

***Palaces of Transformation,
Selected TFH Acupuncture Point Metaphors
By Matthew Thie***

In TFH we use a variety of touch reflexes to improve the flow and balance of life energy, most readily noticed in the shifts in the muscle responses and posture, as well as mental and emotional functions, and general vitality. Although we might do a holistic 14-muscle/meridian balance without mentioning a single meridian name, and perhaps only using Spinal Reflexes and a few Neurolymphatic points, the central concept, and much of our theory and technical procedures, derives from Traditional Chinese Medicine (TCM). As with the great spread and practical effectiveness of "EFT", it is not necessary to know the names of meridians or specific acupuncture points (whether tapped individually or held in pairs to elicit their Five-Element relationships) in order to observe changes in muscle response and often profound shifts in our posture, attitude and energy.

However, we do have certain names we use, some based on concepts original to Applied Kinesiology, and some directly from acupuncture (Such as Switching Points from AK, or Kidney 27 (K27), from acupuncture). Although many of us may be familiar with certain point numbers, like K27, we may not be aware that each of these points has it's own name, such as ***Shu Fu***, which can be interpreted to mean "***Transformation Palace***".

Grasping the Wind

Although I have used a lot of my own creative interpretations of the functions of the related meridians at certain points, and searched various books and internet sites to find clues about interpreting each point name, I have relied primarily on the book, ***Grasping the Wind, an exploration into the meaning of Chinese acupuncture point names*** by Ellis, Wiseman and Boss, (Paradigm Publications, 1989) who provide multiple traditional Chinese names for each of the over 300 acupuncture points, solely from original Chinese sources. This book begins with the following quote:

"The names of the points are not merely nominal, each has a profound meaning"
-- Sun Si Miao

The names of points serve to help to locate, remember and hint at the functions of each specific point. Often within the name of a point there is a secret clue, or hidden meaning that would only be apparent to followers of a particular school. Having a little bit more appreciation of these points that we use in TFH can enhance our intention, meaning and effect of the points, as well as help us to explore, enhance and enrich our own profound and sometimes secret or hidden meanings in our own lives.

In this paper I present some selected names, interpretations and questions for generating metaphorical associations with about 66 of the acupuncture points used in Touch for Health. For me, the challenge of exploring the poetry and tradition of TCM, is to venture into this wonderland without being completely lost down the rabbit hole, as the concepts and Metaphors are as infinite as the 10,000 things born from the Yin and Yang. Hopefully with a little discipline to limit myself to just some of the points in TFH, and a beginner's appreciation of the essence of TCM, I have brought back to this side of the looking glass some small hints at the marvelous potential meanings of each point, and each moment in YOUR LIFE. I invite you to enjoy contemplating these slight expansions on the underlying meanings of the points we learn in TFH, and dare you to explore a little further from any of these "points of departure". Enjoy!

Energizers: Zip-up, Switch-on & Tune-In

Whether I am working with an individual client, making an introductory presentation to TFH, or teaching TFH Level 1 (*14 muscle balance-as-you-go*), I try to help develop the concepts behind the points that we are using so that our intention can be expanded, and our awareness can be directed, so that the balancing has a more specific and noticeable effect.

When we **Zip-up**, we are working with the *Central Meridian*, which has a wealth of associations from TCM, which we can expand to include an additional awareness of the names/metaphors of the beginning and end-points of this "Conception Vessel" (CV). This is a worthwhile exercise for ALL 14 meridians, but those are additional metaphors for another day! ***In TFH we do not touch CV1****. Instead we use CV2 as our starting point for zipping up. So we might include Metaphors for CV1 and CV2.

The **Switching-on** points are perhaps the most famous points in all of Applied Kinesiology and Energy Kinesiology, and are used frequently in TFH. Whether energizing, balancing any "Switching" of polarity, supporting the coordination for walking, binocular vision, or right brain/left brain integration, these points have been shown to be highly effective throughout the world of Kinesiology for over 50 years! A little more appreciation of K27, CV 24 & GV 26/28, and GV 1 will amplify our appreciation and improvement of so many functions.

In the related field of "Energy Psychology" they refer to these same points as the **Rapid Energy Correction**, and have documented that by using these points, "*pain and stress can be relieved in five minutes or less*", even when the usual "tapping" procedures are not effective. However, they simply lightly hold each point for one cycle of breath!

