



Palace of Transformation

Selected TFH Acupuncture Point Metaphors

By Matthew Thie

In TFH we use a variety of touch reflexes to improve the flow and balance of life energy, most readily noticed in the shifts in the muscles responses and posture, as well as mental and emotional functions, and general vitality. Although we might do a holistic 14-muscle/meridian balance without mentioning a single meridian name, and perhaps only using Spinal Reflexes and a few Neurolymphatic points, The central concept, and much of our theory and technical procedures, derives from Traditional Chinese Medicine (TCM). As with the great spread and practical effectiveness of “EFT”, it is not necessary to know the names of meridians or specific acupuncture points (whether tapped individually or held in pairs to elicit their Five-Element relationships) in order to observe changes in muscle response and often profound shifts in our posture, attitude and energy.

However, we do have certain names we use, some based on concepts original to Applied Kinesiology, and some directly from acupuncture (Such as Switching Points from AK, or Kidney 27 (K27), from acupuncture). Although many of us may be familiar with certain point numbers, like K27, we may not be aware that each of these points has it’s own name, such as *Shu Fu*, roughly translated as “*Transformation Palace*”.

Grasping the Wind

Although I have used a lot of my own creative interpretations of the functions of the related meridians at certain points, and searched various books and internet sites to find clues about interpreting each point name, I have relied primarily the book, ***Grasping the Wind, an exploration into the meaning of Chinese acupuncture point names*** by Ellis, Wiseman and Boss, (Paradigm Publications 1989) who provide the Chinese names for each of the over 300 acupuncture points, solely from original Chinese sources. This book begins with the following quote:

“The names of the points are not merely nominal, each has a profound meaning”

-- Sun Si Miao

The names of points serve to help to locate, remember and hint at the functions of each specific point. Often within the name of a point there is a secret clue, or hidden meaning that would only be apparent to followers of a particular school. Having a little bit more appreciation of these points that we use in TFH can enhance our intention, meaning and effect of the points, as well as help us to explore, enhance and enrich our own profound and sometimes secret or hidden meanings in our own lives.

In this paper I will present some selected names, interpretations and questions for generating metaphorical associations with the points as well as a few suggested procedures for accessing these points. For me, the challenge of exploring the poetry and tradition of TCM, is to venture into this wonderland without being completely lost down the rabbit hole, as the concepts and Metaphors are as infinite as the 10,000 things born from the Yin and Yang. Hopefully with a little discipline to limit myself to just some of the points in TFH, and a beginning appreciation of the essence of TCM, I have brought back to this side of the looking glass some small hints at the marvelous potential meanings of each point, and each moment in YOUR LIFE. I invite you to enjoy contemplating these slight expansions on the underlying meanings of the points we learn in TFH, and dare you to explore a little further from any of these “points of departure”. Enjoy!

Energizers:

Whether I am working with an individual client, making an introductory presentation to TFH, or teaching TFH Level 1 (*14 muscle balance-as-you-go*),

I try to help develop the concepts behind the points that we are using so that our intention can be expanded, and our awareness can be directed, so that the balancing has a more specific and noticeable effect.

When we Zip-up, we are working with the Central Meridian, which has a wealth of associations from TCM, which we can expand to include an additional awareness of the names/metaphors of the beginning and end-points of this “Conception Vessel”.

This is a worthwhile exercise for ALL 14 meridians, but those are additional metaphors for another day!

The Switching-on points are perhaps the most famous points in all of Applied Kinesiology and Energy Kinesiology, and are used frequently in TFH. Whether energizing, balancing any “Switching” of polarity, supporting the coordination for walking, binocular vision, or right brain/left brain integration, these points have been shown to be highly effective throughout the world of Kinesiology for over 40 years! A little more appreciation of K27, CV 24 & GV 26, and GV 1 will amplify our appreciation and improvement of so many functions.

