

QÌ DǎO ~ TT

Dao Arts Centre Five Dragons  
Lola Lhamo (Cheng Kang)

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## Teachers

### Li Shifu, Abbot Du Song Feng, Five Immortals Temple, Wudang, China



Daoist name: Xing De. At the age of 12 he began to study the external martial arts of Shaolin, the internal martial arts of Mount Wudang as well as the classical scriptures of Buddhism, Christianity and Islam. He traveled to many high mountains of China in order to seek out grandmasters. He was accepted as a disciple by many masters and therefore has received many religious names which are not to be mention publicly. At the beginning of 1991, he became officially a devotee to Daoism/follower of the Dao. In 1996 he left his homeland and officially became a renunciant in Mount Wudang where he found his own path in White Horse Mountain. In very harsh conditions, he experienced a lot of suffering and hardships, studied [Wudang Internal Alchemy](#) cultivation practices from his masters and received the transmissions of [Daoist Medicine](#) and [Daoist talismans, rituals and incantations](#) and other [Daoist Arts](#).

In 2000 he became the abbot of the Five Immortals Temple, he is a [Mount Wudang](#) Dragon Gate Sect and Pure Yang Sect High Priest and Master of Jing Chan Ceremonies.

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## Teachers



### Lola Lhamo, Cheng Kang

**Lola Lhamo** is a Daoist Medicine practitioner, **energy healer, teacher**, and the visionary behind **QUANTA Energetics & Leadership**. She expertly bridges ancient spiritual practices with cutting-edge science, exploring the profound connection between the two and applicable way of integrating this wisdom for Architects of New Earth.

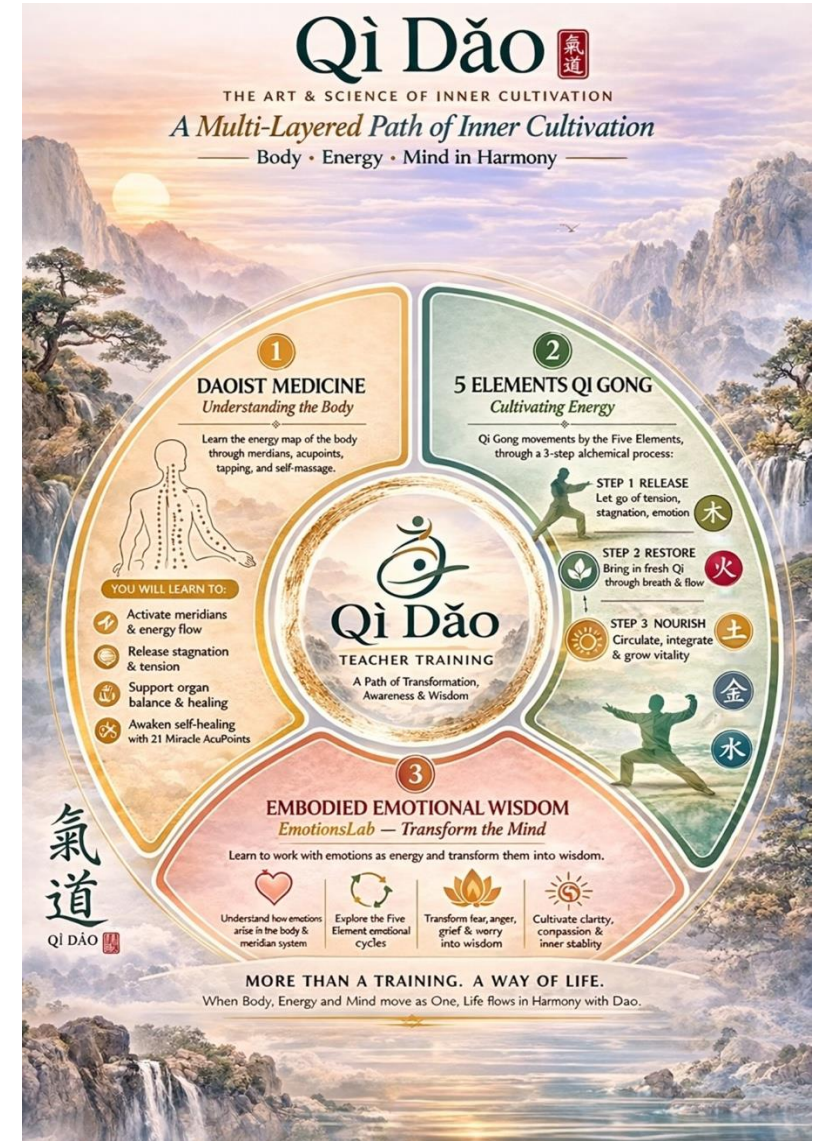
Deeply rooted in **Buddhism, Daoism, and Yoga**, Lola dedicates her life to uncovering the **healing power of energy** and heart-mind. Her extensive expertise covers **movement arts** (Yoga, Qi Gong, Tai Chi, Wudang Sword), **energy medicine** (Daoist Medicine, Acupuncture, Reiki, Sound Energy Medicine), and the transformative depths of **Daoist Alchemy and Himalayan Mysticism**, trained by revered masters like **Grandmaster Mantak Chia, Li Shifu** (Wudang Five Immortals Temple, The Dragon Gates, Pure Yang), **Yogi Ashokananda** (Himalayan Yoga), Tibetan Nyingma & Bon lamas, and Javanese mystic Mbahkung.

Lola is a holder of the **Daoist Dragon Gates (31st generation), Pure Yang (24th generation), Medicine King (30th generation) lineages**. She also helped building Buddhist Stupa of Enlightenment at the Roerich Museum.

Through her pioneering initiatives **Daoist Arts Centre, QUANTA Bio-Energy Centre, SoundEnergyMedicine.com, and Creators.Earth**, Lola creates powerful bridges. She seamlessly integrates **Daoist Arts with Neuroscience, Sound Therapy with Frequency Medicine, Meditation with Brainwave Optimization**. Drawing on over **15 years in international strategy consultancy** spearheading innovative turnarounds, this unique holistic approach forms the core of her global empowerment **QUANTA Energetics & Leadership** for Architects of New Earth. empowering individuals to harness both spiritual wisdom and scientific insight, building a living platform for vitality, clarity, wholeness, and collective well-being.

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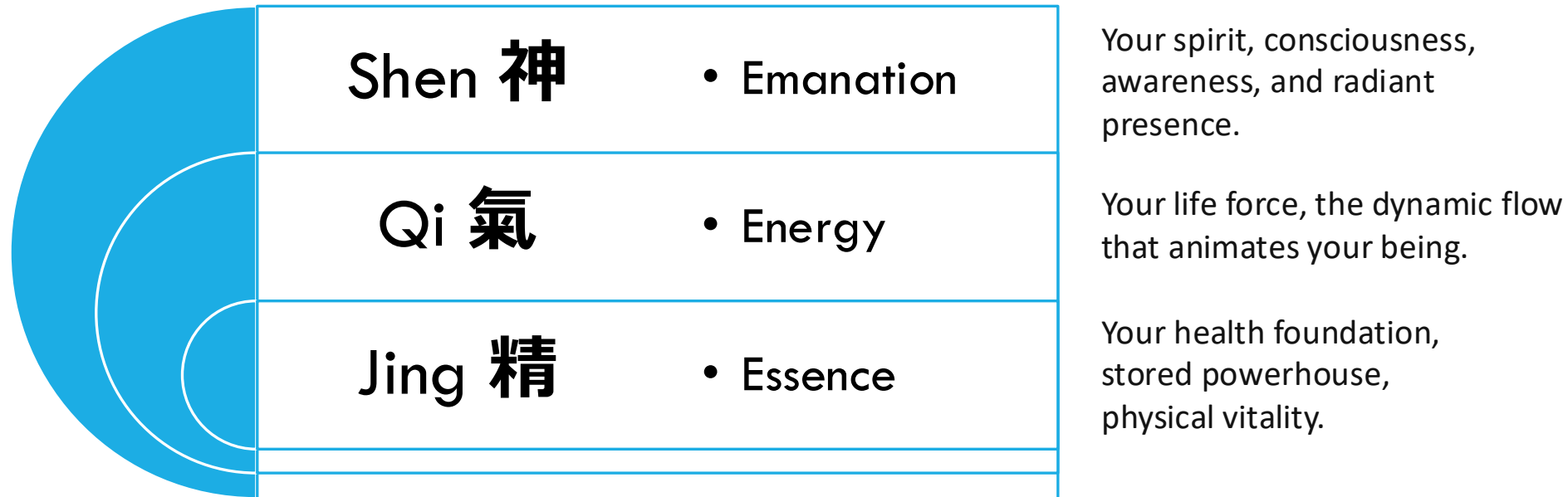
What is Qì Dǎo ?



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What is Qì Dǎo ?

Our TT is built on ultimate Daoist framework of self-cultivation: the **Three Treasures (三寶 Sānbǎo)**:

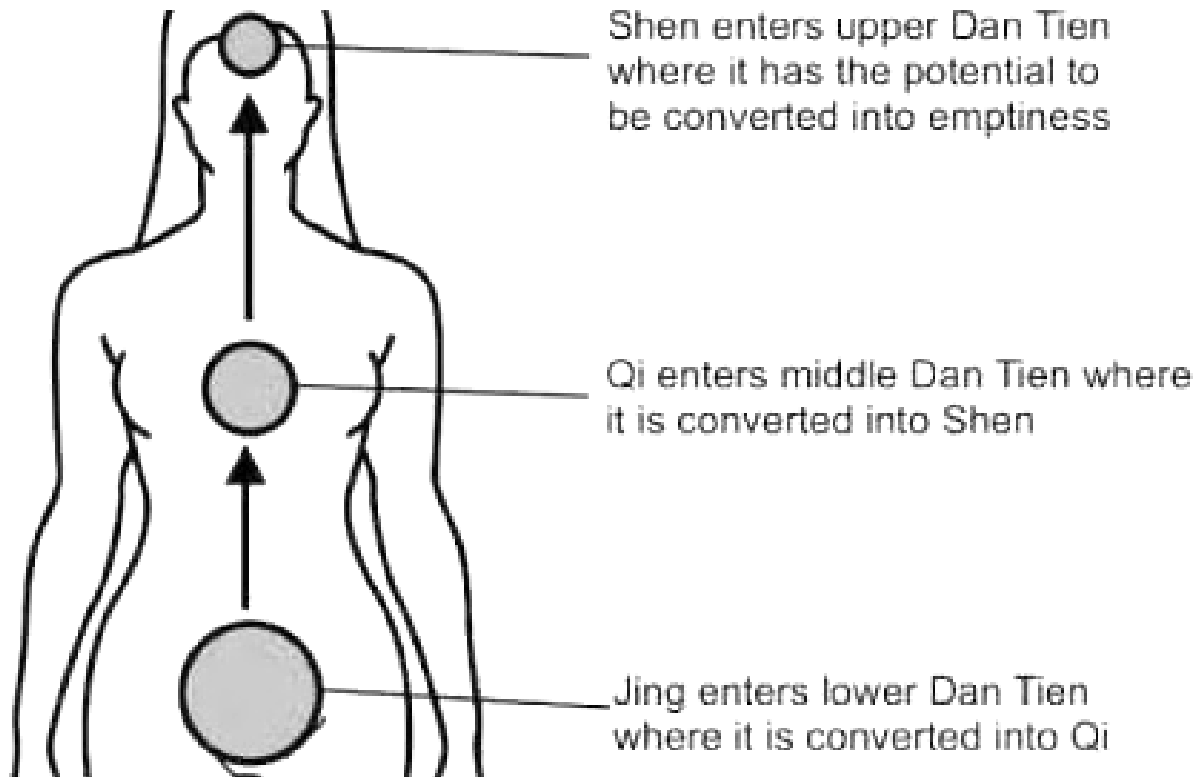


These are not abstract concepts, but **living forces within the human body**, described in Daoist texts as the roots of vitality, longevity, and spiritual realization. The path of inner cultivation is the art of refining these treasures — transforming **Jing into Qi, Qi into Shen, and Shen returning to the Dao.**

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What is Qì Dǎo ?

Our TT is built on ultimate Daoist framework of self-cultivation: the **Three Treasures (三寶 Sānbǎo)**:



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## JING. Essence

### The Foundation of Life

*“The Kidneys store Jing — the root of life.” (Traditional Chinese Medicine)*

In Daoist medicine, **Jing** is considered the *root of the body* — stored in the **Kidneys** and governing growth, regeneration, and longevity. It includes:

- **pre-natal essence** (inherited vitality) and
- **post-natal essence** (nourished through lifestyle, breath, and practice).

When Jing is depleted, we experience fatigue, instability, and accelerated aging.

When it is preserved and cultivated, it becomes the foundation for strength, resilience, and deep vitality.

In Qì Dǎo, we work with Jing through:

- **Acupoint activation & self-massage**
- **Tapping practices (HaHa Gong)**
- **Grounding and restorative techniques**

These methods support the **organ systems, hormonal balance, and nervous system regulation**, while also releasing tension held in the **fascia and deeper tissues**.

When Jing is strong, the body feels **rooted, nourished, and stable/**

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## Qi. Energy

### The Movement of Life

*“Where Qi flows, there is no pain; where there is pain, Qi does not flow.”*

**Qi** is the vital energy that flows through the body along the **meridian system (Jing Luo / 經絡)** — animating all physiological and energetic processes.

In TCM, *“Qi is the commander of blood, and blood is the mother of Qi”* — the inseparable relationship between energy and physical function.

When Qi is stagnant, symptoms arise — tension, pain, emotional blockage, fatigue.

When Qi flows freely, the system returns to **balance, harmony, and vitality**.

In Qì Dǎo, Qi is cultivated through **5 Elements Qi Gong**, working with the organ–element relationships described in TCM:

- **Wood (Liver)** — flow & vision
- **Fire (Heart)** — joy & connection
- **Earth (Spleen)** — grounding & nourishment
- **Metal (Lungs)** — breath & letting go
- **Water (Kidneys)** — essence & willpower

Each practice follows the natural alchemical rhythm: **Release Old** → **Bring New Energy** → **Nourish**

These movements also stimulate the **myofascial network**, enhancing elasticity, hydration, and whole-body connectivity — supporting both **energetic flow and neuromuscular coordination**.

When Qi is balanced, the body becomes **fluid, energized, and harmonious**.

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Qi. Energy. Fascia

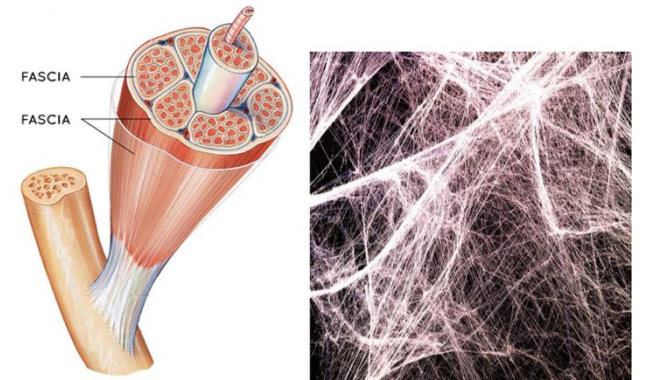
## Fascia - The Living Network of Flow

From a modern perspective, the movement of Qi closely relates to the **myofascial system** — a continuous web of connective tissue that surrounds and interpenetrates every muscle, organ, nerve, and vessel in the body.

Fascia is not only structural — it is **sensory, fluid, and responsive**, rich in nerve endings and deeply connected to the **nervous system and interoceptive awareness**.

It acts as a **communication network**, transmitting information, tension, and movement throughout the whole organism. When fascia becomes dehydrated or restricted, it mirrors what Daoist medicine describes as **Qi stagnation** — resulting in stiffness, discomfort, and reduced energetic flow.

Through slow, mindful Qi Gong movement, breath, and attention, we gently **rehydrate, release, and reorganize** this network.



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Qi. Energy. Fascia

**Fascia - Where Awareness Goes — Qi Flows**

A key principle in both Daoist cultivation and modern neuroscience is the role of **attention**.

Through **interoceptive awareness** — the ability to feel internal sensations — we begin to sense Qi not as concept, but as direct experience.

As awareness is brought into the body, the brain–body connection strengthens, the nervous system regulates, and **energy begins to move more freely**.

This is why Qì Dǎo emphasizes **slow, conscious movement** — not to perform, but to **feel, guide, and refine the flow of Qi from within**.

Through the integration of **Qi Gong, fascia release, breath, and awareness**, the body becomes more **elastic, fluid, and alive** — a unified field where structure, energy, and perception move as one.

*Where Qi flows, there is no stagnation; where awareness rests, transformation begins.*

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Shen. Emanation

## **Awareness & Radiant Presence**

**Shen** is the **Spirit**, housed in the **Heart**, and expressed as consciousness, awareness, and emotional clarity.

In Daoist and TCM understanding, Shen reflects the quality of the mind and the **state of the nervous system** — whether calm and present, or scattered and disturbed.

Shen is what we **radiate outward** — our presence, our perception, and the way we meet and cocreate life. It is also what shapes our **emotional patterns and inner experience**.

In Qì Dǎo, we refine Shen through:

- **Embodied Emotional Wisdom (EmotionsLab)**
- **Interoceptive awareness (feeling from within)**
- **Meditation in Action through Qi Gong meditative forms combined with**
- **Daoist Breath regulation**

*“The Heart houses the Shen — when the Shen is clear, the mind is at peace.”*

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Shen. Emanation. Neuroscience

## **EmotionsLab. Embodied Emotional Wisdom**

Here, we bridge Daoist insight with **affective neuroscience and somatic psychology** — understanding emotions as **energetic patterns within the body–mind system**.

Rather than suppressing or analyzing emotions, we learn to:

- Feel them as **sensations and movements of Qi**
- Regulate them through breath and awareness
- Transform them from Conflict Cycle into Creative Cycle, into **clarity, compassion, and wisdom**

When Shen is cultivated, we experience **presence, coherence, and radiant inner stillness**.

We truly become the Creators of our life.

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## Daoist Breath

### The Bridge Between Body and Mind

In Daoist cultivation, the breath is more than a physiological function — it is the **primary bridge between body, energy (Qi), and awareness (Shen)**.

Breath is the most direct way to influence the **nervous system**, regulate internal states, and guide the flow of Qi within the meridians.

By refining the breath, we refine the quality of our energy and consciousness.

### Natural Breath & Return to Simplicity

Daoist practice begins by returning to **natural, effortless breathing** — soft, slow, and deep.

Over time, stress and conditioning create shallow, fragmented breathing patterns, keeping the body in a state of subtle tension.

By restoring **abdominal (diaphragmatic) breathing**, we activate the **parasympathetic nervous system**, allowing the body to shift into repair, digestion, and regeneration.

This is the foundation of all deeper practices — **breath that is calm, continuous, and unforced.**

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## Daoist Breath



### Dantian Breathing — Cultivating the Center

A key Daoist method is **Lower Dantian breathing** — guiding the breath into the lower abdomen, the body's energetic center.

This area, located below the navel, is considered the **reservoir of Qi and Jing**. As the breath gently expands and contracts this space, it:

- Builds and stores energy
- Grounds the mind and emotions
- Stabilizes the body's center

Over time, awareness and breath unite in the Dantian, creating a sense of **inner fullness, warmth, and stability**.

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## Daoist Breath

### Breath, Fascia & Internal Flow

Breath also creates subtle movement within the **fascia and internal organs**, generating a rhythmic internal massage.

This movement supports:

- Circulation of Qi, blood, and fluids
- Hydration and elasticity of tissues
- Release of deep-seated tension patterns

In this way, breathing becomes a form of **internal Qi Gong** — a continuous wave of expansion and release throughout the body.

### Breath & Emotional Regulation

In both Daoist wisdom and modern neuroscience, breath is a key tool for **emotional regulation**.

Emotions directly affect breathing patterns — and by consciously guiding the breath, we can shift emotional states. Slow, steady breathing calms the heart, settles the mind, and allows emotions to **move rather than accumulate**.

Through practice, breath becomes a way to **transform emotional reactivity into presence and clarity**.

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## Daoist Breath

### Breath, Awareness & Qi

In Daoist cultivation, breath is always connected with **intention (Yi)**.

Where the mind goes, the breath follows — and where the breath goes, **Qi begins to flow**.

This creates a unified process:

**Awareness → Breath → Qi → Transformation**

Breathing becomes not just automatic, but **conscious, intentional, and alive** — a tool for guiding energy and refining inner experience.

When the breath is deep, the mind is calm.

When the mind is calm, Qi flows freely.

When Qi flows freely, the whole being returns to harmony.

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## Posture

### The Vessel of Qi

In Qi Gong, posture is not simply alignment of the body — it is the **foundation through which Qi flows and awareness stabilizes.**

The body becomes a **vessel**, connecting Heaven and Earth, where structure supports energy, and relaxation allows movement within stillness.

*“When the body is aligned, Qi flows naturally.”*

### Alignment & Effortless Structure

Daoist posture is based on the principle of **“relaxed yet upright”** — a balance between structure and softness.

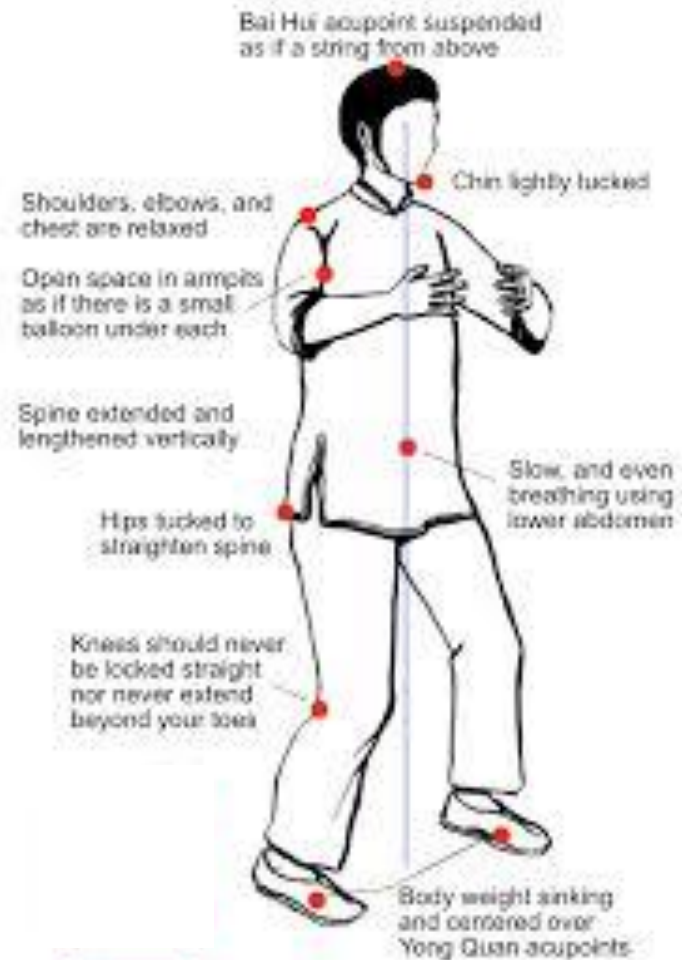
The spine is gently lengthened, the crown rising upward, while the feet root into the Earth.

There is no rigidity — only a **living alignment**, where joints are open, the chest soft, the pelvis relaxed, and the body free of unnecessary tension.

This alignment allows energy to **circulate without obstruction**, creating a sense of lightness and internal space.

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## Posture



## The Central Axis — Connecting Heaven & Earth

At the center of posture is the **vertical axis** — a subtle line connecting the crown (Bai Hui) to the perineum (Hui Yin).

This axis aligns the body with gravity and creates a pathway for Qi to move through the central channels and along the spine.

When this connection is present, the body feels **stable yet effortless**, grounded below and open above — like a tree rooted in the Earth, reaching toward the sky.

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## Posture

### **Posture, Fascia & Internal Space**

From a modern perspective, posture influences the **myofascial network**, which transmits tension and movement throughout the entire body.

When posture is collapsed or held with force, fascia becomes restricted, limiting both physical mobility and energetic flow.

In Qi Gong, we cultivate **spaciousness within the body** — allowing tissues to soften, hydrate, and reorganize.

This creates a sense of **internal expansion**, where movement arises from within, rather than being imposed from the outside.

### **Posture & Breath**

Posture and breath are inseparable.

An open, aligned structure allows the diaphragm to move freely, supporting deep, natural breathing.

As the breath deepens, the body softens further — and posture becomes more effortless, more alive.

This creates a feedback loop:

**good posture supports breath → breath refines posture → Qi begins to flow.**

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## Posture

### **Posture as Awareness**

Ultimately, posture in Qi Gong is not something you *hold* — it is something you **feel and continuously refine**.

Through **interoceptive awareness**, you begin to sense subtle shifts within the body — where there is holding, where there is openness, where Qi is moving.

Posture becomes a **living meditation**, where stillness and movement, structure and flow, exist together.

*Stand with ease,  
rooted like the Earth,  
open like the sky —  
and let Qi move through you.*

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Connection to Earth & Heaven Poles



天地人 — Heaven · Earth · Human

Human is the Bridge between the Earth and the Skies

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## 5 Elements

Element	Organs (Zang-Fu)	Negative Emotion (Stagnation)	Positive Virtue (Cultivation)
Wood	Liver & Gallbladder	Anger, Frustration, Resentment	Kindness, Forgiveness, Benevolence (Rén)
Fire	Heart & Small Intestine	Impatience, Hate, Arrogance	Joy, Love, Gratitude, Respect (Lǐ)
Earth	Spleen & Stomach	Worry, Overthinking, Anxiety	Trust, Openness, Equanimity (Xìn)
Metal	Lungs & Large Intestine	Grief, Sadness, Depression	Courage, Integrity, Inner Strength (Yì)
Water	Kidneys & Bladder	Fear, Insecurity, Dread	Wisdom, Gentleness, Stillness (Zhì)

**Yin Organ: Heart**  
**Yang Organ: Small Intestine**  
 Number: 9  
 Direction: South  
 Season: Summer  
 Time: Noon  
 Colour: Red, Pink, Orange, Sky Blue  
 Power: Completion  
 Movement: Expansive  
 Positive Emotion: Love, Joy, Happiness  
 Negative Emotion: Impatience, Cruelty, Arrogance, Hate

**Yin Organ: Liver**  
**Yang Organ: Gallbladder**  
 Number: 3 (Yang), 4 (Yin)  
 Direction: South East  
 Season: Spring  
 Time: Dawn  
 Colour: Green  
 Power: Expansion  
 Movement: Uplifting  
 Positive Emotion: Kindness, Generosity, Patience  
 Negative Emotion: Anger, Jealousy, Frustration, Envy



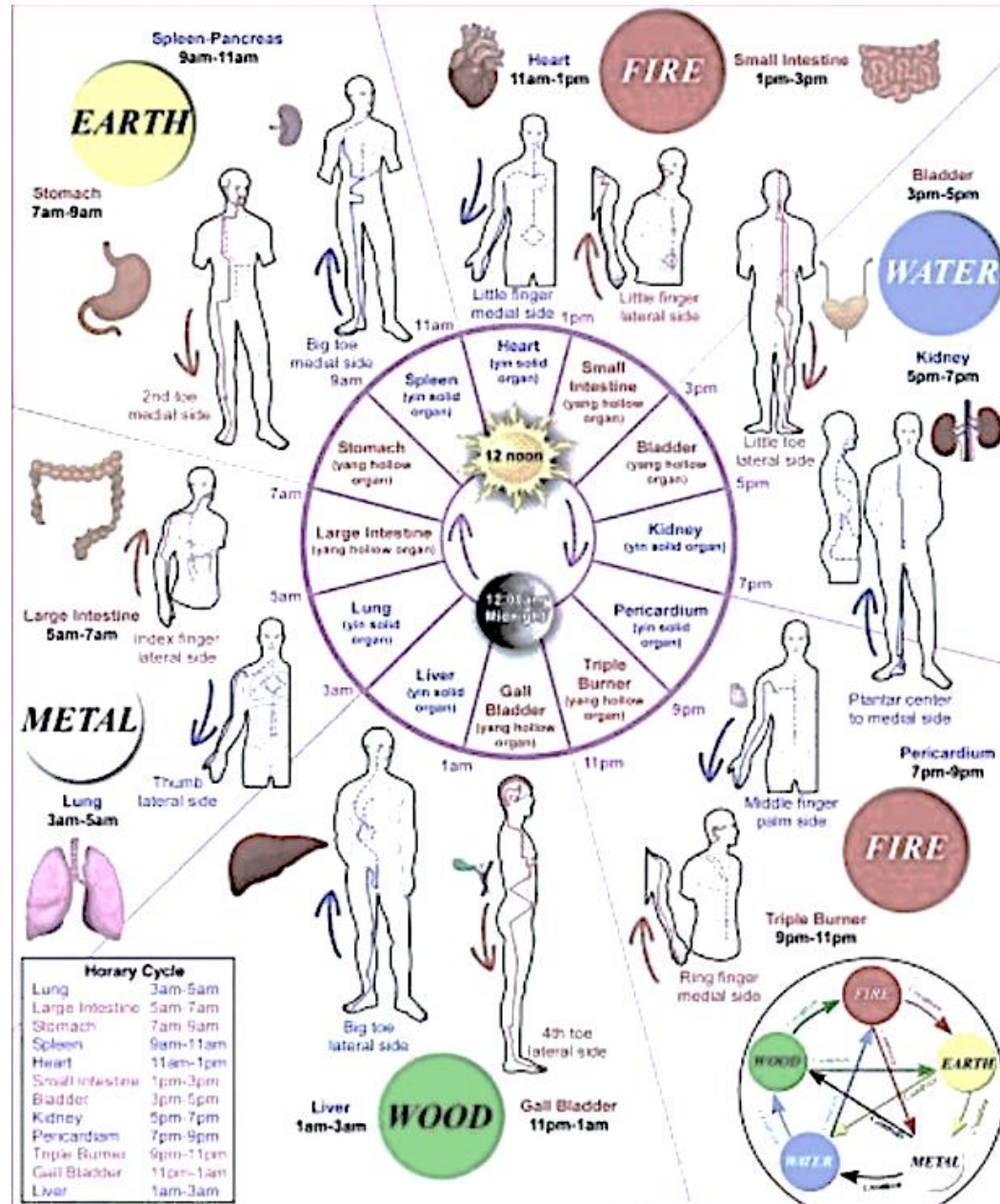
**Yin Organ: Pancreas, Spleen**  
**Yang Organ: Stomach**  
 Number: 2, 5, 8  
 Direction: Centre, South West, North East  
 Season: Spring  
 Time: Afternoon  
 Colour: Brown  
 Power: Transition  
 Movement: Settling  
 Positive Emotion: Openness, Justice, Fairness, Trust  
 Negative Emotion: Brooding, Mistrust, Worry, Anxiety

**Yin Organ: Kidneys**  
**Yang Organ: Bladder**  
 Number: 1  
 Direction: North  
 Season: Winter  
 Time: Midnight  
 Colour: Blue, Black  
 Power: Consolidation  
 Movement: Descending  
 Positive Emotion: Gentleness, Generosity, Calmness, Silence  
 Negative Emotion: Fear, Isolation, Insecurity

**Yin Organ: Lungs**  
**Yang Organ: Large Intestine**  
 Number: 6 (Yang), 7 (Yin)  
 Direction: West, North West  
 Season: Autumn  
 Time: Early Evening  
 Colour: White, Gold, Silver, Metallic  
 Power: Contraction  
 Movement: Contracting  
 Positive Emotion: Courage, Righteousness, Bravery  
 Negative Emotion: Grief, Sadness, Depression, Loneliness, Sorrow

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5 Elements  
Clock & Energy Flow of 12 Meridians



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## Earth. Stomach Meridian

### Stomach

The Yang Stomach meridian works closely together with its Yin paired meridian of the Spleen, as well as with the Large Intestines, to protect against illnesses.

