I. PERICARDIUM YIN
   A. Pericardium Yin Deficiency
      1. General problem
         Cannot protect self in relationship and life
         Easily dominated
         Afraid to assert and defend self
         Armor superficial – easily collapsed
         Cognition dominated and drained by flawed defenses
      2. Specific Issues to resolve
         General strategy
         Fear of confrontation and lack of self-confidence and ability to stand up to world
         Reduce fear with by withdrawal
      3. Intervention
         a. Phase
            i. Management-Formulation
               o Nourish Pericardium Yin
               o Nourish Liver: yin & yang
               o Nourish Wood in Pericardium [Phase within Phase]
               o Balance Yin and Yang within the luo point of Hollow to Luo point of solid organ + source point
                  • SJ- 5 thru to P-6
               o Kidney-Heart Points re: fear
            ii. Management-Implementation
               1). Acupuncture
                  a). Nourish Pericardium Yin
                     • Chong Mai + Yang Qiao
                     o How you stand up to the world
                     o SP- 4, KI- 11, UB- 40, KI- 1, UB- 62
                     • P-1, 2: Nourishes Blood
                     • CV-17 : Mu Point
                     • BL 14, 43
                  b). Nourish: Wood Point in Pericardium
                     P-1 [Wood (Chen Mother)]
c). Nourish Fire Point in Pericardium
   P-2 [Fire within Fire]
   Afraid of what is outside
   Disoriented-

d). Nourish Wood Point in Wood
   Liv-1

e). Balance Yin and Yang within the Concerned Phase
   
   • Luo Points: SJ- 5 thru to P-6

f). Kidney-Heart Points re: fear
   P- 8 w/ Kid- 2, 10, 21
   Do not have resources to handle situation

g). Other
   Extra Channels
   Yin Wei: builds Yin & Blood hereby tonifying the Heart

2). Herbs
   See Below

B. Pericardium Yin Excess

1. General problem
   Heart closed – alone
   Excessively defensive
   Vengeful

2. Specific Issues to resolve
   General strategy
   Open Heart
   Reduce fear [Combats fear through aggression]

3. Intervention
   a. Phase

   i. Management-Formulation
      o Reduce Pericardium Yin Excess within phase
      o Control Pericardium Yin Excess through `controlling cycle' [Ko]
        ▪ Build Water Yang to control-balance Concerned Phase Yin Excess
      o Control excess Yin of Pericardium through the `insulting cycle'
      o Build Metal Yang to control-balance Concerned Phase Yin Excess
      o Balance Yin and Yang within the Concerned Phase [Solid-Hollow Organs] using Luo of Solid Organ to Luo of Hollow organ
        ▪ I question draining the Solid Organ
• P- 6 thru to SJ-5

ii. Management-Implementation

1). Acupuncture

a). Reduce Yin Excess

P-5: removes HT phlegm
Chong Mai: moves Qi & Blood

b). Build Kidney Yang

1- [Bubbling Spring]
   will power and calming the mind in anxiety & hypomania
   Courage

2- [Blazing Valley] for will power

3- [Greater Stream] to anchor all of the other spirit points

4- [Big Bell]
   A place to store and hold, to gather forces & to lift the spirit
   Strengthen will power
   Eliminate Fear- Promote Self Esteem

10- Increases ability to `flow' in all aspects of life

21- [Dark or Secret Gate, Gate of Hades]
   To open awareness to old dark fears and terrors that the person cannot face.

23-[Spirit-Mind Seal] (w/ KI- 5- Accumulation Point)]
   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.)

KI 26 - gentle push

KI-27 [Transporting Point Mansion, Store House]
   This point 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'.

Strong Push [especially combined with KI- 3
Still others use this point more specifically for strengthen the adrenals and sexual energy for people who do not have access to it and use it to treat impotence and frigidity.

UB-1
Balance of Yin & Yang through Yin Qiao Mai
UB- 23 w/ Bl 52
Tonifies Kidney especially Will Power [Zhi]
UB-31-34: tonify Kidney and body
UB-43 [Deep Disease Point]-rich for the Vitals
Joyful confidence
UB-62: For awakening & awareness
Ren- 4 w/ moxa
Ren 6 w/ Moxa
Ren-8 w/ Moxa
DU- 4 [Mingmen]
Tonify Kidney Yang
DU- 14
Tonififes Yang [Meeting Place of 6 Yang]
Get person going or slow them down- inertia
DU-16, 20 are Seas of Marrow is beneficial for the Central Nervous System.
GB -13
Gathers essence to the head and with Ren 4 to strength will power and calm shen
P-8
Palace of weariness
Weariness from constant striving
Plum Blossom
a. Lower back lumber & sacro-coccygeal; inguinal; lower abdominal & upper margin of symphysis pubis
b. SP-6; CV-4,6,12; GV-4,14,20
Window of the Sky
BL-10 [Heavenly Pillar] for mental energy
A glimpse of your real identity; so that all else assumes real proportion; and easy to sort out.
  o SI-17 is similarly use; though not a Window.
GV-16 [Wind Palace]
• Reunion of w/ Bladder.
• Sea of Bone Marrow.
• Large effect on mental activity.
• Wind = spirit (also SI 12 Grasping the wind).
• Deals with Yang energy, activity, responsibility, ability to respond, protection, alertness, clarity of mind, sense of vision/dream.
• For mind-spirit out of control, or fatigued, fogged.

