# Balance method in acupuncture or "I-Ching" acupuncture

Introdution
Albert Snijders

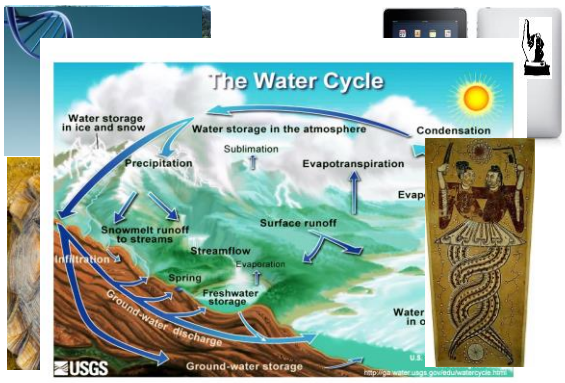
www.bevas.be

1

## 1991: Dr Chen

www.bevas.be

2

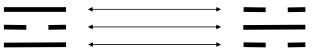



www.bevas.be

3

www.bevas.be

4



FIRE WATER

Ht - SI Bl - Kid

TAI YANG

SHAO YIN

www.bevas.be

5

Storm

Pc - TH

Wind

Liv - GB

Lake

Lu - LI

Mountain

Sp - St

Heaven

GV

Earth

CV

www.bevas.be

6

## LI GAN JIAN YING

www.bevas.be

7

## Three basic steps + one more:

- 1: Identify the "sick" meridian
- 2: Determine the meridian that has to be treated
- 3: Point selecion using "Mirror/ Imaging"
- 4: create a balanced formula

www.bevas.be

8

## Revision:

- Pulses
- Energetic levels
- Chinese clock

www.bevas.be

9

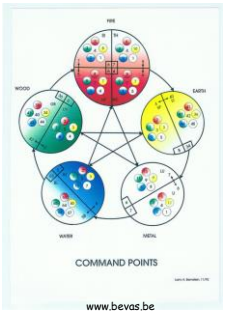
Left Pulses Right



Ht

Liv

Kid




www.bevas.be

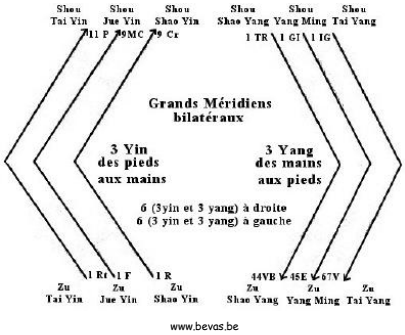
Lu

Sp

Pc

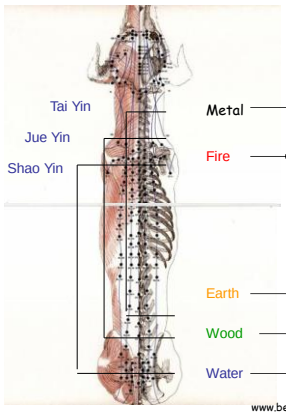
10

## evolution




www.bevas.be

11



Tai Yin

Jue Yin

Shao Yin

Int. Ext.

