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The Seven Emotions (*Qī Qíng*/七情)

ACCORDING TO CHINESE MEDICINE (FOUNDATIONAL)

FREE WORKSHOP BY DAVID HARTMANN

“The wise will start each day with the thought...

Fortuna [Goddess] gives us nothing which we can really own.

Nothing, whether public or private, is stable; the destinies of men, no less than those of cities, are in a whirl.

Whatever structure has been reared by a long sequence of years, at the cost of great toil and through the great kindness of the gods, is scattered and dispersed in a single day. No, he who has said ‘a day’ has granted too long a postponement to swift misfortune; an hour, an instant of time, suffices for the overthrow of empires.

How often have cities in Asia, how often in Achaia [Western Greek province], been laid low by a single shock of earthquake? How many towns in Syria, how many in Macedonia, have been swallowed up? How often has this kind of devastation laid Cyprus in ruins?

We live in the middle of things which have all been destined to die.

Mortal have you been born, to mortals have you given birth.

*Reckon on everything, expect everything” (Seneca 4 BCE-65 CE).**

* De Botton 2000, p.21.

Note:

- ▶ APC = Acupuncture Point Combination

Emotions

► The Traditional Seven Emotions (*Qī Qíng*) are:

- Anger = Wood
- Joy = Fire
- Pensiveness/Sympathy = Earth
- Worry = Earth and Metal
- Sadness/Grief = Fire and Metal
- Fear = Water and Wood
- Shock = Fire and Water.

Emotion Relationships

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- ▶ Heart *Shén*:
 - Associated with every emotion.
- ▶ Pericardium:
 - *Xīn Bāo*
 - Heart's Embrace
 - Court Jester.



Heart *Shén*

Heart *Shén*

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- ▶ In a basic sense the *Shén* is our:
 - Spirit
 - Memory – short-term and long-term
 - Consciousness – semi-conscious, unconscious
 - Sleep – insomnia, narcolepsy, dreaming/nightmares
 - Emotions – all of them; not just Joy
 - Five Spirits – *Hún, Pò, Yì, Zhì*.

Heart *Shén*

- ▶ Governs all of the emotions; therefore, one should consider treating the Heart *Shén* for patients suffering from emotional turmoil.
- ▶ When deciding how to treat the Heart *Shén*, you could choose from two of the following options:
 - A full body APC
 - A *Pīn Yīn* specific APC.

Heart *Shén* Regulating APC

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Location of Points	Points	Point's Speciality
Head/Face/Neck	GV 20 OR GV 24 M-HN-3 (<i>Yīn Táng</i>)	Calms the <i>Shén</i> Calms the <i>Shén</i>
Trunk (Front)	CV 14 CV 15 CV 17	Front <i>Mù</i> Collecting point of the Heart Calms the <i>Shén</i> Calms the <i>Shén</i>
Trunk (Back)	BL 15	Back <i>Shù</i> Transporting point of the Heart
Arms/Hands	PC 6 HT 3 HT 7	Calms the <i>Shén</i> Calms the <i>Shén</i> <i>Yuán</i> Source point of the Heart
Legs/Feet	SP 6	Calms the <i>Shén</i>

15 needles used bilaterally

* Hartmann 2009, pp.3, 139; Hartmann 2020, pp.392-393; Maciocia 2009, pp.18, 20, 23-24.

Heart *Shén Pīn Yīn* Specific APC

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Location of Points	Points	Point's Meaning
Head/Face/Neck	GB 13 (<i>Běn Shén</i>) GV 24 (<i>Shén Tíng</i>)	<i>Běn</i> = Root; <i>Shén</i> = Spirit <i>Shén</i> = Spirit; <i>Tíng</i> = Court, Courtyard
Trunk (Front)	KI 23 (<i>Shén Fēng</i>) KI 25 (<i>Shén Cáng</i>)	<i>Shén</i> = Spirit; <i>Fēng</i> = Seal <i>Shén</i> = Spirit; <i>Cáng</i> = Storehouse
Trunk (Back)	BL 44 (<i>Shén Táng</i>) GV 11 (<i>Shén Dào</i>)	<i>Shén</i> = Spirit; <i>Táng</i> = Hall, Temple <i>Shén</i> = Spirit; <i>Dào</i> = Path, Road, Way
Arms/Hands	HT 7 (<i>Shén Mén</i>)	<i>Shén</i> = Spirit; <i>Mén</i> = Gate
12 needles used bilaterally		
* Ellis, Wiseman & Boss 1989, pp.125, 175, 218, 220, 262, 336, 347; Hartmann 2020, pp.104-108.		

Pericardium



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Pericardium

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- ▶ In a basic sense our Pericardium is:
 - *Xīn Bāo* – Heart's Embrace
 - Heart's Bodyguard
 - Heart Shield
 - Court Jester.

