THE MIDNIGHT-NOON EBB-FLOW
ACUPUNCTURE METHOD –
ZI WU LIU ZHU ZHEN FA – 子午流注针法
THE EIGHT METHODS OF THE MAGIC TURTLE –
LING GUI BA FA – 灵龟八法

INSTRUCTION MANUAL FOR “THE WHEEL OF TIME ACUPUNCTURE®”

BY DR. ARMIN KOCH
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1. Introduction

The classical methods of Zi Wu Liu Zhu Zhen Fa and Ling Gui Ba Fa represent a combination of the cyclic and energetic aspects of time and acupuncture. Through clearly defined rules we are able to coordinate these energetic cycles with the proper time in order to fully optimize the effectiveness of acupuncture treatment.

The newly developed “Wheel of Time Acupuncture©” now makes it possible to establish the sundial time at any time between 1910 and 2030 at any place on the earth. The “open” acupuncture points in accordance with Zi Wu Liu Zhu Zhen Fa – 子午流注针法 – and Ling Gui Ba Fa – 灵龟八法 – are visible at a glance.

Using the back side of the “Wheel of Time Acupuncture©” allows you to determine the energy constellation of time (“The Four Pillars of Destiny”) for any point in time between 1910 and 2030. Determining this energy constellation as it relates to time, for example, one’s date and time of birth makes available additional diagnostic as well as therapeutic possibilities.

With the “Wheel of Time Acupuncture©” you have a tool at hand that will enhance your effectiveness with acupuncture by incorporating the dimension of time into your practice. This will not only optimize your treatment, but also often leads to the use of less needles with astounding results. You will begin to treat your patients in the manner of the old “masters”.

This tool however is complex. Take the necessary time to carefully study the instruction manual to the “Wheel of Time Acupuncture©” in order to practice with it before using it on your patients.
2. Nomenclature and Abbreviations

The abbreviations of the acupuncture points I use are those from the standard nomenclature established by the WHO. The names of the points in Chinese pictograms, in Pinyin style as well as the English translation, have been left out as a means of shortening the text even though they contain significant meaning. The use of the “Wheel of Time Acupuncture©”, however, requires the use of additional acupuncture atlases. In these atlases you will find, next to the needle location and its energetic description, its name as well as additional information of value.

<table>
<thead>
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<th>Point Example</th>
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<td>Pericardium</td>
<td>PC6</td>
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<td>Gall-Bladder</td>
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<td>Conception Vessel</td>
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*Figure 1: WHO Standard Nomenclature*

The subdivision of the day according to the Chinese calendar occurs in twelve double hours (or two normal clock hours). I use the term “Time division” or “Td” to signal this situation.

Earthly branches are abbreviated with a B. The branches are numbered with Arabic numerals. B4, for example, stands for the 4th earthly branch.

Heavenly stems are abbreviated with an S.. The numbering of the stems is defined by Roman numerals. S.X, for example, stands for the 10th Heavenly Stem. In order to make a distinction here there is a full stop after S (S.) in contrast to B without a full stop.
3. Graphic Illustration

The Five Elements
The five elements are represented in the following color code. Blue is the element of water. Green is the element of wood. Red is the element of fire. Yellow is the element of earth. Grey is the element of metal.

Graphic Illustration of the Yin and Yang
If in addition to an element the qualification of Yin is to be expressed, then the corresponding color tone will appear darker in tone with the inscription appearing in white print.

If in addition to an element the qualification of Yang is to be expressed, then the corresponding color tone will appear lighter in tone with the inscription appearing in black print.

The expression of the qualification of Yin without any additional element information will appear on a black field with the inscription in white print.

The expression of the qualification of Yang without any additional element information will appear on a white field with the inscription in black print. This, however, only refers to the wheels when the Yin Yang qualification comes into question. These wheels include the “Cycle of Sixty-Wheel”, the “Clock Time Wheel”, and the “Solar time Wheel” on the front side as well as the “Year Number”, the “Month Number”, the “Day Number”, the “Time division Number”, the “Month Wheel”, and the “Time division Wheel” on the back side of the “Wheel of Time Acupuncture™”.

<table>
<thead>
<tr>
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Figure 2: Graphic Illustrations of the Five Elements, Yang and Yin
4. Structure of the Wheel of Time Acupuncture®

4.1. Front Side


The Eight Methods of the Magic Turtle – Ling Gui Ba Fa – 灵龟八法;

The Wheel of Time Acupuncture by Dr. Armin Koch®

Figure 3: Front Side
1st Wheel: Day Wheel: shows the date
2nd Wheel: Month Wheel: 1st of each month (pink for normal year, blue for leap year)
3rd Wheel: Year Wheel: shows Jan 1 of the years. This corresponds to the day number in the 4th wheel.
4th Wheel: Cycle of Sixty Wheel: shows the day numbers
5th Wheel: Clock Time Wheel: shows the time of a local clock
6th Wheel: Solar Time Wheel: shows the time divisions (Td) with the corresponding earthly branches (solar time)
7th Wheel: Wheel of Strategies: shows the open points, strategies, and palaces in the actual time division.

Contains: (from the outer edge inward)
- Na Jia Fa Wheel: shows the points according to the “Zi Wu Liu Zhu – Na Jia Fa”
- Organ Clock Wheel: shows the circulation of the Qi in the channels through the 24 hours
- Na Zi Fa Wheel: shows acu-points and strategies of the open channel according to the “Zi Wu Liu Zhu – Na Zi Fa”
- Fei Teng Ba Fa Wheel: shows the open palace according to Fei Teng Ba Fa
- Ling Gui Ba Fa Wheel: shows the open palace according to Ling Gui Ba Fa
4.2. Back Side
The Four Pillars of Destiny

Figure 4: Back Side

1st Wheel: Year Wheel
2nd Wheel: Year Number Wheel: with animal of the year and number of “Cycle of Sixty” with stem-branch constellation
3rd Wheel: Month Wheel
4th Wheel: Month Number Wheel: number of “Cycle of Sixty” with stem-branch constellation
5th Wheel: Day Number Wheel: number of “Cycle of Sixty” with stem-branch constellation
6th Wheel: Time division (Td) Wheel: shows the time divisions
7th Wheel: Time division (Td) Number Wheel: number of “Cycle of Sixty” with stem-branch constellation
5. Conversion from Clock Time to Sundial Time
(Read on the front side of the wheel)

A sundial displays solar time. The terms sundial time and solar time are used synonymously.

