

# THE 60 COMMAND POINTS OF ACUPUNCTURE



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Congratulations to Dr. Raju  
from India who is promoting  
the development of TCM  
Very steadily with great  
Success!

President Dr. Zhu Ming



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This work is dedicated to  
The souls victimized by  
**‘Jallianwala Bagh Massacre’**

**An atrocious British-Indian firing order which killed and  
injured more than a thousand Innocent Indians on 13 April  
1919, at Amritsar ‘Baishakhi festival’**



## Acknowledgement

Principally I thank my dad for the wisdom he had imparted to me in this life and the Cosmic Resonance - TAO that had awakened me into this Healing journey of a Tuneful Oriental Traditional Practice known to world as TCM.

**In the dreams of youth I was afloat  
And washed ashore akin to a boat!  
Colorful has been life like a rainbow!!  
Here the virtues of life ever glow!  
Gloomy dusk moves away  
To let the dawn pave its way!  
The glow of the lamps surround;  
Neither east nor west it goes around!!**

I thank all my family members, friends and all well wishers, including my clients who make my larger family.

My thanks to Balu Sir for teaching me 'Positive Affirmations' and Sadguru Jaggi for enlightening me through his work 'Good and Bad divide the world'.

Raju Krishna

## Foreword

The basic needs of Man are Food, Clothing and Shelter. Even with a content life, Man suffers during his lifetime from Pain, or miserable diseases. The purpose of life towards a disease free and happy living induced the discovery and invention of Medicines.

In most of the Medical systems, one disease is treated by many Drugs, Decoctions and procedures. In a few Medicines like Homeopathy, many symptoms are treated with one Drug or element.

In Acupuncture, astonishingly many symptoms and diseases are treated and healed by one or a few more needles at specific points known as Acu points. Acupuncture - has been understood to be a Drugless Healing system that works beyond Human discoveries.

Treatments use Needles, Touch, Photons, Lasers, Heat, Cupping and Sounds to enhance the Meridian Network that connects all the "Abstract Principles" to the "Tangible Substances and Organs" of the body. The treatment works on the Physical, Physiological, Mental, Emotional, Spiritual levels and elevates a person's Socio-economic status and Lifestyles through Resonance Modulation.

Time taken for complete recovery is very short in Acupuncture when compared to all other Therapies. Acupuncture is a Cost effective Medical system for all classes, rich or poor.

The above are all possible if the Diagnosis and Treatment are carried out on the basis of the five manifestations of Energy, known as the Five Landscapes where one can focus on the appropriate Command Point.

This book is about the Five Command points in each of the twelve meridians, thereby totaling sixty. These points trigger energy modulation within Qi through the Natural Creative Shen cycle route as well as the Rational Defensive Ko cycle route, awakening specific Physiological processes in the body resulting in Healthy changes to the unhealthy person.

This book is an outcome of fifteen years of experience in using most of the command points alone for several treatments, and can enlighten the trained 'Healing messengers' to bring them to the fold of the 'Chosen Few'. Such healers are already born; let them share more wisdom that they come across, to rule the kingdom of healthy masses.

Raju Krishna

## **The Command Points**

There are Five Command points in each of the twelve organ channels, thereby totaling sixty. These points, on touch, pressure, prick or heating, set forth specific Physiological processes in the body resulting in Healthy changes to the unhealthy person.

The resultant processes are one among the following:

- Awakening of the Life force to restore stability
- Elevation or depression of body heat to normalcy
- Activation of excretory processes
- Induction of specific secretions
- Balancing the Physiological set values
- Harmonizing the thoughts
- De-congestion of Qi, Blood and Body fluids

Each point has a specific pathway of Energy Transfer, specific strength of action while making the transfer and a specific time for maximum therapeutic effect; i.e., each resultant energy transfer has a particular Direction and magnitude and is time bound.

As these command points are on the extremities (Limbs), it is convenient for treatment. The sixty points are grouped as five groups of twelve points each (5 groups x 12 points).

The Command Points are capable of Energy Transfer from one Organ to another resulting in Physiological and Pathological changes, either through the Sheng Cycle or through the Ko Cycle.

