

Week 3

Module 5

The Miraculous Powers of the
8 Extraordinary Channels
Qi Jing Ba Mai

‘The Extraordinary Vessels are the root of the Great Avenue of Pre-Heaven, the Governing, Directing, Penetrating Vessels [Du-Ren-Chong Mai] are the source of creation (Maciocia, 2006)

Classic of Difficulties 27 – “The sages-built ditches and reservoirs and they kept the waterways open in order to be prepared for above-normal situations [i.e. floods]

8X provide a way to take preventive measures against unforeseen circumstances” – (The EEM, 2015)

When 12 meridians overwhelmed -> body returns to a primitive response to preserve life

Ancestries

3 Ancestries

First – pre-natal influences (imprints), cycles

Second – experiences, identity, regrets, suppressed emotional baggage, memory and imaginations, transitions

Three – presence, self-ideals, inner and outer world dynamics, storage, repressed emotional baggage

8X Uses

- Psycho-Emotional and Spiritual Imbalances
- Early childhood trauma
- Reproduction, birth, growth and maturation
- DNA/Chromosome issues
- Ageing and the dying process
- Infertility, Gynaecology
- Familial, cultural and ethnic challenges
- Imbalances between segments of the body

(J, Yuen)

Chong Mai
Origin

Ren Mai/Mother/Love

Du Mai/Father/Strength

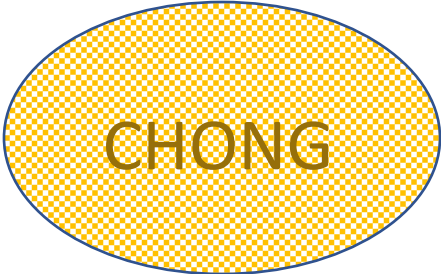
Yin Wei/Feminine Links

Yang Wei/Masculine Links

Yin Qiao/Inner Stance

Yang Qiao/Outer Stance

Du Mai
Collection



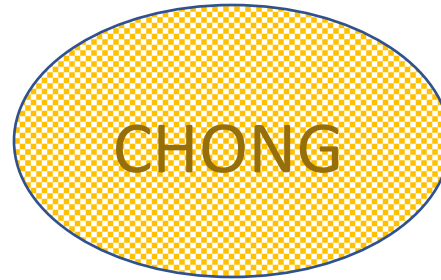
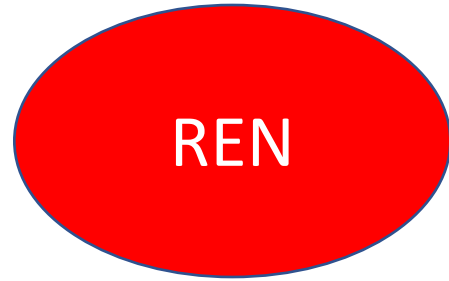
CHONG

To March (radical xing) – without fault and error (EEM, 2015)
Phonetic Chong – a human trying to raise from the earth (heavy)
Chong connects Kid (jing) and Hrt (shen)

A route/crossing -> intersecting with others (no deviation)
Division from unity to polarity – Ren and Du -> stem from a single source
Your polarization is connected and balanced (heal the whole heal the parts – P. Shea)
Our blueprint – the self -> authenticity

Interaction between social norms (post-natal) and inner values (pre-natal)

“Redemption of spirit” (Jeffrey Yuen)



Conception -> existing life before new life nurture, Responsibility
(obligation – to accept – EV, 1986)

