

# Worsley Five Element Acupuncture

Peter Borten

- Origins unclear (see Eckman's "In the Footsteps of the Yellow Emperor") J.R. Worsley learned from teachers in Germany and Asia and primarily from two teachers named Ono and Hsui. Clearly a synthesis of many different philosophies.
- Founded several schools
- Style changed, refined over his lifetime
- Several of his former students developed variations on his teachings
- Worsleys adopted the name Classical Five Element Acupuncture (CFEA) to distinguish it from other styles, later changed to Worsley Five Element Acupuncture.



## Major Characteristics of CFEA

- Extensive use of language and metaphors of the elements
- Refers to organ-meridian entities as "officials" and point names by roman numerals beginning with the Heart (I)
- Diagnosis of Causative Factor (CF) *solely* by color, sound, odor, and emotion
- Diagnosis of Level – Spirit, Mental, or Physical
- Emphasis on practitioner/client rapport
- Extensive intake - "Traditional Diagnosis" – involves practitioner testing the elements, looking for opportunities to go deeper
- Identification and removal of blocks

# **Major Characteristics of CFEA**

- Broad interpretation of point names, use of "spirit points"
- Extensive use of direct moxa
- Tonification technique with no retention
- Many point locations vary from TCM
- Painsstaking accuracy in point location
- Unique pulse system
- Treatment almost exclusively on the two meridians of the CF, the two associated back Shu points, any of the outer Shu points, any points on the CV and GV, and the Kidney points of the chest
- Emphasis on practitioner's personal development, honing of senses, being present, flexible
- Prescribing homework



# **Color, Sound, Odor, Emotion**

- All are most pronounced when patient is uncomfortable, their CF is being pushed
- Odors: all are unpleasant
  - Putrid (Water) is like old urine, stagnant water, public bathroom
  - Rancid (Wood) is often an animal-like smell, goaty, wet wool, rancid oil
  - Scorched (Fire) is like burnt cotton, overdried laundry, old cast iron pan
  - Fragrant (Earth) is like wilting flowers left too long in vase, sweet floral soap, maybe like vomit, cloying, sticky, lingering
  - Rotten (Metal) is like a dumpster, garbage, feces

# **Color, Sound, Odor, Emotion**

- Colors: look for at temple, off the skin
  - White (Metal) may look shiny, pearly
  - Ashen is much more common in Fire (lack of Fire) than red is. Often powdery
  - Blue is the Water color in this system (not black)
  - Wood is green
  - Earth is yellow. Yellow around the mouth and chin may appear in individuals who simply have a current spleen or stomach issue, and is not necessarily indicative of Earth as CF



# **Color, Sound, Odor, Emotion**

## **– Sounds:**

- Earth: Singing
- Metal: Weeping or about to cry
- Water: Groaning, often monotonous
- Wood: Shout (or lack of shout)
- Fire: Laughing (especially inappropriate)