Any application of Zi Wu Liu Zhu Zhen Fa and Ling Gui Ba Fa is based on solar time which can be calculated from local time. You set the “Wheel of Time Acupuncture” by rotating the 5th wheel (“Clock Time Wheel”) and the 6th wheel (“Solar Time Wheel”). Once in the correct position, these two wheels are then locked into place. Now you can locate your local time on the 5th wheel. This will then reveal the corresponding solar time on the 6th wheel.

The calculation whereby the local time is converted into solar time is very important in the use of the “Wheel of Time Acupuncture®”. This procedure is explained in the manual and you will find more detailed information on the CD-ROM included in your package.

In order to correctly lock into place the 5th wheel with the 6th wheel you will need the following information for the calculations which can be found in an atlas or on the internet:

- Geographical longitude of your position (°E or °W)
- Time zone of your position (e.g. CET Central European Time, EST Eastern Standard Time of North America, etc)
- Longitude of the center of your time zone (°E or °W)

5.1 Calculations for Converting Clock Time to Sundial Time

5.1.1 Geographic Adjustment for Location within your Time Zone

Places within the same longitude have the same sundial time. For every degree west of the center of a particular time zone you must subtract four minutes from the local time in order to maintain the correct sundial time.

For every degree east of the center of a particular time zone you must add four minutes to the local time in order to maintain the correct sundial time.

Rules of adjustment

Distance (in °) = longitude of your position – longitude of the center of your time zone

Adjustment for location within your time zone (in minutes) = distance (°) x 4 min/°

The longitude for places west of Greenwich is represented by x°W (west) in atlases. Therefore, for example, New York, lies at the longitude 75°W. Using the above rule of calculation we substitute those places west of the Greenwich longitude with the corresponding
eastern longitude which is indicated through a negative sign. Our example of New York then changes from 75°W to -75°E.

If the place in question lies west of the center of your time zone, the calculation according to the above rule will result in a negative number. This means that the numerical value of the sundial time of the place in question will be less than the numerical value of the time in the center of the time zone. In other words, the more western the position is in a particular zone the later the sun will appear at its zenith. The more easterly a position is in a particular zone the earlier the sun reaches its zenith.

5.1.2. Adjustment for Summer Time (Daylight Saving Time)

If daylight saving time is active, you will have to subtract 1 hour from local clock time in order to arrive at the correct sundial time.

5.1.3. Adjustment for the Non-uniformity of Solar Time

The path of the earth around the sun is not quite regular. This irregularity results in an additional alteration in the sundial time from the absolute regular time of the clock. This deviation can amount to a quarter of an hour's difference in February and in November. In the equation of time table (figure 5) you will find the exact data to compensate for any deviation in time. In calculating sundial time from clock time the plus or minus signs in figure 5 must be considered.
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*Figure 5: Equation of Time Table*
5.2. Settings on the “Wheel of Time Acupuncture®”.

As long as your position does not change, the calculations you have arrived at will not change significantly during the summer or during the winter. Small changes, however, will occur. For example, a change of up to 16 minutes will occur in winter. These slight changes can, however, be accounted for by consulting the equation of time table and making the necessary adjustments on the clock time and solar time wheels.

However, for the most part, these adjustments are not necessary on a daily basis. Daily changes are of a minimal nature. It is impossible to achieve an exact correspondence between local clock time and solar time. In general, such minor differences in time have no influence on acupuncture quality. In this respect a particular concern for such fine time adjustments is not necessary. What is important is that the setting is checked at least once a month so that necessary adjustments can be made.

The adjustments for clock time and solar time wheels are made at the position of 11:00 or 23:00. These two times represent the change from Yang to Yin or from Yin to Yang as illustrated in the change from white to black and vice versa (see figure 6).

When the black bar of the clock time wheel is ahead and the black bar of the solar time wheel is at 11:00, then the sun at your location arrives at its zenith later than it would in the center of your time zone. Thus, the adjustments between clock time and sundial time according to our calculations result in a negative number. The length of this bar shows the difference between clock time and sundial time.

When the black bar of the clock time wheel is behind and the black bar of the solar time wheel at 11:00, then the sun at your location arrives at its zenith earlier than it would in the center of your time zone. Thus, the adjustments between clock time and the sundial time according to our calculations result in a positive number. The length of this bar shows the difference between clock time and sundial time. What appears on the wheel is the correct setting for clock time and solar time wheels.

Figure 6, the “Setting and Locking into Place of the Clock Time and Solar Time Wheels” offers an example of an adjustment between clock time and sundial time of minus 1h25min (sundial time = clock time -1h25min). At the location according to this example the sun arrives at its zenith 1h25min later than in the center of the time zone.

At 23:00, the same rule applies. Only now, the roles played by black and white have reversed themselves.

The adjustment between clock time and solar time wheels can be locked into position with one of the paper clips included in your package as seen in figure 6. The paper clip is placed at the current year on the “Year Wheel”. Be careful to lock into place only the clock time and solar time wheels and not the cycle of sixty wheel.

This current year reveals the day number of January 1 which is on the “Cycle of Sixty” wheel. This day number is the starting point for all calculations or settings for the date of the application of the Wheel of Time Acupuncture.
5.3. Examples

5.3.1 Zurich (8.6°E), March 27, 1956
The time is Central European Time (CET). The Center of the Time Zone is at 15°E longitude.

Adjustment for location within the time zone
8.6°E - 15°E = -6.4°

-6.4° x 4min/° = -25.6min, rounded off to -26 minutes

Adjustment for summer time
There was no daylight saving time in Switzerland in 1956.

Adjustment for the non-uniformity of solar time
According to the equation of time table (figure 5): -5min

Sundial time of Zurich (March 27, 1956)
Clock time -26min – 5min = clock time – 31min

In Zurich on March 27, 1956 the sun arrived at its zenith 31 minutes later than it did at the center of the respective zone of 15°E.
5.3.2 Los Angeles (118.3°W (= -118,3°E)), December 1, 2006
The time is Pacific Standard Time (PTS). The Center of the Time Zone is at 120°W = -120°E longitude.

Adjustment for location within the time zone
(-118.3°E) – (-120°E) = +1.7°

+1.7° x 4min/° = +6.8min, rounded off to +7 minutes

Adjustment for summer time
There is no daylight saving time in Los Angeles in December.