Metal → Lu LI → Yang ming

Fire → PC TH → Shao yang

Ht SI → Tai yang

Earth → Sp St

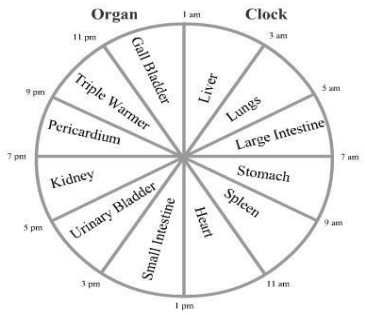
Wood → Liv GB

Water → Kid Bl

www.bevas.be

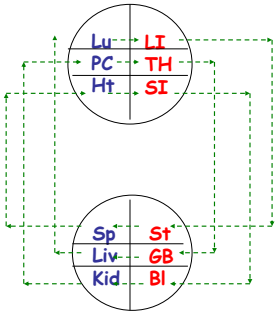
12

# Chinese Clock




www.bevas.be

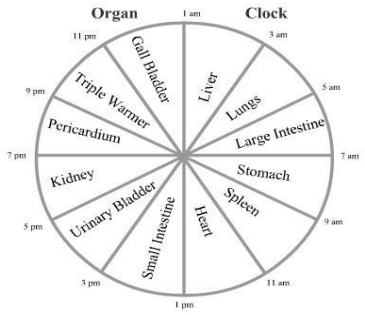
13




www.bevas.be

14

# Chinese Clock




www.bevas.be

15

"C.E.T." +/-3.000

## Time zone:

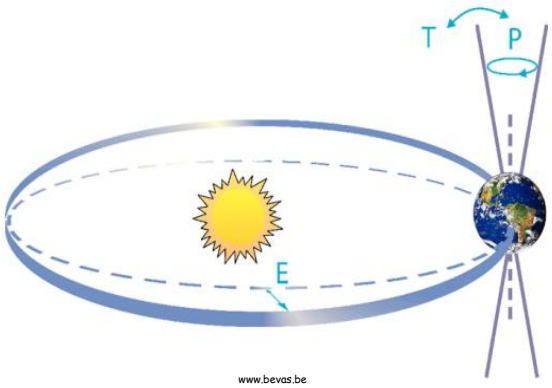
16

## How to convert from the clock time to Sundial time:

- We need:
- 
- Location: ……
- Locations Longitude: …… °E
- Time zone:……
- Longitude of the center of the timezone: (in Europe: 15 °E )
- 
- *(In Europe it is the longitude where the time preceeds exactly one hour the time in Greenwich, England (0°E),and is called: CET, "Central European time").*
- 
- Adjustment for location within the time zone:
- 
- (4° 50' = Longitude of the classroom in Overijse).
- 
- *www.***latitude-longitude-finder***.com*

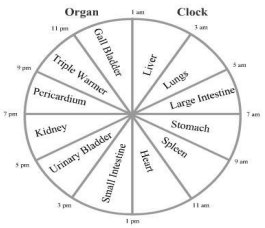
www.bevas.be

17




www.bevas.be

18




For Instance:
During the clases of the 8th of August 2015 in Overijse, Belgium.
At 12.00h clocktime, the actual solar time is:

•12h – 42' - 5' – 1h = 10.13 h , a diference of **1hour and 47 minutes**!

On the 8th of December 2015 however:

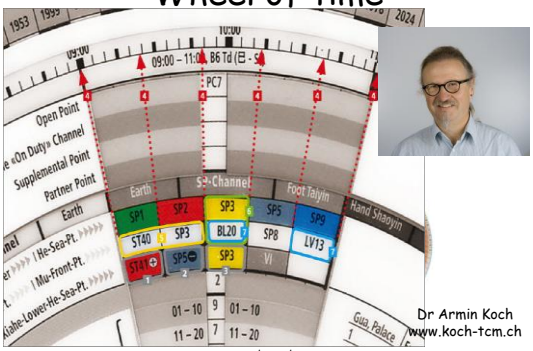
12h -42' + 8' = 11.26 h !!!! so a difference of : **34 min**.

www.bevas.be

19

20

# Wheel of time

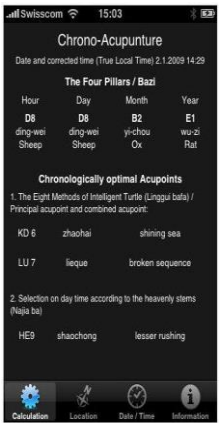





Dr Armin Koch
www.koch-tcm.ch

www.bevas.be

20




www.bevas.be

21

## Three basic steps

- 1: Identify the "sick" meridian

- Palpation
- Pulses/Shu/Mu
- On or inbetween meridians
- A-SHI

www.bevas.be

22

## 2° Step

- Determine the meridian(-s) to treat or balance the "sick" meridian.

- 5 Systems

- System 1,2 & 3 : "I-CHING" o "Ba-Gua"
- System 4 & 5 : Chinese Clock

www.bevas.be

23

## 5 Systems:

- 1: Chinese meridian name-sharing (En. Lev.)

- 2: Bie-Jing, Branching meridians

- 3: Biao-Li, Interior-Exterior pairs

- 4: Chinese clock oposites

- 5: Chinese clock neighbours.

www.bevas.be

24

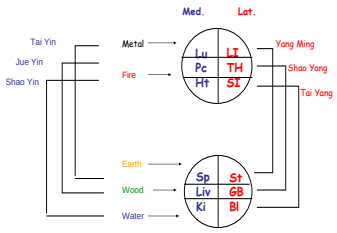
# System # 1

- Meridians carry the same Chinese name
- Hand ⟷ Foot
- Yin ⟷ Yin
- Yang ⟷ Yang
- *OPPOSITE side*

www.bevas.be

25

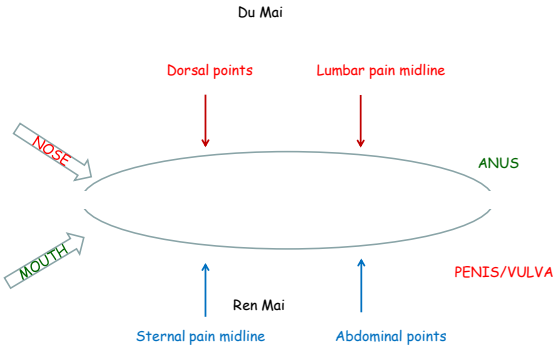
# System # 1




- Du – Ren
- Lu - Sp
- LI – St
- Ht – Kid
- SI – Bl
- Pc – Liv
- TH – GB

www.bevas.be

26




www.bevas.be

27

# System # 2

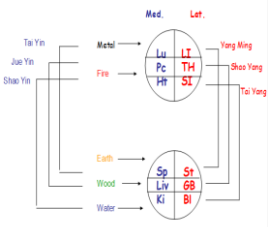
- Bie-Jing
- Yin –Yang attraction
- Hand ⟷ Foot
- Yin ⟷ Yang
- Yang ⟷ Yin
- *EITHER* side

