

CLASSICAL FIVE-ELEMENT ACUPUNCTURE

VOLUME I MERIDIANS AND POINTS

FOURTH EDITION

J.R. AND J.B. WORSLEY



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In Memoriam

Professor J. R. Worsley

September 14, 1923 – June 2, 2003



*This book reflects J. R.'s tireless efforts
to present Classical Five-Element Acupuncture
with clarity and beauty. He directed this edition's revision
through its completion from his hospital room
shortly before he died.*

*We have him to thank for the presence of this wonderful system
of medicine in the modern world. He worked and loved
from the Heart of God, and his life reflected this.*

Preface

As with any book, the author is charged with the responsibility of what to include and what to omit. Therefore, keeping in mind the fact that this book is intended as a guide to the acupuncture points and the meridians of Ch'i energy, I have chosen not to embark in this volume on the task of explaining the natural laws or conveying specific information about patrons, pulses, treatment techniques, traditional diagnosis, officials or spirits of the points. Using any of this material without adequate training can be dangerous.

I have selected information concerning meridians and points to aid students in their studies and to serve as a reference for qualified practitioners. With that in mind, it will be noted that I have endeavoured to keep the format of the book simple and practical. The information relating to each of the meridians is accompanied by appropriate illustrations.

Information about each point is included in order that it may be understood and chosen with great sensitivity to its proper function. Each point has its own character, its own quality of expression, and, when called upon at the appropriate time and in an effective manner, it will contribute precisely that function, that character and that expression to the healing process.

This updated edition includes all information from the prior editions, corrections to some of the locations and is designed to be "user-friendly." The title has changed from "Traditional" to "Classical" to denote the true and accurate origins of the lineage passed to me.

I wish to extend my enormous gratitude to my wife and partner, Jude, for all she has done to make this edition possible, agreeing to be the co-author and for all she does to keep Classical Five-Element Acupuncture alive and thriving.

J.R. Worsley
Church Hill Farm
Burton Dassett
Warwickshire, England
May 2003
Third Edition

I have been asked to explain why J.R. included non Classical Five-Element Acupuncture point descriptions in this textbook, such as: *Antique Points*, *Assembling Points*, *Eight Extra Meridians* and *Points*, *Endocrine Gland Points*, *Meeting Points* and *Reunion Points*. Although these points are not used within a Classical Five-Element context, J.R. included them because they are used in other styles of acupuncture. First Aid Points are also included and used in specific circumstances and following certain criteria.

Judy Becker Worsley
Church Hill Farm
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May 2004
Fourth Edition

Acknowledgments

Thanks goes to Alan Hext for proofing the original drawings, to Allegra Wint for her help in writing the anatomical locations and to Dr. Martin Allbright, Dr. Marcy Goldstein and Dr. Eliot Ivanhoe for reviewing the anatomical locations for this fourth edition and making excellent and well thought out suggestions. Dennis Baker did the wonderful original artwork, which is used in this edition. Without John Moore's help, the first edition would not have been published.

We thank Mrs. Maureen Postins, our Personal Assistant. Without her devotion and steady, careful contribution we would struggle to produce works such as this book.

This volume, and others printed by HCI, is made both a possible and pleasant experience due to the efforts of Ms. Sandy Dolan, Account Manager. We also thank HCI for the excellent job they have done reproducing the drawings. Sadly the first publishers lost the original drawings and HCI did not have access to them for this edition.

Our immense gratitude goes to Suzanne Burnell and Hilary Skellon who reviewed, commented and proofed this edition, to Charles Burnell who provided exceptional help with his editorial input and administrative assistance and to Max Alexander who made wonderful editorial suggestions.

We thank the members of the Worsley Institute of Classical Five-Element Acupuncture, who are diligent supporters of Classical Five-Element Acupuncture. They are also dear supports to us personally and professionally and helped get this fourth edition rolling.

The Master Apprentice Program (MAP™) members have our highest regard and appreciation for all they do to preserve the integrity of the Classical Five-Element Acupuncture lineage.

We thank Marty Fromm for her enduring support and editorial comments in all areas of our lives.

Finally, we thank our dear family and friends who have given, in ways too diverse and numerous to list in detail, love and support, which we cherish.

Introduction

Classical Five-Element Acupuncture, when practised correctly according to natural laws, is one of the most beautiful systems of medicine known to humans. It is both an art and a science. The fundamental principle of its practice is the giving of constant attention to diagnosis and treatment of the causes, rather than the symptoms, of disease.

When acupuncture is used to treat only labelled diseases, or immediate symptoms, it is called 'local doctor', symptomatic or formula acupuncture. There are certain circumstances when this use is appropriate but it should be borne in mind that, when practised in the East, it is employed in the great majority of cases at the very onset of illness because people there consult their local doctors at the first sign of trouble. Even then, it is usually only administered to give temporary comfort and relief until such time as any serious underlying cause can be diagnosed and treated by a fully trained and experienced doctor.

Nevertheless, it should be added that, in certain cases where the patient visits the local doctor at the immediate onset of the symptoms, the preliminary treatment which gives relief and comfort sometimes enables the body to overcome the cause of the illness itself. Symptomatic acupuncture is therefore not to be totally dismissed as ineffective in certain circumstances.

In the West however, at present, people tend to visit the acupuncture practitioner only when Western medicine has failed and their illnesses, more often than not, have existed for some considerable time and may well have reached chronic stages. For this reason, acupuncture treatment in Western society is more appropriate and effective when given by practitioners well trained and experienced in the ancient and comprehensive science of Classical Five-Element Acupuncture.

To apply local doctor or symptomatic acupuncture techniques in cases of long-standing or serious illness can at best only give temporary relief through the removal or suppression of the obviously troublesome symptoms. At worst, it can be dangerous because such practices will very likely fail to rectify the underlying cause which may then continue to persist unidentified and unchecked. Temporary elimination of symptoms does not constitute effective cure.

A local doctor can be trained in first aid techniques in a matter of a few months. The full training of a Classical Five-Element Acupuncture practitioner takes many years. This is because he or she is required to comprehend thoroughly a complete system of medicine which takes into account the functioning of the whole person—body, mind and spirit. (Also, in the training, each practitioner must become versed in basic Western medical science.) In order to achieve this, it is not only necessary to understand the practice of Classical Five-Element Acupuncture but also the system of philosophy which underlies it.

The Taoist concept of health, illness and cure

Tao is the Chinese character which, approximately translated, means 'The Way'. It is the expression of a subtle concept which Lao Tzu, the Taoist sage of the sixth century B.C., said could not be spoken of, only lived. Following 'The Way' means treading a path through Nature's eternal changes, acknowledging in all living things their essence or true spirit. To interpret the Tao is almost impossible but it indicates the path which we travel from birth to death, that path which, if followed, allows us to acknowledge who we are and allows us to appreciate all creatures as living in harmony.

Classical Five-Element Acupuncture is a form of health care and healing which seeks to harmonise the human being with the Tao. The practitioner is ever mindful and trusting that Nature, allowed to work and flow unimpeded, leads the patient to health in body, mind and spirit, just as the rivers flow naturally and effortlessly towards the ocean. 'Easy is right' said another Chinese sage, Chuang Tzu. Disease is the result of violating natural laws, of falling out of harmony with the Tao. Losing 'The Way' means losing the inherent ability of the body, mind and spirit to adjust readily to the changing environmental and social circumstances. This causes constrictions and blockages that disrupt the flow of vital and healing energy, increasing one's vulnerability to illness. The body becomes diseased, the mind uneasy, and the spirit withdraws. If it withdraws completely, death prevails.

The Classical Five-Element Acupuncture practitioner is therefore carefully trained to understand the laws of Nature, and to treat people according to these laws. In doing so, the life force, the Ch'i energy as it is called, is able to cure the

causative factor of the disease. The continuing flow of this energy is the essential prerequisite of good health. One must be mindful of the fact that in all systems of healing, from the ancient Chinese methods to the modern technical, scientific methods of the Western trained practitioner, neither man nor woman has the power to cure disease. At best, all she or he can do is assist Nature in the cure. Therein lies one of the main foundations of Chinese classical medicine. It is only possible to reinforce the body's own defence mechanism to overcome the disease in the most natural of natural ways.

Ch'i energy gives all life the strength to follow the Tao. Classical Five-Element Acupuncture treatments should always encourage the recipient to realise this inherent principle so that he or she may gain a genuine appreciation of the remedial and worthwhile benefits of being in harmony with Nature.

The Yin and Yang aspects of Ch'i energy

Ch'i energy is the life force which creates and maintains all living forms. Yin and Yang are the two aspects of that energy. Both are always present and together they represent the nature of all events and situations. They function in relation to each other so that one cannot be separated or isolated from the other. Everything that lives demonstrates the presence of Yin and Yang, and never is anything comprised solely of one or the other. They complement each other as night and day, as winter and summer, as female and male, as moon and sun.

Balance is, however, crucial to a good state of health. If Yin and Yang are in harmony, there can be no disease. But if serious imbalance occurs, then the body, mind and spirit systems become disturbed and disrupted, and disease ensues.

Yin energy rises from the earth and creates Yang energy, Yang energy descends from the heaven and penetrates the earth, recreating in turn Yin energy. Together they keep the cycles of all living processes in motion.

In both men and women, the direction of flow of the Yin aspect is up the inside of the legs and thorax, and thence centrifugally out on the anterior surface of the (upraised) arms towards the sky. The Yang energy flows centripetally down the posterior surface of the (upraised) arms to the chest or back, and then down the outside of the legs to the earth.

When the energies of Yin and Yang are in balance, the organism is in a state of free and stable flow, a situation which promotes the health and integrity of the body, mind and spirit. When the balance is upset, and the pathways of energy are constricted or blocked, then disease assails the weakened areas of the organism. Ultimately the energy system breaks down and death supervenes.

It is worth noting that in all aspects of Chinese medicine the practitioner contemplates the individuality of the patient. It is not possible within this system to treat all people the same. It must be borne in mind that each person is a unique individual, the like of which God the Creator has never made before and will never make again. We are each of us as different as chalk from cheese and therefore this system demands that the practitioner investigates the cause of disease as being unique in each individual in his or her care. Thus one can appreciate the importance of the personal relationship and rapport that needs to be established between practitioner and patient.

The Meridians and Points

The Ch'i energy follows specific pathways, called 'meridians', throughout the body. These meridians are sometimes near the skin surface—'superficial pathways'—and sometimes deep inside the body—'deep pathways'.

There are twelve principal meridians, each of which is assigned a name and number. The order of the meridians—indicated by consecutively ascending Roman numerals—is dictated by the sequence in which the Ch'i energy follows a complete cycle throughout the body. Six of them carry predominantly the Yang qualities of energy and six the Yin qualities.

I	Heart Meridian	Lesser Yin	VII	Gall Bladder Meridian	Lesser Yang
II	Small Intestine Meridian	Greater Yang	VIII	Liver Meridian	Absolute Yin
III	Bladder Meridian	Greater Yang	IX	Lung Meridian	Greater Yin
IV	Kidney Meridian	Lesser Yin	X	Colon Meridian	Sunlight Yang
V	Circulation-Sex Meridian	Absolute Yin	XI	Stomach Meridian	Sunlight Yang
VI	Three Heater Meridian	Lesser Yang	XII	Spleen Meridian	Greater Yin

There are two special meridians, numbered XIII and XIV, called Conception Vessel and Governor Vessel respectively.

At specific locations along the meridian pathways the energy may be effectively regulated. These locations are called 'points'. The points are named and numbered. The ascending sequence of numbers indicates the direction of energy flow, the first point being at the beginning of the meridian. For example, III 7 indicates the seventh point on the Bladder Meridian; and XII 14 refers to the fourteenth point on the Spleen Meridian.

Elements

Each meridian may be characterized as either Yin or Yang and is associated with one of the five 'elements'—traditionally named fire, earth, metal, water and wood. The elements are assigned associated colours which are used, as needed, throughout the text.

I Heart	Fire (Red)	VII Gall Bladder	Wood (Green)
II Small Intestine	Fire (Red)	VIII Liver	Wood (Green)
III Bladder	Water (Blue)	IX Lung	Metal (White)
IV Kidney	Water (Blue)	X Colon	Metal (White)
V Circulation-Sex	Fire (Red)	XI Stomach	Earth (Yellow)
VI Three Heater	Fire (Red)	XII Spleen	Earth (Yellow)

In addition to the elemental nature of each meridian, each meridian has a designated 'command point' associated with each of the elements. For example, the Heart Meridian as a whole is associated with fire; on the Heart meridian the third point is water, the fourth metal, the seventh earth, the eighth fire and the ninth is wood.

Terminology used to describe location of points

Although the anatomical description given in the text is as accurate as possible, final location of the points in practice must depend on palpation, since the exact position of some of them varies slightly from one individual to another.

In Classical Five-Element Acupuncture medicine, the stance adopted for descriptive purposes is the erect posture with the arms raised above the head, palms of the hands facing forwards. This is indicative of the centrifugal and centripetal flows of energy, mentioned earlier, where the Yin and Yang qualities of energy flow 'from earth to heaven' and 'from heaven to earth' respectively. Modern convention, however, makes it more convenient to use the arms-lowered stance; therefore the descriptions used refer to the human body in the "anatomical position," with the arms down by the sides and with the palms of the hands facing forwards.

The terms 'anterior' and 'posterior' are used to describe the front and back respectively of the body or limbs.

When describing the hand, 'palmar' and 'dorsal' are used in place of 'anterior' and 'posterior' respectively. For the foot, 'plantar' and 'dorsal' are similarly employed.

The 'median' plane is a sagittal (vertical) plane which passes through the centre of the trunk and divides the body into superficially symmetrical right and left halves. It therefore cuts a line both along the anterior and posterior surface of the body, a line called 'the median line'. The terms 'medial' (nearer to the median line) and 'lateral' (further from the median line) are also used.

The terms 'superior' and 'inferior' indicate levels relatively above and below a given point or landmark; 'proximal' and 'distal' indicate nearness to and distance from a given point or landmark.

'Abduction' means movement of a limb away from the median line (in a coronal plane) whilst 'adduction' means movement towards the median line. 'Supination' and 'pronation' are respectively medial and lateral rotation of the forearm; 'flexion' and 'extension' are limb movements in a sagittal plane, superiorly and inferiorly respectively.

Anatomical Chinese Inch

In Classical Five-Element Acupuncture medicine, the basic unit of measurement is known as the Anatomical Chinese Inch—the ACI. This is used to assist in the location of acupuncture points on all parts of the body. It is a relative unit of measurement because it varies according to the size of the individual and according to the part of the body concerned.

The various lengths of different parts of the body are divided into a certain number of equal portions, each portion being 1 ACI. Anatomical illustrations in the text includes ACI 'grids' where appropriate. A composite of all the ACI grids is illustrated on page 191.

The anatomical divisions, and the number of ACI measures in each one, are as follows:

<i>Forearm</i>	The distance from the crease at the flexure of the wrist to the crease at the flexure of the elbow is 12 ACI.
<i>Upper Arm</i> <i>[anterior view]</i>	The distance from the anterior crease at the flexure of the elbow to the anterior crease of the axilla is 9 ACI.
<i>Upper Arm</i> <i>[posterior view]</i>	The distance from the tip of the olecranon to the posterior crease of the axilla is 9 ACI.
<i>Lower Leg</i>	The distance from the prominence of the medial malleolus to the medial extremity of the knee crease is 15 ACI. The distance from the prominence of the lateral malleolus to the lateral extremity of the knee crease is 16 ACI.
<i>Thigh</i>	The distance from the medial extremity of the knee crease to the medial extremity of the groin is 13 ACI.
<i>Abdomen</i>	The distance from the superior edge of the pubic symphysis to the centre of the umbilicus is 5 ACI. The distance from the centre of the umbilicus to the xiphisternal joint is 8 ACI.
<i>Chest</i>	The distance from the xiphisternal joint to the suprasternal notch is 8 ACI. The distance from the centre of the suprasternal notch to the lateral end of the clavicle is 8 ACI.
<i>Back</i>	The distance from the posterior median line to the medial border of the scapula is 4 ACI.
<i>Head</i>	The distance from the intervertebral depression between the first and second cervical vertebrae and the point between the medial extremities of the eyebrows on the anterior median line is 15 ACI. The points III 3 to 8 and VII 16 to 18 are located in relation to these ACI as illustrated. The distance from the intervertebral depression between the first and second cervical vertebrae and the intervertebral depression between the seventh cervical and the first thoracic vertebrae is 3 ACI. The distance from the posterior median line to the prominence of the mastoid process is 4½ ACI.

Acupuncture techniques: needle and moxibustion

Two basic techniques are used in acupuncture practice to regulate the flow of energy at meridian points. The first involves the insertion of very fine acupuncture needles. The second, moxibustion, entails the application of a fine impulse of heat at the point. In the following text, use of the needle is represented by the symbol ⊥ and the use of moxibustion by the symbol △.

According to the meridian point being treated, there are recommended depths to which the needle may be safely inserted. The measure of needle depth is called a 'fen'. One fen is the equivalent of one tenth of an ACI. This indicates that the needle depth to be used is calculated in relation to the build of the person being treated. In the following text, each point has a designated, recommended needle depth. For example, I 7 is assigned ⊥3, meaning that three fen is the recommended depth for the seventh point on the Heart Meridian. In some cases, a double figure is given; for example, ⊥ 2-3 at point I 8. This indicates a minimum and a maximum depth. The former should be sufficient to obtain the appropriate effect with the average person; the latter is the limit of penetration beyond which the needle would pass through the point.

Needle treatment is contra-indicated for certain points. This prohibition is represented in the text by the capital letter X. Further, the letters XP means that the use of the needle is forbidden at that point during pregnancy. XP used with a number—for example, XP4—indicates that that point should not be used for needle treatment as of the fourth month of pregnancy.

Moxibustion is effected by the slow burning of a small cone of a herb (*Artemesia vulgaris latiflora*) on the skin surface over the acupuncture point. The combination of heat and herbal properties stimulates or supplies energy at the point.

The number of moxa applications at a particular point is indicated in the text by the moxa symbol Δ , followed by the appropriate number. Again, a double number—for example, Δ 3–7—recommends the minimum and maximum number of moxa applications according to the degree of effect required.

Moxa is contra-indicated for certain points. Δ X means moxa is forbidden; Δ XP that moxa is forbidden during pregnancy; Δ XP with a number indicates that moxa is forbidden as of that month of pregnancy.

Content of the book

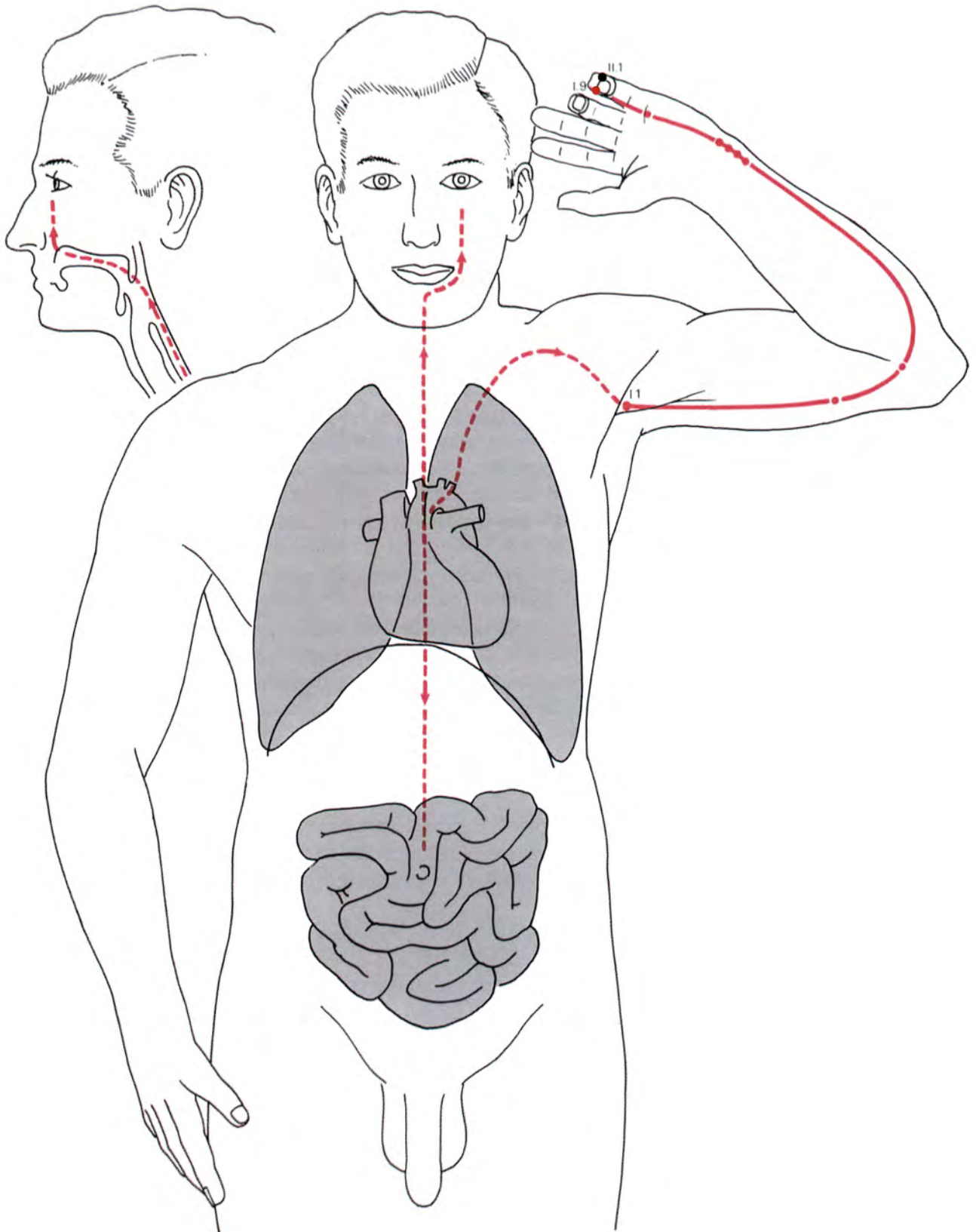
There is also basic information about the character and particular properties of each point, including its number, its name in English and Chinese, its location and specific elemental association (if any), and the recommended needle and moxa indications appropriate for that point.

Although the illustrations show the principal meridians on only one side of the body, these pathways do, in fact, travel bilaterally.

The main section of the book is followed by thirty-two appendices. These are compiled to permit ready access to additional point information, and to enable quick reference to point relationships and properties either not evident or not easily retrievable from the main text. There are three full-page composite illustrations of the fourteen superficial pathways, showing all the meridians and points.

The book presents the fourteen meridians in conventional sequence. It describes the complete **Pathway**—both deep and superficial—of the particular meridian in relation to other points and the internal organs. The book also illustrates and describes each **Point Location** on that meridian in relation to underlying skeletal and muscular structure and sometimes in relation to arteries and veins. Please note that in all cases the written location is the defining source of information in finding each point.

■ I Heart Meridian



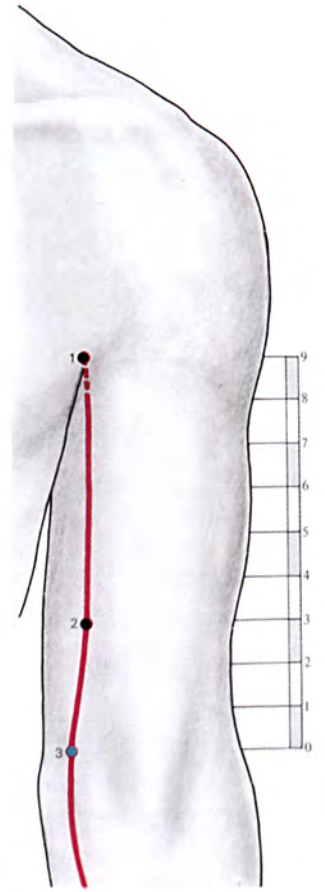
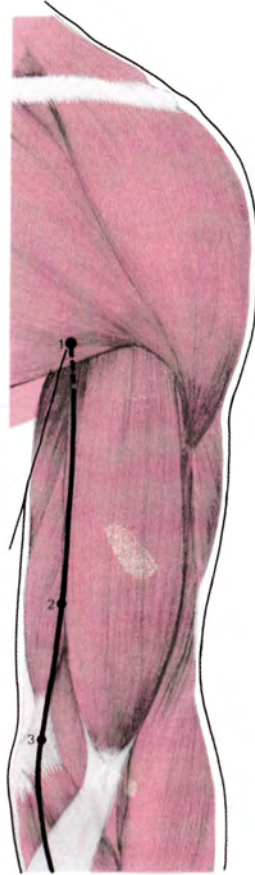
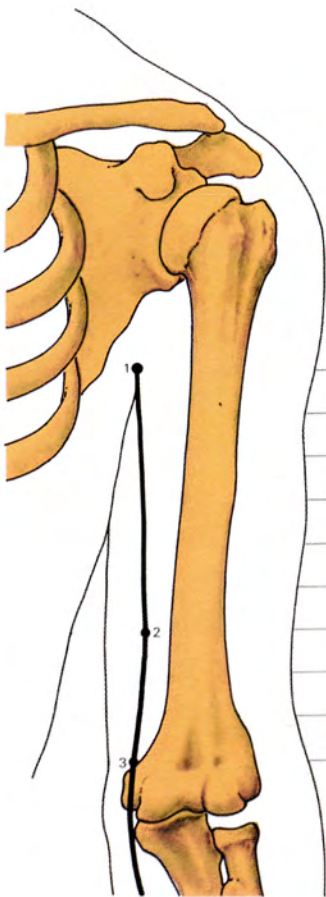
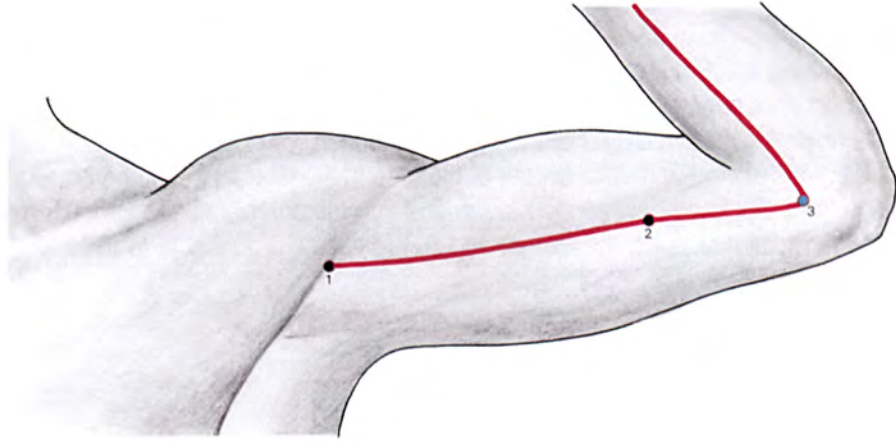
Pathway

The heart meridian begins at a deep level in the tissue of the heart itself. A deep pathway travels down the median line, through the diaphragm into the abdomen and connects with the small intestines.

Another deep branch travels superiorly alongside the oesophagus, over the pharynx, round the angle of the mouth and up to the optic foramen.

A third pathway ascends along the aorta, passes into the lungs and runs laterally along the subclavian artery to the axilla, where the meridian becomes superficial at the entry point, I 1.

The meridian continues down the medial border of the biceps to the flexure of the elbow, anterior to the medial epicondyle of the humerus. It travels along the medial border of the ulna to the lateral side of the pisiform bone. Crossing the wrist, it runs over the palm of the hand between the fourth and fifth metacarpal bones and along the radial side of the little finger, ending at the radial nail point, the exit point, I 9. From here it connects to the first point of the small intestines, II 1, the ulnar nail point of the little finger.



I 1 **Utmost Source** (Chichuan)

⊥ 5 **Entry**

△ 5

In the axilla, upon the axillary artery. To expose the point, which is located in a small hollow, semiabduct the arm and palpate the artery. Follow the line of the edge of the medial border of biceps up into the axilla.

First Aid: drowning, fainting, heart failure

I 2 **Blue-Green Spirit** (Chingling)

⊥ X

△ 5

On the medial surface of the arm, 3 ACI proximal to the flexure of the elbow, upon the brachial artery, posterior to the edge of the medial border of the biceps border.

I 3 **Little Sea** (Shaohai)

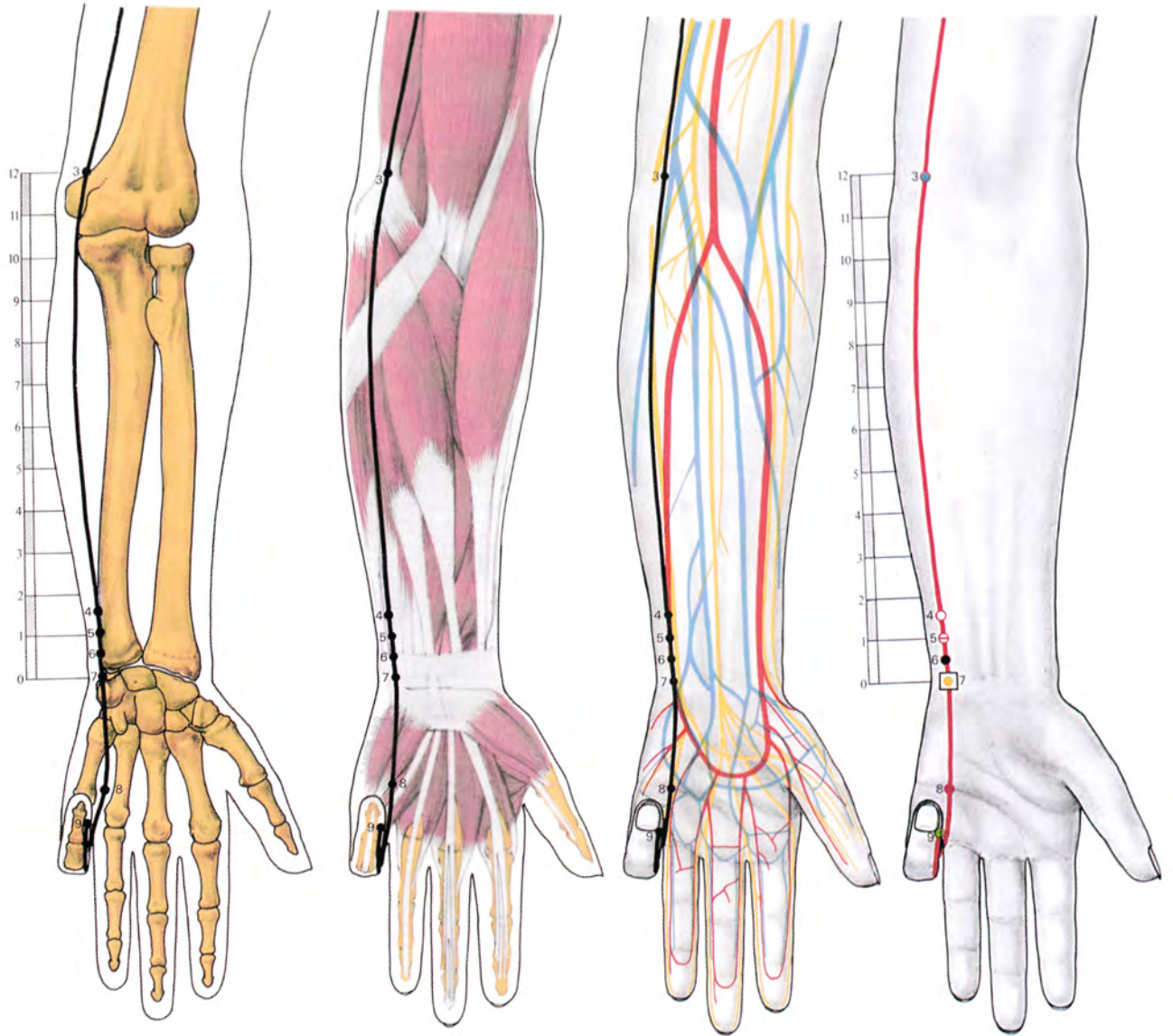
⊥ 3-5 **Water**

△ 3-7

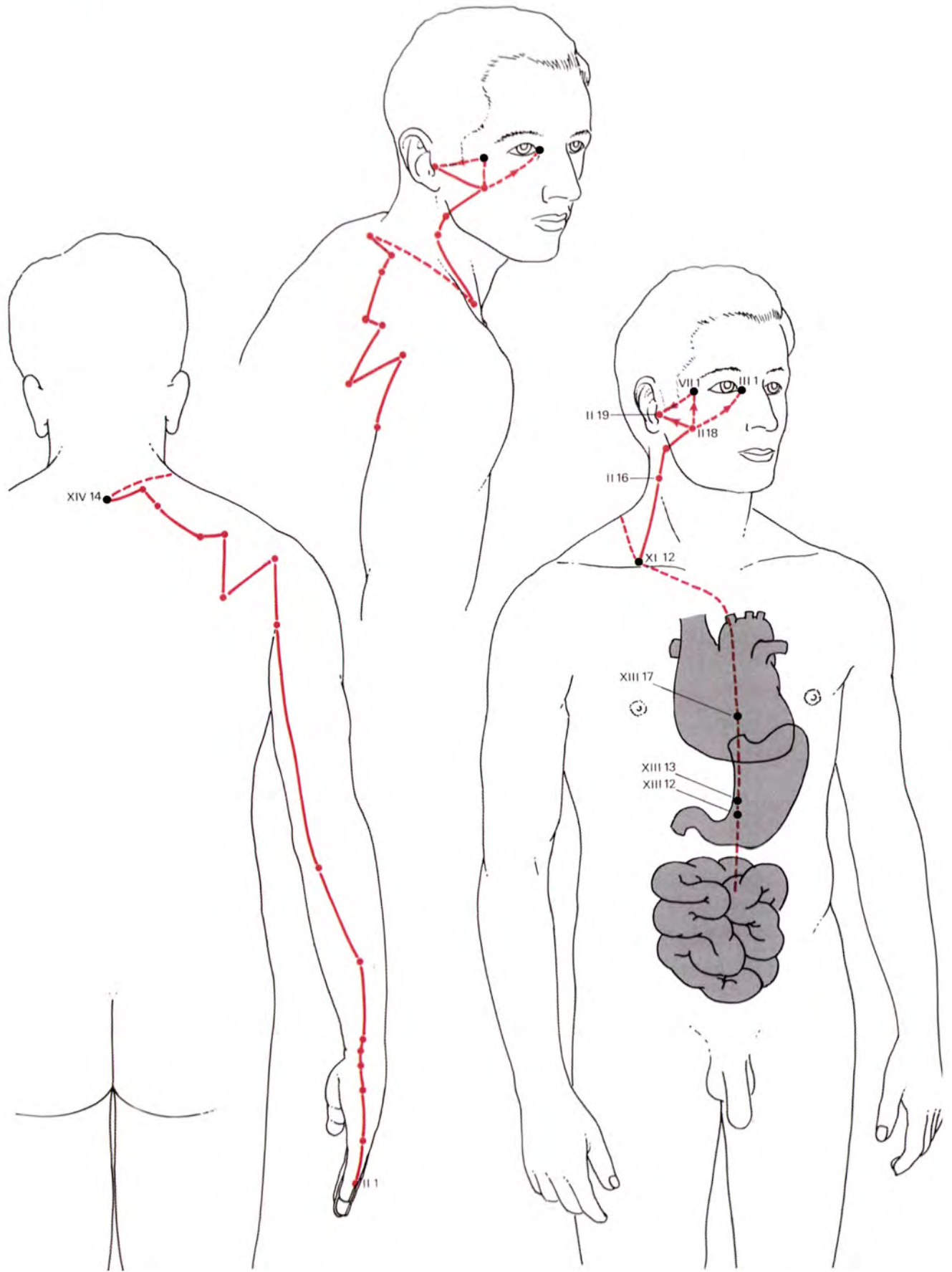
Close to the medial end of the elbow crease when the arm is slightly flexed, approximately half-way between the medial epicondyle of the humerus and the tendon of the biceps. Follow the line of the medial border of biceps down into the elbow with the arm semi-flexed.

Point of Ho (Autumn)





- | **4** **Spirit Path** (Lingtao)
 ⊥ 3 Metal
 △ 3-5
 On the anterior surface of the forearm 1½ ACI proximal to I 7, upon the ulnar artery. The artery lies in the groove between the tendons of flexor carpi ulnaris and flexor digitorum superficialis.
Point of Ching (late Summer)
- ⊖ | **5** **Penetrating Inside** (Tungli)
 ⊥ 3 Junction
 △ 3-5
 On the anterior surface of the forearm 1 ACI proximal to I 7, upon the ulnar artery. The artery lies in the groove between the tendons of flexor carpi ulnaris and flexor digitorum superficialis.
- | **6** **Yin Mound** (Yinhsi)
 ⊥ 3
 △ 3-7
 On the anterior surface of the forearm, ½ ACI proximal to I 7, upon the ulnar artery. The artery lies in the groove between the tendons of flexor carpi ulnaris and flexor digitorum superficialis.
- | **7** **Spirit Gate** (Shenmen)
 ⊥ 3 Earth
 △ 5-7 Sedation
 □ Source
 On the crease of the flexure of the wrist, on the proximal radial side of the pisiform bone, upon the ulnar artery. The artery lies in the groove between the tendons of flexor carpi ulnaris and flexor digitorum superficialis.
Point of Yu (Summer)
First Aid: anxiety, electric shock, fainting, heart failure, hysteria, shock, tooth extraction
- | **8** **Lesser Palace** (Shaofu)
 ⊥ 2-3 Fire
 △ 3-5 Horary 11 A.M.–1 P.M.
 On the palmer surface of the hand, between the fourth and fifth metacarpal bones, on the distal transverse crease, or the 'heart line' of the hand.
Point of Yung (Spring)
- | **9** **Little Rushing In** (Shaochung)
 ⊥ 1 Wood
 △ 3-5 Tonification
 Exit
 Radial nail point of the little finger.
Point of Cheng (Winter)



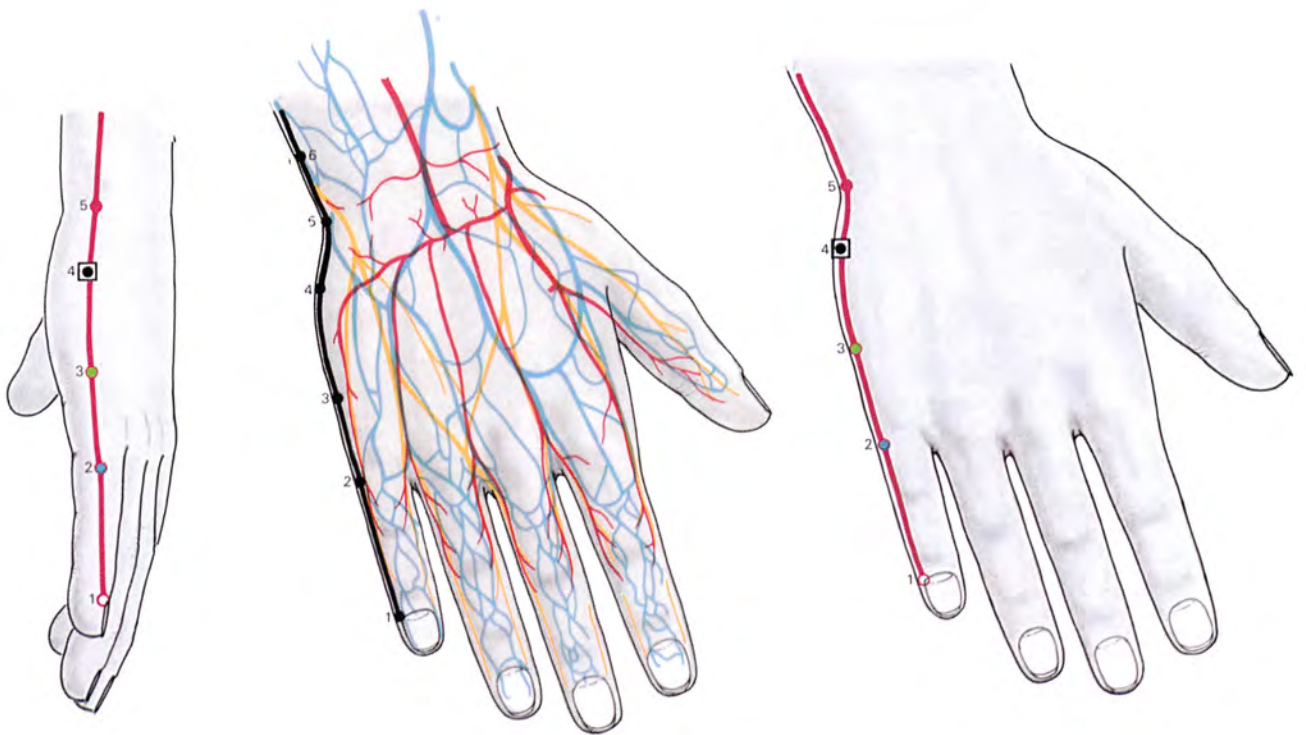
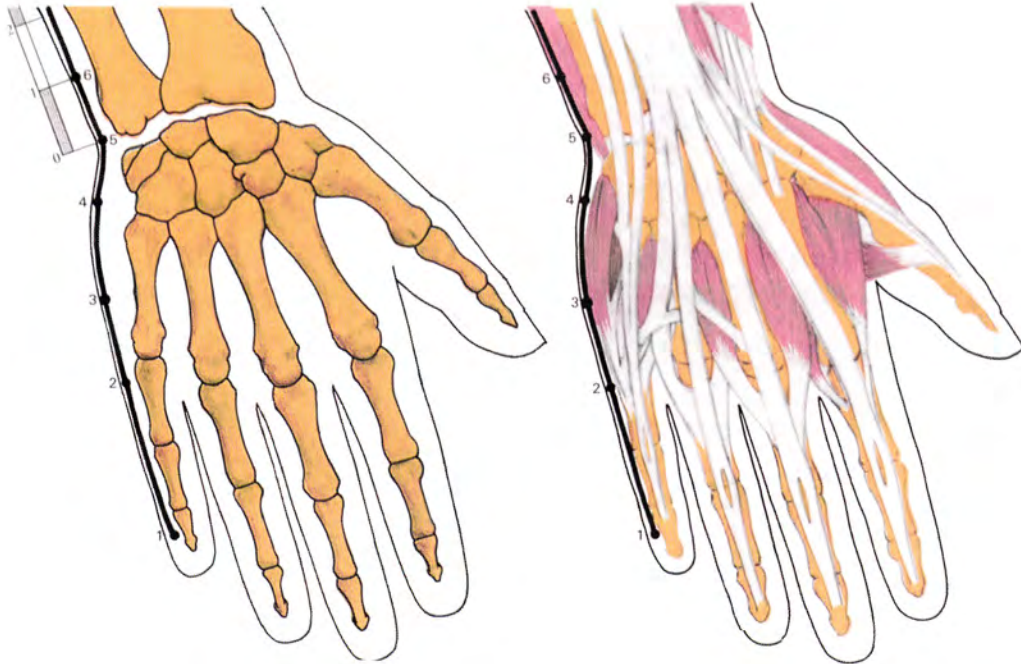
Pathway

The small intestine meridian begins as the superficial pathway at the ulnar nail point of the little finger, the entry point, II 1. It travels along the medial border of the little finger and the fifth metacarpal bone, runs slightly posterior over the styloid process of the ulna, and up the ulnar side of the extensor carpi ulnaris to the elbow, where it passes between the olecranon and the medial epicondyle of the humerus. It continues up the medial posterior surface of the arm to the inferior edge of the acromion. It then drops down on to the scapula, ascends again and travels medially, superior to the spine of the scapula, and arrives at the median line below the seventh cervical vertebra, at XIV 14. From XIV 14 the pathway becomes deep and runs anteriorly over the shoulder to the supraclavicular fossa, at XI 12. Here the pathway divides.

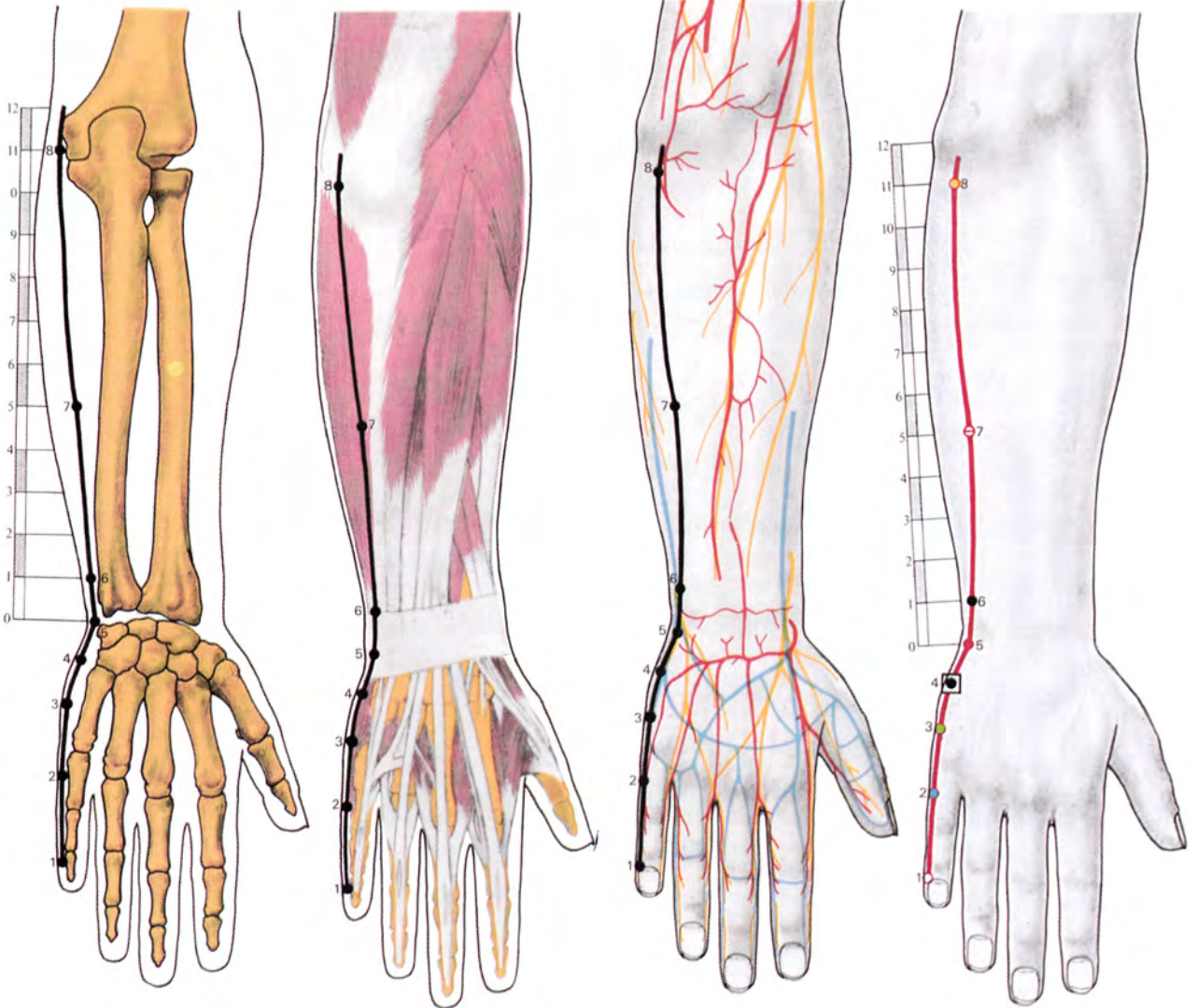
One branch continues as the deep pathway, first to the heart at XIII 17, then it descends along the oesophagus, penetrates the diaphragm in the median line, passes through the stomach, at XIII 13 and XIII 12, and connects with the small intestines.

The other branch continues as the superficial pathway, ascending the neck along the sternocleidomastoid through II 16, and crossing over the mandible as it ascends the cheek to II 18 and turns laterally to end in front of the tragus of the ear at the exit point, II 19. A deep branch ascends from II 18 to the lateral canthus of the eye at VII 1, to end at II 19. Another deep branch leaves the superficial pathway at II 18, to ascend close to the nose and on to the medial canthus of the eye at III 1, where it connects with the bladder meridian.

8 ■ II Small Intestine Meridian



- | | | | |
|---|--------------|---------------|--|
| ○ | II
⊥
△ | 1
1
3-5 | <p>Little Marsh (Shaotse)</p> <p>Metal
Entry</p> <p>Ulnar nail point of the little finger.
<i>Point of Cheng (Winter)</i></p> |
| ● | II
⊥
△ | 2
1
3-7 | <p>Forward Valley (Chienku)</p> <p>Water</p> <p>On the ulnar edge of the hand, just distal to the base of the proximal phalanx of the little finger.
<i>Point of Yung (Spring)</i></p> |
| ● | II
⊥
△ | 3
3
3-7 | <p>Back Ravine (Houhsi)</p> <p>Wood
Tonification</p> <p>On the ulnar edge of the hand, approximately half-way along the fifth metacarpal bone. (Feel along the bone for the notch.) Come down from the notch towards the palmar surface of the hand, approximately at the skin change line.
<i>Point of Yu (Summer)</i>
<i>Master Point of Du Mo</i>
<i>Coupled Point of Yang Qiao Mo</i>
<i>First Aid: convulsions, earache, exhaustion, insensibility</i></p> |
| □ | II
⊥
△ | 4
3
3-7 | <p>Wrist Bone (Wanku)</p> <p>Source</p> <p>On the ulnar edge of the hand, in the hollow between the base of the fifth metacarpal bone and the triquetral bone.</p> |
| ● | II
⊥
△ | 5
2
3-7 | <p>Yang Valley (Yangku)</p> <p>Fire
Horary 1 P.M.–3 p.m.</p> <p>On the ulnar edge of the hand, in the hollow between the triquetral bone and the head of the ulna.
<i>Point of Ching (late Summer)</i></p> |



II **6** **Nourishing The Old** (Yanglao)

⊥ 3
△ 3-5

On the ulnar surface of the forearm, 1 ACI proximal to II 5 just proximal to the head of the ulna. Between the tendons of extensor carpi ulnaris and extensor digiti minimi which pass over the head of the ulna.

II **7** **Upright Branch** (Chihcheng)

⊖ ⊥ 3
△ 3-7
XP6

On the posterior surface of the forearm, 5 ACI proximal to the flexure of the wrist. With the arm extended and the forearm pronated, it lies just on the medial border of the extensor carpi ulnaris muscle.

Greater Assembling Point of the head and neck

II **8** **Small Sea** (Hsiaohai)

● ⊥ 2
△ 3-5

Earth

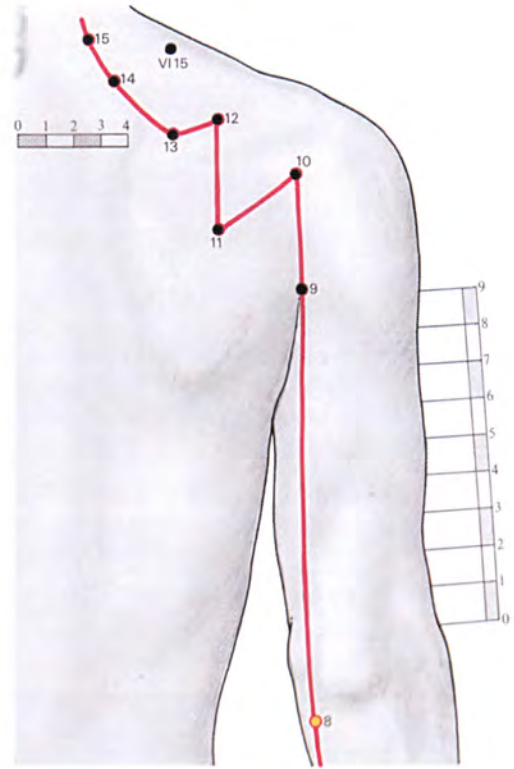
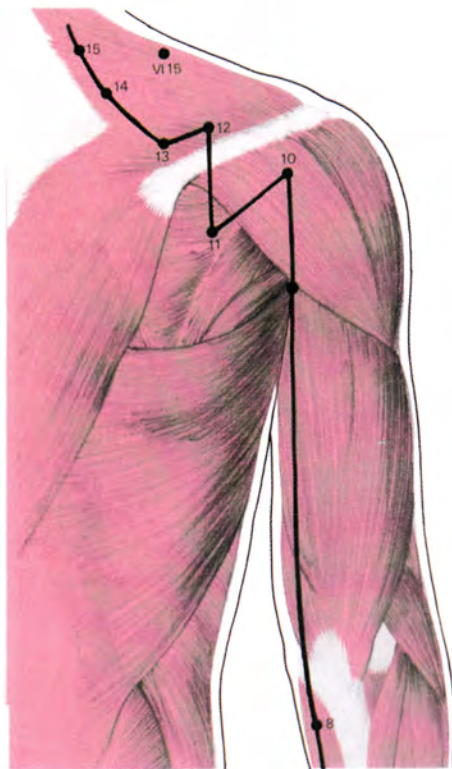
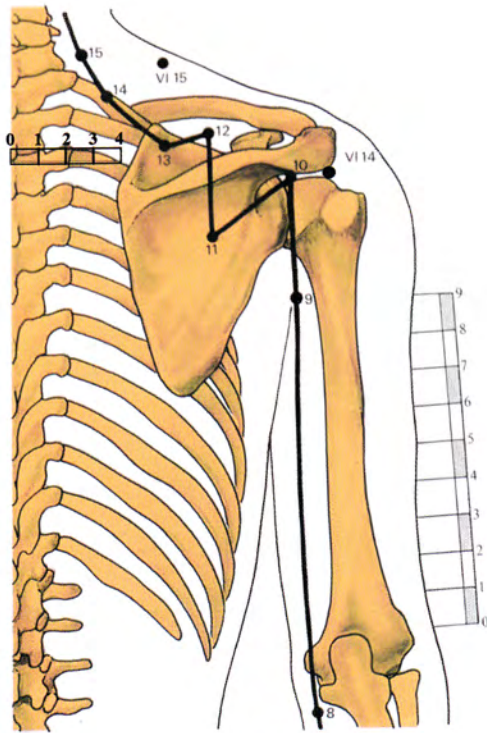
Sedation

On the posteromedial surface of the forearm, 1 ACI distal to the hollow between the medial epicondyle of the humerus and the olecranon when the forearm is semiflexed.

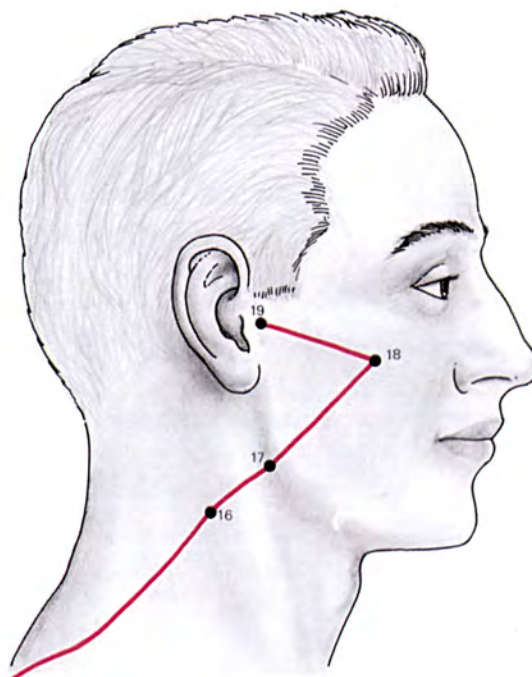
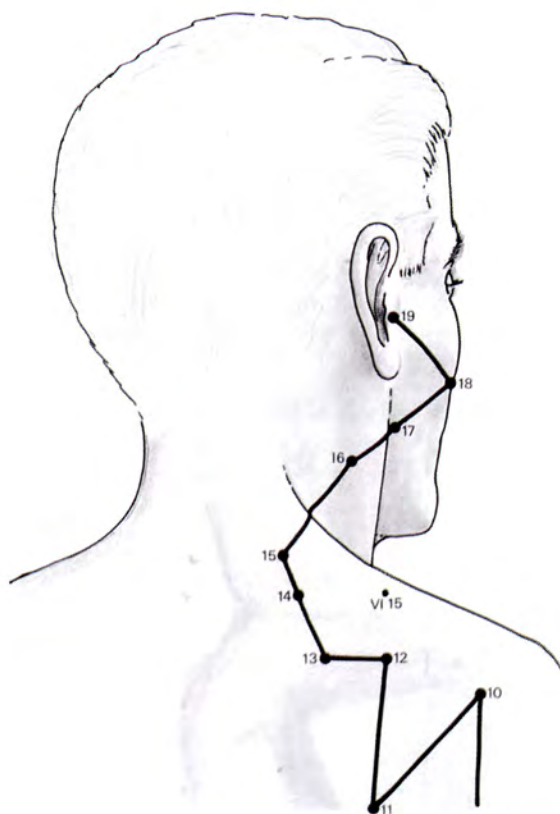
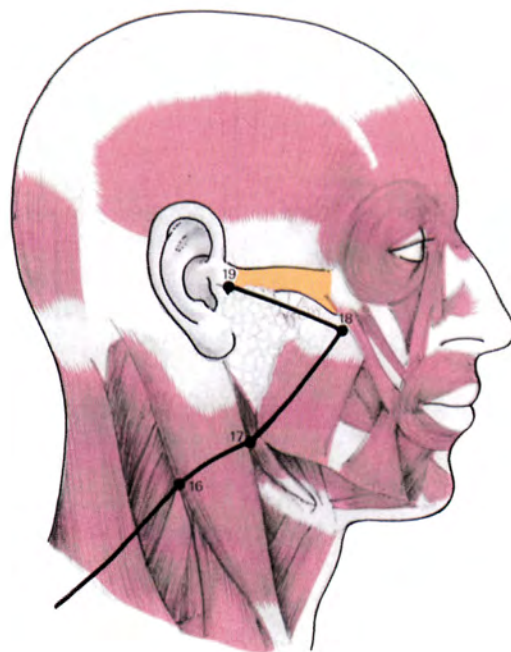
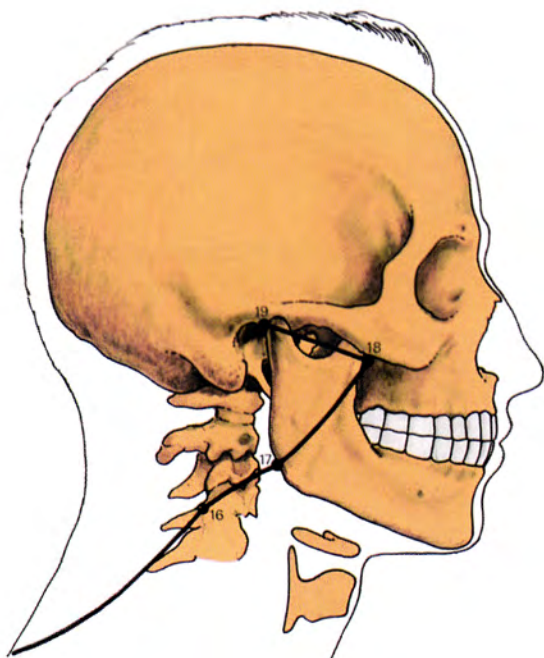
Point of Ho (Autumn)

First Aid: haemorrhage

12 ■ II Small Intestine Meridian



- II **9 Upright Shoulder** (Chienchen)
 ⊥ 5-7
 △ X
 On the posterior surface of the shoulder, at the superior end of the axillary fold.
- II **10 Shoulder Blade** (Naoshu)
 ⊥ 5-7
 △ 3-7
 XP6
 On the posterior surface of the shoulder, in the depression inferior to the acromion, directly superior to II 9. It lies about 1 ACI medial to VI 14 which is at the angle of the acromion.
Point of Yang Wei Mo
Point of Yang Qiao Mo
- II **11 Heavenly Ancestor** (Tientsung)
 ⊥ 5
 △ 5-7
 On the back, in the middle of the scapula, approximately 1½ ACI inferior to the inferior edge of the middle of the scapular spine; II 9, 10 & 11 form an isosceles triangle.
- II **12 Grasping The Wind** (Pingfeng)
 ⊥ 5
 △ 7
 On the back, approximately 1 ACI superior to the superior edge of the middle of the scapular spine.
- II **13 Crooked Wall** (Chuyuan)
 ⊥ 5
 △ 3-7
 On the back, mid-way between II 12 and the medial border of the scapula, approximately 1 ACI superior to the superior edge of the scapular spine, in line with VI 15 and VII 21.
- II **14 Outside The Shoulder Correspondence** (Chienwaishu)
 ⊥ 6
 △ 3-10
 On the back, 3½ ACI lateral to the tip of the spinous process of the first thoracic vertebra.
- II **15 Middle Of The Shoulder Correspondence** (Chienchungshu)
 ⊥ 3-6
 △ 5-10
 On the back, 2½ ACI lateral to the tip of the spinous process of the seventh cervical vertebra.



II **16** **Heavenly Window** (Tienchuang)

⊥ 3
△ 3

On the lateral surface of the neck, at the posterior border of the sternocleidomastoid, at the level of the laryngeal prominence.

Window of the Sky

II **17** **Heavenly Appearance** (Tienjung)

⊥ 3
△ 3-5

On the posterior edge of the mandible, in the notch of the bone, slightly superior to the angle of the mandible.

Window of the Sky

II **18** **Cheek Bone** (Chuanliao)

⊥ 3
△ X

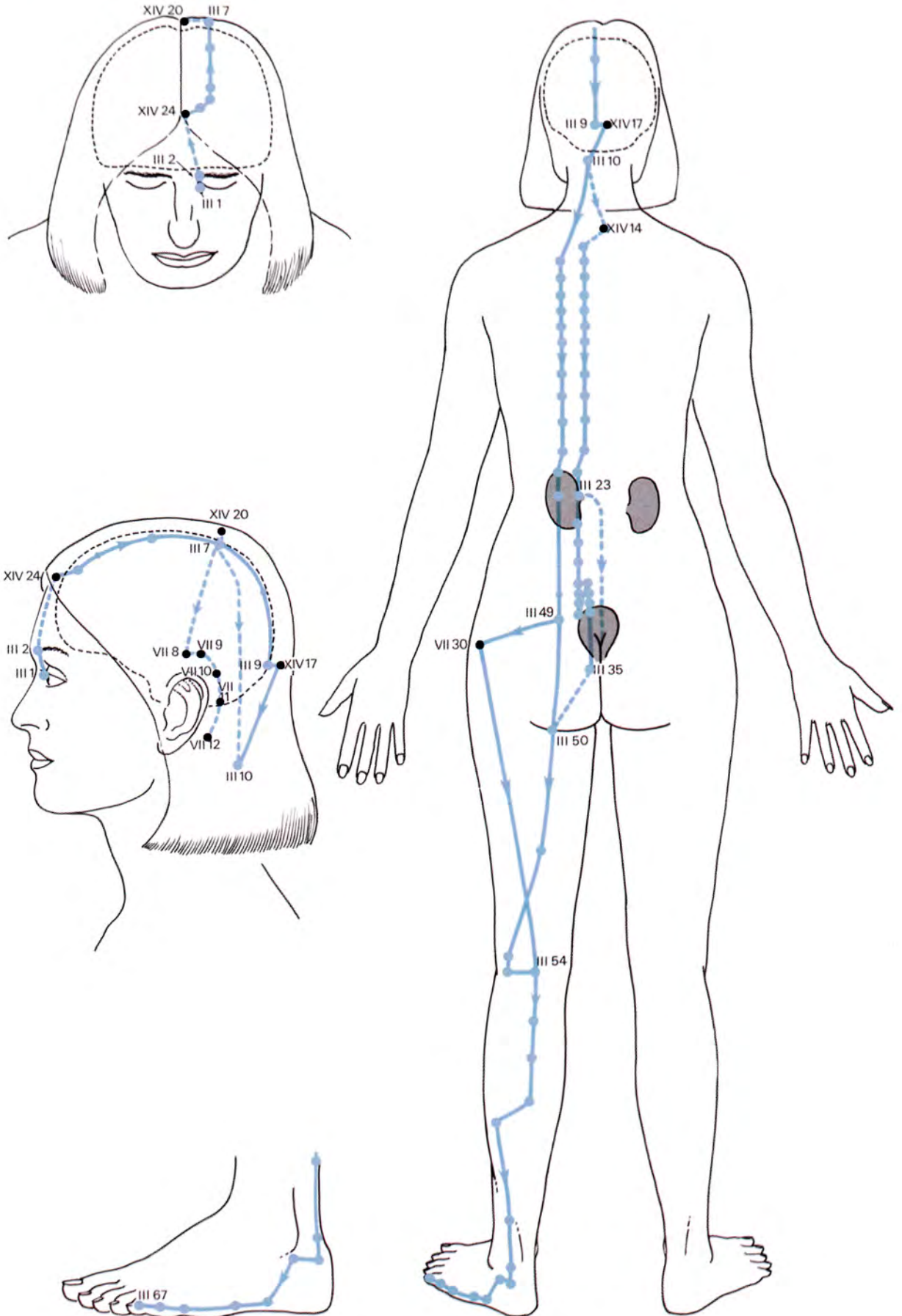
In the angle formed by the anterior edge of the mandible and the posterior edge of the zygomatic bone.

II **19** **Listening Palace** (Tingkung)

⊥ 2-3
△ 3-5

Exit

Anterior to the tragus of the ear, in the depression formed (mandibular fossa) when the mouth is open, posterior to the articular tubercle of the zygomatic process.



Pathway

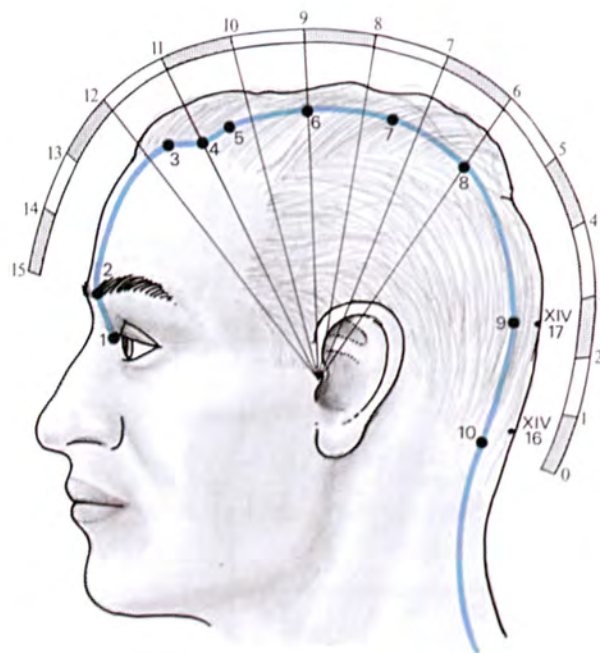
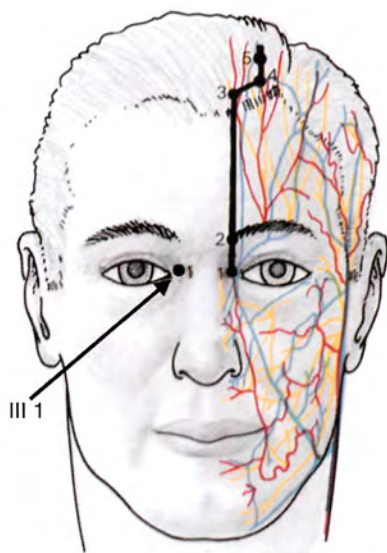
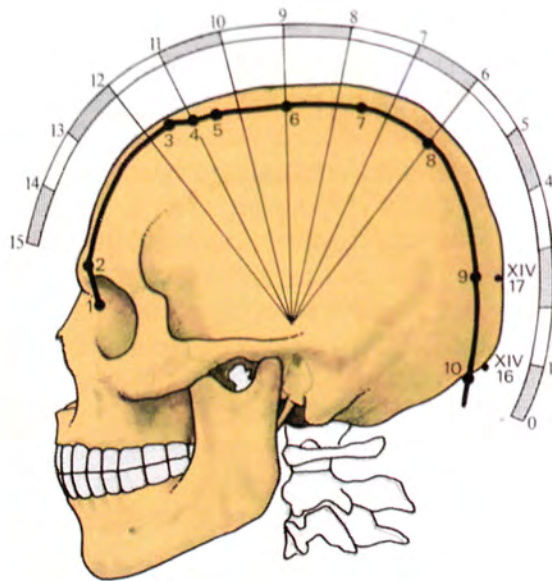
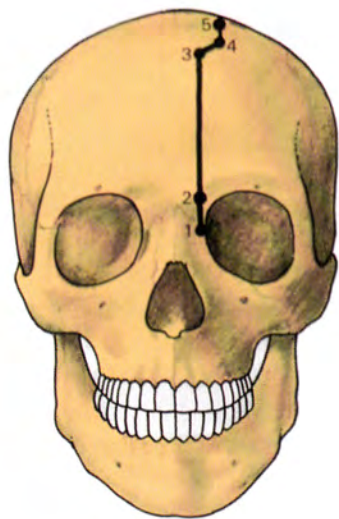
The bladder meridian begins as the superficial pathway at the medial canthus of the eye, at the entry point, III 1. It ascends by the medial extremity of the eyebrow, at III 2, to the mid point at XIV 24; then travels over the frontal bone, lateral to the median line, to the vertex of the skull, at III 7.

Here a deep branch emerges which goes to the median line, at XIV 20, and then laterally and inferiorly posterior to the ear, connecting with points VII 8, 9, 10, 11 and 12.

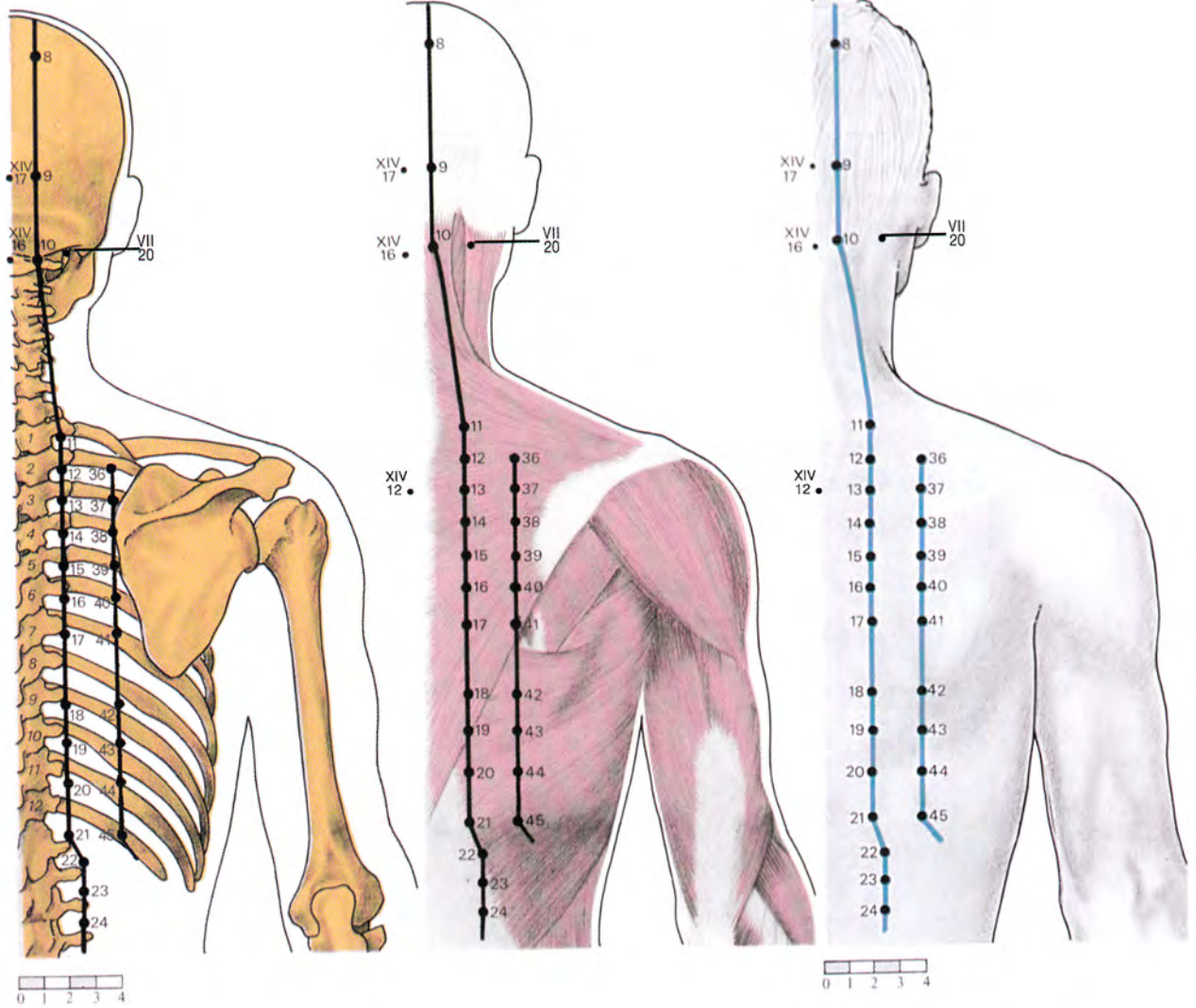
A second branch of the superficial meridian enters the brain from III 7 and emerges to meet the superficial pathway at the nape of the neck. The superficial pathway continues over the head, lateral to the median line. It connects from III 9 to XIV 17, at the median line at the occipital bone, then travels obliquely laterally to the base of the occipital protuberance, at III 10. The meridian now divides and descends the back in two paramedian lines.

