

Chakra	Literal Translation	Pronunciation	Acupuncture Point	Pronunciation	Translation	Reference Point
Crown	冠穴輪	guan xue lun	百會	bai hui	meeting point for 100 items/paths	DU (GV 20)
Forehead	額中穴輪	e zhong xue lun	神庭	shen ting	hall of the divine	DU (GV) 24
Ajna	眉心穴輪	mei xin xue lun	印堂	yin tang	hall of impressions	EX-HN 3
Back Head	后頭穴輪	tou hou xue lun	腦戶	nao hu	door to the brain	DU (CV) 17
Throat	喉穴輪	hou xue lun	廉泉	lian quan	stream of purity	RN (CV) 23
Throat Secondary	次喉穴輪	ci hou xue lun	天突	tian tu	heaven of suddenness/projections	RN (CV) 22
Front Heart	前心穴輪	qian xin xue lun	膻中	shan zhong	center of senses	RN (CV) 17
		or	玉堂	yu tang	hall of jade	RN (CV) 18
Back Heart	后心穴輪	hou xin xue lun	神道	shen dao	divine path	DU (GV) 11
		or	靈台	ling tai	divine /spirit's platform	DU (GV)10
Front Solar Plexus	前陽穴輪	qian yang xue lun	中脘	zhong wan	center of stomach	RN (CV) 12
Back Solar plexus	后陽穴輪	hou yang xue lun	中樞	zhong shu	Center of body	DU (GV) 7
		or	脊中	ji zhong	center of spine	DU (GV) 6
Front Spleen	前脾穴輪	qian pi xue lun	腹哀	fu ai	abdomen of depression	SP 16
Back Spleen	后脾穴輪	hou pi xue lun	胃倉	wei cang	stomach's storage	BL 50
Navel	臍穴輪	qi xue lun	神闕	shen que	divine fault	RN (CV) 8
Navel Secondary	次臍穴輪	cu qi xue lun	氣海	qi hai	sea of energy	RN (CV) 6

CHAKRAS/MERIDIAN POINT REFERENCE	TRANSLATION (ALTERNATIVE NAME)	FUNCTIONS (F)/CONNECTING POINT (CP) AS STATED IN THE CHINESE ARCUPOINTS
SECONDARY NAVEL RN(CV) 6 - QIHAI	Sea of energy (Energy Centre)	F: Harmonizes body energy flow; Promotes Yuan energy flow; Strengthens kidney function; Tones the body; Harmonizes jing blood function; Harmonizes girdle vessel function; Strengthens lower heater function; Disperses damp; Strengthening body energy flow.
MENG MEN DU(GV) 4 - MINGMEN	Gate of Life (Vital Gate)	F: Strengthens kidney ching function, Strengthens functions of reproductive system; Frees function of tendon; Harmonizes blood circulation; Regulates meridian flow. Disperses sputum; Frees energy obstruction in Throat. CP: Meeting point of Yin-Wei Conception Vessel Meridian.
SEX RN(CV) 2 - QU GU	Crooked Bone	CP: Connect point of Foot Shao-Yin, Foot Shao-Yang and Governor Vessel Meridian.
BASIC DU(GV) - ZHANGQIANG	Abundance inStrenght	CP: Luo-connecting point: Meeting point of Foot Shao-Yin, Foot Shao-Yang and Governor Vessel Meridian.

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BACK HEAD DU(GV) 11 - SHENDAO or DU(GV) 10 - LINGTAI	Divine Path Divine / Spirit's Platform (Temple of the Soul)	
FRONT SOLAR PLEXUS RN(CV) 12 - ZHONGWAN	Center of Stomach	F: Harmonizes stomach energy flow; Dispels damp; Balances middle heater functions; Balances energy flow in stomach and small intestine. CP: Front-Mu point of Stomach; one of "Eight Influential Point" dominating fu organs; Meeting point of Conception Vessel, Hand Tai-Yang, Hand Shao-Yang and Foot Yang-Ming Meridian.
BACK SOLAR PLEXUS SP 16 - FUAI or DU(GV) 6 - JIZHONG	Center of body Center of Spine	
FRONT SPLEEN SP 16 - FUAI	Abdomen of Deoreession (Sorrow of Abdomen)	
BACK SPLEEN BL 50 - WEICANG NAVEL RN(CV) 8 - SHENQUE	Stomach Storage (Granary of the Stomach) Divine Fault (Center of Umbilicus)	F: Harmonizes stomach functions; Disples damp in spleen; Balances energy flow; Free middle heater function. point of Stomach; one of "Eight Influential Point" dominating fu organs; Meeting point of Conception Vesse F: Strengthen yang energy flow.

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CROWN DU (GV) 20 - BAIHUI	Meeting point for the Hundreds	F: Dispel: "liver wind"; Eases excess liver yang, Clears mind and shen; Revives from come; Promotes yang energy. CP: Meeting point of all Foot and Hand Yang Meridians and Governor Vessel Meridian
FOREHEAD DU (GV) 24 - SHENTING	Hall of the Divine (Divine Temple)	CP: Meeting point of Foot Tai-Yang, Foot Yang-Ming and Governor Vessel Meridian.
AJNA EX-HN 17-YINTANG	Hall of impressions	
BACK HEAD DU(GV) 17 - NAOHU	Door to the Brain	CP: Meeting point of Foot Tai-Yang & Governor Vessel Meridian.
THROAT RN(CV) 23 - LIANQUAN	Stream of Purity (Clear Fountain)	F: Expels heat; Dispel sputum; Regulates energy flow.
SECONDARY THROAT RN(CV) 22 - TIAN TU	Heaven of Suddenness or Projections (Celestial Prominence)	F: Strengthens lung function, Dispel sputum; Frees energy obstruction in Throat. CP: Meeting point of Yin-Wei Conception Vessel Meridian.
HEART RN (CV) 17 - SHANZHONG or RN(CV) 18 - YUTANG	Center of Senses (Middle of Chest) Hall of Jade	F: Regulates energy flow, Sends pathogenic energy downwards; Regulates lung function; Regulates lung function; Dispel sputum; Frees energy flow in chest and diaphragm. CP: Front-Mu Point of Pericardium; one of "Eight Influential Points" dominating energy; Meeting point of Conception Vessel; Foot Tai-Yin; Foot Shao Yin; Hand Tai-yang and Hand Shao-Yang Meridians

Meng Mein	命門	ming men	命門	ming men	gate of life	DU (GV) 4
Sex	性穴輪	xing xue lun	曲骨	qu gu	crooked bone	RN (CV) 2
Basic	基穴輪	ji xue lun	會陰	hui yin	abundance in strong	DU (GV) 1
Perineum	陰穴輪	yin xue lun			meeting point for yin energies	
Main Chakra	大穴輪	da xie lun				
Minor Chakra	小穴輪	xiao xue lun				
Mini Chakra	迷你穴輪	mi ni xue lun				
Governor Vessel			督脈穴	du mai xue	governor meridian opening	GV
Conception Vessel			任脈穴	ren mai xue	secondary meridian opening	CV