Mother/Child Points Study Guide

Mother and Child Points are also called Tonification/Sedation points. Each meridian has points that correspond to the Five Elements. Therefore, there is a Fire, Earth, Metal, Water and Wood point on each meridian. On a given meridian, the point that corresponds to the Mother element of that meridian is the Mother/Tonification point. The point that corresponds to the Child element of that meridian is the Child/Sedation point.

Although they are given the designation “tonification” or “sedation”, these points aren’t used strictly for “tonification” or “sedation”. Rather, when you identify that a client has a struggle within a certain element, and that another resource could be brought in to support their process, you can treat the appropriate element point. For example, if a client’s main goal is to better understand what brings them joy in their lives (fire/heart), and if what stands in their way is a pronounced directionlessness or aimlessness (wood/liver), this is a perfect time to treat Heart 9, the Wood point on the Heart meridian. In this way, the influence of Liver is invoked and directed to support their Heart function.

For your written exam, memorize:
1. The point name and designation (mother or child)
2. The location
3. Two functions

Lung

Mother Point (Earth Point on the Lung)
Lung 9 - Great Abyss (Great Stagnation)

In the carpal (wrist) joint, radial to the radial artery.
- Search for the sensation of pulse
- In the wrist transverse crease
- Ulnar to abductor pollicis longus
- Between the radius and the scaphoid (carpal bone)
- Level with Heart 7

As the channel’s earth point, Lu-9 empowers the virtues of earth within the lung official. The life irony of the lung official is that what has the greatest value in life is least substantial. Rather than being valued, the connection to emptiness and essence empowered by the lung official is often experienced as loneliness and loss. This feeling tends to be projected externally as we attempt to accumulate world goods of ever increasing value, trying in vain to diminish our sense of loneliness and isolation. Lu-9 can bring substantiality to deeply nourish the lungs. In this way we may come to value heaven as a source of nourishment, and cravings for material possessions can be mitigated. For only heaven is eternal, and all worldly goos are of transient value ultimately destined for the abyss. Lung 9 is also a powerful point to strengthen the essential nature of blood as it is embodied in both its nutrient and mineral content.

*Resolves phlegm, promotes descending of Lung Qi, Tonifies Lung Qi, Clears Lung/Liver Heat, Harmonizes the relationship between substantial (earth) and essential (metal) nourishment.*
Child/Sedation Point (Water point on the Lung)
Lung 5 - Foot Marsh (Indentation in the Stream)

When the elbow is slightly flexed, in the elbow fold, radial to the biceps tendon.

A function of the lungs is to allow water that rises in the body to condense and then descend in the same way that colds form in the dome of heaven to create rain. Healthy moisture in the Lungs forms the interface between our internal and external world.

If the presence of water in the lungs is excessive, phlegm can obscure breathing. In this case phlegm can be seen as the embodiment of negativity and grief that keeps us clinging to the past and unable to receive. Here we may invoke Lung 5 as a sedation point to disperse the excess in the lungs, allowing it to flow onward toward the water element. Resolves Phlegm. Promotes descending of Lung Qi

Lung 5 is also the receiving point for water qualities. If the presence of water within is deficient, dryness can impinge the lung function. When we lose what we have valued in life we can feel burned and resent heaven for our losses. The upper jiao is like a desert, and signs of lung yin deficiency and lung-heat can develop. The patient can experience rapid and shallow breathing and anxiety to the point of panic attacks. Such anxiety comes from failure of the lungs to grasp life and be inspired, paired with a feeling of urgency that what is valued in life is slipping away and cannot be held on to. Lung 5 can bring the faith of the water element to calm the mind as it brings moisture balance to the lung organ. Clears lung-heat.

Clears Lung-Heat, Resolves Phlegm, Regulates Water Passages and benefits Bladder, Promotes descending of Lung Qi. Regulates the balance of moisture in the lungs, empowering the virtues of boundary and receptivity.

Large Intestine

Mother Point (Earth point on the Large Intestine)
Large Intestine 11 - Crooked Pond (Lake of Energy on the Corner)

On the lateral end of the elbow crease
- When elbow is flexed, midway between Lu 5 and the humerus epicondyle

This point's location at the bend of the elbow explains its designation of being “crooked”. Empowering the virtue of Earth within Metal, LI-11 addresses the relationship between earthly and heavenly nourishment. For the person who feels as though he has lost what has been valued in life and that his fields are barren, the earth point can bring substantial nourishment from the mother to help fill the internal void. It therefore inspires the Large Intestine in finding what is truly of value within and without, and clears the sense of being “burned” by life. Clears heat, cools blood.

This point empowers letting go by harmonizing earth and metal functions. Food stagnation can be a sign that the stomach and large intestine are holding on and not processing life effectively. This can manifest as constantly chewing on the same emotional material without receiving the lessons learned, eliminating the waste, and moving on in life. This point can empower the virtues of assimilation and letting go. Bowel movements that fluctuate between constipation and diarrhea sometimes can be resolved by treating this earth/metal relationship. Regulates the intestines.

