

Stability: Separation of Yin and Yang and 'Qi Wild'

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Sources/Lineage

- Dr. John Shen
- Dr. Leon Hammer
 - See Dr. Hammer's articles on Qi Wild

Stability

- The capacity of an organism to return easily to equilibrium after stress, and to its capacity to maintain operational parameters within functional limits over time
- Apart from the regularity of the pulse, stability is associated with the steadiness of the amplitude, intensity, qualities, and rate, as well as the balance of Yin and Yang, and balance between pulse positions.



Stability Cont'd

- Balance and constancy are important measures of function. Lack of stability is an indication that the fundamental functioning of the organism is severely compromised.
- Instability can manifest in the Heart and Circulation, the blood and the Qi.
- From the pulse it is possible to ascertain the fidelity of these essential systems and substances.



Stability of the Heart and Circulation

- Heart stability is reflected in a steady rhythm and rate.
 - Instability of the Heart and Circulation creates a potential for cardiac episodes or heart attacks.
 - Constant Change of Intensity and large variations in rates during a pulse exam are signs of Heart instability.
 - **(Hollow) Interrupted Intermittent**
- Sensation: Rate not measurable, misses beats irregularly.
- Interpretation: Severe Heart Qi, blood and Yang deficiency.



Stability of the Blood

- Stability of the blood is ascertained by the lack of bleeding or extravasation of blood from the vessels and capillaries.
 - With instability of the blood the person is vulnerable to bleeding disorders.
 - **Leather like Hollow and Rapid**
- Sensation: Qi depth hard and thick, like leather, Blood depth absolutely absent.
- Interpretation:
 - With Rapid rate – Sign of imminent hemorrhage e.g. gastrointestinal bleeding.
 - With Slow rate – Hemorrhage has just occurred, and can reoccur.
 - **Very Tense-Tight and Hollow (Full-Overflowing)**
- Interpretation: Imminent stroke



Stability of Qi

- The stability of Qi is manifested in the contact between Yin and Yang.
- Yin supplies the substance and information and
- Yang the activity to all biological processes.
- If these factors are out of touch it is a sign that the fundamental processes that are critical for the survival of the organism have been corrupted.



Stability Cont'd

– Change of Intensity

- **Whole pulse**
 - » Sensation: a variation in strength and amplitude of the impulse (if found on First Impression).
 - » Interpretation: Heart Qi deficiency
- **Principal Position**
 - » Sensation: A variation in strength and amplitude of the impulse in a principal position
 - » Interpretation: Mild Separation of Yin and Yang of the organ associated with that position.
- **Complementary Position**
 - » Sensation: A variation in strength and amplitude of the impulse in a complementary position
 - » Interpretation: Impaired function of the organ associated with the position.



Stability of Qi cont'd

- •Feeble quality is a sign of significant deficiency wherever it is found, however Yin and Yang, although very weak, are still in contact.
- •Conversely, Yin and Yang are out of contact in the Empty quality, where the Yin is not able to anchor the Yang.
- •When this quality occurs in only one position, it is a sign of extreme dysfunction of the organ represented by that position (Separation of Yin and Yang).
- •When the Empty quality is found on the entire pulse, Yin and Yang are out of contact in the entire organism.
- •This condition is referred to as 'Qi Wild', one in which the person is at great risk of serious debilitating diseases such as cancer, autoimmune or degenerative conditions of the central nervous system.

Stability Cont'd

– Change of Qualities

- Sensation: An example of a Change of Quality is the relatively hard Tense quality changing to the Feeble-Absent quality. Changes along the Taut-Tense-Tight-Wiry continuum do not constitute a Change of Quality.
- Interpretation:
 - **Individual position:** Separation of Yin and Yang in the organ, extreme deficiency of Yin organ Qi and blood.
 - **Whole Pulse:** ‘Qi wild’



Stability Cont'd

- 'Qi Wild': condition of extreme functional weakness in which, for one reason or another, the Yin and Yang of the entire organism have lost operative contact and are unable to support each other.



'Qi Wild' Cont'd

- 'Qi Wild' can occur as a result of:
 - significant physiological insult to the fetus or newborn,
 - severe early environmental deprivation,
 - excess physical labor prior to age 10,
 - sudden cessation of exercise,
 - exercise beyond a persons energy in early life,
 - substance abuse and
 - iatrogenic.



