

臟腑像

Zàng-Fǔ Xiàng

Organ Images

2.0

*A Combined Chinese Language & Chinese Medicine Study Guide
Using Translation Exercises*

Teacher Version

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Introduction

This book is a continuation of my '*Chinese Language, History, and Culture*' book.

Its primary language objective is to go beyond single character vocabulary into phrases and sentences.

Its primary medical objective is to explore the fundamental tenets of the medicine using its native tongue. Especially important in this regard are the principles expressed in what are known as the 'organ images' or *zang-fu xiang*.

I decided to present easier to understand and translate modern passages, and then an excerpt from a classical text using the most foundational passage concerning the organs, the locus classicus if you will, chapter 8 of the Su Wen. The Su Wen or Simple Questions is the first part of the Huang Di Nei Jing.

How To Use This Book

- **The First section:** concerns vocabulary used in the organ image statements.

I have extracted 112 characters from the images that will not have been encountered previously, i.e. in the '*Language, History, and Culture*' book.

In addition, some of those characters are consistently used together as compounds and would be difficult to make sense of without knowing that, so I have appended them to the end of the glossary section to alert you to them ahead of time.

The best approach is probably to go through this section first (i.e. build your vocabulary) then proceed to the next section, but it is also entirely reasonable to fill in the glossary as you come across the character in the second section and thus do them together. In other words complete the glossary as you go.

- **The Second section:** concerns translation of key phrases/sentences regarding primary associations and functions of the organs.

- Utilize the glossary (if you did that first) and a dictionary to figure out each character, then attempt to make a translation of the line. Think of the phrases as puzzles to solve. Conceptually, you must think about the theory you know to help figure out the right choice of words and hence an accurate translation as a whole.

- **The Third section:** is a continuation of the second, but changes the focus to a classical passage you will have to try to figure out. It is relatively short, but provides a good sense of classical succinctness.

- **The Fourth section:** concerns writing, and in the end your ability to read. It is very difficult to learn characters without writing them, at least beyond a relatively small number. Thus to learn to read you must practice writing. This teaches several other important aspects of Chinese, specifically stroke order (which is the equivalent of spelling in phonetic languages). It is also the prerequisite for the art of calligraphy. This can be done as you go, or saved for the end, as a kind of review.

Feel free to copy this, so you can use it both ways and often.

- **Add tone marks to the pinyin as you go:**

Tone marks always go over vowels.

Specifically as follows:

In diphthongs, if there is an 'a' it always gets the tone mark (ai, ao, ia, iao, ua, uai)

then 'e' as in (ei, ie, ue)

'o' in (ou, iong, uo)

lastly 'i' in (iu & ui) (u & ü only get a mark when they are the only vowel)

Part I

臟腑像

Zàng-Fǔ Xiàng

Glossary of Key Terms
(dictionary exercise)

Key Vocabulary – Dictionary Exercise

Organ Images: Key Vocabulary

1. find following characters (I have provided the pinyin) in your dictionary – write definitions in the space provided
2. then use this glossary to help translate the phrases in the next section (starting on p. 11)
3. practice writing these characters in the writing section (starting on p. 93)

#	文	Pīn-yīn	Definitions
1.	本	běn	a root, to root
2.	別	bié	to leave, depart; diverge; separate
3.	稟	bǐng	natural endowment; report to (a superior); receive
4.	不	bù	no, not, negation
5.	藏	cáng	to store, storehouse, warehouse
6.	朝	cháo	faces, face toward, head or lead toward
7.	出	chū	to go out, leave, exit; produce, generate; occur, take place, happen
8.	傳	chuán	transfer, pass on, convey/conveyance
9.	存	cún	to exist (VS #11)
10.	導	dǎo	to lead, guide
11.	動	dòng	move, motion, movement; stir, shake, take action, act; induce, influence agitate; start
12.	瀆/瀆	dú	river; ditch, sluice, drain
13.	斷	duàn	to sever, cut off, discontinue; certainly, absolutely; decide, judge
14.	而	ér	and; from, to (VS #18)
15.	發	fā	deliver, distribute, discharge, erupt, express, expand, open up - effuse
16.	分	fēn	divide, separate, part; a branch of; distribute; discriminate; a portion 4th tone = duty, function
17.	府	fǔ	gov't official, official's residence, (term showing respect for another's residence) archive, treasury, repository
18.	蓋	gài	a cover, lid; canopy; to cover, hide; to seal, affix a stamp; to build
19.	干	gān	to offend (VS #11)
20.	根	gēn	root, base, foundation
21.	合	hé	unite/confluence with; connect to
22.	和	hé	harmony, harmonize
23.	乎	hū	at the end of a sentence functions like a question or exclamation mark in mid-sentence functions like 'to, at, through' etc. (K #30)
24.	呼	hū	breathe out, exhale

Key Vocabulary – Dictionary Exercise

#	文	Pīn-yīn	Definitions
25.	華	huá	splendid, elegant, gay, brilliant, pompous, grand, showy; glory, beauty; luster bloom, florid
26.	化	huà	transform
27.	寄	jì	send; entrust to, place hopes on; live upon depend upon (Lu #17)
28.	降	jiàng	drop, fall, come down, descend/descent; bear downward, downbearing; (opposite of sheng = upbearing)
29.	嬌	jiāo	delicate, beautiful, lovely
30.	交	jiāo	deliver, hand over; to acquaint, make friends; junction, crossroad, intersection
31.	皆	jiē	all, altogether
32.	靜	jìng	still, calm, peaceful, motionless; silent, quiet, noiseless (K #27)
33.	聚	jù	to assemble, gather (VS #5)
34.	決	jué	to burst open, clear; decide, determine, resolve; sure, no doubt
35.	開	kāi	to open, to start
36.	可	kě	can, may, able; ever (VS #11)
37.	慮	lǜ	to think on, consider; anxious, suspicious
38.	苗	miáo	sprout
39.	謀	móu	stratagem, plan, scheme
40.	母	mǔ	mother (VS #2)
41.	納	nà	accept, receive (intake of food - absorption of qì)
42.	乃	nǎi	to be
43.	能	néng	can, be able to; capability
44.	漚	ōu òu	bubbles, foam, froth M.4819a (TB #8) to soak, steep M.4819 soak = pào jìn= steep
45.	拍	pāi / pò	slap, pat, clap (pai-da = slapping massage / dao yin)
46.	粕	pò	dregs, sediment M.5353 grains in liquor (LI #24)
47.	其	qí	2nd person pronoun: his/her, its, their; this/that, these/those; suffix 'ly'
48.	起	qǐ	get up, stand up; begin, start; take out; occur, happen; build (VS #19)
49.	竅	qiào	an opening, aperture, portal, orifice
50.	清	qīng	clean, clear, pure; incorruptible (the Mandarin dynasty)
51.	去	qù	go, leave, depart; indicates tendency to; past, previous; remove, discard
52.	如	rú	like, similar to, analogous to; as; if; according to
53.	濡	rú	moisten, wet, soak (VS #10)

Key Vocabulary – Dictionary Exercise

#	文	Pīn-yīn	Definitions
54.	入	rù	enter
55.	傷	shāng	injure, damage
56.	攝	shè	take, absorb (VS #8)
57.	升	shēng	rise, ascend/ascent; bear upward, upbear (<i>opposite of jiang = downbearing</i>)
58.	生	shēng	give rise to, produce, generate, give birth to; grow; <i>adj.</i> unripe, uncooked
59.	聲	shēng	voice, sound, noise; tone; announce, declare; reputation
60.	食	shí	food; eat
61.	受	shòu	indicates passive voice; bear, endure; suitable
62.	樞	shū	pivot, axis, hinge; center of motion
63.	疏	shū	clear away, ease the flow, make the going smooth; course
64.	熟	shú	cooked or ripen; ripe; process(ed)
65.	屬	shǔ	pertains to, corresponds to, belongs to (member of a group, class, category)
66.	帥	shuài	commander in chief, marshal; smart, handsome (VS #3)
67.	司	sī	attend to / manage
68.	肅	sù	respectful, solemn, serious, reverential - proper; depurative
69.	胎	tāi	embryo, fetus (VS #20)
70.	體	tǐ	form, substance (the body)
71.	調	tiáo	to blend-harmonize-reconcile-mediate / regulate
72.	通	tōng	open; able to flow through; free, unblock
73.	同	tóng	same, equal (tong ren = comrade) (VS #1)
74.	統	tǒng	manage, keep in order; gather into one, unify
75.	為	wéi wèi	makes, forms (secretes) do; take as; become; make be; by, for (is/are - are like)
76.	惡	wù	hate-loathe-dislike; intolerant of; have aversion to
77.	霧	wù	mist, fog
78.	息	xī	breathe in, rest; stop; news
79.	吸	xī	breathe in; suck, draw in, absorb
80.	喜	xǐ	joy, happy, happiness, delight; like prefer
81.	系/係	xì	(v) attach to, bind, connect with; tie up, fasten (n) connection; department; system
82.	夏	xià	summer, ancient name for China; Xia dynasty

Key Vocabulary – Dictionary Exercise

#	文	Pīn-yīn	Definitions
83.	相	xiāng	mutual, reciprocal, correlates; each other; (form a relationship) (Ht #18)
84.	泄	xiè	discharge, drain, excrete, leak out; disclose; vent; ejaculate; diarrhea
85.	煦	xù	warm (VS #10)
86.	宣	xuān	declare, proclaim; lead out; drain - diffuse, perfuse
87.	言	yán	speech, words, say
88.	養	yǎng	bring up, feed, rear, raise; support, sustain, maintain; care for, nourish; protect; cultivate
89.	腰	yāo	waist, loin; low back, lumbar
90.	也	yě	also, too; as well as (VS #13)
91.	夜	yè	night (VS #15)
92.	移	yí	move, shift, transfer; remove; change
93.	宜	yí	should fit, suitable, proper (K #27)
94.	用	yòng	use, apply, make use of; function
95.	于	yú	in, at; to; than
96.	餘	yú	remainder, extra, surplus, superabundance; extension of
97.	與	yǔ	and; with; give; help
98.	運	yùn	move, revolve; carry, transport, deliver; fate, luck; apply, utilize
99.	在	zài	to exist, be present, live, v. to be; prep. in-on-at-over (the); v. lie in, rest with, depend on
100.	糟	zāo	sediment, dregs; to rot
101.	則	zé	then (K #27)
102.	蟄	zhé	hibernate, hibernation; dormant, dormancy (K #25)
103.	者	zhě	that which (VS 13)
104.	之	zhī	of it <i>indicates possessive</i> 's
105.	肢	zhī	limb
106.	殖	zhí	to reproduce, breed
107.	志	zhì	will (emotion, affect, disposition, orientation)
108.	晝	zhòu	day, daytime (VS #15)
109.	主	zhǔ	governs or controls (the master/host of)
110.	壯	zhuàng	strong, sturdy, robust (GB #24)
111.	濁	zhuó	muddy, turbid, dirty, murky; turbidity
112.	總	zǒng	general, main, chief; always, constantly (K #30)

Key Vocabulary – Dictionary Exercise

Compound Words & Phrases

- 臟像 **Zàng Xiàng** = visceral images / organ pictures / manifestations of the organs
-
1. **fǔ-shú** = rot and ripen Sp/ST #20
 2. **hū-xī** = breathe out & breathe in (respiration) Lu #2
 3. **huá-gài** = a flowerlike canopy (CV-20 = Floral Canopy) Lu #14
 4. **jué-duàn** = to make a decision; be decisive GB #
 5. **kāi qiào yú** = opens [the] portal to/of/at / portal opening is (the); “window” of = sense orifice
 6. **qí huá zài** = outwardly manifests in-on-at [the...]; is reflected, mirrored on; it flowers/blooms at
 7. **shēng-zhí** = reproduction sheng zhi qi = reproductive organs
 8. **xuān-fā** = diffuse/perfuse and effuse/erupt (Wiseman) Lu #3
 9. **zāo pò** = sediments & dregs (i.e. wastes) (see Wiseman G & V p.98) Lu #24

Part II

臟腑像

Zàng-Fǔ Xiàng

Key Phrases
(translating exercise)

Translation Exercise – Vital Subs and Channels

Vital Substance & Channel Images

PY = pinyin w/ tone marks, *Def.* = definitions, *Tr.* = translate (make a sentence)

1.	津	血	同	源					
<i>PY</i>	jīn	xuè	tóng	yuán					
<i>Def.</i>	liquids	blood	same equal	water- source					
<i>Tr.</i>	Fluids & blood [have the] same source								
2.	血	為	氣	母					
<i>PY</i>	xuè	wéi	qì	mǔ					
<i>Def.</i>	blood	is, are	energy vitality	mother					
<i>Tr.</i>	Blood is the qi mother								
3.	氣	為	帥	血					
<i>PY</i>	qì	wéi	shuài	xuè					
<i>Def.</i>	energy vitality	is, are	commander	blood					
<i>Tr.</i>	Qi is the commander of blood								
4.	氣	行	則	血	行				
<i>PY</i>	qì	xíng	zé	xuè	xíng				
<i>Def.</i>	energy vitality	go move circulate	then	blood	go move circulate				
<i>Tr.</i>	[When, if] qi moves, then blood moves								

Translation Exercise – Vital Subs and Channels

Vital Substance & Channel Images

5.	氣	聚/聚	則	生						
PY	qì	jù	zé	shēng						
Def.	energy vitality	gather assemble collect	then	generate produce						
Tr.	[When, if] qì gathers, then there is life / generation (of life)									
6.	髮	為	血	之	餘	神	為	氣	之	餘
PY	fà	wéi	xuè	zhī	yú	shén	wéi	qì	zhī	yú
Def.	hair	is, are	blood	's of	extra surplus	spirit	is, are	energy vitality	's of	extra surplus
Tr.	(head) Hair is the blood's surplus, spirit is the qì's surplus / spirit is the surplus of the qì									
7.	經	主	氣	絡	主	血				
PY	jīng	zhǔ	qì	luò	zhǔ	xuè				
Def.	channel	govern	energy vitality	network	govern	blood				
Tr.	The [primary] channels govern qì, the network [vessels] govern blood									
8.	氣	能	攝	血						
PY	qì	néng	shè	xuè						
Def.	energy vitality	enable	take absorb	blood						
Tr.	Qì enables the containment of blood									

Translation Exercise – Vital Subs and Channels

Vital Substance & Channel Images

9.	左	屬	血	右	屬	氣			
PY	zuǒ	shǔ	xuè	yòu	shǔ	qì			
Def.	left	pertains to	blood	right	pertains to	energy vitality			
Tr.	The left pertains to blood, the right pertains to qi								
10.	氣	主	煦	之	血	主	濡	之	
PY	qì	zhǔ	xù	zhī	xuè	zhǔ	rú	zhī	
Def.	energy vitality	govern	warm	's of	blood	govern	moisten	's of	
Tr.	Qi governs warming, blood governs moistening								
11.	正	氣	存	內	邪	不	可	干	
PY	zhèng	qì	cún	nèi	xié	bù	kě	gān	
Def.	upright	energy vitality	exist	inner	evil	no, not	can	offend	
Tr.	[When/if] upright qi [is present] internally, evil [qi] cannot attack								
12.	營	在	脈	中	衛	在	脈	外	
PY	yíng	zài	mài	zhōng	wèi	zài	mài	wài	
Def.	nutritive	in, at	vessel	within	defense	in, at	vessel	outer	
Tr.	Nutritive [qi] lies within the vessels, protective [qi] lies outside the vessels								

Translation Exercise – Vital Subs and Channels

Vital Substance & Channel Images

13.	營	為	者	精	氣	也			
PY	yíng	wéi	zhě	jīng	qì	yě			
Def.	nutritive	is, are	that which	essence	energy vitality	also, too as well as			
Tr.	The ying & wei are also essence & qi								
14.	清	者	為	營	濁	者	為	衛	
PY	qīng	zhě	wéi	yíng	zhuó	zhě	wéi	wèi	
Def.	clear	that which	is, are makes, forms	nutritive	turbid	that which	is, are makes, forms	defense	
Tr.	The clear/refined becomes nutritive [qi], the turbid/coarse becomes defensive [qi]								
15.	衛	氣	者	晝	行	於	陽		
PY	wèi	qì	zhě	zhòu	xíng	yú	yáng		
Def.	defense	energy vitality	that which	daytime	move circulate	in, at, to	yang		
Tr.	wei qi circulates in the yang (during daytime),								
15a.	夜	行	於	陰					
PY	yè	xíng	yú	yīn					
Def.	night	move circulate	in, at, to	yin					
Tr.	at night circulates within the yin								

Translation Exercise – Vital Subs and Channels

Vital Substance & Channel Images

16.	十二	經	絡	者	內	屬	於	五	臟
PY	shí-èr	jīng	luò	zhě	nèi	shǔ	yú	wǔ	zàng
Def.	twelve	channel	network collaterals	that which	inner internal	pertain to	in, at, to	five	viscera
Tr.	The 12 channels & collaterals internally home to the 5 zang								
16a.	外	絡	於	肢	節				
PY	wài	luò	yú	zhī	jié				
Def.	outer external	network	in, at, to	limbs	joints				
Tr.	externally net/connect the limbs & joints								
17.	沖 衝	為	血	海					
PY	chōng chòng	wéi	xuè	hǎi					
Def.	pulsing thorough- fare dynamic	is, are	blood	sea					
Tr.	The chong [mai] is the sea of blood								
18.	沖 衝	脈	屬	肝	腎				
PY	chōng chòng	mài	shǔ	gān	shèn				
Def.	pulsing thorough- fare dynamic	vessel	pertains to	liver	kidney				
Tr.	The penetrating vessel homes to liver & kidney								