The more medial line passes first through XIV 14 at the median line, below the seventh cervical vertebra, then travels down in line with the lateral edge of the transverse processes, 2 ACI from the median line, and then at 2½ ACI from the median line in the lumbar region. Between the second and third lumbar vertebrae, at III 23, a deep branch penetrates to the kidney and thence to the bladder itself. The superficial inner line continues down paramedially, over the sacrum, to the level of the fourth sacral foramen. It then rises medially to enter the first sacral foramen and returns down through each of the foramina to a point just lateral to the coccyx, III 35. The pathway crosses the gluteus maximus to the fold of the buttock, at III 50, and travels obliquely laterally down the posterior surface of the thigh to the lateral side of the popliteal region, and then to meet the other line in the centre of the popliteal fossa.

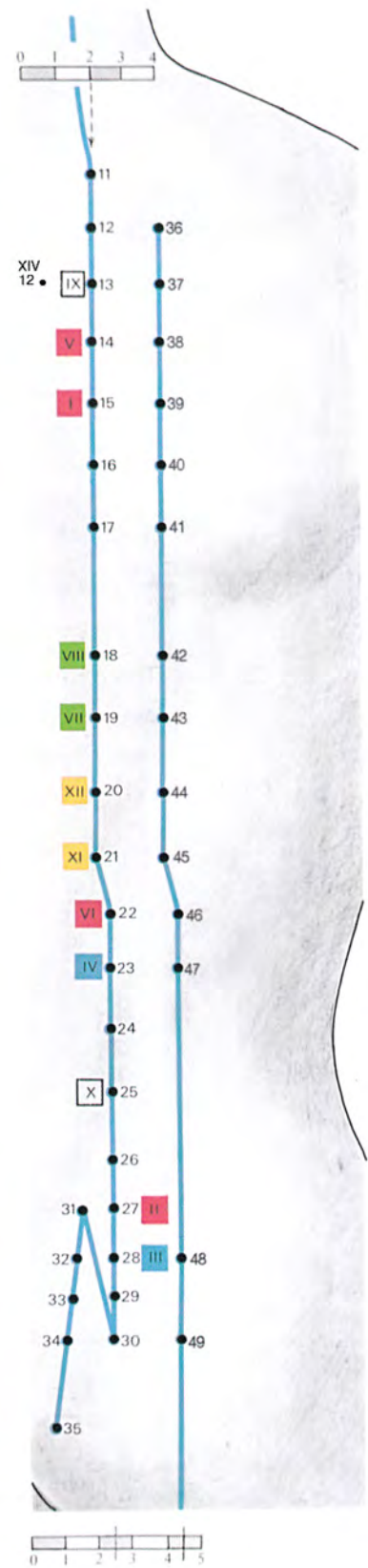
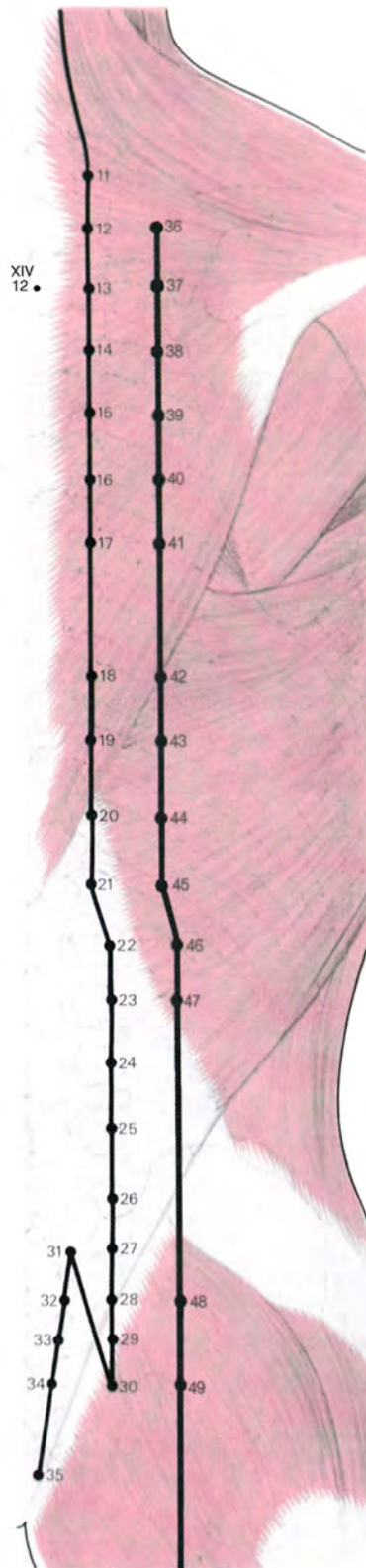
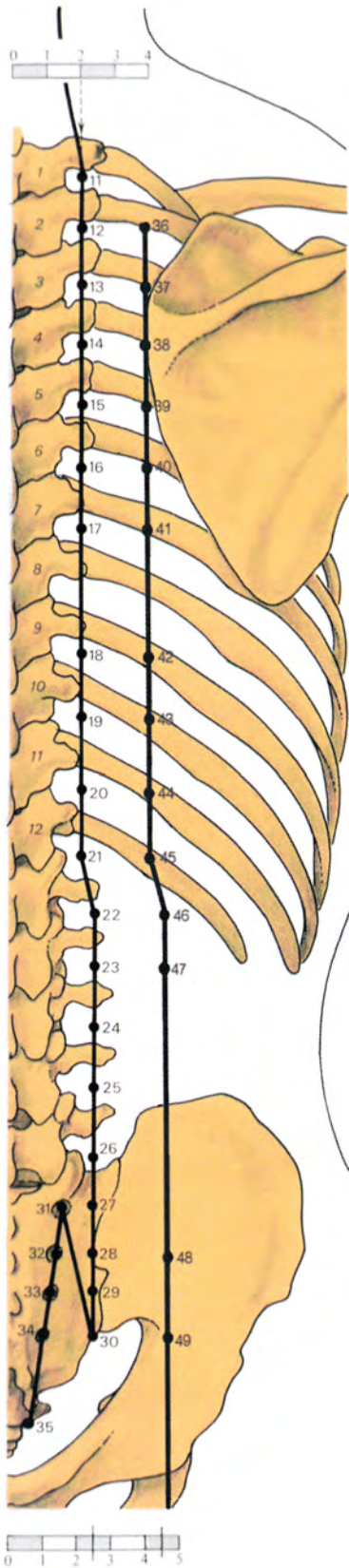
The more lateral line travels down the back in line with the medial border of the scapula, 4 ACI from the median line, and at 4½ ACI from the median line in the lumbar region, to the level of the fourth sacral foramen, III 49. It turns laterally into the gluteus maximus, to VII 30, posterior to the greater trochanter, from where it runs obliquely medially down the posterior surface of the thigh to meet the other line at the centre of the popliteal fossa, at III 54. The single superficial meridian now passes over the posterior surface of the gastrocnemius to the inferior edge of the belly, where it moves laterally and then inferiorly to pass posterior to the lateral malleolus, over the calcaneus and along the edge of the fifth metatarsal bone. It ends at the lateral nail point of the little toe, the exit point, III 67. From here it connects with the kidney meridian.



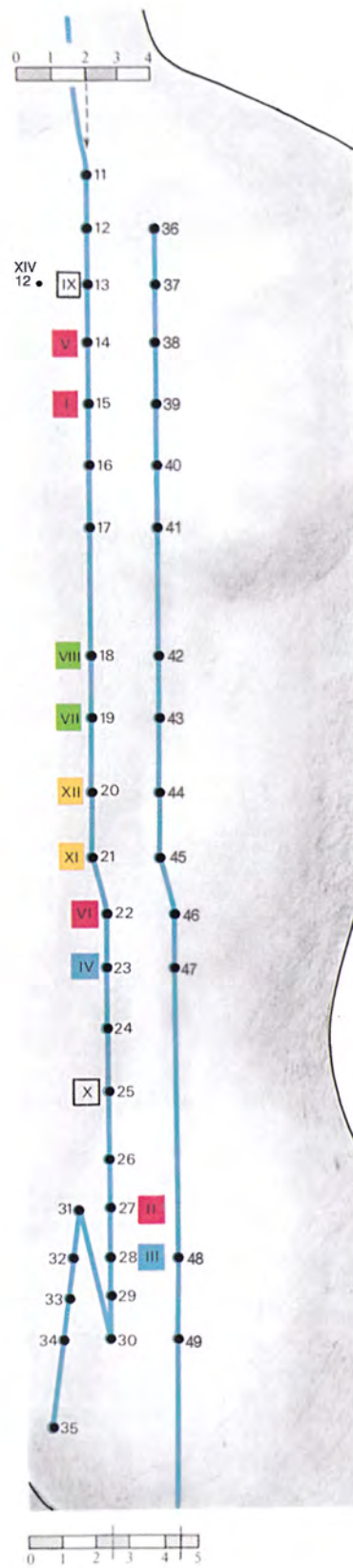
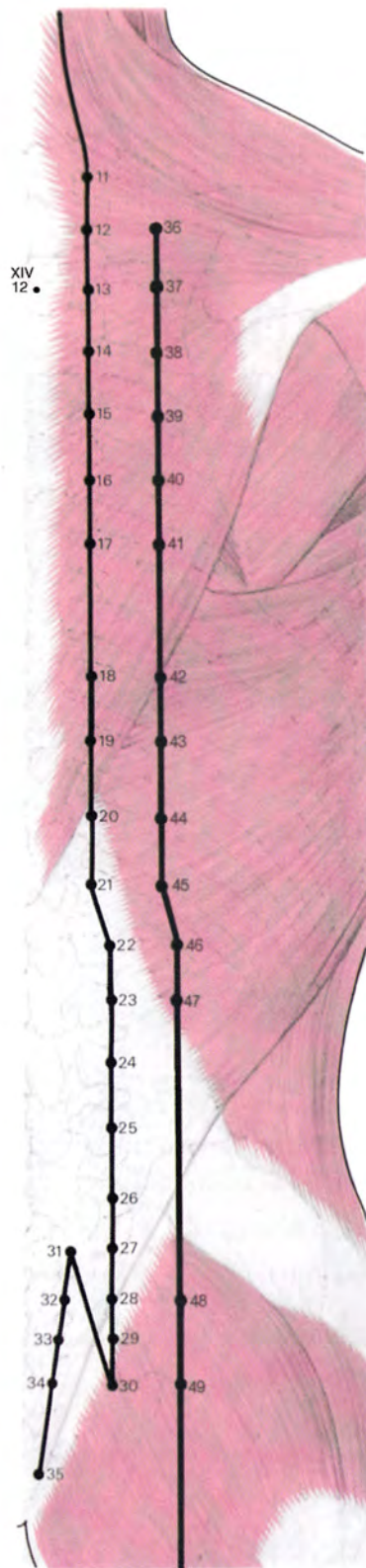
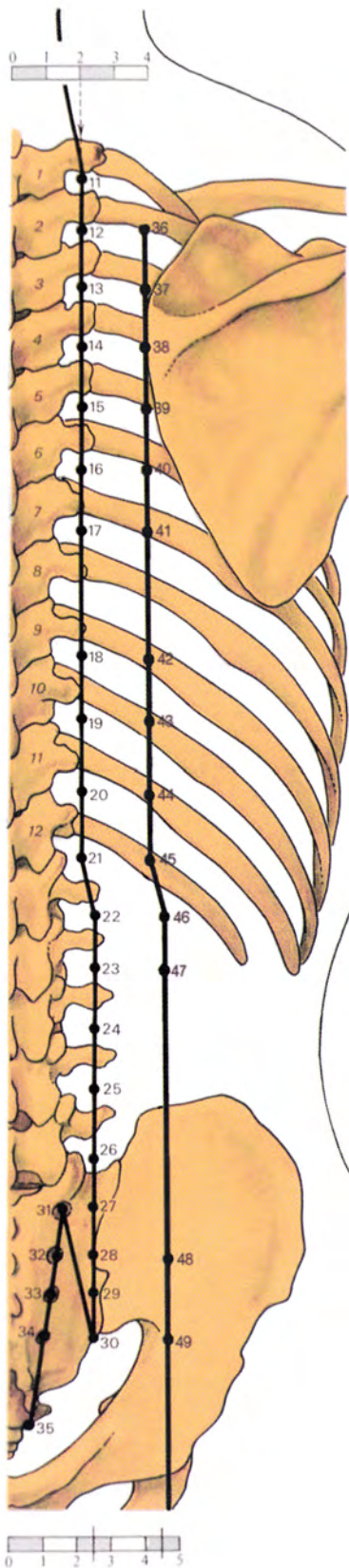
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|-----|----------|---|
| III | 1 | Eyes Bright (Chingming) |
| ⊥ | 3 | Entry |
| △ | X | |
| | | 1 fen superior and medial to the medial canthus of the eye, between the two veins.
<i>Supplementary reinforcement for the Eight Extra Meridians</i>
<i>Point of Yang Qiao Mo</i>
<i>Point of Yin Qiao Mo</i> |
| III | 2 | Collect Bamboo (Tsanchu) |
| ⊥ | 2 | |
| △ | X | |
| | | In the depression at the medial end of the eyebrow, directly superior to the medial canthus of the eye. |
| III | 3 | Eyebrows Rushing (Meichung) |
| ⊥ | 3 | |
| △ | 3 | |
| | | On the head, 1/2 ACI superior to the natural hair line, 3 1/2 ACI directly superior to III 2. |
| III | 4 | Crooked Servant (Chucha) |
| ⊥ | 2 | |
| △ | 3-5 | |
| | | 1.3 ACI lateral to the median line of the head, 1/2 ACI superior to the natural hair line, 1/2 ACI lateral to III 3. |
| III | 5 | Five Places (Wuchu) |
| ⊥ | 3 | |
| △ | X | |
| | | 1.3 ACI lateral to the median line of the head. 1/2 ACI superior to III 4. |
| III | 6 | Receive Light (Chengkuang) |
| ⊥ | 3 | |
| △ | X | |
| | | 1.3 ACI lateral to the median line of the head. 1 1/2 ACI posterior to III 5. |
| III | 7 | Penetrate Heaven (Tungtien) |
| ⊥ | 3 | |
| △ | 3-5 | |
| | | 1.3 ACI lateral to the median line of the head, 1 1/2 ACI posterior to III 6. |
| III | 8 | Lou End (Lochueh) |
| ⊥ | 3 | |
| △ | 3-5 | |
| | | 1.3 ACI lateral to the median line of the head, 1 1/2 ACI inferior to III 7. |
| III | 9 | Jade Pillow (Yuchen) |
| ⊥ | 3 | |
| △ | 3-5 | |
| | | 1.3 ACI lateral to the median line of the head, on the occipital bone, at the level of XIV 17. |



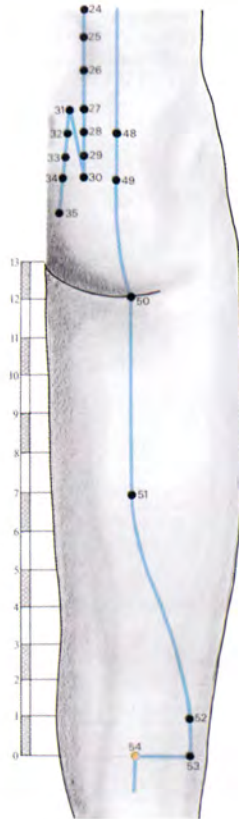
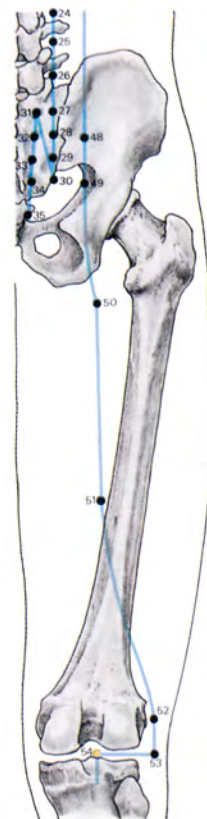
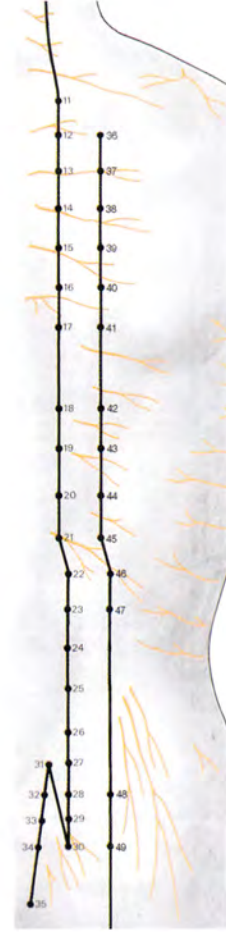
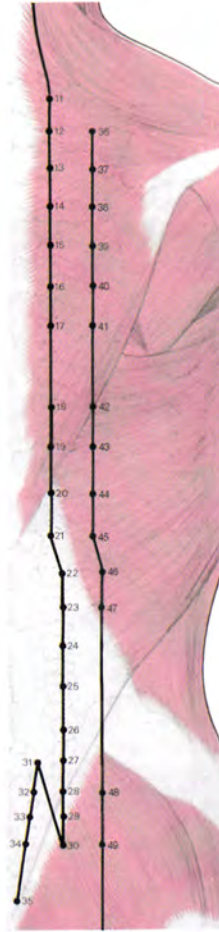
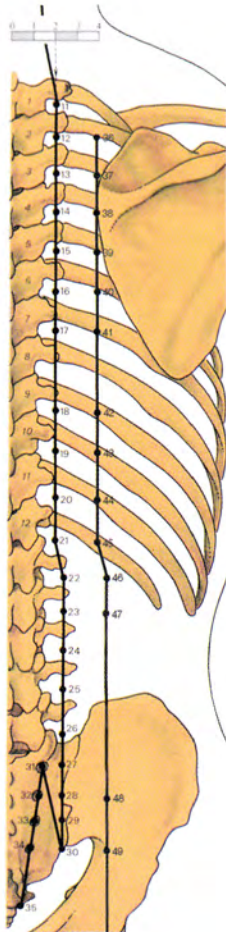
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|--|---|
| <p>III 10
 ⊥ 3-5
 △ 3</p> | <p>Heavenly Pillar (Tienchu)</p> <p>On the neck, 1.3 ACI lateral to the posterior median line. On a curved line joining XIV 16 and VII 20, it lies approximately half way between the two. All 3 of these points are inferior to the external occipital protuberance and the ridge of bone which curves laterally along the nuchal line.</p> <p><i>Sea of Energy</i>
 <i>Window of the Sky</i></p> |
| <p>III 11
 ⊥ 3
 △ 7</p> | <p>Great Shuttle (Tachu)</p> <p>On the back, 2 ACI lateral to the median line, at a level formed by the depression of the spinous process of the first and second thoracic vertebrae.</p> <p><i>Sea of Blood</i>
 <i>A point of the pattern to release the 7 Dragons on the 7 External Demons</i>
 <i>Assembling Point for bones</i>
 <i>First Aid, fractures, sprains</i></p> |
| <p>III 12
 ⊥ 5
 △ 5-10</p> | <p>Wind Gate (Fengmen)</p> <p>On the back, 2 ACI lateral to the median line, at a level formed by the depression of the spinous processes of the second and third thoracic vertebrae.</p> |
| <p>III 13
 ⊥ 3-5
 △ 7-20</p> | <p>Lungs Correspondence (Feishu)</p> <p>Associated Effect Point of IX</p> <p>On the back, 2 ACI lateral to the median line, at a level formed by the depression of the spinous processes of the third and fourth thoracic vertebrae.</p> |
| <p>III 14
 ⊥ 1-3
 △ 7</p> | <p>Circulation-Sex Correspondence (Chuehyinshu)</p> <p>Associated Effect Point of V</p> <p>On the back, 2 ACI lateral to the median line, at a level formed by the depression of the spinous processes of the fourth and fifth thoracic vertebrae.</p> |
| <p>III 15
 ⊥ 3
 △ 3</p> | <p>Heart Correspondence (Hsinshu)</p> <p>Associated Effect Point of I</p> <p>On the back, 2 ACI lateral to the median line, at a level formed by the depression of the spinous processes of the fifth and sixth thoracic vertebrae.</p> <p><i>First Aid: heart failure</i></p> |
| <p>III 16
 ⊥ X
 △ 3</p> | <p>Governor Correspondence (Tushu)</p> <p>Associated Effect Point of XIV</p> <p>On the back, 2 ACI lateral to the median line, at a level formed by the depression of the spinous processes of the sixth and seventh thoracic vertebrae.</p> |
| <p>III 17
 ⊥ 4
 △ 7-20</p> | <p>Diaphragm Correspondence (Keshu)</p> <p>Associated Effect Point of Diaphragm</p> <p>On the back, 2 ACI lateral to the median line, at a level formed by the depression of the spinous processes of the seventh and eighth thoracic vertebrae.</p> <p><i>Assembling Point for blood</i>
 <i>First Aid: hiccups, numbness</i></p> |



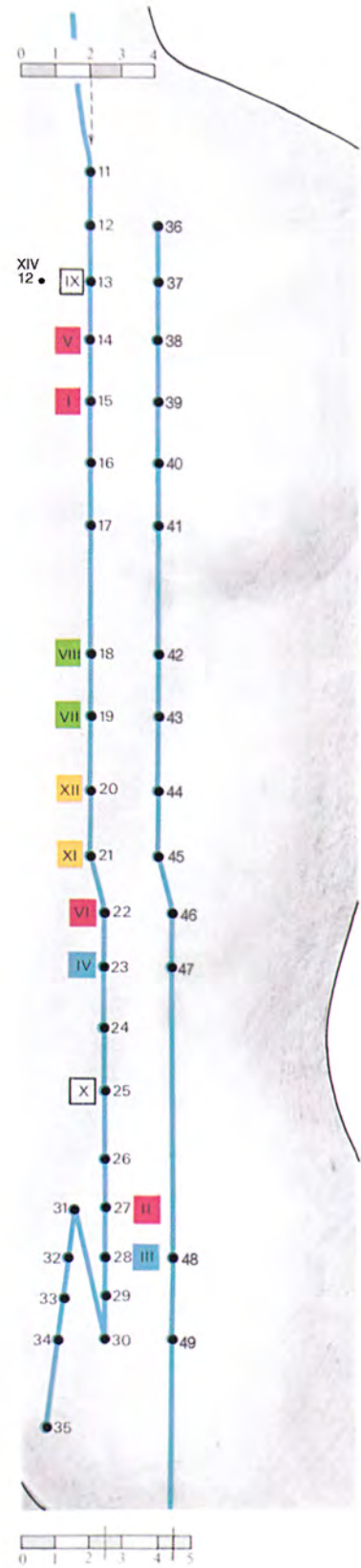
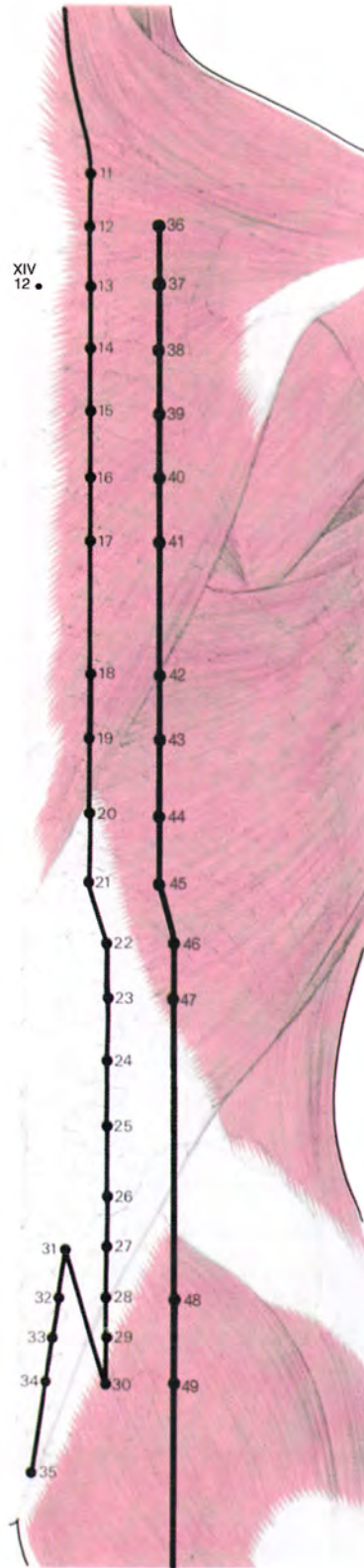
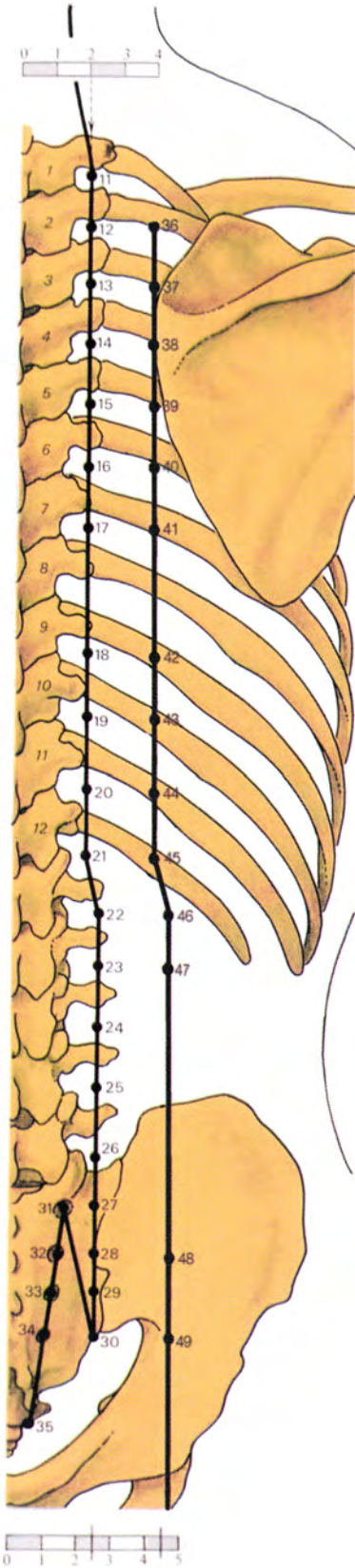
- III **18** **Liver Correspondence** (Kanshu)
 ⊥ 3 Associated Effect Point of VIII
 △ 7-20
 On the back, 2 ACI lateral to the median line, at a level formed by the depression of the spinous processes of the ninth and tenth thoracic vertebrae.
- III **19** **Gall Bladder Correspondence** (Tanshu)
 ⊥ 3-5 Associated Effect Point of VII
 △ 3-15
 On the back, 2 ACI lateral to the median line, at a level formed by the depression of the spinous processes of the tenth and eleventh thoracic vertebrae.
- III **20** **Spleen Correspondence** (Pishu)
 ⊥ 3-5 Associated Effect Point of XII
 △ 7-20
 On the back, 2 ACI lateral to the median line, at a level formed by the depression of the spinous processes of the eleventh and twelfth thoracic vertebrae.
- III **21** **Stomach Correspondence** (Weishu)
 ⊥ 3-5 Associated Effect Point of XI
 △ 7-21
 On the back, 2 ACI lateral to the median line, at a level formed by the depression of the spinous processes of the twelfth thoracic and the first lumbar vertebrae.
- III **22** **Three Heater Correspondence** (Sanchiaoshu)
 ⊥ 3-5 Associated Effect Point of VI
 △ 7-20
 On the back, 2½ ACI lateral to the median line, at the level of the depression between the first and second lumbar vertebrae.
- III **23** **Kidneys Correspondence** (Shenshu)
 ⊥ 5-8 Associated Effect Point of IV
 △ 3-15
 On the back, 2½ ACI lateral to the median line, at the level of the depression between the second and third lumbar vertebrae.
Point of Dai Mo
A point of the pattern to release the 7 Dragons on the 7 External Demons
- III **24** **Sea of Ch'i Correspondence** (Chihai shu)
 ⊥ 5
 △ 3-5
 On the back, 2½ ACI lateral to the median line, at the level of the depression between the third and fourth lumbar vertebrae.
- III **25** **Large Intestine Correspondence** (Tachangshu)
 ⊥ 8-10 Associated Effect Point of X
 △ 7-20
 On the back, 2½ ACI lateral to the median line, at the level of the depression between the fourth and fifth lumbar vertebrae.
First Aid: haemorrhage
- III **26** **First Gate Correspondence** (Kuanyuanshu)
 ⊥ 10
 △ 3
 On the back, 2½ ACI lateral to the median line, at the level of the depression between the fifth lumbar and the first sacral vertebrae, on a line drawn vertically joining III 25 and III 27.



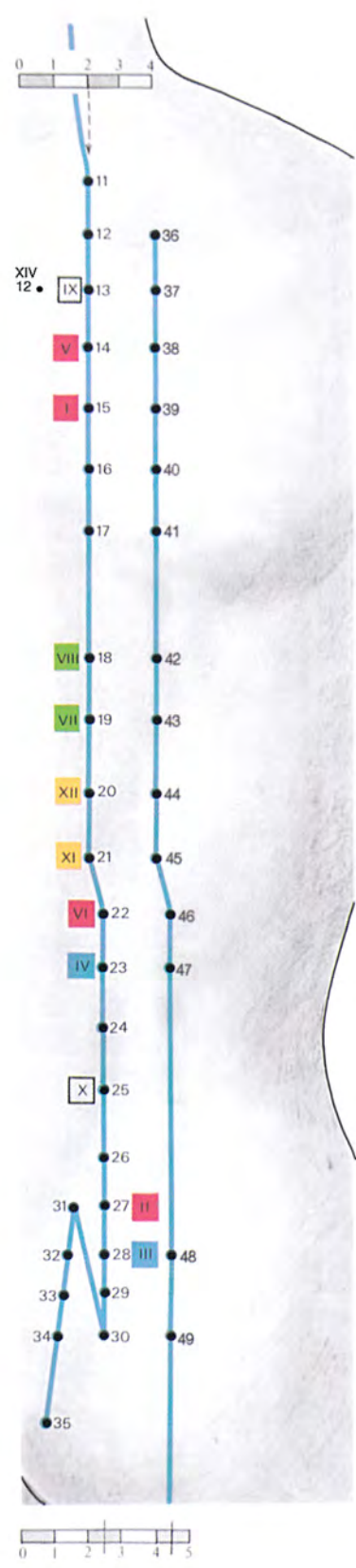
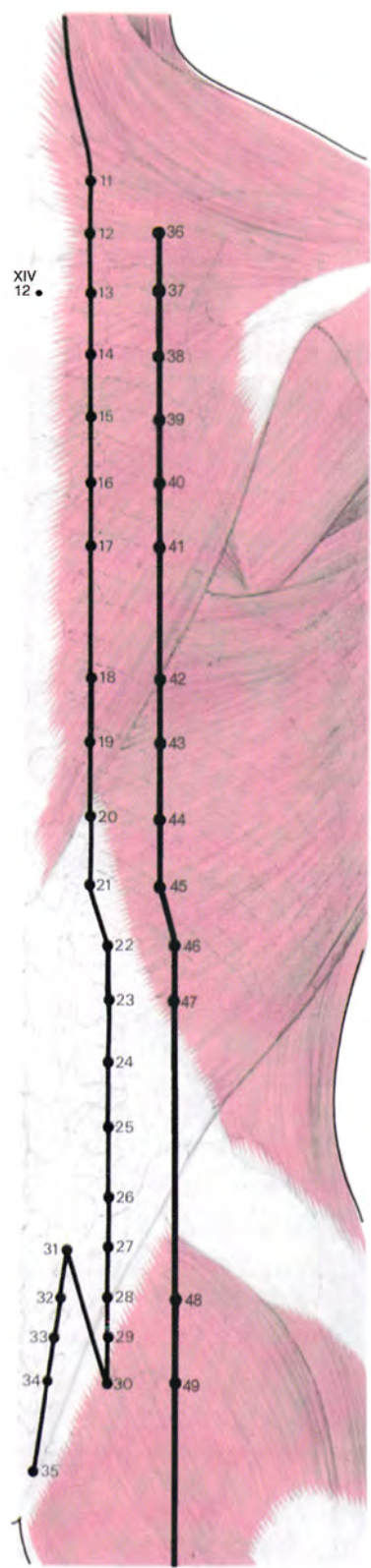
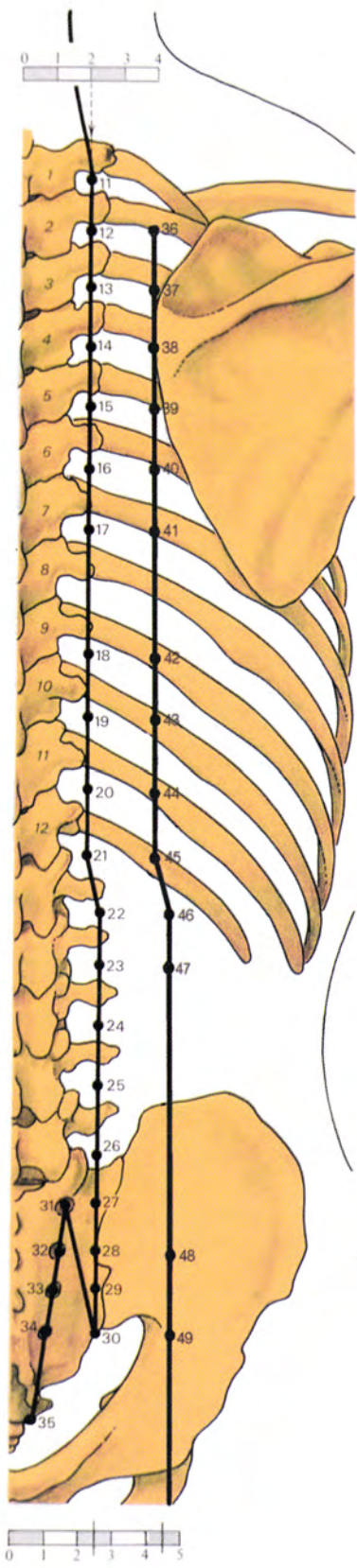
- III **27** **Small Intestine Correspondence** (Hsiaochangshu)
 ⊥ 8-10 Associated Effect Point of II
 △ 7-20
 On the sacrum, 2½ ACI lateral to the median line. The point lies in the sacroiliac joint line, at the level of the 1st sacral foramen.
- III **28** **Bladder Correspondence** (Pangkuangshu)
 ⊥ 8-10 Associated Effect Point of III
 △ 7-15
 On the sacrum, 2½ ACI lateral to the median line at the level of the second sacral foramen.
- III **29** **Middle Of The Backbone Correspondence** (Chunglushu)
 ⊥ 5
 △ 7-15
 On the sacrum, 2½ ACI lateral to the median line, at the level of the third sacral foramen, following a line distal from III 27, and III 28.
- III **30** **White Ring Correspondence** (Paihuanshu)
 ⊥ 3-5
 △ X
 On the sacrum, 2½ ACI lateral to the median line, at the level of the fourth sacral foramen, following a line distal from III 27, and III 28.



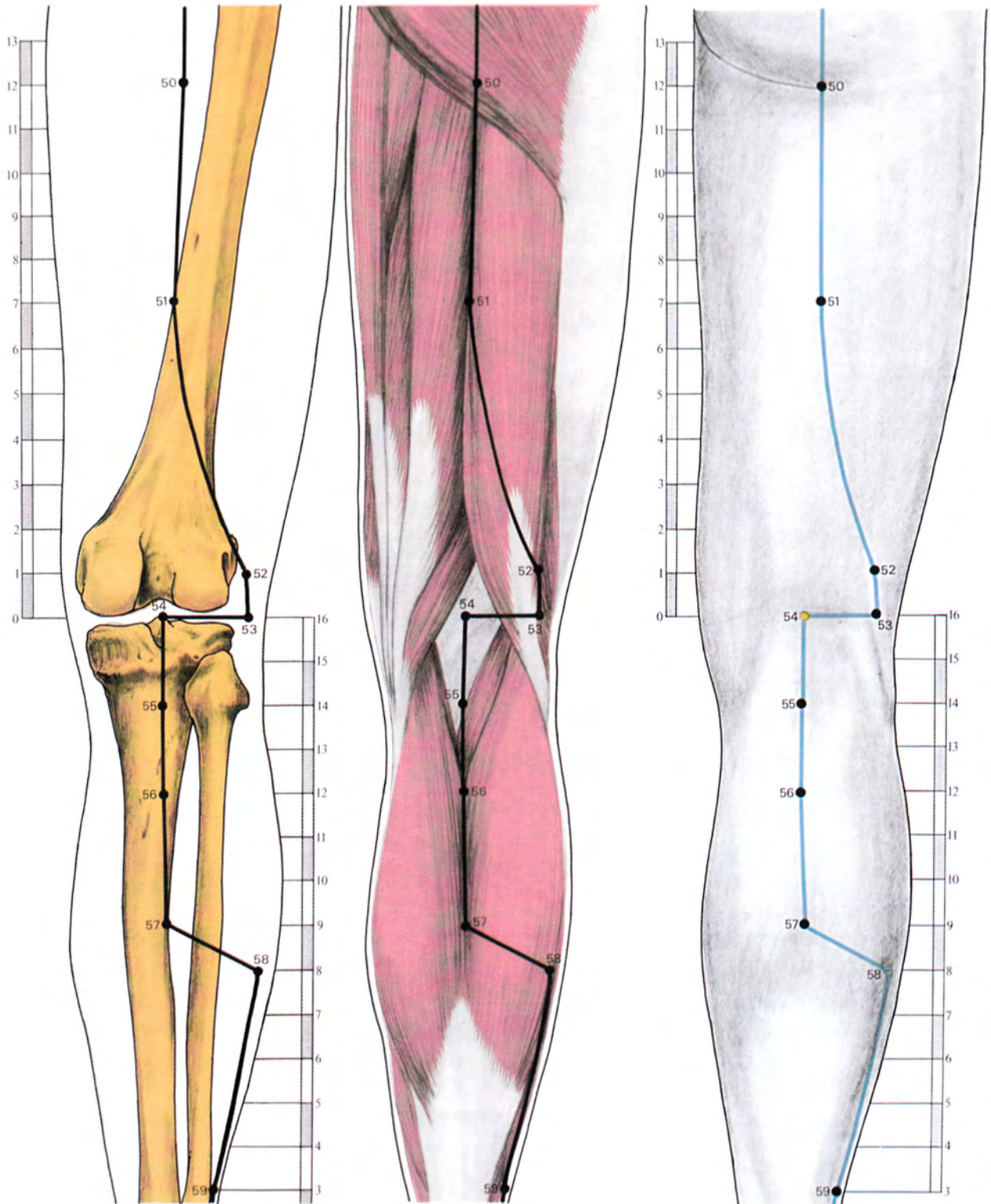
- III **31** **Upper Sacral Bone** (Shangliao)
 ⊥ 8–10
 △ 7–15
 On the sacrum, in the first sacral foramen.
First Aid: apoplexy, concussion, insensibility, snake bites
- III **32** **Second Sacral Bone** (Tzuliao)
 ⊥ 8–10
 △ 7–15
 On the sacrum, in the second sacral foramen.
- III **33** **Middle Sacral Bone** (Chungliao)
 ⊥ 8–10
 △ 7–15
 On the sacrum, in the third sacral foramen.
- III **34** **Lower Sacral Bone** (Hsialiao)
 ⊥ 6–8
 △ 7–15
 On the sacrum, in the fourth sacral foramen.
- III **35** **Meeting Of Yang** (Huiyang)
 ⊥ 4
 △ 5
 On the buttock, lateral to the sacrococcygeal articulation, ½ ACI lateral to the median line.



- | | | | |
|-----|-----------|--|--|
| III | 36 | Near Division (Fufen) | |
| ⊥ | 4 | | |
| △ | 7 | | |
| | | | On the back, 4 ACI lateral to the median line at a level formed by the depression of the spinous processes of the second and third thoracic vertebrae. |
| | | | |
| III | 37 | Soul Door (Puhu) | |
| ⊥ | 5 | | |
| △ | 7-15 | | |
| | | | On the back, 4 ACI lateral to the median line at a level formed by the depression of the spinous processes of the third and fourth thoracic vertebrae. |
| | | | |
| III | 38 | Rich For The Vitals Correspondence (Kaohuang) | |
| ⊥ | 3 | | |
| △ | 7-50 | | |
| | | | On the back, 4 ACI lateral to the median line at a level formed by the depression of the spinous processes of the fourth and fifth thoracic vertebrae. |
| | | | |
| III | 39 | Spirit Hall (Shentang) | |
| ⊥ | 3 | | |
| △ | 5 | | |
| | | | On the back, 4 ACI lateral to the median line at a level formed by the depression of the spinous processes of the fifth and sixth thoracic vertebrae. |
| | | | |
| III | 40 | Wail Of Grief (Yihsi) | |
| ⊥ | 3 | | |
| △ | 5-15 | | |
| | | | On the back, 4 ACI lateral to the median line at a level formed by the depression of the spinous processes of the sixth and seventh thoracic vertebrae. |
| | | | |
| III | 41 | Diaphragm Border (Kekuan) | |
| ⊥ | 5 | | |
| △ | 3-15 | | |
| | | | On the back, 4 ACI lateral to the median line at a level formed by the depression of the spinous processes of the seventh and eighth thoracic vertebrae. |
| | | | |
| III | 42 | Spiritual Soul Gate (Hunmen) | |
| ⊥ | 5 | | |
| △ | 3-15 | | |
| | | | On the back, 4 ACI lateral to the median line at a level formed by the depression of the spinous processes of the ninth and tenth thoracic vertebrae. |

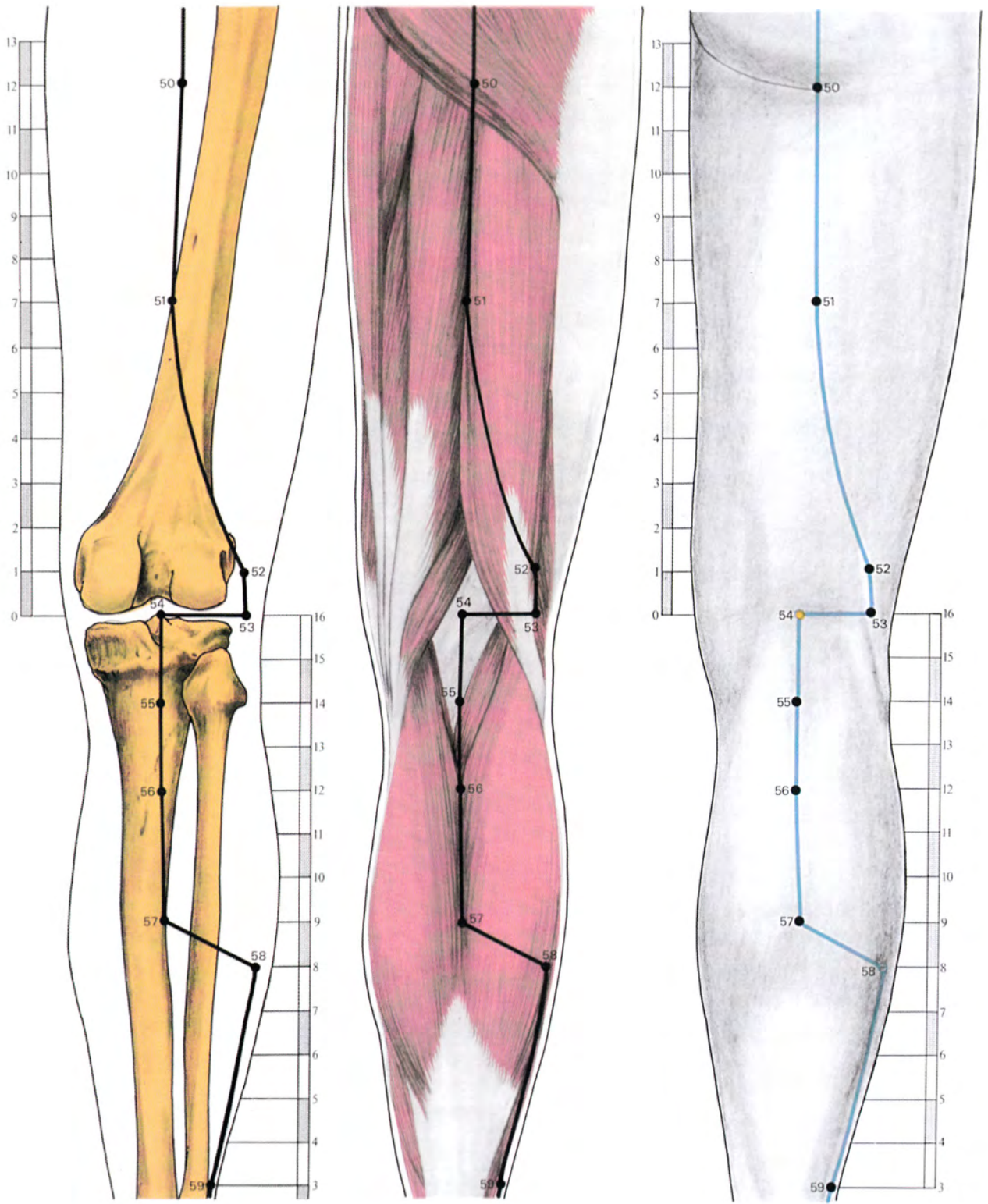


- III **43 Yang Net** (Yangkang)
 ⊥ 5-7
 △ 5
 On the back, 4 ACI lateral to the median line at a level formed by the depression of the spinous processes of the tenth and eleventh thoracic vertebrae.
- III **44 Thought Dwelling** (Yishe)
 ⊥ 5-7
 △ 5-15
 On the back, 4 ACI lateral to the median line at a level formed by the depression of the spinous processes of the eleventh and twelfth thoracic vertebrae.
- III **45 Stomach Granary** (Weitsang)
 ⊥ 5-7
 △ 5-10
 On the back, 4 ACI lateral to the median line at a level formed by the depression of the spinous processes of the twelfth thoracic and the first lumbar vertebrae.
- III **46 Diaphragm Gate Of Vitality** (Huangmen)
 ⊥ 5-7
 △ 7-15
 On the back, 4½ ACI lateral to the median line, at the level of the depression between the first and second lumbar vertebrae.
- III **47 Ambition Room** (Chihshih)
 ⊥ 7-9
 △ 7-15
 On the back, 4½ ACI lateral to the median line, at the level of the depression between the second and third lumbar vertebrae.
- III **48 Womb And Heart Diaphragm** (Paohuang)
 ⊥ 5-7
 △ 5-10
 Lateral to the sacro-iliac joint, 4½ ACI lateral to the median line, at the level of the second sacral foramen.
- III **49 Orderly Frontier** (Chihpien)
 ⊥ 5
 △ 7
 On the buttock, 4½ ACI lateral to the median line, slightly inferior to the level of the fourth sacral foramen.



- | | | |
|-----|-----------|---|
| III | 50 | Receive And Support (Chengfu) |
| ⊥ | 8 | |
| △ | X | |
| | | At the mid-point of the gluteal fold, directly distal to III 49, between the biceps femoris and the semitendinosus. |
| III | 51 | Prosperous Gate (Yinmen) |
| ⊥ | 7 | |
| △ | X | |
| | | On the posterior surface of the thigh, at the mid-point between the biceps femoris and the semitendinosus, 7 ACI proximal to the knee crease. |
| III | 52 | Floating Reserve (Fuhsi) |
| ⊥ | 5 | |
| △ | 7 | |
| | | On the posterior surface of the thigh, 1 ACI proximal to the lateral end of the knee crease, medial to the tendon of the biceps femoris. |
| III | 53 | Equilibrium Yang (Weiyang) |
| ⊥ | 7 | |
| △ | 3-5 | |
| | | On the lateral side of the knee crease, medial to the tendon of the biceps femoris. |
| III | 54 | Equilibrium Middle (Weichung) |
| ⊥ | 5 | Earth |
| △ | X | |
| | | On the posterior surface of the leg, in the centre of the knee crease.
<i>Point of Ho (Autumn)</i>
<i>Greater Assembling Point of the back and vertebrae</i>
<i>First Aid: spinal injury</i> |





III 55 **Uniting Yang** (Hoyang)

⊥ 5
△ 3-7

On the posterior surface of the leg, 14 ACI proximal to the level of the prominence of the lateral malleolus, between the lateral and medial heads of the gastrocnemius.

III 56 **Supporting Muscles** (Chengchin)

⊥ X
△ 3-7

On the posterior surface of the leg, 12 ACI proximal to the level of the prominence of the lateral malleolus, between the lateral and medial heads of the gastrocnemius.

III 57 **Supporting Mountain** (Chengshan)

⊥ 7
△ 5-15

On the posterior surface of the leg, 9 ACI proximal to the level of the prominence of the lateral malleolus, between the lateral and medial heads of the gastrocnemius.

III 58 **Fly And Scatter** (Feiyang)

⊖ ⊥ 5
△ 3-7

Junction

On the posterolateral surface of the leg, 8 ACI proximal to the level of the prominence of the lateral malleolus, between the gastrocnemius and the soleus.

A Centre of Energy

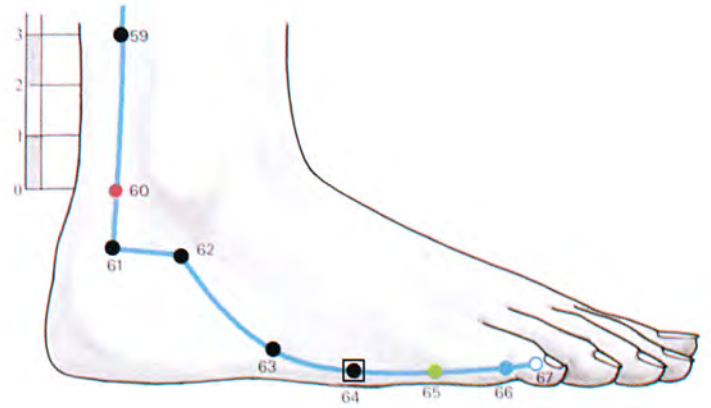
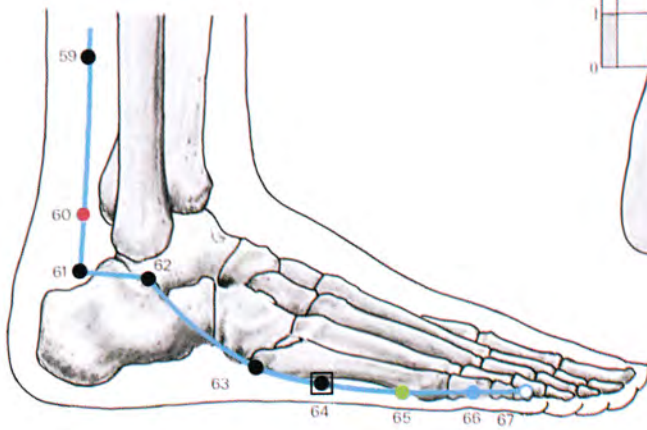
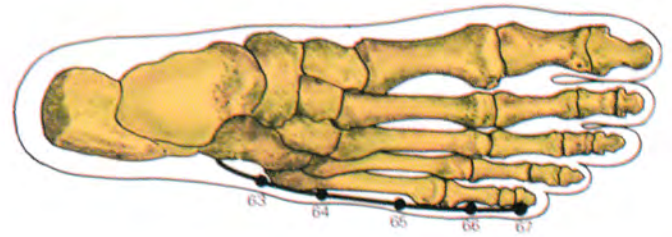
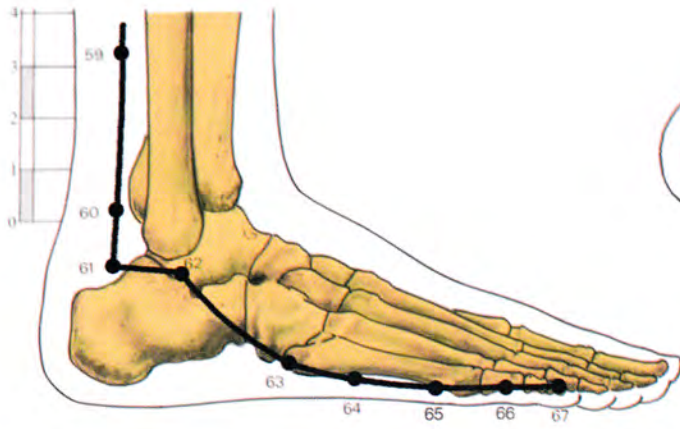
III 59 **Foot Bone Yang** (Fuyang)

⊥ 5
△ 5-7

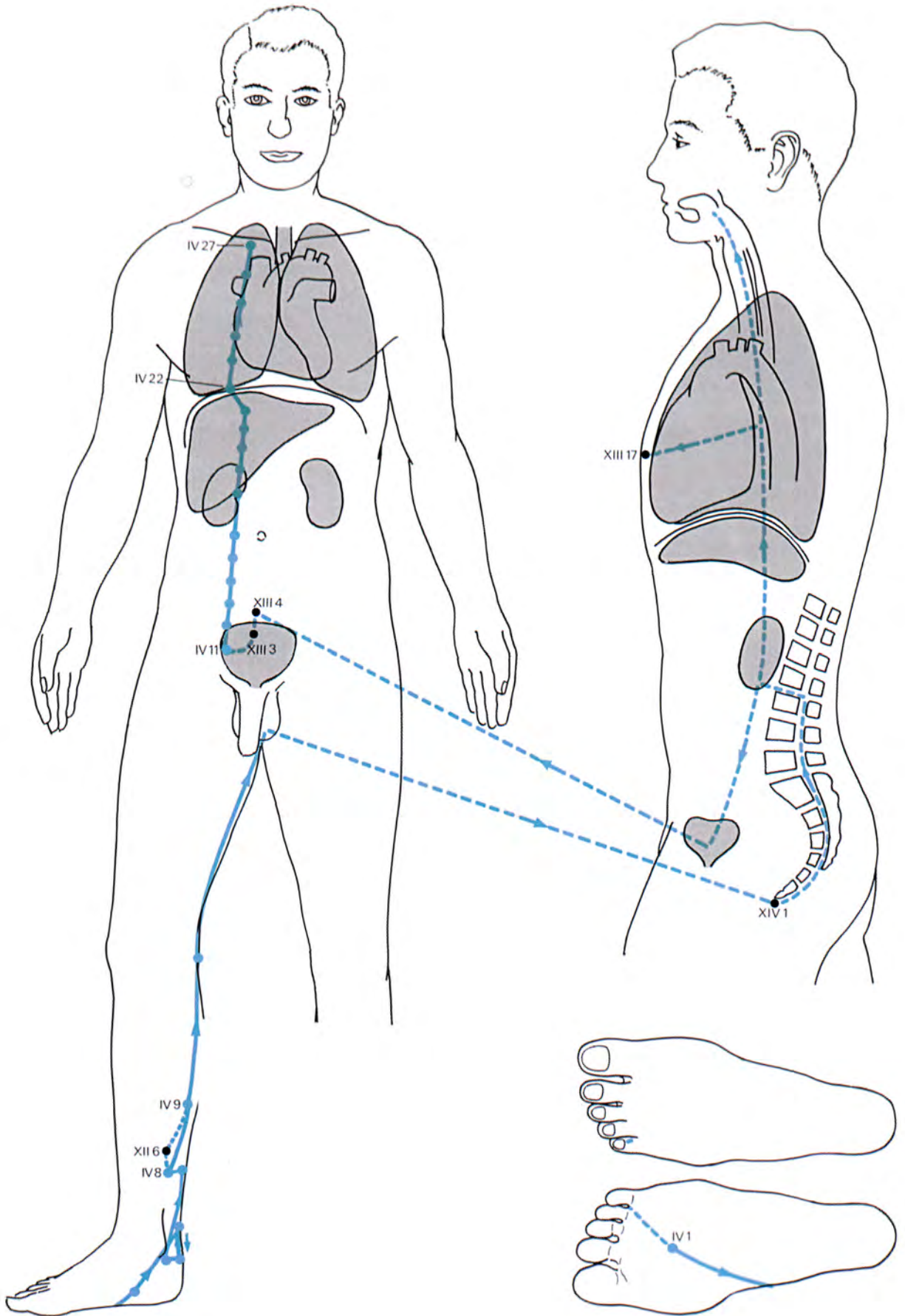
On the posterolateral surface of the leg, 3 ACI proximal to the level of the prominence of the lateral malleolus, posterior to the peroneus longus, directly proximal to III 60.

Point of Yang Qiao Mo

First Aid: food poisoning



- III **60** **Kunlun Mountain** (Kunlun)
 ⊥ 3-5 **Fire**
 △ 3-7
 Mid-way between the prominence of the lateral malleolus and the Achilles tendon, on the peroneal artery.
Point of Ching (late Summer)
First Aid: anxiety, facial neuralgia, fractures, spinal injury, sprains
- III **61** **Servant's Aide** (Pushen)
 ⊥ 3
 △ 3-7
 On the superior edge of the lateral surface of the calcaneus, directly inferior to III 60.
Point of Yang Qiao Mo
A point of the pattern to release the 7 Dragons on the 7 External Demons
- III **62** **Extended Meridian** (Shenmo)
 ⊥ 3
 △ X
 Approximately one half ACI distal to the tip of the lateral malleolus, between the tendons of the peroneus longus and the peroneus brevis.
Master Point of Yang Qiao Mo
Coupled Point of Du Mo
- III **63** **Golden Gate** (Chinmen)
 ⊥ 3
 △ 3-5
 On the lateral border of the foot, just proximal to the tubercle of the fifth metatarsal bone.
Point of Yang Wei Mo
- III **64** **Capital Bone** (Chingku)
 ⊥ 3-5 **Source**
 △ 3-7
 On the lateral border of the foot, distal to the tubercle of the fifth metatarsal bone.
First Aid: bee stings
- III **65** **Bone Binder** (Shuku)
 ⊥ 3 **Wood**
 △ 3-5 **Sedation**
 On the lateral border of the foot, just proximal to the head of the fifth metatarsal bone.
Point of Yu (Summer)
First Aid: burns, cystitis, food poisoning, insect bites, poison, scalds, sunburn, urine retention
- III **66** **Penetrating Valley** (Tsu tungku)
 ⊥ 2 **Water**
 △ 3-5 **Horary 3 P.M.–5 P.M.**
 On the lateral border of the foot just distal to the base of the proximal phalanx of the little toe.
Point of Yung (Spring)
- III **67** **Extremity Of Yin** (Chihyin)
 ⊥ 2 **Metal**
 △ 3 **Tonification**
Exit
 Lateral nail point of the little toe.
Point of Cheng (Winter)



Pathway

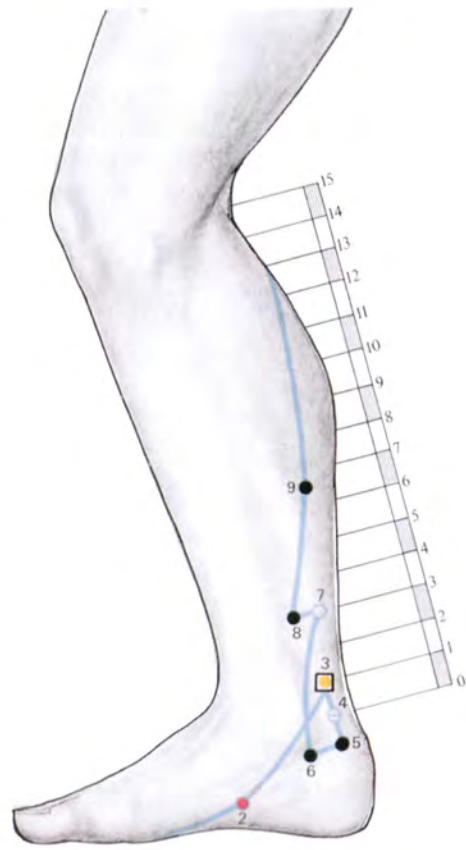
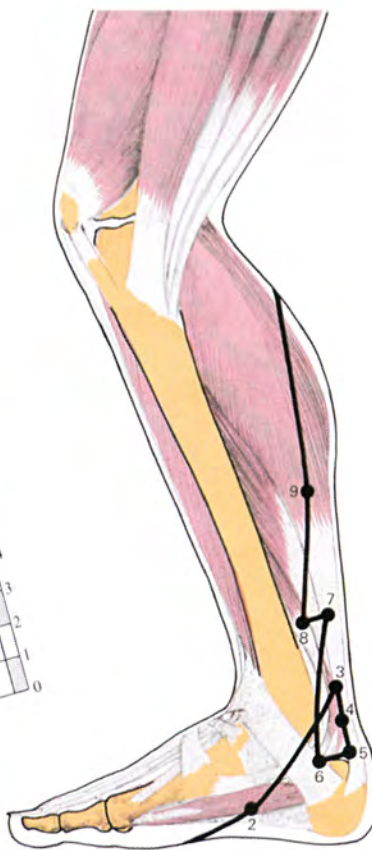
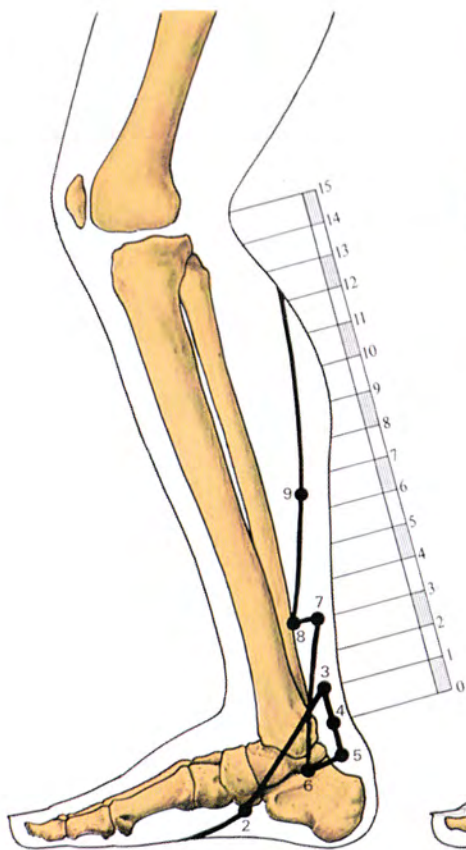
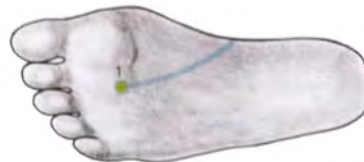
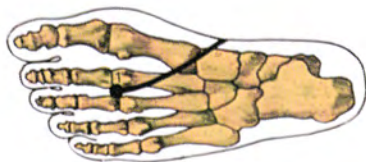
The kidney meridian begins at a deep level on the plantar surface of the little toe and travels deep, to become superficial at the entry point IV 1 between the second and third metatarsal bones, posterior to the metatarsal heads, on the sole of the foot. It then runs medially below the navicular bone, ascends over the medial malleolus to the line of the posterior tibial artery and then loops down anterior to the Achilles tendon, to the calcaneus and the inferior tip of the medial malleolus.

The meridian then ascends the posteromedial surface of the leg, then continues up the gastrocnemius to the medial border of the popliteal fossa. A deep branch travels from IV 8 to XII 6, and rejoins the superficial meridian at IV 9. From the knee it runs over the posterior medial surface of the thigh and the adductor muscles to the groin. The pathway becomes deep at the groin, as it joins to the tip of the coccyx, at XIV 1, and continues up the spine to the space between the second and third lumbar vertebrae. Then it enters the kidney.

A branch leaves the kidney to enter the bladder. From the bladder the pathway joins the median line, at XIII 4, descends to XIII 3 and then goes $1\frac{1}{2}$ ACI laterally on a level with the superior edge of the pubic symphysis, to IV 11. The meridian now becomes superficial and travels up the abdomen through the rectus abdominis muscles, paramedially. When it reaches the thorax at the fifth intercostal space it ascends at 2 ACI lateral to the medial line, to the exit point IV 22, to end just below the clavicle at its last point, IV 27.

A second deep branch from the kidney ascends the abdomen to enter the liver, penetrates the diaphragm and enters the lungs. It then proceeds up the trachea and larynx to the root of the tongue.

A branch leaves the deep pathway from the lungs, connects with the heart and travels to the median line of the chest at the level of the nipples, XIII 17. Here it connects with the circulation-sex meridian.



- IV

1

Bubbling Spring (Yungchuan)

⊥ 5 Wood
 △ 3-7 Sedation
 XP8 Entry

On the plantar surface of the foot, between the second and third metatarsal bones, in the crease formed when the toes are flexed.
Point of Cheng (Winter)
First Aid: resuscitation
- IV

2

Blazing Valley (Janku)

⊥ 5 Fire
 △ 3-5
 XP8

On the medial surface of the foot, inferior to the tuberosity of the navicular bone.
Point of Yung (Spring)
Point of Yin Qiao Mo
First Aid: cystitis, injury to testicles, urine retention
- □

IV

3

Greater Mountain Stream (Taihsi)

⊥ 3 Earth
 △ 3-5 Source

On the medial surface of the leg, 1 ACI proximal to the prominence of the medial malleolus, upon the posterior tibial artery.
Point of Yu (Summer)
- ⊖

IV

4

Great Bell (Tachung)

⊥ 3 Junction
 △ 3-7
 XP3

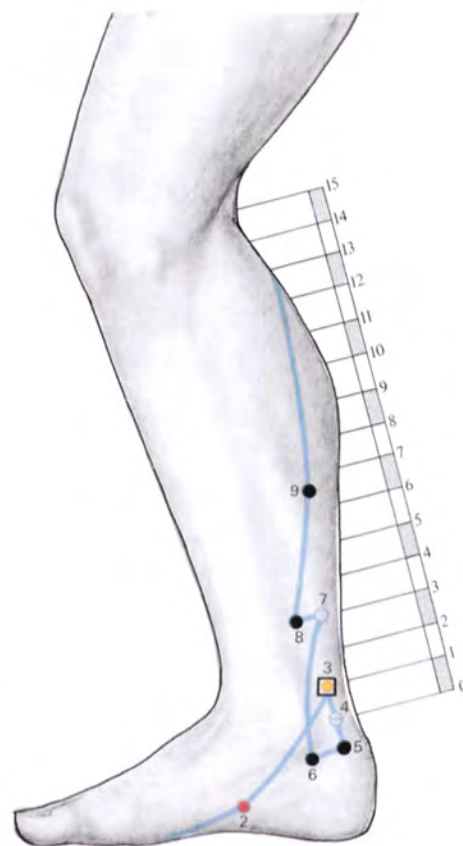
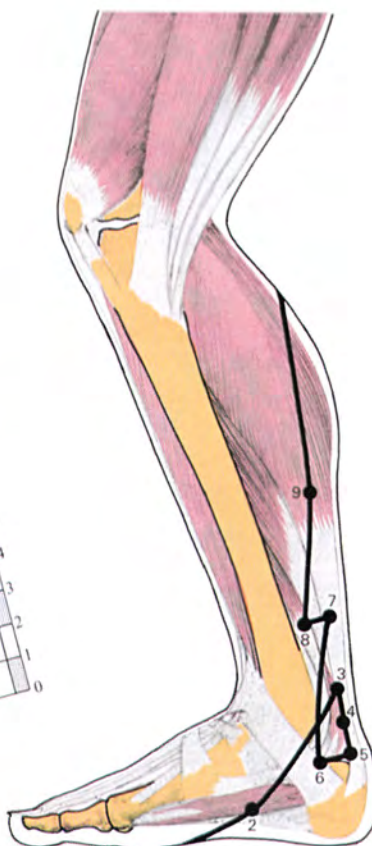
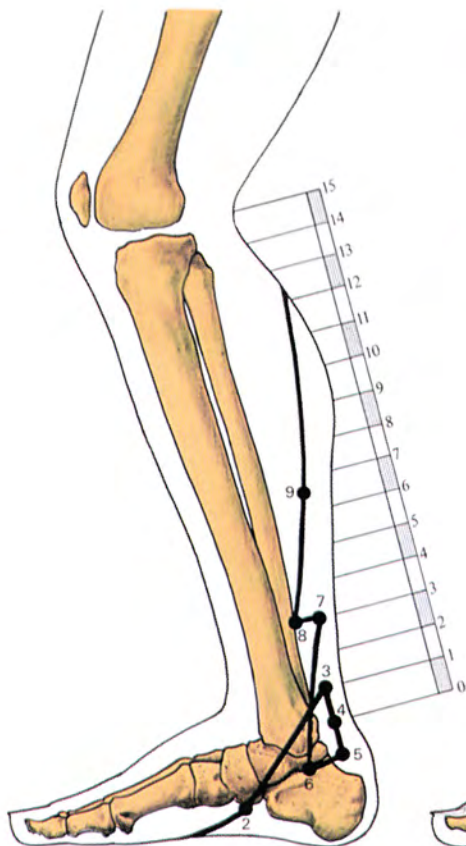
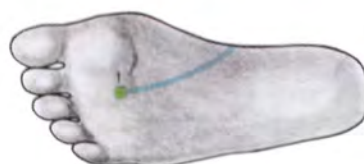
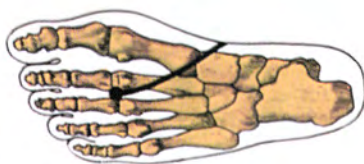
On the medial surface of the ankle, posterior to the prominence of the medial malleolus, upon the posterior tibial artery, 1 ACI distal to IV 3.
- IV

5

Water Spring (Shuichuan)

⊥ 4
 △ 5

On the medial surface of the ankle, 1 ACI distal to IV 4, on the superior edge of the calcaneus.



IV **6** **Illuminated Sea** (Chaohai)

⊥ 3
△ 3-5

On the medial surface of the ankle, 4 fen distal to the inferior border of the medial malleolus. Follow the central line down the shaft of the tibia.

Master Point of Yin Qiao Mo

Coupled Point of Ren Mo

First Aid: apoplexy, bee stings, concussion, haemorrhage, insensibility, snake bites

IV **7** **Returning Current** (Fuliu)

○ ⊥ 4
△ 3-7
XP8

Metal
Tonification

On the medial surface of the leg, 3 ACI proximal to the level of the prominence of the medial malleolus, posterior to the flexor digitorum longus.

Point of Ching (late Summer)

IV **8** **Exchange Pledges** (Chiaohsin)

⊥ 3
△ 5

On the medial surface of the leg, 3 ACI proximal to the prominence of the medial malleolus, ½ ACI anterior to IV 7, anterior to the flexor digitorum longus.

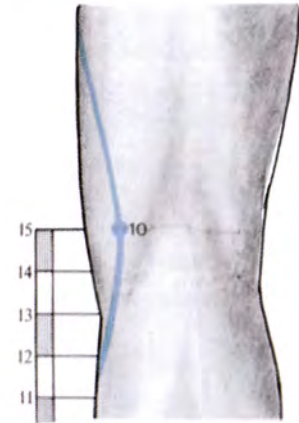
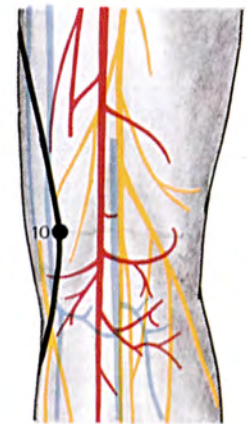
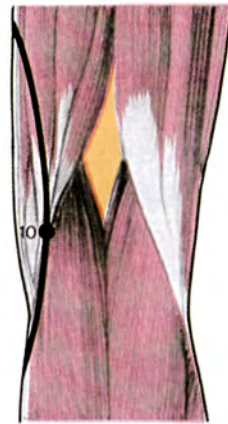
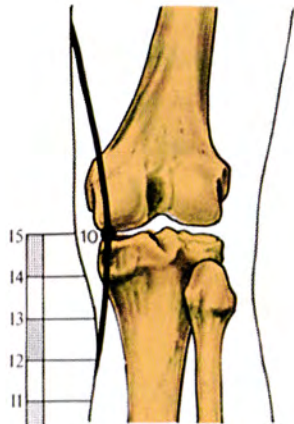
Point of Yin Qiao Mo

IV **9** **Building Guest** (Chupin)

⊥ 5
△ 3-7

On the medial surface of the leg, 6½ ACI proximal to the level of the prominence of the medial malleolus, on the medial edge of the tendon of the gastrocnemius, directly proximal to IV 7.