Tuning-In, or Auricular Exercise, is actually a general massage of "Auricular Acupuncture points" which correspond to the whole body/energy system, mapped in miniature to the ears (*as described by Nogier*). We usually use it with our "first functional muscle test" of turning the head to the left and right and noticing comfort and range of motion/ checking the Indicator Muscle (IM), before and after stretching

and unfolding the ears. It can however *improve ANY range of motion*, and is also associated with improved balance and “sensory input”, helping with listening, focusing and comprehending. A less known hypothesis for these benefits is ***a gentle resetting of the bones in the inner ear responsible for balance*** and keeping the head upright. When this inner ear mechanism is reset, a great deal of postural compensation can be spontaneously released, resulting in less tension overall, greater comfort, flexibility, and naturally balanced posture without “forcing” or any special effort.

Table ONE: **Energizer** Point Names and Metaphors

Type of points	Point #	Point Name	Metaphorical Meanings/ Questions
Zip-up	Central Meridian	Ren Mai Conception Vessel	<i>Major Yin – Receiving, Accepting, Releasing</i> What is Central to your issue, goal, or life right now? What is the purpose of your own conception/creation, or of your creative activities? <i>CV/GV intertwine, storing yin and yang energies, and connecting polarities to create flow and modulate energy as needed.</i> Do you have energy reserves and stamina? Is there enough energy flowing in the different areas of your life , or are some areas blocked?
	CV 1*	Hui Yin Union of Yin	What is your most internal, private aspect of your goal or your life? Are your internal convictions and abilities united with your external actions and expressions?
	CV 2	Qu Gu Bent Bone	Is there some important, maybe private, aspect of your life “out of joint”? Is there some awkward sensitive area of your life? Who do you trust to touch you, literally or figuratively? Are you comfortable saying yes AND saying no?
	CV24	Cheng Jiang Drool Cup	What are you drooling over? Do you have enough deliciousness in life, or are your desires and appetites excessive?
Switch-on	(Navel)	Dan Tien Sea of Qi/	When we “Switch-on” we tie in to the “Center of our Energy”. I think of it as activating certain types of

		Energy Center	<p>energy/circuits, “for the benefit of the whole system” though later we may do so with a specific focus on coordination, eye function, etc.</p> <p>As you work the Switching Points, bring your awareness to your center of balance/ gravity; Higher state of awareness; Cultivation of Life Energy</p>
(L/R switching)	K27	<p>Shu Fu</p> <p>Transformation Palace</p> <p><i>* Associated point</i> for all Meridians</p>	<p>Does your right hand know what your left hand is doing? Do you have balance between “left brain” and “right brain”? Discipline and Creativity? Do you need to make a lateral move rather than forward or back? Is there any need for transformation in your life in general, or in any particular area of your life?</p>
(Up/Down switching CV 24 + GV26 &28)	CV24	<p>Cheng Jiang</p> <p>Drool Cup</p>	<p>What are you drooling over?</p> <p><i>AKA pool of celestial energy: Do you feel like you are in the flow, connected with the infinite and your highest good?</i> How is your orientation with hierarchy, up/down, above/below, Heaven/Earth? Are you able to both receive and release?</p>
	GV26*	<p>Ren Zhong</p> <p>Center of the Person</p> <p>Shui Gou Water Trough</p>	<p><i>When we rub above the upper lip, we effectively are stimulating GV 26 as well as the intended end point GV 28.</i></p> <p>Are your energies directed appropriately? Is there a balance between your spirituality and your worldly activities? Are you in touch with your own center, and in your center between heaven and earth?</p>
	GV28*	<p>Yin Jiao</p> <p>Gum Intersection</p>	<p>Are your natural energies/talents, desires and projects, grounded in your practical experience? How are your teeth and gums? Are you getting “long in the tooth”, or do you have a “good bite”?</p>

	CV 24 + GV 26		Do you feel centered, and connected with heaven and earth? Do you have enough energy, and direct your energy appropriately? Able to rest and be active in the right proportion?
(Front/ Back switching)	GV 1	chang qiang Long Strength	AKA “Stairway to Heaven” Can you stand up for what’s right and take action, have “backbone”? Do you have to get angry to be strong or insist on something? Do you have stiffness or rigidity? Can you “go the distance”? Do you have the energy, stamina and commitment from start to finish? Do you need to “get your tail in gear”? What is the one point that will strengthen the whole? Do you feel like you are progressing, “moving forward”, and can you back up if you need to? Can you be present in the “here and now” or is there any imbalance related to Past/Future?
Tune-in	Auricular acu-points (Nogier Points)	Whole acu- system/ inner ear	Is there something you need to hear? Do you need to regain your center, balance? (what throws you out of balance?). Is there something you need to look at, see? What are you avoiding looking at? Is there some area where you feel restricted or need more flexibility?