In TCM, the Stomach is called names such as “the Minister of the Mill”, the “Sea of Nourishment” or the “Root of Postnatal Life”, because it is responsible for providing the entire human body with energy coming from the digestion of food and fluids.

In addition to digesting food and liquids and moving them to the small intestines for extraction and assimilation of nutrients, the stomach also has an important energetic job. It extracts energy from foods and fluids, and coordinates with the spleen to transport that energy to the lungs. In the lungs, this energy combines with Qi energy (Prana) from the air that we breathe. Any dysfunction of the stomach immediately results in imbalances in the other organs.

The stomach meridian is associated with our ability to **assimilate new ideas, absorb information**, as well as our ability to **honour and nurture ourselves**. As we receive subtle energy from the universe through the food we take in, the stomach is also an important organ to receive universal information into our bodies. This energy is then passed on to the small intestine meridian where it is carefully sorted – do we keep/absorb it, or do we let it go and eliminate it? (think of phrases in English like: “I can’t stomach this (information, emotion,..) now”). Stomach is the base for our **emotional stability** and the place where we sense emotion. It plays a vital role in our mental state, and imbalances in this meridian can cause many types of mental disturbances

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Earth. Stomach Meridian

## Symptoms of interrupted flow of stomach meridian:

digestive problems: bloating, vomiting

stuffy nose / sinusitis

neck / arm / shoulder pain

burping

dry mouth

constipation

depression

anxiety, fear, dread

confusion; being overcritical or gullible

deep sadness and even despair

feeling stifled

hyperactivity & overactive sympathetic nervous system

some types of ADD

instability

doubt

suspicious

mania

suicidal tendencies & death wishes

addictive behaviour

egotistical-ness & sense of over-importance of the self

slowness at assimilating new ideas or new situations

pain in any of the areas the meridian passes through

(mouth, nose, teeth, gums, ...)

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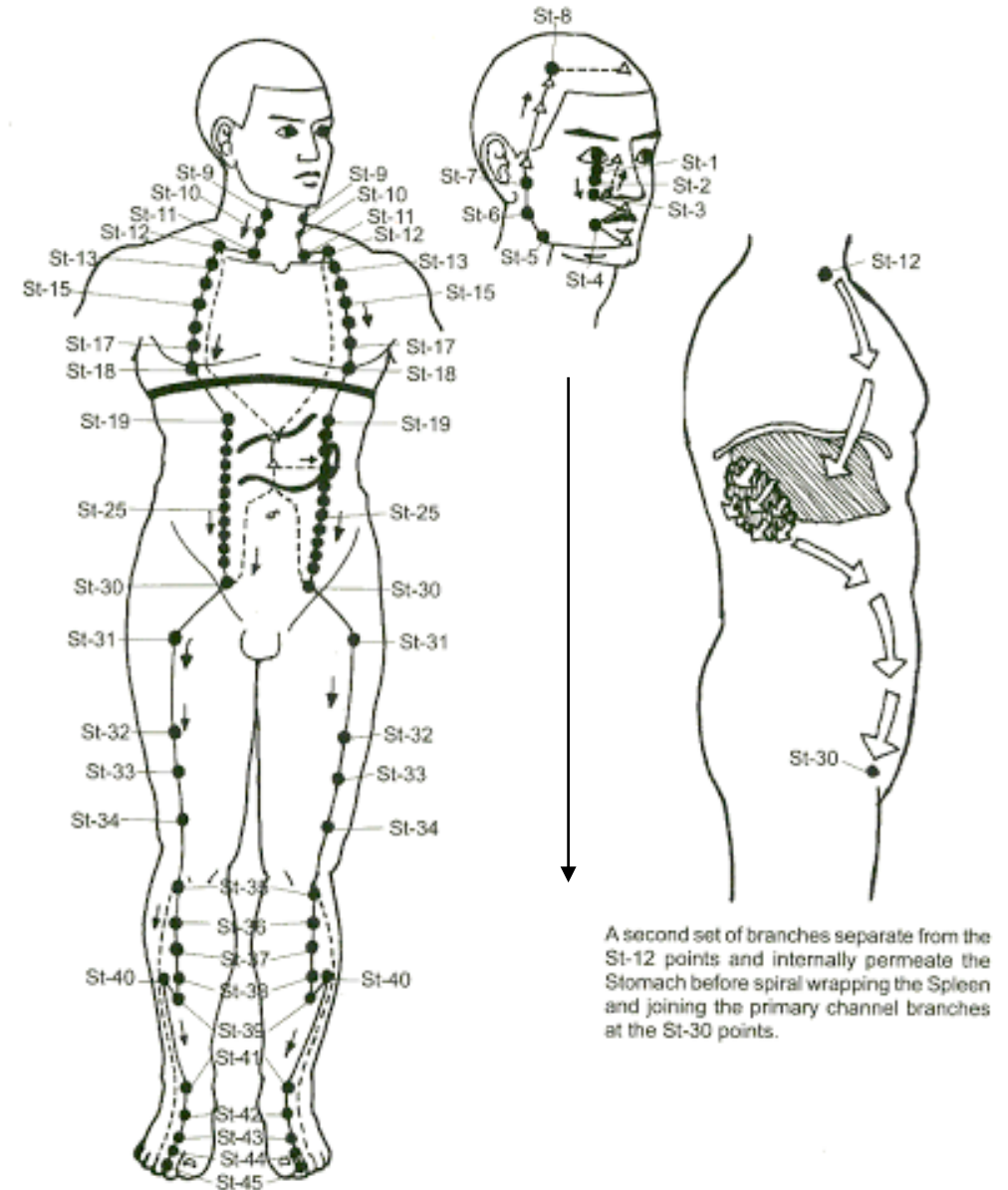
## Earth. Stomach Meridian

Beginning at the side of the nose, Stomach meridian rises to the corner of the eye (where it connects to the Urinary Bladder meridian) before descending along the side of the nose, to enter the upper gum, and follow the outer lips to the lower jaw, toward the joint of the jaw.

Here it branches, with one branch ascending again along the front of the ear to the forehead. The other branch descends through the body to the diaphragm and runs to the stomach (the organ) and spleen.

A third branch emerges from the lower jaw and runs across the outside of the body, crossing the chest and belly, until it terminates in the groin. The second branch, that runs through the stomach, reconnects here with this third branch and then as one line they run downward along the front of the leg down to the top of the foot, where there is another split. The main branch ends in the outside (lateral) tip of the second toe. The second branch reaches the inner (medial) side of the big toe, where it meets the Spleen meridian.

Just below the knee, yet an additional branch also split off, to run to the lateral side of the third toe.



A second set of branches separate from the St-12 points and internally permeate the Stomach before spiral wrapping the Spleen and joining the primary channel branches at the St-30 points.

The Internal and External Qi Flow of the Stomach (St) Channels

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## Earth: Stomach Meridian AcuPoints

### ST 36 – Zu San Li (“Leg Three Miles”)

**Location:** 4 finger-widths below the kneecap, slightly to the outer side of the shin bone

#### Why it's essential:

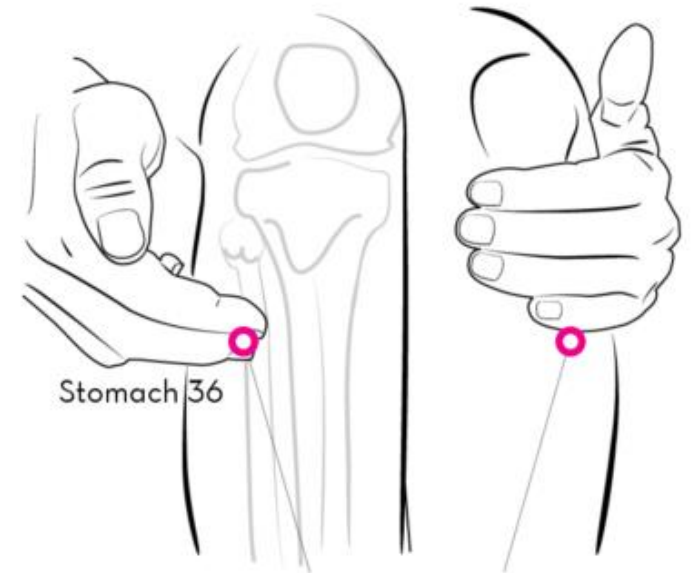
- Boosts overall Qi & blood
- Strengthens digestion & immunity
- Grounds scattered energy

#### Qi Dao insight:

This is your **core Earth battery** — builds stability, resilience, and inner support.

#### Use:

Press deeply or tap 1–2 minutes each side



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## Earth: Stomach Meridian AcuPoints

### ST 25 – Tian Shu (“Heaven’s Pivot”)

**Location:** 2 finger-widths to each side of the navel

#### **Benefits:**

- Regulates intestines
- Relieves bloating, constipation
- Balances gut function

#### **Qi Dao insight:**

This is the **center of transformation** — where you “digest life”.  
Find stillness amongst change

#### **Use:**

Slow circular massage, clockwise



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## Earth: Stomach Meridian AcuPoints

### ST 8 – Tou Wei (Head Corner)

**Location:** Corner of forehead, near hairline

**Benefits:**

- Clears head
- Helps headaches

**Qi Dao aspect:**

Connects thinking mind with embodied Earth

### ST 2 – Under the Eye

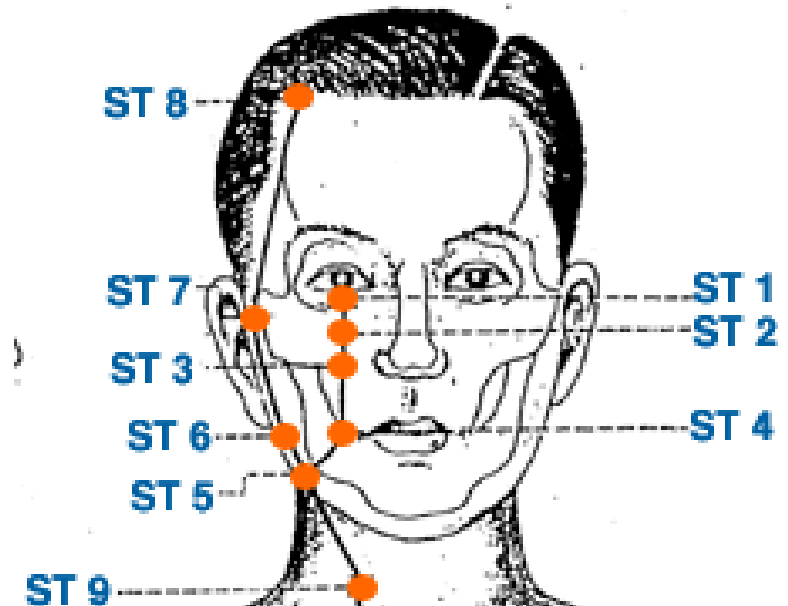
**Location:** Directly below the pupil

**Benefits:**

- Relaxes face
- Releases tension

**Emotional layer:**

Softens **overthinking + worry (Earth imbalance emotion)**

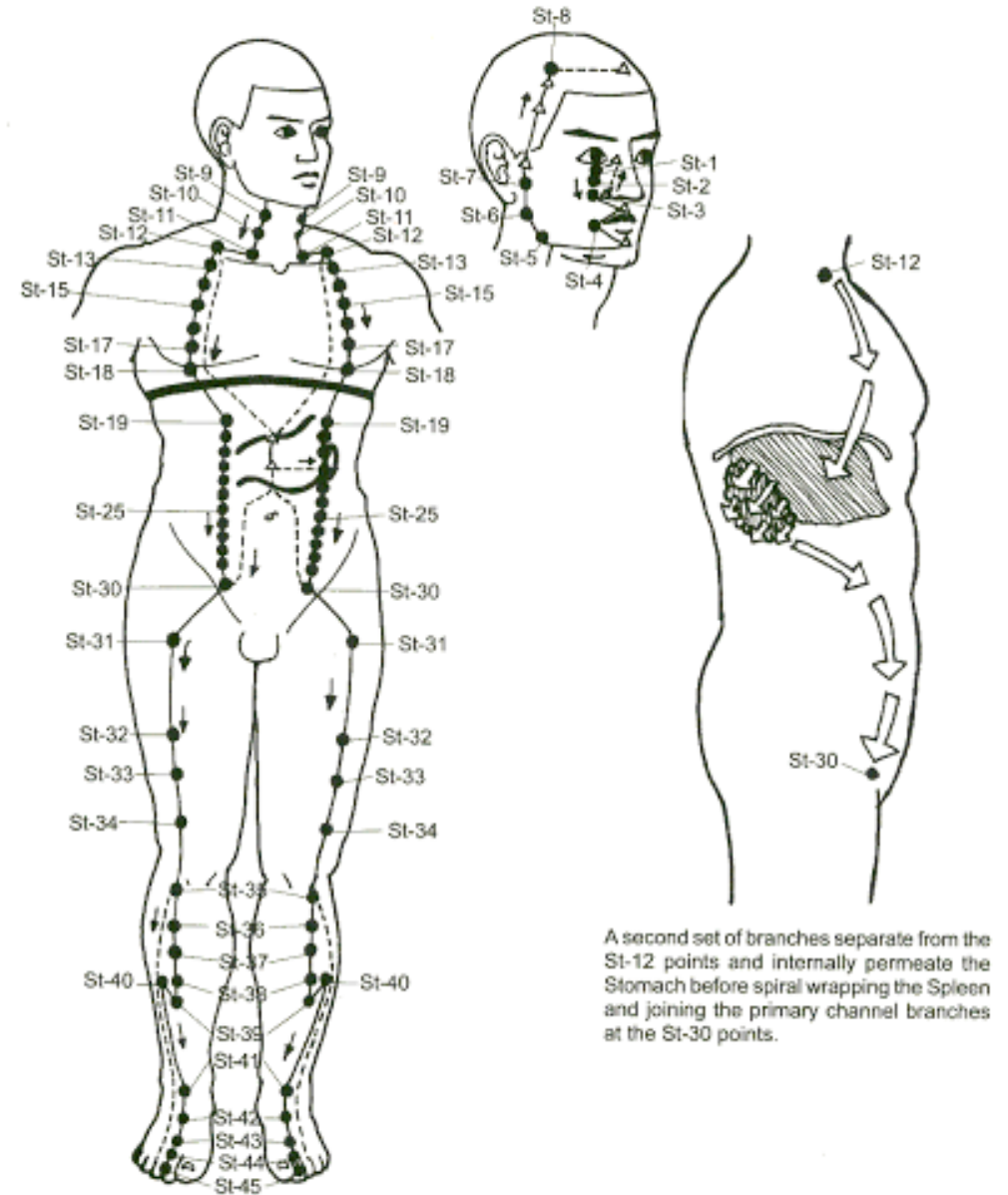


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## Earth: Stomach Meridian AcuPoints

### Simple Qi Dao Earth Routine (3–5 min)

- Tap chest (ST 13 / 15) → open receiving
- Massage belly (ST 25, ST 21) → digest
- Hold lower abdomen (ST 29) → ground
- Strong press ST 36 → root & build Qi
- Finish with face tapping (ST 2, ST 8) → integrate



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## Earth. Spleen Meridian

The Yin Spleen meridian works closely together with its Yang paired meridian of the Stomach, responsible for nourishment, transformation, and the production of Qi and Blood. Together, they are considered the foundation of postnatal energy.

In TCM, Spleen is often referred to as the “Root of Transformation and Transportation” and plays a central role in converting food and fluids into usable energy. While the Stomach receives and ripens food, the Spleen extracts its essence and distributes it throughout the body.

Beyond digestion, the Spleen has a vital energetic function. It governs the upward movement of clear Qi, lifting and holding organs in place, and sending refined nutrients to the Lungs, where they combine with air-derived Qi (Prana). In this way, the Spleen directly supports vitality, immunity, and the clarity of mind. Any weakness in the Spleen disrupts this process, leading to fatigue, dampness, and instability in both body and emotions.

The Spleen meridian is deeply connected to our ability to **process, integrate, and give meaning** to life experiences. It governs thought, concentration, and mental clarity. When balanced, it allows us to feel grounded, supported, and centered. When imbalanced, it leads to overthinking, worry, and mental rumination.

Energetically, the Spleen teaches us how to **receive nourishment and transform it into strength**, not only physically but emotionally and spiritually. It reflects our capacity to feel supported by life and to trust in the process of unfolding.

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Earth. Spleen Meridian

## Symptoms of interrupted flow of spleen meridian:

digestive issues: bloating, loose stools, poor appetite

heaviness in body or limbs

fatigue, low energy, chronic tiredness

fluid retention, edema, dampness accumulation

weak muscles, especially in limbs

prolapse (organs “sinking” due to lack of lifting Qi)

tendency to bruise easily

sugar cravings

brain fog, poor concentration

overthinking, worry, obsessive thoughts

anxiety rooted in insecurity

feeling unsupported or ungrounded

need for reassurance or over-nurturing

difficulty transforming or adapting to life situations

attachment, overgiving, or co-dependency

sluggishness, lack of motivation

feeling “stuck” or heavy emotionally

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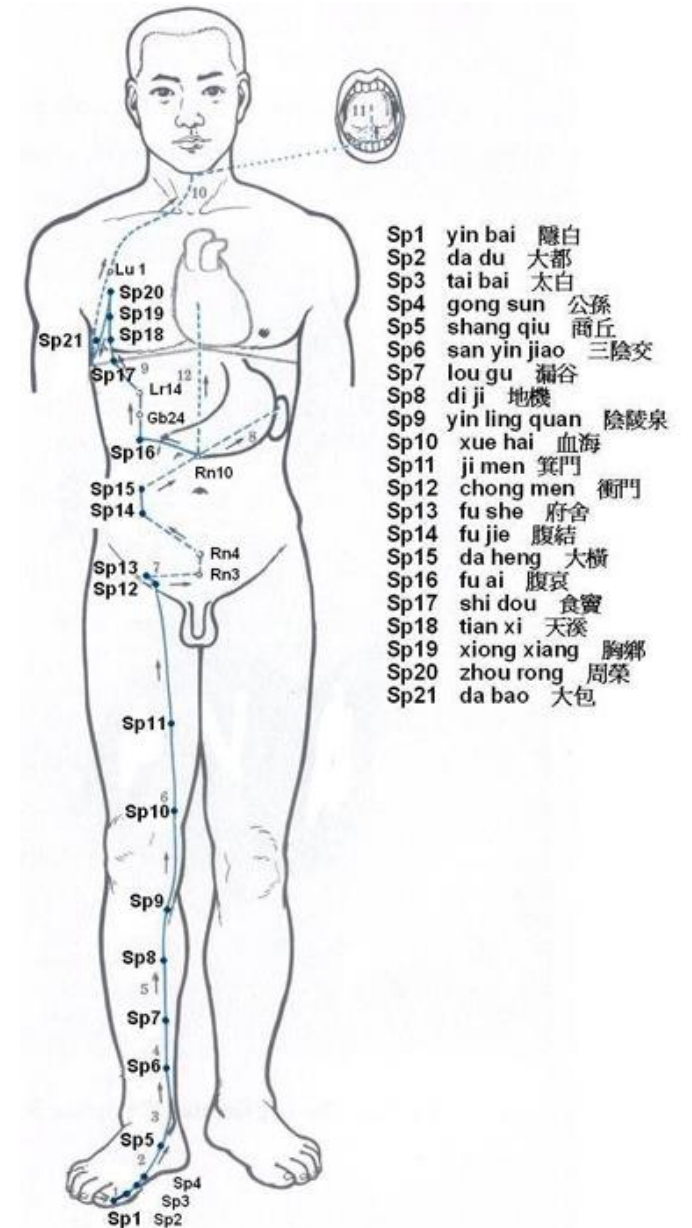
## Earth. Spleen Meridian

The Spleen meridian begins at the inner (medial) side of the big toe, where it connects with the Stomach meridian. From there, it runs along the inside of the foot and ascends along the inner side of the leg, passing in front of the medial ankle and continuing upward along the tibia.

It travels through the inner knee and thigh, entering the abdomen where it connects with the Spleen organ and then the Stomach. From here, it continues upward through the diaphragm into the chest.

One internal branch connects with the Heart, supporting the relationship between nourishment and consciousness. Another branch ascends through the throat and spreads to the root of the tongue, influencing taste and speech.

A superficial branch runs along the chest and terminates at the side of the ribcage, around the 6th intercostal space.



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## Earth: Spleen Meridian AcuPoints

### SP 9 – Yin Ling Quan (“Yin Mound Spring”)

**Location:** Inner knee, just below the joint

#### **Benefits:**

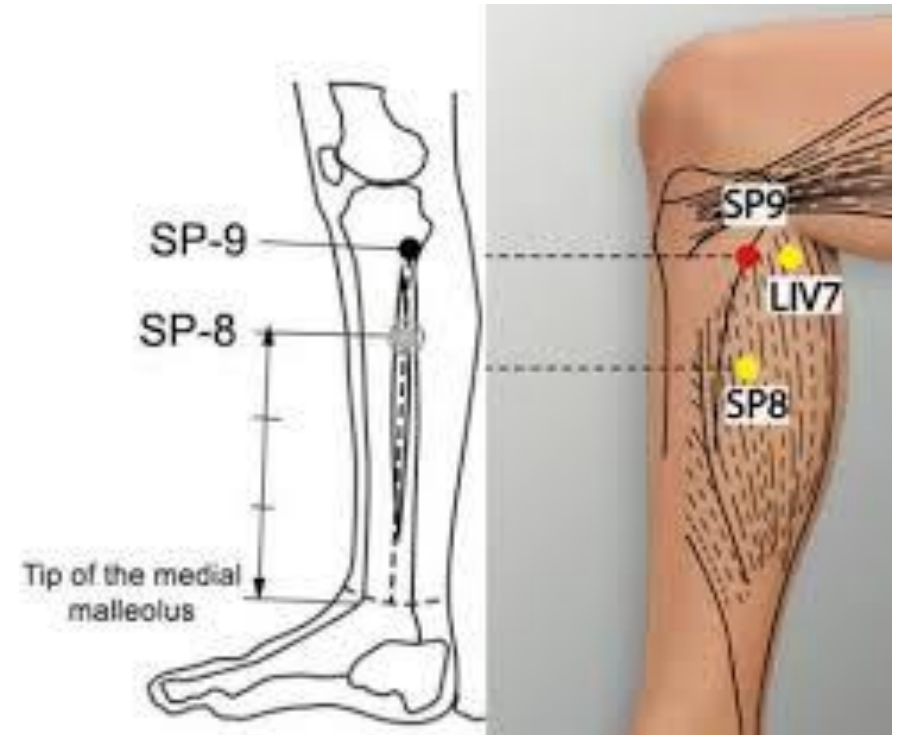
Resolves dampness (water retention, heaviness, joint swelling, sluggishness)  
Supports healthy fluid metabolism (think: bloating, edema, water retention)  
Aids digestion and spleen-pancreas function  
Supports blood sugar regulation

#### **Emotional aspect:**

Helps release **emotional stagnation, mental fog, heaviness**  
Grounds overthinking and worry  
Helps to reconnect with inner clarity and centeredness

#### **Use:**

Strong pressure or rhythmic tapping



# QÌ DǎO ~ TT

## Earth: Spleen Meridian AcuPoints

### SP 10 – Xue Hai (“Sea of Blood”)

**Location:** Inner thigh, above the knee

#### **Benefits:**

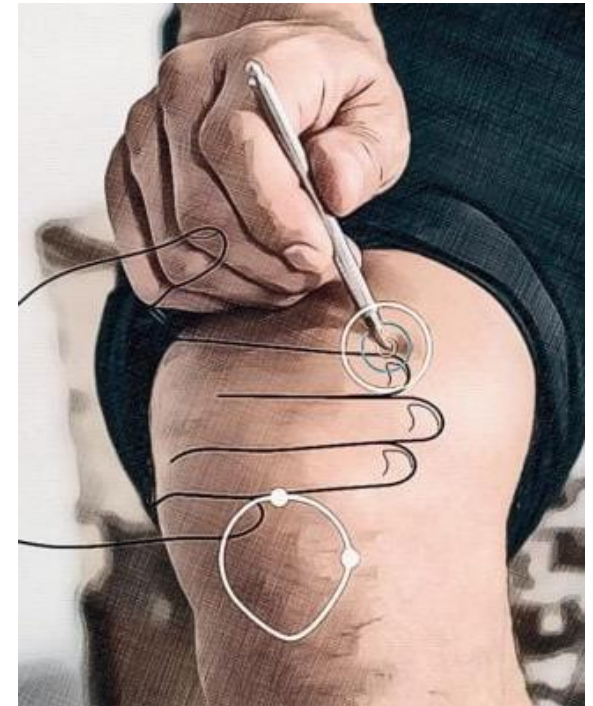
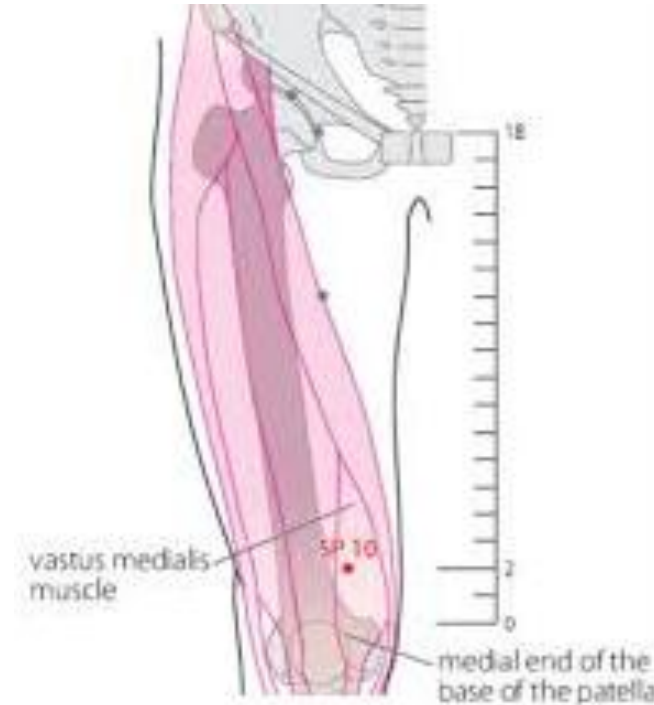
Governs Blood (moves, cools, tonifies)