Tuning-In, or Auricular Exercise, is actually a general massage of “Auricular Acupuncture points” which correspond to the whole body/energy system, mapped in miniature to the ears, (*as originally developed by Nogier*). We usually use it with our “first functional muscle test” of turning the head to the left and right and noticing comfort and range of motion. It can however *improve ANY range of motion*, and is also associated with improved balance and “sensory input”, helping with listening, focusing, comprehending. A lesser known hypothesis for these benefits is ***a gentle resetting of the bones in the inner ear responsible for balance*** and keeping the head upright. When this inner ear mechanism is reset, a great deal of postural compensations can be spontaneously released, resulting in less tension overall, greater comfort, flexibility, and naturally balanced posture without “forcing” or any special effort.

Table ONE: **Energizer** Point Names and Metaphors

| Type of points | Point # | Point Name | Metaphorical Meanings/Questions |
|----------------|-------------------------|---|--|
| Zip –up | Central Meridian | Ren Mai Conception Vessel | Major Yin - Receiving, accepting, releasing What is central to your issue, goal, or life right now? What is the purpose of your own conception/creation, or of your creative activities? *Yin inseparable from yang (CV/GV intertwined—connected polarity, battery, flow |
| | CV 1* | Hui Yin Union of Yin | GV unites with CV, Union of internal points, of privet points, receiving/releasing |
| | CV 2 | Qu Gu Bent Bone | Pubic bone, Almost a private area? The edge of privacy? Likely only you will touch it! The bent bone |
| | CV 24 *? | Cheng Jiang Drool cup | Called “” because of location under lip! @ CV GV intersection it could also be the pool of celestial energy. X CV GV ST LI |
| Switch-on | (Navel) | Dan Tien Sea of Qi/ Energy Center | When we “switch-on” we tie in to the “Center of our Energy”. I think of it as activation certain types of energy/circuits, “for the benefit of the whole system” though later we many do so with a specific focus on coordination, eye function, etc. As you work the Switching Points, <i>bring your awareness to your center of balance/gravity; Higher</i> |
| (L/R switching | K 27 | Shu Fu Transformation Palace <i>* Associated point</i> for all Meridians | Does your right hand know what your left hand is doing? Do you have balance between “left brain” and “right brain”? Discipline and Creativity? Do you need to make a lateral move rather than forward or back? Is ther any need for transformation in your life in general, or in an area of your life? |

| | | | |
|-------------------------|-------------------------------------|---|---|
| (Up/Down switching) | CV 24? | Cheng Jiang Drool Cup | What are you drooling over? So you have enough deliciousness in life, or are your desires and appetites excessive? <i>AKA pool of celestial energy:</i> Do you feel like you are in the flow, connected with the infinite and your highest good? How is your orientation with up/down, above/below, hierarchy, Heaven/Earth? |
| (GV 26, 27,28) | GV 26* | Ren Zhong Center of the person Shui Gou Water Trough | Are your energies directed appropriately? Is there a balance between your spirituality and your worldly activities? Are you in touch with your own center, and in your center between heaven and earth? |
| | GV 28* | Yin Jiao Gum Intersection | *when we rub @upper lip, we effectively are stimulating GV 28 as well as the intended end point GV 28 X CV GV ST |
| | CV 24 + GV 26 | | HEAVEN 7 EARTH |
| (front/back/ switching) | GV 1 | Chang qiang Long Strength | <i>AKA "Stairway to Heaven"</i> (Front/Back switching) Can you stand up for what's right and take action, have "backbone"? Do you have to get angry to be strong or insist on something? Do you have stiffness or rigidity? Can you "go the distance"? Do you have the energy, stamina and commitment from start to finish? Do you need to "get your tail in gear"? What is the one point that will strengthen the whole? |
| Tune –in | Auricular acupoints (Nogier Points) | Whole acusystem / inner ear? | Is there something you need to hear? Do you need to regain your center, balance? (what throws you out of balance?) Is there something you need to look at, see? What are you avoiding looking at? (?whole reflected in a small part, small part effecting the whole?) |

Alarm (front Mu) Points

Mu means Gathering points. These are points where energy collects in each meridian, reflecting both the condition in the energy flow and the status of the related organ. They are traditionally palpated for discomfort at these sites for both diagnosis and treatment. Of course in TFH we circuit locate the points with a light touch to indicate Over-energy, mostly when we are assessing the Wheel/ 5-Element patterns for a 1-Point Balance. In this case, when particular alarm points are “active” we can contemplate the related Metaphor as an additional point of insight to amplify our awareness, energy movement, and beneficial results.