Alarm (front Mu) Points

Mu means Gathering point. These are points where energy collects in each meridian, reflecting the energy flow of the related meridian. They are traditionally palpated for discomfort at these sites for both diagnosis and treatment. Of course in TFH we circuit locate the points with a light touch to indicate Over-energy, mostly when we are assessing the Wheel/ 5-Element patterns for a 1-Point Balance. In this case, when particular alarm points are “active” we can contemplate the related Metaphor as an additional point of insight to amplify our awareness, energy movement, and beneficial results.

Sometimes when we recheck the muscles after balancing, we no longer find any unlocking muscles, but still identify an active Alarm Point. Traditionally, in TFH, we would use the Acupressure Holding Points to Sedate (a procedure and 48 + Metaphors for another day!). A shortcut would be to only use the Shen cycle, holding the 5-element point of the “son’s” Element on the over-energy meridian and on the “son” meridian. Or, **just use the tonification point on the “son” meridian.**

Conveniently, these are also be used as “Pain Tapping Points” and are listed in table FOUR.

Table TWO: Alarm (**front Mu**) Point Names and Metaphors
 Consider the Metaphors of the Over-energy Meridian, and/or the next Meridian following the Shen cycle.

Meridian	Point #	Point Name	Metaphorical Questions
Lung	Lu 1 Lu Mu	Zhong Fu Central Treasury	What is the central treasure in your life? Do you need to be more centered, or are you too self-centered? Do you have sufficient nurturing fresh air and food? Do you have food for life and food for your soul?
Circ. Sex	CV 17 Jue Yin Mu	Dan Zhong Chest Center	What is “on your heart”? Who is the protector, or the master of your heart? Can you receive energies of heaven and earth into your deepest center/core?
Heart	CV 14 Xin Mu	Jue que Great Palace	What do you most honor and revere? Where do all your energies come together in celebration? Where do you need to ground your energy so it can Manifest?
Stomach	CV 12 Wei Mu	Zhong Wan Central Duct Tai Cang Supreme Granary	Are you following the mainstream, or is the “tried and true” overcrowded for you? What is your main source of energy? Do you need more nutrition, or more exercise? Are you taking in or storing too much or too little, nutrition, emotion, memories, rules.
Large Intestine	St 25 Dachang Mu	Tian Shu Celestial Junction	What does your life “rotate around”? What is the axis of “10,000 things” in your life? (Money? Food? Work? Romance?) Do you respect both the sacred and the profane within you?
Triple Warmer	CV 5 Sanjiao Mu	Shi Men Stone Gate	What is your strongest defense? Are you safe in a strong fortress? Is there something you are trying to “keep out”? Is there something you are blocked from

			receiving, conceiving, or retrieving (due to hyper vigilance or fear?)
Small Intestine	CV 4 Xiaochang shu	Qi Hai Sea of Ki	Are you in touch with your deep source of creativity and vitality? What has many names, but you know within yourself by any name? Are you aware of your ancestry, family heritage, as well as your unique personal essence? Are you “full of yourself”?
Bladder	CV 3 Pang guang shu	Zhong Ji Central Pole; North Star	Are you self-centered? What is at the center of your being? Do you feel centered, grounded and balanced? Are you feeling “static” or stagnant, in need of more dynamic movement? What guides your movements, activities, travels? What does your “gut” tell you is most urgent?
Gall Bladder	GB 24 Dan Mu	Ri Yue Sun and moon	Do you have a balance between day and night, Yin and Yang in your life? Do you “lose sleep” over worries or resentment? Do you have the energy and clarity to take appropriate action? Are you overwhelmed, or in harmony “day and night”? Do you “hold it all in”?
Liver	Lv 14 Gan Mu	Qi Men Cycle Gate	Are you at the “threshold” of a cycle in your life? What is ending, and what is beginning? Do you have energy for new growth, or starting too many new things? Are you stuck at a “dead end”?
Spleen	Lv 13 Pi Mu	Zhang Men Plateau Gateway	Is everything coming together (internally)? Are you at the “Mountaintop”? Have you “plateaued” in some area of life? Are you held back from further progress? Do you need some “elbow room”?
Kidney	GB 25 Shen Mu	Jing Men Source Gate	Do you experience “peak performance” in your natural abilities, talents and developed skills? Do you have access to “inner guidance” and your essential nature? Are you “full of yourself” ?

