



## ADVANCED ACUPUNCTURE TO PROMOTE MENTAL WELL-BEING

Susie Hayes MS, LAc, EAMP

206.472.1900/[energeticmedicine.net/susiehayes@nrgmedicine.com](http://energeticmedicine.net/susiehayes@nrgmedicine.com)

AAMA August 26, 2020, Wed 8:00pm EST

“THE MENTAL  
IS TO HUMAN  
BEINGS AS  
PRECIOUS  
STONES ARE TO  
THE EARTH”

*NEI JING  
(SU WEN & LING SHU)*

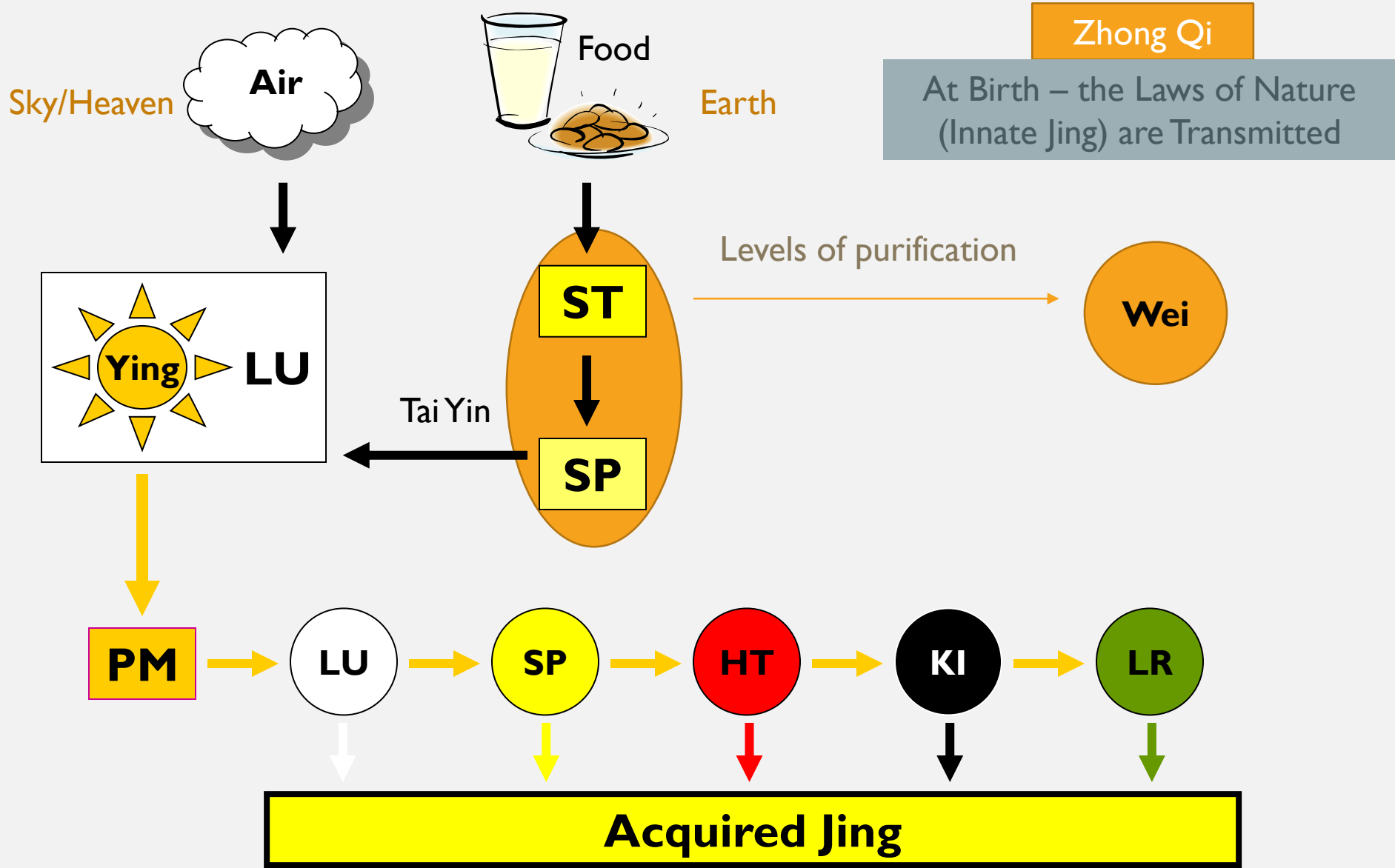
- First thing in Diagnosis – Observe the Mental in the eyes, complexion, body shape and movement, breathing, tongue, pulse
- First thing in Treatment – Consolidate the Mental Jing Shen to prevent disease; Preserve the Kidney Yin, the Zhi, to prevent illness
- First thing in Prognosis – If the Mental is Good and the Disease is Strong, the Prognosis is Good; if the Mental is Bad and the Disease is Weak, the Prognosis is Not Good
- Cause of Disease - when man is full of worries internally and overworked externally, the essential energies (Ying-blood and Wei-immune) are insufficient...and 100 diseases can penetrate



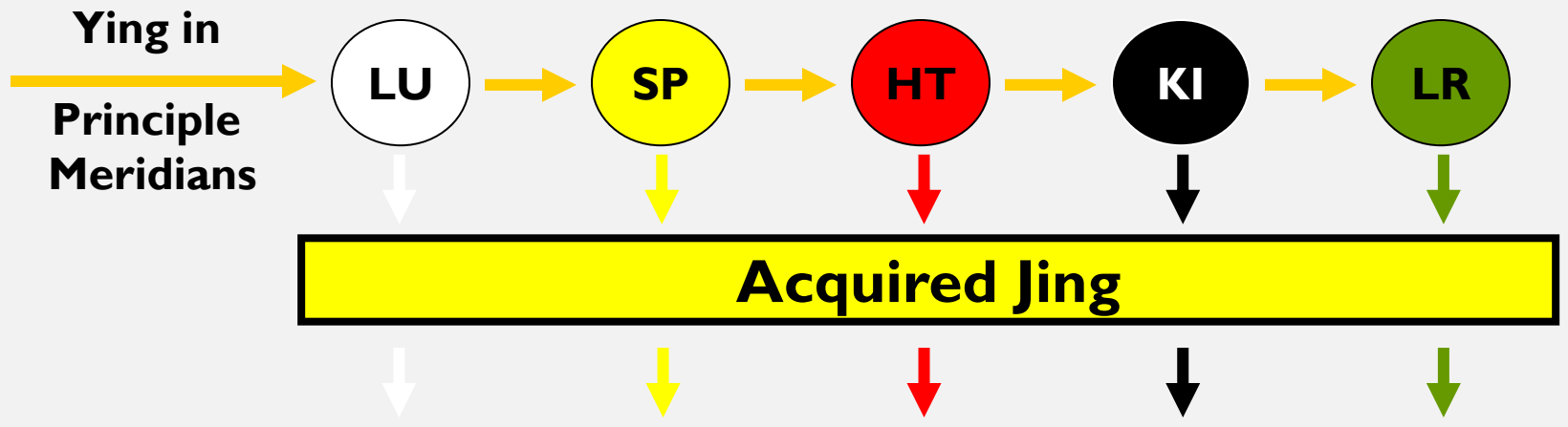
# PHYSIOLOGY

Of the Mental Activities/Jing Shen

# ACQUIRED ENERGY – YING, WEI & JING

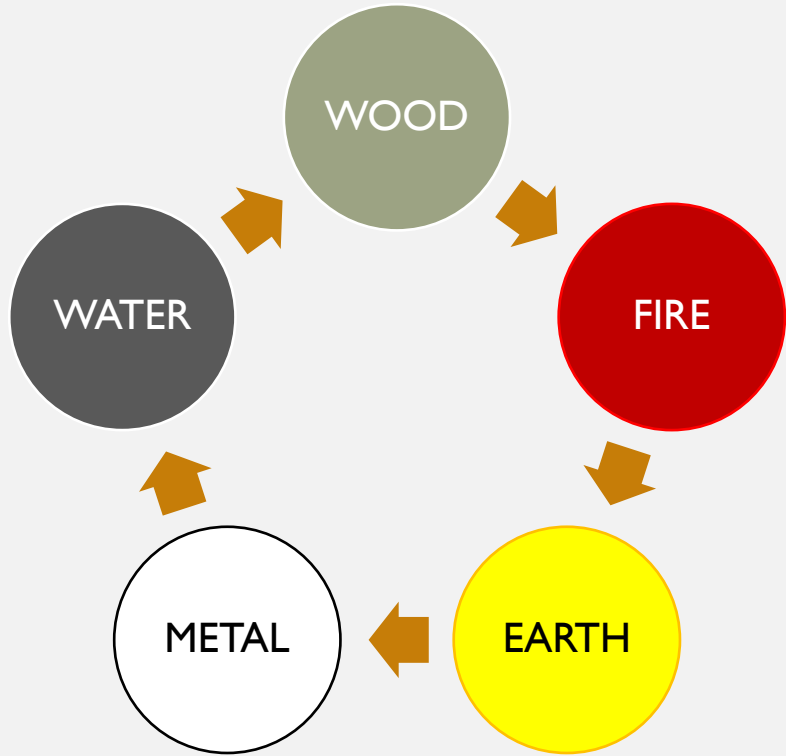


# ACQUIRED JING PRODUCED IN THE ORGANS



<b>Anatomical</b> (MATERIAL)	<b>Epidermis</b>	<b>Dermis</b>	<b>Blood</b>	<b>Bones</b>	<b>Muscles</b>
<b>Sensorial</b> (IMMATERIAL)	<b>Smell</b>	<b>Taste</b>	<b>Speech</b>	<b>Hearing</b>	<b>Vision</b>
<b>Psychological</b> <b>Jing Shen</b> (IMMATERIAL)	<b>Po</b>	<b>Yi</b>	<b>Shen</b>	<b>Zhi</b>	<b>Hun</b>