Pericardium

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- ▶ Is a very important, and often undervalued, organ for regulating emotions and assisting the Heart *Shén*.
- ▶ When deciding how to treat the Pericardium, you must choose between:
 - Treating the physical Heart
 - Treating the Heart *Shén*. Seeing as this workshop is targeting the emotions, we will focus on the Pericardium APC for the Heart *Shén*.

Pericardium *Shén* Regulating APC

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Location of Points	Points	Point's Speciality
Head/Face/Neck	GV 20	Calms the <i>Shén</i>
Trunk (Front)	CV 14	Front <i>Mù</i> Collecting point of the Heart
	CV 15	Calms the <i>Shén</i>
	CV 17	Front <i>Mù</i> Collecting point of the Pericardium
Trunk (Back)	BL 14	Back <i>Shù</i> Transporting point of the Pericardium
	BL 15	Back <i>Shù</i> Transporting point of the Heart
Arms/Hands	PC 6	Calms the <i>Shén</i>
	PC 7	<i>Yuán</i> Source point of the Pericardium
	TE 5	<i>Luò</i> Connecting point of the <i>Sān Jiāo</i>
Legs/Feet	LR 3	<i>Yuán</i> Source point of the Liver; <i>Jué Yīn</i> partner

16 needles used bilaterally

* Hartmann 2009, p.12; Maciocia 2009, pp.271-272.

[Philosophy states] I would like to continue our discussion a while by using [the Goddess] Fortune's own arguments, and I would like you to consider whether her demands are just.'

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"Why do you burden me each day, mortal man," she [Goddess Fortunata] asks, "with your querulous accusations? What harm have I done you? What possessions of yours have I stolen?"

Choose any judge you like and sue me for possession of wealth and rank, and if you can show that any part of these belongs by right to any mortal man, I will willingly concede that what you are seeking to regain really did belong to you.

When nature brought you forth from your mother's womb I received you naked and devoid of everything and fed you from my own resources. I was inclined to favour you, and I brought you up – and this is what makes you lose patience with me – with a measure of indulgence, surrounding you with all the splendour and affluence at my command.

Now I have decided to withdraw my hand. You have been receiving a favour as one who has had the use of another's possessions, and you have no right to complain as if what you have lost was fully your own. You have no cause to begin groaning at me: I have done you no violence.

Wealth, honours and the like are all under my jurisdiction. They are my servants and know their mistress. When I come, they come with me, and when I go, they leave as well. I can say with confidence that if the things whose loss you are bemoaning were really yours, you could never have lost them.

Surely I am not the only one to be denied the exercise of my rights? The heavens are allowed to bring forth the bright daylight and lay it to rest in the darkness of night: the year is allowed alternatively to deck the face of the earth with fruit and flowers and to disfigure it with cloud and cold. The sea is allowed either to be calm and inviting or to rage with storm-driven breakers.

Shall man's insatiable greed bind me to a constancy which is alien to my ways? Inconstancy is my very essence; it is the game I never cease to play as I turn my wheel in its ever changing circle, filled with joy as I bring the top to the bottom and the bottom to the top. Yes, rise up on my wheel if you like, but don't count it an injury when by the same token you begin to fall, as the rules of the game will require.

... Now, you have had more than your share of the good, but have I completely deserted you? Indeed, my very mutability gives you just cause to hope for better things. So you should not wear yourself out by setting your heart on living according to a law of your own in a world that is shared by everyone"
*(Boethius 480-524 CE).**

* Boethius 1999, pp.24-26.

Anger



Anger

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Element	Wood
Main Organs	Liver Gall Bladder
Secondary Organs	Heart Stomach
<i>Yīn Yáng</i>	Young <i>Yáng</i>

Anger Zàng Fǔ Patterns*

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- ▶ Liver Fire Blazing
- ▶ Liver Yáng Rising
- ▶ Liver Qì Stagnation
- ▶ Damp Heat in Liver & Gall Bladder
- ▶ Liver Invading the Stomach
- ▶ Heart Fire Blazing

* Hartmann 2020, p.309.

* Maciocia 2009, pp.122-125.

**I DON'T NEED ANGER
MANAGEMENT.
I NEED PEOPLE TO
STOP PISSING ME OFF.**

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<https://au.pinterest.com/palmergalkat/funnies-sayings-and-stuff/>

Anger APC*

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Location of Point	Point	Reasoning
Head/Face/Neck	GV 20 M-HN-3 (<i>Yīn Táng</i>)	Highest point – regulates energy up/down Supports GV 20; Crown and Third Eye
Trunk (Front)	CV 14 CV 17	Front <i>Mù</i> Collecting point of the Heart Front <i>Mù</i> Collecting point of the Pericardium
Trunk (Back)	GV 8	Soothes the Liver
Arms/Hands	HT 5 HT 7	Nourishes the Heart <i>Shén</i> <i>Yuán</i> Source point of the Heart
Legs/Feet	LR 2 LR 3 KI 1	<i>Yíng</i> Spring point of the Liver <i>Yuán</i> Source point of the Liver Lowest point – regulates energy up/down
Total points needed	15 needles used bilaterally * Hartmann 2020, pp.311-312.	