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Associated (Back Shu) Points

Although traditionally (in the IKC 1-4 Syllabus) we do not work with the Associated (Back Shu) Points in TFH, they have been listed on the TFH Meridian Charts since 1973! These are points along the spine, specifically along the inner branch of the Bladder Meridian, which are roughly equivalent to the Alarm points. *Shu* means *transporting*, as in transporting the particular energy of each associated meridian. They can be described as switches, or circuit breakers to the particular energy pathways, with K27 acting as the Master Circuit Breaker to the “whole house”, or all of the Meridians. In TCM they are palpated for sensitivity or tenderness, as are the Alarm Points, and we can Circuit Locate these points to indicate Over-energy as we do with the Alarm Points in TFH.

I hope you will not be disappointed to find that, with few exceptions, these points along the Bladder Meridian are universally named simply as the “Shu point” for each associated meridian. Nevertheless, because these are BACK points, and Shu means transporting, we might be able to contemplate an imbalance in the flow/function of the related Meridian in the context of Back/Yang/ Transporting, in contrast to Front/Yin/Gathering in the case of the Front Mu (Alarm) points. Incidentally, the Back Shu points overlap with many Neurolymphatic points along the sides of the spine, suggesting that we can balance these points in the same way we balance NL points (firm massage), and contemplate these same Metaphors when we use the NL points for specific muscles.

Table THREE: **Associated (Back Shu)** Point Names and Metaphors
Contemplate the Metaphors of the Associated Point indicated by circuit locating (as with Alarm Points).

Meridian	Point # <i>Location</i>	Point Name	Metaphorical Questions
Lung	BL 13 T 3-4	Lu Shu Lung Shu	Are you using your inspiration and energies for the highest good of yourself and others? Is there some kind of “heavy breathing” in your life? Is your breathing or creative flow “stuck” in any way?
Circ. Sex	BL 14 T 4-5	Jue Yin Shu Extreme Yin Shu	Are you excessively meditative, internalizing, or have you come to the point of expressing and taking action? Taking in or accepting too much? Do you actively find serenity and internal peace? Do you have a “one track mind”, or can you think about, and be creative in

			all the areas of your life? Do you “get around” a lot or stay in one place?
Heart	BL 15 T 5-6	Xin Shu Heart Shu	Are you able to express the fullness of your heart, or is your heart “exploding”? Is your “heart on your sleeve” or could you sharing your feelings, emotions more with others? What is your heart’s desire?
Liver	BL 18 T 9-10	Gan Shu Liver Shu	Do you ever feel like you are trying to do too many things at once? Do you need to concentrate more on your inner being than external activities? Do you need to enjoy “what is” rather than fixate on “what’s <i>should</i> be”?
Gall Bladder	BL 19 T 10-11	Dan Shu Gallbladder Shu	Is there some “overgrowth” in your life or some “dead wood” to be cleared? Do you feel righteous indignation against clear injustice, or indiscriminate anger that is always at the surface? Do you have a lot of “Gall” – courage or ego/arrogance – to dare to do what you need, or wish to do?
Spleen	BL 20 T 11-12	Pi Shu Spleen Shu	Do you need to “Vent your Spleen”, criticize or just complain? Are you too concerned about other’s needs, or just worrying or thinking too much? Do you feel like there’s something “stuck in your craw”?
Stomach	BL 21 T 12 -L1	Wei Shu Stomach Shu	Do you feel too full, or overburdened by what you are taking in, processing, integrating? Is something stuck in your belly? Something you can’t stomach or even need to vomit out of your system?
Triple Warmer	BL 22 L1-2	San Jiao Shu Triple Warmer Shu	Are you hyperactive, over-stimulated, or hyper vigilant? Are you over-heated, hotheaded, over-enthusiastic? Do you have a “fast metabolism”? Are you absorbing and retaining sufficient nutrients/calories? Absorbing or taking