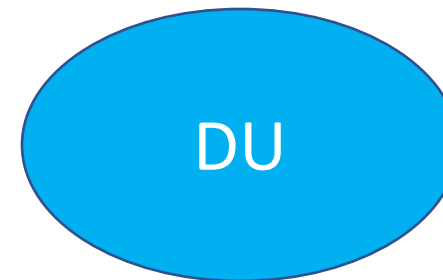
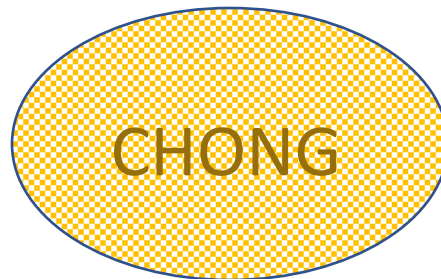
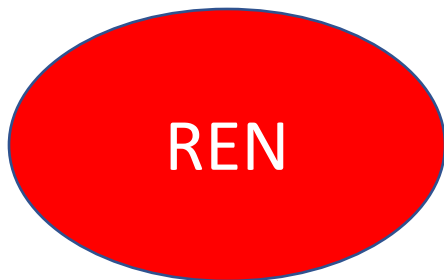
To bond – 1st year (Ross R), nurture, contain/retain, self and others

After birth, child seeks unity – mum's role to help transition

Carrying a void (a need to be touched) -> projecting on others – lack of SELF love and care

Juvenile dependency (clingy) - over-indulgence/obsession

Addicted to finding a soul mate



To rule, correct, supervise, lead

To stay on purpose with clear senses

Strong connection to ren mai -> to stay grounded and SAFE

Juvenile dependency (impotence) VS Precocious Independency

Potential Energy -> to take charge (actioning chong's information)

Extending (yang) outside our familiar zone -> du mai rebellious

NJ 29 – “When the super-visor [vessel] has an illness, one's back is stiff and [it is bent] back-ward.”

Brain & Du Channel

3 regions – EARTH -> HUMANITY -> HEAVEN

Du 16 – lower/reptilian/autonomic/survival – Myelencephalon/Metencephalon

Du 20 – mid/mammalian/emotional/connection/interaction - Mesencephalon

Du 24 – upper/executive/leadership/transcendence – Prosencephalon

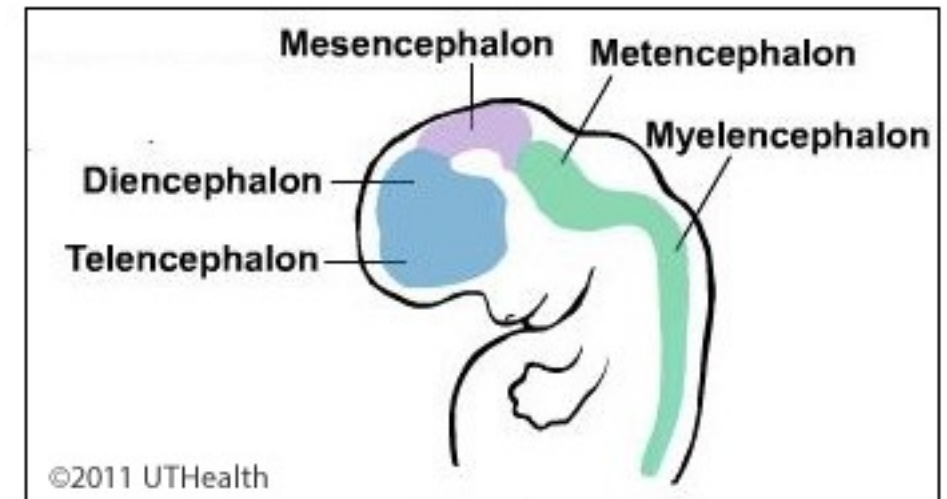
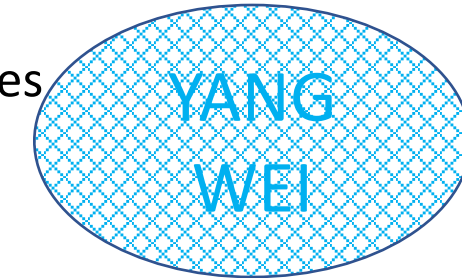
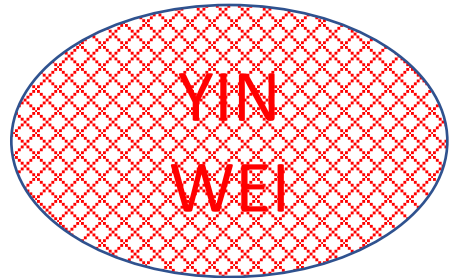
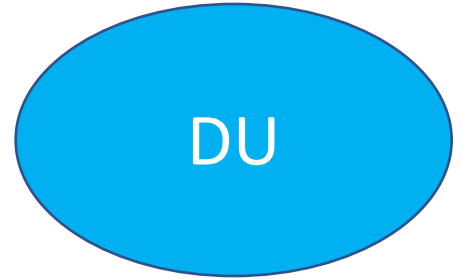
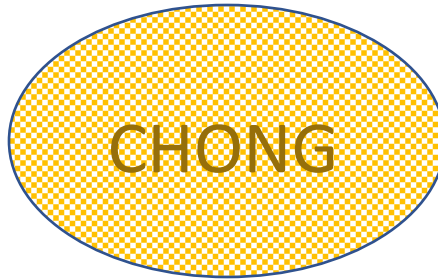
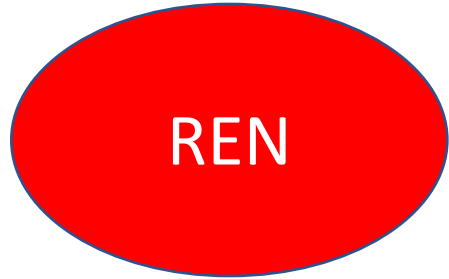


