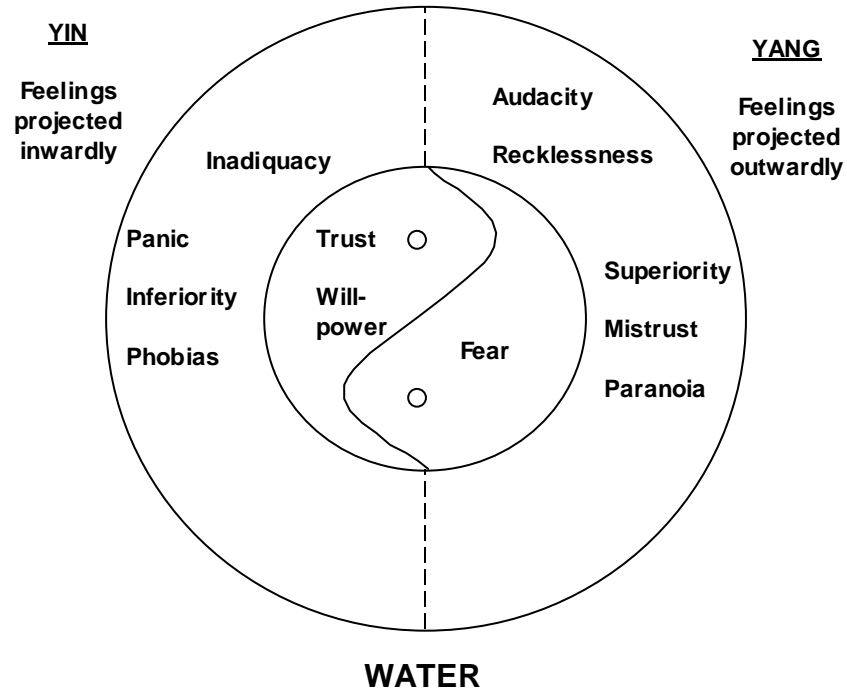


Windows to the Sky Points

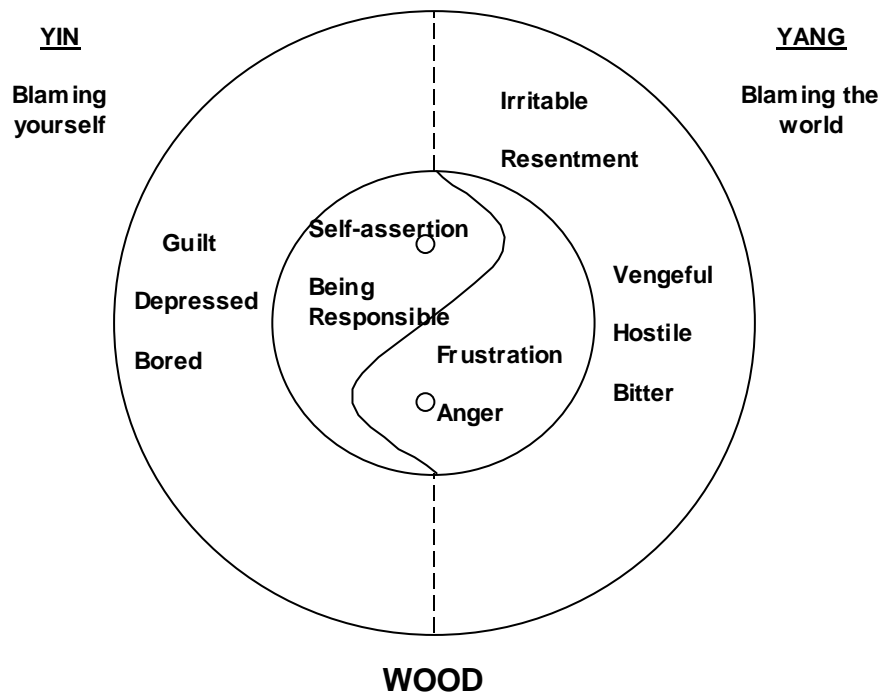


Bl 10 *Tian Zhu/Celestial Pillar*

- 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

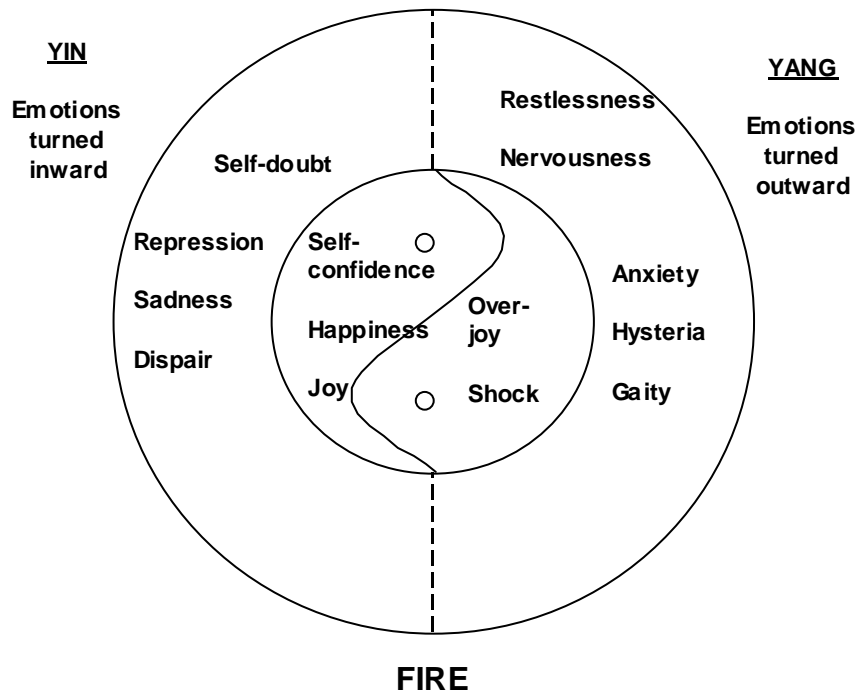
- Especially when stressed out
- Also about fear that's not being dealt with
- The extreme emotions – those listed in the Yin-Yang – turn into their secondary emotions
 - These interfere with a person's life even more



