

COLOR
REFERENCE
CHARTS
for
ACU-PUNCTURE

by

Jim Cleaver LAc.

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五行 Wǔ Xíng = *Five Phases / 5 Element Associations*

1. Elements >	Wood	Fire	Earth/Soil	Metal	Water
2. 5 Directions	east	south	center	west	north
3. 5 Seasons	spring	summer	long summer	autumn	winter
4. Seasonal Energy	(re)birth & beginnings	growth & development	maturation & harvest	withering & decline	endings, death dormancy, storage
5. 5 Climates	windy	hot	humid / damp	arid / dry	cold
6. 5 Colors	green / blue-green	red / orange	yellow (loess) ochre (tan, sand, straw, brown)	white / clear	black / dark
7. 5 Flavors	sour	bitter	sweet	pungent / acrid spicy	salty
8. 5 Odors	rank / rancid	burnt	fragrant	rotten	putrid
9. 5 Tones/Notes	3rd note = mi	4th note = sol	1st note = do	2nd note = re	5th note = la
10. Viscera (zang/yin)	Liver	Heart	Spleen	Lungs	Kidneys
11. 6 Divisions	leg faint-yin	arm lesser-yin	leg greater-yin	arm greater-yin	leg lesser-yin
12. Time of Day	1–3 am	11 am – 1 pm	9–11 am	3–5 am	5–7 pm
13. Major functions:	movement (courses qi, stores blood)	circulation (ruler of body-mind)	digestion (assimilation & distribution of nutrients)	respiration <i>specifically exhalation</i> governs qi (esp. wei-qi)	reproduction libido (rules life cycle from birth to death)
13a. <i>Official:</i>	<i>the general</i>	<i>the sovereign</i>	<i>the quartermaster</i>	<i>the prime minister</i> <i>the mystic/sage</i>	<i>the worker</i>
14. in charge of: vital substance	xue/blood	shen/spirit-mind -consciousness	ying/nutritive qi qi & blood/xue	qi/vital energy wei/defensive qi	body fluids jing/essence (yin & yang)
15. Sense organ	eyes	tongue	mouth	nose	ears
16. 5 Senses	sight/vision	speech	taste	smell	hearing
17. 5 Fluids	tears	sweat	saliva (drool)	snivel (mucus)	spittle (spit)
18. 5 internal tissues	sinews (tendons & ligaments) (connective t./muscles)	vessels (vascular system) (pulse)	flesh (nutritional status of the body)	mucus membranes (integument)	bones & marrow (spine)
19. 5 external tissues	nails	face (facial complexion)	lips 4 limbs	skin & body hair	teeth & head hair
20. pain / tension discomfort in:	hypochondrium & sides	chest (sub-sternal)	abdomen	thorax	low back & knees
21. 5 Emotions 7 Feelings	anger, rage, wrath irritability, impatience frustration; depression aggressive, controlling	joy, manic restless, excited, agitated joyless, negativity easily startled	worry, anxiety thinking too much pensive, obsessive shame	grief, sorrow melancholic unable to let go stuck	fear, terror, shock phobic awestruck guilt
22. 5 Voices	shouting boisterous	laughing giggly, loquacious	singing melodic (sweet)	crying/weepy whiny	moaning groaning
23. 5 Strains <i>too much:</i>	looking eye strain reading	walking hectic, stressful lifestyle	sitting	lying	standing overwork: physical, mental, sexual fatigue
23a. <i>Strain hurts:</i>	<i>hurts blood</i>	<i>hurts sinews</i>	<i>hurts flesh</i>	<i>hurts qi</i>	<i>hurts bones</i>
24. 5 Bowels (fu/yang)	Gall Bladder	Sm. Intestine	Stomach	Lg. Intestine	Bladder
25. 6 Divisions	leg lesser-yang	arm greater-yang	leg bright-yang	arm bright-yang	leg greater-yang
26. Time of Day	11 pm – 1 am	1–3 pm	7–9 am	5–7 am	3–5 pm
27. Major functions:	decisive, resolute bold, courageous	discrimination & separation	appetite transformation	elimination: solid waste	elimination: liquid waste