The 5 command points in a meridian also represent 5 different landscapes. Thus the Jing-well points depict the arid desert or the Barren land where the yin changes to yang and vice versa. They are the 'Puteals' as they have to be commonly accepted or presumed to awaken the unconscious life force into action. The Yung-spring represent the springs of the mountains where fresh and original water springs up to quench the heat and the deficiency of yin or yang. They are also known as the 'Effusories' since the thermal states are modulated here.

The Shu-stream represents the trickling of energy down from the high peaks to the low lying areas, and the source of the meridian itself where communication is between the meridian and the respective jiao. They are the 'Inductories' of the meridian. The Jing-river is over the plains and this represents the forceful dynamic nature of the flow used to clear obstructive pathology and hence termed 'Transitory'. The He-sea is the ultimate entry of the meridian into the organ and the broader functions are achieved here, and aptly known as 'Conjunctory'.

In order to support this natural irrigation system and to balance the flow along the other meridians too, the Collateral of each meridian 'shoots off' at the Luo point of that meridian that is also known as the 'Nexory'.

The Nexory of each meridian is mostly closer to the Source (Shu-stream) point which is also termed as the 'Inductory'. There lies another supportive point before or next to the Nexory (Luo) point, for charging energy during any acute deficiency of the meridian, and this point in each meridian is termed as 'Rimic' commonly known as Xi Cleft Point. There can be more one Rimic in some of the meridians.

Further to the Landscape and Irrigation modes, 2 out of these command points initiate the Natural relationship, 2 other points initiate the rational relationship and the remaining Horary point keeps the Sequential relationship operative.

Horary point of each meridian is that point representing the same element as the meridian and is effective on manipulation during the organ clock time and the opposite time. The point is used to tonify or sedate the channel, appropriately during the Organ's Clock Time. Treating the Horary point during the first hour of the Organ's time results in increased functionality (of its tissues, sense organs and associated organs), and treating the same point during the second hour results in the reverse.

Parent point (Mother point) is the point that precedes the Horary point and corresponds to the Organ's parent element, and draws energy from the parent organ on stimulation. E.g. Metal is the parent of Water. Therefore K 7 is the Parent Point on the Kidney channel, as it is a Metal point. It draws energy from the Lungs.

Child point (Son point) succeeds the Horary point and corresponds to the channel's child organ. The child point is used to sedate the organ, by transfer of energy downstream along the Sheng cycle. E.g., Earth is the child of Fire. Therefore, H 7 which is the Earth point of Heart (Fire) channel is its Child Point. It is used to sedate the emotions (Heart).

### **Five Element Sequence**

From the Jingwell to the Yungspring the points follow the Sheng Cycle sequence both for entry (SP 1, K 1, LIV 1) and exit (LU 11, H 9, P 9) therefore, in the Yin meridians Wood is followed by Fire points (SP 2, K 2, LIV 2, LU 10, H 8, P 8) while in the Yang meridians Metal (LI 1, SI 1, SJ 1, ST 45, UB 67, GB 44) points are followed by Water points (LI 2, SI 2, SJ 2, ST 44, UB 66, GB 43). There is a contiguous sequence so far.

This contiguous sequence further prevails in all the meridians except GB which is GB 41 (instead of GB 42) at the Shustream level. All the other Shustream points are Yin Earth (SP 3, K 3, LIV 3, LU 9, H 7, P 7) and Yang Wood (LI 3, SI 3, SJ 3, ST 43 and UB 65).

At the Jingriver level, Yin Metal points (SP 5, K 7, LIV 4, LU 8, H 4, P 5) and Yang Fire points (LI 5, SI 5, SJ 6, ST 41, UB 60 and GB 38) are discontinuous except the LU and LIV meridians.

All the Hesea Yin points are Water (SP 9, K 10, LIV 8, LU 5, H 3, P 3) while the Yang points are Earth (LI 11, SI 8, SJ 10, ST 36, UB 40 and GB 34) occupying the Knee and Elbow zones for deeper penetration.