'Qi Wild' Cont'd

- 'Qi Wild' qualities include:
 - Changing Qualities in most of the principal positions or
 - Changing Qualities on the entire pulse;
 - Empty;
 - Leather;
 - Minute;
 - Scattered and
 - Yielding Hollow Full-Overflowing and Rapid.



'Qi Wild' Cont'd

- Interpretation:
 - Severe instability of the qi of the organism,
 - serious illness imminent.
- The 'Qi Wild' person is highly vulnerable to serious and fast spreading, even life-threatening disease of a specific organ or entire organism within a short time (one to three years according to Dr Hammer).



Major Themes Associated with Separation of Yin and Yang and 'Qi Wild'

ONE: underlies many of the chronic conditions that both the conventional and the alternative medical communities cannot make sense of. 'The separation of Yin and Yang'.

TWO: separation of Yin and Yang occurs after a process of gradual deterioration of the vital substances/resources of the Yin organ systems and this process occurs slowly over the course of decades. (note latency as resources are utilized to 'contain' PF; and eventual loss thereof)

THREE: separation of Yin and Yang and majority of chronic disease involve the simultaneous depletion and dysfunction of more than one organ system.

FOUR: the process towards the separation of Yin and Yang and chronic disease 'can' follow a linear progression from mild illness to the most severe condition primarily within the same organ system. (see Dr. Hammer's article via LU pathology example and its progression)

FIVE: any recurrent illness will gradually lead to an extreme depletion of vital substances--Qi, Yin, Yang, Essence, Fluid and Blood--in varying combinations and to the separation of Yin and Yang. (note DM progression)

SIX: the overlooked role of the Heart and Circulation in this process. The Heart is the 'emperor' and the health of the entire organism [the emperor's subjects] depends upon the integrity of the function of the Heart (Su Wen Ch. 8).

SEVEN: most of these conditions (and their process) are revealed only by the pulse (ie not in TCM syndromes)

EIGHT: the separation of Yin and Yang leads to aimless and dysfunctional Yang. This aimless dysfunctional Yang is in our time the LATENT [LURKING] HEAT (eg AUTO-IMMUNE DISEASES). Not necessarily just yin defic, but Yang out of control. Diminishment in resources, however, plays a vital role...

Backdrop

Attack by a Pathogenic Influence (EPF or IPF)

"Body condition" (partially determined by `constitution' and partially by life experience)

Behavior and Lifestyle during and after the attack by the Pathogenic Influence (ie, rest or work beyond their energy).

Location, the Organ System or area of the body at which the Pathogenic Influence makes its strongest impact (intimately linked to body condition as it's often the most deficient/vulnerable area)

Of utmost concern are (1) the areas of vulnerability and (2) the life style of the person before, and especially after, the onset of the symptomatic illness.

Via pulse diagnosis, can be detected years before they lead to symptomatic illness.

Additional factors

1. Stagnation of Qi

Qi stagnation is an issue during the early stages of all the scenarios discussed below. Either from excess or a deficiency and the often overlooked *Trauma* and *emotional shock* (causes qi/blood stag)

2. Relationship between Yin and Yang Deficient Stages

First: stagnation: next stage is excess Heat followed by Yin deficiency and eventual Yang deficiency. This is followed by a gradual separation of Yin and Yang with more deficient Heat signs towards the end because of the relatively greater exhaustion of Kidney Yin than Kidney Yang

First: Qi deficiency: next stage is either mild stagnation and then mild Yin deficiency and then Yang collapse, or a rapid Yang collapse followed by a rapid separation of Yin and Yang with predominant deficient Cold signs.

Some stages can be less symptomatic than others. Other factors can impact as well including the addition or elimination of bad habits or intermittent successful therapeutic interventions.

4 Factors

Factor One: Pathogenic Influences

Dr. Shen emphasized Cold as the critical factor in the onset of the process leading to chronic disease. Dr. Hammer believes the primary onset of the process at this time in history can begin with any Organ from either an internal or external pathogenic factor including physical and mental trauma.

The *External* Pathogenic Influence

Classically, chronic disease began with the invasion of the Lung Organ System (or Tai Yang stage) by an External Pathogenic Factor, especially Cold.

Nowadays, the EPF can be any evil, ie consider also the post-industrial revolution toxicity, denatured and toxic foods, etc. as additional external pathogens.

