

TCM Congress - Workshops

4th Scandinavian TCM Congress

„Chinese Medicine and Spirituality: Cultivation of the Practitioner, the Healer and the Alchemist “



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12 wonderful jing-well/ting points

The wonder of these points stems from their location – they are at the edge, at the changing point of yin and yang, at the most extremity of the hands (heaven) and foot (earth) therefore they can dramatically create change and transformation. They are most effective in the treatment of pain, any pain, emotional and physical, and are powerfully effective in treating acute pain.

On the physical level- They are the beginning and source of the TMM (Tendon Muscular Meridians). These are more superficial meridians (Wei Qi) that follow the lines of major muscles, tendons, and ligaments. For example: shoulder pain, especially lateral, can be treated with TW-1 (Triple Warmer) or SI-1 for Posterior and LI-1 for anterior. Ting points can treat: rheumatic pains, torn muscles, and also herpes urticaria and sinusitis.

On the **emotional level:** these points are the most transforming, allowing the change from stagnation and depression by creating internal movement. The Nan Jing states that jing-well points treat "fullness below the Heart". A good example can be HT-9 which can be very dynamic in treating depression moving the stagnant QI and filling the heart allowing the person to reconnect to his own source of inspiration and joy. Many times they work like magic.

The outer-most effects the inner-most. Ting points powerfully transform by creating movement of QI in the depth.

Also includes point's actions and indication, needle technique, case histories, with many practical clinical applications.