Translation Exercise – Vital Subs and Channels

Vital Substance & Channel Images

18a.	冲 衝	任	本	乎	血	而	屬	肝	
PY	chōng chòng	rén	běn	hū	xuè	ér	shǔ	gān	
Def.	pulsing thorough- fare dynamic	to employ appoint	root	to, at through	blood	and	pertain to	liver	
Tr.	The chong & CV are rooted in blood, and pertain to the liver								
19.	冲/衝	任	起	於	胞	中			
PY	chōng chòng	rén	qǐ	yú	bāo	zhōng			
Def.	pulsing thorough- fare dynamic	to employ appoint	begin start arise	in, at, to	uterus	center within			
Tr.	The chong & CV begin within [the middle of] the uterus								
20.	任	主	胞	胎					
PY	rén	zhǔ	bāo	tāi					
Def.	to employ appoint	govern	uterus	fetus					
Tr.	The CV governs the uterus & fetus								
21.	冲/衝	脈	者	為	十	二	經	之	海
PY	chōng chòng	mài	zhě	wéi	shí	èr	jīng	zhī	hǎi
Def.	pulsing thorough- fare dynamic	vessel	that which	is, are	ten	two	channel	's of	sea
Tr.	The (pulsing/penetrating/thoroughfare) vessel is the sea of the 12 channels								

Translation Exercise – Vital Subs and Channels

Vital Substance & Channel Images – Summary

• <u>add tone marks here</u>	• <u>record your translation here</u>
1. jīn xuè tōng yuán	= liquids & blood [have the] same source
2. xuè wéi qì mǔ	= blood is the qì mother
3. qì wéi shuāi xuè	= qì is the commander of blood
4. qì xíng, zé xuè xíng	= when the qì moves, then blood moves
5. qì jù zé shēng	= when qì gathers, then there is generation (of life)
6. fā wéi xuè zhī yú,	= (head) hair is the blood's surplus,
6a. shén wéi qì zhī yú	= spirit is the qì's surplus
7. jīng zhū qì, luò zhū xuè	= [primary] channels govern qì, network [vessels] govern blood
8. qì néng shè xuè	= qì enables the containment of blood
9. zuǒ shǔ xuè, yòu shǔ qì	= left pertains to blood, right pertains to qì
10. qì zhū xū zhī, xuè zhū rù zhī	= qì governs warming, blood governs moistening
11. zhèng qì cún nèi, xié bù kě gān	= [when] upright qì [is present] internally, evil qì cannot attack
12. yīng zài mǎi zhōng,	= nutritive is in the vessels,
12a. wéi zài mǎi wài	= protective qì is outside the vessels
13. yīng wéi zhè jīng qì yě	= yīng & wéi are also essence & qì
14. qīng zhè wéi yīng	= clear/refined becomes nutritive[qì]
14a. zhuó zhè wéi wéi	= turbid/coarse becomes defensive [qì]
15. wéi qì zhè zhōu xíng yú yáng,	= wéi qì circulates in the yáng (during daytime),
15a. yě xíng yú yīn	= at night circulates within the yīn
16. shí èr jīng luò zhè, nèi shǔ yú wú zāng	= 12 channels & collaterals internally home to the 5 zāng
16a. wài luò yú zhī jié	= externally net the limbs & joints
17. chōng wéi xuè hǎi	= The chōng [mǎi] is the sea of blood
18. chōng mǎi shǔ gān shēn	= The penetrating vessel pertains to liver & kidney
18a. chōng rén běn hū xuè èr shǔ gān	= Chōng & CV are rooted in blood, and pertain to the liver
19. chōng rén qì yú bāo zhōng	= The chōng & CV begin within the uterus
20. rén zhū bāo tài	= The CV governs the uterus & fetus
21. chōng mǎi zhè wéi shí èr jīng zhī hǎi	= The chōng mǎi is the sea of the 12 channels

Translation Exercise – Vital Subs and Channels

Vital Substance & Channel Images – Summary

<u>Add Tone Marks</u>	<u>• Suggested Translations</u>
1. jin xue tong yuan	= liquids & blood [have/share the] same source
2. xue wei qi mu	= blood is the qi mother
3. qi wei shuai xue	= qi is the commander of blood
4. qi xing, ze xue xing	= when the qi moves, then blood moves
5. qi ju ze sheng	= when qi gathers, then there is generation (of life)
6. fa wei xue zhi yu,	= (head) hair is the blood's surplus,
6a. shen wei qi zhi yu	= spirit is the qi's surplus
7. jing zhu qi, luo zhu xue	= [primary] channels govern qi, network [vessels] govern blood
8. qi neng she xue	= qi enables the containment of blood
9. zuo shu xue, you shu qi	= left pertains to blood, right pertains to qi
10. qi zhu xu zhi, xue zhu ru zhi	= qi governs warming, blood governs moistening
11. zheng qi cun nei, xie bu ke gan	= [when] upright qi [is present] internally, evil qi cannot attack
12. ying zai mai zhong,	= nutritive is in the vessels,
12a. wei zai mai wai	= protective qi is outside the vessels
13. ying wei zhe jing qi ye	= ying & wei are also essence & qi
14. qing zhe wei ying	= clear/refined becomes nutritive[qi]
14a. zhuo zhe wei wei	= turbid/coarse becomes defensive [qi]
15. wei qi zhe zhou xing yu yang,	= wei qi circulates in the yang (during daytime),
15a. ye xing yu yin	= at night circulates within the yin
16. shi er jing luo zhe, nei shu yu wu zang	= 12 channels & collaterals internally home to the 5 zang
16a. wai luo yu zhi jie	= externally net the limbs & joints
17. chong wei xue hai	= The chong [mai] is the sea of blood
18. chong mai shu gan shen	= The penetrating vessel pertains to liver & kidney
18a. chong ren ben hu xue er shu gan	= Chong & CV are rooted in blood, and pertain to the liver
19. chong ren qi yu bao zhong	= The chong & CV begin within the uterus
20. ren zhu bao tai	= The CV governs the uterus & fetus
21. chong mai zhe wei shi er jing zhi hai	= The chong mai is the sea of the 12 channels

臟腑像 Zang Fu Xiang

1.	臟	行	氣	於	腑				
PY	zàng	xíng	qì	yú	fǔ				
Def									
Tr:	the viscera move (circulate) qi to the bowels								
2.	腑	輸	精	於	臟				
PY	fǔ	shū	jīng	yú	zàng				
Def									
Tr:	the bowels transport essence (nutrients) to the viscera								
3.	五	臟	化	液					
PY	wǔ	zàng	huà	yè					
Def									
Tr:	5 zang transform fluids								
4.	六	腑	傳	化	物				
PY	liù	fǔ	chuán	huà	wù				
Def									
Tr:	6 fu transfer/convey & transform things/substances/matter 6 fu transport transformed substances								

Translation Exercise – Zang-Fu

臟腑像 Zang Fu Xiang

5.	五	臟	為	實	藏	而	不	泄	
PY	wǔ	zàng	wéi	shí	cáng	ér	bù	xiè	
Def									
Tr:	the 5 zang are solid, [they] store, and/but do not drain/discharge								
6.	六	腑	為	空	泄	而	不	藏	
PY	liù	fǔ	wéi	kōng	xiè	ér	bù	cáng	
Def									
Tr:	6 fu are hollow, [they] discharge/drain, and/but do not store								
7.	臟	腑	相	合					
PY	zàng	fǔ	xiāng	hé					
Def									
Tr:	viscera and bowels mutually connect (are interrelated, combine, are united)								
PY									
Def									
Tr:									

Translation Exercise – Zang-Fu

Zang Fu Images – Summary

• *add tone marks here*

• *record your translation here*

- | | | |
|----|--------------------------------|--|
| 1. | zang xing qi yu fu | = the viscera move (circulate) qi to the bowels |
| 2. | fu shu jing yu zang | = the bowels transport essence (nutrients) to the viscera |
| 3. | wu zang hua ye | = 5 zang transform fluids |
| 4. | liu fu chuan hua wu | = 6 fu transfer/convey & transform things/substances/matter
6 fu transport transformed substances |
| 5. | wu zang wei shi cang er bu xie | = the 5 zang are solid, [they] store, and/but do not drain/discharge |
| 6. | liu fu wei kong xie er bu cang | = 6 fu are hollow, [they] discharge/drain, and/but do not store |
| 7. | zang fu xiang he | = viscera and bowels mutually connect
(are interrelated, combine, are united) |

Translation Exercise – Zang-Fu

Zang Fu Images – Summary

<u><i>add tone marks</i></u>	<u><i>Suggested Translations</i></u>
1. zang xing qi yu fu	= the viscera move (circulate) qi to the bowels
2. fu shu jing yu zang	= the bowels transport essence (nutrients) to the viscera
3. wu zang hua ye	= 5 zang transform fluids
4. liu fu chuan hua wu	= 6 fu transfer/convey & transform things/substances/matter 6 fu transport transformed substances
5. wu zang wei shi cang er bu xie	= the 5 zang are solid, [they] store, and/but do not drain/discharge
6. liu fu wei kong xie er bu cang	= 6 fu are hollow, [they] discharge/drain, and/but do not store
7. zang fu xiang he	= viscera and bowels mutually connect / are mutually connected are interconnected, are united, (mutually combined, interrelated, intertwined)

Translation Exercise – Zang-Fu

三 焦 像 San Jiao Xiang

1.	三	焦	主	決	瀆/瀆				
PY	sān	jiāo	zhǔ	jué	dú				
Def	three triple	roast char burn	govern control master host	to burst open, clear clearing draining	river ditch sluice drain				
Tr:	The Three Burners govern/control the clearing/draining of waterways								
2.	三	焦	氣	化					
PY	sān	jiāo	qì	huà					
Def	three	burners	energy	transform					
Tr:	The Three Burners transform qì or TB qì, transforms (metabolism) performs transformative functions function is to transform								
3.	三	焦	為	營	衛	之	源		
PY	sān	jiāo	wéi	yíng	wèi	zhī	yuán		
Def	three	burners	is, are	nourish	defend	's of	source		
Tr:	The Three Burners <u>are the source of</u> ying & wei ying/wei's source								
4.	上	焦	主	納					
PY	shàng	jiāo	zhǔ	nà					
Def	above upper superior	burner	governs controls	accept receive absorb					
Tr:	The upper jiao governs <u>intake</u> (reception, absorption)								

Translation Exercise – Zang-Fu

三 焦 像 San Jiao Xiang

5.	中	焦	主	化					
PY	zhōng	jiāo	zhǔ	huà					
Def	middle central	burner	governs controls	transform					
Tr:	The middle jiao governs <u>transformation</u>								
6.	下	焦	主	出					
PY	xià	jiāo	zhǔ	chū					
Def	under lower inferior	burner	governs	go out leave exit					
Tr:	The lower jiao governs <u>going out / leaving</u> (elimination)								
7.	上	焦	如	霧					
PY	shàng	jiāo	rú	wù					
Def	upper	burner	is like	mist fog					
Tr:	The upper jiao <i>is likened to</i> <u>mist/fog</u>								
8.	中	焦	如	漚					
PY	zhōng	jiāo	rú	ōu					
Def	middle	burner	is like	bubbles foam					
Tr:	The middle jiao <i>is like</i> bubbles/foam i.e. a <u>fermenting pot</u> <div style="display: flex; justify-content: space-between; margin-top: 5px;"> ōu = to soak, steep M.4819 </div>								

Translation Exercise – Zang-Fu

三 焦 像 San Jiao Xiang

9.	下	焦	如	瀆/瀆					
PY	xià	jiāo	rú	dú					
Def	lower	burner	is like	a drain sewer					
Tr:	The lower jiao <i>is like/analogous to</i> a <u>drain/sluiice/sewer</u>								
10.	三	焦	有	名	無	形			
PY	sān	jiāo	yǒu	míng	wú	xíng			
Def	three	burners	have has	name	not without	form			
Tr:	The TB has a name, [but is] without form (is formless)								
11.	心	胞	絡	與	三	焦	相	表	里
PY	xīn	bāo	luò	yú	sān	jiāo	xiāng	biǎo	lǐ
Def	heart	wrapper	net network	and, with give help	three	burners	reciprocal	exterior	interior
Tr:	The Pc network and TB [have a] <i>reciprocal</i> exterior interior [relationship]								

Translation Exercise – Zang-Fu

三 焦 像 San Jiao Xiang – Summary

- | | <u>add tone marks here</u> | <u>record your translation here</u> | |
|-----|--|--|--|
| 1. | sān jiao zhǐ jué dú
jué
dú | = TB governs the <u>clearing of rivers/waterways</u>
= to burst open, clear clearing & draining
= river, ditch, sluice, drain | |
| 2. | sān jiao qì huà | = TB <i>transforms</i> qì (metabolism)
TB Qi transforms | |
| 3. | sān jiao wéi yíng wèi zhī yuán | = TB <u>is the source of</u> ying & wei | |
| 4. | shang jiao zhǐ nà | = upper jiao governs <u>intake</u> (reception) | |
| 5. | zhong jiao zhu huà | = middle jiao governs <u>transformation</u> | |
| 6. | xia jiao zhu chū | = lower jiao governs <u>going out / leaving</u> (elimination) | |
| 7. | shang jiao rù wù | = the upper jiao is <i>analogous to</i> an <u>atomizer/vaporizer/mist/fog</u> | |
| 8. | zhong jiao ru ōu
òu | = the middle jiao is <i>like</i> bubbles/foam i.e. a <u>fermenting pot</u>
= to soak, steep M.4819 | |
| 9. | xia jiao ru dú | = the lower jiao is <i>like/similar to</i> a <u>drain/sluice/sewer</u> | |
| 10. | sān jiāo yǒu míng wú xíng | = TB has a name, [but is] without form | |
| 11. | xin bao luò yú sān jiao xiang biao li
or xin bao luò he | = Pc network & TB [have a] <i>reciprocal</i> exterior interior <i>relationship</i>
= Pc network unites with ... | |

Translation Exercise – Zang-Fu

三 焦 像 San Jiao Xiang – Summary

- | | <u>add tone marks</u> | <u>Suggested Translations</u> |
|-----|--|--|
| 1. | sān jiao zhǔ jué dú
jué dú | = TB governs the <u>clearing of rivers/waterways</u>
= to burst open, clear clearing & draining
= river, ditch, sluice, drain |
| 2. | sān jiao qì huà | = TB <i>transforms</i> qì (metabolism)
TB Qi transforms |
| 3. | sān jiao wéi yíng wèi zhī yuán | = TB <u>is the source of</u> ying & wei |
| 4. | shang jiao zhǔ nà | = upper jiao governs <u>intake</u> (reception) |
| 5. | zhong jiao zhu huà | = middle jiao governs <u>transformation</u> |
| 6. | xia jiao zhu chū | = lower jiao governs <u>going out / leaving</u> (elimination) |
| 7. | shang jiao rù wù | = the upper jiao is <i>analogous to</i> an <u>atomizer/vaporizer/mist/fog</u> |
| 8. | zhong jiao ru ōu
òu | = the middle jiao is <i>like</i> bubbles/foam i.e. a <u>fermenting pot</u>
= to soak, steep M.4819 |
| 9. | xia jiao ru dú | = the lower jiao is <i>like/similar to</i> a <u>drain/sluice/sewer</u> |
| 10. | sān jiāo yǒu míng wú xíng | = TB has a name, [but is] without form |
| 11. | xin bao luò yú sān jiao xiang biao li
or xin bao luò he | = Pc network & TB [have a] <i>reciprocal</i> exterior interior <i>relationship</i>
= Pc network unites with ... |

Translation Exercise – Zang-Fu

心 小腸 像 = Xin & Xiao Chang Xiang

1.	心	屬	火						
PY	xīn	shǔ	huǒ						
Def	heart mind	belong to pertain to	fire						
Tr:	The heart corresponds to fire								
2.	赤	色	屬	心					
PY	chì	sè	shǔ	xīn					
Def	red	color complexion	belong to pertain to	heart mind					
Tr:	The red color (complexion) <i>pertains to</i> the heart (to heart pathology)								
3.	夏	氣	通	心					
PY	xià	qì	tōng	xīn					
Def	summer	energy	open	heart mind					
Tr:	Summer qi flows through / communicates with / opens/unblocks/deobstructs the heart								
4.	心	主	血						
PY	xīn	zhǔ	xuè						
Def	heart mind	govern control master	blood						
Tr:	The heart governs/controls/is master of blood								

Translation Exercise – Zang-Fu

心 小腸 像 = Xin & Xiao Chang Xiang

5.	心	主	脈						
	xīn	zhǔ	mài						
	heart mind	govern control master	vessels pulse						
	The heart governs [the] vessels								
6.	心	主	血	脈					
	xīn	zhǔ	xuè	mài					
	heart mind	govern control master	blood	vessels pulses					
	The heart governs blood vessels (blood & vessels/pulse)								
7.	心	藏	神						
	xīn	cáng	shén						
	heart mind	store	spirit						
	The heart stores spirit-mind-consciousness								
8.	汗	為	心	液					
	hàn	wéi	xīn	yè					
	sweat	is, are wéi = do, act, make	heart mind	fluid					
	Sweat <i>is</i> the heart fluid (sweat is a yin body fluid)								

Translation Exercise – Zang-Fu

心 小腸 像 = Xin & Xiao Chang Xiang

9.	心	其	華	在	面				
	xīn	qí	húa	zài	miàn				
	heart mind	its, -ly this, that, these, those	elegance glory bloom	in, on, at;	face				
	The heart blooms/blossoms/flowers <i>outwardly manifests on</i> the face (complexion)								
10.	舌	為	心	之	苗				
	shé	wéi	xīn	zhī	miáo				
	tongue	is, are	heart mind	's of	sprout				
	The tongue is the sprout of the heart								
11.	心	開	竅	於	舌				
	xīn	kāi	qiào	yú	shé				
	heart mind	open	portal aperture	in, at to, for	tongue				
	The heart <i>opens the sensory orifice to</i> the tongue The heart's opening (portal) is at the tongue								
12.	心	之	脈	係	於	舌	本		
	xīn	zhī	mài	xì	yú	shé	běn		
	heart mind	's of	vessels	attach	in, at to, for	tongue	root base foundation		
	The heart's vessels attach to/bind to the tongue root (root of the tongue)								