Invigorates blood circulation

Supports skin and hormonal balance

#### **Qi Dao insight:**

Activates **vitality, warmth, and inner radiance**



# QÌ DǎO ~ TT

## Earth: Spleen Meridian AcuPoints

### SP 15 – Da Heng (“Great Horizontal”)

Level with the navel, on the side of the abdomen

#### Benefits:

Regulates intestines

Relieves bloating, stagnation

#### Qi Dao insight:

Helps you **process and integrate life experience**

### SP 21 – Da Bao (“Great Embrace”)

**Location:** Side of the ribcage

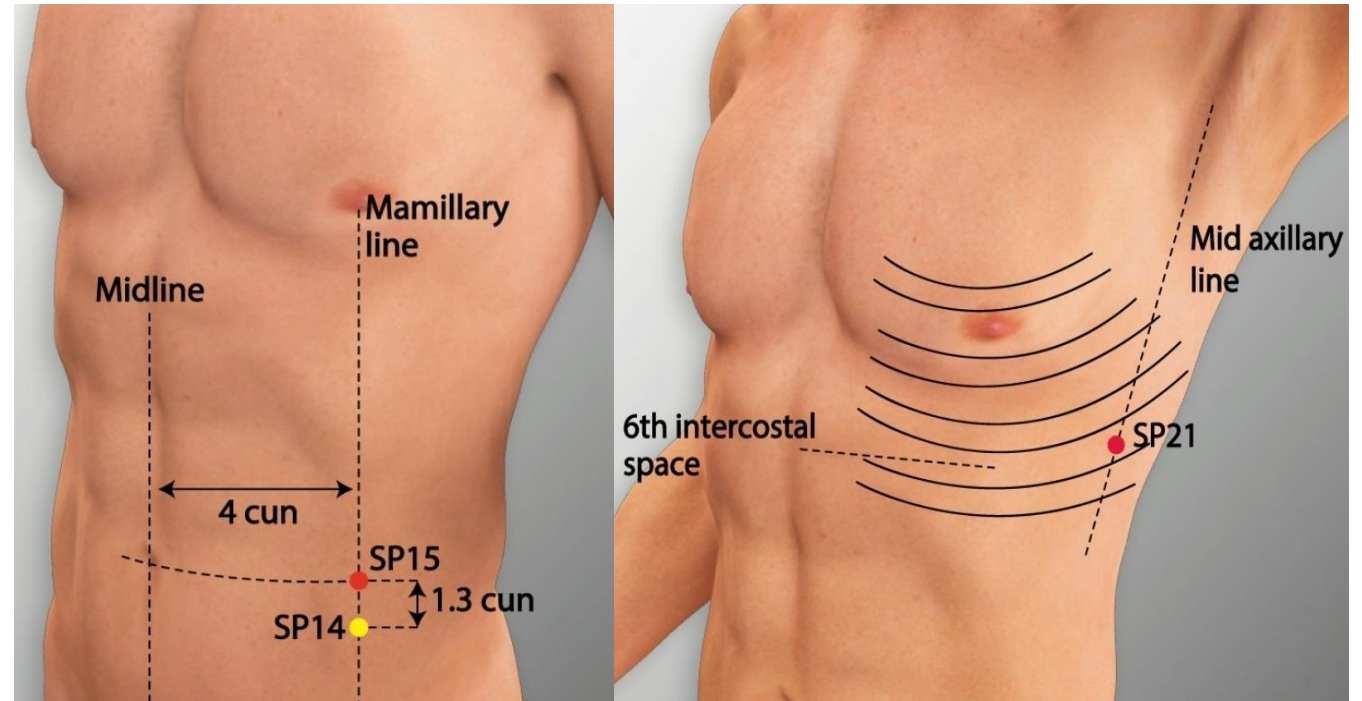
#### Benefits:

Opens whole-body Qi flow

Relaxes chest and fascia

#### Qi Dao insight:

The “**embracing point**” — connects you to feeling held and supported by life

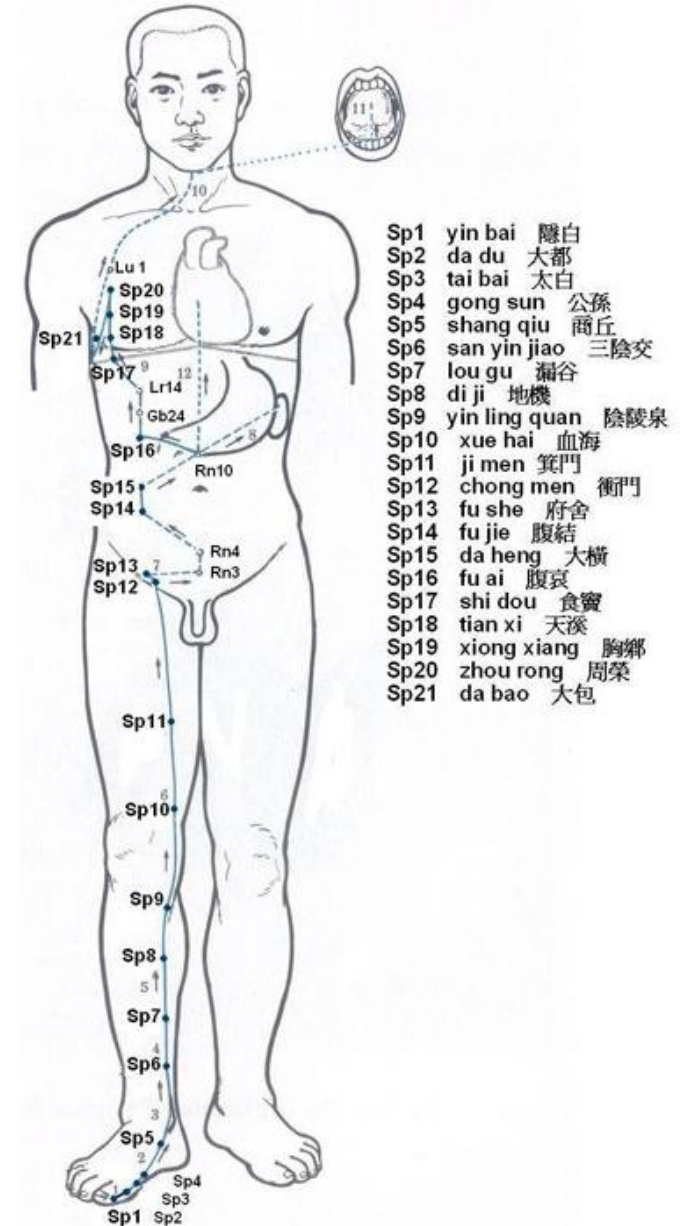


# QÌ DǎO ~ TT

## Earth: Spleen Meridian AcuPoints

### Simple Spleen Qi Dao Routine (3–5 min)

- Massage SP 3 / SP 4 (feet) → activate nourishment
- Press SP 6 → harmonize whole Yin system
- Tap SP 9 → release dampness & heaviness
- Massage SP 15 (belly sides) → digest life
- Finish with SP 21 (ribcage tapping) → expand & integrate



# QÌ DǎO ~ TT

## Earth. Foods

In TCM, Earth element is closely associated with color yellow or orange, and natural sweet flavor.

**Yellow and Orange Produce:** Pumpkin, squash, sweet potatoes, carrots, and corn. Their natural sweetness and warm color strengthen the digestive fire.

**Whole Grains:** Millet and brown rice. Grains are considered fundamental for Earth nourishment as they provide steady, grounding energy.

**Warming Spices:** Fresh ginger is used to aid digestion and warm the stomach, particularly when consuming foods with higher water content.

**Herbal Teas:** a cup with jujubes (red dates), which are commonly used in TCM to tonify the Spleen and Qi.



# QÌ DǎO ~ TT

## Metal (Air). Large Intestine Meridian

The Yang Large Intestine meridian works closely together with its Yin paired meridian of the Lung, forming the Metal element — the phase of refinement, letting go, and purification.

In TCM, the Large Intestine is responsible for receiving what remains after digestion, separating the pure from the impure, and eliminating waste from the body. While this may seem like a simple physical function, energetically it plays a profound role in maintaining inner clarity and balance.

Beyond its role in elimination, the Large Intestine governs our ability to **release what is no longer needed** — physically, emotionally, and mentally. It supports the process of clearing out old patterns, stagnant emotions, and attachments that prevent growth.

Working in harmony with the Lung, which takes in the new (breath, Qi, inspiration), the Large Intestine completes the cycle by letting go of the old. This creates space for renewal and transformation. Any imbalance in this system leads to accumulation — not only of physical waste, but also unresolved emotions and mental clutter.

The Large Intestine meridian is deeply connected to our capacity for **discernment and boundaries** — knowing what to keep and what to release. When balanced, it brings clarity, decisiveness, and a sense of inner order. When imbalanced, it can manifest as holding on — to emotions, relationships, beliefs — or the inability to let go.

On a deeper level, this meridian teaches the wisdom of **surrender and trust in the natural cycles of life**. Letting go is not loss, but transformation.

# QÌ DǎO ~ TT

## Metal (Air). Large Intestine Meridian

### **Symptoms of interrupted flow of Large Intestine meridian:**

constipation or irregular bowel movements

abdominal pain or discomfort

bloating

skin issues (acne, dryness, inflammation)

bad breath

toothaches, gum issues

sinus congestion, runny or blocked nose

sore throat

shoulder, arm, or elbow pain (especially along meridian pathway)

stiffness in neck

difficulty letting go (emotionally or mentally)

attachment to past experiences or relationships

grief that is not processed

rigidity in thinking

control issues

perfectionism

feeling “clogged” or stuck in life

resistance to change

suppressed emotions

difficulty setting boundaries

feeling overwhelmed by clutter (internal or external)

# QÌ DǎO ~ TT

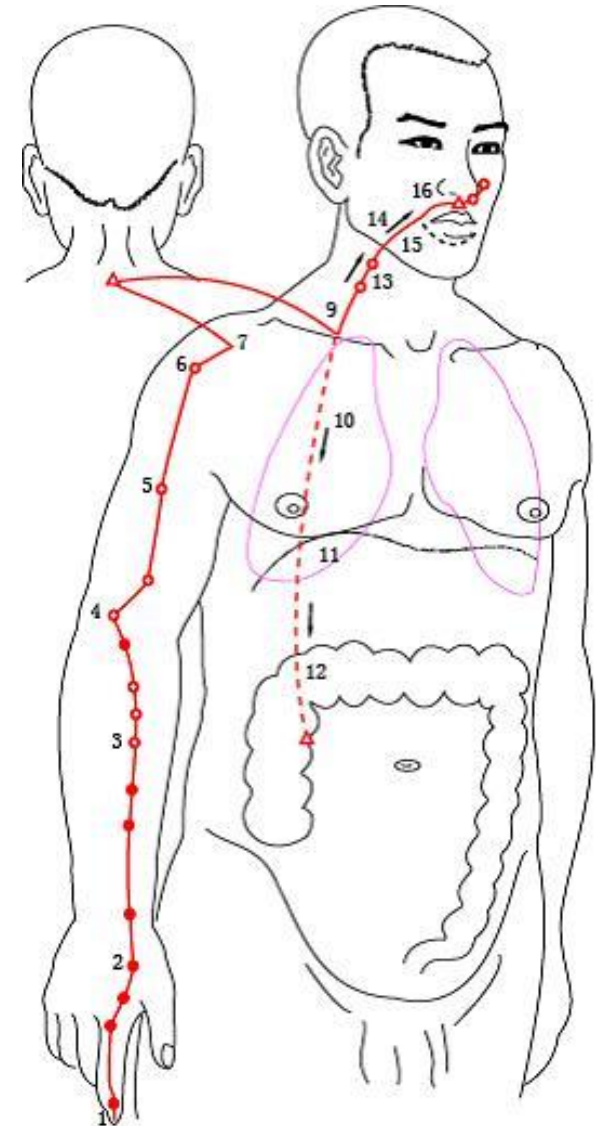
Metal (Air). Large Intestine Meridian

## Meridian description:

The Large Intestine meridian begins at the radial (thumb) side of the index finger. From there, it travels along the outer side of the hand and wrist, ascending along the lateral aspect of the forearm and elbow.

It continues up the outer arm to the shoulder, where it crosses to the back and connects with the spine, then travels forward to enter the Large Intestine organ.

A branch ascends from the shoulder to the neck, passing through the cheek and lower gums, crossing the face to the opposite side. It then terminates beside the nose, where it connects with the Stomach meridian.



# QÌ DǎO ~ TT

Metal (Air). Large Intestine Meridian

## LI 4 – He Gu (“Joining Valley”)

**Location:** Between thumb and index finger (highest point of the muscle when you press them together)

### Why it’s essential:

Moves Qi strongly throughout the whole body

Relieves pain (headaches, face, tension)

Clears heat & boosts immunity

### Emotional layer:

Helps release **held tension, control, suppressed emotions**

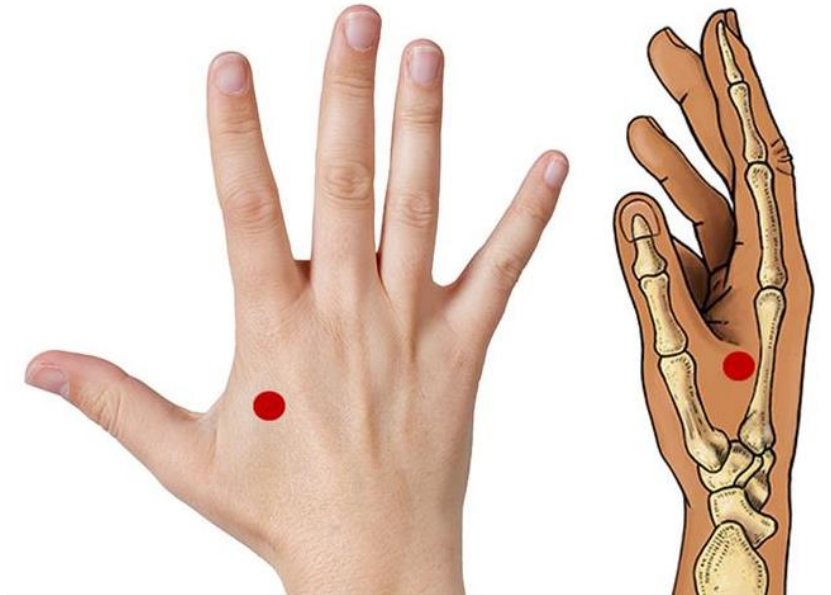
### Qi Dao insight:

This is the **master point of letting go** — physical + emotional detox.

### Use:

Firm pressure, deep hold, or strong tapping

⚠️ Avoid during pregnancy



# QÌ DǎO ~ TT

Metal (Air). Large Intestine Meridian

## LI 11 – Qu Chi (“Pool at the Bend”)

**Location:** At the outer end of the elbow crease

### Benefits:

- Clears heat (skin issues, stomach fire, large intestine inflammation, soar throat)
- Supports detoxification
- Regulates immune system (immune deficiency)

### Emotional aspect:

Releases **internal heat, frustration, irritability**

**Use:** Strong pressure or rhythmic tapping



## LI 10 – Shou San Li (“Arm Three Miles”)

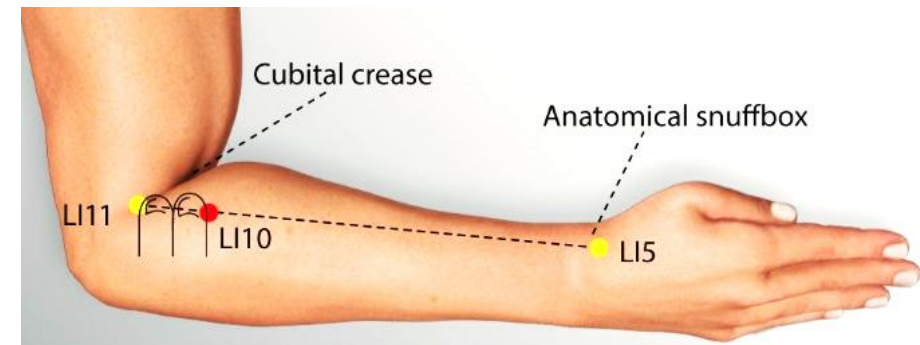
**Location:** 2–3 finger-widths below LI 11 on the forearm

### Benefits:

- Boosts Qi and energy
- Strengthens digestion

### Qi Dao insight:

Supports **strength to release and move forward**



# QÌ DǎO ~ TT

Metal (Air). Large Intestine Meridian

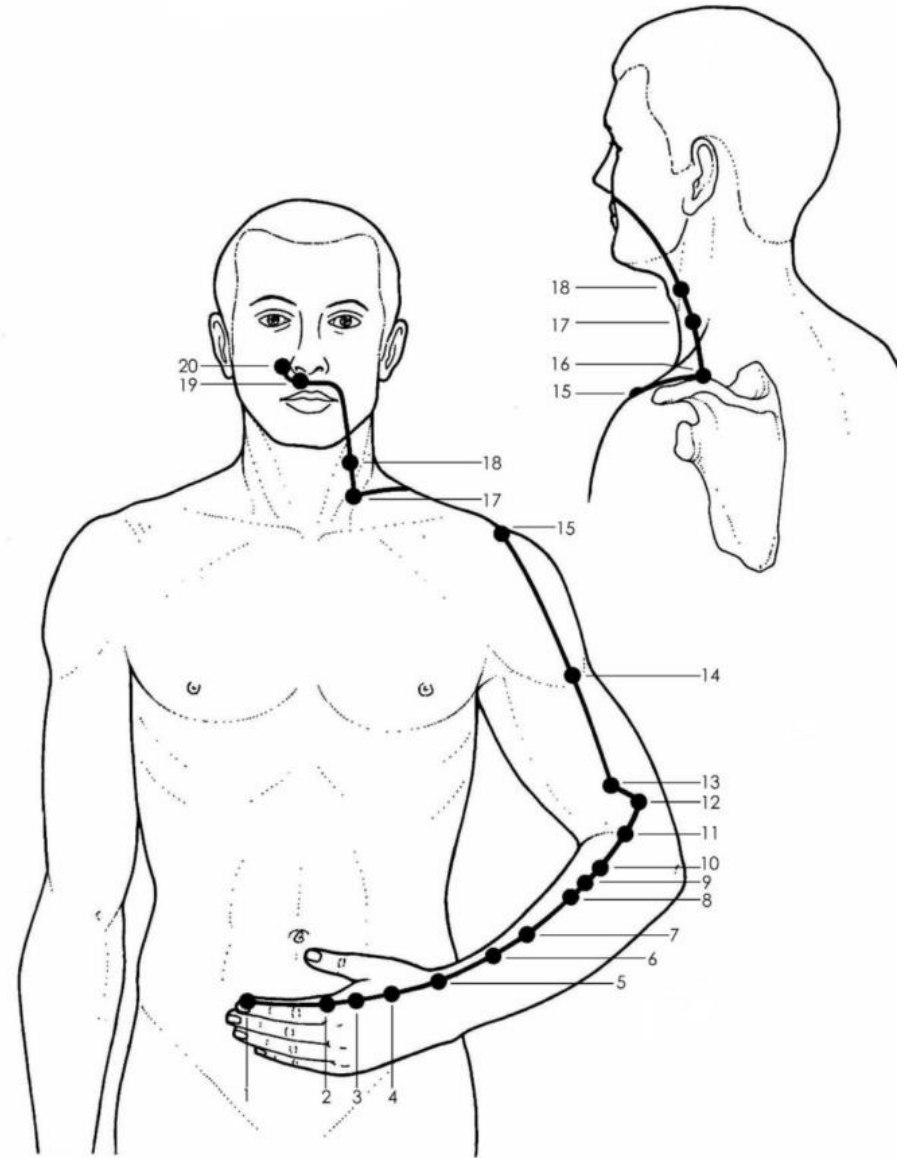
## Simple Metal / Large Intestine Qi Dao Routine (3–5 min)

- Press LI 4 → activate release
- Tap LI 10 → build strength in letting go
- Press LI 11 → clear heat & detox
- Open shoulder (LI 15 massage) → release burden
- Massage LI 20 (nose) → deepen breath
- Finish with light tapping on fingers (LI 1) → reset flow

Add slow exhale:

**Inhale — receive**

**Exhale — release**



# QÌ DǎO ~ TT

## Metal (Air). Lungs Meridian

The Yin Lung meridian works closely together with its Yang paired meridian of the Large Intestine, forming the Metal element — the phase of clarity, purification, and the rhythm of receiving and releasing.

In TCM, the Lungs are known as the “Master of Qi” and the “Delicate Organ.” They govern respiration and are responsible for taking in pure Qi from the air, combining it with the essence derived from food, and distributing it throughout the entire body.

Beyond breathing, the Lungs regulate the flow of Qi in all channels, control the skin and pores, and play a key role in immunity. They are the interface between the internal world and the external environment, constantly managing what we take in and how we respond to it.

Energetically, the Lungs govern the **descending and dispersing of Qi** — sending energy downward and outward, allowing for proper circulation, fluid regulation, and release. When this function is disrupted, Qi may stagnate or rebel, leading to congestion, tension, or emotional holding.

The Lung meridian is deeply connected to our ability to **receive life fully** — breath, inspiration, connection — and to maintain a clear sense of inner space. It also governs our relationship with grief.

When balanced, the Lungs bring a sense of **lightness, openness, and presence**, allowing us to breathe deeply and live fully in the moment. When imbalanced, there may be shallow breathing, sadness, disconnection, or difficulty letting go of past loss.

On a deeper level, the Lungs teach us the rhythm of life itself:  
**to receive with openness, and to release with grace.**

# QÌ DǎO ~ TT

Metal (Air). Lungs Meridian

## Symptoms of interrupted flow of Lung meridian:

shallow breathing, shortness of breath

cough, asthma, respiratory issues

weak immunity, frequent colds

skin problems (dryness, sensitivity)

spontaneous sweating or lack of sweating

chest tightness

fatigue, low energy

grief, sadness, melancholy

difficulty letting go of loss

emotional numbness or disconnection

feeling closed or withdrawn

lack of inspiration or vitality

rigidity in boundaries (too open or too closed)

fear of change or vulnerability

feeling empty or “not filled by life”

# QÌ DǎO ~ TT

## Metal (Air). Lungs Meridian

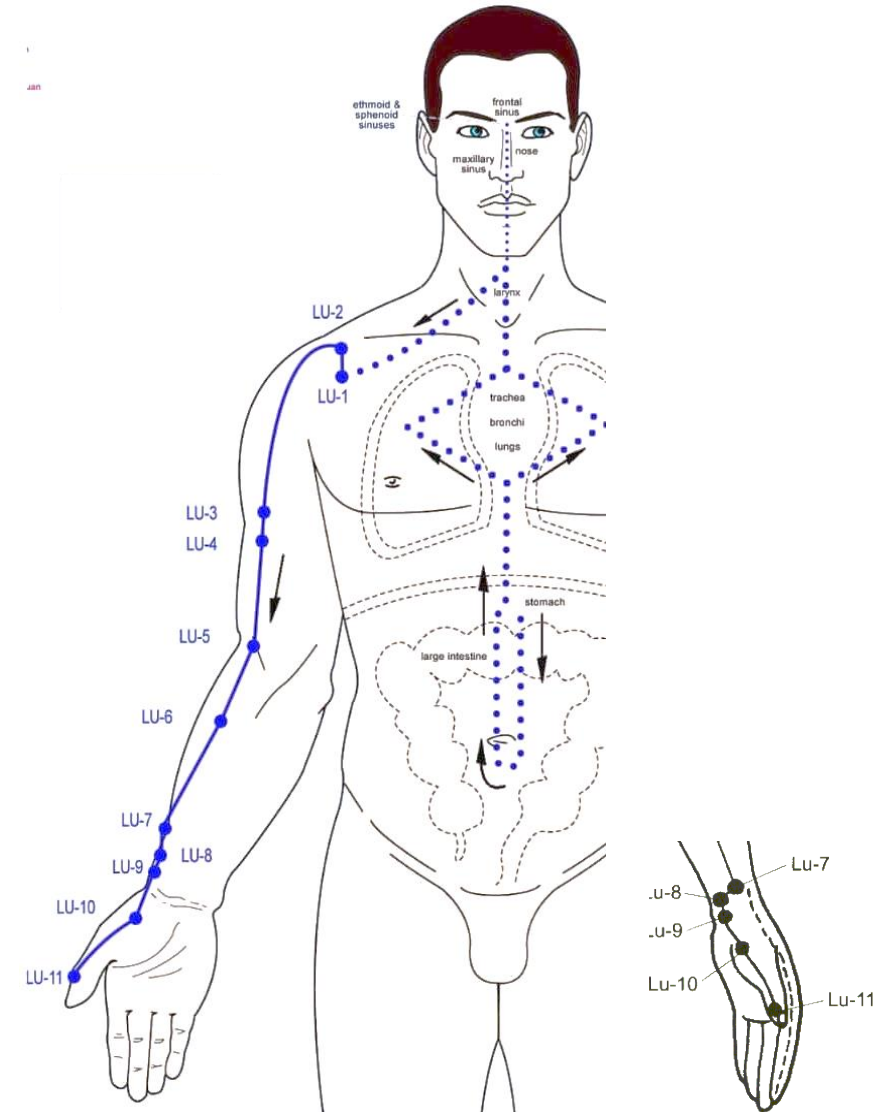
The Lung meridian begins internally in the middle burner (around the stomach region), connecting with the Large Intestine. From there, it rises through the diaphragm to enter the Lungs.

A branch emerges from the Lung and travels upward to the throat, then descends outward to the chest, where the main visible pathway begins.

From the chest (LU 1 area), the meridian travels along the front of the shoulder and down the inner (medial) side of the arm, passing through the biceps region, elbow crease, and forearm.

It continues along the radial (thumb) side of the wrist and palm, ending at the radial side of the thumb.

A small branch splits near the wrist and travels to the index finger, where it connects with the Large Intestine meridian — completing the Metal element circuit.