Joy

Joy

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Element	Fire
Main Organs	Heart
Secondary Organs	Heart <i>Shén</i>
<i>Yīn Yáng</i>	Mature <i>Yáng</i>

Joy Zàng Fǔ Patterns*

22

- ▶ Heart Fire Blazing
- ▶ Phlegm Fire Harassing the Heart
- ▶ Phlegm Misting the Heart *Shén*
- ▶ Heart *Qì Xū*
- ▶ Heart *Xuè Xū*



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* Hartmann 2020, p.312.

* Maciocia 2009, pp.126-127.

<https://creazilla.com/nodes/11773-happy-heart-clipart>

'Happy' Joy APC*

23

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Location of Point	Point	Reasoning
Head/Face/Neck	M-HN-3 (<i>Yīn Táng</i>) GV 20	Calms the Heart <i>Shén</i> Calms the Heart <i>Shén</i>
Trunk (Front)	CV 14 CV 15 CV 17	Front <i>Mù</i> Collecting point of the Heart Calms the Heart <i>Shén</i> Front <i>Mù</i> Collecting point of the Pericardium
Trunk (Back)	BL 15 BL 44	Back <i>Shù</i> Transporting point of the Heart <i>Shén Táng</i> = Spirit Hall/Temple
Arms/Hands	HT 3 HT 7 PC 7	Calms the Heart <i>Shén</i> <i>Yuán</i> Source point of the Heart <i>Yuán</i> Source point of the Pericardium
Legs/Feet	SP 6	Calms the Heart <i>Shén</i>
Total points needed	17 needles used bilaterally * Hartmann 2020, p.314.	

'Manic' Joy APC*

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Location of Point	Point	Reasoning
Head/Face/Neck	M-HN-3 (<i>Yīn Táng</i>) GV 20 GV 26	This APC looks to: <ul style="list-style-type: none">• Calm the Heart <i>Shén</i>• Settle an acute manic episode• Clear the Fire• Drop the Fire out of the head.
Trunk (Back)	GV 10 GV 12 GV 14	
Arms/Hands	LI 11 PC 8 HT 8	
Legs/Feet	ST 40 KI 1	
Total points needled	16 needles used bilaterally * Hartmann 2020, p.314.	



Pensiveness

Pensiveness

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Element	Earth
Main Organs	Spleen Stomach
Secondary Organs	Heart Lungs Kidneys
<i>Yīn Yáng</i>	Balanced

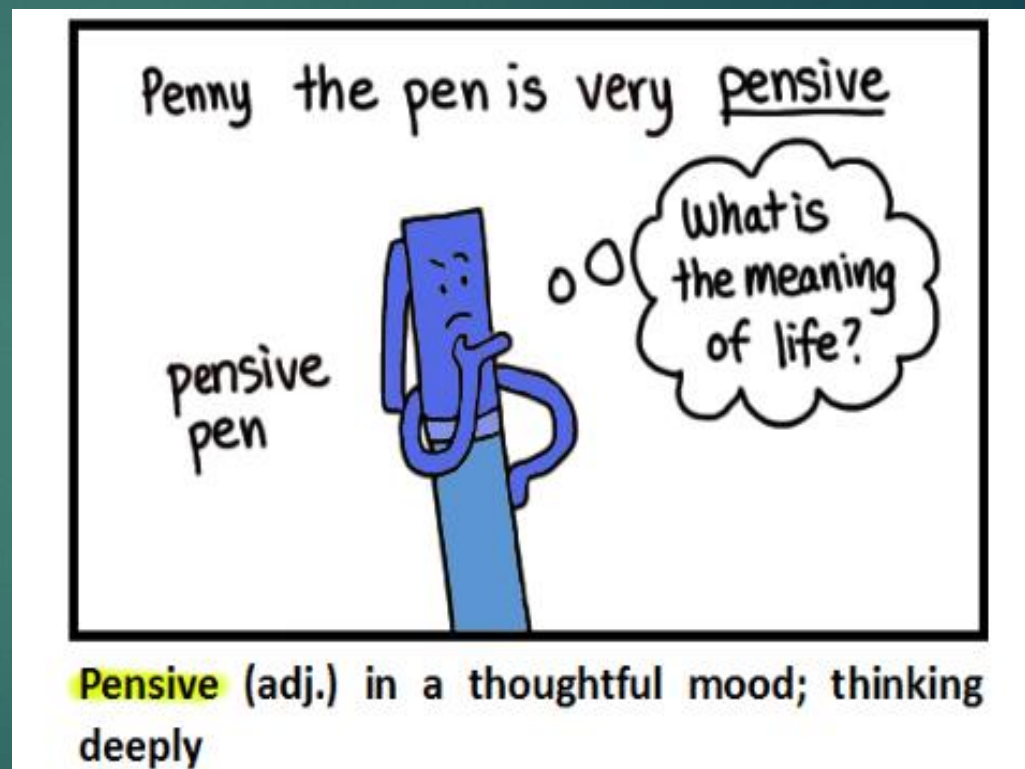
Pensiveness Zàng Fǔ Patterns*

27

- ▶ Spleen Qì Xū
- ▶ Heart Qì Xū
- ▶ Lung Qì Xū
- ▶ Stomach Fire Blazing
- ▶ Stomach Qì Rebelling Upwards
- ▶ Kidney Xū (any type)

* Hartmann 2020, p.315.