Four Needle Protocol

5 Element – 4 NP (Needle Protocols)					
		生 Shēng = production cycle		剋 Kè = control cycle	
General Strategy	if xū:	Reinforce production		Reduce control	
	if shí:	Reduce production		Reinforce control	
Channel Organ	Dx 虛實	1. Affected Channel (Parent = Tonification pt) (Child = Dispersion pt)	2. Parent or Child Channel (Phase pt)	3. Affected Channel (Control pt)	4. Grandparent Channel (Phase pt)
Lu	xu	T: Lu-9 (earth pt)	T: Sp-3 (earth pt)	D: Lu-10 (fire pt)	D: Ht-8 (fire pt)
	shi	D: Lu-5 (water pt)	D: Kd-10 (water pt)	T: Lu-10 (fire pt)	T: Ht-8 (fire pt)
LI	xu	T: LI-11 (earth pt)	T: ST-36 (earth pt)	D: LI-5 (fire pt)	D: SI-5 (fire pt)
	shi	D: LI-2 (water pt)	D: BL-66 (water pt)	T: LI-5 (fire pt)	T: SI-5 (fire pt)
ST	xu	T: ST-41 (fire pt)	T: SI-5 (fire pt)	D: ST-43 (wood pt)	D: GB-41 (wood pt)
	shi	D: ST-45 (metal pt)	D: LI-1 (metal pt)	T: ST-43 (wood pt)	T: GB-41 (wood pt)
Sp	xu	T: Sp-2 (fire pt)	T: Ht-8 (fire pt)	D: Sp-1 (wood pt)	D: Lr-1 (wood pt)
	shi	D: Sp-5 (metal pt)	D: Lu-8 (metal pt)	T: Sp-1 (wood pt)	T: Lr-1 (wood pt)
Ht	xu	T: Ht-9 (wood pt)	T: Lr-1 (wood pt)	D: Ht-3 (water pt)	D: Kd-10 (water pt)
	shi	D: Ht-7 (earth pt)	D: Sp-3 (earth pt)	T: Ht-3 (water pt)	T: Kd-10 (water pt)
SI	xu	T: SI-3 (wood pt)	T: GB-41 (wood pt)	D: SI-2 (water pt)	D: BL-66 (water pt)
	shi	D: SI-8 (earth pt)	D: ST-36 (earth pt)	T: SI-2 (water pt)	T: BL-66 (water pt)
BL	xu	T: BL-67 (metal pt)	T: LI-1 (metal pt)	D: BL-54 (earth pt)	D: ST-36 (earth pt)
	shi	D: BL-65 (wood pt)	D: GB-41 (wood pt)	T: BL-54 (earth pt)	T: ST-36 (earth pt)
Kd	xu	T: Kd-7 (metal pt)	T: Lu-8 (metal pt)	D: Kd-3 (earth pt)	D: Sp-3 (earth pt)
	shi	D: Kd-1 (wood pt)	D: Lr-1 (wood pt)	T: Kd-3 (earth pt)	T: Sp-3 (earth pt)
Pc	xu	T: Pc-9 (wood pt)	T: Lr-1 (wood pt)	D: Pc-3 (water pt)	D: Kd-10 (water pt)
	shi	D: Pc-7 (earth pt)	D: Sp-3 (earth pt)	T: Pc-3 (water pt)	T: Kd-10 (water pt)
TB	xu	T: TB-3 (wood pt)	T: GB-41 (wood pt)	D: TB-2 (water pt)	D: BL-66 (water pt)
	shi	D: TB-10 (earth pt)	D: ST-36 (earth pt)	T: TB-2 (water pt)	T: BL-66 (water pt)
GB	xu	T: GB-43 (water pt)	T: BL-66 (water pt)	D: GB-44 (metal pt)	D: LI-1 (metal pt)
	shi	D: GB-38 (fire pt)	D: SI-5 (fire pt)	T: GB-44 (metal pt)	T: LI-1 (metal pt)
Lr	xu	T: Lr-8 (water pt)	T: Kd-10 (water pt)	D: Lr-4 (metal pt)	D: Lu-8 (metal pt)
	shi	D: Lr-2 (fire pt)	D: Ht-8 (fire pt)	T: Lr-4 (metal pt)	T: Lu-8 (metal pt)

Primary Categories & Five Transport Points

Yang Channels		Yin Channels	
Arm/Hand/Shou Tai-Yang	SI	Arm/Hand/Shou Shao-Yin	Ht
Category	Point	Category	Point
front-Mu	CV-4	Mu	CV-14
back-Shu	BL-27	Shu	BL-15
Entry → Exit	1 → 18	Entry → Exit	1 → 9
Yuan-source	4	Yuan	7
Luo-connecting/network	7	Luo	5
Xi-cleft	6	Xi	6
Jing/Well-Metal	1	J/W-Wood	9 T
Ying/Spring-Water	2 C	Y/S-Fire	8 P
Shu/Stream-Wood	3 T	S/S-Earth	7 D
Jing/River-Fire	5 P	J/R-Metal	4
He/Sea-Earth	8 D	H/S-Water	3 C

C = Control pt. T = Tonification/mother pt.

Yin Channels		Yang Channels	
Arm/Hand/Shou Jue-Yin	Pc	Arm/Hand/Shou Shao-Yang	TB
Category	Point	Category	Point
Mu	CV-17	Mu	CV-5
Shu	BL-14	Shu	BL-22
Entry → Exit	1 → 8	Entry → Exit	1 → 23
Yuan	7	Yuan	4
Luo	6	Luo	5
Xi	4	Xi	7
J/W-Wood	9 T	J/W-Metal	1
Y/S-Fire	8 P	Y/S-Water	2 C
S/S-Earth	7 D	S/S-Wood	3 T
J/R-Metal	5	J/R-Fire	6 P
H/S-Water	3 C	H/S-Earth	10 D

P = Phase pt. D = Dispersion/child pt

Leg/Foot/Zu Shao-Yang	GB	Leg/Foot/Zu Jue-Yin	Lr
Category	Point	Category	Point
Mu	GB-24	Mu	Lr-14
Shu	BL-19	Shu	BL-18
Entry → Exit	1 → 41	Entry → Exit	1 → 14
Yuan	40	Yuan	3
Luo	37	Luo	5
Xi	36	Xi	6
J/W-Metal	44 C	J/W-Wood	1 P
Y/S-Water	43 T	Y/S-Fire	2 D
S/S-Wood	41 P	S/S-Earth	3
J/R-Fire	38 D	J/R-Metal	4 C
H/S-Earth	34	H/S-Water	8 T

Leg/Foot/Zu Tai-Yin	Sp	Leg/Foot/Zu Yang-Ming	ST
Category	Point	Category	Point
Mu	Lr-13	Mu	CV-12
Shu	BL-20	Shu	BL-21
Entry → Exit	1 → 21	Entry → Exit	1 → 42
Yuan	3	Yuan	42
Luo	4	Luo	40
Xi	8	Xi	34
J/W-Wood	1 C	J/W-Metal	45 D
Y/S-Fire	2 T	Y/S-Water	44
S/S-Earth	3 P	S/S-Wood	43 C
J/R-Metal	5 D	J/R-Fire	41 T
H/S-Water	9	H/S-Earth	36 P

