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## Small Heavenly Circuit: *Featured acupuncture points*

**Xia Dan Tian:** CV-4, also called Guan Yuan. It is located in anterior midline, 2 inches below the belly button. It is the passage way of original Qi, the place where original qi is stored. It is the gate through which everything passes. It is a very powerful energy source and it strengthens the whole system. It works on a very deep level, bringing peace of mind. It regulates and moves blood and Qi in the Lower Jiao (lower portion). It must be unencumbered, able to open and close easily to let the energy flow along the meridian.

**Hui Yin:** Center of perineum, between anus and vagina; on men it is approximately 1/2" anterior of the anus. The name means "meeting of Yin" which is reminiscent of the fact that this point on the conception vessel (CV-1) is the intersecting point of the governing, conception and penetrating meridians. This is a point in which Yin Qi gathers; hence it's called the Meeting of Yin. It's anatomical opposite point is Bai Hui (GV-20) on the top of the head; this is the point at which Yang Qi gathers.

When the conception vessel is deficient a person is unable to be in their "being" – a restful calm state. They can't settle and be at peace, are restless, agitated, driven and yin deficient. CV-1 is the master point of the whole body. Treatment at Hui Yin affects the balance between Yin and Yang and all the junction points, and is used to resurrect the spirit. It can be used when a person's spirit is drowning. People can drown mentally, be depressed, withdrawn, disconnected. This point helps a person take responsibility for being here in this life, to bring a person back to Earth.

**Ming Men:** GV-4; Located on the posterior midline of the body, below the spinous process of the 2<sup>nd</sup> lumbar vertebrae. The life essence is located in the area below the navel and is sometimes equated with the womb in females and the palace of essence in males.

"Life Gate" – This is a gate which works to keep balance between body and mind. If it is either closed or left permanently open, life is threatened. It is also called gate of destiny as it brings a person to a new level of consciousness about their sense of what life is about. This point effects the whole body and mind, bringing back the childlike sparkle, joy of living, uplifting the Spirit and for putting life back in. It also activates the essence in the kidneys, helping the adrenals, testes, and ovaries.

**Da Zhui:** GV-14; Located between the spinous process of the 7<sup>th</sup> cervical vertebra and 1<sup>st</sup> thoracic vertebra, on the posterior midline of the body. Called the “Great Hammer” and “Hundred Taxations”. The 7<sup>th</sup> cervical vertebrae was traditionally called the “great hammer.” This is the meeting point of all 6 yang channels and the governing vessel.

This is the power house of the body. It can revitalize and restimulate the energy of the body and mind. This point gives a general shake-up. It can be a “thump” to get things going. It can be very important for neck pain and for external wind invasion (leading to colds, respiratory infections, acute illnesses, etc.) This is a very important point for fevers. It has the ability to treat deficiency and exhaustion of the whole body manifesting as a lack of strength. It benefits the entire spine.

**Bai Hui:** GV-20; “Hundred Convergence”. Located in the midline of head, 5 inches behind the anterior hairline and inline connecting ear lobes and apex of ears. This point is the intersection of all yang channels with the governing vessel. It is the point where yang converges at the head. In Chinese the number one hundred stands for many; thus the meeting of many channels is called Hundred Convergences. Also, the numerous bones of the skull all meet at this point.

This point helps pull everything together in a treatment. It clears the mind and lifts the Spirit. It provides the perspective of what life is about as both an individual and as part of the community of human beings. It moves the person forward to a different level of understanding and being. It helps one access the ancestors who have wisdom and knowledge.

**Yin Tang:** This is an extra point not ascribed to the governing vessel. It is located between the eyebrows in the area ascribed to the third eye by many traditional cultures. It is the location of the upper dantian. It is a powerful and effective point to calm the spirit, helping with insomnia, anxiety and agitation.

**Que Qiao:** Located midline slightly above the philtrum of lip. It is frequently referred to as Human Center. The three basic components of the Chinese universe are Heaven, Man and Earth. The nose receives the five qi from heaven and mouth receives the five savors from the earth. Located between the nose and the mouth, this point can thus be likened to humankind, which stands in the center, between heaven and earth. It goes to the very Heart of the heart and soul of the soul. Very potent point and helps with resuscitation. Helpful for mental disorders, it helps restore wholeness to the Spirit.

**Dan Zhong:** GV-17; Located on the anterior midline on the sternum, between the nipples. It is called Chest Center and is the meeting point of Qi.

This is the Imperial Palace, the place where the Heart resides. It is the Temple of Heaven within our body, where energy can be gathered and transmitted. It is a sacred place full of power which allows communication to radiate out from the Supreme Being to the whole of the body and the rest of the world. It is a sea of energy, circulating spirit and Qi, spreading joy through the kingdom of the body. It is especially important for the upper portion of the body.