

A CHINESE MEDICINE GEOMETRICAL HEALING HANDBOOK



Denys & Victor Jacques

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TABLE OF CONTENTS

A CHINESE MEDICINE GEOMETRICAL HEALING HANDBOOK	1
DENYS & VICTOR JACQUES	1
FOREWORD	2
I – THE ENERGETIC PALPATION	4
A – INTERROGATING THE BODY TISSUES AS A TOOL FOR RESEARCH	4
B – INFORMATION AS A CORRECTION TOOL	7
II – ANATOMICAL DECODING	9
A – HAND DECODING	9
I – HORIZONTAL INTERROGATION ON THE SURFACE (EPIDERMIS)	9
II – VERTICAL INTERROGATION AT THE OSSEOUS LEVEL	10
III – HORIZONTAL INTERROGATION AT THE OSSEOUS LEVEL	11
B – MUSCLE DECODING	15
III – ENERGY MOVEMENT OF THE VISCERA	27
IV – THE PHASES OF DISEASE	30
PHASE I: ELIMINATION	30
PHASE II: INFLAMMATION (REACTION)	30
PHASE III: DEPOSITION	30
PHASE IV: IMPREGNATION	31
PHASES V: DEGENERATION	31
PHASE VI: NEOPLASM	32
THE READING GRID	35
V – INTRODUCTION TO THE READING GRID	36

THE CENTRES	41
VI – INTRODUCTION TO THE CENTRES	42
I – PALPATION OF THE CENTRE	42
II – DETERMINING THE DISTURBED EXTRAORDINARY CHANNEL OR CHAIN	42
III – DETERMINING THE DISTURBED ENERGETIC FUNCTION ON THE CHAIN OR EXTRAORDINARY CHANNEL	42
IV – CORRECTION	43
VII – FRONT-MU POINTS AND BACK-SHU POINTS	46
I – OVERALL CONTROL OF THE 3 LEVELS	47
II – DETERMINING THE DISTURBED LEVEL (S)	48
III – DETERMINING THE DISTURBED ENERGETIC FUNCTION	48
IV – CORRECTION	49
VIII – THE EMOTIONAL CHAINS OF THE DU MAI, STOMACH AND GALL BLADDER CHANNELS	53
A – THE EMOTIONAL CHAIN OF THE DU MAI	53
I – OVERALL CONTROL OF THE DU MAI	54
II – DETERMINING THE DISTURBED VERTEBRAL OR CRANIAL AREA	55
III – DETERMINING THE DISTURBED ENERGETIC FUNCTION (IN RESONANCE BLOCKAGE)	55
IV – CORRECTION	57
B – THE EMOTIONAL CHAIN OF THE STOMACH CHANNEL	57
I – OVERALL CONTROL OF THE STOMACH EMOTIONAL CHAIN	58
II – DETERMINING THE DISTURBED ENERGETIC FUNCTION	58
III – CORRECTION	59
C – THE EMOTIONAL CHAIN OF THE GALL BLADDER CHANNEL	60
I – OVERALL CONTROL	61
II – DETERMINING THE DISTURBED ENERGETIC FUNCTION	61
III – CORRECTION	61

D – OVERALL CONTROL OF THE 3 EMOTIONAL CHAINS (DU MAI-STOMACH-GALL BLADDER) ON THE METATARSAL DORSAL SIDE	63
E – OVERALL CONTROL: THE VERTEX CENTRE	63
IX – THE EXTRAORDINARY CHANNELS	64
A – THERAPEUTIC LEVELS AND CENTRES	65
B – THE CENTRAL EXTRAORDINARY CHANNELS	67
REN MAI (CENTRAL RESERVOIR OF YIN ENERGIES)	67
I – OVERALL CONTROL	67
II – CORRECTION	68
DU MAI (CENTRAL RESERVOIR OF YANG ENERGIES)	69
CHONG MAI “THE SEA OF THE 5 ORGANS AND 6 VISCERA” (LING SHU)	69
I – OVERALL CONTROL	69
II – DETERMINING THE DISTURBED ENERGETIC FUNCTION	70
III – CORRECTION	70
DAI MAI	70
I – OVERALL CONTROL	70
II – CORRECTION	70
C – THE SECONDARY EXTRAORDINARY CHANNELS	70
I – OVERALL CONTROL	71
II – CORRECTION	71
D – THE MASTER POINTS	72
I – OVERALL CONTROL	72
II – DETERMINING THE AFFECTED MASTER POINT	72
III – CORRECTION	72
E – THE CEPHALIC PSYCHO-SOMATIC GENERATOR = GB 1 TO GB 9 POINTS	72
I – OVERALL CONTROL	73
II – DETERMINING THE AFFECTED EXTRAORDINARY CHANNEL	73
III – CORRECTION	73
F – MUSCLE DECODING	73