Figure 2

Sohial Farzam. 2020.

Source: Google Images



A link like a network – a rope that is tied to something
- to preserve something (EEM)

*“Wei – ...refers to a rope that is tied around something, pulling it down
and securing it” – (EV, 1986)*

Linking our primal yin (ren) and primal yang (du) experiences/memories
to create identity (connection to self - expression outside of self)

Memory/Regrets Initiating Expression of Repression (Pictorial)
heart pain (NJ)
VS.

Action & Movement (Projection) –
Charged elated or deflated memories

Major phases and transitions in life (a record of life and actions)
=> fear of moving forward (half in-half-out) – a new perspective

CHONG

REN

Qiao = agility, to be fierce, to act with certain amount of arrogance and pride (EEM, 2015)

Balance the relationship between insight and exploration
Qiao- Farrell, 2016

To Step by raising of the foot from earth (grounding) or Tiptoes (unstable)

SELF TRUST REFLECTION vs Exploration (Vision)

Unconscious Baggage < self esteem = prone to dampness → withdrawal

Extending into world (Defense) – aggressive if not anchored

High parasympathetic (flaccid) vs high sympathetic (inflexible)

DU

YANG
WEI

YANG
QIAO

YIN
WEI

YIN
QIAO

CHONG

REN

DU

*“...’to conduct’, and if you add the character dao, the way or the route, it gives the expression to guide on a route” –
(The EEM, 2015)*

YIN
WEI

YANG
WEI

Something hanging – to contain
Dai takes all the mai under command by linking them – to ensure
no erratic circulation (baggage)

Absorbing excess from life – damp -> inhibition of full potential
Regulates holding pressure and expansion (how far would you go?)
What’s financing our holding baggage?