Adjustment for the non-uniformity of solar time
According to the equation of time table (figure 5): +10 minutes

Sundial time of Los Angeles, December 1, 2006
Clock time +7min. + 10min. = clock time + 17 minutes

In Los Angeles on December 1, 2006 the sun arrived at its zenith 17 minutes earlier than it did at the center of the respective zone of 120°W.
5.3.3. My Workplace, March 1, July 1, November 1

Location: : ……………………….(Longitude:…………. °E)
Time zone:………………………………………….
The center of the time zone is at …………….°E

Adjustment for location within the time zone

……… °E(longitude of my workplace) – ……….°E (center of the time zone) = ……….° (Distance from the center of the time zone)

………° (Distance from the center of the time zone) x 4min/° = ……………. minutes

Adjustment for summer time

If the daylight saving time at my workplace is active I will have to subtract 1 hour from local clock time to arrive at sundial time.

Adjustment for the non-uniformity of solar time

According to the equation of time table (Figure 5):
March 1: -13min
Juli 1: - 3min
November 1: + 16min

The sundial time of my workplace

Clock time + or - adjustment for location within my time zone - 1h (if summertime is active ) + or – equation of time

March 1: Clock time (+ or -)………………
July 1: Clock time (+ or -)…………………
November 1: Clock time (+ or -)………………
5.4.4. My Birthplace

Location: …………………………..(Longitude:…………° E)

Time zone: ………………………………

The center of the time zone is at ………………° E

Birthday: ………….. Time of birth:………………………..(clock time)

Adjustment for location within the time zone

…….° E (longitude of my birth place) - ……..°E (center of the time zone) = ……..° (Distance from the center of the time zone)

……..° (Distance from the center of the time zone) x 4min/° = …… minutes

Adjustment for summer time

If daylight saving time at my birthplace was active when I was born, I have to subtract 1 hour from local clock time to arrive at sundial time.

Adjustment for the non-uniformity of solar time

According to the equation of time table (Figure 5): …………………

Sundial time when I was born

Clock time + or - adjustment for location within my time zone - 1h (if summertime was active) + or – equation of time:

Clock time (+ or -)………………………………………………….
6. Calculation of the Day Number

(Settings on the front side of the wheel)

6.1. Day Number of January 1 of the Target Year

You look up the day number of January 1 of the target year in figure 9. For example, for 2010 the day number of January 1 is 48. This number can be found on the 4th wheel (“Cycle of Sixty Wheel”). The normal years of 365 days are found in the pink colored area; leap years are found in the blue colored area. Above the day number of January 1 on the “Cycle of Sixty” wheel the corresponding year can be checked on the 3rd wheel (“Year Wheel”) once again.

The day number of January 1 of the target year is then locked into place with one of the paper clips. But do not lock the “Cycle of Sixty” wheel into place. In this way both the clock time and the solar time wheel are held in their proper place in relationship to each other. (See chapter 5.2 “Settings on Wheel of Time Acupuncture©” and figure 6 “Setting and Locking into Place of the Clock Time and Solar Time Wheels”)

<table>
<thead>
<tr>
<th>Leap Years</th>
<th>Normal Years</th>
</tr>
</thead>
<tbody>
<tr>
<td>Year</td>
<td>Day Number</td>
</tr>
<tr>
<td>1904</td>
<td>31</td>
</tr>
<tr>
<td>1908</td>
<td>52</td>
</tr>
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<tr>
<td>2024</td>
<td>7</td>
</tr>
<tr>
<td>2028</td>
<td>22</td>
</tr>
</tbody>
</table>

*Figure 9: Day Number of Jan 1 (1904 – 2031)*
6.2. Day Number of the 1st of the Target Month; 1st step

The 2nd wheel (“Month Wheel”) is rotated until the field “Jan 1” of the second wheel and the year of the 3rd wheel (“Year Wheel”) appear in a straight line one above the other. Again, the beginning of the months in normal years appear in pink while leap years appear in the blue colored area. You must, however, exercise caution. There are two January firsts on this ring, referring to either a leap year or a normal year. In figure 10 you will see the setting for January 1, 2010 with its corresponding day number 48. In figure 11 you will see the setting for November 1, 2010 with its corresponding day number 52.

Figure 10: January 1, 2010; Day Number 48
6.3. Day Number of the 1\textsuperscript{st} of the Target Month; 2\textsuperscript{nd} step

The 1\textsuperscript{st} wheel ("Day Wheel") is rotated until the "1" appears above the 1\textsuperscript{st} of the target month. Again, it is essential that the normal years, colored in pink, and the leap years, colored in blue, have already been attended to. The setting can be seen in figure 11.

Figure 11: November 1, 2010; Day Number 52
6.4. Day Number of the Target Date

The target date is sought after on the 1st wheel. Now rotate the 4th wheel (“Cycle of the Sixty” wheel) until the day number appears under the target date. The setting for November 5, 2009 can be seen in figure 12.

Figure 12: November 5, 2010; Day Number 56

The day number corresponding to the target date is the key to finding the open acupuncture points. All the wheels (1 to 4) are then held in position with a paper clip (see figure 12). This setting is then appropriate for the entire day.
An example for the setting for leap years can be seen in figure 13. The setting is for the 13th of July 2000.

Figure 13: July 13, 2000; Day Number 9
7. Reading the Revealed Acupuncture Points
(Settings on the front side)

Putting the 7th wheel ("Wheel of Strategies") in the correct position is the final setting to be made. The actual time of interest, that is the time on the clock time wheel, must lie within the open organ segment. The window of the wheel of strategies must always encompass an exact time division so that a complete organ is revealed (see arrows in figure 14). Figure 14 shows the time division (Td) 13:00 – 15:00 of the SI channel. As a result of this setting the window is open from 14:30 -16:30 (clock time). At 16:30 (clock time) the wheel of strategies must be moved to the next 2-hour window of the BL channel.

Figure 14: B8 Td, SI-Channel

The revealed points, strategies, or palaces in accordance with the system of Na Jia Fa, Na Zi Fa, Fei Teng Ba Fa and Ling Gui Ba Fa (from the outside inward) can now be read in the appropriate ring.
8. The Midnight-Noon Ebb-Flow Acupuncture Method – 
Zi Wu Liu Zhu Zhen Fa – 子午流注针法

The term Zi – 子 – represents the first earthly branch; the term Wu – 午 – represents the 
seventh earthly branch. They are time periods denoting midnight and noon.


Zhen – 针 – means acupuncture. Sometimes Zhen Jiu – 针灸 – are written together to mean 
both acupuncture and moxibustion. Fa – 法 – means method.

A common translation of Zi Wu Liu Zhu Zhen Fa is “The Midnight-Noon Ebb-Flow Acupuncture 
Method”.

