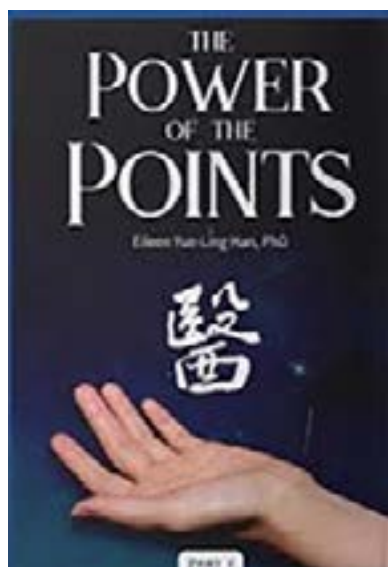




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THE
POWER
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POINTS

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靈骨
LÍNG Gǔ



Location

Between the thumb and index finger distal to the base of first and second metacarpal bones meet, palpate for a sore spot.

Needling Information

Needle perpendicularly, 0.5–0.9 cùn.

Dr. Tan's Indications

Sciatica, used with 大白 *Dà Bái* and also 中白 *Zhōng Bái*. Effective for L4–L5 area sciatica pain. Use contralateral to symptom.

Radiating pains which originate in one area and travel through limbs, meridians, and other parts of the body. Examples of radicular pain that is treatable with *Líng Gǔ* include: neck pain extending down the trapezius, low back pain radiating down the hamstring, and most other pains that travel along the dermatomes of corresponding spinal nerves. Needle contralaterally.

For pain in the elbow joint, needle on the same side as the pain.

For headache and symptoms in the head area, use in combination with 合谷 *Hé Gǔ* (LI4) or 三間 *Sān Jiān* (LI3), or alone for head area symptoms, bilaterally or contralaterally. It also aligns with headache, especially near the jaw area. Other indications include painful and/or frequent urination.

Master Tung's Additional Indications

Insufficient respiration, sciatica, lower back pain, upper back pain, foot pain, Bell's palsy, paralysis, arthritis, ear ringing (tinnitus), deafness, migraine, head pain with swelling and dizziness, intestinal pain, menstrual pain, irregular menses, amenorrhea, difficult labor.

肺機能不夠之坐骨神經痛，腰痛，上背部疼痛，足部疼痛，面癱，癱瘓，關節炎，耳鳴，耳聾，偏頭痛，偏頭脹痛與頭暈，腸痛，痛經，月經不調，閉經，分娩困難。

Contraindications

Do **not** needle in pregnant women.

Chinese Meaning: 靈骨 *Líng Gǔ*.

A popular yet inaccurate translation of this is “spirit bone”.

The characters 靈 *Líng* and 骨 *Gǔ*

The character 靈 *Líng* consists of 雨 *Yǔ* (rain) on top, three 口 *Kǒu* (mouth) in the middle, and 巫 *Wū* (shaman) on the bottom.

The character 巫 *Wū* is an image of 人 *Rén* (person) on the left, with 工 *Gōng* (the top line represents the heavens and the bottom line represents earth), and 人 *Rén* (person) on the right. Quite literally, this symbolizes two people separated by the paradigm of communication between heaven and earth. Therefore, 巫 *Wū* represents a person able to communicate with the heavens and earth, with the living and the dead.

In the modern Western culture, a shaman may be considered somewhat taboo. But in the old days in China, these people were highly revered and respected. Deeply intuitive, they could predict disasters and help people take preventative measures to survive.

The Chinese civilization is primarily an agricultural society. Growing crops to ensure that people are fed is very important. Thus, it makes sense that the word harmony 和 *Hé* consists of 禾 *Hé* (grain) on the left and 口 *Kǒu* (mouth) on the right. When everyone in the nation is sufficiently fed, a state of harmony 和 *Hé* is achieved.








If there is drought, crops will not grow, people will be in disharmony, and it will eventually lead to war over resources. Thus, it is a shaman’s job to ask for rain, ensure a successful harvest season, and secure the harmony and prosperity of their people.