YIN
QIAO

YANG
QIAO

DAI

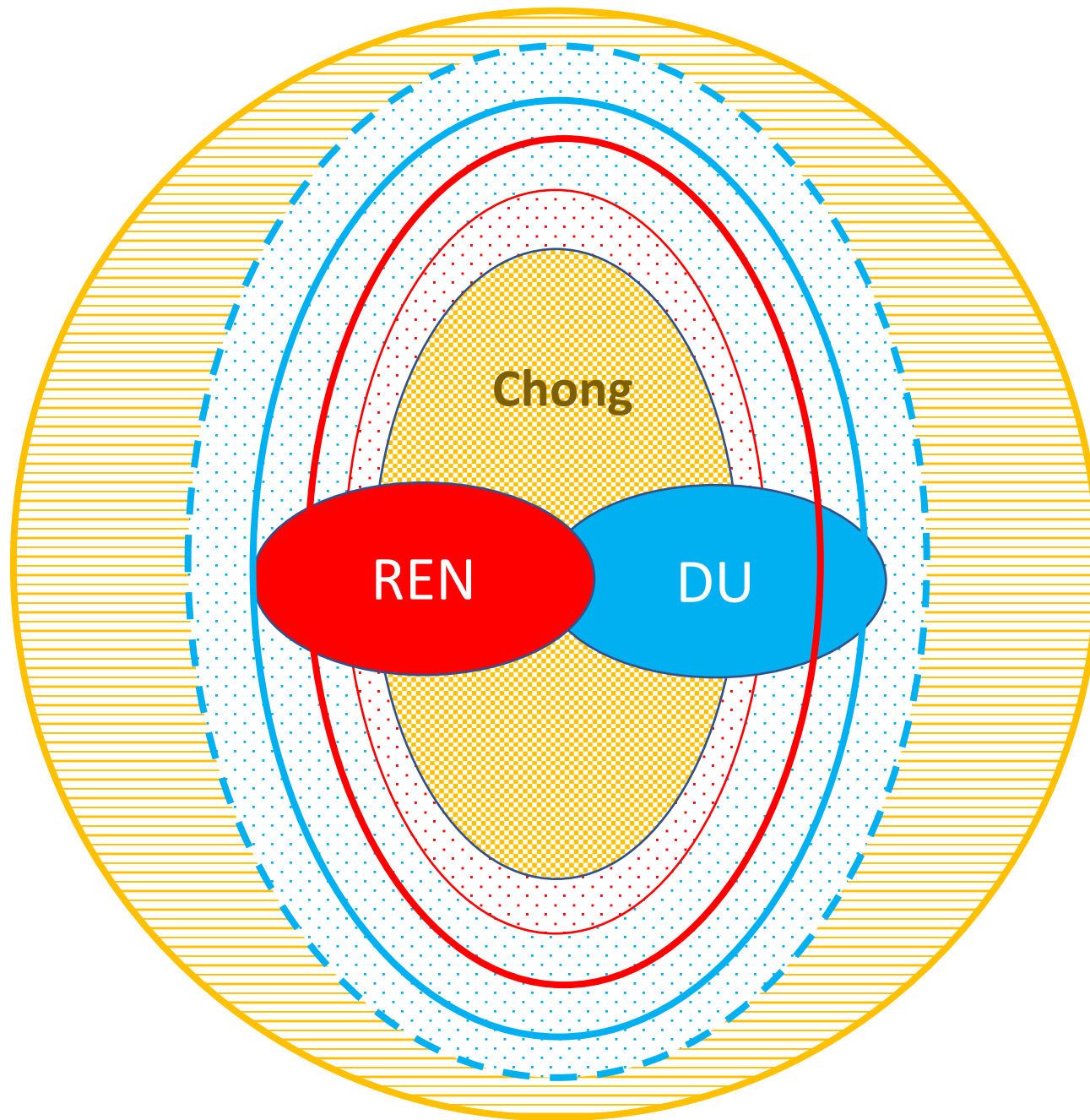
Yin Wei

Yang Wei

Yin Qiao

Yang Qiao

Dai



Module 6

The Psychology of Acupuncture Points

Great Sources: The Clinical Practice of Chinese Medicine (Lonny Jarrett)

Characters of Wisdom (Debra Kaatz)

Kigo: Exploring the Spiritual essence of Acupuncture Points Through the

Changing Seasons (Lorie Dechar)

Heart Shock (Ross Rosen)

Grasping the Wind (Ellis, Boss, Wiseman)

The Psyche in Chinese Medicine (Maciocia)

5 Element Acupuncture Books

BL 1- Jingming

To open your eyes with wonder - see things as the dao (Kaatz)