# LAW OF 5 MOVEMENTS



# LAWS OF NATURE



Yin

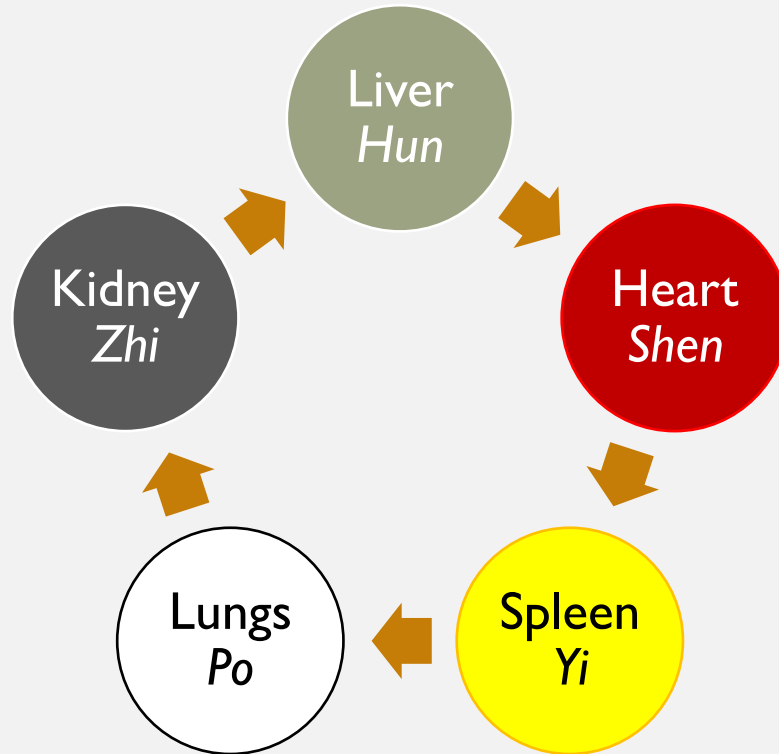


Yang



# PHYSIOLOGY OF THE MENTAL ACTIVITY

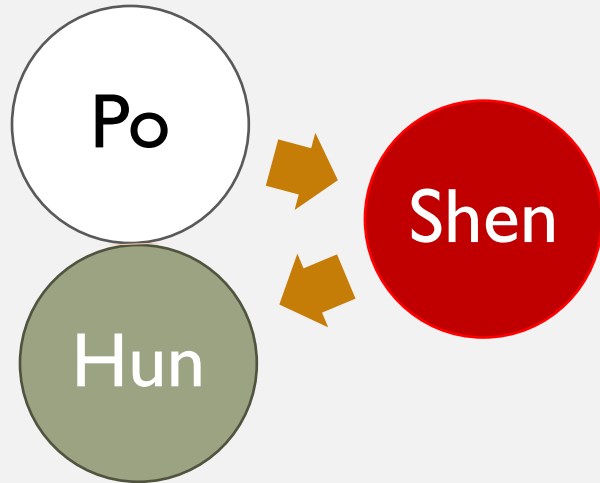
## *JING SHEN*



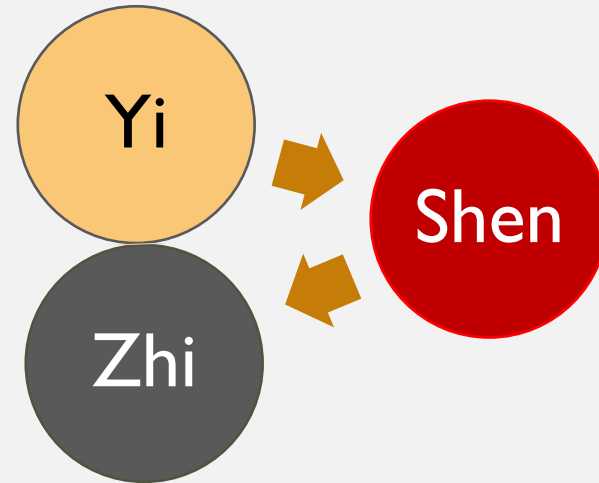
# DUALITY OF JING SHEN

*INTERIORIZATION-EXTERIORIZATION*

PO/HUN



YI/ZHI



# PO/HUN RELATIONSHIP

## INTERIORIZATION & EXTERIORIZATION



Po Sensitivity

Entering



Interior



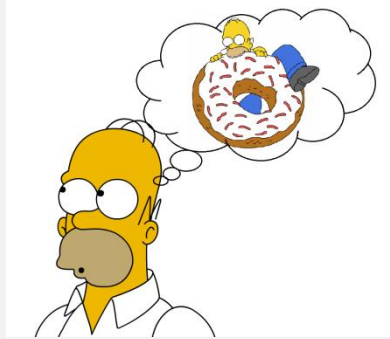
Hun Creativity

Exiting

Exterior

# YI/ZHI RELATIONSHIP

INTERIORIZATION & EXTERIORIZATION



Yi Thought

*Entering*



Interior



*Exiting*

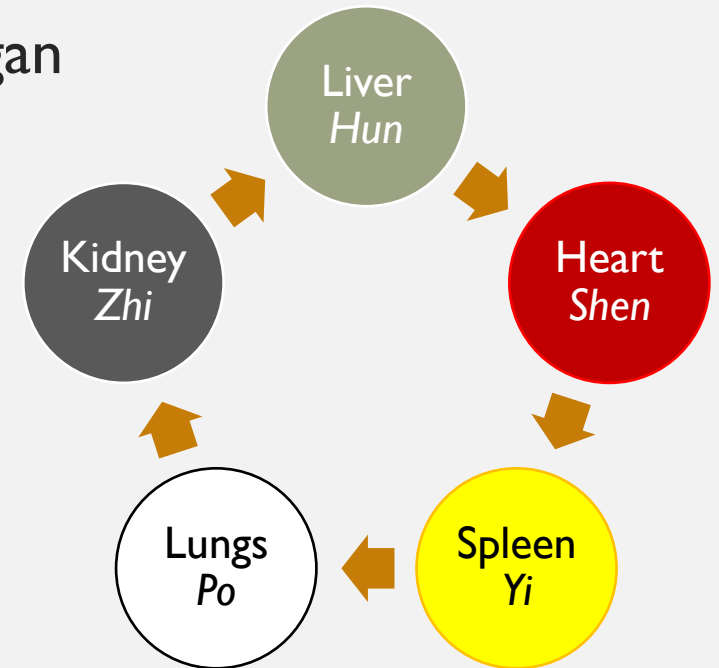
Zhi Action

Exterior

# TREATMENT TO REINFORCE PHYSIOLOGY

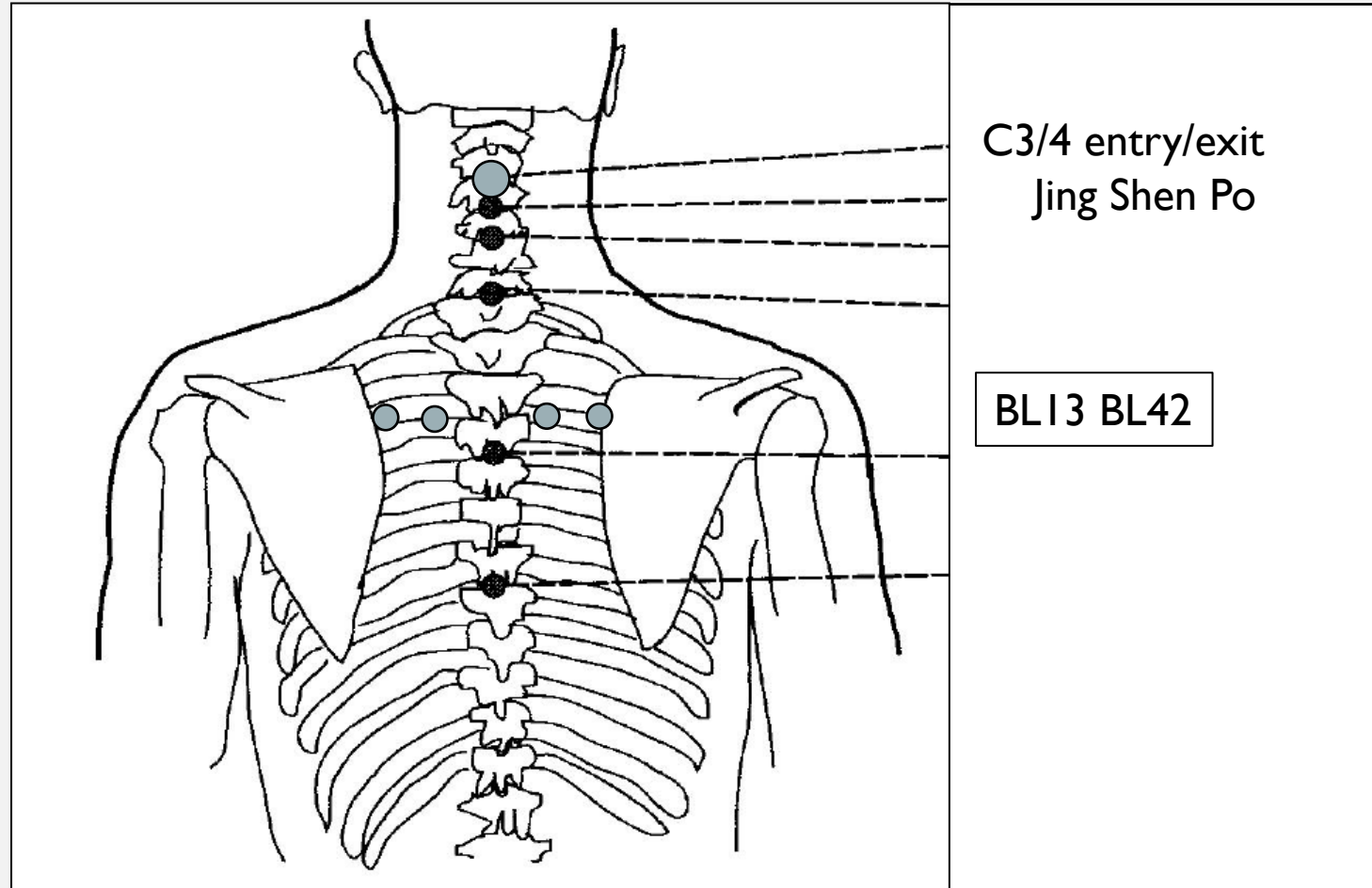
## *THE MENTAL ACTIVITIES AND THE ORGANS' FUNCTION*

- Reinforce the Jing Shen (Mental Activity) of the Organ
  - Entry/Exit Point
  - Outside Back Shu Point – Concentration of Jing Shen
- Activate the Function of the Organ
  - Back Shu Point
- *Treatment to Reinforce Physiology and Prevent Disease*
  - *Reinforce homeostasis and parasympathetic nervous system, calm respiration*
  - *Harmonize the micro (individual) with the macro (universe/society)*

