

Qi Dao. Ha Ha Gong. 21 AcuPoints for Ultimate Longevity

#	Pinyin	Code	Meridian (Energy Channel)	English Name	Benefits of Stimulation
1	Bǎihuì	GV-20	Governing Vessel (Du Mai)	Hundred Convergences	Calms the spirit, elevates Yang, lifts the spirit, and relieves headaches and dizziness.
2	Tiānchōng	GB-9	Gallbladder	Celestial Hub	Clears the head, soothes the liver, and relieves tension and temporal headaches.
3	Fēngchí	GB-20	Gallbladder	Wind Pool	Benefits the head and eyes, clears heat, and relieves neck stiffness, shoulder tension, and cold symptoms.
4	Jiānjǐng	GB-21	Gallbladder	Shoulder Well	Regulates Qi, relieves shoulder and neck pain, and promotes the descending flow of energy.
5	Jiānyú	LI-15	Large Intestine	Shoulder Bone	Expels wind-dampness, eases joint movement, and relieves shoulder and arm pain.
6	Jíquán	HT-1	Heart	Highest Spring	Unbinds the chest, clears heat from the Heart, and regulates Qi flow in the upper extremities.
7	Qūzé	PC-3	Pericardium	Marsh at the Bend	Clears heat from the blood and the Heart, soothes the stomach, and calms the spirit.
8	Zhōngfǔ	LU-1	Lung	Middle Palace	Descends Lung Qi, clears heat, and relieves cough and asthma.
9	Zìgōng	CV-19	Conception Vessel (Ren Mai)	Purple Palace	Aligns with the thymus gland, supports immune system function, and releases emotional holding patterns.
10	Dànzhōng	CV-17	Conception Vessel (Ren Mai)	Chest Center	Unbinds the chest, regulates Qi, calms the Heart, and relieves anxiety and emotional stagnation.

11	Zhāngmén	LR-13	Liver	Completion Gate	Harmonizes the Liver and Spleen, strengthens the digestive system, and eases rib-side pain.
12	Zhōngwǎn	CV-12	Conception Vessel (Ren Mai)	Middle Epigastrium	Harmonizes the middle burner, strengthens the stomach, and transforms dampness.
13	Dāntián	CV-6-8	Conception Vessel (Ren Mai)	Cinnabar Field / Sea of Qi	Tonifies Original Qi, warms the Yang, and strengthens core vitality and endurance.
14	Chōngmén	SP-12	Spleen	Surging Gate	Regulates the lower burner, drains damp-heat, and relieves groin tension or abdominal pain.
15	Géshū	BL-17	Bladder	Diaphragm Transporter	Harmonizes the diaphragm, nourishes and invigorates the blood, and relieves hiccups and chest fullness.
16	Shènshū	BL-23	Bladder	Kidney Transporter	Tonifies the Kidneys, strengthens the lower back, and benefits the ears and bones.
17	Bāliáo	BL 31-34	Bladder	Eight Crevices (Sacral group)	Regulates the lower burner, benefits the lumbar/sacral region, and supports reproductive and urinary health.
18	Huántiào	GB-30	Gallbladder	Jumping Circle	Benefits the hip joint, relaxes the sinews, and relieves sciatica and lower back-to-leg pain.
19	Xuèhǎi	SP-10	Spleen	Sea of Blood	Invigorates the blood, dispels stasis, cools the blood, and regulates menstruation.
20	Hèdǐng	EX-LE2	Extraordinary Point	Crane's Summit	Strengthens the knee joint, dispels wind-dampness, and relieves knee pain or weakness.
21	Zúsānlǐ	ST-36	Stomach	Leg Three Miles	Fortifies the Spleen and Stomach, boosts immunity, harmonizes the intestines, and increases energy.