* Maciocia 2009, pp.129-131.



Pensiveness APC*

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Location of Point	Point	Reasoning
Head/Face/Neck	GV 20 ST 8 M-HN-3 (<i>Yīn Táng</i>) BL 10	Regulates the <i>Yī</i> and <i>Shén</i> Clears the head to help with mental clarity Regulates the <i>Yī</i> and <i>Shén</i> Clears the head to help with mental clarity
Trunk (Back)	BL 49	<i>Yī Shè</i> = House of the Thought
Arms/Hands	PC 6 HT 7	Regulates the Heart <i>Shén</i> and <i>Yī</i> Regulates the Heart <i>Shén</i> and <i>Yī</i>
Legs/Feet	SP 3 SP 6	<i>Yuán</i> Source point of the Spleen Regulates the <i>Yī</i> and <i>Shén</i>
Total points needed	16 needles used bilaterally * Hartmann 2020, p.317.	

Worry



Worry

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Element	Earth Metal
Main Organs	Spleen Lungs
Secondary Organs	Heart Liver Gall Bladder
<i>Yīn Yáng</i>	Young <i>Yīn</i>

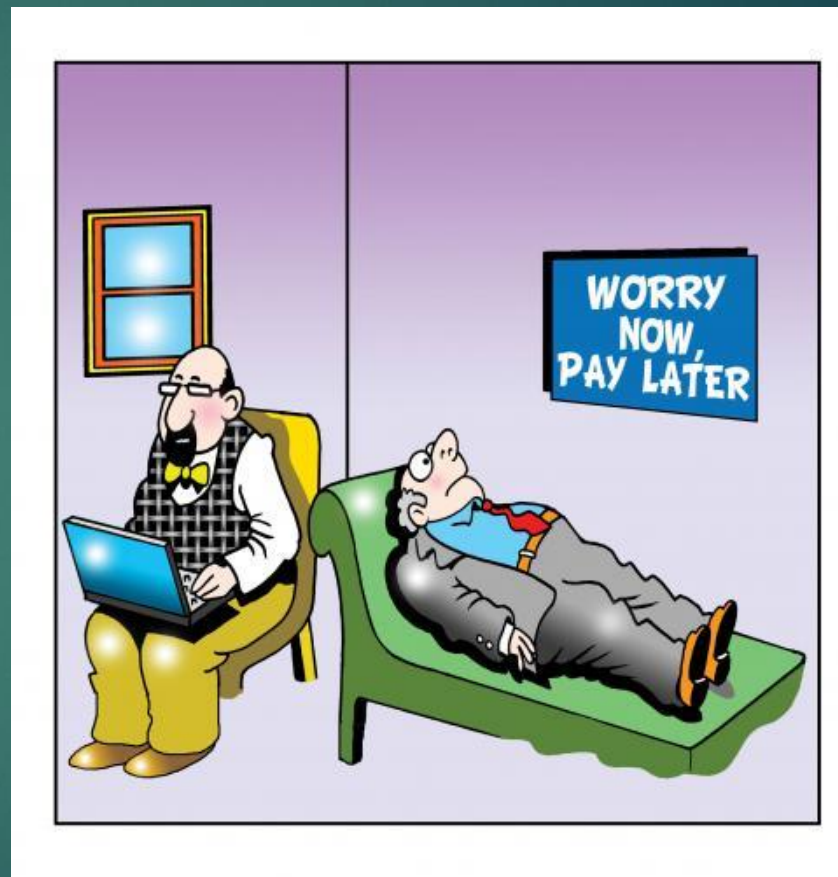
Worry Zàng Fǔ Patterns*

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- ▶ Spleen Qì Xū
- ▶ Lung Qì Xū
- ▶ Heart Qì Xū
- ▶ Heart Xuè Xū
- ▶ Liver Qì Stagnation
- ▶ Liver Yáng Rising
- ▶ Gall Bladder Xū

* Hartmann 2020, p.318.

* Maciocia 2009, pp.127-129.