# QÌ DǎO ~ TT

## Metal (Air). Lungs Meridian

### LU 1 – Zhong Fu (“Central Palace”)

**Location:** Upper chest, slightly below the collarbone, outer side

**Benefits:**

- Opens the chest and lungs
- Regulates breathing
- Releases congestion

**Emotional layer:** Helps release **grief, sadness, held emotions in the chest**

**Qi Dao insight:** This is the **gateway of receiving Qi** — where breath becomes life.

**Use:** Gentle pressing, slow tapping, or palm holding

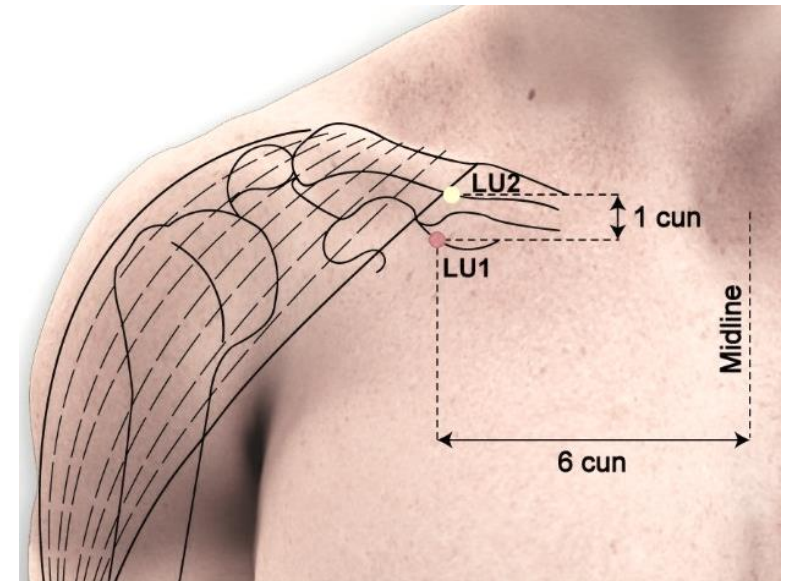
### LU 2 – Yun Men (“Cloud Gate”)

**Location:** Just below the clavicle, near the shoulder

**Benefits:**

- Opens chest and throat
- Relieves cough and fullness

**Qi Dao insight:** Helps **open the “sky” inside the body** — space for breath and expansion



# QÌ DǎO ~ TT

Metal (Air). Lungs Meridian

## LU 7 – Lie Que (“Broken Sequence”)

**Location:** Above the wrist, on the thumb side

**Why it’s powerful:**

- Opens the chest, throat, and head
- Regulates breathing and immunity

**Emotional layer:** Supports **letting go + opening to new cycles**

**Qi Dao insight:** A key point for **breaking old patterns and restoring flow**

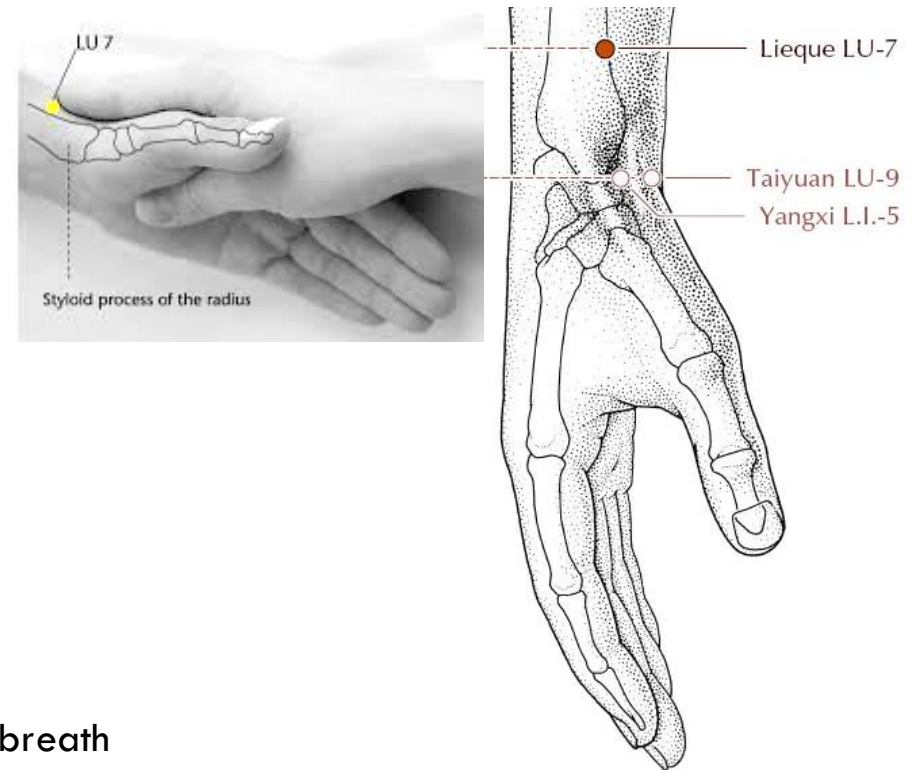
## LU 9 – Tai Yuan (“Great Abyss”)

**Location:** Wrist crease, thumb side

**Benefits:**

- Tonifies Lung Qi and Yin
- Strengthens pulse and breath

**Qi Dao insight:** The **source point of Lung energy** — deep nourishment of breath



# QÌ DǎO ~ TT

Metal (Air). Lungs Meridian

## Simple Lung Qi Dao Routine (3–5 min)

Open chest (LU 1 / LU 2 tapping) → receive breath

Press LU 7 → open channel + release patterns

Massage LU 5 → clear emotional heat

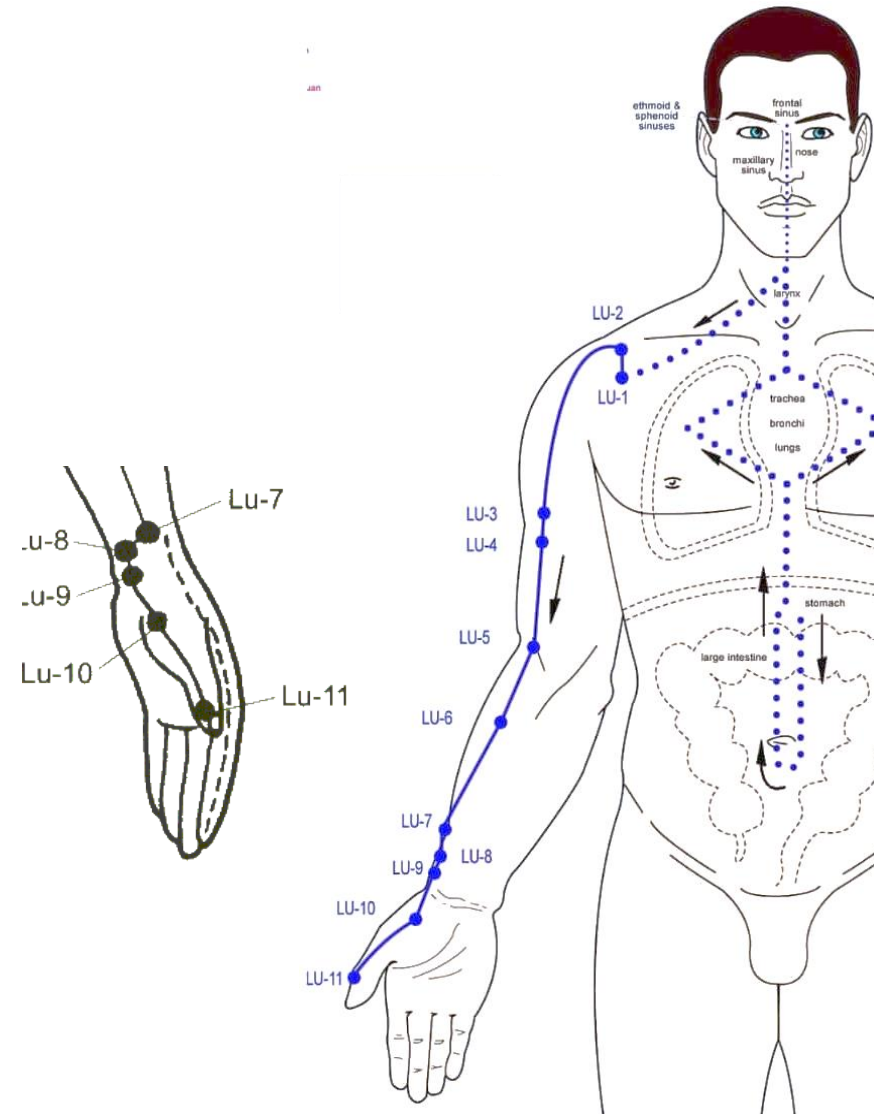
Hold LU 9 → nourish breath deeply

Activate LU 10 / LU 11 → express voice + release

Add breath:

**Inhale — expand chest**

**Exhale — soften and release**



# QÌ DǎO ~ TT

Metal (Air). Lungs Meridian

## **White Foods (Lung Resonance)**

Pear

Daikon radish, White onion, Garlic

Cauliflower, White mushrooms

## **Pungent / Aromatic Flavor (releases stagnation, moves Lung Qi)**

Ginger, Garlic, Onion. Mustard greens

## **Moistening Foods (Protect against Lung dryness)**

Pear (especially cooked)

Honey (small amounts)

Almonds, Sesame seeds

Tofu

Oats

## **Fermented & Cleansing Foods**

Support Large Intestine function

- Sauerkraut
- Kimchi
- Miso

## **Lung-Supportive Herbs & Teas**

Open breath and calm system

Mint, Thyme, Eucalyptus (aroma)

White tea

# QÌ DǎO ~ TT

## Water. Bladder Meridian

The Yang Bladder meridian works closely together with its Yin paired meridian of the Kidney, forming the Water element — the phase of storage, depth, and the conservation of life force.

In TCM, the Bladder is responsible for storing and excreting fluids, maintaining balance in the body's water metabolism. While its physical role is clear, energetically it is far more expansive, as it reflects how we manage pressure, tension, and the flow of stored experiences within the body.

The Bladder meridian is the longest meridian in the body and acts as a vast **regulatory channel of the nervous system**, running along the back body — the most Yang and protective surface. It contains the **Back-Shu points**, which directly influence all major organs, making it a key pathway for overall health and energetic balance.

Working in harmony with the Kidneys — the root of our essence (Jing) — the Bladder supports the distribution and release of stored fluids and tension. It plays a role in how we process stress and how the body holds or releases it.

Energetically, the Bladder meridian relates to our ability to **move through life with flow and adaptability**, while still maintaining structure and resilience. When balanced, it allows us to feel supported from within, with a strong yet flexible nervous system.

On a deeper level, the Water element governs **fear, survival instinct, and the subconscious**. The Bladder channel reflects how these energies move through us — whether they become fluid and adaptive, or stagnant and rigid.

This meridian teaches the wisdom of **flow without resistance** — the ability to yield, adapt, and trust the deeper currents of life.

# QÌ DǎO ~ TT

## Water. Bladder Meridian

### Symptoms of interrupted flow of Bladder meridian:

back pain (especially along spine)

neck stiffness

headaches (especially occipital)

tightness along back of body (legs, calves)

sciatica

urinary issues (frequent urination, retention, infections)

nervous system imbalance

fatigue and exhaustion

chronic stress or tension

fear, especially deep or unconscious fear

rigidity, inability to adapt

feeling overwhelmed or under pressure  
restlessness or inability to relax

hypersensitivity of nervous system

difficulty letting go of control

stored trauma in the body

feeling unsupported or unsafe

# QÌ DǎO ~ TT

## Water. Bladder Meridian

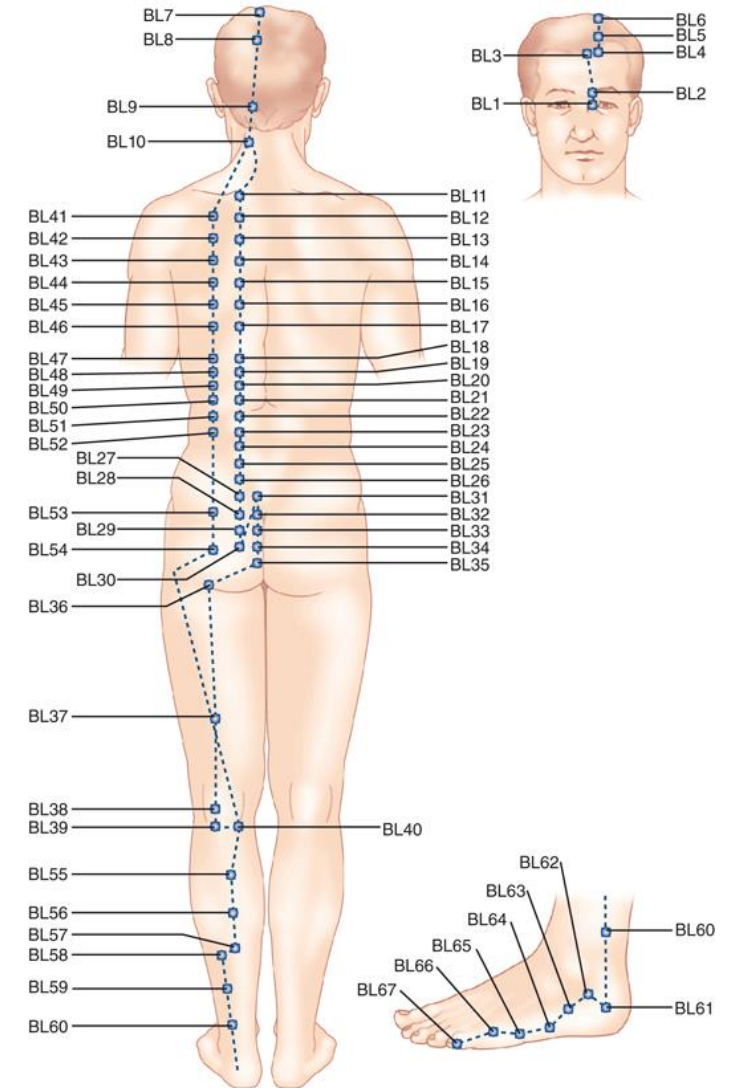
The Bladder meridian begins at the inner corner of the eye, ascending over the forehead and over the top of the head. From there, it splits into two parallel lines that descend along the back of the body.

The inner branch runs close to the spine, passing through the neck, upper back, and lower back, connecting with the Kidneys and Bladder organs internally. Along this pathway lie the Back-Shu points, each corresponding to a major organ.

The outer branch runs parallel to the inner line, further out along the back, influencing the emotional and psychological aspects of the organs.

Both branches continue down through the buttocks and along the back of the legs, passing through the hamstrings and calves, and descending to the outer ankle.

The meridian ends at the outer side of the little toe, where it connects with the Kidney meridian.



# QÌ DǎO ~ TT

Water. Bladder Meridian. AcuPoints

## BL 1 – Jing Ming (“Bright Eyes”)

**Location:** Inner corner of the eye

**Benefits:**

- Clears vision
- Awakens awareness

**Qi Dao insight:** The **first spark of awareness** — seeing clearly, inwardly and outwardly

⚠ Very delicate — touch extremely gently or simply hold awareness here

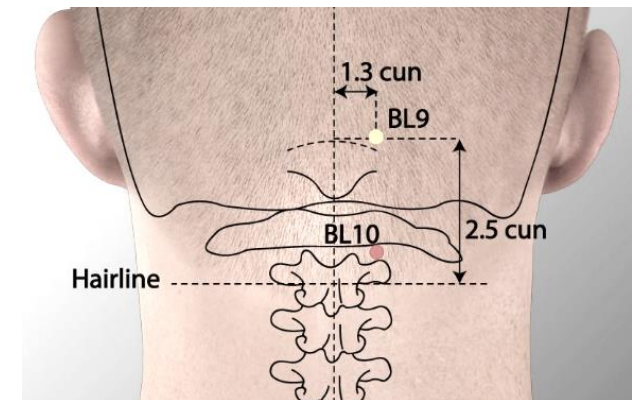
## BL 10 – Tian Zhu (“Heavenly Pillar”)

**Location:** Base of the skull, back of the neck

**Benefits:**

- Relieves neck tension, headaches
- Calms nervous system

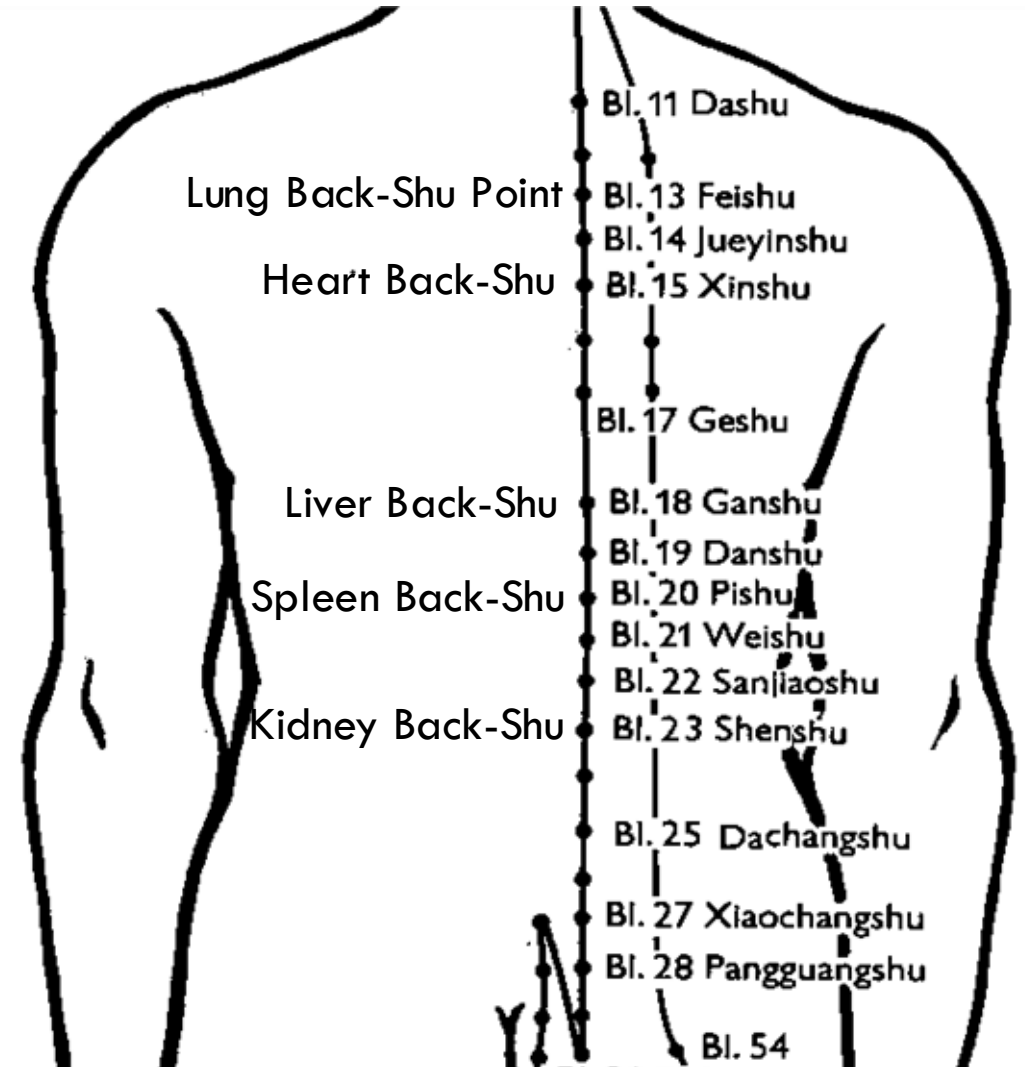
**Emotional layer:** Releases **mental overload, stress, overthinking**



# QÌ DǎO ~ TT

## Water. Bladder Meridian. AcuPoints

- Strengthens Lungs, Immunity. Opens breath in the back.  
Releases **anxiety, restlessness, emotional agitation**
- Supports Liver function, moves stagnation.  
Releases **stored frustration and emotional tension**
- Strengthens digestion, supports energy production.
- Tonifies Kidney energy (Jing). Strengthens lower back.  
Deep vitality point - your **core life-force reservoir**  
Releases **fear, insecurity, deep exhaustion**



# QÌ DǎO ~ TT

Water. Bladder Meridian. AcuPoints

## **BL 40 – Wei Zhong (“Middle of the Crook”)**

- Relieves back pain
- Clears heat and stagnation along the spine

**Qi Dao insight:** A key point to **release the entire back line**

## **BL 57 – Cheng Shan (“Support the Mountain”)**

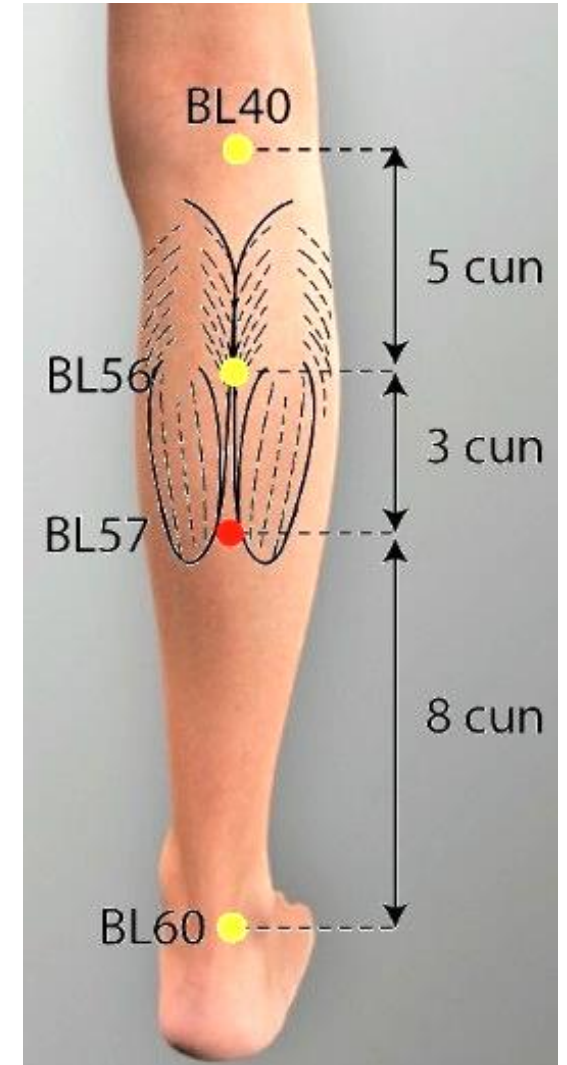
- Relieves calf tension
- Helps circulation

**Qi Dao insight:** Releases fascia, lumbago – sciatica

## **BL 60 – Kun Lun (“Kunlun Mountains”)**

- Moves energy through entire channel
- Relieves pain along back body

**Qi Dao insight:** A powerful point to **restore flow from head to feet**



# QÌ DǎO ~ TT

## Water. Kidney Meridian

### Simple Bladder Qi Dao Routine (3–5 min)

Massage neck (BL 10) → release head pressure

Tap along spine (BL 13–23 area) → activate back body

Press lower back (BL 23) → restore core energy

Press BL 40 → release whole back line

Massage calves (BL 57) → soften fascia

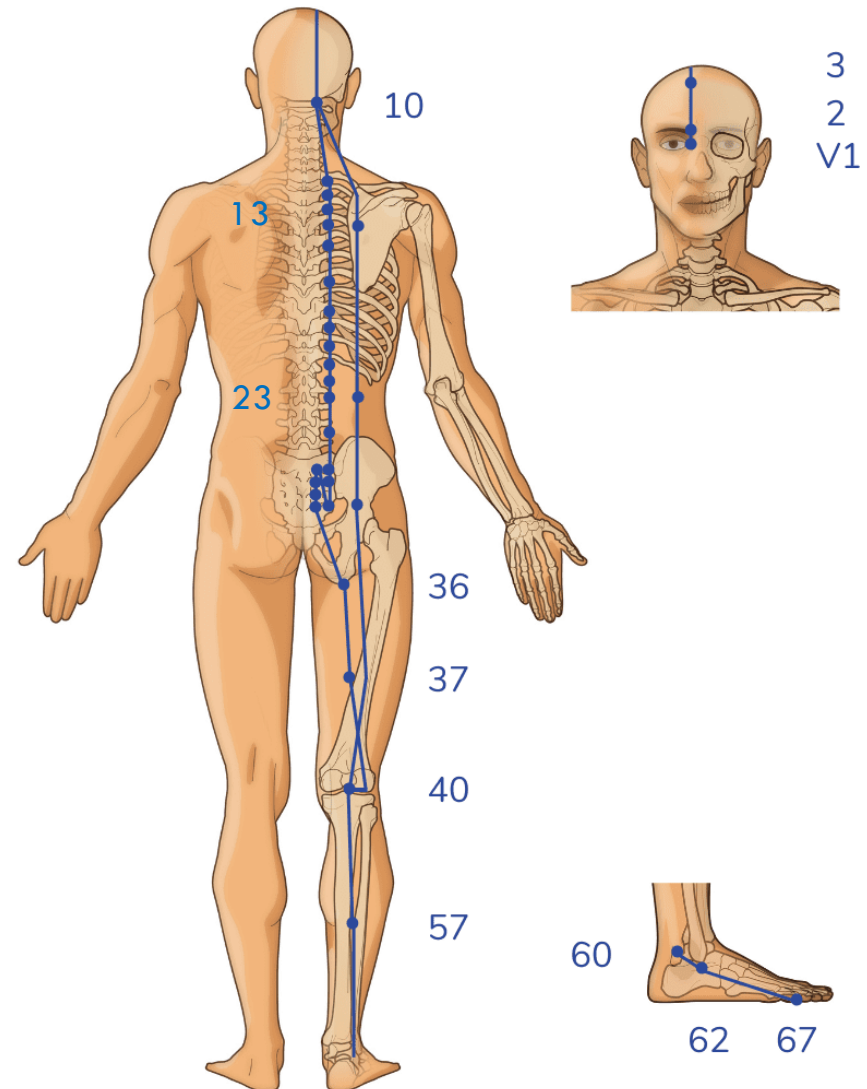
Press BL 60 → connect full channel

Finish at toes (BL 67) → ground + complete flow

### Water Element (Bladder) Themes

- Flow
- Adaptability
- Nervous system regulation
- Letting go of deep tension

Mantra: “I soften. I flow. I trust the current of life.”



# QÌ DǎO ~ TT

## Water. Kidney Meridian

The Yin Kidney meridian works closely together with its Yang paired meridian of the Bladder, forming the Water element — the phase of depth, storage, and the foundation of life.

In TCM, the Kidneys are known as the “Root of Life” and the storehouse of **Jing (Essence)** — the fundamental energy we are born with, which governs growth, development, reproduction, and aging.

Beyond their physical role in regulating water metabolism, the Kidneys hold the deepest reserves of vitality in the body. They are the source of both Yin and Yang energies, nourishing all organs and systems. When Kidney energy is strong, there is resilience, endurance, and a deep sense of inner stability.

The Kidneys also govern the bones, marrow, brain, and reproductive system, and are closely connected to the ears and the lower back. They provide the foundational energy that supports all movement, transformation, and consciousness.

Energetically, the Kidney meridian relates to our **core willpower (Zhi)** — the quiet inner strength that allows us to persist, evolve, and move through life with courage. It is also deeply connected to our relationship with **fear**, especially at a primal, survival level.

When balanced, Kidney energy gives a sense of **deep trust, grounded presence, and inner power**. There is a natural flow between rest and action, effort and surrender. When imbalanced, there may be fear, insecurity, depletion, or a feeling of being disconnected from one’s roots.

On a deeper level, the Kidneys connect us to the **mystery of life itself** — the unseen reserves, ancestral energy, and the quiet depth beneath all movement.

They teach the wisdom of **conserving energy, resting deeply, and trusting the unknown**.

# QÌ DǎO ~ TT

## Water. Kidney Meridian

### Symptoms of interrupted flow of Kidney meridian:

lower back pain, weakness in lumbar area

knee weakness or pain

fatigue, exhaustion, burnout

low libido, reproductive issues

urinary problems

coldness in the body

tinnitus or hearing issues

weak bones or teeth

fear, especially deep or chronic fear

insecurity, lack of willpower

feeling depleted or “running on empty”

lack of direction or purpose

difficulty resting or deep fatigue

anxiety rooted in survival or safety

feeling disconnected from self or life path

burnout from overexertion

# QÌ DǎO ~ TT

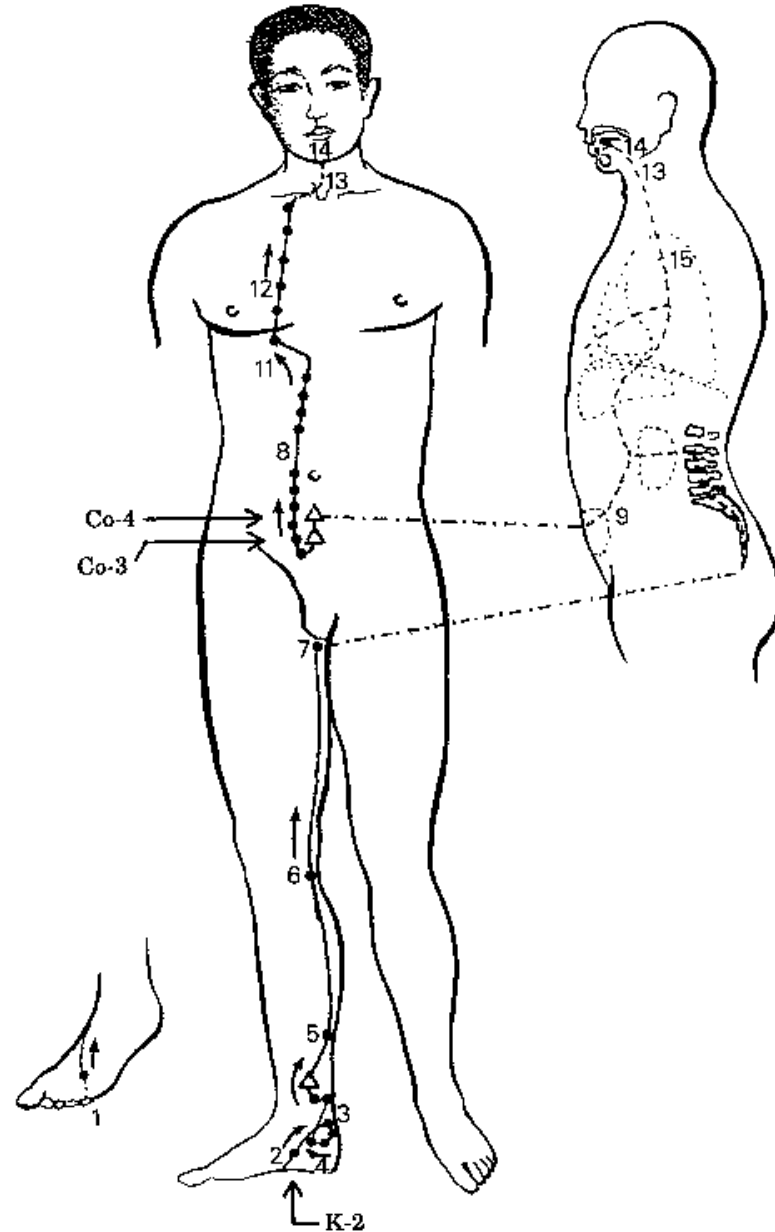
## Water. Kidney Meridian

The Kidney meridian begins at the sole of the foot, in the depression just below the ball of the foot. From there, it travels along the inner arch and ascends along the inner side of the leg, passing behind the medial ankle and continuing up the inner calf and thigh.

