

GALL BLADDER POINTS ON THE HEAD

By Thea Elijah

GB 1 TONGZI LIAO Virgin Eye/Pupil Hole

Framing the Picture: the Power of Witnessing

In some sense this is the LAST point on the GB meridian; it is everything we bring from our conceptual pigeon-holing analytical process to the moment of seeing. How is what we see framed by our minds? What is the structure of our witnessing?

I use this point to help open the frame, or make the frame more conscious, or help people "get it together" as far as finding a viewpoint of their own-- combines well with Liv 1 for this purpose: How do **I** see this situation? Not how anyone else sees it-- not how my husband sees it, not how my therapist sees it-- how do I see it?

GB 2 TING HUI Hearing Meeting

What do I Hear?

This is similar to GB 1 but for the ears in terms of how our cognitive structures pre-dispose us to accepting this or that into our ear. This is good for people who literally will not take No for an answer-- who simply cannot hear contradiction-- who say "I don't understand" when you tell them "No," etc. It is also a great point for shutting out the dunya voices for people who listen TOO MUCH to what other people are saying. Not for nothing that this is the point we shield when we raise our hands in front of our ears to give the Call to Prayer.

GB 3 SHANG GUAN Upper Gate, Upper Jaw, Above the Barrier

The Broad Outlines of the Next Big Moves

This is the rough chewing of the big chunks of the planning process-- big general ideas about what to do next in my situation-- how to get from here to there, or even where to go-- very big very general determination of direction and method-- let's see, I think I'll move to Alabama and open an acupuncture practice-- that level of plan.

Some people are so strong in this spot! the 4 wheel drive power that comes off this point! they could chew ROCKS! Other people are so weak here. They can't even get started-- what should I do? I don't know. My brother looking at his homework, books not even open, totally lost, unable to begin.

GB 4 HAN YAN Mandible Obedience, Peaceful Jaws, Loathsome Jaws

Detailed Strategies

This is the finer level of planning, where detail comes in. There are a lot of specifics here. Like GB 3, there are some people who are so strong here, and some who are so weak-- and it may be the opposite of GB 3. Some folks just want to design the rough plan and get things moving, but they go uuuugh and feel exhausted when they have to get down to that GB 4 level of detail. Other folks have no idea how to get started with GB 3, but if you give them specific detailed organizational or creative work to do, e.g. designing the interior of a doll house after you've figured out that you are making a doll house and basically rough out the project, they are busy and happy and productive. This point is not for deciding where to put the cathedral-- this is for figuring out the design of the 537 different gargoyles on the roof.

There is often a lot of anger in this point-- lots of snagging on details can get stuck here-- I needle this point and see people's faces literally melt away clenched rage; their faces never look the same again as the tension leaves their clenched jaws.

There is often a lot of distortion in GB 3 and GB 4 in people who have worn braces on their teeth. The GB ill effects of braces are so awful-- I know I'm preaching to the choir here. It's awful, the people who can only think in a straight line with a "perfect" bite. The level of anger that comes from a perfect bite, when life requires a bit of a snaggle-toothed side-rip to figure out what the heck to do next, is a terrible and very "blindered" anger. What wearing a bra that is too tight/ does not fit properly does to the Liv/GB energy around the Heart is a lot like what braces do to the mind. It is a terrible imprisonment of our natural freedom, and we do not know it-- we cannot see our prison-- but oh we feel it and we are SO ANGRY.

The next few points also tend to have a lot of rage in them. Remember this is where the migraines pound, most of the time. Much high blood pressure also raises its voice here.

GB 5 XUAN LU Hanging Skull

Pivotal Moments

GB 5 in health has a lot to do with the mental ability to pivot. In people who are clear and healthy in this point, after the first phase of taking in from ear and eye and doing some rough figuring and then some more detailed figuring, there is a kind of sitting back and going, huh-- I guess that shifts my view a little.

In most people, a great deal of discouragement usually collects in this point. The discouragement has different degrees and qualities, from mild dull exhaustion to deep despair and despondency. Sometimes it is an empty flaccid

discouragement-- giving up-- and sometimes it is a full and desolate howling, or anything in between.

Physically this point can be seen on the meridian as literally comprising "the first set-back" along a meridian with many zigs and zags. The occasion of the First Set-Back is significant-- we made our rough plan (GB 3) and then refined it down to a detailed plan of action with a closer assessment of circumstances (GB 4), and now -- (GB 5) a set-back. How do we respond? With a pivot to our view would be the healthy way to respond, and in fact combining this point with GB 30 does wonders for clearing the discouragement! It is quite magical. All of a sudden we no longer feel angry or discouraged or stuck; there are so many more options than simply moving forward as planned. It may be said that the first set-back (every set-back) is a pivotal moment for the mind/GB.

GB 6 XUAN LI Hanging Hair, Hanging Fraction of an Inch

I GOT AN IDEA!!

This point on many people is a lot like acu-caffeine. There is a wild buzz here, a sudden full-tilt rush-into-the-new. In health this is a natural consequence of the Pivotal Moment which allows us to see things a bit differently due to our Set-Back. Oh, now I see something new! I have a new idea! That is so cool! I hadn't looked at it that way before! Hey, that makes me think of This! and This! and also This! Amazing what one shift in perspective can do-- so many new ways of looking at things!