X – THE SPECIFIC CENTRE OF THE GALL BLADDER CHANNEL	76
I – OVERALL CONTROL	76
II – CORRECTION	76
XI – THE SPECIFIC CENTRES OF THE SPLEEN	78
A – CENTRE OF THE SPLEEN CHANNEL (SP 1 TO SP 11)	78
I – BLOOD PRODUCTION	78
II – IMMUNE DEFENCE	78
B – CENTRE OF THE SPLEEN CHAIN	78
I – SPECIFIC CONTROL	79
II – DETERMINING THE DISTURBED ENERGETIC FUNCTION	79
III – CORRECTION	80
XII – THE SPECIFIC CENTRE OF THE HEART CHANNEL	82
I – OVERALL CONTROL	82
II – DETERMINING THE DISTURBED POINT OF THE HEART CHANNEL	82
III – CORRECTION	82
XIII – THE OCCIPITAL CENTRE	84
A – THE OUTER PATHWAY OF THE URINARY BLADDER CHANNEL	84
I – OVERALL CONTROL	84
II – DETERMINING THE DISTURBED ENERGETIC FUNCTION	85
III – CORRECTION	85
B – UB 31 TO UB 35 POINTS	85
I – OVERALL CONTROL	85
II – CORRECTION	85
XIV – THE FRONTAL CENTRE	87
I – DETERMINING THE AFFECTED CHANNEL	87
II – CORRECTION	87

XV – THE PHYSICAL TRAUMA	88
A – THE TRAUMATIC BLOCKAGES	88
I – OVERALL CONTROL	88
II – CORRECTION	88
B – TENDINITIS	90
I – OVERALL CONTROL	90
II – CORRECTION	90
XVI – THE BARRIERS	92
I – OVERALL CONTROL	92
II – DETERMINING THE AFFECTED ENERGETIC FUNCTION	92
III – CORRECTION	93
COMPLEMENTARY CONTROLS	95
XVII – THE WINDOW OF THE SKY POINTS	96
I – OVERALL CONTROL	96
II – CORRECTION	96
A – THE TRIPLE WARMER	98
I – OVERALL CONTROL	98
II – CORRECTION	98
B – THE SP 6 POINT	99
I – OVERALL CONTROL	99
II – CORRECTION	99
XIX – STOMACH CHAIN AND ENERGY STAGNATION	100
I – OVERALL CONTROL	100
II – DETERMINING THE LOCATION OF STAGNATION IN THE 3 BURNERS	100
III – CORRECTION	100
XX – THE PERICARDIUM CHANNEL	102
I – OVERALL CONTROL	102