Sometimes when we recheck the Alarm Points, we no longer find any unlocking muscles, but still identify an active Alarm Point. Traditionally, in TFH, we would use the Acupressure Holding Points to Sedate (a procedure and 48 + Metaphors for another day!). A known shortcut would be to only use the Shen cycle, holding the 5-element point of the “son”, on the “son” meridian. Or, following the principle of calming the heart by tonifying Small Intestine, *we could use the tonification point on the son meridian*. Conveniently, these happen to also be used as “Pain Tapping Points” and are listed in the table FOUR.

Table TWO: Alarm (*front Mu*) Point Names and Metaphors

| Meridian | Point # | Point Name | Metaphorical Questions |
|-----------|------------------|--|--|
| Lung | Lu 1 Lu Mu | Zhong Fu Central Treasury | Treasury of <i>center qi</i> (xSP) Earth engenders metal, spleen send food ki to L that adds air qi and creates the channel ki. |
| Circ. Sex | CV 17 Jue Yin | Dan Zhog Chest | X CV SP K SI TW Palace of pericardium |
| Heart | CV 14 | Jue que Great Palace | @ the mysterious xiphoid process, this is a meeting place of Qi |
| Stomach | CV 12 Wei Mu | Zhong Wan Central Duct. Tai Cang Supreme Granary | A central passageway– a primary pathway, method– mainstream. ST is the supreme granary, source of food chi X CV SI TW St |

| Meridian | Point # | Point Name | Metaphorical Questions |
|-----------------|-------------------------------|---|--|
| Large Intestine | St 25 <i>Dachang Mu</i> | Tian Shu Celestial Junction | Joining of celestial and earthly qi, and the 10,000 things! Axis around which heaven and earth rotate-center |
| Triple Warmer | CV 5 <i>Sanjiao Mu</i> | Shi Men Stone Gate | What is your strongest defense? Are you safe in a strong fortress? Is there something you are trying to “keep out”? Is there something you are blocked from receiving, conceiving, or retrieving (due to hyper vigilance or fear?) |
| Small Intestine | CV 4 <i>Xiaochang shu</i> | Qi Hai Sea of Ki Guan Yuan Source Gate | @ Dan Tien, Has many names, as there are many intersections here. It is a gate, junction and storage of original Chi X - K, Lv, Sp, CV |
| Bladder | CV 3 <i>Pang guang shu</i> | Zhong Ji Central Pole North Star | As in polar opposite. This is center horizontal and vertical. <i>Urgent Center (abdom pain)</i> X - K, Lv, Sp, CV |
| Gall Bladder | GB 24 <i>Dan Mu</i> | Ri Yue Sun and moon | Meeting of Yin and Yang (channels, a yin mu point on a yang channel) together = Ming, mental clarity-GB decision making. X GB SP |
| Liver | Lv 14 <i>Gan Mu</i> | Qi Men <i>(Channel)</i> Cycle Gate | Last point on LV! Between GB and Nipple X Sp Lv . Last Point in the 12 channel cycle connects to Lu2 to restart. |
| Spleen | Lv 13 <i>Pi Mu</i> | Zhang Men Plateau Gateway | (to 5 viscera) AKA Elbow Tip X Lv GB; Meeting Hui of 5 viscera |
| Kidney | GB 25 <i>Shen Mu</i> | Jing Men Source Gate | Gathering of Kidney Chi- Jing- Source Chi Found at a “hill” a gate on a hill. (all acupoints are “gates”- passageways to the energy flow, internal and external. |

Associated (Back Shu) Points

Although traditionally (and in the IKC 1-4 Syllabi) we do not work with the Associated (Back Shu) Points in TFH, they have been listed on the TFH Meridian Charts since 1973! These are points along the spine, specifically along the inner branch of the Bladder Meridian, which are roughly equivalent to the Alarm points. *Shu* means *transporting*, as in transporting the particular energy of each associated meridian. They can be described as switches, or circuit breakers to the particular energy pathways, with K27 acting as the Master Circuit Breaker to the “whole house”. In TCM they are palpated for sensitivity or tenderness, as are the Alarm Points, and we can Circuit Locate these points to indicate Over-energy as we do with the Alarm Points in TFH.

