

Timeliness - Reference Chart

Season	Prosper Strong	Birth Strong	Death Weak	Jailed Weak	Retiring Weak
Spring (February 4 - May 4)	Wood	Fire	Earth	Metal	Water
Summer (May 5 - August 6)	Fire	Earth	Metal	Water	Wood
Fall (August 7 - November 6)	Metal	Water	Wood	Fire	Earth
Winter (November 7 - February 3)	Water	Wood	Fire	Earth	Metal

Yin Transporting - 5 Element Points - Reference Chart

	Wood Jing Well	Fire Ying Spring	Earth Shu Stream	Metal Jing River	Water He Sea
Liver	1	2	3	4	8
Heart	9	8	7	4	3
Spleen	1	2	3	5	9
Lung	11	10	9	8	5
Kidney	1	2	3	7	10
Pericardium	9	8	7	5	3

Yang Transporting - 5 Element Points -- Reference Chart

	Wood Jing Well	Fire Ying Spring	Earth Shu Stream	Metal Jing River	Water He Sea
GB	41	38	34	44	43
SI	3	5	8	1	2
Stomach	43	41	36	45	44
LI	3	5	11	1	2
UB	65	60	40	67	66
San Jiao	3	6	10	1	2

Seasons and Elements	
Season	Element and Dates
Spring	Wood: February 4 - April 16
	Earth: April 17 - May 4
Summer	Fire: May 5 - July 20
	Earth: July 21 - August 6
Fall	Metal: August 7 - October 19
	Earth: October 20 - November 6
Winter	Water: November 7 - January 16
	Earth: January 17 - February 3

5 Element Seasonal Points					
	Wood	Fire	Earth	Metal	Water
	Spring	Summer	Late Summer	Fall	Winter
Liver	1	2	3	4	8
GB	41	38	34	44	43
Heart	9	8	7	4	3
SI	3	5	8	1	2
Spleen	1	2	3	5	9
Stomach	43	41	36	45	44
Lung	11	10	9	8	5
LI	3	5	11	1	2
Kidney	1	2	3	7	10
UB	65	60	40	67	66
PC	9	8	7	5	3
SJ	3	6	10	1	2

Seasonal Balance Method Points

Meridian	Wood Gua #45	Wood Gua #54	Fire Gua #36	Earth Gua #72	Metal Gua #18	Water Gua #65	Water Gua #64
Liver	8, 5, 1	4, 3, 2	5, 3, 1	5, 4, 3	3, 2, 1	8, 5, 2	4, 2
GB	40, 41, 43	34, 38, 44	34, 40, 43	34, 43, 44	34, 38, 40	40, 41, 44	34,38,41,44
Heart	3, 5, 8	4, 7, 9	5, 7, 8	7, 8, 9	4, 5, 7	3, 5, 9	4, 9
SI	5, 3, 1	8, 4, 2	8, 5, 1	8, 5, 4	8, 2, 1	5, 3, 2	8, 4, 3, 2
Spleen	5, 4, 3	9, 2, 1	9, 5, 4	9, 5, 1	9, 4, 2	5,4,3,2,1	9, 3, 2, 1
Stomach	36, 44, 45	41, 42, 43	43, 44, 45	42, 43, 44	41, 43, 45	36	41, 42
Lung	9, 10, 11	5, 7, 8	5, 10, 11	5, 8, 10	5, 7, 11	9	5, 7, 8, 9
LI	11, 5, 4	3, 2, 1	5, 4, 3	5, 3, 1	4, 3, 2	11,5,4,2,1	2, 1
Kidney	10, 7, 1	4, 3, 2	7, 3, 1	7, 4, 3	3, 2, 1	10, 7, 2	4, 2
UB	64, 65, 66	40, 60, 67	40, 64, 66	40, 66, 67	40, 60, 64	64, 65, 67	40,60,65,67
PC	3, 6, 8	5, 7, 9	6, 7, 8	7, 8, 9	5, 6, 7	3, 6, 9	5, 9
SJ	6, 3, 1	10, 4, 2	10, 6, 1	10, 6, 4	10, 2, 1	6, 3, 2	10, 4, 3, 2