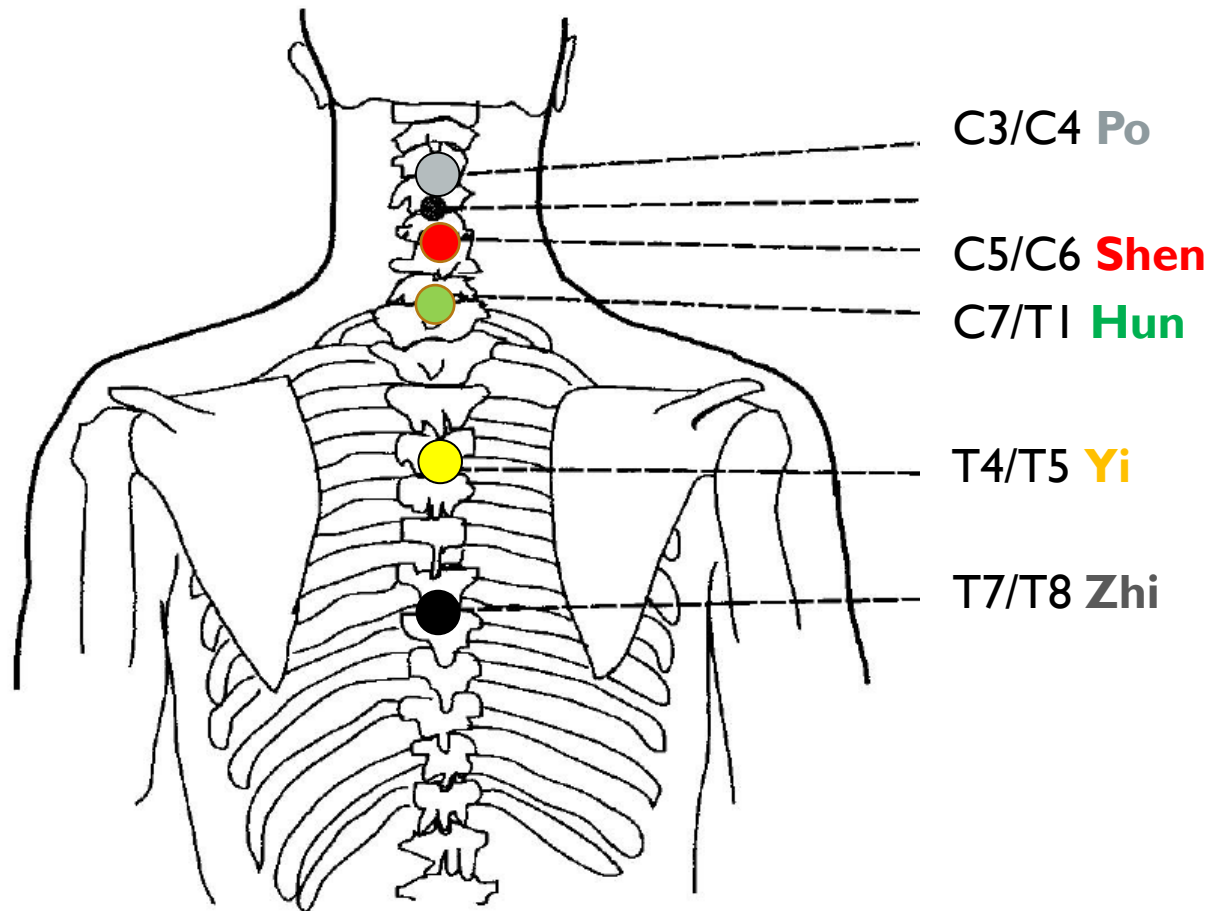


# CONSOLIDATE THE JING SHEN OF THE ORGAN

## *JING SHEN PO, LUNGS*

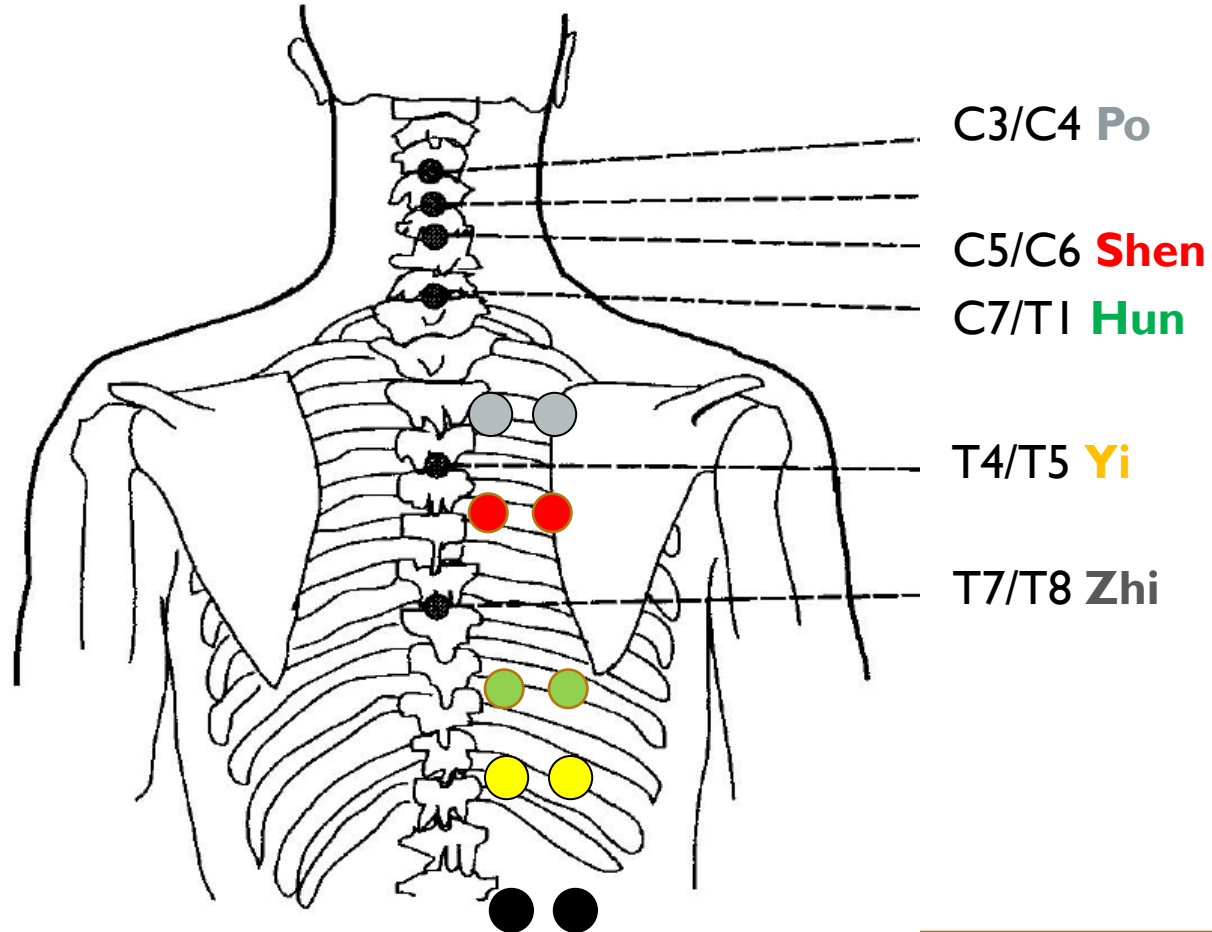


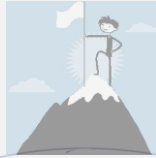
# ENTRY/EXIT POINTS OF THE JING SHEN



# REINFORCE THE JING SHEN

*ENTRY/EXIT, OUTSIDE SHU, BACK SHU*



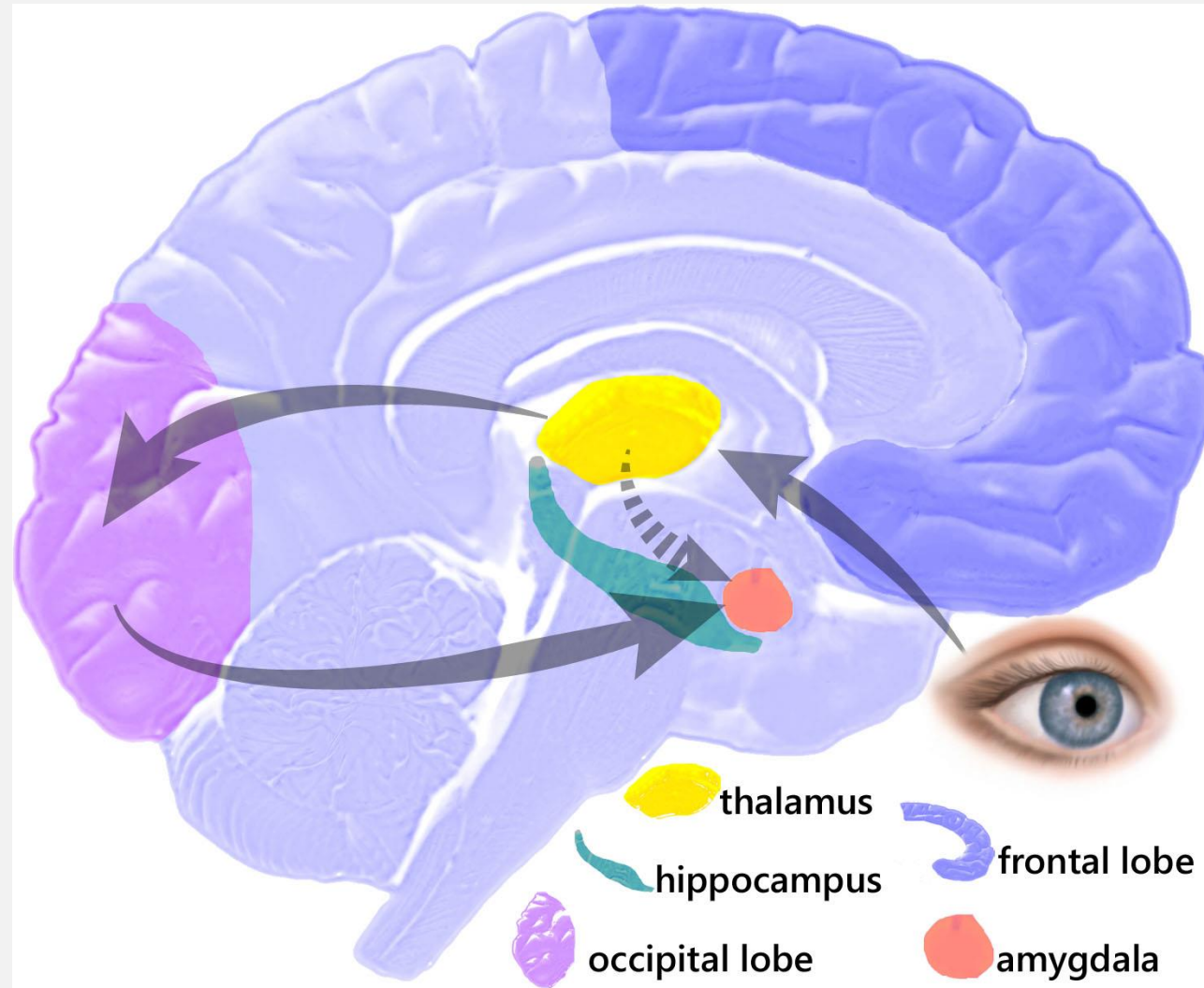


# PATHOPHYSIOLOGY

Of the Mental Activities/Jing Shen

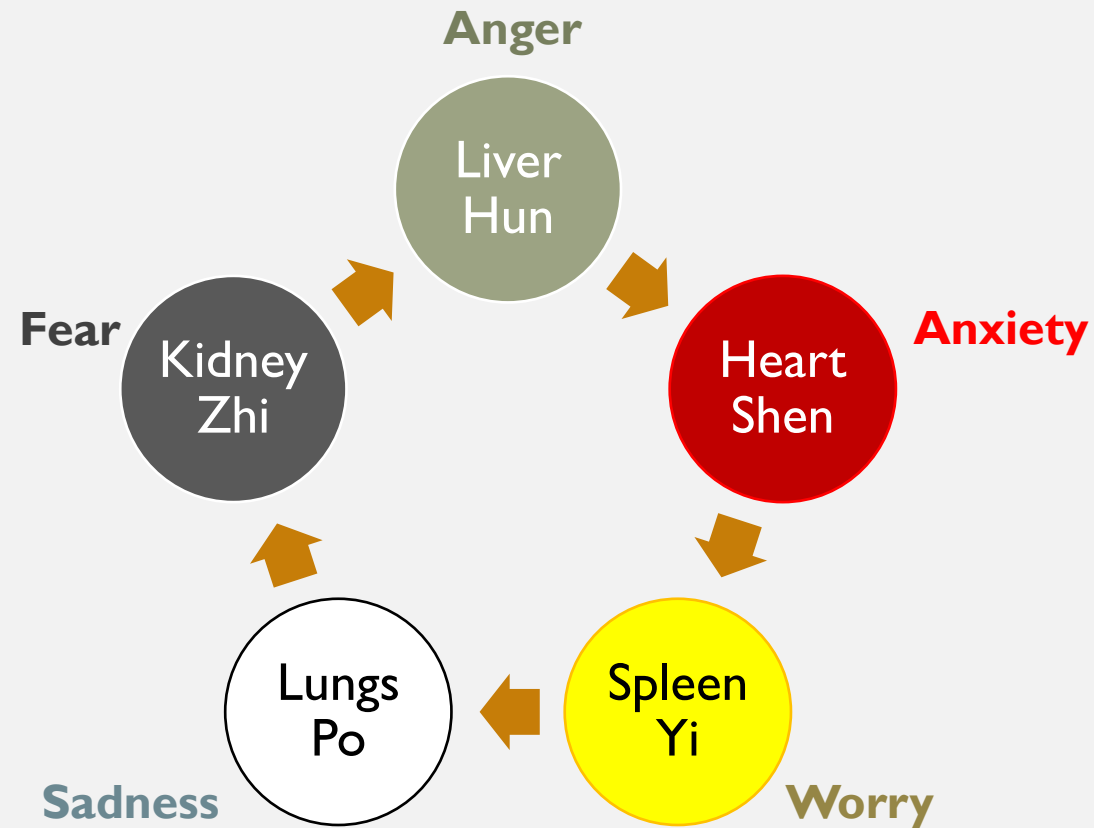
# ORIGIN OF EMOTIONS

## *SENSORY INPUTS, LIMBIC SYSTEM*



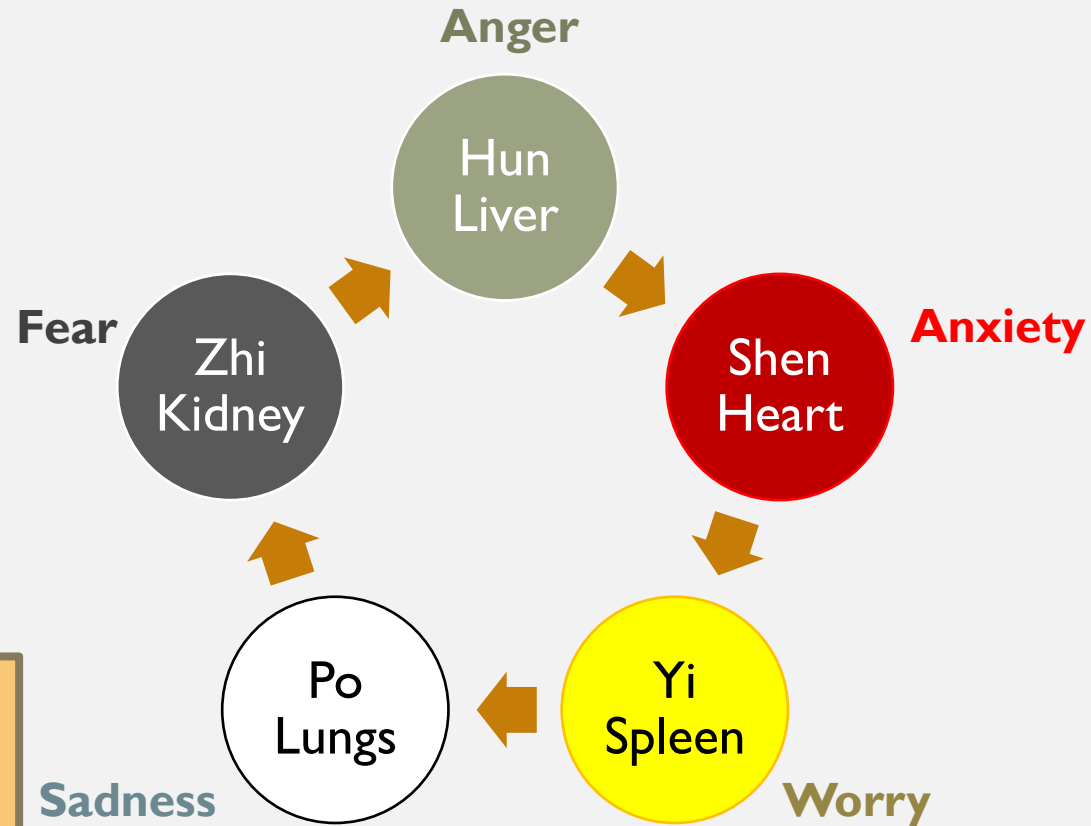