It enters the spine at the base and connects with the Kidneys and Bladder organs internally. From there, it ascends through the abdomen and chest, passing close to the midline.

A branch rises through the throat and terminates at the root of the tongue. Another branch connects to the Lungs and Heart, linking the deep reserves of Water with the breath and consciousness.

The main external pathway continues upward along the chest and ends below the collarbone.



# QÌ DǎO ~ TT

## Water. Kidney Meridian. AcuPoints

### KD 1 – Yong Quan (“Gushing Spring”)

**Location:** Sole of the foot, just below the ball (appears when toes curl)

**Benefits:**

- Grounds energy downward
- Calms the mind
- Connects to Earth

**Emotional layer:** Helps with **anxiety, fear rising upward, overthinking**

**Qi Dao insight:** This is the **root of your energy** — where you plug back into the Earth.

**Use:** Firm pressure, slow massage, or standing awareness

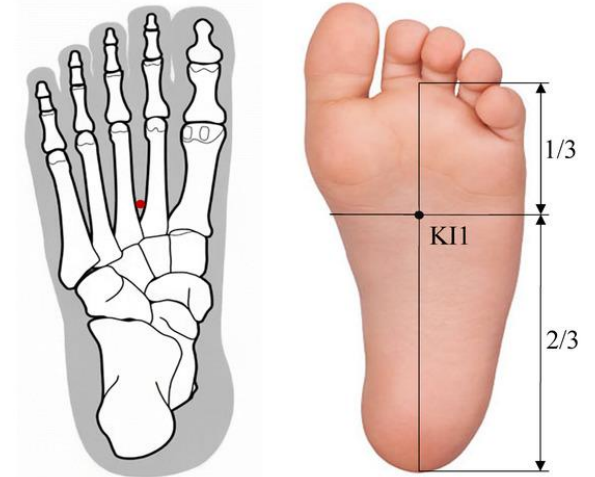
### KD 3 – Tai Xi (“Great Stream”)

**Location:** Between inner ankle bone and Achilles tendon

**Why it’s powerful:**

- Primary source point of Kidney energy
- Strengthens Jing, Yin & Yang
- Supports lower back and vitality

**Emotional aspect:** Restores **deep inner strength and stability**



# QÌ DǎO ~ TT

## Water. Kidney Meridian. AcuPoints

### KD 13 – Qi Xue (“Qi Cave”)

#### Benefits:

- Strengthens reproductive energy
- Supports core vitality

**Qi Dao insight:** Connects to the **deep reservoir of life force**

### KD 16 – Huang Shu (“Vital Center”)

**Location:** Level with the navel, close to midline

#### Benefits:

- Strengthens digestion through Kidney support
- Harmonizes core energy

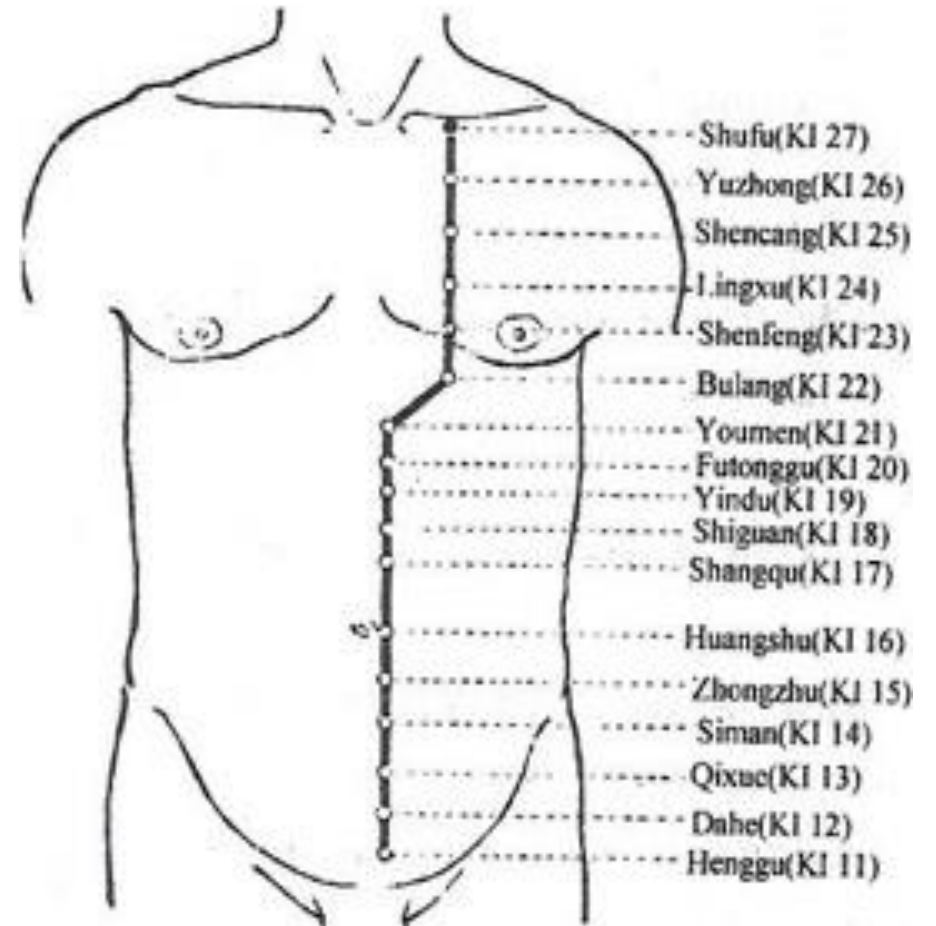
### KD 27 – Shu Fu (“Shu Mansion”)

**Location:** Just below the collarbone, near sternum

#### Benefits:

- Opens chest
- Supports breathing + Kidney-Lung connection

**Qi Dao insight:** Where **deep essence meets breath and spirit**



# QÌ DǎO ~ TT

## Water. Kidney Meridian. AcuPoints

### Simple Kidney Qi Dao Routine (3–5 min)

Massage KD 1 (feet) → ground deeply

Press KD 3 → activate core energy

Hold KD 6 → soften + nourish Yin

Tap lower abdomen (KD 13 area) → awaken Jing

Press KD 7 → regulate flow

Open chest (KD 27) → connect depth to breath

Slow breath:

**Inhale — descend to lower belly**

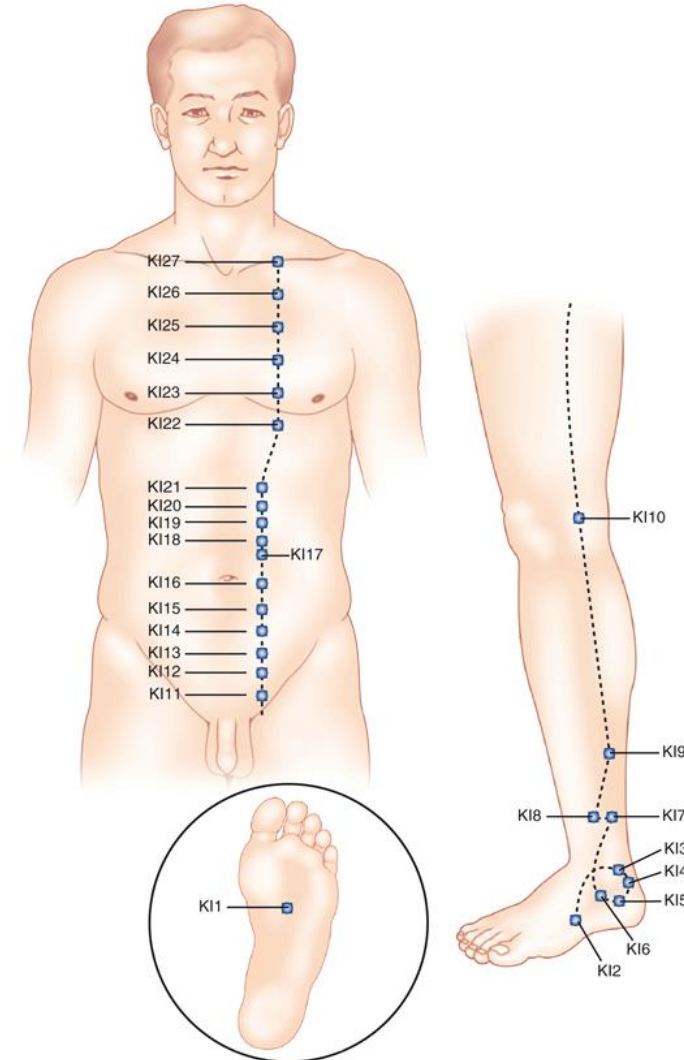
**Exhale — soften into depth**

### Water Element (Kidney) Themes

- Depth
- Stillness
- Inner power
- Trust in the unknown

Mantra:

**“I rest in my depth. I trust my inner strength.”**



# QÌ DǎO ~ TT

## Water. Foods

### Water Element Nutrition Principles

Nourish **depth + reserves (Jing)**

Support **Kidneys & lower back**

Build **fluids and essence**

Warm gently (avoid excess cold)

Favor **slow cooking, soups, broths**

### Sea & Mineral-Rich Foods (Ocean Energy)

These directly resonate with Water element

Seaweed (nori, wakame, kombu)

Kelp

Spirulina / chlorella

Miso (especially dark, aged)

Sea Salt

### Dark-Colored Foods (Kidney Resonance)

Black sesame seeds

Black beans, Black rice

Blueberries, blackberries, dark grapes

**Energetics: Build essence, blood, and longevity**

### Roots & Underground Vegetables

Deeply grounding and stabilizing. These anchor energy downward into the body

Sweet potato, Carrot, Beetroot, Parsnip, Burdock root

### Kidney-Tonifying Foods:

Traditionally used to strengthen essence

Walnuts, Chestnuts

Goji berries

Eggs

Fish (especially deep ocean fish)

**Qi Dao insight:** Support reproductive energy + longevity

### Warming Herbs & Tonics:

Support circulation and inner fire

Ginger, Cinnamon, Clove

### Mantra while eating:

"I nourish my roots. I restore my essence."



# QÌ DǎO ~ TT

## Wood. Gallbladder Meridian

The Yang Gallbladder meridian works closely together with its Yin paired meridian of the Liver, forming the Wood element — the phase of growth, movement, vision, and direction.

In TCM, the Gallbladder is responsible for storing and excreting bile, supporting digestion and the breakdown of fats. However, its energetic role is much more profound — it governs **decision-making, courage, and the ability to take action.**

While the Liver creates vision, plans, and smooth flow of Qi, the Gallbladder gives us the **clarity and courage to act on that vision.** It is often described as the organ of **judgment and decisiveness.**

Energetically, the Gallbladder meridian runs along the sides of the body — influencing the lateral lines of fascia, coordination, and the ability to move fluidly through space. It plays a key role in **balance, flexibility, and adaptability** — both physically and mentally.

When balanced, this meridian brings **clear direction, confidence, and the ability to make aligned choices.** There is a sense of forward movement and trust in one's path.

When imbalanced, there may be hesitation, doubt, frustration, or difficulty making decisions. Energy can become stuck, leading to tension along the sides of the body and emotional irritability.

On a deeper level, the Gallbladder teaches the wisdom of **aligned action** — not just movement, but movement in the right direction.

# QÌ DǎO ~ TT

Wood. Gallbladder Meridian

## **Symptoms of interrupted flow of Gallbladder meridian:**

headaches (especially sides of head / temples)

migraines

neck and shoulder tension

hip tightness

pain along sides of body

sciatica (lateral aspect)

dizziness

digestive issues (especially fats)

bitter taste in mouth

indecisiveness

timidity or lack of courage

frustration and irritability

resentment

feeling stuck in life direction

difficulty taking action

over-analysis leading to paralysis

tension between desire and action

# QÌ DǎO ~ TT

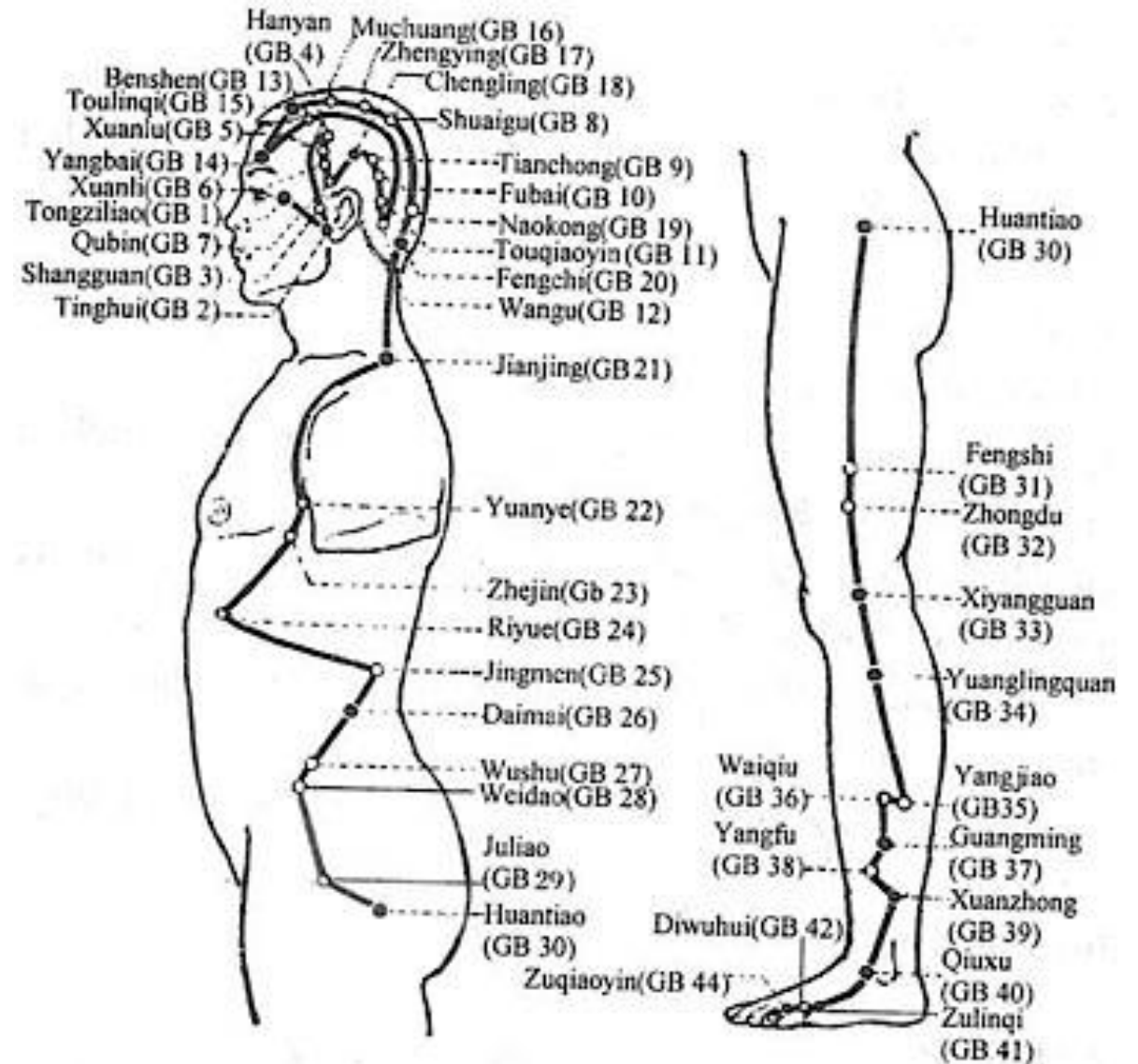
## Wood. Gallbladder Meridian

The Gallbladder meridian begins at the outer corner of the eye and travels in a complex zig-zag pattern across the side of the head, reflecting its role in processing decisions and sensory input.

It descends along the side of the neck and shoulder, then travels down the lateral side of the torso, passing through the ribcage and hips.

From there, it continues along the outer side of the leg, moving through the thigh, knee, and lower leg, and descends to the outer ankle.

The meridian ends at the outer side of the 4<sup>th</sup> toe.



# QÌ DǎO ~ TT

Wood. Gallbladder Meridian. AcuPoints

## GB 20 – Feng Chi (“Wind Pool”)

### Benefits:

- Relieves headaches, migraines, neck tension
- Clears sensory overload

### Emotional layer:

Clears **confusion, mental pressure, indecision**

### Qi Dao insight:

A key point to **clear the “wind” and reset direction**

## GB 21 – Jian Jing (“Shoulder Well”)

**Location:** Top of the shoulder

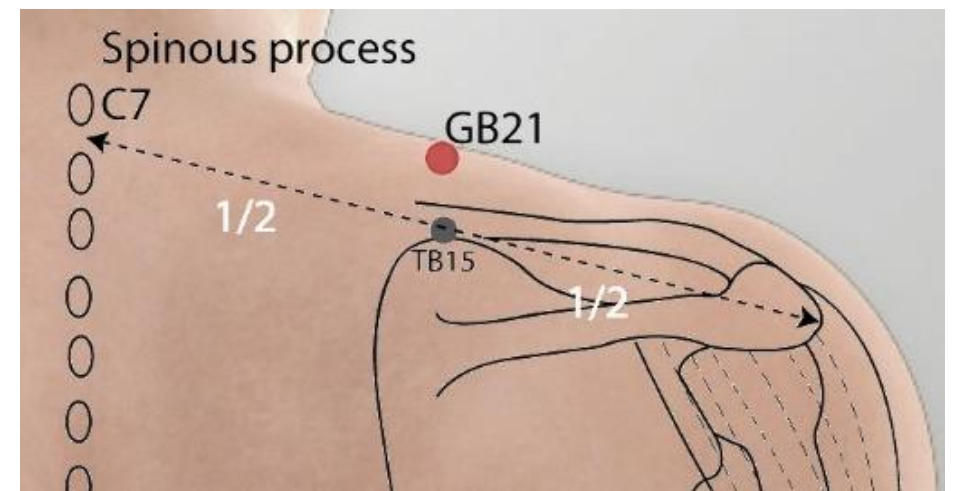
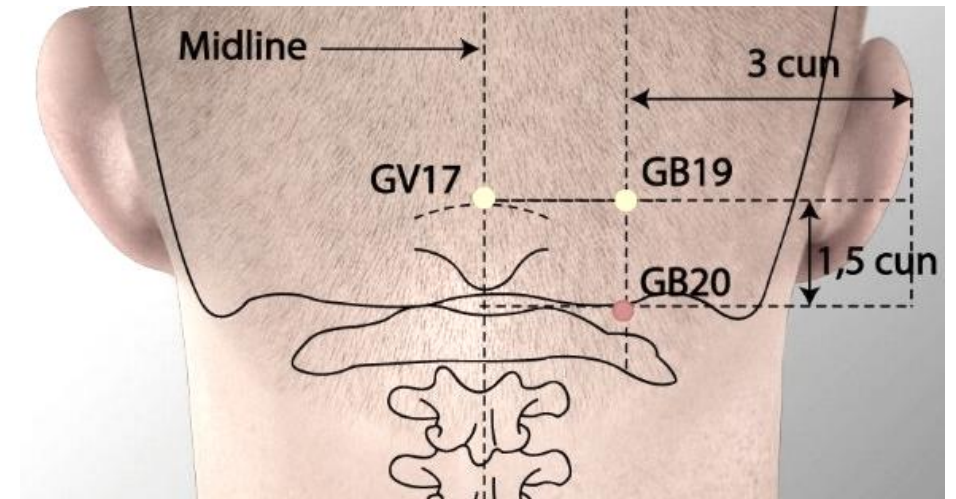
### Benefits:

- Releases deep shoulder tension
- Descends excess energy

### Emotional aspect:

Helps release **burdens, responsibility overload**

⚠️ Avoid strong pressure during pregnancy



# QÌ DǎO ~ TT

Wood. Gallbladder Meridian. AcuPoints

## GB 24 – Ri Yue (“Sun and Moon”)

### Benefits:

- Supports digestion of fats
- Acid reflux
- Hepatitis

### Qi Dao insight:

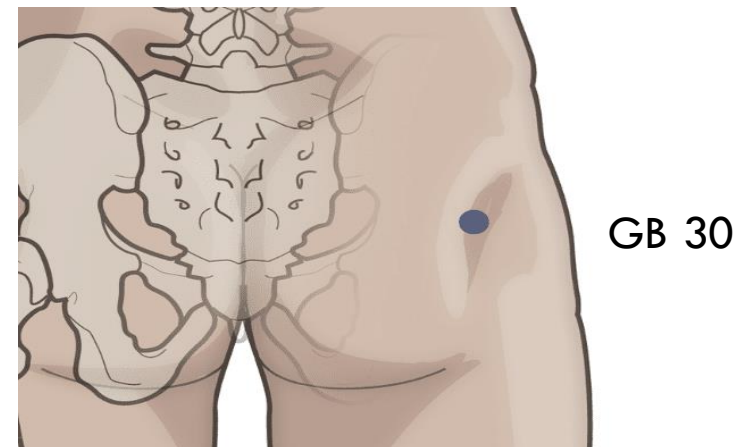
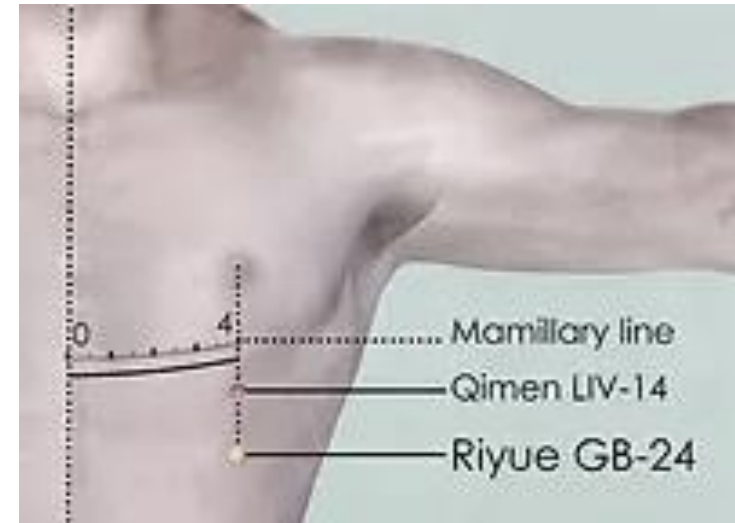
Balances **clarity (Yang) and feeling (Yin)** — decision harmony, helps with lack of direction

## GB 30 – Huan Tiao (“Jumping Circle”)

### Why it’s powerful:

- Major point for sciatica
- Releases hips and lower body tension

**Qi Dao insight:** Frees **movement forward in life**



# QÌ DǎO ~ TT

Wood. Gallbladder Meridian. AcuPoints

## GB 34 – Yang Ling Quan (“Yang Mound Spring”)

**Location:** Outer knee, below joint

**Benefits:**

- Influential point for tendons & fascia
- Improves flexibility and movement

**Emotional layer:** Releases **frustration, rigidity**

**Qi Dao insight:** This is the **master point of flow in movement**

## GB 40 – Qiu Xu (“Hill Ruins”)

Source point of Gallbladder

**Emotional aspect:**

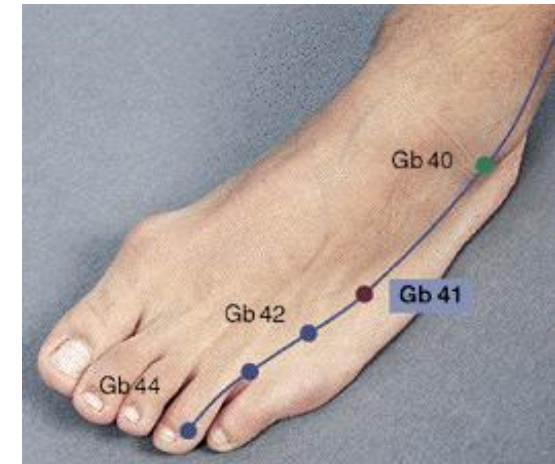
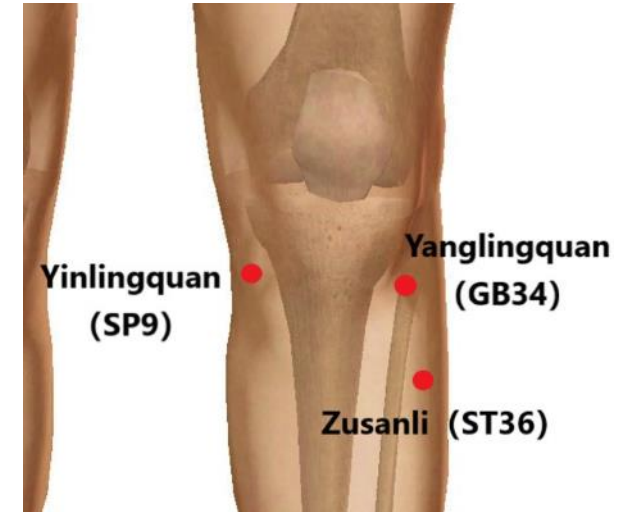
Supports **confidence and clarity in choices, decision making**

## GB 41 – Zu Lin Qi (“Foot Governor of Tears”)

**Why it’s powerful:**

Moves Qi along entire channel. Opens Dai Mai (belt channel)

**Qi Dao insight:** Helps **untie knots in direction and emotional flow**



# QÌ DǎO ~ TT

## Wood. Gallbladder Meridian. AcuPoints

### Simple Gallbladder Qi Dao Routine (3–5 min)

Massage GB 20 → clear head + vision

Release shoulders (GB 21) → drop tension

Open hips (GB 30 tapping) → free movement

Press GB 34 → activate flow in body

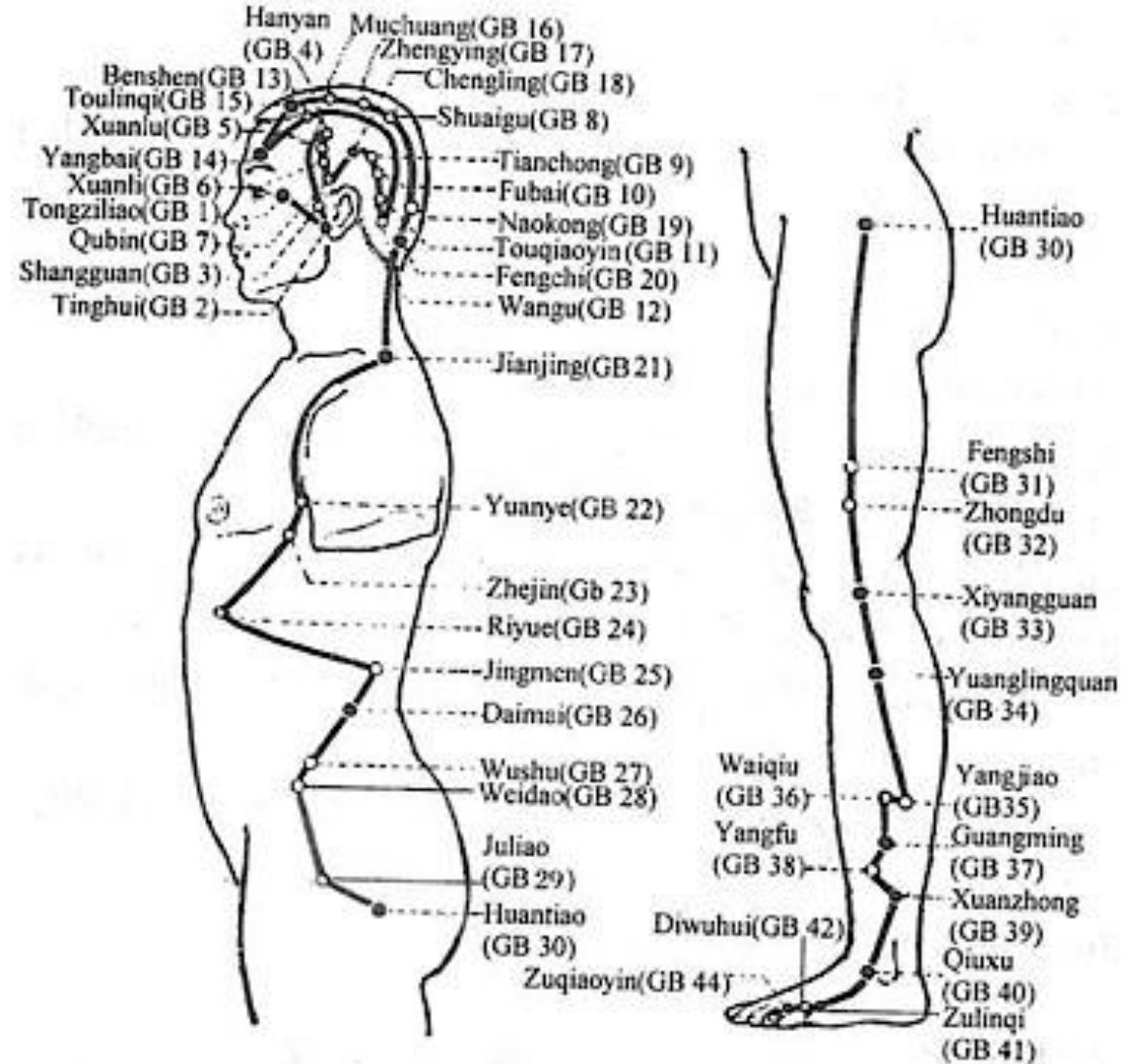
Work GB 41 (foot) → direct energy forward

Finish at GB 44 → initiate action

### Wood Element (Gallbladder) Themes

- Direction
- Decision
- Courage
- Movement

Mantra: “I move forward with clarity and courage.”