Clears Heat, Cools Blood, Removes obstructions and heat from the channel, Resolves Dampness, Regulates the Intestines, Benefits sinews and joints. Empowers the balance of acceptance and letting go.
Child/Sedation Point (Water point on the Large Intestine)
Large Intestine 2 - Second Interval

On the radial side of the index finger, proximal to the metacarpophalangeal joint

This point harmonizes the relationship between water and metal as it pertains to the Large Intestine.

If the presence of water within metal is excessive, diarrhea can result as we lose minerals and our electrolytes become imbalanced. Similarly fear, the emotion of the water element, can lead us to let go of the things we value because we feel unworthy of them. Sedates the large intestine when letting go excessively.

If the presence of water within metal is deficient, heat & dryness can result in constipation. In the same way we can cling to the people and things we value for fear of losing them even after they have lost their worth to us. Clears excess heat/dryness, empowers letting go so that qi can move on to the water phase of faith in the unknown.


Stomach

Mother/Tonification Point (Fire)
Stomach 41 - Released Stream

On anterior ankle joint between tendons of extensor digitorum longus and hallucis longus

The name “released stream” suggests the ability of Stomach 41 to empower the stomach to process past experience that has stagnated and become a burden. The physical location of St-41 on the ankle in a groove between two tendons suggests a stream present in a deep ravine where a stream can stagnate and become constrained.

The presence of fire within the earth element evokes the image of an oven that nourishes us both by cooking our food and warming our home. Internally, this process is embodied by the digestive system as it cooks our food so we may be nourished by life. Both the excess and deficient presentation of fire within earth are typified by a lack of healthy joy in relationship to nourishment.

If fire is deficient within earth (stomach qi/yang deficiency), the process of “cooking” nourishment is impeded. The stomach will not efficiently break down acquired sources of qi. Our physical center may grow as we gain fat, or we may be overly thin to due difficulty in assimilating. In either case we tend to lose interest in food, and eating never seems to cultivate contentment. Clears stomach of undigested material, empowers assimilation.

If fire is deficient within earth, fluid and cold tend to accumulate, particularly accumulations of dampness within the legs and feet in the stomach channel. Hence St-41 can “release” a “stream” as damp is transformed and the presence of cold is mitigated. Removes obstructions from channel.

If fire is excess within earth (stomach heat), appetite tends to be habitually fueled by desire to a degree that we are never sated by anything we acquire in life. Physically this pattern includes hunger immediately after eating, bleeding gums, hypertension, and even mania as the mind is affected by heat rising from the stomach. Such mania is typified by extreme self-centeredness and obsession regarding the fulfillment of needs. St-41 can clear this heat and mental agitation. Clear heat, calms mind.

Clears Heat, Calms the Mind, Removes obstructions from channel, Clears stomach of undigested material, empowers assimilation of nourishment.
Child/Sedation Point (Metal)
Stomach 45 - Hard Bargain (Evil’s Dissipation)

.1 cun posterior to the corner of the nail on the lateral side of the 2nd toe.

The dysfunctional nature of earth is to fail to be nourished by available resources and therefore to crave consume and cling to the material aspects of life relentlessly. Such consumption can lead to stagnant excesses in the digestive system congruent with increased weight and bloatedness. Metal within earth represents the possibility of lightness as we surrender the form of food and of life to grasp and be nourished by its essence.

If metal within earth is deficient, earth may suffer from an inability to recognize and be nourished by quality in life. The earth tone of voice is singing. The metal tone is weeping. Together, these tones can combine into a whining tone. Such a tone suggests that a person has failed to value what he has and is complaining about his predicament. Complaining as though life is a “hard bargain” can be a way to elicit earth sympathy from others.

If metal within earth is excessive, earth becomes cold, rigid and inert. Digestion becomes sluggish as the stomach refuses to let go. Here excessive weight represents a kind of hoarding. Metal coldness expressed through Earth can also manifest as self-righteousness regarding our own needs and a general lack of sympathy towards others. Resolves retention of food.

In either case, overactive appetites and misdirected Stomach energy can be a result. St-45 balances our valuation of essence and substance so that we are better nourished, less burdened by and more thankful for the resources available to us. Clears Stomach-Heat, Calms Mind and opens Mind’s orifices

Clears Stomach-Heat, Calms Mind and opens Mind’s orifices, Promotes resuscitation, Resolves retention of food. Balances the recognition of value with the appetite to connect to nourishment.

Spleen

Mother/Tonification Point (Fire)
Spleen 2 - Great Capital

Medial side of big toe, distal and inferior to 1st metatarsophalangeal joint.

“Great Capital” suggests a busy place where people gather and affairs are transacted. The spleen is just such a meeting place where all nutrients must gather to be transformed and disseminated. The fire within earth is a warming influence that empowers the digestion and assimilation of nutrients. This is felt as the sun on the soil or the heat of the oven that allows it to cook food.

