

Sep 4 Notes

Review:

Chapter 8 (p. 155)

“The heart is the official functioning as the ruler.”

“It is clear and quiet and houses one’s magic power 靈” (Wang Bing)

“Spirit brilliance 神明 originates from it.”

“The lung is the official functioning as chancellor and mentor.”

“Order and moderation originate in it.”

“It is responsible for passage of camp and guard qi.” (Wang Bing)

p. 156

Liver – general, “brave and able to pass decisions” (Wang Bing)

Planning and deliberation

“... develops that which has not sprouted yet.” (Wang Bing)

Gallbladder – rectifier

Decisions and judgements

“Tough upright and determine”, “straight forward and know no doubts” (Wang Bing)

Dàn zhōng 臆中 - minister and envoy

“Joy and happiness originate in it”

p. 157

Spleen and Stomach – Grain storage (倉廩 cháng lǐn – granary)

Five flavors (五味 wǔ wèi) originate from them

Large intestine – “transmitter along the Way”

“Changes and transformation (變化 biàn huà) originate in it”

Small intestine – “the recipient of what has been perfected”

“the transformation (化 huà) of things originates in it”

Kidneys – operator with force

“Technical skills and expertise originate from them”

p. 158

Triple burner – opener of the channels

決 jué – “breach in a dam; flow out, burst forth; run out; break out/away from;
decide(dly), decisive” (SCM)

洩/瀆 – “drainage trough, culvert; canal; overflow, inundate” (SCM)

“It guides yin and yang and opens blockages... Opener of the ditches and waterways” (Wang
Bing)

“Paths of water (水道 shuǐ dào) originate in it”

Urinary Bladder – regional rectifier (州都 zhōu dōu)

州 zhōu – “isle, land are surrounded by water; administrative unit” (SCM)

“Body liquids (津液 jīn yè) are stored in it”

津 jīn – “crossing-point of river; key point or person; river bank; moisten; body fluids, saliva”
(SCM)

液 yè – “fluid, especially heavy or dense fluid; melt together” (SCM)

p. 159 “ [Therefore (cause/basis)] If the ruler 主 is enlightened [radiates/shines/illuminates] his subjects 下 are in peace 安.”

[If one] takes this up and uses it to nourish 養 life, then [they will have] longevity/long life 壽

...

If the ruler does not radiate 明, then the twelve officials are in danger.

Chapter 9

p. 177 (9-67-5)

The “phenomena 象 of the depots”

象 xiàng – “image” (SCM); that which can be viewed externally

Heart

Is the basis of life 生之本

Responsible for changes of the spirit 神之變

Its effulgence 華 is in the face

華 huá – “splendor, splendid; glorious; brilliant, of high luster; illustrious; beauty, elegance; luxurious; showy, vain” (SCM)

Fullness 充 seen in the blood vessels 血脈

充 chōng – “full, filled; fill (up)” (SCM)

Lung

Is the basis of qi 氣之本

Po’s 魄 location 處

魄 pò – “‘white-soul’, carnal or material soul; strongly associated with the body (cf. 神 with the spirit)... said to return with a corpse as residuum to the earth” (SCM)

處 chù – “place, location, site, spot; physical presence” (SCM)

Effulgence 華 is in the body hair

Fullness see in the skin

Kidneys

Responsible for hibernation

Basis 本 of seclusion and storage

Location of the essence

Effulgence in hair on head

Fullness seen in bones

Liver

basis 本 of “exhaustion of the utmost”

罷 bà – “Stop, cease” (SCM)

極 jí – ridgepole; extreme

Residence 居 the hún 魂

魂 – “cloud-soul”, spiritual or ethereal soul, strongly associated with person’s

non-material elements and propensities; upward-tending and drawn to natural home in the heavens, where it disperses upon person’s bodily death... seen as able to depart from body during dreams; yang in contrast to yin 魄” (SCM)

居 jū – “site(d), situate(d), place(d); reside(nce), dwell(ing); in private, at home;

sit down; stay awhile” (SCM)

Effulgence is in the nails

Fullness in the sinews

Serves to generate qi and blood

Spleen, stomach, large and small intestine, triple burner, urinary bladder

Basis of grain storage

Location of camp qi

Effulgence is in the lips and the four white

Fullness is in the muscles 肌 (jī – “skin surface of humans, incld. flesh, skin” (SCM))

Chap 10

p. 185 (10-70-3)

Heart's union/corresponding with are the vessels 心之合脈也

脈 mài – “blood vessels; veins, arteries; ducts; things connected like blood vessels, e.g.,
veins of leaves or insect wings” (SCM)

Its splendor 榮 is in the complexion 色

榮 róng – “(ef)florescence, esp. of herbaceous plants; burgeoning, fruition; in full glory”
(SCM)

c.f. “Its effulgence 華 (“splendor, splendid; glorious; brilliant, of high luster; illustrious) is
in the face”

Its ruler 主 are the kidneys

Lung

Correlate is the skin

Splendor appears in the body hair

Ruler is the heart

Liver

Correlate - sinews

Splendor – nails

Ruler – lung

Spleen

Correlate – flesh 肉 (meat, flesh, skin)

Splendor – lips

Ruler – liver

Kidneys

Correlate – bones

Splendor – hair on the head

Ruler - Spleen