# QÌ DǎO ~ TT

## Wood. Liver Meridian

If Gallbladder is direction, **Liver is the source of flow itself**. The Yin Liver meridian works closely together with its Yang paired meridian of Gallbladder, forming the Wood element — the phase of growth, expansion, vision, and smooth flow of life force.

In TCM, the Liver is responsible for ensuring the **free flow of Qi** throughout the entire body. It regulates movement — not only physical movement, but also emotional, mental, and energetic flow. While other organs may store, transform, or distribute energy, the Liver ensures that everything moves smoothly and without obstruction. When Liver Qi flows freely, there is ease, adaptability, creativity, and a natural sense of direction.

The Liver also stores **Blood** and regulates its distribution, especially during activity and rest. It nourishes the muscles, tendons, eyes, and supports coordination and flexibility in the body.

Energetically, the Liver is deeply connected to **vision — both physical and life vision**. It governs planning, creativity, and the ability to see possibilities and move toward them.

When balanced, the Liver brings a sense of **flow, inspiration, and aligned expansion**. Emotions move freely without becoming stuck, and there is a healthy expression of will and direction.

When imbalanced, Qi becomes constrained, leading to **stagnation**. This can manifest as frustration, irritability, anger, or a feeling of being blocked in life. Over time, this stagnation can turn into heat, creating more intense emotional or physical symptoms.

On a deeper level, the Liver teaches the wisdom of **flow without force** — the ability to move like a tree growing: rooted, yet constantly expanding.

# QÌ DǎO ~ TT

Wood. Liver Meridian

## **Symptoms of interrupted flow of Liver meridian:**

tension in neck, shoulders, and jaw

tight hips or inner thighs

menstrual irregularities

headaches (especially temples or behind eyes)

dizziness

eye issues (dryness, blurred vision)

muscle tightness, tendon issues

digestive discomfort linked to stress

frustration, irritability, anger

mood swings

feeling stuck or blocked

lack of direction or vision

suppressed emotions

explosive emotional release after holding

impatience

resentment

# QÌ DǎO ~ TT

## Wood. Liver Meridian. AcuPoints

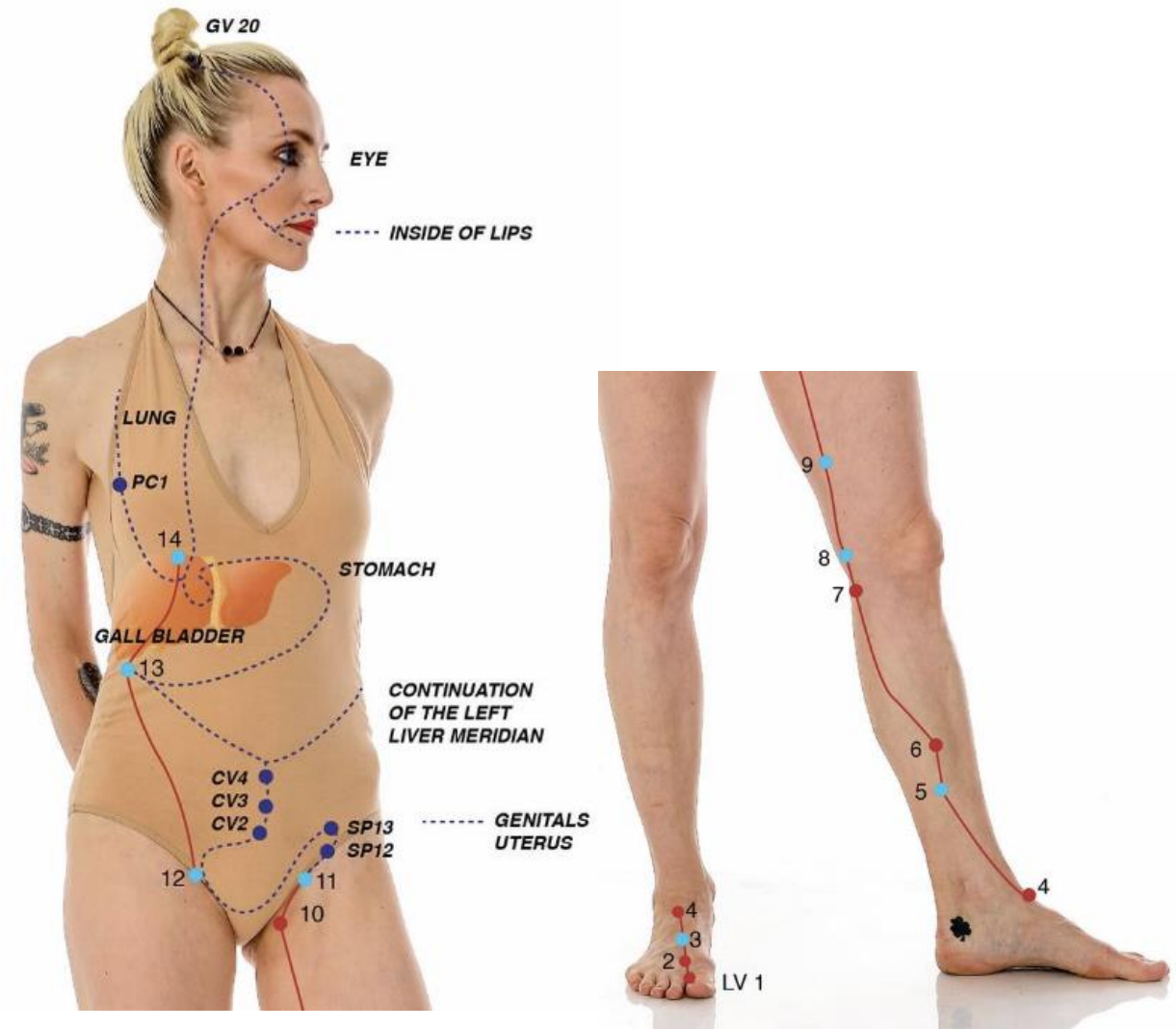
The Liver meridian begins at the lateral side of the big toe and travels along the top of the foot toward the inner ankle.

From there, it ascends along the inner side of the leg, passing the medial ankle, inner calf, and inner knee, continuing up the inner thigh.

It enters the lower abdomen, where it connects with the Liver and Gallbladder organs. From there, it spreads through the ribcage and diaphragm.

A branch ascends through the throat to the eyes, reflecting its connection to vision. Another branch reaches the crown of the head, linking the Liver to the flow of Yang energy upward.

The main pathway continues through the chest and ends below the lungs, completing its internal cycle.



# QÌ DǎO ~ TT

Wood. Liver Meridian. AcuPoints

## LV 2 – Xing Jian (“Moving Between”)

Clears Liver heat, Calms irritability, anger

### Emotional aspect:

Helps when emotions feel **intense, explosive, or overheated**

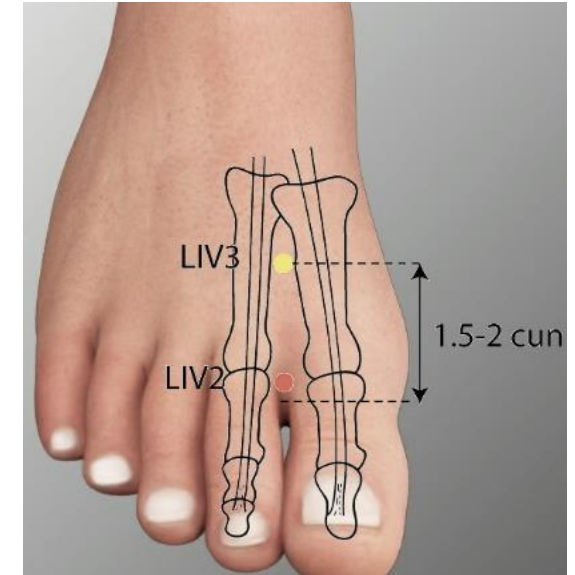
## LV 3 – Tai Chong (“Great Rushing”)

- One of the strongest points to **move Liver Qi**
- Releases stagnation throughout the body
- Calms mind and emotions

**Emotional layer:** Releases **anger, frustration, suppressed feelings**

**Qi Dao insight:** the **master switch for flow** — when stuck, start here.

**Use:** Deep pressure or slow circular massage



# QÌ DǎO ~ TT

Wood. Liver Meridian. AcuPoints

## LV 13 – Zhang Men (“Completion Gate”)

- Influences Spleen
- Harmonizes digestion + emotions

### Emotional layer:

Helps process **overthinking mixed with emotional stagnation**

## LV 14 – Qi Men (“Cycle Gate”)

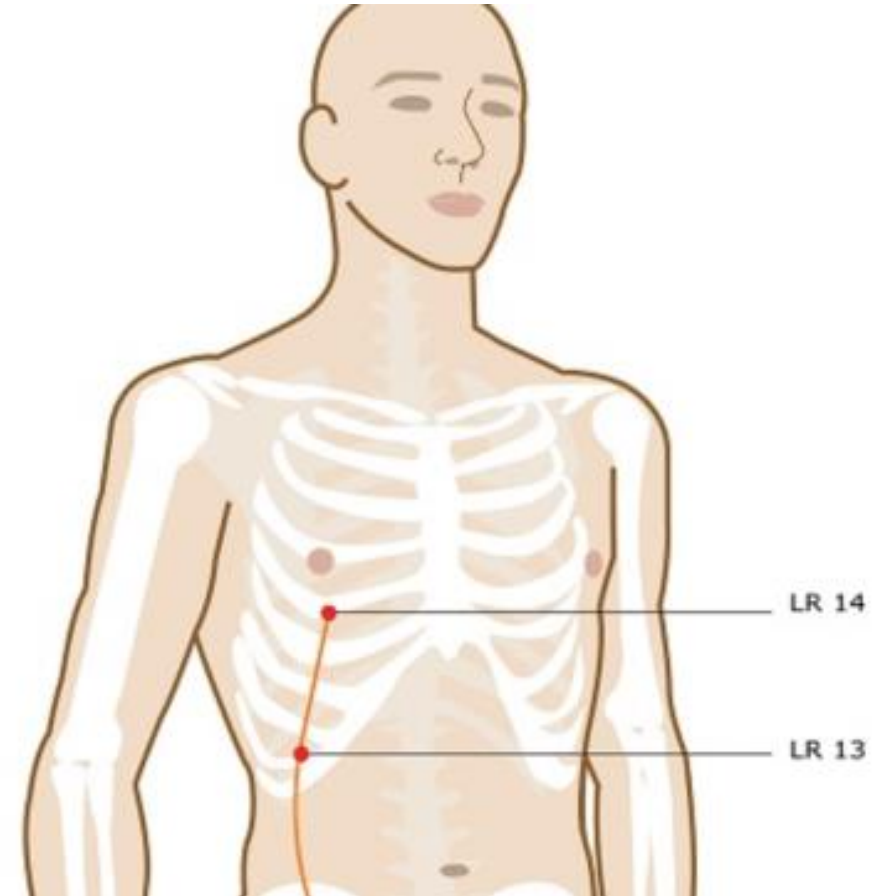
- Front-Mu point of Liver
- Moves Qi in chest and diaphragm

### Emotional aspect:

Releases **held emotions in chest (frustration, sadness, pressure)**

### Qi Dao insight:

A key point to **open emotional flow and breathing together**



# QÌ DǎO ~ TT

## Wood. Liver Meridian. AcuPoints

### Simple Liver Qi Dao Routine (3–5 min)

Press LV 3 → activate flow

Massage LV 2 → clear emotional heat

Work inner leg (LV 5 / 6) → move stagnation upward

Press LV 8 → restore softness

Massage ribs (LV 13 / 14) → open emotional space

Finish at LV 1 → reset and ground

### Wood Element (Liver) Themes

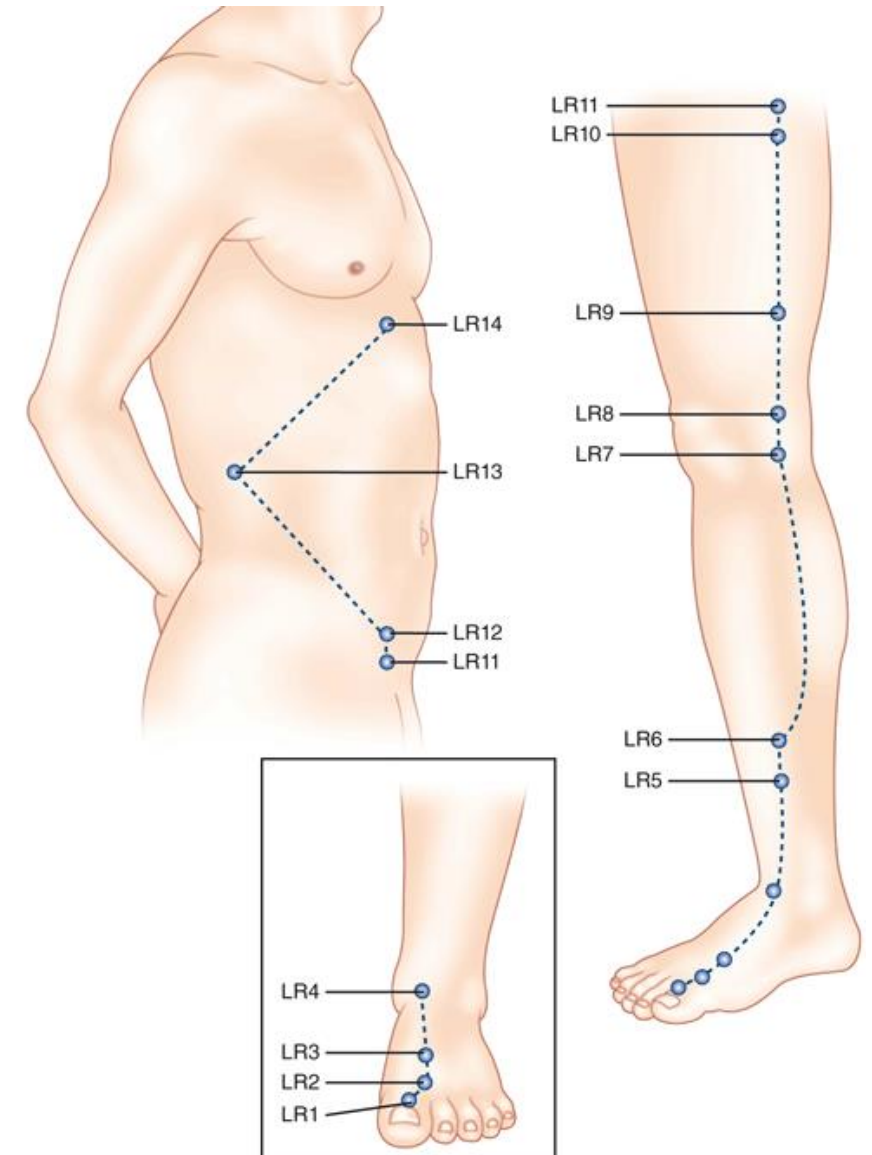
Flow

Expression

Vision

Emotional movement

Mantra: **“I allow energy to flow freely through me.”**



# QÌ DǎO ~ TT

## Wood. Foods

### **Green Foods (Liver Resonance)**

Spinach, Kale, Broccoli, Zucchini, Green beans  
Fresh herbs (parsley, cilantro, mint)  
Sprouts (alfalfa, mung bean)  
Young greens, Light salads, Steamed vegetables

### **Sour Flavor (in moderation)**

Associated with Liver — helps move and astringe Qi  
Lemon, lime  
Apple cider vinegar  
Fermented foods (sauerkraut, kimchi)

### **Energetics:**

Stimulates **digestion + flow**, prevents stagnation

### **Whole Grains & Light Proteins**

Support steady energy without stagnation  
Brown rice, Quinoa, Lentils  
Light fish  
Tofu / tempeh

### **Liver-Supportive Foods (detox and blood flow)**

Beets, Carrots  
Turmeric, Garlic  
Dandelion greens, Artichoke

**Energetics:** Help the Liver **process and release toxins**

### **Healthy Oils (Gallbladder support)**

Support bile flow and digestion of fats  
Olive oil, Flaxseed oil, Avocado

### **Aromatic & Moving Herbs**

Promote Qi circulation  
Peppermint, Chrysanthemum tea, Rose tea, Fennel

# QÌ DǎO ~ TT

## Fire. Small Intestine Meridian

The Yang Small Intestine meridian works closely together with its Yin paired meridian of the Heart, forming the Fire element — the phase of warmth, connection, consciousness, and transformation.

In TCM, the Small Intestine is responsible for receiving partially digested food from the Stomach and separating the **pure from the impure** — sending the clear essence to be absorbed, while directing the waste downward for elimination.

Beyond its physical digestive role, the Small Intestine has a profound energetic function. It governs our ability to **discern** — to sort what is true from false, essential from unnecessary, and aligned from misaligned.

Working in harmony with the Heart — which governs consciousness (Shen) — the Small Intestine helps us **integrate experiences with clarity**. It filters information, emotions, and impressions, allowing only what is beneficial to be assimilated.

When this function is balanced, there is **mental clarity, emotional intelligence, and intuitive understanding**. We are able to make clear distinctions without confusion or overwhelm.

When imbalanced, there may be difficulty processing information, emotional confusion, or a tendency to misinterpret situations. Just as in digestion, if separation is unclear, both body and mind can feel overloaded or scattered.

Energetically, the Small Intestine meridian runs along the back of the arm and shoulder — influencing how we **hold and process experience**, especially in relation to communication and expression.

On a deeper level, the Small Intestine teaches the wisdom of **refinement through discernment** — the ability to take in life fully, yet keep only what truly nourishes.

# QÌ DǎO ~ TT

## Fire. Small Intestine Meridian

### **Symptoms of interrupted flow of Small Intestine meridian:**

lower abdominal discomfort

digestive issues (absorption problems)

bloating

neck and shoulder tension

pain along back of arm

ear problems (ringing, pain)

jaw tension

confusion, lack of clarity

difficulty making distinctions

emotional overwhelm

poor judgment

indecisiveness (different from Gallbladder — more mental confusion)

sensitivity to external input

feeling mentally “cluttered”

difficulty integrating experiences

# QÌ DǎO ~ TT

## Fire. Small Intestine Meridian

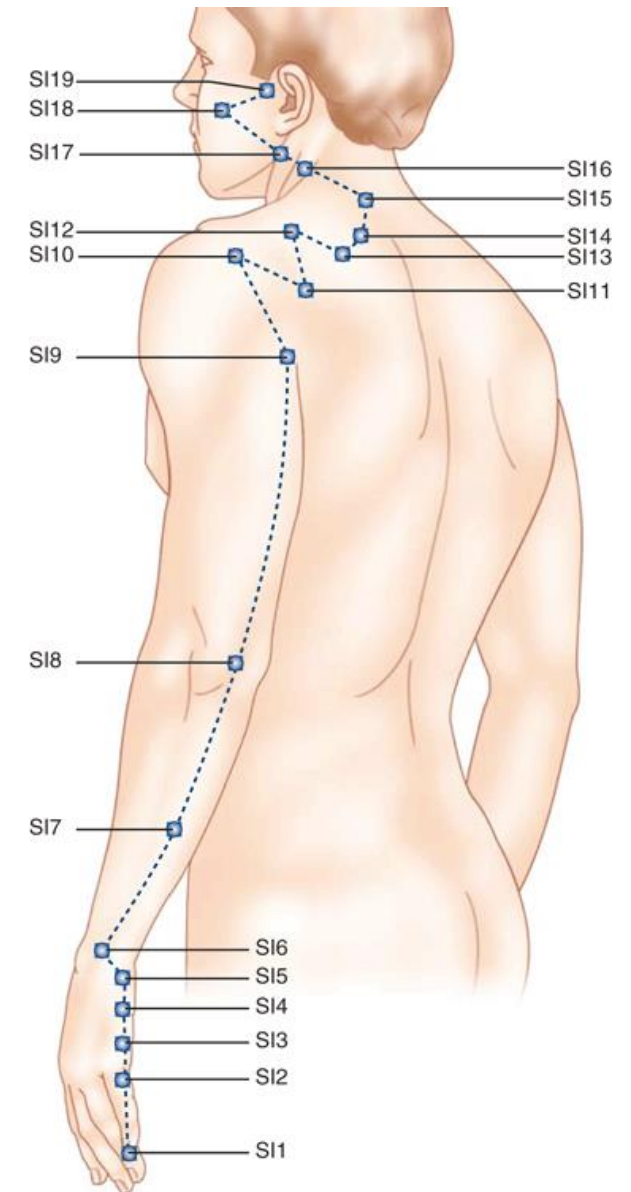
The Small Intestine meridian begins at the outer side of the little finger and travels along the outer edge of the hand.

From there, it ascends along the back (posterior) of the arm, passing through the elbow and upper arm to the shoulder.

It then travels to the scapula and upper back, where it connects internally with the Heart and Small Intestine organs.

A branch ascends from the shoulder to the neck and cheek, reaching the outer corner of the eye and then the ear — reflecting its influence on hearing and perception.

The meridian ends near the ear, where it connects energetically with other channels.



# QÌ DǎO ~ TT

Fire. Small Intestine Meridian. AcuPoints

## SI 3 – Hou Xi (“Back Stream”)

**Location:** just behind the knuckle of the little finger

- Opens the Du Mai (Governing Vessel)
- Relieves neck, spine, and back tension
- Calms the mind

**Emotional layer:** Helps release **mental overload and confusion**

### Qi Dao insight:

This is a **gateway point** — clears the central channel and restores alignment



# QÌ DǎO ~ TT

## Fire. Small Intestine Meridian. AcuPoints

### Simple Small Intestine Qi Dao Routine (3–5 min)

Press SI 3 → open spine + clear mind

Massage wrist (SI 4) → refine perception

Work shoulder blade (SI 11) → release deep tension

Tap shoulders (SI 9 area) → free movement

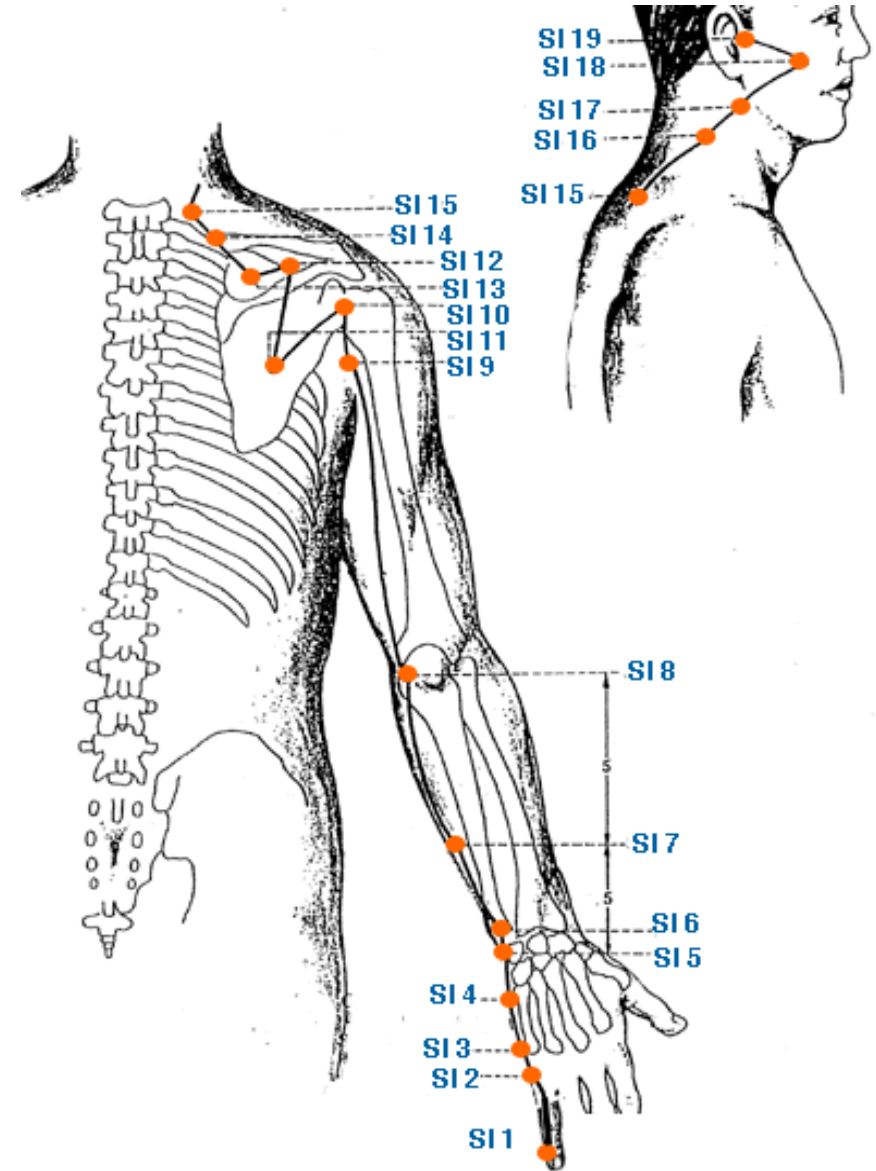
Massage neck (SI 17) → open expression

Finish at ear (SI 19) → listen + integrate

### 🔥 Fire Element (Small Intestine) Themes

- Discernment
- Clarity
- Integration
- Refinement

Mantra: “I clearly see what nourishes me and what I release.”



# QÌ DǎO ~ TT

## Fire. Heart Meridian

The Yin Heart meridian works closely together with its Yang paired meridian of the Small Intestine, forming the Fire element — the phase of warmth, connection, joy, and consciousness.

In TCM, the Heart is known as the “**Emperor**” of all organs. It governs **Blood circulation** and houses the **Shen** — the spirit, mind, and consciousness.

While other organs support and serve, the Heart rules. It coordinates the harmony of the entire system, ensuring that body, mind, and spirit are aligned. When the Heart is balanced, there is clarity of mind, emotional stability, and a natural sense of joy and presence.

Beyond its physical function, the Heart is the center of **awareness, perception, and connection**. It governs our ability to feel love, experience joy, and connect authentically with others and with life itself.

Working together with the Small Intestine — which discerns what is pure — the Heart expresses what is true. The Small Intestine refines; the Heart reveals.

Energetically, the Heart meridian reflects our capacity to **be open yet centered**, to feel deeply without losing stability. It is the flame that gives warmth to all experience.