# NEGATIVE PSYCHOLOGICAL FEELINGS

## EMOTIONS



# NEGATIVE PSYCHOLOGICAL FEELINGS

## EMOTIONS



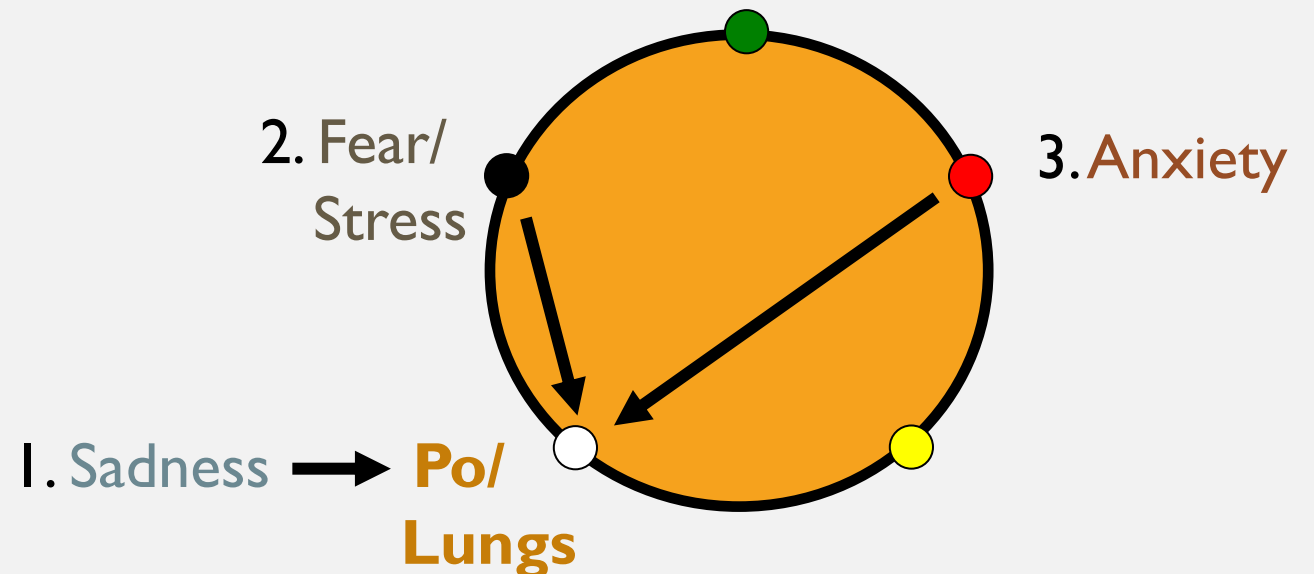
- Pathways of Destruction**
1. On Organ
  2. Son to the Mother
  3. Law of Inhibition

# THE PO AND THE LUNGS

## POTENTIAL ENEMIES

### Pathways of Destruction on the Po and the Lungs

1. On the Organ (Lungs) Itself - Sadness
2. Son (water) toward the Mother (metal) - Fear/Stress
3. Control Cycle (fire controls metal) - Anxiety