			in too much, of a good thing or something toxic?
Kidney	BL 23 L2-3	Shen Shu Kidney Shu	Are you in a panic, “pissing your pants”, literally or figuratively? Are you “crying wolf” over imagined fears? Are you self-righteous, or self-absorbed? Is your need for safety, stability, or having things “your own way” interfering with joy and love in your life?
Large Intestine	BL 25 L4-5	Da Chang Shu Large Intestine Shu	Are you letting go or losing too much? Are you oversensitive, irritable or having “diarrhea”, literally or figuratively? Is trauma and loss making you very fearful? Is guilt or regret keeping you from living in the present, or standing up for yourself?
Small Intestine	BL 27 S1- S2	Xiao Chang Shu Small Intestine Shu	Are you “manic”, delirious with joy, or too loving, passionate, or “hot-blooded”? Do you have excessive appetites, physical, mental, nutritional? Does your enthusiasm and enjoyment keep you from seeing consequences of your actions?
Bladder	BL 28 S2- S3	Pang Guang Shu Bladder Shu	Is there some area of overflow in your life? Are you over-anxious or overly fearful? Is something transpiring behind your back? Is there a lot of “back-channel” or secret activity?
ALL ASSOC. POINTS	K27 1st/2nd Rib space at front	Shu Fu, Transformation Palace	Do you need to use the “master circuit breaker”? What is your Transformation Palace? (TFH/ Kinesiology conference? Clinic? Workshop? Home? Garden...?) What is your main source of sustaining, life energy? What simple thing can you put into practice that will transform <i>everything</i> ?

Pain Tapping Points (Tonification Points)

(It would be interesting to explore all 6 AHP points used in TFH for Tonification, Control and Sedation, but for now we will only look at single tonification points for each Meridian which are also used for Pain Control in TFH.)

Table FOUR: **Tonification/ Pain Tapping** Point Names and Metaphors
 Contemplate the Metaphors for an Under-Energy Meridian as indicated by unlocking muscles, or downstream in the Shen Cycle from an Over-Energy Meridian as indicated by the Alarm Points, or for an Over-Energy Meridian associated with a pain, as indicated by the Pulse Points.

Meridian	Point #	Point Name	Metaphorical Questions
Stomach	St 41	Jie Chi Separating Stream	Do you have food for body, mind and spirit to disperse toxicity and release what gives you a stomachache? Do you need to “quit your bellyaching/ complaining”? Or do you need to feed into, and explore your emotions?
Spleen	Sp2	Da Du Great Metropolis	Are you a little fish in a small pond or vice versa? Are you a worldly “city girl” or a natural “country girl” . Do you feel close to the earth/nature, grounded or separate, above or beyond nature? Are you a “steward” of your environment?
Heart	H 9	Shao Chong Lesser Path	Are you taking “the road less traveled”? Do you need to take the fast track, or feel the surge of the main flow, or need a quieter path? Do you have fuel for your fire, Passions, concerns, romance?
Small Intestine	SI 3	Hou Xi Back Streambed	Is your river flowing or dry? What crucial ingredient to do you need to ignite your processes of transformation? Do you need to move laterally or follow an alternate stream?
Bladder	Bl 67	Zhi Yin Reaching Yin	What action or process is reaching completion? In what area is it time to turn to inner reflection, review or release? Is there some final refinement/ purification that’s

			needed? Are you able to easily retain or release as needed for your life?
Kidney	K 7	Fu Liu Recovering Flow	Do you need to “return to the flow”, get back into “the swing of things” or “back on track”? Do you have resources/ routines for replenishing your reserves/ energy? Is something flowing in the wrong direction, flooding, or stagnating?
Circ. Sex	CX 9	Zhong Chong Central Hub	Are you in the “thick of things”? Feeling the surging energy of “Grand Central Station” ? Do you need to get “back in action”? Can you find joy in a rude or bawdy joke?
Triple Warmer	TW 3	Zhong Zhu Middle Island	Do you need more fuel for your fire? What feeds your passions? Need more enthusiasm, or more vigilance? Feel isolated? In the flow?
Gall Bladder	GB 43	Xia Xi Pinched Ravine	Are you in a “tight place”? Do you have a bold and generous flow of energy, or is your energy constricted? Are you “on your toes”, or need a “pick-me-up”?
Liver	Lv 8	Qu quan Spring at the bend	For your growth, do you need to take a new turn, or return/ reunite with a larger body/group? Does everything seem to be coming together? Too much happening?
Lung	Lu 9	Tai Yuan Great Abyss	What is your source of plentiful or deep meaning, inspiration and energy? Are you overwhelmed by your own potential? What do you find when you look deep inside?
Large Intestine	LI 11	Qu Chi Pool at the bend	Do you have enough water/flow to nourish and cleanse your body, mind and spirit? Do you need to lighten up, not take things too seriously, or

			just let go? What is your source of wisdom?
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Luo Points