# Color, Sound, Odor, Emotion

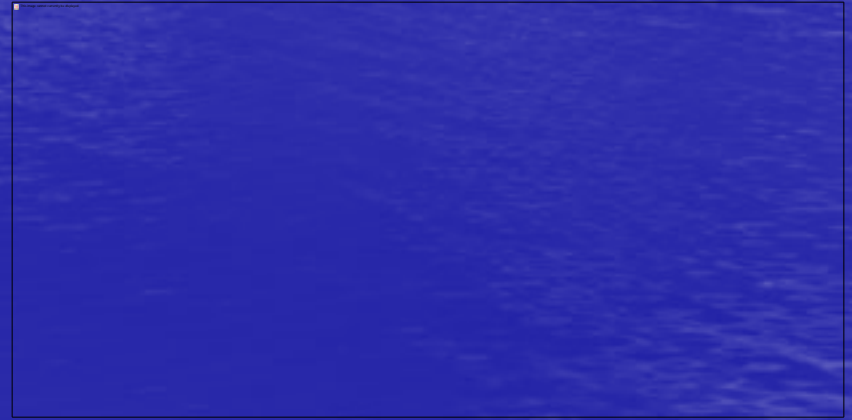
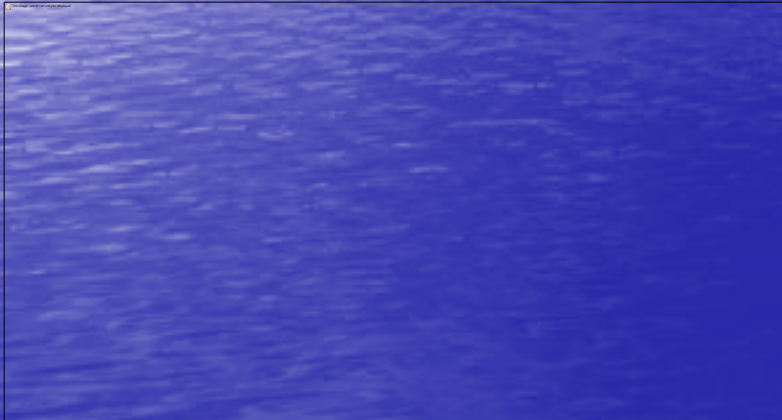
## – Emotion:

- The key is that the emotion appears inappropriately. Either is excessively present or conspicuously absent, cannot be resolved
- Water: Fear (lack of fear)
- Wood: Anger (lack of anger)
- Fire: Giddiness (lack of joy)
- Earth: Sympathy (excessive soliciting, offering or inability to receive/give it)
- Metal: Grief (lack of grief)



# CFEA Pulse Taking

- Very light touch, feeling for Qi above the artery rather than the artery itself
- Mostly a measure of (true) strength rather than quality
- Each official rated -3 to +3 (check for 0/perfect)
- Excess values are rather uncommon



# Priority of Blocks

1. Possession
2. Aggressive Energy
3. Husband-Wife Imbalance
4. Entry-Exit (CV-GV highest priority)
5. Major spirit-level blocks (Ht-1, K-24, CV-1)
6. Umbilical Pulse
7. Akabane



## Treatment Flow

1. Establish rapport, confirm diagnosis
  2. Check pulses and eyes for blocks
  3. Clear any blocks
  4. "Engage the level" (spirit points)
  5. Energy transfers (uncommon)
  6. Finish with a command point (or other point from knee/elbow down) on each of the meridians of the CF
- \* Check pulses after attempting to clear any block, and after nearly every point needed

# Possession

- “Possession won’t kill a person, but it may make you want to kill them, or it may make them kill themselves or someone else.” – Khosrow Khalighi
- Practitioners disagree about prevalence
- Obscures expression of true self
- Prevents treatments from reaching their target
- Diagnosed by eyes
- Two types: internal and external (refers to origin of possession)
- Treatments enlist assistance of Dragons (two sets of 7)



## **Internal Demons**

- Originates from one's own psycho-emotional processes; deep invasive trauma; old trauma; chronic addiction
- Internal Dragon Treatment: Master point below CV-15, St-25, St-32, St-41
- Needled top down and right to left, de Qi, dispersed (1/2 counterclockwise turn)
- MUST contact Qi in a very pronounced way
- Extra needles are okay
- Retained until eyes clear (and pulse improves). Feel pulses first after 10 minutes
- If fails, suspect incorrect point location or external level possession. Some practitioners tonify if treatment hasn't worked
- Always follow with supporting the patient's CF to stabilize

## External Demons

- Origin is obvious external trauma, usually recent, some include EPI's
- External Dragon Treatment: GV-20, BL-11, BL-23, BL-61
- Needled top down and right to left, de Qi, dispersed (1/2 counterclockwise turn)
- MUST contact Qi in a very pronounced way
- Extra needles are okay
- Patient sits for the entire treatment (wrists crossed, palms up during point location)
- Retained until eyes clear (and pulse improves) – feel pulse first after 10 minutes
- If fails, suspect incorrect point location or internal level possession. Some practitioners tonify if treatment hasn't worked
- Always follow with supporting the patient's CF to stabilize