www.bevas.be

28

# System # 2

- Tai Yin – Tai Yang
- Shao Yin – Shao Yang
- Jue Yin – Yang Ming



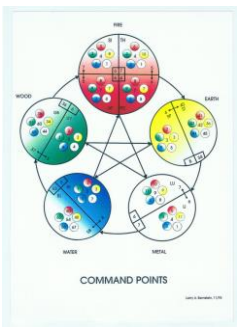

www.bevas.be

29

30

# System # 3

- Biao – Li (int./ext.)
- Hand ⟷ Hand
- Foot ⟷ Foot
- Yin ⟷ Yang
- Yang ⟷ Yin
- *OPPOSITE* side*

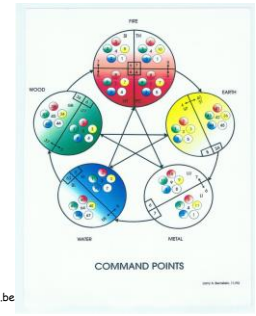



www.bevas.be

30

# System # 3

- Lu – LI
- Kid – Bl
- Liv – GB
- Ht – SI
- Pc – TH
- Sp - St

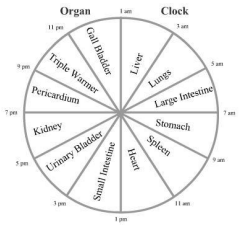



www.bevas.be

31

# System # 4

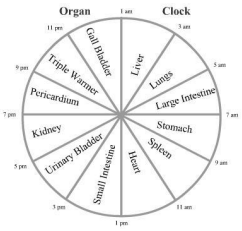
- Chinese clock opposites
- Hand ⟷ Foot
- Yin ⟷ Yang
- Yang ⟷ Yin
- *EITHER side*
- Various = syst # 2 www.bevas.be




32

# System # 4

- Lu – Bl
- LI – Kid
- St – Pc
- Sp – TH
- Ht – GB
- SI – Liv
- Hour of treatment is of no importance.

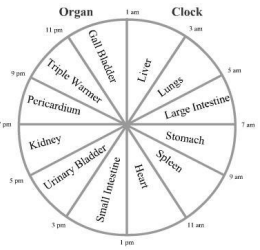



www.bevas.be

33

## System # 5

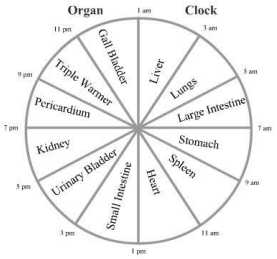
- Chinese clock neighbours
- Hand ⟷ Foot
- Yin ⟷ Yin
- Yang ⟷ Yang
- *OPPOSITE* side
- Various = syst # 1 www.bevas.be




34

## System # 5

- Lu – Liv
- LI – St
- Sp – Ht
- SI – Bl
- Kid – Pc
- TH – GB
- Hour of tt is not important




www.bevas.be

35

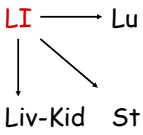
## Schedule # 1:

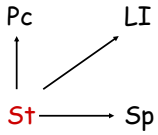
| Syst: | 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|---|
| | o | e | o | e | o |
| Lu | Sp | Bl | LI | Bl | Liv |
| St | LI | Pc | Sp | Pc | LI |
| SI | Bl | Sp | Ht | Liv | Bl |
| Sp | Lu | SI | St | TH | Ht |
| Liv | Pc | LI | GB | SI | Lu |
| Kid | Ht | TH | Bl | LI | Pc |