“If there is light in the soul,
 there will be beauty in the person.
 If there is beauty in the person,
 there will be harmony in the house.
***If there is harmony in the house,
 there will be order in the nation.***
 If there is order in the nation,
 there will be peace in the world.”
Chinese Proverb

Luo points are used to balance over/under energy between Yin and Yang pairs in the same Element, or “house”. For this reason they are sometimes called Husband-Wife points. They are “Passage Points”, or “Connecting Points” and they literally serve as “wormholes” between these dimensions of paired channel/ Organ Function, or any polarity such as masculine/feminine, active/quiet etc. within the same “house” (person, partnership, family, business, team, group...). So any use of Luo Points has this general “Husband/Wife” metaphor, or the Metaphor of harmony in the house contributing to order in the nation, and the fact that we are bringing ***peace on earth... one balance at a time!***

The Luo Point names reflect their connecting/passageway nature as well as other specific fascinating images/functions.

Table FIVE: **Luo Point** Names and Metaphors

Meridian	Point #	Point Name	Metaphorical Questions
Stomach	St 40	Feng long Beautiful Bulge	Do you embrace your “Lovely Lumps” or perhaps have overly abundant bulges? Do you have “feast or famine”? Are you centered in your abundance or have problems of too much or too little nurturing, nutrition, sympathy, etc.? Is your stomach the passageway to your heart?
Spleen	Sp 4	Gongsun Yellow Emperor	Who or what is the ruler of your world? How do you find grounding, sustenance, balance, and guidance on earth? Do you need to follow the “main path” or should you take a “secret passageway”?

Heart	H 5	Tong Li Connecting Place	What is your (internal) “connecting place”? (<i>Home, Heart, Church, Nature?</i>) Do you find yourself “at the crossroads”? Do you have balance between expressing and receiving love and passion? Do you have an internal “light” in your heart, or do you need support and connection to feel whole or fulfilled?
Small Intestine	SI 7	Zhin Zheng Branch to the Correct	Do you know the “pathway of truth?”. Are you ruled by your emotions, or do you need more truth of love to inform your rules and judgments in life? Do you need to “come correct” or “straighten up and fly right”?
Bladder	BL 58	Fei Yang Taking Flight	Do you need to “take a leap (of faith)”, or “make a run for it”? What do you need to release, accept, or let flow? Do you need to stop planning and take action?
Kidney	K 4	Dazhong Large Goblet	Does your “cup runneth over” or are you depleted of essential resources or energy? Are you resonating in the proper tone for your vitality and enjoyment of life? What does a ringing bell symbolize for you?
Circ. Sex	CX 6	Nei Guan Inner Pass	Do you need to find the “middle way” between powerful forces? Do you know how to “go inside” to find your passion and motivation?
Triple Warmer	TW 5	Wai Guan Outer Gate	Do you need to create more space, and boundaries/barriers for yourself? Are your (outer) defenses broken down? Do you need more energy and passion for expression or do you need to gather more internal energy? Does something need to be released? Do you need to escape?
Gall Bladder	GB 37	Guang Ming Bright Light	Are you seeing clearly, or are you “seeing green”, envious? Or “seeing red” enraged? Do you act, or lash out, blindly? Is there sufficient illumination, or is there ignorance and darkness? Do you have enough “nerve”, courage? Do you have a lot of “gall”, arrogance? Are you brazen, bold, confident in your hubris?