If fire within earth is deficient, digestion and integration will proceed slowly in all aspects of being. Physically this can manifest as poor digestion and mentally it can occur as excessive deliberation and slow thought process. Also, water tends to be excessive as the spleen loses its function of warmly transforming fluids. Instead of producing muscle and blood, what we ingest is turned into the burden of phlegm and dampness. By tonifying the presence of fire within earth, “great capital” can help the spleen transform damp and empower the joy of contentment that comes from being fulfilled by the fruits of our labors. Regulates the Spleen, Resolves Dampness, Clears Heat

If the presence of fire within earth is excessive, our appetite tends to be insatiable as nothing we consume can sate a hungry heart. We can experience a lack of joy because we are never deeply nourished by anything attained in life and fulfillment eludes us. In this case, fire tends to consume fluids and leads to yin deficiency. The earth can become parched and our lives barren as nourishing fluids are depleted. Such deficiency can be congruent with dry/cracked lips,
constant thirst/hunger, eating too quickly. Excessive weight can be the embodiment of an increase appetite fueled by a hungry heart expressing itself dysfunctionally through the earth element. Unable to fulfill itself, the heart expresses its unfulfilled desires dysfunctionally through the earth element. Longings for connection and intimacy are displaced into eating as the heart’s pain and fire is sublimated in the spleen and stomach.  

*Clears Heat, Calms the Mind*

**Regulates the Spleen, Resolves Dampness, Clears Heat, Calms the Mind. Empowers digestive warmth.**

**Child/Sedation Point (Metal)**  
**Spleen 5 - Merchant Mound (Metal’s Note Hill)**  

In depression distal and inferior to medial malleolus  
- Level with malleolus inferior border, vertically inferior to malleolus anterior border.

The function of metal within earth is to empower the adequate assimilation of essence so as to achieve an internal state of clarity, emptiness and lightness unburdened by our attachments to the material world. Hence Spleen 5 excels at emptying the digestive system of stagnation.

The virtue of a good merchant is to recognize value and to transact affairs accordingly. The name “merchant mound” may allude to the spleen's function of distributing the nourishing essences acquired from food. If metal within is deficient, the early element can tend towards stagnation as essence is not assimilated or distributed and waste is not efficiently let go of. Substantial nourishment is gained through the material forms of the things we ingest, and insubstantial nourishment is gained through the assimilation of essence, particularly through breath. Failure to connect to our own essential worth can lead us to seek less than fulfilling sources of nourishment in the world. Dampness can accumulate as a result of assimilating what is not congruent with true self. Such dampness is often associated with bloating, excessive weight, constipation or diarrhea, and feelings of being stuck in life.

By increasing the presence of metal within the earth, “Merchant Mound” can empower the spleen’s connection to quality and help it abstract the highest from life while letting go of the dross. This is particularly excellent point for people whose self-image is tied to body weight when they continually feel worthless and heavy from overeating or eating junk food. Earth in excess can lead to lethargy and excessive center/weight. The metal point within the spleen can help empower a feeling of lightness as we are placed back in connection with essence.

If metal within is excessive, the spleen can have a hard time holding on to nutrients. Diarrhea can resemble crying and be the embodiment of our grief over the value that slips away from us in life. In this case, our physique tends to be overly thin because little of value can be assimilated and incorporated into flesh and muscle. In another scenario, self-righteousness and perfectionism can so constrain our ability to be nourished that the process of assimilation through digestion and breath is obscured. “Merchant Mound” can disperse the influence of metal and allow the earth more breathing room.

*Strengthens the Spleen, Regulates the Intestines, Resolves Dampness, Benefits sinews and joints, Calms the Mind and opens the Mind’s orifices. Empties the digestive system of stagnation.*

**Heart**

**Mother/Tonification Point (Wood)**  
**Heart 9 - Little Rushing In (Little Impact)**

1 cun posterior to the corner of the nail on the radial side of the little finger.

The term “little” denotes a concentration of power in a small space. “Rushing in” denotes the motion of a whirlpool or geyser and qualifies the influence of the qi that unites heaven and earth. Heart 9 as the tonification point can be quite powerful in strengthening the influence of the emperor in uniting the inner kingdom.
Wood serves as fuel to sustain and nourish fire’s expression. If wood’s influence is deficient, the expression of fire is extinguished and coldness, lack of joy and lack of compassion can predominate. Separated from the guiding light of the heart’s fire and intuition, we may wander aimlessly like a leaf blown by the wind, neither discerning our direction from external cues (fire) or from inner knowing (wood). Heart 9 can engender the wood element’s virtue of hope within the heart, and can support the inner voice that empowers joyful expression.

If wood’s influence is excessive, fire can rage and ultimately burn out as it consumes all available resources like a wildfire in the mountains on a dry day. Such excessive fire can be embodied as hypertension, heart attack, stroke, and excessive need for control. Ht-9 can empower the heart’s capacity for vision and clarity. The ability to trust in a grounded way involves integrating the vision of the liver with the insight of the heart. In trusting, we must utilize the heart’s capacity to know truth as well as the mind’s capacity to analyze data. Hence we must keep our heart (fire) and eyes (wood) open as we favor people with our trust. Ht-9 can unite the functions of the wood and fire elements to allow trust in a balanced way, encouraging the patient to “look before he leaps” rather than to just “follow his heart”.