Point of Yin Wei Mo



IV 10

Yin Valley (Yinku)

⊥ 4

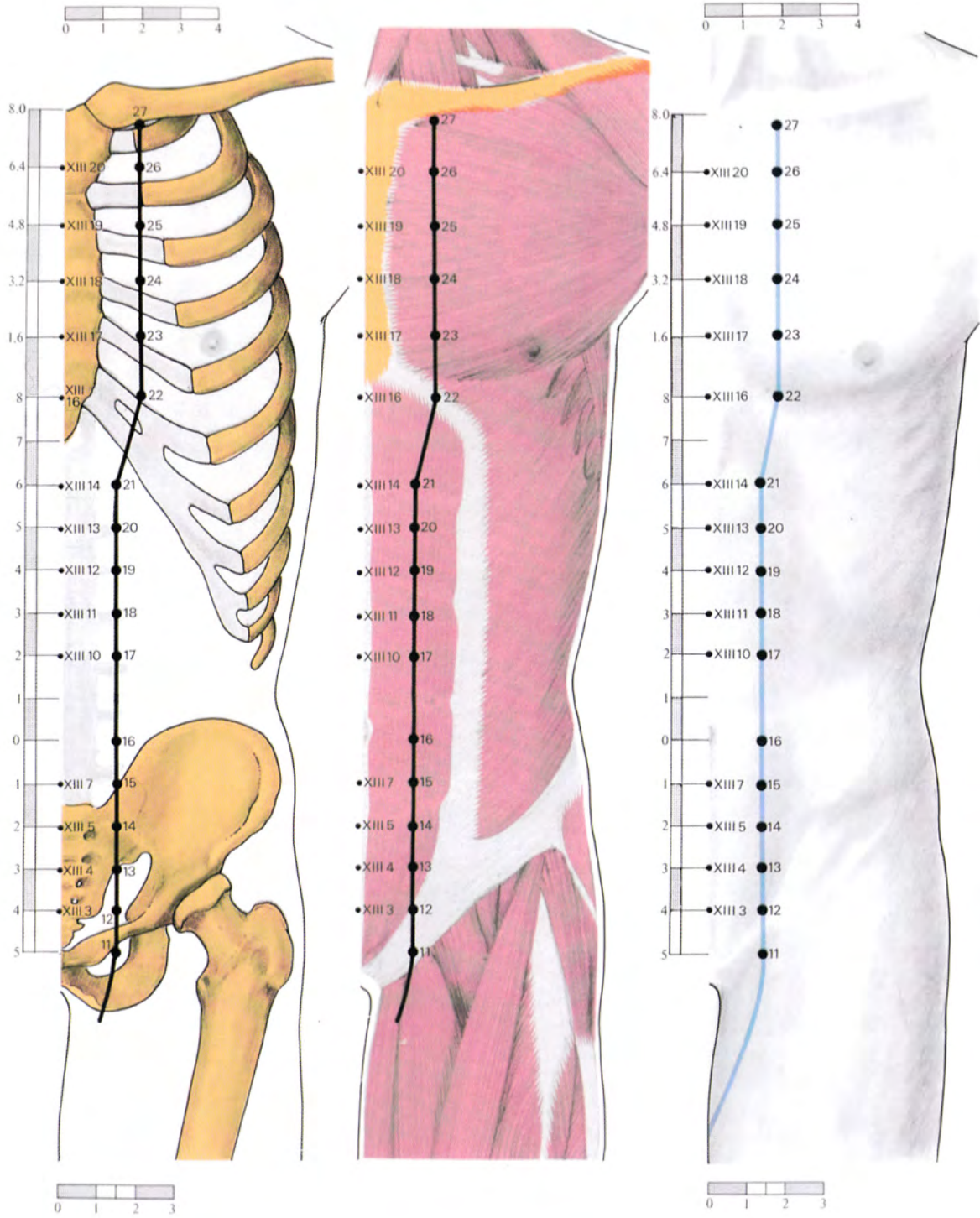
Water

△ 3

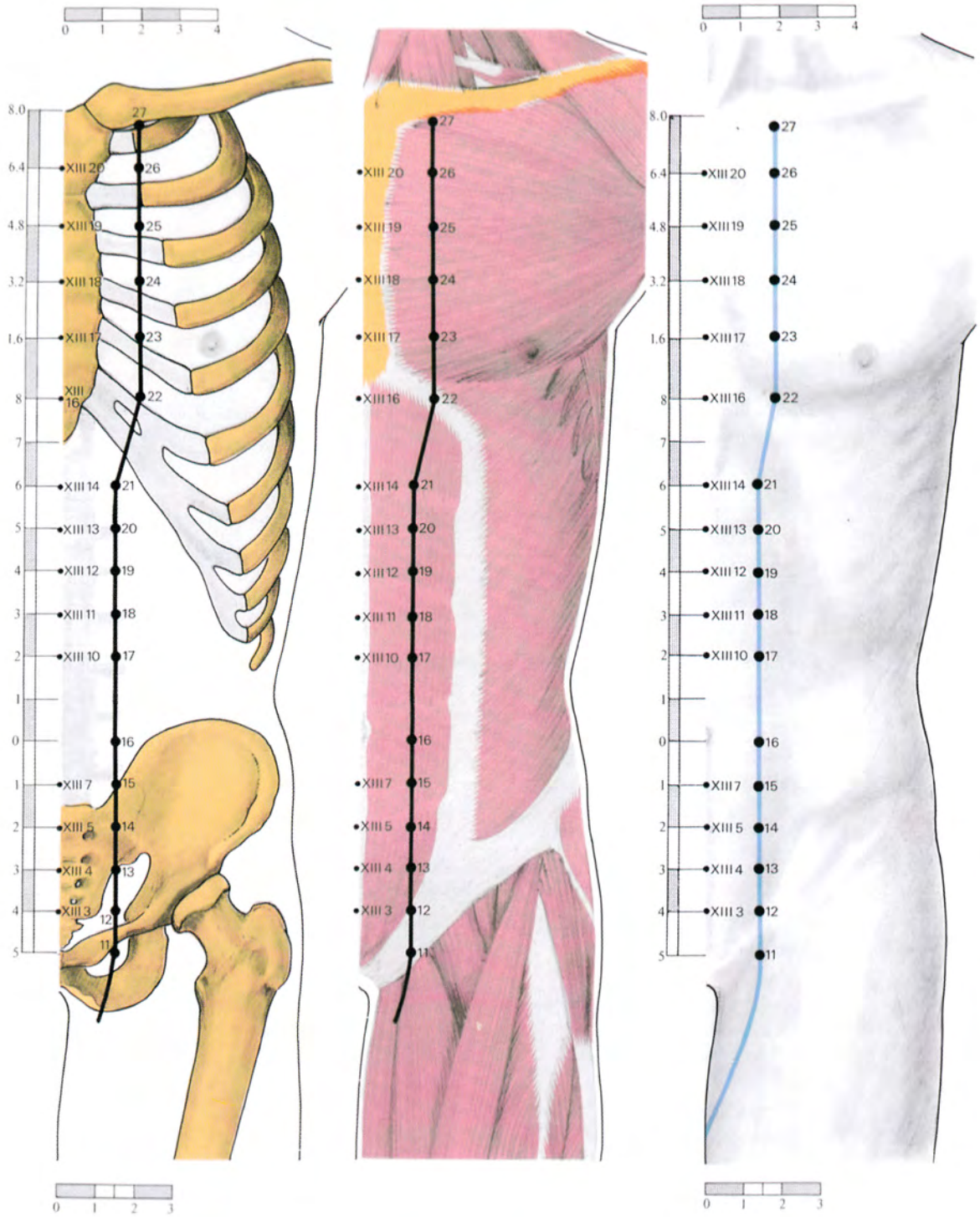
Horary 5 P.M.–7 P.M.

At the medial extremity of the knee crease, between the tendons of the semimembranosus and the semitendinosus, when the knee is slightly flexed.

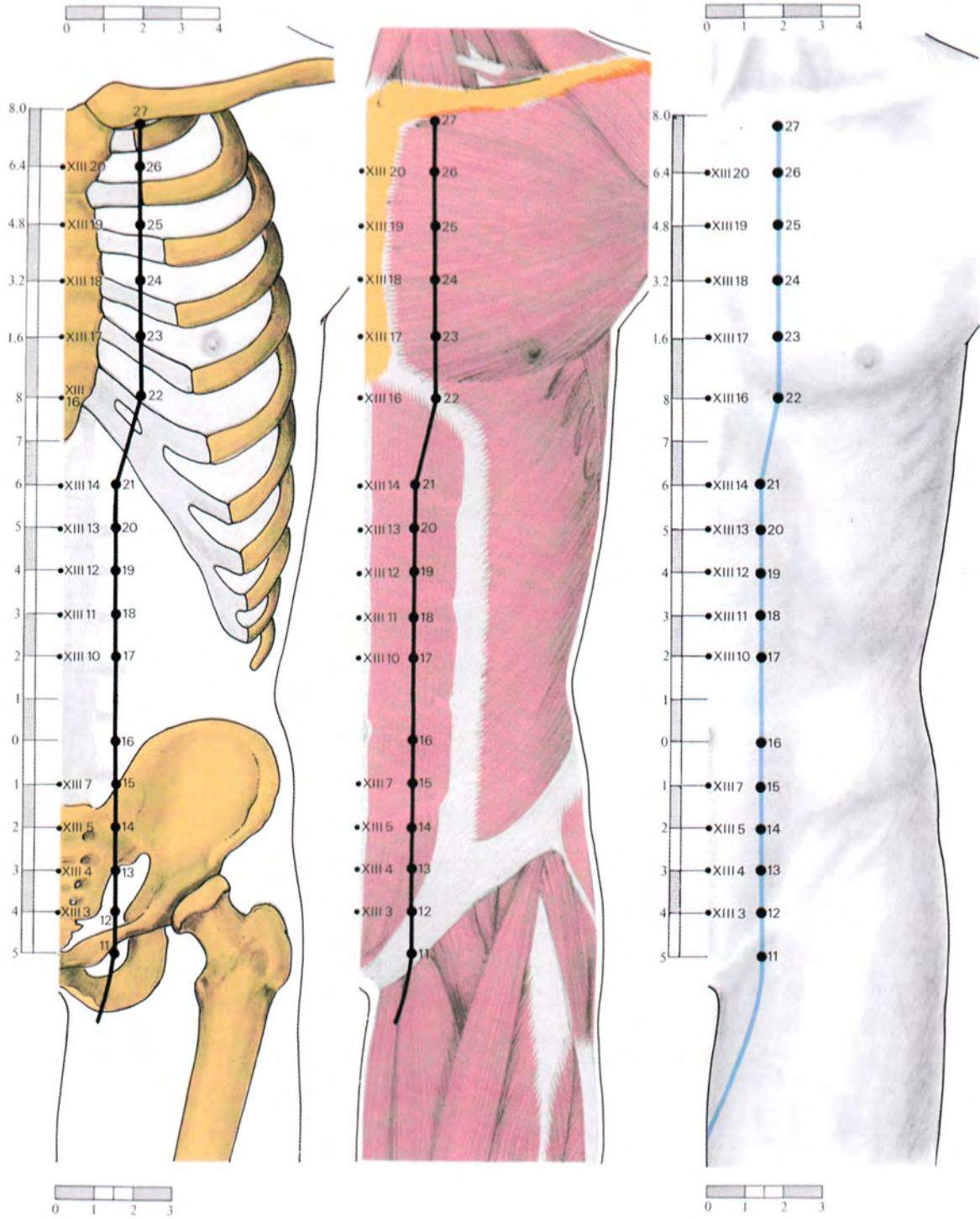
Point of Ho (Autumn)



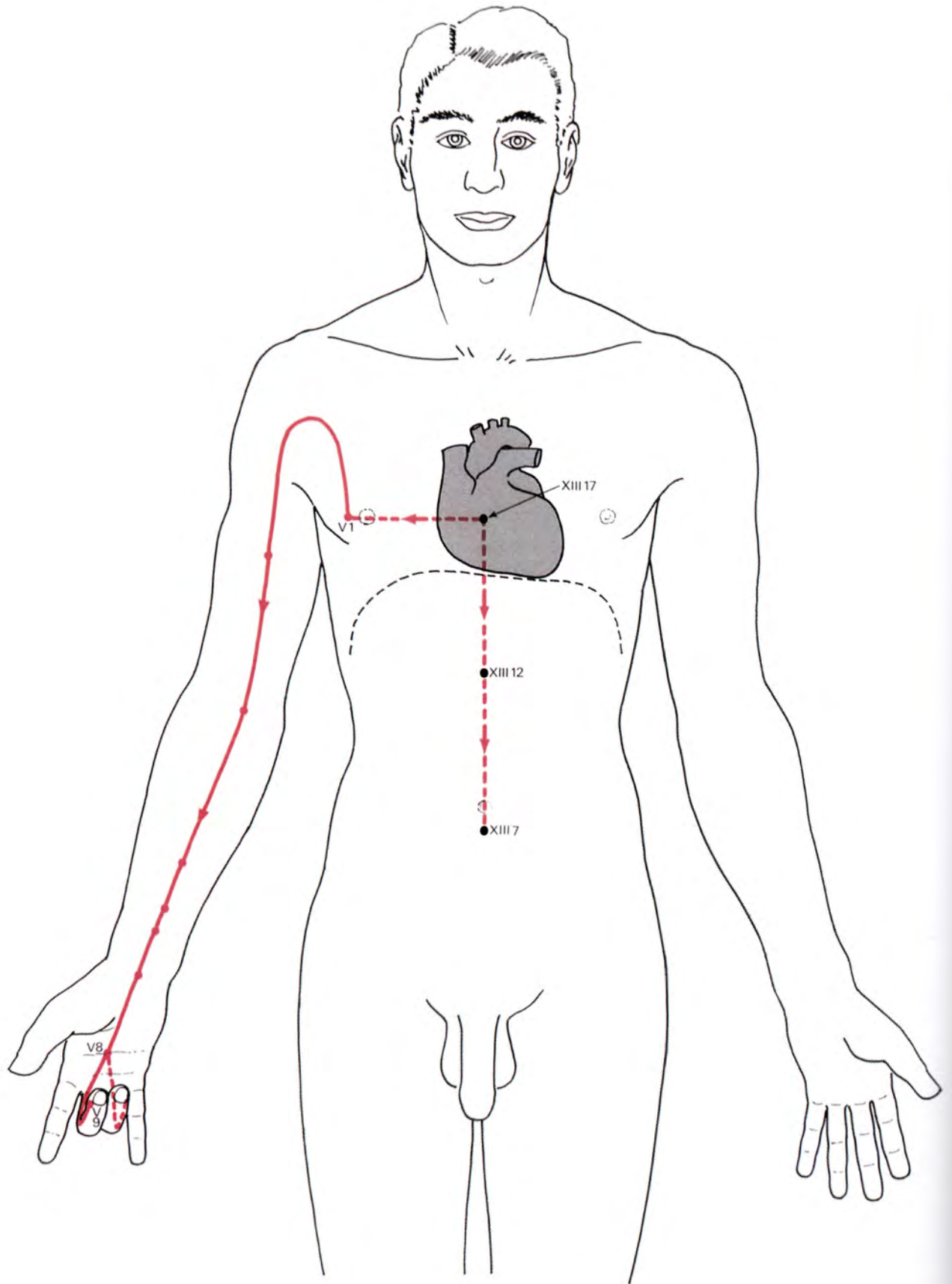
- IV **11** **Transverse Bone** (Hengku)
 ⊥ X
 △ 5-15
 On the abdomen, 1½ ACI lateral to the median line, at the level of the superior edge of the pubic symphysis, 5 ACI inferior to the level of the umbilicus.
Point of Chong Mo
- IV **12** **Great Brightness** (Taho)
 ⊥ 5-10
 △ 5-10
 On the abdomen, 1½ ACI lateral to the median line, 4 ACI inferior to the level of the umbilicus, at the level of XIII 3.
Point of Chong Mo
- IV **13** **Door Of Infants** (Tzuhu)
 ⊥ 5-10
 △ 5-10
 On the abdomen, 1½ ACI lateral to the median line, 3 ACI inferior to the level of the umbilicus, at the level of XIII 4.
Point of Chong Mo
A Centre of Energy
- IV **14** **Four Full** (Szuman)
 ⊥ 7-10
 △ 5-30
 On the abdomen, 1½ ACI lateral to the median line, 2 ACI inferior to the level of the umbilicus, at the level of XIII 5.
Point of Chong Mo
- IV **15** **Middle Flowing Out** (Chungchu)
 ⊥ 7-10
 △ 5-15
 On the abdomen, 1½ ACI lateral to the median line, 1 ACI inferior to the level of the umbilicus, at the level of XIII 7.
Point of Chong Mo
- IV **16** **Vitals Correspondence** (Huangshu)
 ⊥ 10
 △ 7
 On the abdomen, 1½ ACI lateral to the centre of the umbilicus.
Point of Chong Mo
- IV **17** **Merchant Crooked** (Shangchu)
 ⊥ 10
 △ 7
 On the abdomen, 1½ ACI lateral to the median line, 2 ACI superior to the level of the umbilicus, at the level of XIII 10.
Point of Chong Mo



- IV **18** **Stone Border** (Shihkuan)
- ⊥ 7-10
 △ 7
- On the abdomen, 1½ ACI lateral to the median line, 3 ACI superior to the level of the umbilicus, at the level of XIII 11.
Point of Chong Mo
- IV **19** **Yin Capital** (Yintu)
- ⊥ 7-10
 △ 7-10
- On the abdomen, 1½ ACI lateral to the median line, 4 ACI superior to the level of the umbilicus, at the level of XIII 12.
Point of Chong Mo
- IV **20** **Through The Valley** (Fu tungku)
- ⊥ 5
 △ 7-10
- On the abdomen, 1½ ACI lateral to the median line, 5 ACI superior to the level of the umbilicus, at the level of XIII 13.
Point of Chong Mo
- IV **21** **Dark Gate** (Yumen)
- ⊥ 5
 △ 7-10
- On the abdomen, 1½ ACI lateral to the median line, 6 ACI superior to the level of the umbilicus, at the level of XIII 14.
Point of Chong Mo
- IV **22** **Walking On The Verandah** (Pulang)
- ⊥ 3 Exit
 △ 5
- On the thorax, in the fifth intercostal space, 2 ACI lateral to the median line, on a level with XIII 16.
- IV **23** **Spirit Seal** (Shenfeng)
- ⊥ 3
 △ 5
- On the thorax, in the fourth intercostal space, 2 ACI lateral to the median line, on a level with XIII 17.
First Aid: sunstroke



- | | | |
|----|-----------|--|
| IV | 24 | Spirit Burial Ground (Lingsu) |
| ⊥ | 3 | |
| △ | 5 | |
| | | On the thorax, in the third intercostal space, 2 ACI lateral to the median line, on a level with XIII 18. |
| | | |
| IV | 25 | Spirit Storehouse (Shentsang) |
| ⊥ | 3 | |
| △ | 5 | |
| | | On the thorax, in the second intercostal space, 2 ACI lateral to the median line, on a level with XIII 19. |
| | | |
| IV | 26 | Amidst Elegance (Yuchung) |
| ⊥ | 3 | |
| △ | 5 | |
| | | On the thorax, in the first intercostal space, 2 ACI lateral to the median line, on a level with XIII 20. |
| | | |
| IV | 27 | Store House (Shufu) |
| ⊥ | 3 | |
| △ | 5 | |
| | | In the depression between the first rib and the inferior edge of the clavicle, 2 ACI lateral to the median line. |

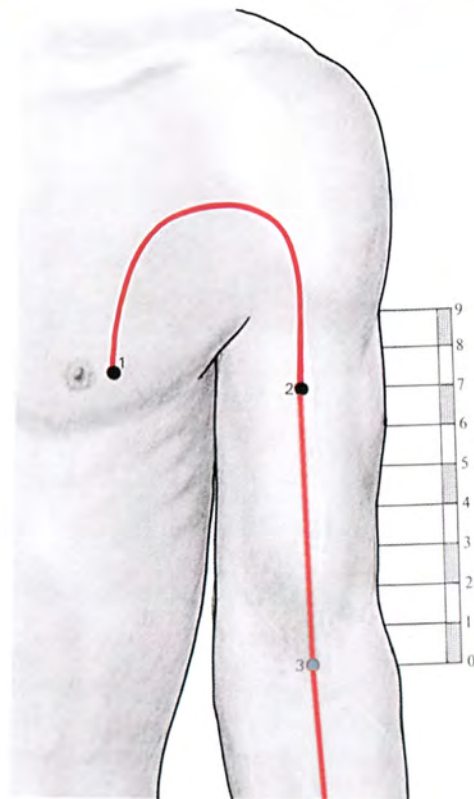
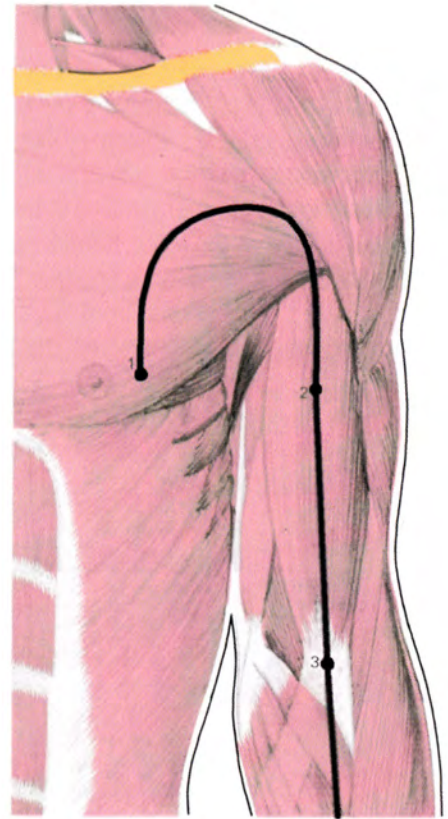
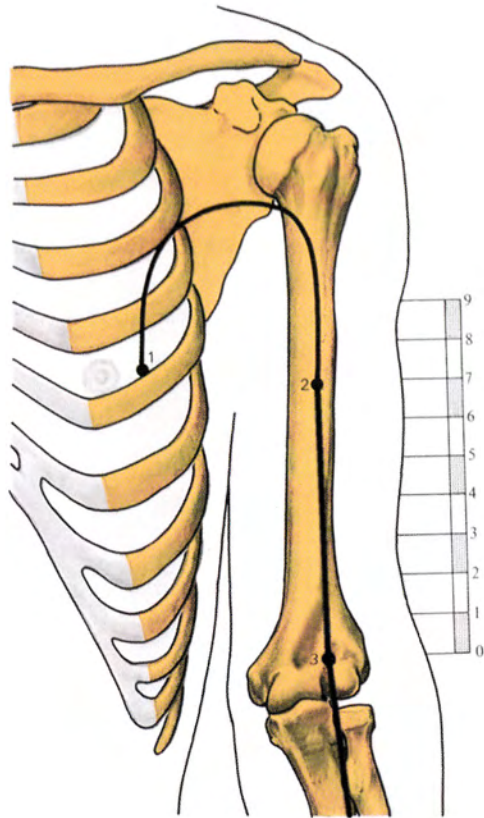


Pathway

The circulation-sex meridian begins at a deep level in the thorax, within the pericardium. It emerges in the median line at the level of the nipples, at XIII 17, in the region of the Upper Chou, and descends the median line, penetrating the diaphragm, passing XIII 12 in the Middle Chou, down to a point just below the umbilicus, XIII 7, in the Lower Chou.

Another branch runs laterally from the pericardium and emerges just lateral to the nipple, in the fourth intercostal space, to become the superficial pathway at the entry point, V 1. From here it arches over the pectoral muscles to the middle of the anterior surface of the arm, travels down to the hollow medial to the tendon of the biceps, at the flexure of the elbow, then along the anterior surface of the forearm between the palmaris longus and the flexor carpi radialis to the mid-point of the flexure of the wrist. It then traverses the palm between the third and fourth metacarpal bones and runs along the radial side of the middle finger to the radial nail point, its last point, V 9.

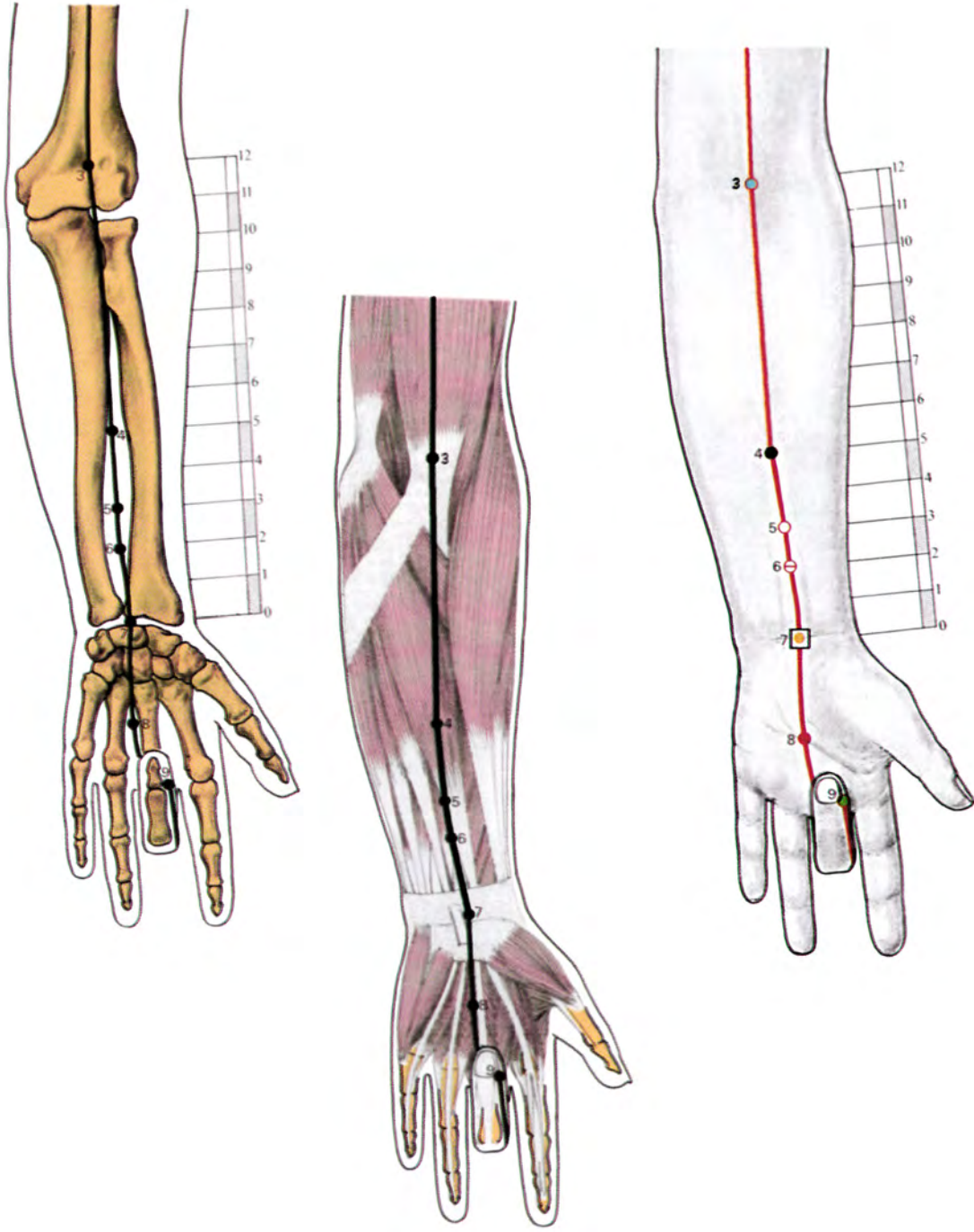
A deep branch leaves the meridian from the middle of the palm at the exit point, V 8, and runs down the ring finger to the ulnar nail point, where it connects with the three heater meridian.



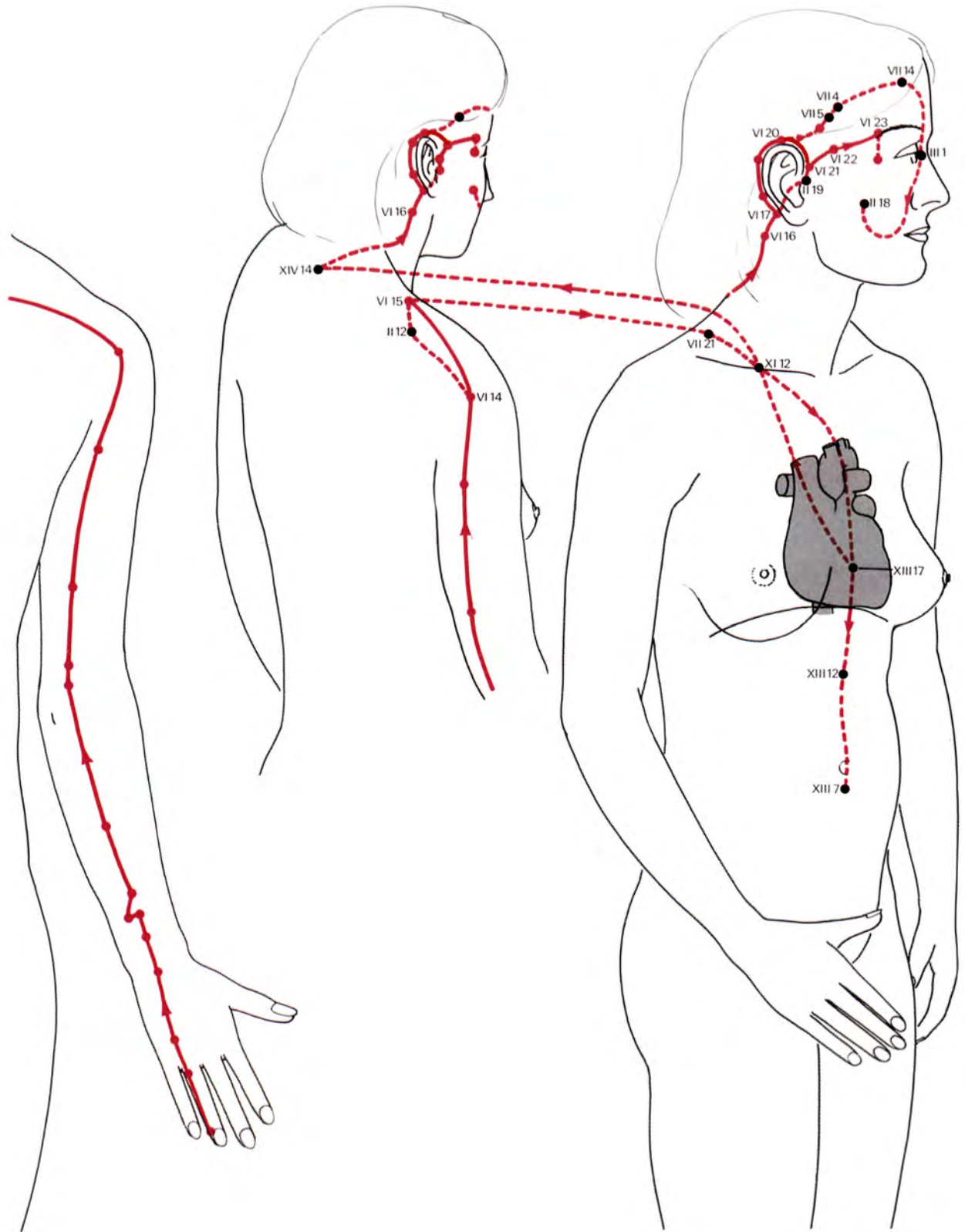
V **1** **Heavenly Pond** (Tienchih)
 ⊥ 3 Entry point for men
 △ 3-5
 X Women
 1 ACI lateral to the centre of the nipple.
 Window of the Sky for men

V **2** **Heavenly Spring** (Tienchuan)
 ⊥ 5 Entry point for women
 △ 3
 On the anterior surface of the arm, between the heads of the biceps, 7 ACI proximal to the flexure of the elbow.
 Window of the Sky for women

V **3** **Crooked Marsh** (Chutse)
 ⊥ 3 Water
 △ 3-5
 On the crease of the elbow, in the major depression which is usually lateral to the tendon of the biceps, though on some people this depression may be found medial to the tendon.
 Point of Ho (Autumn)



- | | | |
|---|-----|---|
| V | 4 | Gate of Ch'i Reserve (Hsimen) |
| ⊥ | 4 | |
| △ | 5 | |
| | | On the anterior surface of the forearm, between the tendons of palmaris longus and flexor carpi radialis, 5 ACI proximal to V 7. |
| V | 5 | The Intermediary (Chienshih) |
| ⊥ | 3 | Metal |
| △ | 5 | |
| | | On the anterior surface of the forearm, between the tendons of palmaris longus and flexor carpi radialis, 3 ACI proximal to V 7.
<i>Point of Ching (late Summer)</i>
<i>Meeting Point of the three upper Yin meridians (I—V—IX)</i> |
| V | 6 | Inner Frontier Gate (Neikuan) |
| ⊥ | 3 | Junction |
| △ | 5 | |
| | XP4 | |
| | | On the anterior surface of the forearm, between the tendons of the palmaris longus and the flexor carpi radialis, 2 ACI proximal to V 7.
<i>Master Point of Yin Wei Mo</i>
<i>Coupled Point of Chong Mo</i> |
| V | 7 | Great Mound (Taling) |
| ⊥ | 3 | Earth |
| △ | X | Sedation |
| | | Source |
| | | In the middle of the crease of the flexure of the wrist, between the tendons of the palmaris longus and the flexor carpi radialis.
<i>Point of Yu (Summer)</i> |
| V | 8 | Palace Of Weariness (Laokung) |
| ⊥ | 2-3 | Fire |
| △ | 3 | Horary 7 P.M.—9 P.M. |
| | XP3 | Exit |
| | | On the palmer surface of the hand, between the third and fourth metacarpal bones, on the proximal transverse crease, or the "head line" of the hand.
<i>Point of Yung (Spring)</i> |
| V | 9 | Rushing Into The Middle (Chungchung) |
| ⊥ | 1 | Wood |
| △ | 3 | Tonification |
| | | Radial nail point of the middle finger.
<i>Point of Cheng (Winter)</i>
<i>First Aid: anxiety, resuscitation</i> |

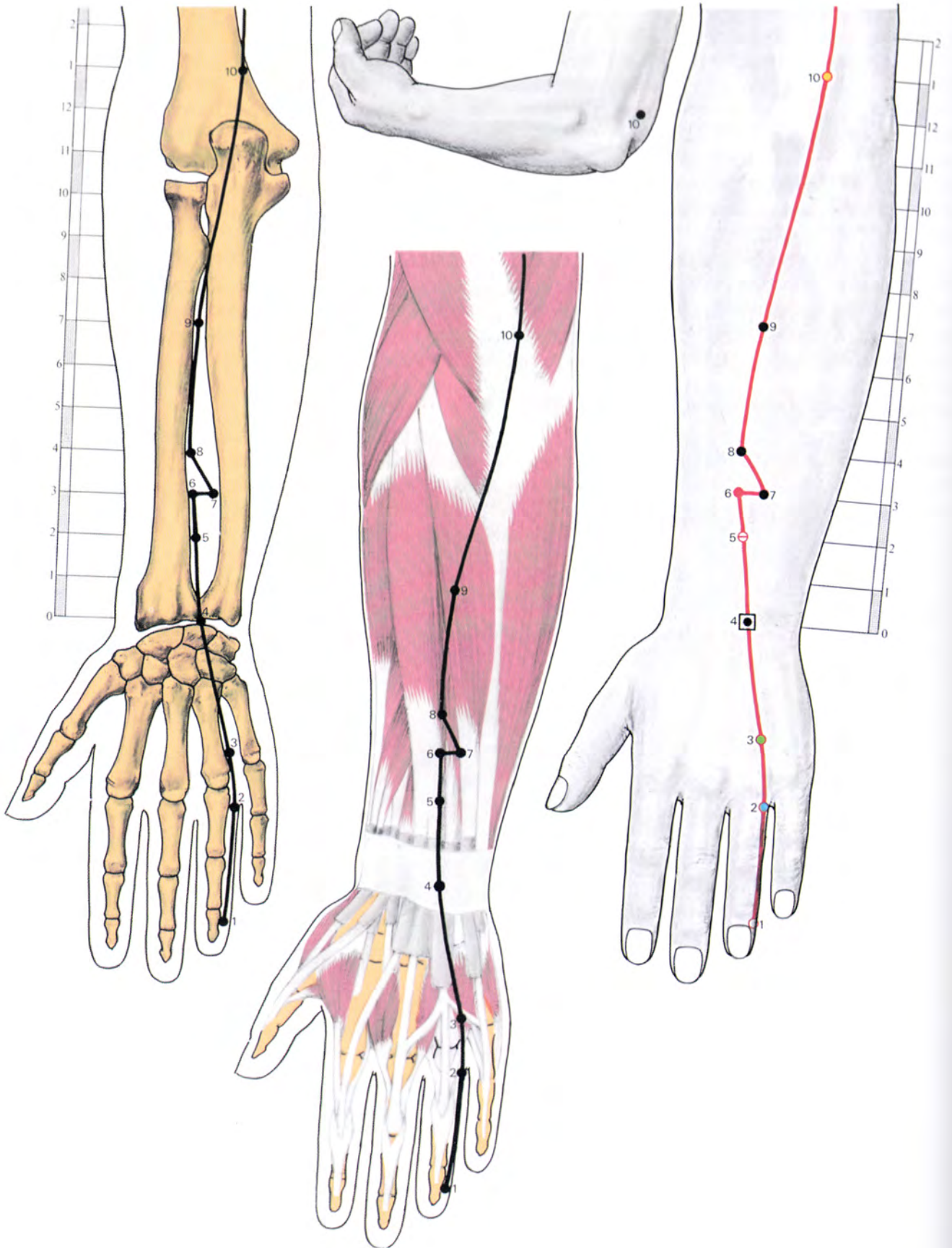


Pathway

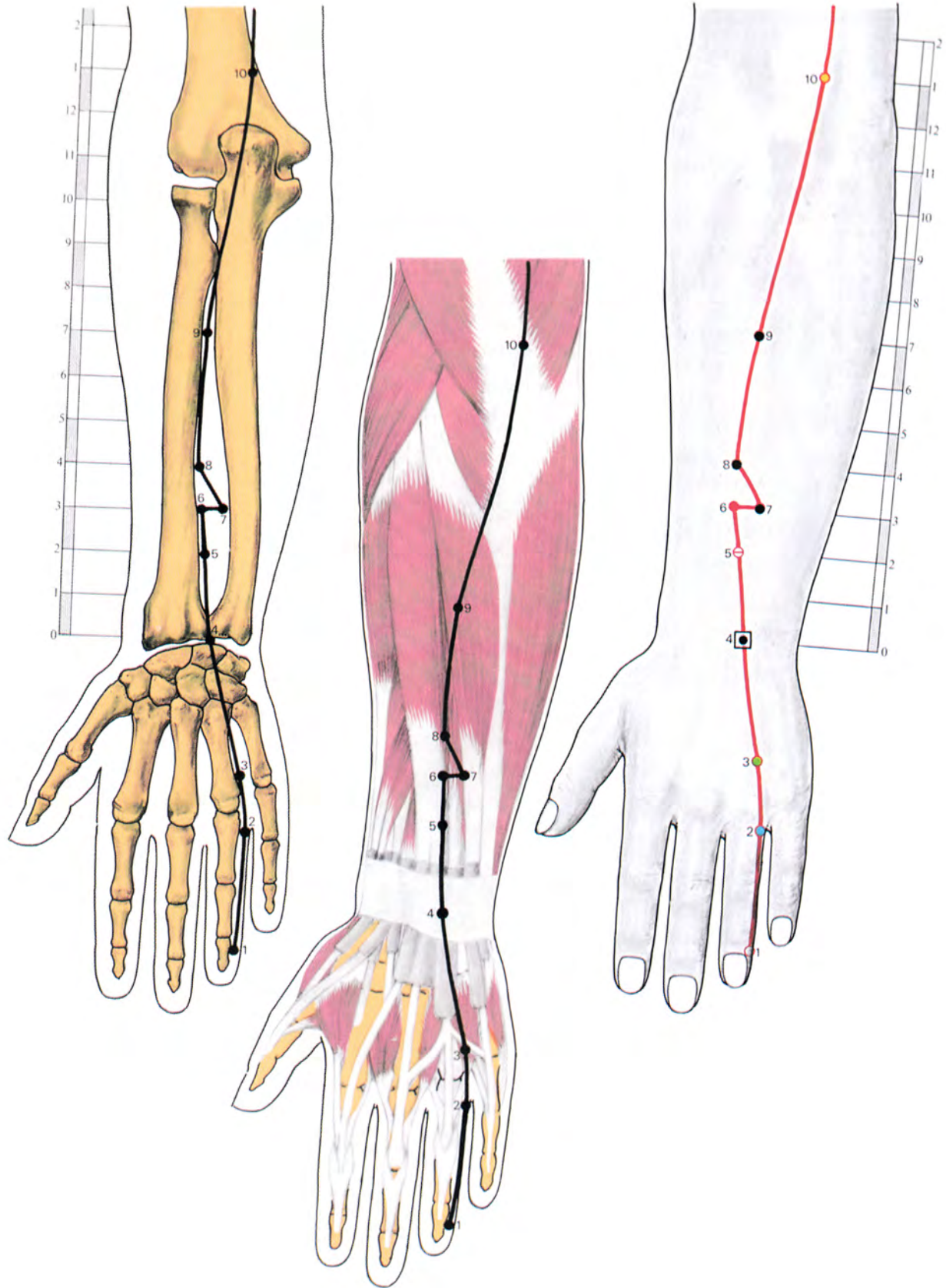
The three heater meridian begins as the superficial pathway at the ulnar nail point of the ring finger. It runs along the ulnar side of the ring finger to the dorsal surface of the hand, between the fourth and fifth metacarpal bones, across the wrist to travel up the posterior surface of the forearm between the ulna and the radius, to the elbow. It continues up the middle of the triceps and the posterior portion of the deltoid to the depression which is inferior to the acromion. The meridian then turns medially over the dorsal part of the shoulder to VI 15. From VI 14 a deep branch travels to II 12 and on to connect with VI 15. At VI 15 the pathway becomes deep, travels over the shoulder, crossing the gall bladder meridian at VII 21, to the supraclavicular fossa, at XI 12. It continues at a deep level inferiorly and medially through the region of the Upper Chou to reach the median line at XIII 17, and connects with the pericardium. It then penetrates the diaphragm and travels down the median line to the region of the Middle Chou at XIII 12, and from there to the region of the Lower Chou at XIII 7.

From XIII 17 a branch of the deep pathway ascends to the supraclavicular fossa, at XI 12, travels posteriorly over the shoulder to the median line, below the seventh cervical vertebra, at XIV 14. The deep pathway returns to the shoulder where it becomes superficial again just below VI 16. It mounts the neck along the sternocleidomastoid to the mastoid process, and then follows the posterior border of the ear along the hair line to VI 20. Here the pathway again goes deep as it passes to the frontal bone, crossing VII 5 and VII 4, and travels over the forehead through VII 14 to the medial canthus of the eye, at III 1. It continues down the nasolabial groove to the mandible and curves on to the cheek to end at the lower border of the zygomatic arch, at II 18.

A branch leaves the superficial meridian at the mastoid process at VI 17, enters the auditory canal and emerges to become the superficial pathway anterior to the tragus of the ear, at II 19. From here it travels superiorly and medially through VI 21 to the exit point VI 22 and onto the lateral extremity of the eyebrow, the last point, VI 23, and then connects with the gall bladder meridian.



○	VI	1	Rushing The Frontier Gate (Kuanchung)
	⊥	1	Metal
	△	3	Entry
			Ulnar nail point of the ring finger <i>Point of Cheng (Winter)</i>
●	VI	2	Fluid Secretion Gate (Yehmen)
	⊥	1	Water
	△	3	
			On the posteromedial (posteroulnar) surface of the ring finger, just distal to the base of the proximal phalanx. <i>Point of Yung (Spring)</i>
●	VI	3	Middle Islet (Chungchu)
	⊥	3	Wood
	△	3-5	Tonification
			On the dorsal surface of the hand, immediately proximal to and on the ulnar side of the head of the fourth metacarpal bone. <i>Point of Yu (Summer)</i> <i>First Aid: exhaustion</i>
□	VI	4	Yang Pond (Yangchih)
	⊥	3	Source
	△	X	
		XP3	
			At the dorsal flexure of the wrist, proximal to the fourth metacarpal bone, in the hollow of the wrist formed by the radius, ulna and lunate. <i>First Aid: earache</i>
⊖	VI	5	Outer Frontier Gate (Waikuan)
	⊥	5	Junction
	△	3-7	
			On the posterior surface of the forearm, between the radius and the ulna, 2 ACI proximal to the flexure of the wrist. <i>Master Point of Yang Wei Mo</i> <i>Coupled Point of Dai Mo</i>
●	VI	6	Branch Ditch (Chihkou)
	⊥	5	Fire
	△	5	Horary 9 P.M.–11 P.M.
			On the posterior surface of the forearm, between the radius and the ulna, 3 ACI proximal to the flexure of the wrist. <i>Point of Ching (late Summer)</i>
	VI	7	Assembly Of Ancestors (Huitsung)
	⊥	3	
	△	5-7	
			On the posterior surface of the forearm, between the radius and the ulna, 3 ACI proximal to the flexure of the wrist, ½ ACI medial to VI 6.



VI **8** **Three Yang Junction** (Sanyanglo)

⊥ X
 △ 7

On the posterior surface of the forearm, between the radius and the ulna, 4 ACI proximal to the flexure of the wrist.

Meeting Point of the three upper Yang meridians (II—VI—X)

VI **9** **Fourth Gutter** (Szutu)

⊥ 6
 △ 3-7

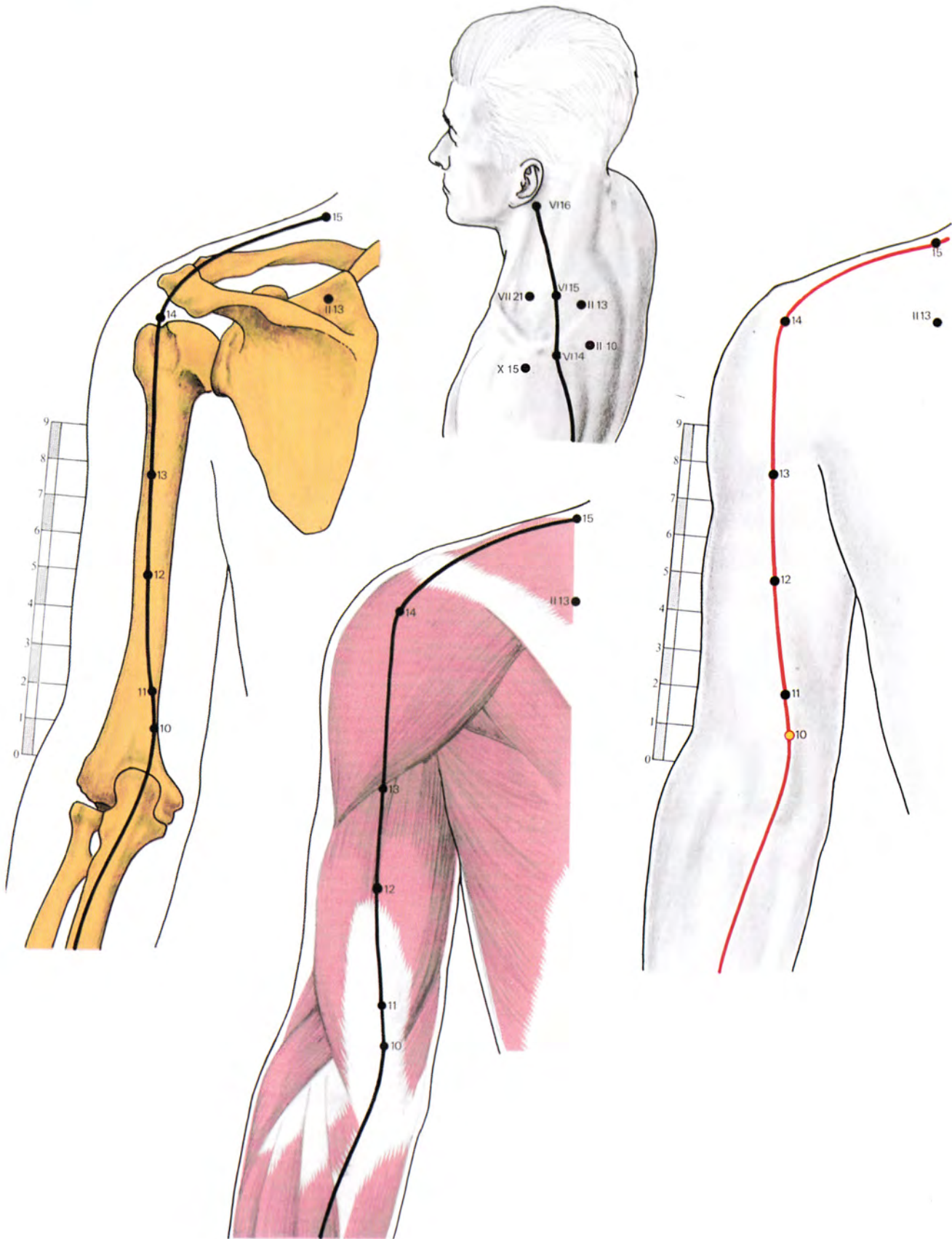
On the posterior surface of the forearm, between the radius and the ulna, 7 ACI proximal to the flexure of the wrist.

VI **10** **Heavenly Well** (Tienching)

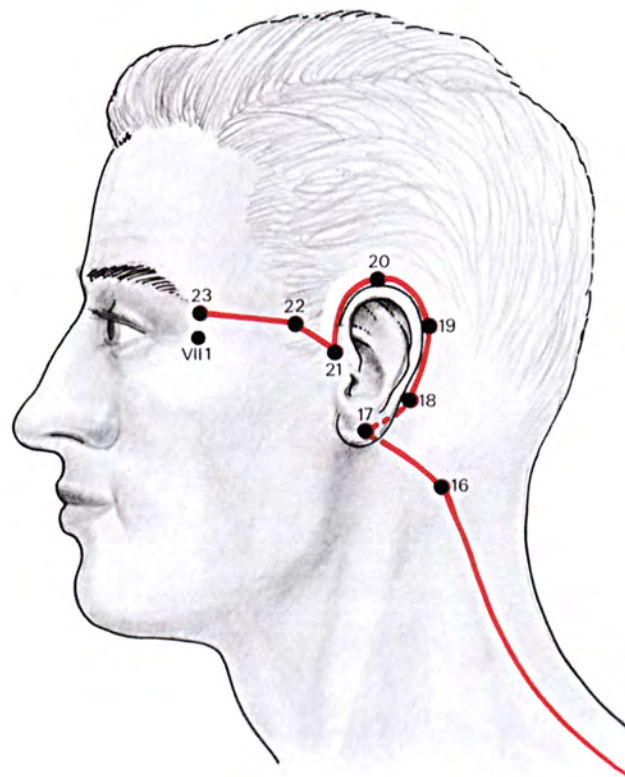
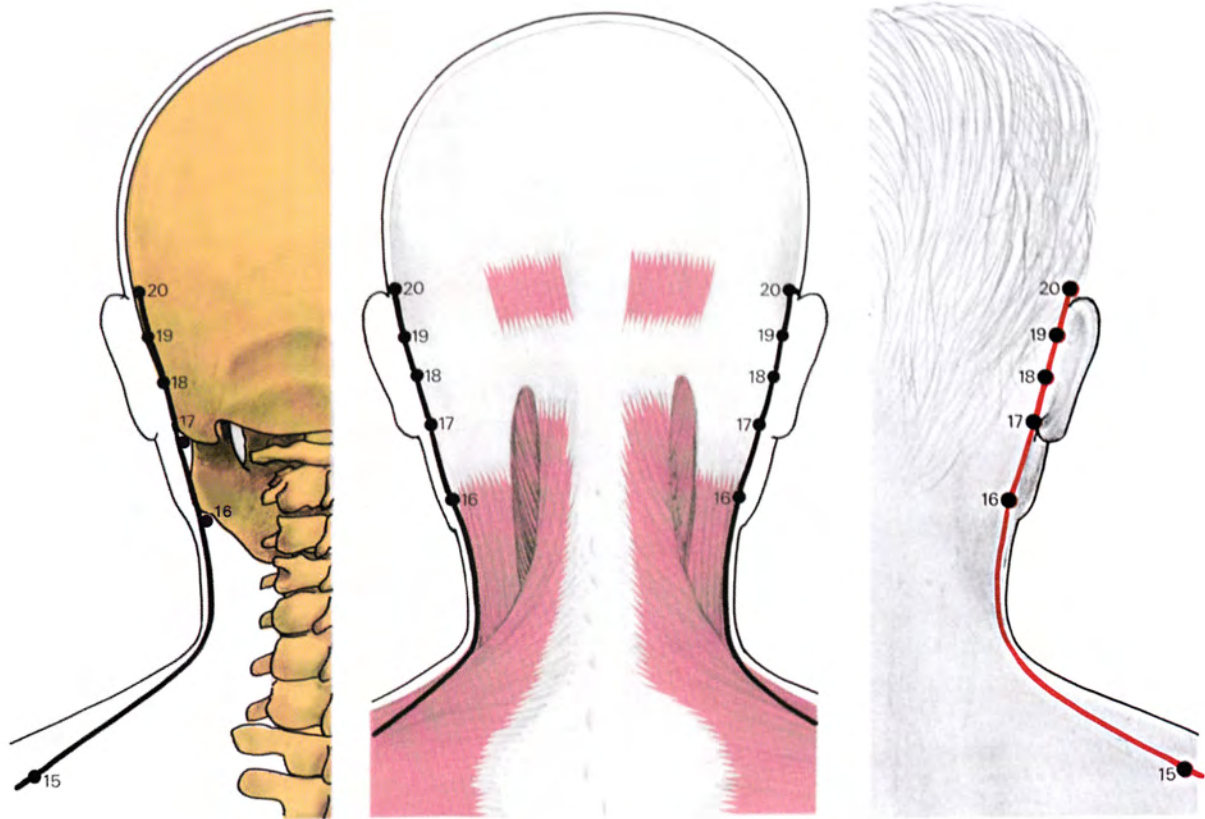
⊥ 3-5
 Earth
 3-5
 XP4

On the posterior surface of the arm, 1 ACI proximal to the olecranon, slightly medial to the midline and the tendon of the triceps, in the depression formed when the elbow is semiflexed.

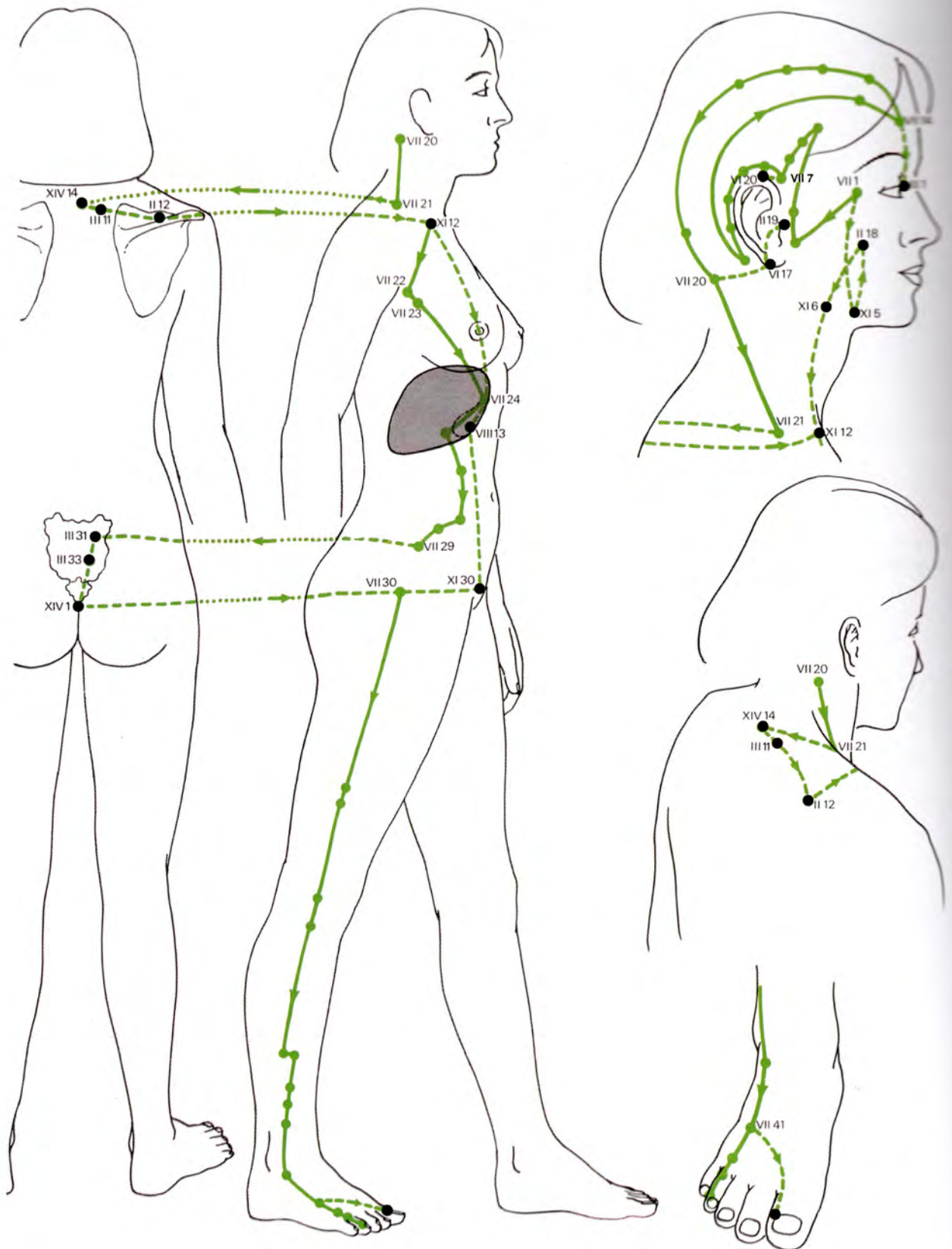
Point of Ho (Autumn)



- VI **11 Pure Cold Abyss** (Chinglengyuan)
 ⊥ 3
 △ 3-7
 In the centre of the posterior surface of the arm, 2 ACI proximal to the olecranon.
- VI **12 Relax And Joy** (Hsiaolo)
 ⊥ 5
 △ 3-7
 In the centre of the posterior surface of the arm, 5 ACI proximal to the olecranon.
- VI **13 Shoulder Meeting** (Naohui)
 ⊥ 3-7
 △ 5-15
 In the centre of the posterior surface of the arm, on the inferior border of the deltoid, on the triceps.
- VI **14 Shoulder Bone** (Chienliao)
 ⊥ 7
 △ 5-7
 On the posterior surface of the shoulder. In a depression just inferior to the bony prominence of the angle of the acromion. Equally spaced midway between X 15 and II 10.
- VI **15 Heavenly Bone** (Tienliao)
 ⊥ 3-8
 △ 5-7
 On the posterior surface of the shoulder, superior to the scapula, mid-way between the spinous process of the seventh cervical vertebra and the tip of the acromion, in line with VII 21 and II 13.
Point of Yang Wei Mo
First Aid: colds



- | | | |
|----|-----------|--|
| VI | 16 | Heavenly Window (Tienyu) |
| ⊥ | 3-5 | |
| △ | X | |
| | | Posterior and inferior to the mastoid process, on the posterior border of the sternocleidomastoid.
<i>Window of the Sky</i> |
| VI | 17 | Wind Screen (Yifeng) |
| ⊥ | 3 | |
| △ | 3-7 | |
| | | Posterior to the ear lobe, in the depression between the mastoid process and the mandible, adjacent to the cartilage of the external auditory canal. |
| VI | 18 | Feeding Meridians (Chimo) |
| ⊥ | 1 | |
| △ | X | |
| | | On the curve of the hair line, posterior to the ear, one third of the distance from the base to the apex of the pinna. |
| VI | 19 | Skull Breathing (Luhsi) |
| ⊥ | X | |
| △ | 3-7 | |
| | | On the curve of the hair line, posterior to the ear, two thirds of the distance from the base to the apex of the pinna. |
| VI | 20 | Small Angle Of Ear (Chuehsun) |
| ⊥ | X | |
| △ | 3-7 | |
| | | On the hair line, immediately superior to the level of the apex of the pinna. |
| VI | 21 | Ear Gate (Erhmen) |
| ⊥ | 3 | |
| △ | 3-7 | |
| | | Anterior to the superior edge of the tragus of the ear, in the depression formed when the mouth is open. |
| VI | 22 | Harmony Bone (Holiao) |
| ⊥ | 3-7 | Exit |
| △ | 3-5 | |
| | | Anterior to the ear, on the hair line, on a level with the superior border of the root of the pinna. |
| VI | 23 | Silk Bamboo Hollow (Szuchukung) |
| ⊥ | 3 | |
| △ | X | |
| | | At the lateral end of the eyebrow, in the depression directly superior to VII 1. |



Pathway

The gall bladder superficial pathway begins at the level of the lateral canthus of the eye, at the entry point, VII 1. It runs inferiorly and laterally to a point anterior to the ear lobe, then ascends the temple to the fronto-parietal fissure. Here it curves down posterior to the ear, to the mastoid process. It returns forward over the head to the superciliary arch of the forehead at VII 14. Again it turns posteriorly and travels over the head to the occipital region, down the back of the neck along the border of the trapezius to the shoulder to VII 21.

From VII 21 a deep branch goes posteriorly across the shoulder to the median line, inferior to the seventh cervical vertebra at XIV 14, then laterally and inferiorly to III 11, and finally descends laterally, via II 12, to the shoulder and the supraclavicular fossa, at XI 12. Here the meridian becomes superficial again.

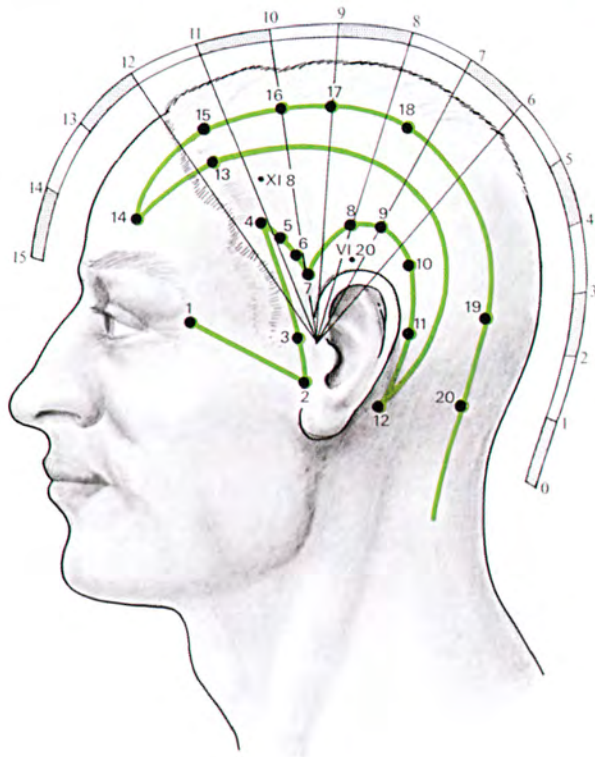
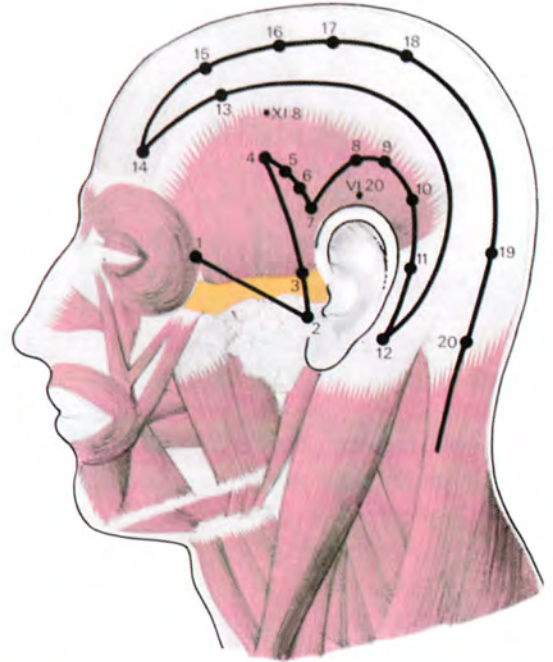
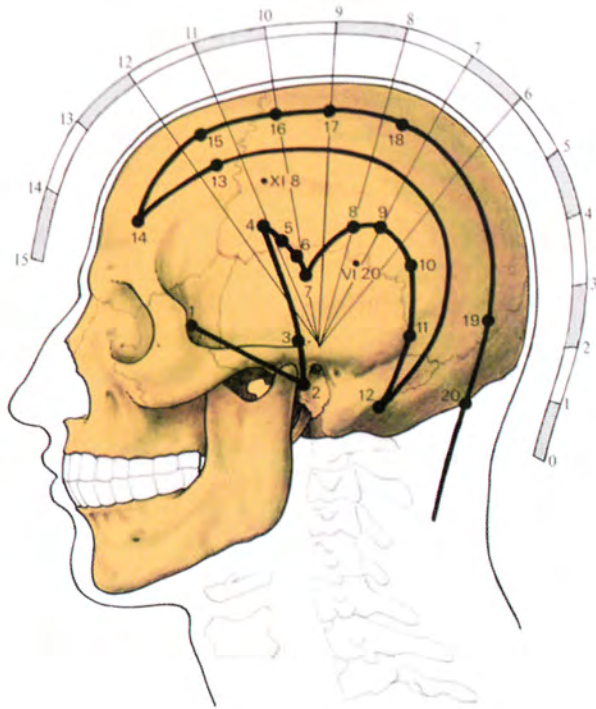
There are four deep branches on the head: the first leaves VII 1, descends the cheek to the mandible, at XI 5, ascends to the lower border of the cheek bone at II 18, descends laterally to the angle of the jaw, at XI 6, and down the lateral side of the neck to the supraclavicular fossa, at XI 12. The second branch leaves VII 7 at the superior point of the ear and joins VI 20, which lies just posterior to VII 7. The third branch leaves VII 14 on the forehead and descends to the medial canthus of the eye, to III 1. The fourth branch leaves VII 20, goes anteriorly to VI 17 at the mastoid process, enters the ear and emerges in front of the ear, at II 19.

Both a superficial and a deep pathway descend the body from the supraclavicular fossa. The superficial pathway descends laterally to the fourth intercostal space, in the anterior axillary line at VII 22 then via VII 23 moves anteriorly to the seventh intercostal space, in the line of the nipple, at VII 24; it then turns again laterally to reach the tip of the twelfth rib. It then travels to the anterior superior iliac spine and from there descends the hip laterally to VII 29.

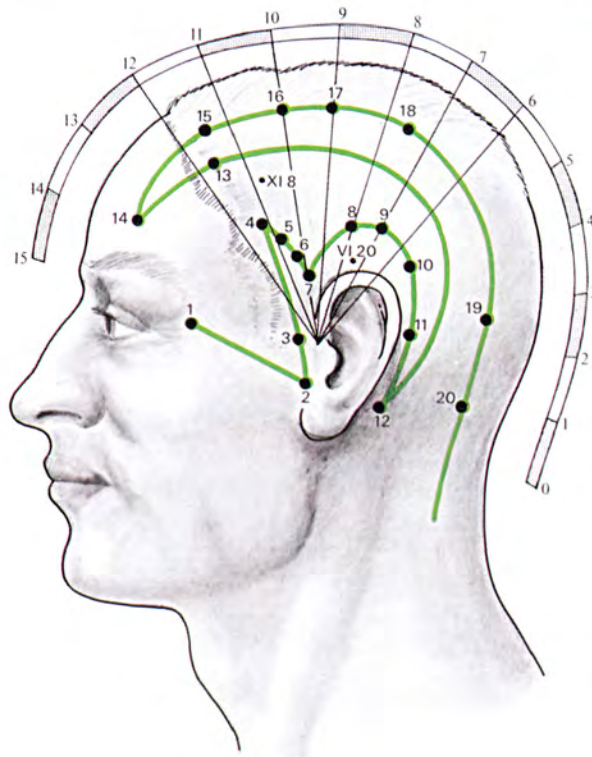
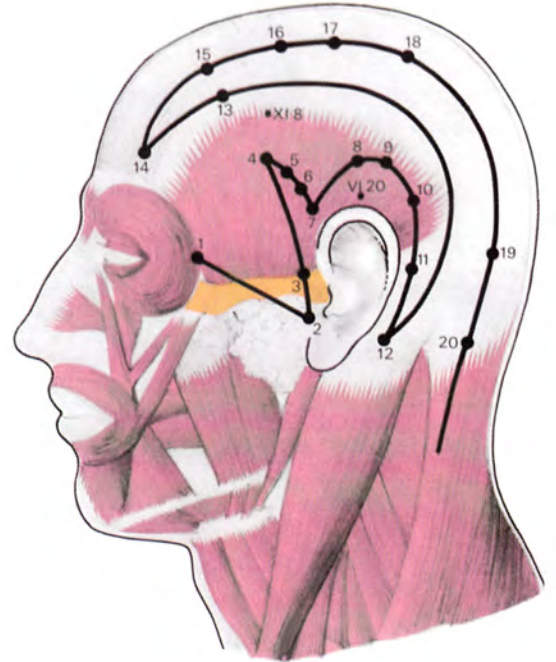
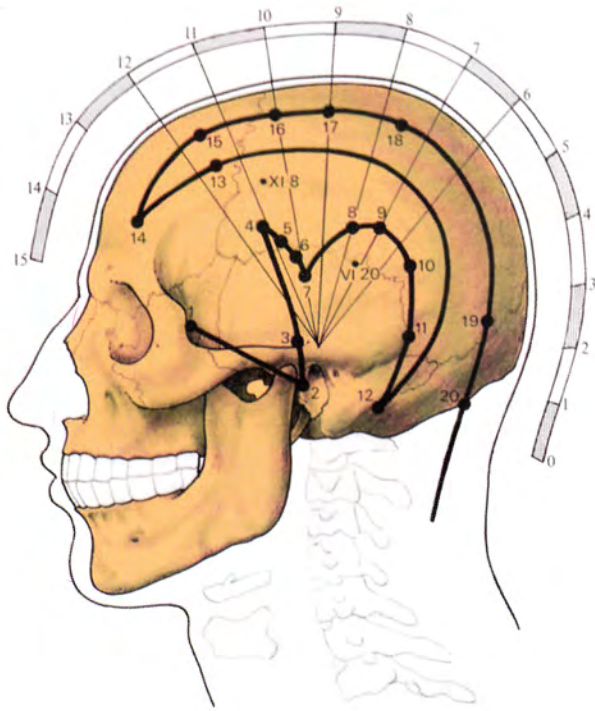
Here the pathway becomes deep as it passes posteriorly and medially to descend the sacrum, via III 31 and III 33, to the tip of the coccyx at XIV 1, and returns to join the superficial pathway at the depression posterior to the greater trochanter, at VII 30.

The deep pathway descends from the supraclavicular fossa to go through the thorax, passing the superficial pathway at VII 24, penetrates the diaphragm, connects to VIII 13, and then enters the liver and the gall bladder. From there it descends to the superior edge of the pubic bone, at XI 30, turns laterally, penetrating the pelvis, and joins the superficial pathway at the depression posterior to the greater trochanter, at VII 30. The superficial meridian descends the lateral border of the thigh to the lateral side of the knee. It runs down the lateral side of the calf, anterior to the fibula, passes anterior to the lateral malleolus, over the dorsal surface of the foot to run between the fourth and fifth metatarsal bones to end at its last point, the lateral nail point of the fourth toe.