# Aggressive Energy

- Toxicity – “pollution of the body, mind, and spirit” – seems to result from the way certain individuals internalize a stressful external environment. Some say more common in urban dwellers.
- Must be cleared before other treatment. Some believe it can be induced to spread
- Suspect it if patient feels worse after treatment
- Spreads via controlling cycle
- One of two things (along with H-W block) that people die from
- Common in insomnia, anxiety, cancer

## **Aggressive Energy**

- Treatment and diagnosis in one procedure: "Tapping for AE"
- Always performed in patient's first treatment
- Very superficial needling of inner back-shu points of 6 Yin organs
- "Test needles" at several non-points
- Patient is seated with wrists crossed, palm-up
- Round erythema around needles on both sides is positive for aggressive energy in that organ
- Non-round erythema is usually not AE
- Unilateral erythema usually means other side incorrectly located
- Patient can lie on their side or belly once needles are placed



## **Aggressive Energy**

- Needles are retained until all erythema clears. This may take a long time. If the patient can't stay until they all clear, they must return soon to repeat the treatment
- Some practitioners recheck at next treatment, any time sleep is suddenly disturbed or patient feels worse after a treatment
- If pulses don't respond (immediately) to treatment, suspect a block, usually AE
- If patient is positive for AE, must redo treatment that was done before clearing it (or consider it ineffective)
- A patient who tests positive for AE is likely to reacquire it later; an adult who doesn't test positive at their first treatment will probably never develop it

## Husband-Wife Imbalance

- Internal conflict – 6 right pulse officials suppress the 6 left pulse officials
- A disunited family – the 12 officials are in civil war
- Patient often describes feeling pulled in two different directions, internal conflict, oppressive home or work environment
- Along with AE, one of the two blocks people die from
- The overall strength of the right hand pulse is greater than the overall strength of the left hand pulse, *and* the right side tends to feel hard while the left side feels squashed or suppressed
- Corrected by energy transfer (all tonifications, needles only, no moxa)
  1. Metal to Water: BL-67, K-7 (sheng)
  2. Earth to Water: K-3 (ke)
  3. Metal to Wood: Lv-4 (ke)
  4. Then source points of (left side) Fire officials (i.e., Ht-7, SI-4)



# Husband-Wife Imbalance

- If the treatment to correct it doesn't work, continue with the following until it corrects:
- Stage 2: Four needle tonification on one or both Water meridians:
  - Tonify Metal on Water meridian (sheng)
  - Tonify Metal on Metal (sheng)
  - Sedate Earth on Water (ke)
  - Sedate Earth on Earth (ke)
- Stage 3: Sedate source points on Wife (left hand) meridians, then repeat Stage 1 (energy transfers)

# Husband-Wife Imbalance

- Stage 4: Sedate the back-shu points bilaterally of the Wife (right hand) meridians. With needles still in, after about 10 minutes, tonify the back-shu points of the Husband (left hand) meridians (moxa is okay too)
  - Stage 5: Four needle sedation of Husband meridians.
    - Sedate the son points on the affected meridians
    - Sedate the son points on the son meridians
    - Tonify the controlling points on the affected meridians
    - Tonify the controlling points on the controlling meridians
- Then repeat original energy transfers. Finally, you can repeat four needle tonification on Wood and Ht/SI
- Check pulses after every needle. Ideally, the patient should not leave until this is corrected – the worst block.