II – DETERMINING THE DISTURBED POINT ON THE PERICARDIUM CHANNEL	102
III – CORRECTION	103
XXI – CHAIN FROM KD 22 TO KD 27	103
I – OVERALL CONTROL	103
II – DETERMINING THE DISTURBED ENERGETIC FUNCTION	103
III – CORRECTION	104
XXII – GENERAL FUNCTIONS	105
I – OVERALL CONTROL	105
II – SPECIFIC CONTROLS	105
III – DETERMINING THE DISTURBED ENERGETIC FUNCTION	106
IV – CORRECTION	106
XXIII – THE LUO POINTS OF THE 12 CHANNELS	107
I – OVERALL CONTROL	107
II – DETERMINING THE AFFECTED LUO POINT	107
III – CORRECTION	108
XXIV – CIRCULATION BLOCKAGE IN THE 12 CHANNELS	109
I – OVERALL CONTROL	109
II – DETERMINING THE AFFECTED CHANNEL	109
III – CORRECTION	109
XXV – THE TENDINO-MUSCULAR CHANNELS (JING JIN)	110
I – PALPATORY STUDY	110
II – OVERALL CONTROL	111
III – CORRECTION	111
XXVI – ELIMINATION FUNCTION OF ST 36 - ST 37 - ST 39 POINTS	113
I – OVERALL CONTROL	113
II – CORRECTION	113

XXVII – THE 3 DAN TIAN	114
I – OVERALL CONTROL	114
II – SPECIFIC CONTROL OF THE 3 DAN TIAN	114
III – CORRECTION	114
XXVIII – COMMENTS ON THE READING GRID	116
EPILOGUE	119
AND ANNEXES	119
EPILOGUE	121
ANNEX I: SUMMARIZED PLATES	122
ANNEX II: BIBLIOGRAPHY	132
ANNEX III: LIST OF ABBREVIATIONS	134
ACKNOWLEDGMENTS	137

TABLE OF PLATES

PLATE 1: HORIZONTAL SURFACE INTERROGATION IN THE LONGITUDINAL AXIS OF THE HAND DORSAL SIDE	12
PLATE 2: VERTICAL OSSEOUS INTERROGATION OF THE HAND DORSAL SIDE	13
PLATE 3: HORIZONTAL OSSEOUS INTERROGATION OF THE HAND DORSAL SIDE	14
PLATE 4: "LV CHANNEL" "PC CHANNEL" MUSCLES	17
PLATE 5: "KD CHANNEL" "HT CHANNEL" MUSCLES	18
PLATE 6: "LI CHANNEL" "SP CHANNEL" MUSCLES	19
PLATE 7: "SI CHANNEL" "LU CHANNEL" "UB CHANNEL" MUSCLES	20
PLATE 8: "GB CHANNEL" "TW CHANNEL" MUSCLES	21
PLATE 9: "ST CHANNEL" MUSCLE	22
PLATE 10: "ELEMENT" MUSCLES (I)	23
PLATE 11: "ELEMENT" MUSCLES (II)	24
PLATE 12: "ELEMENT" MUSCLES (III)	25
PLATE 13: "EXTRAORDINARY CHANNELS" MUSCLES	26
PLATE 14: ENERGY MOVEMENT OF THE VISCERA (I)	29
PLATE 15: ENERGY MOVEMENT OF THE VISCERA (II)	29
PLATE 16: THE CENTRES	44
PLATE 17: THE ENERGETIC FUNCTIONS AT THE ANTERIOR SIDE OF THE WRIST	45
PLATE 18: JING BIE SHU/MU POINTS	51
PLATE 19: JING BIE AND FUNCTION SHU/MU POINTS	52
PLATE 20: EMOTIONAL CHAIN OF THE DU MAI	56
PLATE 21: EMOTIONAL CHAIN OF THE STOMACH CHANNEL	59
PLATE 22: EMOTIONAL CHAIN OF THE GALL BLADDER CHANNEL	62