Clears Heat, Calms the Mind, Opens Mind's orifices, Extinguishes Wind, Promotes Resuscitation, Benefits tongue/eyes, empowers perspective and vision within the heart.

**Child/Sedation Point (Earth)**
Heart 7 - Spirit Gate (Gate of God)

In the carpal (wrist) joint, radial to the flexor carpi ulnaris tendon
- At the ulnar end of the wrist crease
- Proximal to the corner of the pisiform bone (pictured)

“Spirit gate” alludes to the facility of this point to provide entry into and out of the imperial chamber of the Heart. Treating this point is like “oiling the Heart’s gate”.

The Spirit of a person is always complete, untouched by life, available as our deepest source of healing. Disorders of shen refer to a disordered mind unable to smoothly tap into source. The mind can on the one hand be unhealthily focused inwardly on its unfulfilled desires, or it can have an inability to maintain a separate boundary with the outside world, getting lost in connection and endless pursuit of desires.

As the earth point on the heart channel, “Spirit Gate” can empower the virtue of center within the heart. Treating Heart 7 can help restore the boundary between self and the world and to establish a basis on which a healthier sense of self, grounded in fulfillment, can be built.

**Calms Mind, Nourishes Heart Blood, Empowers stability/center/nourishment within the heart official**

**Small Intestine**

**Mother/Tonification Point (Wood)**
Small Intestine 3 - Back Ravine (Rear Groove)

At the ulnar end of the distal palmar crease proximal to the 5th metacarpal phalangeal joint at the junction of the red & white skin.

Located in a depression just proximal to the fifth metacarpal, SI-3 may be thought of as a “back ravine”. The functions of Gallbladder and Small Intestine are intimately linked through the interdependence of decision making (gallbladder) and sorting (small intestine). If the sorting function of the small intestine loses contact with the directionality of the wood element, growth tends to stagnate. We may become stuck on our journey in life as we sort endlessly but never make a decision about which path to take. As the wood point on the small intestine meridian, SI-3 helps empower the virtue of
vision within the process of sorting.

If the influence of wood within small intestine is excessive, our sorting capabilities may be overwhelmed by the gallbladder’s habitual pressure to take immediate action. The gallbladder compensates by making impulsive decisions uninformed by the small intestine’s capacity for listening to the heart. This may be accompanied by excess heat in the small intestine. The patient may appear flustered, and the virtue of listening may be obscured by tinnitus (ringing in the ears).

If the presence of wood within fire is deficient, cut off from the vision of the decision-making process, sorting comes to a standstill. Digestion tends to stagnate as nutrients can no longer be effectively separated from waste. Intuition slowly dies.

“Back ravine” can be an important point for opening the sensory orifices (eyes/ears/nose) when they are obscured by the mind’s delusions and desires. Hence SI-3 can help empower the accurate perception of reality. As the tonification point, SI-3 can be effective for moving stagnation in the small intestine and gallbladder by shaking up the way we listen to and see ourselves. Strengthening wood within fire empowers the clarity of our vision and listening, so that cognition of our life experience is authentic and rooted in our inner voice.

*Regulates governing vessel and extinguishes interior Wind, Expels exterior Wind, Benefits sinews, Benefits eyes/nose/ears, balances decision-making and sorting*

**Child/Sedation Point (Earth)**
**Small Intestine 8 - Small Sea**

*Between the olecranon process of the ulna and the medial epicondyle of the humerus, found with the elbow flexed.*

Here at the channel’s *he-sea* point, the river of nourishment born at SI-1 finally reaches the sea. As earth within fire, SI-8 addresses the small intestine’s fire in refining nutritional qi for absorption. The Spleen’s function of building blood depends on the small intestine’s function of absorbing essence. If the small intestine does not sort adequately, the spleen will not be able to build blood of sufficient quality.

If the spleen fails to transform potential sources of nourishment beneficially, we may become bogged down with undigested material from the past that stagnates in us as dampness. Such dampness may present as confusion and a too-slow thought process, making it more difficult for the small intestine to sort.

If the presence of earth within fire is deficient, the small intestine may fail to abstract nourishment adequately from life. Despite all available potential sources of nourishment, they somehow never seem to be assimilated to the point of touching our hearts, and hot over-work may predominate. We may give the impression of having worked hard to earn our bread but of never having tasted honey or the fruits of our labors.

If the presence of earth within is excessive, the small intestine’s fire may be smothered and extinguished as the presence of stagnation and damp slow the sorting process to a standstill. Confusion and sorrow can result in either case as we fail to be nourished by life in all realms of being.