I hope you will not be disappointed to find that these points along the Bladder Meridian are universally named simply as the “Shu point” for each associated meridian. Nevertheless, because these are BACK points, and Shu means transporting, we might be able to contemplate an imbalance in the flow/function of the related Meridian in the context of Back/Yang/Transporting, in contrast to Front/Yin/Gathering in the case of the Front Mu (alarm) points.

Table THREE: **Associated (Back Shu) Point Names and Metaphors**

| Meridian | Point # <i>Location</i> | Point Name | Metaphorical Questions |
|--------------|----------------------------|---------------------------------------|---|
| Lung | BL 13 T 3-4 | Lu Shu Lu Shu | Diagnose and Treat Lung Organ– highest organ and highest back Shu Point |
| Circ. Sex | BL 14 T 4-5 | Jue Yin Shu Extreme Yin Shu | CX refers to the VESSEL (Jue Yin connecting vessel) and NOT the PC organ. Initially PC was not considering an organ in TCM. |
| Heart | BL 15 T 5-6 | Xin Shu H Shu | Back yang transporting H transporting vs. yin gathering |
| GV | BL 16 T 6-7 | Du Shu GV Shu | |
| Liver | BL 18 T 9-10 | Gan Shu Lv Shu | |
| Gall Bladder | BL 19 T 10-11 | Dan Shu GB Shu | |
| Spleen | BL 20 T 11-12 | Pi Shu SP Shu | |

| Meridian | Point # | Point Name | Metaphorical Questions |
|-------------------|--|---|--|
| Stomach | BL 21 | Wei Shu | |
| Triple Warmer | BL 22 | <i>San jiao shu</i> | |
| Kidney | BL 23 | <i>Shen shu</i> | |
| Large Intestine | BL 25 | <i>Da chang shu</i> | |
| Small Intestine | BL 27 | <i>Xiao chang shu</i> | |
| Bladder | BL 28 | <i>Pang guang shu</i> | |
| ALL ASSOC. POINTS | K27 <i>1st/2nd</i> Ribspace at front | shu fu, Transformation Palace | Do you need to throw the “master circuit breaker”? What is your Transformation Palace? (TFH/ Kinesiology conference? Clinic? Workshop? Home? Garden...?) What is your source of sustaining, life energy? What simple thing can you put into practice that will transform <i>everything</i> ? |

Pain Tapping Points

(would be interesting to explore all 4 AHP points used in TFH for Tonification and Sedation, but for now we will only look at single tonification points for each Meridian which are also used as Pain Control in TFH)

Table FOUR: ***Tonification/ Pain Tapping*** Point Names and Metaphors

| Meridian | Point # | Point Name | Metaphorical Questions |
|----------|---------|-------------------------------------|---|
| Stomach | ST 41 | Jie Chi Separating Stream | Do you have the food for body, mind and spirit to disperse toxicity and release what gives you a Stomach Ache? Do you need to “quit your belly aching/ complaining?” or do you need to feed |

| Meridian | Point # | Point Name | Metaphorical Questions |
|-----------------|----------------|-----------------------------------|---|
| Spleen | Sp2 | Da Du Great Metropolis | Are you a little fish in a small pond or vice versa? Are you a <i>worldly</i> “city girl” or a <i>natural</i> “country girl”. Do you feel close to the earth/nature, grounded or separate, above or beyond nature? Are you a “steward” of |
| Heart | H 9 | Shao Chong Lesser Path | Are you taking “the road less traveled”? Do you need to take the fast track, or feel the surge of the main flow? Do you have fuel |
| Small Intestine | SI 3 | Hou Xi Back Streambed | Is your river flowing or dry? What crucial ingredient to do you need to ignite your processes of transformation? Do you need to |
| Bladder | Bl 67 | Zhi Yin Reaching Yin | What action or process is reaching completion? In what area is it time to turn to inner reflection, review or release? Is there some final refinement/ purification that’s needed? Are you able to easily retain or |
| Kidney | K 7 | Fu Liu Recovering Flow | Do you need to “return to the flow”, get back into “the swing of things” or “back on track”? Do you have resources/ routines for replenishing your reserve energy? Is something flowing in the wrong direction, |
| Circ. Sex | CX 9 | Zhong Chong Central Hub | Are you in the “thick of things”? Feeling the surging energy of “Grand Central Station”, ? Do you need to get “back in action”? Can |
| Triple Warmer | TW 3 | Zhong Zhu Middle Island | Point between 2 bodies of water, TW moves Source Qi, governs waterways GB feeds TW |
| Gall Bladder | GB 43 | Xia Xi Pinched Ravine | Tight space between toes (bold/generous? Stream) |
| Liver | Lv 8 | Qu quan | Uniting he, river returns to sea |

