

# Integrative Medicine

## Transcend boundaries of everyday existence with the 13 Ghost Points



by Dr. Christi Bonds

Over the next few issues of *Connect*, this column will give a brief presentation of the Thirteen Ghost Points in Chinese medicine, used in healing the soul. This month I include an overview of the world in which the Ghost Points arose.

The phrase "13 Ghost Points" evokes many images and feelings for most of us in the United States, and some of these images are not very pleasant. Perhaps we think that these Points are negative in themselves, or are used to expel some type of negativity within us. But these Points are primarily symbolic; they are spiritual metaphors which allow us to transcend the boundaries of everyday existence in relationship to Chinese philosophical principles, namely Taoism.

While these Ghost Points have actual physical locations on the body, they are truly "points of cultivation," meaning that they reflect points of understanding. Not all practitioners will be able to use these Points for the stated indications. The Points are living phenomena, and the practitioner must in some way be "invited" to manipulate and use these particular Points in the manner to be

described. While they have an anatomical location, the practitioner must learn to resonate to find these points on each patient.

Most of our familiarity with the Ghost Points comes from the writings of Sun Si-Miao (581-682 A.D.), a famous physician and noted alchemist whose practice of medicine was oriented toward the redemption of spirit from matter. The body, which is matter, can be "redeemed" in a way in which the spirit becomes transcendent and flourishes. A basic concept of Taoism is that when Heaven and Earth separated, Heaven ascended and Earth descended. Inherent in this separation is that the light went above and the heavy went below, the pure ascended and the turbid descended, and the Spirit ascended while the Soul descended. The Soul, an earthbound spirit, represents the component that binds the Spirit, a pure energy, to Earth.

When Heaven and Earth come together in fusion, you have the creation of humanity. Both the Spirit and the Soul are within each human nature, and life can be seen as the struggle between these two aspects to dominate the person's life. One of the concepts inherent within the Ghost Points is that they are intended to deal with earthbound, yin phenomena, also called

Evil Yin when it controls us in a materialistic manner. This phenomena, or perversity, can be seen in our lives when we are dominated by the limitations of earth, the boundaries of materialism, subjected to the yin phenomena. But the process through which we become involved in materialism is something that stems and originates from within ourselves.

So this concept in Chinese cosmology when someone is "possessed," is that they're really possessed by themselves and not by something that came in and took control of their body. As we become very earthbound and get caught up in the materialism of everyday life, the Soul begins to get more expansive and gain more

control over the Spirit. Then we become more material, more turbid, and the Evil Yin slows us down. Possession usually deals with some very basic qualities: the person becomes lethargic, doesn't seem like himself, and isn't as animated as he once was. The 13 Ghost Points are used to answer the question, How do I redeem the spirit from matter, and simultaneously let go of that which binds me to the material world?

Next issue we will discuss GV-26, LU-11, and SP-1, the first "trinity" of Ghost Points. Much of this teaching is from Jeffrey Yuen, 88th generation Taoist priest, who lives and teaches in New York City, and to whom I give many thanks.

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## Integrative Medicine OF Nevada

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