www.bevas.be

36

## Schedule # 2:




www.bevas.be

37

## 3° Step

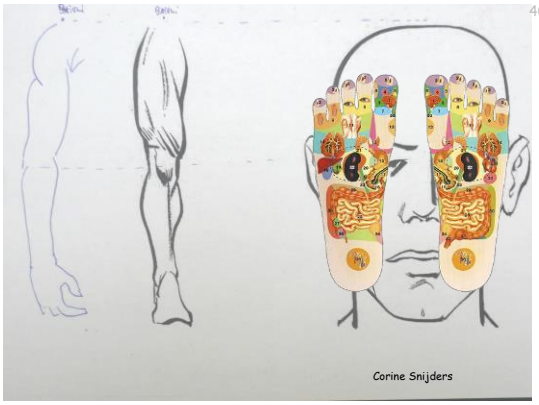
www.bevas.be

38

REVERSE MIRROR

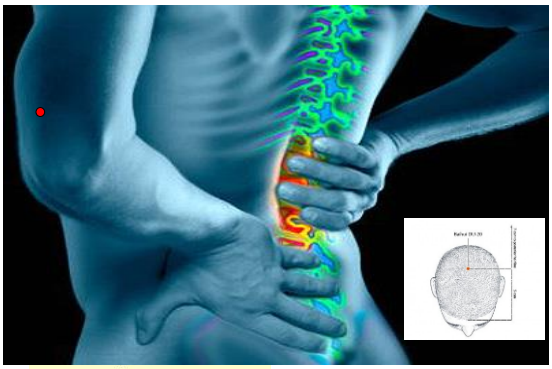
www.bevas.be

39




www.bevas.be

40

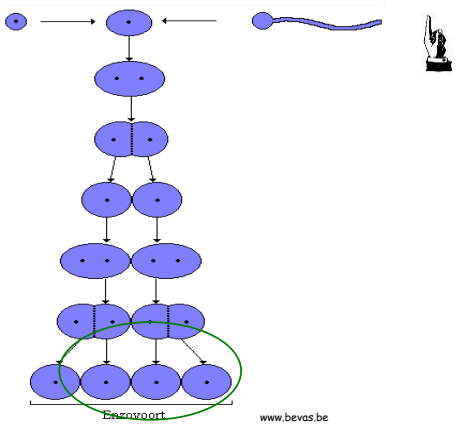


www.bevas.be

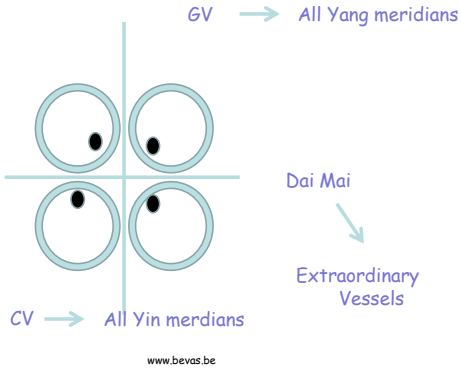
41

www.bevas.be

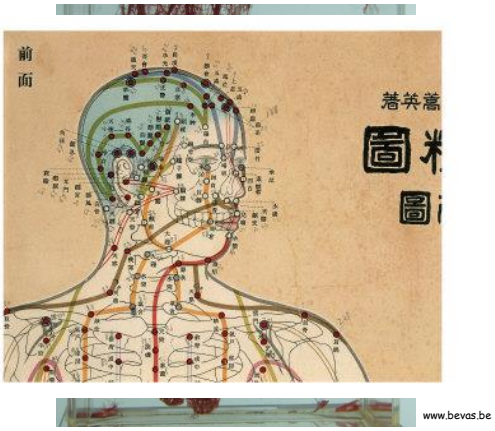
42


Eenzaamheid
www.bevas.be

43


GV
All Yang meridians
Dai Mai
Extraordinary Vessels
CV
All Yin merdians
www.bevas.be

44


前面
www.bevas.be

45

All 5 systems work

Selection : exper. of the acup.
preference
convenience
localisation of the pt

Strongest A-Shi sensation = best result.

www.bevas.be

46

## Schedule # 2:

LI → Lu
↓ ↘
Liv-Kid St

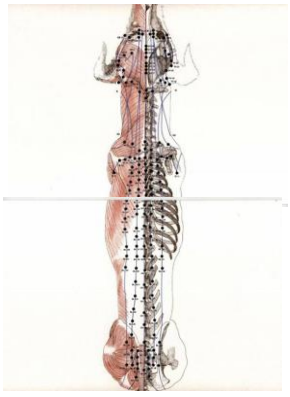
TT pain on meridian pathway

Pc LI
↑ ↗
St → Sp

TT simple internal path.