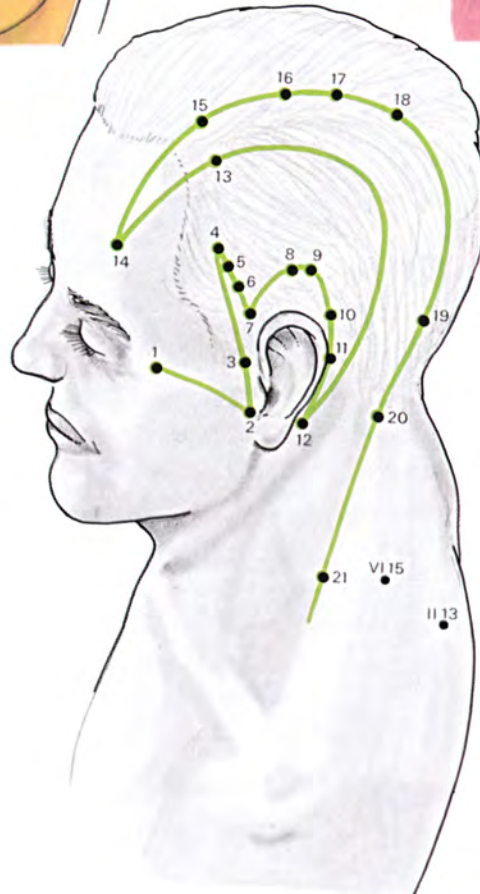
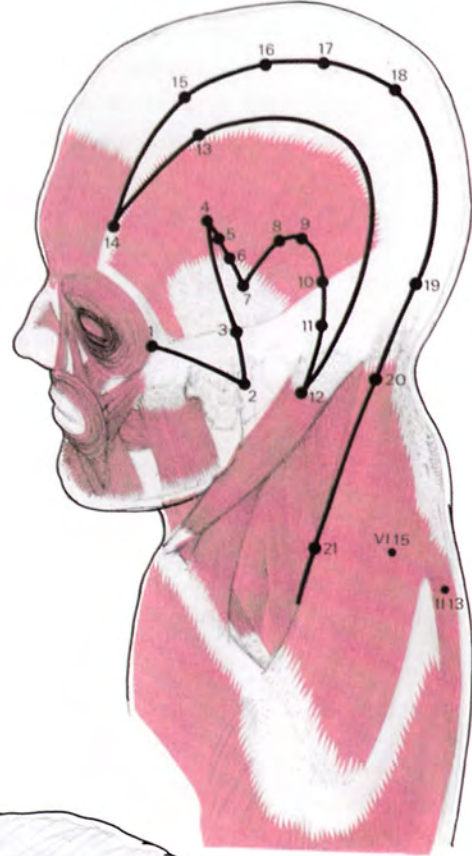
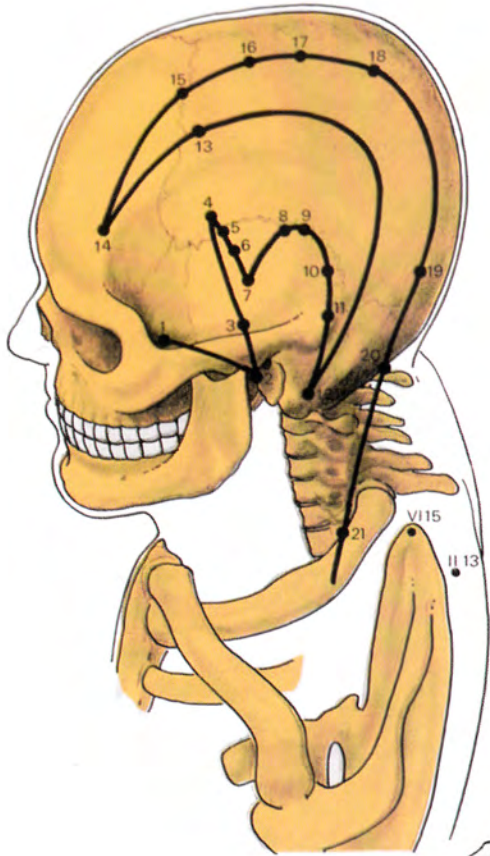
A deep branch extends from the angle between the fourth and fifth metatarsal bones at the exit point, VII 41, travels to the cleft between the first and second metatarsal bones and on to the dorsal surface of the big toe. Here it connects with the liver meridian at VIII 1.



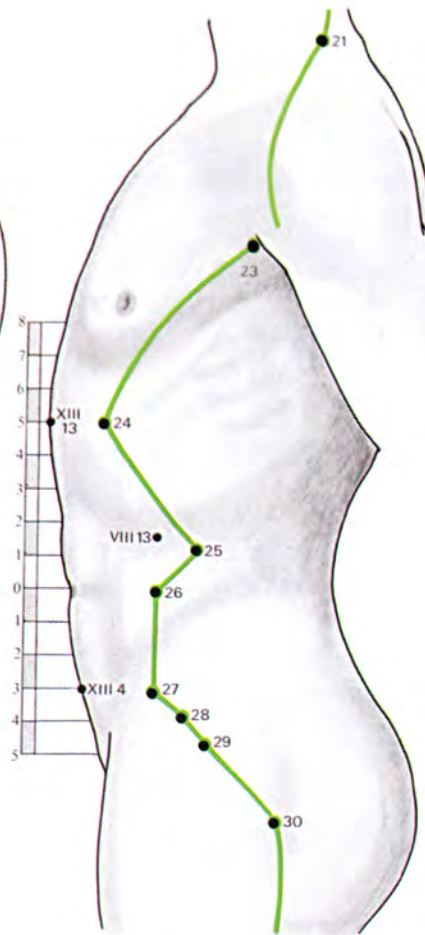
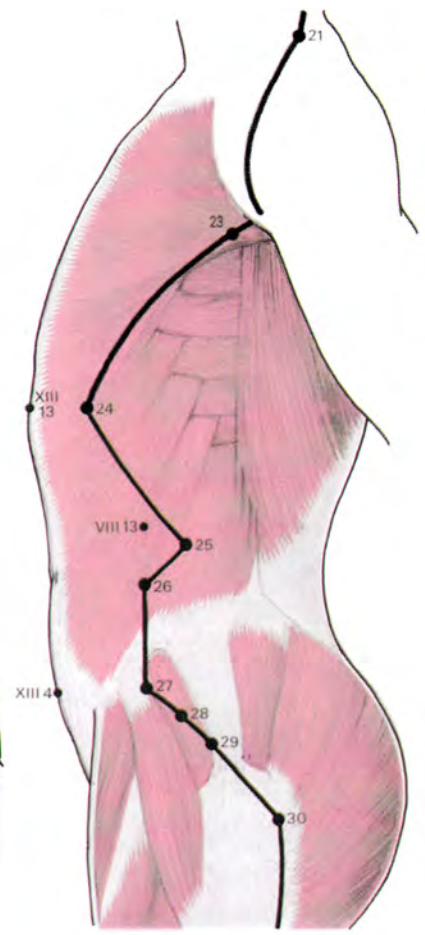
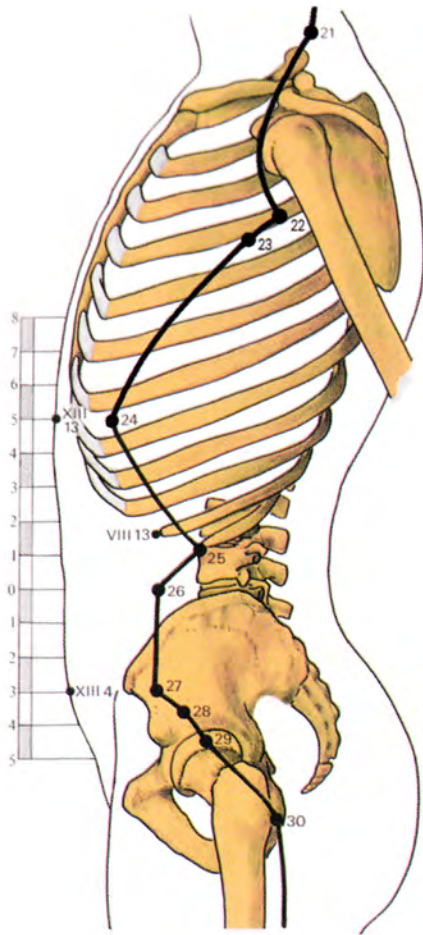
- VII **1** **Orbit Bone** (Tungtzuliao)
 ⊥ 3 Entry
 △ 5
 In the depression just lateral to the orbital rim, at the level of the lateral canthus.
- VII **2** **Hearing Assembly** (Tinghui)
 ⊥ 5
 △ 5
 XP1
 On the posterior margin of the condyle of the mandible, anterior to the inferior border of the tragus. When the mouth is opened, a depression appears at this point.
- VII **3** **Upper Pass** (Shangkuan)
 ⊥ X
 △ 3-5
 Anterior to the ear, immediately superior to the zygomatic arch, superior to VII 2.
- VII **4** **Loathsome Jaws** (Hanyen)
 ⊥ 2
 △ 3
 On the temple, $\frac{1}{2}$ ACI posterior to the natural hair line, 1 ACI inferior to XI 8.
- VII **5** **Suspended Skull** (Hsuanli)
 ⊥ 3
 △ 3
 On the temple, $\frac{1}{2}$ ACI posterior to the natural hair line, one third of the distance from VII 4 to VII 7.
- VII **6** **Suspended Regulator** (Hsuanli)
 ⊥ 2
 △ 3
 On the temple, $\frac{1}{2}$ ACI posterior to the natural hair line, two thirds of the distance from VII 4 to VII 7.
- VII **7** **Crooked Hair On The Temples** (Chupin)
 ⊥ 3
 △ 3-5
 On the temple, $\frac{1}{2}$ ACI posterior to the natural hair line, at the level of the apex of the pinna, approximately 1 ACI anterior to and slightly inferior to VI 20.
- VII **8** **Flowing Valley** (Shuaiku)
 ⊥ 3
 △ 3-5
 On the head, 1 ACI directly superior to VI 20.



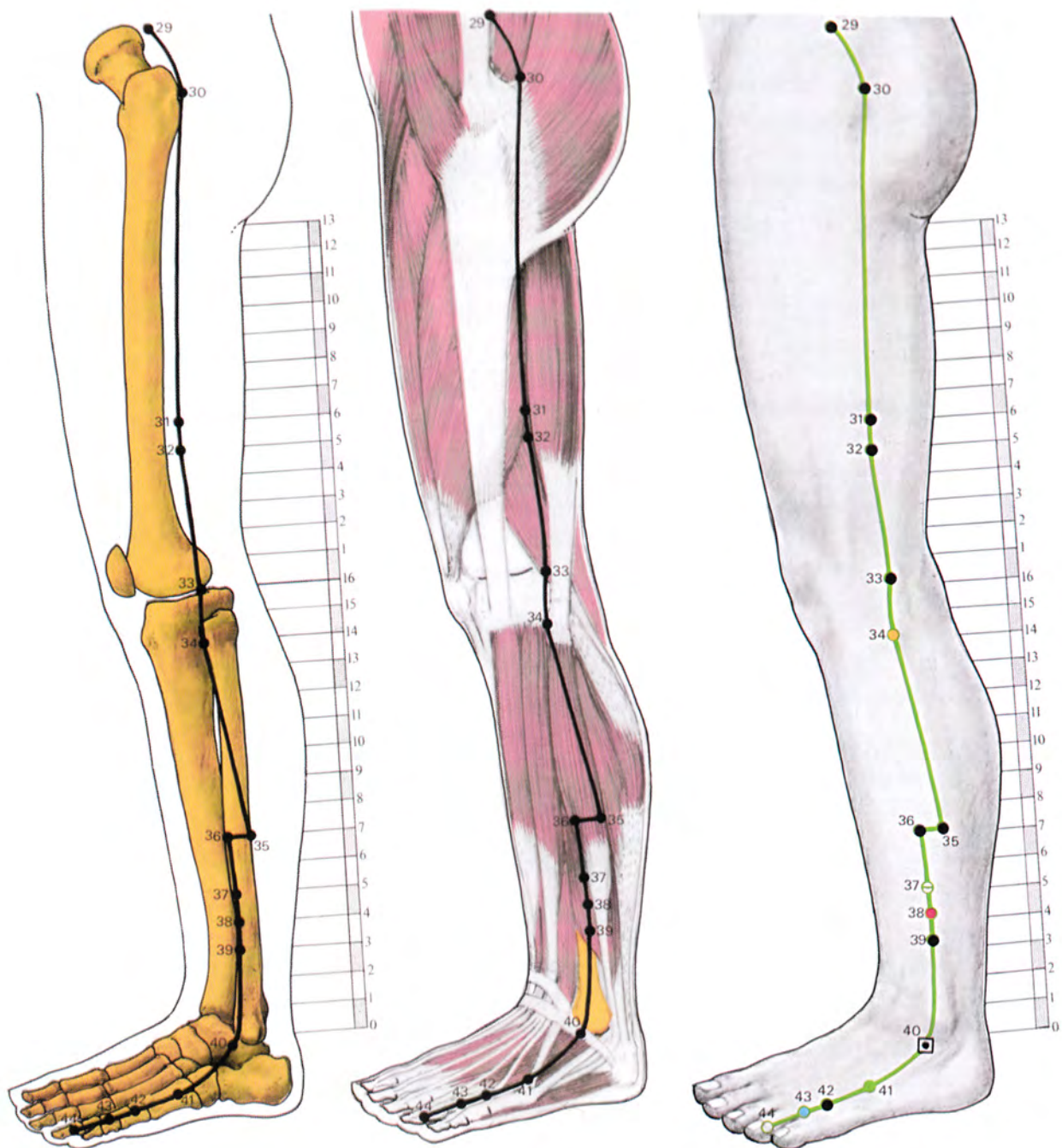
- VII **9** **Heaven Rushing** (Tienchung)
 ⊥ 3
 △ 3-5
 XP4
 On the head, ½ ACI posterior to VII 8 and 2 ACI superior to the natural hair line.
- VII **10** **Floating White** (Fupai)
 ⊥ 3
 △ 3-5
 On the head, posterior and slightly superior to the ear. 1 ACI posterior to the natural hair line, at the level of the superior edge of the root of the ear.
- VII **11** **Head Hole Yin** (Tou chiaoyin)
 ⊥ 3
 △ 3-7
 On the head, posterior to the ear, mid-way between VII 10 and VII 12.
- VII **12** **Final Bone** (Wanku)
 ⊥ 5
 △ 3-7
 On the head, within the angle formed by the posterior border of the mastoid process and the inferior edge of the occipital bone when the head is tilted forwards.
- VII **13** **Root Spirit** (Penshen)
 ⊥ 3
 △ 7
 On the head, ½ ACI posterior to the natural hair line, on a vertical line superior to the lateral canthus.
Point of Yang Wei Mo
- VII **14** **Yang White** (Yangpai)
 ⊥ 2
 △ 3
 On the forehead, 1 ACI superior to the supra-orbital notch, which is found in the middle of the eyebrow.
Point of Yang Wei Mo
- VII **15** **Head Above Tears** (Tou linchi)
 ⊥ 3
 △ X
 On the head, 2 ACI posterior to the natural hair line, on a vertical line superior to the middle of the pupil when the eye is looking straight ahead.
- VII **16** **Eye Window** (Muchuang)
 ⊥ 3
 △ 5
 On the head, 1½ ACI posterior to VII 15.
Point of Yang Wei Mo



- VII **17** **Upright Living** (Chengying)
 ⊥ 3
 △ 5
 On the head, 1 ACI posterior to VII 16.
Point of Yang Wei Mo
- VII **18** **Receiving Spirit** (Chengling)
 ⊥ X
 △ 5
 On the head, 1½ ACI posterior to VII 17.
Point of Yang Wei Mo
- VII **19** **Brain Hollow** (Naokung)
 ⊥ 3
 △ 5
 On the head, lateral to the external occipital protuberance, 1½ ACI superior to VII 20.
Point of Yang Wei Mo
- VII **20** **Wind Pond** (Fengchih)
 ⊥ 6
 △ 7-10
 In a depression just lateral and inferior to where the trapezius inserts into the nuccal line of the occiput.
Point of Yang Wei Mo
Point of Yang Qiao Mo
First Aid: poison
- VII **21** **Shoulder Well** (Chienching)
 ⊥ 4-6
 △ 7-15
 Mid-way between the spinous process of the seventh cervical vertebra and the lateral tip of the clavicle, upon the anterior border of the trapezius, in line with VI 15 and II 13.
Point of Yang Wei Mo



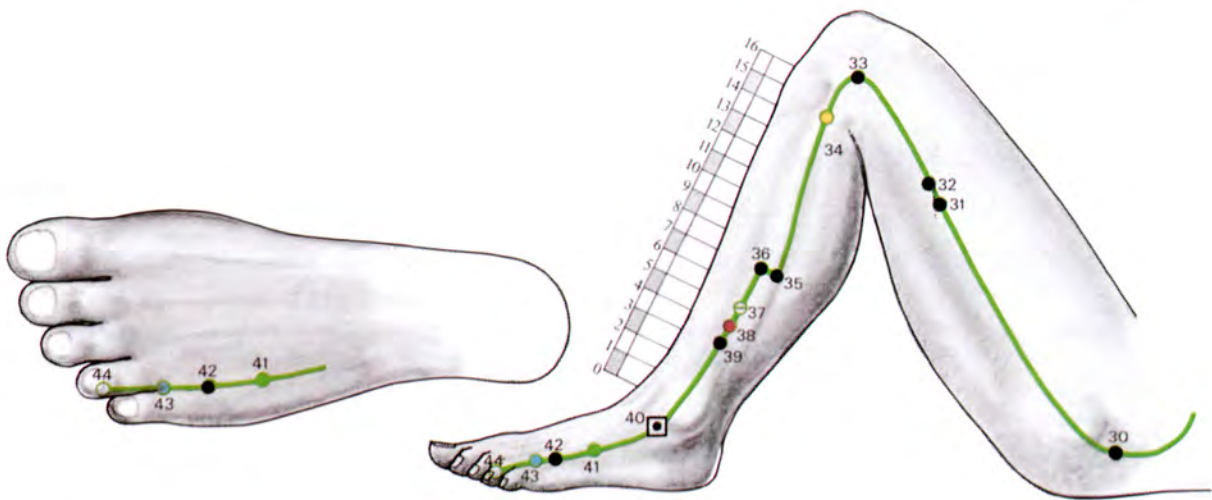
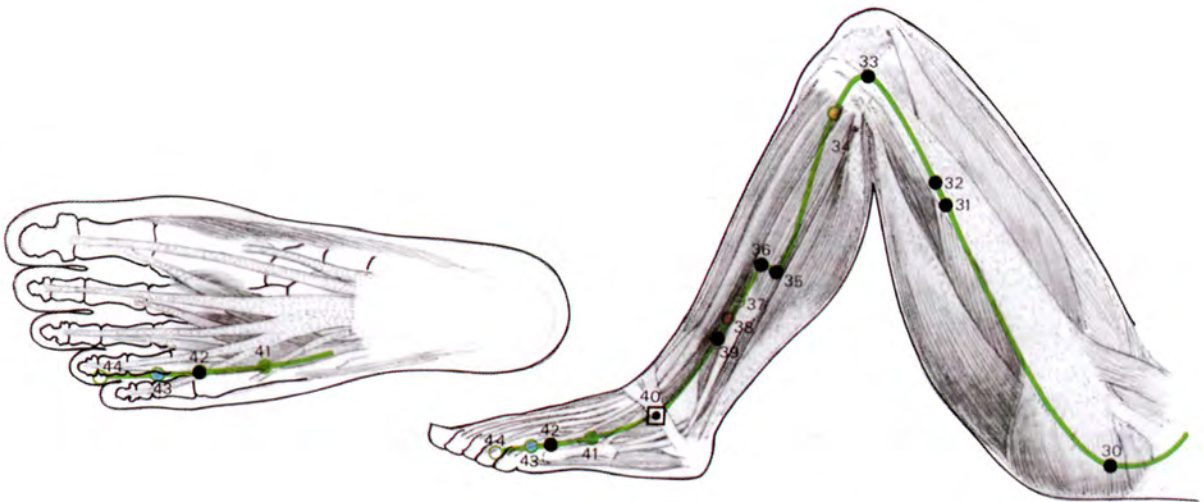
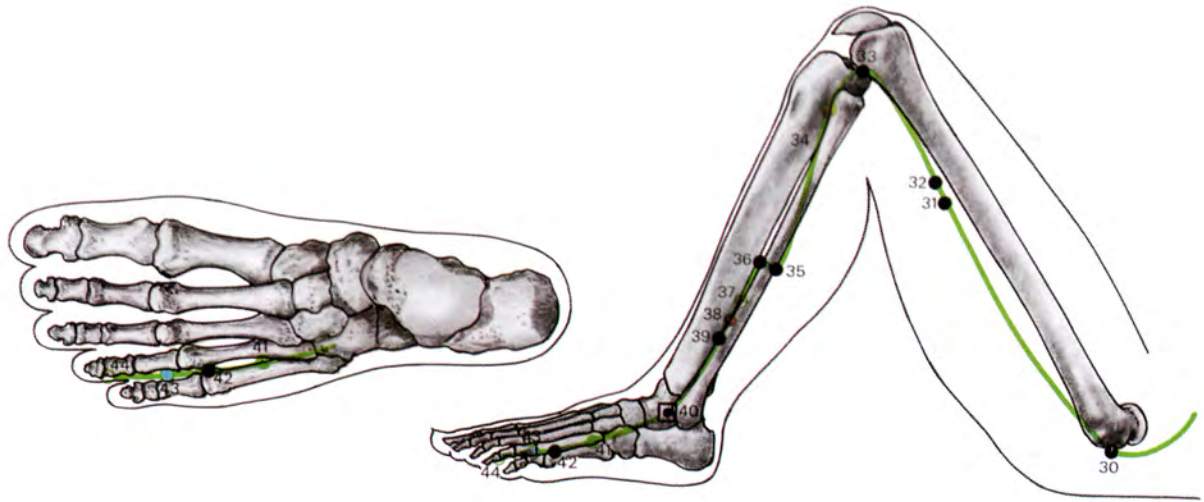
- VII **22** **Armpit Abyss** (Yuanyeh)
 ⊥ 4
 △ X
 In the fourth intercostal space, on the mid-axillary line.
- VII **23** **Neglected Muscles** (Chechin)
 ⊥ 5
 △ 5
 In the fourth intercostal space, 1 ACI anterior to VII 22.
Alarm Point of VII
- VII **24** **Sun And Moon** (Jihyueh)
 ⊥ 5
 △ 5-7
 In the seventh intercostal space, on the paramedian nipple line, approximately level with XIII 13.
Alarm Point of VII
- VII **25** **Capital Gate** (Chingmen)
 ⊥ 7
 △ 7-12
 On the lateral surface of the abdomen, at the anterior tip of the twelfth rib.
Alarm Point of IV
- VII **26** **Girdle Vessel** (Taimo)
 ⊥ 8
 △ 5-15
 On the lateral surface of the abdomen, at the intersection of the vertical line passing through VIII 13 (or the anterior tip of the eleventh rib), and a horizontal line passing through the centre of the umbilicus.
Point of Dai Mo
- VII **27** **Five Pivots** (Wushu)
 ⊥ 7
 △ 3-10
 On the hip, inferior and slightly posterior to the anterior superior iliac spine, on a level with XIII 4.
Point of Dai Mo
- VII **28** **Binding Path** (Weitao)
 ⊥ 8
 △ 5-7
 On the hip, mid-way between VII 27 and VII 29.
Point of Dai Mo



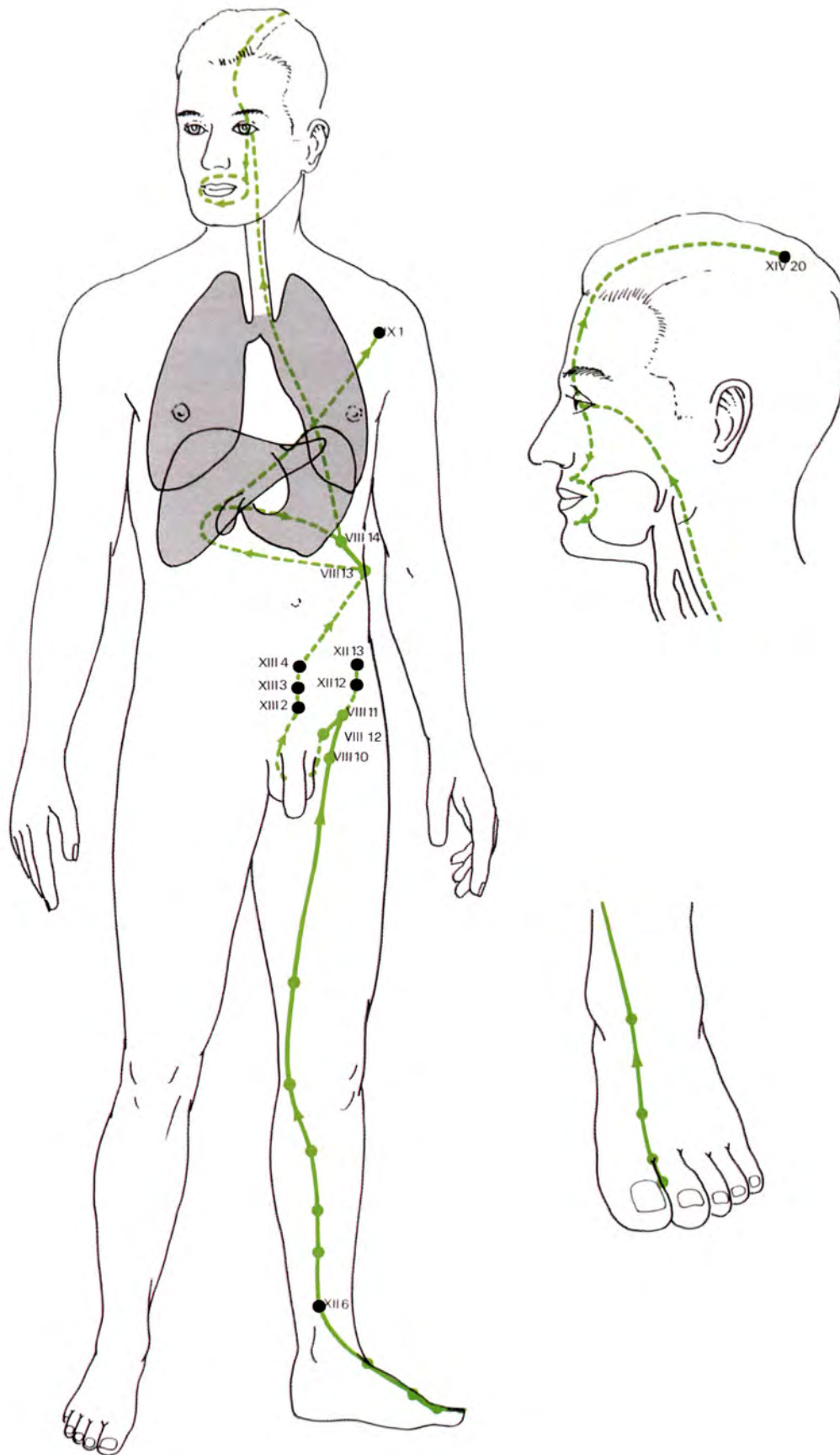
- VII **29 Dwelling In The Bone** (Chuliao)
 ⊥ 8
 △ 5-7
 On the hip, mid-way between the anterior superior iliac spine and the prominence of the greater trochanter.
Point of Yang Wei Mo
Point of Yang Qiao Mo
- VII **30 Jumping Circle** (Huantiao)
 ⊥ 10-15
 △ 7-20
 On the lateral surface of the hip, posterior to the prominence of the greater trochanter.
First Aid: fractures, sprains
- VII **31 Wind Market** (Fengshih)
 ⊥ 5
 △ 5
 On the lateral surface of the thigh, 6 ACI proximal to the flexure of the knee, between the vastus lateralis and the biceps femoris.
- VII **32 Middle Ditch** (Chungtu)
 ⊥ 5
 △ 5-7
 On the lateral surface of the thigh, 5 ACI proximal to the flexure of the knee, between the vastus lateralis and the biceps femoris.
- VII **33 Knee Yang Border** (Tsu yangkuan)
 ⊥ 5
 △ X
 On the lateral surface of the leg, between the lateral condyle of the femur and the lateral condyle of the tibia.
- VII **34 Yang Mound Spring** (Yanglingchuan)
 ⊥ 6
 △ 7-10
 XP2
 Earth
 On the lateral surface of the leg, 14 ACI proximal to the prominence of the lateral malleolus, anterior and just distal to the head of the fibula.
Assembling Point of tendons
Point of Ho (Autumn)
- VII **35 Yang Crossing** (Yangchiao)
 ⊥ 6
 △ 3-7
 On the lateral surface of the leg, 7 ACI proximal to the prominence of the lateral malleolus, posterior to the edge of the fibula, ½ ACI posterior to VII 36 with the body supine and the knee semiflexed.
Point of Yang Wei Mo



- VII **36** **Outer Mound** (Waichiu)
 ⊥ 4
 △ 3
 On the lateral surface of the leg, 7 ACI proximal to the prominence of the lateral malleolus. With the body supine and the knee semiflexed, the point lies anterior to the edge of the fibula.
- VII **37** **Bright And Clear** (Kuangming)
 ⊕ ⊥ 6
 △ 7
 Junction
 On the lateral surface of the leg, 5 ACI proximal to the prominence of the lateral malleolus. With the body supine and the knee semiflexed, the point lies anterior to the edge of the fibula.
- VII **38** **Yang Support** (Yangfu)
 ● ⊥ 6
 △ 5-15
 Fire
 Sedation
 On the lateral surface of the leg, 4 ACI proximal to the prominence of the lateral malleolus. With the body supine and the knee semiflexed, the point lies anterior to the edge of the fibula.
Point of Ching (late Summer)
- VII **39** **Hanging Cup** (Hsuanchung)
 ⊥ 3
 △ 5-15
 On the lateral surface of the leg, 3 ACI proximal to the prominence of the lateral malleolus. With the body supine and the knee semiflexed, the point lies anterior to the edge of the fibula.
Assembling Point of marrow
Meeting Point of the three lower Yang meridians (III—VII—XI)
- VII **40** **Wilderness Mound** (Chiuhsu)
 □ ⊥ 5
 △ 3-7
 Source
 In the hollow, anterior to the lateral malleolus, posterior to the tendon of the extensor digitorum longus.
First Aid: food poisoning, poison



- VII 41 **Foot Above Tears** (Tsu linchi)
 ⊥ 3 Wood
 △ 5 Horary 11 P.M.–1 A.M.
 Exit
 On the dorsal surface of the foot, in the angle between the fourth and fifth metatarsal bones.
Point of Yu (Summer)
Master Point of Dai Mo
Coupled Point of Yang Wei Mo
First Aid: haemorrhage
- VII 42 **Earth Five Meetings** (Tiwuhui)
 ⊥ 2
 △ X
 On the dorsal surface of the foot, between the fourth and fifth metatarsal bones, just proximal to the head of the fourth metatarsal bone.
- VII 43 **Valiant Stream** (Hsiahsi)
 ⊥ 3 Water
 △ 3–5 Tonification
 On the dorsal surface of the foot, between the fourth and fifth toes, just distal to the base of the proximal phalanx of the fourth toe.
Point of Yung (Spring)
- VII 44 **Foot Hole Yin** (Tsu chiaoyin)
 | 1 Metal
 △ 3–5
 Lateral nail point of the fourth toe.
Point of Cheng (Winter)

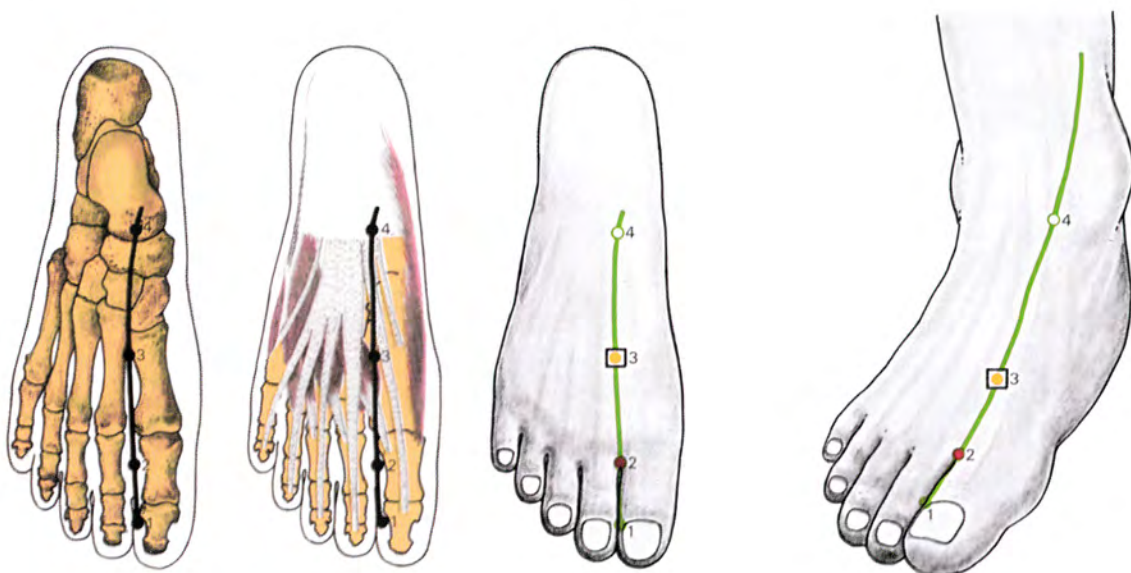
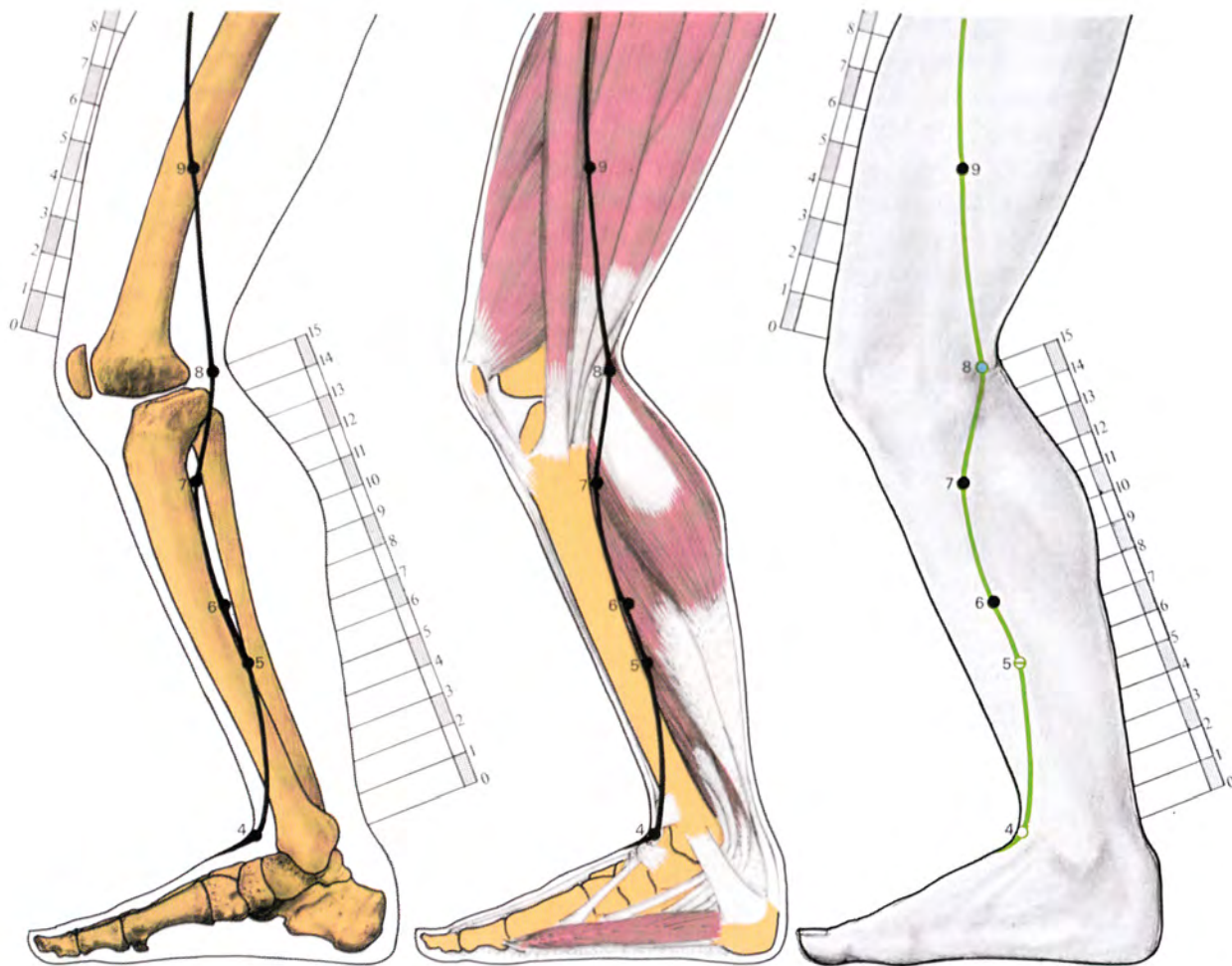


Pathway

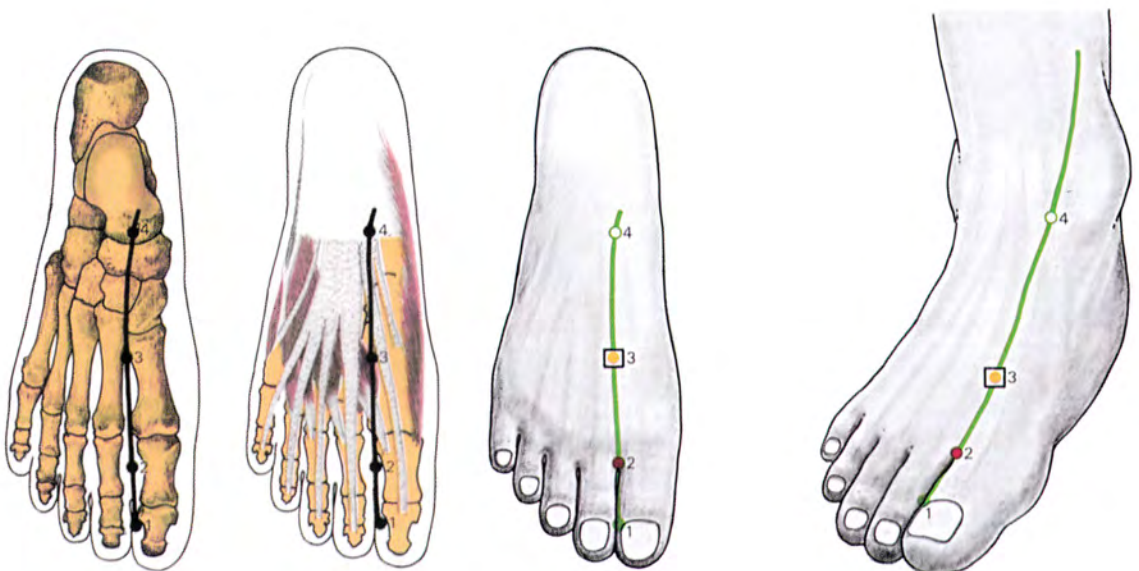
The liver meridian begins as the superficial pathway at the lateral nail point of the big toe, travels over the dorsal surface of the foot between the first and second metatarsal bones and passes anterior to the medial malleolus. It continues up the medial surface of the leg, posterior to the tibia, passing XII 6 at 4 ACI superior to the medial malleolus. It crosses medial to the patellar region to the medial side of the thigh, along the adductor longus through VIII 10, VIII 11 and VIII 12. A deep branch from VIII 11 ascends through XII 12 and XII 13. A further deep branch from VIII 12 runs medially to loop around the genitals and ascends the median line of the lower abdomen to XIII 2, XIII 3 and XIII 4, and then moves superiorly and laterally to the tip of the eleventh rib, at VIII 13. The final section of the superficial meridian then extends to a point on the inferior edge of the thoracic cage in line with the nipple, the exit point, VIII 14.

A deep branch runs from VIII 13 alongside the stomach to enter the liver and then connects with the gall bladder and returns to VIII 14. It then penetrates the diaphragm, radiates along the ribs and ascends posterior to the trachea and the larynx and pharynx to the nasal cavities and the nasal lacrimal canal. It connects with the eye and then rises up the forehead, crossing the frontal bone to the parietal bone at the top of the head, and terminates at XIV 20.

A branch leaves the deep pathway in the eye and travels down to the mandible and circles the mouth on the inside of the lips in the orbicularis oris. Another deep branch leaves the liver, penetrates the diaphragm and enters the lungs. Here it connects with the lung meridian, at IX 1.



- VIII **1** **Great Esteem** (Tatun)
⊥ 1 Wood
△ 5-7 Horary 1 a.m.–3 a.m.
Entry
 Lateral nail point of the big toe.
Point of Cheng (Winter)
- VIII **2** **Walk Between** (Hsingchien)
⊥ 3 Fire
△ 5-7 Sedation
 On the dorsal surface of the foot, between the big toe and the second toe, just distal to the base of the proximal phalanx of the big toe.
Point of Yung (Spring)
First Aid: cramps, spasms, urine retention
- VIII **3** **Supreme Rushing** (Taichung)
⊥ 3 Earth
□ △ 3-7 Source
 On the dorsal surface of the foot, in the angle between the first and second metatarsal bones.
Point of Yu (Summer)
First Aid: asphyxia
- VIII **4** **Middle Seal** (Chungfeng)
⊥ 4 Metal
△ 3-5
 At the anterior flexure of the ankle, between the tendons of the tibialis anterior and the extensor hallucis longus. It can occasionally be medial to the tendon of the tibialis anterior.
Point of Ching (late Summer)
- ⊖ VIII **5** **Insect Ditch** (Likou)
⊥ 3 Junction
△ 3-7
 On the medial surface of the leg, 6 ACI proximal to the prominence of the medial malleolus posterior to the edge of the tibia.
A Centre of Energy
- VIII **6** **Middle Capital** (Chungtu)
⊥ 3
△ 3
 On the medial surface of the leg, 8 ACI proximal to the prominence of the medial malleolus, posterior to the edge of the tibia.
A Centre of Energy
First Aid: cramps, spasms, urine retention



VIII 7

Knee Border (Hsikuan)

⊥ 4
△ 5

On the medial surface of the leg, 12 ACI proximal to the prominence of the medial malleolus, posterior to the edge of the tibia.

VIII 8

Crooked Spring (Chuchuan)

● ⊥ 6
△ 3-5

Water
Tonification

On the medial surface of the knee, posterior to the medial condyle of the tibia: close to the extremity of the crease formed when the knee is flexed.

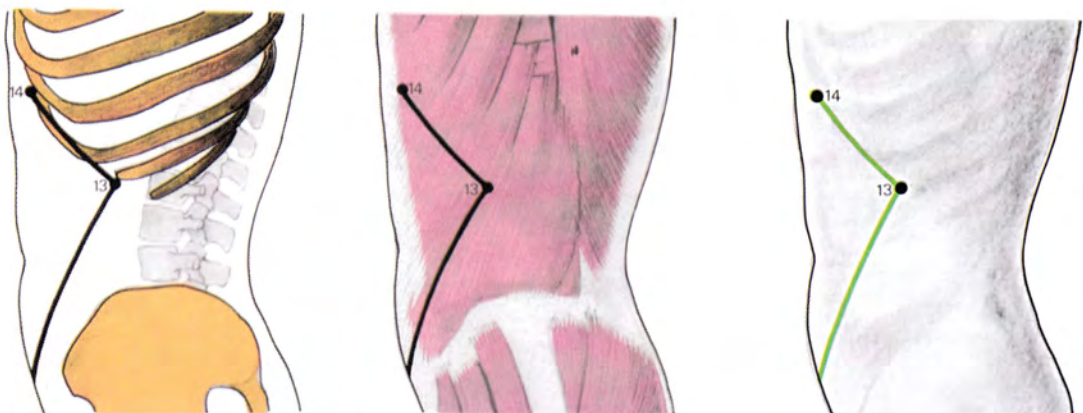
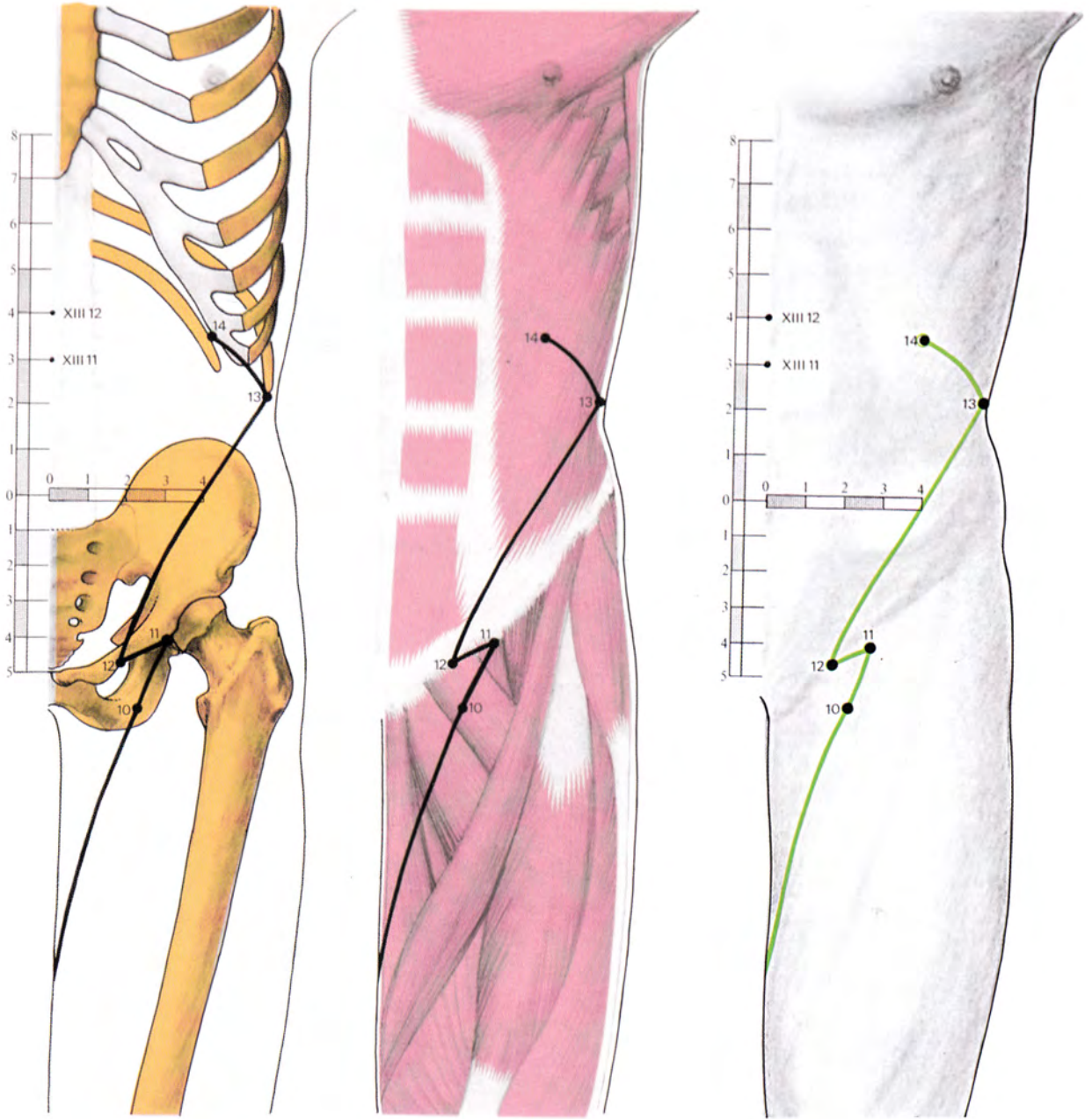
Point of Ho (Autumn)

VIII 9

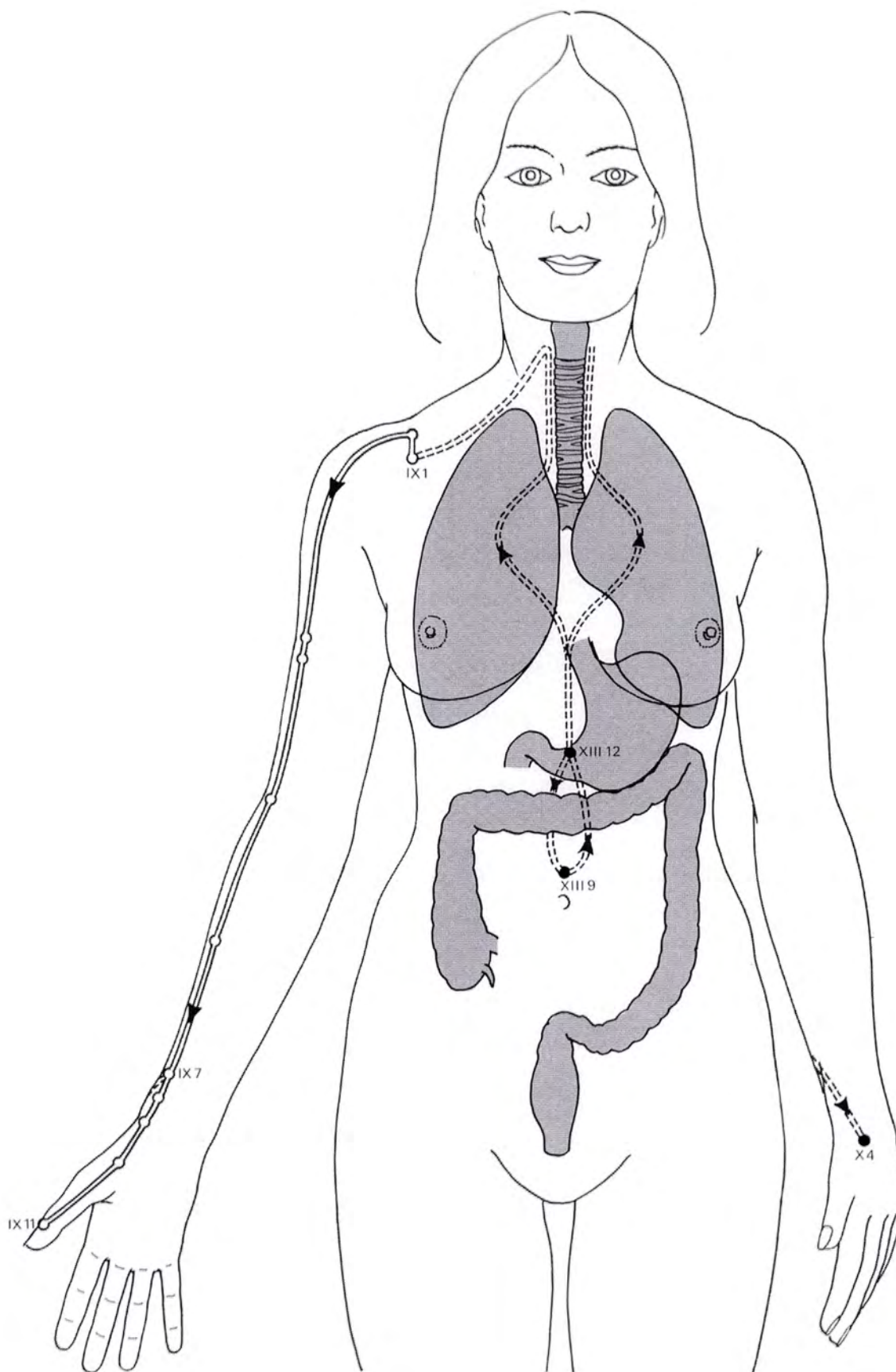
Yin Wrapping (Yinpao)

⊥ 5
△ 3

On the medial surface of the thigh, 5 ACI proximal to the flexure of the knee, between the sartorius and the adductor muscles.



- | | | |
|------|-----------|---|
| VIII | 10 | Five Miles (Tsu wuli) |
| ⊥ | 5 | |
| △ | 5 | |
| | | On the anterior surface of the thigh, on the pectineus muscle, just medial to the femoral artery, 1 ACI distal to the flexure of the groin. |
| VIII | 11 | Yin Angle (Yinlien) |
| ⊥ | 3 | |
| △ | 3 | |
| | | On the flexure of the groin, just lateral to the femoral artery. |
| VIII | 12 | Hasty Pulse (Chimo) |
| ⊥ | X | |
| △ | 3 | |
| | | On the flexure of the groin, 2 ACI lateral to the mid-line of the pubic symphysis. |
| VIII | 13 | Chapter Gate (Changmen) |
| ⊥ | 6-8 | |
| △ | 7-20 | |
| | | At the anterior tip of the eleventh rib.
<i>Point of Dai Mo</i>
<i>Alarm Point of XII</i>
<i>Assembling Point of solid organs</i>
<i>Meeting Point of the five Yin organs</i> |
| VIII | 14 | Gate Of Hope (Chimen) |
| ⊥ | 4 | Exit |
| △ | 5-7 | |
| | | On the inferior edge of the thoracic cage, on the paramedian nipple line. The point lies at the level half-way between XIII 11 and XIII 12.
<i>Point of Yin Wei Mo</i>
<i>Alarm Point of VIII</i> |

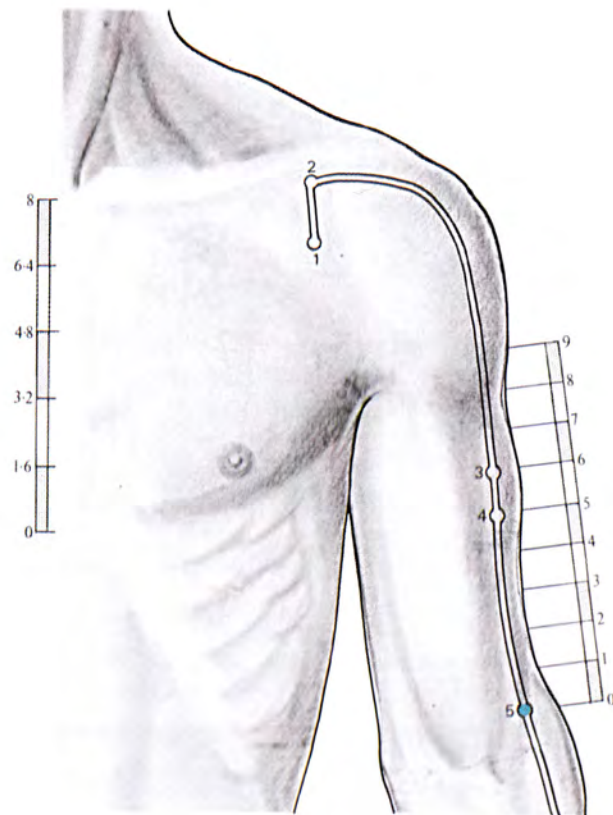
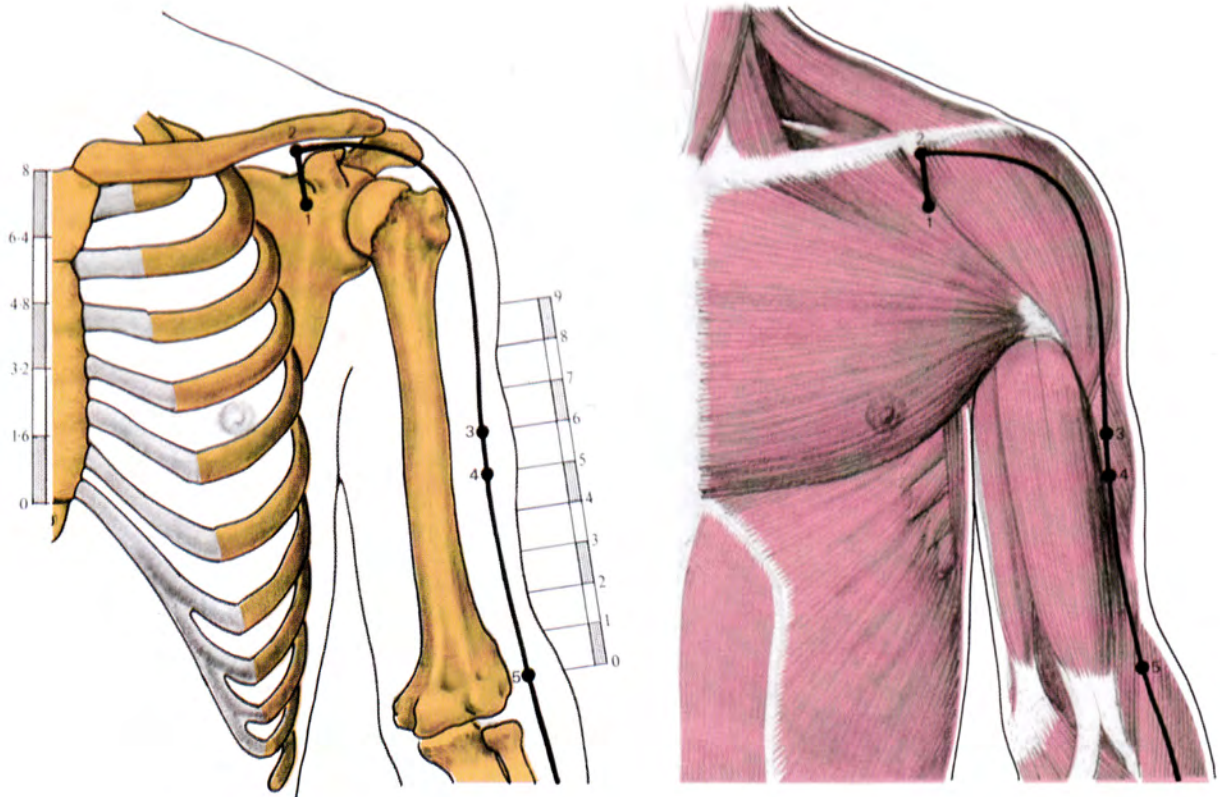


Pathway

The lung meridian begins at a deep level in the region of the stomach, at XIII 12. It descends to loop around the transverse colon, at XIII 9, then travels up the median line, passes the stomach and penetrates the diaphragm. Here it branches into each lobe of the lung. The meridian parallels the median line above the lungs and ascends in bilateral branches, on either side of the trachea, to the level of the larynx. Each branch then descends laterally to the inferior border of the clavicle and emerges to become the superficial pathway at a point lateral to the second rib, the entry point, IX 1.

The superficial meridian arches over the anterior surface of the shoulder and travels down the lateral side of the biceps to the flexure of the elbow. It then runs over the anterior radial side of the forearm to the region of the artery, over the wrist on to the thenar eminence, along the anterolateral edge of the thumb to its last point, the lateral nail point, IX 11.

Proximal to the styloid process of the radius, a deep branch leaves the exit point, IX 7, and travels to the dorsal surface of the hand. It passes between the first and second metacarpal bones where it connects to the colon meridian, at X 4.



IX **1 Middle Palace** (Chungfu)

⊥ 3-5 Entry

△ 5-10

On the chest, on a level with the space between the first and second ribs, 1.6 ACI inferior and very slightly lateral to IX 2.

Alarm Point of IX

First Aid: drowning

IX **2 Cloud Gate** (Yunmen)

⊥ 3-5

△ 5-10

On the chest, in the depression which is found inferior to the clavicle and medial to the apex of the coracoid process.

IX **3 Heavenly Palace** (Tienfu)

⊥ 4-6

△ X

On the anterolateral surface of the arm, on the lateral border of the biceps. 6 ACI proximal to the flexure of the elbow. To find, the arm must be extended and rotated laterally at the shoulder joint, and the forearm fully supinated (i.e. in the anatomical position).

Window of the Sky

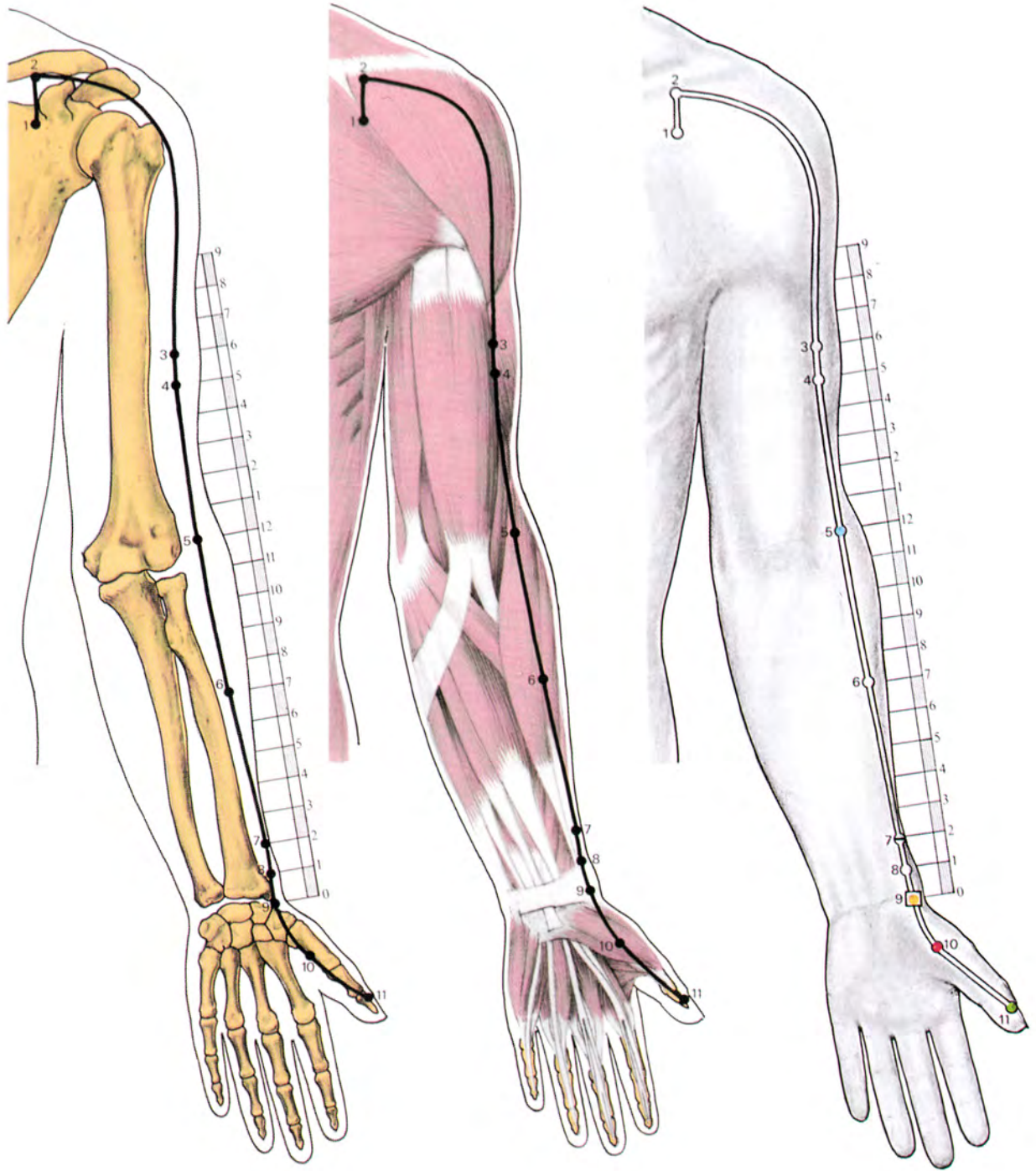
First Aid: poison

IX **4 Valiant White** (Hsiapai)

⊥ 3-5

△ 5

On the anterolateral surface of the arm, on the lateral border of the biceps, 5 ACI proximal to the flexure of the elbow with the arm extended.



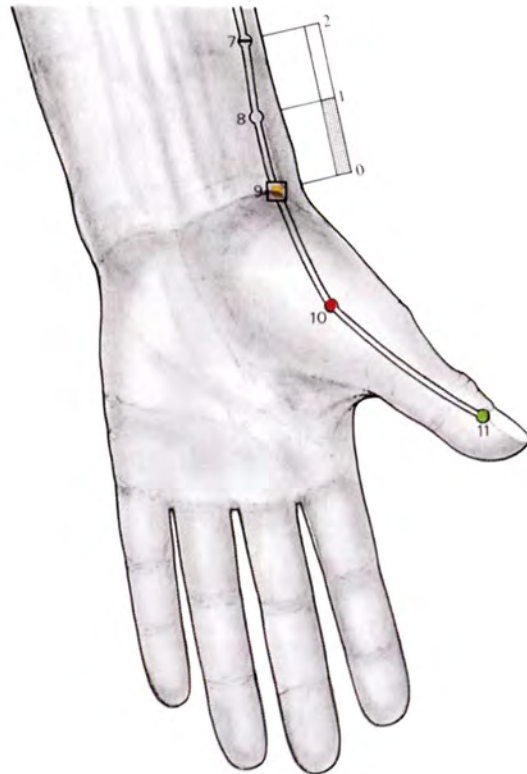
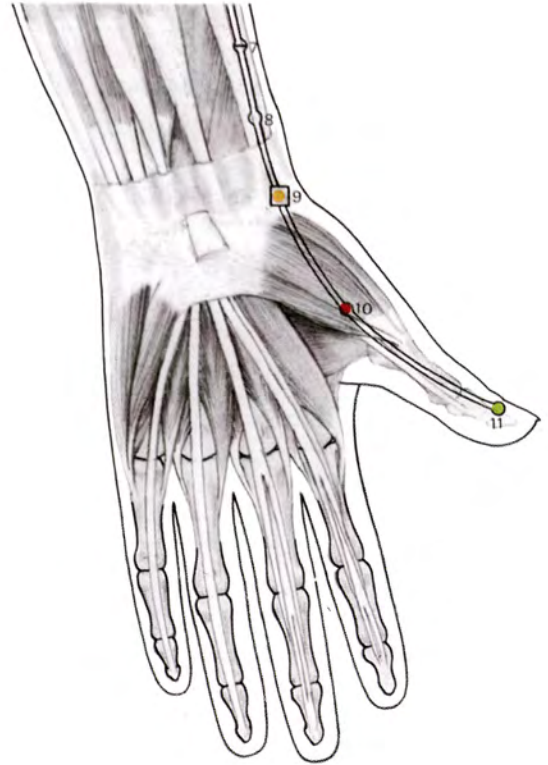
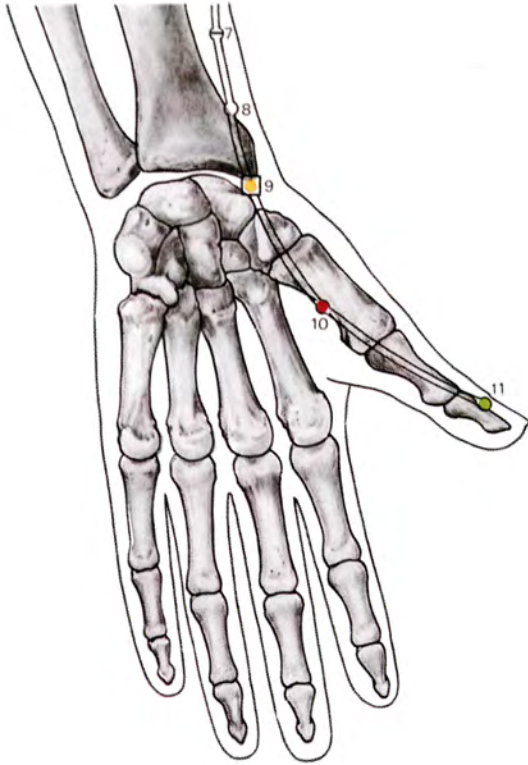
- | | | |
|----|----------|---------------------------------|
| IX | 5 | Outside Marsh (Chihhtse) |
| ⊥ | 3-5 | Water |
| △ | 3-5 | Sedation |

On the elbow crease, approximately 1 ACI lateral to the tendon of the biceps.
Point of Ho (Autumn)
- | | | |
|----|----------|---------------------------------|
| IX | 6 | Greatest Hole (Kungtsui) |
| ⊥ | 5 | |
| △ | 5 | |

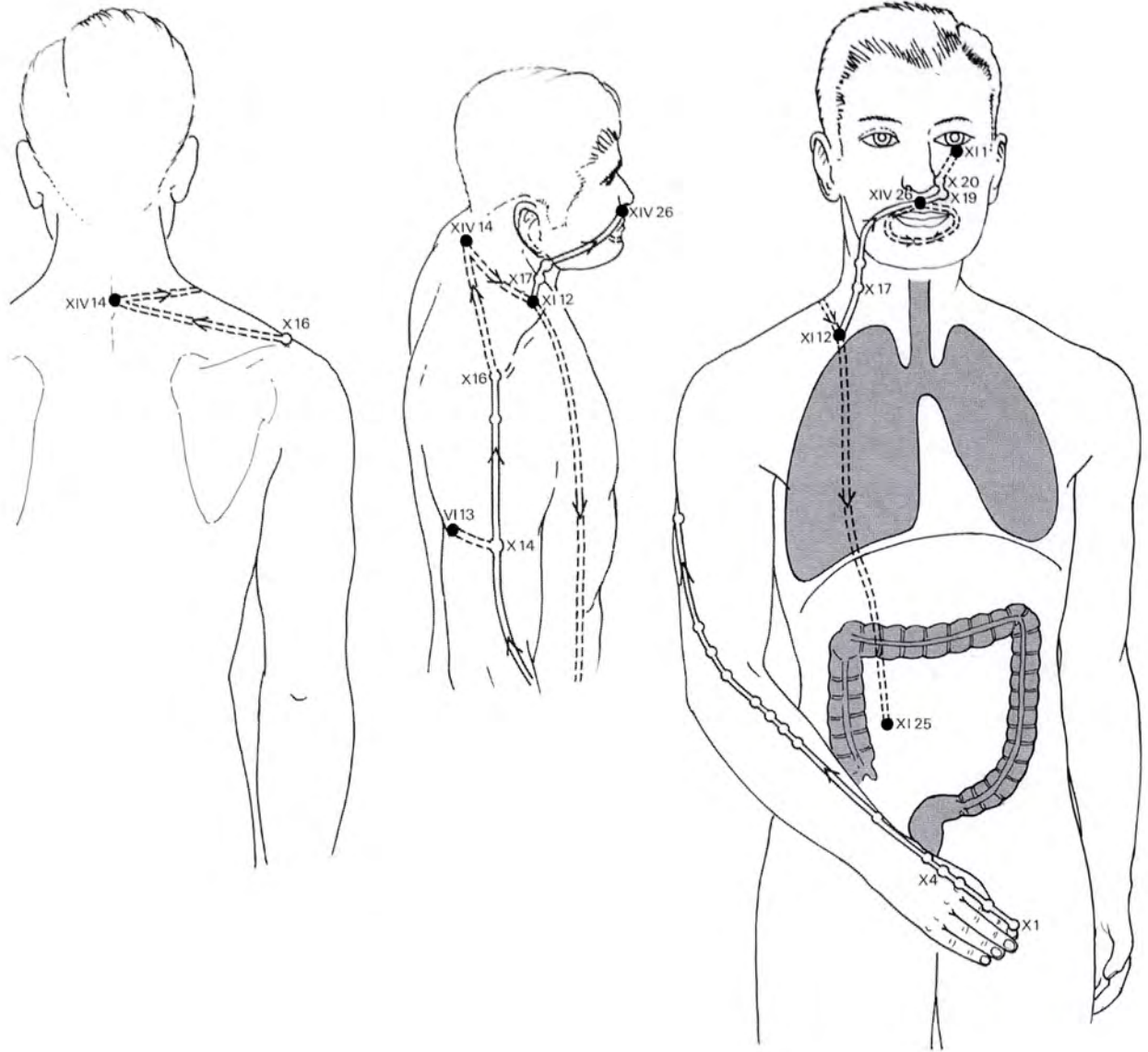
On the anterior surface of the forearm, 7 ACI proximal to IX 9, lateral to the flexor carpi radialis.
- | | | |
|----|----------|----------------------------------|
| IX | 7 | Narrow Defile (Liehchueh) |
| ⊥ | 2-3 | Junction |
| △ | 3-5 | Exit |
| | XP6 | |

On the anterior surface of the forearm, 2 ACI proximal to IX 9, just lateral to the radial artery.
Master Point of Ren Mo
Coupled Point of Yin Qiao Mo
- | | | |
|----|----------|-----------------------------------|
| IX | 8 | Meridian Gutter (Chingchu) |
| ⊥ | 2-3 | Metal |
| | X | Horary 3 A.M.–5 A.M. |

On the anterior surface of the forearm, 1 ACI proximal to IX 9, upon the radial artery.
Point of Ching (late Summer)
First Aid: electric shock



- | | | | |
|--|----|----------|------------------------------------|
| ☐ | IX | 9 | Very Great Abyss (Taiyuan) |
| ● | ⊥ | 2 | Earth |
| ☐ | △ | 3 | Tonification
Source |
| <p>On the crease of the flexure of the wrist, between the radius and the scaphoid bone, upon the radial artery.</p> <p><i>Point of Yu (Summer)</i>
 <i>Assembling Point of meridians</i>
 <i>Reunion of arteries and veins</i>
 <i>First Aid: asphyxia, collapse, concussion, food poisoning, insensibility, poison, shock</i></p> | | | |
| IX | | | |
| ● | ⊥ | 3-5 | Fish Region (Yuchi) |
| ☐ | △ | X | Fire |
| <p>In the centre of the thenar eminence.</p> <p><i>Point of Yung (Spring)</i></p> | | | |
| IX | | | |
| ● | ⊥ | 1 | Little Merchant (Shaoshang) |
| ☐ | △ | X
XP7 | Wood |
| <p>Radial nail point of the thumb.</p> <p><i>Point of Cheng (Winter)</i>
 <i>First Aid: convulsions, insensibility, sunstroke</i></p> | | | |



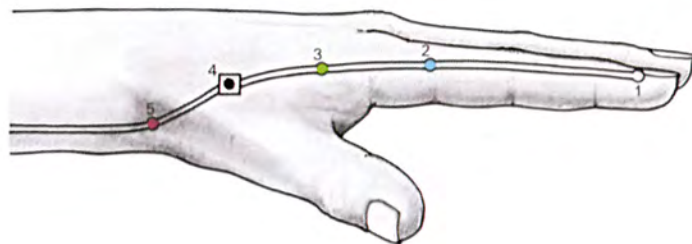
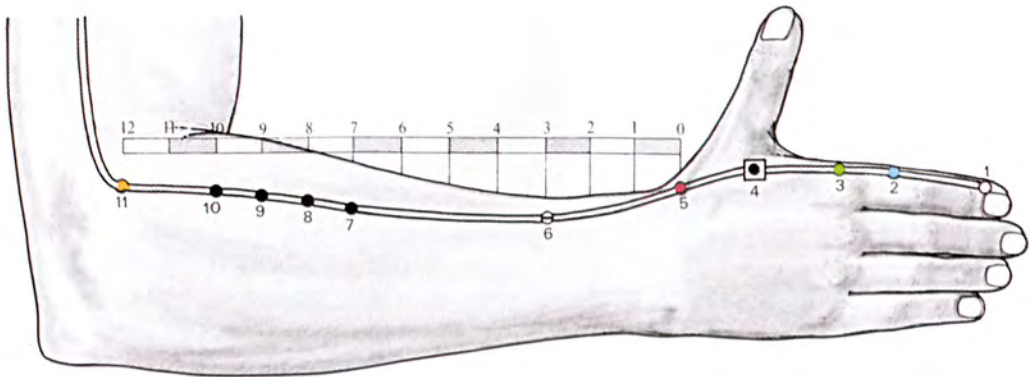
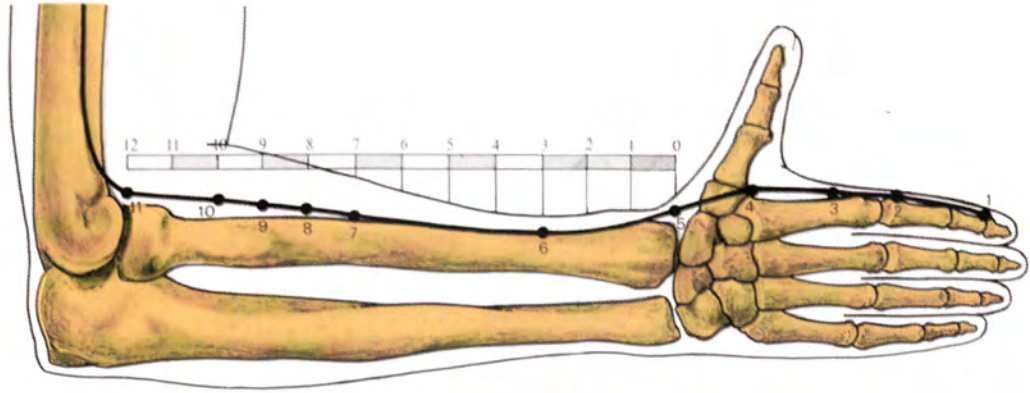
Pathway

The colon meridian begins as the superficial pathway at the radial nail point of the index finger, X 1. The meridian travels along the dorsal surface of the index finger on the lateral side, passes through the angle of the first and second metacarpal bones, at the entry point, X 4, through the anatomical snuffbox, up the radial margin of the forearm to the lateral border of the elbow, lateral to the epicondyle of the humerus. It then ascends the lateral border of the biceps to the insertion of the deltoid. From this point, X 14, a short deep branch extends posteriorly to VI 13.