Jing – as an eye – to vision (have insight) and see things as alchemy

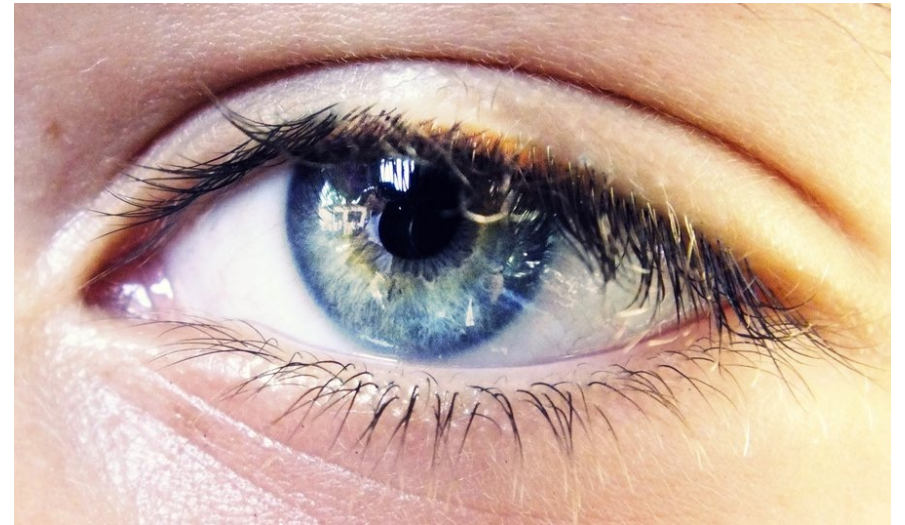
Ming – moon shining through a window or sun and the moon – brightness of day

Meeting of BL/ SI /ST /GB /SJ /GV

Yin QM/ Yang QM

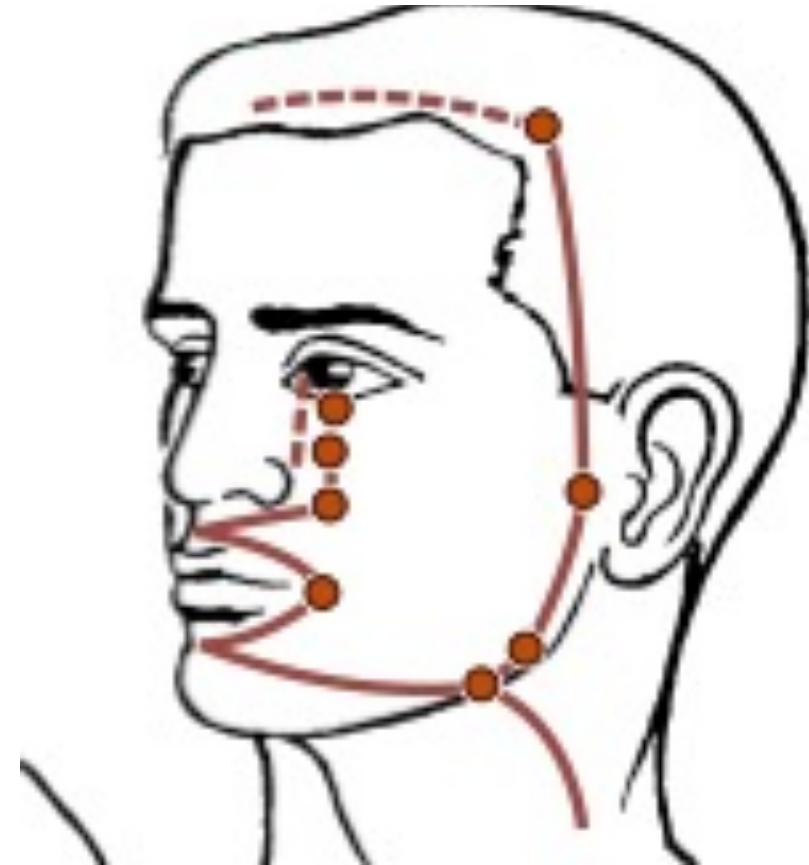
Unification of inner and outer light

Perceiving reality (or actuality)



