



PHILOSOPHY

The Spirit of the Points: The Small Intestine (Part 2)

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Each point on the meridian of the Separator of the Pure from the Impure will play a part in restoring the health of this Official so that it can do its vital work for the benefit of all, and each has a unique contribution to make.

Small Intestine 1: Little Marsh

This is the Metal point and Entry point of the meridian. The word "Little" in this case does not mean small or diminutive, but refers to what is the "inner" aspect of ourselves, found at our core. A marsh is an area of land that is moist, rich in nutrients, minerals, and trace elements. Marshes are the habitat of many kinds of plants and animals. Taking a Fire imbalanced patient to such a place with this point reminds him/her of the richness that can be found within, enabling her to see what is truly good - both within and without - even in the midst of a nasty or uncomfortable situation. As the ambassador of the Metal element within the Small Intestine, this point brings fresh inspiration, like a breath of fresh air, while helping to eliminate what is toxic, negative, and unnecessary.

Small Intestine 2: Forward Valley



This is the Water point of the meridian. As such, it can adjust the amount of Water within this Official. Too much Water puts the Fire out. Too little makes for dryness and excess heat. To properly separate pure from impure, there must be a correct balance of fluidity. In nature, when the snow melts or the rains come, the animal and vegetable wastes, which had accumulated on the hillsides, collect in the valley. With a proper amount of Water, some of it is absorbed into the soil, enriching it; some is washed away through the valley eventually reaching the sea where it is properly recycled by nature. With a flood of Water, the good as well as the toxic would be washed away. Without sufficient water, the toxins would stagnate and pollute the land. In order to confidently move forward on our unique path to health, we need to absorb the good and learn the lessons that are present in every situation. These must not be washed away. Neither must we be stalled in the valley in a stagnant mire of filth, pessimism, and negativity.

Small Intestine 3: Back Ravine

As the Wood and Tonification point of the meridian, SI 3 brings a burst of growth, hope, and optimism to the Small Intestine Official. It essentially puts Wood on the Fire, allowing it to burn stronger and brighter, if the Fire is diminished or faltering (best determined by pulse diagnosis). As the ambassador of the Wood element, it brings a sense of rebirth, a "kick start" to this Official, resolving stagnancy, lack of self assertion and direction to the patient who is stuck in a "Ravine" - a deep gorge of toxicity and has lost the vision and drive to move forward.

One meaning of the Chinese character translated as "Back" is "to wait for." This relates to one of the gifts of Wood which, when healthy, means that the functions of planning and decision-making are so well aligned, orchestrated, and overseen that everything happens smoothly, without problems or obstacles, just waiting for the perfect moment. As applied to the functioning of this Official, what is pure will be clearly seen and retained exactly when the time is right; what is impure will be separated and eliminated - without reckless or premature judgments.

Small Intestine 4: Wrist Bone

This is the Source point of the meridian. As is the case with all Source points, these points affect the entire meridian without drawing or dispersing energy to or from anywhere else. The energy generated with Source points comes from deep within the Official. They are the safest points on the whole of the body, as one cannot over-tonify or over-sedate these points. They have a built-in safety factor, which will "switch off" when the Official has taken or dispersed the correct amount of energy that is needed - no more and no less.

Whenever the name of a point includes a body part, we must consider the function of that part. The wrist is one of the most complex joints in the body, allowing for a broad range of movement, including moving our hands toward and away from us. There are those things that we need to bring to us - the pure and good; there are those things that we need to push away and eliminate, founded on the wisdom to distinguish between the two. When a patient, imbalanced in the Small Intestine, needs help in this regard, using SI 4 is a safe, yet profound choice. The word "Bone" refers to the deepest and most enduring tissue in our body. We feel things deepest when we feel them in our bones. Bones are foundational for support and movement. Thus, when we use Wrist Bone, we give the Small Intestine the enduring support to identify and retain the good, even in the face of distraction and the temptation of negativity, deception, and evil that surrounds us daily.

Small Intestine 5: Yang Valley

This is the Fire and Horary point of the meridian. Used as a Horary during the hours of 1:00-3:00 p.m. and/or in the summer season, it gives a powerful tonification to this Official and clears away (metaphorically) the dead ash from the Fire. Ash, in this case can refer to past hurts, disappointments, betrayals, from which emotional traumatic residue remains, covering our natural expression of joy, openness, and our ability to connect to others.

Just as one would check the state of a fire before cooking on it by blowing away built-up ash, this horary point shakes the dead ashes off the fire so that we can know how much fire is really present. If, upon tonifying the Horary point, the pulses plummet, we know that we may have to rebuild the Fire nearly from scratch. If, contrarily, the pulses substantially strengthen, we know that, under a layer of ash, there is still a good hot fire present. This information helps inform us as to how strong our treatments need to be, what kinds of points may be required, and how often to see the patient for follow-up.

Used for its spiritual connotation, "Yang" in the first character implies the sunny side of a hill, warmth, upward and forward direction. Again, we have a point with the name "Valley," a low lying place which collects the animal and plant waste from the hillside. It is also receptive to the warmth and brightness of the sun.

Thus, this point sparks the brilliance and heat of the fire within itself. With the heat and strength of fire, the separation and alchemical transformation of the negative into the good can most effectively take place. This transformation can move a stuck patient forward and through the valley. We would consider it for SI imbalanced patients who have become unable to distinguish good from bad, who are weak, cold, dispirited, depressed, lethargic, lonely, and in need of activity, movement, joy, affection, connection, and enthusiasm.

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