The *Internal* Pathogenic Influence

Includes any emotion which can affect any vulnerable organ. This process also begins with stagnation of Qi, the development of Heat, Yin deficiency, Qi and Yang deficiency and finally the separation of Yin and Yang.

The Pathogenic Process

Ex: person works too hard, depletes qi (and wei qi), repeatedly exposed to Pathogenic Influence such as Cold, invades and stays in the body creating stagnation of Qi and later Blood. This process includes beginnings of latency and demands resources be allocated to keep pathogen latent.

(Meds may prevent secondary infections, but unless the person can bring sufficient wei and ying Qi to eliminate the Pathogenic Influence it remains in the Organ.)

Factor Two: `Body Condition`

Internal Considerations: Emotion, Values, Life-Style and Constitution

The second consideration is `body condition' or True Qi (determined by `constitution') and life experience or life-style prior to the illness (determines the ultimate location of the `disease').

Beyond constitution and trauma, body condition is determined by habits which create stress, including eating, sleeping, substances, sex, exercise and work. If abused, the body condition diminishes as does the ability of Qi to protect against stress.

Emotional and spiritual disconnects and challenges create a template for destructive habits which deplete Qi directly.

External Considerations

These considerations arise largely out of the nature of our values concerning the `environment' and human ecology. (Dumps; toxins in environment; plastics; hormones; GMOs, WIFI, etc.)

Factor Three: Life-Style During Illness

If, when one is afflicted with a Pathogenic Influence, a person rests commensurate with their body condition, the process of chronic disease is far less likely to follow.

The amount of rest required to conserve Qi, resist an External Pathogenic Factor and avoid illness varies therefore from person to person.

If on the other hand they do not rest accordant with their 'body condition' they will not recover and the process will continue into more profound illness.

Factor Four: Location of illness

- There can be several routes of transmission of an PF to the location of a chronic illness.
- One is directly to the most deficient organ system.
- Three others include the Six Stages of the Shang Han Lun for pathogenic Cold, the Four Levels of Dr. Ye Tianshi for pathogenic Heat and the Triple Burner System largely for pathogenic Damp of Dr. Wu Ju-tong
- From our channel system approach we can also look at channels of latency, namely the Divergents, Luos and 8x channels

End of Process

The final outcome of the process is the `Qi Wild' condition, where the deficiency or disorganization becomes so profound that the Yin and Yang of the entire organism separate.

Whereas `Qi Wild' technically involves systemic physiological disharmony, the separation of Yin and Yang can occur in any organ and can ultimately include neoplastic disease and other severe functional breakdowns related specifically to those organs.

Whatever the course of the process the result is severe morbidity and death.

Qi Wild

According to Dr. Shen, all changes in the stability of the pulse, including Rate, Rhythm, Amplitude, Intensity, and Quality, are intimately intertwined with the 'Nervous System', each affecting the other.

An unstable 'Nervous System' causes the 'Circulation System', involved with Rate and Rhythm, to lose stability, and the loss of stability of the 'Circulation System' in turn causes the 'Nervous System' to become unbalanced.

With a 'Qi Wild' condition, the emotional and mental symptoms will always be more severe if the 'Nervous System' is already 'tense' or 'weak'. (See Dr. Shen's System Model)

All of the 'Qi Wild' pulse qualities are accompanied by anxiety, confusion to some extent, emotional fragility and easy fatigue. The lives of these patients are generally chaotic (of which mental illness is a form).

'Qi Wild' Condition

"Yang Qi is expansive and is held in check only by the centrifugal force of the more substantial Yin Qi (Yin, Blood, and Essence). 'Qi Wild' is a condition of extreme functional weakness in which, for one reason or another, the Yin and Yang have lost operative contact and are unable to support each other. The result is profound physiological disorganization and chaos. Either the Yang is too weak to move the Yin, or the Yin is too weak to nurture and hold the Yang, or both.

There is a profound loss of balance which Dr. Shen views as a serious generalized Yang deficient condition. The Chinese characters have been translated as "like sand running out of one's hand" or "dispersing like a piece of bread that is crumbling" (Dr. John Shen, personal communication with Dr. Hammer, 1974)

When the Yin loses control of the Yang, the latter becomes ungovernable. The Yin, which is the material energy of the universe, can be thought of as a gravitational force that holds the more effervescent Yang energies, and when drained can no longer serve that function. Under these circumstances the lighter Yang energies wander aimlessly to all parts of the organism, unable to function effectively without the organizing forces of the Yin."

