FIRE: TRIPLE BURNER MANAGEMENT & TREATMENT

I. TRIPLE BURNER YANG-ESSENCE

A. Triple Burner Yang-Essence Deficiency

1. General Problem
   Does not reconcile and integrate dark and light side – discordances.
   Disharmonious in most aspects of life including social due to misperceptions

2. Specific Issues to resolve
   Enhance the capacity to integrate and harmonize

3. Specific Phase Methodology for Triple Burner Yang-Essence Deficiency
   Within the Generating-Controlling Cycle

   Needle the Tonification and Yang-Essence points of the Triple Burner
   TB- 3 [Tonification Point]
   TB- 4 [Yang-Essence Point]

   - Needle the Sedation and Yang-Essence points in the Gallbladder
     [Shang cycle]
     GB- 43 [Sedation Point]

   - SJ- 5 thru to P-6 for general balance of Yin-Essence and Yang-Essence

4. Channel-Herb Treatment for Triple Burner Yang-Essence Deficiency
   a. Management Formulation
      i. Nourish Triple Burner Yang-Essence
      ii. Nourish Gallbladder Yang-Essence
      iii. Encourage Bonding

   b. Management Implementation
      i. Nourish Triple Burner Yang-Essence

1). Acupuncture
   a). Triple Burner Points Spirit Points
      i). Individual Spirit-Mental-Emotional Points
         TB- 1: establishing one own grounding against all interference
         TB- 3: Controls ‘Internal Duct’ –
         transformations of food into Qi, Blood
         TB- 4- Return to Calm; Helps Yang rising with thoughts getting to head
         TB- 5 –
         lack of or excess initiative, warmth, affection
boundaries in broken relationships
violent fear, suspicion, anxiety
deep depression
calms Shen
TB- 10 - mental calming; “Serene Tranquility”
TB-11:
  Stuck; helpless
  Compassion and warmth
TB- 12: depression; mood swings
TB- 16: WOS [see below]
TB- 21: Enhances Will Power
TB- 22: Relax Mind
ST- 11: Communicate creativity to world through relationships

ii). De le fuye - Lawson Wood
  o Perfect Love: TH5
  o Social Clarity: Median. On the point of the spinous process of the second dorsal vertebra
  o Sexual Balance: CV- 7 [Triple Burner Shu point for the Lower Burner]

iii). Balance Triple Burner:
  1)). Up and Down
    a)). Using TB points on CV channel and the TB Mu points
       CV-17, 13, 12, 10, 7 and the Mu point CV-5 with the Dai Mo or Yang Wei
    b)). To:
       a). Balance the energies of the three burners and thereby improve circulation
       b). Stop the ascendance of rebellious Stomach Qi.
       c). CV- 7 [sexual balance]

  2)). Front and Back
     Mu point: CV- 5
     Shu point: BL- 22

  3)). Inside-Outside
TB- 5 to P- 6
iv). DRRBF: [Yin and Yang- Excess & Deficiency]
a. Yang Deficient
TB- 3: Controls ‘Internal Duct’ – transformations of food into Qi, Blood
TB- 4: Source
BL22; BI- 51: Back S

2). Herbs
Cyperus [Xiang Fu]
Fritillariae Thunbergii [Zhe Bei Mu]
i). Nourish Gallbladder Yang-Essence
1). Acupuncture
GB- 1 [Pupils Bone Hole]
Meeting Point with Triple Burner
Ameliorate anger
See things with clarity
GB- 11 [Head Portals Yin]
Assimilate the emotional world and enhance the ability to express the inner world.
GB- 25 [Capital Gate]
Front Mu Point of Kidney
GB- 26 [Girdle Vessel]
Starting Point of Dai Mai
GB 27 [Five Pivots]
Upright Posture of Five Pillars
GB- 30 [Encircling Leap]
Tonifies Qi [and Blood]
Helps to open the Dai Mai [with cupping]
GB- 35 [Yang’s Intersection]
Where Yang comes together
GB- 40 [Hills Ruins]
Tonifies GB; especially mental aspect.

2). Herbs
Calm Spirit and Stop Fear Decoction[ An Shen Ding Zhi Tang]

iii). Encourage Bonding
1)). P- 8 [Palace of Labor]
Transformation [to new bonds]
2)). Spleen Points that Nourish Yin and Blood
SP- 3 [Great White]
Tonifies Spleen
Major point affecting Lungs
Enhances memory & mental clarity

SP- 6 [Three Yin of the legs]
Tonifies Yin and blood
Calms the mind w/ blood or Yin-Essence deficiency especially blood [Heart Blood deficiency] causing insomnia

SP- 9 [The Mound Spring]
Production of Blood

SP- 10 [Sea of Blood]
Tonifies and takes Heat out of Blood

SP- 12 [Penetrating Gate]
Tonifies Yin
Blood reaches Chong Mai

3)). Stomach Points
ST-30 [Surging Qi]
Tonifies Yin thru Kidney Essence

ST- 33 [Yin Market]
Tonifies Yin-Essence

St- 36 [Leg Three Miles]
Tonifies entire body blood

ST-37,39
Sea of Blood

ST- 43 [Deep Valley]
Tonifies Spleen

4)). Other Channel Points Earth Yin deficiency
TB- 3 [Cental Islet]
Transforms Gu Qi to postnatal Qi- used with Spleen points