www.bevas.be

47



Pc
Syst: **2 & 4**

LI
Syst: **1 & 5**

St

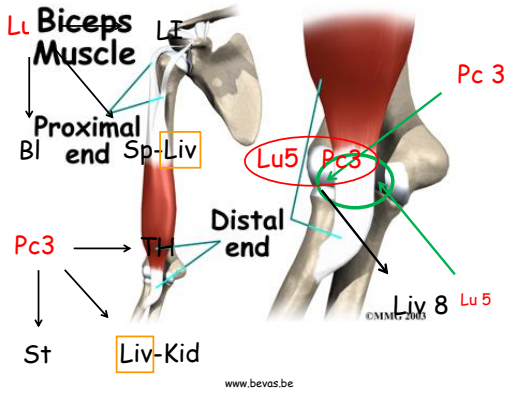
Sp
Syst: **3**

www.bevas.be

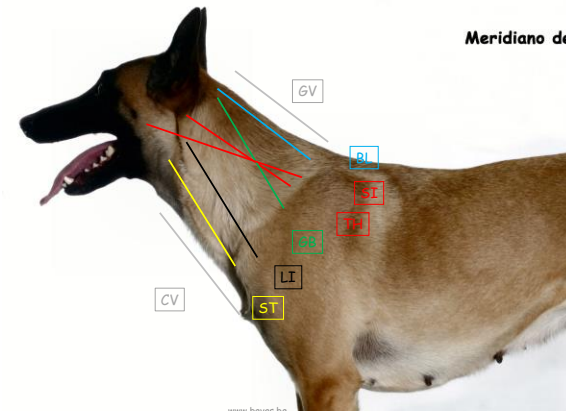
48

TT Pain on meridian pathway

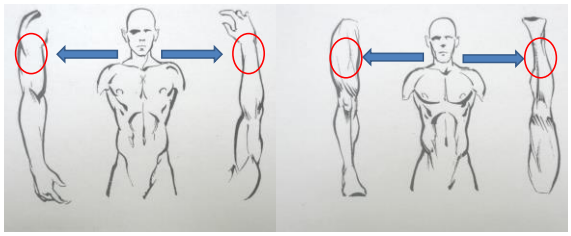
49




50

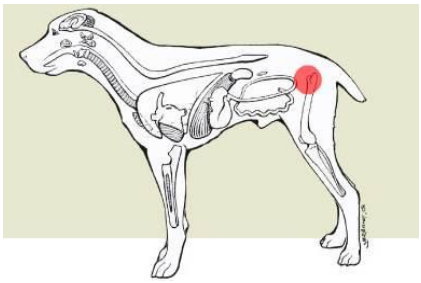



51



52

Hip displasia



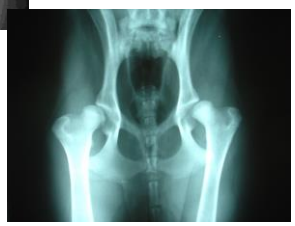
www.bevas.be

53

50

- GB29
- GB30
- Bl54

St30 •

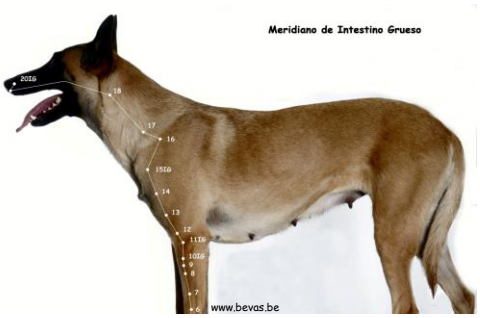


www.bevas.be

54

Syst # 1

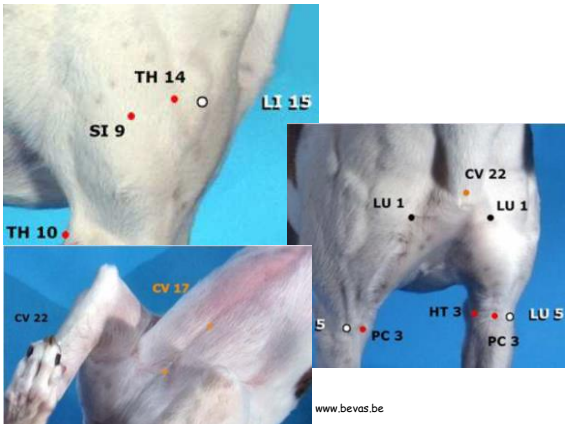
GB Bl St



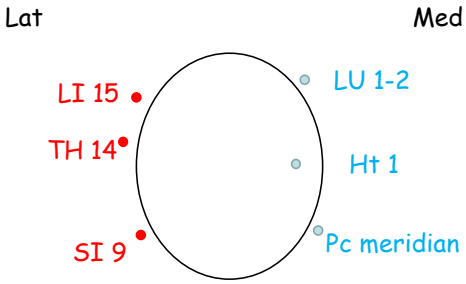

55

## LI GAN JIAN YING

56



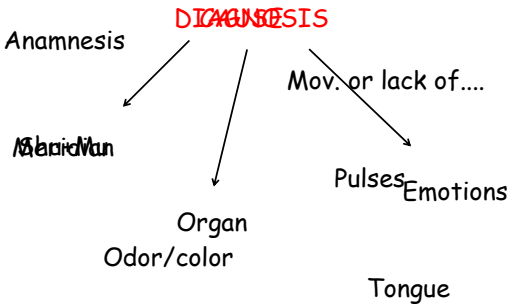

57




www.bevas.be

58

## Just for pain ??



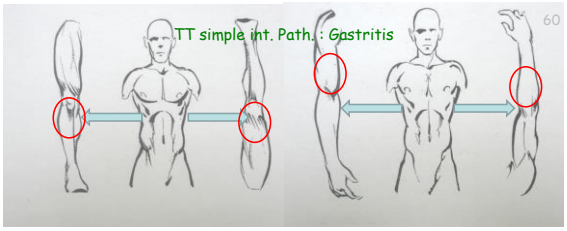

www.bevas.be

59

## Just for pain ??

www.bevas.be

60




6 Pc LI 10

36 St Sp 6

www.bevas.be

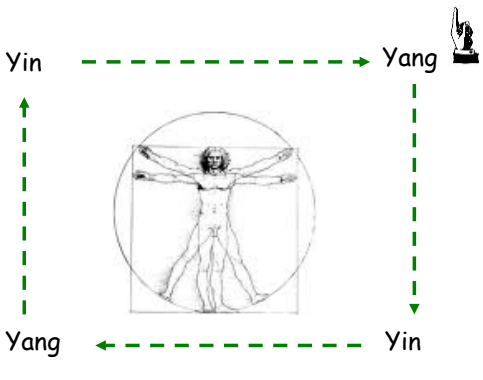
61

## Dynamic balance of Yin-Yang

- Starts flow of Qi
- Alternating positions of the needles Yin-Yang
- Internal path.