## **Five Landscapes**

Jing well points: The twelve regular meridians either begin or end at the nail base of fingers and toes. These fingertip points are the Jing well points. The Yin Jing well points belong to Wood while the Yang Jing well points are Metal points.

There is change in polarity from Yin to Yang and vice and reactivation of fresh Life energy at these Jing well points. Hence these points are used for Emergencies like Coma, Fits, Drowning, Shocks, Fainting and Unconsciousness, to “Awaken the Life Force.

Spark Analogy: The Life Force is diminished into a Spark during Unconsciousness. This spark can be ignited using Yin Wood (Fuel) and Yang Air to restore the flame and activity thereafter. These points can treat fainting attacks, coma, fits and those conditions dragging a person into a separation of Body and Spirit.

Yung spring points: These points succeed the Jing well points, and can be located on the toe and finger web margins or nearer to the phalanges. On Yang meridians they represent water, while on Yin they depict fire. Spring points are used for febrile conditions to treat Fever, Shivering etc. Fire and Water are for elevating and quenching the heat respectively.

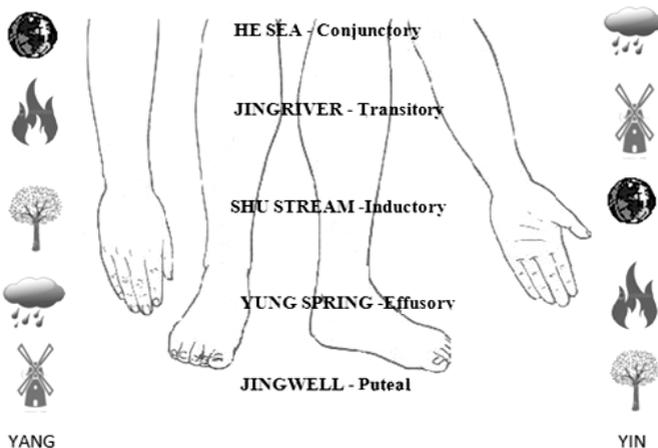
Pot Analogy: While making a Clay pot, Brick or an Icon, the ratio of water to be added to mould the shape and the annealing process (heating and slow cooling) are vital to protect the shape and strength of the pot. Similarly the Effusories protect the Joints through Thermoregulation to avoid distortion.

Shu Stream Points: These points are located around the wrist and ankle joints. On the Yin channels they represent Earth while on the Yang channels they are Wood points. Yin-Earth points are all Yuan Source Points where the Origin of energy for the functionality of the organs and their tissues is tapped by communicating with the respective Jiao.

Windmill Analogy: Windmills remind us of Conversion of Wind energy into Electricity that is used for a multitude of applications. The Inductories absorb the Original Qi and keep the Blood and Body fluids in their Homeostatic conditions. The Earth and Wood represent the Metabolites and the Lipids and other substances that obstruct Qi and Blood, in chronic diseases.

Jing River Points: These points are along the length of the arms and legs. They cause heavy displacement of energy (or matter). The Yin Metal points receive activation through the Yang Fire. They represent a Dynamic force, like Rivers, which can afford Huge Transportation due to their forceful nature.

Cloud Analogy: Sea water is evaporated by the heat of Sun and clouds formed are transported inland by the monsoon winds. The rainfall in the catchment areas helps the Rivers and Dams to collect more water for Irrigation resulting in cultivation and productivity. Similarly the Transitories act on Obstructive Pathology as well as Mental Blocks as they involve mass and energy transfer.



He Sea Points: These are the final and fifth set of twelve points that lie around the Elbow and Knee. Yin He Sea points induce Water, and the Yang He Sea points build up Earth.

Tree Analogy: Saplings grow into Trees and further into Taller perennial species and some of them are identified for their medicinal value. Fertile Earth and Uninterrupted water supply should ensure this elevation and recognition. Similarly the Conjunctories treat to Tonify or elevate the Person in Society, apart from treating Growth, Fertility and Learning difficulties.

The Luo points, Xi-cleft points and the Yang Yuan Source points are not within the Sixty Command points although their functional support to the most adjacent points is noteworthy. There are three Group Luo Points (Copulo-conventories) San Yin Jiao SP 6, Xuan Zhong GB 39, Jianshi P 5 and San Yang Luo SJ 8 that are Influential points for the three meridians of their respective surfaces.