Qi Wild

"The result is physiological chaos disrupting the orderly circulation of Yang to the meridians and the Organs, rendering them impaired in their ability to maintain function. This chaos is especially disorganizing to the 'Nervous System' which depends on the organized integrity of the lighter fast-moving Qi energies. Thus, 'Qi Wild' affects the entire organism and the pulse qualities that reflect this condition, in turn, affect the entire pulse.

The 'Qi Wild' person is highly vulnerable to serious and fast-spreading, even life-threatening disease of a specific Organ within a very short time, such as cancer, autoimmune or degenerative central nervous system disease. While this condition applies to the entire organism, instability and unstable qualities in one Organ will ultimately generate this condition throughout the total system.

Dr. Shen believed that the Chinese term *san mai* connotes the 'danger pulse'. He feels that the immune system is damaged and that the body has no power to resist disease which occurs within six months if intervention is not undertaken." (Dr. Hammer said up to 3 years.)

Pulse qualities

The 'Qi Wild' pulse qualities are Empty Interrupted-Intermittent, Yielding Hollow Interrupted-Intermittent, Empty, Yielding Hollow, Leather, Empty and Thread-Like, Scattered, Minute and Changing Qualities.

To qualify as qualities pathognomonic of a 'Qi Wild' state, the quality must appear on the entire pulse (Uniform Impressions, are at least 4 principal positions).

Empty Interrupted-Intermittent and Yielding Hollow Interrupted-Intermittent are the most serious.

Rough Vibration on the entire pulse with a Feeble-Absent Left Distal Position (Heart), is a sign of serious 'Heart Disease' with a similar disorganizing effect on the entire organism.

Related 'Qi Wild' sx

Dr. Shen: with the collapse of the Yin Organ System the tongue is very pale.

Dr. Hammer: in some observed the patient's tongue to have a flabby milky white appearance with loss of a balanced coherent shape, usually concurrent with extreme fatigue and enfeeblement even in young people.

Etiology

Most of these qualities are associated with problems that begin in early life.

These include:

- environmental deprivation (food, shelter, clothing),
- overwork,
- over-exercise,
- excessive lifting,
- sudden stopping of extreme exercise,
- extreme prolonged emotional and physical abuse
- substance abuse
- chronic exposures to toxins from early ages
- modern birthing practices, birth trauma, vaccines
- extreme weather

The more serious the pulse quality, the earlier the etiology.

Severe Early Environmental Deprivation Including Food and Shelter

The most serious form of the 'Qi is Wild' is one which is caused by an environment in early life marked by severe nutritional deprivation and inadequate shelter from the elements.

The symptoms and signs will vary widely depending on the severity of the living conditions, the age of onset, the time elapsed and subsequent remediation.

The pathogenesis of this 'Qi Wild' state is that the Yin Organs that are severely depleted by deprivation, cannot support Qi, Yin, and Blood. In each affected Yin Organ system, the Yin and Yang separate due to this deprivation. Gradually this process expands to the entire organism until the 'Qi Wild' state is dominant.

Eventual result is severe and unpredictable forms of disease; eg, cancer, autoimmune disease, profound mental illness.

Overwork During Childhood

“If the Qi and Blood are depleted by too much physical work before puberty, the Yin Organ systems will also be dangerously weakened.

This type of pulse is found in individuals who were overworked at an extremely young age, (eg child laborers forced to work in factories and mines before the age of ten). Emotional shock combined with prolonged work and exercise beyond energy at an early age can also precipitate or exacerbate a 'Qi Wild' state.

The physiological consequences are similar to those described above under "Environmental Deprivation" and can lead to developmental defects, for example, heart valve defects, or subtly as minimal brain dysfunction and learning disabilities.”

If the problem begins before the age of fifteen the pulse can be Yielding Hollow and/or Irregular (Interrupted and Intermittent) and very Feeble, the tongue extremely pale and all the symptoms described above and below are exaggerated. The Qi is very 'Wild' and the probability of a shortened life is great. If the same circumstances occurred between the ages of fifteen and twenty, the pulse is more likely to be Empty, which is a less grave 'Qi Wild' sign than the Hollow or Interrupted pulse.