*Resolves Damp-Heat, Benefits absorption, Removes channel obstructions.*
Bladder

**Mother/Tonification Point (Metal)**  
**Bladder 67 - Extremity of Yin (Extreme Yin)**

The name “extremity of yin alludes to BL-67 as the final point on the Bladder channel. Qi flows from BL-67 to the entry point of the kidney channel at KI-1. Here the river that is bladder extends our will to meet the ocean of our potential presided over by the kidney. This transition represents the attainment of our life’s purpose as the ultimate goal for expending our resources. In our life’s journey, this place where the river meets the ocean is the final destination of our will. It is precisely at this point that potential can be renewed or tapped at a deeper level to empower us to finish our life’s work and fulfill destiny.

The transition from metal to water mediates both birth and death, as the transition point into the great unknown (water). As the metal point within water, BL-67 is a key point for mobilizing deep reserves in life-threatening illness, and for stimulating contractions during labor and help orient a fetus’ head towards the cervical opening.

**Subdues rebellious Qi from head, Clears Heat, Resolves Damp-Heat, Promotes Labor**

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**Child/Sedation Point (Wood)**  
**Bladder 65 - Bone Binder (Restrained Bone)**

Posterior and inferior to head of 5th metatarsal bone.

A function associated with BL-65 is that of strengthening bones, hence the point’s name. The presence of wood within water can be likened to the roots of a tree that reach down deep to tap reserves. Hence “bone binder” can tap the potential of jing to build marrow in a way that strengthens the bones.

If the presence of wood within water is deficient, water will tend to accumulate as potential lies untapped in the depths. Hence the decision-making faculty of the gallbladder may not be adequately informed by a clear vision of our reserves. In this case the mind chooses our direction based only on its goals and desires (gallbladder) that are untempered by an adequate assessment of capability (bladder). When wood fails to mobilize water, multiplicative bone growth can appear, presenting as calcium deposits, stenosis of the spine and heel spurs. BL-65 is effective for both strengthening the bones and dispersing stagnation if bone growth is excessive.

If the presence of wood within the bladder is in excess, then water tends to be depleted as we over-utilize our reserves. Here the mind compulsively pursues goth leading to constant anxiety as the bladder is never afforded the opportunity of replenishing reserves. This can manifest as frequent urination accompanied by the presence of fear. Typified by a woody feeling in the urethra and by urination that is difficult and incomplete. BL-65 can disperse the influence of wood within water so urine as well as our reserves of qi flow into the world with less constraint.

By empowering vision in our depths, BL-65 can help quell fear that results from either under or over-utilization of resources. Such vision can lead to insight and flowering of the mind, and the cultivation of an intelligence that may best serve wisdom.

**Strengthens bones, disperses bone stagnation, subdues rebellious Qi from head, Clear Heat, Expels Exterior Wind, Balances decision making and awareness of potential and reserves.**
Kidney

Mother/Tonification Point (Metal)

Kidney 7 - Returning Current

2 cun above KD 3 on the anterior border of the achilles tendon.

In the Daoist enumeration of being, the number seven corresponds to both the loss and return of original nature. The transition of metal to water represents either the renewal of life for another generative cycle, or represents the separation of vital energy and dissolving into death and primal dao (water). In this same manner, KI-7 as the metal point within the water element tonifies kidney yin and yang so the integrity of the primordial qi remains strong, the fires of mingmen are kindled, and the influence of heaven is not exhausted by mundane influences.

An alternate name for Ki-7 is “beyond destiny”. This name indicates that if one has “failed to return at the correct time”, physical illness may have proceeded further than treatment is able to restore. The illness now has its own life and has gone further than even the fulfillment of destiny can resolve. In this usage, Ki-7 may still help the patient in his transition from life to death as he returns to the primal dao.

Tonifies Kidneys, Resolves Dampness, Opens Water Passages of Lower Burner and resolves edema, Strengthens lower back, Regulates sweating

Child/Sedation Point (Wood)

Kidney 1 - Bubbling Spring (Gushing Spring)

On the sole, between the 2nd and 3rd metatarsal bones, 1/3 of the distance between the base of the 2nd toe and the heel.

Ki-1 connects us to yin as it is expressed on earth as the elemental phase water. The name “bubbling spring” images the very source of water as it percolates up from the ground. Here at the spring’s source, the most pure water can be tapped to refresh and cleanse our entire being.

The function of Ki-1 can be likened to drawing the roots of a tree into the depths of the earth to tap potential (water) as a resource for growth (wood). Ki-1 extends the reach of the liver into our depths so it can extract our life plan from our jing to use as a template for evolution, initiating the rising our inborn potential toward heaven.

If the presence of wood within water is deficient, potential may lay fallow and untapped in our depths. Symptoms of exhaustion, depression, lack of motivation and purposelessness can all be evidence that our momentum in life has been severed at the root.

If water predominates, kidney excess manifests in the balance of willpower as related to ambitions. Ki-1 can be used as a sedation point to moderate the excessive use of willpower and reserves to empower vision.