This form of time acupuncture is often referred to as astronomical acupuncture. It treats, 
primarily, the pathologies of the twelve main channels and employs the five transporting shu 
points (12 channels x 5 acupuncture points/channel = 60 acupuncture points) in addition to the 
yuan source points on the yang channels (6 acupuncture points). A total of 66 points are utilized 
in this method.

Two basic forms are distinguished here; the Na Zi Fa – 拿子法 – and the Na Jia Fa – 拿甲法.

Na Zi Fa – 拿子法

Na – 拿 – means to take or make use of and Fa – 法 – means method. Zi – 子 – is the first 
earthly branch and stands for the earthly branches in general. Na Zi Fa – 拿子法 – “Take or Use 
the Branch Method” – is the method that works with the earthly branches.

Na Jia Fa – 拿甲法

Na – 拿 – means to take or make use of and Fa – 法 – means method. Jia – 甲 – is the first 
heavenly stem and stands for the heavenly stems in general. Na Jia Fa – 拿甲法 – “Take or Use 
the Stem Method” – is the method that works with the heavenly stems.

The easiest method to use is the Na Zi Fa method.

A prerequisite for the correct use of either of these basic forms is the conversion from local 
clock time to sundial time along with the necessary setting of the “Wheel of Time Acupuncture©
as described in chapter 5, “Conversion from Clock Time to Sundial Time”.

The energetics of the day according to Na Zi Fa are reflected in the course of the twelve earthly 
branches. Every branch is assigned to a double hour or time division (Td) and its own specific 
channel. This is illustrated on the “Wheel of Time Acupuncture©” in the sixth wheel or the “Solar 
Time Wheel”, and the seventh wheel or “Wheel of Strategies”.

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The “Solar Time Wheel” reveals the 12 time divisions (Td) with their corresponding earthly branches according to the sundial time.

The “Organ Clock Wheel” within the “Wheel of Strategies” shows the circulation of the Qi in the channels through the 24 hours.

The exact setting of the window of the “Wheel of Strategies” within the open channel segment (see chapter 7, “Reading the Revealed Acupuncture Points”) mirrors the correspondence of the sixth and seventh wheel.

The energetic beginning of the day is marked as the first time division, 23:00 – 01:00, B1 Td (子 – Zi). The circulation of the Qi, however, only begins in the third time division 03:00 – 05:00, B3 Td (寅 – Yin) with the LU-Channel. The time phase and the Qi phase are different.

The day number does not play any role whatsoever in the Na Zi Fa method since the daily energy cycle repeats itself on a regular basis. It only begins to play an important role when it comes to the Na Jia Fa.

The theoretical background of the system is, on the one hand, supplied by the meridian clock with its assignment of the earthly branches to the channels and, on the other hand, the five transporting shu points with their classical indications as well as with the rules of the five elements. Additional information on these topics can be found on the accompanying CD-ROM.
8.1. Na Zi Fa – 拿子法

Strategy 1: Treatment of an illness during the time division of the channel corresponding to that illness

In an ideal situation, a patient will be treated during the time that is most appropriate to treat his or her illness. For example, a patient with a lung ailment will be treated between 03:00 and 05:00 because it is the organ time of the lung. From a practical point of view, however, this method can only be practiced during the day time (stomach to kidney time).

In general, any point on the channel can be treated at the relevant time. However, from an ideal point of view the illness in question should be treated with the most appropriate point. A number of commonly used strategies will be described in the following paragraphs.

We will use the example of a treatment strategy in the time span 9:00 -11:00, B6 Td (sundial time), with regards to an illness involving the spleen in order to explain the many diverse possibilities involved in strategy 1.

Strategy 1.1: Treatment according to the mother child laws

This strategy in particular makes sense in the case of syndromes of excess or deficiency.

Different concepts of tonification and sedation are discussed in the accompanying CD-ROM. These concepts can all be utilized in the Na Zi Fa method. The five transporting shu points with their corresponding elements, as well as the channels, are found on the “Wheel of Time Acupuncture©” in colored form (see figure 2: “Graphic Illustrations of the Five Elements”). This information allows you to utilize any concept at any time.

Strategy 1.1.1: Tonification of the channel that precedes the timely channel in the meridian clock, if the timely channel shows a pathology of deficiency (see figure 15)

This is, in my opinion, the most appropriate use of tonification with regards to symptoms of deficiency in a channel. Therefore, you will find only this particular tonification method on the “Wheel of Time Acupuncture©”.

My reason for this is that the needling of an energetically weak channel brings out the danger of an additional weakness. Acupuncture is essentially a form of sedation. If we place our needles after an incoming tide, we will be more able to support the small amount of energy that is present without opening the channel while it is at its maximum.

Take, for example, the diagnosis of a spleen Qi deficiency. In order to strengthen the SP-channel we tonify the ST-channel which precedes the SP-channel. We needle the mother point of the ST-channel, ST41 (fire point on the earth yang channel) by using the tonification technique.
Strategy 1.1.2: Sedation of the timely channel when this channel shows a pathology of excess (see figure 15)
The child point of the timely channel is needled. This is my course of action as it is the most sensible means of sedation with regards to symptoms of excess in a channel. This form of sedation is utilized on the “Wheel of Time Acupuncture®”. The reason for this choice is that the opening of the channel at this time is most appropriate because it contains the greatest amount of stalled energy.

Take, for example, a patient with pain on the medial side of his/her knee who is diagnosed with xue stagnation of the SP-channel. In order to ease up on the SP-channel we needle the child point of the SP-channel SP5 (metal point on the earth yin channel) using the sedation technique.

Strategy 1.2: Treatment of the horary-ben point of the timely channel (see figure 15)

Strategy 1.3: Treatment according to the five subdivisions of the time division (see figure 15)
Within the confines of the time division, the row of the five transporting shu points opens consecutively. Using the “Wheel of Time Acupuncture®” the actual open time periods become easily visible. Corresponding to the actual clock time in the fifth wheel, you will find in the outermost wheel of the Na Zi Fa segment the immediately opened transporting shu point.

A fifth of a time division is equal to 24 minutes.

1st fifth, 0 – 24 min. → jing-well points
2nd fifth, 24 – 48 min. → ying-spring points
3rd fifth, 48 – 72 min. → shu-stream points
4th fifth, 72 – 96 min. → jing-river points
5th fifth, 96 – 120 min. → he-sea points

The one disadvantage of this method is the short time interval during which the acupuncture point is open.