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



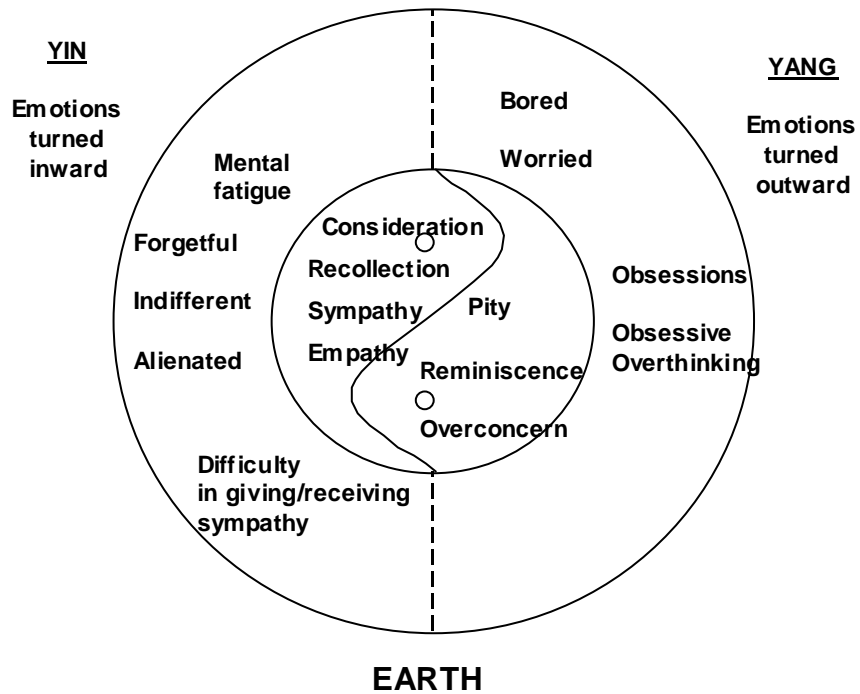
SI 16 *Tian Chuang/Celestial Window*

- 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”

Fire: deals with emotions; and your core (Yang) energy



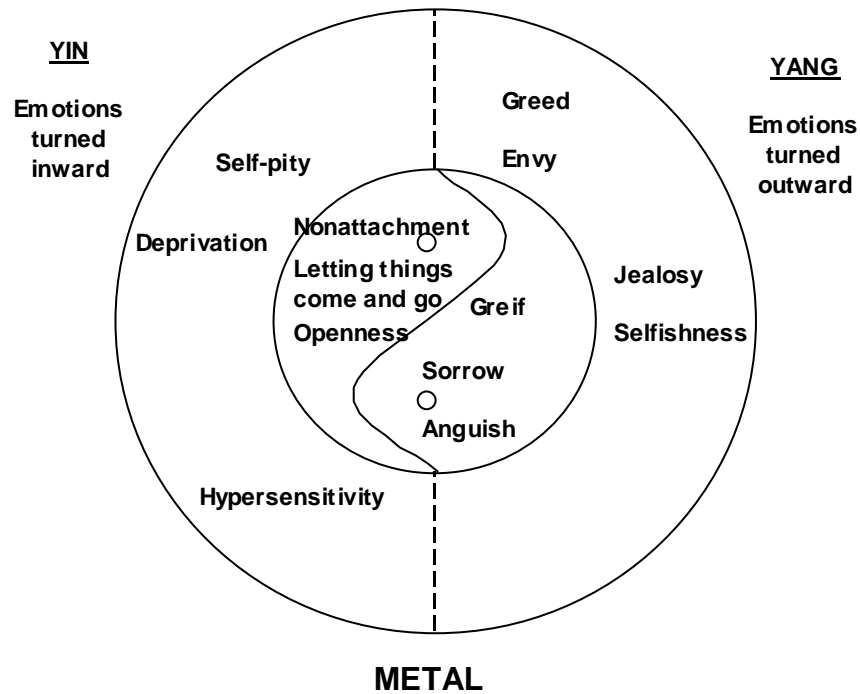
St 9 *Tian Wu Hui/Celestial Five-fold Confluence*

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

Metal: 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

Lu 3 *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!