Nourishes Yin, Clears Empty-Heat, Regulates Lower Burner, Extinguishes interior Wind, Calms Mind, Restores Consciousness, empowers vision of life potential.
Pericardium

Mother/Tonification Point (Wood)
Pericardium 9 - Rushing into the Middle (Middle Rushing)

At the middle finger tip.

The name of PC-9 suggests the image of qi rushing into the center of the heart. The heart must have full access to the vision and discernment of the wood element if intimacy is to be regulated adequately. By harmonizing the influence of wood within fire, PC-9 can direct the mind inward towards the heart and help quiet the mind so it ceases to agitate the heart.

Deficient wood within fire can lead to two dysfunctions of intimacy: the first is feeling lost in relationship to intimacy, with no guiding principle, vision or rational data helping to guide our choice of partner. The second is a lack of the virtue of self-esteem and inability to initiate intimate contact. As the channel's tonification point, PC-9 can help feed the pericardium's fire and enable it to sustain an intimate relationship or reinvigorate a pericardium that is burned out from heartbreak.

If the presence of wood within fire is excessive, we can tend to engage in relationships from a mental level without any desire for intimacy. Such contact can be aggressive in nature as the mind attempts to express its unresolved anger through sexuality. This can include sexual addiction as the drive of the liver overwhelms the pericardium's capacity for trust, tenderness and deeper intimacy. In this case the name “rushing into the middle” can suggest a preoccupation with sexuality to the exclusion of intimacy. Sedation of PC-9 can reduce the influence of wood, helping quell the mind’s desires so the heart and pericardium can love more openly and with less of a sense of urgency and constraint (wood). In this way we may connect more deeply with the hearts of our loved ones rather than just with the idea of relationship itself.

Clears Heat and restores consciousness, Extinguishes interior Wind, Calms the Mind. Empowers clarity of vision within the pericardium, serving as fuel for joy and intimacy.

Child/Sedation Point (Earth)
Pericardium 7 - Great Mound

In the wrist joint, between the palmaris longus and flexor carpi radialis tendons.

As the earth point on the pericardium meridian, the name “great mound” evokes the imagery of the imperial mausoleums as giant mounds of earth. “Great mound” can help nourish and revive a heart buried under life's sorrows. As the channel's earth point, PC-7 can help empower the virtues of integrity, center and roundedness within the pericardium.

Earth serves as the foundation on which we can build a fire. If the presence of earth within the pericardium is deficient, our pursuit of relationship may be both ungrounded and unfulfilling. Without a center that defines integrity within relationship, the pericardium tends to be driven only by vain desire. PC-7 can address the functional relationship between the spleen and pericardium’s relationship to healthy blood. Hence PC-7 can allow us to choose intimacy from a position of strength and wholeness. “Great mound” is ideal for a person who has been left exhausted and unnourished by intimate relationships.

If the presence of earth within fire is excessive, our hearts may always be hungry for intimacy. The habituated mind can become addicted to the pursuit of earthly pleasures and desires, without ever being truly nourished by those experiences. PC-7 can still the appetites of the pericardium that are driven solely by the mind and allow us to connect to deeper sources of nourishment with our heart spirit.

Calms mind, clears Heat and Toxic Heat, harmonizes the stomach. Empowers heart to be nourished by intimacy.
**Triple Heater**

**Mother/Tonification Point (Wood)**  
**Triple Heater 3 - Middle Islet**

Back of hand, between 4th and 5th metacarpals, in depression proximal to metacarpophalangeal joint.

The triple heater meridian terminates by the ears (TH 22) and the eyes (TH 23), both important sensory orifices for empowering accurate perception of reality. As the channel's wood point, TH-3 has a particularly strong effect in stimulating mental function and opening the sensory orifices to sharpen their acuity. “Middle islet” can empower the virtues of vision and clarity (wood) regarding our horizons (TH) in life. These virtues help us to recruit data from our periphery to inform all internal processes so homeostasis is maintained and we are able to harmonize with our environment.

If the presence of wood within fire is deficient, fire itself tends to be deficient throughout our being. Conditions such as glaucoma, cataracts or tinnitus can suggest a dulling of the senses associated with this condition. A patient can give the overall impression of being nearsighted and disconnected from his surroundings, having no clear picture of the overall context of his life. Poor coordination, balance or frequent injuries can also indicate we are “out of touch” with the world around us. Socially, a person may tend to misread cues relative to the nature of his relationships and regularly mistake the degree or openness appropriate to any given interaction. “Middle islet” may empower vision within the triple heater to help us make the momentary discernments necessary to exist functionally in the world.

If the presence of wood is excessive, the triple heater fire will tend to generate too much heat and speed up metabolic processes. As heat rises, such excess can lead to inflammatory conditions affecting the eyes and ears. This may also present as glaucoma or tinnitus as increased heat generates internal pressure. In this scenario, the mind is constantly vigilant regarding external details in the periphery and often fails to notice important details closer at hand. Such an imbalance can lead people to be excessively social but miss the nuances of personal expression that transcend superficial character.

