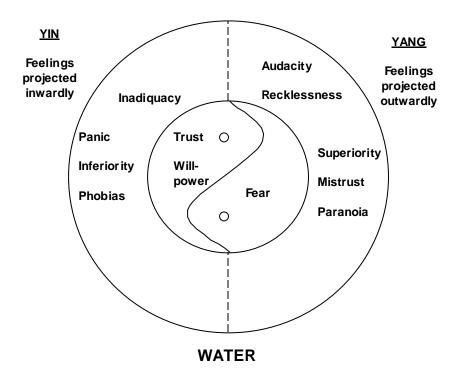
Windows to the Sky Points

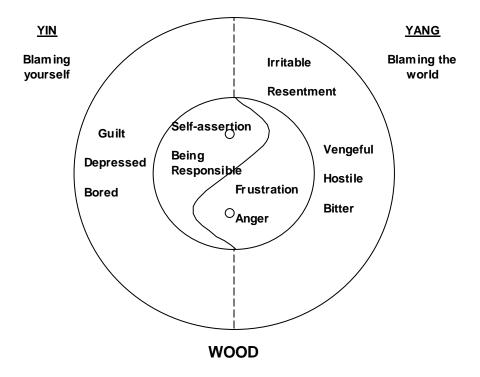


Bl 10 Tian Zhu/Celestial Pillar

- Descends Yang from head and moves it to chest
 - For this to happen, chest must be open
- Ex.: someone with a lot of anxiety about life who has frequent headaches might get needled here
 - But after chest is opened
 - Using P 6, P 7, Ht 5

Water: about trust and will-power

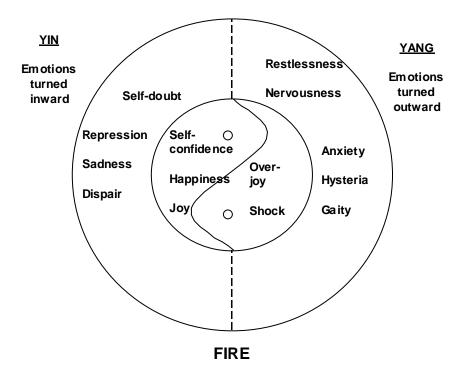
- Especially when stressed out
- Also about fear that's not being dealt with
- The extreme emotions those listed in the Yin-Yang turn into their secondary emotions
 - These interfere with a person's life even more



SI 17 Tian Rong/Celestial Countenance

- Ascends Yin to head
- Brings feelings up; expressions out
- Moistens
- Moistens dry eyes
- Classically, the point was on the Gall Bladder meridian

Wood: about self-actualization and ability to respond to the world



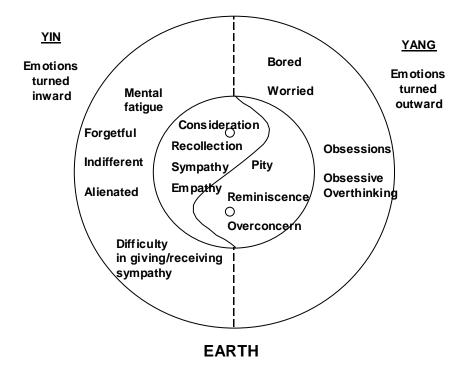
SI 16 Tian Chuang/Celestial Window

Ascends Yang to head

SJ 16 Tian You/Celestial Orbit

- Descends excess Yin from head
- Major point for stubbornness
 - Stubbornness, over time only allowing oneself to hear, see, perceive and interact with the world in a certain way and not allowing in other points of view clouds the senses
- THE major Window to the Sky point around which all others "revolve"

<u>Fire</u>: deals with emotions; and your core (Yang) energy



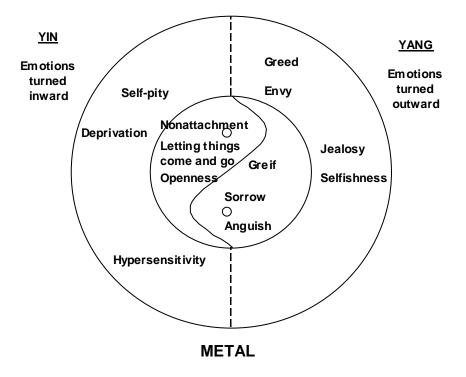
St 9 Tian Wu Hui/Celestial Five-fold Confluence

Ren Ying/Welcome Humanity

- Ascends Yang to head for someone not accepting life
- For people with lack of facial expression
- Headaches
- Red face
- Dizziness

Earth: deals with one's ability to connect with people

- Touch
- Empathy feeling one with another



LI 18 Fu Tu/Support the Chimney

- Ascends Yang to head
- For loss of speech
- Can give expression to Ren 22

Ren 22 Tian Tu/Celestial Chimney

- Descends Yang
- Drains excess or rebellious (rising) qi
- Where voice comes from

Du 16 Feng Fu/Wind Warehouse

Descends Yang

<u>Metal</u>: about earthly possessions and survival (food, clothing, water, money)

ALSO:

P 1 Tian Chi/Celestial Pool

- Descends Yang from head
- Converts Yang to Yin
- Used on people who think about sex but can't get physically aroused

<u>Lu 3</u> Tian Fu/Celestial Warehouse

- Brings up breath
- Helpful for person who's dying
 - You want person to focus on their breath

ALWAYS PALPATE FOR TENDERNESS!

SOMETIMES ONLY NEEDLING ONE SIDE IS MORE EFFECTIVE!