Leg/Foot/Zu Tai-Yang	BL	Leg/Foot/Zu Shao-Yin	Kd
Category	Point	Category	Point
Mu	CV-3	Mu	GB-25
Shu	BL-28	Shu	BL-23
Entry → Exit	1 → 67	Entry → Exit	1 → 22
Yuan	64	Yuan	3
Luo	58	Luo	4
Xi	63	Xi	5
J/W-Metal	67 T	J/W-Wood	1 D
Y/S-Water	66 P	Y/S-Fire	2
S/S-Wood	65 D	S/S-Earth	3 C
J/R-Fire	60	J/R-Metal	7 T
H/S-Earth	54 C	H/S-Water	10 P

Arm/Hand/Shou Tai-Yin	Lu	Arm/Hand/Shou Yang-Ming	LI
Category	Point	Category	Point
Mu	Lu-1	Mu	ST-25
Shu	BL-13	Shu	BL-25
Entry → Exit	1 → 7	Entry → Exit	4 → 20
Yuan	9	Yuan	4
Luo	7	Luo	6
Xi	6	Xi	7
J/W-Wood	11	J/W-Metal	1 P
Y/S-Fire	10 C	Y/S-Water	2 D
S/S-Earth	9 T	S/S-Wood	3
J/R-Metal	8 P	J/R-Fire	5 C
H/S-Water	5 D	H/S-Earth	11 T

Miscellaneous Categories

Yang Channels		Yin Channels	
Arm/Hand/Shou <i>Tai-Yang</i>	SI	Arm/Hand/Shou <i>Shao-Yin</i>	Ht
Category	Point	Category	Point
Master Pt: <i>Du mai</i>	SI-3		
alt. Ruler: <i>back of head & neck</i>	SI-3		
<i>Celestial Window</i>	SI-16		
<i>Celestial Window</i>	SI-17		

Yin Channels		Yang Channels	
Arm/Hand/Shou <i>Jue-Yin</i>	Pc	Arm/Hand/Shou <i>Shao-Yang</i>	TB
Category	Point	Category	Point
<i>Celestial Window</i> alt. CW	Pc-1 Pc-2	Master Pt: <i>Yang-Wei mai</i>	TB-5
Group Luo: 3 Arm Yin	Pc-5		
Master Pt: <i>Yin-Wei mai</i>	Pc-6	Group Luo: 3 Arm Yang	TB-8
Ruler: chest & diaphragm	Pc-6		
(4th) Ghost pt	Pc-7	<i>Celestial Window</i>	TB-16
(9th) Ghost pt	Pc-8		
9N to Rescue Yang	Pc-8		

Leg/Foot/Zu <i>Shao-Yang</i>	GB	Leg/Foot/Zu <i>Jue-Yin</i>	Lr
Category	Point	Category	Point
alt. CW	GB-9		
GB Mu pt	GB-24	Infl pt: Zang	Lr-13
Kd Mu pt	GB-25	Sp Mu pt	Lr-13
9N to Rescue Yang	GB-30		
		last pt in Cycle of Qi	Lr-14
Infl pt: Sinews	GB-34		
Xia-He: GB	GB-34		
Xi-cleft for: <i>Yang-Wei mai</i>	GB-35		
Infl pt: Marrow	GB-39		
Group Luo: 3 Leg Yang	GB-39		
Master Pt: <i>Dai mai</i>	GB-41		

Leg/Foot/Zu <i>Tai-Yin</i>	Sp	Leg/Foot/Zu <i>Yang-Ming</i>	ST
Category	Point	Category	Point
(3rd) Ghost pt	Sp-1	(7th) Ghost pt	ST-6
		Sea of Qi	ST-9
Master Pt: <i>Chong mai</i>	Sp-4	<i>Celestial Window</i>	ST-9
		Great Luo of ST	ST-18
		Sea of Nourishment	ST-30
Ruler: pelvis & lower abd.	Sp-6	Sea of Nourishment	ST-36
Group Luo: 3 Arm Yin	Sp-6	Ruler: abdomen	ST-36
9N to Rescue Yang	Sp-6	9N to Rescue Yang	ST-36
		Xia-He: ST	ST-36
		Xia-He: LI	ST-37
		Xia-He: SI	ST-39
		Sea of Blood	ST-37
Great Luo of Sp	Sp-21	Sea of Blood	ST-39

Leg/Foot/Zu <i>Tai-Yang</i>	BL	Leg/Foot/Zu <i>Shao-Yin</i>	Kd
Category	Point	Category	Point
<i>Celestial Window</i>	BL-10	9N to Rescue Yang	Kd-1
Sea of Qi	BL-10	9N to Rescue Yang	Kd-3
Infl pt: Bones	BL-11		
Infl pt: Blood	BL-17	Master Pt: <i>Yin-Qiao mai</i>	Kd-6
Xia-He pt: TB	BL-53		
Xia-He pt: BL	BL-54	Xi-cleft for: <i>Yin-Qiao mai</i>	Kd-8
Ruler: back	BL-54	Xi-cleft for: <i>Yin-Wei mai</i>	Kd-9
Xi-cleft for: <i>Yang-Qiao mai</i>	BL-59		
Master Pt: <i>Yang-Qiao mai</i>	BL-62		
(5th) Ghost pt	BL-62	2nd Ht Mu pt	Kd-25