**Clears Heat in head, Regulates the Lesser Yang, Benefits the ear, Subdues Liver-Yang, Removes channel obstructions. Serves as fuel, empowering vision to the outer limit of our boundary.**

**Child/Sedation Point (Earth)**  
**Triple Heater 10 - Heavenly Well**

In depression 1 cun superior to olecranon.

Part of the triple heater’s function in maintaining homeostasis is to assure congruency between our internal needs as contained in our inherited jing blueprint, and the sources of nourishment we acquire during life. The image of TH-10 as the “heavenly well” alludes to the triple heater’s function of mediating the distribution of innate and acquired jing throughout our entire being. “Heavenly well” excels at treating adults who were not adequately nourished as children and who feel separated from heaven’s universal love and support.

If the presence of earth within fire is excessive, fire tends to be excessively fueled by appetite. Such a person can be said to have a “hungry heart” that never feels sated. This type of neediness is often congruent with the presence of damp/heat that hampers the digestive process as sources of potential nourishment are burned to become unpalatable. The habituated drive toward sensuality, bliss and connection can lead us to burn out emotionally or be embodied as a heart attack or stroke.
Fire must be grounded in order to serve humanity in a balanced way. If the presence of earth within fire is deficient, fire can lack stability and focus and be unable to sustain itself. Lack of desire tends to leave the internal landscape barren as we fail to connect to sources of nourishment in life. “Heavenly well” can be an important point when the heart is not nourished by the fruits of our labors.

Resolves Phlegm and dissipates nodules, Subdues rebellious Qi, Calms the Mind. Empowers center, integrity and nurturance within fire.

**Gallbladder**

Mother/Tonification Point (Water)  
Gallbladder 43 - Valiant Stream (Brave Stream)  
Between 4th and 5th toes, proximal to margin of webbing.

The name of GB-43 evokes the image of a stream flowing valiantly toward is goal of reaching the sea regardless of what obstacles it might encounter on its journey. When a stream encounters an obstacle, it flows around it gracefully until eventually the barrier is eroded and washed away. GB-43 helps us embody the virtue of graceful flow in the process of growth.

If the presence of water within wood is deficient, wood tends to become brittle and dry, losing its ability to grow flexibly. Without water to control the fire within wood, excess heat tends to consume fluids, leading to a state of yin deficiency and constraint along the gallbladder channel. As fire rages out of control, rising heat can generate wind congruent with hypertension, heart attack and stroke. Belligerence tends to explode in spontaneous outbursts that appear as unexpectedly as sudden thunderstorms in spring. Strengthening the presence of water within wood can help calm fire, dispel arrogance and anger, and promote tranquility as the graceful flow of qi is restored.

If the presence of water within is excessive, wood tends to become damp as the presence of fire within wood is extinguished. Wet wood loses its strength and tends towards mold and rot. As fire is extinguished, our quality or aspiration and self-assertion suffers as we cease to strive toward our goals. Excessive fear associated with the water element can keep us from even manifest out plans as we bend too easily in the face of life's adversity. By diminishing the excessive influence of water within, wood may once again stand up straight and assert its spontaneous direction of growth towards heaven.

Subdues Liver-Yang, Benefits ears, Resolves Damp-Heat. Empowers the ability to flow with grace around life's obstacles.

Child/Sedation Point (Fire)  
Gallbladder 38 - Yang Support (Yang’s Assistant)  
4 cun superior to tip of lateral malleolus, on anterior border of fibula.

The name “yang support” evokes the functional role of wood in supporting the expression of the fire element. To the liver, fire is the motivation source that fuels growth from within. To the gallbladder, fire represents the external goal that all growth is directed towards.

If the presence of fire within wood is deficient, wood will not be able to engender fire effectively. In this case we tend to feel resigned to our life's circumstances and lack the strength and inclination to address the obstacles that block our growth. Such resignation and despair is characterized by frequent sighing as our breath (qi) stagnates in the diaphragm, a physical embodiment of all walls we encounter in life. The sun as the ultimate source of fire is the goal toward which all growth is directed. By strengthening the influence of fire within wood, resignation can be resolved as hopefulness and striving toward our goals is revived.
If the influence of fire within wood is excessive, growth can overwhelm our facilities of decision making and planning. As internal pressure mounts, decision making tends to proceed hastily in a way not congruent with our life's plan. Impulsive growth is never directed toward a healthy goal, and burnout is inevitable. Symptoms such as headaches, high blood pressure and ringing in the ears can all be signs of heat rising when wood burns too strongly. Heart attack and stroke are both embodiments of burnout as the excessive drive of the gallbladder overstrains the heart and circulatory system. GB-38 harmonizes excessive striving and relaxes the mind, allowing goals to be realistic and informed by the heart's awareness.