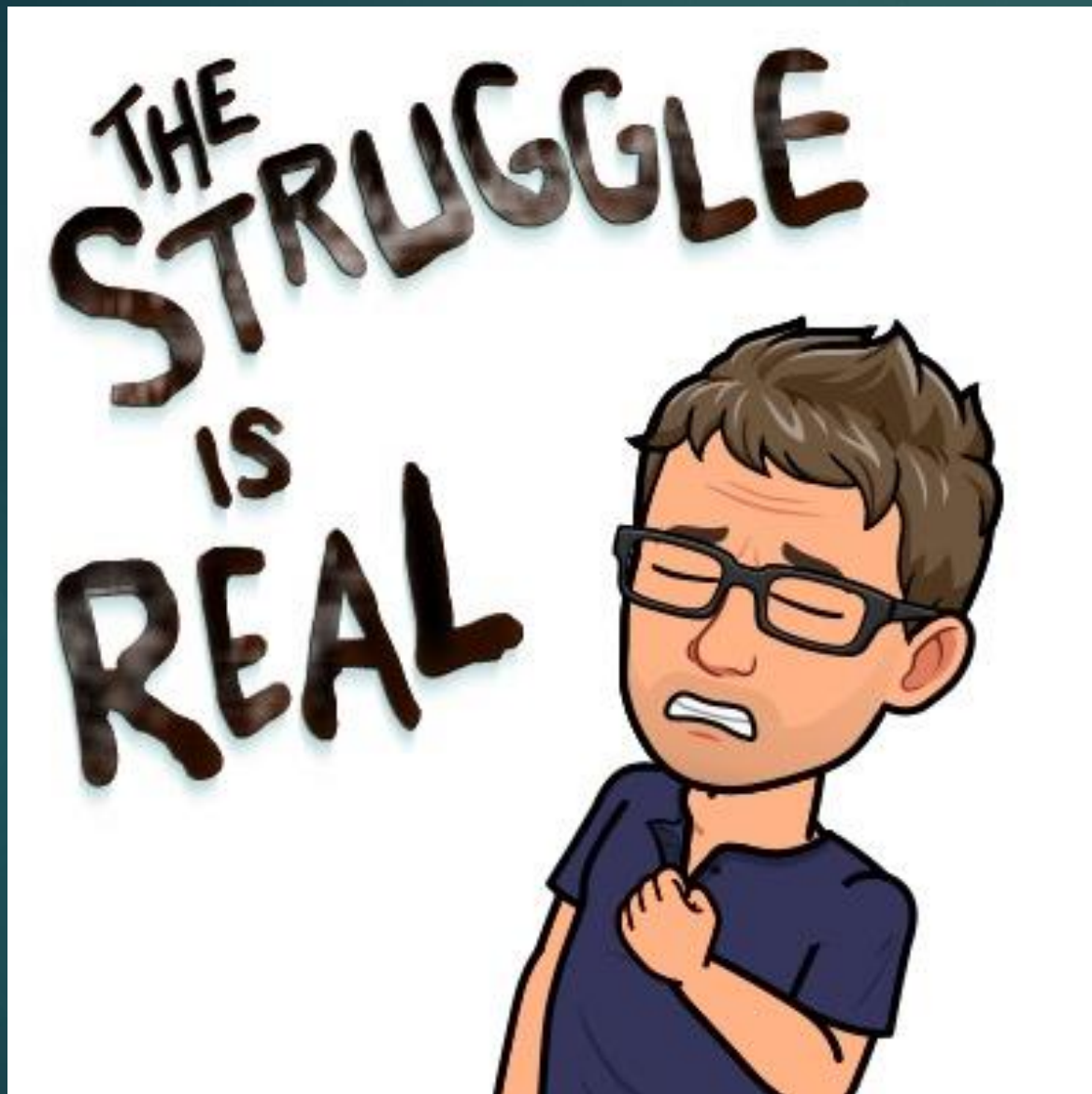


https://www.toonpool.com/cartoons/worry%20now%20pay%20later_48714

Worry APC*

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Location of Point	Point	Reasoning
Head/Face/Neck	GV 20 M-HN-3 (<i>Yīn Táng</i>) BL 10	All points calm the Heart <i>Shén</i> ; reduce worry
Trunk (Front)	CV 14 CV 17	Front <i>Mù</i> Collecting point of the Heart Front <i>Mù</i> Collecting point of the Pericardium
Arms/Hands	PC 6 LU 7 HT 4 HT 7	<i>Yuán</i> Source point of the Heart
Legs/Feet	SP 6	
Total points needed	16 needles used bilaterally * Hartmann 2020, p.320.	