Arm/Hand/Shou <i>Tai-Yin</i>	Lu	Arm/Hand/Shou <i>Yang-Ming</i>	LI
Category	Point	Category	Point
first pt in Cycle of Qi	Lu-1	Ruler: face & mouth	LI-4
		9N to Rescue Yang	LI-4
<i>Celestial Window</i>	Lu-3		
		Xia-He analog: SI	LI-8
Master Pt: <i>Ren mai</i>	Lu-7	Xia-He analog: LI	LI-9
Ruler: back of head & neck	Lu-7	Xia-He analog: ST	LI-10
Influential pt: pulse & bl. vessels	Lu-9	(12th) Ghost pt	LI-11
(2nd) Ghost pt	Lu-11	<i>Celestial Window</i>	LI-18

Miscellaneous Categories

Miscellaneous Categories on Ren & Du

<i>Du Mai</i>	<i>GV</i>
<i>Category</i>	<i>Point</i>
<i>Luo</i>	<i>GV-1</i>
<i>Sea of Qi</i> (alt. to BL-10)	<i>GV-15</i>
<i>9N to Rescue Yang</i>	<i>GV-15</i>
<i>Celestial Window</i>	<i>GV-16</i>
<i>Sea of Marrow</i>	<i>GV-16</i> <i>GV-20</i>
(6th) <i>Ghost pt</i> (10th) <i>Ghost pt</i> (1st) <i>Ghost pt</i>	<i>GV-16</i> <i>GV-23</i> <i>GV-26</i>
<i>GV pt for Kd (L2)</i> <i>GV pt for Sp (T11)</i> <i>GV pt for Lr (T9)</i> <i>GV pt for Ht (T5)</i> <i>GV pt for Lu (T3)</i> <i>GV pt for Yang (C7)</i>	<i>GV-4</i> <i>GV-6</i> <i>GV-8</i> <i>GV-11</i> <i>GV-12</i> <i>GV-14</i>

<i>Ren Mai</i>	<i>CV</i>
<i>Category</i>	<i>Point</i>
<i>Luo</i> alt. <i>Luo</i>	<i>CV-15</i> <i>CV-1</i>
<i>Sea of Qi</i>	<i>CV-17</i>
<i>9N to Rescue Yang</i>	<i>CV-12</i>
<i>Celestial Window</i>	<i>CV-22</i>
<i>Infl pt: Fu</i> <i>Infl pt: Qi</i>	<i>CV-12</i> <i>CV-17</i>
(11th) <i>Ghost pt</i> (8th) <i>Ghost pt</i> (13th) <i>Ghost pt</i>	<i>CV-1</i> <i>CV-24</i> Hai Quan
<i>Mu pt for BL</i> <i>Mu pt for SI</i> <i>Mu pt for TB</i> <i>Mu pt for ST</i> <i>Mu pt for HT</i> <i>Mu pt for PC</i>	<i>CV-3</i> <i>CV-4</i> <i>CV-5</i> <i>CV-12</i> <i>CV-14</i> <i>CV-17</i>

Organ Mu & Shu (& the 3 Jiao/Burners)

Back Shu	Organ	Front Mu
BL-13	< Lu >	LU-1
BL-14	< Pc >	CV-17
BL-15	< Ht >	CV-14
BL-18	< Lr >	LR-14
BL-19	< GB >	GB-24
BL-20	< Sp >	LR-13
BL-21	< ST >	CV-12
BL-22	< TB >	CV-5
BL-23	< Kd >	GB-25
BL-25	< LI >	ST-25
BL-27	< SI >	CV-4
BL-28	< BL >	CV-3

Vertebral Levels, GV Pts, Bladder Channel (Inner & Outer Columns) Back Shu & Front Mu Pts

post. midline Vertebral level & GV	0.5 – 0.75 cun Jia Ji & Ba Liao (sacral foramen)	1.5 cun Inner BL (Back Shu)	3 cun Outer BL • Jim's # Shanghai / Beijing #	Associated Organ	Front Mu Point
– C7 – GV-14	<i>Ding Chuan</i>		<i>SI-15 (2 cun) Jian Zhong Shu</i>		
– T1 – GV-13	<i>Jia Ji 1</i>	BL-11 Da Zhu / Bei Shu	<i>SI-14 Jian Wai Shu</i>	Bones	
T2 Ø	<i>Jia Ji 2</i>	BL-12 Feng Men	BL-12a – 36/41 Fu Fen	Wind	
– T3 – GV-12	<i>Jia Ji 3</i>	BL-13 Fei Shu	BL-13a – 37/42 Po Hu	Lu	Lu-1 Zhong Fu
T4 Ø	<i>Jia Ji 4</i>	BL-14 Jue-Yin Shu	BL-14a – 38/43 Gao Huang Shu	Pc	CV-17 Dan Zhong
– T5 – GV-11	<i>Jia Ji 5</i>	BL-15 Xin Shu	BL-15a – 39/44 Shen Tang	Ht	CV-14 Ju Que
– T6 – GV-10	<i>Jia Ji 6</i>	BL-16 Du Shu	BL-16a – 40/45 Yi Xi	GV	
– T7 – GV-9	<i>Jia Ji 7</i>	BL-17 Ge Shu	BL-17a – 41/46 Ge Guan	Diaphragm & Blood	
T8 Ø	<i>Jia Ji 8</i>	<i>Yi Shu aka Wei Guan Xia Shu</i>		Pancreas	
– T9 – GV-8	<i>Jia Ji 9</i>	BL-18 Gan Shu	BL-18a – 42/47 Hun Men	Lr	Lr-14 Qi Men
– T10 – GV-7	<i>Jia Ji 10</i>	BL-19 Dan Shu	BL-19a – 43/48 Yang Gang	GB	GB-24 Ri Yue
– T11 – GV-6	<i>Jia Ji 11</i>	BL-20 Pi Shu	BL-20a – 44/49 Yi She	Sp	Lr-13 Zhang Men
T12 Ø	<i>Jia Ji 12</i>	BL-21 Wei Shu	BL-21a – 45/50 Wei Cang	ST	CV-12 Zhong Wan
– L1 – GV-5	<i>Jia Ji 13</i>	BL-22 San Jiao Shu	BL-22a – 46/51 Huang Men	TB	CV-5 Shi Men
– L2 – GV-4	<i>Jia Ji 14</i>	BL-23 Shen Shu	BL-23a – 47/52 Zhi Shi	Kd	GB-25 Jing Men
L3 Ø	<i>Jia Ji 15</i>	BL-24 Qi Hai Shu		CV-6	
– L4 – GV-3	<i>Jia Ji 16</i>	BL-25 Da Chang Shu		LI	ST-25 Tian Shu
L5 Ø	<i>Jia Ji 17</i>	BL-26 Guan Yuan Shu		CV-4	
S1 Ø	BL-31 Shang Liao	BL-27 Xiao Chang Shu		SI	CV-4 Guan Yuan
S2 Ø	BL-32 Ci Liao	BL-28 Pang Guang Shu	BL-28a – 48/53 Bao Huang	BL	CV-3 Zhong Ji
S3 Ø	BL-33 Zhong Liao	BL-29 Zhong Lu Shu		Backbone, Sacrum & SI jt.	
– S4 – GV-2	BL-34 Xia Liao	BL-30 Bai Huan Shu	BL-30a – 49/54 Zhi Bian	Anus & Rectum	
coccyx GV-1	BL-35 Hui Yang				

