

Treating Psycho-spiritual Issues through Physical Means

The standard reflexes:

- Ren17 Anxiety Reflex
 treat by releasing SCM (S.J.8 + G.B.40)
 then Pericardium (check P.8)
 This type is likely to show Upper Thoracic congestion
- Ren15 Worry Reflex
 Treat via SP3 + Pericardium (check P.8)
- Ren9 Sadness Reflex
 Treat with Kidney points and then Right ST24

Note that the names given to these reflexes can be interchangeable on different patients
Also the treatment of any one reflex may actually release the others
Sometimes, it is vital that these reflexes be cleared first before the rest of the abdomen
changes, and sometimes one needs to resolve other issues (start with lower abdomen
and oldest injuries) before the above treatments will have an effect.

On the back: T3 to T7 Hua Tuo may show congestion
Needle towards the spine
But first release with either U.B.17 (meeting of Blood)
Or U.B.49 (Dwelling of the Yi). In some cases U.B.18 (Hun Gate)
Clear Sacro-iliac congestion (to parasympathetic flow and resolve structural obstruction)

Certain physical types are more prone to what we might term psych-spiritual issues:

- Thyroid Type Reflects on thyroid (lower third of SCM)
 Treat Kawaii Ear point + Kidney
 Hypothyroid – DU2, Hua Tuo or Du of: L2, T11/12, T7, T5, C7
- Sugar Type Has no clear reflection (but usually gummy on T11/12)
 Treat with Sp3.2 (or other Spleen points), Right ST22
 On the back – T11,12
- Viscero-Ptosis Shows on inguinal ligament
 (with physical dropping, the Yang of the Shen may drop also)
 Treat with ST13, Inner Yin, G.B.26 (Immune, P.4)
 On back (best is on side): G.B.25 (towards DU4), U.B.20
 This type is highly correlated with Sugar, so treat Sugar also

Liver Type will show on C3 (mostly right) and/or U.B.43
Treat with Liv1

ANS Type This includes blood pressure imbalances
Reflex can be U.B.10 area, Ren17
Tight Pulse clearly puts person in this category
(Tight is what a TCM person might call thin-wiry
that disappears – or changes quality – upon pressure)

Rapid (or normal) pulse – Under-3rd-Toe, Liv12, Ren6
Slow pulse – Liv12, DU2

Blood Pressure: SP6, SP9 + Pericardium (check P.8)

Stagnant Blood in Head – shows as pressure, puffy, or heat around DU20
Often comes from injury to lower abdomen
Treat with SP6, SP9, LU5 + Pericardium

Always look at the neck as it is what connects the brain and the Heart (as well as body)

Releasing SCM – Opposite S.J.8 + G.B.40 (rapid pulse – S.J.5 + G.B.41)

Releasing Scalenes – SP3.2

Releasing Cervicals – S.J.8, Liv8, Kidney (Originally Kid10, I use Kid7 or 9 more)
On the back – IHiKun (U.B.40, 58, 60)

Since I am not big on Kid1, DU20 or Yin Tang, here are some “substitutes” which tend to also shift physical findings:

Centre of Heel (moxa) originally for insomnia

U.B.5 (Wu Chu) Fifth (Central Place) is in line with Upper Star (Shan Xing, DU23)
It's name implies Centrality, therefore either the Zang Fu or Brain
Sometimes pressure pain might appear on other Wu points:
L.I.13 or Liv10 (Shou/Zu Wu Li)
Theoretically G.B.27 (Wu Shu) or G.B.42 (Di Wu Hui)

Likewise, the back of the fontanel, U.B.8 can be tested for effectiveness.

(By name U.B.8 means to Connect and Reject – Luo Que. The character Que has a Seal indicator and the Upper Lip, so it is the authority by which we exercise speech, thus intelligence? U.B.7 – Tong Tian, to Free Heaven, could be thought of instead)

U.B.2 and Yu Yao These are considered endorphin points and release Ren15 area
as well as modulate pain in general
this is because pain is a perception, how we see things
and how we see things is what often needs to be changed.

Qi Jing Ba Mai Treatments:

Generally the decision to use these is based on a psycho-spiritual evaluation and the understanding that the issue is part of the person's constitution, was formed in the first 7-8 years of life. However, once on the table, check that the opening points and points along the meridian trajectory do indeed resolve pressure pain on abdomen, neck and/or back. This gives you an assurance that you are not "making it up."

Chong – Resonance with my blueprint

Yin Qiao – reflection on the self, understanding my roles in life

Yin Wei – transitions in life, "occupying the self"

In relationship to the Qiao vessels – the hinges, as in heels, are the ground we stand on and include ST41 and ST25 (Heavenly Pivot/Hinge). Looking at the ankles is often the key to success.

Ghosts/Exorcism:

These do not have to be quite as outlandish as they sound in our culture, but can be simply a matter of a person not being themselves, being controlled by something else (urges, addictions, others' judgements, etc.)

My own Ghost-exorcism signature is:

DU24 towards DU23 (officially DU23 is a ghost point,
but DU24 matches name wise with ST44)

ST44 (this is Shen Ting and Nei Ting – Spirit and Inner Courts)

The middle can be whatever you find resonance with

I often do P.6 (with Dao Qi so it feels like air moving up the arm)

And Kid9

Close with a Mound (Ling) so entity can be buried:

G.B.34, SP9 (Yang/Yin Ling Quan), P.7 (Da Ling), or ST26 (Wai Ling)

Here technique represents what to do with entity:

Extract, harmonise, burn (moxa), etc.