| | | | |
|-----------------|-------|-------------------------|---|
| Lung | Lu 9 | Tai Yuan Great Abyss | Qi here is plentiful and deep SP feeds L, multiple levels of source of water, metal Qi Spring |
| Large Intestine | LI 11 | Qu Chi | @ elbow crease, shallow, or water flowing into pool, an ancient place |

Luo Points

“If there is light in the soul,
there will be beauty in the person.
If there is beauty in the person,
there will be harmony in the house.
***If there is harmony in the house,
there will be order in the nation.***
If there is order in the nation,
there will be peace in the world.”

Chinese Proverb

Luo points are used to balance over/under energy between Yin and Yang pairs in the same Element, or “house”. For this reason they are sometimes called Husband Wife points. They are “Passage Points”, or “Connecting Points” and they literally serve as “Wormholes” between these dimensions of paired channel/ Organ Function, or any polarity such as masculine/feminine, active/quiet etc. within the same “house” (person, partnership, family, business, team, group...). So any use of Luo Points has this general “Husband/Wife” metaphor, or the Metaphor of harmony in the house contributing to order in the nation, and the fact that we are bringing ***peace on earth... one balance at a time!***

The Luo Point names reflect their connecting/passageway nature as well as other specific fascinating images/functions.

| Meridian | Point # | Point Name | Metaphorical Questions |
|----------|---------|---|--|
| Stomach | St 40 | Feng long Beautiful Bulge | Do you embrace your “Lovely Lumps” or perhaps have overly abundant bulges? Do you have “feast or famine”? Are you centered in your abundance or have problems of too much or too little nurturing, nutrition, sympathy, etc.? Is your stomach the |

Table FIVE: **Luo Point** Names and Metaphors

| | | | |
|-----------------|--------------|--|--|
| Spleen | Sp 4 | Gongsun Yellow Emperor | Who is the ruler of your world? How do you find grounding, balance, and guidance on earth? Do you need to follow the “main path” or should you take a “secret passageway”? |
| Heart | H 5 | Tong Li Connecting Place | What is your (internal) “connecting place”? (<i>Home, Heart, Church, Nature?</i>) Do you find yourself “at the crossroads”? Do you have balance between expressing and receiving love and passion? Do you have an internal “light” in your heart, or do you need support and connection to feel whole or fulfilled? |
| Small Intestine | SI 7 | Zing Zheng Branch to the Correct | Did you know the “pathway of truth”? Are you ruled by your emotions, or do you need more truth of love to inform your rules and judgments in life? Do you need to “come correct” or “straighten up and fly right”? |
| Bladder | BL 58 | Fei Yang Taking Flight | Do you need to “take a leap (of faith)”, or “make a run for it”? What do you need to release, accept, or let flow? Do you need to stop planning and take action? |
| Kidney | K 4 | Dazhong Large Goblet | Does your “cup runneth over” or are you depleted of essential resources or energy? ***** Goblet is storage function of K and BL, Bell is shape of heel where it is located (by ankle) |
| Circ. Sex | CX 6 | Nei Guan Inner Pass | Do you need to find the “middle way” between powerful forces? Do you know how to “go inside” to find your passion and motivation? |
| Triple Warmer | TW 5 | Wai Guan Outer Gate | Do you need to create more space, and boundaries/barriers for yourself? Are your (outer) defenses broken down? Do you need more energy and passion for expression or do you need together more internal energy? Does something need to be released? Do you need to escape? |