* Jia Ji = Pinch/Press/Line the Spine / Paravertebral Points (aka Hua Tuo or Hua Tuo Jia Ji Pts)

Mu & Shu Points

Mu Points I
<i>from superior to inferior:</i>
<u>6 Midline/Ren Mai</u>
Pc: CV-17
Ht: CV-14
ST: CV-12
TB: CV-5
SI: CV-4
BL: CV-3
<u>6 Bilateral</u>
Lu: Lu-1
Lr: Lr-14
GB: GB-24
Sp: Lr-13
Kd: GB-25
LI: ST-25
<i>of the 6 Bilateral</i>
3 on Own Channel:
Lu, Lr, GB
3 on Other Channels:
Sp (on Lr)
Kd (on GB)
LI (on ST)

Mu Points II
<u>Upper Jiao (3)</u>
Lu: Lu-1
Pc: CV-17
Ht: CV-14
<u>Middle Jiao (4)</u>
Lr: Lr-14
GB: GB-24
ST: CV-12
Sp: Lr-13
<u>Lower Jiao (5)</u>
Kd: GB-25
LI: ST-25
TB: CV-5
SI: CV-4
BL: CV-3
<i>Mu point for:</i>
Upper Jiao: CV-17
Middle Jiao: CV-12
Lower Jiao: CV-6

Mu & Shu Points

Shu Points I

By Vertebral Level: All 21

T1	BL-11	Bones
T2	BL-12	Wind
T3	BL-13	Lu
T4	BL-14	Pc
T5	BL-15	Ht
T6	BL-16	GV
T7	BL-17	Diaphragm

T8	Ex. Pt.	Pancreas
T9	BL-18	Lr
T10	BL-19	GB
T11	BL-20	Sp
T12	BL-21	ST

L1	BL-22	TB
L2	BL-23	Kd
L3	BL-24	CV-6
L4	BL-25	LI
L5	BL-26	CV-4

S1	BL-27	SI
S2	BL-28	BL
S3	BL-29	Sacrum
S4	BL-30	Anus

Shu Points II

By Jiao: 12 Organs Only

Upper Jiao (3)

T3	BL-13	Lu
T4	BL-14	Pc
T5	BL-15	Ht

Middle Jiao (4)

T9	BL-18	Lr
T10	BL-19	GB
T11	BL-20	Sp
T12	BL-21	ST

Lower Jiao (5)

L1	BL-22	TB
L2	BL-23	Kd
L4	BL-25	LI
S1	BL-27	SI
S2	BL-28	BL

奇經八脈 Qí Jīng Bā Mài – 8 Extraordinary Vessels

<i>Vessel</i>	Chong	Yin Wei	Ren	Yin Qiao	Du	Yang Qiao	Dai	Yang Wei
	沖	維	任	蹻	督	蹻	帶	維
<i>transl.</i>	Penetrating, Thoroughfare, Pulsing, Surging	Yin Linking	Conception, Controlling	Yin Heel or Motility	Governing	Yang Heel or Motility	Belt or Girdling	Yang Linking
<i>trigram</i>	Qián	Gèn	Lí	Kūn	Dui	Kǎn	Xùn	Zhèn
<i>trigram</i>								
<i>direction</i>	NW	NE	S	SW	W	N	SE	E
<i>relation</i>	father	mother	host	guest	husband	wife	male daughter	female son
<i>luo pt</i>	ø	ø	CV-15	ø	GV-1	ø	ø	ø
<i>xi pt</i>	ø	Kd-9	ø	Kd-8	ø	BL-59	ø	GB-35
<i>master opening pt</i>	Sp-4	Pc-6	Lu-7	Kd-6	SI-3	BL-62	GB-41	TB-5
<i># of pts</i>	14 pts	7 pts	24 pts	6 pts	28 pts	13 pts	4 pts	16 pts
<i>pathway begins</i>	kidney / lower jiao	medial leg	kidney / lower jiao	medial heel/ankle	kidney / lower jiao	lateral heel/ankle	ming-men (GV-4)	lateral leg/foot
	CV-1	Kd-9	CV-1	Kd-2	(CV-1)	BL-62	Lr-13	BL-63
	ST-30	(Sp-12)		Kd-6	GV-1	BL-61	GB-26	GB-35
	Kd-11	Sp-13		Kd-8		BL-59	GB-27	GB-29
	Kd-12	Sp-15		ST-12		GB-29	GB-28	SI-10
	Kd-13	Sp-16		ST-9		SI-10	(CV-4) (CV-8)	TB-13
	Kd-14	Lr-14		BL-1		LI-15		LI-14
	Kd-15	CV-22				LI-16		TB-15
	CV-7	CV-23				ST-9		GB-21
	Kd-16					ST-4		GB-20
	Kd-17					ST-3		GB-19
	Kd-18					ST-1		GB-18
	Kd-19				GV-12	BL-1		GB-17
	Kd-20				(BL-12)	thru brain to		GB-16
	Kd-21				GV-13	GB-20		GB-15
	chest							GB-14
	throat							GB-13
	lips		CV-24					(ST-8)
	eyes		(GV-28)					to ear
	(ST-1)		(ST-1)		GV-28			(GV-15) (GV-16)