Translation Exercise – Zang-Fu

心 小腸 像 = Xin & Xiao Chang Xiang

13.	心	主	言						
	xīn	zhǔ	yán						
	heart mind	govern control master	speak say						
	The heart governs speech								
14.	苦	味	入	心					
	kǔ	wèi	rù	xīn					
	bitter	flavor taste	enter	heart mind					
	The bitter flavor enters heart								
15.	心	志	為	喜					
	xīn	zhì	wéi	xǐ					
	heart mind	will emotion	is, are	joy happy					
	The heart's emotion/ disposition is delight-happiness-joy (pleasure)								
16.	心	惡	熱						
	xīn	wù	rè						
	heart mind	hate aversion	heat						
	The heart <u>hates/loathes/dislikes-has aversion to/is averse to/avoids</u> heat								

Translation Exercise – Zang-Fu

心 小腸 像 = Xin & Xiao Chang Xiang

17.	心	腎	相	交					
	xīn	shèn	xiāng	jiāo					
	heart mind	kidney	mutual reciprocal	crossing intersection junction					
	The heart & kidney mutually/reciprocally intersect/intertwine = interact [xin shen bu jiao = Ht & Kd not communicating / in relationship]								
18.	心	合	小	腸					
	xīn	hé	xiǎo	cháng					
	heart mind	unite	small	intestine					
	The heart <u>unites</u> with the small intestine (Ht & SI unite)								
19.	心	於	小	腸	相	表	里		
	xīn	yú	xiǎo	cháng	xiāng	biǎo	lǐ		
	heart mind	in, at to, for	small	intestine	mutual reciprocal	exterior	interior		
	The Ht & SI <i>form</i> an <u>interior/exterior relationship</u>								
20.	心	移	熱	於	小	腸			
	xīn	yí	rè	yú	xiǎo	cháng			
	heart mind	shift transfer	heat	in, at to, for	small	intestine			
	The heart <u>shifts/transfers/spreads</u> heat to Sm Int								

Translation Exercise – Zang-Fu

心 小腸 像 = Xin & Xiao Chang Xiang

21.	小	腸	化	食	分	別	清	濁	
	xiǎo	cháng	huà	shí	fēn	bié	qīng	zhuó	
	small	intestine	transform	eat food	divide separate	diverge	clear	turbid murky	
	The SI transforms <u>food</u> , divides & separates the <u>clear & turbid</u> (useful & useless)								
22.	小	腸	主	液					
	xiǎo	cháng	zhǔ	yè					
	small	intestine	govern control master	fluid					
	The SI governs <u>fluids</u> (yin fluids i.e. humors)								
23.	小	腸	主	分	清	別	濁		
	xiǎo	cháng	zhǔ	fēn	qīng	bié	zhuó		
	small	intestine	govern control master	divide separate	clear	diverge divert	turbid murky		
	The SI governs the <u>separation of the clear/pure</u> & <u>diversion of the murky/turbid</u> (it recycles the clear/limpid and diverts the turbid to the BL) [for discharge]								

Translation Exercise – Zang-Fu

心 小腸 像 = Xin & Xiao Chang Xiang – Summary

<u>add tone marks here</u>	<u>record your translation here</u>
1. xin <u>shu</u> huó	= the heart <u>corresponds to</u> fire
2. <u>chi</u> se <u>shu</u> xīn	= the <u>red color</u> (complexion) <i>pertains to</i> the heart
3. xia qì <u>tong</u> xīn	= summer qì <u>flows thru/communicates with/opens</u> the heart
4. xin <u>zhu</u> xuè	= heart <u>governs/controls/is master of</u> blood
5. xin <u>zhu</u> mài	= heart <u>governs</u> [the] vessels/pulse
6. xin zhu xuè mài	= heart governs blood vessels (blood & vessels/pulse)
7. xin <u>cang</u> shén	= heart <u>stores</u> spirit-mind-consciousness
8. <u>han</u> wēi xīn yè	= <u>sweat</u> <i>is</i> the heart fluid
9. xīn qì huā zài <u>mian</u>	= the heart <i>outwardly manifests/flowers on</i> the <u>face</u> (complexion)
10. shē wēi xīn zhī <u>miao</u>	= the tongue is the <u>sprout</u> of the heart
11. xīn kāi qīào yú <u>shē</u>	= the heart <i>opens the sensory orifice of</i> the <u>tongue</u> the heart's opening (portal) is the tongue
12. xīn zhī mài <u>xī</u> yú shē běn	= heart vessels <u>attach</u> to the tongue root (root of the tongue)
13. xīn zhu <u>yan</u>	= heart governs <u>speech</u>
14. kǔ wēi <u>ru</u> xīn	= bitter flavor <u>enters</u> heart
15. xīn <u>zhī</u> wēi <u>xī</u>	= heart's <u>emotion/disposition</u> is <u>delight-happiness-joy</u> (pleasure)
16. xīn <u>wù</u> rē	= heart <u>hates/loathes-has aversion to</u> heat
17. xīn shēn xiāng jiāo	= heart & kidneys mutually/reciprocally intersect
18. xīn <u>hé</u> xiǎo cháng	= the heart <u>unites</u> with the small intestine
19. xīn <u>yú</u> xiǎo cháng, xiāng <u>biào</u> lì	= the Ht & SI <i>form</i> an <u>interior/exterior relationship</u>
20. xīn <u>yì</u> rē yú xiǎo cháng	= heart <u>shifts/transfers</u> heat to Sm Int
21. xiǎo cháng huā <u>shì</u> <u>fēn-bie</u> <u>qīng</u> <u>zhuó</u>	= SI <i>transforms</i> <u>food</u> , <i>divides-separates</i> <u>clear & turbid</u> (useful & useless)
22. xiǎo cháng <u>zhu</u> <u>yè</u>	= SI <i>governs</i> <u>fluids</u> (yin fluids i.e. humors)
23. xiǎo cháng <u>zhu</u> <u>fēn</u> <u>qīng</u> <u>bie</u> <u>zhuó</u>	= SI <i>governs</i> <u>dividing the clear/pure & separating the murky/turbid</u>

Translation Exercise – Zang-Fu

心 小腸 像 = Xin & Xiao Chang Xiang – Summary

<u>add tone marks</u>	<u>Suggested Translations</u>
1. xin <u>shu</u> huó	= the heart <u>corresponds to</u> fire
2. <u>chi</u> se <u>shu</u> xīn	= the <u>red color</u> (complexion) <i>pertains to</i> the heart
3. xia qì <u>tong</u> xīn	= summer qì <u>flows thru/communicates with/opens</u> the heart
4. xin <u>zhu</u> xuè	= heart <u>governs/controls/is master of</u> blood
5. xin <u>zhu</u> mài	= heart <u>governs</u> [the] vessels/pulse
6. xin zhu xuè mài	= heart governs blood vessels (blood & vessels/pulse)
7. xin <u>cang</u> shén	= heart <u>stores</u> spirit-mind-consciousness
8. <u>han</u> wēi xīn yè	= <u>sweat</u> <i>is</i> the heart fluid
9. xīn qì huā zài <u>mian</u>	= the heart <i>outwardly manifests/flowers on</i> the <u>face</u> (complexion)
10. shē wēi xīn zhī <u>miao</u>	= the tongue is the <u>sprout</u> of the heart
11. xīn kāi qiào yú <u>she</u>	= the heart <i>opens the sensory orifice of</i> the <u>tongue</u> the heart's opening (portal) is the tongue
12. xīn zhī mài <u>xī</u> yú shē běn	= heart vessels <u>attach</u> to the tongue root (root of the tongue)
13. xīn zhu <u>yan</u>	= heart governs <u>speech</u>
14. kǔ wēi <u>ru</u> xīn	= bitter flavor <u>enters</u> heart
15. xīn <u>zhi</u> wēi <u>xī</u>	= heart's <u>emotion/disposition</u> is <u>delight-happiness-joy</u> (pleasure)
16. xīn <u>wu</u> re	= heart <u>hates/loathes-has aversion to</u> heat
17. xīn shēn xiāng jiāo	= heart & kidneys mutually/reciprocally intersect
18. xīn <u>he</u> xiǎo cháng	= the heart <u>unites</u> with the small intestine
19. xīn <u>yu</u> xiǎo cháng, xiāng <u>biao</u> lǐ	= the Ht & SI <i>form an</i> <u>interior/exterior relationship</u>
20. xīn <u>yì</u> re yú xiǎo cháng	= heart <u>shifts/transfers</u> heat to Sm Int
21. xiǎo cháng huā <u>shì</u> <u>fēn-bie</u> <u>qīng</u> <u>zhuó</u>	= SI <i>transforms</i> <u>food</u> , <i>divides-separates</i> <u>clear & turbid</u> (useful & useless)
22. xiǎo cháng <u>zhu</u> <u>yè</u>	= SI <i>governs</i> <u>fluids</u> (yin fluids i.e. humors)
23. xiǎo cháng <u>zhu</u> <u>fēn</u> <u>qīng</u> <u>bie</u> <u>zhuó</u>	= SI <i>governs</i> <u>dividing the clear/pure & separating the murky/turbid</u>

Translation Exercise – Zang-Fu

肝 膽 像 = G a n & D a n X i a n g

1.	肝	屬	木						
	gān	shǔ	mù						
	liver	belong to pertain to	wood						
	The liver <i>corresponds to</i> wood								
2.	肝	藏	血						
	gān	cáng	xuè						
	liver	store	blood						
	The liver <i>stores</i> blood								
3.	肝	主	血	海					
	gān	zhǔ	xuè	hǎi					
	liver	govern control master	blood	sea					
	The liver governs the sea of blood (blood reservoir)								
4.	肝	主	疏	泄					
	gān	zhǔ	shū	xiè					
	liver	govern control master	flow smoothly	discharge					
	The liver <i>governs</i> (smooth) <u>flow</u> (<u>coursing</u>) & <u>discharge</u>								

Translation Exercise – Zang-Fu

肝 膽 像 = G a n & D a n X i a n g

5.	肝	主	筋						
	gān	zhǔ	jīn						
	liver	govern control master	tendon ligament sinew						
	The liver <i>governs</i> the <u>sinews</u> (all connective tissue nerves & joints)								
6.	肝	主	運	動					
	gān	zhǔ	yùn	dòng					
	liver	govern control master	movement	stir up					
	The liver governs <u>movement</u> & <u>action</u> (N = physical movement)								
7.	肝	其	花	在	爪				
	gān	qí	huā	zài	zhǎo				
	liver	its, their	flower bloom	at	nails claw				
	The liver's <i>bloom/expression</i> is at the <u>nails</u>								
8.	爪	為	筋	之	餘				
	zhǎo	wéi	jīn	zhī	yú				
	nails claw	is, are	tendon ligament sinew	's of	surplus leftover				
	The nails <i>are</i> sinew's <i>extension/surplus</i> (the extension of the sinews)								

Translation Exercise – Zang-Fu

肝 膽 像 = G a n & D a n X i a n g

9.	肝	開	竅	於	目				
	gān	kāi	qiào	yú	mù				
	liver	open	portal aperture	in, at to, for	eye				
	The liver <i>opens at the portal of the eyes</i>								
10.	肝	氣	通	於	目				
	gān	qì	tōng	yú	mù				
	liver	energy	flow unblock opens	in, at to, for	eye				
	Liver qi <u>flows/opens to</u> the eyes (penetrates the eyes)								
11.	肝	為	淚						
	gān	wéi	lèi						
	liver	is, are makes forms	tears						
	The liver <i>makes/forms</i> <u>tears</u> lei wei gan ye = <u>tears are the Liver's fluid/humor</u>								
12.	肝	受	血	而	能	視			
	gān	shòu	xuè	ér	néng	shì			
	liver	passive voice	blood	and	can able	see look inspect examine			
	The liver's blood (confers) the <u>ability</u> to <u>see</u> / enables one to see								

Translation Exercise – Zang-Fu

肝 膽 像 = G a n & D a n X i a n g

13.	肝	和	則	眼	能	辨	五	色	
	gān	hé	zé	yán	néng	biǎn	wǔ	sè	
	liver	harmony	so, therefore then	eyes	can	differentiate	five	colors	
	Liver harmony, <u>enables</u> the eyes to (<i>differentiate, distinguish, recognize</i>) the five colors (the Lr out of harmony creates a distorted view of things)								
14.	肝	藏	魂						
	gān	cáng	hún						
	liver	store	ethereal						
	The liver stores the hun								
15.	肝	體	陰	而	用	陽			
	gān	tǐ	yīn	ér	yòng	yáng			
	liver	substance	yin	and	function	yang			
	The liver <u>substance</u> is yin <i>but</i> its <u>function</u> is yang (yong & ti are a yin-yang pair and an important philosophical term = function–substance continuum)								
16.	肝	為	營	之	原				
	gān	wéi	yíng	zhī	yuán				
	liver	is, are	ying	‘s of	source				
	The liver is <u>the source</u> of ying (nutritive/constructive qi – circulates with blood)								

Translation Exercise – Zang-Fu

肝 膽 像 = Gan & Dan Xiang

17.	肝	惡	風						
	gān	wù	fēng						
	liver	hate	wind						
	The liver <i>loathes</i> (is intolerant of / has aversion to) <u>wind</u>								
18.	酸	味	入	肝					
	suān	wèi	rù	gān					
	sour	taste flavor	enter	liver					
	The <u>sour</u> flavor <i>enters</i> the liver								
19.	怒	傷	肝						
	nù	shāng	gān						
	rage	injures	liver						
	Rage (anger-fury-wrath) <i>injures</i> the liver								
20.	肝	主	升						
	gān	zhǔ	shēng						
	liver	govern control master	ascend rise						
	The liver governs <u>upbearing</u> (ascent, rising up) (Hex. 46)								

Translation Exercise – Zang-Fu

肝 膽 像 = G a n & D a n X i a n g

21.	肝	脈	絡	陰	氣				
	gān	mài	luò	yīn	qì				
	liver	vessels	net netlike network	yin genitals	energy				
	Liver vessels connect (enmesh) the genital <u>organs</u>								
22.	膽	脈	絡	於	耳				
	dǎn	mài	luò	yú	ěr				
	GB	vessels	net netlike network	in, at to, for	ear				
	GB vessels <i>enmesh</i> the <u>ear</u>								
23.	十	二	臟	去	決	於	膽		
	shí	èr	zàng	qù	jué	yú	dǎn		
	ten	two	organs	go, depart leave	burst	in, at to, for	GB		
	The 12 viscera/organs out-burst at / depend upon the GB								
24.	氣	移	膽	壯	脅	不	能	敢	
	qì	yí	dǎn	zhuàng	xié	bù	néng	gǎn	
	energy vitality	move shift change	GB	strong robust	evil	not	can	attack offend	
	GB qi moving <u>robustly</u> , evil cannot <u>attack/offend</u>								

Translation Exercise – Zang-Fu

肝 膽 像 = Gan & Dan Xiang – Summary

<u>add tone marks here</u>	<u>record your translation here</u>
1. gan <u>shu</u> mu	= the liver <i>corresponds to</i> wood
2. gan <u>cang</u> xue	= the liver <i>stores</i> blood
3. gan <u>zhu</u> xue hai	= the liver governs the sea of blood (blood reservoir)
4. gan <u>zhu</u> <u>shu-xie</u>	= the liver <i>governs</i> (smooth) <u>flow (coursing) & discharge</u>
5. gan <u>zhu</u> <u>jin</u>	= the liver <i>governs</i> the <u>sinews</u>
6. gan <u>zhu</u> <u>yun</u> <u>dong</u>	= the liver governs <u>movement</u> & <u>action</u> (N= physical movement)
7. gan <u>qi</u> <u>hua</u> <u>zai</u> <u>zhao</u>	= the liver <i>blooms at</i> the <u>nails</u>
8. <u>zhao</u> <u>wei</u> <u>jin</u> <u>zhi</u> <u>yu</u>	= nails <i>are</i> sinew's <i>extension/surplus</i>
9. gan <u>kai</u> <u>qiao</u> <u>yu</u> <u>mu</u>	= the liver <i>opens at the portal of</i> the <u>eyes</u>
10. gan <u>qi</u> <u>tong</u> <u>yu</u> mu	= liver qi <u>flows to</u> the eyes
11. gan <u>wei</u> <u>lei</u>	= the liver <i>makes/forms</i> <u>tears</u>
lei <u>wei</u> gan <u>ye</u>	= <u>tears are the Liver's fluid/humor</u>
12. gan <u>shou</u> <u>xue</u> <u>er</u> <u>neng</u> <u>shi</u>	= the liver's blood (confers) the <u>ability</u> to <u>see</u>
13. gan <u>he</u> <u>ze</u> <u>yan</u> <u>neng</u> <u>bian</u> <u>wu</u> <u>se</u>	= liver harmony, <u>enables</u> the eyes to (<i>differentiate, distinguish, recognize</i>) the five colors
14. gan <u>cang</u> <u>hun</u>	= the liver stores the hun
15. gan <u>ti</u> <u>yin</u> <u>er</u> <u>yong</u> <u>yang</u>	= the liver <u>substance</u> is yin <i>but</i> its <u>function</u> is yang
16. gan <u>wei</u> <u>ying</u> <u>zhi</u> <u>yuan</u>	= the liver is <u>the source</u> of ying (constructive qi)
17. gan <u>wu</u> <u>feng</u>	= the liver <i>loathes</i> (is intolerant of / has aversion to) <u>wind</u>
18. <u>suan</u> <u>wei</u> <u>ru</u> gan	= <u>sour</u> flavor <i>enters</i> the liver
19. <u>nu</u> <u>shang</u> gan	= rage (anger-fury-wrath) <i>injures</i> the liver
20. gan <u>zhu</u> <u>sheng</u>	= liver governs <u>upbearing</u> (ascent, rising up) (Hex. 46)
21. gan <u>mai</u> <u>luo</u> <u>yin</u> <u>qi</u>	= liver vessels connect (enmesh) the genital <u>organs</u>
22. dan <u>mai</u> <u>luo</u> <u>yu</u> <u>er</u>	= GB vessels <i>enmesh</i> the <u>ear</u>
23. <u>shi</u> <u>er</u> <u>zang</u> <u>qu</u> <u>jue</u> <u>yu</u> <u>dan</u>	= 12 viscera/organs depend upon the GB
24. <u>qi</u> <u>yi</u> <u>dan</u> <u>zhuang</u> , <u>xie</u> <u>bu</u> <u>neng</u> <u>gan</u>	= if the qi of the GB is <u>robust</u> , then evils cannot <u>attack/offend</u>