| | | | |
|--------------------|--------------|--|--|
| Gall Bladder | GB 37 | Guang Ming Bright Light | Are you seeing clearly, or are you “seeing green”? or red? Do you act, or lash out, blindly? Is there sufficient illumination, or is there ignorance and darkness? Do you have enough “nerve”, courage? Do you have a lot of “gall”- are you brazen, bold, confident in your hubris? |
| Liver | Lv 5 | Li Gou Woodworm Canal | Do you express (anger) too much or too little? Do you ever fall down a “wormhole” of worry or resentment? Is there something “gnawing at you”? What is your secret weapon, touchstone, source of confidence? |
| Lung | Lu 7 | Lie que Fork in the Path | Did you take the wrong fork in the road? Do you need to take a detour, a new plan, a restart or reset? Is something out of order/sequence? Do you need fresh air, inspiration, a new beginning? |
| Large Intestine | LI 6 | Pian Li Veering Passageway | Do you need to divert resources from the main channel, or is there too much diversion? Do you need to find an alternate passageway to avoid difficulty, toxicity, overwhelm? Are you receiving/ absorbing too much or too little, of benefit or poisonous? |
| Central Meridian | CV 15 | Jiuwei Turtledove Tail | Which do you prefer, “a bird in the hand”, or “two in the bush”? Do you need inspiration, motivation, creative energy? Or do you need more structure, priorities, discipline? What are your “hidden bones” (resentments, secrets, treasures)? Can you take time and energy for internal reflection? |
| Governing Meridian | GV 1 | chang qiang Long Strength | <i>AKA “Stairway to Heaven”</i> Can you stand up for what’s right and take action, have “backbone”? Do you have to get angry to be strong or insist on something? Do you have stiffness or rigidity? Can you “go the distance”? Do you have the energy, stamina and commitment from start to finish? Do you need to “get your tail in gear”? What is the one point that will strengthen the whole? |

“Group” Luo Points

From: <http://www.yinyanghouse.com/acupuncturepoints>

“There are 4 group luo points which are used in cases where 3 related meridians are imbalanced. “

For a long time I have been searching for common themes for “triangle” and “square” patterns in the 24-hour Cycle Wheel. For example, what is the common function, or “meaning” of the triangle pattern of imbalance of 3 yang meridians running on the arm (LI, TW, SI)? This is an ongoing study, and another theme for another day (please send me your info/references!). In the mean time, while reviewing information about the Luo Points, I came across this reference to “Group” Luo Points. Thus we have an alternative procedure for balancing when we have a “triangle” pattern, and some interesting metaphors of these “triangle” related Luo points (and combined function of 3 meridians).

Table SIX: **“Group Luo”** Point Names and Metaphors

| Meridians | Point # | Point Name | Metaphorical Questions |
|---|---|---|--|
| 3 Yang of Arm (LI, TW, SI) | TW 8 back of arm, 1/3 way from wrist to elbow, between radius and ulna | San yang luo Three Yang Connection | Do you have (balanced) Power in your arms? Are your actions coordinated in the right proportions? Do you need more finesse, or power to “manhandle” a situation? Where do you need better discernment? Are you able to receive/integrate the beneficial things in your life? Are you |
| 3 Yin of Arm (LU, CX, H) | CX 5 Center of inner wrist between 2 tendons, 3 body inches from palm | Jian Shi Intermediary Courier | Are you acting as a “middle man” or “messenger”? Do you need a representative/advocate/champion, or do you need more direct communication? Are you receiving or carrying too much or too little? Do you need to open your arms to receive? How is your balance of circulation, |
| 3 Yang of Leg (head) (ST, GB, BL) | GB 39 3 inches above ankle, posterior to fibula | Xuan Zhong Suspended Bell | Do you need a “bell” to remind you or warn you about something? How is your communication between your head and your feet? Are you feeling hollow or full? Taking in, holding on, or letting go too much or too little? |
| 3 Yin of Leg (SP, LV, K) | Sp 6 3 inches above ankle, posterior to tibia. *Yinyanghouse says, “ No Needle in Pregnancy ” | San Yin Jiao Three Yin Intersection | Are you grounded? Do you receive enough “Earth Energy”? Are you over-intellectualizing or disconnected? Do you have sufficient, and proper distribution of <i>essential</i> resources? |