### **Physiology of Command Points**

Jing well – Puteals: Wood stands for stored energy of the Liver (Glycogen). The stimulation of the Jing well points therefore results in conversion of Glycogen to Glucose (Fire), and activation of Qi in the presence of Oxygen (Air). Conversion of Glycogen to Glucose is actually brought about by the release of Hormone Adrenaline, which also has selective Vasoconstriction effect resulting in rush of more Oxygenated blood to the Brain cells. It also acts on the Lungs as a Bronchodilator resulting in ease of breathing. To sum up, Jing well points are used for Emergency conditions for revival of Life force. The horary Jing well points are used for completely curing chronic conditions of Epilepsy, Vertigo and Tremors which indicate disturbances to the fire component.

Yung spring – Effusories: Fire here represents the vital hormones and mediators like ACTH, STH and Erythropoietin etc. that are responsible for many metabolic activities of the body. Water represents the homeostatic activity of Hypothalamus, during fever i.e., sweating, antibody production, pain control etc.

The points are used to control Uric Acid in the blood, and Thyroid dysfunctions leading to Growth disorders and uterine disorders like amenorrhea, Cretinism and Goiter. Yung Spring points act on the vital Hormone springs of the body (Endocrine system) responsible for the Structure, and Metabolism and are of use in Acute conditions like Fever, Diarrhea, Toothache, Headache etc. Chronic conditions which affect the earth frequently when the shape, mould or structure of the body is a concern are also treated by the yung spring horary points.

Shu stream – Inductories: Wood and Earth here represent the excess of Lipids, Urates, and other products of Metabolism, which hinder the smooth functioning of the joints. Therefore, Shu stream points find use in Arthritis, Kidney disorders, High Blood Sugar, Hypertension, Obesity, and Paralysis. The treatment of these points results in breakdown of metabolites. Stimulation of these points results in production of Heparin (LU 9, LIV 3), Insulin (SP3, LIV 3), Dopamine (H7, P7), and Corticosteroids (K3) – which find great use in Allopathy too. Therefore Chronic disorders like Arthritis, Cancer, Diabetes, Hypertension need prolonged use of the horary shu stream points.

Jing river – Transitories: The Fire and Air here stand for Induced Expansions and Contractions of the Sphincter Muscles of the hollow organs like Stomach, Intestines, Uterus and Bladder. Due to elevated Neuro muscular activity and release of Adenosine Tri Phosphate (ATP), Energy is agitated, shifted and eliminated as waste matter, to assist growth and fertility of some regions.

Therefore, River points are used to relieve Constipation, Congestion (Pulmonary as well as Cerebral), Muscular Fatigue, Uterine disorders etc. Like Rivers, these points find greater use for most of the conditions. Their stimulation too results in forceful, agitative, turbulent and immediate changes in physiology and shifting of energy. In chronic cases of Constipation, Menstrual troubles, Pulmonary congestion and Thrombosis, it is good to commence the therapy with the River points, especially the horary points SJ 6 and LU 8.

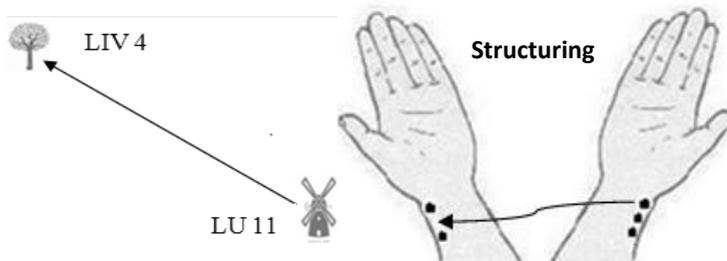
He sea – Conjunctions: The Body characterized by growth and reproduction, is analogous to a tree that receives support from Earth and Water. The He Sea points are the major points of Nutrition, Fertility and Tonification. Allergies, Growth Disorders, Infertility, Impotency, Indigestion, Insomnia, Loss of appetite, Cardiac troubles, Congestive Asthma – all chronic disorders and acute disorders are treated by these points. These points result in the regulation of Gastric Secretion, Bile flow, Prostaglandins, Intestinal Enzymes, and Gametes of both the sexes, and result in elimination of more waste. They increase the Absorption factor of the Digestive system, and Diuretic factor of the Kidneys and other such vital factors. The horary points ST 36 and K 10 are used in chronic Growth and Sex disorders.