The character 靈 *Líng* as a whole is an image of a shaman using 口 *Kǒu* (mouth),

repeatedly asking for 雨 Yǔ (rain); eventually, rain happens. What's next? Enduring peace. This whole process is called 靈 Líng!

The true translation is a combination of "It worked!" "Yes!" "Miraculous!" The 靈 Líng in the 靈骨 Líng Gǔ acupuncture point thus stands for its valiant efforts, merits, and miraculous results.

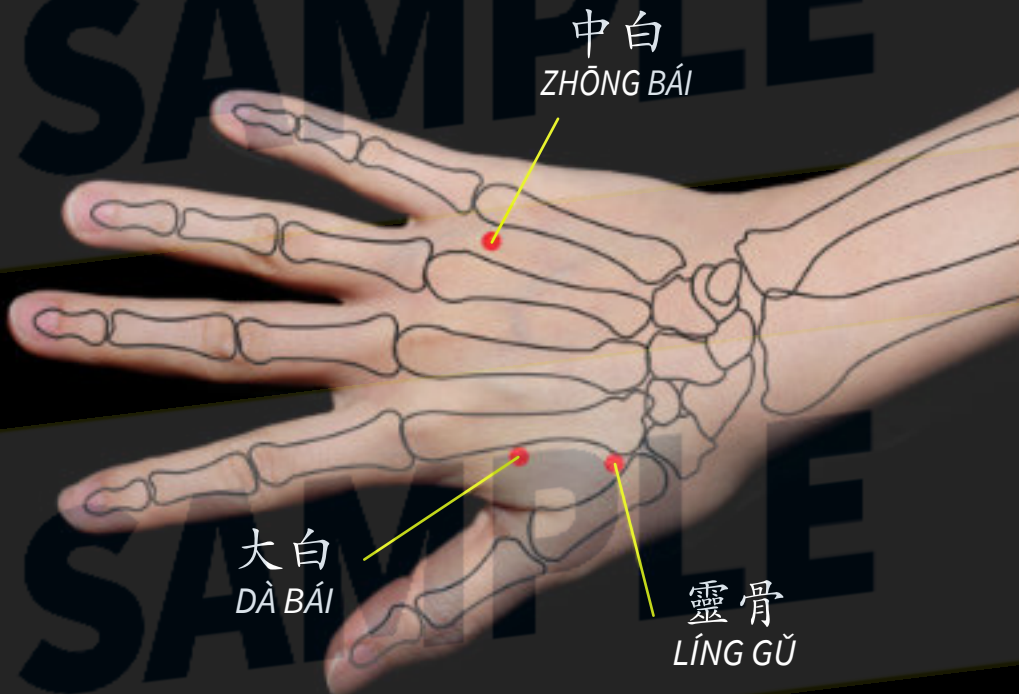
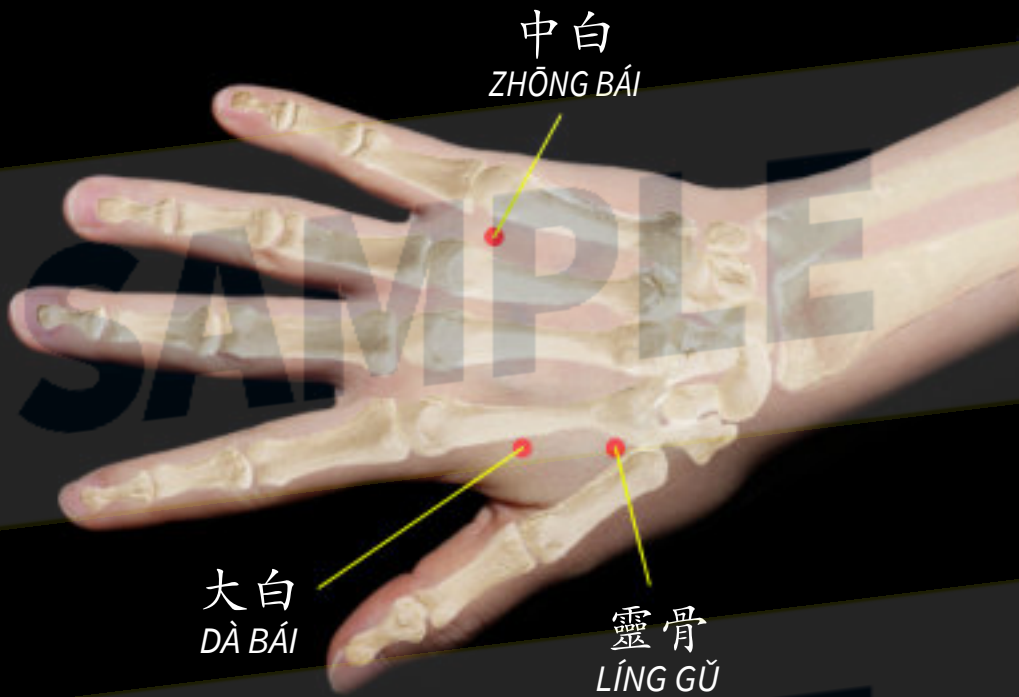
The character 靈 Líng is also used in 靈樞經 Líng Shū Jīng.