The use of this method allows a problem of the open channel to be treated. It is also well suited for a constitutional therapy without any specific diagnosis (see strategy 3.4.)
Strategy 1.4: Combination of the yuan-source point of the timely channel with the luo-connecting point of the interior-exterior related channel (see figure 15)

For practical reasons it is not the luo-connecting point of the timely channel, but the luo-connecting point of the interior-exterior related channel that appears in the first column of the window. In general practice this luo-connecting point can strengthen the effectiveness of the yuan-source point of the timely channel. This use is based on the guest host rule (see CD-ROM).

In the example of a spleen qi deficiency, SP3, the yuan-source point of the timely channel is combined with ST40, the luo-connecting point of the interior-exterior related channel.

Strategy 1.5: Combination of the shu-stream point with the back-shu point of the timely channel in pathologies of the zang organs (see figure 15)

Strategy 1.6: Combination of the mu-front point and the xiahe-lower-sea point of the timely channel in pathologies of the fu organs (see figure 15)

Strategy 1.7: Combination of the mu-front point with the back-shu point (see figure 15)
Figure 15: Strategies of Na Zi Fa – 拿子法; Strategy 1: Treatment of an illness during the time division of the channel corresponding to that illness. For example: illness of SP-channel, treatment at 9:00 – 11:00, B6 Td (sundial time)

1. Strategy 1.1.1: Mother point of preceding channel (ST41)

2. Strategy 1.1.2: Child point (SP5)

3. Strategy 1.2: Horary-ben point (SP3)

4. Strategy 1.3: Treatment of the transporting-shu point according to the five subdivisions of the time division

5. Strategy 1.4: Yuan-source point of the timely channel (SP3) + luo-connecting point of the interior-exterior related channel (ST40)

6. Strategy 1.5: Shu-stream point (SP3) + back-shu point (BL20)

   Strategy 1.6: Mu-front point + xiahe-lower-sea point (for yang channels only!)

7. Strategy 1.7: Mu-front point (LV13) + back-shu point (BL20)
Strategy 2: Treatment according to the noon-midnight law (see figure 16)

Noon-midnight law:

Tonification in the Yang has the effect of sedation in the Yin, while tonification in the Yin has the effect of sedation in the Yang (see figure 16, strategy 2.1. and 2.2.)

This statement refers to the two opposing channels of the meridian clock.

Let us take the problem of an illness of the liver in order to clarify this strategy. Treatment time: 13:00 - 15:00, B8 Td (sundial time).

If, for example, there is an excess in the liver (a stagnation of the liver Qi, stress, and a corresponding sleep disturbance) and you want to treat it according to the Na Zi Fa system, you can utilize the advantage offered in the noon-midnight law.

The time for the LV-channel is 01:00 – 03:00; the time for the SI-channel is 13:00 – 15:00. Tonification of the SI-channel in the time span of 13:00 – 15:00 sedates the liver. Following the mother child laws we can tonify the SI channel with HT9 (strategy 2.1.) or with the horary-ben point SI5 (strategy 2.2).

We can, however, also use the luo-connecting point (strategy 2.3.) of the meridian clock on the lower or opposite end of the front side of the “Wheel of Time Acupuncture©”. When using this strategy, however, one must consider that on the “Wheel of Time Acupuncture©”, the luo-connecting point of the interior-exterior related channel is revealed in the window.

In our illustrated case of an excess in the liver, we can also use the luo-connecting point of the SI-channel SI7 as a means of rebalancing the liver.

The possibilities of treating an illness in its corresponding time frame can be expanded upon through the noon-midnight law. In this way, we have access to the nights’ (PC- to LI-time) open channels during the day.
Figure 16: Strategies of the Na Zi Fa – 拿子法; Strategy 2: Treatment according to the noon midnight law. For example: a pathology of liver excess, treatment at 13:00 – 15:00, B8 Td (sundial time)

1. **Strategy 2.1:** Point for tonification or sedation. In our example (liver excess) → tonification of SI-channel sedates LV-channel → HT9 (mother point of the preceding channel!)

2. **Strategy 2.2:** Tonification or sedation of the horary-ben point. In our example (liver excess) → tonification of SI5

   **Strategy 2.3:** In our example: Luo-connecting point of the SI-channel → SI7 (not in the SI-Channel window!)

**Strategy 3:** Treatment of the timely channel regardless of the illness

In order to clarify this strategy we will choose the time span 17:00 - 19:00, B10 Td (sundial time). Regardless of the actual problem involved, the strategy requires using the KI-channel.

**Strategy 3.1:** Treatment of the yuan-source point or the horary-ben point of the timely channel (see figure 17)

Here we may choose either KI3 (yuan-source point) or KI10 (horary-ben point) as the major point of treatment. This can also be used in combination with other acupuncture points in correspondence to the actual problem in question. However, one should not use too many extra needles so as not to interfere with the ability of the body to focus on the desired treatment.
Strategy 3.2: Treatment according to the energetics of the five elements of the timely channel (see figure 17)
The illness is assigned to an element. The timely channel is treated by needling the element point that is related to the illness.

Take, for example, a patient with a cough who comes for acupuncture treatment at 18:00 (sundial time). KI is the open or timely channel. It is for the most part a problem of the lung. Metal is assigned to the lung. We thus treat KI7 or the metal point on the KI-channel.

Strategy 3.3: Treatment of the timely channel according to the mother child laws (see figure 17)
With regards to a problem of excess, we treat the sedation point of the timely channel. For problems of deficiency we treat the tonification point of the timely channel.

Example 1:
A patient with acute pain and a full pulse (a problem of excess) will be needled over the child point of the KI-channel KI1 with sedation.

Example 2:
The chronically sick patient with a weak pulse (a deficiency problem) will be needled over the mother point of the BL-channel, BL67, with tonification.
Strategy 3.4: Treatment according to the five subdivisions of a time division (see fig. 17)
This is the same procedure as in strategy 1.3. But in this case it does not matter what the illness is.

