

Energy Point Reference Guide

A quick-reference guide to the energy points used throughout the book, including the name used in the practice, the standard acupuncture designation, pinyin, and Chinese characters.



How to use this guide

The Five Seasons Method sometimes uses accessible, adapted names for energy points so that the practices are easier to remember and experience. This reference guide connects those names with the standard channel and point number, pinyin, and Chinese characters.

Note: This guide is educational and is designed to accompany the practices in *The Five Seasons Method*. It is not a substitute for medical diagnosis or treatment.

SUMMER - FIRE

NAME USED IN THE BOOK	STANDARD DESIGNATION	PINYIN	CHINESE	USED IN
Spirit Gate	Heart 7 (HT7)	Shenmen	神门	Summer - Fire, Qi Moment 2: Spirit Gate + Inner Gate
Inner Gate	Pericardium 6 (PC6)	Neiguan	内关	Summer - Fire, Qi Moment 2: Spirit Gate + Inner Gate
Celestial Gathering	Small Intestine 11 (SI11)	Tianzong	天宗	Summer - Fire, Qi Moment 3: Wings of Clarity + Soothing Neck Glide
Shielding Wind	Triple Warmer 17 (SJ17)	Yifeng	翳风	Summer - Fire, Qi Moment 3: Wings of Clarity + Soothing Neck Glide
Heart of the Palm (Palace of Labor)	Pericardium 8 (PC8)	Laogong	劳宫	Summer - Fire, Qi Moment 4: Healing Hands
Sea of Tranquility	Ren 17 (CV17)	Shanzhong	膻中	Summer - Fire, Qi Moment 5; also Spring - Wood, Qi Moment 4
Hundred Meetings	Du 20 (GV20)	Baihui	百会	Summer - Fire, Qi Moment 5 visualization

LATE SUMMER - EARTH

NAME USED IN THE BOOK	STANDARD DESIGNATION	PINYIN	CHINESE	USED IN
Hidden Root	Spleen 1 (SP1)	Yinbai	隐白	Late Summer - Earth, Qi Moment 2: Big Toe Power
Three Mile Point	Stomach 36 (ST36)	Zusanli	足三里	Late Summer - Earth, Qi Moment 3: Three Mile Boost
Gathering Point	Yin Tang (EX-HN3)	Yintang	印堂	Late Summer - Earth, Qi Moment 5: Embrace Humility Meditation

AUTUMN - METAL

NAME USED IN THE BOOK	STANDARD DESIGNATION	PINYIN	CHINESE	USED IN
Sacred Palace (Middle Palace)	Lung 1 (LU1)	Zhongfu	中府	Autumn - Metal, Qi Moment 2: Sacred Palace
Sunny Peak (Upper Yang)	Large Intestine 1 (LI1)	Shangyang	商阳	Autumn - Metal, Qi Moment 3: Upper Yang/Sunny Peak
Thumb Tip	Lung 11 (LU11)	Shaoshang	少商	Autumn - Metal, Qi Moment 3, paired with LI1

WINTER - WATER

NAME USED IN THE BOOK	STANDARD DESIGNATION	PINYIN	CHINESE	USED IN
Bubbling Well	Kidney 1 (KI1)	Yongquan	涌泉	Winter - Water, Qi Moment 2: Bubbling Well + Heavy Foot, Light Foot
Heavenly Pillar	Bladder 10 (BL10)	Tianzhu	天柱	Winter - Water, Qi Moment 3: Heavenly Pillar + Swaying Seaweed

SPRING - WOOD

NAME USED IN THE BOOK	STANDARD DESIGNATION	PINYIN	CHINESE	USED IN
Gate of Hope	Liver 14 (LV14)	Qimen	期门	Spring - Wood, Qi Moment 2: Gate of Hope + Reach
Gallbladder Groove	Gallbladder 30 (GB30)	Huantiao	环跳	Spring - Wood, Qi Moment 3: Gallbladder Groove + Knocking Cleanse

Abbreviations

HT = Heart PC = Pericardium SI = Small Intestine SJ = Triple Warmer (Sanjiao) SP = Spleen ST = Stomach
 LU = Lung LI = Large Intestine KI = Kidney BL = Bladder LV = Liver GB = Gallbladder
 Ren/CV = Conception Vessel Du/GV = Governing Vessel EX-HN = Extra point on the head and neck