Liver	Lv 5	Li Gou Woodworm Canal	Do you express (anger/resentment) too much or too little? Do you ever fall down a “wormhole” of worry or resentment? Is there something “gnawing at you”? What is your secret weapon, touchstone, source of confidence?
Lung	Lu 7	Lie que Fork in the Path	Are you “at a crossroads” ? Have you taken the wrong turn, or do you need to take a detour, a new plan, a restart or reset? Is something out of order/sequence? Do you need fresh air, inspiration, a new beginning?
Large Intestine	LI 6	Pian Li Veering Passageway	Do you need to divert resources from the main channel, or is there too much diversion? Do you need to find an alternate passageway to avoid difficulty, toxicity, overwhelm? Are you receiving/ absorbing too much or too little, of benefit or poisonous?
Central Meridian	CV 15	Jiuwei Turtledove Tail	Which do you prefer, “a bird in the hand”, or “two in the bush”? Do you need inspiration, motivation, creative energy? Or do you need more structure, priorities, and discipline? What are your “hidden bones” (resentments, secrets, treasures)? Can you take time and energy for internal reflection?
Governing Meridian	GV 1	chang qiang Long Strength <i>AKA “Stairway to Heaven”</i>	Can you stand up for what’s right and take action, have “backbone”? Do you have to get angry to be strong or insist on something? Do you have stiffness or rigidity? Can you “go the distance”? Do you have the energy, stamina and commitment from start to finish? Do you need to “get your tail in gear”? What is the one point that will strengthen the whole?

“Group” Luo Points

From: <http://www.yinyanghouse.com/acupuncturepoints>

“There are 4 group luo points which are used in cases where 3 related meridians are imbalanced.”

For a long time I have been searching for common themes for “triangle” and “square” patterns in the 24-hour Cycle Wheel. For example, what is the common function, or

“meaning” of the triangle pattern of imbalance of 3 yang meridians running on the arm (LI, TW, SI)? This is an ongoing study, and another theme for another day (please send me your info/references!). In the mean time, while reviewing information about the Luo Points, I came across this reference to “Group” Luo Points. Thus we have an alternative procedure for balancing when we have a “triangle” pattern, and some interesting metaphors of these “triangle” related Luo points (and combined function of 3 meridians).

Table SIX: “*Group Luo*” Point Names and Metaphors

Meridians	Point #	Point Name	Metaphorical Questions
3 Yang of Arm (LI, TW, SI)	TW 8 back of arm, 1/3 way from wrist to elbow, between radius and ulna	San yang luo Three Yang Connection	Do you have (balanced) Power in your arms? Are your actions coordinated in the right proportions? Do you need more finesse, or power to “manhandle” a situation? Where do you need better discernment? Are you able to receive/ integrate the beneficial things in your life? Are you impacted/absorbing too much/ harmful or toxic things?
3 Yin of Arm (LU, CX, H)	CX 5 Center of inner wrist between 2 tendons, 3 body inches from palm	Jian Shi Intermediary Courier	Are you acting as a “middle man” or “messenger”? Do you need a representative/advocate/champion, or do you need more direct communication? Are you receiving or carrying too much or too little? Do you need to open your arms to receive? How is your balance of circulation, inspiration, passion, creativity?
3 Yang of Leg (head) (ST, GB, BL)	GB 39 3 inches above lateral ankle, posterior to fibula	Xuan Zhong Suspended Bell	Do you need a “bell” to remind you or warn you about something? How is your communication between your head and your feet? Are you feeling hollow or full? Taking in, holding on, or letting go too much or too little?
3 Yin of Leg (SP, LV, K)	Sp 6 3 inches above ankle, posterior to tibia. *Yingyanghouse says, “ No Needle in Pregnancy ”	San Yin Jiao Three Yin Intersection	Are you grounded? Do you receive enough “Earth Energy”? Are you over-intellectualizing or disconnected? Do you have sufficient, and proper distribution of <i>essential</i> resources?

Some Options for Accessing the Acupoint Metaphors:

1. Do your usual pre-checks, measures and goal-setting
 - a. For any indicated energizers, contemplate more deeply the associated meanings of the exercises, the specific points, and how they relate to your issues/goals/life.

2. Depending on Time/Interest
 - a. **Alarm Points Metaphors Short-Cut Balance**
 - i. Consider Metaphors of the indicated Alarm Points. (TABLE TWO)
 - ii. Alternatively to sedating the related Meridian, contemplate the metaphors of the related PAIN TAPPING POINT *of the Meridian downstream in the shen cycle*—the “son” Meridian. (TABLE # FOUR)
 - iii. For **pain control**, TAP the Pain Tapping Point, *based on the Alarm Point or the PULSE POINT*, and contemplate the related Tapping Point Metaphors.