## Entry-Exit Blocks

- Comparing pulse positions which correspond to two consecutive meridians in diurnal Qi flow, the preceding one is stronger and harder than the following one
- If several E-E blocks are present, do the most significant one first
- Can occur between the two officials of a Yin-Yang pair, but uncommon
- Treatment: tonify exit point (bilaterally, needle only, no moxa) of first meridian, then tonify entry point of second meridian
- Use PC-2 instead of PC-1 on women
- In CV-GV block, all pulses very weak (-2½ to -3).  
Needle CV-1, CV-24, GV-1, GV-28

# Entry-Exit Blocks

– Main E-E blocks:

- SI-19 / BL-1
- K-22 / PC-1 (2)
- SJ-22 / GB-1
- Lv-14 / Lu-1
- LI-20 / St-1
- Sp-21 / Ht-1



## Jarrett on Entry-Exit Blocks

- **Ht/Sp:** This block involves an inability to let nourishment into the deepest level of one's heart. It may present as a weak, yielding Heart overpowered by the Spleen's tendency for compulsion: eating disorders with Heart xu (SOB, palpitations, insomnia) or as an unstable Heart over-taxing the Spleen's nourishment: overeating for a love-starved person or excessive need for control & selfishness as one's needs are not met. Belief patterns include the notion that substantial nourishment is not available in life. Also there is the tendency to rely on significant others for nourishment and then feel abandoned when the other feels burdened and withdraws. Negative affirmations such as "I'm not good enough" typify this block. Clearing this block has a similar energetic effect to Gui Pi Wan.

## **Jarrett on Entry-Exit Blocks**

- **K/PC:** This pattern increases when the threat of intimacy is present. One's fear of intimacy may continually extinguish one's Heart fire, resulting in an emotionally cold and joyless presentation. One is likely to evidence tendencies toward mania and hyper-sexuality. Freeing this block helps bridge the dark journey from Kd-18,19,20, and 21 to the joys and pleasure associated with the Heart Protector. Note: Pc-1 is "forbidden" for women, but it's good in that it's also a window of the sky point. Pc-2 is usually substituted for women. However, Pc-1 is feasible for women with smaller breasts and appropriate patient rapport.



## **Jarrett on Entry-Exit Blocks**

- **Lv/Lu:** This presents as Liver Qi stagnation with Lung Qi xu: breast tenderness, gas pain, SOB, asynchronous heartbeat and breath rhythm. Sighing may reflect stagnant Liver Qi affecting the Lung. There may be a loss of both aspiration (Liver) and inspiration (Lung). The flow of energy from Lv-14 to Lu-1 provides a connection between the eyes turned upward to heaven and the spiritual connection felt from the Lung. An inflated diaphragm pulse (between the medial and distal positions) indicates stagnation of Qi and/or heat between upper and middle jiaos. This can coincide with repression of tender feelings from the Heart/PC in the upper jiao (often occurring after a break-up during the process of individualizing), while anger is repressed in the middle jiao. (Note: CFEA location of Lv-14)

## Jarrett on Entry-Exit Blocks

- **SI/BL:** This block presents with an inability for the patient to accept life as it occurs in the moment. Listening and seeing may be affected as one habitually rejects momentary reality. Often the patient's mind so colors life that one's interpretation of what is said or seen bears no relation to reality. Thus the patient may have a predominant sense of not being heard, convinced that others do not understand him or her. SI-19 empowers listening to one's or another's heart intuitively and immediately without deviation, bypassing the analytic faculties of the mind. BL-1 expresses ming men's fire, seen as a shine in the eyes.



## **Jarrett on Entry-Exit Blocks**

- **SJ/GB:** The GB empowers vision and the SJ represents the external world. A block here involves the projection of judgments based on incomplete information from the San Jiao. This may result in anger, bitterness, and resentment. Physical symptoms include migraines, visual problems, TMJ, grinding of teeth, and clenched jaw. Wind and heat tend to accumulate at these points and can lead to frustration and a chaotic picture of the world.