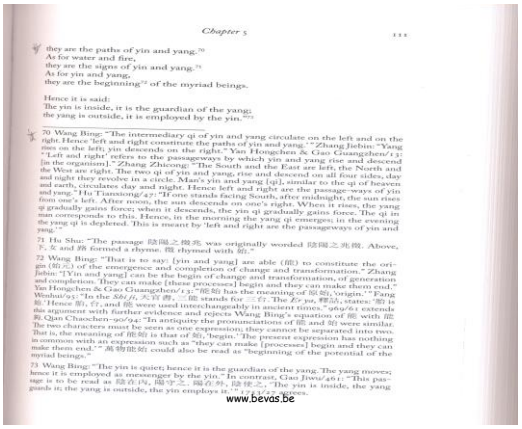
www.bevas.be

62




www.bevas.be

63



Chapter 5 111

they are the paths of yin and yang.[70]
As for water and fire,
they are the signs of yin and yang.[71]
As for yin and yang,
they are the beginning[72] of the myriad beings.

Hence it is said:
The yin is inside, it is the guardian of the yang;
the yang is outside, it is employed by the yin.[73]

70 Wang Bing: "The intermediary qi of yin and yang circulate on the left and on the right. Hence 'left and right constitute the paths of yin and yang.'" Zhang Jiebin: "Yang rises on the left, yin descends on the right." Yan Hongchen & Gao Guangchen/13: "'Left and right' refers to the passageways by which yin and yang rise and descend [in the organism]." Zhang Zhicong: "The South and the East are left, the North and the West are right. The two qi of yin and yang, rise and descend on all four sides, day and night they revolve in a circle. Mao's yin and yang [qi], similar to the qi of heaven and earth, circulates day and night. Hence left and right are the passage-ways of yin and yang." Hu Tianxiong/47: "If one stands facing South, after midnight, the sun rises qi gradually gains force; when it descends, the yin qi gradually gains force. The qi in man corresponds to this. Hence, in the morning the yang qi emerges; in the evening the yang qi is depleted. This is meant by 'left and right are the passageways of yin and yang.'"

71 Hu Shu: "The passage 陰陽之徼光 was originally worded 陰陽之光徼. Above, 下、女 and 務 formed a rhyme. 徼 rhymed with 始."

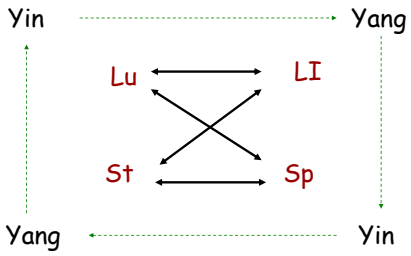
72 Wang Bing: "That is to say: [yin and yang] are able (能) to constitute the origin (始元) of the emergence and completion of change and transformation." Zhang Jiebin: "[Yin and yang] can be the begin of change and transformation, of generation and completion. They can make [these processes] begin and they can make them end." Yan Hongchen & Gao Guangchen/13: "'能始 has the meaning of 原始; 'origin.'" Fang Wenhui/93: "In the *Shi'ji*, 天符 燕, '能 stands for '已'. The *Er'ya*, 釋詁, states: '能 is 始.' Hence 能, 台, and 始 were used interchangably in ancient times." 96a/61 extends this argument with further evidence and rejects Wang Bing's equation of 能 with 能 始. Qian Chaochen–90/94: "In antiquity the pronunciations of 能 and 始 were similar. The two characters must be seen as one expression; they cannot be separated into two. That is, the meaning of 能始 is that of 始, 'begin.' The present expression has nothing in common with an expression such as "they can make [processes] begin and they can make them end." '萬物能始 could also be read as "beginning of the potential of the myriad beings."

73 Wang Bing: "The yin is quiet; hence it is the guardian of the yang. The yang moves; hence it is employed as messenger by the yin." In contrast, Gao Jiwu/461: "This passage is to be read as 陰在內, 陽守之, 陽使之, 陰使之. 'The yin is inside, the yang guards it; the yang is outside, the yin employs it.'" [illegible]

www.bevas.be

64

"Global balance"