Exercise Beyond Energy During Early Life

Excessive exercise far beyond the individual's energy at a young age during the critical years of development (eg, youth who during/prior to/just after puberty engage in demanding sports, gymnasts, runners, etc.)

"The long-range effect of exercise beyond one's energy is the diminishment of Circulation, deleteriously affecting the Heart which in Chinese medicine controls the mind. The resulting symptoms, including reduced attention and concentration, anxiety, excitability, restlessness, and easy exhaustion, are signs of disorder in what Dr. Shen calls the 'Nervous System'.

In girls the long-term effect of over-exercise can be Blood stagnation in the Lower Burner, and severe lifelong menstrual problems. In addition, the Circulatory problem will frequently lead to pseudo-arthritic migrating pain whereby pain is experienced on waking and then dissipates on activity.

Biomedically, this is a misunderstood condition, and often results in mistaken interventions with powerful medications that can cause their own form of iatrogenic suffering."

Protracted Menorrhagia in Girls

Another cause is prolonged menorrhagia in pubescent and adolescent girls, in which case we have both the 'Qi Wild' and 'Blood Out of Control' (Reckless) states simultaneously.

The long range effect of prolonged menorrhagia is fatigue, musculo-skeletal pain, and depression.

Sudden Cessation of Intense and Prolonged Exercise

More acute of a situation; lead to more profound symptoms than those due to over-exercise and overwork. The pulse quality is the Yielding Hollow Full-Overflowing.

"The pathogenesis is that exercise causes the vascular system to expand in order to accommodate the increased volume of blood which is necessary to satisfy the nutritional requirements of heavy exercise; the blood vessels are therefore more dilated than ordinary. When the exercise is stopped abruptly, the amount of blood in the vascular system decreases suddenly, but the vessels themselves tend to remain expanded. That division between the two, i.e., decreased blood volume and the still expanded vessels, leaves a gap that is reflected on the pulse as a Hollow quality.

The symptoms include vague complaints of tiredness, migrating pain, labile emotions, severe anxiety, explosive anger, feelings of dissociation and detachment ("being spaced out"), and losing one's mind. Sometimes, especially when lying down, there is a sensation that the body and arms are floating away, that the body is not real-- a sensation that causes profound terror. Such mental and emotional symptoms are particularly severe if the 'Nervous System' is already 'Tense' or 'Weak'.

Often, these young people are seen by psychiatrists who render a diagnosis of anxiety neurosis or panic attacks, demonstrating that the 'Qi Wild' disorder is totally misunderstood in the biomedical world. Lifelong emotional problems can develop and are compounded by biomedical treatments in the form of drugs and shock therapy."

Sudden Extraordinary Episode of Lifting

More rarely, an instance during which an individual is called to suddenly lift a weight far beyond his or her capacity can also cause a Yielding Hollow pulse quality and a 'Qi Wild' state.

This phenomenon occurs, for example, in emergencies when persons summon hidden strength to lift an object that is crushing themselves or another person.

Substance Abuse

Increasingly in our time, another origin of the 'Qi Wild' condition is heavy substance abuse over many years and the ubiquitous use of prescription pharmaceuticals.

The Liver, Heart, and Kidneys become exhausted, with sequential loss of control over and contact with the Yang energies which, as described above, wander aimlessly and without functional organization.

In addition, we find the Empty quality consistently, especially in the Left Middle Position (Liver) with users of marijuana.

Chronic exposures to toxins

- EMF, wifi, cellphones and towers, power lines, etc. (see article)
- Food devoid of nutrition; lack of sustenance to digestive system; inadequate creation of jin-ye and wei qi; poor elimination; creation of toxins in the gut.
 - Microwaves, GMO's, glyphosate and Monsanto, pesticides, etc.

Modern birthing practices

- chronic exposures to sonograms and EMF in utero
- lack of nourishment in utero
- parents later in life, less jing and more chronic ailments
- pitocin, epidurals, c-sections, forceps, suction, cutting cord too soon
- vaccines

HT Shock and Trauma

- to be discussed in detail next month....
- Major contributing factor and catalyst for separation of yin and yang...