## **Jarrett on Entry-Exit Blocks**

- **LI/St:** This block is characterized by an inability to let go of the undigested aspects of past experience, including perhaps an inability to reach the stage of grieving and letting go of a traumatic loss. Often presents with an inability to cry. This energetic pattern infringes on post-natal support of the Jing and Ming Men via alimentation and respiration. Physical symptoms include chronic sinusitis, candidiasis, nasal polyps, face rash, allergies, and other visual or digestive symptoms. Note: The olfactory nerve terminates in the limbic system, which is related to human emotion.



# Major Spirit Blocks

- K-24: Spirit Burial Ground – for when the spirit is “dead” and needs to be resurrected
- Ht-1: Utmost Source – for when there is no connection to a higher power, a sense of being part of something larger than oneself
- CV-1: Meeting of Yin: A first aid point for drowning and, spiritually, for a person who is “drowning” in their life circumstances – life is completely overwhelming

# **Umbilical Pulse**

- Press the tips of all the fingers into the patient's umbilicus. The pulse should be centered under it.
- If the pulse is off-center, massage it toward the center
- Can be unusually effective treatment for issues with nutrition, nourishment on any level



# **Akabane Blocks**

## **AKA Junction Blocks**

- Do Akabane test on jing-well points of toes and fingers (for Kidney, use the medial aspect of the base of the 5<sup>th</sup> toenail, opposite Bladder)
- Differences of >30% between sides indicate probable block. Treat meridian with biggest discrepancy first

## **Akabane Correction**

- Complete as many stages as necessary to correct block, retesting after each stage
- Stage 1: Tonify Luo point on deficient side (higher number) – needle only
- Stage 2: Tonify source point on deficient side
- Stage 3: Tonify Luo point on deficient side again
- Stage 4: Tonify back-shu point on deficient side
- Stage 5: Reduce Luo point on excess side; while it drains, re-tonify Luo on deficient side
- Stage 6: Reduce back-shu point on excess side; while it drains, re-tonify back-shu point on deficient side



## Selected Spirit Points

BL-10: Heavenly Pillar (window)

- For the person who lacks courage. There is no sense of internal strength.

BL-58: Fly and Scatter (junction)

- For when Water is stagnant, putrid. This point breaks up water stagnation. Opens the dams. Improves water quality.

BL-63: Golden Gate

- The Golden Gate in Chinese myth is the gate to the life-giving qualities of water. This point lets a person know when to tap and when not to tap into the reservoir.

K-1: Bubbling Spring (wood)

- A spring just coming up - clear, cool, and pure. For a sense of clearness, a bursting forth - so close to the source. (Closer to the source than K-5 - Water Spring)

K-2: Blazing Valley (fire)

- The next stage on water's journey. Cold water gets warmed up in the Blazing Valley.

K-5: Water Spring

- Evokes a similar image to Bubbling Spring - movement, water coming forth to provide. This point is further down the mountain.

K-9: Building Guest

- This point invites the ancestral energy in. It opens the patient up for wisdom to come in and reside. Fosters the ability to reflect and to gain wisdom. Good for when a person starts making life changes, but isn't yet reflecting on how these changes are helping.

## Selected Spirit Points

### K-24: Spirit Burial Ground

- One of the most potent points for resurrecting the spirit. This person is so cut off from their spirit, it really shows. There may be a sense of total loss, depression. It's as though there is no spirit. They're hopeless. The person may appear quite functional, but there is truly a sense of utter emptiness inside. This point helps resurrect the patient's connection to Spirit. This point often produces a dramatic response - hope.

### K-25: Spirit Storehouse

- A person may be on the verge of needing Spirit Burial Ground - the spirit is taxed but not yet dead and buried. Tapping into this point connects with energy that is always there. As babies, we so easily reconnect to this reservoir of Spirit - to instantly switch from crying to delight (an apparent disconnection to reconnection).