Yang Ming – Tai Yin

www.bevas.be

65

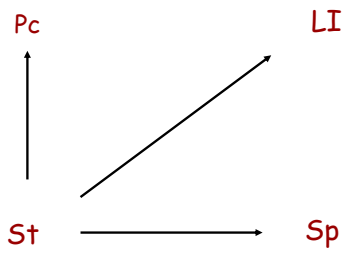
## 5 systems: Sp & St

| Sist | 1 o | 2 e | 3 o | 4 e | 5 o |
|---|---|---|---|---|---|
| St | LI | Pc | Sp | Pc | LI |
| Sp | Lu | SI | St | TH | Ht |

www.bevas.be

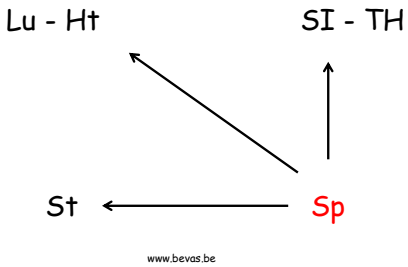
66

5 Systems : Stomach



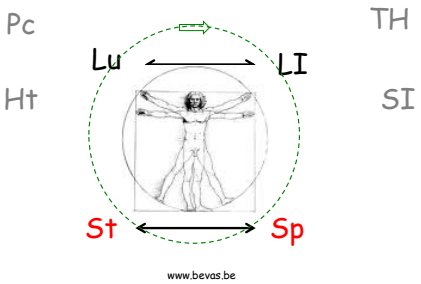

67

## 5 systems: Spleen




68

## 5 systems: Sp & St



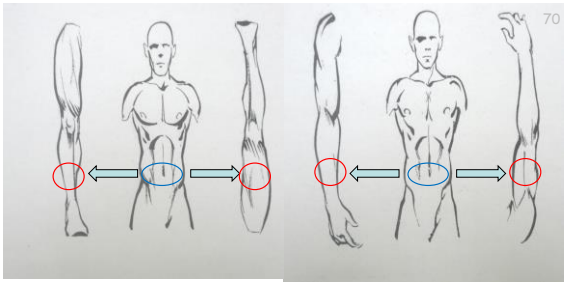

69

## "Seven"

- Boxer
- Female Ster.
- 12 years
- Loss of muscle tone
- Loses drops of urine
- Snow White

www.bevas.be

70



TH Ht SI Lu

Kid Bl Sp Bl

www.bevas.be

71

- General balance techniques:

- 8 magical points for digestive disorders.
- 3-6 (Shu – He) Technique
- 12 Magical points

- (Meridian conversion technique)

www.bevas.be

72

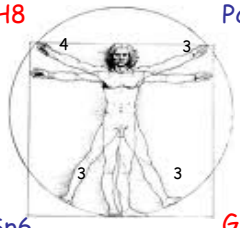
www.bevas.be

73

## Re-booting

TH
LI
SI

Pc
Lu
Ht




Sp
Kid
Liv

GB
St
Bl

www.bevas.be

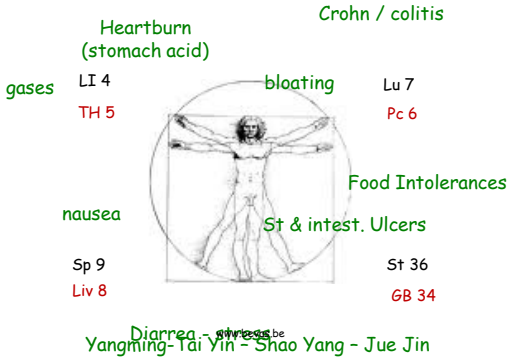
74

## Thank you !

www.bevas.be

75

8 Magical points for digestve disorders:

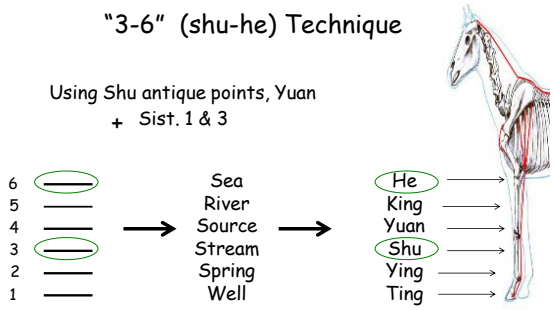



Yangming- Tai Yin – Shao Yang - Jue Jin

76

## "3-6" (shu-he) Technique

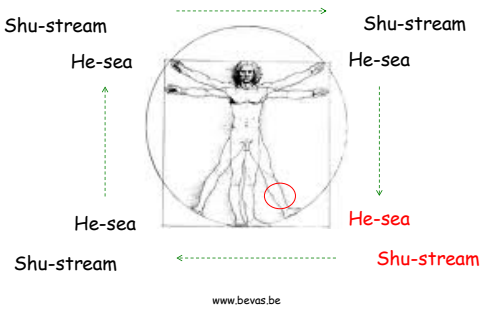
Using Shu antique points, Yuan
+ Sist. 1 & 3