The main meridian continues to the shoulder passing through the cleft between the acromion and the clavicle, to X 16. From X 16 a deep section of the meridian travels across the trapezius to the median line at the base of the seventh cervical vertebra, at XIV 14. It returns anteriorly over the shoulder to the supraclavicular fossa, at XI 12. Here the meridian divides.

A deep branch continues down through the chest, enters the lungs, penetrates the diaphragm and travels through the abdomen to connect with the large intestines, at XI 25. The other superficial branch continues medially to the base of the neck, at X 17, travels up a portion of the sternocleidomastoid to the posterior region of the mandible. From there it runs to the upper jaw and the upper lip. At the philtrum, at XIV 26, it crosses over to the opposite side of the face to X 19 and ends at the inferior edge of the alar of the nose, at the exit point, X 20. From here it connects to the stomach meridian, at XI 1.

A deep branch leaves the meridian in the upper jaw and travels through the gum of the lower jaw, encircling the mouth.



- X **1** **Merchant Yang** (Shangyang)

⊥ 1 Metal

△ 3 Horary 5 A.M.–7 A.M.

Radial nail point of the index finger.

Point of Cheng (Winter)

First Aid: toothache
- X **2** **Second Interval** (Erhchien)

⊥ 3 Water

△ 3 Sedation

XP9

On the posterolateral (posteroradial) surface of the index finger, just distal to the base of the proximal phalanx.

Point of Yung (Spring)
- X **3** **Third Interval** (Sanchien)

⊥ 3 Wood

△ 3

On the dorsal surface of the hand, immediately proximal and radial to the head of the second metacarpal bone.

Point of Yu (Summer)
- ☐ X **4** **Joining Of The Valleys** (Hoku)

⊥ 5 Source

△ 5–7 Entry

XP1

On the dorsal surface of the hand in the angle between the proximal ends of the first and second metacarpal bones.

Point for acupuncture blackout

Centre Reunion General Point of Yang

Greater Assembling Point of the face and mouth

A Centre of Energy

First Aid: dull pains, earache, fainting, food poisoning, poison, toothache
- X **5** **Yang Stream** (Yanghsi)

⊥ 3 Fire

△ 5

On the radial edge of the wrist, between the styloid process of the radius and the base of the scaphoid bone, between the extensor pollicis longus and the extensor pollicis brevis, in the anatomical snuffbox.

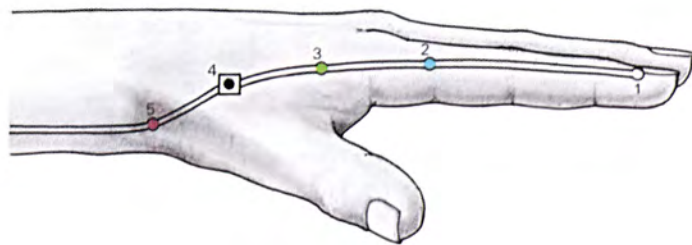
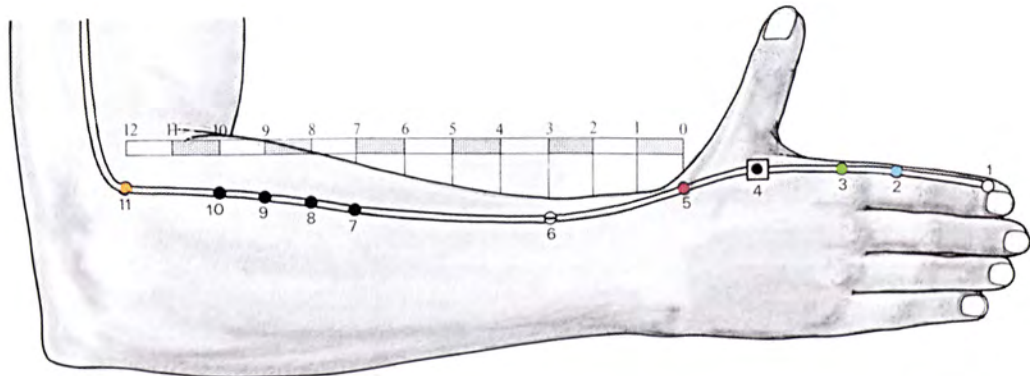
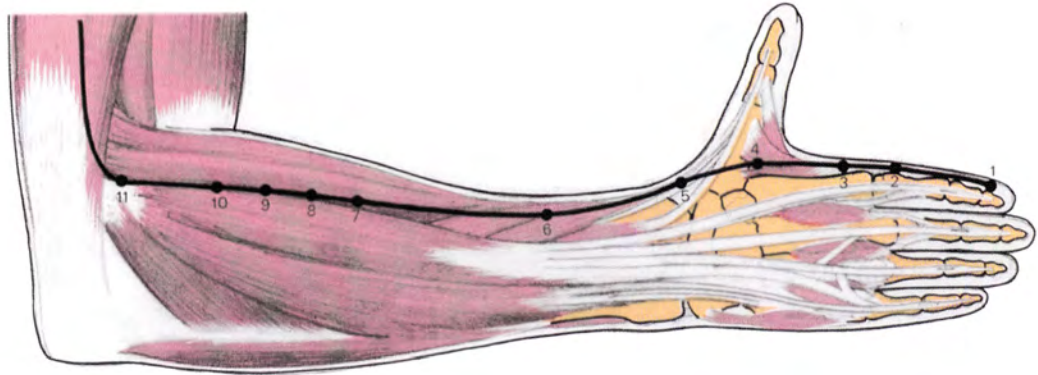
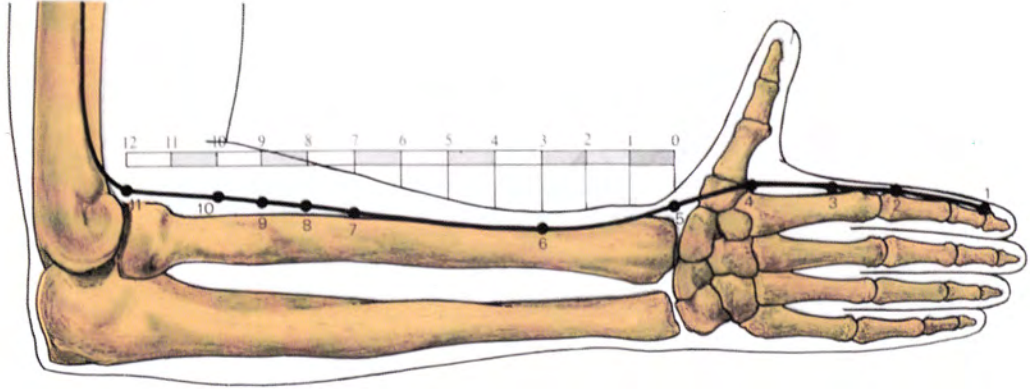
Point of Ching (late Summer)
- ⊖ X **6** **Side Passage** (Pienli)

⊥ 3 Junction

△ 5–7

With the anterior surface of the forearm across the chest X 6 lies on the posterior radial surface of the arm in between the muscles of extensor pollicis longus and abductor pollicis longus 3 ACI from the wrist flexure.

X COLON MERIDIAN



X **7 Warm Current** (Wenliu)

⊥ 3
△ 5-30

On the posteroradial surface of the forearm, 7 ACI proximal to the flexure of the wrist. With the anterior surface of the forearm across the chest, the point lies on the radial border of the extensor digitorum.

X **8 Lower Side** (Hsialien)

⊥ 4
△ 6

On the posteroradial surface of the forearm, 8 ACI proximal to the flexure of the wrist. With the anterior surface of the forearm across the chest, the point lies on the radial border of the extensor digitorum.

X **9 Upper Angle** (Shanglien)

⊥ 4
△ 5-10

On the posteroradial surface of the forearm, 9 ACI proximal to the flexure of the wrist. With the anterior surface of the forearm across the chest, the point lies on the radial border of the extensor digitorum.

X **10 Arm Three Miles** (Shou sanli)

⊥ 5
△ 5-10
XP9

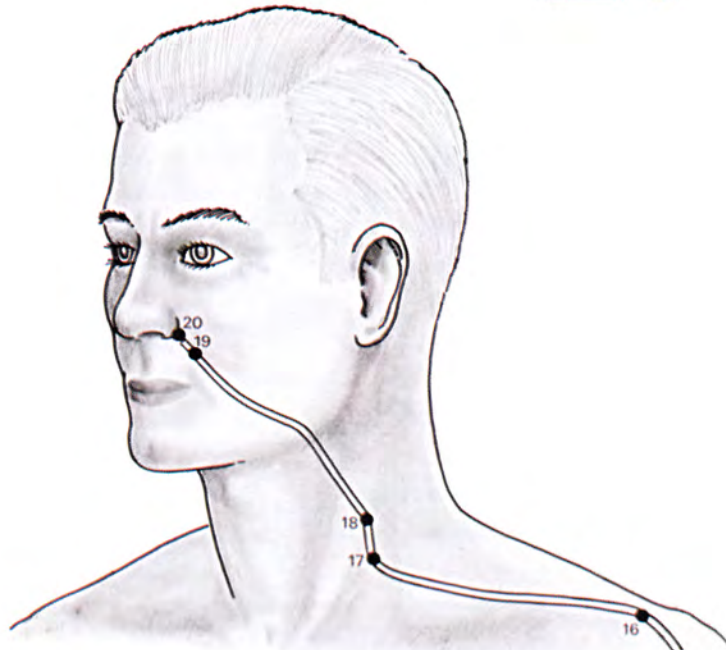
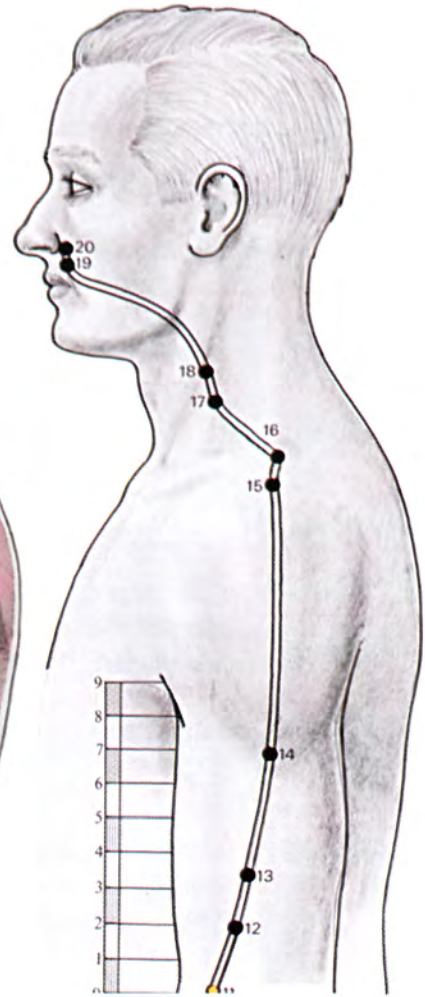
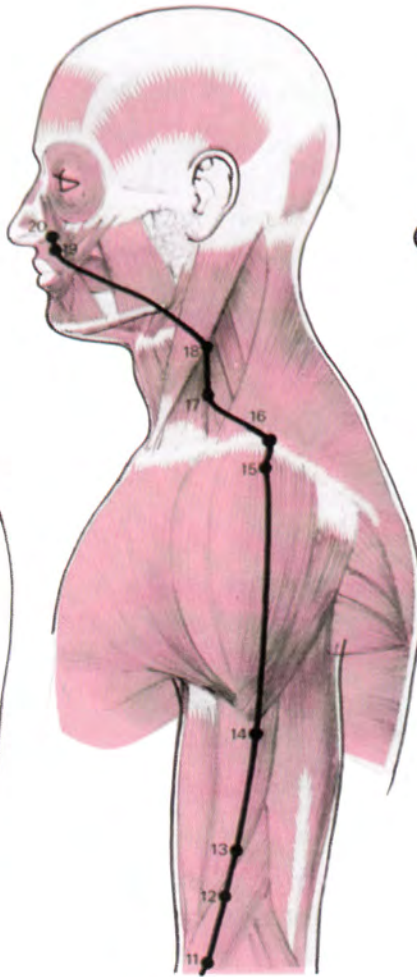
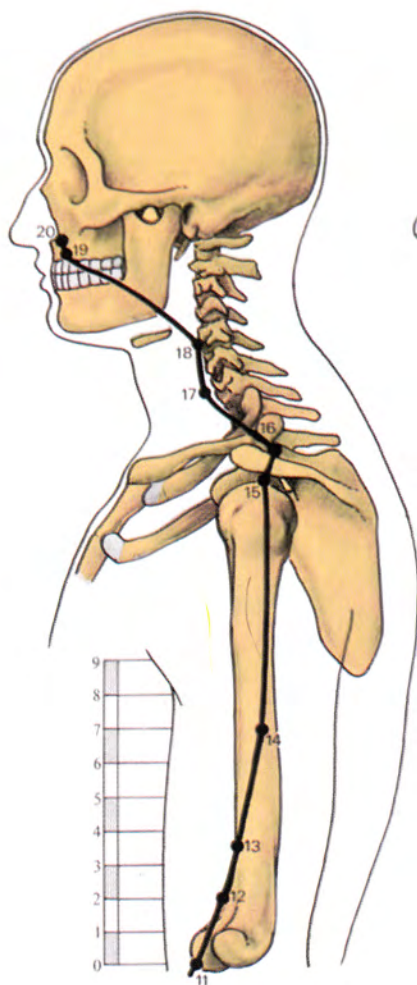
On the posteroradial surface of the forearm, 10 ACI proximal to the flexure of the wrist. With the anterior surface of the forearm across the chest, the point lies on the radial border of the extensor digitorum.

X **11 Crooked Pond** (Chuchih)

⊥ 5-8
5-10

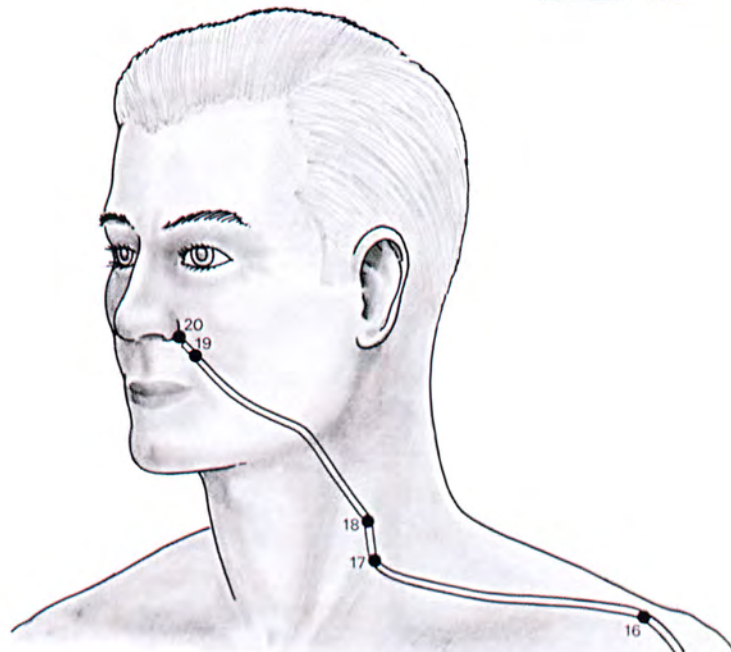
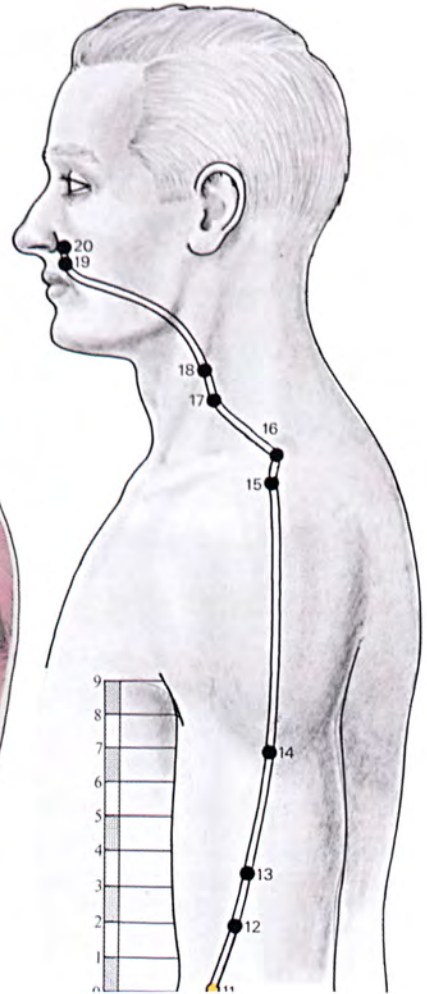
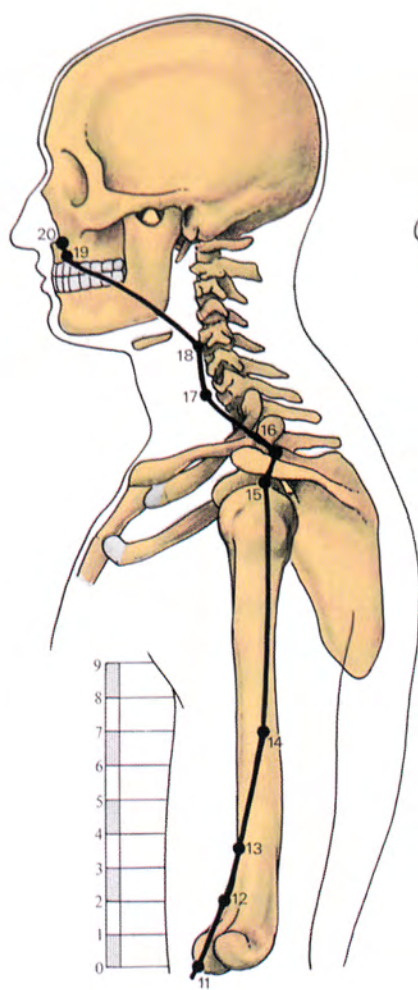
**Earth
Tonification**
On the posteroradial surface of the forearm. With the anterior surface of the forearm across the chest, the point lies between the lateral end of the elbow crease and the lateral epicondyle of the humerus.

Point of Ho (Autumn)



- X **12** **Elbow Bone** (Chouliao)
 ⊥ 3
 △ 3
 On the lateral surface of the arm, 2 ACI proximal to the lateral epicondyle of the humerus.
- X **13** **Arm Five Miles** (Shou wuli)
 ⊥ X
 △ 7
 On the lateral surface of the arm, 3½ ACI proximal to the lateral epicondyle of the humerus.
- X **14** **Outer Bone Of The Arm** (Pinao)
 ⊥ 3
 △ 3-7
 On the lateral surface of the arm, 7 ACI proximal to the flexure of the elbow, on the distal border of the 'V' of the insertion of the deltoid.
- X **15** **Shoulder Joint** (Chienyu)
 ⊥ 6
 △ 7
 On the lateral surface of the shoulder, distal to the acromioclavicular joint, in the concavity between the acromion and the greater tubercle of the humerus, formed when the arm is abducted.
Point of Yang Qiao Mo
First Aid: apoplexy, concussion, electric shock, exhaustion, haemorrhage, head injury, insensibility, shock
- X **16** **Great Bone** (Chuku)
 ⊥ 6
 △ 3-7
 In the depression between the acromial end of the clavicle and the spine of the scapula, 1 ACI medial from X 15.
Point of Yang Qiao Mo
- X **17** **Heavenly Vessel** (Tienting)
 ⊥ 3
 △ 3-7
 On the posterior border of the sternocleidomastoid, approximately 1 ACI inferior to X 18.
- X **18** **Support And Rush Out** (Futu)
 ⊥ 4
 △ 3
 Between the two heads of the sternocleidomastoid, lateral to, and on a level with, the middle of the laryngeal prominence, and XI 9.
Window of the Sky

X COLON MERIDIAN



X **19** **Grain Bone** (Holiao)

⊥ 1-3

△ X

Half-way between the inferior border of the nose and the edge of the upper lip, ½ ACI medial to the nasolabial fold.

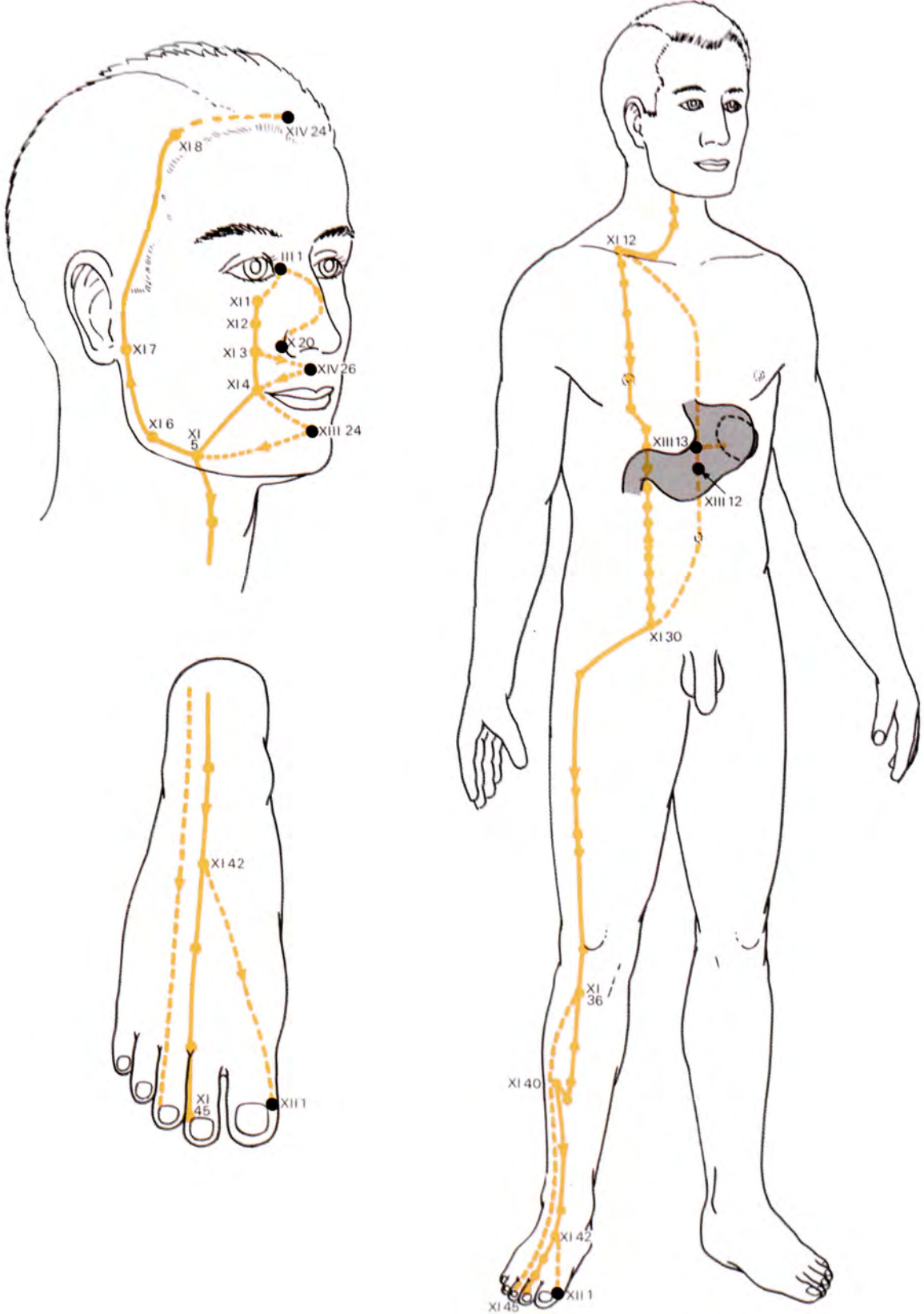
X **20** **Welcome Fragrance** (Yinghsiang)

⊥ 1-3

△ X

Exit

On the face, at the inferior edge of the alum, 1 fen lateral to the alum.



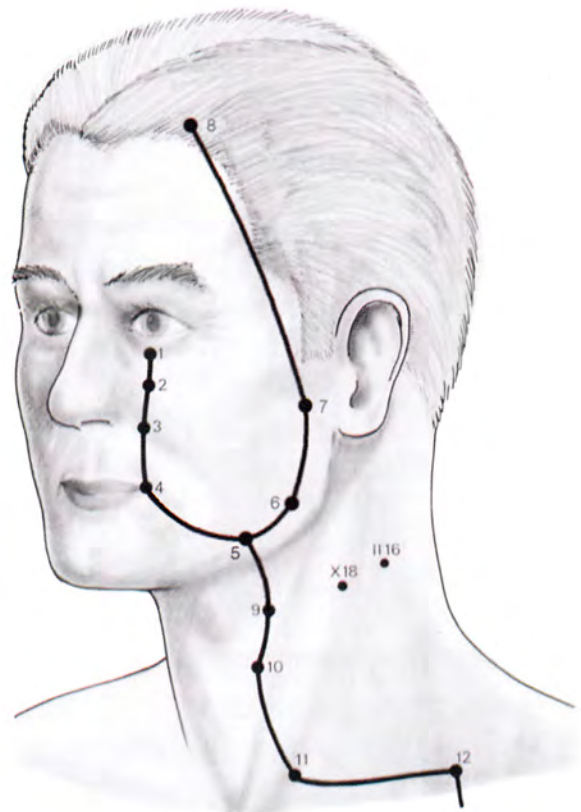
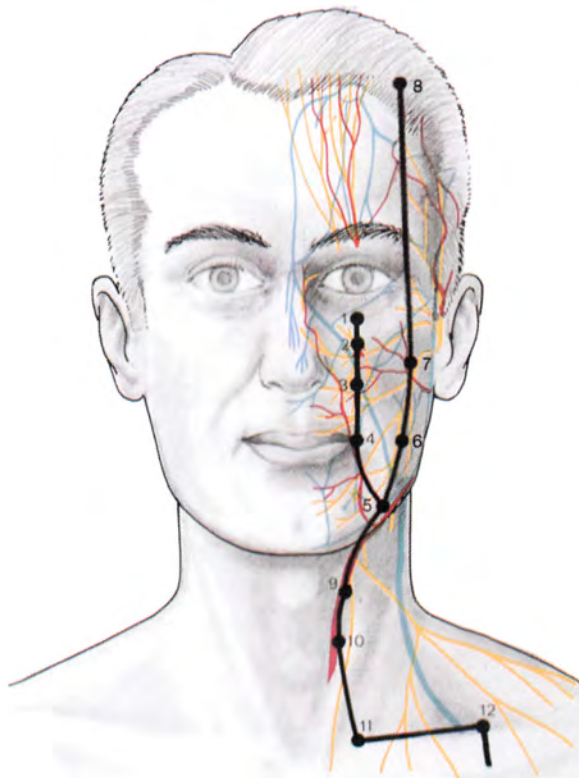
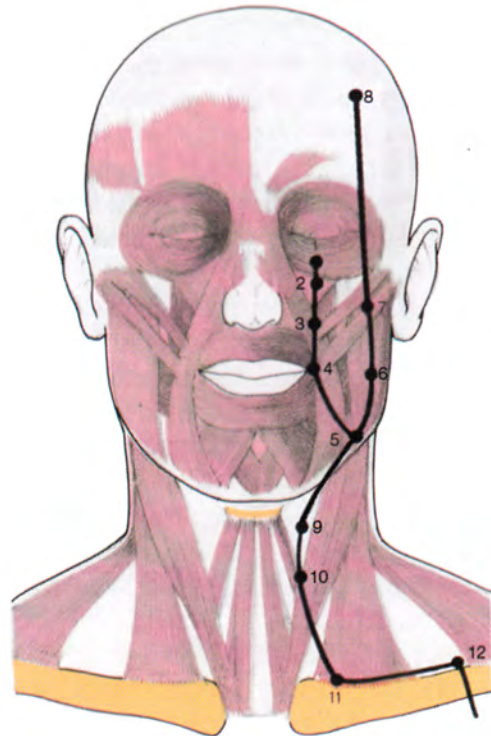
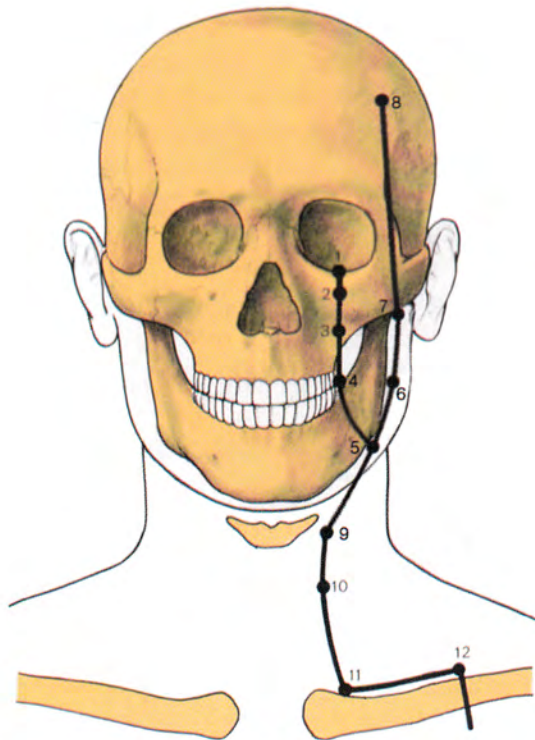
Pathway

The stomach meridian begins at a deep level in the region of the nasal alum at X 20. It rises up the side of the nose to the mid-line of the bridge of the nose, then turns to the medial corner of the eye, at III 1. It travels laterally to the centre of the inferior border of the orbit, where the meridian becomes superficial, at XI 1. The superficial meridian descends the cheek in line with the pupil of the eye, through XI 2, XI 3 and XI 4. From XI 3 a deep pathway crosses to the philtrum on the upper lip at XIV 26 and contours the mouth through XI 4. It continues to the centre of the lower lip at XIII 24 and then on to rejoin the superficial meridian. The meridian then passes laterally to XI 5 at the masseter at the angle of the lower jaw, ascends through XI 6 anterior to the ear, to XI 7, and from there to the hair line on the temple, and up over the frontal bone, passing points VII 3, 6, 5 and 4, and then through XI 8 to the mid-point of the hair line above the forehead, at XIV 24.

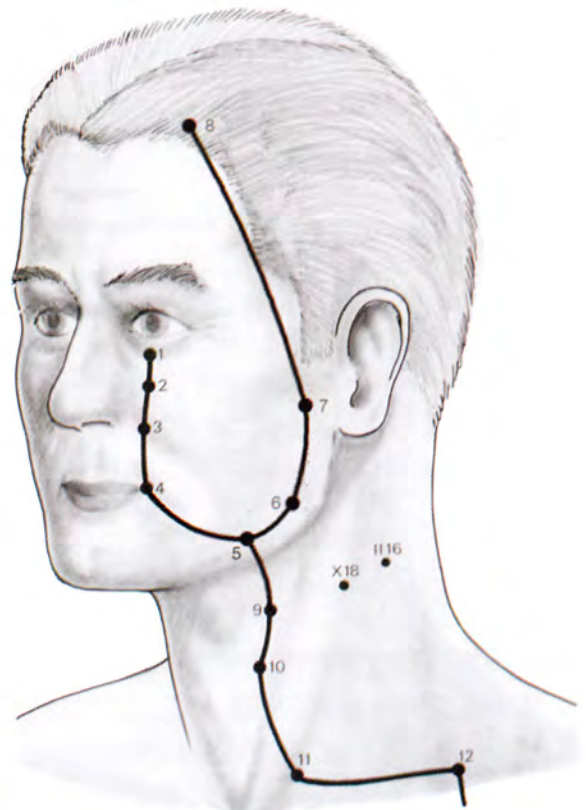
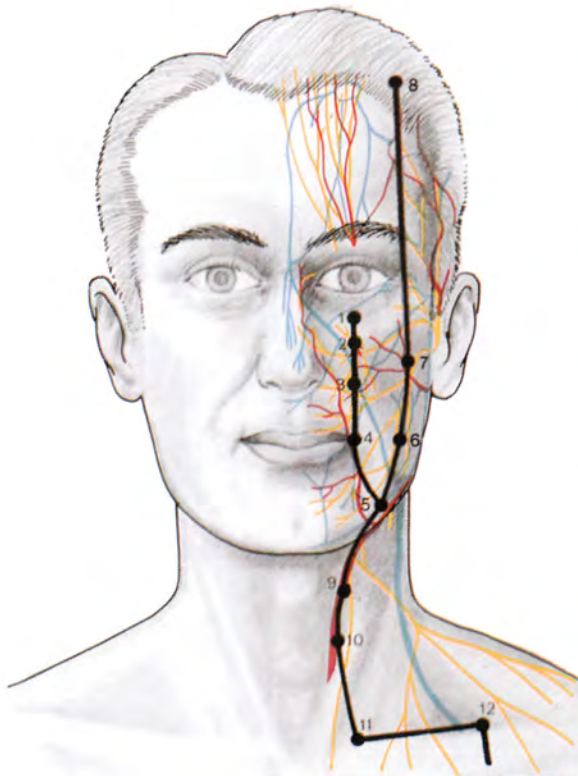
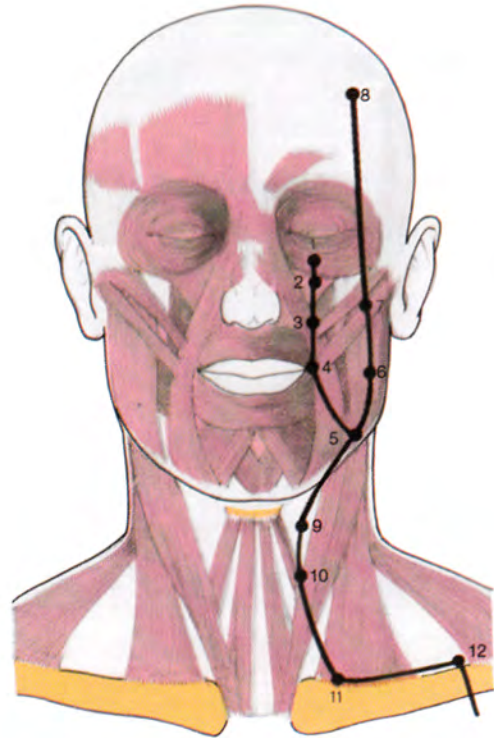
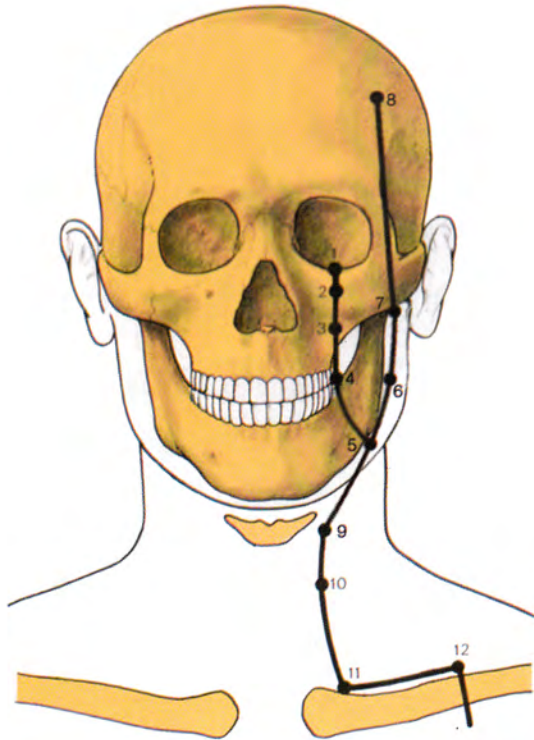
The first branch leaves the meridian from the mandible and continues the superficial pathway down the side of the trachea to the medial end of the clavicle. It then runs laterally to the supraclavicular fossa, at XI 12, where it divides into a superficial and a deep pathway. The superficial pathway descends the chest in the line of the nipple. In the fifth intercostal space it deviates medially to continue down the abdomen in the paramedian line to the inguinal ligament, at XI 30. The deep pathway leaves XI 12 and travels medially and inferiorly through the chest, penetrates the diaphragm and enters the stomach in the median line, at XIII 13. A branch leaves from here to connect with the spleen.

The deep pathway continues down the median line to XIII 12 and then travels inferiorly and laterally to meet the superficial meridian at XI 30. The pathway is now single and superficial as it descends the anterior surface of the leg along the lateral edge of the rectus femoris, through the lateral border of the patella and down the lateral edge of the tibia. At 9 ACI inferior to the patella the meridian detours superiorly and laterally to XI 40 and thence to the centre of the ankle joint. It travels along the midline of the dorsal surface of the foot, between the second and third metatarsal bones to end at the lateral nail point of the second toe at the last point, XI 45.

A deep branch leaves the superficial meridian from the point 3 ACI below the patella, XI 36, travels lateral to the superficial pathway and ends at the lateral nail point of the middle toe. A second branch leaves the superficial meridian from the middle of the dorsal surface of the foot, at the exit point, XI 42, and runs to the medial nail point of the big toe, where it connects with the spleen meridian, at XII 1.



- | | | |
|----|----------|---|
| XI | 1 | Receive Tears (Chengchi) |
| ⊥ | 1-3 | Entry |
| △ | X | |
| | | On the cheek, immediately superior to the infra-orbital foramen, on the inferior border of the orbit, in line with the centre of the pupil with the eye looking straight ahead.
<i>Point of Yang Qiao Mo</i> |
| XI | 2 | Four Whites (Szupai) |
| ⊥ | 1-3 | |
| △ | 3 | |
| | | On the cheek, in the depression of the infra-orbital foramen, 3 fen inferior to the inferior edge of the orbit.
<i>Point of Yang Qiao Mo</i> |
| XI | 3 | Great Cheekbone (Chuliao) |
| ⊥ | 1-3 | |
| △ | 5 | |
| | | On the zygomatic bone, directly inferior to the infra-orbital foramen, at the level of the inferior border of the alar of the nose.
<i>Point of Yang Qiao Mo</i> |
| XI | 4 | Earth Granary (Titsang) |
| ⊥ | 1-3 | |
| △ | 5 | |
| | XP5 | |
| | | 4 fen lateral to, and level with, the angle of the mouth.
<i>Point of Yang Qiao Mo</i> |
| XI | 5 | Great Welcome (Taying) |
| ⊥ | 3-5 | |
| △ | 3-5 | |
| | | On the inferior border of the mandible, anterior to the masseter, in the depression of the facial artery. |
| XI | 6 | Mandible Wheel (Chiache) |
| ⊥ | 3 | |
| △ | 7 | |
| | | 4 fen anterior and superior to the angle of the mandible, in the depression between the two bellies of the masseter muscle. |



XI 7 **Lower Passage** (Hsiakuan)

⊥ 3
△ X

In the depression which is inferior to the zygomatic arch and anterior to the condyle of the mandible. When the mouth is opened wide this depression disappears.

XI 8 **Head Tied** (Touwei)

⊥ 3
△ X

On the head, ½ ACI posterior and superior to the natural hair line, at the superior corner of the forehead. Follow a line directly vertically upwards from the lateral wall of the orbit. The point should lie directly vertical above the lateral wall of the orbit when looking directly at the face.

XI 9 **People Welcome** (Jenyong)

⊥ 1-3
△ X

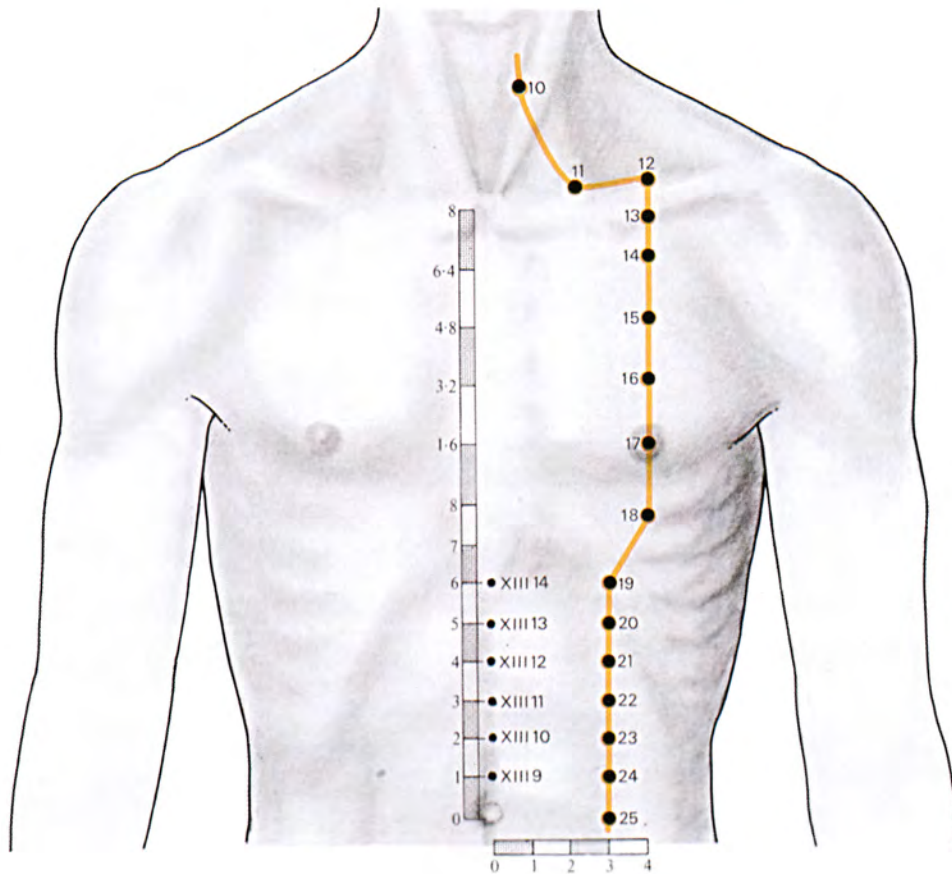
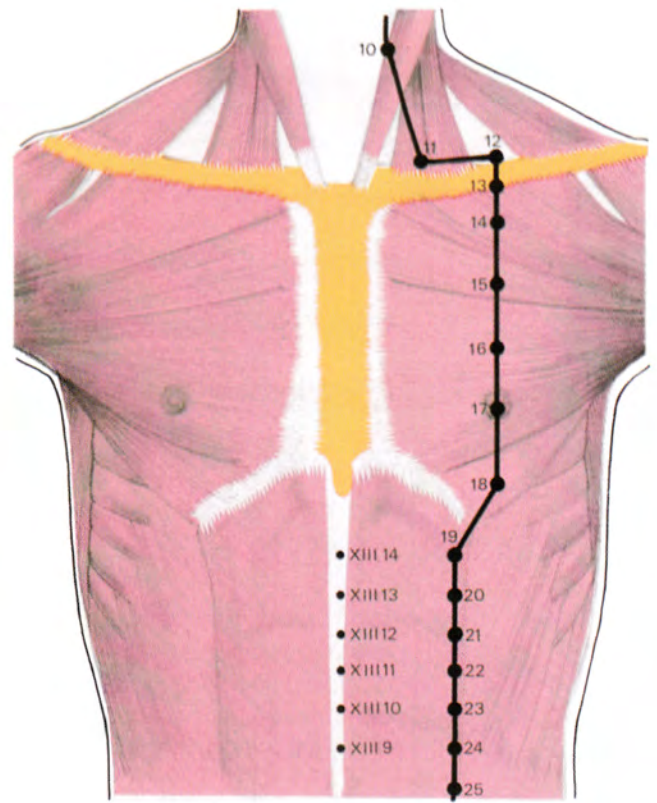
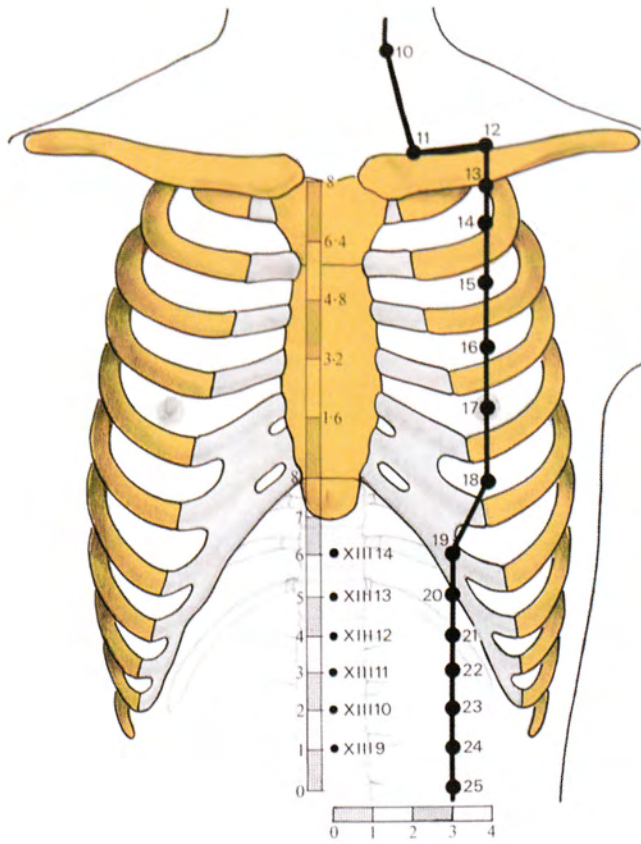
On the anterior surface of the neck, upon the carotid artery, at the anterior border of the sternocleidomastoid at the level of the laryngeal prominence, level with X 18 and II 16.

Sea of Energy
Window of the Sky

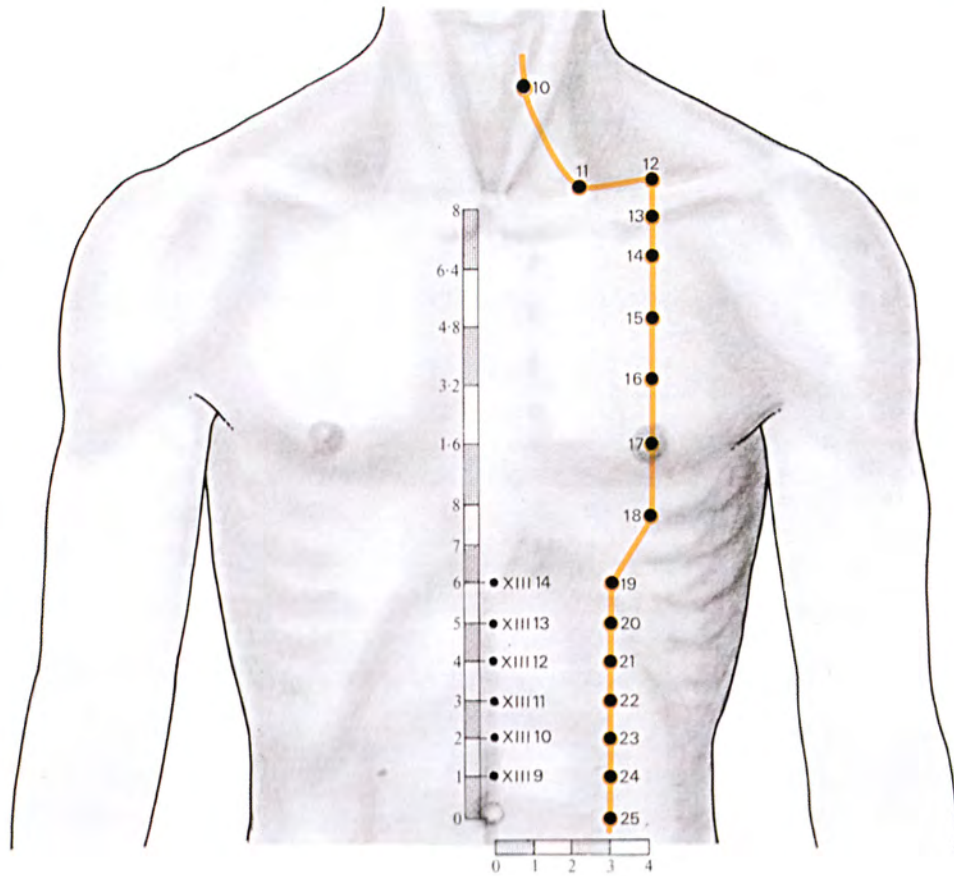
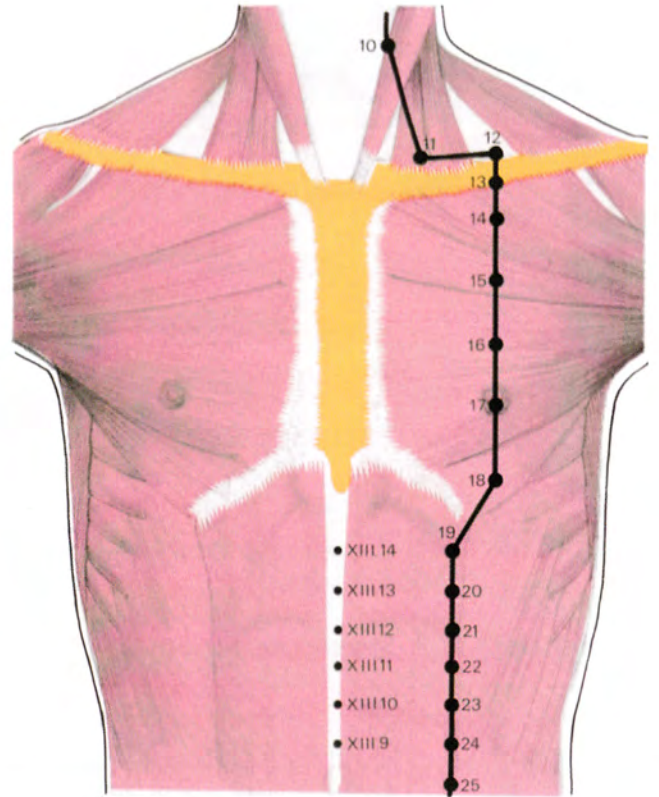
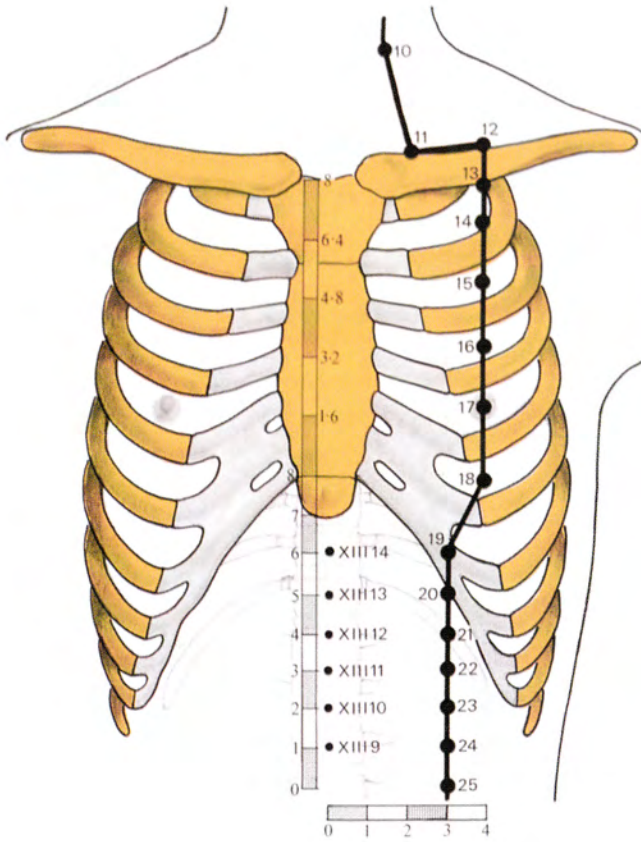
XI 10 **Water Rushing Out** (Shuitu)

⊥ 1-3
△ X

On the anterior border of the sternocleidomastoid, at the level of the cricoid cartilage, approximately 1 ACI inferior to XI 9.



XI	11	Ch'i Cottage (Chishe)	
⊥	3		
△	3		
			Superior to the clavicle, between the two heads of the sternocleidomastoid, 2 ACI lateral to the median line.
XI	12	Broken Bowl (Chuehpen)	
⊥	3		
△	3		
			In the centre of the supraclavicular fossa, 4 ACI lateral to the median line and on the paramedian nipple line. <i>Point of Yin Qiao Mo</i>
XI	13	Ch'i Door (Chihu)	
⊥	3		
△	5		
			On the inferior edge of the clavicle, 4 ACI lateral to the median line and on the paramedian nipple line.
XI	14	Storehouse (Kufang)	
⊥	3		
△	5		
			In the first intercostal space, 4 ACI lateral to the median line and on the paramedian nipple line.
XI	15	Room Screen (Wuyi)	
⊥	3		
△	5		
			In the second intercostal space, 4 ACI lateral to the median line and on the paramedian nipple line.
XI	16	Breast Window (Yingchuang)	
⊥	3		
△	5		
			In the third intercostal space, 4 ACI lateral to the median line and on the paramedian nipple line.
XI	17	Centre Of The Breasts (Juchung)	
⊥	X		
△	X		
			In the centre of the nipple.
XI	18	Root Of The Breasts (Juken)	
⊥	3		
△	3-5		
			In the fifth intercostal space, 4 ACI lateral to the median line and on the paramedian nipple line.



XI **19** **Not At Ease** (Pujung)

⊥ 5
△ 3-7

On the thorax, 3 ACI lateral to the median line and 6 ACI superior to the level of the umbilicus, at the level of XIII 14.

XI **20** **Receiving Fullness** (Chengman)

⊥ 5
△ 3-7

On the abdomen, 3 ACI lateral to the median line and 5 ACI superior to the level of the umbilicus, at the level of XIII 13.

* XI **21** **Bridge Gate** (Liangmen)

⊥ 7
△ 5-15

On the abdomen, 3 ACI lateral to the median line and 4 ACI superior to the level of the umbilicus at the level of XIII 12.

XI **22** **Border Gate** (Kuanmen)

⊥ 8
△ 5-15

On the abdomen, 3 ACI lateral to the median line and 3 ACI superior to the level of the umbilicus, at the level of XIII 11.

XI **23** **Great Oneness** (Taiyi)

⊥ 8
△ 5-10

On the abdomen, 3 ACI lateral to the median line and 2 ACI superior to the level of the umbilicus, at the level of XIII 10.

XI **24** **Lubrication Food Gate** (Huajoumen)

⊥ 8
△ 5-15

On the abdomen, 3 ACI lateral to the median line and 1 ACI superior to the level of the umbilicus, at the level of XIII 9.

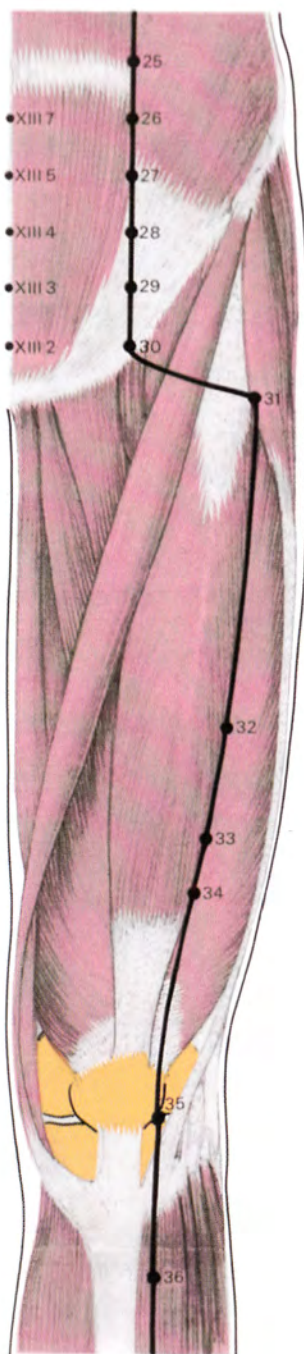
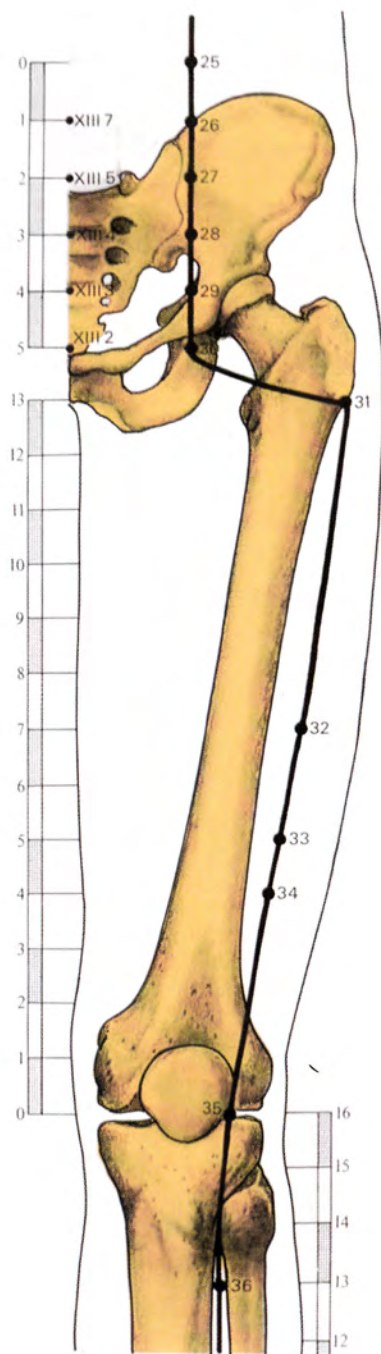
XI **25** **Heavenly Pivot** (Tienshu)

⊥ 5
△ 5-20

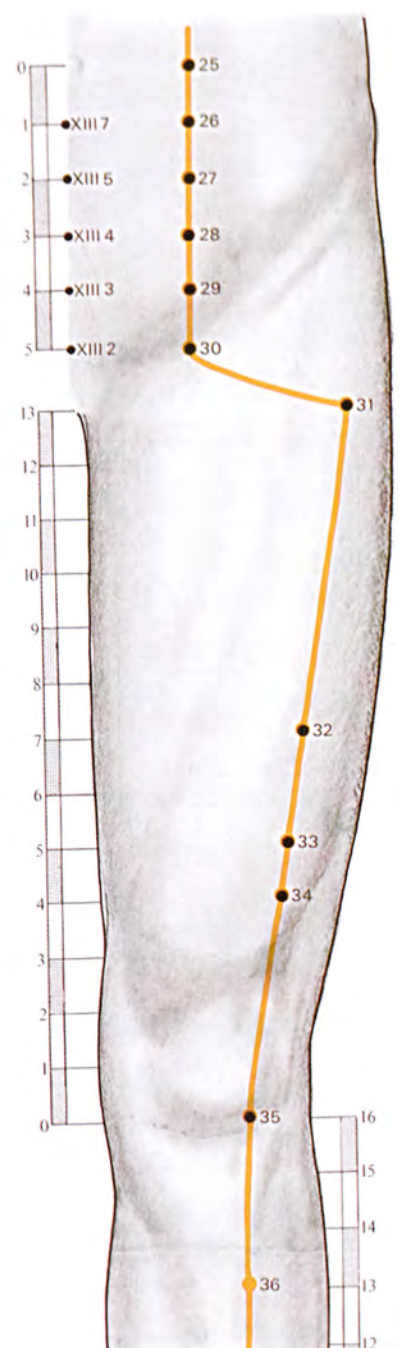
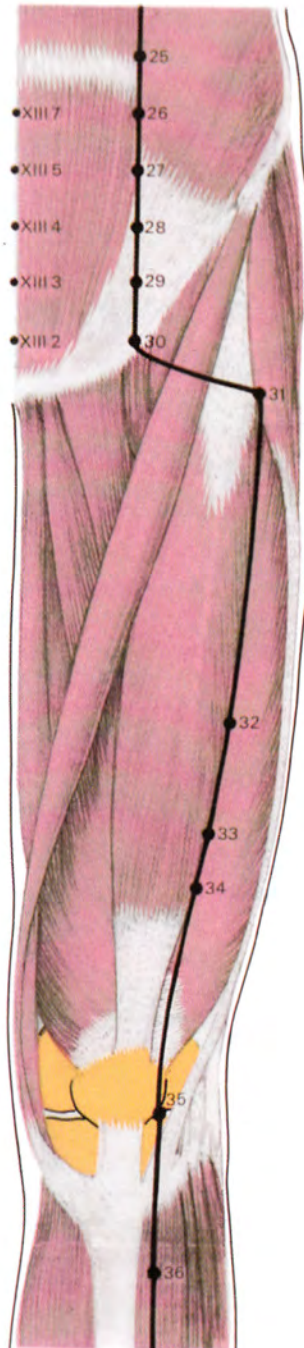
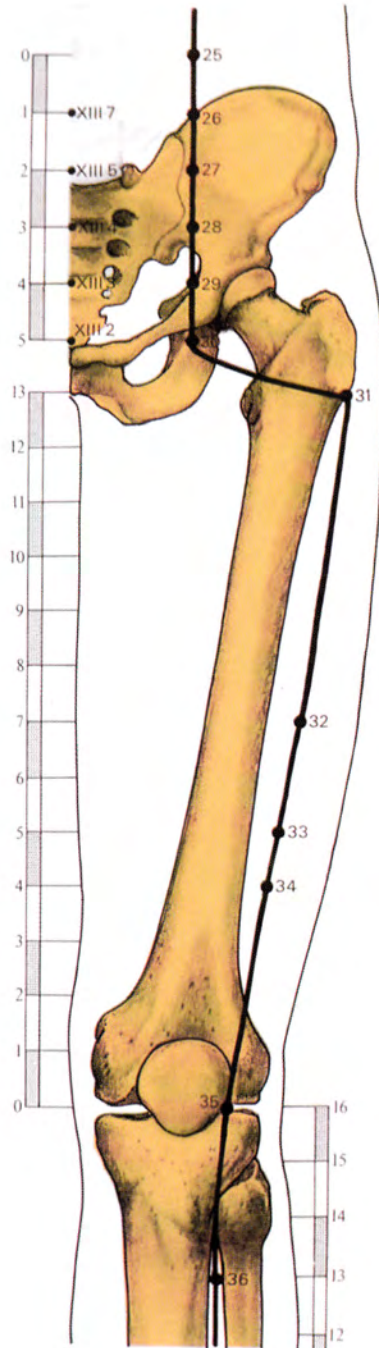
On the abdomen, 3 ACI lateral to the median line, at the level of the centre of the umbilicus, on the lateral edge of the rectus abdominis.

Alarm Point of X

A Point of the pattern to release the 7 Dragons on the 7 Internal Demons.



- XI **26** **Outside Mound** (Wailing)
 ⊥ 8-10
 △ 5
 On the abdomen, 3 ACI lateral to the median line and 1 ACI inferior to the level of the umbilicus, at the level of XIII 7.
- XI **27** **Great Might** (Tachu)
 ⊥ 8-10
 △ 5-10
 On the abdomen, 3 ACI lateral to the median line and 2 ACI inferior to the level of the umbilicus, at the level of XIII 5.
- XI **28** **Water Path** (Shuitao)
 ⊥ 8
 △ 5-10
 On the abdomen, 3 ACI lateral to the median line and 3 ACI inferior to the level of the umbilicus, at the level of XIII 4.
- XI **29** **The Return** (Kueilai)
 ⊥ 5
 △ 5-10
 On the abdomen, 3 ACI lateral to the median line and 4 ACI inferior to the level of the umbilicus, at the level of XIII 3.
- XI **30** **Ch'i Rushing** (Chichung)
 ⊥ 3
 △ 7
 On the abdomen, 3 ACI lateral to the median line, at the level of the superior edge of the pubic symphysis, at the level of XIII 2.
Point of Chong Mo
Sea of Nourishment
First Aid: food poisoning
- XI **31** **Thigh Border** (Pikuan)
 ⊥ 6
 △ 3-7
 On the anterior surface of the thigh, 13 ACI proximal to the flexure of the knee, between the vastus lateralis and the rectus femoris.
- XI **32** **Prostrate Hare** (Futu)
 ⊥ 6
 △ 3-7
 On the anterior surface of the thigh, 7 ACI proximal to the flexure of the knee, between the vastus lateralis and the rectus femoris.
A point of the pattern to release the 7 Dragons on the 7 Internal Demons



XI **33** **Yin Market** (Yinshih)

⊥ 4
△ 3-5

On the anterior surface of the thigh, 5 ACI proximal to the flexure of the knee, between the vastus lateralis and the rectus femoris.

XI **34** **Beam Mound** (Liangchiu)

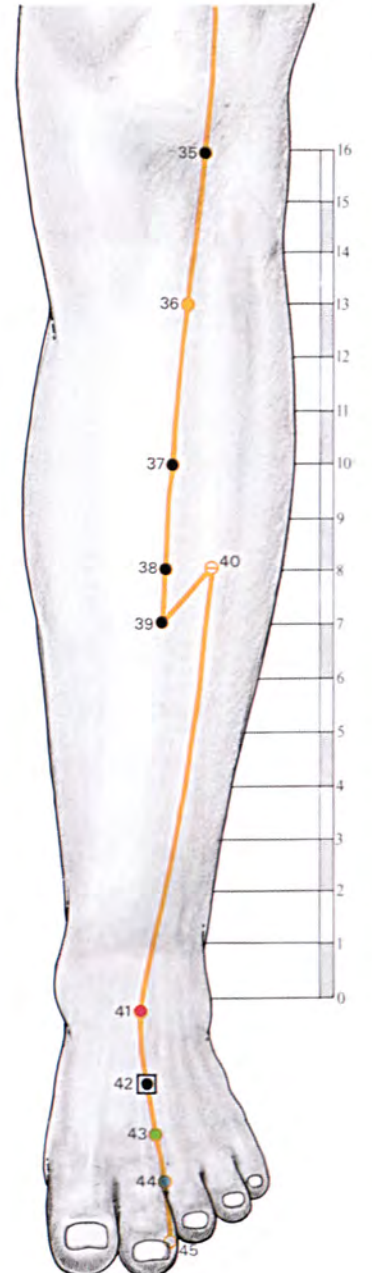
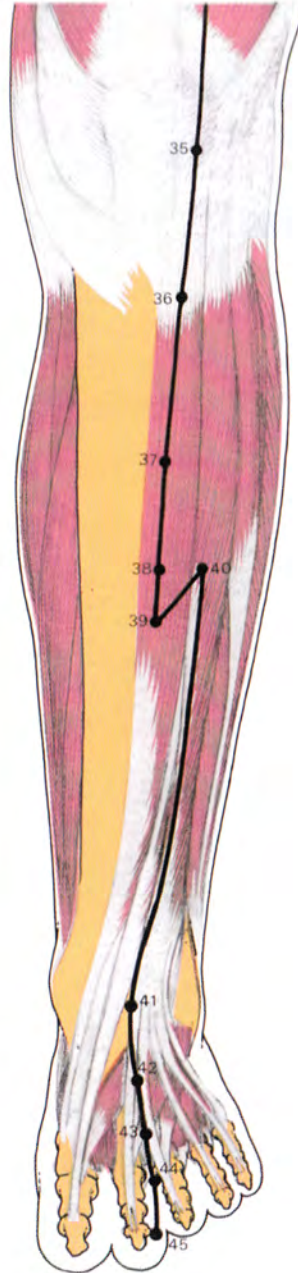
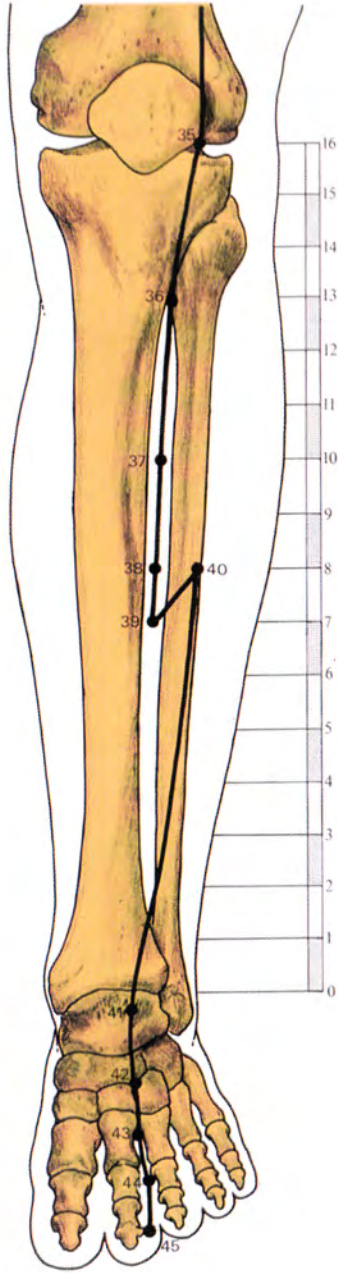
⊥ 4
△ 3-5

On the anterior surface of the thigh, 4 ACI proximal to the flexure of the knee, between the vastus lateralis and the rectus femoris.