TB- 4 [Yangs Pool]
Tonifies Stomach and Spleen for production of blood
Regulates Stomach
Fluid transformation;

UB- 20 [Spleen’s Shu]
Nourishes Blood
Tonifies Spleen and Stomach

UB- 43 [Fatty Vital Hollow]
Nourishes Essence
The Deep Disease Point
UB- 49 [Abode of Thought]
  Tonifies mental aspect of Spleen
  Associated with Heart Blood that controls the mind

5)). Nourish Blood [in addition to above]
Liv 8- [Curved Spring]
  Tonifies Liver Yin and blood
Liv 10 [Foot Five Measures]
  Connection with Chong near Stomach 30
UB-11 [Great Shuttle]
  Sea of Blood
  Tonifies blood and marrow
UB- 17 [Diaphragm’s Shu]
  Sea of Blood
  Tonifies blood

Seas of Blood
  Chong Mai + Bl11, 17; St 30, 37, 39; GB-39;
UB 43- [Fatty vital Hollow]
  Nourishes Essence
  Deep Disease Point- [Moxa]

Back Shu Points
  Moxa all Shu points [except Bl- 18] and DU 4, 6, 9, 12, 14; especially Bl 22

6)). Further Points for Earth Yin-Essence Deficiency
a)). Seas of Nourishment
  ST- 30, 36 [Food]
  ST- 9
  Ren- 17
  Du- 14,15
  UB- 10
  Ren- 6,12 [Moxa]
b)). Doorways to the Earth
  Ren- 1, 4; St- 30; Liv- 12; KI- 11; UB 40; UB- 35;
  GB- 30; DU- 1, 4; SP- 12
c)). Drying out –Leather quality
  Lu- 9; SP- 3; St- 36; SP- 12
d)). Homeostatic Channels
  Ren Mai
    Bonding, dependency, maternal nourishment
    Loving
Complete within oneself
Ren is the "Sea of Yin"
Chong Mai
Sea of blood
e)). Meeting Points
   Sp- 6 [Three Yin-Essence of the legs]
   LU-1 [Central Treasury]
   Spleen & Lung
f)). Outer A.E.P.
   UB-49 [Thought Dwelling, Shelter] with Spleen
   8 [Earth Pivot-Accumulating Point]
   Obsessions
   Memory and concentration [short term to study]
vii. WOS
   ST-9 [People Welcome]
   Help people find a new level of function
   on earth
viii. Constitution
   Sp- 6, 10; ST- 25, 36, 44, 45
7)). Enhance Yin [Lungs]
   Transforming and Expanding Bonds)
   LU-1 [Central Treasury]
   Tonifies Lung Qi and Yin; descending function of
   Lung Qi-Kidney
   LU-6 [Channel Ditch]
   Accumulation Point activates the Qi.
   LU- 7 [Broken Sequence]
   Survival; Luo point brings Yang energy from the
   Large Intestine
   Grief and sadness
   LU- 9 [Great Abyss]
   Tonifies Lung Qi and Yin; ability to change
   BL-13 [Lung’s Shu]
   Tonifies Lung Qi and Yin
   Difficulty w/ change w/GV 12, BL 43
   BL- 42 [Corporeal Soul]
   W/ LU 6
   o Release 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 a real translation of Freud’s libido).

- Coping mechanisms for problems with fear of these `dark' forces may include obsessions and a preoccupation with possessions.

B. Triple Burner Yang-Essence Excess

1. General Problem

There is an over-emphasis on the integration of the parts to the detriment of the development of the separate parts.

2. Specific Issues to resolve

Reduce the integrative aspects of function and balance with energy directed towards the development of the parts.

3. Specific Phase Methodology for Triple Burner Yang-Essence Excess Within the Generating-Controlling Cycle

- Reduce Excess through the ‘control’ and ‘insulting’ cycles
- Needle phase point of ‘controlling’ and ‘insulting’ phase in Triple Burner Phase
  
  TB- 2 [Triple Burner Water Point]
  TB- 1 [Triple Burner Metal Point]

- Needle horary point, tonification point and Yin-Essence point of ‘controlling’ phase
  
  UB- 53, (43) [Bladder Yin Essence Points]]
  Ki- 4; Ki- 3 [Kidney Luo and Source Point]
  P- 3 [Pericardium Water Point]
  TB- 5, TB- 4 [Triple Burner Luo + Source Point]

- Needle horary point, tonification point and Yin-Essence point of ‘insulting’ phase
  
  LI- 10 [Large Intestine Yin-Essence Point]
  LU- 7, 9 [Lung Luo and Source Points]
  Ki- 7 [Kidney Metal Point]
  P- 3 [Pericardioim Water Point]
  TB- 5, TB- 4 [Triple Burner Luo + Source Point]