### K-26: Amidst Elegance

- For a person who isn't feeling the brilliance of the spirit within them. They long for it. They're somewhat connected, but not really feeling it, not really trusting it. This point is like entering the elegant palace of the spirit. For when there is a lack of elegance (a reflection of Spirit) in our actions, our relationships, our speech. This brings a person to a place of feeling good about themselves, elegant.

### GB-8: Flowing Valley

- For a person who just needs to move on in the spirit level. When one is stuck, this point puts them in touch with the smooth quality of wood - wood's flow. When wood energy moves smoothly, life proceeds in a smooth way. This point is for when a person's flow (body / mind / life) has a jagged / halting / start and stop quality. Sometimes there is friction between the two officials of this element - the planner wants one thing and the decision maker wants another. May combine with GB-9.

### GB-16: Eye Window

- Provides something similar to a window point. For a patient who is unable to see themselves. Allows them to open the eye that looks inward. For when a person seems blind to the world, wrapped up in their own frustration or struggle. Don't be as hesitant with using this point as you would with the use of a window of the sky point; timing is less critical here.



## Selected Spirit Points

### GB-24: Sun and Moon

- The sun and moon represent the two aspects of the spirit - the mother and father, the Yin and the Yang. This point is for a split in the spirit of the patient - an internal conflict. For when the person does not feel whole. Balances and harmonizes. Brings coordination on the level of the soul.

### GB-37: Bright and Clear (junction)

- Anchors a person in clarity.

### GB-40: Wilderness Mound (source)

- A mound is a place of stability, gathering, power to draw from [a high point]. For when feeling lost in the wilderness.

### Lv-1: Great Esteem

- Opens a door. Reinforces one's sense of Self.

### Lv-5: Insect Ditch

- For agitation, edginess - buggy, like insects crawling on the skin.

### Lv-13: Chapter Gate

- This is a gate to open a new chapter in one's life. You may hear the patient ask for this. The person has perhaps dealt with the same issues for a while and they are ready for a new phase.

### Lv-14: Gate of Hope (exit)

- [As Lv exit] people of all CFs can get blocked against this gate. When a person is banging up against this gate, they're not seeing what might lie beyond. Open up this gate and they can see the hope.

## Selected Spirit Points

### Lu-1: Middle Palace (entry)

- The palace was where the emperor lived. The emperor stood for God, the source, the sacred. ("Palace" points tend to affect the spirit.) The Middle is the center, the point of distribution, the core. Middle Palace helps the patient tap into their own middle palace - the core of the spirit. This point can be used for people suffering from a lack of quality, a lack of connection with Spirit, for bringing in pure Qi from Heaven. We cannot put quality into someone. This point helps the patient tap into the palace that holds Spirit in the core of them.

### Lu-2: Cloud Gate

- When one feels cut off, they may feel they're under a cloud. The source of light and goodness is hidden from them. They may not be totally cut off, but the light is obscured, fuzzy. This point opens up a hole to the sky, to allow light in. It blows the cloud away. It opens up a channel to what they need to be receiving.

### Lu-3: Heavenly Palace

- This point takes the patient to see the highest quality there is - the Palace.

### Lu-7: Narrow Defile (junction, exit)

- Brings balance where it is so necessary in the Metal Element - the narrow line between eliminating and receiving [as the junction, it links the eliminator and the receiver].

### Lu-8: Meridian Gutter (metal)

- Provides cleansing, emptying out, cleans out the gutters. For when the patient complains of feeling stuck, backed up, maybe confused, mental fog. The crispness of the morning air is lost. This point helps them clear it out on a spirit level. When the patient is clinging to trash from their past, dump it into the gutter. It no longer exists, so let it go.



## Selected Spirit Points

### Lu-9: Very Great Abyss (source, earth)

- To revive someone who's right on the edge of an abyss - of depression, darkness, despair. Provides a lifeline [to Mother - earth]. [As the earth point, it solidifies the ground beneath them, for when the earth is slipping away, opening up in an abyss under their feet - this point fills the abyss.]