* For this table I basically follow Li Shi Zhen (Ch+YnW=21, R+YnQ=30 **Yin = 51 pts**) (Du+YgQ=41, D+YgW=20 **Yang = 61 pts**) **Total = 112 pts**

靈龜八法 Lǐng Guī Bā Fǎ (Astro-Chrono-Puncture – Open Points)
Numinous-Magical-Mystic-Sacred Turtle – Eight [Vessel] Method

• In a Chinese almanac find the Stem-Branch Day for the Western calendar date, then use the point for the hour

	Hour → Day ↓	11-1 am	1-3 am	3-5 am	5-7 am	7-9 am	9-11 am	11-1 pm	1-3 pm	3-5 pm	5-7 pm	7-9 pm	9-11 pm
#	Stem-Branch	1	2	3	4	5	6	7	8	9	10	11	12
1.	Jiǎ-zǐ	Pc-6	Sp-4	GB-41	Kd-6	Lu-7	TB-5	SI-3	Kd-6	TB-5	BL-62	GB-41	Kd-6
2.	Yǐ-chǒu	Kd-6	TB-5	BL-62	GB-41	Kd-6	Sp-4	GB-41	Kd-6	Kd-6	TB-5	BL-62	Kd-6
3.	Bǐng-yín	Kd-6	Kd-6	TB-5	BL-62	Pc-6	Sp-4	Sp-4	GB-41	Kd-6	Lu-7	SI-3	BL-62
4.	Dīng-mǎo	TB-5	BL-62	Kd-6	TB-5	Sp-4	GB-41	Kd-6	Sp-4	GB-41	BL-62	Kd-6	TB-5
5.	Wù-chén	Kd-6	TB-5	Sp-4	GB-41	Kd-6	Lu-7	GB-41	SI-3	Kd-6	TB-5	BL-62	Pc-6
6.	Jǐ-sì	Kd-6	TB-5	BL-62	Kd-6	TB-5	Sp-4	GB-41	Kd-6	Sp-4	GB-41	BL-62	Kd-6
7.	Gēng-wǔ	Kd-6	TB-5	BL-62	GB-41	Kd-6	Lu-7	GB-41	Kd-6	Kd-6	TB-5	BL-62	Pc-6
8.	Xīn-wèi	BL-62	GB-41	Kd-6	Sp-4	GB-41	Kd-6	Kd-6	TB-5	BL-62	Kd-6	TB-5	Sp-4
9.	Rén-shēn	SI-3	Kd-6	TB-5	BL-62	GB-41	Kd-6	Sp-4	GB-41	Kd-6	Kd-6	TB-5	BL-62
10.	Guǐ-yǒu	BL-62	Kd-6	Kd-6	Sp-4	GB-41	Kd-6	Sp-4	TB-5	BL-62	Kd-6	TB-5	BL-62
11.	Jiǎ-xū	Kd-6	Lu-7	SI-3	Kd-6	TB-5	Sp-4	BL-62	Pc-6	Sp-4	GB-41	SI-3	Kd-6
12.	Yǐ-hài	Kd-6	Sp-4	GB-41	BL-62	Kd-6	TB-5	BL-62	Kd-6	Kd-6	Sp-4	GB-41	Kd-6
13.	Bǐng-zǐ	BL-62	GB-41	Kd-6	Lu-7	SI-3	Kd-6	Kd-6	TB-5	BL-62	Pc-6	Sp-4	Lu-7
14.	Dīng-chǒu	Kd-6	TB-5	BL-62	Kd-6	Kd-6	Sp-4	GB-41	Kd-6	Sp-4	TB-5	BL-62	Kd-6
15.	Wù-yín	TB-5	BL-62	GB-41	Kd-6	Lu-7	SI-3	Kd-6	Kd-6	TB-5	BL-62	Pc-6	Sp-4
16.	Jǐ-mǎo	Sp-4	GB-41	Kd-6	Sp-4	GB-41	BL-62	Kd-6	TB-5	BL-62	Kd-6	Kd-6	Sp-4
17.	Gēng-chén	Pc-6	Sp-4	GB-41	SI-3	Kd-6	TB-5	SI-3	Kd-6	Pc-6	Sp-4	GB-41	Kd-6
18.	Xīn-sì	GB-41	BL-62	Kd-6	TB-5	BL-62	Kd-6	Kd-6	Sp-4	GB-41	Kd-6	Sp-4	TB-5
19.	Rén-wǔ	Kd-6	TB-5	BL-62	Pc-6	Kd-6	Lu-7	GB-41	Kd-6	Lu-7	TB-5	BL-62	Pc-6
20.	Guǐ-wèi	Kd-6	Sp-4	TB-5	BL-62	Kd-6	TB-5	BL-62	GB-41	Kd-6	Sp-4	GB-41	Kd-6
21.	Jiǎ-shēn	BL-62	Pc-6	Sp-4	GB-41	Kd-6	Kd-6	Lu-7	SI-3	Kd-6	TB-5	Sp-4	GB-41
22.	Yǐ-yǒu	GB-41	Kd-6	Sp-4	TB-5	BL-62	Kd-6	TB-5	BL-62	GB-41	Kd-6	Sp-4	GB-41
23.	Bǐng-xū	GB-41	SI-3	Kd-6	TB-5	BL-62	Pc-6	Pc-6	Sp-4	GB-41	Kd-6	Lu-7	TB-5
24.	Dīng-hài	Kd-6	Sp-4	GB-41	Kd-6	Kd-6	TB-5	BL-62	Kd-6	TB-5	Sp-4	GB-41	Kd-6
25.	Wù-zǐ	Kd-6	Lu-7	TB-5	BL-62	Pc-6	Sp-4	BL-62	GB-41	Kd-6	Lu-7	SI-3	Kd-6
26.	Jǐ-chǒu	Kd-6	Sp-4	GB-41	Kd-6	Sp-4	TB-5	BL-62	Kd-6	TB-5	BL-62	GB-41	Kd-6
27.	Gēng-yín	Sp-4	GB-41	Kd-6	Kd-6	TB-5	BL-62	Kd-6	TB-5	Sp-4	GB-41	Kd-6	Lu-7
28.	Xīn-mǎo	Kd-6	Kd-6	Sp-4	GB-41	Kd-6	Sp-4	TB-5	BL-62	Kd-6	TB-5	BL-62	GB-41
29.	Rén-chén	Pc-6	Sp-4	GB-41	Kd-6	Kd-6	TB-5	SI-3	Kd-6	TB-5	Sp-4	GB-41	Kd-6
30.	Guǐ-sì	Kd-6	TB-5	Sp-4	GB-41	Kd-6	Sp-4	GB-41	BL-62	Kd-6	TB-5	BL-62	Kd-6