4. Channel-Herb Treatment for Triple Burner Yang-Essence Excess

a. Management Formulation

i. Build Water Yin-Essence [‘controlling cycle’ [Ko] to control-balance Triple Burner Yang-Essence Excess]
ii. Build Metal Yin-Essence [‘insulting cycle’] to control-balance Triple Burner Yang-Essence Excess
iii. Reduce bonding in the service of harmony between the endogenous with the exogenous aspects of life.
iv. Increase the boundaries between the parts
b. Management Implementation
   i. Build Water Yin-Essence [‘controlling cycle’ (Ko) to control-balance Triple Burner Yang-Essence Excess]
      1). Acupuncture
         a). Kidney
            KI-1- [Bubbling Spring]
                Calming the mind in anxiety & hypomania
                Courage
            KI- 2- [Blazing Valley] for will power
            KI- 3- [Greater Stream]
                To anchor all of the other spirit points
                Nourish Yin-Essence, Yang-Essence, Qi-Essence and Essence
            KI 4-[Big Bell]
                A place to store and hold, to gather forces & to lift the spirit
                Compassion
                Communicate with Heart through P-3, 6, 8
            KI- 6 [Shining Sea]
                Calms Shen by nourishing Yin-Essence-Essence
            KI 9: [Guest Building (House)]
                • Calms the mind w/ anxiety, restlessness, chest oppression & palpitations w/ HT-KI not harmonized.
                • Ability to step outside of oneself and bear witness to self
                • Observer of ones own reactions
                • Calms Shen
                • Phlegm disturbing the Heart
                • Communicates between Kidney and Heart
                • Cry and laugh for no reason
                • Neurosis from past experience
            KI- 10 [Water Point of Water]
                Tonifies Kidney Yin
                Increases ability to ‘flow’ in all aspects of life
KI- 15 [Central Flow]
Nourishes Kidney Yin-Essence

KI- 16 [Vitals Transporting Hollow]
Connects Heart and Kidney
Calms the mind by bringing Yin-Essence
to the Heart thru UB- 43

ib). Bladder
UB- 53, (43)

2). Herbs
Left Returning
Lotus Stamen
Yin-Essence and Yang-Essence Essence
deficiency
Linking Decoction [Yi guan Jian]
Ginseng and Zizyphus [Tian Wang Bu Xin Tang]

ii. Build Metal Yin-Essence ['insulting cycle'] to control-balance

Triple Burner Yang-Essence Excess

1). Acupuncture
LU- 1 [Central Treasury]
Tonifies Lung Qi and Yin
LU- 2 [Cloud Gate]
Old Grief Stagnating in the Lungs
Lu- 3 [Celestial Storehouse]
Window of the Sky
Forgiveness
Possession by family
Sense of deep unworthiness
Let go of sadness
LU- 4 [Guarding White]
The here and now
LU-5 [Channel Ditch]
Accumulation Point activates the Qi
Moves Yin
LU- 9 [Great Abyss]
Tonifies Lung Qi and Yin
Ability to change

2). Herbs
Lily Combination [Yin-Essence-Jing deficiency]

iii. Reduce Bonding in the service of harmony between the
endogenous with the exogenous aspects of life.
P- 8 [Palace of Labor]
Transformation [to new bonds]
SP-1: eliminates phlegm
SP-3: moves damp
SP- 6: moves damp
Sp- 8: moves damp and channel obstruction
SP- 9: moves damp
SP-10: moves Blood
SP-11: Moves damp from head
SP15: Resolves damp with mucous in stools
SP-19: excess Zhong qi [causing anxiety]
SP-20: transforms phlegm

Stomach
ST-25: Phlegm-Fire in the ST
ST-29: Moves damp
ST-34: Moves damp
ST-37: Damp Heat [Intestines]
ST-39: Eliminate Damp Heat [Urine]
ST-40: Reduces phlegm [primary point for this purpose]

iv. Increase the Boundaries between the parts
P-6 [Inner Border Gate]
  Allows heart to regulate boundaries
CV-4 [First Gate]
CV-5 [Stone Gate]
GV-4 [Gate of Life]
SP-5 [Metal’s Note Hill]
  Strengthens Boundaries w/ loss of boundaries
  Regulates the Large Intestine
SP-11 [Basket Gate]
SP-12 [Rushing Gate]
ST-16: Keeps things in boundaries; ‘Leaking Gut’ Syndrome
ST-21 [Bridge Gate, Beam Door]
ST-22 [Gate Door, Border Gate]
BL-12 [Wind Gate]
BL-42 [Soul Door]
BL-46 [Diaphragm Border]
BL-47 [Spirit Soul Gate]
KI-21 [Dark Gate]
TH-2 [Fluid Door]
TH-21 [Ear Door]

v. Primary Channel Points Building Yin-Essence
Liv-8 [Curved Spring]
Nourish Yin-Essence and Blood
SP- 6 [Three Yin-Essence Crossing]
   Yin-Essence and Blood
SP- 12 [Penetrating Gate]
   Tonifies Yin-Essence
ST- 30
   Crossing point of Chong, Du and Ren Mai
   Where Qi-Essence enters Chong Mai
   Tonifies Kidney [Liver] Essence