Translation Exercise – Zang-Fu

肝 膽 像 = G a n & D a n X i a n g – S u m m a r y

<u>add tone marks</u>	<u>Suggested Translations</u>
1. gan <u>shu</u> mu	= the liver <i>corresponds to</i> wood
2. gan <u>cang</u> xue	= the liver <i>stores</i> blood
3. gan <u>zhu</u> xue hai	= the liver governs the sea of blood (blood reservoir)
4. gan <u>zhu</u> <u>shu-xie</u>	= the liver <i>governs</i> (smooth) <u>flow (coursing) & discharge</u>
5. gan <u>zhu</u> <u>jin</u>	= the liver <i>governs</i> the <u>sinews</u>
6. gan <u>zhu</u> <u>yun</u> <u>dong</u>	= the liver governs <u>movement</u> & <u>action</u> (N= physical movement)
7. gan <u>qi</u> <u>hua</u> <u>zai</u> <u>zhao</u>	= the liver <i>blooms at</i> the <u>nails</u>
8. <u>zhao</u> <u>wei</u> <u>jin</u> <u>zhi</u> <u>yu</u>	= nails <i>are</i> sinew's <i>extension/surplus</i>
9. gan <u>kai</u> <u>qiao</u> <u>yu</u> <u>mu</u>	= the liver <i>opens at the portal of</i> the <u>eyes</u>
10. gan <u>qi</u> <u>tong</u> <u>yu</u> mu	= liver qi <u>flows to</u> the eyes
11. gan <u>wei</u> <u>lei</u>	= the liver <i>makes/forms</i> <u>tears</u>
lei <u>wei</u> gan <u>ye</u>	= <u>tears are the Liver's fluid/humor</u>
12. gan <u>shou</u> xue <u>er</u> <u>neng</u> <u>shi</u>	= the liver's blood (confers) the <u>ability</u> to <u>see</u>
13. gan <u>he</u> <u>ze</u> <u>yan</u> <u>neng</u> <u>bian</u> wu se	= liver harmony, <u>enables</u> the eyes to (<i>differentiate, distinguish, recognize</i>) the five colors
14. gan <u>cang</u> hun	= the liver stores the hun
15. gan <u>ti</u> <u>yin</u> <u>er</u> <u>yong</u> <u>yang</u>	= the liver <u>substance</u> is yin <i>but</i> its <u>function</u> is yang
16. gan <u>wei</u> <u>ying</u> <u>zhi</u> <u>yuan</u>	= the liver is <u>the source</u> of ying (constructive qi)
17. gan <u>wu</u> <u>feng</u>	= the liver <i>loathes</i> (is intolerant of / has aversion to) <u>wind</u>
18. <u>suan</u> <u>wei</u> <u>ru</u> gan	= <u>sour</u> flavor <i>enters</i> the liver
19. <u>nu</u> <u>shang</u> gan	= rage (anger-fury-wrath) <i>injures</i> the liver
20. gan <u>zhu</u> <u>sheng</u>	= liver governs <u>upbearing</u> (ascent, rising up) (Hex. 46)
21. gan <u>mai</u> <u>luo</u> <u>yin</u> <u>qi</u>	= liver vessels connect (enmesh) the genital <u>organs</u>
22. dan <u>mai</u> <u>luo</u> <u>yu</u> <u>er</u>	= GB vessels <i>enmesh</i> the <u>ear</u>
23. <u>shi</u> <u>er</u> <u>zang</u> <u>qu</u> <u>jue</u> <u>yu</u> <u>dan</u>	= 12 viscera/organs depend upon the GB
24. <u>qi</u> <u>yi</u> <u>dan</u> <u>zhuang</u> , <u>xie</u> <u>bu</u> <u>neng</u> <u>gan</u>	= if the qi of the GB is <u>robust</u> , then evils cannot <u>attack/offend</u>

Translation Exercise – Zang-Fu

脾 胃 像 = Pi Wei Xiang

1.	脾	屬	土						
	pí	shǔ	tǔ						
	spleen	belongs pertains	earth soil						
	The spleen <i>corresponds/belongs to</i> earth (soil)								
2.	脾	主	運	化					
	pí	zhǔ	yùn	huà					
	spleen	governs controls	movement	transform					
	The spleen <i>governs</i> <u>transport & transformation</u>								
3.	脾	統	血						
	pí	tǒng	xuè						
	spleen	manages	blood						
	The spleen <u>manages</u> (unifies, keeps in order, wraps) the blood								
4.	脾	藏	營						
	pí	cáng	yíng						
	spleen	stores	construct						
	The spleen <i>stores</i> <u>yíng</u> (nutrients - constructive qi)								

Translation Exercise – Zang-Fu

脾 胃 像 = Pi & Wei Xiang

5.	脾	主	升	清					
	pí	zhǔ	shēng	qīng					
	spleen	governs controls	ascend rise raise up	clear pure					
	The spleen <i>governs</i> <u>ascension</u> of the <u>clear</u> / the raising of the pure/clear qi								
6.	脾	主	肌	肉					
	pí	zhǔ	jī	ròu					
	spleen	governs controls	muscles	flesh meat					
	The spleen <i>governs</i> the <u>muscle-flesh</u> (nourishment of the flesh)								
7.	脾	主	四	肢					
	pí	zhǔ	sì	zhī					
	spleen	governs controls	four	limbs					
	The spleen <i>governs</i> the <u>four limbs</u>								
8.	脾	其	華	在	唇				
	pí	qí	húa	zài	chún				
	spleen	its	bloom	in, on, at	lips				
	The spleen <i>outwardly manifests at</i> the <u>lips</u>								

Translation Exercise – Zang-Fu

脾 胃 像 = Pi Wei Xiang

9.	脾	開	竅	於	口				
	pí	kāi	qiào	yú	kǒu				
	spleen	opens	portal	to	mouth				
	The spleen <i>opens to the portal which is the <u>mouth</u></i>								
10.	脾	藏	意						
	pí	cáng	yì						
	spleen	stores	thoughts ideas						
	The spleen stores the yì (ability to concentrate & remember)								
11.	脾	志	為	思					
	pí	zhì	wéi	sī					
	spleen	emotion	is makes	thinking worry					
	The spleen's emotion (orientation, affect, disposition) is <u>thought-fulness</u> (thinking)								
12.	脾	惡	濕						
	pí	wù	shī						
	spleen	dislikes hates loathes	damp						
	The spleen <i>loathes</i> (is intolerant of / has aversion to) <u>dampness</u>								

Translation Exercise – Zang-Fu

脾 胃 像 = Pi Wei Xiang

13.	涎	為	脾	液					
	xián	wéi	pí	yè					
	drool	is	spleen	fluid liquid humor					
	<u>Drool</u> (thick saliva) is the spleen's fluid (secretion)								
14.	甘	味	入	脾					
	gān	wèi	rù	pí					
	sweet	flavor	enters	spleen					
	Sweet[ness] enters the spleen								
15.	脾	主	后	天					
	pí	zhǔ	hòu	tiān					
	spleen	governs controls	in back of behind later	sky heaven celestial					
	The Sp is the master of latter heaven (post natal qi)								
16.	脾	為	后	天	之	本			
	pí	wéi	hòu	tiān	zhī	běn			
	spleen	is	in back of behind later	sky heaven celestial	's of	root			
	The Sp is the root of latter heaven (acquired constitution)								

Translation Exercise – Zang-Fu

脾 胃 像 = Pi Wei Xiang

17.	脾	主	五	臟	之	氣			
	pí	zhǔ	wǔ	zàng	zhī	qì			
	spleen	governs controls	five	viscera	's of	energy vitality			
	The spleen governs the qi/vitality of the 5 zang/viscera								
18.	脾	為	化	生	氣	血	之	臟	
	pí	wéi	huà	shēng	qì	xuè	zhī	zàng	
	spleen	is	transform	produce	energy vitality	blood	's of	viscera	
	The Sp is the viscera that <u>transforms, & produces</u> qi & blood								
19.	胃	主	受	納					
	wèi	zhǔ	shòu	nà					
	stomach	governs controls	receive accept	admit intake enjoy					
	The stomach <i>governs</i> <u>passive reception</u> (intake, receiving) (appetite)								
20.	胃	主	腐	熟					
	wèi	zhǔ	fǔ	shú					
	stomach	governs controls	rot decay spoil	cook ripe					
	The stomach <i>governs</i> <u>rotting & ripening</u> (cooking, decomposition, fermentation)								

Translation Exercise – Zang-Fu

脾 胃 像 = Pi Wei Xiang

21.	五	臟	六	腹	皆	稟	其	於	胃
	wǔ	zàng	liù	fù	jiē	bǐng	qí	yú	wèi
	five	viscera	six	bowels	all altogether	natural endowment report	their	to, from by	stomach
	The 5 zang & 6 fu <u>all are endowed</u> by the ST The 5 zang & 6 fu <u>all report</u> to the ST								
22.	胃	乃	衛	氣	之	原			
	wèi	nǎi	wèi	qì	zhī	yuán			
	stomach	to be is then	defend	energy	's of	source			
	The ST <i>is</i> protective qi's <u>source</u> The ST <i>is</i> <u>the source of</u> wei qi (compare with #5)								
23.	胃	主	降	濁					
	wèi	zhǔ	jiàng	zhuó					
	stomach	governs controls	down- bearing	murky turbid					
	The ST governs <u>descent</u> (<u>downbearing</u>) of the turbid								
24.	胃	為	中	樞	升	降	陰	陽	
	wèi	wéi	zhōng	shū	shēng	jiàng	yīn	yáng	
	stomach	is constitutes	central	pivot	up	down	dark	light	
	The ST is the <u>central pivot</u> for the <u>upward & downward</u> [movement] of yin & yang								

Translation Exercise – Zang-Fu

脾 胃 像 = Pi Wei Xiang – Summary

<u>add tone marks here</u>	<u>record your translation here</u>
1. pi shu tu	= spleen <i>corresponds/belongs to</i> earth (soil)
2. pi zhu <u>yun-hua</u>	= spleen <i>governs</i> <u>transport & transformation</u>
3. pi <u>tong</u> xue	= spleen <u>manages</u> (unifies, keeps in order) the blood
4. pi <u>cang</u> <u>ying</u>	= the spleen <i>stores</i> <u>ying</u> (nutrients - constructive qi)
5. pi zhu <u>sheng qing</u>	= the spleen <i>governs</i> <u>ascension</u> of the <u>clear</u>
6. pi zhu <u>ji-rou</u>	= the spleen <i>governs</i> the <u>muscle-flesh</u> (nourishment of the flesh)
7. pi zhu <u>si-zhi</u>	= the spleen <i>governs</i> the <u>four limbs</u>
8. pi qi hua zai <u>chun</u>	= the spleen <i>outwardly manifests at</i> the <u>lips</u>
9. pi kai qiao yu <u>kou</u>	= the spleen <i>opens the portal to</i> the <u>mouth</u>
10. pi cang yi	= spleen stores the yi (ability to concentrate & remember)
11. pi zhi wei <u>si</u>	= the spleen's emotion (orientation) is <u>thought</u> (thinking)
12. pi wu <u>shi</u>	= the spleen <i>loathes</i> (is intolerant of / has aversion to) <u>dampness</u>
13. <u>xian</u> wei pi ye	= <u>drool</u> (thick saliva) is the spleens' fluid (secretion)
14. gan wei ru pi	= sweet[ness] enters the spleen
15. pi zhu hou tian	= the Sp is the master of latter heaven (post natal qi)
16. pi wei hou tian zhi ben	= Sp is the root of latter heaven (acquired constitution)
17. pi zhu wu zang zhi qi	= the spleen governs the qi of the 5 zang
18. pi wei <u>hua sheng</u> qi xue zhi zang	= Sp is the viscera that <u>transforms, & produces</u> qi & blood
19. wei zhu <u>shou-na</u>	= the stomach <i>governs</i> <u>passive reception</u> (intake)
20. wei zhu <u>fu-shu</u>	= the stomach <i>governs</i> <u>rotting & ripening</u> (decomposition)
21. wu zang liu fu <u>jie bing qi yu wei</u>	= the 5 zang & 6 fu <u>all receive</u> qi from the ST
22. wei nai wei qi <u>zhi yuan</u>	= ST <i>is</i> <u>the source of</u> protective qi
23. wei zhu <u>jiang zhao</u>	= the ST governs <u>descent</u> (<u>downbearing</u>) of the turbid
24. wei wei <u>zhong shu</u> , <u>sheng jiang yin yang</u>	= the ST is the <u>central pivot</u> for the <u>upward & downward</u> movement of yin & yang

Translation Exercise – Zang-Fu

脾 胃 像 = Pi Wei Xiang – Summary

<u>add tone marks</u>	<u>Suggested Translations</u>
1. pi shu tu	= spleen <i>corresponds/belongs to</i> earth (soil)
2. pi zhu <u>yun-hua</u>	= spleen <i>governs</i> <u>transport & transformation</u>
3. pi <u>tong</u> xue	= spleen <u>manages</u> (unifies, keeps in order) the blood
4. pi <u>cang</u> <u>ying</u>	= the spleen <i>stores</i> <u>ying</u> (nutrients - constructive qi)
5. pi zhu <u>sheng qing</u>	= the spleen <i>governs</i> <u>ascension</u> of the <u>clear</u>
6. pi zhu <u>ji-rou</u>	= the spleen <i>governs</i> the <u>muscle-flesh</u> (nourishment of the flesh)
7. pi zhu <u>si-zhi</u>	= the spleen <i>governs</i> the <u>four limbs</u>
8. pi qi hua zai <u>chun</u>	= the spleen <i>outwardly manifests at</i> the <u>lips</u>
9. pi kai qiao yu <u>kou</u>	= the spleen <i>opens the portal to</i> the <u>mouth</u>
10. pi cang yi	= spleen stores the yi (ability to concentrate & remember)
11. pi zhi wei <u>si</u>	= the spleen's emotion (orientation) is <u>thought</u> (thinking)
12. pi wu <u>shi</u>	= the spleen <i>loathes</i> (is intolerant of / has aversion to) <u>dampness</u>
13. <u>xian</u> wei pi ye	= <u>drool</u> (thick saliva) is the spleens' fluid (secretion)
14. gan wei ru pi	= sweet[ness] enters the spleen
15. pi zhu hou tian	= the Sp is the master of latter heaven (post natal qi)
16. pi wei hou tian zhi ben	= Sp is the root of latter heaven (acquired constitution)
17. pi zhu wu zang zhi qi	= the spleen governs the qi of the 5 zang
18. pi wei <u>hua sheng</u> qi xue zhi zang	= Sp is the viscera that <u>transforms, & produces</u> qi & blood
19. wei zhu <u>shou-na</u>	= the stomach <i>governs</i> <u>passive reception</u> (intake)
20. wei zhu <u>fu-shu</u>	= the stomach <i>governs</i> <u>rotting & ripening</u> (decomposition)
21. wu zang liu fu <u>jie bing</u> qi yu wei	= the 5 zang & 6 fu <u>all receive</u> qi from the ST
22. wei nai wei qi <u>zhi yuan</u>	= ST <i>is</i> <u>the source of</u> protective qi
23. wei zhu <u>jiang zhao</u>	= the ST governs <u>descent</u> (<u>downbearing</u>) of the turbid
24. wei wei <u>zhong shu</u> , <u>sheng jiang</u> yin yang	= the ST is the <u>central pivot</u> for the <u>upward & downward</u> movement of yin & yang

Translation Exercise – Zang-Fu

肺 大腸 像 = Fei & Da Chang Xiang

1.	肺	屬	金						
	fèi	shǔ	jīn						
	lung	belongs pertains	metal						
	The lungs <i>correspond to</i> metal								
2.	肺	主	氣	司	呼	吸			
	fèi	zhǔ	qì	sī	hū	xī			
	lung	governs controls	energy vitality	attend to manage	exhale	inhale			
	The lungs <i>govern</i> qi, and <i>manage</i> <u>breathing out & breathing in</u> (respiration)								
3.	肺	主	宣	發					
	fèi	zhǔ	xuān	fā					
	lung	governs controls	disseminate	effuse					
	The lungs <i>govern</i> <u>dissemination & diffusion</u> (diffusion & effusion)								
4.	肺	主	肅	降					
	fèi	zhǔ	sù	jiàng					
	lung	governs controls	respect reverence purity	descent					
	The lungs <i>govern</i> <u>purification/purity & descent</u> Wiseman translates su as depuration, jiang as downbearing								

Translation Exercise – Zang-Fu

肺 大腸 像 = Fei & Da Chang Xiang

5.	肺	為	水	之	上	原			
	fèi	wéi	shuǐ	zhī	shàng	yuán			
	lung	is, are	water	's of	upper	source			
	The lungs <i>are</i> water's <u>upper source</u>								
6.	肺	主	行	水					
	fèi	zhǔ	xíng	shuǐ					
	lung	governs controls	step, move, stage	water					
	The lungs <i>govern</i> the <u>movement/circulation</u> of water								
7.	肺	主	通	調	水	道			
	fèi	zhǔ	tōng	tiáo	shuǐ	dào			
	lung	governs controls	passage	regulate	water	path			
	The lungs <i>govern</i> the <u>regulation of flow through the water-ways</u>								
8.	肺	主	一	身	之	表			
	fèi	zhǔ	yī	shēn	zhī	biǎo			
	lung	governs controls	one	body	's of	exterior surface			
	The lungs <i>govern</i> the whole body's <u>exterior</u>								

Translation Exercise – Zang-Fu

肺 大腸 像 = Fei & Da Chang Xiang

9.	肺	主	衛	表					
	fèi	zhǔ	wèi	biǎo					
	lung	governs controls	defense	exterior surface					
	The lungs <i>govern</i> defending the <u>exterior</u> (protecting the surface)								
10.	肺	主	皮	毛					
	fèi	zhǔ	pí	máo					
	lung	governs controls	skin	fur					
	The lungs <i>govern</i> the <u>skin & body hair</u>								
11.	肺	主	輸	精	於	皮	毛		
	fèi	zhǔ	shū	jīng	yú	pí	máo		
	lung	governs controls	transport	essence	to	skin	fur		
	The lungs <i>govern transporting</i> essence to the <u>skin hair</u>								
12.	肺	開	竅	於	鼻				
	fèi	kāi	qiào	yú	bí				
	lung	open	portal	to	nose				
	The lung opens the portal of the nose The lungs open the nose portal The lungs portal-opening is the nose								