Especially when you have to move/balance/ **BUILD** QI & XUE

www.bevas.be

77




www.bevas.be

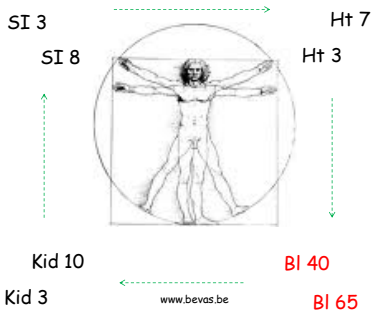
78

| Merid: | Shu: | He: |
|---|---|---|
| Lung | 9 | 5 |
| LI | 3 | 11 |
| St | 43 | 36 |
| Sp | 3 | 9 |
| Ht | 7 | 3 |
| SI | 3 | 8 |
| Bl | 65 | 40 |
| Kid | 3 | 10 |
| Pc | 7 | 3 |
| TH | 3 | 10 |
| GB | 41 | 34 |
| Liv | 3 | 8 |

www.bevas.be

79

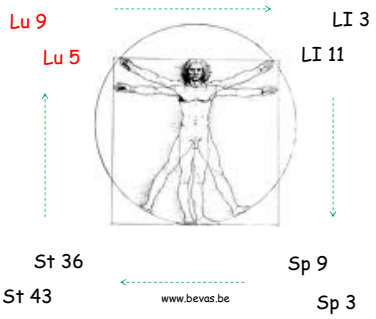
Tai Yang: Bladder path.




80

Tai Yin: Lung path.






81

12 Magical points

- Idiopathic syndromes :
- Fibromialgia
- Chronic fatigue syndrome.
- Psoriasis.
- Insomnia.
- Allergies etc.

- In cases where large zones are affected, including several meridians.

www.bevas.be

82

**Combining:**

- The Shu antique points
- The 12 meridians!
- Yin – Yang balance
- mirror/imaging

www.bevas.be

83

| | TING Well | YING Spring | SHU Stream | KING River | HE Sea |
|---|---|---|---|---|---|
| • Lu | 11 | 10 | 9 | 8 | 5 |
| • Pc | 9 | 8 | 7 | 5 | 3 |
| • Ht | 9 | 8 | 7 | 4 | 3 |
| • LI | 1 | 2 | 3 | 5 | 11 |
| • TH | 1 | 2 | 3 | 6 | 10 |
| • SI | 1 | 2 | 3 | 5 | 8 |

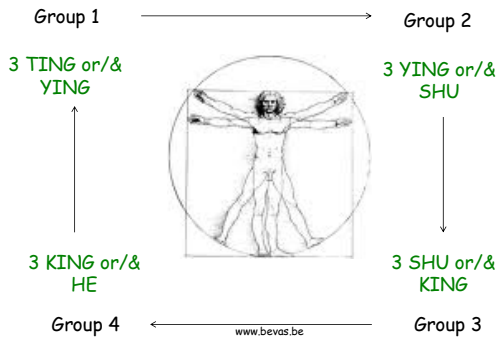
www.bevas.be

84

| | TING<br>Well | YING<br>Spring | SHU<br>Stream | KING<br>River | HE<br>Sea |
|---|---|---|---|---|---|
| • Sp | 1 | 2 | 3 | 5 | 9 |
| • Liv | 1 | 2 | 3 | 4 | 8 |
| • Kid | 1 | 2 | 3 | 7 | 10 |
| • St | 45 | 44 | 43 | 41 | 36 |
| • GB | 44 | 43 | 41 | 38 | 34 |
| • Bl | 67 | 66 | 65 | 60 | 40 |

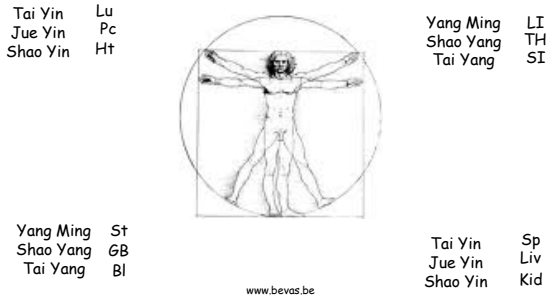
www.bevas.be

85

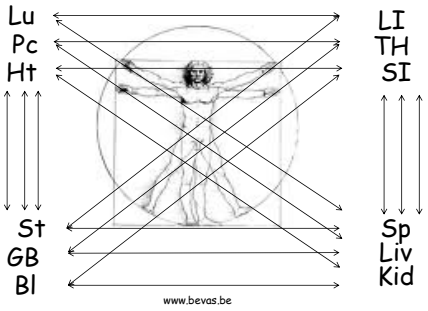



86

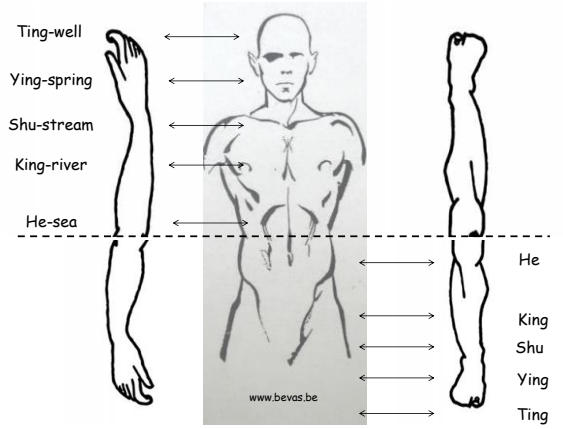
## Meridian selection:




87




88




89

**Thank you again !**

90