The Command Points are capable of Energy Transfer from one Organ to another resulting in Physiological and Pathological changes, either through the Natural Sheng Cycle or through the Rational Ko Cycle, but much more effective with the Sequential Relationship that applies Time Bound Sensitivity.

## Classical Pulse Based Single Point selection

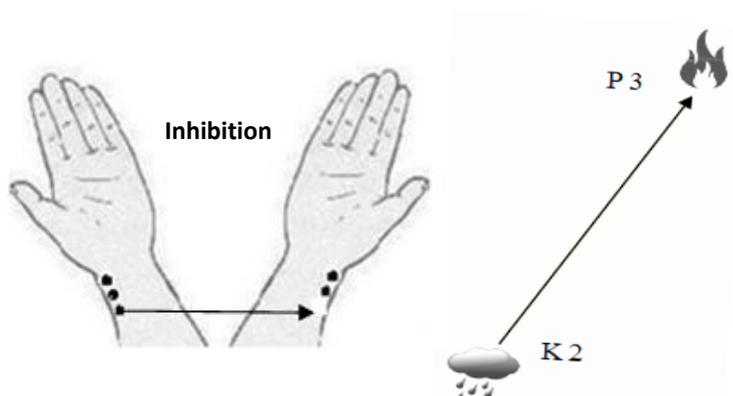
Pulse diagnosis provides immediate and specific information that can help clarify contradictory diagnostic information and symptomology.

Jing-well points are selected at the time of any emergency, to activate the raising yang fire resulting in an awakening. On non emergencies, symptoms like fullness in the Epigastrium,



Wheezing and Seizures are treated when the radial wrist pulses indicate that Wood needs the 'Structuring'. Known conditions associated with frequent and chronic tendencies to fall (Wood yields to Metal, or Air), are treated by a single treatment of LIV 4 Zhong Feng (Liver/wood element disharmony) and/or LU 11 Shao Shang.

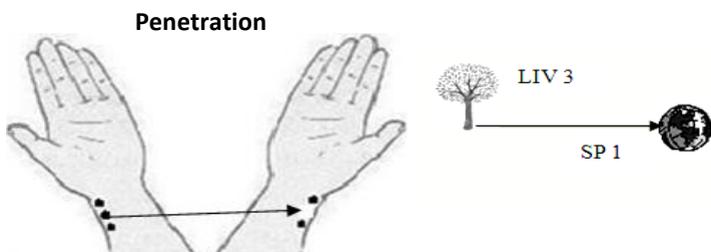
Yung-spring points are selected to balance the heat of the body during febrile diseases. The responses to heat, cold and chills are balanced to protect the form of one's body (ruled by Earth). During non febrile conditions, symptoms like pains and aches of the head and joints are treated by these points, when the radial wrist pulses indicate that Fire needs



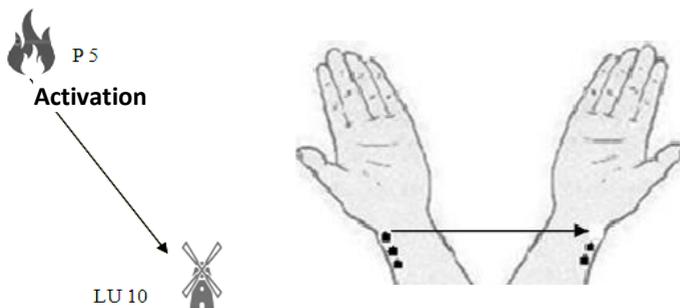
'Inhibition'. Known conditions associated with frequent and chronic responses to heat and cold (Fire is extinguished by Water), are treated by a single treatment of P 3 Quze (Heart/Kidney Yang/Fire element disharmony) and/or K 2 Rangu.