Figure 17: Strategies of the Na Zi Fa – 拿子法; Strategy 3: Treatment of the timely channel regardless of the illness. For example: a treatment at 17:00 – 19:00, B10 Td (sundial time)

1. Strategy 3.1: Yuan-source point KI3 or horary-ben point KI10
2. Strategy 3.2: Treatment of the element point that is related to the disease. In our example KI7 (metal point)
3. Strategy 3.3: Treatment according to the mother child laws: BL67 for tonification; KI1 for sedation
4. Strategy 3.4: Treatment of the transporting-shu point according to the five subdivisions of the time division
Strategy 4: Classical indications of the five transporting-shu points

The transporting-shu points of the timely channel are utilized in the following situations:

- In the case of heat symptoms, dullness as well as fullness below the heart region, the jing-well point of the timely channel is to be used for treatment.
- In the case of fever, hot flushes with facial change of color, illness concerning the channel, illnesses of the zang organs (in combination with the shu-stream points), the ying-spring point of the timely channel is to be used for treatment.
- In the case of disturbances of the zang (along with the ying-spring points), disturbances in the Yang channels, feelings of heaviness in the body, as well as joint pains, the shu-stream point of the timely channel is to be used for treatment.
- In the case of coughing, dypsnoe and changes in the voice, the jing-river point of the timely channel is to be used for treatment.
- In the case of rebellious Qi, diarrhea, illnesses dealing with the stomach and skin, the he-sea point of the timely channel is to be used for treatment.

Example 1:
A patient suffering joint pain arrives at 08:00 (solar time) for treatment. The patient would be treated through ST43, the shu-stream point of the timely channel. At 14:00 (solar time) the same patient would be treated over SI3, again the shu-stream point of the timely channel.

Example 2:
A coughing asthmatic patient arriving for treatment at 8:00 (solar time) would be treated over ST41, the jing-river point of the timely channel. Later at 14:00 (solar time) the patient would be treated over the SI5, the jing-river point of the timely channel.

Strategy 5: Treatment of the “Du Mai” (GV) during the day. Treatment of the “Ren Mai” (CV) during the night

This is a simple and often used method. The placing of the needles with regards to the “Du Mai” and the “Ren Mai” respectively, is accomplished according to the special situation of the individual patient along with the use of any appropriate additional acupuncture needling combination.

The question of time regarding “Du Mai” and “Ren Mai” is a matter of considerable debate.

Version 1:
6.00 – 18.00 → Du-channel, 18.00 – 6.00 → Ren-Channel

Version 2:
0.0 – 12.00 → Du-channel, 12.00 – 24.00 → Ren-Channel
Strategy 6: Combination of the Na Zi Fa with other methods
A combination of the Na Zi Fa with other methods of timely optimized acupuncture as well as treatment strategies independent of time considerations is possible. The author often combines these timely optimized acupuncture strategies with the Yi Jing acupuncture concept. (See the author’s relevant courses or course handouts.)
8.2. Na Jia Fa – 拿子法

Treatment using the Na Jia Fa is a very efficient method and should always be taken into consideration, especially when the diagnosis of the patient and the indication of the open points are well matched.

But even if the diagnosis does not fit the indication of the open points, a treatment with the Na Jia Fa method is still possible. The purpose of such a treatment would be to bring the organism and its momentary energetic vibration into a resonance corresponding to the proper time.

In the case of a deficiency use a tonification method. In the case of an excess needle the open points with a sedation technique.

The integration of many energetic concepts of Chinese medicine is the reason for the efficiency of the Na Jia Fa in treating illnesses. The ideal acupuncture points at the optimal time are determined by the concepts of the yin and yang, the energetics of the five transporting-shu points, the energetics of the elements (generating-sheng and controlling-ke cycle), the energetic of the yuan-source and luo-connecting points, the husband wife law, as well as the energetics of the heavenly stems, and the earthly branches.

The theory of the Na Jia Fa is far more complex than the Na Zi Fa theory. The determination of the day number now becomes very important. The course of the open points repeats itself in a ten day cycle according to the principles of the heavenly stems. Additional theoretical information can be found on the CD-ROM included in this package.

In terms of practical usage the Na Jia Fa is, however, far less complex than the Na Zi Fa with its many strategies.

The setting of the “Wheel of Time Acupuncture” is done according to the instructions found in chapters 5 and 6, dealing with the “Conversion from Local Clock Time to Sundial Time” and the “Calculation of the Day Number”. In general all the points that appear in the display window of the Na Jia Fa segment are treated.

A possible “Open Point” is to be found in the outer display window. When the open point is a shu-stream point, the yuan-source point of the on duty channel automatically reveals itself in the display window under the open point.

Simultaneously with the shu-stream point HT7, the yuan-source point PC7 is opened. Simultaneously with the shu-stream point SI3, the yuan-source point TE4 is opened. The yuan-source points of the TE- and PC-channel appear in the “Supplemental Point” display window.

If during the actual treatment time (Td) no point is open, eventually, a partner point will be revealed. This will appear in the bottom display window of the Na Jia Fa segment.
For example:

Figures 18, 19, 20 and 21 show the Na Jia Fa segment of different time divisions (Td) for August 19, 2009.

In figure 18 the “Wheel of Strategies” is set at 15:00 – 17:00, B9 Td. In the Na Jia Fa segment SI1 appears as an open point. This can now be needled as the principal point.

![Figure 18: Na Jia Fa segment, 15:00 – 17:00, B9 Td](image)

In figure 19 the following time division of 17:00 – 19:00, B10 Td is illustrated. There is no open point for this time. But HT4 provides for a partner point. This can now be needled as the principal point.

![Figure 19: Na Jia Fa segment, 17:00 – 19:00, B10 Td](image)
The Td 01:00 – 03:00, B2 Td is illustrated in figure 20. The LV3 as the yuan-source point of the on duty channel appears next to the open point SP3. Both these points can be needleled.

Figure 20: Na Jia Fa segment, 01:00 – 03:00, B2 Td

The time division 11:00 – 13:00, B7 Td is illustrated in figure 21. There is neither an open point nor a partner point available here. A treatment using the Na Jia Fa method is not possible at this time. A replacement taken from the Na Zi Fa, however, would serve our purpose here. For example, SP2 for a condition of excess or HT7 for a condition of deficiency can be used.

Figure 21: Na Jia Fa segment, 11:00 – 13:00, B7 Td
Combination of Na Jia Fa with Other Methods

It is also possible to use the open points in accordance with the Na Jia Fa as the major points in a treatment and to needle them accordingly. These points can be combined with additional acupuncture points with consideration for the special needs of the problem at hand.

A combination of the Na Jia Fa with other methods of the timely optimized acupuncture such as the Na Zi Fa or Ling Gui Ba Fa, as well as treatment strategies independent of time are also possible. The author often uses concepts of the Yi Jing acupuncture (see relevant courses or handouts).