St 8 – Touwei (Head Tied)

- Earth is thought, obsession, worry and sympathy (Yi)
- Excessive worry to obsess over your OWN needs or OTHERS needs (no integrity)
- Tou – means chief, LEADING or FIRST (Lorie) -> priorities not met – voids created, top thoughts, most important
- Wei – means to uphold, maintain, to hold fast, hold together -> joined other people's values and ideologies – and we do this to maintain connection
- Releases distorted narratives
Moves congestion of thoughts
- With St42 and St40



GB 4 – Han Yan
(Forehead
Fullness)

Anger Suppression

No direction or clarity causing
TMJ and Grinding teeth

Regulate to Speak, Shut Up or
Shout (Lonny Jarrett)

Speak with truth, courage and
clarity



GB 16 – Mu Chuang (Eye Window)

- Attachment to judgement
 - Ability to vision and trust your vision
 - Possibly too many visions (or incongruent)
 - See with perspective (both sides)
-
- With GB37



BL 6 – Cheng Guang (Light Guard – to contain and receive illumination)

- Contain in patience in order to receive the light/insight from heaven
- Settle an active and fearful mind so that we become receptive to a greater purpose

Gb 13 – Benshen (Root of the spirit)



- Ben – trunk of a tree above earth and its roots beneath – means source, origin

Shen – sun, moon and stars, two hands reaching to heaven extending a rope – spirit, mysterious, inspiration, genius

- Creating strategies with strong foundations (roots)
- Rooting of spirit gives rise to aspiration/creativity
- With Du24 conscious awareness and clear decisions
- JOINS YANG WEI => when grounded we are coordinated with our actions through life and NOT PULLED SIDE BY SIDE – self governed

BL10 – Tian Zhu (Celestial Pillar)

- Pillar that holds connection to heaven (Head)
- Restores confidence over Fear (fear of success/movement in life/BL MTM)
- Vision, insight -> purpose
- A block -> disassociates functions of consciousness

Neck & Upper Back

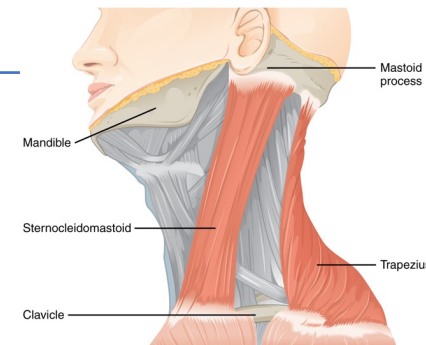


Li 18- Futu – Protruberance Assistant

Heaven's perspective on our losses

Letting go and transcend

Loss or grief take the voice – LI holds the losses and does not eliminate



SI 17 – Tian Rong (Heavenly Appearance)

- SI16 window – SI17 appearance
- Bitterness towards universe - why me?
 - SI's role in separating pure/impure -> what is not me?
- Have faith in universe – re-connect us back to heaven

St 9 – Ren ying (Man's Prognosis, Receiving Pulse, People's Welcome)

Ren – man, two legs of man standing upright

Ying – to occur, meet, receive, welcome, calculate or predict

Earth – Tu -> stabilising, plant rooting deep in earth

Empowers integrity so you can voice your thoughts (walk your talk, Kigo, 2021)

Too much for others (compassion) = self resentment

Swallow your voice – build resentment to avoid conflict (Heart Shock, Rosen)

Feeling smothered by others (Ross)