**Subdues Liver-Yang, Clears Heat. Harmonizes both resignation and excessive striving.**

**Liver**

*Subdues Liver-Yang, Clears Heat. Harmonizes both resignation and excessive striving.*

**Mother/Tonification Point (Water)**

**Liver 8 - Curved Spring**

**Posterior to femur medial epicondyle**

- Between semimembranosus and gracilis muscles
- Proximal to knee joint

Empowering the qualities of water within wood, “Curved Spring” nourishes the virtue of flexible movement in the face of life's challenges.

Bamboo embodies the archetypal virtues of the wood element as it empowers healthy growth. Bamboo derives its strengths from its emptiness, rootedness and flexibility. The flexibility of bamboo is in large part provided by its ability to tap deep reserves of water through its extensive root structure. When a wind blow, bamboo bends in exact proportion to the strength of the wind blowing against it. Its rootedness allows it to yield without falling over, and its emptiness represents non attachment in the moment to its goal of rapid directional growth. Hence bamboo is “empty” in the sense of not trying to fight the direction it is being taken for the moment. As the wind subsides, bamboo springs up immediately to reassert its purpose and pursue its path. Exhibiting the virtue of benevolence, bamboo carries no grudge toward the wind that has temporarily waylaid its progress. Rather, it grows continuously, unencumbered in its journey toward heaven. The water within wood empowers these virtues within us as spiritual benevolence and the capacity for flexibility.

If water within wood is deficient, wood loses its flexibility. This tends to manifest as belligerent attachment to the outcome of our plans and decisions. The water within wood is a functional basis of liver blood. If liver yin and blood are deficient, our sinews can dry out as we grow increasingly tight and dry physically. “Curved Spring” can tonify liver yin and blood to nourish the tendons and allow us to more gracefully embody the virtues of bamboo as we follow our path through life.

Because deficiency of water is unable to control the fire within food, excess heat tends to create internal pressure that manifests as a habitual drive toward growth. Such a person lives at the point of snapping and cannot take even minor stresses without becoming unduly angry. The overwhelming feeling is of being on a short fuse ready to explode at any moment. Excess heat tends to consume the yin of the arteries, which lose their elasticity in conditions such as hypertension, stroke and atherosclerosis. “Curved Spring” can harmonize the presence of water within wood to help cool and moderate the drive toward excessive growth, and mitigate the tendency towards liver yin deficiency.

If the presence of water within is excessive, wood becomes waterlogged and bends too easily, and we become too willing to compromise in the face of life's challenges. This dynamic can present as despair, hopelessness and depression, all based on our inability to stand up for ourselves. Physically, excess eater manifests as damp and heat collecting in the lower burner. This dynamic can be embodied in conditions such as genital discharge, urinary infection and dysentery. Dispersing the influence of water within wood can help diminish the fear that fuels panicked growth, and help fire reassert its influence. The hope for a brighter future is restored.

**Benefits Bladder and genitals, Resolves Dampness in Lower Burner, Invigorates Blood and regulates menstruation, Nourishes Liver-Blood**
Child/Sedation Point (Fire)
Liver 2 - Walk Between (Travel Between)

Between 1st and 2nd toe, proximal to margin of webbing

The name of Liver 2 denotes the point’s location between the first and second metatarsals. Fire within wood fuels the transformative process of aspiration and growth. The tendency of wood is to see the world in terms of dualities such as good/bad, right/wrong. Benevolence, the virtue of the wood element, helps harmonize dualistic thinking and empower moderation and compromise in the pursuit of justice. “Walk between” can empower us to choose the middle path between perceived opposites, suspending judgements of good and bad or right and wrong.

If the presence of fire within is deficient, wood will tend to be too damp and bend too easily in the face of adversity. Weak sighing can be a sign of fielding too quickly to life’s challenges. The despair associated with chronic illness is often congruent with the liver failing to engender a vision of “the light at the end of the tunnel”. Tonifying fire within earth can offer a glimmer of hope that healing is possible and help strengthen our resolve towards that goal.

If the presence of fire within is excessive, internal pressure tends to mount as we become incapable of sustaining such rapid growth. Excessive fire tends to generate wind that can be embodied as muscle tremors, heart attack, headache or stroke. Excess liver fire can rise to disturb the heart. This typifies the dynamic of a person who has a cause that “burns” within. Excessive fire within wood tends to fuel the obsessive need to be right and allows us to justify any action deemed necessary to our chosen purpose. Occasionally in life we learn all too painfully that something is more important than being right. For without compassion, the possession of truth is meaningless.

As the channel’s fire point, Lv-2 addresses the relationship between compassion (a virtue associated with the fire element) and benevolence (non-judgement), a virtue associated with wood. Compassion towards self and others can empower benevolence when one’s mind is obsessed with judgement and perceived injustice. Sedating fire within wood can disperse the internal pressure underlying the habitual need to be right. In this way we can choose a path of moderation and “walk between” the extremes that typify this seemingly dualistic world.

Drains Liver-Fire and subdues Liver Yang, Extinguishes interior Wind, Cools blood and stops bleeding, Calms the Mind, Resolves Damp-Heat in genitourinary systems. Empowers compassion/benevolence allowing for moderation.