 - b. **Shu Point (Associated Point) Metaphors Short-Cut Balance**
 - i. Consider Metaphors of the indicated Associated Points. (TABLE THREE)
 - ii. Alternatively to sedating the related Meridian, contemplate the metaphors of the related PAIN TAPPING POINT *of the Meridian downstream in the shen cycle*. (TABLE # FOUR)
 - iii. For **pain control**, TAP the Pain Tapping Point, *based the Shu point*, AND contemplate the related Metaphors.
 - iv. **Mu-Shu Balance** (both a. Alarm Points & b. Shu Points together)
 - v. For **pain control**, TAP the Pain Tapping Points, *based on the Mu AND Shu points* AND contemplate the related Tapping Point Metaphors.

 - c. **Pulse Point Metaphors Short-Cut Balance**
 - i. Contemplate the PAIN TAPPING POINT metaphors of the Over-Energy Meridian, as indicated by the Pulse Points. (TABLE # FOUR)
 - ii. For **pain control**, TAP the Pain Tapping Point, *based on the Pulse Points* AND contemplate the related Tapping Point Metaphors.

 - d. **Balance-As-You-Go with Acupoint Metaphors:** Individually check and balance each of the 14 muscles. For each unlocking muscle:
 - i. Contemplate the Metaphors of the related Mu/Shu points, as a representation of the Meridian.

- ii. (Additionally contemplate the usual muscle, Meridian, Element Metaphors and/or apply the usual reflex points- SR, NL, NV etc.)
- e. **1-Point Metaphors Balance:** Assess the pattern on the Wheel/ Five Elements, and choose the key Meridian to balance based on over/under energies using EITHER MU points OR Shu points.
 - i. Contemplate Mu or Shu Metaphors of BOTH the over-energy, and the 1-point under-energy.
 - ii. (Additionally contemplate the usually muscle, Meridian, Element Metaphors and/or the usual reflex points- SR, NL, NV etc.)
 - iii. If there is a TRIANGLE ON THE WHEEL, use the GROUP LUO point and/ or contemplate the related Group Luo Metaphors.
 - iv. If there is a Luo Point relationship (one Meridian over-energy, and one Meridian under-energy in the same Element), Hold the Luo points bilaterally and/or contemplate the Metaphors related to the Luo Point.
 - v. For any other patterns, contemplate the muscle, Meridian, Element and/or apply the usual reflex points- SR, NL, NV etc.
- f. **Luo Point Metaphors Short-Cut Balance:**
 - i. Check the Alarm points and note over-energy Meridians.
 - ii. For each over-energy Meridian, check the *Muscle* for the Meridian Partner in the same Element. If under-energy, you have a Luo Point imbalance.
 - iii. Hold the Luo points bilaterally and/or contemplate the Metaphors related to the Luo Point.
 - iv. After each Luo point, recheck the Alarm point/Partner muscle.
 - v. (Additionally contemplate the usual Metaphors of the Alarm Point, muscle, Meridian, Element and/or apply the usual reflex points- SR, NL, NV etc.)
 - vi. If initially there is more than one Luo point imbalance, double check after each Luo point to see if they are all clear, or they need to be balanced individually.
- g. **Acupoint Metaphors “Database” ESR Shortcut Balance**
 - i. Use the Indicator Muscle (IM) and call out each Metaphor Table 1-6 to see which tables of Metaphors are indicated.
 - ii. From Each table (Energizers, Alarm Points, Shu Points, Pain Tapping, Luo Points, Group Luo Points), check IM to indicate the specific “involved points”.
 - iii. Consider each indicated Metaphor, while holding the ESR points.
 - iv. Additionally, the ESR Point, NV #11, is closest to GB 14, so we can also contemplate GB14 Metaphors while holding the ESR

points as a general way to balance any indicated Acupoint Metaphors. As an NV point, #11 is used for muscles related to Stomach, Bladder, and Central Meridians, which can be important related to fear/ fight-flight, mental clarity, and emotional processing.

Meridian	Point #	Point Name	Metaphorical Questions
Gall Bladder	GB 14/ NV 11, ESR Points	Yang Bai Clear Head (Yang White)	Do you have a clear head/ Mind? Are you seeing things clearly? Do you need to watch out, or “keep your eyes peeled” about something? What is (causing) a “headache” in your life? Do you need to react to a present, mortal danger, or can you afford to be calm, and wisely choose your responses to your issues/ goals/ life?

3. Recheck your goal statement and any other measures from the beginning. Notice and reinforce the changes in your posture, attitude and energy!