Points for Deficient and Excess Organ/Meridians - Reference Chart					
	Wood	Fire	Earth	Metal	Water
Tonification (Deficient)	+Liv 8, Kid10 -Lung 8, Liver 4	+Ht/PC 9, Liv 1 -Kid 10, Ht/PC3	+Sp 2, Heart 3 -Liv 1, Spleen 1	+Lung 9, Sp 3 -Ht 8, Lung 10	+Kid 7, Lung 8 -Spleen 3, Kid 3
	+GB 43, UB66 -LI 1, GB44	+SI/SJ 3, GB41 -UB 66, SI/SJ 2	+ST 41, SI 5 -GB41, ST 43	+LI 11, St 36 -SI 5, LI 5	+UB 67, LI 1 -St36, UB40
Sedation (Excess)	-Liver 2, Heart 8 +Lung 8, Liver 4	-Ht/PC 7, Sp 3 +Ht/PC 3 Kid 10	-Sp 5, Lung 8 +Liver 1, Sp 1	-Lung 5, Kid 10 +Ht 8, Lung 10	-Kid 1, Liver 1 +Sp 3, Kidney 3
	-GB 38, SI 5 -LI 1, GB 44	-SI 8, SJ 10 -ST 36 +UB 66, SI/SJ 2	-ST 45, LI 1 +GB41, St43	-LI 2, UB 66 +Si 5, LI 5	-UB65, GB41 +UB40 ST36
Xi Cleft (Excess)	Liver 6	H 6, PC 4	Spleen 8	Lung 6	Kidney 5
	GB 36	SI 6, SJ 7	Stomach 34	Large Intestine 7	UB 63
Source (Deficiency or Excess)	Liver 3	Heart/PC 7	Spleen 3	Lung 9	Kidney 3
	GB 40	SI/SJ 4	Stomach 42	Large Intestine 4	UB 64
Luo (Excess)	Liver 5	Heart 5, PC 6	Spleen 4	Lung 7	Kidney 4
	GB 37	SI 7, SJ 5	Stomach 40	LI 6	UB 58
Lower He Sea	GB 34	SI: St 39, SJ: UB 39	Stomach 36	LI: Stomach 37	UB 40
Mu & Shu (Deficiency or Excess)	Liver: Liv 14, UB 18	Heart: Ren 14 UB 15 Pericardium: Ren 17 UB 14	Spleen: Liver 13, UB 20	Lung: Lung 1, UB 13	Kidney: GB 25, UB 23
	Gall Bladder: GB 24, UB 19	Small Intestine: Ren 4, UB 27 San Jiao: Ren 5, UB 22	Stomach: Ren 12, UB 21	Large Intestine: St 25, UB 25	Urinary Bladder: Ren 3, UB 28
Master Tung Points	Upper 3 Yellow (88.12, 13, 14) Mu (11.17) Mu Yan (11.20) Dan (11.13)	Thigh 3 Thoroughfares (88.01, 02, 03) Hold 3 Fires (33.04, 05, 06)	3 Pi (88.xx) Spleen Swelling (11.18) 3 Weights (77.05, 06, 07)	4 Horses (88.17, 18, 19) Chong Zi (22.01) Chong Xian (22.02) Da Bai (22.04) Ling Gu (22.05)	Lower 3 Emperors (77.17, 19, 21) Shen Guan (77.18) Passing Thru Kid (88.09, 10, 11)

5 Element Dynamics					
Element %	Wood	Fire	Earth	Metal	Water
Controlling	Wood > Earth	Fire > Metal	Earth > Water	Metal > Wood	Water > Fire
	Excess Wood is Overcontrolling Earth	Excess Fire is Overcontrolling Metal	Excess Earth is Overcontrolling Water	Excess Metal is Overcontrolling Wood	Excess Water is Overcontrolling Fire
<i>Physical Symptoms</i>	Stag. Liv Qi impedes digestion; St Qi can't descend; leads to nausea. Sp Qi can't go up leads to diarrhea	Fire/Heat invades Lungs; dry cough, or if laugh cough Hot sinus or skin dx. Dry, Damp, Heat, or Blood in Large Intestine	Earth dries up Water. Person is dry or muddy/ boggy. Weak/ sore low back/legs. Urinary issues	Tightness resulting in impaired breathing leads to Liv Qi Stagnation which can lead to depression	Damp/ foggy mind. Congestive heart failure. Damp and cold digestion (SI / SJ)
<i>Psycho-Social Symptoms</i>	Drive to do interferes with ability to meet physical needs: forget to pee, eat	Excitement, passion, desire to connect overrules boundaries and discernment	Physical body and its needs or addictions override spiritual/ personal development	Sadness overrides anger, "Ow Brain" /perfectionism overrides going forward to goals	Dampened spirit, the desire for rest / downtime overrides fun, connection or pursuit of passions
<i>Yin / Yang Treatment Points</i>	-Liver 3 +Sp 1	-H4/PC5 +Lu10	-Sp 9 +Kidney 3	-Lung 11 +Liv 4	-Kid 2 +H/PC 3
	-GB 34 +St 43	-SI/SJ 1 +LI 5	-St 44 +UB 40	-LI 3 +GB 44	-UB 60 +SI/SJ 2
Insulting	Wood < Earth	Fire < Metal	Earth < Water	Metal < Wood	Water < Fire
	Excess Earth is rebelling and insulting Deficient Wood	Excess Metal is rebelling and insulting Deficient Fire	Excess Water is rebelling and insulting Deficient Earth	Excess Wood is rebelling and insulting Deficient Metal	Excess Fire is rebelling and insulting Deficient Water
<i>Physical Symptoms</i>	Food Stagnation or poor digestion leads to Liv Qi Stagnation which leads to pain and depression	Chest tightness, difficulty breathing leads to chest pressure which can increase anxiety/depression	Water overtakes digestion and muscles resulting in boggy digestion, loose BMs, and Fibromyalgia	Liv Qi Stagnation impairs breathing (asthma) or causes LI issues such as constipation or IBS	Hot/dry affects: Kid/UB leading to UTIs or other urinary issues. Restlessness, heart palpitations, insomnia
<i>Psycho-Social Symptoms</i>	Desire to tend home and hearth or be grounded kills drive and desire for adventure	Rigidity and perfectionism crushes passion and creativity. Armor can block heart / connection	Deep reflection / mental / spiritual focus results in not being in tune with the body or considers the body's needs less important	Recklessly seeking adventure or pushing/growing without measure. Anger masks grief	Excitement, passion overtakes rest, peace, solitude, inner life. Fear leads to anxiety
<i>Yin / Yang Treatment Points</i>	+Liver 3 -Sp 1	+H4/PC5 -Lu10	+Sp 9 -Kidney 3	+Lung 11 -Liv 4	+Kid 2 -H/PC 3
	+GB 34 -St 43	+SI/SJ 1 -LI 5	+St 44 -UB 40	+LI 3 -GB 44	+UB 60 -SI/SJ 2