It is to be remembered that the organism is best served when not too many unnecessary mixed methods are used.
9. The Eight Methods of the Magic Turtle – Ling Gui Ba Fa – and The Eight Techniques of Soaring – Fei Teng Ba Fa

These methods are described as numerical acupuncture in contrast to astronomical acupuncture, which refers to the Zi Wu Liu Zhu Zhen Fa – 子午流注针法.

There are two forms of the Ling Gui Ba Fa that must be distinguished from one another. The principal form is described on the “Wheel of Time Acupuncture©” as the “Original Ling Gui Ba Fa (Complicated Style)”. The open palaces and extraordinary channels respectively, according to the “Original Ling Gui Ba Fa”, can be seen in the blue colored segment of the Ling Gui Ba Fa. A simplified form known as the Fei Teng Ba Fa can be found directly next to this blue marked segment. The open palace and extraordinary channel respectively, according to the Fei Teng Ba Fa method can be seen on the “Wheel of Time Acupuncture” in the Ling Gui Ba Fa segment that is colored in pink.

Ling – 灵 – means effective or imbued with spirit. Gui – 龟 – is the turtle. Ba – 八 – means eight and Fa – 法 – means the method. The common, symbolically rich, translation of Ling Gui Ba Fa – 灵龟八法 – can be taken as the “The Eight Methods of the Magic Turtle”.


Ling Gui Ba Fa and Fei Teng Ba Fa combine the eight extraordinary channels with insights from the “He Tu” (“The Yellow River Chart”) and the “Luo Shu” (“The Luo River Diagram”) with the eight trigrams in the early heavens order according to Fu Xi and the later heavens order according to Wen Wang as well as with the theories of the heavenly stems and the earthly branches. On the accompanying CD-ROM you will find extensive background information dealing with these concepts.

This treatment takes place over the eight extraordinary channels whose special energetic powers must be known in order to effectively use this method of treatment. A more complete discussion of this topic, especially with regards to the daoistic aspects, can be found in the manuscript by the author under the title of “Die Systeme der Nebenmeridiane”. It is available in German at www.koch-tcm.ch.
9.1. General Clinical Features

Constitutional Conditions
What is most important to remember here is that in going over these channels you reach the yuan or constitutional level. From this point of view you treat primarily conditions over the eight extraordinary channels which deal with the essential value of the Jing – 精. The very nature of these maladies tend to be chronic, serious, or may even be inherited. Seen from this perspective it would be a waste of the Jing – 精 – to treat normal headaches, stomach aches, or any common day problems, over the extraordinary channels when they could be treated over the more superficial main channels or the wei-, qi- or blood-level.

Channel Conditions
A further indication for the use of an extraordinary channel becomes apparent through the path of this channel which can include several of the twelve main channels. The extraordinary channel “Yang Wei Mai”, for example, contains the area of the BL-, GB-, SI-, and TE-Channel.

In other words, treatment through an extraordinary channel allows for coverage of a much wider area than treatment through a main channel.

Polarity Conditions
By polarity conditions I mean conditions of imbalance between both sides of the body and its channels. Consider using the extraordinary channels to balance these polarities. The commonly used left-right and top-bottom confluent point combinations are most suitable for these problems (See chapter “Treatment of the Extraordinary Channels” on the CD-ROM).

9.2. Specific Clinical Features

The specific indications are governed by the general characteristics and the particular pathology of the specific extraordinary channel. See the corresponding chapters on the CD-ROM in which the most important elements of each of the eight extraordinary channels are explained.

When the problems of the patient fit the pathology of the open extraordinary channel, then the Ling Gui Ba Fa will offer a treatment option.

When the problems of the patient fit the pathology of an extraordinary channel that is not currently open, then there is the option of treating the patient later, at the optimal time.
9.3. **Seeking Out the Open Palaces and Their Corresponding Extraordinary Channels with the Help of the “Wheel of Time Acupuncture”**

**Fei Teng Ba Fa**
The very simple form of the Ling Gui Ba Fa offers no difficulties. In setting the actual day number and time division (Td), the number of the open palace presents itself in the “Fei Teng Ba Fa Wheel” within the “Wheel of Strategies”.

In the table to the right of the Ling Gui Ba Fa window you will find the open palace with its corresponding extraordinary channel along with the acupuncture points to be treated.

For example, the treatment in accordance with Fei Teng Ba Fa for September 16, 2012 in the B2 Td over the Yin Qiao Mai is illustrated in figure 22:

1. **1st step:** Gua or palace 2 is open.
2. **2nd step:** Gua or palace 2 corresponds to the Yin Qiao Mai. The opening point is KI6. The coupled point is LU7.

**Ling Gui Ba Fa**
The search for the open points according to the Ling Gui Ba Fa system is at first a bit confusing. In every time division there are six options offered. The correct option will be arrived at as a result of the day number which appears through the red bar in the fourth ring “Cycle of Sixty”. The day numbers are arranged in groups of ten in the Ling Gui Ba Fa ring. In the ring of the groups of ten where the day number is included you will also find the number of the open palace.

For every palace there is an extraordinary channel. In the table on the right next to the Ling Gui Ba Fa window you will find the appropriate acupuncture point treatment.

For example, the treatment in accordance with Ling Gui Ba Fa for September 16, 2012 in the B2 Td over the Chong Mai is illustrated in figure 22:

1. **1st step:** The day number in the fourth wheel, the “Cycle of Sixty Wheel”, is 17.
2. **2nd step:** Day number 17 is included in the ring of day numbers 11 – 20.
3. **3rd step:** Day numbers 11 – 20 indicate that gua or palace 6 is open.
4. **4th step:** Gua or palace 6 corresponds to the Chong Mai. The opening point is SP4. The coupled point is PC6.
Figure 22: Fei Teng Ba Fa or Ling Gui Ba Fa on September 16, 2012; 01:00 – 03:00 (sundial time), B2 Td

Fei Teng Ba Fa
1. Open gua: 2
2. Gua 2 corresponds to Yin Qiao Mai

Ling Gui Ba Fa
1. Day number 17
2. Ring of day numbers 11 – 20 (group of ten)
3. Open gua: 6
4. Gua 6 corresponds to Chong Mai
10. Determining the Four Pillars of Destiny

In order to determine the day number and the time division number you will need to first consult the front side of the “Wheel of Time Acupuncture©”. Proceed in the same manner as described in chapters 5 and 6, “Conversion from Clock Time to Sundial Time” and “Calculation of the Day Number”. After proceeding in the prescribed manner, the setting for the “Four Pillars of Destiny” is made on the reverse side of the wheel.

As an example, we will determine the setting for the four pillars for September 8, 2010 at 22:00 (clock time, Zurich).