Translation Exercise – Zang-Fu

肺 大腸 像 = Fèi & Dà Cháng Xiàng

13.	肺	主	聲						
	fèi	zhǔ	shēng						
	lung	governs controls	voice sound						
	The lungs <i>govern</i> the voice (strength of)								
14.	肺	為	花	蓋					
	fèi	wéi	húā	gài					
	lung	is, are	flower	umbrella					
	The lungs <i>are like</i> a <u>canopy</u> (flowery umbrella = imperial carriage = Ht) tent								
15.	百	脈	朝	肺					
	bǎi	mài	cháo	fèi					
	hundred	vessels	face toward	lung					
	The <u>100 (blood) vessels</u> <i>face (head toward)</i> the lungs								
16.	肺	為	嬌	臟					
	fèi	wéi	jiāo	zàng					
	lung	is, are	delicate	viscera					
	The lungs <i>are</i> the <u>delicate</u> organ								

Translation Exercise – Zang-Fu

肺 大腸 像 = Fei & Da Chang Xiang

17.	肺	寄	養	於	脾				
	fèi	jì	yǎng	yú	pí				
	lung	depend upon	nourish	in, at, from	spleen				
	The lungs depend on nourishment from the spleen								
18.	肺	為	體						
	fèi	wéi	tǐ						
	lung	is, are make, form	mucus snivel						
	The lungs <i>form</i> <u>snivel</u> (mucus)								
19.	辛	味	入	肺					
	xīn	wèi	rù	fèi					
	acid	flavor taste	enter	lung					
	The acid/pungent flavor enters the lungs								
20.	肺	惡	寒						
	fèi	wù	hán						
	lung	hates	cold						
	The lungs dispise the cold (vs. dryness)								

Translation Exercise – Zang-Fu

肺 大腸 像 = Fei & Da Chang Xiang

21.	肺	藏	魄						
	fèi	cáng	pò						
	lung	stores	instinct						
	The lungs store the po / instinct (yin/animal/corporeal soul; lit. white ghost)								
22.	肺	志	為	悲					
	fèi	zhì	wéi	bēi					
	lung	emotion	is, are	grief					
	The lung's emotion (affect, orientation) is <u>sorrow/grief</u>								
23.	人	身	右	降	屬	肺			
	rén	shēn	yòu	jiàng	shǔ	fèi			
	human	body	right	descend	belongs pertains to	lung			
	The human body has downbearing on the right, this corresponds to the lungs (Lr upbears on the Left)								
24.	大	腸	主	傳	化	糟	粕		
	dà	cháng	zhǔ	chuán	huà	zāo	pò		
	large	intestine	governs	convey	transform	sediment dregs	dregs sediment		
	The LI governs conveyance & transforms wastes								

Translation Exercise – Zang-Fu

肺 大腸 像 = Fei & Da Chang Xiang – Summary

<u>add tone marks here</u>	<u>record your translation here</u>
1. fei shu jin	= the lungs <i>correspond to</i> metal
2. fei zhu qi, si hu-xi	= the lungs <i>governs</i> qi, and = <i>manages/attends</i> <u>breathing out & breathing in</u> (respiration)
3. fei zhu xuan-fa	= lungs <i>govern</i> <u>dissemination & diffusion</u> (diffusion & effusion)
4. fei zhu su-jiang	= lungs <i>govern</i> <u>depuration & descent</u> (downbearing)
5. fei wei shui zhi shang-yuan	= the lungs <i>are</i> water's <u>upper source</u>
6. fei zhu xing shui	= lungs <i>govern</i> the <u>movement/circulation</u> of water
7. fei zhu tong tiao shui-dao	= lungs <i>govern</i> the <u>regulation of flow through</u> the <u>water-ways</u>
8. fei zhu yi-shen zhi biao	= the lungs <i>govern</i> the whole body's <u>exterior</u>
9. fei zhu wei biao	= lungs <i>govern</i> defending the <u>exterior</u> (protecting the exterior)
10. fei zhu pi-mao	= lungs <i>govern</i> the <u>skin & body hair</u>
11. fei zhu shu jing yu pi-mao	= lungs <i>govern</i> <i>transportation</i> of essence to the <u>skin hair</u>
12. fei kai qiao yu bi	= the lung <i>opens the portal to</i> the <u>nose</u>
13. fei zhu sheng	= lungs <i>govern</i> the <u>voice</u> (strength of)
14. fei wei hua-gai	= lungs <i>are like</i> a <u>canopy</u> (flowery umbrella = imperial carriage = Ht)
15. bai-mai chao fei	= <u>100 (blood) vessels</u> <i>face (head toward)</i> the lungs
16. fei wei jiao zang	= the lungs <i>are</i> a <u>delicate</u> organ
17. fei ji yang yu pi	= the lungs <i>depend on</i> nourishment from the spleen
18. fei wei ti	= lungs <i>form</i> <u>snivel</u> (mucus)
19. xin wei ru fei	= acrid/pungent flavors <i>enter</i> the lungs
20. fei wu han	= lungs <i>dislike</i> the cold (vs. dryness)
21. fei cang po	= lungs <i>store</i> the po (yin soul)
22. fei zhi wei bei	= the lung's emotion (affect, orientation) is <u>sorrow/grief</u>
23. ren shen you jiang shu fei	= the human body has downbearing on the right this corresponds to the lungs (Lr upbears on the Left)
24. da chang zhu chuan hua zao po	= LI <i>governs</i> conveyance, and transforms dregs & sediment (transforms waste products)

Translation Exercise – Zang-Fu

肺 大腸 像 = Fei & Da Chang Xiang – Summary

<u>add tone marks</u>	<u>Suggested Translations</u>
1. fei shu jin	= the lungs <i>correspond to</i> metal
2. fei zhu qi, si hu-xi	= the lungs <i>governs</i> qi, and = <i>manages/attends</i> <u>breathing out & breathing in</u> (respiration)
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22. fei zhi wei bei	= the lung's emotion (affect, orientation) is <u>sorrow/grief</u>
23. ren shen you jiang shu fei	= the human body has downbearing on the right this corresponds to the lungs (Lr upbears on the Left)
24. da chang zhu chuan hua zao po	= LI <i>governs</i> conveyance, and transforms dregs & sediment (transforms waste products)

Translation Exercise – Zang-Fu

腎 膀 胱 像 = Shen & Pang Guang Xiang

1.	腎	屬	水						
	shèn	shǔ	shuǐ						
	kidney(s)	belong to	water						
	The kidney <i>corresponds to</i> <u>water</u>								
2.	腎	藏	精						
	shèn	cáng	jīng						
	kidney(s)	stores	essence						
	The kidneys <i>store</i> <u>essence</u>								
3.	腎	主	納	氣					
	shèn	zhǔ	nà	qì					
	kidney(s)	govern	intake	energy					
	The kidneys <i>govern</i> <u>grasping of qi/air</u> (inhalation)								
4.	腎	主	骨						
	shèn	zhǔ	gǔ						
	kidney(s)	govern	bone						
	The kidneys <i>govern</i> <u>bones</u>								

Translation Exercise – Zang-Fu

腎 膀 胱 像 = Shen & Pang Guang Xiang

5.	齒	為	骨	之	餘				
	chǐ	wéi	gǔ	zhī	yú				
	teeth	is, are	bone	's of	surplus				
	The teeth <i>are</i> the bone's <u>extensions</u>								
6.	腎	主	五	津					
	shèn	zhǔ	wǔ	jīn					
	kidney(s)	govern	five	fluids					
	The kidneys <i>govern</i> the <u>five fluids</u>								
7.	腎	主	命	門	之	火			
	shèn	zhǔ	mìng	mén	zhī	huǒ			
	kidney(s)	governs	life	gate	's of	fire			
	The kidneys <i>govern</i> life gate <u>fire</u>								
8.	腎	主	生	殖					
	shèn	zhǔ	shēng	zhí					
	kidney(s)	governs	give birth to	reproduce					
	The kidneys <i>govern</i> <u>reproduction</u>								

Translation Exercise – Zang-Fu

腎 膀 胱 像 = Shen & Pang Guang Xiang

9.	腎	為	先	天	之	本			
	shèn	wéi	xiān	tiān	zhī	běn			
	kidney(s)	is, are	earlier	heaven	's of	root			
The kidneys <i>are</i> <u>former heaven's</u> root The kidneys <i>are</i> <u>one's constitutional</u> root									
10.	腎	藏	志						
	shèn	cáng	zhì						
	kidney(s)	stores	will						
The kidneys <i>store</i> <u>will</u>									
11.	恐	傷	腎						
	kǒng	shāng	shèn						
	fear	wound injure	kidney(s)						
<u>fear (& apprehension)</u> <i>injure</i> the kidneys									
12.	腎	惡	燥						
	shèn	wù	zào						
	kidney(s)	hates	dryness						
The kidneys <i>loathe</i> (is intolerant of / has aversion to) <u>dryness</u>									

Translation Exercise – Zang-Fu

腎 膀 胱 像 = Shen & Pang Guang Xiang

13.	腎	其	華	在	髮				
	shèn	qí	húa	zài	fà				
	kidney(s)	its	bloom	in, at	hair				
	The kidneys <i>outwardly manifest in</i> the <u>head hair</u>								
14.	腰	為	腎	之	府				
	yāo	wéi	shèn	zhī	fǔ				
	low back	is, are	kidney	's of	official residence				
	The <u>lumbar region</u> is the kidney's [official] residence / repository								
15.	腎	開	竅	於	耳				
	shèn	kāi	qiào	yú	ěr				
	kidney(s)	open	portal	to	ear				
	The kidney <i>portal opening is</i> the <u>ear</u>								
16.	腎	開	竅	於	二	陰			
	shèn	kāi	qiào	yú	èr	yīn			
	kidney(s)	open	portal	to	two	yin			
	The kidney <i>portal openings are</i> the <u>2 yin</u> (urethra & anus)								

Translation Exercise – Zang-Fu

腎 膀 胱 像 = Shen & Pang Guang Xiang

17.	腎	脈	絡	舌	本				
	shèn	mài	luò	shé	běn				
	kidney(s)	vessel	network	tongue	root				
	The kidney vessels network to the tongue root The kidney channel connects to the root of the tongue								
18.	腎	生	骨	髓					
	shèn	shēng	gǔ	suǐ					
	kidney(s)	generate	bone	marrow					
	The kidneys generate-engender-produce bone & marrow								
19.	腎	為	唾						
	shèn	wéi	tuò						
	kidney(s)	is, are make, form	parotid serous spit						
	The kidney make spit/spittle								
20.	八	脈	屬	腎					
	bā	mài	shǔ	shèn					
	eight	vessels	belong to	kidney(s)					
	The 8 (extra) vessels belong to the kidney								

Translation Exercise – Zang-Fu

腎 膀 胱 像 = Shen & Pang Guang Xiang

21.	腎	之	精	為	瞳	子			
	shèn	zhī	jīng	wéi	tóng	zǐ			
	kidney(s)	's of	essence	is forms	pupil	child seed			
	The kidney's essence is [observable in] the pupil (of the eye) The kidney's essence is forms the pupil (of the eye)								
22.	黑	色	屬	腎					
	hēi	sè	shǔ	shèn					
	black	color	belongs to	kidney(s)					
	The black color (complexion) pertains to-cooresponds to the kidney								
23.	鹹	味	入	腎					
	xián	wèi	rù	shèn					
	salty	flavor	enters	kidney(s)					
	The salty flavor enters the kidney								
24.	腎	為	元	氣	之	根	本		
	shèn	wéi	yuán	qì	zhī	gēn	běn		
	kidney(s)	is, are	original	energy	's	root base foundation	root		
	The kidneys are the original qi's foundation & root								

Translation Exercise – Zang-Fu

腎 膀 胱 像 = Shen & Pang Guang Xiang

25.	腎	主	蟄						
	shèn	zhǔ	zhé						
	kidney(s)	governs	hibernate						
	The kidney governs hibernation/dormnacy								
26.	腎	水	涵	肝	木				
	shèn	shuǐ	hán	gān	mù				
	kidney	water	contains wet moisten	liver	wood				
	Kidney water contains/moistens liver wood								
27.	腎	陽	宜	靜	靜	則	能	藏	
	shèn	yáng	yí	jìng	jìng	zé	néng	cáng	
	kidney(s)	yang	should	still, silent, calm, peaceful	still, silent, calm, peaceful	so, therefore, then	can, able	store	
	The kidney yang should be still, stillness then enables storage The kidney yang should be still, stillness confers the ability to store								
28.	膀	胱	藏	津	液				
	páng	guāng	cáng	jīn	yè				
	urinary	bladder	stores	liquid	fluids				
	The bladder <i>stores</i> <u>body fluids</u>								

Translation Exercise – Zang-Fu

腎 膀 胱 像 = Shen & Pang Guang Xiang

29.	膀	胱	為	水	之	導	引		
	páng	guāng	wéi	shuǐ	zhī	dǎo	yǐn		
	urinary	bladder	is, are	water	's of	lead	guide pull draw		
	The bladder is <u>water's guide / leader & guide</u>								
30.	命	門	總	乎	兩	腎			
	mìng	mén	zǒng	hū	liǎng	shèn			
	life	gate	chief	! prep.	both	kidney(s)			
	The life gate is the summation/ chief of both kidneys								
31.	腦	為	元	神	之	府			
	nǎo	wéi	yuán	shén	zhī	fǔ			
	brain	is, are	original	spirit mind consc.	's of	official residence			
	The brain is the original spirit's residence								

Translation Exercise – Zang-Fu

腎 膀 胱 像 = Shen & Pang Guang Xiang – Summary

- | | <u>add tone marks here</u> | <u>record your translation here</u> |
|-----|--|---|
| 1. | shen shu <u>shui</u> | = the kidney <i>corresponds to</i> <u>water</u> |
| 2. | shen <i>cang</i> <u>jing</u> | = the kidneys <i>store</i> <u>essence</u> |
| 3. | shen <i>zhu</i> <u>na qi</u> | = the kidneys <i>govern</i> <u>grasping of qi/air</u> (inhalation) |
| 4. | shen <i>zhu</i> <u>gu</u> | = the kidneys <i>govern</i> <u>bones</u> |
| 5. | chi wei gu <u>zhi yu</u> | = teeth <i>are</i> the bone's <u>extensions</u> |
| 6. | shen <i>zhu</i> <u>wu jin</u> | = the kidneys <i>govern</i> the <u>five fluids</u> |
| 7. | shen <i>zhu</i> ming-men zhi <u>huo</u> | = the kidneys <i>govern</i> life gate <u>fire</u> |
| 8. | shen <i>zhu</i> <u>sheng-zhi</u> | = the kidneys <i>govern</i> <u>reproduction</u> |
| 9. | shen wei <u>xian-tian</u> zhi ben | = the kidneys <i>are</i> <u>one's constitutional</u> root |
| 10. | shen <i>cang</i> <u>zhi</u> | = the kidneys <i>store</i> <u>will</u> |
| 11. | <u>kong shang</u> shen | = <u>fear (& apprehension)</u> <i>injure</i> the kidneys |
| 12. | shen wu <u>zao</u> | = the kidneys <i>loathe</i> (is intolerant of / has aversion to) <u>dryness</u> |
| 13. | shen <i>qi hua zai</i> <u>fa</u> | = the kidneys <i>outwardly manifest in</i> the <u>head hair</u> |
| 14. | <u>yao wei</u> shen zhi fu | = <u>the lumbar region</u> is the kidney repository/residence |
| 15. | shen <i>kai qiao yu</i> <u>er</u> | = the kidney <i>portal opening is</i> the <u>ear</u> |
| 16. | shen <i>kai qiao yu</i> <u>er-yin</u> | = the kidney <i>portal openings are</i> the <u>2 yin</u> (urethra & anus) |

Translation Exercise – Zang-Fu

腎 膀 胱 像 = Shen & Pang Guang Xiang – Summary

- | | <u>add tone marks here</u> | <u>record your translation here</u> |
|-----|--|--|
| 17. | shen mai luo she ben | = the kidney vessels network to the tongue root |
| 18. | shen sheng gu sui | = the kidneys engender/produce bone & marrow |
| 19. | shen wei tuo | = the kidney make spit/spittle |
| 20. | ba mai shu shen | = the 8 (extra) vessels home to the kidney |
| 21. | shen zhi jing wei tong zi | = the kidney's essence is in the pupil (of the eye) |
| 22. | hei se shu shen | = the black color (complexion) pertains to the kidney |
| 23. | xian wei ru shen | = the salty flavor enters the kidney |
| 24. | shen wei yuan qi zhi gen ben | = kidney are the root of the source qi |
| 25. | shen zhu zhe | = the kidney governs hibernation/dormnacy |
| 26. | shen shui <i>han</i> gan mu | = kidney water moistens liver wood |
| 27. | shen yang yi jing
jing ze neng cang | = kidney yang should be still,
stillness confers the ability to store |
| 28. | pang guang <i>cang</i> <u>jin-ye</u> | = the bladder <i>stores</i> <u>body fluids</u> |
| 29. | pang guang <i>wei</i> <u>shui</u> zhi <u>dao yin</u> | = the bladder is <u>water's</u> <u>guide</u> |
| 30. | ming men zong hu liang shen | = the life gate is the chief of both kidneys |
| 31. | nao wei yuan shen zhi fu | = the brain is the original spirit's residence |