# POTENTIAL ENEMIES

## *OF THE JING SHEN*

1. On the Organ
2. Son to the Mother
3. Control Cycle



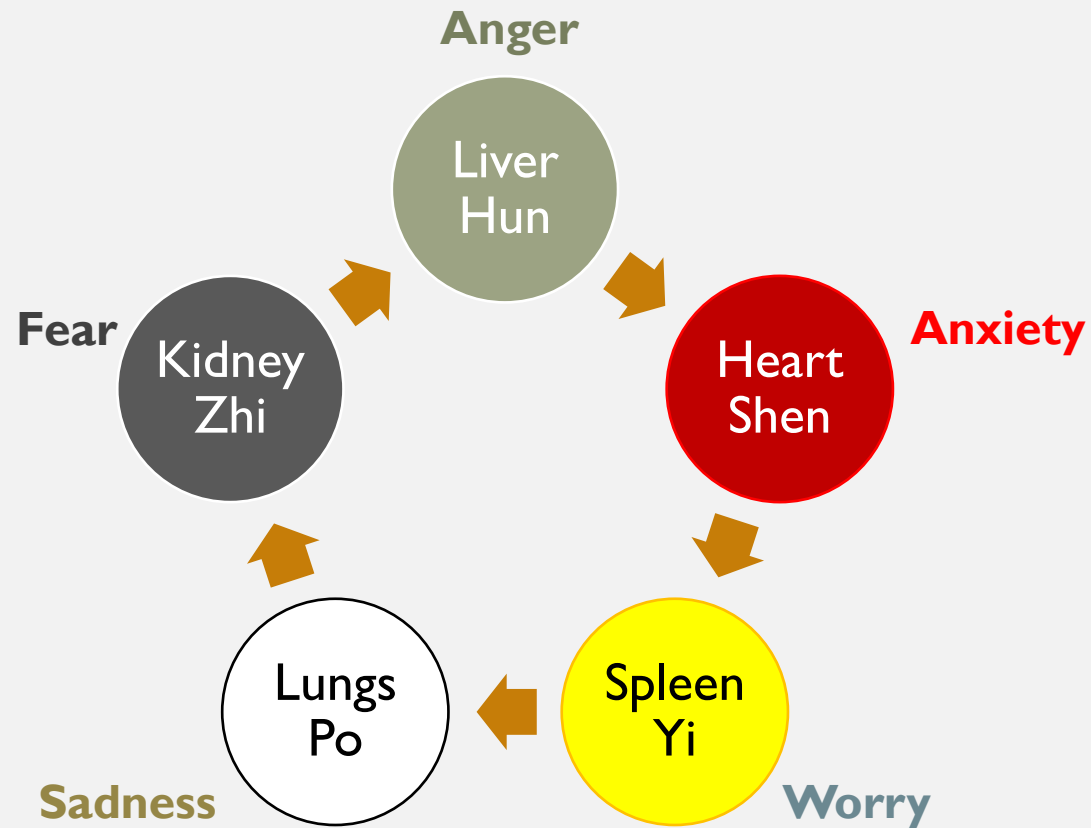


# TREATMENT

Preserve Physiology and Treat the Enemies

# COMBAT THE ENEMIES

*USING THE CONTROL CYCLE IN THE LAW OF 5 MOVEMENTS*



# COMBAT THE ENEMY FEAR

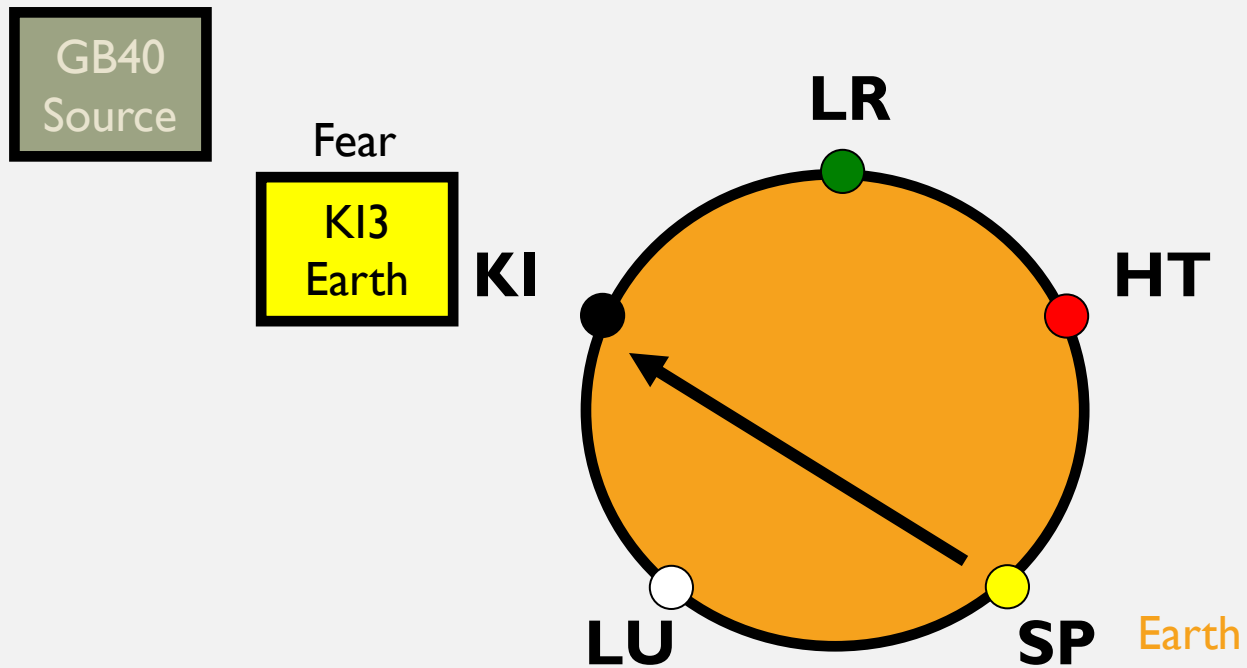
*THE KIDNEY IS A YIN MERIDIAN*

Law of Inhibition: Earth inhibits Water

Shu Antique	Yin Meridian	Kidney
Jing Well	Wood	K11
Ying Spring	Fire	K12
Shu Stream	Earth	K13
Jing River	Metal	K17
He Sea	Water	K10