Extreme Weather

- inadequate protection/clothing while climbing mountain, crossing desert, etc.
- Excess cold taxation on yang qi; excess sweating and loss of yang qi as well as drying up of yin qi

Pre-'Qi Wild' Qualities

The Very Deep and Very Feeble or Absent qualities are signs of extreme Qi and Blood deficiency which though not pathognomonic of a 'Qi Wild' state, leads to one if not corrected within a few years.

Similarly, Reduced Substance pulses at the Organ depth in any given position suggest a move towards separation of yin and yang and over the whole pulse towards Qi Wild.

Immediate priority should be given to securing...

Gradual Process

"The separation of Yin and Yang occurs after a process of gradual deterioration of the vital substances of different Yin organ systems [Lung, Liver etc.] which occurs slowly over the course of a life time in those with strong constitutions [genetics] and more rapidly in those whose genetics is less well endowed.

This progression can be slowed by good living habits and accelerated by poor living habits in both categories.

The progress of this deterioration in each organ, area of the body and vital substance can be best followed by the use of sensitive diagnostic instruments such as sophisticated pulse diagnosis.

The Very Deep and Very Feeble or Absent qualities are signs of extreme Qi and Blood deficiency which though not pathognomonic of a 'Qi Wild' state, leads to one if not corrected within a few years."

Recurrent illnesses

Any recurrent illness, especially in multiple organ systems will gradually lead to the extreme depletion of vital substances, Qi, Yin, Yang, Essence, Fluid and Blood in varying combinations.

Linear Progression

The process towards chronic disease that follows a linear pathogenic thread from the mildest illness to the most severe condition primarily within the same organ system.

Dr. Hammer's article provides an example of this progression within the Lung organ system through the common cold, influenza, bronchial congestion, pneumonia, asthma, tuberculosis, chronic infection, arthritis, influenza, environmental allergies, chronic fatigue, fibromyalgia, HIV and AIDS, auto immune and other degenerative diseases including cancer.

Significance of HT and circulation

- “Pulse diagnosis of hundreds of cases referred for a wide variety of complaints has revealed defects in Heart function as consistently the most advanced of any organ system. While this is a fact that is always difficult to absorb by students whose TCM training rarely consider this as a factor, even a cursory examination reveals the primacy of the Heart in morbidity and mortality statistics. Heart attack and stroke are the two leading causes of death in this country.”
- (Also consider the effect of emotional shock on the Heart).

Spleen-Stomach

- “If the Spleen Qi is deficient due to constitution, poor eating habits [including unsuitable food, eating rapidly or irregularly], irrational dieting, anorexia and bulimia, or several combined elements, we have a suitable environment for an invasion of an External Pathogenic Influence such as Cold, or of an internal one such as ‘attacking’ stagnant Liver Qi [emotional stress].”
- The result is stagnation and/or deficiency of all the vital substances mentioned above leading the Spleen to all of the stages of excess and deficient Heat and Damp accumulation described in Dr. Hammer’s article.
 - Microwaves, GMO’s, glyphosate and Monsanto, pesticides, etc.

Liver

- Liver related chronic disease states are the outcome of Liver Qi stagnation and deficient Liver Qi and Blood due to external invasion [Damp Heat hepatitis], or to internal factors such as substance abuse, environmental toxins, overwork and prolonged emotional stress with repression, or a combination of internal and external elements.
- Here the Chronic Fatigue shows itself in the inability to recover energy; massive allergies to toxic chemicals; Blood Unclear, etc.

Dr. Hammer's Treatment and Management

ACUPUNCTURE

A. General Principles

1. The first step is to strengthen the middle w/ Digestive formula. See specifics below.
2. The second and simultaneously with the first is to treat trauma and shock even those occurring in utero and at birth. See specifics below.
3. When appropriate, the third is to remove the Cold, remove the stagnation it causes, the subsequent heat and later exhaustion of yin.
4. Restore the deficiency including constitutional
5. Change lifestyle.