Translation Exercise – Zang-Fu

腎 膀 胱 像 = Shen & Pang Guang Xiang – Summary

<u>add tone marks</u>	<u>Suggested Translations</u>
1. shen shu <u>shui</u>	= the kidney <i>corresponds to</i> <u>water</u>
2. shen <i>cang</i> <u>jing</u>	= the kidneys <i>store</i> <u>essence</u>
3. shen <i>zhu</i> <u>na qi</u>	= the kidneys <i>govern</i> <u>grasping of qi/air</u> (inhalation)
4. shen <i>zhu</i> <u>gu</u>	= the kidneys <i>govern</i> <u>bones</u>
5. chi wei gu <u>zhi yu</u>	= teeth <i>are</i> the bone's <u>extensions</u>
6. shen <i>zhu</i> <u>wu jin</u>	= the kidneys <i>govern</i> the <u>five fluids</u>
7. shen <i>zhu</i> ming-men zhi <u>huo</u>	= the kidneys <i>govern</i> life gate <u>fire</u>
8. shen <i>zhu</i> <u>sheng-zhi</u>	= the kidneys <i>govern</i> <u>reproduction</u>
9. shen wei <u>xian-tian</u> zhi ben	= the kidneys <i>are</i> <u>one's constitutional</u> root
10. shen <i>cang</i> <u>zhi</u>	= the kidneys <i>store</i> <u>will</u>
11. <u>kong shang</u> shen	= <u>fear (& apprehension)</u> <i>injure</i> the kidneys
12. shen wu <u>zao</u>	= the kidneys <i>loathe</i> (is intolerant of / has aversion to) <u>dryness</u>
13. shen <i>qi hua zai</i> <u>fa</u>	= the kidneys <i>outwardly manifest in</i> the <u>head hair</u>
14. <u>yao wei</u> shen zhi fu	= <u>the lumbar region</u> is the kidney repository/residence
15. shen <i>kai qiao yu</i> <u>er</u>	= the kidney <i>portal opening is</i> the <u>ear</u>
16. shen <i>kai qiao yu</i> <u>er-yin</u>	= the kidney <i>portal openings are</i> the <u>2 yin</u> (urethra & anus)

Translation Exercise – Zang-Fu

腎 膀 胱 像 = Shen & Pang Guang Xiang – Summary

<u>add tone marks</u>	<u>Suggested Translations</u>
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26. shen shui <i>han</i> gan mu	= kidney water moistens liver wood
27. shen yang yi jing jing ze neng cang	= kidney yang should be still, stillness confers the ability to store
28. pang guang <i>cang</i> <u>jin-ye</u>	= the bladder <i>stores</i> <u>body fluids</u>
29. pang guang <i>wei</i> <u>shui</u> zhi <u>dao yin</u>	= the bladder is <u>water's</u> <u>guide</u>
30. ming men zong hu liang shen	= the life gate is the chief of both kidneys
31. nao wei yuan shen zhi fu	= the brain is the original spirit's residence

Part III

臟腑像

Zàng-Fǔ Xiàng

Classical Source:
Su Wen Chapter Eight
(translating exercise)

Translating a Paragraph from the Nei Jing

The following is a famous passage from the Nei Jing concerning the roles/functions of the organs. It is often referred to as the **12 Officials chapter**. This derives from the approach used, in which the function of each organ is presented as analogous to the role/position of a government official. A role that would have been well understood in ancient times and for the most part still makes sense to us today.

Part of the beauty of this passage, especially for a neophyte translator, is the degree of repetition within the lines. It is quite formulaic, which I trust, you will appreciate.

What follows is a breakdown of the formula for each line.

part 1: **the name of an organ** followed by 者:

者 zhě = *all boils down to this, the essence of which is ...*
*i.e. the character which precedes **is like this** (which will be explained by what follows)*
in English = [**The**] named organ **is ...** or **is like ...**

part 2: a two character statement followed by 之 官

之 zhī = *connects the previous statement to the one which follows. In this case:*
官 guān = **official**, office [responsible] **for**, [in charge] **of**
• zhī guān = **official of**; **is the official** in charge of / responsible for ... / holds the office of ...

part 3: another two character statement followed by 出 焉

出 chū = go/come out; produce/generate; occur/happen, take place
焉 yān = *how, here*
• chū yān = go/come out/exit **from here** / stem from here / issue forth / **emanate from here**
出矣 chū yǐ = **from it** (see Paragraph 11 / BL)

* 焉 yan & 也 ye in classical Chinese are used as exclamatory endings:

Yes, yea; done, period; here-here, ! etc.

Translation Exercise – Su Wen 8

素問 Sù Wèn Chapter 8.a

T.	靈	蘭	秘	點	論						
PY	Líng	Lán	Mì	Diǎn	Lùn						
Def.	spirit numinous magic super- natural	orchid	secret	dictionary library	treatise discourse discussion						
Tr:	Spiritual Orchid Secret Dictionary Treatise										
1.	心	者	君	主	之	官	也	神	明	出	焉
PY	xīn	zhě	jūn	zhǔ	zhī	guān	yě	shén	míng	chū	yān
Def.	heart	is like, may be likened to	noble	ruler	of, for its ('s)	official office authority	yea, yes done period !	spirit	bright	go/come out exit issue from	here done period !
Tr:	<p>Xīn zhě = The Heart is like</p> <p>jūn zhǔ zhī guān = the honorable/noble + master/host = lord sovereign / monarch official,</p> <p>yě shén míng chū yān = and extraordinary/miraculous/spiritual brightness/clarity emanate from it.</p> <p>spirit brightness / bright spirit = clear mind (mental clarity)</p>										
2.	肺	者	相	傳	之	官		治	節	出	焉
PY	fèi	zhě	xiàng	fù	zhī	guān		zhì	jié	chū	yān
Def.	lungs	are	assistant	super- intendant	of, for its ('s)	official office authority		ruling governance managing	joint limit restrict admin	go/come out exit issue from	here done period !
Tr:	<p>Fèi zhě = The Lung is like</p> <p>xiàng fù zhī guān = the appearance/look/bearing/posture; physiogamy, form/symbol/image superintendant official</p> <p>= the assistant/minister of state superintendant (prime minister) official.</p> <p>zhì jié chu yan. = administer/manage/run, punish knot/joint, restriction/economize emanate from it.</p> <p>season, festival; a measure word</p> <p>= managing the economy, or simply administration emanates from it.</p>										

Translation Exercise – Su Wen 8

素問 Sù Wèn Chapter 8.b

3.	肝	者	將	軍	之	官		謀	慮	出	焉
PY	gān	zhě	jiāng	jūn	zhī	guān		móu	lù	chū	yān
Def.	liver	is	be ready	troops army	of, for its ('s)	official office authority		plan strategy	thought -ful	go/come out exit issue from	here done period !
Tr:	Gān zhě = The Liver is like jiāng jūn zhī guan = the be ready with troops/soldiers, army official. móu lǜ chu yan. = planning/strategy & thoughtful consideration emanate from it.										
4.	膽	者	中	正	之	官		決	斷	出	焉
PY	dǎn	zhě	zhōng	zhèng	zhī	guān		jué	duàn	chū	yān
Def.	GB	is	central fitting	proper correct upright	of, for its ('s)	official office authority		decide resolve	decide judge	go/come out exit issue from	here done period !
Tr:	Dǎn zhě = The Gall Bladder is like zhōng zhèng zhī guan = the center/middle/fitting/just & proper/correct/upright official. jué duàn chu yan. = decide/determine/resolve & certainly/absolutely; decide/judge resolutely decide (H.43) decisiveness & decision making emanate from it										
5.	臆	中	者	臣	使	之	官	喜	樂	出	焉
PY	tán	zhōng	zhě	chén	shǐ	zhī	guān	xǐ	lè	chū	yān
Def.	Pc	Pc	is	vassal minister	envoy ambass ador	of, for its ('s)	official office authority	elation ecstasy	joy delight pleasure	go/come out exit issue from	here done period !
Tr:	Tán-zhōng zhě = The Pericardium is like chén shǐ zhī guan = the statesman/vassal & envoy/ambassador official. xǐ lè chu yan. = elation & joy emanate from it.										

Translation Exercise – Su Wen 8

素問 Sù Wèn Chapter 8.c

6.	脾	胃	者	倉	廩	之	官	五	味	出	焉
PY	pí	wèi	zhě	cāng	lǐn	zhī	guān	wǔ	wèi	chū	yān
Def.	Sp	ST	is	granary store- house	gov't reserve	of, for its ('s)	official office authority	five	taste flavor	go/come out exit issue from	here done period !
Tr:	Pí Wèi zhě = The Spleen/Stomach is like cāng lǐn zhī guān = the storehouse/granary/barn & gov't. granary official. wǔ wèi chū yān. = the five flavors/tastes emanate from it.										
7.	大	腸	者	傳	道	之	官	變	化	出	焉
PY	dà	cháng	zhě	chuán	dào	zhī	guān	biàn	huà	chū	yān
Def.	large	Intest.	is	transmit conduct transfer	path way pathway	of, for its ('s)	official office authority	change	transform	go/come out exit issue from	here done period !
Tr:	Dà Cháng zhě = The Large Intestine is like chuán dào zhī guān = the transfer/pass on/transmit/conduct & road/path/way/method/truth/m.word official chuan-dao = to spread/propagate a doctrine esp. of ancient sages / preach The conductor; transmission / transfer / transit official biàn huà chū yān. = change & transformation emanate from it. controls the transmission path (the transformation of waste, recycle to nature)										
8.	小	腸	者	受	盛	之	官	化	物	出	焉
PY	xiǎo	cháng	zhě	shòu	shèng	zhī	guān	huà	wù	chū	yān
Def.	small	Intest.	is	passive voice	prosper flourish	of, for its ('s)	official office authority	transform	things substances	go/come out exit issue from	here done period !
Tr:	Xiǎo Cháng zhě = The Small Intestine is like shòu shèng zhī guān = the verb indicating passive voice & prosperous/flourishing/grand official. huà wù chū yān. = transformation of things/substances emanate from it.										

Translation Exercise – Su Wen 8

素問 Sù Wèn Chapter 8.d

9.	腎	者	作	強	之	官		技	巧	出	焉
PY	Shèn	zhě	zuò	qiáng	zhī	guān		jì	qiǎo	chū	yān
Def.	Kidneys	are	to make to work at	strong healthy	of, for its ('s)	official office authority		talent skill ability	artful skillful clever ingenious	go/come out exit issue from	here done period !
Tr:	<p>Shèn zhě = The Kidney is like zuò qiáng zhi guan = the to make, to work at & strong/healthy/good, strong willed official. jì qiǎo chu yan. = talent/skill/ability & skillful/artful/ingenious/clever emanate from it.</p>										
10.	三	焦	者	決	瀆	之	官	水	道	出	焉
PY	Sān	Jiāo	zhě	jué	dú	zhī	guān	shuǐ	dào	chū	yān
Def.	three	burners	are	decide resolve	ditch river sluice	of, for its ('s)	official office authority	water	ways	go/come out exit issue from	here done period !
Tr:	<p>Sān-Jiāo zhě = The Triple Burner is jué dú zhi guan = the decide/determine/resolve & river/ditch/sluidce/drain official. jue of a dike = to burst/breach floods & rivers official. w/o water rad / same tone = a case/casket/coffin M.6516 shuǐ dào chu yan. = water & path/way = waterways (way of water) emanate from it.</p>										

Translation Exercise – Su Wen 8

素問 Sù Wèn Chapter 8.e

11a.	膀	胱	者	州	都	之	官				
PY	páng	guāng	zhě	zhōu	dū	zhī	guān				
Def.	urinary	BL	is	county prefecture	capitol	of, for its ('s)	official office authority				
Tr:	Páng-Guāng zhe = The Bladder is like / may be likened to zhōu dū zhi guan = the/a county/prefecture & capitol/city/metropolis (county seat) official										
11b.	津	液	藏	焉		氣	化	則	能	出	矣
PY	jīn	yè	cāng	yān		qì	huà	zé	néng	chū	yǐ
Def.	yang liquids	yin fluids	store	here		energy	transform	and then	can are able	go/come out exit issue from	it done period !
Tr:	jīn-yè cāng yān = liquids & fluids <i>storehouse</i> here [body-fluids are stored here] qì huà zé néng chu yǐ. = energy transforms it <i>whereupon</i> it is able to exit (be excreted). <i>ze</i> = example/model, rules, so therefore, [and] then <i>neng</i> = capable, can/be able, energy										

Translation Exercise – Su Wen 8

The Twelve Officials Explained in Eleven Lines

(Sp & St are addressed in the same line)

Five Characters Repeat in every line:

- 者 zhe means to be like, or is like this (i.e. it signals that the previous character/phrase is about to be explained)
之官 zhi-guan = official of (in charge of)
出焉 chu-yan = to come from, come out of (emerges from, emanates from, exits)

Characters & Tone marks included Record Your Translations

- 8.1 心者君主之官也 神明出焉
PY: Xīn zhě jūn zhǔ zhī guān yě shén míng chū yān
Tr: The heart is like the noble sovereign official. Mental clarity emanates from it.
- 8.2 肺者相傳之官 治節出焉
PY: Fèi zhě xiàng fù zhī guān zhì jié chū yān
Tr: The lungs are like the prime minister official. Administration (Rules & Regulations) stem from it.
- 8.3 肝者將軍之官 謀慮出焉
PY: Gān zhě jiāng jūn zhī guān móu lù chū yān
Tr: The liver is like the commander of the military official. Strategic planning emanates from it.
- 8.4 膽者中正之官 決斷出焉
PY: Dǎn zhě zhōng zhèng zhī guān jué duàn chū yān
Tr: The GB is like proper middle (judge) official. Decisions and distinctions/resolutions come from it.
- 8.5 膻中者臣使之官 喜樂出焉
PY: Dàn/Tàn zhōng zhě chén shǐ zhī guān xǐ lè chū yān
Tr: The pericardium is like the ministerial envoy official. Joy & happiness come from it. (pomp & circumstance)
- 8.6 脾胃者倉廩之官 五味出焉
PY: Pí wèi zhě cāng lǐn zhī guān wǔ wèi chū yān
Tr: The spleen & stomach are the officials in charge of storage (short & long term).
The five flavors are from them. They allow discernment of the five flavors.
- 8.7 大腸者傳道之官 變化出焉
PY: Dà cháng zhě chuán dào zhī guān biàn huà chū yān
Tr: The large intestine is like the transportation official. Change and transformation come from it.
- 8.8 小腸者受盛之官 化物出焉
PY: Xiǎo cháng zhě shòu shèng zhī guān huà wù chū yān
Tr: The small intestine is like the official that ensures abundance. Transformation of things/substances comes from it.
- 8.9 腎者作強之官 伎巧出焉
PY: Xīn zhě jūn zhǔ zhī guān yě shén míng chū yān
Tr: The kidney is like the disciplinary/slave driver official. Skillfulness & technical mastery come from it.
- 8.10 三焦者決瀆之官 水道出焉
PY: Sān jiāo zhě jué dú zhī guān shuǐ dào chū yān
Tr: The triple burner is like the official in charge of flood control & irrigation. Waterways are its jurisdiction.
- 8.11 膀胱者州都之官 津液藏焉, 氣化則能出矣
PY: Páng guāng zhě zhōu dū zhī guān jīn yè cāng yān , qì huà zē néng chū yǐ
Tr: The bladder is like a mayor or district governor (official). It stores fluids and liquids, until/while energy/qi transforms it, and it is then able to go out/merge/exit (be excreted).

Translation Exercise – Su Wen 8

Five Characters Repeat in every line:

- 者 zhe means to be like, or is like this (i.e. it signals that the previous character/phrase is about to be explained)
之官 zhi-guan = official of (in charge of)
出焉 chu-yan = to come from, come out of (emerges from, emanates from, exits)

Characters & Tone marks included along with Suggested Translations

- 8.1** 心者君主之官也 神明出焉
PY: Xīn zhě jūn zhǔ zhī guān yě shén míng chū yān
Tr: The heart is may be likened to the/a noble sovereign (official) Mental clarity/wisdom emanates from such a one.
- 8.2** 肺者相傳之官 治節出焉
PY: Fèi zhě xiāng fù zhī guān zhì jié chū yān
Tr: The lungs are like the prime minister official Administration (Rules & Regulations) stem from it.
- 8.3** 肝者將軍之官 謀慮出焉
PY: Gān zhě jiāng jūn zhī guān móu lù chū yān
Tr: The liver is like the commander of the military official Strategic planning emanates from it.
- 8.4** 膽者中正之官 決斷出焉
PY: Dǎn zhě zhōng zhèng zhī guān jué duàn chū yān
Tr: The GB is like middle-upright official (judge) Decisions & distinctions/resolutions come from it.
- 8.5** 膻中者臣使之官 喜樂出焉
PY: Dàn/Tàn zhōng zhě chén shǐ zhī guān xǐ lè chū yān
Tr: The pericardium is like the ministerial envoy official Joy & happiness derive from it. (pomp & circumstance)
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PY: Pí wèi zhě cāng lǐn zhī guān wǔ wèi chū yān
Tr: The spleen & stomach are the officials in charge of storage (short & long term).
The five flavors derive from them. They allow discernment of the five flavors.
- 8.7** 大腸者傳道之官 變化出焉
PY: Dà cháng zhě chuán dào zhī guān biàn huà chū yān
Tr: The large intestine is like the transportation official Change and transformation derive from it.
- 8.8** 小腸者受盛之官 化物出焉
PY: Xiǎo cháng zhě shòu shèng zhī guān huà wù chū yān
Tr: The small intestine is like the official that ensures abundance Transformation of things/substances derive from it.
- 8.9** 腎者作強之官 伎巧出焉
PY: Xīn zhě jūn zhǔ zhī guān yě shén míng chū yān
Tr: The kidney is like the disciplinarian/task-master official Skillfulness & technical mastery derive from it.
- 8.10** 三焦者決瀆之官 水道出焉
PY: Sān jiāo zhě jué dú zhī guān shuǐ dào chū yān
Tr: The triple burner is like the official in charge of flood control & irrigation. Waterways are its jurisdiction.
- 8.11** 膀胱者州都之官 津液藏焉, 氣化則能出矣
PY: Páng guāng zhě zhōu dū zhī guān jīn yè cāng yān , qì huà zē néng chū yǐ
Tr: The bladder is like a mayor or district magistrate (official) It stores body fluids (lit. fluids & liquids) ,
until/while/whereupon energy/qi transforms it, and it is then able/thereby enabled to exit (be excreted).

