Summary of Chapter 16 of the Líng Shū

Yíng Qi – The Ying-energy

Paragraph 1

Huáng Dì:
Yíng Qi receive the cereals.
Water and cereals enter Wèi-Stomach.
Transformed refined substances will be transferred to Fèi, the five Zàng and six Fǔ.

The pathway of the Yíng Qi is as follows:

Please see the next pages.
Shŏu Táiyīn Féi Jīng

- Inner side arm
- Shŏu Yángming Dà Cháng Jīng
- Zú Yángming Wèi Jīng
- Dorsum of foot
- Big toe
- Join Zú Táiyīn Pí Jīng
- Spleen
- Heart (through branch of Pí Jīng)
- Along Shŏu Shào yīn Xin Jīng
- Armpit

Rear of inner flank of arm

- Tip of small finger
- Shŏu Táiyáng Xiǎo Cháng Jīng
- Descends to pass armpit to reach inner side of orbit
- Inner canthus
- Top of head
- Neck
- Zú Táiyáng Páng Guāng Jīng
- Descends along spinal column
- Passes sacrococcygeal region
- Tip of small toe

A
Along the sole

Zú Shào yín Shèn Jīng

Kidney

Pericardium

Spreads on Chest outside

Along Shòu Jué yín Xin Bāo Jīng

Enters armpit

Descends along forearm

Palm

Tip of middle finger

Tip of ring finger

Shòu Shào yáng Sān Jiāo Jīng

Tanzhong

Spreads in Shàng-, Zhōng- and Xià Jiāo

Dǎn

Passes armpit

Zú Shào yáng Dān Jīng

Descends to dorsum of foot

Big toe

Zú Jué yín Gān Jīng

Liver

Lung
Ascends along rear of throat
Behind inner orifices of nose
Forehead
Centre of top of head
Neck
Along spinal column

Sacral bone (passes Dū Mài)
Passes Rèn Mài
External genitals
Passes pubic hair margin, enters navel
Ascend to enter supraclavicular fossa
Lung

And back at the beginning of the loop

Shōu Tāiyīn Fēi Jīng

Bibliography