### Lu-10: Fish Region (fire)

- When Metal is cold, brittle, this point can be warmed. [Fire point] It warms the spirit. The fish is the symbol for the sacred, God, what is beyond the material realm. This is a different region - the region of spirit. Feeds the lung more of its own spirit - enhances, provides more spirit.. The fish is the symbol of prosperity [and longevity] in China

### Lu-11: Little Merchant (wood)

- This point is not a supermarket, not a department store. Just a little store in the neighborhood, run by a familiar merchant. The Little Merchant is available whenever you need a little something. He helps in the little things that are so important. Sometimes the spirit is so comforted by the little things. Little Merchant can be a way for a patient who is trying to bring things together to get a little help.

### St-9: People Welcome

- For when a person's connection to Earth is cut off and they're in the dark. Brings them a feeling of inclusion - everyone is welcome. Lets the family in.

### St-20 Receiving Fullness

- For fullness in Spirit. The overall sense that everything is just right. With a connection to fullness, we begin to fill up inside.

## Selected Spirit Points

### PC-1: Heavenly Pond

- There may be a total lack of joy. The patient can't see anything that excites them. When they need this point, they may be starting to get an inkling of this - they're no longer so vulnerable

### St-23: The Great Oneness

- Powerful point for a person who feels a lack of the oneness, wholeness, roundness, inclusiveness of Earth. When a person is out of touch with this wholeness, in its absence they feel a bleakness, as if they're in the dark. They can't see the light. In these cases, this point can be combined with K-21 - Dark Gate (needle Dark Gate first) - for when a person (Earth CF) feels they've been under a cloud for years.

### St-24: Lubrication Food Gate

- A strong spirit point. For when things are getting rough - like eating bread crusts or rocks. This point lubricates the spirit. It soothes Qi movement. It allows the process of bringing in, breaking down, and distributing to flow more smoothly. It allows us to deal with the roughage. This point affects the level of the being that the practitioner intends it to affect.

### St-25: Heavenly Pivot

- For when a person is lost, they can't find the ground beneath them. The point connects them to what is Divine within them (of the Earth Element). Makes them grounded, nourished, secure, comforted, anchored, consistent, home.

### St-40: Abundant Splendor (junction)

- When someone is undernourished, they may feel they're growing in parched, cracked barren earth. This person may be longing for a taste of abundance. This point has a particularly strong effect on the spirit.



## Selected Spirit Points

### Sp-4: Prince's Grandson (junction)

- The grandchild, more so than child, is tremendously dear [to the grandparents]. The same is true of the prince. This point speaks of extra special attention. Good for patients seeking extra attention.

### Sp-8: Earth Motivator

- For when the patient is stuck, cannot move forward. When there is no achievement, no harvest, no productivity, no motivation. Needling this point turns over the soil. The patient may be looking (perhaps obsessively) for the richness beneath, but there is none there. This point gets them on their way, begins the process.

### Sp-9: Yin Mound Spring (water)

- [As the Water point:] Earth should be neither too wet nor too dry. Neither a marsh nor a desert. It should have just the right moisture [for optimal fertility]. Growth in the earth helps the earth - builds structure and eventually returns nutrients to the soil.

### Sp-10: Sea of Blood

- For many blood-related problems. Enhances the movement and production of blood.

### Sp-14: Abdomen Knot

- The center should be a source of plentitude, of expansion. When the Center is contracted, knotted up, distribution/transportation is affected. The patient may be complaining, "belly aching." [The goods aren't being distributed where they're needed.] The relaxation of their center allows expansion, flow. This point may also be indicated for physical abdominal pain, a sense of a knot in the abdomen.

### Sp-16: Abdomen Sorrow

- Somewhat similar to Abdomen Knot. Worry and sorrow in Earth CFs is always because of a lack of nourishment. This point goes to the essence of an Earth CF patient's sorrow - the spirit level.