When balanced, the Heart expresses as **joy, ease, clarity, and presence**. There is a sense of inner peace, and emotions flow naturally without excess or suppression.

When imbalanced, the Shen becomes disturbed. This may manifest as anxiety, restlessness, insomnia, or emotional instability. Joy may turn into agitation, or connection into overwhelm.

On a deeper level, the Heart teaches the wisdom of **true presence** — being fully here, open, and alive, without losing oneself.

# QÌ DǎO ~ TT

## Fire. Heart Meridian

### Symptoms of interrupted flow of Heart meridian:

palpitations

irregular heartbeat

insomnia or disturbed sleep

anxiety, restlessness

chest tightness

poor circulation

emotional instability

excessive excitement or lack of joy

anxiety or panic

difficulty connecting with others

feeling scattered or not present

overtalking or inability to express clearly

vulnerability or emotional fragility

# QÌ DǎO ~ TT

## Fire. Heart Meridian

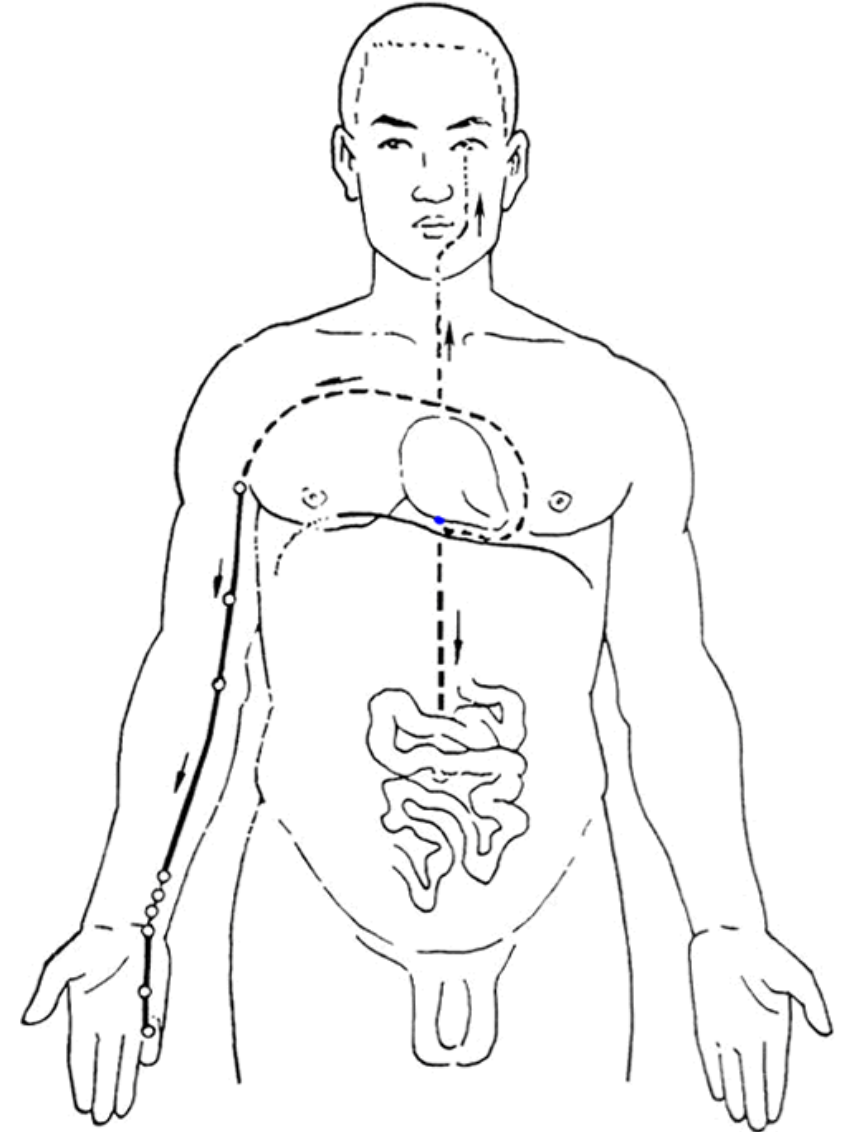
The Heart meridian begins in the Heart organ and descends internally to connect with the Small Intestine.

A branch ascends from the Heart to the throat and eyes, influencing speech and expression.

The main visible pathway emerges from the heart area and travels across the chest to the armpit.

From there, it descends along the inner (medial) side of the arm, passing through the biceps region, elbow crease, and forearm.

It continues along the inner wrist and palm, ending at the radial side of the little finger, where it connects with the Small Intestine meridian.



# QÌ DǎO ~ TT

Fire. Heart Meridian. AcuPoints

## HT 7 – Shen Men (“Spirit Gate”)

**Location:** Wrist crease, little finger side

Calms the mind and spirit. Regulates Parasympathetic NS

- Reduces anxiety, insomnia, agitation, stress
- Regulates emotional balance

**Emotional layer:**

Soothes **restlessness, overthinking, emotional instability**

**Qi Dao insight:**

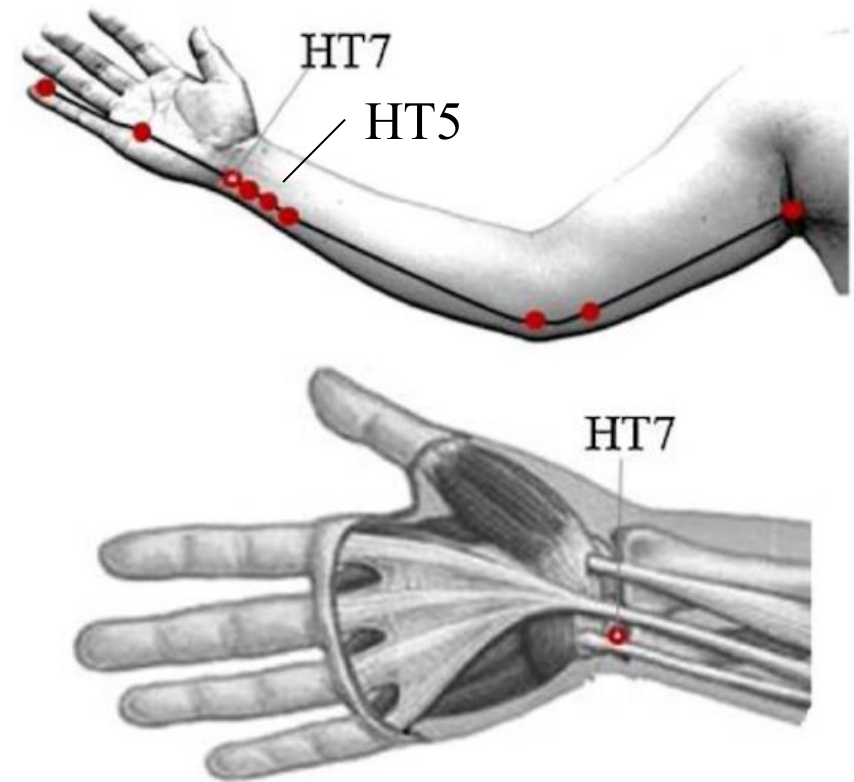
The **main gateway to the Shen** — brings you back to center

**Use:** Gentle pressure, long holds, slow breathing

## HT 5 – Tong Li (“Connecting Interior”)

- Regulates Heart rhythm
- Supports speech and expression

**Emotional aspect:** Helps with **clear, authentic communication**



# QÌ DǎO ~ TT

Fire. Heart Meridian. AcuPoints

## HT 3 – Shao Hai (“Small Sea”)

**Location:** Inner elbow crease

- Clears heat, important against infarct & any heart imbalances
- Calms the mind

**Emotional layer:** Releases **emotional agitation, inner heat**

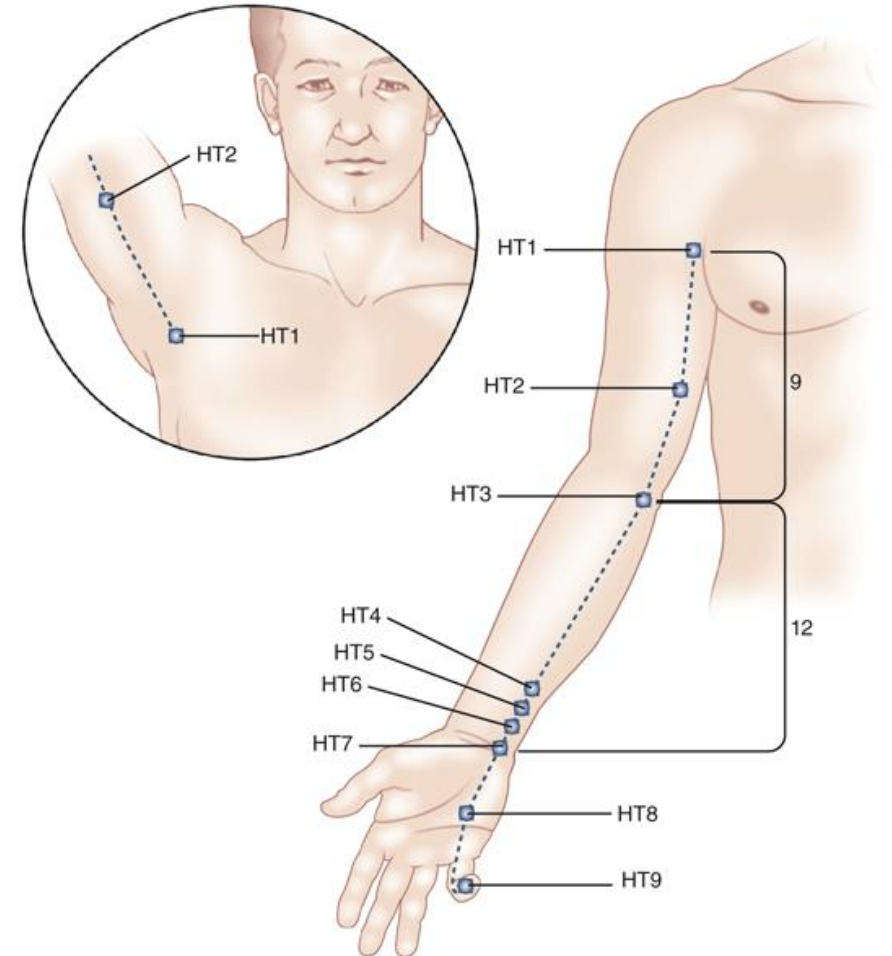
## HT 1 – Ji Quan (“Highest Spring”)

**Location:** Armpit

- Opens chest and circulation
- Regulates Heart energy

**Qi Dao insight:** Releases **deeply held emotional tension in the chest**

⚠ Use gentle pressure



# QÌ DǎO ~ TT

## Fire. Heart Meridian. AcuPoints

### Simple Heart Qi Dao Routine (3–5 min)

Hold HT 7 → calm Shen

Massage HT 5 / 6 → regulate emotional flow

Press HT 3 → release heat

Open chest / armpit (HT 1) → soften heart space

Hold palm (HT 8) → center energy

Finish at HT 9 → awaken presence

Add breath:

**Inhale — expand chest gently**

**Exhale — soften into the heart**

### 🔥 Fire Element (Heart) Themes

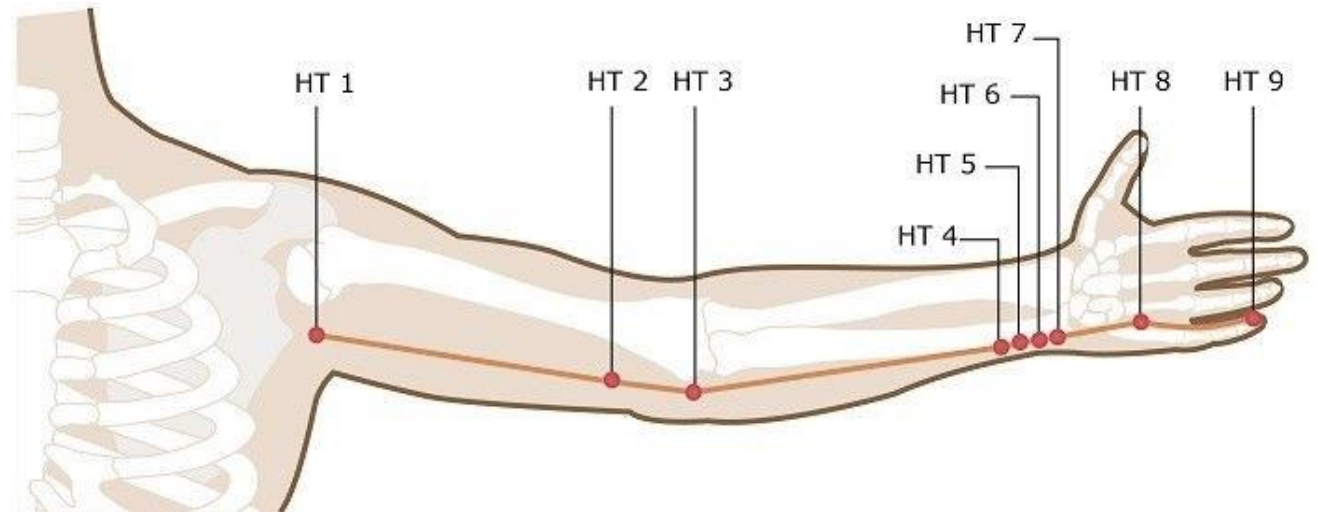
Joy

Presence

Connection

Awareness

Mantra: **“I rest in presence. I allow joy to arise naturally.”**



# QÌ DǎO ~ TT

## Fire. Foods

### **Red Foods (Heart Resonance)**

Tomatoes, Red bell peppers

Strawberries, Cherries, Watermelon

**Qi Dao insight:** Red foods activate **joy, vitality, and circulation**

**Bitter Flavor (in moderation)** clears excess heat and supports Heart

Dark leafy greens (arugula, dandelion)

Bitter melon

Cacao (pure, dark), Coffee (very moderate)

**Energetics:** Clears **heat, agitation, and emotional intensity**

**Joyful & Uplifting Foods** - that naturally elevate mood

Fresh fruits

Light desserts (natural, not heavy sugar)

Honey (in moderation)

**Energetics:** Support **emotional openness and connection**

### **Small Intestine Support Foods**

Help with clarity and absorption

- Whole grains (rice, millet)

- Light soups

- Steamed vegetables

### **Aromatic & Heart-Opening Herbs**

Support Shen and emotional balance

Rose, Jasmine, Lavender, Tulsi (holy basil)

**Qi Dao insight:** Open the **heart space energetically**

### **Hydrating Foods**

Support fluids and prevent overheating

Coconut water

Melons

Berries

# QÌ DǎO ~ TT

## Microcosmic Orbit. Xiao Zhou Tian

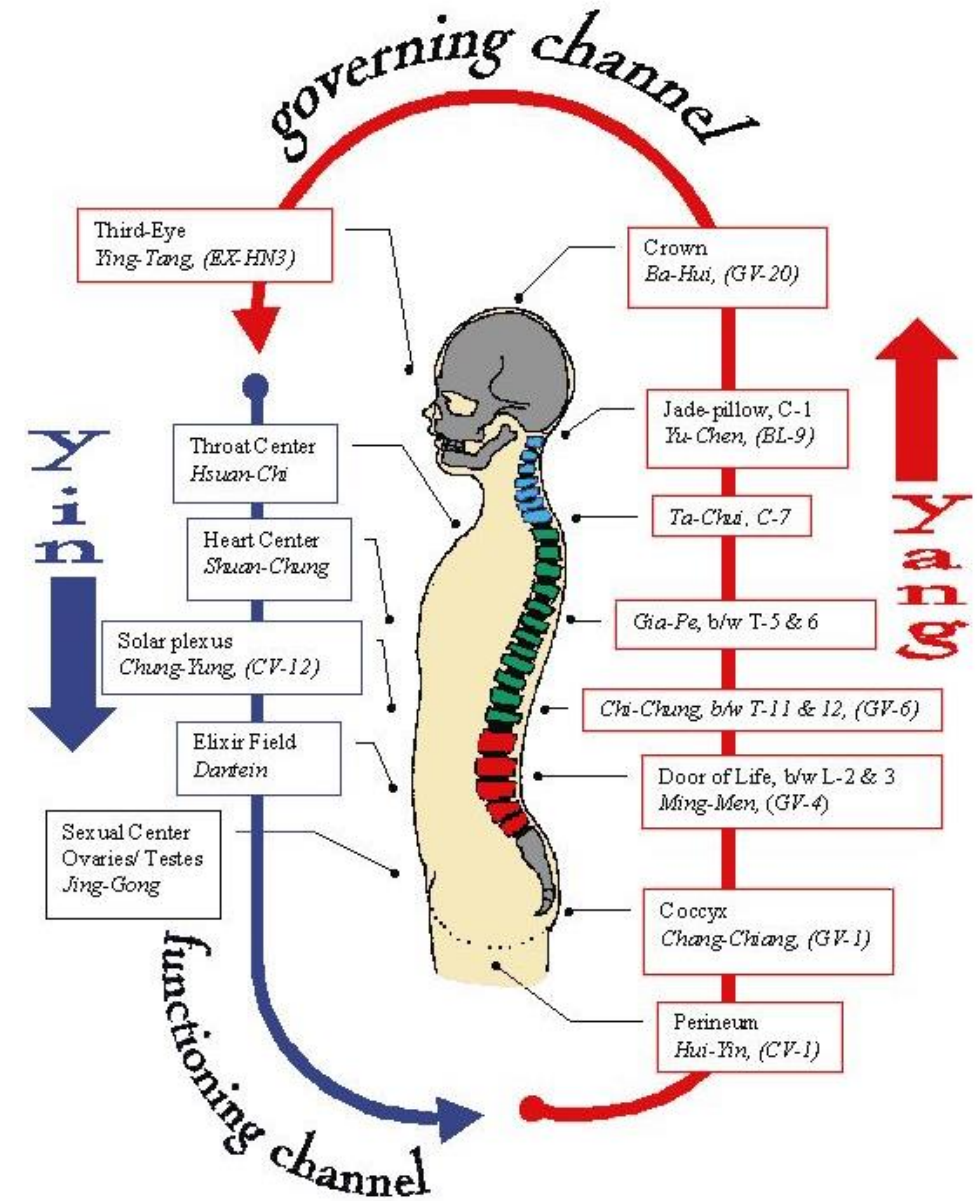
The Microcosmic Orbit (MO) is more than just a meditation technique; it is a foundational Daoist practice for cultivating life-force energy (Qi). The practice of consciously circulating Qi through this pathway serves as a bridge, connecting the physical body to the deeper, energetic maps.

MO is the circulation of Qi through 2 extraordinary vessels:

- **Du Mai (Governing Vessel)** → runs up the spine (Yang, back body)
- **Ren Mai (Conception Vessel)** → runs down the front (Yin, front body)

They form **closed energetic loop** — a circuit of life force.

*If a person can open these two vessels than all of the hundreds of vessels can all be open.*



# QÌ DǎO ~ TT

## Microcosmic Orbit. Xiao Zhou Tian. Small Orbit of Heaven

### The Foundational Awareness: Posture & Breath

The practice begins by establishing a calm, centered foundation, allowing you to feel the subtle energies within:

**Posture:** Sit with your spine comfortably upright (either on a chair or cross-legged). Tuck your chin slightly, release tension in your face and shoulders, and hold a gentle, inner "secret smile" to foster a positive state.

**Breath:** Close your eyes and begin deep, slow belly breathing for several rounds to calm the mind & relax the body.

**Tongue:** Gently press the tip of your tongue to the roof of your mouth. This is the "key" that connects the two main energy pathways (the Ren and Du meridians) to complete the circuit for the Microcosmic Orbit.

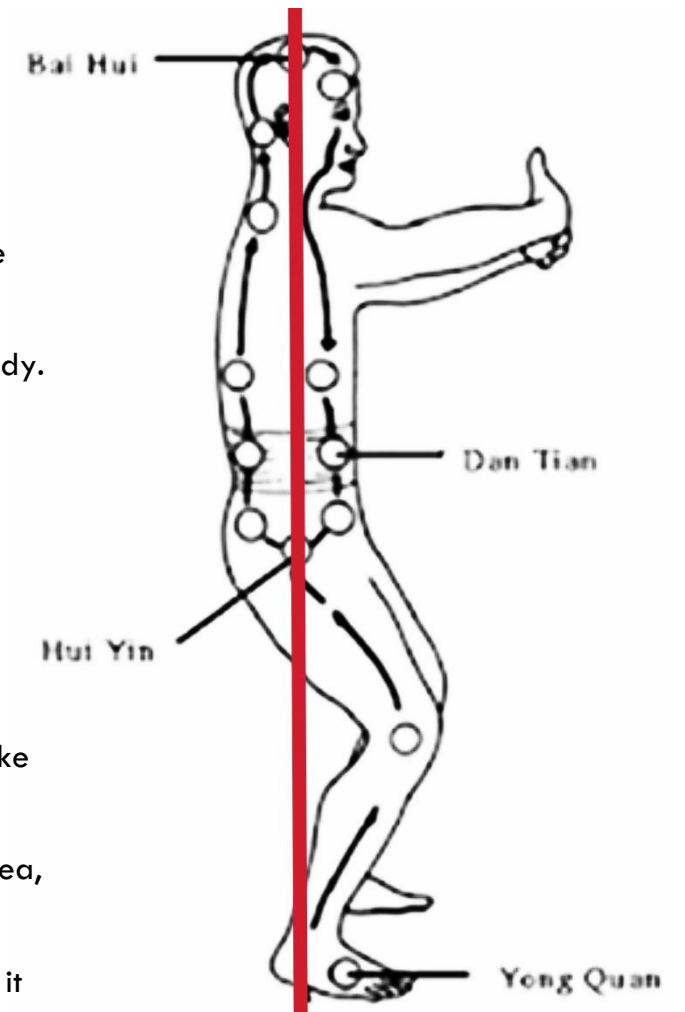
### Key Activation Methods

To activate the Qi in points, you can use these core techniques:

**Mind-Eye Power:** Use your focused awareness and visualization to spiral and condense energy into each point, like seeing a ball of light at each center.

**Hand-Touching Method:** Gently touch each point with your hand to help direct your awareness to that specific area, especially useful for beginners. The right hand is often used to send energy and the left to receive.

**Breathing:** Breathe slowly and deeply, imagining your breath is flowing directly into and out of each point, filling it with fresh energy.



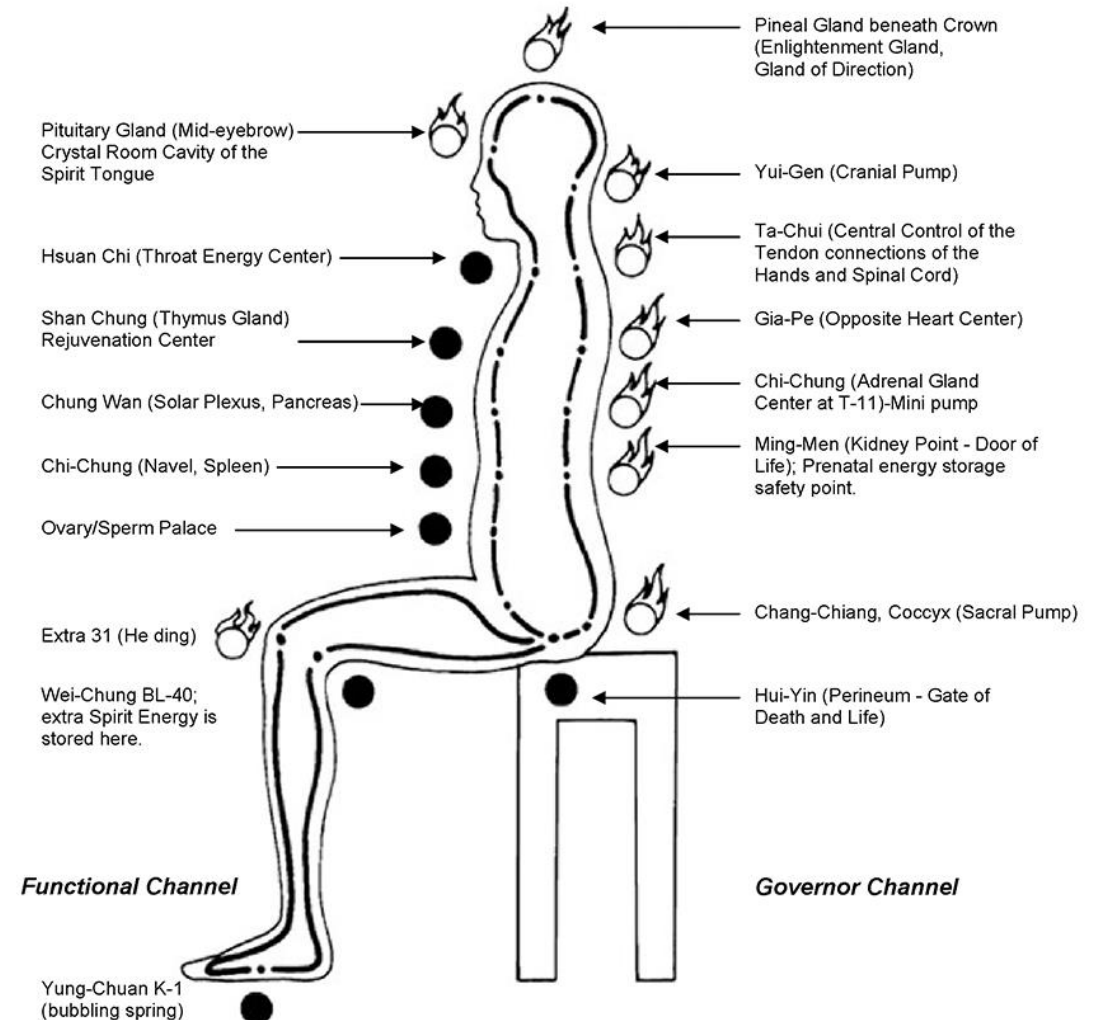
# QÌ DǎO ~ TT

## Microcosmic Orbit. Xiao Zhou Tian

As you inhale visualize the *Qi/Breath* sinking to the *Dantian* and then, by keeping the perineum lifted (the “lower magpie gate”), and the tail sinking, the *Qi/Breath* rises through the tailbone to the *Ming Men* (Du 4: “life gate”) and up through the center of the back to acu-point Du 16 (Feng Fu). Here *Qi/Breath* enters the brain. *Qi/Breath* then passes through Du 17 (“Jade Pillow”) at the occipital protuberance. From there, it continues to rise to *Bai Hui* (“hundred meeting”; Du 20) point at the vertex, and moves forward to *Shen Ting* (“spirit court”; Du 24) before beginning to descend with the exhalation.

As you exhale the *Qi/Breath* moves into the mouth and connects to the *Ren Mo* via the tongue (the “upper magpie gate”), and then passes down the front of the body. Rather than passing out the nose or mouth, the *Qi/Breath* descends through the throat to enter the chest behind Ren 17 (“Upper Sea of Qi”) and then down into the abdomen passing through Ren 12 (“Central Cavity”). From here the breath returns to the navel (Shen Que; “Spirit Gate”) and then to the *Dantian*.

Circulation of the *Qi/Breath* in *Ren Mo* and *Du Mo* is a bit like an electrical circuit. The two ends of the vessels must be connected for there to be an uninterrupted flow. The upper Magpie Bridge is the tongue, and the tongue touches the upper palate to link with *Ren Mo* and *Du Mo* in the upper part. The lower Magpie Bridge is in the perineum and links with the *Du* Vessel and *Ren* Vessel in the lower part. Thus, the *Ren* and *Du* are linked and the Heavenly Circle flows.