People pleasing

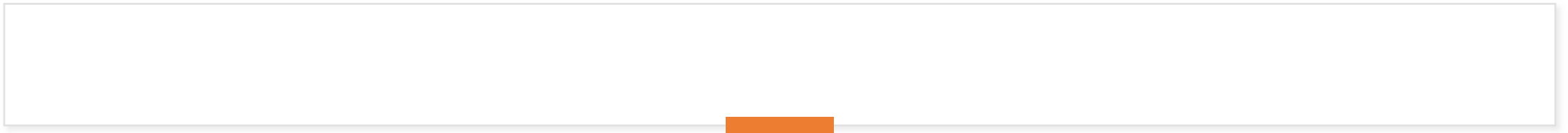
Speech empowerment – Say NO

Willingness to receive - ASK

Gb 20 Feng Chi (Wind Pond/Reservoir of wind)

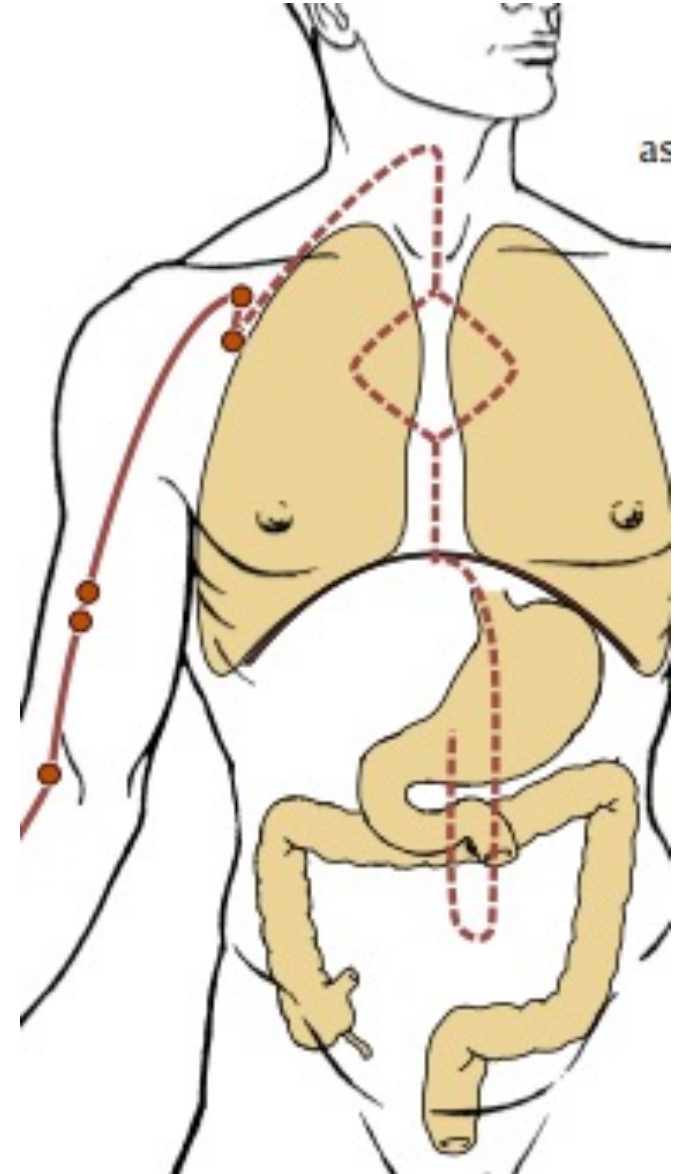
- Feng – Wind
- Chi – place of storing, attracting wind (to be fierce, courageous)
- Gain clarity and vision and take action
- Speedy decisions – to keep moving in life (wind)
- Embrace and adapt to change
- Dizziness – internal (self) and external (world)

Chest



Lu 1- Zhongfu (Central Ancestry/Treasure/Palace)

- Lung – Minister/Chancellor -> well-regulated rhythms stem from it (NJSW)
- Breath In & Out = Essence/no value (hrt/lung rhythm)
- Aspiration meets inspiration
- Self-worth
- Zhong represents a square divided –(values create balance)
- Our breath inspires our presence