Translation Exercise – Su Wen 8

Addendum:

Twelve Officials According to Eight Translators

Translation of the Title of Su Wen Chapter Eight

Veith: 1949/72	p. 133	Treatise on the Ingeniousness and Subtlety of the Secret Records
Lu: 1978	p. 57	On the Secret Treatises Stored in the Emperor's Treasure House of Books
Occ: 1979	p. 24	Secret Bible
Larre: 1987/92	p. 151	The Secret Treatise of the Spiritual Orchid
Ni: 1995	p. 34	The Sacred Teachings
Wu: 1997	p. 55	The Confidential Collections in the Royal Library
Zhu: 2001	p. 33	Discussion of Secret Classic in Ganoderma and Orchid House
Unsch: 2003	p. 133	<i>untranslated</i>

Organ

心

1. **Xin/Heart**
(regular)

Two Pairs of Key Words in each Line

君主

jun zhu
(**bold**)

神明

shen ming
(***bold italics***)

Veith: The heart is like the **minister of the monarch** who excels through **insight and understanding**;

Lu: The heart is the **monarch** from whom the **spirits** are derived.

Occ: The Heart is the **royal organ**; it represents the **King**; in it resides the **Spirit**.

Larre: The heart holds the office of **lord and sovereign**. The **radiance of the spirits** stems from it

Ni: The heart is the **sovereign of all organs** and represents the consciousness of one's being. It is responsible for **intelligence, wisdom, and spiritual transformation**.

Wu: The heart is the **supreme commander or the monarch** of the human body, it dominates the **spirit, ideology and thought** of man.

Zhu: The heart is the **monarch** – **thoughts** get out there.

Unsch: The heart is the official functioning as **Ruler**, **spirit brilliance** originates in it.

Translation Exercise – Su Wen 8

Organ

Two Pairs of Key Words in each Line

	肺	相 傳	治 節
2.	Fei/Lung	xiang fu	<u>zhi jie</u>

Veith: The lungs are the **symbol of the interpretation and conduct** of the official **jurisdiction and regulation**;

Lu: The lungs are the **ministers** from whom **policies** are derived.

Occ: The lungs are the **ministers**; they **rule the energy of the exterior, of the skin**.

Larre: The lungs hold the office of **minister and chancellor**.
The **regulation of the life-giving network** stems from it

Ni: The lung is the **advisor**. It helps the heart in **regulating the body's qi**.

Wu: The lung **governs the various vessels and regulates the energy of the whole body, like a prime minister** assisting the king to reign the country.

Zhu: The lungs are the **premier** – **controls and adjustments** get out there.
The lungs dominate qi. If the qi is harmonious, the viscera will be congruous, so controls and adjustments get out there.

Unsch: The lung is the official functioning as **Chancellor and Mentor**,
order and regulation originate in it.

Translation Exercise – Su Wen 8

Organ

Two Pairs of Key Words in each Line

肝

將 軍

謀 慮

3. Gan/Liver

jiang jun

mou lu

Veith: The liver has the functions of a **military leader** who excels in his strategic planning.

Lu: The liver is the **general** from whom strategies are derived.

Occ: The liver is the **general**; who works out the plans.

Larre: The liver holds the office of **general of the armed forces**.
The assessment of circumstances and conception of plans stem from it.

Ni: The liver is like the **general**, courageous and smart.

Wu: The liver is a vigorous viscera, its emotion is anger,
it is like a **general** who is valiant and resourceful.

Zhu: The liver is the **general** – strategies get out there.
When a person is angry, strategies do not exist

Unsch: The liver is the official functioning as **General**
planning and deliberation originate in it.

Translation Exercise – Su Wen 8

Organ

Two Pairs of Key Words in each Line

膽

中 正

決斷

4. Dan/Gall Bladder

zhong zheng

jue duan

Veith: The gall bladder occupies the position of an **important and upright official** who excels through his decisions and judgement;

Lu: The gall bladder is the **impartial justice** from whom judgements are derived.

Occ: The gall bladder is the **judge**; who decides and condemns.

Larre: The gall bladder is responsible for what is **just and exact**.
Determination and decision stem from it.

Ni: The gall bladder is like a **judge** for its power of discernment.

Wu: The gall bladder like an **impartial judge**
who makes one to judge what is right and what is wrong.

Zhu: The gall bladder is the **upright judiciary official** – decisions get out there.
The judiciary official is upright and resolute without hesitation.

Unsch: The gall bladder is the official functioning as **Rectifier**,
judgements and decisions originate in it.
The term zhong zheng was only introduced after the Han (i.e. 3rd century CE). see also TB

Translation Exercise – Su Wen 8

Organ

Two Pairs of Key Words in each Line

膻中

臣使

喜樂

5. Dan-zhong/Pericardium

chen shi

xi le

Veith: The middle of the thorax (between the breasts) is like the **official of the center** who guides subjects in their joys and pleasures;

Lu: The pericardium are the **messenger** from whom joy is derived.
It acts as the messenger of the heart to spread the emotion of joy

Occ: The envelope of the heart represents the **civil servants**; from them can come joy and pleasure.

Larre: Tan zhong has the charge of **resident as well as envoy**.
Elation and joy stem from it.

Ni: The pericardium is like the **court jester** who makes the king laugh, bringing forth joy.

Wu: The Tan zhong (Pc) is like a **butler** of the king
who can transmit the joyfulness of the heart through it.

Zhu: The pericardium is the **herald official** – joys and sadness get out there.

Unsch: The dan zhong is the official functioning as **Minister and Envoy**,
joy and happiness originate in it.

Translation Exercise – Su Wen 8

Organ

Two Pairs of Key Words in each Line

脾胃

倉廩

五味

6. Pi Wei = Spleen & Stomach

cang lin

wu wei

Veith: The stomach acts as the **official of the public granaries** and grants the five tastes;

Lu: The spleen and the stomach are the **officials in charge of food storage** and from whom the five flavors are derived.

Occ: The spleen and the stomach are the **granaries**; the food warehouses.

Larre: The spleen and stomach are responsible for the **storehouses and granaries**.
The five tastes stem from them.

Ni: The spleen and stomach are like **warehouses** where one stores all the food and essences.
They digest, absorb, and extract the food and nutrients.

Wu: The spleen is like an **officer** who is **in charge of the granary**,
it takes charge of the digesting, absorbing, spreading, and storing of the essence of food.

Zhu: The spleen and stomach are the **garner officials** – the five flavors get out there.

Unsch: The spleen and stomach are the officials functioning as **granary**,
the five flavors originate from them.

Translation Exercise – Su Wen 8

Organ

Two Pairs of Key Words in each Line

大腸

傳 道

變化

7. Da Chang/Large Intestine

chuan dao

bian hua

Veith: The lower intestines are like the **officials who propagate the Right Way of Living**, and they **generate evolution and change**;

Lu: The large intestine is the **official of transportation** from whom **change in the shape of things** are derived.

Occ: The large intestine **transforms**.

Larre: The large intestine is responsible for **transit**.
The **residue from transformation** stems from it.

Ni: The large intestine is responsible for the **transportation of all turbidity**.
All waste products **go through** this organ.

Wu: The large intestine is the **route for transmitting the drosses** into feces then **excretes them to the outside** of the body.

Zhu: The large intestine is the **transportation official** – **changes** get out there.

Unsch: The large intestine is the official functioning as **Transmitter along the Way**, **changes and transformation** originate in it.

Translation Exercise – Su Wen 8

Organ

Two Pairs of Key Words in each Line

小腸

受 盛

化 物

8. Xiao Chang/Small Intestine

shou sheng

hua wu

Veith: The small intestines are like the **officials who are trusted with riches**, and they **create changes of the physical substance**;

Lu: The small intestine is the **receiving official** from whom **assimilable substances** are derived.

Occ: The small intestine contains the most fullness (like a lake regularizes the course of a river) it makes the **transformed food pass** into the organism.

Larre: The small intestine is responsible for **receiving and making things thrive**. **Transformed substances** stem from it.

Ni: The small intestine **receives the food** that has been digested by the spleen and stomach, and further **extracts, absorbs, and distributes** it throughout the body, all the while separating the pure from the turbid.

Wu: The small intestine **receives food** from the stomach, it digests the food further, divides them into essence and dregs, then **absorbs the essence and transmits the dregs** to the large intestine.

Zhu: The small intestine is the **reception official** – **digestions** get out there.

Unsch: The small intestine is the official functioning as **Recipient of what has been perfected**, **the transformation of things** originates in it.

Translation Exercise – Su Wen 8

Organ _____

Two Pairs of Key Words in each Line _____

腎

作強

技巧

9. Shen/Kidney

zuo qiang

ji qiao

Veith: The kidneys are like the **officials who do energetic work**, and they excel through their ability and cleverness;

Lu: The kidneys are the **health officials** from whom *the* strength of the body and the healthy movements of the four limbs are derived.

Occ: The kidneys engender the power; the strength

Larre: The kidneys are responsible for the **creation of power**. Skill and ability stem from them.

Ni: The kidneys store the **vitality** and mobilize the four extremities. They also aid the memory, willpower, and coordination.

Wu: The kidney is an organ with **strong functions**, when the essence and energy in the kidney are abundant, the body will be strong and the person is skillful and wise in doing things.

Zhu: The kidneys are the **power official** – skills get out there.
The Kidneys dominate the essence. If a person has not enough essence, they will be unintelligent and have few skills.

Unsch: The kidneys are the official functioning as **Operator with Force**, technical skills and expertise originate from them.

Translation Exercise – Su Wen 8

Organ

Two Pairs of Key Words in each Line

三焦

決瀆

水道

10. San Jiao/Triple Burner

jue du

shui dao

Veith: The burning spaces are like the officials who plan the construction of **ditches and sluices**, and they create waterways;

Lu: The triple burning space is the **irrigation official** who builds waterways.

Occ: The triple burner is like the **water-gate of a dam**; which serves to maintain the levels.

Larre: The triple heater is responsible for the **opening up of passages and irrigation**. The regulation of fluids stems from it.

Ni: The sanjiao, or three visceral cavities, promotes the transformation and transportation of water and fluids throughout the body.

Wu: The triple warmer takes the office of **dredging** water in the watercourse[s] of the whole body, it takes charge of the activity of the vital energy of the body fluid and regulation and the dredging of the fluid.

Zhu: The triple-warmer is the **water administration official** – water networks get out there.

Unsch: The triple burner is the official functioning as the **Opener of Channels**, the passageways of water originate in it.

Translation Exercise – Su Wen 8

Organ _____

Two Pairs of Key Words in each Line _____

膀胱

州都 津液藏 氣化則能

11. Pang Guang/Bladder

zhou du jin-ye cang qi hua ze neng

Veith: The groins and the bladder are like the **magistrates of a region or a district**, they store the overflow and the fluid secretions which serve to regulate vaporization.

Lu: The bladder is the **district official** (because it is located distant from the organs) who stores fluids so that they can flow outward when energy transformation takes place.

Occ: The bladder is like the **Mandarin of the Sub-Prefecture**; it is a secondary organ which stores the products of excretion. This is the terminal phase of the transformation of energy.

Larre: The bladder is responsible for **regions and cities**. It stores the body fluids. The transformations of the qi then give out their power.

Ni: The bladder is where the **water converges**, and where after being catalyzed by the qi, it is eliminated.

Wu: The bladder takes the **office of gathering**, it stores the water and fluid, after the body fluid is transformed into water by the activating of vital energy, it can be excreted.

Zhu: The bladder is the **water reservation official** – fluids are stored there and waste water is discharged after transformation.

Unsch: The urinary bladder is the official functioning as the **Regional Rectifier**, body liquids are stored in it ...
The term zhou du was only introduced after the Han (i.e. 3rd century CE). see also GB

Translation Exercise – Su Wen 8

Translation References – Chronological Order

<u>Date</u>	<u>Author</u>	<u>Title</u>	<u>Publisher</u>	<u>status</u>
1949/72	Ilza Veith	The Yellow Emperor's Classic of Internal Medicine	UCAL	in print
1978	Henry Lu	A Complete Translation of the Yellow Emperor's Classic of Internal Medicine & Difficult Classic	Academy of Oriental Heritage	???
1979	Occidental	Chinese Medical Classics Nei Ching & Nan Ching	Occidental Inst. Alumni Assoc. (Alumni Assoc. involved 234 translators)	O/P
1987	Claude Larre & Elizabeth Rochat	Secret Treatise of the Spiritual Orchid (Su Wen 8)	Monkey Press	in print
1995	Maoshing Ni	The Yellow Emperor's Classic of Medicine	Shambala	in print
1997	Wu & Wu	Yellow Empero's Canon Internal Medicine (the misspelling of the title is theirs) (I believe it has finally been corrected)	China Science & Technology Pr.	in print
2001	Zhu Ming	The Medical Classic of the Yellow Emperor	Foreign Languages Press	???
2003	Paul Unschuld	Huang Di Nei Jing Su Wen: Nature, Knowledge, Imagery in an Ancient Chinese Medical Text	UCAL	in print

Part IV

Writing
&
Reading Practice

Writing Practice – Intro – Writing Basics


The Chinese word for a character, and hence for writing, is **wén**:
Stroke order is the equivalent of spelling.

It is composed of four strokes.


To write this character follow the instructions:

Try using a pencil with a relatively blunt/rounded tip.


Start by drawing over the character a few times.

	<ol style="list-style-type: none"> 1. Start at the top with the downward dash (called a dian), 2. then the horizontal line from left to right. 3. Next the downward sweeping stroke to the left, 4. followed by the sweep across to the right. <p>Try to keep the character centered and balanced within the box.</p>
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	<p>The character yǒng (meaning forever, always, eternal, everlasting) is one traditionally used as the first character to practice, because it contains all the basic strokes.</p> <p style="text-align: center;"><i>How many strokes? (5)</i></p>
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	<p>For medical students, the character qì is an appropriate, if slightly more complicated, one to begin with.</p> <p style="text-align: center;"><i>How many strokes is this one? (10)</i></p>
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Part A

Individual

Characters

Writing Practice

Traditional (complex) Characters

plus some simplified characters

*You may want to slip a piece of paper between pages to prevent pressure indentations,
or if you use a felt tip, or fountain pen, to prevent ink from bleeding through.*

** I recommend using a slightly rounded-tip pencil **

Writing Practice – Sentences

pinyin	文	Zang Fu Characters (1)										28 pt
fei	肺											
xin	心											
gan	肝											
pi	脾											
shen	腎											
xin	心											
bao	胞											
san	三											
jiao	焦											
chang	腸											
dan	膽											
wei	胃											
pang	膀											
guang	胱											

0.6 x 0.6 = 14 rows x 10 boxes

Writing Practice – Sentences

Zang Fu Characters (2)

28 pt

pinyin	文										
zang	臟					fu	腑				
zang	脏					fu	腑				
fei	肺										
da	大					chang	腸				
xin	心										
xiao	小					chang	腸				
gan	肝					dan	膽				
pi	脾					wei	胃				
shen	腎										
pang	膀					guang	胱				
xin	心					bao	胞				
tan	膻					zhong	中				
xin	心					zhu	主				
san	三					jiao	焦				
ming	命					men	門				

0.6 x 0.6 = 15 rows x 10 boxes

Writing Practice – Sentences

pinyin	文	Meaning	Organ Image Vocabulary (A)					simplified	24 pt			
xiang	像							象				
ben	本											
bie	別											
bing	稟											
bu	不											
cang	藏											
chao	朝											
chu	出											
chuan	傳							传				
cun	存											
dao	導							导				
dong	動							动				
du	瀆			瀆				读				
duan	斷							断				
er	而											
fa	發							发				
fen	分											
fu	府											

see page 5

0.5 x 0.6 = 18 rows x 10 boxes

Writing Practice – Sentences

pinyin	文	Meaning	Organ Image Vocabulary (B)				simplified	24 pt			
gai	蓋						盖				
gan	干										
gen	根										
he	合										
he	和										
hu	乎										
hu	呼										
hua	華						华				
hua	化										
ji	寄										
jiang	降										
jiao	嬌						娇				
jiao	交										
jie	皆										
jing	靜						静				
ju	聚						聚				
jue	決										

see page 5-6

0.5 x 0.6 = 18 rows x 10 boxes

Writing Practice – Sentences

pinyin	文	Meaning	Organ Image Vocabulary (C)				simplified	24 pt			
kai	開						开				
ke	可										
lǔ	慮						虑				
miao	苗										
mou	謀						谋				
mu	母										
na	納						纳				
nai	乃										
neng	能										
ou	漚						沤				
po	粕										
qi	其										
qi	起										
qiao	竅						窍				
qing	清										
qu	去										

see page 6

0.5 x 0.6 = 18 rows x 10 boxes

Writing Practice – Sentences

pinyin	文	Meaning	Organ Image Vocabulary (D)					simplified	24 pt			
ru	如											
ru	濡						濡					
ru	入											
shang	傷						伤					
she	攝						摄					
sheng	升											
sheng	生											
sheng	聲						声					
shi	食											
shou	受											
shu	樞											
shu	疏											
shu	熟											
shu	屬						属					
shuai	帥						帅					
si	司											
su	肅						肃					

see page 7

0.5 x 0.6 = 18 rows x 10 boxes

Writing Practice – Sentences

pinyin	文	Meaning	Organ Image Vocabulary (E)					simplified	24 pt			
tai	胎											
ti	體						体					
tiao	調						调					
tong	通											
tong	同											
tong	統						统					
wei	為						为					
wu	惡						恶					
wu	霧						雾					
xi	息											
xi	吸											
xi	喜											
xi	系											
xi	係						系					
xia	夏											
xiang	相											
xie	泄											

see page 7-8

0.5 x 0.6 = 18 rows x 10 boxes

Writing Practice – Sentences

pinyin	文	Meaning	Organ Image Vocabulary (F)					simplified	24 pt			
xu	煦											
xuan	宣											
yan	言											
yang	養						养					
yao	腰											
ye	也											
ye	夜											
yi	移											
yi	宜											
yong	用											
yu	於						于					
yu	餘						余					
yu	與						与					
yun	運						运					
zai	在											
zao	糟											
ze	則						则					

see page 8

0.5 x 0.6 = 18 rows x 10 boxes

Writing Practice – Sentences

pinyin	文	Meaning	Organ Image Vocabulary (G)					simplified	24 pt			
zhe	蟄							蟄				
zhe	者											
zhi	之											
zhi	肢											
zhi	殖											
zhi	志											
zhou	晝							昼				
zhu	主											
zhuang	壯							壮				
zhuo	濁							浊				
zong	總							总				