# QÌ DǎO ~ TT

## Microcosmic Orbit. Xiao Zhou Tian

### Back Channel (Du Mai) Blocks — effort, pressure, control

#### 1. Hui Yin (perineum)

#### CV 1 AcuPoint

Huiyin means "meet Yin" in Chinese and is the meeting place of the four Yin vessels: Conception (Ren Mai), Thrusting (Chong Mai), Yin Heel (Yinqiao Mai), and Yin Linking Vessels (Yinwei Mai). When this gate is pushed out, the Qi in these four Yin vessels is released, and when this gate is held up, the Qi in the four Yin vessels is kept in and preserved. Because of this, this gate can control the body's Yin-Yang status

#### Block pattern:

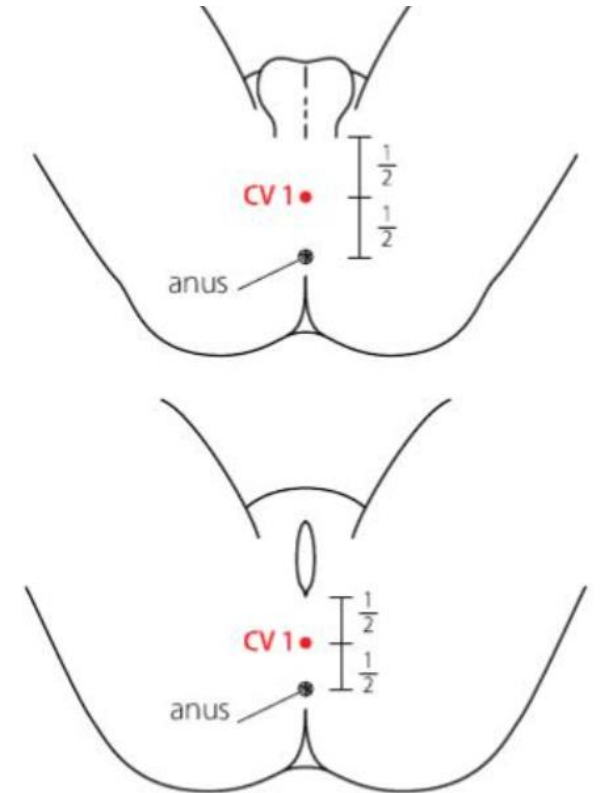
- Disconnection from body
- Lack of grounding
- Sexual suppression or tension
- No sensation / numbness
- Energy won't "start"

#### Activation & Purification

**Purify** – Gently contract the pelvic floor (as if stopping urine), hold for a second, then release. As you release, imagine a stale, heavy energy leaving the perineum downward into the earth.

**Activate** – After purification, relax the area. Inhale, and draw a thread of cool silver light up from the earth into Hui Yin. Feel a slight tickle or pulsing. Exhale, letting the light remain.

**Tip** – Rock your pelvis very slightly forward/backward to mechanically awaken the point.



# QÌ DǎO ~ TT

## Microcosmic Orbit. Xiao Zhou Tian

### Back Channel (Du Mai) Blocks — effort, pressure, control

#### 2. Sacrum / Coccyx (Wei Lü, 尾閭)

GV1, GV2 AcuPoints

In modern osteopathy and neuroscience, the *Wěi Lǚ* area is recognized for its role in the **Sacral Pump**. When we tuck the tailbone or engage the pelvic floor in Qi Gong, we are mechanically influencing the movement of **Cerebrospinal Fluid (CSF)**. By activating these points, we encourage the CSF to travel up the dural tube toward the brain. This process supports **Autonomic Nervous System** regulation, shifting the body from a high-alert state into the **Theta-dominant** state

#### Block pattern:

- Holding survival tension
- Chronic contraction

#### Feels like:

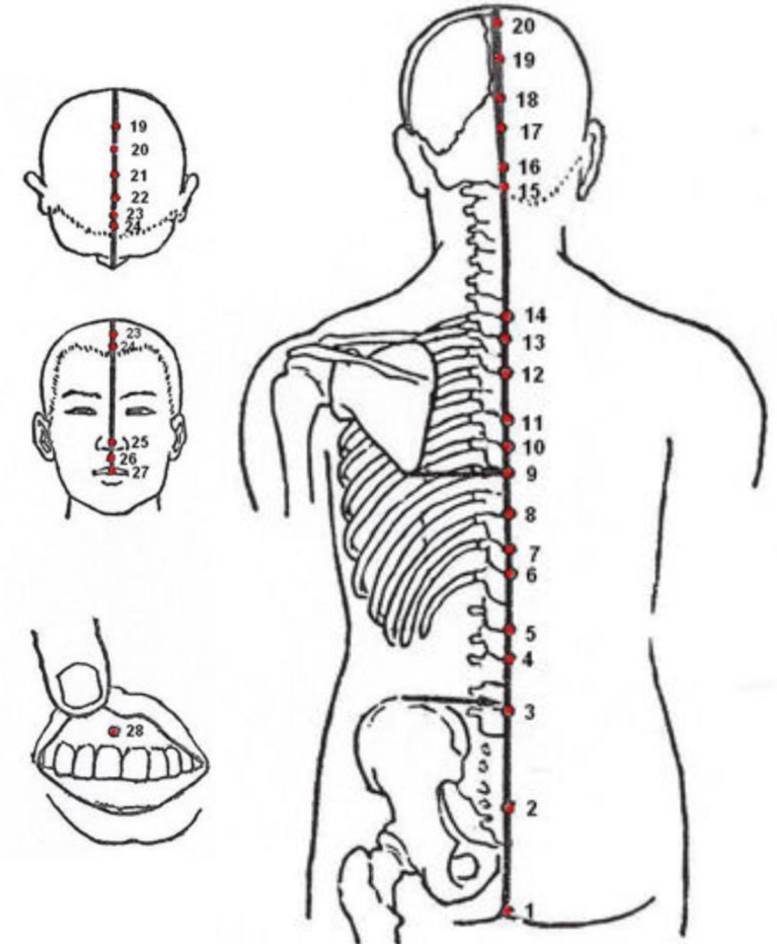
- Tight base of spine
- “Stuck” beginning of movement

#### Key:

**Purify** – Imagine a small, hot coal at the tailbone. With each exhale, see it burning away any dullness or fear stored in the lower spine. After few breaths, the coal turns to white ash and disappears.

**Activate** – Inhale, and feel a red-orange spark at the coccyx. Exhale, let it spread upward one vertebra. Repeat, moving the spark slowly to the next point (Ming Men).

**Physical aid** – After sitting, gently tap the tailbone area with a fist to stimulate circulation.



# QÌ DǎO ~ TT

## Microcosmic Orbit. Xiao Zhou Tian

### Back Channel (Du Mai) Blocks — effort, pressure, control

#### 3. The Middle Pass: Jiá Jǐ (夾脊 — "Squeezing the Spine")

GV4

This is the residence of the **Ministerial Fire**. It stores your prenatal *Jing* (essence) and provides the heat necessary for all alchemical transformation in the body.

#### Neuroscience Bridge: The Adrenal Axis

Scientifically, **Mìng Mén** (GV4) is located right between the kidneys and the **Adrenal Glands**. When we focus on this point, we are physically influencing the **HPA Axis** (Hypothalamic-Pituitary-Adrenal). Opening the Mìng Mén helps regulate cortisol level, the stress hormone.

#### Block pattern:

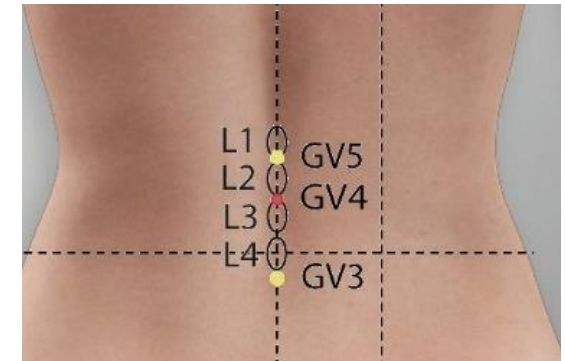
- Exhaustion, Burnout
- Fear / lack of will

#### Feels like:

- Weak or "cold" area
- Energy collapses here

#### Key

- **Purify** – Place the backs of your hands on your kidneys (palms facing out). Inhale, imagine deep ocean water in the kidney area. Exhale, see that water drain down your legs into the earth.
- **Activate** – Inhale a brilliant, warm golden light directly into Ming Men. Exhale, feel it expand sideways to both kidneys, filling them with warmth.
- **Affirmation** – Silently repeat: "My life force is pure and strong." Let each word pulse at the point.



# QÌ DǎO ~ TT

Microcosmic Orbit. Xiao Zhou Tian

**Back Channel (Du Mai) Blocks — effort, pressure, control**

4. **Da Zhuī** (Great Hammer, 大椎)

GV14

This is in the depression below the spinous process of the **C7 vertebra** (the prominent "bony bump" at the base of the neck) and above **T1**. The C7 vertebra (Dà Zhuī) will stay relatively still, while the C6 above it will move. C7 area is the "Great Hammer" because it stands firm as the foundation of the neck.

In Daoist Medicine, this is one of the most strategically important points in the entire body. It is known as the "**Sea of Yang**" because it is the meeting point where all six Yang channels of the body intersect with the GV (Dū Mài). It acts like a "Central Switchboard" for the body's heat and protective energy, regulating the Immune System (Wèi Qì), clearing the mind from "brain fog", balancing Yang (clearing heat or tonifies).

**The Neuroscience Bridge:** The Autonomic Hub.

- Autonomic Regulation, influences the **Sympathetic Nervous System**. It's like a reset button for the "Fight or Flight" response.
- **The Vagus Nerve Connection:** Vagus nerve is further forward, but the structural alignment of C7-T1 is crucial for the "safety signaling" the brain sends to the rest of the body. If the point is open, the brain perceives it is safe to drop into deeper states.
- **Myofascial Bridge:** This is the anchor point for the **Trapezius** and several deep cervical muscles. Releasing the fascia here literally "takes the weight off the shoulders," allowing for a more profound shift in posture and presence.

# QÌ DǎO ~ TT

Microcosmic Orbit. Xiao Zhou Tian

**Back Channel (Du Mai) Blocks — effort, pressure, control**

**4. Da Zhui** (Great Hammer, 大椎)

GV14

**Block pattern:**

- Overthinking
- Mental overload

**Feels like:**

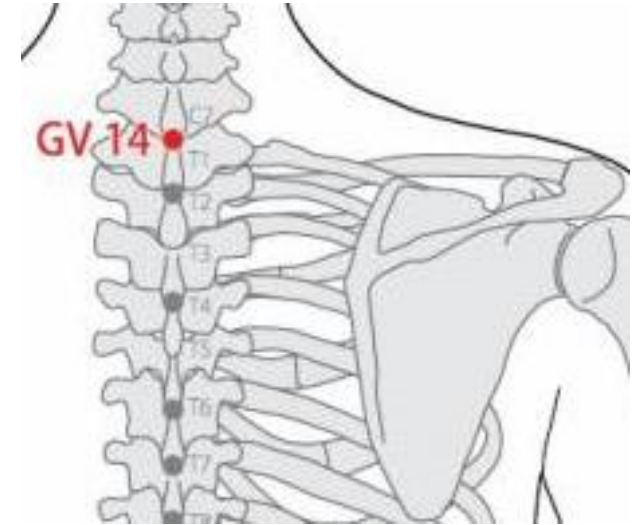
- Energy “hits a wall”
- Neck tightness

**Key:**

**Purify** – Roll your shoulders up, back, and down. As you lower them, exhale forcefully through the nose (like a soft snort), imagining any burden or tension flying out through the back of the point.

**Activate** – Inhale a soft golden light into Da Zhui. See it spread across both shoulders like a cloak. Exhale, let it settle.

**Sound** – Hum.. This opens the area.



# QÌ DǎO ~ TT

## Microcosmic Orbit. Xiao Zhou Tian

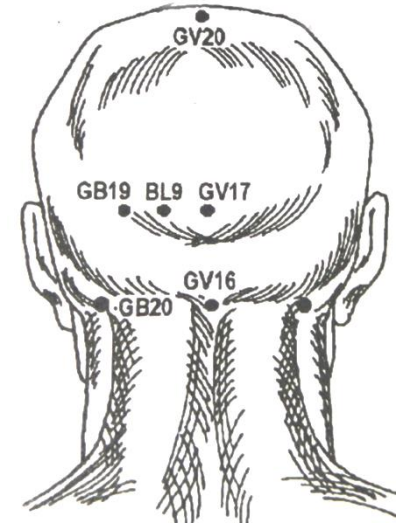
### Back Channel (Du Mai) Blocks — effort, pressure, control

#### 5. The Jade Pillow (Yù Zhěn — 玉枕)

GV17, BL9 area

The most "mystical" of the Three Passes because it acts as the gateway between the physical body and the refined consciousness. Once the Qì passes the Jade Pillow, it enters the center of the brain, a space known in Internal Alchemy as the Crystal Palace (Nián Wán). This area houses the Pineal and Pituitary glands. When the "Brain Window" (Dū-17) is opened, the Shén (Spirit) is illuminated. It is difficult to open because:

- Physical Tension: Most people carry "survival stress" here (the "Forward Head" posture).
- The Narrow Path: The spinal cord enters the skull through the foramen magnum here; any fascial restriction at the Jade Pillow literally "chokes" the flow of Qì and cerebrospinal fluid.



#### The New Science Bridge: The Control Room

The **Medulla Oblongata**: The Jade Pillow sits directly over the brainstem, which controls involuntary functions like breathing, heart rate, and blood pressure. Opening this pass is a "hack" for the **Autonomic Nervous System**.

- **Suboccipital Release & Vagus Nerve**: The Vagus nerve exits the skull very close to this region. By releasing the fascia at the Jade Pillow using sound vibration, you are performing a **Vagal Reset**, moving out of "Survival Mode" (Beta) and into "Deep Healing" (Theta).
- **Cerebrospinal Fluid (CSF) Flow**: Modern science recognizes the "craniosacral rhythm." The Jade Pillow is the final valve for CSF to circulate around the brain. If it's closed, "Brain Fog" occurs. If it's open, **Manifestation and Clarity** follow.

# QÌ DǎO ~ TT

Microcosmic Orbit. Xiao Zhou Tian

**Back Channel (Du Mai) Blocks — effort, pressure, control**

**5. The Jade Pillow (Yù Zhěn — 玉枕)**

GV17, BL9 area

**Block pattern:**

- Control
- Trying to “achieve” the practice

**Feels like:**

- Pressure in head
- Energy stuck before crown

⚠ Important: This is where many people **force Qi** → **causes headaches**

**Keys:**

**Purify** – practice “Beating the Heavenly Drum” (Ming Tian Gu) or “Knock and beat on a Jade Pillow”. Beat with your index fingertips on your head – the heavenly drum..

**Activate** – Inhale, and draw a cool, silvery light into the two hollows. Exhale, letting the light lake be.

**Visual** – See white jade pillow behind your head, softly glowing. This protects and purifies the brain.



# QÌ DǎO ~ TT

Microcosmic Orbit. Xiao Zhou Tian

**Back Channel (Du Mai) Blocks — effort, pressure, control**

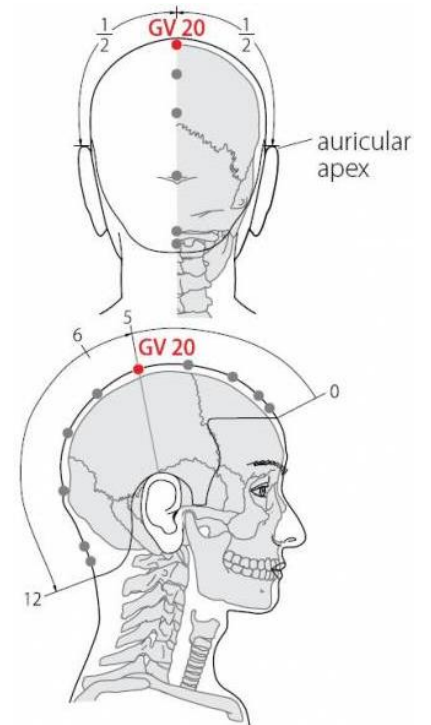
**5. Hundred Meetings, Bǎi Huì (百會)**

GV20

The absolute crown of the energetic system, it serves as the "Summit" where the ascending Yáng energy reaches its peak before beginning its descent down the front of the body. This is the "Universal Antenna"—the point where the individual bio-field connects to the larger quantum field. It is named this because it is the meeting point of all six Yáng meridians, the GV (Dū Mài), and Liver meridian (the only Yīn channel to reach the vertex). In the orbit, Bǎi Huì is the "Upper Dan Tian's Roof." Bǎi Huì is where "Heavenly Qì" enters.

**The Neuroscience Bridge: The Master Regulator**

- **Thalamic Connection:** Bǎi Huì sits directly above the Thalamus, the brain's "Relay Station." The Thalamus filters all sensory information before it reaches the cortex. By activating GV-20, we essentially "tune" the brain's filter, allowing for the Interoceptive Awareness.
- **Pineal & Pituitary Activation:** The vertex is the external gateway to the "Crystal Palace." Stimulating this point with humming or tuning forks encourages the brain to move out of high-beta (stress) and into Gamma or Theta waves.
- **Vertical Biotensegrity:** From structural perspective, Bǎi Huì is the top anchor for the fascial "Deep Front Line." If this point is "collapsed," the entire fascial web loses its integrity, leading to shallow breathing and a diminished energetic field.



# QÌ DǎO ~ TT

Microcosmic Orbit. Xiao Zhou Tian

**Back Channel (Du Mai) Blocks — effort, pressure, control**

**5. Hundred Meetings, Bǎi Huì (百會)**

GV20

**Block pattern:**

- Disconnection from body
- Spiritual overreach

**Feels like:**

Dizziness, Floating

**Keys:**

- **Purify** . – inhale and visualize **White Silvery Light** gathering above the crown. As you exhale, imagine this light pouring through **Bǎi Huì** like a warm, translucent liquid, through the spine, and out through the soles of the feet
- **Activate** – Imagine a fine silver thread pulling the very center of **Bǎi Huì** toward the North Star. This naturally tucks the chin and stretches the **Jade Pillow**. Inhale a pillar of violet-white light from the cosmos straight down into Bai Hui. Exhale, let it fill your entire head like a soft glow.

**Caution** – Activate gently. If you feel pressure, return to the lower points first. Advanced practitioners use Bai Hui to absorb celestial Qi.

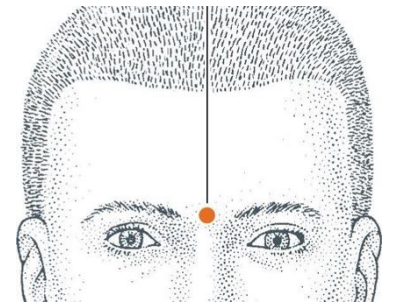
# QÌ DǎO ~ TT

## Microcosmic Orbit. Xiao Zhou Tian

**The Yin Current: Rèn Mài (The Conception Vessel) blocks — failure to receive, nourish, or feel, suppression.**

### **6. Hall of Impression / Seal Hall/ 3<sup>rd</sup> Eye, Yìn Táng (印堂) Ex-HN3**

While the Jade Pillow is the "back door" to the brain and Bǎi Huì is the "skylight," Yìn Táng is the "front window." The Third Eye: It is the seat of the Shén (Spirit). When this point is activated, it facilitates "Inner Vision"—the ability to see beyond the physical.



### **The Neuroscience Bridge: The Prefrontal Cortex**

- **The Prefrontal Cortex (PFC):** Yìn Táng sits directly over the PFC, the area of the brain responsible for executive function, focus, and complex personality expression. Stimulating this point reduces activity in the "Amygdala" (fear center) and strengthens the "higher self."
- **Pituitary Gland Stimulation:** Deep vibration at this point influences the master gland, regulating the entire endocrine system.
- **The Theta Switch:** This is the most effective point for shifting from **Beta** (stress/thinking) to **Theta** (receptive/manifesting). Bringing focus here creates a "frequency bridge" that tells the nervous system it is safe to enter deep meditation.

# QÌ DǎO ~ TT

Microcosmic Orbit. Xiao Zhou Tian

**The Yin Current: Rèn Mài (The Conception Vessel) blocks — failure to receive, nourish, or feel, suppression.**

**6. Hall of Impression / Seal Hall/ 3<sup>rd</sup> Eye, Yìn Táng (印堂) Ex-HN3**

## **Block pattern:**

- Mental tension, Overthinking, Over-analysis
- Trying too hard to “see”
- Spiritual ambition (very common)
- Unreleased emotional pressure

## **Feels like:**

- Tight forehead, Headaches
- Scattered attention, Pressure, anxiety
- Illusions / over-interpretation

## **Keys:**

**The third eye opens naturally when:** Heart is calm, Breath is deep, Kidneys are grounded

👉 Otherwise, stimulation creates **illusion, tension, or imbalance**

## **Soft Gaze / Inner Smile Practice Method:**

Close eyes gently. Bring awareness to Yin Tang. Imagine a **soft, warm light (not bright, not sharp)**. Slight inner smile. Feel, don't concentrate. You can also add humming and gentle massage clockwise with index and middle fingers.



# QÌ DǎO ~ TT

Microcosmic Orbit. Xiao Zhou Tian

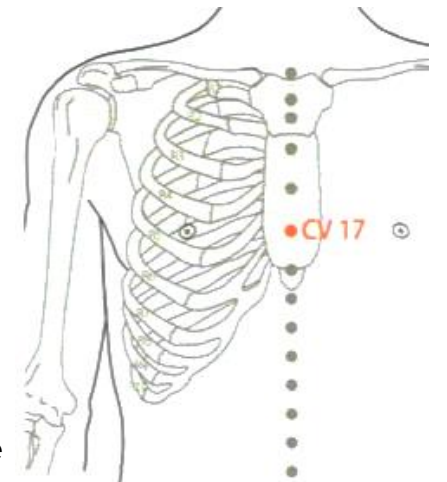
**The Yin Current: Rèn Mài (The Conception Vessel) blocks — failure to receive, nourish, or feel, suppression.**

**7. Middle Hall, Shànzhōng (膻中) CV17**

the "Alchemical Heart" of your system. The Hui-Meeting Point of Qì (where all the body's respiratory and ancestral energy gathers). The center of the Middle Dan Tian, the Crimson Palace.

**The Neuroscience Bridge: Heart-Brain Coherence**

- **The Thymus Gland:** CV-17 sits directly over the Thymus, the "Master Gland" of the immune system. Stimulating this point with sound vibration literally boosts the body's defenses and releases **T-cells**.
- **Heart Rate Variability (HRV):** This point influences the **Vagus Nerve** branch that innervates the heart. Opening Shànzhōng shifts out of "Sympathetic" (stress) and into "Parasympathetic" (peace), which is the physiological prerequisite for the **Theta state**.
- **Emotional Armoring:** From a somatic perspective, the fascia over the sternum often "locks" to protect the heart from trauma. Releasing this tension allows for a **Somatic Release**—often followed by a deep, spontaneous breath.



# QÌ DǎO ~ TT

Microcosmic Orbit. Xiao Zhou Tian

**The Yin Current: Rèn Mài (The Conception Vessel) blocks — failure to receive, nourish, or feel, suppression.**

7. Middle Hall, Shànzhōng (膻中)

CV17

**Block pattern:**

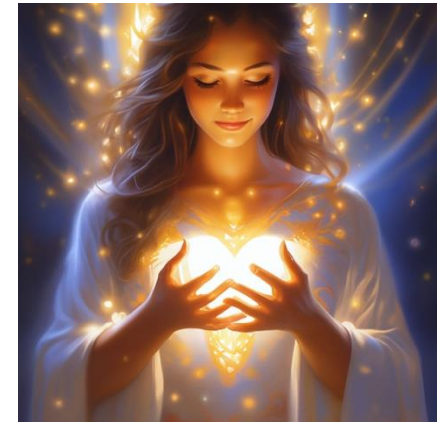
- Grief
- Emotional protection
- Fear of vulnerability

**Feels like:**

- Tight chest, Shallow breath

**Keys**

- Traditional practice focuses not just on activating this point but on first **purifying the heart-mind**. Start with the practice of The Inner Smile to the Heart. Imagine this area is opening like a beautiful, glowing flower in full bloom. Transform Emotions. In Daoist practice, negative emotions are seen as stagnant energy. For the heart, focus on transforming frustration, hate, or cruelty into love, kindness, and joy
- **Xinzhai (Fasting of the Heart)**: A classical meditative practice from the *Zhuangzi* to "empty" the heart-mind, allowing you to become a "mirror-heart" that is responsive to the world but not disturbed by it
- Consciously cultivate the heart's virtue: love.



# QÌ DǎO ~ TT

## Microcosmic Orbit. Xiao Zhou Tian

**The Yin Current: Rèn Mài (The Conception Vessel) blocks — failure to receive, nourish, or feel, suppression.**

### **8. Chung Wan, Middle Burner (Zhōng Jiāo) AcuPoint Zhōng Wǎn (Middle Cavity) CV12**

the seat of the **Earth Element** and the engine of "Post-Heaven" energy production. In the **MO**, this region acts as the "Stomach" of the energetic system—it is where we digest not only food but also the experiences and emotions we encounter.

CV12 is The Front-Mu Point of the Stomach, the Hui-Meeting Point of the Fǔ (Hollow) Organs - the primary point for tonifying the Spleen and Stomach. If this point is blocked, the "Yin" nourishment from the front channel cannot reach the "Yang" fire of the back.

- **The Bridge of Trust:** This is where we transition from the "feeling" center of the Heart to the "knowing" center of the Gut.
- **Clearing the Earth Stagnation:** If the Solar Plexus is blocked, the energy becomes "knotted." This is where Worry and Overthinking (Earth Element negative emotions) physically manifest as tension.
- **Descending the Qì:** For MO, the Qì must be able to descend through the Solar Plexus to reach the Lower Dan Tian. If the Solar Plexus is "hard" or bloated, the energy gets stuck in the upper body, causing headaches, insomnia, or "upward-rising Yang."

**The Neuroscience Bridge: The Enteric Nervous System.** Solar Plexus is the bridge to the **"Second Brain":**

- **The Enteric Nervous System (ENS):** The gut contains over 100 million neurons.
- **Vagus Nerve Integration:** The Vagus nerve travels through the diaphragm right at the Solar Plexus. A "soft" Solar Plexus is a signal to the brain that the body is safe, triggering the Theta state.
- **The Diaphragm Connection:** This area is the anchor for the respiratory diaphragm. If the Solar Plexus is tight, breathing is shallow. Opening this center allows for the deep "Embryonic Breathing" (Tāi Xí) necessary for advanced Daoist practice.

# QÌ DǎO ~ TT

Microcosmic Orbit. Xiao Zhou Tian

**The Yin Current: Rèn Mài (The Conception Vessel) blocks — failure to receive, nourish, or feel, suppression.**

**8. Chung Wan, Middle Burner (Zhōng Jiāo) AcuPoint Zhōng Wǎn (Middle Cavity) CV12**

**Block pattern:**

- Control
- Anxiety
- Over-effort

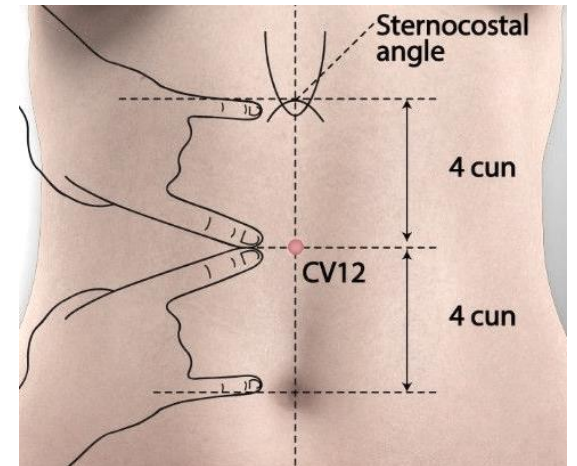
**Feels like:**

Knot / tension

**Keys:**

**Purify:** Close your eyes and place your attention 4 inches above your navel. Visualize a warm, glowing **Golden Sun** spinning slowly in the center of your upper abdomen. As you inhale, the sun grows brighter and warmer. As you exhale, visualize the "knots" or "fog" of worry melting into a liquid golden light that flows down into your intestines and legs, grounding into the Earth.

**Charge:** "Smile" into your Solar Plexus. Imagine the area becoming soft, spacious, and "sweet." You can hum into it. Imagine, you are 'Earth' receiving the 'Heavenly' frequencies of the sound."



# QÌ DǎO ~ TT

## Microcosmic Orbit. Xiao Zhou Tian

**The Yin Current: Rèn Mài (The Conception Vessel) blocks — failure to receive, nourish, or feel, suppression.**

**9. Lower Dantian, "Sea of Qì", "Golden Urn,"** (下丹田 — Xià Dāntián)      AcuPoints CV4,6,8

this is the "Battery" of the human bio-system, the Lower Dan Tian is the **Power**.

The Lower Dan Tian is not a single point, but a spherical field of energy located about three finger-widths below the navel and two inches inside the body. It is governed by three primary points on the **Rèn Mài** (Conception Vessel)

Acupoint	Name	Significance
CV-8 (Shénquè)	Spirit Gate (The Navel)	The "Gateway" through which we were first nourished. It is the center of the physical body.
CV-6 (Qìhǎi)	Sea of Qì	The most vital point for building and tonifying energy. It is the "engine" of the Dan Tian.
CV-4 (Guānyuán)	Gate of Origin	Where the <i>Jīng</i> (Essence) and the Original <i>Qì</i> meet. It is the anchor for longevity and hormonal health.