PLATE 23: THE 3 STAGES OF THE ENERGETIC SYSTEM (ACCORDING TO J. PIALOUX)	66
PLATE 24: THE EXTRAORDINARY CHANNELS ON THE HAND DORSAL SIDE (OSSEOUS)	74
PLATE 25: THE EXTRAORDINARY CHANNELS ON THE PELVIS	75
PLATE 26: THE SPECIFIC CENTRE OF THE GALL BLADDER CHANNEL	77
PLATE 27: THE SPECIFIC CENTRE OF THE GALL BLADDER CHANNEL	81
PLATE 28: SPECIFIC CENTRE OF THE HEART CHANNEL	83
PLATE 29: THE OCCIPITAL CENTRE	86
PLATE 30: THE FRONTAL CENTRE	88
PLATE 31: THE PHYSICAL TRAUMA	91
PLATE 32: LOCATION OF THE ENERGETIC FUNCTIONS AT THE DORSAL SIDE OF THE WRIST	93
PLATE 33: THE WINDOW OF THE SKY POINTS XVIII – THE PATHWAY OF LIQUIDS	97
PLATE 34: STOMACH CHAIN AND ENERGY STAGNATION	101
PLATE 35: THE 3 DAN TIAN	115
PLATE 36: THE CENTRES	123
PLATE 37: THE EXTRAORDINARY CHANNELS ON THE HAND DORSAL SIDE (OSSEOUS)	124
PLATE 38: THE ENERGETIC FUNCTIONS AT THE ANTERIOR SIDE OF THE WRIST (SURFACE)	125
PLATE 39: THE ENERGETIC FUNCTIONS AT THE ANTERIOR SIDE OF THE WRIST (DERMIS)	126
PLATE 40: THE ENERGETIC FUNCTIONS AT THE ANTERIOR SIDE OF THE WRIST (OSSEOUS + TENDON)	127
PLATE 41: SUMMARIZED PLATE (SURFACE)	128
PLATE 42: SUMMARIZED PLATE (DERMIS)	129
PLATE 43: SUMMARIZED PLATE (PALM/SURFACE) (I)	130
PLATE 44: SUMMARIZED PLATE (PALM/SURFACE) (II)	131

A CHINESE MEDICINE GEOMETRICAL HEALING HANDBOOK

Denys & Victor Jacques

FOREWORD

This book is essentially practical, intended for readers trained in Chinese Medicine. It does not provide a basic study of points, channels and other fundamental principles presented in many works.

Diagnosis in Traditional Chinese Medicine is mainly given by questioning the patient, inspecting the tongue, the complexion and the nails, abdominal palpating and radial pulse taking. From these elements, the therapist, whose interpretation is not thoroughly free of his (her) own subjectivity, chooses through reasoning to puncture some points with needles, to warm them up with moxas, to massage them or to use cupping glasses. The energetic system however is so complex that there might be a gap or a distortion between the intellectual approach of the practitioner and the energetic reality of the patient.

The object of this book is not to replace the traditional diagnosis methods and needling techniques but to provide an additional tool to enhance the efficiency of treatments. Our perspective is based on a specific palpation of tissues which allows to determine the energetic functions that are disturbed and on what level (physical, emotional or spiritual.)

“Only the tissues know”. The therapist does not choose what is right to do for the patient, actually, the tissues show him where the body is in need. For this, we must find a key to reading (how to palpate) and a reading grid (where to palpate).

Through the energetic techniques widely developed here, the therapist can identify a closed point (a point which does not respond to a stimulation) or a stagnation in channels and organs. Acquiring the sensation of the Energy is essential in order to listen to the patient's body.

The principle of resonance is the basis of the reading grid. The energetic system is reflected in the anatomy, in the physical structures: bones, muscles, dermis...We can take as an example the correspondence between the 5 Elements and

the 5 metacarpal bones or between the 14 channels (12 main channels, Ren Mai and Du Mai) and the 14 finger phalanges. Their palpation tells us about the energetic disorders.

The correction method – also applicable to the physical trauma- consists in giving the information which allows the body to correct itself. The practitioner only shows the points related to the disturbed energetic functions and determined by the reading grid. These points, then, “respond” and “communicate” again and a change in the tissues is perceived right away under his hands.

The grid was elaborated after many observations which were checked and double checked. We invite the reader to approach this book with an inquiring mind and the desire to experiment on his own our working hypotheses and the points of view that we expressed. We are open to any constructive dialogue.

The authors mean to emphasize that this work could not have been done without the teachings of Jacques Pialoux, Régis Blin and Jean-Pierre Guiliani and we wish to express all our thankfulness and gratitude.

At last, this book would not have been possible without the presence and support of Véronique.