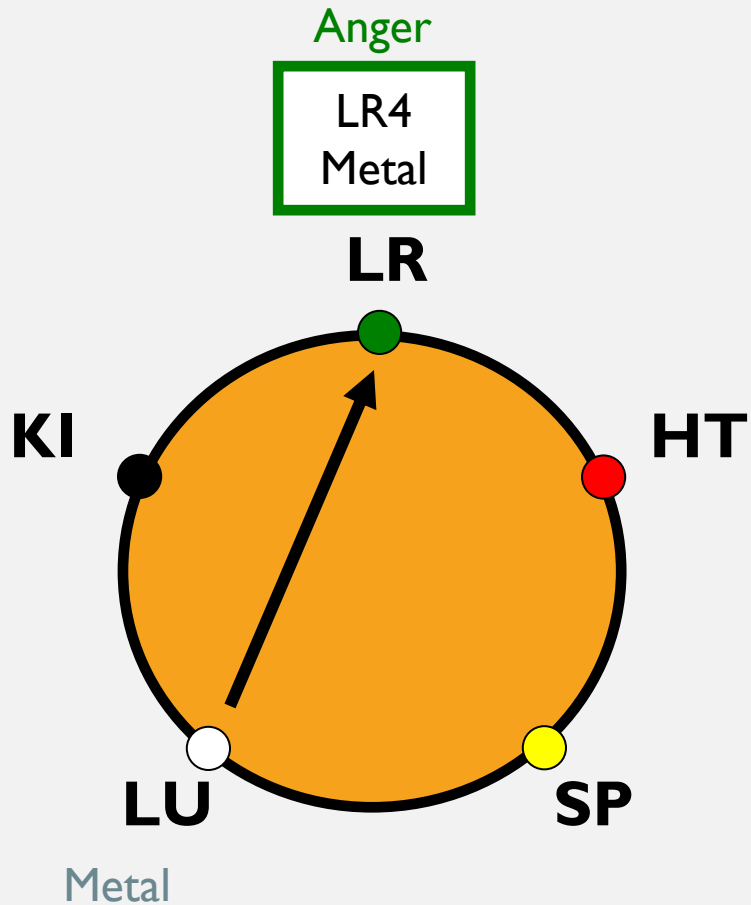
# COMBAT THE ENEMY FEAR

*USING THE CONTROL CYCLE ON THE KIDNEY MERIDIAN*



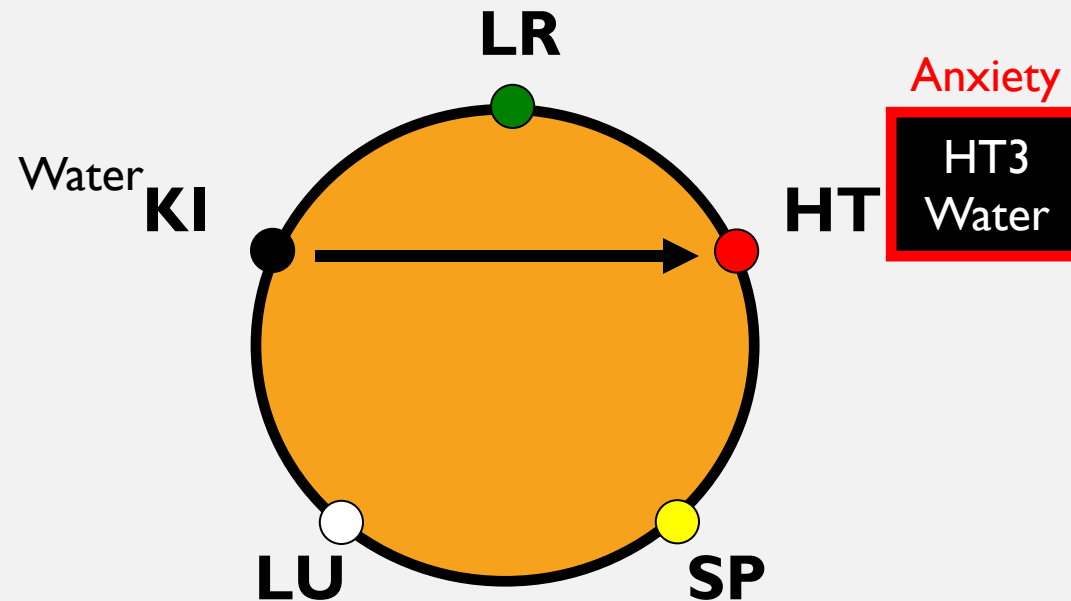
# COMBAT THE ENEMY ANGER

*USING THE CONTROL CYCLE ON THE LIVER MERIDIAN*



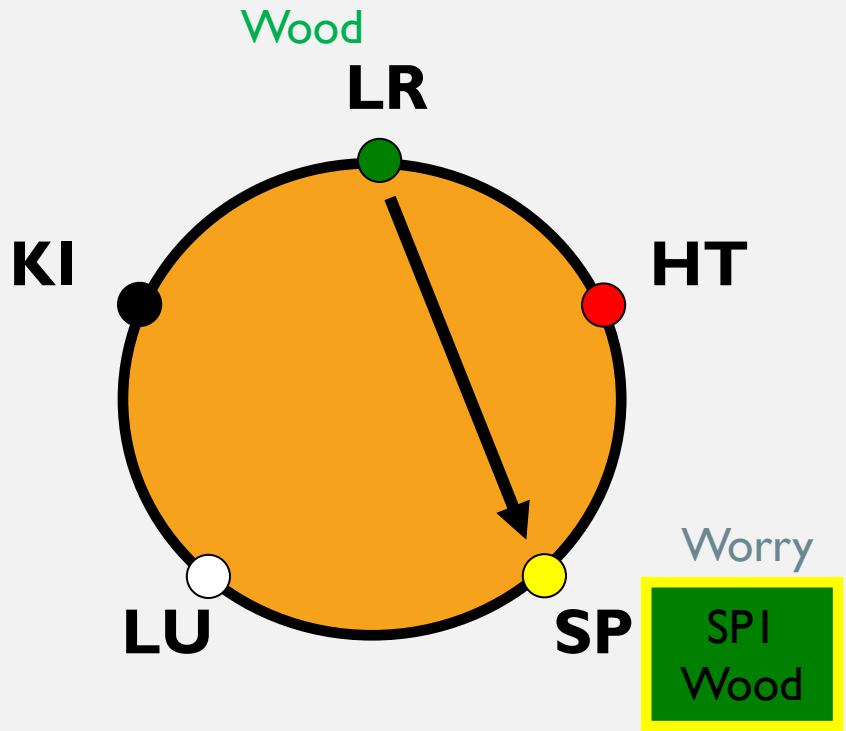
# COMBAT THE ENEMY ANXIETY

*USING THE CONTROL CYCLE ON THE HEART MERIDIAN*



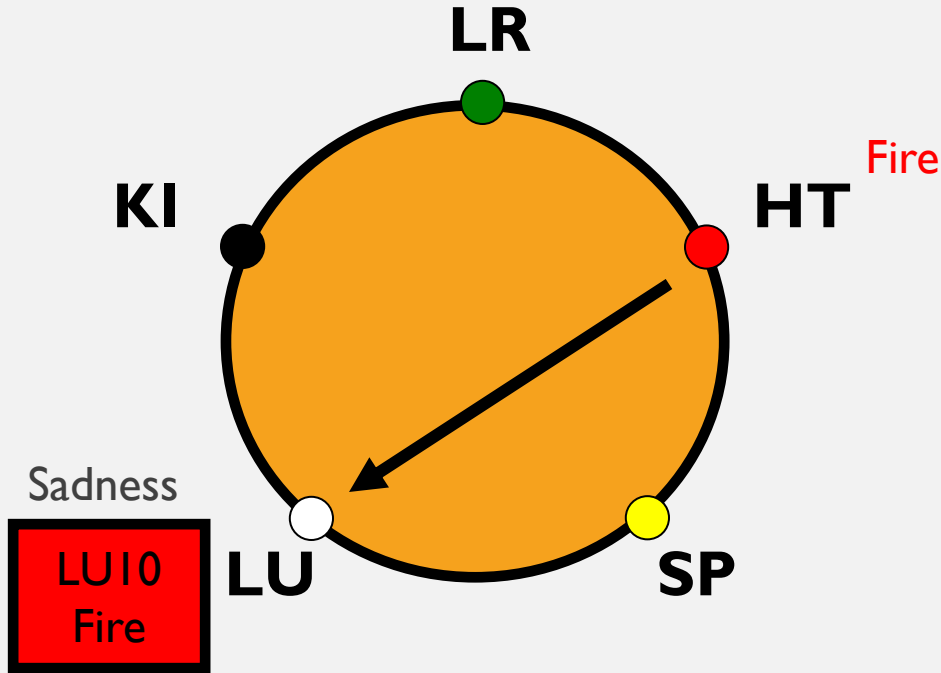
# COMBAT THE ENEMY WORRY

*USING THE CONTROL CYCLE ON THE SPLEEN MERIDIAN*



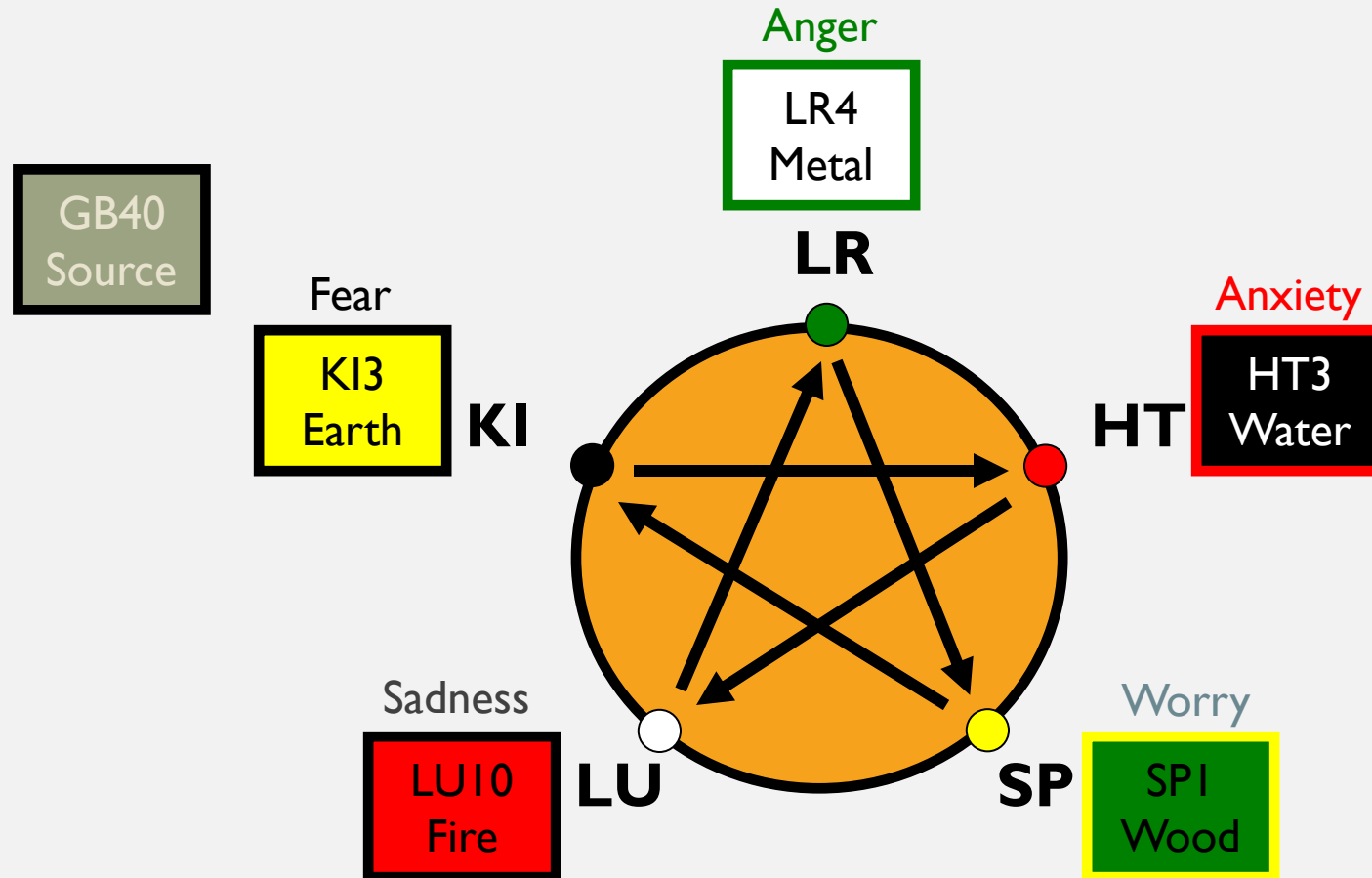
# COMBAT THE ENEMY SADNESS

*USING THE CONTROL CYCLE ON THE LUNG MERIDIAN*



# TREATMENT TO DESENSITIZE

*CREATING A PROTECTIVE BARRIER*



# TREATMENT TO DESENSITIZE

## *CREATING A PROTECTIVE BARRIER*

### Psychological Shell Treatment

- LR4 – metal point to quell anger, frustration, irritability
- HT3 – water point to calm anxiety, anguish
- SPI – wood point to reduce worry, preoccupation, rumination
- GB40 – source point to facilitate decision making, courage
- LU10 – fire point to relieve sadness, grief, lamentation
- KI3 – earth point to combat fear and stress