靈龜八法 **Líng Guī Bā Fǎ** (Astro-Chrono-Puncture – Open Points)

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#	Stem-Branch	1	2	3	4	5	6	7	8	9	10	11	12
31.	Jiǎ-wǔ	Pc-6	Sp-4	GB-41	Kd-6	Lu-7	TB-5	SI-3	Kd-6	TB-5	BL-62	GB-41	Kd-6
32.	Yǐ-wèi	Kd-6	TB-5	BL-62	GB-41	Kd-6	Sp-4	GB-41	Kd-6	Kd-6	TB-5	BL-62	Kd-6
33.	Bǐng-shēn	TB-5	Sp-4	GB-41	Kd-6	Lu-7	SI-3	SI-3	Kd-6	TB-5	BL-62	Pc-6	Kd-6
34.	Dīng-yǒu	Kd-6	Kd-6	Sp-4	GB-41	BL-62	Kd-6	TB-5	BL-62	Kd-6	Kd-6	Sp-4	GB-41
35.	Wù-xū	Kd-6	TB-5	Sp-4	GB-41	Kd-6	Lu-7	GB-41	SI-3	Kd-6	TB-5	BL-62	Pc-6
36.	Jǐ-hài	Kd-6	TB-5	BL-62	Kd-6	TB-5	Sp-4	GB-41	Kd-6	Sp-4	GB-41	BL-62	Kd-6
37.	Gēng-zǐ	Kd-6	TB-5	BL-62	GB-41	Kd-6	Lu-7	GB-41	Kd-6	Kd-6	TB-5	BL-62	Pc-6
38.	Xīn-chǒu	BL-62	GB-41	Kd-6	Sp-4	GB-41	Kd-6	Kd-6	TB-5	BL-62	Kd-6	TB-5	Sp-4
39.	Rén-yín	Sp-4	GB-41	Kd-6	Lu-7	TB-5	BL-62	Kd-6	TB-5	BL-62	GB-41	Kd-6	Lu-7
40.	Guǐ-mǎo	Sp-4	GB-41	BL-62	Kd-6	TB-5	BL-62	Kd-6	Kd-6	Sp-4	GB-41	Kd-6	Sp-4
41.	Jiǎ-chén	Kd-6	Lu-7	SI-3	Kd-6	TB-5	Sp-4	BL-62	Pc-6	Sp-4	GB-41	SI-3	Kd-6
42.	Yǐ-sì	Kd-6	Sp-4	GB-41	BL-62	Kd-6	TB-5	BL-62	Kd-6	Kd-6	Sp-4	GB-41	Kd-6
43.	Bǐng-wǔ	BL-62	GB-41	Kd-6	Lu-7	SI-3	Kd-6	Kd-6	TB-5	BL-62	Pc-6	Sp-4	Lu-7
44.	Dīng-wèi	Kd-6	TB-5	BL-62	Kd-6	Kd-6	Sp-4	GB-41	Kd-6	Sp-4	TB-5	BL-62	Kd-6
45.	Wù-shēn	GB-41	Kd-6	Kd-6	TB-5	BL-62	Pc-6	TB-5	Sp-4	GB-41	Kd-6	Lu-7	SI-3
46.	Jǐ-yǒu	BL-62	Kd-6	TB-5	BL-62	Kd-6	Kd-6	Sp-4	GB-41	Kd-6	Sp-4	TB-5	BL-62
47.	Gēng-xū	Pc-6	Sp-4	GB-41	SI-3	Kd-6	TB-5	SI-3	Kd-6	Pc-6	Sp-4	GB-41	Kd-6
48.	Xīn-hài	GB-41	BL-62	Kd-6	TB-5	BL-62	Kd-6	Kd-6	Sp-4	GB-41	Kd-6	Sp-4	TB-5
49.	Rén-zǐ	Kd-6	TB-5	BL-62	Pc-6	Kd-6	Lu-7	GB-41	Kd-6	Lu-7	TB-5	BL-62	Pc-6
50.	Guǐ-chǒu	Kd-6	Sp-4	TB-5	BL-62	Kd-6	TB-5	BL-62	GB-41	Kd-6	Sp-4	GB-41	Kd-6
51.	Jiǎ-yín	Lu-7	SI-3	Kd-6	TB-5	BL-62	GB-41	Pc-6	Sp-4	GB-41	Kd-6	Kd-6	TB-5
52.	Yǐ-mǎo	TB-5	BL-62	Kd-6	Kd-6	Sp-4	GB-41	Kd-6	Sp-4	TB-5	BL-62	Kd-6	TB-5
53.	Bǐng-chén	GB-41	SI-3	Kd-6	TB-5	BL-62	Pc-6	Pc-6	Sp-4	GB-41	Kd-6	Lu-7	TB-5
54.	Dīng-sì	Kd-6	Sp-4	GB-41	Kd-6	Kd-6	TB-5	BL-62	Kd-6	TB-5	Sp-4	GB-41	Kd-6
55.	Wù-wǔ	Kd-6	Lu-7	TB-5	BL-62	Pc-6	Sp-4	BL-62	GB-41	Kd-6	Lu-7	SI-3	Kd-6
56.	Jǐ-wèi	Kd-6	Sp-4	GB-41	Kd-6	Sp-4	TB-5	BL-62	Kd-6	TB-5	BL-62	GB-41	Kd-6
57.	Gēng-shēn	SI-3	Kd-6	TB-5	Sp-4	GB-41	Kd-6	Sp-4	GB-41	SI-3	Kd-6	TB-5	BL-62
58.	Xīn-yǒu	Sp-4	TB-5	BL-62	Kd-6	TB-5	BL-62	GB-41	Kd-6	Sp-4	GB-41	Kd-6	Kd-6
59.	Rén-xū	Pc-6	Sp-4	GB-41	Kd-6	Kd-6	TB-5	SI-3	Kd-6	TB-5	Sp-4	GB-41	Kd-6
60.	Guǐ-hài	Kd-6	TB-5	Sp-4	GB-41	Kd-6	Sp-4	GB-41	BL-62	Kd-6	TB-5	BL-62	Kd-6