B. Specific Interventions

The specific treatment of the *separation of Yin and Yang* for any particular organ, or for *The Qi is Wild*, involves the:

1. Repetitive use of moxa on:
 - Bladder-43, the Deep Disease Point,
 - Conception Vessel-8 (Spirit Gate), on Sea Salt
 - the Uniting-He points--to bring organ and channel together,
 - GV 20 & Sishencong--especially if mind feels clouded
2. Alarm and Associated Effect Points simultaneously--to unite front and back,
3. Source points of the upper and lower segments of the Six Divisions --to unite the top and bottom,
4. P-6 and TB-5 Through & Through, to unite the inside and outside,
5. Connecting [Luo] Points with Akabane to unite the sides and Connect Yin and Yang of the pairs of an element,

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6. Entry-Exit between Yin and Yang channels

*Liv 14-Lu 1
Lu 7 - LI 4
LI 20 - ST 1
ST 42 - SP 1
*SP 21- Ht 1
Ht 9 - SI 1
SI 19- BL 1
BL 67 - Kid 1
*Kid 22 - P 1.2
P 8 - TB 1
TB23 - GB 1
GB 41 - Liv 1

7. Points with the word 'gate' such as:

Liv 13- Chapter [Completion] Gate
Liv 14- Gate [Cycle] of Hope
St-24 Food or Slippery Flesh
SP 12- Rushing Gate
Ht 7- Spirit Gate
Bl 12 Wind Gate
Bl 26- First Gate
Bl-46- [Diaphragm] Gate of Vitality
Bl 47- Spiritual Soul Gate
Bl 51- Vitals Gate
Bl 63- Golden Gate
Ki-21 Dark Gate [profound fear]
P 6- Inner [Pass] Gate
TB 5- Outer [Pass] Gate

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8. Shu points of organ where the Muffled quality and/or Changing Qualities are found on the pulse
9. Scalp Acupuncture
10. Simultaneous needles on CV-1 and GV-20 centers and stabilizes Qi,
11. Extra-meridians for homeostasis, especially:
 - Chong Mai with Upper Kidney Points 23-27,
 - Conception Vessel especially CV-4, 6, 12 and 17,
 - Governing Vessel-- GV-2, 4, 12, 14; and 19 and 20 (for shakiness),
 - Girdle Vessel
12. Constitutional Points [Korean & Japanese]
13. Windows of the Sky to unify the spirit, soul and body, (to be used later in treatment):
 - Specific Windows of the Sky--Bl-10 (Celestial Pillar) for boundaries and energy; and ST-9 (Man Welcome) for spiritual starvation

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General Windows of the Sky:

LU 3 (Tienfu) Possession and mental confusion
spirit of spirit; highest power
LI 18 (17) (Futu) - Support spiritually and
cleansing light - to offset trauma
BL-10 (Tienzhu) - energy
SI-16 (Tianchuong) Real identity - clarity - sorting out
P-1 (male) (Tienchi) Connect - deep spiritual love and warmth
P-2 (female) (Tianquan) - withdrawn - lacking in love and security
TB-16(Jianyu) - Brings warmth; anger; fear; depression; lacking in
warmth
ST-9 (Man Welcome)- spiritual starvation; lack of food -inability
to digest; despair; frustration; anger; anorexia - smothering or
starvation; moxa for low blood pressure
CV 22 - Name builders; families; energy within; endocrine;
stamina; perseverance; build yin
GV 16 - Yang Energy: mental activity; active responsibility;
ability to respond; protection; alertness; clarity of mind. Mind-
spirit out of control, dull or fatigued, fog; hallucinatory

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14. Outer Associated Effect Points

15. Ghost Points

16. Internal and External Devils --to integrate inside and outside and eliminate blocks to that integration.

17. Triple Burner points CV-17 [1-3 moxa cones at most]; CV 12, 10, 7. 5

18. Miscellaneous:

- GB-13 (Root Spirit) draws Essence to the head to treat spirit disorders;
- Bl-37 (Gate of Abundance) centering being in the center of the back,
- Bl- 36 (Support) bears the weight of the upper body
- Sp-7 (Leaking Valley) to control the draining of grain Qi (Essence)
- Sp-12 (Rushing Gate) plus Sp-13, 14, 15 and 16 [grounding, stability and receptivity]
- ST-30, 36, 37 and 39 as `Seas of Nourishment and Blood' to maintain Stomach Qi, the Upright Qi of the body.
- TB-3 is the controlling point for the Internal Duct and controls the digestive process
- TB-2 serves a similar function in controlling water metabolism

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III. HEART

The management of *'The Qi is Wild'* also involves the Heart. The Heart is the *'emperor'* and is the ultimate source of stability for the entire organism.