If, however, we have not been able to pivot with the first set-back, this point is liable to be filled with a frustration and impatience that is at the root of many a migraine, and a good bit of high blood pressure. Oh the pounding in the temples, right here. There is a kind of wish to hurl the project forward despite the set-backs, to push through, to go go go forward-- but if we cannot, and all that force turns our exploding head into a dark black pool of futile rage. This point

combines well with Liv 2.

In people with a very empty GB, who never have any new or imaginative ideas, GB 5 and 6 with Liv/GB junctions and/or Xi Clefts can be a powerful stimulus to new vistas arising.

GB 7 QU BIN Crooked Hair On the Temple, Central Pivot

The Boxer

In the clearing stands a boxer, and a fighter by his trade
And he carries the reminders of every glove that laid him down or cut him
til he cried out in his anger and his shame
I am leaving, I am leaving, but the fighter still remains

-- Simon and Garfunkel

This point moves me so deeply that I am almost unable to speak of it. I am leaving, I am leaving. But the fighter still remains.

This is a point for those of us who have known total defeat. This is for more than a set-back. We faced our set-back (GB 5), we did our best to rise to it, and we rose with full force (GB 6) again and again until our strength was gone and we fell back, completely beaten, heartsick and broken.

The Gall Bladder lies opposite the Heart on the Chinese meridian clock. In many ways it makes sense that this very mental, linear and potentially war-like Official would be the "furthest" from the Heart, and indeed often our plans, our self-created agendas ardently or single-mindedly pursued carry us far from the Heart. Here is a point half-hidden in the "armpit" of the ear which, in the moment of

our greatest defeat, opens a secret chamber back into the realm of the Heart. I think of slaves who ran away again only to be caught, and this time maimed so that they could not run again-- I think of all the great defeats that threaten to crush the spirit utterly, that send the flying bird of the Hun tumbling to the ground where it lies broken and shattered-- here is where the ground opens to bring us in to that secret chamber of pure spirit, Utmost Source, the deep Heart which cannot be vanquished so long as we live, even if in our outer life we live in chains or ruins. This point is best needled with HT-1.

This point can also be needled on people whose GB 5 and 6 are too full of pivots and bright new ideas, to help the person "check in" with their heart about which of these new points-of-growth to pursue, consistent with their own deep Heart. In this case I needle it with Wood Sources.

1-7 may be considered the first trajectory of GB: the greeting and framing and preliminary structuring of action and response to the outer world.

At GB 7, the meridian reunions with the taiyang, and continues to travel together through GB 12. This is the second trajectory, and represents a "higher" level of thought, creativity and action/response. This is in direct contrast to the first trajectory, which represents a cognitive style more reflective of the GB's involvement with the yangming in the front of the head.

Before looking at the following points GB 8-12, let us first consider in more depth the territory through which we will be passing, and its significance. Over and over again in the organization of the body, and hence the organization of the points, we see a tripartite division into zones representing Heaven, Human and Earth. In the microcosm of the head, the lower portion of the face represents Earth. Its sensory orifice is the mouth, the only one of the orifices which accepts "impure" substances. In the middle of the face is the nose, which is the Human realm. Above is the brow, and the eyes, which represent Heaven.

The head as a whole is also divided in three parts from front to back. The face, with its primary association with the yangming, is Earth. The middle section, primarily the territory of the shaoyang, zigzagging back and forth between Heaven and Earth, is Human. The back of the head, which is the primary territory of the taiyang, is Heaven.

The points reflect the nature of their location in relation to both of these tripartite divisions, e.g. ST 4 and 5 and 6 are Earth of Earth; while ST 3 and 7 are Human of Earth, and ST 1 and 2 and 8 are Heaven of Earth. This is reflected in the levels of perception and cognition affected by these points.

By this reckoning, the points at the bottom of the face are the most Earthly, while the points at the top of the back of the head will be the most Heavenly, while those in between represent the weave of the two worlds.

With this perspective we run into some anomalies which in their resolution will deepen our understanding of the nature of the meridians. The first is that, although the taiyang represents Heaven and the back of the head, it begins with its first point on the front of the head, BL-1, and further has points of great cognitive and spiritual i.e. “Heavenly” significance just above the face, surrounding GV 23 Upper Star. This is because the taiyang is the “hook of Heaven” reaching down to Earth to pull us upright—it is because we have this “hook” represented by GV and its assistant, BL, to pull our face up from the ground that we first sat on our haunches and eventually became upright in our posture.

This “lifting of the face” up to Upper Star rather than remaining in an Earth-oriented posture has tremendous significance for our understanding of the shaoyang meridian. When we were on all fours, then, truly, the front of our body was yin, i.e. kept in the shade by facing the ground, while our back was truly yang, i.e. facing Heavenward with full exposure to the sky. **BUT THIS IS NO LONGER THE CASE.** If Heaven is up and Earth is down—if Heaven is exposed