First you convert clock time to sundial time and determine the day number on the front side of the “Wheel of Time Acupuncture©”. In our example, 22:00 falls within the time division 19:00 – 21:00, B11 Td; the day number is “58”.

Once you have determined these two elements, turn the wheel over to its reverse side.

10.1. Year Number

You will find the year number by consulting the “Year Wheel” (1st wheel on the back side). Be advised that the year begins with the Chinese New Year Day which always falls between January 20th and the 20th of February. If the target date falls within this time span then you must turn to the table “Year Numbers and Chinese New Year Day” in the accompanying CD-ROM to see if the target date lies within the current or previous year.

In our example, you simply seek out the year number 2010 and rotate the “Year Number Wheel” under the given year. (See figure 23).

In the window you will see the Year Number “27” while below in the colored field you will find the accompanying stem branch combination. The characteristics of the elements along with the Yin/Yang qualification are represented through their corresponding color.

10.2. Month Number

You will find the solar months in the 3rd wheel which is the “Month Wheel”. Seek out the target segment. The dates within the solar months can vary from year to year for as much as one day.

In the case of the target date falling directly at the beginning or the ending of a solar month, you will find the exact beginning of the solar month on the table “Month Numbers and Beginning of Solar Months” in the accompanying CD-ROM.

In the case of the target date falling between Dec 6 (the beginning of the B1 month) and the Chinese New Year Day, you will have to rotate the “Year Number Wheel” under the following year. If, for example, the target date were December 14, 1950, you would have to set the “Year Number Wheel” under the year 1951. This adjustment only applies to the situation of determining the month number. The year number is determined according to the Chinese New Year Day as described in the chapter above. The reason for this special situation is that the energetics of the months start with the B1-month (子 – Zi) while the energetics of the years start...
with the Chinese New Year Day. Further explanations regarding this special situation can be found on the CD-ROM as well.

In our example, simply rotate the 4th wheel (“Month Number Wheel”) until it comes to rest exactly within the established month segment. (See figure 23)

The month number “22” is now revealed. In the colored field below number “22” you will find the accompanying stem branch combination. The characteristics of the elements along with the Yin/Yang qualification are represented through their corresponding color.

10.3. Day Number

You have already determined the day number “58” for September 8, 2010 on the front side of the “Wheel of Time Acupuncture©”. Now you must set this day number “58” in the 5th wheel (“Day Number Wheel”) on the back side of the wheel. (See figure 23)

In the field that presents itself below the day number you will find the accompanying stem branch combination displayed. Once again, the characteristics of the elements along with the Yin/Yang qualification are represented through their corresponding color.

10.4. Time Division Number

You have already determined the time division 19:00 – 21:00, B11 Td, in which 22:00 (clock time) falls.

You can now locate this time division on the “Time Division Wheel” on the back side of the “Wheel of Time Acupuncture©” by rotating the “Td Number Wheel” until we come to the exact Td segment. (See figure 23).

The Td number “35” is revealed in the window. In the field below this number you will find the accompanying stem branch combination. The characteristics of the elements along with the Yin/Yang qualification are once again represented through their corresponding color.
1. Set in place the Year Number “27” for our example 2010.
   Stem branch combination with characteristics of the elements and the Yin/Yang qualification:
   Heavenly stem: S.VII ≈ Yang metal; earthly branch: B3 ≈ Yang wood
2. Set in place the month number “22”.
   Stem branch combination with characteristics of the elements and the Yin/Yang qualification:
   Heavenly stem: S.II ≈ Yin wood; earthly branch: B10 ≈ Yin metal
3. Set in place the day number “58”.
   Stem branch combination with characteristics of the elements and the Yin/Yang qualification:
   Heavenly stem: S.VIII ≈ Yin metal; earthly branch: B10 ≈ Yin metal.
4. Set in place the Td number “35”.
   Stem branch combination with characteristics of the elements and the Yin/Yang qualification:
   Heavenly stem: S.V ≈ Yang earth; earthly branch: B11 ≈ Yang earth.
Frequency of Yin and Yang:
Yin 4
Yang 4

Frequency of elements:
Metal 4
Water 0
Earth 2
Fire 0
Wood 2

The “Four Pillars of Destiny” represent the cyclic and energetic aspects of time. They form the basis of Ba Zi, a traditional system of metaphysical knowledge which has been popular in China since the Song Dynasty (AD 960 - 1279). In more recent years this method has spread to the West and continues to grow.

For the most part, the date and exact time of birth of the Four Pillars are interpreted with regards to diverse aspects of one’s life. But the energy constellation of time for any particular point in time can be calculated. The resulting interpretation for any particular situation can then be deduced.
11. Final Thoughts

You have now arrived at the end of this instruction manual and have had some practical experience with the use of the “Wheel of Time Acupuncture©”. You will no doubt soon become convinced of the advantages accrued in the use of this new instrument. With this instrument you are independent of the use of a computer. The cyclic course of the various systems can readily be seen as an advantage over a computer program. Furthermore the “Wheel of Time Acupuncture©” can be used by itself without any additional tools other than knowing the proper longitude.

Once you have grasped the way the system works you will be amazed at how simple it will be to incorporate it into your daily practice. In the morning, prior to beginning your day’s practice, you simply locate the day number for that day. During the day you rotate the “Wheel of Strategies” within the “Wheel of Time Acupuncture©” in accordance with the actual clock time where several time optional treatment strategies will present themselves in this window. You can then choose the strategy that best suits your patient’s particular problem.

Included on the CD-ROM with your “Wheel of Time Acupuncture©” you will find a great deal of additional useful background information. In order to more easily find one’s bearings both the table of contents and index are a major help.

Ancient Chinese philosophy and thought patterns reveal themselves in the many and various concepts described on the CD-ROM. These concepts are the basis for the Zi Wu Liu Zhu Zhen Fa – 子午流注针法 – and the Ling Gui Ba Fa – 灵龟八法. An insight into this ancient oriental thought process is fascinating. However, an understanding of these concepts cannot be taken from a purely academic point of view or interest. Spirit guides energy. The application of these concepts, with a clear mental focus, using the elements of earthly, lunar, solar and cosmic energetic rhythms will help to bring an organism that has been thrown out of balance back into a natural and healthy resonance.

Considered in this light, the purely mechanical application of the “Wheel of Time Acupuncture©” can be seen as a means of expanding upon an energetic-spiritual dimension.

This instruction manual can also be found in German on the CD-ROM.