• • •

The deepest thing in man is the skin.

–Paul Valéry

I – THE ENERGETIC PALPATION

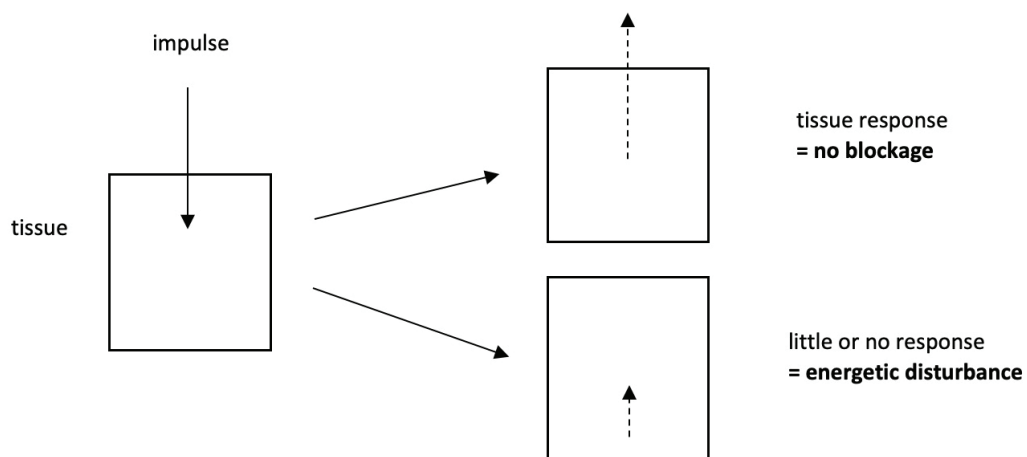
A – INTERROGATING THE BODY TISSUES AS A TOOL FOR RESEARCH

Several palpation methods are possible:

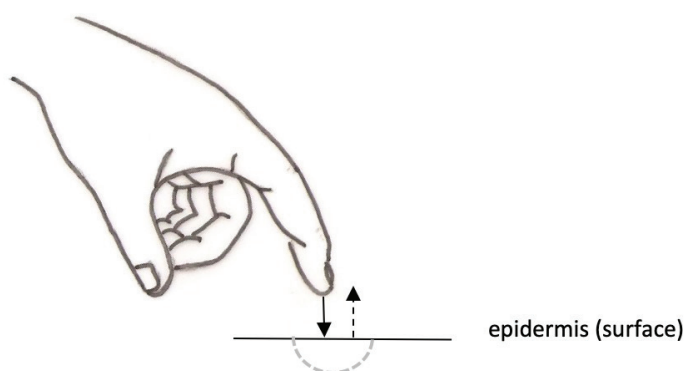
- ➔ **Usual palpation** which allows to assess flexibility, heat, shape, mobility of tissues.
- ➔ **Passive listening** which consists in putting hands down and paying attention without inferring anything from what is going on under one's fingers.
- ➔ At last, **active interrogation** which is our main searching tool, our key to reading the body. Using this method, the therapist studies tissue response to a stimulation, to an energetic push generated in his abdomen from the contraction of abdominal muscles and conveyed to tissues through his hands. The therapist does not use only his fingers to question but his whole body.

Two types of active interrogation:

- ➔ “Vertical” interrogation: the impulse, a pressure with one or several fingers of one hand, is given from surface to depth. The practitioner will evaluate whether there is a tissue response to stimulation or not as he wanted to assess “elasticity”. In case of blockage, there is little or no response, no rebound.

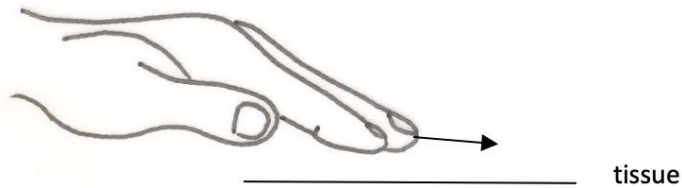


It is important that the impulse be located in the studied tissue (epidermis, dermis, muscle or bone). The practitioner must apply a deep pressure to reach the bone, whereas, to study the epidermis, the stimulation must remain superficial. An acupuncture point will be called “open” if it responds to a vertical impulse on the surface, whether the skin tissue is hard or distended. A point which has lost its Energy does not respond any longer (see drawing below).