## Selected Spirit Points

### Sp-21: Great Enveloping

- Earth is all-embracing. This point provides a sense of inclusion to all the officials of all of the body-mind-spirit. This point is not for when a person is in a dire condition. It's a support for the patient who is getting there. It brings it [their progress] home. As the Great Junction point, Sp-21 connects all the meridians.

### CV-1: Meeting of Yin

- A powerful point for opening up the core circulation of energy. This point has the potential to release a tremendous amount of energy trapped in the body/mind/spirit. For the person who is totally burdened, carrying the weight of the world. Their energy is weighed down and trapped. CV-1 opens up and releases this energy. This is a first aid point for drowning. Use it for a patient who is drowning in any sense (e.g., drowning in their own thoughts, misery, etc.) - resuscitates a drowning spirit.

### CV-8: Spirit Deficiency

- The umbilicus is a tremendous source of nourishment, sustenance. Use this point for one who is debilitated, frail, cut off from original nourishment. When this point is indicated, the pulses will generally be low and faint. For the person who needs to be nourished from the bottom up. Since this point is always stimulated with moxa, there is an implicit association of this point with warming.

### CV-12: Middle Duct (stomach alarm)

- Not for the same level of frailty as CV-8. For a person who is empty inside, spent in the center. Moxa is especially good for filling the energy here. Good for the inability to take in nourishment.

### CV-14: Great Deficiency (heart alarm)

- For penetrating deeper with nourishment. To get into the inner courtyard, support the spirit and heart. This point actually has more to do with the spirit than CV-8 does, and in practice, CV-8 is more often used when there is "great deficiency." This point is not used as readily as the previous three (CV-1, 8, and 12). Not for a patient whose main issue is frailty or physical debility; more for nourishment specifically of the spirit and heart.



## Selected Spirit Points

CV-15: Dove Tail (heart protector alarm)

- Nourishes the circulation - the heart protector and heart. Moxa here is wonderful.

GV-1: Long Strength

- Brings strength from the bottom up. For a patient who feels frail, debilitated, lacking the foundation to stand up. It is very helpful to moxa this point before needling. The patient should lie in lateral recumbent position, holding the upper buttock up. Needle superiorly - deep to the coccyx.

GV-10: Supernatural Tower & GV-11: Spirit Path

- (Needling technically forbidden) These two points are often used in conjunction. Very powerful points. Not for people with great deficiency or great imbalance. Like windows, they are used when a person is relatively balanced, when the problem is on the spirit level. For a person who needs strength of spirit, a spirit backbone. For when the spirit can't stand on its own. The spirit isn't dead or empty though. GV-10 takes them to a tower of strength. Then GV-11 opens the path for their spirit to see ahead, to be put back on the path to healing. If there is pollution or imbalance in the system, if there is no foundation in the energy for this process, you cannot take them here.

GV-12: Body Pillar

- This may be one of the first spirit points you will use. Safe. Very powerful in its own way. For when the spirit/mind is collapsing. For when there is no framework holding them up. The backbone is missing. The person may be wishy-washy. This point gives an upward quality of energy. Strengthening. Tonifies the whole body in a particular way.

GV-19: Posterior Summit & GV-20: One Hundred Meetings

- This pair is often needled together. These two points are sometimes referred to as the ancestor points. GV-19 is like a meeting of ancestors. GV-20 is like a meeting of elders. These points connect a person to the source of wisdom, of clarity that is beyond their own life experience. For a person who is lost in a state of confusion, agitation. These points connect them to a part of themselves that knows. In 9 out of 10 cases, the patient is agitated with "+" pulses, and you will sedate these points - like opening up this pathway and leaving it open. If the patient has all "-" pulses, you may moxa and tonify these points. These points are extremely valuable when called for. These are not "touch-up" points - not to be used for a little boost, a bit of connection.