

# 13 GHOST POINTS

Developed by Sun Si Miao (c. 7th century)

Sun Si Miao – developed concept of Phlegm... Phlegm as the cause of mental disorders, rather than “angry spirits”

- wrote about the importance of compassion in Medicine
- wrote *1,000 Ducat Formula*

-- 13 Ghost Points about cultivating your sense of self over a lifetime

– Tx said to transcend time & space

4 Trinities (+ 3<sup>rd</sup> Eye Point – Yin Tang): each trinity relates to the progression of disease – in terms of mania

- mania = bipolar (i.e., manic depressive disorder)
- hallucinations                      – schizophrenia
- thoughts of suicide                – epilepsy

– these points should be done only on people receiving therapy, or who are inherently strong and have some kind of support system

## 1<sup>st</sup> Trinity:

*In the 1<sup>st</sup> Trinity, there's the initial build-up of Phlegm, characterized by the beginnings of psychological dysfunction, disorientation towards world, and sore throat.*

### 1) **Du 26 (Ghost Palace)**

Associated with inheritance – of ancestral genetics, as well as the human legacy:

Humanity

Used for inappropriate, spontaneous laughter or crying

Epilepsy

Fatigue

### 2) **Lu 11 (Ghost Faith)**

Associated with the World (worldly affairs & undertakings)

Epilepsy

Sore throat

Clears Heat in channel

Jing-well point

### 3) **Sp 1 (Eye of the Ghost)**

Associated with Earth (one's body)

Used for feelings of disorientation in the world

Epilepsy

Resuscitates

Jing-well point

– *these points are used mainly for Heat and Wind conditions*

## 2<sup>nd</sup> Trinity:

*At the level of the 2<sup>nd</sup> Trinity, life attitudes begin to become inflexible – people become set in their ways. Or there's a lot of running about "without a clue" – without decisive direction.*

### 4) **P 7 (Ghost Heart)**

Earth of Fire – deals with material desires

Earth of Fire – deals with Dampness and Phlegm harassing Heart, causing:

- alternating and frequent laughing/crying
- irritability

Ghost is @ Pericardium, trying to get into Heart; this is characterized by intense cravings for material objects

### 5) **Bl 62 (Ghost Path)**

Opening point for Yang Chiao Mai

Deals with how you walk into – deal – with the world (your constitution)

Here, you begin to believe the same thing and walk the same path as the Ghost

Epilepsy

Paralysis

Headache

### 6) **Du 16 (Ghost Pillow)** (a.k.a. Feng Fu – Warehouse of Change)

Deals with flexibility and ability to adapt to change

Ghost gains access into brain: Ghost Pillow = sleeping with Ghost

Ridged tongue

Lock Jaw

Loss of voice

Headache

– *in the 2<sup>nd</sup> Trinity, Wind can be an issue... Wind can either cause excessive movement, or paralysis*

## 3<sup>rd</sup> Trinity:

*This is the level at which alcoholics and addicts get stuck at. They use drugs to get their Fire going. Remember the saying: "If you want to find ghosts, go to a BAR!"*

### 7) **St 6 (Ghost Bed)**

Deals with being able to look at suffering and not ignore it

Located at the jaw – deals with ability to "chew" the world

Lockjaw; also neurological conditions like deviation of mouth and trigeminal neuralgia

At this point, the person is fully possessed by the Ghost

### 8) **Ren 24 (Ghost Market)**

Deals with one's ability to appreciate one's own resources – one's Yin

At this point, the Ghost is absorbing one's Yin

Negative outlook consuming one's Yin

Deals with wasting diseases, where body begins to get thin and deteriorate

Body consuming most of its water

Dark urine

Nosebleeds (body trying to get Ghost out)

**9) P8 (Ghost Cave)**

Fire of Fire – deals with acknowledging your true passion in life  
At this point, because the person doesn't know who they are and because they don't embrace their Yin – their resources – they begin to get PARANOID  
Here, Ghost makes one become self-destructive  
Fevers  
Sweating  
Heat in nutritive Blood

**4<sup>th</sup> Trinity:**

**10) Du 23 (Ghost Hall)**

About embracing self  
Here, Ghost has taken over  
This point as access to the pituitary gland (master gland)  
Severe nasal congestion  
Poor vision  
Dizzy spells  
Alzheimer's  
Phlegm really begins to block internal pathways

**11) Ren 1 (Ghost Store)**

About embracing self  
Ghost eats up all of Yin  
Urinary/defecation blockage or incontinence  
Menstrual issues  
Prolapse  
This point is also used for DROWNING

**12) LI 11 (Ghost Leg)**

Earth of Metal – deals with the world as a reflection of the self (you are responsible for your own emotions, outlook, and over-all place in society)  
High fever  
Vomiting  
At this point, there is no longer any communication with the outside world – COMA

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**13) Yin Tang (3<sup>rd</sup> Eye Point)**

Deals with Enlightenment  
Schizophrenia