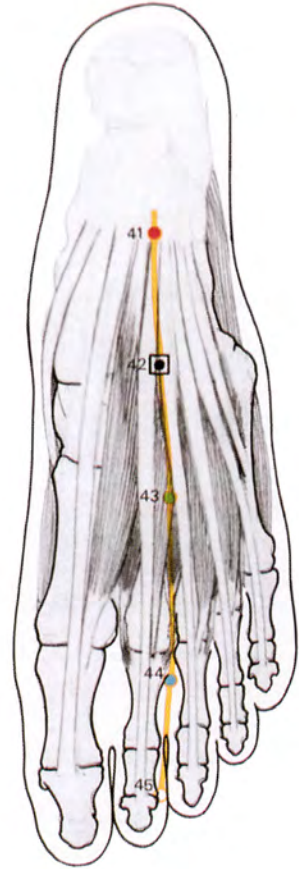
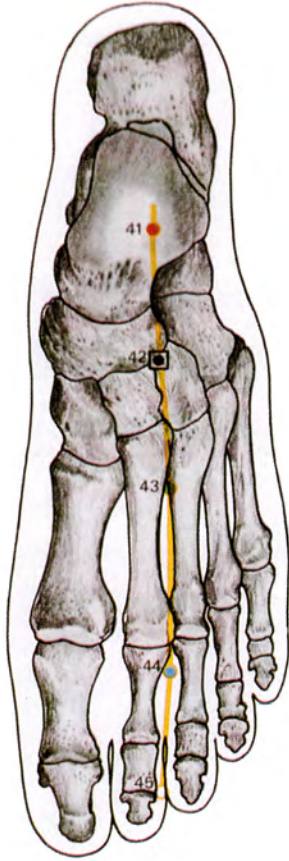
XI **35** **Calf Nose** (Tupi)

⊥ 3
△ 3

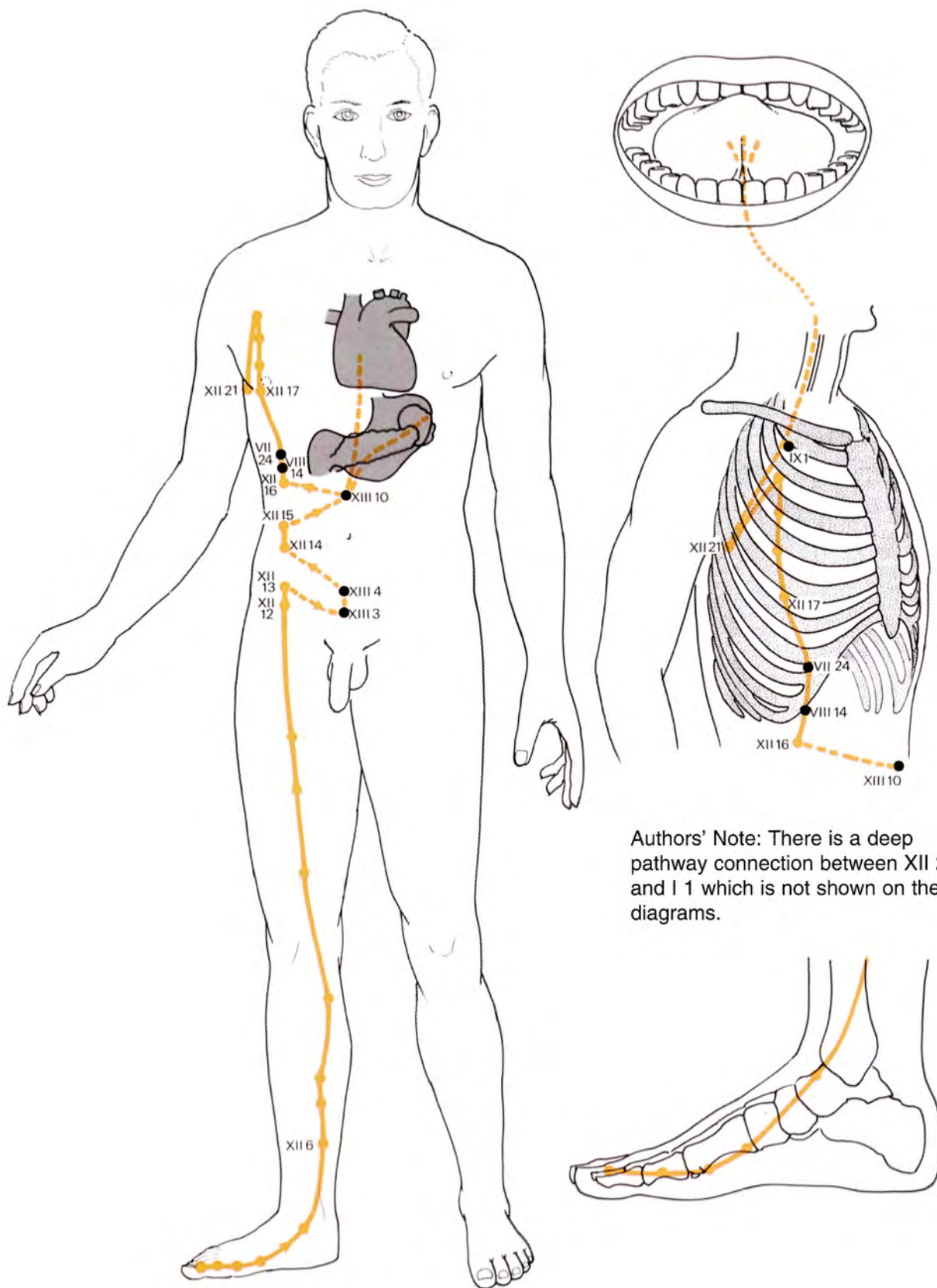
On the anterior surface of the knee, between the patella and the tibia, lateral to the patellar tendon. When the knee is flexed, a depression appears at this point.



- XI **36** **Leg Three Miles** (Tsu sanli)
 ⊥ 5-8 **Earth**
 △ 7-20 **Horary 7 A.M.-9 A.M.**
 XP8
 On the anterior surface of the leg, approximately 13 ACI proximal to the level of the prominence of the lateral malleolus, lateral to the edge of the tibia.
Point for acupuncture blackout
Point of Ho (Autumn)
Sea of Nourishment
Centre Reunion Particular Point of Energy
Greater Assembling Point of the stomach and abdomen
A Centre of Energy
First Aid: fainting, indigestion
- XI **37** **Upper Great Void** (Shangchuhsu)
 ⊥ 5
 △ 3-7
 On the anterior surface of the leg, 10 ACI proximal to the level of the prominence of the lateral malleolus, lateral to the edge of the tibia.
Sea of Blood
- XI **38** **Branch Opening** (Tiaokou)
 ⊥ 5
 △ 3-7
 On the anterior surface of the leg, 8 ACI proximal to the level of the prominence of the lateral malleolus, lateral to the edge of the tibia.
- XI **39** **Lower Great Void** (Hsiachuhsu)
 ⊥ 5
 △ 3-7
 On the anterior surface of the leg, 7 ACI proximal to the level of the prominence of the lateral malleolus, lateral to the edge of the tibia.
Sea of Blood
- XI **40** **Abundant Splendour** (Fenglung)
 ⊖ ⊥ 3 **Junction**
 △ 3-5
 On the anterolateral surface of the leg, 8 ACI proximal to the level of the prominence of the lateral malleolus, 1 ACI lateral to XI 38.
- XI **41** **Released Stream** (Chiehhsi)
 ⊥ 5 **Fire**
 △ 3-7 **Tonification**
 At the middle of the anterior flexure of the ankle, between the tendons of the extensor digitorum longus and the extensor hallucis longus.
Point of Ching (late Summer)
A point of the pattern to release the 7 Dragons on the 7 Internal Demons.



- | | | | |
|---|----|-----------|--|
| | XI | 42 | Rushing Yang (Chungyang) |
| □ | ⊥ | 3 | Source |
| | △ | 3-5 | Exit |
| | | | On the dorsal surface of the foot, in the concavity at the meeting of the navicular, lateral cuneiform and intermediate cuneiform bones. |
| | XI | 43 | Sinking Valley (Hsienku) |
| ● | ⊥ | 3 | Wood |
| | △ | 3 | |
| | | | On the dorsal surface of the foot, in the angle between the second and third metatarsal bones. |
| | | | <i>Point of Yu (Summer)</i> |
| | XI | 44 | Inner Courtyard (Neiting) |
| ● | ⊥ | 3 | Water |
| | △ | 3 | |
| | | | On the dorsal surface of the foot, between the second and third toes, just distal to the base of the proximal phalanx of the second toe. |
| | | | <i>Point of Yung (Spring)</i> |
| | XI | 45 | Hard Bargain (Litui) |
| ○ | ⊥ | 1 | Metal |
| | △ | 3 | Sedation |
| | | XP6 | |
| | | | Lateral nail point of the second toe. |
| | | | <i>Point of Cheng (Winter)</i> |
| | | | <i>First Aid: hangover, indigestion, toothache</i> |



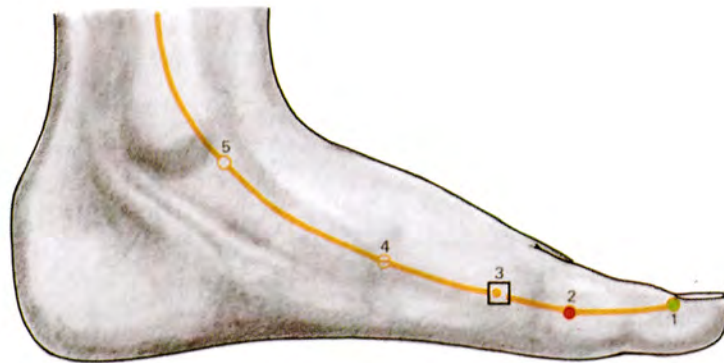
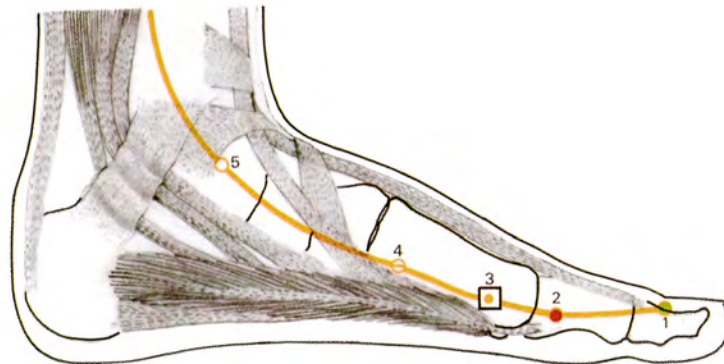
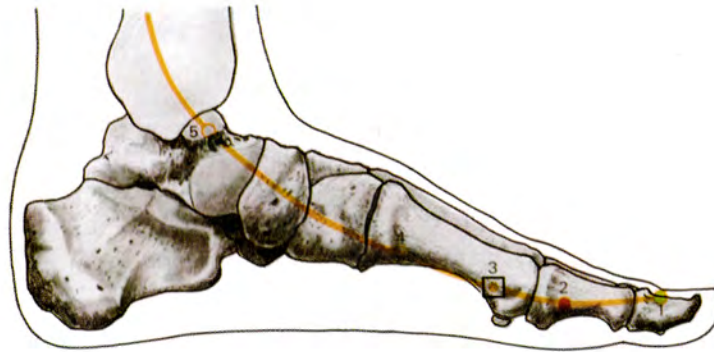
Authors' Note: There is a deep pathway connection between XII 21 and I 1 which is not shown on these diagrams.

Pathway

The spleen meridian begins as the superficial pathway at the medial nail point of the big toe. It runs along the medial edge of the foot, in the line where the plantar skin meets the dorsal skin, to the head of the first metatarsal bone. It passes anterior to the medial malleolus, and up the medial surface of the leg to connect with the kidney and liver meridians, 4 ACI superior to the medial malleolus, at XII 6.

The meridian continues up the posterior border of the tibia to the gastrocnemius, past the medial side of the patella to the vastus medialis and up to the inguinal region of the abdomen at XII 12 and XII 13. Here the pathway goes deep and joins the median line, at XIII 3 and XIII 4. It returns laterally to become briefly superficial as it follows up the abdomen in line with the nipple through XII 14 and XII 15. Again as a deep pathway, it travels to the median line, at XIII 10, and from there enters the spleen, the pancreas and the stomach. From XIII 10, the meridian returns to the line of the nipple, at XII 16, and becomes superficial. It rises up the thorax, passing VIII 14 and VII 24, and diverges laterally to XII 17 and ascends as the superficial pathway to arrive at the second intercostal space. Here it turns inferiorly and laterally to a point in the sixth intercostal space, in the mid-axillary line, ending at the exit point, XII 21. From XII 21 the pathway becomes deep and crosses the inner surface of the chest wall, passing IX 1, ascends the oesophagus and disperses throughout the tongue. A branch of the deep pathway connects from XII 21 to I 1.

A branch leaves from XIII 10 and penetrates the diaphragm to enter the heart. Here it connects with the heart meridian.



- XII **1** **Retired White** (Yinpai)

● ⊥ 1 Wood

△ X Entry

 XP1

 Medial nail point of the big toe.

Point of Cheng (Winter)
- XII **2** **Great Capital** (Tatu)

● | 3 Fire

△ 3-5 Tonification

 XP1

 On the medial edge of the big toe just distal to the base of the proximal phalanx.

Point of Yung (Spring)

First Aid: fractures, sprains
- XII **3** **Supreme White** (Taipai)

● ⊥ 3 Earth

△ 3-5 Horary 9 A.M.–11 A.M.

□ Source

 On the medial edge of the foot, just proximal to the head of the first metatarsal bone.

Point of Yu (Summer)
- XII **4** **Prince's Grandson** (Kungsun)

⊖ ⊥ 3 Junction

△ 3

 On the medial edge of the foot, just distal to the proximal end of the first metatarsal bone.

Master Point of Chong Mo

Coupled Point of Yin Wei Mo
- XII **5** **Merchant Mound** (Shangchiu)

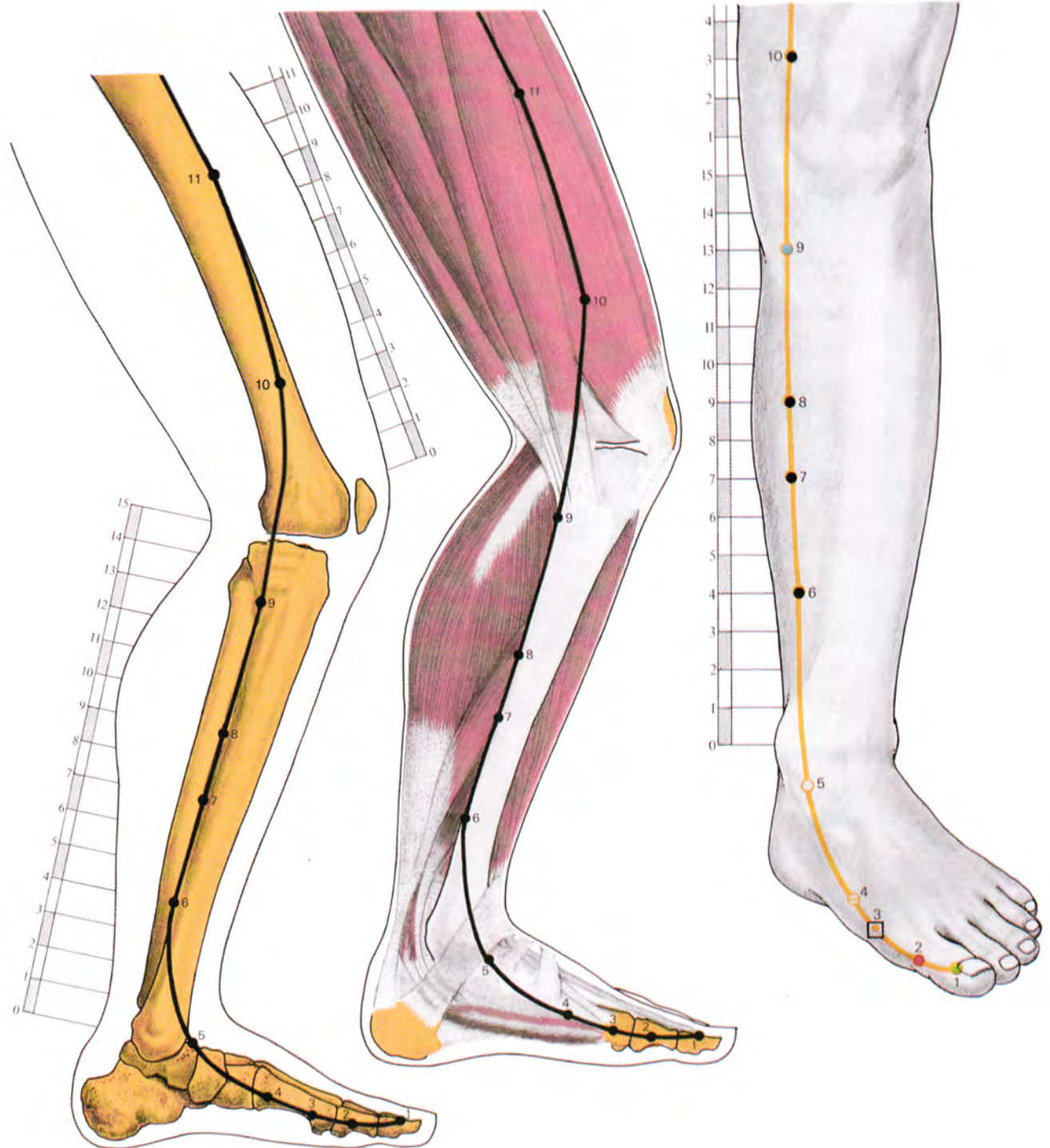
○ ⊥ 3 Metal

△ 3-7 Sedation

 In the hollow, anterior to the medial malleolus, posterior to the tendon of the tibialis anterior.

Point of Ching (Late Summer)

Reunion of veins



XII **6** **Three Yin Crossing** (Sanyinchiao)

⊥ 4
 △ 3–10
 XP9

On the medial surface of the leg, 4 ACI proximal to the prominence of the medial malleolus, posterior to the edge of the tibia.

A Centre of Energy

Meeting Point of the three lower Yin meridians (IV—VIII—XII)

XII **7** **Leaky Valley** (Louku)

⊥ 4
 △ X

On the medial surface of the leg, 7 ACI proximal to the prominence of the medial malleolus, posterior to the edge of the tibia.

XII **8** **Earth Motivator** (Tichi)

⊥ 4
 △ 3–7

On the medial surface of the leg, 9 ACI proximal to the prominence of the medial malleolus, posterior to the edge of the tibia.

XII **9** **Yin Mound Spring** (Yinlingchuan)

● ⊥ 5–8
 △ X

Water

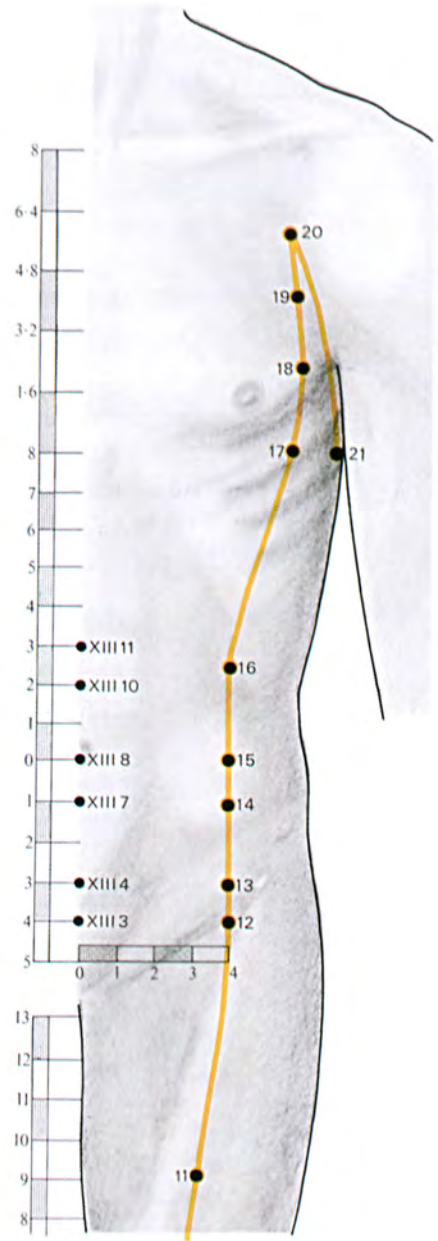
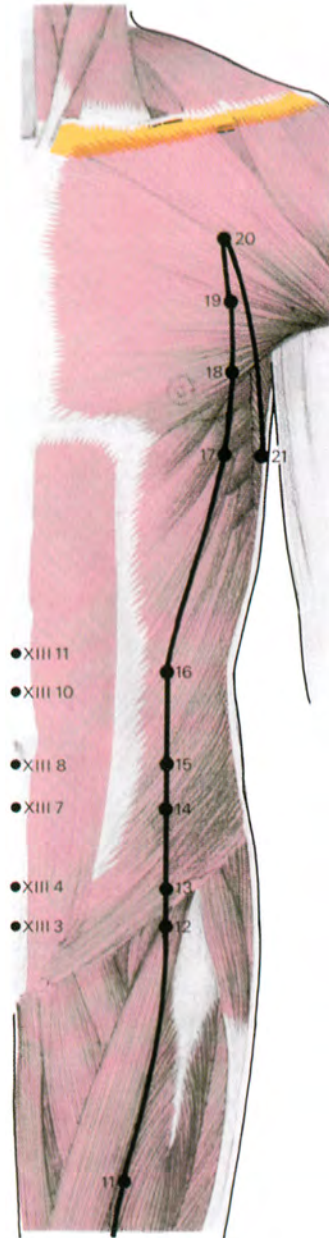
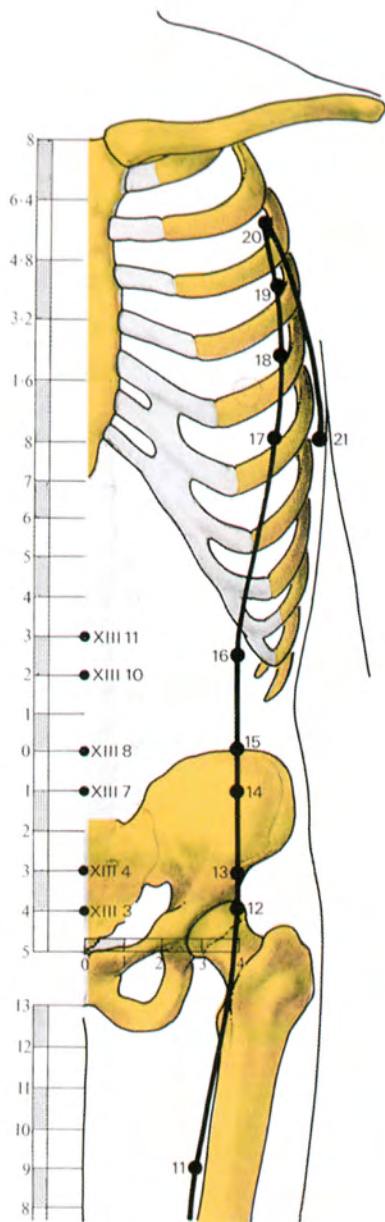
On the medial surface of the leg, 13 ACI proximal to the prominence of the medial malleolus, on the posterior edge of the tibia.

Point of Ho (Autumn)

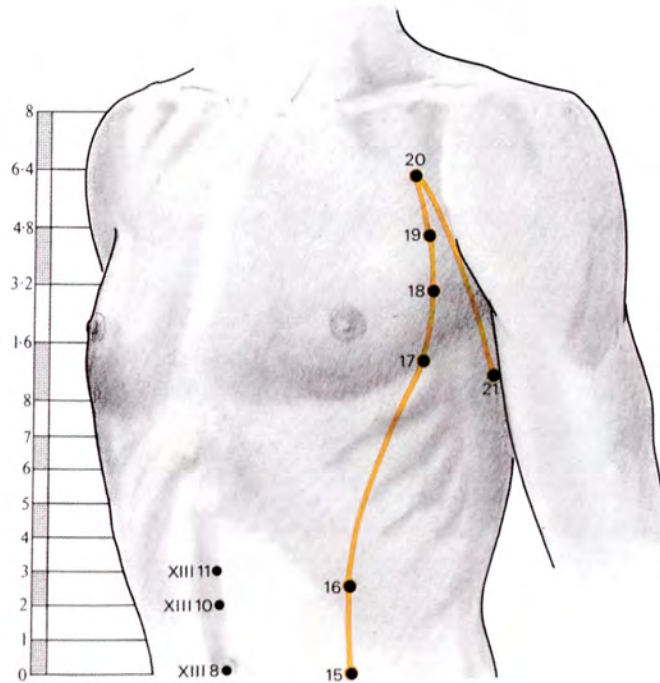
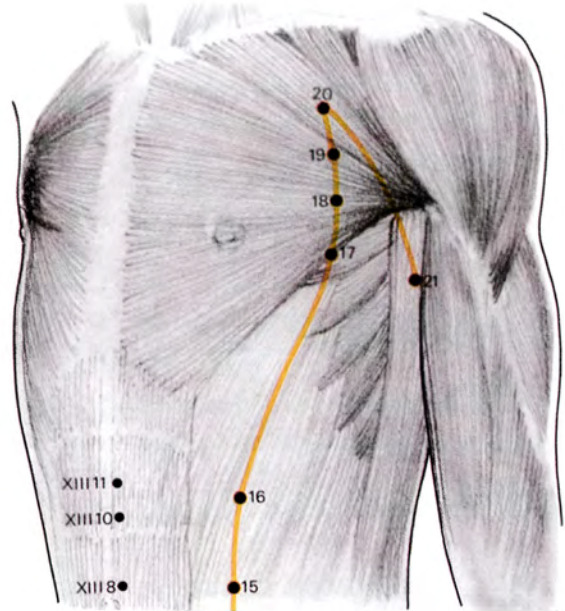
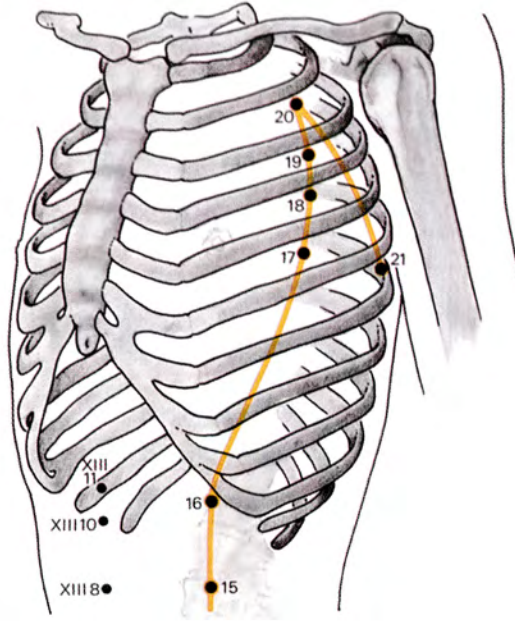
XII **10** **Sea Of Blood** (Hsueh Hai)

⊥ 3–5
 △ 3–10

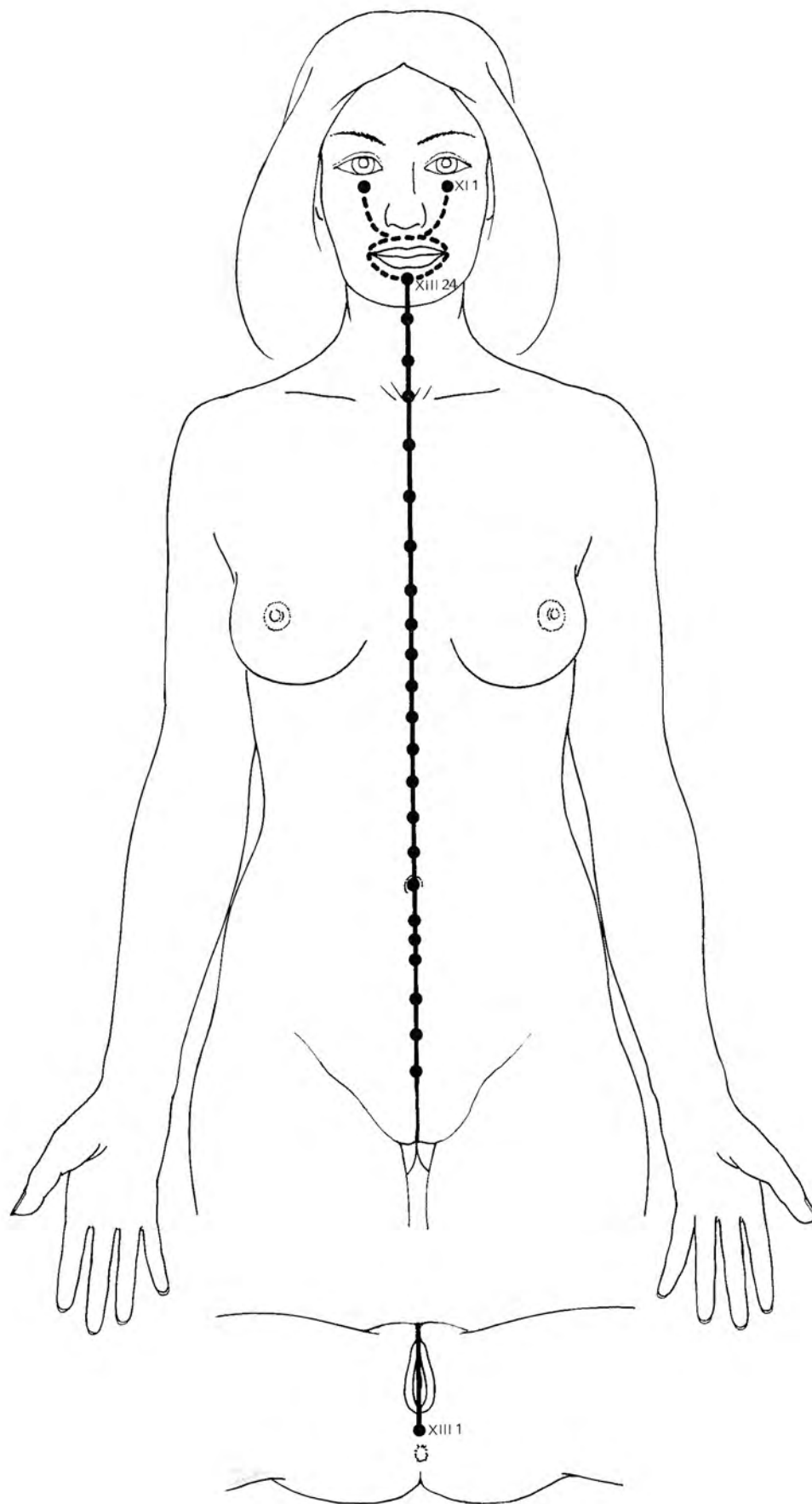
On the anteromedial surface of the thigh, approximately 3 ACI proximal to the flexure of the knee, in the middle of the belly of the vastus medialis. Feel for the medial border of the shaft of the femur and follow the shaft distal until it joins the medial condyle of the femur. The point is in the deep hollow posterior and proximal to this bony junction.



- XII **11** **Basket Gate** (Chimen)
 ⊥ 5
 △ 3
 On the anterior surface of the thigh, 9 ACI proximal to the flexure of the knee, on the lateral border of the sartorius.
Point of Yin Wei Mo
- XII **12** **Rushing Gate** (Chungmen)
 ⊥ 7
 △ 5
 4 ACI lateral to the median line and 4 ACI inferior to the level of the umbilicus, on a level with XIII 3.
- XII **13** **Official Residence** (Fushe)
 ⊥ 7
 △ 5–10
 On the abdomen, 4 ACI lateral to the median line and 3 ACI inferior to the level of the umbilicus, on a level with XIII 4.
Point of Yin Wei Mo
- XII **14** **Abdomen Knot** (Fuchieh)
 ⊥ 7
 △ 5–15
 On the abdomen, 4 ACI lateral to the median line and 1 ACI inferior to the level of the umbilicus, on a level with XIII 7.
- XII **15** **Great Horizontal** (Taheng)
 ⊥ 10
 △ 5–10
 On the abdomen, 4 ACI lateral to the median line, at the level of the centre of the umbilicus and XIII 8.
Point of Yin Wei Mo



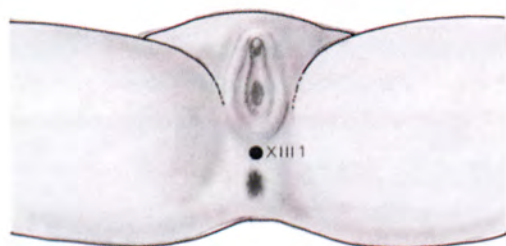
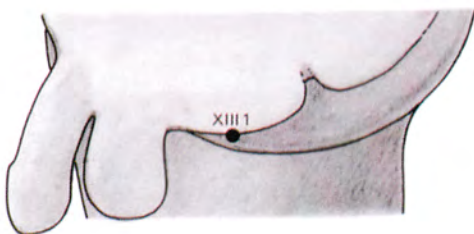
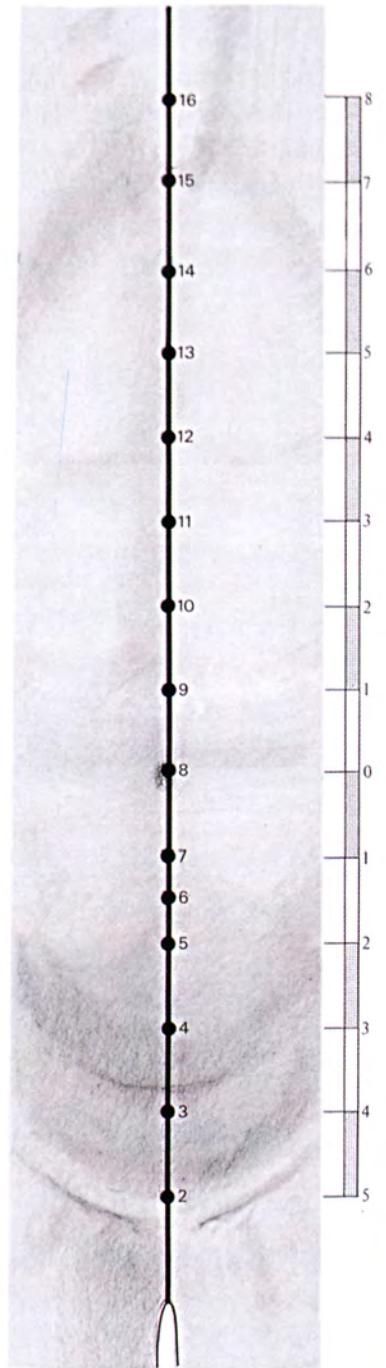
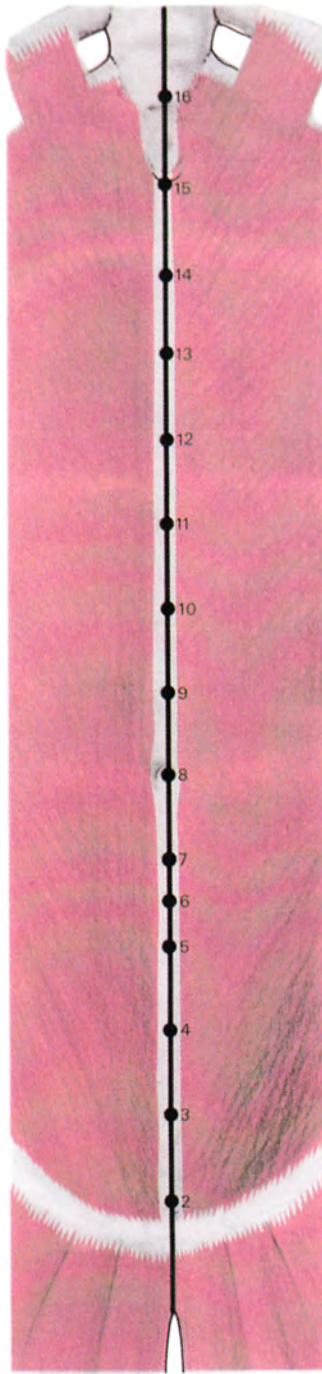
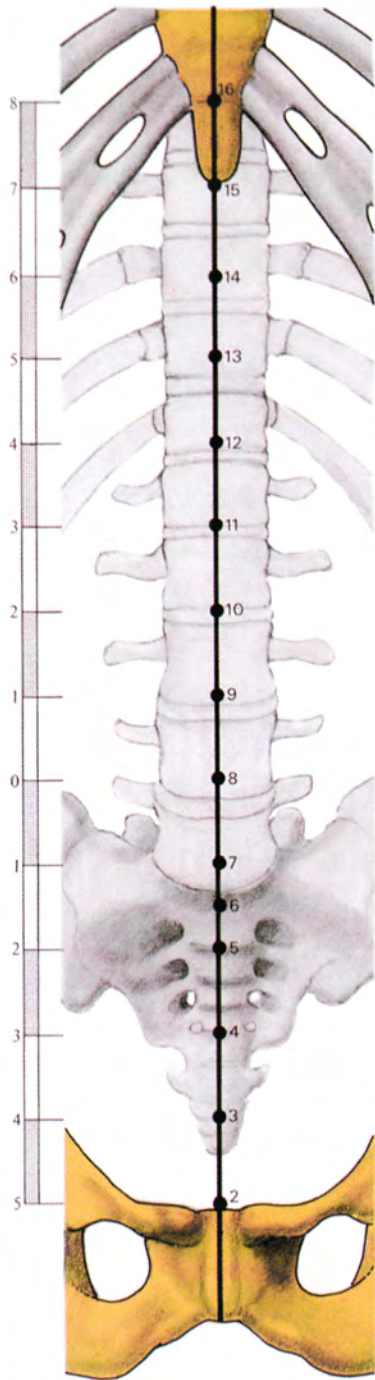
- XII **16** **Abdomen Sorrow** (Fuai)
 ⊥ 7
 △ 5–10
 On the abdomen, 4 ACI lateral to the median line and 2½ ACI superior to the level of the umbilicus, at a level halfway between XIII 10 and XIII 11, on the paramedian nipple line.
Point of Yin Wei Mo
- XII **17** **Food Drain** (Shihtou)
 ⊥ 3
 △ 5
 On the thorax, in the fifth intercostal space, 6 ACI lateral to the median line.
- XII **18** **Heavenly Stream** (Tienhsi)
 ⊥ 3
 △ 5
 On the thorax, in the fourth intercostal space, 6 ACI lateral to the median line.
- XII **19** **Chest Region** (Hsiunghsiang)
 ⊥ 3
 △ 5
 On the thorax, in the third intercostal space, 6 ACI lateral to the median line.
- XII **20** **Encircling Glory** (Choujung)
 ⊥ 3
 △ 5
 On the thorax, in the second intercostal space, 6 ACI lateral to the median line.
- XII **21** **Great Enveloping** (Tapao)
 ⊥ 3
 △ 3–7
 Exit
 On the thorax, in the sixth intercostal space, on the mid-axillary line.



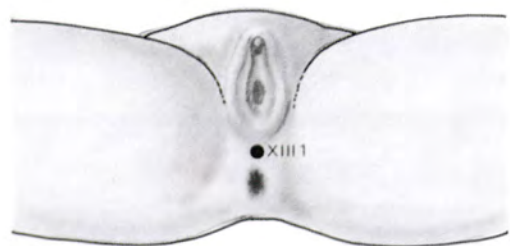
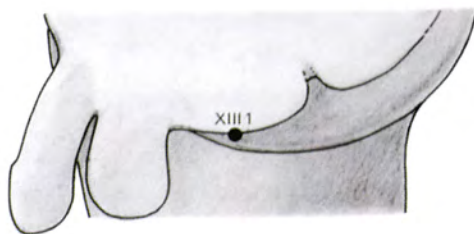
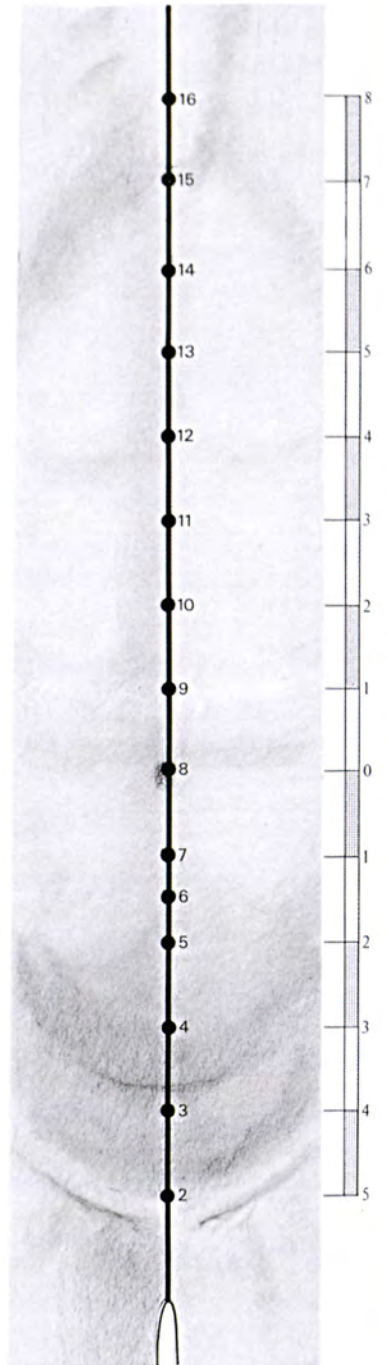
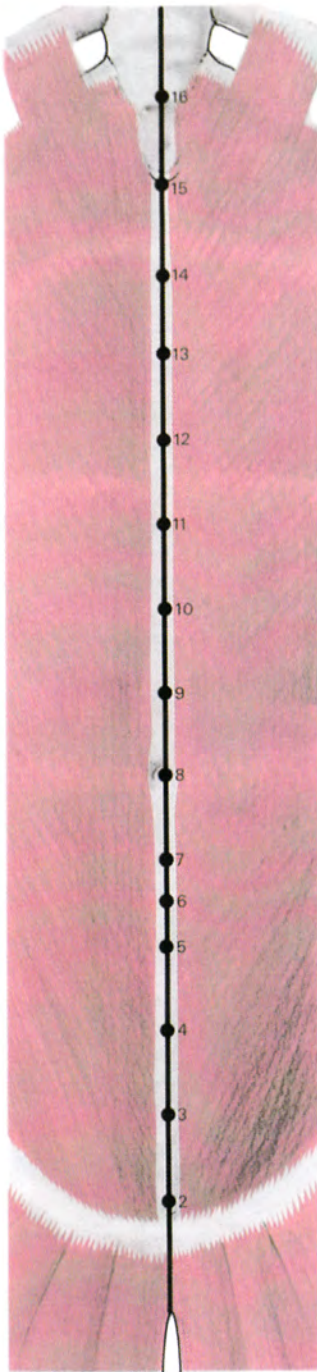
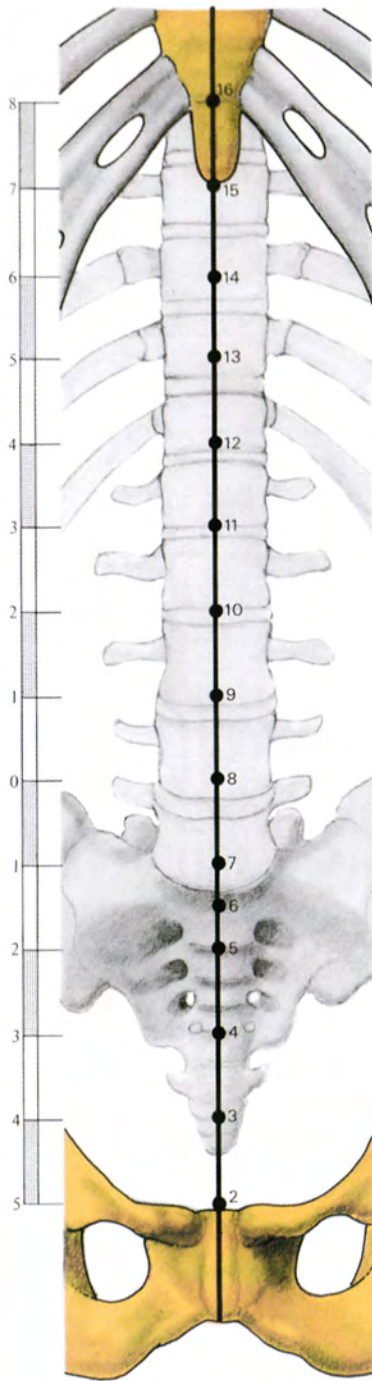
Pathway

The conception vessel begins on the perineum, at XIII 1, and travels up the anterior median line of the abdomen, thorax and neck, over the chin on to the lower lip, where it ends at XIII 24.

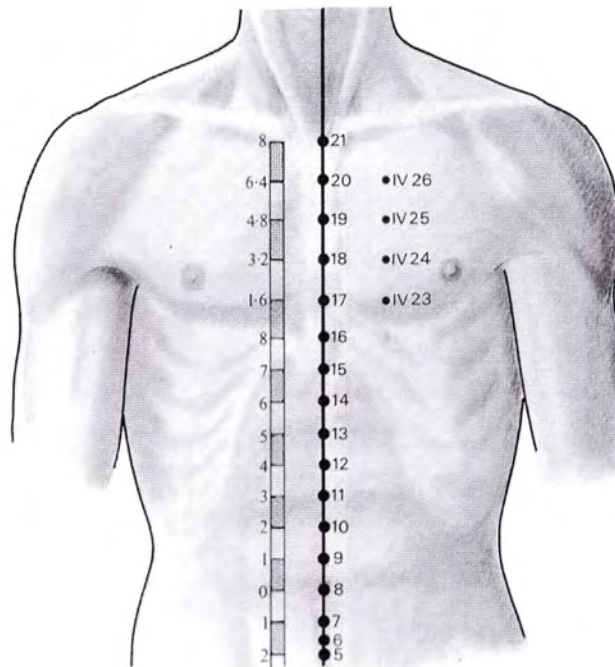
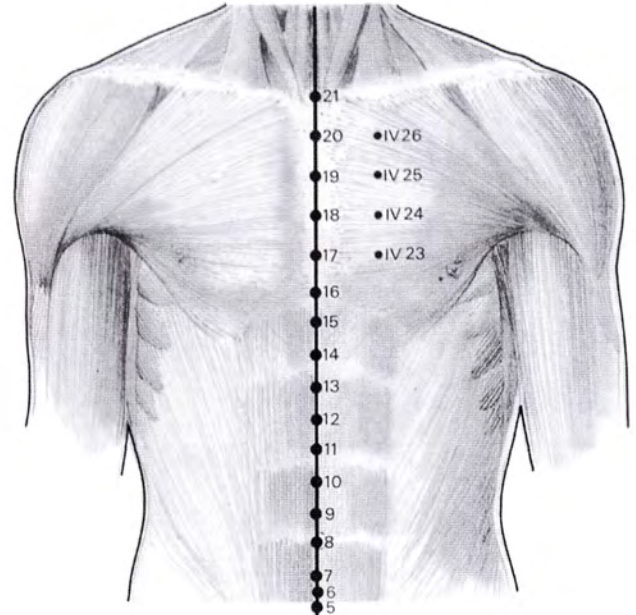
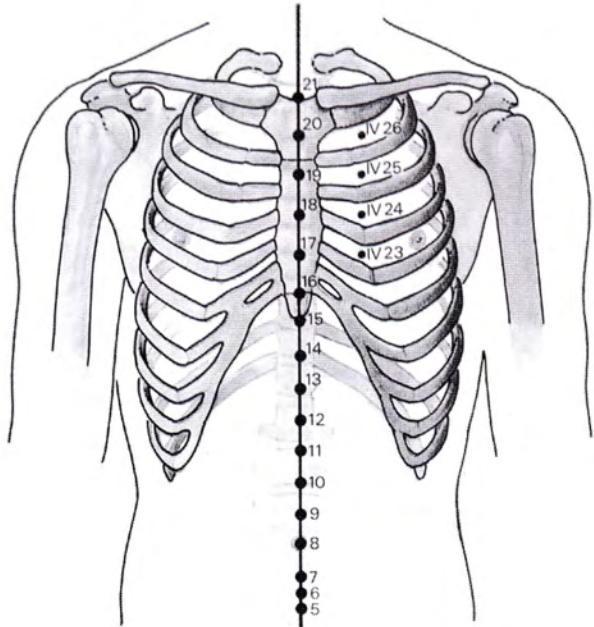
From XIII 24, bilateral deep branches go around the angle of the mouth to the gums and under the upper lip. From the gums bilateral branches ascend the cheeks to the optic foramen where they meet XI 1. A deep pathway branch goes from XIII 24 to XIV 1.



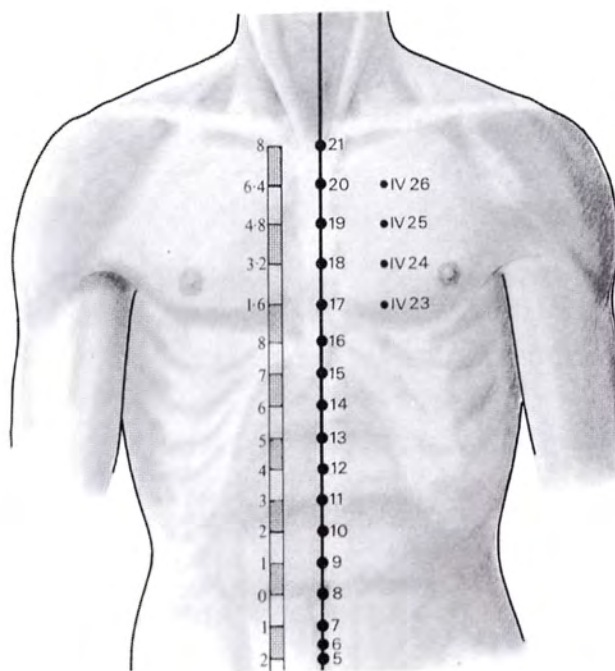
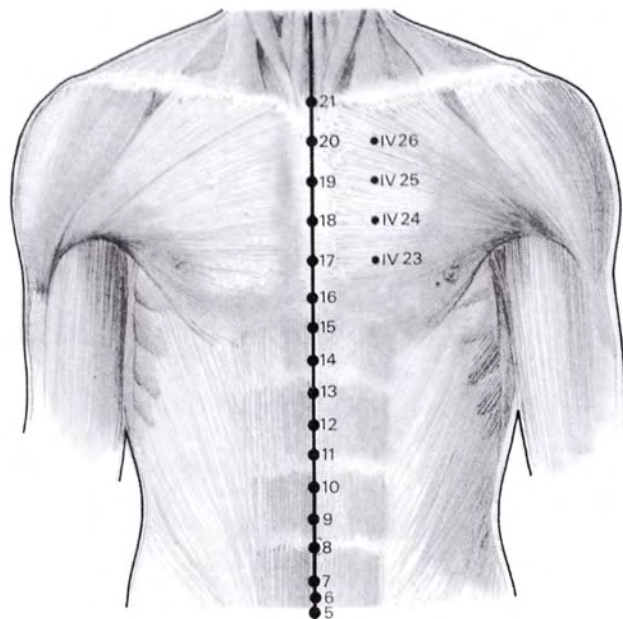
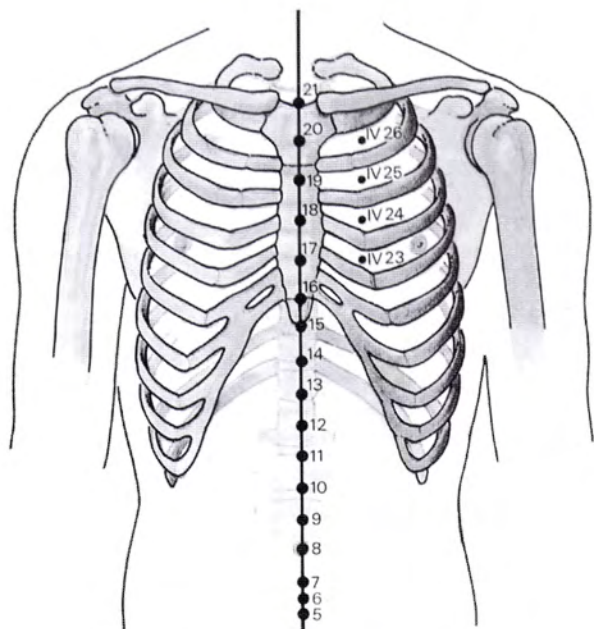
- XIII 1 **Meeting Of Yin** (Huiyin)
 ⊥ 10 **Entry**
 △ X **General Junction Point**
 On the centre of the perineum.
Point of Ren Mo
Point of Chong Mo
First Aid: drowning, resuscitation
- XIII 2 **Crooked Bone** (Chuku)
 ⊥ 5
 △ 7
 On the anterior median line, just superior to the superior edge of the pubic symphysis, 5 ACI inferior to the umbilicus.
Point of Ren Mo
- XIII 3 **Utmost Middle** (Chungchi)
 ⊥ 8
 △ 5-15
 On the anterior median line, 4 ACI inferior to the umbilicus.
Point of Ren Mo
Alarm Point of III
A Centre of Energy
First Aid: urine retention
- XIII 4 **First Gate** (Kuanyuan)
 ⊥ 10-15
 △ 7-15
 On the anterior median line, 3 ACI inferior to the umbilicus.
Point of Ren Mo
Alarm Point of II
A Centre of Energy
- XIII 5 **Stone Gate** (Shihmen)
 ⊥ 7-8
 △ 7-15
 On the anterior median line, 2 ACI inferior to the umbilicus.
Point of Ren Mo
Alarm Point of VI (Main Alarm Point for whole Three Heater)
Main Centre of Energy
- XIII 6 **Sea Of Ch'i** (Chihai)
 ⊥ 8
 △ 7-15
 On the anterior median line, 1½ ACI inferior to the umbilicus.
Point of Ren Mo
Main Centre of Energy



- | | | |
|------|-------------------|--|
| XIII | 7 | Yin Crossing (Yinchiao) |
| ⊥ | 8 | |
| △ | 7 | |
| | | On the anterior median line, 1 ACI inferior to the umbilicus.
<i>Point of Ren Mo</i>
<i>Alarm Point of VI (Lower Chou)</i> |
| XIII | 8 | Spirit Deficiency (Shenchueh) |
| ⊥ | X | |
| △ | 3-30
(on salt) | |
| | | In the centre of the umbilicus.
<i>Point of Ren Mo</i> |
| XIII | 9 | Water Division (Shuifen) |
| ⊥ | 5 | |
| △ | 5-15 | |
| | | On the anterior median line, 1 ACI superior to the umbilicus.
<i>Point of Ren Mo</i> |
| XIII | 10 | Lower Duct (Hsiawan) |
| ⊥ | 8 | |
| △ | 7-15 | |
| | | On the anterior median line, 2 ACI superior to the umbilicus.
<i>Point of Ren Mo</i> |



- XIII **11** **Established Mile** (Chienli)
 ⊥ 5-8
 △ 5-15
 On the anterior median line, 3 ACI superior to the umbilicus.
Point of Ren Mo
- XIII **12** **Middle Duct** (Chungwan)
 ⊥ 3-8
 △ 7-15
 On the anterior median line, 4 ACI superior to the umbilicus.
Point of Ren Mo
Alarm Point of XI and VI (Middle Chou)
Assembling Point of hollow organs
A Centre of Energy
Meeting Point of the five Yang Organs
- XIII **13** **Upper Duct** (Shangwan)
 ⊥ 5-8
 △ 7-15
 On the anterior median line, 5 ACI superior to the umbilicus.
Point of Ren Mo
- XIII **14** **Great Deficiency** (Chuchueh)
 ⊥ 6
 △ 7-15
 On the anterior median line, 6 ACI superior to the umbilicus.
Point of Ren Mo
Alarm Point of I
First Aid: sea and travel sickness
- XIII **15** **Dove Tail** (Chiuwei)
 ⊥ 3-5
 △ 3-5
 On the anterior median line, 7 ACI superior to the umbilicus, inferior to the tip of the xiphoid process.
Point of Ren Mo
Alarm Point of V
A point of the pattern to release the 7 Dragons on the 7 Internal Demons
(Master point below XIII 15).
- XIII **16** **Middle Hall** (Chungting)
 ⊥ 3
 △ 5
 On the anterior median line, 8 ACI superior to the umbilicus, at the xiphisternal joint.
Point of Ren Mo



XIII 17 **Within The Breast** (Shanchung)

⊥ X
△ 3

On the anterior median line, 1.6 ACI superior to XIII 16, at the level of the fourth intercostal space, and level with IV 23.

Point of Ren Mo

Sea of Energy

Alarm Point of VI (Upper Chou)

Assembling Point of Ch'i Energy

Centre Reunion Particular Point of breath energy

XIII 18 **Jade Court** (Yutang)

⊥ 3
△ 5

On the anterior median line, 1.6 ACI superior to XIII 17, at the level of the third intercostal space, and level with IV 24.

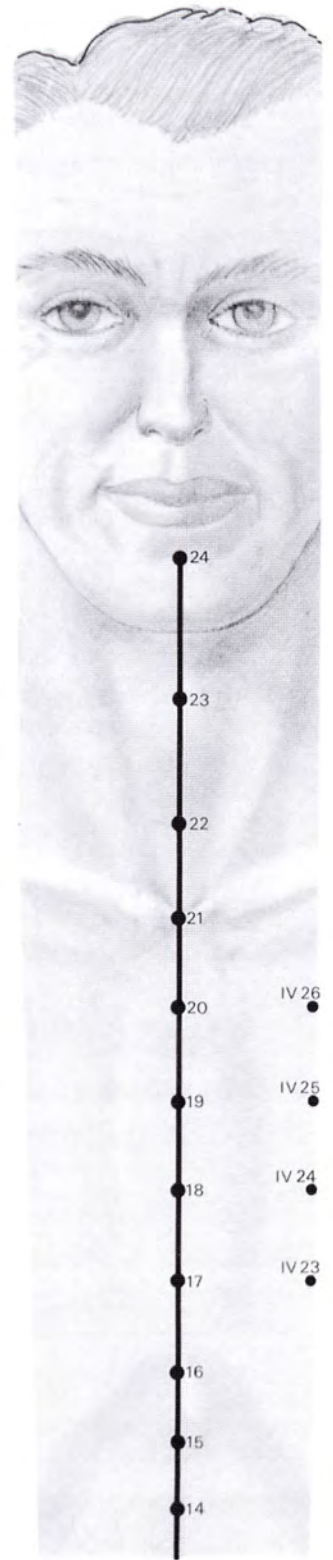
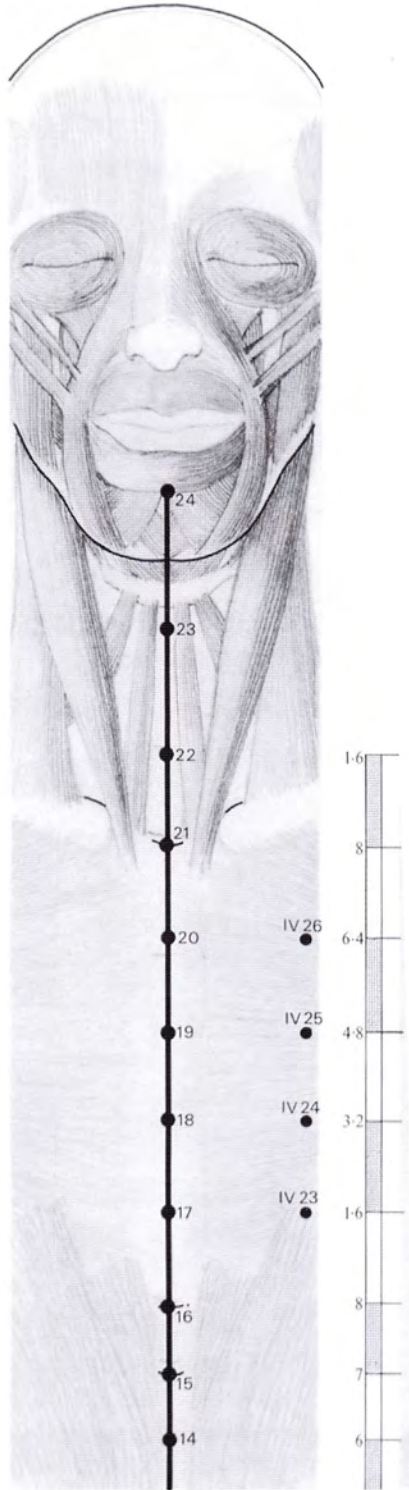
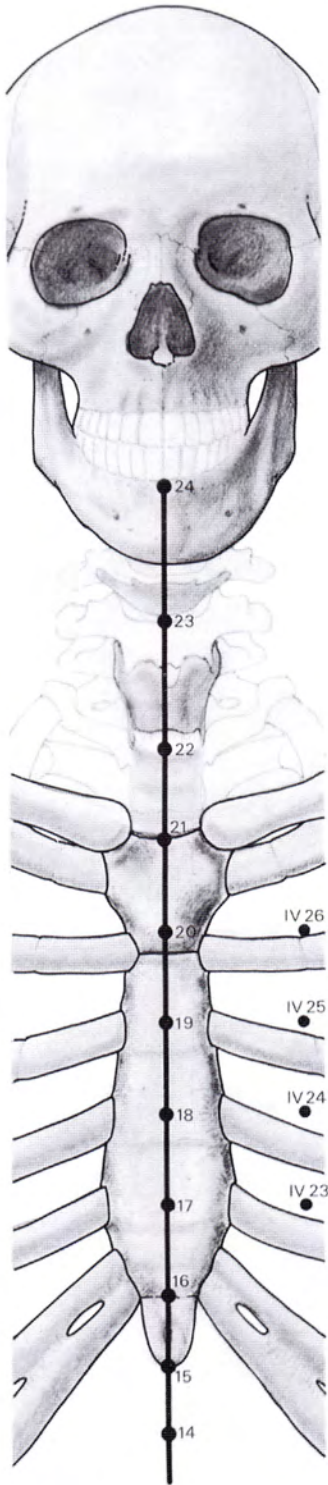
Point of Ren Mo

XIII 19 **Purple Palace** (Tzukung)

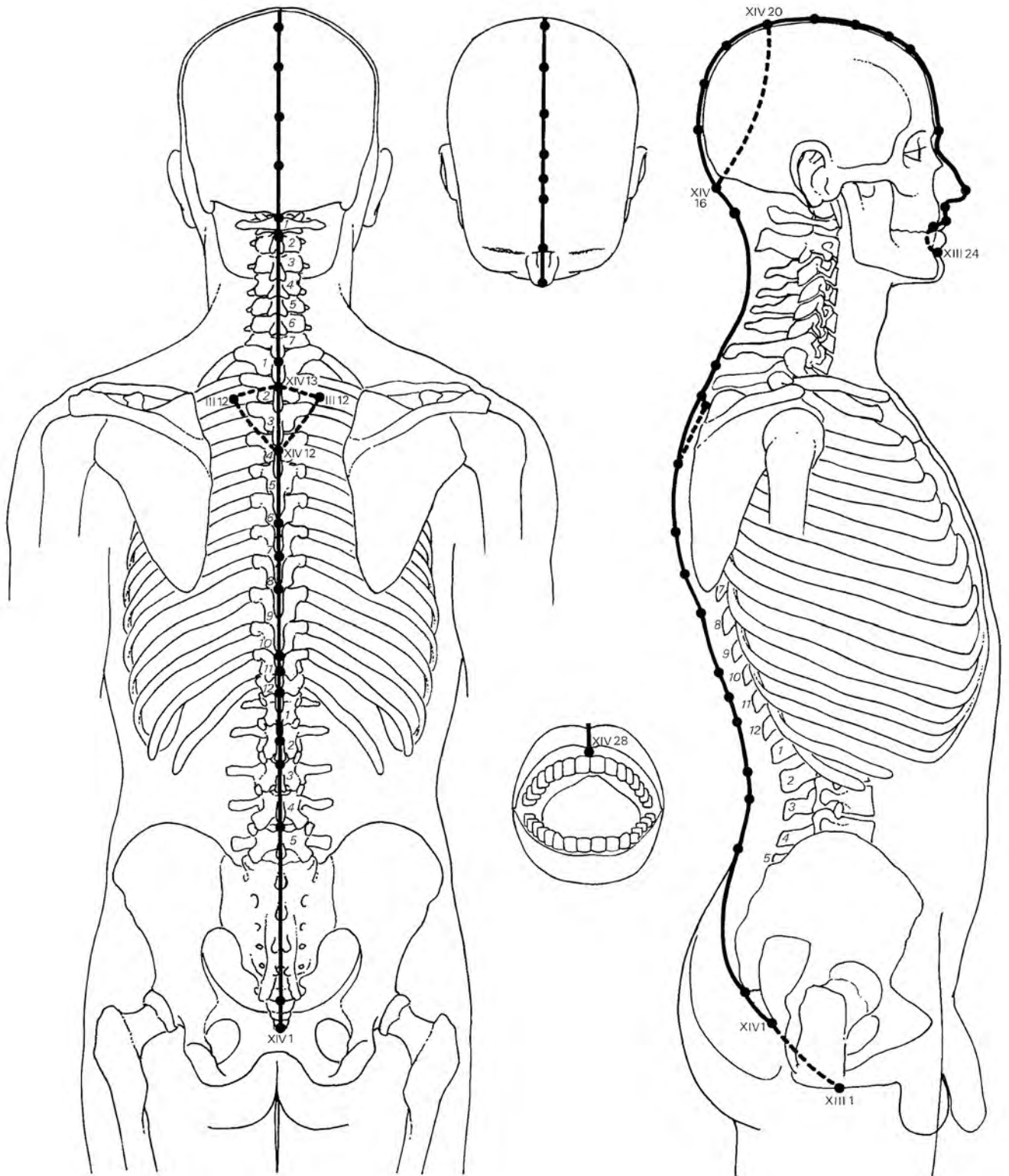
⊥ 3
△ 5

On the anterior median line, 1.6 ACI superior to XIII 18, at the level of the second intercostal space, and level with IV 25.

Point of Ren Mo



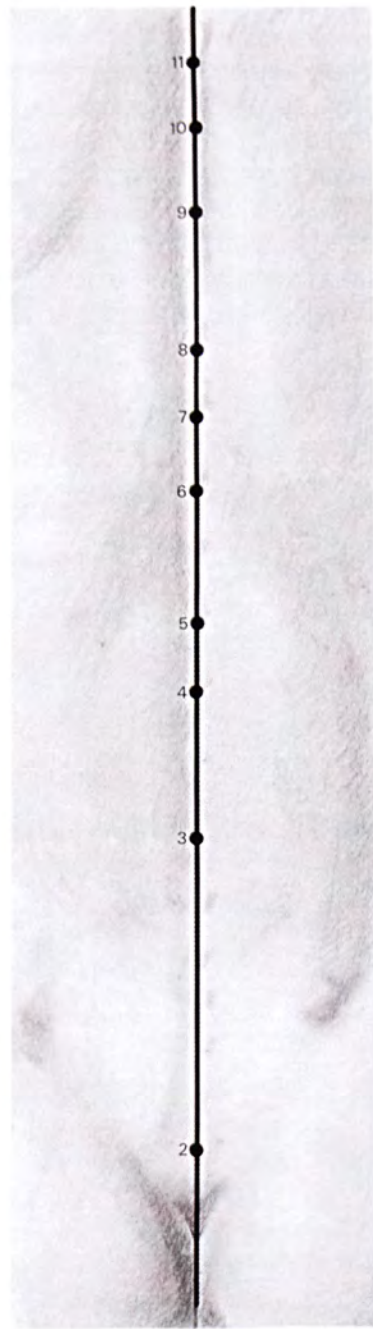
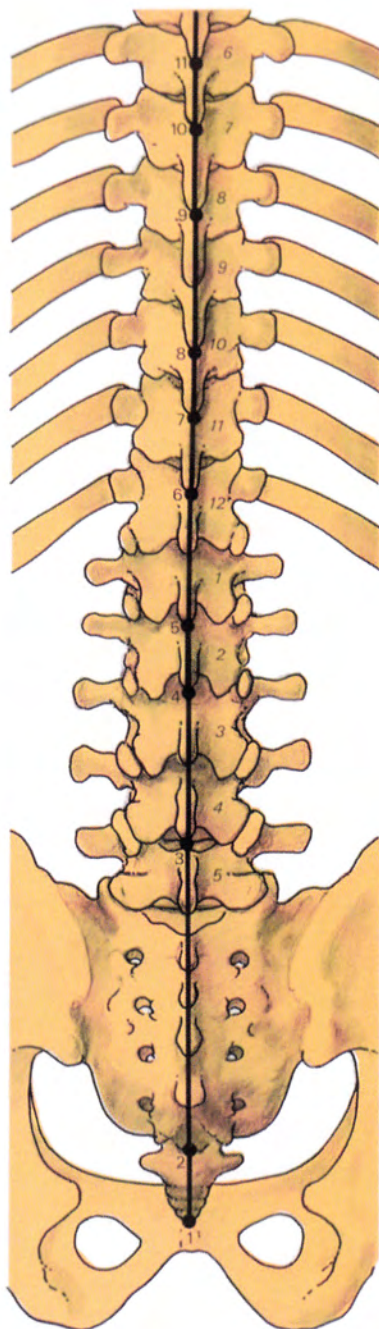
- XIII **20** **Flower Covering** (Huakai)
- ⊥ 3
△ 3
- On the anterior median line, 1.6 ACI superior to XIII 19, at the level of the first intercostal space, and level with IV 26.
Point of Ren Mo
- XIII **21** **Pearl Jade** (Hsuanchi)
- ⊥ 3
△ 5
- On the anterior median line, in the suprasternal notch.
Point of Ren Mo
- XIII **22** **Heaven Rushing Out** (Tientu)
- ⊥ 3
△ 3-7
- On the anterior median line, 1.6 ACI superior to XIII 21, inferior to the cricoid cartilage.
Point of Ren Mo
Point of Yin Wei Mo
Window of the Sky
- XIII **23** **Angle Spring** (Lienchuan)
- ⊥ 3
△ 3-7
- On the anterior median line, directly inferior to the hyoid bone.
Point of Ren Mo
Point of Yin Wei Mo
Point of Chong Mo
- XIII **24** **Receiving Fluid** (Chengchiang)
- ⊥ 1-3
△ 3-7
- Exit**
On the anterior median line, in the depression between the point of the chin and the lower lip.
Point of Ren Mo



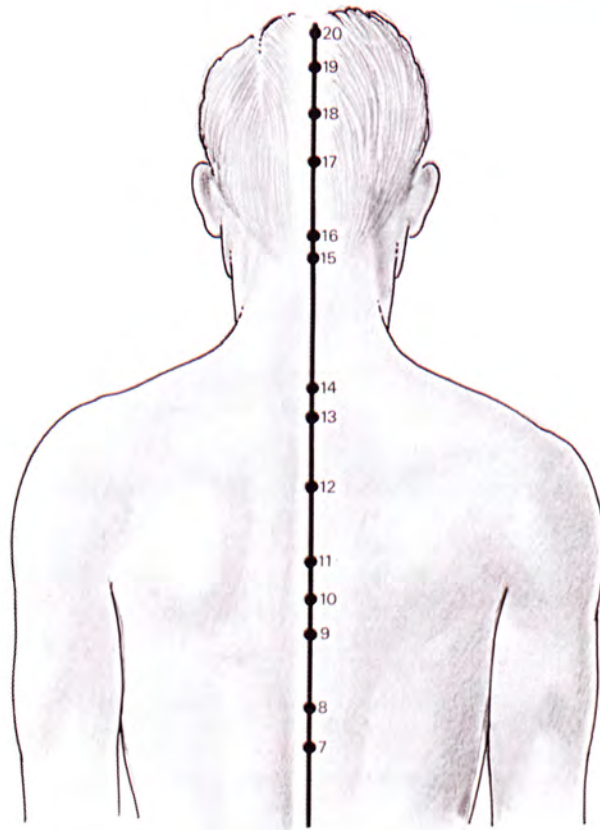
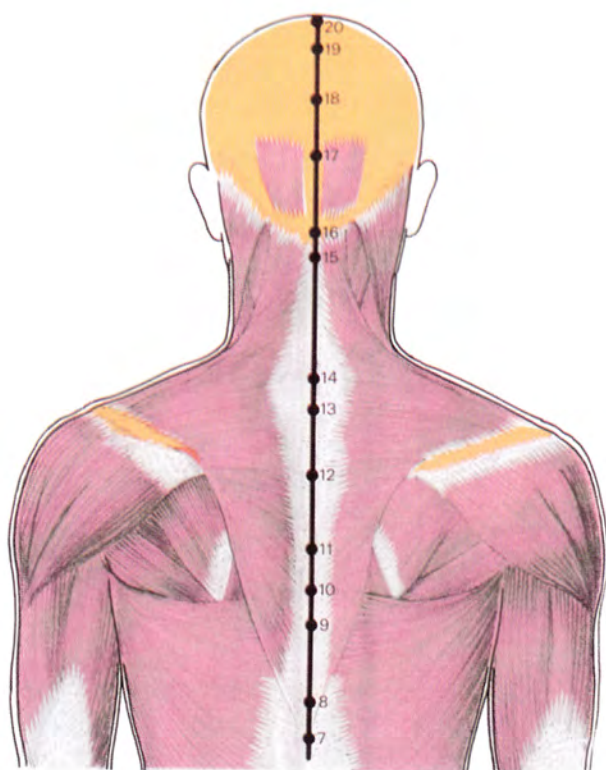
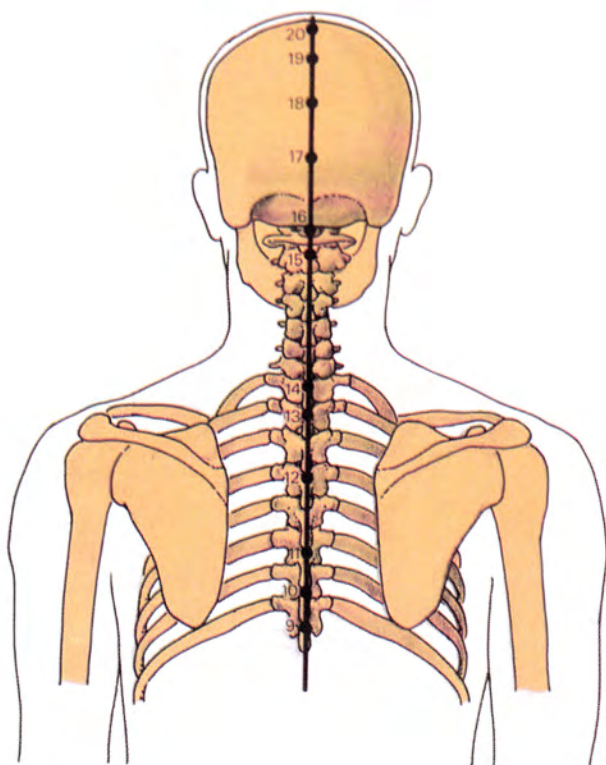
Pathway

The governor vessel begins at the tip of the coccyx, at XIV 1. A deep branch extends to the perineum to meet XIII 1. The main pathway ascends the median line of the spine to the atlas, over the head in the median line and down the forehead and nose to the upper lip. It ends on the mid-point of the upper gum, at XIV 28. A deep branch goes to the lower lip to meet XIII 24 and the stomach meridian.

