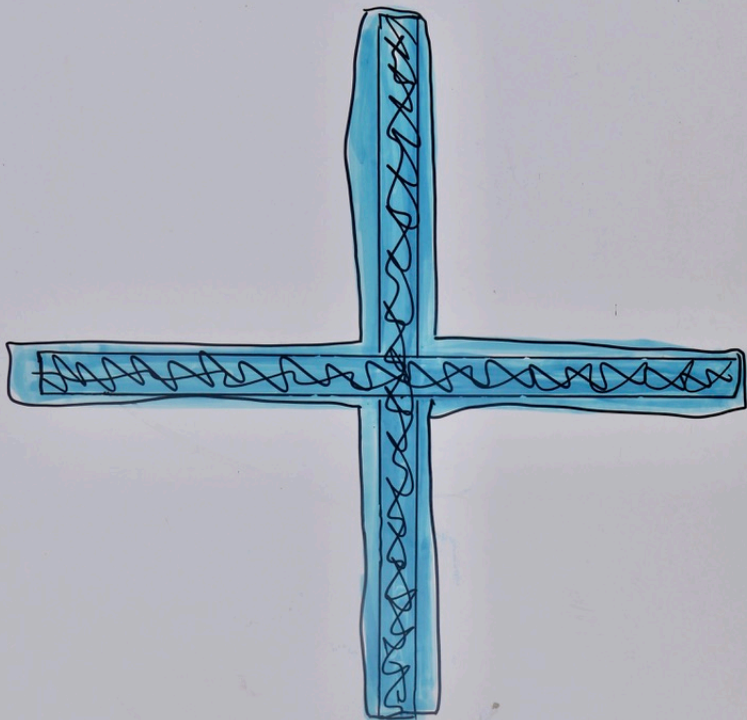
FUTURE

EARTH











HIMMEL -
HEAVEN

- SHAMAIM

VAND
WATER
|

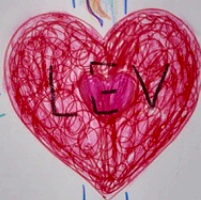
MAIM
|

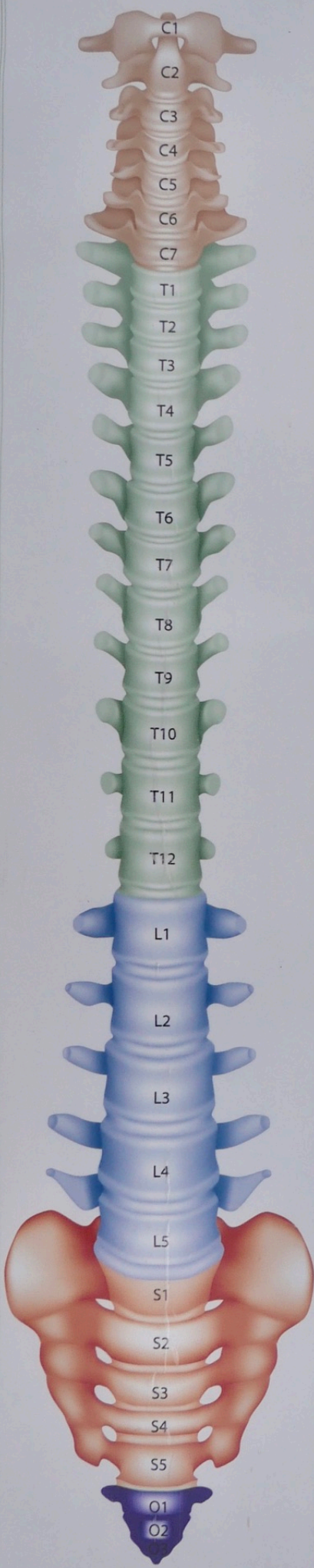
JÖRD
EARTH

ADAMÁ

ILD
FIRE

ESH





C1

C2

C3

C4

C5

C6

C7

T1

T2

T3

T4

T5

T6

T7

T8

T9

T10

T11

T12

L1

L2

L3

L4

L5

S1

S2

S3

S4

S5

O1

O2

O3