

OVERVIEW

CranioSacral Therapy and acupuncture utilize the rhythm of the craniosacral system and the v-spread technique with the pathways and patterns of acupuncture to add another dimension to your treatment protocol.

As CranioSacral Therapy uses the cranial rhythm to locate blocks or imbalances on the physical, mental, emotional and spiritual levels, acupuncture uses the subtle electrical energies of the meridians and points for the same interactions.

This workshop goes over what, where and how the points and meridians of acupuncture relate to each other on all levels, and how they also relate to the cranial rhythm and other energies of the body.

Relationships

CranioSacral Therapy and acupuncture are both closed systems. Each has its own micro system: the ear in acupuncture, and the concepts of The Brain Speaks and CranioSacral Therapy and the Immune Response in CranioSacral Therapy.

This is a pulse and a rhythm to each: the cranial rhythm in CranioSacral Therapy and the horary cycle in acupuncture.

Both systems have energetic and emotional components.

The Sea of Marrow from acupuncture is where blood and cerebrospinal fluid are created in the marrow.

The Sea of Marrow is the cranial rhythm and relates to: Governing Vessel (Du), Chong, Heart, Urinary Bladder, Lung, Pericardium, Stomach, Yin Wei and the Yang Qiao.

The Governing Vessel (Du) carries jing (essence) and fluid to the spinal cord and brain. The Governing Vessel can be used to treat all conditions of the central nervous system, such as headaches and dizziness.

Influences

At the stop of the cranial rhythm, the meridians flow more easily and harmoniously.

An energy cyst could obstruct Qi flow along a meridian.

If a meridian is empty or too full, you can trace it and see if an energy cyst is there.

If the meridian pulses are off, you can trace the meridians and feel for an energy cyst.

Concepts

The universe is a Sea of Qi. Microcosm of the macrocosm. There is a rhythm to the Universe, body, cerebrospinal fluid, acupuncture points and meridians.

The body as an Ocean of Qi: the cranial rhythm represents the waves and the acupuncture meridians are the channels in the ocean.

- Oriental medicine has a 5,000-year history.
- Yi Jing Book of Changes (700 B.C.), Yin, Yang, (— —), (—)
- *Huangdi Nei Jing Internal Classics of the Yellow Emperor* (2698-2589 B.C.),
The Legend of the Yellow Emperor
- Two Parts:
 - Su Wen*, simple questions
 - Ling Shu*, miraculous pivot or spiritual axis, 81 chapters
- *Nan Jing* (206-220 A.D.), classic of difficulties, 81 chapters, clarifies Nei Jing, includes 8 extra meridians, 5 shu points, mother/son, tone/sedate, pulses on wrist
- *Qian Jin Yao Fang*, 1000 Ducat Prescription, by Sun Si Miao (652 A.D.), 232 herbal prescriptions, body inch, ah shi points = sore, distended or numb, moxa
- *Tong Ren Shu Xue Zhen Jiu Tun Jing* (1026 A.D.), the illustrated classic of acupuncture points as found on the bronze model by Wang Wei Yi.

ENTRY AND EXIT POINTS

Enter	Lu 1	6 cun lateral to the midline at the first intercostal space
Exit	Lu 7	1.5 cun above the wrist crease above the styloid process of the radius
Enter	LI 4	On the dorsum of the hand between the first and second metacarpal bones at the highest point
Exit	LI 20	Next to the nose in the nasolabial groove at the midpoint of the ala nasi
Enter	St 1	Below the pupil between the eyeball and the infraorbital ridge
Exit	St 42	At the highest point on the front of the foot between the second and third metatarsal bones and the cuneiform
Enter	Sp 1	.1 cun posterior to the medial corner of the nail of the great toe
Exit	Sp 21	6 cun below the axilla between the seventh and eighth ribs, midway between the axilla and the end of the eleventh rib
Entry	H 1	In the center of the axilla medial to the axillary artery
Exit	H 9	At the tip of the fifth finger .1 cun posterior to the radial corner of the nail
Enter	SI 1	At the tip of the fifth finger. 1 cun posterior to the lateral (ulnar) corner the nail
Exit	SI 19	Anterior to the tragus in the depression formed with the mouth open
Enter	UB 1	.1 cun superior to the inner canthus
Exit	UB 67	On the outside of the fifth toe .1 cun posterior to the corner of the nail
Enter	K 1	On the sole of the foot midway between the second and third metatarsals in the depression with plantar flexion

Exit	K 22	2 cun lateral to the midline between the fifth and sixth rib
Enter	P 1	Between the fourth and fifth ribs, 1 cun lateral to the nipple
Exit	P 8	On the palm between the second and third metacarpals where the middle finger touches in a loose fist
Enter	TW 1	On the ulnar side of the fourth finger .1 cun posterior to the corner of the nail
Exit	TW 22	At the level of the top of the ear on the posterior border of the hairline of the temple
Enter	GB 1	.5 cun lateral to the outer canthus on the lateral side of the orbit bone
Exit	GB 41	In a depression at the junction of the fourth and fifth metatarsal bones at the apex
Enter	Liv 1	On the lateral side of the first toe between the nail and the end joint
Exit	Liv 14	Between the sixth and seventh ribs below the nipple

5 ELEMENT CYCLES

ELEMENT	ORGAN	EMOTION	ODOURS	SOUNDS	TASTE	VEGETABLE	GRAINS	FRUIT
WOOD	Liver Gallbladder	Anger	Rancid	Shouting	Sour	Leeks	Wheat Rye	Plum
FIRE	Heart Sm. Intestine TH, HG	Joy	Scorched	Laughing	Bitter	Scallions	Red Millet Corn Rice	Apricot
EARTH	Stomach Spleen	Sympathy	Fragrant	Singing	Sweet	Mallows	Millet & Corn	Date
METAL	Lg. Intestine Lungs	Grief	Rotten	Weeping	Pungent	Onions	Rice & Oats	Peach
WATER	Bladder Kidneys	Fear	Putrid	Groaning	Salty	Greens	Beans & Peas	Chestnut
ELEMENT	SEASON	COLOR	CLIMATE	SECRETIONS	FORTIFIES	RULER	BODY	
WOOD	Spring	Green	Wind	Tears	Ligaments & Nails	Spleen	Soul	
FIRE	Summer	Red	Heat	Perspiration	Arteries	Lungs	Spirit	
EARTH	Late Summer	Yellow	Humidity	Saliva	Muscles & Lips	Kidneys	Intuition	
METAL	Autumn	White	Dryness	Mucus	Skin & Body Hair	Liver	Animal Spirit	
WATER	Winter	Blue	Cold	Urine	Bones, Head Hair, Nervous System	Heart	Will	

Fortify organs in season before their season

Lu	3-5 AM	H	11-1 PM	CS	7-9
LI	5-7	SI	1-3	T	9-11
St	7-9	B	3-5	GB	11-1 AM
Sp	9-11	K	5-7	Liv	1-3