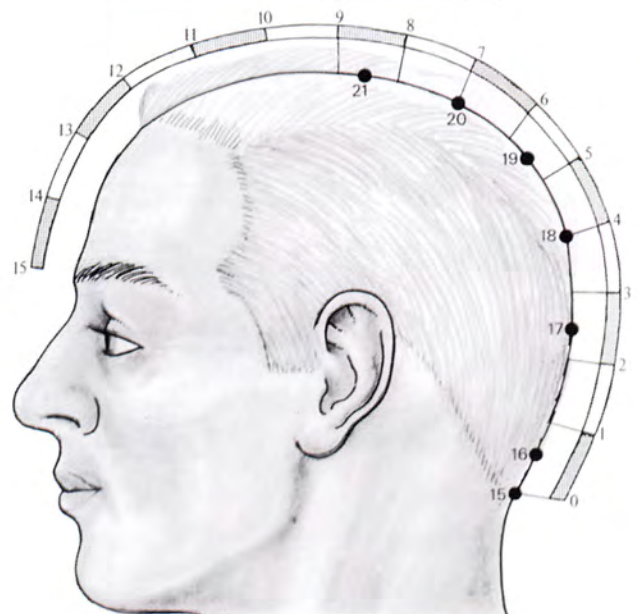
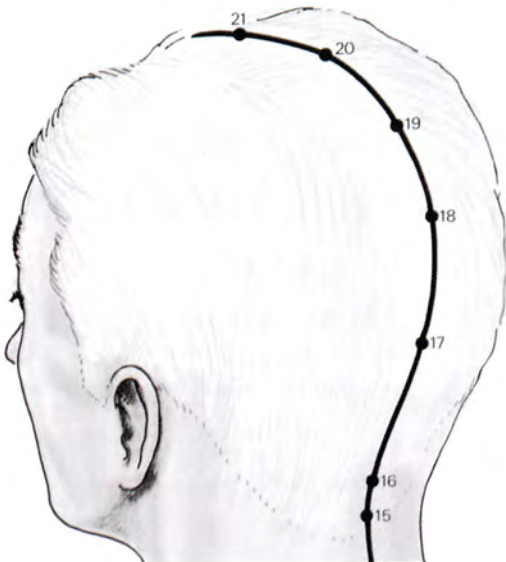
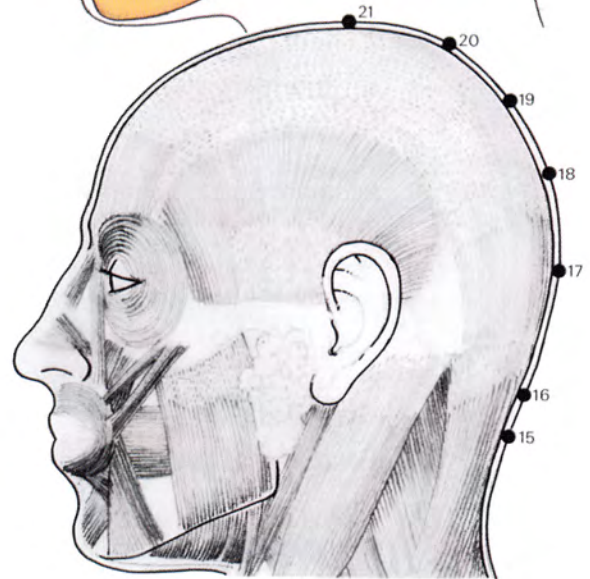
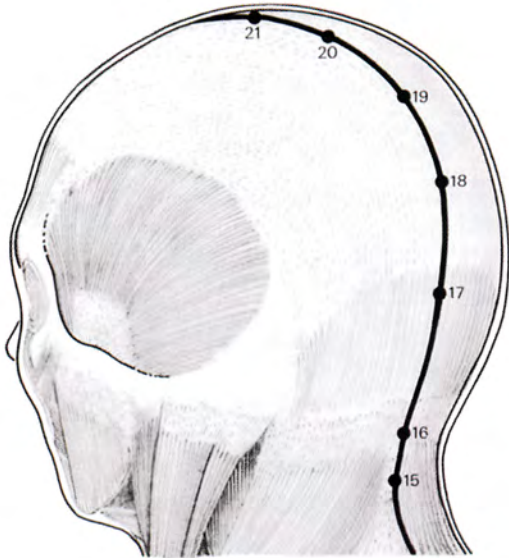
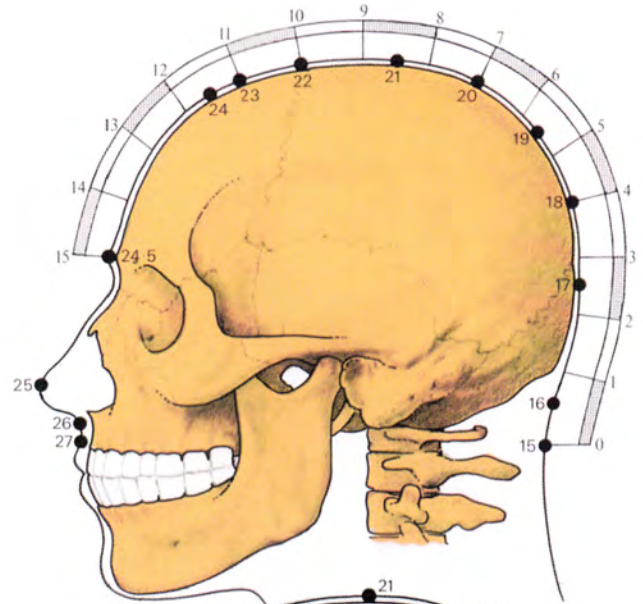
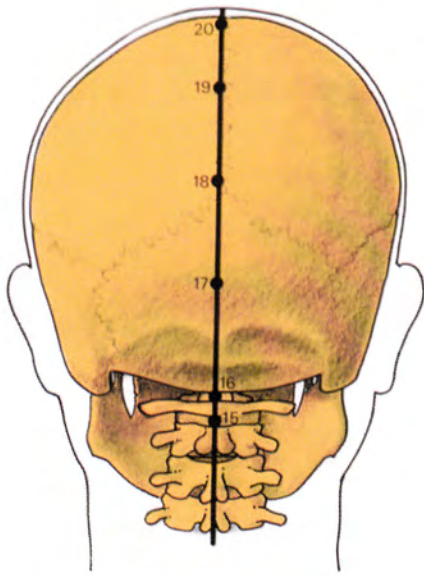
In the depression inferior to the third thoracic vertebra, at XIV 12, deep bilateral branches ascend laterally to III 12 and then turn medially to the depression inferior to the first thoracic vertebra to rejoin the main pathway at XIV 13. Between the atlas and the occipital bone, at XIV 16, a branch leaves the main pathway to enter the brain. It emerges and rejoins the main pathway at the mid-point of the saggital fissure, XIV 20.



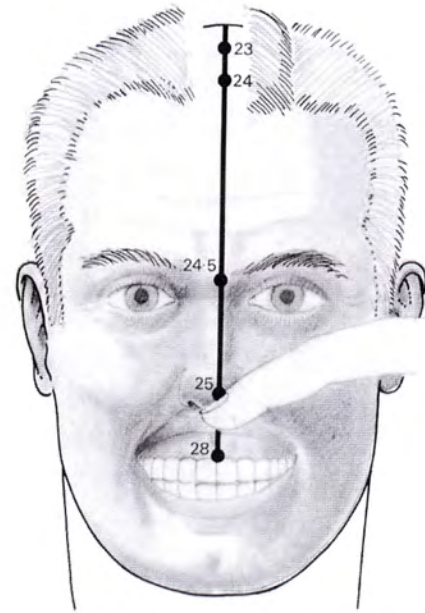
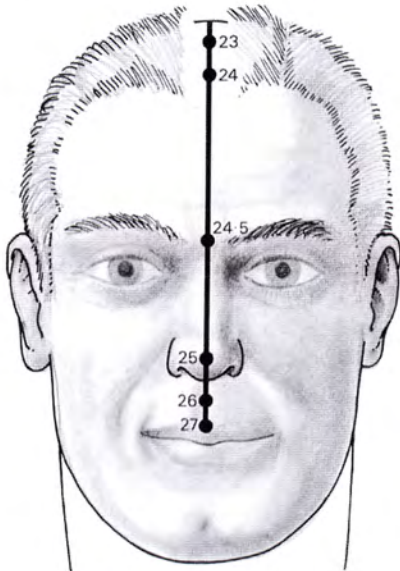
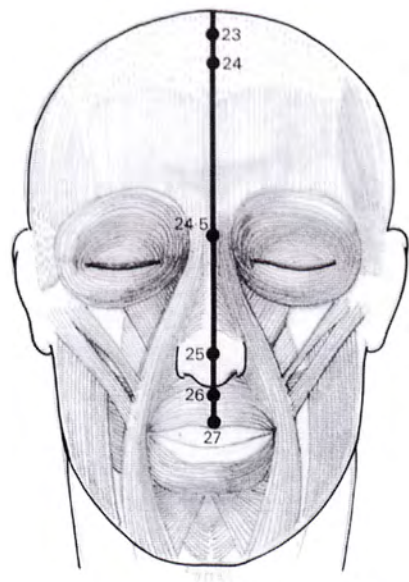
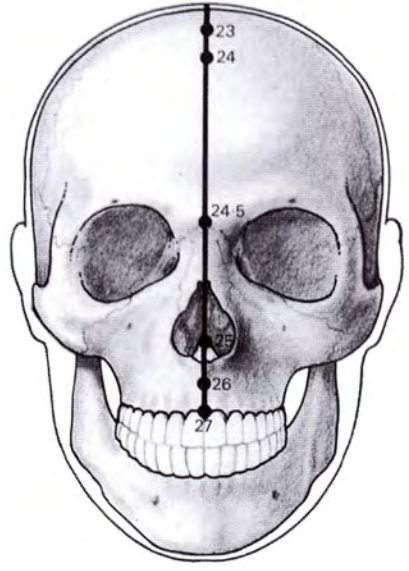
- XIV **1** **Long Strength** (Chengchiang)
 ⊥ 3 Entry
 △ 5-15 **General Junction Point**
 On the posterior median line at the tip of the coccyx.
Point of Du Mo
- XIV **2** **Loins Correspondence** (Yaoshu)
 ⊥ 3-5
 △ 5-15
 On the posterior median line at the sacrococcygeal articulation.
Point of Du Mo
Independent Associated Point of the Renal Area
- XIV **3** **Loins Yang Border** (Yao yangkuan)
 ⊥ 3-5
 △ 5-15
 On the posterior median line in the depression between the fourth and fifth lumbar vertebrae.
Point of Du Mo
First Aid: concussion, fractures, insensibility, spinal injury, sprains
- XIV **4** **Gate Of Life** (Mingmen)
 ⊥ 3
 △ 7-15
 On the posterior median line, in the depression between the second and third lumbar vertebrae.
Point of Du Mo
Point of Chong Mo
- XIV **5** **Suspended Pivot** (Hsuanshu)
 ⊥ 3
 △ 7-15
 On the posterior median line, in the depression between the first and second lumbar vertebrae.
Point of Du Mo
- XIV **6** **Middle Of The Spine** (Chichung)
 ⊥ 3
 △ X
 On the posterior median line, in the depression formed between the spinous processes of eleventh and twelfth thoracic vertebrae.
Point of Du Mo
- XIV **7** **Middle Pivot** (Chungshu)
 ⊥ X
 △ X
 On the posterior median line, in the depression formed between the spinous processes of the tenth and eleventh thoracic vertebrae.
Point of Du Mo
- XIV **8** **Contracted Muscle** (Chinso)
 ⊥ 4
 △ 3
 On the posterior median line, in the depression formed between the spinous processes of the ninth and tenth thoracic vertebrae.
Point of Du Mo
- XIV **9** **Utmost Yang** (Chihyang)
 ⊥ 5
 △ 7
 On the posterior median line, in the depression formed between the spinous processes of the seventh and eighth thoracic vertebrae.
Point of Du Mo



- XIV **10** **Supernatural Tower** (Lingtai)
 ⊥ X
 △ 3-7
 On the posterior median line, in the depression formed between the spinous processes of the sixth and seventh thoracic vertebrae.
Point of Du Mo
- XIV **11** **Spirit Path** (Shentao)
 ⊥ X
 △ 3-5
 On the posterior median line, in the depression formed between the spinous processes of the fifth and sixth thoracic vertebrae.
Point of Du Mo
First Aid: bites, convulsions, insensibility
- XIV **12** **Body Pillar** (Shenchu)
 ⊥ 4
 △ 5-30
 On the posterior median line, in the depression formed between the spinous processes of the third and fourth thoracic vertebrae.
Point of Du Mo
- XIV **13** **Kiln Path** (Taotao)
 ⊥ 4
 △ 5-10
 On the posterior median line, in the depression formed between the spinous processes of the first and second thoracic vertebrae.
Point of Du Mo
- XIV **14** **Great Hammer** (Tachui)
 ⊥ 4
 △ 5-15
Reunion of all Yang meridians, including XIV
 On the posterior median line, in the depression formed between the spinous processes of the seventh cervical and the first thoracic vertebrae.
Point of Du Mo
Centre Reunion General Point of Yang
First Aid: colds
- XIV **15** **Gate Of Dumbness** (Yamen)
 ⊥ 3
 △ X
 On the posterior median line, in the depression formed between the spinous processes of the first and second cervical vertebrae.
Point of Du Mo
Point of Yang Wei Mo
Sea of Bone Marrow



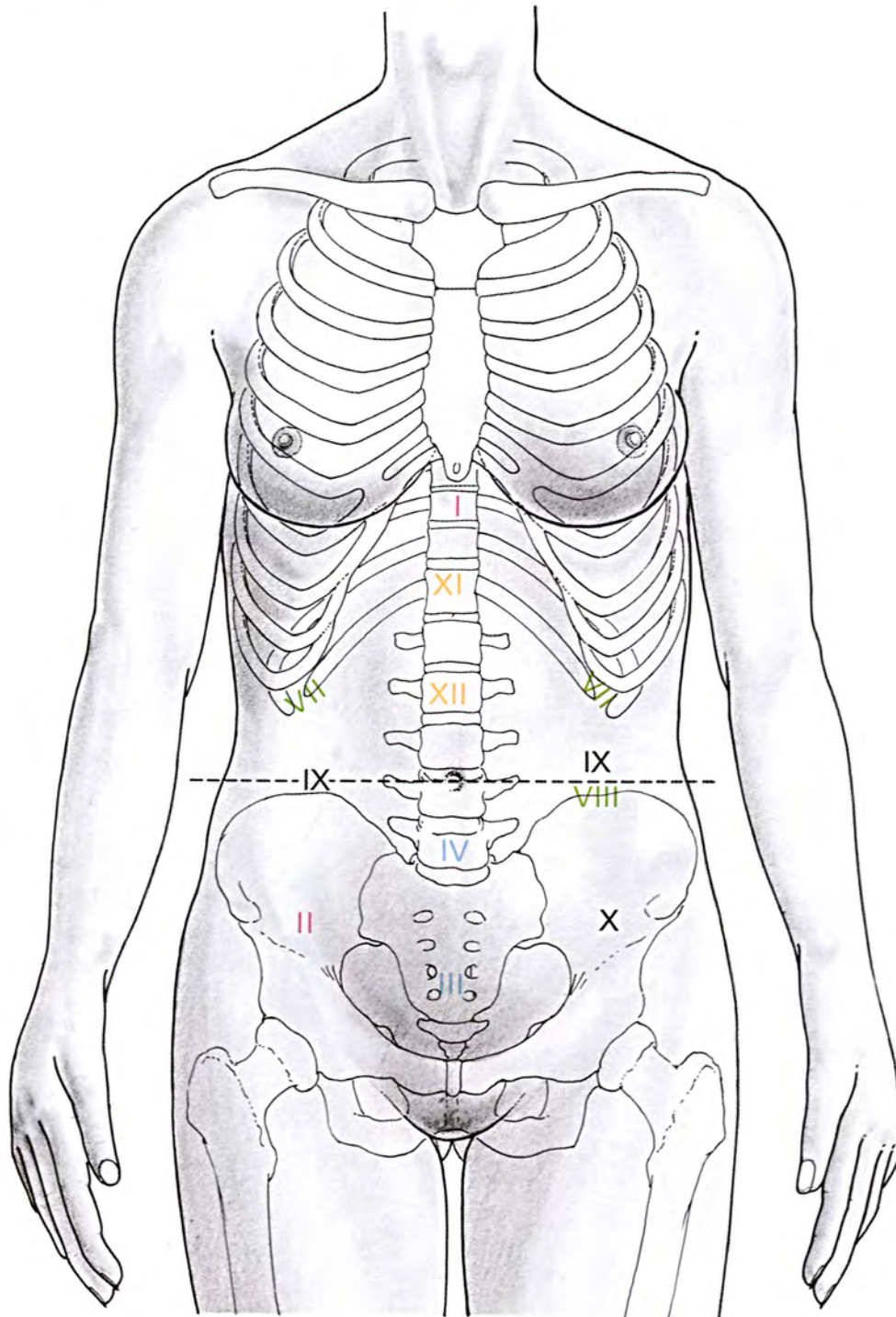
- | | | |
|-----|-----------|---|
| XIV | 16 | Wind Palace (Fengfu) |
| ⊥ | 3 | |
| △ | X | |
| | | On the median line of the head, just inferior to the base of the occipital bone, ½ ACI Superior to XIV 15.
<i>Point of Du Mo</i>
<i>Point of Yang Wei Mo</i>
<i>Sea of Bone Marrow</i>
<i>Window of the Sky</i> |
| XIV | 17 | Brain Door (Naohu) |
| ⊥ | X | |
| △ | X | |
| | | On the median line of the head, 2½ ACI superior to XIV 15.
<i>Point of Du Mo</i> |
| XIV | 18 | Strength Divider (Chiangchien) |
| ⊥ | 2 | |
| △ | X | |
| | | On the median line of the head, 4 ACI superior to XIV 15.
<i>Point of Du Mo</i> |
| XIV | 19 | Posterior Summit (Houting) |
| ⊥ | 3 | |
| △ | 7 | |
| | | On the median line of the head, 5½ ACI superior to XIV 15.
<i>Point of Du Mo</i>
<i>Sea of Bone Marrow</i> |
| XIV | 20 | One Hundred Meetings (Paihui) |
| ⊥ | 3 | |
| △ | 7 | |
| | | On the median line of the head, 7 ACI superior to XIV 15.
<i>Point of Du Mo</i>
<i>Sea of Bone Marrow</i>
<i>A point of the pattern to release the 7 Dragons on the 7 External Demons</i> |
| XIV | 21 | Anterior Summit (Chienting) |
| ⊥ | 2 | |
| △ | 3-7 | |
| | | On the median line of the head, 8½ ACI superior to XIV 15.
<i>Point of Du Mo</i> |
| XIV | 22 | Skull Meeting (Hsinhui) |
| ⊥ | 1 | |
| △ | 3 | |
| | | On the median line of the head, 10 ACI superior to XIV 15.
<i>Point of Du Mo</i> |



- XIV **23** **Upper Star** (Shanghsing)
 ⊥ 2
 △ 5
 On the median line of the head, 11 ACI superior to XIV 15.
Point of Du Mo
- XIV **24** **Spirit Hall** (Shenting)
 ⊥ X
 △ 5
 On the median line of the head, 11½ ACI superior to XIV 15.
Point of Du Mo
- XIV **24.5**
 ⊥ 1-3
 △ 3-5
 On the anterior median line, between the medial extremities of the eyebrows, 15 ACI superior to XIV 15.
- XIV **25** **Plain Bone** (Suliao)
 ⊥ 1-2
 △ X
 On the median line of the nose, at the superior edge of the alar cartilage, just superior to the tip of the nose.
Point of Du Mo
- XIV **26** **Middle Of Man** (Jenchung)
 ⊥ 2
 △ 3
 On the anterior median line, inferior to the nose, in the centre of the philtrum.
Point of Du Mo
- XIV **27** **Correct Exchange** (Tuituan)
 ⊥ 2
 △ 2
 On the anterior median line, inferior to XIV 26, at the superior edge of the upper lip.
Point of Du Mo
- XIV **28** **Mouth Crossing** (Yinchiao)
 ⊥ 2
 △ X
Exit
 On the upper gum, just inferior to the insertion of the frenulum of the upper lip.
Point of Du Mo

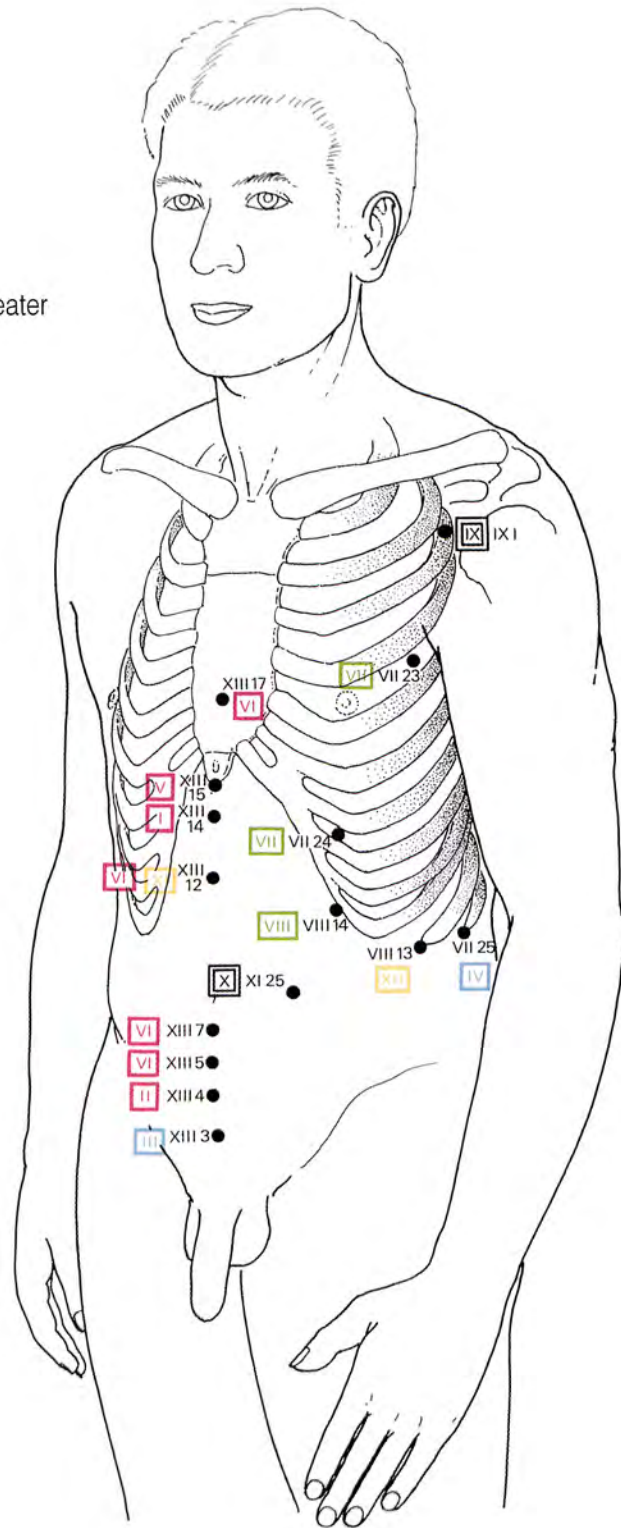
Appendix 1 Abdominal Diagnosis

Areas for palpation



Appendix 2 Alarm Points

I	XIII	14	
II	XIII	4	
III	XIII	3	
IV	VII	25	
V	XIII	15	
VI	XIII	17	Upper Chou
	XIII	12	Middle Chou
	XIII	7	Lower Chou
	XIII	5	Main Alarm Point for Whole Three Heater
VII	VII	23	
	VII	24	
VIII	VIII	14	
IX	IX	1	
X	XI	25	
XI	XIII	12	
XII	VIII	13	



Appendix 3 Antique Points

Winter (Cheng)	Spring (Yung)	Summer (Yu)	Late Summer (Ching)	Autumn (Ho)
I 9 ●	I 8 ●	I 7 ●	I 4 ○	I 3 ●
II 1 ○	II 2 ●	II 3 ●	II 5 ●	II 8 ●
III 67 ○	III 66 ●	III 65 ●	III 60 ●	III 54 ●
IV 1 ●	IV 2 ●	IV 3 ●	IV 7 ○	IV 10 ●
V 9 ●	V 8 ●	V 7 ●	V 5 ○	V 3 ●
VI 1 ○	VI 2 ●	VI 3 ●	VI 6 ●	VI 10 ●
VII 44 ○	VII 43 ●	VII 41 ●	VII 38 ●	VII 34 ●
VIII 1 ●	VIII 2 ●	VIII 3 ●	VIII 4 ○	VIII 8 ●
IX 11 ●	IX 10 ●	IX 9 ●	IX 8 ○	IX 5 ●
X 1 ○	X 2 ●	X 3 ●	X 5 ●	X 11 ●
XI 45 ○	XI 44 ●	XI 43 ●	XI 41 ●	XI 36 ●
XII 1 ●	XII 2 ●	XII 3 ●	XII 5 ○	XII 9 ●

Appendix 4 Assembling Points

1. Hollow organs	XIII 12
2. Solid organs	VIII 13
3. Marrow	VII 39
4. Tendons	VII 34
5. Bones	III 11
6. Blood	III 17
7. Ch'i	XIII 17
8. Meridians	IX 9

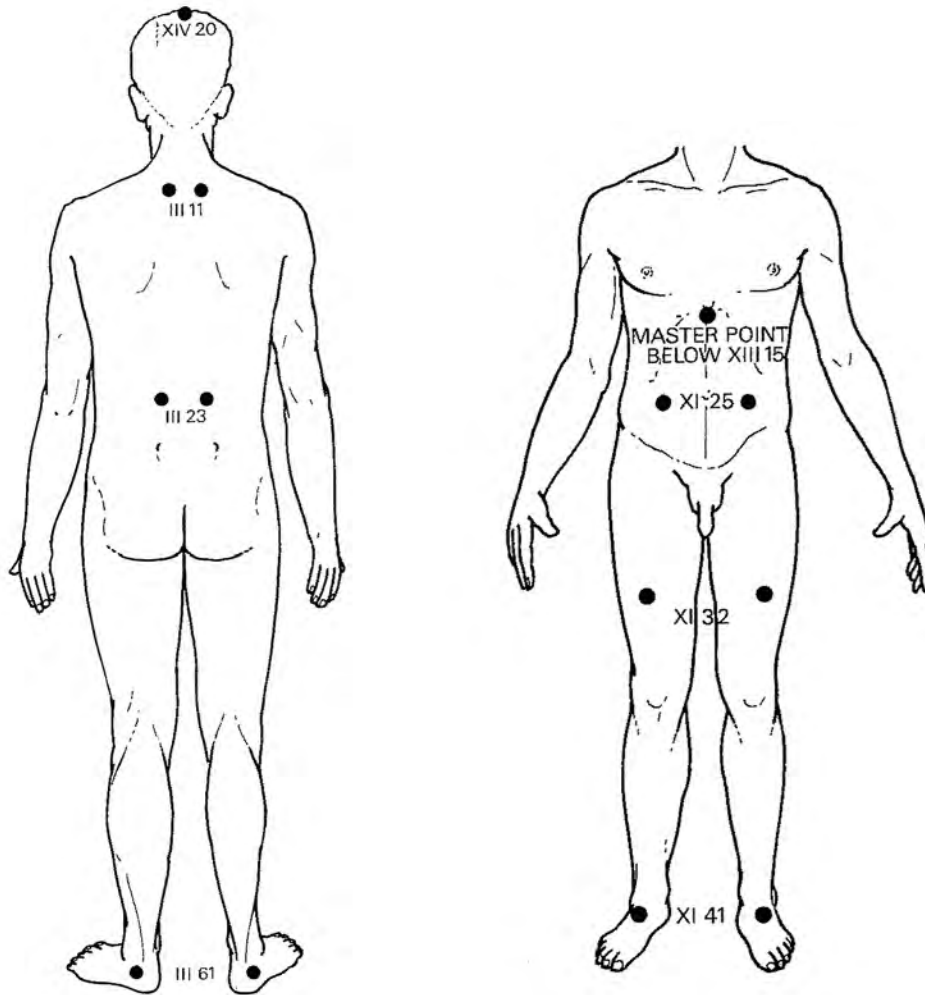
Appendix 5 Associated Effect Points

Lung (IX)	III 13
Circulation-Sex (V)	III 14
Heart (I)	III 15
Governor Vessel (XIV)	III 16
Diaphragm	III 17
Liver (VIII)	III 18
Gall Bladder (VII)	III 19
Spleen (XII)	III 20
Stomach (XI)	III 21
Three Heater (VI)	III 22
Kidney (IV)	III 23
Colon (X)	III 25
Small Intestine (II)	III 27
Bladder (III)	III 28

Appendix 6 Dragons

External: XIV 20, III 11, III 23, III 61

Internal: Master Point below XIII 15; XI 25, XI 32, XI 41



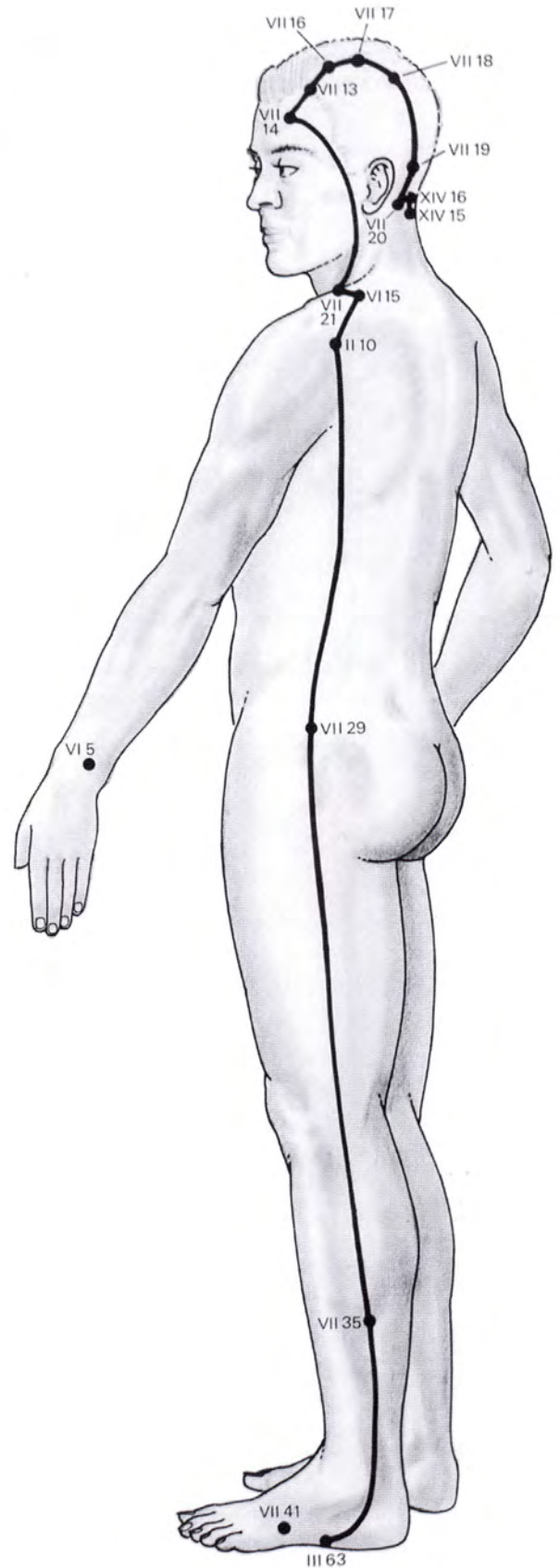
Appendix 7 Earth Points

I	7	<input type="checkbox"/>	Spirit Gate
II	8		Small Sea
III	54		Equilibrium Middle
IV	3	<input type="checkbox"/>	Greater Mountain Stream
V	7	<input type="checkbox"/>	Great Mound
VI	10		Heavenly Well

VII	34		Yang Mound Spring
VIII	3	<input type="checkbox"/>	Supreme Rushing
IX	9	<input type="checkbox"/>	Very Great Abyss
X	11		Crooked Pond
XI	36		Leg Three Miles
XII	3	<input type="checkbox"/>	Supreme White

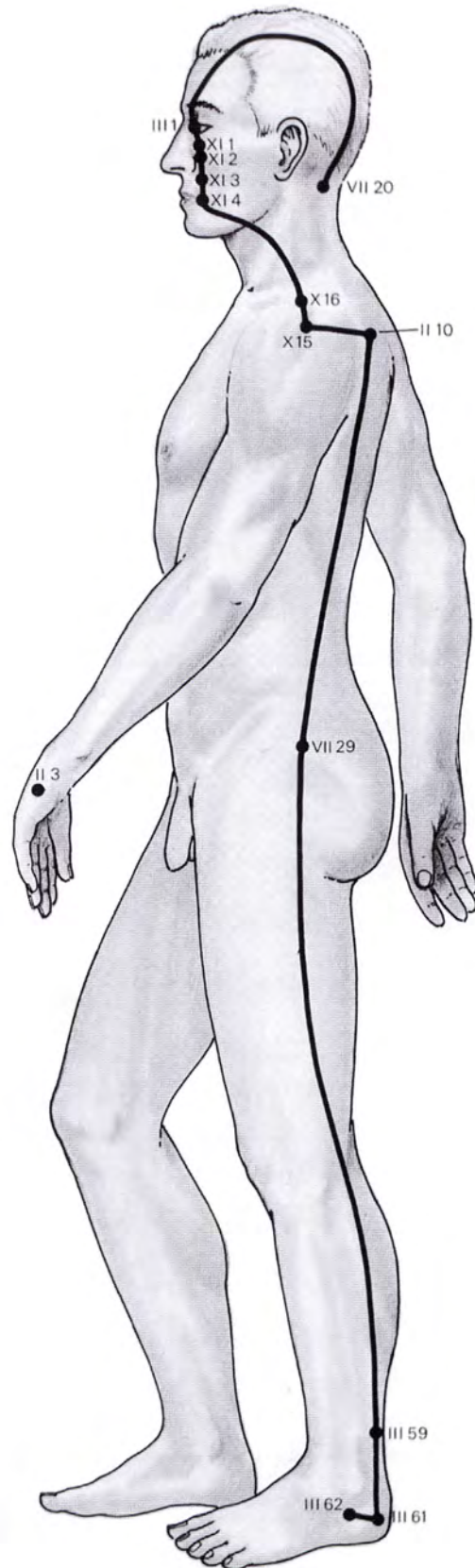
Appendix 8 Eight Extra Meridians

1. Yang Wei Mo Vessel gathering the Yang
- Pathway III 63; VII 35, 29; II 10; VI 15;
 VII 21, 14, 13, 16, 17, 18, 19, 20;
 XIV 16, 15
- Master Point VI 5
- Coupled Point VII 41

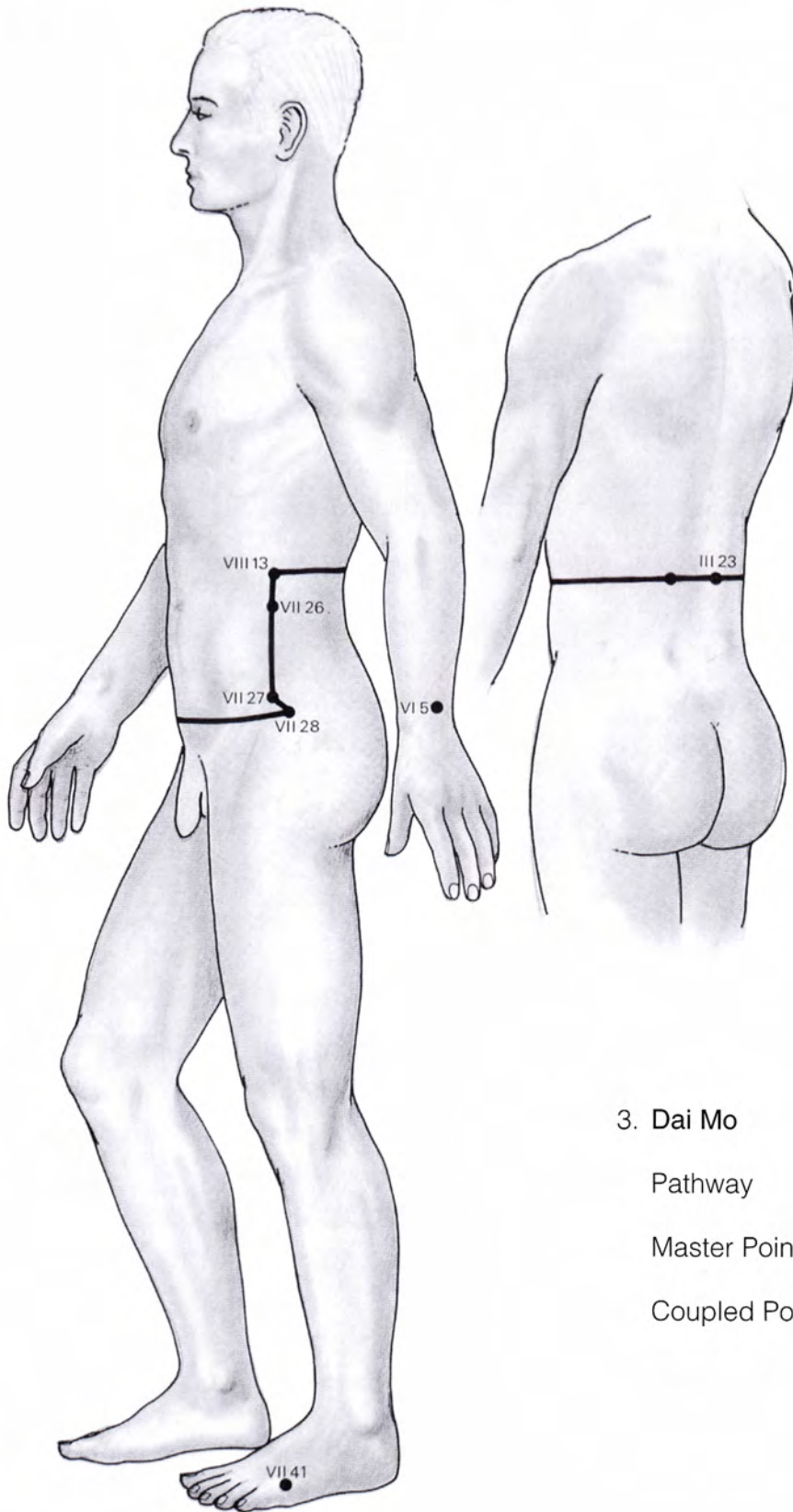


Appendix 8 Eight Extra Meridians (continued)

2. Yang Qiao Mo	Yang vessel of the ankle
Pathway	III 62, 61, 59; VII 29; II 10; X 15, 16; XI 4, 3, 2, 1; III 1; VII 20
Master Point	III 62
Coupled Point	II 3



Appendix 8 Eight Extra Meridians (continued)



3. Dai Mo	Vessel of the waist
Pathway	III 23; VIII 13; VII 26, 27, 28
Master Point	VII 41
Coupled Point	VI 5

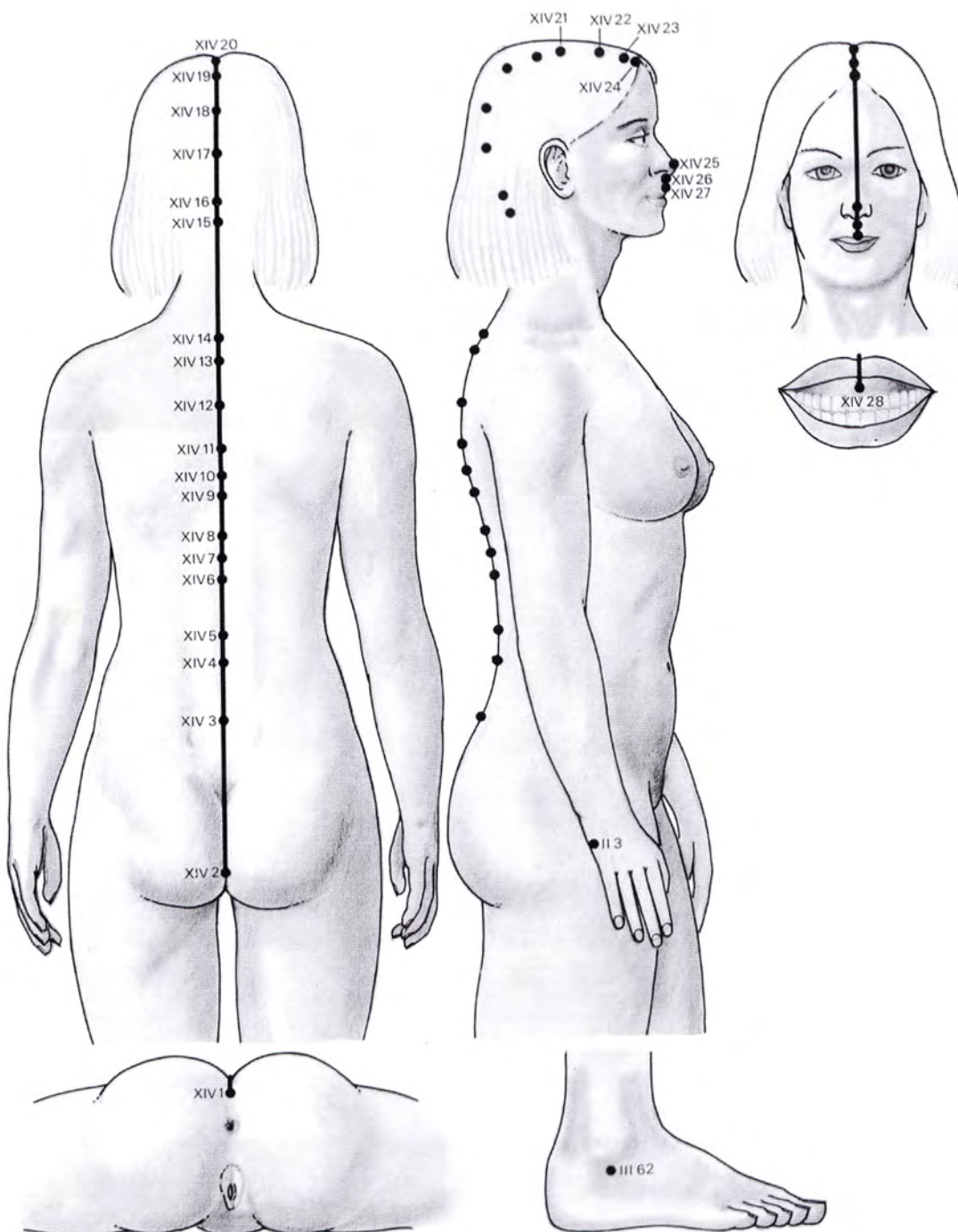
Appendix 8 Eight Extra Meridians (continued)

4. Du Mo Governor Vessel

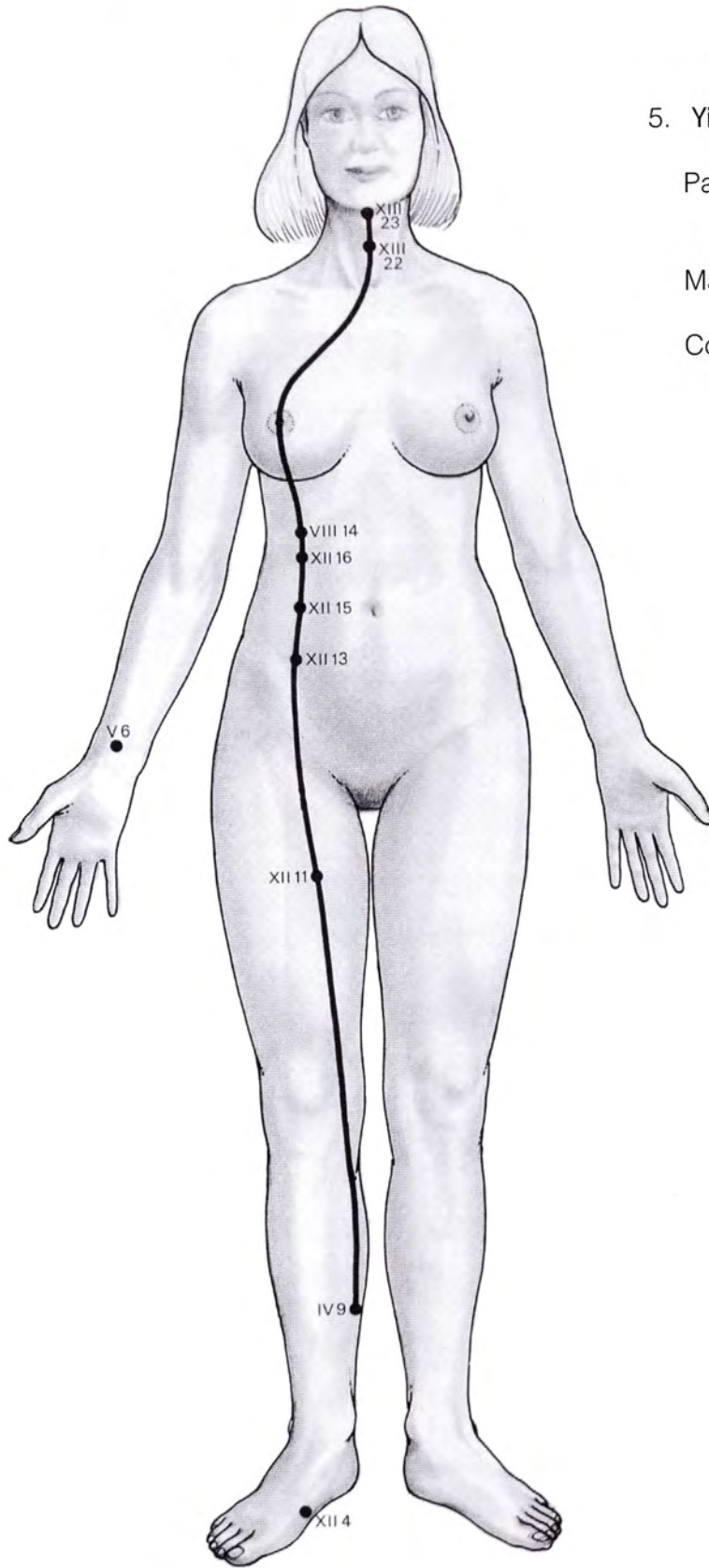
Pathway XIV 1-28

Master Point II 3

Coupled Point III 62



Appendix 8 Eight Extra Meridians (continued)



5. Yin Wei Mo	Vessel gathering the Yin
Pathway	IV 9; XII 11, 13, 15, 16; VIII 14; XIII 22, 23
Master Point	V 6
Coupled Point	XII 4

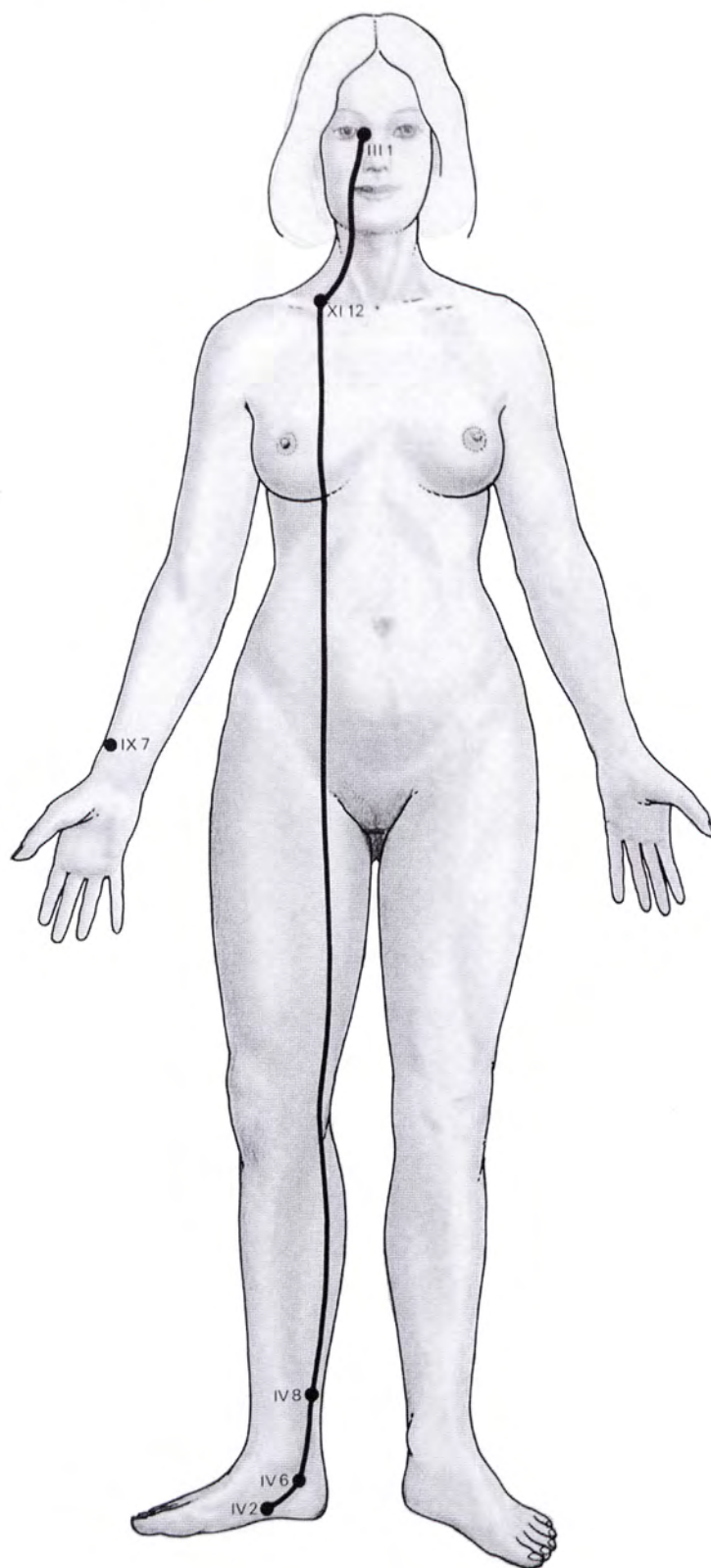
Appendix 8 Eight Extra Meridians (continued)

6. Yin Qiao Mo Yin vessel of the ankle

Pathway IV 2, 6, 8; XI 12; III 1

Master Point IV 6

Coupled Point IX 7



Appendix 8 Eight Extra Meridians (continued)

7. Chong Mo

Vessel of the groin

Pathway

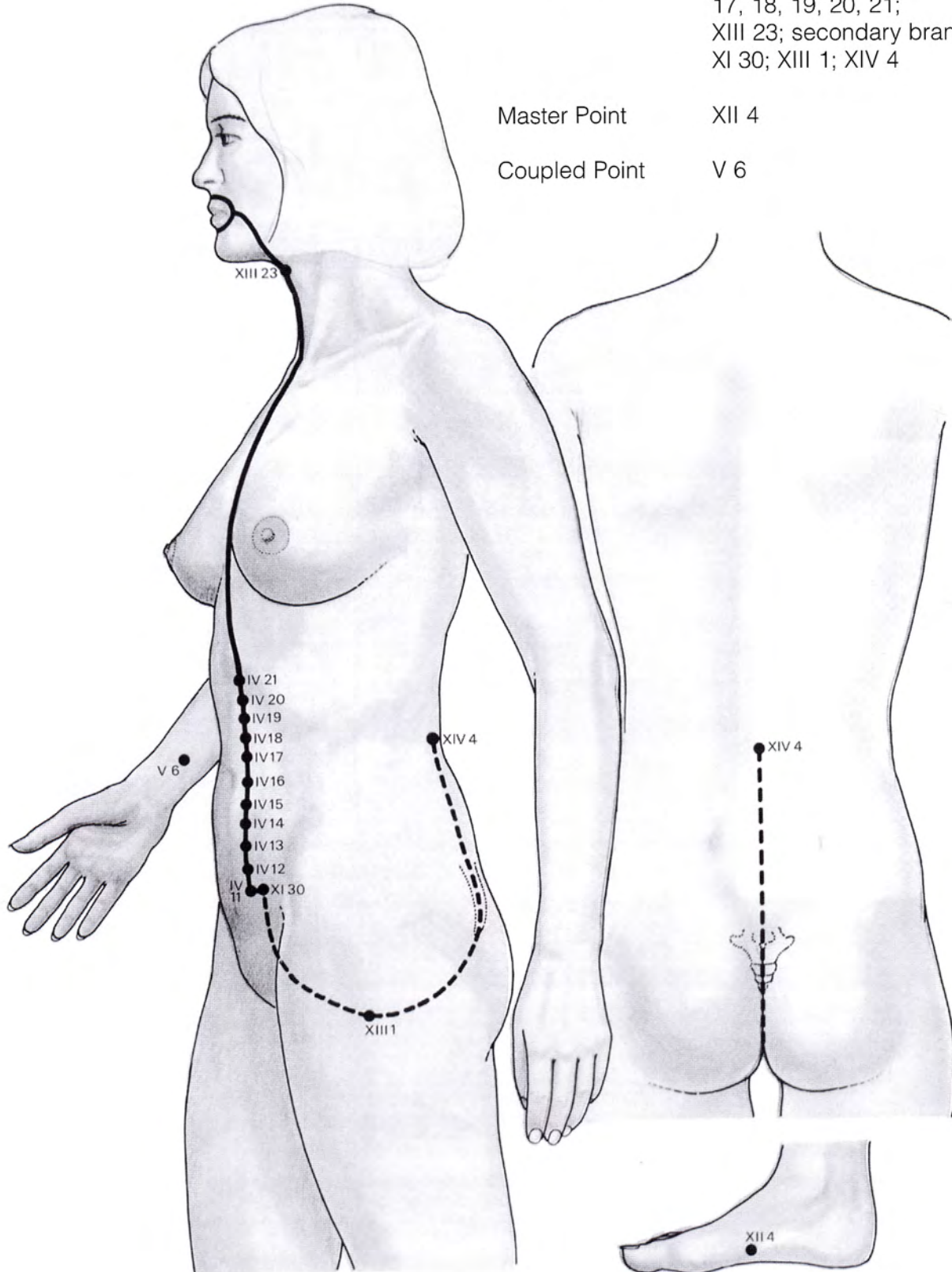
XI 30; IV 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21; XIII 23; secondary branch XI 30; XIII 1; XIV 4

Master Point

XII 4

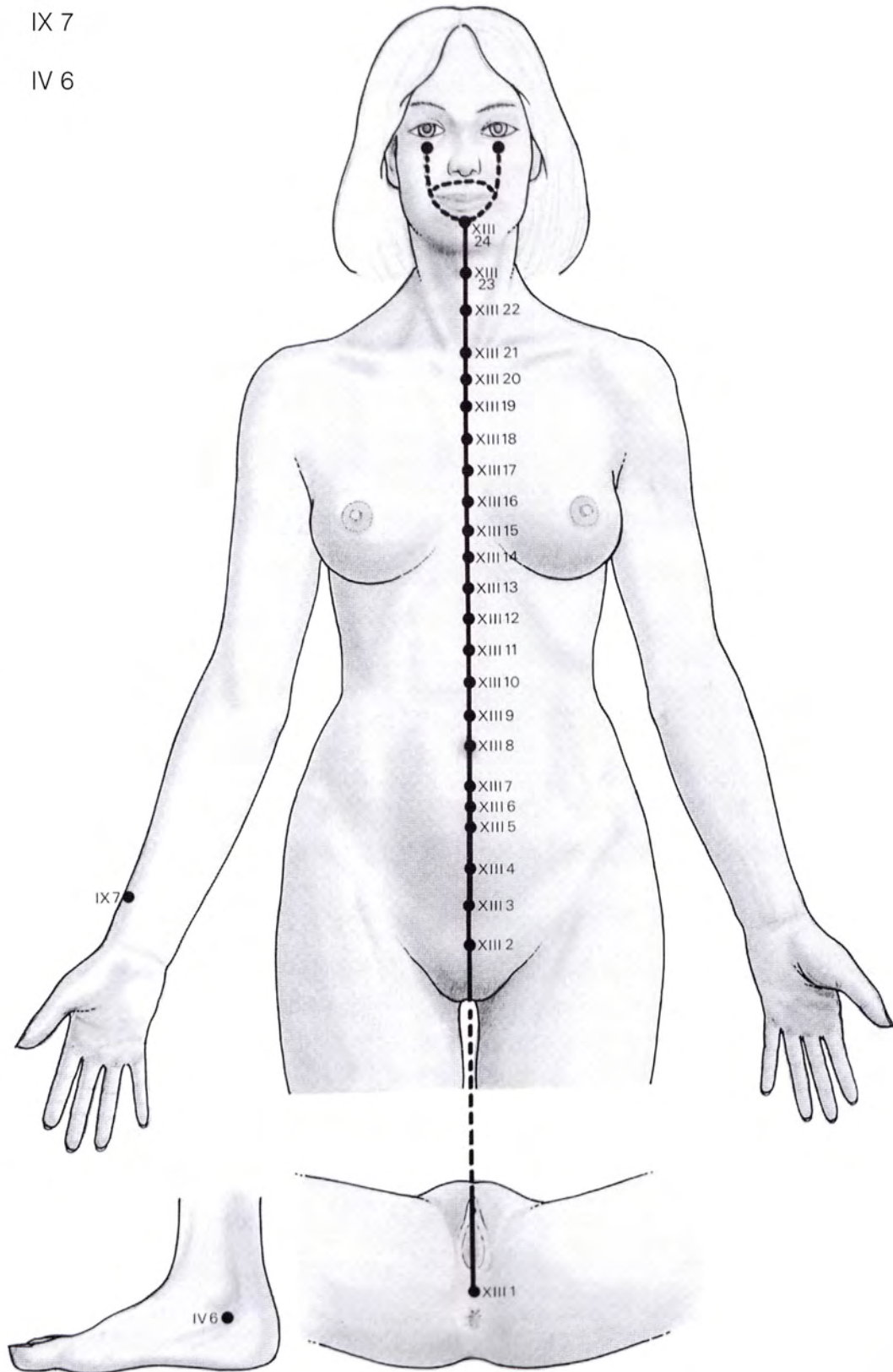
Coupled Point

V 6



Appendix 8 Eight Extra Meridians (continued)

8. Ren Mo	Conception Vessel
Pathway	XIII 1-24
Master Point	IX 7
Coupled Point	IV 6



Appendix 9 Endocrine Gland, The Points of

Thyroid	I	7	III	15	IV	7	VI	3
	X	4	XI	9	XI	10	XIII	6
	XIII	13	XIII	19	XIV	15	XIV	23
Parathyroid	III	3	III	11	III	58	V	7
	VII	30	VIII	3	XI	36	XIV	2
	XIV	15						
Adrenal	III	47	IV	7	V	7	XII	6
	XIII	10	XIII	16	XIV	6		
Pituitary	III	47	III	60	IV	11	IV	13
	VII	5	VII	37	XII	6	XIII	10
	XIII	15	XIII	16	XIII	19		
Ovaries	III	67	IV	2	IV	7	IV	13
	VII	37	VIII	3	XII	6	XIV	4
Testes	III	47	III	60	IV	11	XI	30
	XIII	3	XIII	4	XIII	5	XIV	3
	XIV	4						
Thymus	XII	2						
Pancreas	III	20	IV	3	VI	3	VIII	2
	XII	3	XIII	3				

Appendix 10 Endocrine Gland System, Direct Hormonal Application

VI 5, VII 41: Yang Wei Mo controls conception and birth. Add VIII 13 when normalizing excess of gonadotrophic hormone (especially in migraine).

III 62, II 3: Yang Qiao Mo encourages function of adrenal cortex to produce ACTH. Add III 1 to encourage production of sex hormones.

III 1 and (II 3, III 62): Du Mo plus III 1 releases small amount of ACTH immediately.

III 1 and (IV 6, IX 7): Yin Qiao Mo plus III 1 releases small amount of sex hormone immediately.

To produce an immediate, but short acting supply of cortisone: XIV 16.

Local direct effect on adrenals: XIV 4.

Treatment to stimulate continued function of adrenal cortex and cortisone production: XII 2, XII 6 point between second and third cervical vertebrae on the Governor vessel III 20, III 18.

Treatment to stimulate continued function of sex hormones: III 1, XIII 4, XIII 7.

Direct action on thyroid: XIII 22. Add XI 9 and IV 7.