Shu-stream points are used to balance all the components of blood, and body fluids in chronic syndromes and diseases involving hormonal and mediator imbalances. These points are also Yuan Source point in the Yin meridians and have communications to the original organ and the corresponding cavity containing it (Triple Jiaos).

They act on the pure Qi (ruled by Lungs) and understood to reach the origin of the meridians (Qi). Chronic disorders or symptoms are treated by these points, when the radial wrist pulses indicate that Earth needs 'Penetration'. The initiation point (Earth is penetrated by Wood), shall be a single treatment of SP 1 Yin Bai (Spleen/Stomach/Earth element disharmony) and/or LIV 3 Taichong.

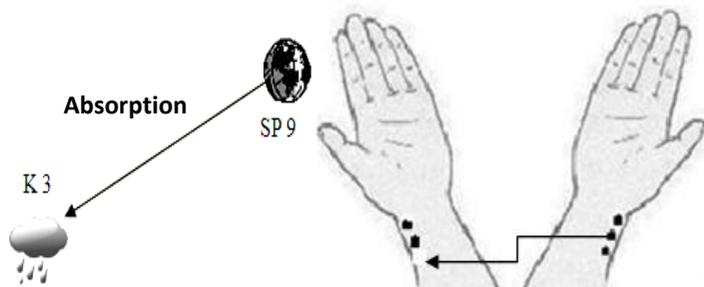


Jing-river points are selected to remove pathological obstruction within the viscera, bowels, tissues, marrow and vessels of the body that affect good health. They respond like bulk energy carriers similar to clouds carrying water, from the saline seas to the inland catchment areas.



During congestive conditions like phlegm, thrombosis, constipation, renal calculi and stones in gall bladder, these points are selected when the radial wrist pulses indicate that Metal needs 'Activation' (Welding and re structuring). Even post paralytic conditions (Metal is molten and activated by Fire), are treated by a single treatment of LU 10 Yu Ji (Lung/'Qi'/Metal/Air element disharmony) and/or P 5 Jianshi.

He-sea points are employed to tonify the person, to enhance the immunity, for reversal of age, for reproduction and elevation of the person in status (Physical, mental, economical, social and spiritual) as the strengthening of the essences takes place here (Kidney/Jing/water element afflictions).



When the wrist pulses indicate the need for 'Absorption', the point SP 9 Yin Ling Quan and the Yuan source and Shu stream point of Kidney K 3 Taixi are used to trigger the potential of the Kidney to enhance the diuretic, excretory and secretory processes that are all connected with absorption.

The points at this sea level are used for a multitude of enhancement treatments like de addiction, infertility, obesity etc., and enhance the longevity and happy living within the society.

Point LIV 8 Ququan mingles the Jing of the Kidneys with the Original purpose of one's birth within the Liver, to initiate or re iterate the person's purpose in life.

Summary: Each of these 60 command points is associated with a direction and a dimension. The quantity and quality of transfer depends upon the Landscape of that point, and the Natural, Rational or Sequential relationship associated with the point. Puteals awaken the Qi, while Effusories help to regain the structure. Inductories help in the composition of Blood and Body fluids, while Transitories move and eliminate the Obstructions. Conjunctions guide the person to the 'Purpose of existence' and help to reach the goal in a healthy way.

Meridian	Jing-Well	Yung-Spring	Shu-Stream	Jing-River	He-Sea
<b>Lung</b>	11	10	9	8	5
<b>Pericardium</b>	9	8	7	5	3
<b>Heart</b>	9	8	7	4	3
<b>Spleen</b>	1	2	3	5	9
<b>Liver</b>	1	2	3	4	8
<b>Kidney</b>	1	2	3	7	10
<b>Large Intestine</b>	1	2	3	5	11
<b>San Jiao</b>	1	2	3	6	10
<b>Small Intestine</b>	1	2	3	5	8
<b>Stomach</b>	45	44	43	41	36
<b>Gall Bladder</b>	44	43	41	38	34
<b>Urinary Bladder</b>	67	66	65	60	40

## **Pulse Diagnosis and Mastering the under tones**

Undoubtedly, TCM Pulse diagnosis is the one that tells you the future of the meridians. Apart from the diagnosis, Tongue diagnosis and our wisdom of the Meridian system, (and further more misleading scientific biasing theories) careful listening to the voice of the sufferer is of much more value. The master need not be far away, he will speak from within the patient himself.