Sadness and Grief

Sadness and Grief

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Element	Fire Metal
Main Organs	Heart Lungs
Secondary Organs	Liver
<i>Yīn Yáng</i>	Young <i>Yīn</i>

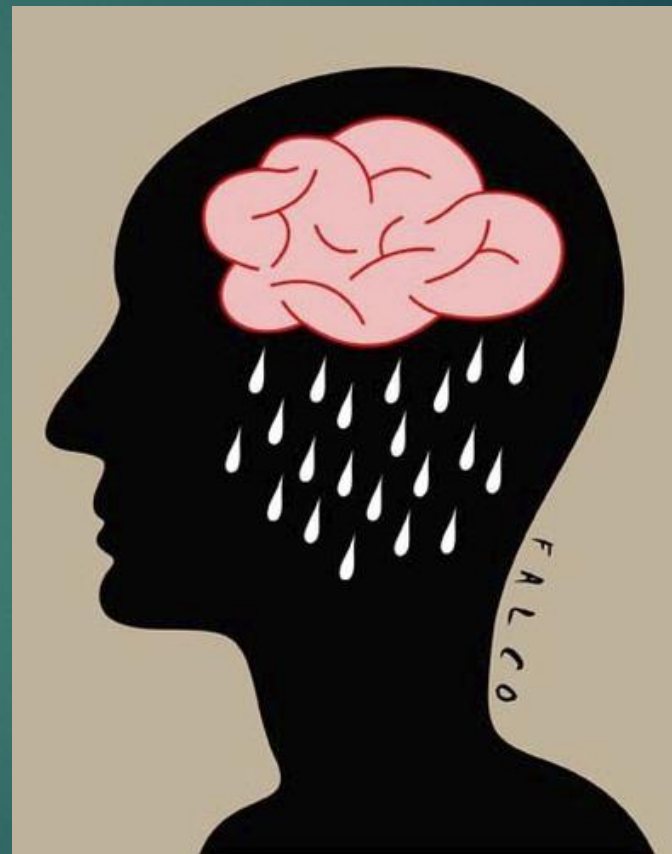
Sadness/Grief *Zàng Fǔ* Patterns*

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- ▶ Heart Qì Xū
- ▶ Heart Xuè Xū
- ▶ Lung Qì Xū
- ▶ Liver Xuè Xū
- ▶ Liver Qì Stagnation

* Hartmann 2020, p.321.

* Maciocia 2009, pp.131-133.



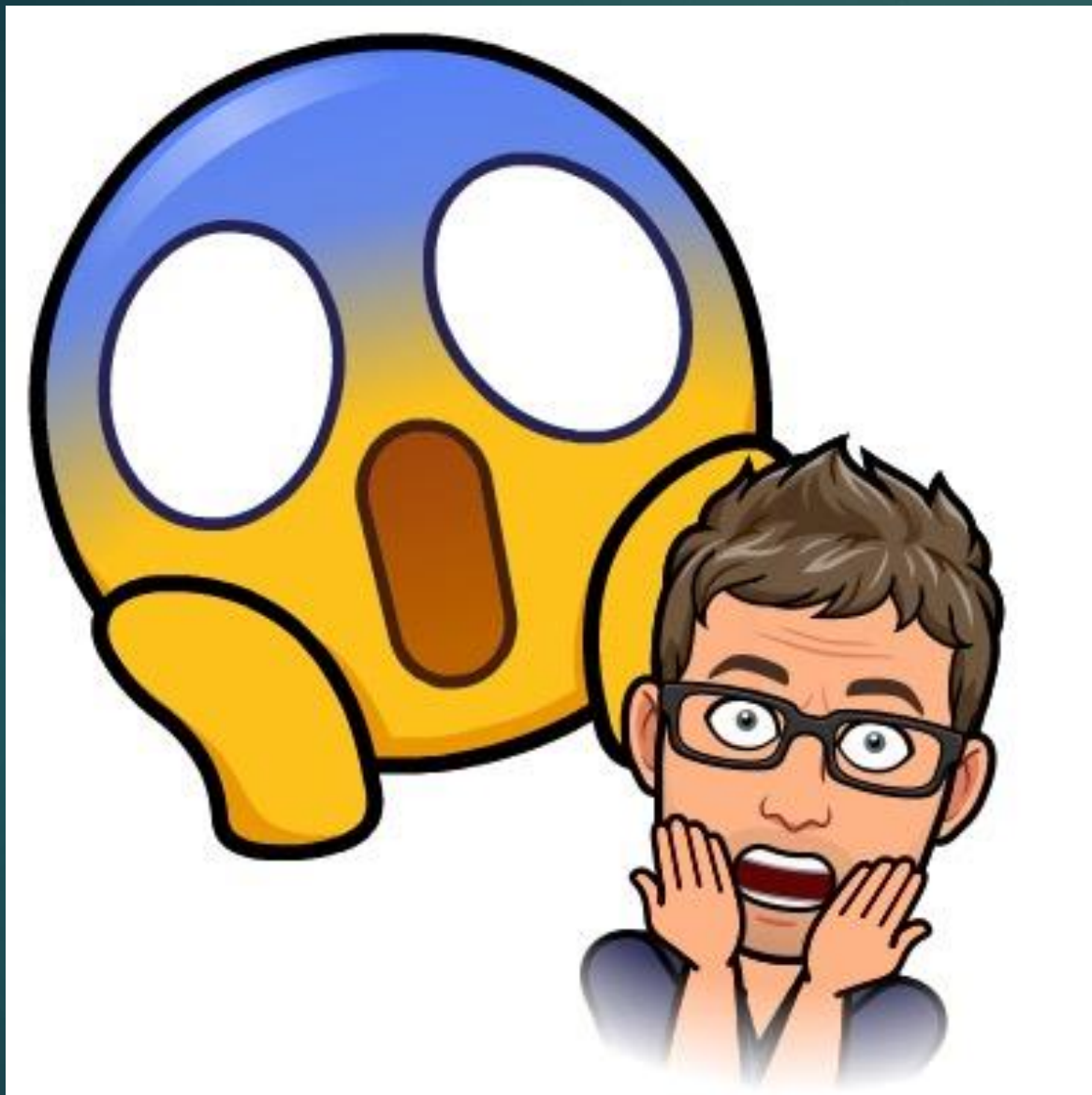
https://www.toonpool.com/cartoons/sadness_142159