Blocks
CV-GV

2). Herbs
   Right Returning
   Vitality combination
c). Build Metal Yang to control-balance Concerned Phase Yin Excess
   1). Large Intestines
      LI-, 1: Horari Point
      LI- 2: Relieves constipation by moving water up to balance Heat
      LI- 4: Harmonizes ascending and descending Qi
      LI- 7: Accumulation Point; regulates Blood flow in LI and warming aspect
      LI- 10: Moistens and moves Qi in LI
      LI-16: Moves the Qi down
   2). Lungs
      LU- 2: Old Grief Stagnating in the Lungs
      Lu- 3: WOS-Forgiveness; possession by family; sense of deep unworthiness; let go of sadness
      LU- 4: The here and now
      LU-5: harmonizes Stomach and Large Intestine; causes LU Qi to descend
      LU-7: Grief and sadness
      LU- 9: [Greater Abyss] to clear out grief [for his Lost Self or Involutional Depression]
      LU-10: removes strong Heat
   3). Other
      KI- 18: Constipation
      KI- 24: Cannot let go of the grief for a person they have lost
      P- 4: Old bitterness in heart
GV- 12: Difficulty w/ Change [w/ moxa]
SI- 1: Parts of ourselves and past that we cannot let go of
SI- 3: Helps clear mind to make difficult decisions
SI- 9: Helps with confusion associated with change
SP-15: tonifies Spleen’s function of transportation re: constipation
ST- 13: Hesitates to let go
TB- 6: Constipation
BL-13: Difficulty w/ Change [moxa] with GV-12 & BL-43
BL-25: Improves LI function for diarrhea or constipation w/ BL 20
BL-42: "Heat & descends Qi

Blocks
i. Internal Devils
   i. Possession by family and need for approval-controlled from elsewhere
   ii. Growth and concept of personal growth is blocked
ii. Entry-Exit to air out the old energy and allow change
   LI-20 & ST-1 [Receive Tears: to help people let go and especially cry, in this instance for his lost self. (Cotton Quality on pulse)].
   SP-21 & HT-1: to clear out the old

Formulae
i. Help a person extend themselves beyond where they are
   Distal Points on Upper Extremities
ii. Tonify Gathering[ Zong] Q i: LU-9 and CV-17
   iii. "Filling the Earth to Generate Metal": LU- 1 & ST- 36 & SP- 3:
   Five Phases- Outer A.E.P.& Accumulation Pt.
   BL-42 and LU-6 that releases the Po (Inferior soul) that is the propelling force, the basic energy from the cosmos that we identify with the 'dark' unconscious forces or 'instincts' (life force is real translation of Freud's libido).

   d.) Balance Yin and Yang within the Concerned Phase [Solid-Hollow Organs] using Luo of Solid Organ to Luo of Hollow organ
   P- 6 thru to SJ-5
   e). Extra Channels
   Governing Vessel
   Individualization; DU- 4, 14 [Upright Posture

2). Herbs
II. PERICARDIUM YANG

A. Pericardium Yang deficiency

1. General problem
   • Poor synchronization, timing and integration
   • Poor timing
   • Presentation dispersed and poorly received

2. Specific Issues to resolve
   General strategy
   Reinforce Pericardium Yang to improve precision, direction, thrust appropriate time of expression and communication

3. Intervention
   a. Phase
      i. Management-Formulation
         o Nourish Pericardium Yang
         o Nourish: Wood point in Pericardium
         o Nourish Wood Point in Wood [Phase within Phase]
         o Balance Yin and Yang within the Concerned Phase [Solid-Hollow Organs] using luo point of Hollow to Luo point of solid organ + source point
         o P- 6 thru to SJ-5
      ii. Management-Implementation
         1). Acupuncture
            a). Nourish Pericardium Yang
               P-1, 2: Nourishes Blood
               P- 2: Afraid of what is outside
               CV-17 : Mu Point
               BL 14, 43
            b). Other
               i). Nourish: Wood point in Pericardium
                  P- 1
               ii). Nourish Wood Point in Wood [Phase within Phase]
                  Liv- 1
iii. Balance Yin and Yang within the Concerned Phase [Solid-Hollow Organs] using luo point of Hollow to Luo point of solid organ + source point
   P- 6 thru to SJ-5