Part B

Sentences

Writing Practice

Traditional (complex) Characters

*You may want to slip a piece of paper between pages to prevent pressure indentations,
or if you use a felt tip, or fountain pen, to prevent ink from bleeding through.*

** I recommend using a slightly rounded-tip pencil **

Writing Practice – Sentences

Su Wen 8 a

28 pt

靈		蘭		秘		點		論			
Ling		Lan		Mi		Dian		Lun			
心	者	君	主	之	官	也	神	明	出	焉	
xin	zhe	jun	zhu	zhi	guan	ye	shen	ming	chu	yan	
肺	者	相	傳	之	官		治	節	出	焉	
fei	zhe	xiang	fu	zhi	guan		zhi	jie	chu	yan	

4 rows each or write the pinyin in the first row

see page 74

0.6 x 0.6 = 15 rows x 12 boxes

Writing Practice – Sentences

Su Wen 8 b

28 pt

肝	者	將	軍	之	官		謀	慮	出	焉	
gan	zhe	jiang	jun	zhi	guan		mou	lǜ	chu	yan	
膽	者	中	正	之	官		決	斷	出	焉	
dan	zhe	zhong	zheng	zhi	guan		jue	duan	chu	yan	
臚	中	者	臣	使	之	官	喜	樂	出	焉	
tan	zhong	zhe	chen	shi	zhi	guan	xi	le	chu	yan	

4 rows each or write the pinyin in the first row

see page 75

0.6 x 0.6 = 15 rows x 12 boxes

Writing Practice – Sentences

Su Wen 8 c

28 pt

脾	胃	者	倉	廩	之	官	五	味	出	焉	
pi	wei	zhe	cang	lin	zhi	guan	wu	wei	chu	yan	
大	腸	者	傳	道	之	官	變	化	出	焉	
da	chang	zhe	chuan	dao	zhi	guan	bian	hua	chu	yan	
小	腸	者	受	盛	之	官	化	物	出	焉	
xiao	chang	zhe	shou	sheng	zhi	guan	hua	wu	chu	yan	

4 rows each or write the pinyin in the first row

see page 76

0.6 x 0.6 = 15 rows x 12 boxes

Writing Practice – Sentences

Su Wen 8 d

28 pt

腎	者	作	強	之	官		技	巧	出	焉	
shen	zhe	zuo	qiang	zhi	guan		ji	qiao	chu	yan	
三	焦	者	決	瀆/瀆	之	官	水	道	出	焉	
san	jiao	zhe	jue	du	zhi	guan	shui	dao	chu	yan	

4 rows each or write the pinyin in the first row

see page 77

0.6 x 0.6 = 10 rows x 12 boxes

Writing Practice – Sentences

Su Wen 8 e

28 pt

膀	胱	者	州	都	之	官					
pang	guang	zhe	zhou	du	zhi	guan					
津	液	藏	焉		氣	化	則	能	出	矣	
jin	ye	cang	yan		qi	hua	ze	neng	chu	yi	

4 rows each or write the pinyin in the first row

see page 78

0.6 x 0.6 = 10 rows x 12 boxes

Part C

Reading Practice

Traditional (complex) Characters

Reading Practice – Su Wen 8

Pinyin Practice: write in the pin-yin under each character

素問 = Sù Wèn

靈 蘭 秘 點 論
Ling Lan Mi Dian Lun

心	者	君	主	之	官	也	神	明	出	焉
xin	zhe	jun	zhu	zhi	guan	ye	shen	ming	chu	yan
肺	者	相	傳	之	官	治	節	出	焉	
fei	zhe	xiang	fu	zhi	guan	zhi	jie	chu	yan	
肝	者	將	軍	之	官	謀	慮	出	焉	
gan	zhe	jiang	jun	zhi	guan	mou	lǜ	chu	yan	
膽	者	中	正	之	官	決	斷	出	焉	
dan	zhe	zhong	zheng	zhi	guan	jue	duan	chu	yan	
膻	中	者	臣	使	之	官	喜	樂	出	焉
tan	zhong	zhe	chen	shi	zhi	guan	xi	le	chu	yan
脾	胃	者	倉	廩	之	官	五	味	出	焉
pi	wei	zhe	cang	lin	zhi	guan	wu	wei	chu	yan
大	腸	者	傳	道	之	官	變	化	出	焉
da	chang	zhe	chuan	dao	zhi	guan	bian	hua	chu	yan
小	腸	者	受	盛	之	官	化	物	出	焉
xiao	chang	zhe	shou	sheng	zhi	guan	hua	wu	chu	yan
腎	者	作	強	之	官	技	巧	出	焉	
shen	zhe	zuo	qiang	zhi	guan	ji	qiao	chu	yan	
三	焦	者	決	瀆/瀆	之	官	水	道	出	焉
san	jiao	zhe	jue	du	zhi	guan	shui	dao	chu	yan
膀	胱	者	州	都	之	官				
pang	guang	zhe	zhou	du	zhi	guan				
津	液	藏	焉	氣	化	則	能	出	矣	
jin	ye	cang	yan	qi	hua	ze	neng	chu	yi	

Reading Practice – Su Wen 8

Translation Review: write in a (word for word) translation

素問 Sù Wèn = Plain & Simple Questions (Chapter 8 – The 12 Officials)

靈 Spirit(ual)		蘭 Orchid		秘 Secret		點 Dictionary/Library			論 Discourse/Treatise	
心 Ht	者 is like the	君 noble	主 sovereign	之 of	官 official	也 ！	神 spirit	明 bright	出 from	焉 here
肺 Lu	者 is like	相 assistant	傳 super-intendant	之 of (prime minister)	官 official	治 manage executive	節 regulation	出 from	焉 here	
肝 Lr	者 is like	將 readiness	軍 troops	之 of	官 official	謀 strategy	慮 planning	出 from	焉 here	
膽 GB	者 is like	中 central	正 upright	之 of	官 official	決 decision	斷 judgmt	出 from	焉 here	
膻 Pc	中 Pc	者 is like	臣 vassal	使 envoy	之 of	官 official	喜 elation	樂 joy	出 from	焉 here
脾 Sp	胃 ST	者 is like	倉 silo/barn	廩 granary	之 of	官 official	五 five	味 flavors	出 from	焉 here
大 large	腸 LI	者 is like	傳 transfer	道 path	之 of	官 official	變 change	化 transf.	出 from	焉 here
小 small	腸 SI	者 is like	受 <i>passive</i>	盛 prosper	之 of	官 official	化 transf.	物 things	出 from	焉 here
腎 Kd	者 is like	作 make	強 strong	之 of	官 official	技 skill	巧 mastery	出 from	焉 here	
三 3	焦 TB	者 is like	決 resolve	瀆/瀆 ditches	之 of	官 official	水 water	道 ways	出 from	焉 here
膀 urinary	胱 BL	者 is like	州 county	都 seat	之 of	官 official				
津 body	液 fluids	藏 store	焉 here	氣 qi	化 transf	則 then	能 can	出 from	矣 it	

Reading Practice – Su Wen 8

Reading Practice: use this page to practice reading

素問 八

靈 蘭 秘 點 論

心 者 君 主 之 官 也 神 明 出 焉

肺 者 相 傳 之 官 治 節 出 焉

肝 者 將 軍 之 官 謀 慮 出 焉

膽 者 中 正 之 官 決 斷 出 焉

膻 中 者 臣 使 之 官 喜 樂 出 焉

脾 胃 者 倉 廩 之 官 五 味 出 焉

大 腸 者 傳 道 之 官 變 化 出 焉

小 腸 者 受 盛 之 官 化 物 出 焉

腎 者 作 強 之 官 技 巧 出 焉

三 焦 者 決 瀆/瀆 之 官 水 道 出 焉

膀 胱 者 州 都 之 官

津 液 藏 焉 氣 化 則 能 出 矣

Writing – Practice Blank

make copies

0.3 inch within 0.6 inch squares

[illegible]

Big squares = 15 rows x 12 columns or small (inner) squares = 30 rows x 24 columns

12 pt font within cells

Appendix

Five

Phase-Element

Tables

Five Phase Correspondences – English

1. 5 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	yellow, tan, brown	white	black
7. 5 Flavors	sour	bitter	sweet	pungent / spicy	salty
8. 5 Odors	rank / rancid	burnt	fragrant	rotten	putrid
9. 5 Tones	3rd / mi / (A#)	4th / sol / (C#)	1st / do / (F#)	2nd / re / (G#)	5th / la / (D#)
10. 5 Viscera (yin organs)	Liver	Heart	Spleen	Lungs	Kidneys
11. Six Divisions	leg faint-yin	arm lesser-yin	leg greater-yin	arm greater-yin	leg lesser-yin
12. Time of Day	1–3 am	11am – 1pm	9–11 am	3–5 am	5–7 pm
13. Major function:	movement courses qi stores blood	circulation ruler of body-mind	digestion transformation & distribution of nutrients	respiration governs qi	reproduction rules life cycle
13a. <i>Official:</i>	<i>general</i>	<i>sovereign</i>	<i>quartermaster</i>	<i>prime minister mystic/sage</i>	<i>worker</i>
14. <i>in charge of:</i> Vital substance	blood	spirit-mind consciousness	nutritive qi qi & blood	vital energy defensive qi	body fluids jing/essence (yin & yang)
15. Sense organ	eyes	tongue	mouth	nose	ears
15a. <i>Sense of:</i>	<i>sight/vision</i>	<i>speech</i>	<i>taste</i>	<i>smell</i>	<i>hearing</i>
16. 5 Fluids	tears	sweat	saliva (drool)	snivel , mucus	spit (spittle)
17. 5 Internal tissues	sinews (tendons & ligaments, connective tissue, muscles)	vessels (vascular system)	flesh (nutritional status of the body)	mucus membranes	bones & marrow
18. 5 External tissues	nails	face (facial complexion)	lips 4 limbs	skin & body hair	teeth & head hair
19. pain / tension discomfort in:	hypochondrium & sides	chest (sub-sternal)	abdomen	thorax pectoral	low back knees
20. 5 Emotions 7 Feelings	anger, rage irritability frustration depression hopelessness	joy, negativity restless hyper-excitable hysterical easily startled	worry, anxiety pensive think too much preoccupation obsessive	grief, sadness melancholic unable to let go	fear, terror phobic
21. 5 Voices	shouting boisterous	laughing giggly	singing melodic	crying/weepy whiny	moaning groaning
22. 5 Strains	looking reading eye strain	walking hectic lifestyle stress	sitting	lying	standing physical, mental, sexual overwork
22a. <i>Strain hurts:</i>	<i>hurts blood</i>	<i>hurts sinews</i>	<i>hurts flesh</i>	<i>hurts qi</i>	<i>hurts bones</i>
23. 5 Bowels	Gall Bladder	Sm Intestine	Stomach	Lg Intestine	Bladder
24. Six Divisions	leg lesser-yang	arm greater-yang	leg bright-yang	arm bright-yang	leg greater-yang
25. Time of Day	11pm – 1am	1–3 pm	7–9 am	5–7 am	3–5 pm
26. Major function:	decisive, resolute bold, courageous	discrimination & separation	transformation	elimination: solid waste	elimination: liquid waste

Five Phase Correspondences – English

1. 5 Elements					
2. 5 Directions					
3. 5 Seasons					
4. Seasonal Energy					
5. 5 Climates					
6. 5 Colors					
7. 5 Flavors					
8. 5 Odors					
9. 5 Tones					
10. 5 Viscera <i>(yin organs)</i>					
11. Six Divisions					
12. Time of Day					
13. Major function:					
13a. <i>Official:</i>					
14. <i>in charge of:</i> Vital substance					
15. Sense organ					
15a. <i>Sense of:</i>					
16. 5 Fluids					
17. 5 Internal tissues					
18. 5 External tissues					
19. pain / tension discomfort in:					
20. 5 Emotions 7 Feelings					
21. 5 Voices					
22. 5 Strains					
22a. <i>Strain hurts:</i>					
23. 5 Bowels					
24. Six Divisions					
25. Time of Day					
26. Major function:					

Five Phase Correspondences – PinYin

1. Wǔ Xíng	Mù	Huǒ	Tǔ	Jīn	Shuǐ
2. wǔ fāng	dōng	nán	zhōng	xī	běi
3. wǔ shí wǔ jì	chūn	xì	cháng xià	qiū	dōng
4. shí qì	shēng	zhǎng	huà	shōu	cáng
5. wǔ qì = 5 climates wǔ wù = 5 aversions	fēng	rè	shī	zào	hán
6. wǔ sè	qīng	chì	huáng	bái	hēi
7. wǔ wèi	suān sè	kǔ	gān dàn	xīn	xián
8. wǔ xiù xiù = smells chòu = odors	shān = mutton sāo = animal (lit. urine)	jiāo	xiāng	xīng = fishy raw meat	xiǔ = foul fǔ = putrid
9. wǔ yīn	3rd = jiǎo / jué	4th = zhǐ/zhēng	1st = gōng	2nd = shāng	5th = yū / yǔ
10. Wǔ Zàng	Gān	Xīn	Pí	Fèi	Shèn
11. liù jīng	zú jué yīn	shǒu shǎo yīn	zú tài yīn	shǒu tài yīn	zú shǎo yīn
12. shí-èr shí	dì èr shí = 2nd watch 1–3 am	dì qī shí = 7th watch 11 am–1 pm	dì liù shí = 6th watch 9–11 am	dì sān shí = 3rd watch 3–5 am	dì shí shí = 10th w. 5–7 pm
13. major function:	movement	circulation	digestion	respiration	reproduction
13a. wǔ guān:	jiāng jūn	jūn zhǔ	cáng lǐn	xiàng fù	zuò qiáng
14. wǔ zàng cáng vital sub. stored	xuè	shén	jīn-yè	qì	jīng
15. wǔ guān 5 offices/organs	mù	shé	kǒu	bí	ěr
15a. wǔ senses	shì	shuō	wèi	xiù	tīng
16. wǔ yè	lèi	hàn	xián	tì nián yé / nián mó	tuò
17. wǔ zhǔ zhu = governings	jīn = sinew jī = muscle/flesh	mài	ròu	pí	gǔ suǐ
18. huá = blooms manifests	zhǎo	sè	chún	máo	chǐ tóu fǎ
19. tòng / bì pain/discomfort	jì lèi jì xié	tán zhōng	fù	xiōng yīng	yāo xī
20. wǔ zhì qī qíng	nù	xǐ lè	sī yōu	bēi yōu	kǒng jīng
21. wǔ shēng	hū	xiào	gē	kū	shēn
22. wǔ láo	looking reading	xíng = walking	zuò = sitting	wò = lying	lì = standing lao = overwork
22a. shàng:	xuè	jīn	ròu	qì	gǔ
23. Fǔ	Dǎn	Xiǎo Cháng	Wèi	Dà Cháng	Páng Guāng
24. liù jīng	zú shǎo yáng	shǒu tài yáng	zú yáng míng	shǒu yáng míng	zú tài yáng
25. shí-èr shí	dì yī shí = 1st watch 11 pm–1 am	dì ba shí = 8th watch 1–3 pm	dì wu shí = 5th watch 7–9 am	dì sì shí = 4th watch 5–7 am	dì jiù shí = 9th watch 3–5 pm
26. function:	jue	jie	huà	da bian	xiao bian

Five Phase Correspondences – PinYin

1. Wǔ Xíng					
2.					
3.					
4.					
5.					
6.					
7.					
8.					
9.					
10. Wǔ Zàng					
11.					
12.					
13.					
13a					
14.					
15.					
15a.					
16.					
17.					
18.					
19.					
20.					
21.					
22.					
22a					
23. Fǔ					
24.					
25.					
26.					

Five Phase Correspondences – 文 Wén Characters

1. 五行	木	火	土	金	水
2. 五方	東	南	中	西	北
3. 五時 四季	春	夏	長夏	秋	冬
4.	生	長	化	收	藏
5. 五氣 五惡	風	熱	濕	燥	寒
6. 五色	青	赤	黃	白	黑
7. 五味	酸	苦	甘	辛	鹹
8. 五臭 五嗅	臊	焦	香	腥	腐
9. 五音	角	徵	宮	商	羽
10. 五臟	肝	心	脾	肺	腎
11. 六經	足厥陰	手少陰	足太陰	手太陰	足少陰
12. 十二時					
13. function					
13a. 官	將軍	君主	倉廩	相傅	作強
14. 五臟藏	血	神	津液	氣	精
15. 五官 15a. <i>sense of:</i>	目	舌	口	鼻	耳
16. 五液	淚	汗	涎	涕	唾
17. 五主	筋	脈	肉肌	皮	骨髓
18. 五華	爪	色	唇	毛	齒
19. 痛 痹	肋脅	壇中	腹	胸膺	腰膝
20. 五志 七情	怒	喜樂	思憂	悲憂	恐驚
21. 五聲	呼	笑	歌	啼	呻
22. 五勞		行	坐	卧	立
22a. 傷	血	筋	肉	氣	骨
23. 腑	膾	小腸	胃	大腸	膀胱
24. 六經	足少陽	手太陽	足陽明	手陽明	足太陽
25. 十二時					
26. function					

Five Phase Correspondences – 文 Wén Characters

1.					
2.					
3.					
4.					
5.					
6.					
7.					
8.					
9.					
10.					
11.					
12.					
13.					
13a.					
14.					
15.					
15a.					
16.					
17.					
18.					
19.					
20.					
21.					
22.					
22a					
23.					
24.					
25.					
26.					

About the Author

About the Author

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.

He also maintains a private practice and an on-going Qi-Gong & Tai-Ji class begun in 1991.