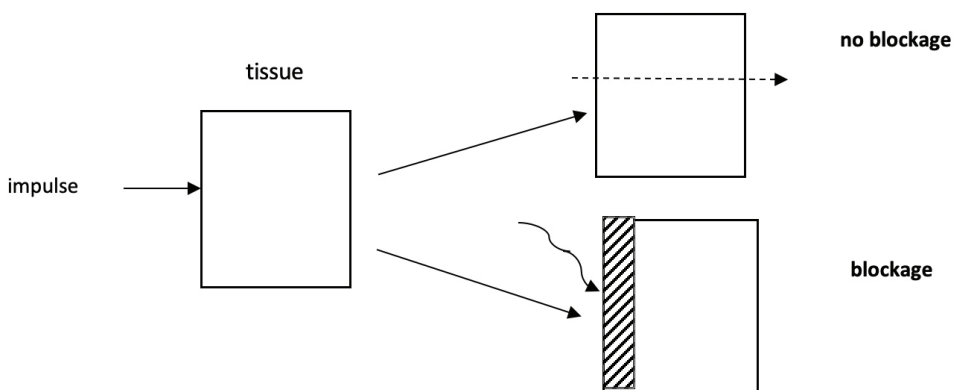


➔ “Horizontal” interrogation: the impulse is almost given tangentially to the tissue, in a precise direction.

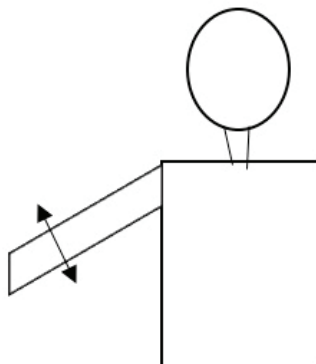
It induces a minimal movement of the tested tissue which will respond in two possible ways.



- ➔ Either it is easily penetrated: the therapist does not experience any resistance to his impulse = no blockage.
- ➔ The practitioner feels right away a barrier, a wall that keeps him from going through the tissue = blockage.



In the reading grid of the body, the impulse is given most often crosswise in relation to the longitudinal axis of the body and the possible blockage only appears in this direction.



Before interrogating a tissue, the practitioner must be sure he can mobilize it with a usual palpation. If a dermis area is stuck to the underlying layer and if he (she) cannot move it, any interrogation will be impossible on this level (as it can

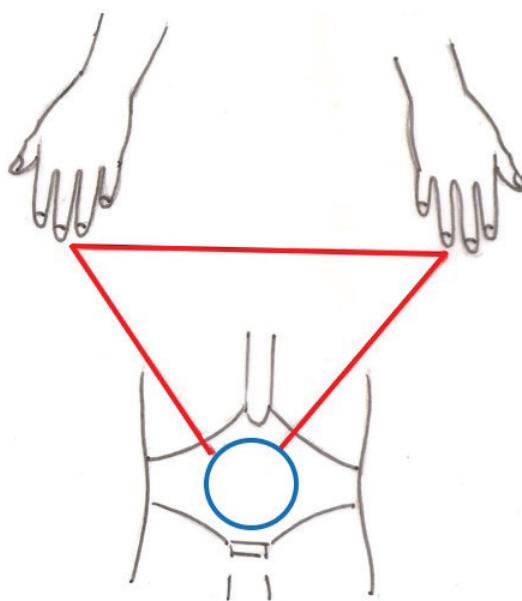
be the case with an acute sprained ankle, serious circulatory disorders or a hand deformed by arthritis). He would find a blockage whatever the direction of the impulse might be. In this case, another area of the body will give the same information with a different palpation.

The interrogation thus made (vertical or horizontal) can cover different structures: a point, a channel, a dermis area, a muscle, an organ, or a bone...).