Sadness/Grief APC*

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Location of Point	Point	Reasoning
Head/Face/Neck	GV 20 M-HN-3 (<i>Yīn Táng</i>)	Calms the Heart <i>Shén</i> Supports GV 20; Crown and Third Eye
Trunk (Front)	CV 14 CV 15 CV 17	Front <i>Mù</i> Collecting point of the Heart Calms the Heart <i>Shén</i> Front <i>Mù</i> Collecting point of the Pericardium
Trunk (Back)	BL 42 BL 47	<i>Pò Hù</i> = Corporeal Soul Door <i>Hún Mén</i> = Ethereal Soul Gate
Arms/Hands	LU 3 HT 3 HT 7	Calms the <i>Pò</i> Happy point – stimulates endorphins <i>Yuán</i> Source point of the Heart
Total points needed	15 needles used bilaterally * Hartmann 2020, p.323.	

Fear



Fear

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Element	Water Wood
Main Organs	Kidneys Gall Bladder
Secondary Organs	Heart Urinary Bladder Liver
<i>Yīn Yáng</i>	Mature Yīn

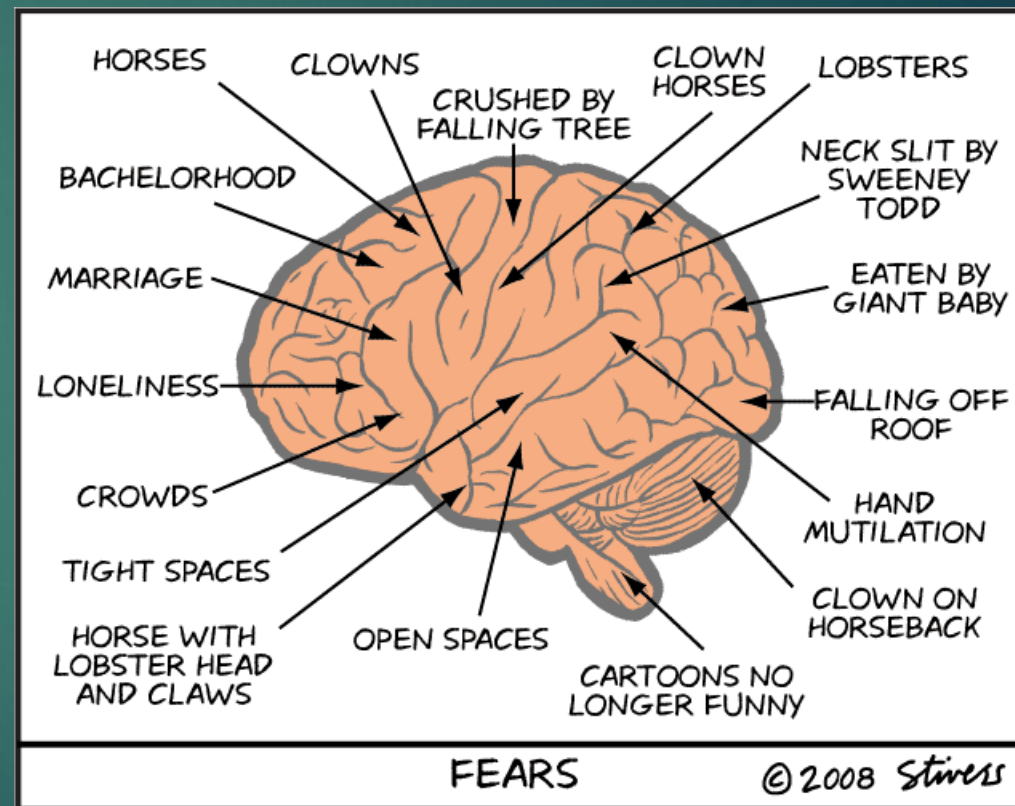
Fear Zàng Fǔ Patterns*

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- ▶ Kidney Xū (any type)
- ▶ Heart/Kidney not Communicating
- ▶ Heart Xū (any type)
- ▶ Gall Bladder Xū
- ▶ Liver Xuè Xū

* Hartmann 2020, p.324.