A. Heart-1 (Highest Spring or Utmost Source) reconnects us with the source (God) to bring balance from chaos.

B. Heart-5 for phlegm misting the orifices

C. Use this and other Heart [Ht-3] and Pericardium points with, entry-exit points Ki-22 and P-1&2, with the Chong Mai:

- Ki-1 (Bubbling Spring) anchoring, for will power and calming the mind
- Ki-2 [Blazing Valley] for will power
- Ki-3 [Greater Stream] to anchor all of the other spirit points
- Ki-4 [Big Bell] a place to store and hold, to gather forces.
- Ki-6 [Shining Sea] Rejuvenate sexual energy; for frigidity with Bl-1 directing energy to the *'third eye'* and with the Upper Kidney points

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D. The UPPER KIDNEY SPIRIT POINTS

These are directly related to the Heart, especially on a mental and spiritual level. They help arouse the person into awareness, secure the spirit back into the self, and the body from dissociated states of any degree, and help the inner being to express itself outwardly (which I associate with Heart Yang).

- 21-(Dark or Secret Gate, Gate of Hades) to open awareness to old dark fears and terrors which the person cannot face. Also for problems with the pylorus.
- 22-(Walking Corridor) for despondency and isolation, and for feeling free, used with WOS P-1, 2 also as Exit-Entry Points.
- 23-(Spirit Seal, Mind Seal) where there is no `will to live'. It is akin to a storehouse for the spirit used to help a person who is experiencing terror and having difficulty maintaining the feeling that `the spirit is with me and I am at one with God, that I can hold what is mine inside. (This point is similar in action to KI-27 except that it is less powerful especially on a physical level. Often they are used together.)
- 24-(Spirit Burial Ground, Ruin) resurrects the spirit of people in whom the spirit has died. It is also useful for people who cannot let go of the grief for a person they have lost.

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- 25-(Spirit Storehouse, Mind Seal) is like a reservoir of fluid flowing over and refreshing us. This point helps to get through a difficult time when identity and a sense of purpose is emergent and has not yet crystallized. It is used also to seal a treatment.
- 26-(Amidst Elegance, Other as a Center) The energy of this point moves a person more gently towards change than some of the more insistent ones like KI-27. The direction can be in any of the already discussed terms such as the search for identity, or drive. It says that it is "all right to change" rather than "you must".
 - This point is said to put people whose illusions have been shattered back in touch with the grace and current of life restoring internal harmony.
 - It is also used for people who experience both anger and anxiety simultaneously.
- KI-27 (Transporting Point Mansion, Store House) is the storehouse for all energy including physical, mental and spiritual. It provides considerable power to all endeavors and adds the zest to these activities which give them life and excitement such as 'team spirit'. Others claim this point to enhance compassion and the connection to all people, we and the universe are one. (This concept fits with my own for the function of Kidney Yin energies.)
 - Still others use this point more specifically for strengthening the adrenals and sexual energy for people who do not have access to it, used to treat impotence and frigidity.
 - This point also has the opposite effect under adverse circumstance when it is in the interest of survival that a person be able to dissociate and have his spirit leave their body.

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IV. Trauma and Shock

Experience has now shown that treating physical trauma and emotional shock before other interventions goes a long way to reuniting Yin and Yang, and often precludes more extensive intervention. Physical trauma has a profound effect on circulation that then is a stress on the heart.

Shock has a profound effect on the Heart, decreasing its ability to control the circulation. In either case less blood is delivered to the tissues, and over time function is significantly diminished.

See Webinar on the Diagnosis and Treatment of Heart Shock next month.....

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Other

- Dr. Shen's `Qi Wild' formula
- The single most important herb and class of herbs for the `Qi is Wild' condition in my experience is CINNABAR and the class of CALM THE SPIRIT HEAVY HERBS which along with the ASTRINGENT HERBS are heavily represented in Dr. Shen's formula.

DR. SHEN'S QI WILD FORMULA

- Dang Shen Radix Codonopsis 10g
- Huang Qi Astragalus 10g
- Sang Ji Sheng Loranthus 12g
- Si Gua Lou Fasc. Vasc. Luffae 6g
- Yuan Zhi Rx. Polygalae 6g
- Wu Wei Zi Fr. Schisandra 2g
- Mai Men Dong Rx. Ophiopogonis 10g
- Duan Long Gu Os Draconis 18g charred
- Duan Mu Li Concha Ostrea 18g charred