	Chinese Meridian Name Sharing	Biao Li - Interior And Exterior Pairs	Chinese Clock Opposites	Chinese Clock Neighbors - Different Element	Bie - Jing Branching Meridians
Hand Tai Yin - Lung	Foot Tai Yin - Spleen	Hand Yang Ming - LI	*Foot Tai Yang - UB	Foot Jue Yin - Liver	*Foot Tai Yang - UB
Foot Tai Yin - Spleen	Hand Tai Yin - Lung	Foot Yang Ming - Stomach	Hand Shao Yang - SJ	Hand Shao Yin - Heart	Hand Tai Yang - SI
Hand Yang Ming - LI	*Foot Yang Ming - Stomach	Hand Tai Yin - Lung	Foot Shao Yin - Kidney	*Foot Yang Ming - Stomach	Foot Jue Yin - Liver
Foot Yang Ming - Stomach	*Hand Yang Ming - LI	Foot Tai Yin - Spleen	*Hand Jue Yin - PC	*Hand Yang Ming - LI	*Hand Jue Yin - PC
Hand Shao Yin - Heart	Foot Shao Yin - Kidney	Hand Tai Yang - SI	*Foot Shao Yang - GB	Foot Tai Yin - Spleen	*Foot Shao Yang - GB
Foot Shao Yin - Kidney	Hand Shao Yin - Heart	Foot Tai Yang - UB	Hand Yang Ming - LI	Hand Jue Yin - PC	Hand Shao Yang - SJ
Hand Tai Yang - SI	*Foot Tai Yang - UB	Hand Shao Yin - Heart	Foot Jue Yin - Liver	*Foot Tai Yang - UB	Foot Tai Yin - Spleen
Foot Tai Yang - UB	*Hand Tai Yang - SI	Foot Shao Yin - Kidney	*Hand Tai Yin - Lung	*Hand Tai Yang - SI	*Hand Tai Yin - Lung
Hand Jue Yin - PC	Foot Jue Yin - Liver	Hand Shao Yang - SJ	*Foot Yang Ming - Stomach	Foot Shao Yin - Kidney	*Foot Yang Ming - Stomach
Foot Jue Yin - Liver	Hand Jue Yin - PC	Foot Shao Yang - GB	Hand Tai Yang - SI	Hand Tai Yin - Lung	Hand Yang Ming - LI
Hand Shao Yang - SJ	*Foot Shao Yang - GB	Hand Jue Yin - PC	Foot Tai Yin - Spleen	*Foot Shao Yang - GB	Foot Shao Yin - Kidney
Foot Shao Yang - GB	*Hand Shao Yang - SJ	Foot Jue Yin - Liver	*Hand Shao Yin - Heart	*Hand Shao Yang - SJ	*Hand Shao Yin - Heart
Ren Mai	Du Mai				
Du Mai	Ren Mai				
	*Same as Chinese Clock Neighbors		*Same as Bie - Jing Branching Meridians	*Same as Chinese Meridian Name Sharing	*Same as Chinese Clock Opposites

