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### **The Spirits of the Points**

By Professor Neil R. Gumenick

When we speak of treating the spirit, we mean the spirit *level*. The spirit itself needs no treatment, as it is innately perfect, and cannot be improved. We do treat the spirit level however, which can be (and often is) compromised.

In spite of the presence of physical symptoms, there must always be concomitant imbalance on the mental and spiritual levels. The Chinese saw human beings as body/mind/spirit all at once. One could not be imbalanced in one level without it affecting the rest.

Whether we cover the pain of a broken mind or spirit with an outward façade or not, the pain is there and unless we address it, we are, at best, palliating – putting a coat of paint on the outside of the house, patching the holes in the wall without bothering to consider: Why are those holes there in the first place?

#### **The Points:**

NOTE: Points from the upper Kidney chest line, the outer Urinary Bladder line on the back, the Conception Vessel (Ren) and Governor Vessel (Du), as well as Heart 1, may be conjoined with treatment of any elemental *Causative Factor*.

Energetic Blocks take precedence over using points for their spiritual connotation. These include Possession, Aggressive Energy, Husband/Wife Imbalance, and Entry Exit blocks.

With regard to the remainder of the points on the 12 regular channels, they are used only (with the exception of removing specific energetic blocks) on the elemental *Causative Factor* meridians of the patient.

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The following 3 points are in a category of their own, being able to resurrect, reconnect, or resuscitate the spirit level that has been so traumatized that it is vacant, imperceptible, utterly resigned, GONE.

### **Kidney 24: *Spirit Burial Ground***

When one has been so heavily burdened or traumatized that he or she has virtually given up, it is as if the spirit is deeply buried and unreachable. Without spirit, there may be existence, but there can be no real *life*. Only when the spirit is present can we consider how to help it. This point, in a category of its own, has the ability to "open the ground", resurrect, restore, and revive the spirit itself. Key word: Buried

### **Heart 1: *Utmost Source***

To the early Chinese, the Heart Official, which they called the Supreme Controller, was akin to the emperor, heaven's representative on earth. This point connects us to that source, when that connection has been broken, such as after a major shock or trauma. Key word: Disconnected

### **CV (Ren) 1 *Meeting of Yin*:**

This is a first aid point for drowning, but it is not only for physical drowning in a body of water. It is used for patients who are drowning mentally and spiritually - so overwhelmed - submerged - engulfed in problems and concerns that it seems they are about to go under for the 3rd and last time. Key word: Drowning

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### **CV (Ren) 6 *Sea of Chi***

A sea within a sea, the point is capable of replenishing Chi from the deepest and most enduring of reserves, bringing an abundant surge of warmth, passion, and vitality to depletion at all levels.

### **CV (Ren) 8 Conception Vessel: *Spirit Deficiency***

This point, treated with moxa only, upon the umbilicus filled with salt, is used to fill the spiritual “tank” when it has run low. Even minimal tasks can seem to be overwhelming. When this deficiency is filled, *any* of our endeavors can be infused with spirit.

### **CV (Ren) 12 *Middle Duct***

The point is a grand leveler. It centers, evens and smoothes things out. It is useful for any type of digestive or abdominal disorder - any problems with rotting and ripening, assimilation, distribution, or flow will be helped. Food at *any* level rots if not digested.

### **CV (Ren) 14 *Great Deficiency***

Used when the patient is greatly deficient at any level – may be lethargic and unmotivated, or engaging in all sorts of compensatory behavior, out of control. This is the Alarm (aka Mu) point of the Heart – the Supreme Controller. It is one of the deepest, most reinforcing and calming points on the body.

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**CV (Ren) 22 *Heaven Rushing Out***

Window of the Sky

Often patients needing this point are living in a prison of their own making. The same old, dark issues keep returning and they can't seem to break out of the pattern. They are unable to put their essence out into the world. Their communication is not truthful to their inner spirit.

**CV (Ren) 24 *Receiving Fluid***

All movement and change is possible only by the grace of fluids. We are about 60% fluid. This point helps fluids to flow. The point implies, as well, the flow of the mind and spirit, which have to flow both to and from everyone and everything.

**GV (Du) 1 *Long Strength***

The point brings exactly what its name implies - strength, stamina, and endurance for the "long haul." It is a powerful "kick start" to a patient whose body, mind, and/or spirit has endured much and is running out, becoming weak and in need of a surge.

**GV (Du) 4 *Gate of Life***

All gates open and close, according to our needs. If stuck open or closed, our energy is compromised. Stuck open, energy can leak out and dissipate away. Stuck shut, only a very small portion of energy is available. This point makes life force available in proper amount for every level.