2). Herbs
   See below

B. Pericardium Yang Excess
   1. General problem
      o Style over substance
      o Apparent activity – not real
      o Obsessive with precision
      o Emptiness and loneliness - dislocated relationships
      o Lack flexibility and mobility when required to act spontaneously
   2. Specific Issues to resolve
      General strategy is to bring balance between Pericardium Yin and Yang primarily by controlling Yang and slightly reducing Pericardium Yang excess
   3. Intervention
      a. Phase
         i. Management-Formulation
            o Reduce Pericardium Yang Excess [Minimally]
            o Control Pericardium Yang Excess through enhancing Kidney Yang [Control cycle]
            o Control excess Pericardium Yang through the Metal [Insulting cycle]
            o Balance Yin and Yang within the Concerned Phase [Solid-Hollow Organs] using luo point of
               Solid to Luo point of Hollow organ + source point
               SJ- 5 thru to P-6
         ii. Management-Implementation
            1). Acupuncture
               a). Reduce Pericardium Yang Excess [Minimally]
                P-3: calms mind w/ anxiety by clearing Heat
                P-4: calms HT re: rhythm
                P-5: calms HT re: Heat & Phlegm
                P-6: calms Shen; moves Qi & Blood
                P-7: Calms Shen especially in women; phlegm
                P-8: clears Heat
                P-9: " and opens orifices
                Chong Mai: moves Qi & Blood
BL-51: moves Qi between Heart & Diaphragm

b). Build Kidney Yang

1. [Bubbling Spring]
   will power and calming the mind in anxiety & hypomania
   Courage

2. [Blazing Valley] for will power

3. [Greater Stream] to anchor all of the other spirit points
   Tonifies Yang

4. [Big Bell]
   A place to store and hold, to gather forces & to lift the spirit
   Strengthen will power
   Eliminate Fear- Promote Self Esteem

7. [Returning Current] Tonifies Yang most powerfully

10. [Yin Valley] Increases ability to `flow' in all aspects of life

21. [Dark or Secret Gate, Gate of Hades]
   To open awareness to old dark fears and terrors that the person cannot face.

23. [Spirit, Mind Seal] (w/ KI- 5- Accumulation Point]
   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.)

KI-23 with KI-5 for courage, will power & hopeless depression

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Tonifies Kidney especially Will Power [Zhi]

UB-31-34: tonify Kidney and body

UB - 43 [Deep Disease Point]-rich for the Vitals
Joyful confidence

BL-52 [Zhi Shi- Will Power Room (Chamber)]
Will = determination translated into action

UB-62: For awakening & awareness

Ren- 4 w/ moxa
Ren 6 w/ Moxa
Ren-8 w/ Moxa

DU- 4 [Mingmen] w/ Moxa
Tonify Kidney Yang

DU- 14
Tonifies Yang [Meeting Place of 6 Yang]
Get person going or slow them down- inertia

DU-16, 20 are Seas of Marrow is beneficial for the Central Nervous System.

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Weariness from constant striving

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upper margin of symphysis pubis
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- Wind = spirit (also SI 12 Grasping the wind).
- Deals with Yang energy, activity, responsibility, ability to respond, protection, alertness, clarity of mind, sense of vision/dream.
- For mind-spirit out of control, or fatigued, fogged.

TB- 3, 4: Childhood Malnutrition
Block

CV-GV

c). Build Lung Yin and Yang
i). Yin Deficiency
   LU- 1: tonifies Lung Qi and Yin; descending function of Lung Qi-Kidney
   LU-6: Accumulation Point activates the Qi.
   LU- 7: Survival; Luo point brings Yang energy from the Large Intestine
   LU- 9: tonifies Lung Qi and Yin; ability to change
   LI- 4: Dispersing function of Lungs with LU- 7
   BL- 13: Tonifies Lung Qi and Yin
   BL- 42: Outer Bladder Spirit point is more Yang than the inner Bladder Point
   BL- 43: Tonifies Lung Yin and Qi; stimulates the mind; promotes essence
   P- 8: for transformation
   GV- 12: Tonifies Lung Qi

Other
   Tonify Gathering[ Zong] Qi: LU-9 and CV-17
   Filling the Earth to Generate Metal": LU- 1 & ST- 36 & SP- 3:
   Constitution (Japanese)
   LU-7
   LI-4, 11

ii). Lung Yang Deficiency
   LU- 2: Old Grief Stagnating in the Lungs
   Lu- 3: WOS-Forgiveness; possession by family; sense of deep unworthiness; let go of sadness
LU- 4: The here and now
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BI-42: " Heat & descends Qi

d). Balance Pericardium Yin and Yang
   SJ- 5 thru to P-6

C. Herbs
  Salvia                     Dan Shen
  Sulphur                   [external]
  Cyperus                   Chuan Xiang
  Fritillaria thunbergli   Zhe Bei Mu
<table>
<thead>
<tr>
<th>Bupleurum</th>
<th>Chai Hu</th>
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<td>Mu Xiang</td>
<td>Sausseria</td>
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