The primary logic and fact is that “There is darkness and cold only when brightness and heat are diminished”. Therefore to cure Vision problems, Cold, Sinusitis, Congestive Headaches, Lethargy etc., the Fire should be tonified.

Memory loss is a condition where we search for Names, Things, Places – of course under dim light or darkness. We can locate them in better light. Hence to illuminate and make the search faster, Fire needs a boost in this condition too.

Another fact is that “Sound can travel in Air”, “Metals are good conductors of Sound and Heat” therefore problems related to Hearing, and cold are to be treated by manipulating Metal points.

Logically, Fire always co-exists and moves upward with Air. To treat Vertigo, Syncope, Suffocative disorders of the head and Chest, both Fire and Air should be supplemented. In all the above manipulations, Wood gets burnt since there cannot be combustion without a ‘Fuel’. Therefore the Dry and Hot Hepato-biliary points will work wonders in the above cases, combined with the Windy points of the upper limbs. Logically, Gravity is a property of Earth and complaints of heaviness and congestion should be understood of Dampness that attracts our attention to Water also. Conjunction of both leads to obesity and obstructive pathology.

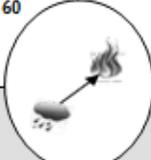
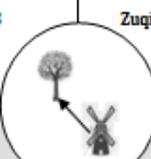
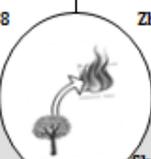
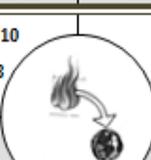
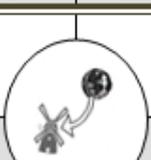
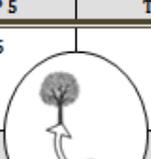
To relieve this condition, bound moisture should be unbound. Hydrophobic forces should be effected to release the excess moisture in the body. Earth absorbs water - therefore, Thirst is a quality of the Spleen meridian and an indicator of the Pancreatic function. Inducing Thirst in a thirst less subject should be the foremost task in healing, since dissolution of Sugars and decreased LDL formation follows the quenching process.

All physiological processes depend on Bio-availability of Amino Acids, Oxygen and Water molecules in their purest form and also on the Receptivity at the receptor levels of the system viz., Midbrain and Cellular levels. Acupuncture precisely conditions and promotes In-vivo Catalysis by setting right the parameters through exothermic or endothermic pathways.

We should educate the patients that Fever, Sweating, Sedation, Increased Thirst and Appetite following a treatment are the indicators of a progressive cure. Insomnia with painful complaints and anxiety or anger indicates lack of dampness and quenching.

Excess internal brightness and noise are inferred from the subject's Hyper-sensitivity to Light, Sunlight, and Sounds etc. Air and Metal are synonymous as they are both good conductors of sound, heat and signals. The Tendino-Neuromuscular defects therefore call for treatment of the Metallic points. Receptivity of the Mind reflects on the system's responses to treatment. Receptors in the Midbrain and all over the Cells recognize and allow binding of the natural Ligands, attributing a major success to Acupuncture therapies.

Many Strategies can be developed by the Healers time and again, in addition to conventional Pulse Diagnosis by carefully "Listening" to the patient's feelings, desires, fancies and modalities to hot and cold conditions.