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**GV (Du) 5 *Suspended Pivot***

The point provides the ability to turn, to move freely, to articulate smoothly. With this point, we can loosen that which is tight, at any level.

**GV (Du) 8 *Contracted Muscle***

Located in the mid back, this point can be used to relieve back spasm, tightness, and muscular contraction at the physical level. We are more than physical bodies, however. This point, used for its spiritual connotation, can relax constriction of the emotional, mental, and spiritual bodies.

**GV (Du) 12 *Body Pillar***

The central pillar holds the tent upright and strong. All the guide wires are attached to it and if it is leaning, not well rooted, crumbling, or split, the slightest jar will cause the whole thing to collapse. We, too have a pillar that holds us upright – physically, mentally, spiritually.

**GV (Du) 14 *Great Hammer***

This point is used to break up old, ingrained stuck patterns at any level. We consider this point for patients who, despite our efforts, seem to be stuck. It gives the Officials a "whack" to wake them up, shake things loose, revitalizing and stimulating them to take action and move forward.

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**GV (Du) 19 *Posterior Summit***

A summit is a high place, as well as a place where heads of state come together to discuss things – to resolve differences peacefully. Here, the Officials can get a perspective from the highest place and receive wisdom, share insight, work together for the benefit of all.

**GV (Du) 20 *One Hundred Meetings***

This is a meeting with more than the heads of state. It is a meeting with the ancestors (literal or metaphorical according to your beliefs) as well. The patient cannot see a solution despite asking everyone he knows. Generations of assembled wisdom can surround and help.

**Kidney 23 *Spirit Seal***

We consider this point when the patient's spirit needs to be burnished to reveal to him/her its true and innate radiance. The Spirit, which is in all of us, is deserving of respect and acknowledgement for its value. It carries the royal seal of the Divine.

**Kidney 25: *Spirit Storehouse***

This point is a reservoir of nourishment specifically for the spirit. This point is a deep spiritual spring - a reserve on which to call in hard times, when the patient has very little on which to draw.

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**Kidney 26 *Amidst Elegance***

When one sees through the eyes of spirit, one sees the beautiful. It is not that one becomes ignorant of the presence of evil or imbalance, but one sees through to the essence.

**Kidney 27 *Storehouse***

Unlike *Spirit Storehouse*, this point is a more general storehouse, in which the patient who is depleted on any level can find nourishment. If KI 25 is like an ashram, this point is like COSCO. You'll find everything there for every need.

**Urinary Bladder 37 *Soul Door*** (in some texts, point corresponds to UB 42)

When this door is open, we are able to be inspired, able to take in new vistas of richness and quality. The point is associated with the *Po*: The Corporeal Soul of the Lungs. The Lung is the Official of Receiving the Pure Chi from the Heavens. Metal provides us with our sense of connection to the Divine. Shock and trauma can slam this door shut, keeping us from the very spiritual essence that we seek.

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**Urinary Bladder 38 *Rich for the Vitals Correspondence*** (in some texts, point corresponds to UB 43)

This point increases the quality and quantity of blood and directly enhances its richness and vitality. It brings warmth, vitality, richness to every level. It is considered for any long-term chronic disease, wasting-away, blood deficiency, poor circulation, sluggishness in body or mind, lacking warmth, passion, love.

**Urinary Bladder 39 *Spirit Hall*** (in some texts, point corresponds to UB 44)

This hall is the inner dwelling place of the spirit. The first character of this point name is **Shen**, the Heart Spirit. This *is* the home within us in which the spirit (the Emperor) can reside in peace. We consider this point when a patient's spirit is restless, unsettled, out of control.

**Urinary Bladder 42 *Spiritual Soul Gate*** (In some texts, point corresponds to UB 47)

The point is a gate to the eternal – the pure spirit – the core that cannot be corrupted or tainted by evil or pollution. Associated with the Liver, It has the vision to see its destiny. The **Hun** is the ethereal spirit of the Liver – which continues to exist - in more subtle realms – fulfilling one's destiny - even after the death of the body.

**Urinary Bladder 44 *Thought Dwelling*** (in some texts, point corresponds to UB 49)

A dwelling is our home and, as we need physical shelter, we also need mental and spiritual shelter – a dwelling, a residence, a home.

The spirit of the Spleen is called the **Yi**, or intellect. A healthy **Yi** manifests as spirit-infused intelligence and understanding, gleaning and digesting the wisdom from experience and forming our actions based on wisdom.

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