We all know what a bone is. But what is the Chinese interpretation? The Oracle Bone Script writing for 骨 Gǔ is . , the top part, is a visual picture of the spinal column. The lower part  represents meat or flesh.  was later reinvented to become  in Small Seal Script. So  +  became 骨 Gǔ.

The Chinese word or character for slippery or smooth is 滑 Huá. For example, 滑脈 Huá Mài is slippery pulse. As you may notice, it is formed by 骨 Gǔ (bone) with 氵 Shuǐ three dots on the left side. This 氵 character is a simplified writing of 水 Shuǐ which means water. Why is the bone character 骨 Gǔ involved in the word slippery 滑 Huá?

To extend that idea, 腎主骨 Shèn Zhǔ gǔ bone is primarily sourced from the kidney. 骨堅而滑也 Gǔ Jiān Ér Huá Yě means when the bone is strong, the bone is smooth; brittle bones are never smooth to the touch. In the study of Five Elements, we learn that kidney is water. Therefore, a healthy bone with sufficient water will be slippery. Only a strong, water-sourced kidney will nourish the bone and give it a slippery appearance and texture. Now you know the Chinese character for bone 骨 Gǔ and slippery 滑 Huá.

We are grateful to Master Tung, for the 靈骨 Líng Gǔ, 大白 Dà Bái combination is one of his greatest contributions to Chinese medicine.



SAMPLE

SAMPLE

SAMPLE

靈骨
LÍNG Gǔ

大白
DÀ BÁI

中白
ZHŌNG BÁI



Case Study 1

Albert's Low Back

Patient Presentation

Albert is a 42-year-old male who presented with acute low back injury. While helping his nephew move heavy boxes about 2 weeks ago, he severely twisted his side, resulting in muscle strain that became worse over the next 24 hours.

Current Symptoms

- Incredible pain when at rest and nearly in tears when he tries to move — intensity level 9 of 10;
- With the help of a cane, he is able to walk slowly, dragging his left foot due to the intense pain on that side.

Treatment Course

- Four, 45-minute treatments over a 1-month period;
- Treatments 1–3: *Líng Gǔ* – *Dà Bái* – *Zhōng Bái* combination, contralaterally in the right hand to achieve *Qì* sensation;
- Treatment 4: *Líng Gǔ* – *Dà Bái* – *Zhōng Bái* combination + *Tài Chōng* (LV3) on the opposite side.

Initial Results

- During the first session, Albert reported immediate pain relief within 30 seconds; he was able to rock his hips from side-to-side without discomfort;
- After 45 minutes, he was able to rise from the table unassisted and walked out, almost forgetting his cane.

Follow-up Results

- Within the next 2 weeks, Albert came back for 2 identical treatments;
- He reported increased pain relief and fewer and less intense symptoms with each visit.

Insights

- The *Líng Gǔ – Dà Bái – Zhōng Bái* combination is effective in muscular-based pain and injury;
- Distal point needling enables patients to obtain quick and powerful results by allowing the body to heal itself.



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