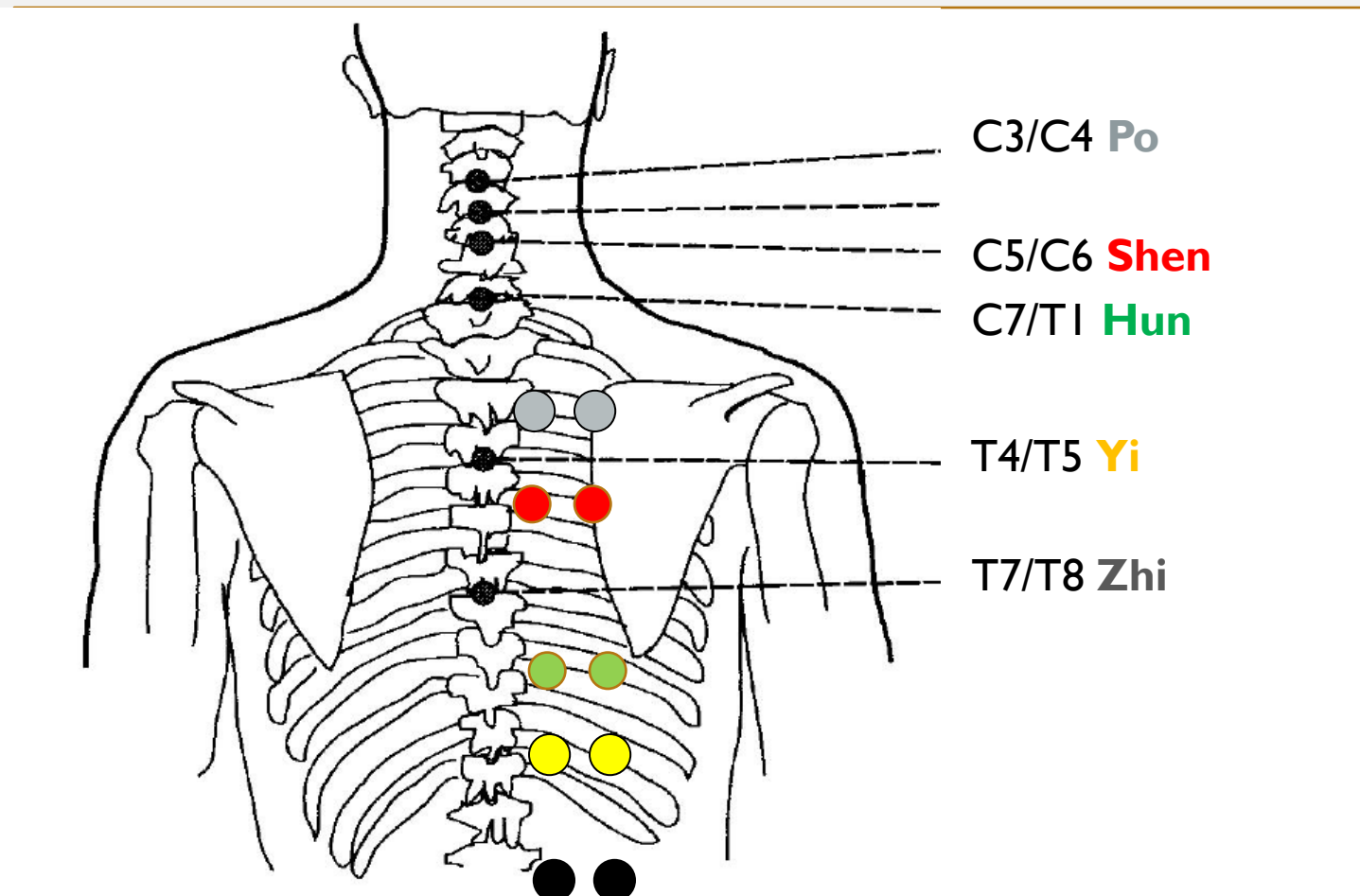
# TREATMENT TO DESENSITIZE *AND PRESERVE PHYSIOLOGY*

## Total Shell Treatment

1. Alleviate the Emotional Enemies
  - LR4, HT3, SPI, GB40, KI3, LUI10
2. Consolidate the Jing Shen/Mental Activities
  - Entry/Exit Points
  - Outside Back Shu Points
3. Reinforce the Organs' Function
  - Back Shu Points (moxa)

# REINFORCE THE JING SHEN AND ORGANS

*ENTRY/EXIT, OUTSIDE SHU, BACK SHU*



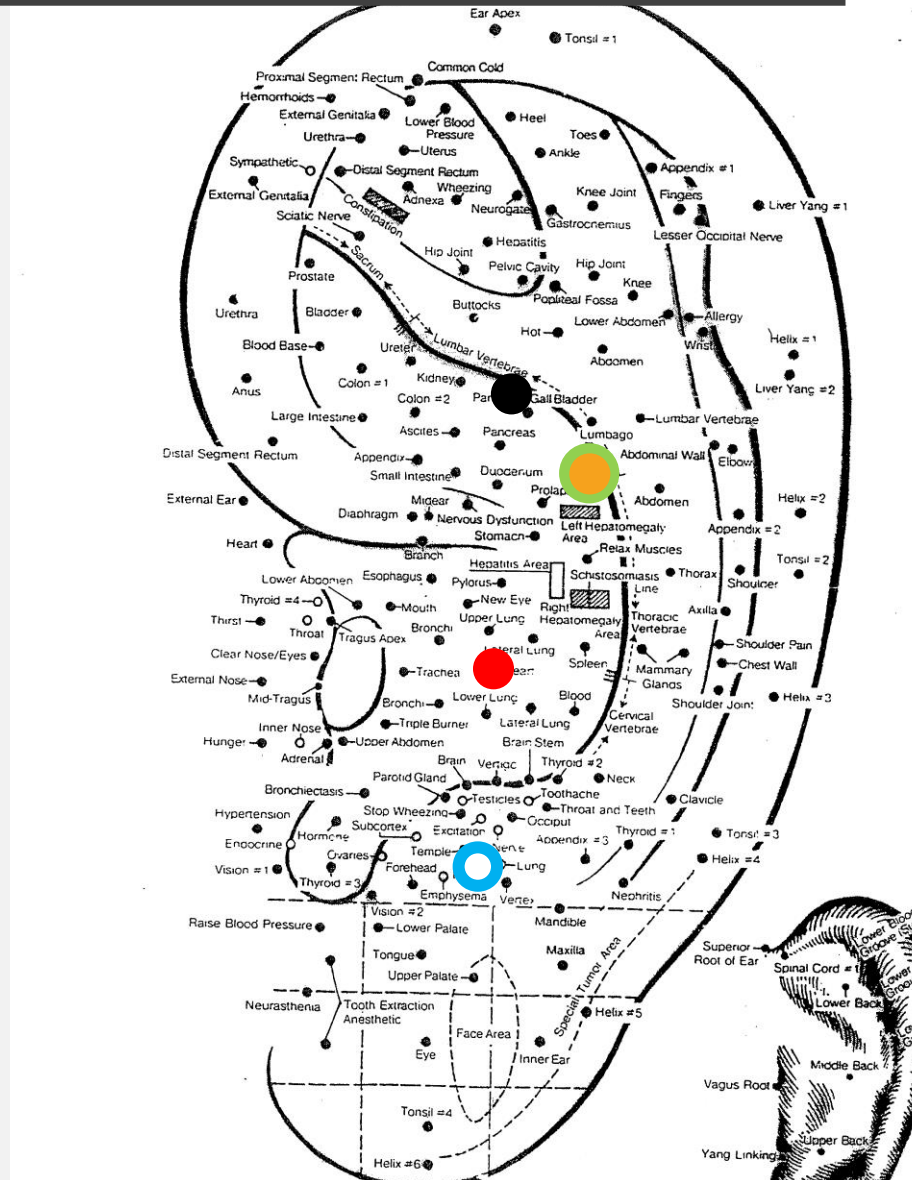
# TREATMENT TO DESENSITIZE *AND PRESERVE JING SHEN*

## Intermediary Shell Treatment

1. Alleviate the Emotional Enemies
  - LR4, HT3, SP1, GB40, KI3, LU10
2. Consolidate the Jing Shen/Mental Activities
  - Ear Points – LU, KI, HT, SP, LR

# CONSOLIDATE THE JING SHEN SHEN

- Heart
- Spleen - L
- Lung
- Kidney
- Liver - R



# PREVENTION

## *THE MOST BEAUTIFUL MEDICINE*

### Consolidate the Jing Shen and the Organs

- Entry/Exit, Outside Shu, Back Shu
- Ear Points: SP, LU, KI, LV, HT
- Source Points

### Combat and Alleviate Excess Emotions

- Psychological Shell - LR4, SP1, GB40, KI3, HT3, LU10
- Ear Points to Preserve the Mental Activities

### Curious Points

# THANK YOU!

## *FURTHER RESOURCES*

- Advanced Curious Points for Treating Mental Illness, September 16, 2020, 8pm EST  
<http://www.medicalacupuncture.org/Advanced-Curious-Points-for-Treating-Mental-Illness>
- Advanced Acupuncture for Anxiety Insomnia and Depression (6 CEU/PDA/CPD)  
<https://www.healthyseminars.com/product/advanced-acupuncture-anxiety-insomnia-depression>
- Advanced Acupuncture for Mental and Emotional Health  
<https://www.continuingeducationmedia.com/product-page/2018-aama-workshop-04>
- Blood Support for Fertility, Pregnancy and Post-Partum  
<https://www.liebertpub.com/doi/10.1089/acu.2019.1387>
- Clinical Pearls – How do you Treat Raynaud's Syndrome in Your Practice (second article)  
<https://www.liebertpub.com/doi/10.1089/acu.2019.29119.cpl>
- YouTube – A Tool for The Frontline Healthcare Workers to Help Their Patients with Breathing  
<https://www.youtube.com/watch?v=FnknF7NGdlk>