Lu 2- Yunmen – Cloud Gate/Door

- Ancient character to say or speech (Kigo, 2021)
– holding something in – repressed grief, repressed voice
- Clouds block the Sun (grief/joy/heart)
- lost communication with up above?
- Lack of inspiration and negativity as clouds cover us
- The sun will rise again

Liv 14- Qi Men (gate of hope/Cycle gate/completion gate)

Qi – to wait, to hope, to expect a month, a year, one hundred years
- character qi combines yue (MOON) with phonetic qi (a picture of a SIEVE)

Moon refers to passage of time through lunar phases
Sieve – what is needed and let go (Kigo, 2021)

Men – two leaves of a door and an ENTRANCE, DOOR , GATEWAY

- Empowers aspiration toward inspiration
- Regulates functional hope and action
- Helps move past the challenges (diaphragm)
our obstructions become our instructions
- Clarity of vision and optimism
- Can initiate change based on assertion
- Procrastination – stagnation, regulate the Zeigarnik effect
- Stress induced asthma – lack of feeling grounded in self

May need to work with Liver 13 – bringing context and meaning to experiences – to let go, evaluate, assimilate

Gb 24 – Riyue (Sun and Moon)

- Decision making
- Sun (outer vision) – opening the eyes – sight (Gall Bladder)
- Moon (inner vision) – closing the eyes – dreams (Liver)
- Timidity, Judgmental, Cowardice, Lack of Courage, Black and white thinking
- Gallstones – decisions and resentment

SP16 – Fu Ai (Abdominal Lament)

SP16 – Fu Ai – To Caress Our Laments with Compassion
(Kaatz)

Fu – to bear in the arms, abdomen, belly (kaatz, 2005)

Ai – as the howling of mourners where there is a mouth and the clothes of mourners underneath – to have grief for, to have compassion, sympathy

Upon loss there is sadness and sorrow – OUR NEEDS WILL NEVER BE MET (L, Jarrett)) -> LONLINESS, LONGING AND SORROW

Emotional eating to fulfil a void

Diarrhea as weeping

Sorrow -> rely on nourishment from mother earth

To bear our laments (griefs) with compassion

Harboring emotions and grudges (tightens abdomen) – SP16 opens and lets go in order to love with integrity



Kidney 23 – Shen Feng (Spirit Seal)

- Spirit blocked (hence name sealed) – due to overwhelming fear
- Lost faith with innate potential (L, Jarrett)
- Re-ignites self (identity) and purpose
- Empower wisdom from within
- Seal back connection of heart/kidney – opens reception between pre-natal and post-natal truth and purpose)



Kid 24 – Lingxu (Spirit Burial Ground/Ruins)

- spirit has died
- inner strength and source is gone
- KID24 can activate inner strength and reserves
- Letting go of the past
- Bring a sense of completeness contentment in self

back



Bl 47 - Hun Men (Hun Gate)

What does the Hun represent?

Depression, resignation = loss of drive

Loss of direction and inner vision

Cleans/detoxifies the blood – Addictions

With BL18 – execute your vision by taking action

BI 52 – Zhi shi (Will Chamber)

Connects Purpose (Jing) to Drive (Shen)

Allows for resources when spirit is exhausted

Ambition, purpose, determination, enthusiasm

The whisper of the angels (L, Jarrett)

Spark instinctual drive

Overwhelmed/overused will power

Bl 13 – Po
Hu (Po
Door)

Po moves into earth

Grief – attachment to physicality

Overrides attachment to material or form

Minimises longing and attachment and
allows for expansion and rhythm (hrt/lu)

Enhances innate inspiration

Du 4, 9 & 14 – Spinal Axis

- Mingmen – the first stretch
- Zhi Yang – upright posture (diaphragm/breath)
Can use Du8 for more habitual response to stress/flexibility/new possibilities
- Da Zhui – yang support for holding head up high

Du 10 and 11 – Ling Tai and Shen Dao (Spirit Tower & Spirit Path)

- Perspective and insight (from heart)
- Use wisdom to take course and action
- Elevate and uplift (depression)