地支 Dì Zhī – 12 Terrestrial Branches & Fundamental Correlations

Br. #	Char.	Branch	Hour	Organ	Hex. #	Char.	Hexagram Name	Graph	Month	Animal	Pīnyīn	Char.
1	子	Zǐ	11 pm –1 am	GB	#24	復	Fù = Return (yang/light returns, days get longer)		11th Dec-Jan	mouse rat	shǔ	鼠
2	丑	Chǒu	1-3 am	Lr	#19	臨	Lín = Approach (yang builds, Spring approaches)		12th Jan-Feb	cow ox	niú	牛
3	寅	Yín	3-5 am	Lu	#11	泰	Tài = Flowing (yang flourishes, Vernal Equinox)		1st Feb-Mar	tiger	hǔ	虎
4	卯	Mǎo	5-7 am	LI	#34	大壯	Dà Zhuàng = Big & Strong (yang is robust, yin shrinks)		2nd Mar-Apr	hare rabbit	tù	兔
5	辰	Chén	7-9 am	ST	#43	夬	Guài = Resolute (yang burgeoning expels yin)		3rd Apr-May	dragon	lóng	龍
6	巳	Sì	9-11 am	Sp	#1	乾	Qián = Vigorous (yang is complete, Summer Solstice)		4th May-Jun	snake	shé	蛇
7	午	Wǔ	11 am –1 pm	Ht	#44	姤	Gòu = Encounter (yin re-enters, days get shorter)		5th Jun-Jul	horse	mǎ	馬
8	未	Wèi	1-3 pm	SI	#33	遯	Dùn = Retreat (yin grows, yang retreats)		6th Jul-Aug	sheep goat ram	yáng	羊
9	申	Shēn	3-5 pm	BL	#12	否	Pǐ = Flow Stops (yin blocks yang, Autumnal Equinox)		7th Aug-Sep	monkey	hóu	猴
10	酉	Yǒu	5-7 pm	Kd	#20	觀	Guān = Observe, Contemplate (look within as Winter approaches)		8th Sep-Oct	chicken rooster	jī	雞
11	戌	Xū	7-9 pm	Pc	#23	剝	Bō = Peel-Away (trees stripped bare, yang collapses)		9th Oct-Nov	dog	quǎn	犬
12	亥	Hài	9-11 pm	TB	#2	坤	Kūn = Quietude (yin is complete, Winter Solstice)		10th Nov-Dec	pig boar	zhū	豬

Organ clock pairs are represented by structurally opposite hexagrams

About the Author

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Jim Cleaver has devoted much of the last forty years to teaching many aspects of Chinese medicine, having held positions at Five Branches Institute in Santa Cruz, CA., The Oregon College of Oriental Medicine, and the last 22 years at National College/University of Natural Medicine in Portland, OR.

Using this book, students, teachers, and practitioners will benefit from his depth of experience in clinic and classroom.

As a classroom tool and an office reference, this book is an invaluable resource.

Now retired from academics, Jim is making available some of the many books he created for his classes and students during his teaching career.

These cover a wide range of topics related to Chinese Medicine, the Yi-Jing, and Chinese philosophical classics.

Jim also maintains a private practice and a Qi-Gong & Tai-Ji class begun in 1991.