Yanglingquan - GB 34 	Xiangyu - ST 43	Neiting - ST 44 	Weizhong - UB 40
Taichong - LIV 3	Yinbai - SP 1	Yinlingquan - SP 9	Taixi - K 3
Kunlun - UB 60 	Yemen - SJ 2 Qiangu - SI 2	Guanchong - SJ 1 Shaoze - SI 1	Yangxi - LI 5
Rangu - K 2	Shaohai - H 3 Quze - P 3	Lingdao - H 4 Jianshi - P 5	Yuji - LU 10
Sanjian - LI 3 	Zuqiaoyin - GB 44	Yangfu - GB 38 	Zhongzhu - SJ 3 Houxi - SI 3
Shaoshang - LU 11	Zhongfeng - LIV 4	Xingjian - LIV 2	Shaochong - H 9 Zhongchong - P 9
Tianjing - SJ 10 Xiaohai - SI 8 	Jiexi - ST 41	Lidui - ST 45 	Quchi - LI 11
Daling - P 7 Shenmen - H 7	Dadu - SP 2	Shangqiu - SP 5	Taiyuan - LU 9
Erjian - LI 2 	Zhiyin - UB 67	Shugu - UB 65 	Xiaxi - GB 43
Chize - LU 5	Fuliu - K 7	Yongquan - K 1	Ququan - LIV 8

## **A humble appeal**

The world at this juncture is going on a fast pace. Globalization has taken its fullest form and overshadowed many Individuals' Lives and Health. The impact of this is most of them who work in a corporate world are ignoring healthy and balanced food and are restoring to fast food or junk food which affects the metabolic activity of the individual in the long run.

This habitat is not only stopping with them but also incorporated to their children. The kids at the prime level who need the right nutrition are lured by fanciful junk food that leads to obesity and many more chronic ailments. This pattern is a disastrous trend towards to the existence of our very race.

Our next generations are not immune from viral infections. A study conducted by many leading scientific and social communities has come up with shocking findings which discuss the raising pattern of Diabetes, and Obesity among very young children. What might have triggered this disastrous trend? The answer for this lies with every individual: Negligence of proper food and the pollution levels.

Humans have not stopped with that! We have ahead and have started the destruction of Natural resources by cutting down Trees, releasing toxic Gas and Acids to Natural resources, usage of Plastics and many electronic gadgets that pollute the sanity of the environment and induce extra terrestrial forces.

Certain scientific advances have turned up against Nature resulting in Global warming, which in turn results in Natural disasters. FDA poses another threat to humanity while declaring something good today and bad tomorrow and vice versa.

Destruction of trees have resulted in deprival of Pranic energy. War and warfare have taken a new shape and has invoked new tactics which not only involves nuclear threat but also biological weapons. Non usage of earthenware for utensils has resulted in lack of bio-availability of trace minerals that were otherwise needed for healthier growth.

We civilized humans need to consciously develop the habit of keeping our environment cleaner and healthier which would not only result in our healthy lifestyle but also an investment for the upcoming generations.

What can one do to rectify these issues? The basic aspect would be to clean up the mess that we have done to this beautiful planet. Getting ourselves treated in a holistic approach mainly Acupuncture (TCM) will result in high level of energy sources to face further health issues and also to get a sure cure from chronic illness that is only relieved and maintained by other reductionist therapies.

Acupuncture not only cures the ailments but also ensures a healthy posterity and changes the pace of life. Healthy generations will lead to a dynamic society. Let us march towards a dynamic future.

Raju Krishna

## About the Author

Raju Krishna alias C.K. Raju had been into Acupuncture healing since 1999. He could realize his purpose as a faculty of Acupuncture through the missionaries of Sacred Heart Hospital, Tuticorin. He had trained many medical, paramedical and qualified people to become healers. He had researched on Time Bound Sensitivity of Command points.



After an extensive practice of the Classical Traditional methods of needling, he had inspiring and everlasting healing results to his credit. Presently he is an online consultant for SPA on Steiner Cruise – Off CA – USA and resource person for Acupuncture development as the Editor for Newsletter of ASA – India (Acupuncture Science Association). Raju Krishna has been an analytical person who had taken up scientific research on one hand and belief system on the other and probably working like a developmental biologist to unravel more mysticism linking the Corporeal Substance and the Cosmic Resonance. He is handy with a few powerful Acupuncture needling points which are known already to be command points.

He had treated himself during an episode of Cerebral Stroke since he had tremendous faith in self-needling, and the conquering command points. He is a Musician, Theosophist, Taoist and a shamanic follower. He is also associated with certain Chinese study programs.

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