B – INFORMATION AS A CORRECTION TOOL

If searching is done with one hand, the correction is made with both hands. It consists in connecting the blocked point (related to the disturbed energetic function and determined by the reading grid) to a specific area that will open it. This area may be another point, a channel, an organ, a vertebra...

The therapist, then, feels as if he had a tight “**rope**” between his hands. The sensation is not **under** but **between** the hands and in his abdomen, which is the main receiver of energetic sensations. The practitioner keeps this rope, becomes inactive and waits for the body self-correcting reaction in the next few seconds which translates into the loosening of the rope, both hands do not seem connected anymore. The blocked point responds again and the checking areas that led to its treatment are blockage free.



The reading grid that we will study next allows us to know where the body is in need, so we do not push through closed doors - the locked points whose key is

to be found elsewhere. It determines the energetic functions that are disturbed and the affected therapeutic levels. The practitioner does not decide what is good for the patient nor bring energy here or there, based upon some intellectual reasoning. He is just giving the information that the patient's body comes to get in order to correct itself - the concept of "no acting" in oriental way of thinking. The practitioner does not have to be concerned about the choice of points, he decides nothing, he only proceeds according to what the tissues tell him.

The palpation technique, as described above, can be learned with some training and practice. However, if one feels with his "guts" - the Hara¹ centre in Japanese philosophy, this area must be free of any tension that might interfere with the received information. A stressed out or anxious therapist with a "knot" in his stomach, or lost in his own thoughts, tired, or disturbed by digestive problems, will not have an accurate perception. The practitioner must be thoroughly available mentally (emptying the mind in some way is essential) as well as physically. This is the main difficulty that we encounter in daily practice. Working on oneself before working on patients is sometimes necessary.

The reading grid confirms, specifies, or invalidates the therapeutic choice considered after the questioning and classic examination. However, reasoning is important, it allows to understand what the practitioner finds out through palpation and to link the patient's symptoms and the reading of the body. Through palpation and reasoning, the therapist has a better understanding of the energetic imbalance.

1. Dürckheim Karlfried Graf, *Hara: The Vital Center of Man*, Inner Traditions Publisher

II – ANATOMICAL DECODING

Régis Blin¹ is the author of a remarkable study about the resonance of the energetic system on the anatomic structures.

When an energetic function is disturbed (an Element, a channel...), the physical structures (bones, muscles, viscera...) which are on the same frequency are also disturbed. This chapter refers in part to this study, using the palpation described previously.

The osseous and muscular readings give us information on energetic disorders and their solving in the course of treatment. However, it does not tell us directly which ones need a correction (since a blockage may have different origins) and which therapeutic level (elemental, corporal, emotional, spiritual) is affected. The reading grid will give us this information.

A – HAND DECODING

The study is done according to the palpation mode. One anatomical area can be in relationship and in resonance with different energetic functions depending on the palpation mode that is utilized.

I – HORIZONTAL INTERROGATION ON THE SURFACE (EPIDERMIS)

The index finger of the therapist is laid flat lengthways on the dorsal side of the phalanx or metacarpal bones. The impulse is given horizontally, on the surface.



The practitioner's finger may move the patient's epidermis on a very short distance or on the contrary, it may seem to be stuck and cannot be moved in case of a blockage.

1. Blin Régis, *L'Hexagramme Tridimensionnel*, S.F.E.R.E.



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A CHINESE MEDICINE GEOMETRICAL HEALING HANDBOOK

In this book, the authors propose an innovative approach to Chinese Medicine, based on a specific palpation of points, channels, and human body tissues in resonance with the Energetic system.

A reading grid was elaborated as a result of many checked and double-checked observations. It allows to determine the disturbed energetic functions on the different levels (physical, emotional, spiritual).

It is not the therapist who decides what is right for the patient but the tissues which show him where the body is in need.

The correction mode, unusual, consists in conveying the information which will enable the organism to self-correct. This study follows the path initiated by Jacques Pialoux and Régis Blin.



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