Appendix 11 Entry Points, Exit Points

Entry Points

I	1	Utmost Source
II	1	Little Marsh
III	1	Eyes Bright
IV	1	Bubbling Spring
V	1	Heavenly Pond [for men]
V	2	Heavenly Pond [for women]
VI	1	Rushing The Frontier Gate
VII	1	Orbit Bone
VIII	1	Great Esteem
IX	1	Middle Palace
X	4	Joining Of The Valleys
XI	1	Receive Tears
XII	1	Retired White
XIII	1	Meeting Of Yin
XIV	1	Long Strength

Exit Points

I	9	Little Rushing In
II	19	Listening Palace
III	67	Extremity Of Yin
IV	22	Walking On The Verandah
V	8	Palace Of Weariness
VI	22	Harmony Bone
VII	41	Foot Above Tears
VIII	14	Gate Of Hope
IX	7	Narrow Defile
X	20	Welcome Fragrance
XI	42	Rushing Yang
XII	21	Great Enveloping
XIII	24	Receiving Fluid
XIV	28	Mouth Crossing

Appendix 12 Fire Points ●

I	8	Lesser Palace
II	5	Yang Valley
III	60	Kunlun Mountain
IV	2	Blazing Valley
V	8	Palace Of Weariness
VI	6	Branch Ditch
VII	38	Yang Support
VIII	2	Walk Between
IX	10	Fish Region
X	5	Yang Stream
XI	41	Released Stream
XII	2	Great Capital

Appendix 13 First Aid Points

Anxiety	I 7, III 60, V 9
Apoplexy	III 31, IV 6, X 15
Asphyxia	VIII 3, IX 9
Bee stings	III 64, IV 6
Bites	XIV 11
Burns	III 65
Colds	VI 15, XIV 14
Collapse	IX 9
Concussion	III 31, IV 6, IX 9, X 15, XIV 3
Convulsions	II 3, IX 11, XIV 11
Cramp	VIII 2, VIII 6
Cystitis	III 65, IV 2
Drowning	I 1, IX 1, XIII 1
Dull pains	X 4
Earache	II 3, VI 4, X 4
Electric shock	I 7, IX 8, X 15
Exhaustion	II 3, VI 3, X 15
Facial neuralgia	III 60
Fainting	I 1, I 7, X 4, XI 36
Food poisoning	III 59, III 65, VII 40, IX 9, X 4, XI 30
Fractures	III 11, III 60, VII 30, XII 2, XIV 3
Haemorrhage	II 8, III 25, IV 6, VII 41, X 15
Hangover	XI 45
Head injury	X 15
Heart failure	I 1, I 7, III 15
Hiccups	III 17
Hysteria	I 7
Indigestion	XI 36, XI 45
Injury to testicles	IV 2
Insect bites	III 65
Insensibility	II 3, III 31, IV 6, IX 9, IX 11, X 15, XIV 3, XIV 11
Numbness	III 17
Poison	III 65, VII 20, VII 40, IX 3, IX 9, X 4
Resuscitation	IV 1, V 9, XIII 1
Scalds	III 65
Sea sickness	XIII 14
Shock	I 7, IX 9, X 15
Snake bites	III 31, IV 6
Spasms	VIII 2, VIII 6
Spinal injury	III 54, III 60, XIV 3
Sprains	III 11, III 60, VII 30, XII 2, XIV 3
Sunburn	III 65
Sunstroke	IV 23, IX 11
Toothache	X 1, X 4, XI 45
Tooth extraction	I 7
Travel sickness	XIII 14
Urine retention	III 65, IV 2, VIII 2, VIII 6, XIII 3

Appendix 14 Forbidden Points

Heart Meridian

I 2 ⊥ Forbidden

Small Intestine Meridian

II 7 Forbidden sixth month pregnancy
 II 9 △ Forbidden
 II 10 Forbidden sixth month pregnancy
 II 18 △ Forbidden

Bladder Meridian

III 1 △ Forbidden
 III 2 △ Forbidden
 III 5 △ Forbidden
 III 6 △ Forbidden
 III 16 ⊥ Forbidden
 III 30 △ Forbidden
 III 50 △ Forbidden
 III 51 △ Forbidden
 III 54 △ Forbidden
 III 56 ⊥ Forbidden
 III 62 △ Forbidden

Kidney Meridian

IV 1 Forbidden eighth month pregnancy
 IV 2 Forbidden eighth month pregnancy
 IV 4 Forbidden third month pregnancy
 IV 7 Forbidden eighth month pregnancy
 IV 11 ⊥ Forbidden

Circulation-Sex Meridian

V 1 Forbidden women
 V 6 Forbidden fourth month pregnancy
 V 7 △ Forbidden
 V 8 Forbidden third month pregnancy

Three Heater Meridian

VI 4 △ Forbidden, Forbidden third month pregnancy
 VI 8 ⊥ Forbidden
 VI 10 Forbidden fourth month pregnancy
 VI 16 △ Forbidden
 VI 18 △ Forbidden
 VI 19 ⊥ Forbidden
 VI 20 ⊥ Forbidden
 VI 23 △ Forbidden

Gall Bladder Meridian

VII 2 Forbidden first month pregnancy
 VII 3 ⊥ Forbidden
 VII 9 Forbidden fourth month pregnancy
 VII 15 △ Forbidden
 VII 18 ⊥ Forbidden
 VII 22 △ Forbidden
 VII 33 △ Forbidden
 VII 34 Forbidden second month pregnancy
 VII 42 △ Forbidden

Liver Meridian

VIII 12 ⊥ Forbidden

Lung Meridian

IX 3 △ Forbidden
 IX 7 Forbidden sixth month pregnancy
 IX 8 △ Forbidden
 IX 10 △ Forbidden
 IX 11 △ Forbidden. Forbidden seventh month pregnancy

Colon Meridian

X 2 Forbidden ninth month pregnancy
 X 4 Forbidden first month pregnancy
 X 10 Forbidden ninth month pregnancy
 X 13 ⊥ Forbidden
 X 19 △ Forbidden
 X 20 △ Forbidden

Stomach Meridian

XI 1 △ Forbidden
 XI 4 Forbidden fifth month pregnancy
 XI 7 △ Forbidden
 XI 8 △ Forbidden
 XI 9 △ Forbidden
 XI 10 △ Forbidden
 XI 17 ⊥ Forbidden △ Forbidden
 XI 36 Forbidden eighth month pregnancy
 XI 45 Forbidden sixth month pregnancy

Appendix 14 Forbidden Points (continued)

Spleen Meridian

XII 1 Δ Forbidden. Forbidden first month pregnancy
 XII 2 Forbidden first month pregnancy
 XII 6 Forbidden ninth month pregnancy
 XII 7 Δ Forbidden
 XII 9 Δ Forbidden

Conception Vessel Meridian

XIII 1 Δ Forbidden
 XIII 8 \perp Forbidden
 XIII 17 \perp Forbidden

Governor Vessel Meridian

XIV 6 Δ Forbidden
 XIV 7 \perp Forbidden Δ Forbidden
 XIV 10 \perp Forbidden
 XIV 11 \perp Forbidden
 XIV 15 Δ Forbidden
 XIV 16 Δ Forbidden
 XIV 17 \perp Forbidden Δ Forbidden
 XIV 18 Δ Forbidden
 XIV 24 \perp Forbidden
 XIV 25 Δ Forbidden
 XIV 28 Δ Forbidden

Appendix 15 Four Needle Technique

To Tonify						To Sedate					
Tonify			Sedate			Sedate			Tonify		
I	I 9	VIII 1	I 3	IV 10	I 7	XII 3	I 3	IV 10			
II	II 3	VII 41	II 2	III 66	II 8	XI 36	II 2	III 66			
III	III 67	X 1	III 54	XI 36	III 65	VII 41	III 54	XI 36			
IV	IV 7	IX 8	IV 3	XII 3	IV 1	VIII 1	IV 3	XII 3			
V	V 9	VIII 1	V 3	IV 10	V 7	XII 3	V 3	IV 10			
VI	VI 3	VII 41	VI 2	III 66	VI 10	XI 36	VI 2	III 66			
VII	VII 43	III 66	VII 44	X 1	VII 38	II 5	VII 44	X 1			
VIII	VIII 8	IV 10	VIII 4	IX 8	VIII 2	V 8	VIII 4	IX 8			
IX	IX 9	XII 3	IX 10	V 8	IX 5	IV 10	IV 10	V 8			
X	X 11	XI 36	X 5	II 5	X 2	III 66	X 5	II 5			
XI	XI 41	II 5	XI 43	VII 41	XI 45	X 1	XI 43	VII 41			
XII	XII 2	V 8	XII 1	VIII 1	XII 5	IX 8	XII 1	VIII 1			

Appendix 16 Horary Points

I 8 ● Lesser Palace
 II 5 ● Yang Valley
 III 66 ● Penetrating Valley
 IV 10 ● Yin Valley
 V 8 ● Palace Of Weariness
 VI 6 ● Branch Ditch
 VII 41 ● Foot Above Tears
 VIII 1 ● Great Esteem
 IX 8 ○ Meridian Gutter
 X 1 ○ Merchant Yang
 XI 36 ● Leg Three Miles
 XII 3 ● Supreme White

Appendix 17 Junction Points ☯

I 5 Penetrating Inside
 II 7 Upright Branch
 III 58 Fly And Scatter
 IV 4 Great Bell
 V 6 Inner Frontier Gate
 VI 5 Outer Frontier Gate
 VII 37 Bright And Clear
 VIII 5 Insect Ditch
 IX 7 Narrow Defile
 X 6 Side Passage
 XI 40 Abundant Splendour
 XII 4 Prince's Grandson

Appendix 18 Meeting Points

- V 5 Meeting Point of the three upper Yin meridians (I: V: IX)
- VI 8 Meeting Point of the three upper Yang meridians (II: VI: X)
- VII 39 Meeting Point of the three lower Yang meridians (III: VII: XI)
- XII 6 Meeting Point of the three lower Yin meridians (IV: VIII: XII)
- VIII 13 Meeting Point of the five Yin organs (I: IV: VIII: IX: XII)
- XIII 12 Meeting Point of the five Yang organs (II: III: VII: X: XI)

Appendix 19 Metal Points ○

- I 4 Spirit Path
- II 1 Little Marsh
- III 67 Extremity Of Yin
- IV 7 Returning Current
- V 5 The Intermediary
- VI 1 Rushing The Frontier Gate
- VII 44 Foot Hole Yin
- VIII 4 Middle Seal
- IX 8 Meridian Gutter
- X 1 Merchant Yang
- XI 45 Hard Bargain
- XII 5 Merchant Mound

Appendix 20 Names of the Points (listed by meridian)

Heart Meridian

- I 1 Utmost Source Chichuan
- I 2 Blue-Green Spirit Chingling
- I 3 Little Sea Shaohai
- I 4 Spirit Path Lingtao
- I 5 Penetrating Inside Tungli
- I 6 Yin Mound Yinhsi
- I 7 Spirit Gate Shenmen
- I 8 Lesser Palace Shaofu
- I 9 Little Rushing In Shaochung

Small Intestine Meridian

- II 1 Little Marsh Shaotse
- II 2 Forward Valley Chienku
- II 3 Back Ravine Houhsi
- II 4 Wrist Bone Wanku
- II 5 Yang Valley Yangku
- II 6 Nourishing The Old Yanglao
- II 7 Upright Branch Chihcheng
- II 8 Small Sea Hsiaohai
- II 9 Upright Shoulder Chienchen
- II 10 Shoulder Blade Naoshu
- II 11 Heavenly Ancestor Tientsung
- II 12 Grasping The Wind Pingfeng
- II 13 Crooked Wall Chuyuan
- II 14 Outside The Shoulder Correspondence
Chienwaishu
- II 15 Middle Of The Shoulder Correspondence
Chienchungshu
- II 16 Heavenly Window Tienchuang
- II 17 Heavenly Appearance Tienjung
- II 18 Cheek Bone Chuanliào
- II 19 Listening Palace Tingkung

Appendix 20 Names of the Points (listed by meridian, continued)

Bladder Meridian

III 1	Eyes Bright	Chingming
III 2	Collect Bamboo	Tsanchu
III 3	Eyebrows Rushing	Meichung
III 4	Crooked Servant	Chucha
III 5	Five Places	Wuchu
III 6	Receive Light	Chengkuang
III 7	Penetrate Heaven	Tungtien
III 8	Lou End	Lochueh
III 9	Jade Pillow	Yuchen
III 10	Heavenly Pillar	Tienchu
III 11	Great Shuttle	Tachu
III 12	Wind Gate	Fengmen
III 13	Lungs Correspondence	Feishu
III 14	Circulation-Sex Correspondence	Chuehyinshu
III 15	Heart Correspondence	Hsinshu
III 16	Governor Correspondence	Tushu
III 17	Diaphragm Correspondence	Keshu
III 18	Liver Correspondence	Kanshu
III 19	Gall Bladder Correspondence	Tanshu
III 20	Spleen Correspondence	Pishu
III 21	Stomach Correspondence	Weishu
III 22	Three Heater Correspondence	Sanchiaoshu
III 23	Kidneys Correspondence	Shenshu
III 24	Sea Of Ch'i Correspondence	Chihaishu
III 25	Large Intestine Correspondence	Tachangshu
III 26	First Gate Correspondence	Kuanyuanshu
III 27	Small Intestine Correspondence	Hsiaochangshu
III 28	Bladder Correspondence	Panguangshu
III 29	Middle Of The Backbone Correspondence	Chunglushu
III 30	White Ring Correspondence	Paihuanshu
III 31	Upper Sacral Bone	Shangliao
III 32	Second Sacral Bone	Tzuliao
III 33	Middle Sacral Bone	Chungliao
III 34	Lower Sacral Bone	Hsialiao
III 35	Meeting Of Yang	Huiyang
III 36	Near Division	Fufen
III 37	Soul Door	Pohu
III 38	Rich For The Vitals Correspondence	Kaohuang
III 39	Spirit Hall	Shentang
III 40	Wail Of Grief	Yihsi
III 41	Diaphragm Border	Kekuan
III 42	Spiritual Soul Gate	Hunmen
III 43	Yang Net	Yangkang
III 44	Thought Dwelling	Yishe
III 45	Stomach Granary	Weitsang
III 46	Diaphragm Gate Of Vitality	Huangmen
III 47	Ambition Room	Chihshih
III 48	Womb And Heart Diaphragm	Paohuang
III 49	Orderly Frontier	Chihpien
III 50	Receive And Support	Chengfu
III 51	Prosperous Gate	Yinmen
III 52	Floating Reserve	Fuhsi
III 53	Equilibrium Yang	Weiyang

III 54	Equilibrium Middle	Weichung
III 55	Uniting Yang	Hoyang
III 56	Supporting Muscles	Chengchin
III 57	Supporting Mountain	Chengshan
III 58	Fly And Scatter	Feiyang
III 59	Foot Bone Yang	Fuyang
III 60	Kunlun Mountain	Kunlun
III 61	Servant's Aide	Pushen
III 62	Extended Meridian	Shenmo
III 63	Golden Gate	Chinmen
III 64	Capital Bone	Chingku
III 65	Bone Binder	Shuku
III 66	Penetrating Valley	Tsu tungku
III 67	Extremity Of Yin	Chihyin

Kidney Meridian

IV 1	Bubbling Spring	Yungchuan
IV 2	Blazing Valley	Janku
IV 3	Greater Mountain Stream	Taihsi
IV 4	Great Bell	Tachung
IV 5	Water Spring	Shuichuan
IV 6	Illuminated Sea	Chaohai
IV 7	Returning Current	Fuliu
IV 8	Exchange Pledges	Chiaohsin
IV 9	Building Guest	Chupin
IV 10	Yin Valley	Yinku
IV 11	Transverse Bone	Hengku
IV 12	Great Brightness	Taho
IV 13	Door Of Infants	Tzuhu
IV 14	Four Full	Szuman
IV 15	Middle Flowing Out	Chungchu
IV 16	Vitals Correspondence	Huangshu
IV 17	Merchant Crooked	Shangchu
IV 18	Stone Border	Shihkuan
IV 19	Yin Capital	Yintu
IV 20	Through The Valley	Fu tungku
IV 21	Dark Gate	Yumen
IV 22	Walking On The Verandah	Pulang
IV 23	Spirit Seal	Shenfeng
IV 24	Spirit Burial Ground	Lingshu
IV 25	Spirit Storehouse	Shentsang
IV 26	Amidst Elegance	Yuchung
IV 27	Store House	Shufu

Circulation-Sex Meridian

V 1	Heavenly Pond	Tienchih
V 2	Heavenly Spring	Tienchuan
V 3	Crooked Marsh	Chutse
V 4	Gate Of Ch'i Reserve	Hsimen
V 5	The Intermediary	Chienshih
V 6	Inner Frontier Gate	Neikuan
V 7	Great Mound	Taling
V 8	Palace Of Weariness	Laokung
V 9	Rushing Into The Middle	Chungchung

Appendix 20 Names of the Points (listed by meridian, continued)

Three Heater Meridian

VI 1	Rushing The Frontier Gate	Kuanchung
VI 2	Fluid Secretion Gate	Yehmen
VI 3	Middle Islet	Chungchu
VI 4	Yang Pond	Yangchih
VI 5	Outer Frontier Gate	Waikuan
VI 6	Branch Ditch	Chihkou
VI 7	Assembly Of Ancestors	Huitsung
VI 8	Three Yang Junction	Sanyanglo
VI 9	Fourth Gutter	Szutu
VI 10	Heavenly Well	Tienching
VI 11	Pure Cold Abyss	Chinglengyuan
VI 12	Relax And Joy	Hsiaolo
VI 13	Shoulder Meeting	Naohui
VI 14	Shoulder Bone	Chienliao
VI 15	Heavenly Bone	Tienliao
VI 16	Heavenly Window	Tienyu
VI 17	Wind Screen	Yifeng
VI 18	Feeding Meridians	Chimo
VI 19	Skull Breathing	Luhsi
VI 20	Small Angle Of Ear	Chuehsun
VI 21	Ear Gate	Erhmen
VI 22	Harmony Bone	Holiao
VI 23	Silk Bamboo Hollow	Szuchukung

Gall Bladder Meridian

VII 1	Orbit Bone	Tungtzullao
VII 2	Hearing Assembly	Tinghui
VII 3	Upper Pass	Shangkuan
VII 4	Loathsome Jaws	Hanyen
VII 5	Suspended Skull	Hsuanlu
VII 6	Suspended Regulator	Hsuanli
VII 7	Crooked Hair On The Temples	Chupin
VII 8	Flowing Valley	Shuaidu
VII 9	Heaven Rushing	Tienchung
VII 10	Floating White	Fupai
VII 11	Head Hole Yin	Tou chiaoyin
VII 12	Final Bone	Wanku
VII 13	Root Spirit	Penshen
VII 14	Yang White	Yangpai
VII 15	Head Above Tears	Tou linchi
VII 16	Eye Window	Muchuang
VII 17	Upright Living	Chengying
VII 18	Receiving Spirit	Chengling
VII 19	Brain Hollow	Naokung
VII 20	Wind Pond	Fengchih
VII 21	Shoulder Well	Chienching
VII 22	Armpit Abyss	Yuanyeh
VII 23	Neglected Muscles	Chechin
VII 24	Sun And Moon	Jihyueh

VII 25	Capital Gate	Chingmen
VII 26	Girdle Vessel	Taimo
VII 27	Five Pivots	Wushu
VII 28	Binding Path	Weitao
VII 29	Dwelling In The Bone	Chuliao
VII 30	Jumping Circle	Huantiao
VII 31	Wind Market	Fengshih
VII 32	Middle Ditch	Chungtu
VII 33	Knee Yang Border	Tsu yangkuan
VII 34	Yang Mound Spring	Yanglingchuan
VII 35	Yang Crossing	Yangchiao
VII 36	Outer Mound	Waichiu
VII 37	Bright And Clear	Kuangming
VII 38	Yang Support	Yangfu
VII 39	Hanging Cup	Hsuanchung
VII 40	Wilderness Mound	Chiuhsu
VII 41	Foot Above Tears	Tsu linchi
VII 42	Earth Five Meetings	Tiwuhui
VII 43	Valiant Stream	Hsiahsi
VII 44	Foot Hole Yin	Tsu chiaoyin

Liver Meridian

VIII 1	Great Esteem	Tatun
VIII 2	Walk Between	Hsingchien
VIII 3	Supreme Rushing	Taichung
VIII 4	Middle Seal	Chungfeng
VIII 5	Insect Ditch	Likou
VIII 6	Middle Capital	Chungtu
VIII 7	Knee Border	Hsikuan
VIII 8	Crooked Spring	Chuchuan
VIII 9	Yin Wrapping	Yinpao
VIII 10	Five Miles	Tsu wuli
VIII 11	Yin Angle	Yinlien
VIII 12	Hasty Pulse	Chimo
VIII 13	Chapter Gate	Changmen
VIII 14	Gate Of Hope	Chimen

Lung Meridian

IX 1	Middle Palace	Chungfu
IX 2	Cloud Gate	Yunmen
IX 3	Heavenly Palace	Tienfu
IX 4	Valiant White	Hsiapai
IX 5	Outside Marsh	Chihtse
IX 6	Greatest Hole	Kungtsui
IX 7	Narrow Defile	Liehchueh
IX 8	Meridian Gutter	Chingchu
IX 9	Very Great Abyss	Taiyuan
IX 10	Fish Region	Yuchi
IX 11	Little Merchant	Shaoshang

Appendix 20 Names of the Points (listed by meridian, continued)

Colon Meridian

X 1	Merchant Yang	Shangyang
X 2	Second Interval	Erhchien
X 3	Third Interval	Sanchien
X 4	Joining Of The Valleys	Hoku
X 5	Yang Stream	Yanghsi
X 6	Side Passage	Pienli
X 7	Warm Current	Wenliu
X 8	Lower Side	Hsialien
X 9	Upper Angle	Shanglien
X 10	Arm Three Miles	Shou sanli
X 11	Crooked Pond	Chuchih
X 12	Elbow Bone	Chouliao
X 13	Arm Five Miles	Shou wuli
X 14	Outer Bone Of The Arm	Pinao
X 15	Shoulder Joint	Chienyu
X 16	Great Bone	Chuku
X 17	Heavenly Vessel	Tienting
X 18	Support And Rush Out	Futu
X 19	Grain Bone	Holiao
X 20	Welcome Fragrance	Yinghsiang

Stomach Meridian

XI 1	Receive Tears	Chengchi
XI 2	Four Whites	Szupai
XI 3	Great Cheekbone	Chuliao
XI 4	Earth Granary	Titsang
XI 5	Great Welcome	Taying
XI 6	Mandible Wheel	Chiache
XI 7	Lower Passage	Hsiakuan
XI 8	Head Tied	Touwei
XI 9	People Welcome	Jenyng
XI 10	Water Rushing Out	Shuitu
XI 11	Ch'i Cottage	Chishe
XI 12	Broken Bowl	Chuehpen
XI 13	Ch'i Door	Chihu
XI 14	Storehouse	Kufang
XI 15	Room Screen	Wuyi
XI 16	Breast Window	Yingchuang
XI 17	Centre Of The Breasts	Juchung
XI 18	Root Of The Breasts	Juken
XI 19	Not At Ease	Pujung
XI 20	Receiving Fullness	Chengman
XI 21	Bridge Gate	Liangmen
XI 22	Border Gate	Kuanmen
XI 23	Great Oneness	Taiyi
XI 24	Lubrication Food Gate	Huajoumen
XI 25	Heavenly Pivot	Tienshu
XI 26	Outside Mound	Wailing
XI 27	Great Might	Tachu
XI 28	Water Path	Shuitao

XI 29	The Return	Kueilai
XI 30	Ch'i Rushing	Chichung
XI 31	Thigh Border	Pikuan
XI 32	Prostrate Hare	Futu
XI 33	Yin Market	Yinshih
XI 34	Beam Mound	Liangchiu
XI 35	Calf Nose	Tupi
XI 36	Leg Three Miles	Tsu sanli
XI 37	Upper Great Void	Shangchuhsu
XI 38	Branch Opening	Tiaokou
XI 39	Lower Great Void	Hsiachuhsu
XI 40	Abundant Splendour	Fenglung
XI 41	Released Stream	Chiehhsi
XI 42	Rushing Yang	Chungyang
XI 43	Sinking Valley	Hsienku
XI 44	Inner Courtyard	Neiting
XI 45	Hard Bargain	Litui

Spleen Meridian

XII 1	Retired White	Yinpai
XII 2	Great Capital	Tatu
XII 3	Supreme White	Taipai
XII 4	Prince's Grandson	Kungsun
XII 5	Merchant Mound	Shangchiu
XII 6	Three Yin Crossing	Sanyinchiao
XII 7	Leaky Valley	Louku
XII 8	Earth Motivator	Tichi
XII 9	Yin Mound Spring	Yinlingchuan
XII 10	Sea Of Blood	Hsuehhai
XII 11	Basket Gate	Chimen
XII 12	Rushing Gate	Chungmen
XII 13	Official Residence	Fushe
XII 14	Abdomen Knot	Fuchieh
XII 15	Great Horizontal	Taheng
XII 16	Abdomen Sorrow	Fuai
XII 17	Food Drain	Shihtou
XII 18	Heavenly Stream	Tienhsi
XII 19	Chest Region	Hsiunghsiang
XII 20	Encircling Glory	Choujung
XII 21	Great Enveloping	Tapao

Conception Vessel Meridian

XIII 1	Meeting Of Yin	Huiyin
XIII 2	Crooked Bone	Chuku
XIII 3	Utmost Middle	Chungchi
XIII 4	First Gate	Kuanyuan
XIII 5	Stone Gate	Shihmen
XIII 6	Sea Of Ch'i	Chihai
XIII 7	Yin Crossing	Yinchiao
XIII 8	Spirit Deficiency	Shenchueh
XIII 9	Water Division	Shuifen

Appendix 20 Names of the Points (listed by meridian, continued)

XIII 10	Lower Duct	Hsiawan	XIV 5	Suspended Pivot	Hsuanshu
XIII 11	Established Mile	Chienli	XIV 6	Middle Of The Spine	Chichung
XIII 12	Middle Duct	Chungwan	XIV 7	Middle Pivot	Chungshu
XIII 13	Upper Duct	Shangwan	XIV 8	Contracted Muscle	Chinso
XIII 14	Great Deficiency	Chuchueh	XIV 9	Utmost Yang	Chihyang
XIII 15	Dove Tail	Chiuwei	XIV 10	Supernatural Tower	Lingtai
XIII 16	Middle Hall	Chungting	XIV 11	Spirit Path	Shentao
XIII 17	Within The Breast	Shanchung	XIV 12	Body Pillar	Shenchi
XIII 18	Jade Court	Yutang	XIV 13	Kiln Path	Taotao
XIII 19	Purple Palace	Tzukung	XIV 14	Great Hammer	Tachui
XIII 20	Flower Covering	Huakai	XIV 15	Gate Of Dumbness	Yamen
XIII 21	Pearl Jade	Hsuanchi	XIV 16	Wind Palace	Fengfu
XIII 22	Heaven Rushing Out	Tientu	XIV 17	Brain Door	Naohu
XIII 23	Angle Spring	Lienchuan	XIV 18	Strength Divider	Chiangchien
XIII 24	Receiving Fluid	Chengchiang	XIV 19	Posterior Summit	Houting
			XIV 20	One Hundred Meetings	Paihui
			XIV 21	Anterior Summit	Chienting
			XIV 22	Skull Meeting	Hsinhui
			XIV 23	Upper Star	Shanghsing
			XIV 24	Spirit Hall	Shenting
			XIV 25	Plain Bone	Suliao
			XIV 26	Middle Of Man	Jenchung
			XIV 27	Correct Exchange	Tuituan
			XIV 28	Mouth Crossing	Yinchiao

Governor Vessel Meridian

XIV 1	Long Strength	Changchiang
XIV 2	Loins Correspondence	Yaoshu
XIV 3	Loins Yang Border	Yao yangkuan
XIV 4	Gate Of Life	Mingmen

Appendix 21 Names of the Points (listed alphabetically)

Abdomen Knot	XII 14	Fuchieh	Brain Door	XIV 17	Naohu
Abdomen Sorrow	XII 16	Fuai	Brain Hollow	VII 19	Naokung
Abundant Splendour	XI 40	Fenglung	Branch Ditch	VI 6	Chihkou
Ambition Room	III 47	Chihshih	Branch Opening	XI 38	Tiaokou
Amidst Elegance	IV 26	Yuchung	Breast Window	XI 16	Yingchuang
Angle Spring	XIII 23	Lienchuan	Bridge Gate	XI 21	Liangmen
Anterior Summit	XIV 21	Chienting	Bright And Clear	VII 37	Kuangming
Armpit Abyss	VII 22	Yuanyeh	Broken Bowl	XI 12	Chuehpen
Arm Five Miles	X 13	Shou wuli	Bubbling Spring	IV 1	Yungchuan
Arm Three Miles	X 10	Shou sanli	Building Guest	IV 9	Chupin
Assembly Of Ancestors	VI 7	Huitsung	Calf Nose	XI 35	Tupi
Back Ravine	II 3	Houhsi	Capital Bone	III 64	Chingku
Basket Gate	XII 11	Chimen	Capital Gate	VII 25	Chingmen
Beam Mound	XI 34	Liangchui	Centre Of The Breasts	XI 17	Juchung
Binding Path	VII 28	Weitao	Chapter Gate	VIII 13	Changmen
Bladder Correspondence	III 28	Panguangshu	Cheek Bone	II 18	Chuanliao
Blazing Valley	IV 2	Janku	Chest Region	XII 19	Hsiunghsiang
Blue-Green Spirit	I 2	Chingling	Ch'i Cottage	XI 11	Chishe
Body Pillar	XIV 12	Shenchi	Ch'i Door	XI 13	Chihu
Bone Binder	III 65	Shuku	Ch'i Rushing	XI 30	Chichung
Border Gate	XI 22	Kuanmen	Circulation-Sex Correspondence	III 14	Chuehyinshu

Appendix 21 Names of the Points (listed alphabetically, continued)

- Cloud Gate IX 2 Yunmen
 Collect Bamboo III 2 Tsanchu
 Contracted Muscle XIV 8 Chinso
 Correct Exchange XIV 27 Tuituan
 Crooked Bone XIII 2 Chuku
 Crooked Hair On The Temples VII 7 Chupin
 Crooked Marsh V 3 Chutse
 Crooked Pond X 11 Chuchih
 Crooked Servant III 4 Chucha
 Crooked Spring VIII 8 Chuchuan
 Crooked Wall II 13 Chuyuan
 Dark Gate IV 21 Yumen
 Diaphragm Border III 41 Kekuan
 Diaphragm Gate Of Vitality III 46 Huangmen
 Diaphragm Correspondence III 17 Keshu
 Door Of Infants IV 13 Tzuhu
 Dove Tail XIII 15 Chiwei
 Dwelling In The Bone VII 29 Chuliao
 Ear Gate VI 21 Erhmen
 Earth Five Meetings VII 42 Tiwuhui
 Earth Granary XI 4 Titsang
 Earth Motivator XII 8 Tichi
 Elbow Bone X 12 Chouliao
 Encircling Glory XII 20 Choujung
 Equilibrium Middle III 54 Weichung
 Equilibrium Yang III 53 Weiyang
 Established Mile XIII 11 Chienli
 Exchange Pledges IV 8 Chiaohsin
 Extended Meridian III 62 Shenmo
 Extremity Of Yin III 67 Chihyin
 Eyebrows Rushing III 3 Meichung
 Eyes Bright III 1 Chingming
 Eye Window VII 16 Muchuang
 Feeding Meridians VI 18 Chimo
 Final Bone VII 12 Wanku
 First Gate XIII 4 Kuanyuan
 First Gate Correspondence III 26 Kuanyuanshu
 Fish Region IX 10 Yuchi
 Five Miles VII 10 Tsu wuli
 Five Pivots VII 27 Wushu
 Five Places III 5 Wuchu
 Floating Reserve III 52 Fuhsi
 Floating White VII 10 Fupai
 Flower Covering XIII 20 Huakai
 Flowing Valley VII 8 Shuaku
 Fluid Secretion Gate VI 2 Yehmen
 Fly And Scatter III 58 Feiyang
 Food Drain XII 17 Shihtou
 Foot Above Tears VII 41 Tsu linchi
 Foot Bone Yang III 59 Fuyang
 Foot Hole Yin VII 44 Tsu chiaoyin
 Forward Valley II 2 Chienku
 Four Full IV 14 Szuman
 Four Whites XI 2 Szupai
 Fourth Gutter VI 9 Szutu
 Gall Bladder Correspondence III 19 Tanshu
 Gate Of Ch'i Reserve V 4 Hsimen
 Gate Of Dumbness XIV 15 Yamen
 Gate Of Hope VIII 14 Chimen
 Gate Of Life XIV 4 Mingmen
 Girdle Vessel VII 26 Taimo
 Golden Gate III 63 Chinmen
 Governor Correspondence III 16 Tushu
 Grain Bone X 19 Holiao
 Grasping The Wind II 12 Pingfeng
 Great Bell IV 4 Tachung
 Great Bone X 16 Chuku
 Great Brightness IV 12 Taho
 Great Capital XII 2 Tatu
 Great Cheekbone XI 3 Chuliao
 Great Deficiency XIII 14 Chuchueh
 Great Enveloping XII 21 Tapao
 Great Esteem VIII 1 Tatun
 Great Hammer XIV 14 Tachui
 Great Horizontal XII 15 Taheng
 Great Might XI 27 Tachu
 Great Mound V 7 Taling
 Great Oneness XI 23 Taiyi
 Great Shuttle III 11 Tachu
 Great Welcome XI 5 Taying
 Greater Mountain Stream IV 3 Taihsi
 Greatest Hole IX 6 Kungtsui
 Hanging Cup VI 139 Hsuanchung
 Hard Bargain XI 45 Litui
 Harmony Bone VI 22 Holiao
 Hasty Pulse VIII 12 Chimo
 Head Above Tears VII 15 Tou linchi
 Head Hole Yin VII 11 Tou chiaoyin
 Head Tied XI 8 Touwei
 Hearing Assembly VII 2 Tinghui
 Heart Correspondence III 15 Hsinshu
 Heaven Rushing VII 9 Tienchung
 Heaven Rushing Out XIII 22 Tientu
 Heavenly Ancestor II 11 Tientsung
 Heavenly Appearance II 17 Tienjung
 Heavenly Bone VI 15 Tienliao
 Heavenly Palace IX 3 Tienfu
 Heavenly Pillar III 10 Tienchu
 Heavenly Pivot XI 25 Tienshu
 Heavenly Pond V 1 Tienchih
 Heavenly Spring V 2 Tienchuan
 Heavenly Stream XII 18 Tienhsi
 Heavenly Vessel X 17 Tienting
 Heavenly Well VI 10 Tienching
 Heavenly Window II 16 Tienchuang
 Heavenly Window VI 16 Tienyu
 Illuminated Sea IV 6 Chaohai
 Inner Courtyard XI 44 Neiting
 Inner Frontier Gate V 6 Neikuan
 Insect Ditch VIII 5 Likou

Appendix 21 Names of the Points (listed alphabetically, continued)

- The Intermediary V 5 Chienshih
 Jade Court XIII 18 Yutang
 Jade Pillow III 9 Yuchen
 Joining Of The Valleys X 4 Hoku
 Jumping Circle VII 30 Huantiao
 Kidneys Correspondence III 23 Shenshu
 Kiln Path XIV 13 Taotao
 Knee Border VIII 7 Hsikuan
 Knee Yang Border VII 33 Tsu yangkuan
 Kunlun Mountain III 60 Kunlun
 Large Intestine Correspondence III 25 Tachangshu
 Leaky Valley XII 7 Louku
 Leg Three Miles XI 36 Tsu sanli
 Lesser Palace I 8 Shaofu
 Listening Palace II 19 Tingkung
 Little Marsh II 1 Shaotse
 Little Merchant IX 11 Shaoshang
 Little Rushing In I 9 Shaochung
 Little Sea I 3 Shaohai
 Liver Correspondence III 18 Kanshu
 Loathsome Jaws VII 4 Hanyen
 Loins Correspondence XIV 2 Yaoshu
 Loins Yang Border XIV 3 Yao yangkuan
 Long Strength XIV 1 Changchiang
 Lou End III 8 Lochueh
 Lower Duct XIII 10 Hsiawan
 Lower Great Void XI 39 Hsiachuhsu
 Lower Passage XI 7 Hsiakuan
 Lower Sacral Bone III 34 Hsialiao
 Lower Side X 8 Hsialien
 Lubrication Food Gate XI 24 Huajoumen
 Lungs Correspondence III 13 Feishu
 Mandible Wheel XI 6 Chiache
 Meeting Of Yang III 35 Huiyang
 Meeting Of Yin XIII 1 Huiyin
 Merchant Crooked IV 17 Shangchu
 Merchant Mound XII 5 Shangchiu
 Merchant Yang X 1 Shangyang
 Meridian Gutter IX 8 Chingchu
 Middle Capital VIII 6 Chungtu
 Middle Ditch VII 32 Chungtu
 Middle Duct XIII 12 Chungwan
 Middle Flowing Out IV 15 Chungchu
 Middle Hall XIII 16 Chungting
 Middle Islet VI 3 Chungchu
 Middle Of Man XIV 26 Jenchung
 Middle Of The Backbone Correspondence III 29 Chunglushu
 Middle Of The Shoulder Correspondence II 15 Chienchungshu
 Middle Of The Spine XIV 6 Chichung
 Middle Palace IX 1 Chungfu
 Middle Pivot XIV 7 Chungshu
 Middle Sacral Bone III 33 Chungliao
 Middle Seal VIII 4 Chungfeng
 Mouth Crossing XIV 28 Yinchiao
 Narrow Defile IX 7 Liehchueh
 Near Division III 36 Fufen
 Neglected Muscles VII 23 Chechin
 Not At Ease XI 19 Pujung
 Nourishing The Old II 6 Yanglao
 Official Residence XII 13 Fushe
 One Hundred Meetings XIV 20 Paihui
 Orbit Bone VII 1 Tungzuliao
 Orderly Frontier III 49 Chihpien
 Outer Bone Of The Arm X 14 Pinao
 Outer Frontier Gate VI 5 Waikuan
 Outer Mound VII 36 Waichiu
 Outside Marsh IX 5 Chihitse
 Outside Mound XI 26 Wailing
 Outside The Shoulder Correspondence II 14 Chienwaishu
 Palace Of Weariness V 8 Laokung
 Pearl Jade XIII 21 Hsuanchi
 Penetrate Heaven III 7 Tungtien
 Penetrating Inside I 5 Tungli
 Penetrating Valley III 66 Tsu tungku
 People Welcome XI 9 Jenying
 Plain Bone XIV 25 Suliao
 Posterior Summit XIV 19 Houting
 Prince's Grandson XII 4 Kungsun
 Prosperous Gate III 51 Yinmen
 Prostrate Hare XI 32 Futu
 Pure Cold Abyss VI 11 Chinglengyuan
 Purple Palace XIII 19 Tzukung
 Receive And Support III 50 Chengfu
 Receive Light III 6 Chengkuang
 Receive Tears XI 1 Chengchi
 Receiving Fluid XIII 24 Chengchiang
 Receiving Fullness XI 20 Chengman
 Receiving Spirit VII 18 Chengling
 Relax And Joy VI 12 Hsiaolo
 Released Stream XI 41 Chiehhsi
 Retired White XII 1 Yinpai
 Return, The XI 29 Kueilai
 Returning Current IV 7 Fuliu
 Rich For The Vitals Correspondence III 38 Kaohuang
 Room Screen XI 15 Wuyi
 Root Of The Breasts XI 18 Juken
 Root Spirit VII 13 Penshen
 Rushing Gate XII 12 Chungmen
 Rushing Into The Middle V 9 Chungchung
 Rushing The Frontier Gate VI 1 Kuanchung
 Rushing Yang XI 42 Chungyang
 Sea Of Blood XII 10 Hsuehhai
 Sea Of Ch'i XIII 6 Chihai
 Sea Of Ch'i Correspondence III 24 Chihaihsu
 Second Interval X 2 Erhchien
 Second Sacral Bone III 32 Tzuliao
 Servant's Aide III 61 Pushen
 Shoulder Blade II 10 Naoshu

Appendix 21 Names of the Points (listed alphabetically, continued)

- Shoulder Bone VI 14 Chienliao
 Shoulder Joint X 15 Chienyu
 Shoulder Meeting VI 13 Naohui
 Shoulder Well VII 21 Chienching
 Side Passage X 6 Pienli
 Silk Bamboo Hollow VI 23 Szuchukung
 Sinking Valley XI 43 Hsienku
 Skull Breathing VI 19 Luhsi
 Skull Meeting XIV 22 Hsinhui
 Small Angle Of Ear VI 20 Chuehsun
 Small Intestine Correspondence III 27 Hsiaochangshu
 Small Sea II 8 Hsiaohai
 Soul Door III 37 Pohu
 Spirit Burial Ground IV 24 Lingshu
 Spirit Deficiency XIII 8 Shenchueh
 Spirit Gate I 7 Shenmen
 Spirit Hall III 39 Shentang
 Spirit Hall XIV 24 Shenting
 Spirit Path I 4 Lingtao
 Spirit Path XIV 11 Shentao
 Spirit Seal IV 23 Shenfeng
 Spirit Storehouse IV 25 Shentsang
 Spiritual Soul Gate III 42 Hunmen
 Spleen Correspondence III 20 Pishu
 Stomach Correspondence III 21 Weishu
 Stomach Granary III 45 Weitsang
 Stone Border IV 18 Shihkuan
 Stone Gate XIII 5 Shihmen
 Store House IV 27 Shufu
 Storehouse XI 14 Kufang
 Strength Divider XIV 18 Chiangchien
 Sun And Moon VII 24 Jihyueh
 Supernatural Tower XIV 10 Lingtai
 Support And Rush Out X 18 Futu
 Supporting Mountain III 57 Chengshan
 Supporting Muscles III 56 Chengchin
 Supreme Rushing VIII 3 Taichung
 Supreme White XII 3 Taipai
 Suspended Pivot XIV 5 Hsuanshu
 Suspended Regulator VII 6 Hsuanli
 Suspended Skull VII 5 Hsuanlu
 Thigh Border XI 31 Pikuan
 Thought Dwelling III 44 Yishe
 Three Heater Correspondence III 22 Sanchiaoshu
 Third Interval X 3 Sanchien
 Three Yang Junction VI 8 Sanyanglo
 Three Yin Crossing XII 6 Sanyinchiao
 Through The Valley IV 20 Fungku
 Transverse Bone IV 11 Hengku
 Uniting Yang III 55 Hoyang
 Upper Angle X 9 Shanglien
 Upper Duct XIII 13 Shangwan
 Upper Great Void XI 37 Shangchuhsu
 Upper Pass VII 3 Shangkuan
 Upper Sacral Bone III 31 Shangliao
 Upper Star XIV 23 Shanghsing
 Upright Branch II 7 Chihcheng
 Upright Living VII 17 Chengying
 Upright Shoulder II 9 Chienchen
 Utmost Middle XIII 3 Chungchi
 Utmost Source I 1 Chichuan
 Utmost Yang XIV 9 Chihyang
 Valiant Stream VII 43 Hsiahsi
 Valiant White IX 4 Hsiapai
 Very Great Abyss IX 9 Taiyuan
 Vitals Correspondence IV 16 Huangshu
 Wail Of Grief III 40 Yihsi
 Walk Between VIII 2 Hsingchien
 Walking On The Verandah IV 22 Pulang
 Warm Current X 7 Wenliu
 Water Division XIII 9 Shuifen
 Water Path XI 28 Shuitao
 Water Rushing Out XI 10 Shuitu
 Water Spring IV 5 Shuichuan
 Welcome Fragrance X 20 Yinghsiang
 White Ring Correspondence III 30 Paihuanshu
 Wilderness Mound VII 40 Chiuhsi
 Wind Gate III 12 Fengmen
 Wind Market VII 31 Fengshih
 Wind Palace XIV 16 Fengfu
 Wind Pond VII 20 Fengchih
 Wind Screen VI 17 Yifeng
 Within The Breast XIII 17 Shanchung
 Womb And Heart Diaphragm III 48 Paohuang
 Wrist Bone II 4 Wanku
 Yang Crossing VII 35 Yangchiao
 Yang Mound Spring VII 34 Yanglingchuan
 Yang Net III 43 Yangkang
 Yang Pond VI 4 Yangchih
 Yang Stream X 5 Yanghsi
 Yang Support VII 38 Yangfu
 Yang Valley II 5 Yangku
 Yang White VII 14 Yangpai
 Yin Angle VIII 11 Yinlien
 Yin Capital IV 19 Yintu
 Yin Crossing XIII 7 Yinchiao
 Yin Market XI 33 Yinshih
 Yin Mound I 6 Yinhsi
 Yin Mound Spring XII 9 Yinlingchuan
 Yin Valley IV 10 Yinku
 Yin Wrapping VIII 9 Yinpao

Appendix 22 Reunion Points

Reunion points are those where pathways intersect; they include entry, exit junction and meeting points.

	I	II	III	IV	V	VI	VII	VIII	IX	X	XI	XII	XIII	XIV
I 1	X											X		
I 5	X	X												
I 9	X	X												
II 1	X	X												
II 7	X	X												
II 12		X				X	X							
II 18		X				X	X							
II 19		X	X			X	X							
III 1		X	X			X	X				X			
III 11			X				X							
III 12			X											X
III 31			X				X							
III 33			X				X							
III 58			X	X										
III 67			X	X										
IV 1			X	X										
IV 4			X	X										
IV 22				X	X									
V 1				X	X									
V 5	X				X				X					
V 6					X	X								
V 8					X	X								
VI 1					X	X								
VI 5					X	X								
VI 8		X				X				X				
VI 13						X				X				
VI 17						X	X							
VI 20						X	X							
VI 22						X	X							
VII 1		X				X	X							
VII 3							X			X				
VII 4						X	X			X				
VII 5						X	X			X				
VII 6							X			X				
VII 8			X				X							
VII 9			X				X							
VII 10			X				X							
VII 11			X				X							
VII 12			X				X							
VII 14						X	X							
VII 21						X	X							
VII 24							X					X		
VII 30			X				X							
VII 37							X	X						
VII 39			X				X			X				
VII 41							X	X						

	I	II	III	IV	V	VI	VII	VIII	IX	X	XI	XII	XIII	XIV
VIII 1							X	X						
VIII 5							X	X						
VIII 13	X			X			X	X	X				X	
VIII 14								X	X				X	
IX 1								X	X				X	
IX 7									X	X				
X 4									X	X				
X 6									X	X				
X 20										X	X			
XI 1										X	X			X
XI 5								X			X			
XI 6								X			X			
XI 12		X				X	X			X	X			
XI 25										X	X			
XI 30							X				X			
XI 40											X	X		
XI 42											X	X		
XII 1											X	X		
XII 4											X	X		
XII 6				X				X				X		
XII 12								X				X		
XII 13								X				X		
XII 21	X												X	
XIII 1													X	X
XIII 2								X					X	
XIII 3			X	X				X				X	X	
XIII 4		X		X				X			X	X	X	
XIII 5							X						X	
XIII 7				X	X	X							X	
XIII 9									X					X
XIII 10													X	X
XIII 11		X							X		X	X	X	
XIII 12		X	X		X	X	X		X	X	X		X	
XIII 13		X							X		X		X	
XIII 14	X													X
XIII 15					X									X
XIII 17	X	X		X	X	X								X
XIII 24											X		X	X
XIV 1				X			X	X					X	X
XIV 13			X											X
XIV 14		X	X			X	X			X	X			X
XIV 17			X											X
XIV 20		X	X				X	X		X	X			X
XIV 23			X				X							X
XIV 24			X								X			X
XIV 26										X	X			X
XIV 28											X		X	X

Appendix 23 Seas and Oceans

The Sea of Nourishment: XI 30; XI 36

The Sea of Energy: XIII 17; III 10; XI 9

The Sea of Blood: III 11; XI 37; XI 39

The Sea of Bone Marrow: XIV 15; XIV 16; XIV 19; XIV 20

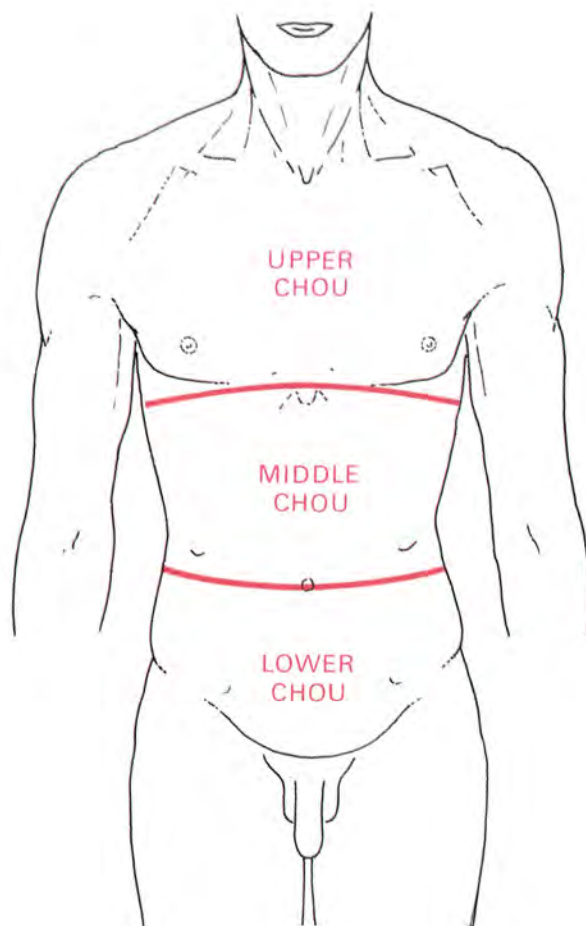
Appendix 24 Sedation Points

I	7	●	Spirit Gate
II	8	●	Small Sea
III	65	●	Bone Binder
IV	1	●	Bubbling Spring
V	7	●	Great Mound
VI	10	●	Heavenly Well
VII	38	●	Yang Support
VIII	2	●	Walk Between
IX	5	●	Outside Marsh
X	2	●	Second Interval
XI	45	○	Hard Bargain
XII	5	○	Merchant Mound

Appendix 25 Source Points □

I	7	●	Spirit Gate
II	4		Wrist Bone
III	64		Capital Bone
IV	3	●	Greater Mountain Stream
V	7	●	Great Mound
VI	4		Yang Pond
VII	40		Wilderness Mound
VIII	3	●	Supreme Rushing
IX	9	●	Very Great Abyss
X	4		Joining Of The Valleys
XI	42		Rushing Yang
XII	3	●	Supreme White

Appendix 26 Three Chou



Appendix 27 Tonification Points

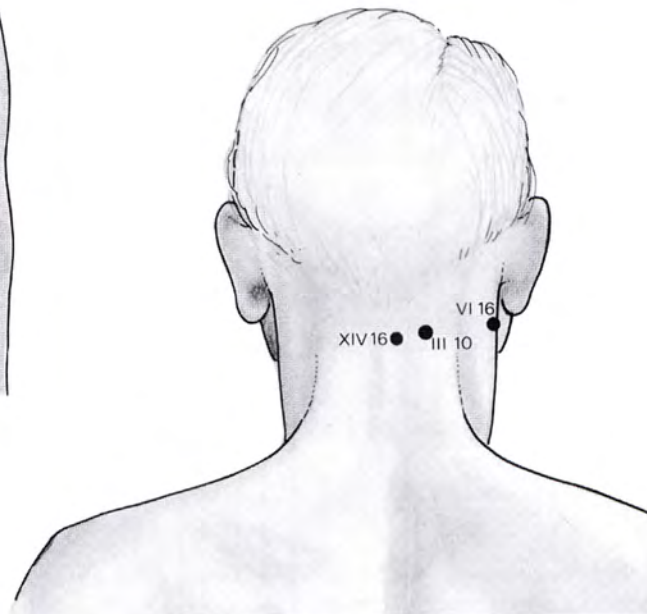
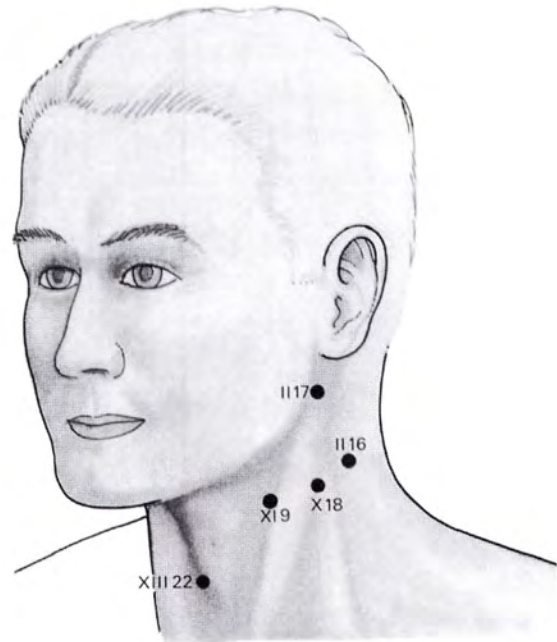
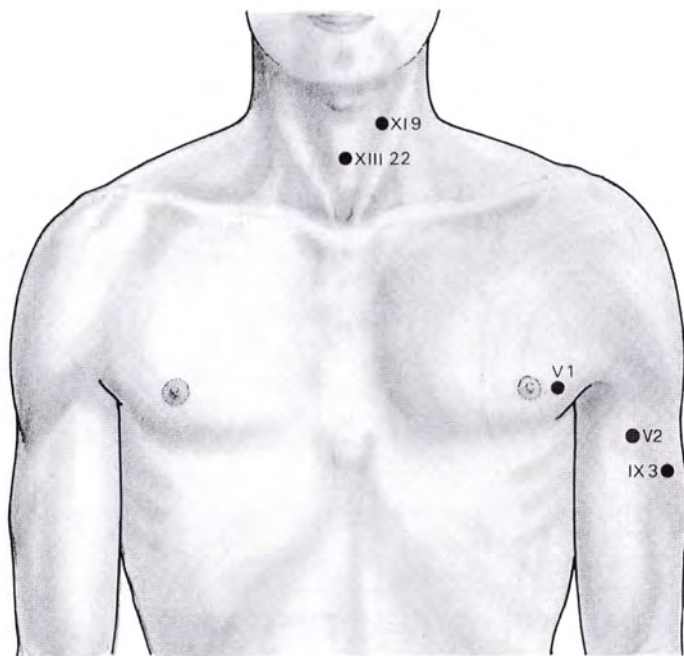
I	9	●	Little Rushing In
II	3	●	Back Ravine
III	67	○	Extremity Of Yin
IV	7	○	Returning Current
V	9	●	Rushing Into The Middle
VI	3	●	Middle Islet
VII	43	●	Valiant Stream
VIII	8	●	Crooked Spring
IX	9	●	Very Great Abyss
X	11	●	Crooked Pond
XI	41	●	Released Stream
XII	2	●	Great Capital

Appendix 28 Water Points ●

I	3	Little Sea
II	2	Forward Valley
III	66	Penetrating Valley
IV	10	Yin Valley
V	3	Crooked Marsh
VI	2	Fluid Secretion Gate
VII	43	Valiant Stream
VIII	8	Crooked Spring
IX	5	Outside Marsh
X	2	Second Interval
XI	44	Inner Courtyard
XII	9	Yin Mound Spring

Appendix 29 Windows of the Sky

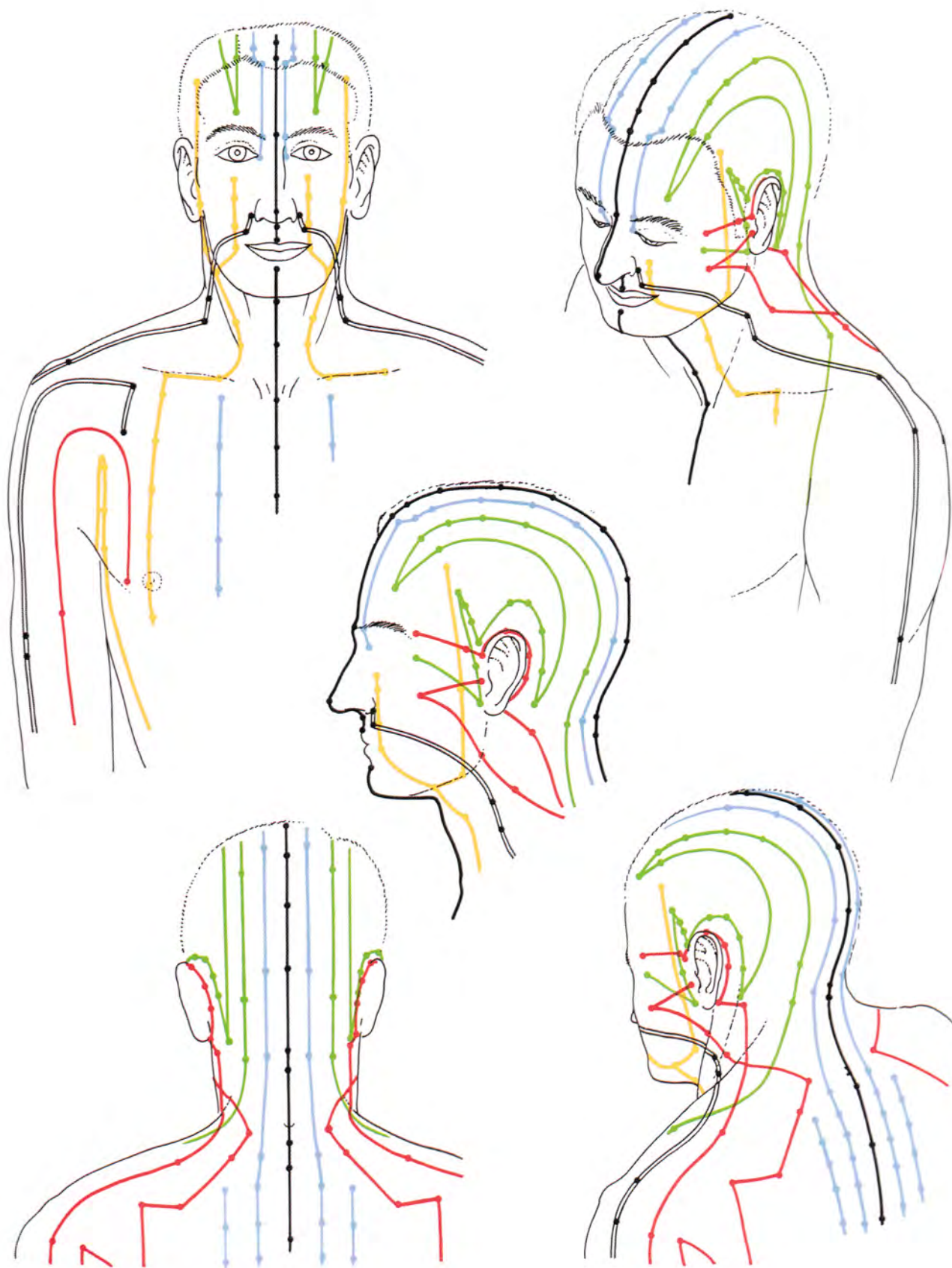
II	16	Heavenly Window
II	17	Heavenly Appearance
III	10	Heavenly Pillar
V	1	Heavenly Pond (men)
V	2	Heavenly Spring (women)
VI	16	Heavenly Window
IX	3	Heavenly Palace
X	18	Support And Rush Out
XI	9	People Welcome
XIII	22	Heaven Rushing Out
XIV	16	Wind Palace



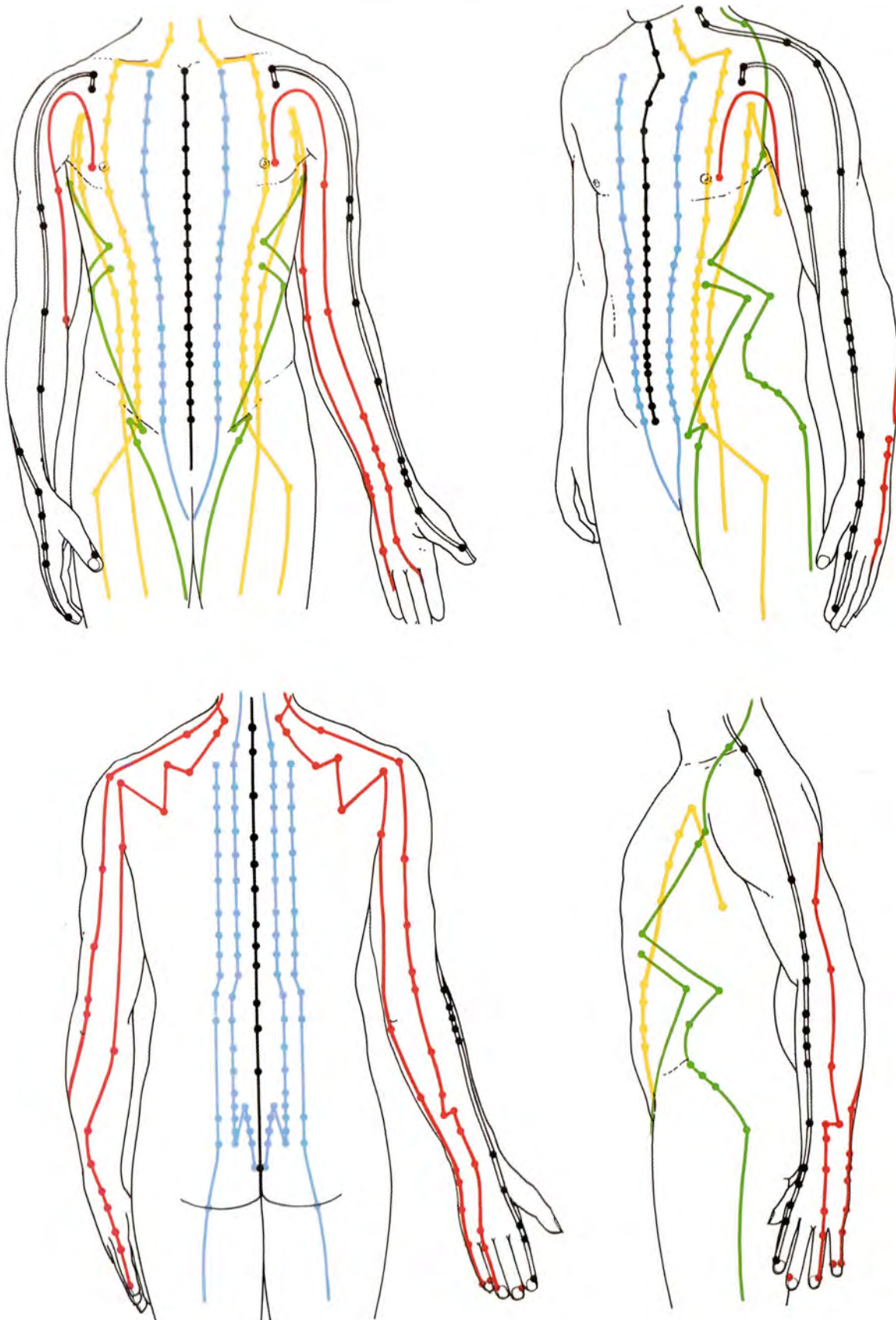
Appendix 30 Wood Points ●

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II	3	Back Ravine	VIII	1	Great Esteem
III	65	Bone Binder	IX	11	Little Merchant
IV	1	Bubbling Spring	X	3	Third Interval
V	9	Rushing Into The Middle	XI	43	Sinking Valley
VI	3	Middle Islet	XII	1	Retired White

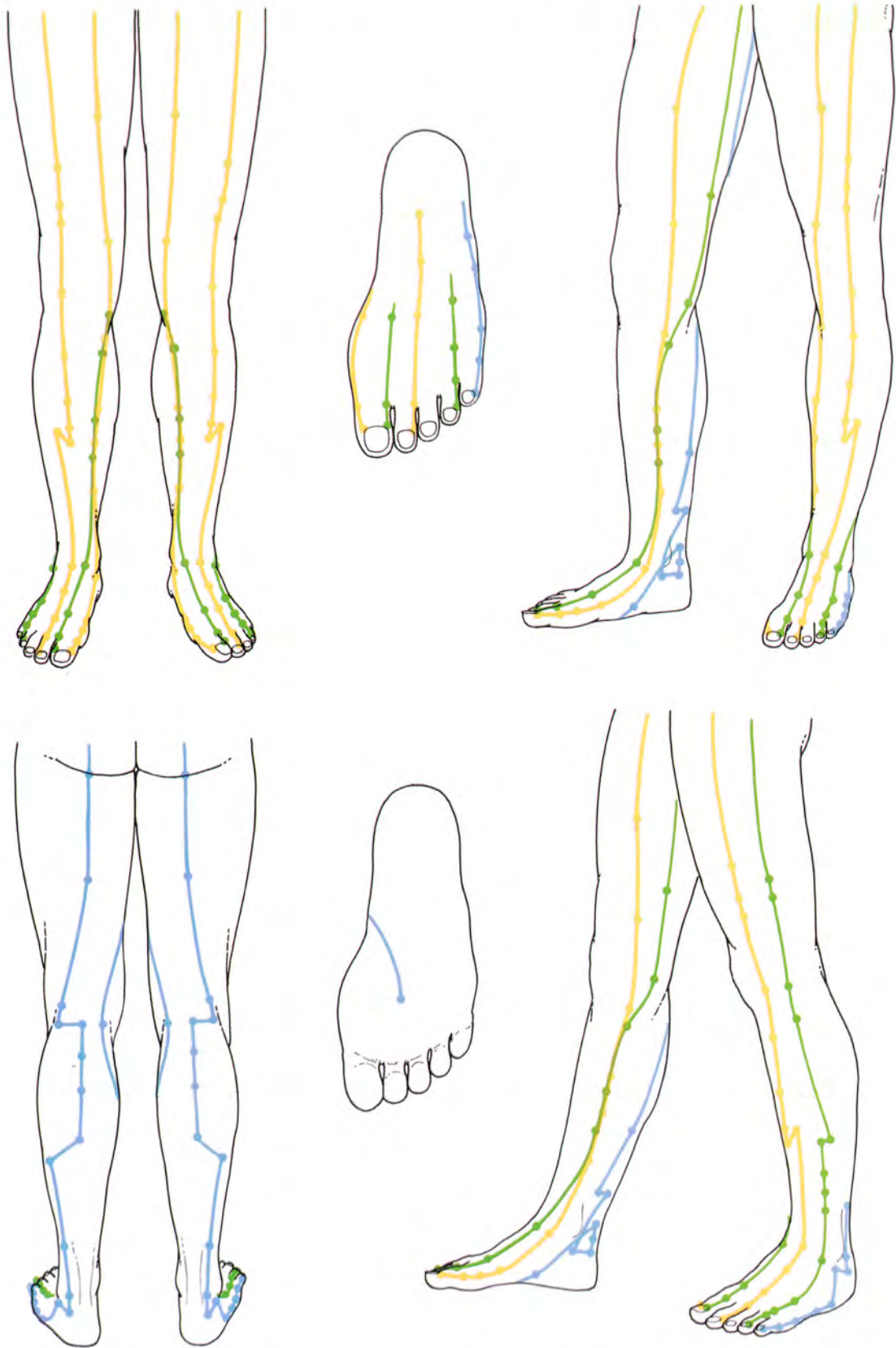
Appendix 31 Composites of Twelve Main Meridian Pathways and Two Vessels



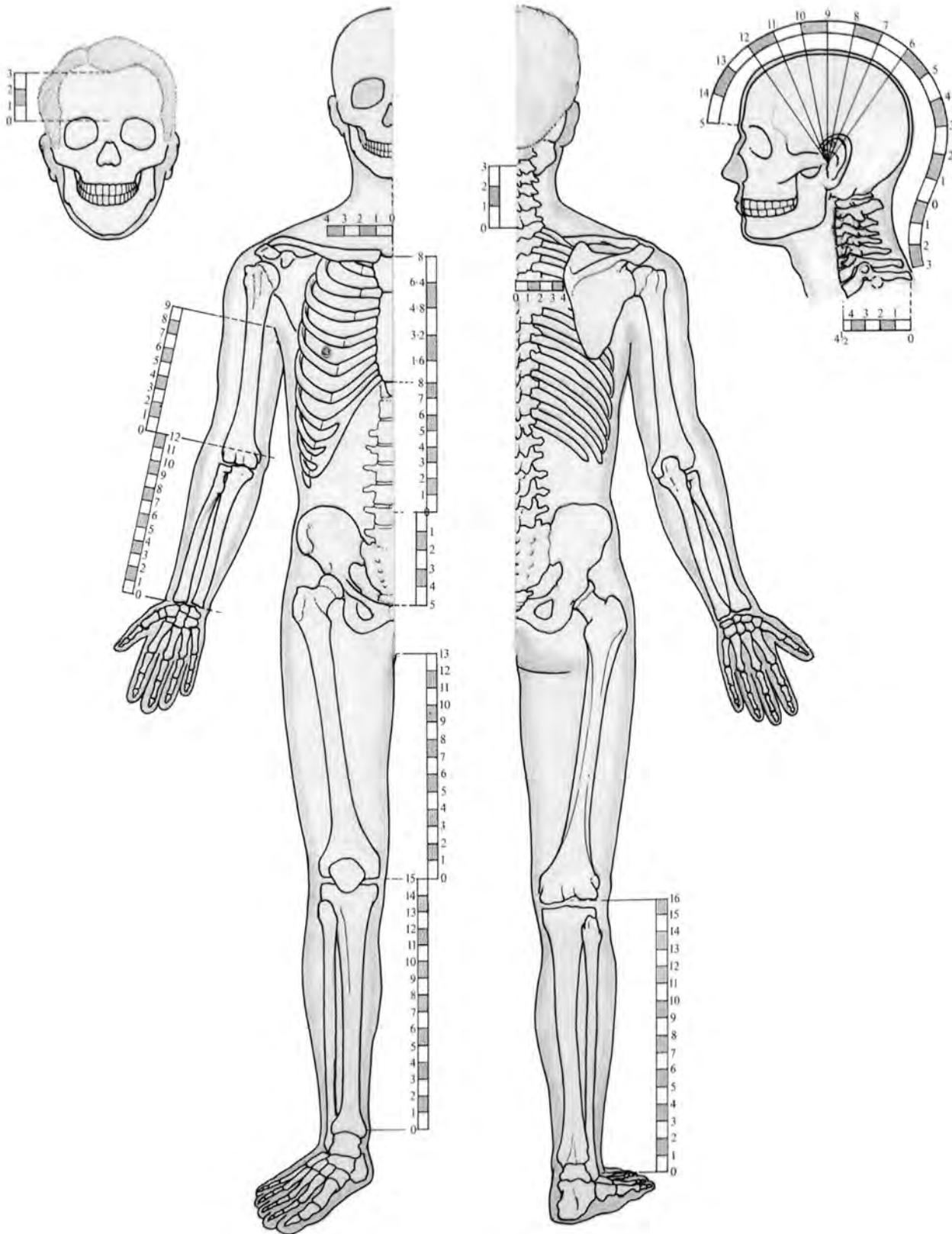
Appendix 31 Composites of Twelve Main Meridian Pathways and Two Vessels (*Composites continued*)



Appendix 31 Composites of Twelve Main Meridian Pathways and Two Vessels (*Composites, continued*)



Appendix 32 Composites of ACI Grids



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**Praise for Professor J.R. Worsley and
*Classical Five-Element Acupuncture Volume I:
Meridians and Points***

“Dr. J.R. Worsley was a modern master, not only of acupuncture, but also of healing and of human nature itself. He was a man of enormous certitude, wielding a secure and easy authority that comes only from purity of heart and adherence to the truth. This definitive book on the acupuncture points is yet another of his innumerable gifts to humanity.”

—**Eliot Ivanhoe, M.D.**

“J.R. Worsley was a master clinician and wonderful teacher of Chinese medicine. He has influenced many people and it is fitting that his *Classical Five-Element Acupuncture Volume I: Meridians and Points* text has been edited and reprinted, so that his influence may continue.”

—**Fritz Frederick Smith, M.D.**, and dear friend and early student of J.R.

“This beautifully illustrated atlas has been an essential guide for acupuncture students over the years. The names, locations and properties of each point are clearly presented. This book is the unsurpassed reference standard for Five Element acupuncturists.”

—**Ronald Puhky, M.D.**

Five Element Acupuncture Physician Training Program

“In this book, Dr. Worsley has given the acupuncture world an extraordinary resource for locating acupuncture points in the Five-Element Acupuncture tradition. The illustrations are very easy to understand, the point location descriptions are precise and well developed. This book provides an invaluable guide to point location, and is very easy to use in one's daily work. This is clearly the work of a Master of Acupuncture, a Master Practitioner and great teacher.”

—**Marion Louise Skelly, Class of 1972**

“Dr. J.R. Worsley has brought to the modern world the gift of Five Element Acupuncture, a system of healing that profoundly touches body, mind and spirit. His teachings and clinical acumen have created an organized method to allow anyone seriously interested in using this ancient healing system a means to be effective in treating patients. This *Volume I* of his series of texts provides accurate illustrations and information about each acupuncture point and is an essential reference for anyone practicing Five Element Acupuncture.”

—**Charles A. Moss, M.D.**

Five Element Acupuncture Physician Training Program

"I had been introduced to acupuncture before I was trained in orthodox medicine, when Professor Worsley had treated my mother and she no longer had asthma. At medical school in the late 70's, although I was allowed to do a project on acupuncture, it was generally accepted only as a form of treatment of pain. Today acupuncture is used in hospitals frequently as pain relief or in dealing with drug addiction, occasionally in the terminally ill and in obstetrics.

"Professor Worsley, however, dedicated many years of his life to learning, practicing and teaching an older classical form of acupuncture. Having been treated myself and seen patients treated with this style of acupuncture, it is even more amazing to see the healing of the body, the relaxing of the mind and the spiritual development that occurs with Classical Five- Element Acupuncture as taught by Professor Worsley.

"We cannot explain this in western medicine for we do not even have the vocabulary to describe the effect of the spirit on the body or the mind, and so Professor Worsley and his colleagues have continued to refine the concepts of an ancient Chinese form of healing in order to help practitioners in the west learn this skill. This book is the first in a series, which outlines the philosophy and practice of Classical Five-Element Acupuncture, and it clearly defines the points needed by practitioners to help their patients.

"I wish every reader success in their practice of this ancient system of healing."

—**Dr. Jill O'Hagan**, Physician, UK

"The world of medicine is an immensely richer place for Professor J.R. Worsley's tireless, utmost dedication and pioneering effort in bringing such a truly wonderful system of medicine into the Western hemisphere. There are so many gifts he shared with us and here is one of the maps to help us all connect with that wonderful world. Through the muscles, sinews, and bones and into the mountains, valleys, ponds, we can all continue to help balance each person's life force. It is truly a gift he has shared with us. Enjoy the map and enjoy the flow of the journey."

—**Dr. Martin Allbright**, Physician, UK

"*Volume I* has been my constant clinic companion for twenty years. My frayed original copy welcomes this trim new edition into service. Dr. Worsley's vision in creating *Volume I* continues to shape and support my seeing the energy pattern of us humans as an integrated whole."

—**Floyd Herdrich**

President, Acupuncture and Oriental Medicine Alliance

"*Classical Five-Element Acupuncture Volume I* is a must for both the student and the seasoned practitioner. It contains detailed diagrams and beautiful illustrations that make it easy to read and use. I couldn't practice without this valuable point location guide. It resides next to my treatment table at all times."

—**Eric P. Hartmann**, Veterinarian and Acupuncturist

"Professor J.R. Worsley was my beloved and respected teacher for 13 years. Among the many thousands of lives he saved and transformed I must personally count my own, my parents' and husband's, the lives of my patients, and their families, as well as my future students, patients, and their families. J.R.'s life was a blessing for all who had contact with him. I am so glad this book is back in circulation so that more generations of students can have a glimpse of the clarity of his instruction, the simplicity and beauty of this medicine. May Professor Worsley's life long message of love, healing and joy be transmitted to every reader."

—**Miriam Cooper**

"*Classical Five-Element Acupuncture Volume I*, created by Professor J.R. Worsley, is unique in the world of the healing arts. I had the great honor to study with Professor Worsley for over a quarter of a century. This book is an invaluable tool for all acupuncturists."

—**C. Samantha Lyons**

"I was privileged to know J.R. Worsley for over twenty years. Treatment by his Classical Five-Element Acupuncture for nearly 25 years has benefited me in every aspect of my life."

—**Laurence Lyons, Ph.D.**

"This book is an absolute treasure. The acupuncture points are described with total clarity and simplicity, which gives me confidence and certitude in locating and needling the point, ultimately benefiting the patient. With this updated, masterful edition of *Volume I: Meridians and Points*, Professor J.R. Worsley and J.B. Worsley, D.Ac., have made it so easy for us to practice this wonderful system of medicine, Classical Five-Element Acupuncture. This book is truly a work of art and science for the benefit of all humanity."

—**Declan Rothwell**

"It was a tremendous honor to study with J.R. Worsley. His dedication to proper diagnosis and precise point location was such a clear example of how he practiced with deep integrity. My dog-eared *Volume I* is a testament to J.R.'s wise and exacting guidance. I'm thrilled this beautifully designed and illustrated new edition of *Volume I: Meridians and Points* is available to assist all practitioners to follow in his exceptional manner."

—**Judy Pruzinsky**

"My heartfelt thanks go to Professor J.R. Worsley and J.B. Worsley, D.Ac. for their successful efforts to produce the finest point location textbook ever published."

—**Suzanne Burnell**

Professor J.R. Worsley
D.Ac. (China), M.Ac. (China), N.D. (UK), Professor (China)

His Achievements and Honours include:

- Professor of the College of Chinese Medicine, China
- Master and Doctor of Acupuncture, China
- Honorary Professor of the Department of Oriental Medicine at Won Kwang University, Korea
- Vice-President of the World Academic Society for Acupuncture
- Founder President of the College of Traditional Acupuncture, UK
- Founder President of the Traditional Acupuncture Institute, USA
- Founder President of the Norwegian School of Traditional Acupuncture
- Founder President of the Traditional Acupuncture Society, UK
- Professor of the Medical Acupuncture Society, South Africa
- Honorary President, Compagnonnage d'Acupuncture Traditionelle, France
- Professor of the Argentine Medical Acupuncture Society
- Founder President of the Worsley Institute of Classical Acupuncture, USA
- Founder of the Master Apprentices Program (MAP™)

Other Works by J.R. Worsley

- *Is Acupuncture for You? (Everyone's Guide To Acupuncture)*
- *J.R. Worsley Talking About Acupuncture in New York*
- *The Meridians of Ch'i Energy: Point Reference Guide*
- *The Law of Five Elements (Wall Chart)*
- *The Meridians of Qi Energy (Wall Charts)*
- *Traditional Acupuncture Volume I: Meridians and Points*
- *Traditional Acupuncture Volume II: Traditional Diagnosis*
- *Classical Five-Element Acupuncture Volume III: The Five Elements and the Officials*
- *The Spirit of the Points**
- DVD's: *A Library of the Teachings and Consultation Work of Professor J.R. Worsley and Dr. J.B. Worsley, D.Ac.*
- *An Introduction to Classical Five-Element Acupuncture™: A Public Talk in Seattle (Video)*

*Professor Worsley completed his work on *The Spirit of the Points* shortly before he died. Publication is planned for 2005.

For further information about J.R. Worsley's work, please visit:

www.worsleyacupuncture.com and *www.worsleyinstitute.org*

Errata Sheet

Classical Five-Element Acupuncture

Volume I

Meridians and Points

Fourth Edition

J.R. and J.B. Worsley

On Page 33, the correct number of moxa for **III 52 Floating Reserve** is 3-7.

On page 73, the point location for **VII 15 Head Above Tears** should read: "On the head, 1/2 ACI posterior to the natural hair line, on a vertical line superior to the middle of the pupil when the eye is looking straight ahead."

On page 105, the moxa symbol, Δ , is missing from the information on **X 11, Crooked Pond**.