* Maciocia 2009, pp.133-134.



Fear Manifests Differently

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- ▶ Differences between Kidney fear and Gall Bladder fear:
- ▶ Kidney fear:
 - Down-bearing to bladder
 - Upward surging to the face.
- ▶ Gall Bladder fear:
 - Upward surging to the throat.

Fear APC*

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Location of Point	Point	Reasoning
Head/Face/Neck	GB 9 GV 20	Specific point for fear/fright/phobias Calms the Heart <i>Shén</i> ; reduces fear
Trunk (Back)	BL 15 BL 19 BL 23 BL 52	Back <i>Shù</i> Transporting point of the Heart Back <i>Shù</i> Transporting point of the Gall Bladder Back <i>Shù</i> Transporting point of the Kidneys <i>Zhì Shì</i> = Will Residence; reduces fear
Arms/Hands	SI 7	<i>Luò</i> Connecting Point of the Small Intestine; calms the Heart <i>Shén</i>
Legs/Feet	GB 40 KI 3	<i>Yuán</i> Source point of the Gall Bladder <i>Yuán</i> Source point of the Kidneys
Total points needed	17 needles used bilaterally * Hartmann 2020, p.326; Maciocia 2009, pp.133-134, 268.	

Shock



Shock

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Element	Fire Water
Main Organs	Heart Kidneys
Secondary Organs	Any other organ
<i>Yīn Yáng</i>	Inconsistent

Shock Zàng Fǔ Patterns*

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- ▶ Dependant on acute or chronic diagnosis:
- ▶ Heart Qì Xū
- ▶ Heart Xuè Xū
- ▶ Kidney Qì Xū
- ▶ Yīn Xū (multiple organs incl. Heart & Kidneys)
- ▶ Yáng Xū (multiple organs incl. Heart & Kidneys)
- ▶ A combination of other organ patterns

* Hartmann 2020, p.327.

* Maciocia 2009, pp.134-135.



<http://www.clipartster.com/electric-shock-cliparts/>

Acute Shock APC*

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Location of Point	Point	Reasoning
Head/Face/Neck	GV 20 GV 25 GV 26	All of these points treat acute shock. They target the following to achieve this: <ul style="list-style-type: none">• Heart <i>Shén</i>• The Heart organ• The Kidney organ• Fast-acting points at the top and bottom of the body• A balance throughout the body with the remaining points.
Trunk (Front)	CV 4 CV 6	
Arms/Hands	PC 6 PC 9	
Legs/Feet	ST 36 KI 1	
Total points needed	13 needles used bilaterally * Hartmann 2020, p.329; Maciocia 2009, pp.134-135.	

Chronic Shock APC*

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Location of Point	Point	Reasoning
Head/Face/Neck	GV 20	Calms the Heart <i>Shén</i>
Trunk (Front)	CV 4	Calms the Heart <i>Shén</i> ; strengthens the Kidneys
	CV 6	Strengthens the Kidneys
	CV 14	Front <i>Mù</i> Collecting point of the Heart
	CV 17	Front <i>Mù</i> Collecting point of the Pericardium
Trunk (Back)	BL 15	Back <i>Shù</i> Transporting point of the Heart
	BL 23	Back <i>Shù</i> Transporting point of the Kidneys
Arms/Hands	HT 7	<i>Yuán</i> Source point of the Heart
	PC 7	<i>Yuán</i> Source point of the Pericardium
Legs/Feet	KI 1	Calms the Heart <i>Shén</i>
	KI 3	<i>Yuán</i> Source point of the Kidneys
Total points needed	17 needles used bilaterally * Recent clinical treatments when treating chronic shock recovery	

Table 11.1 Qí Qíng/Seven Emotions³

Emotion/emotional state	Yīn organs	Yáng organs	Wǔ Xíng/Five Elements
Anger and frustration	Liver	Gall Bladder	Wood
Joy/mania	Heart		Fire
Pensiveness	Spleen	Stomach	Earth
Worry	Spleen Lungs		Earth Metal
Sadness and grief	Lungs Heart		Metal Fire
Fear	Kidneys	Urinary Bladder Gall Bladder	Water Wood
Shock	Kidneys Heart		Water Fire
Depression	Liver Heart Lungs	Gall Bladder	Wood Fire Metal
Manic depression/Diān Kuáng	Heart plus others		Fire plus others
Anxiety	Heart Kidneys		Fire Water
Stress	Liver Heart	Gall Bladder	Wood Fire

Emotions Summary

* Hartmann 2020, p.308.

That was fun,
let's do it again
sometime 😊



Contact Details

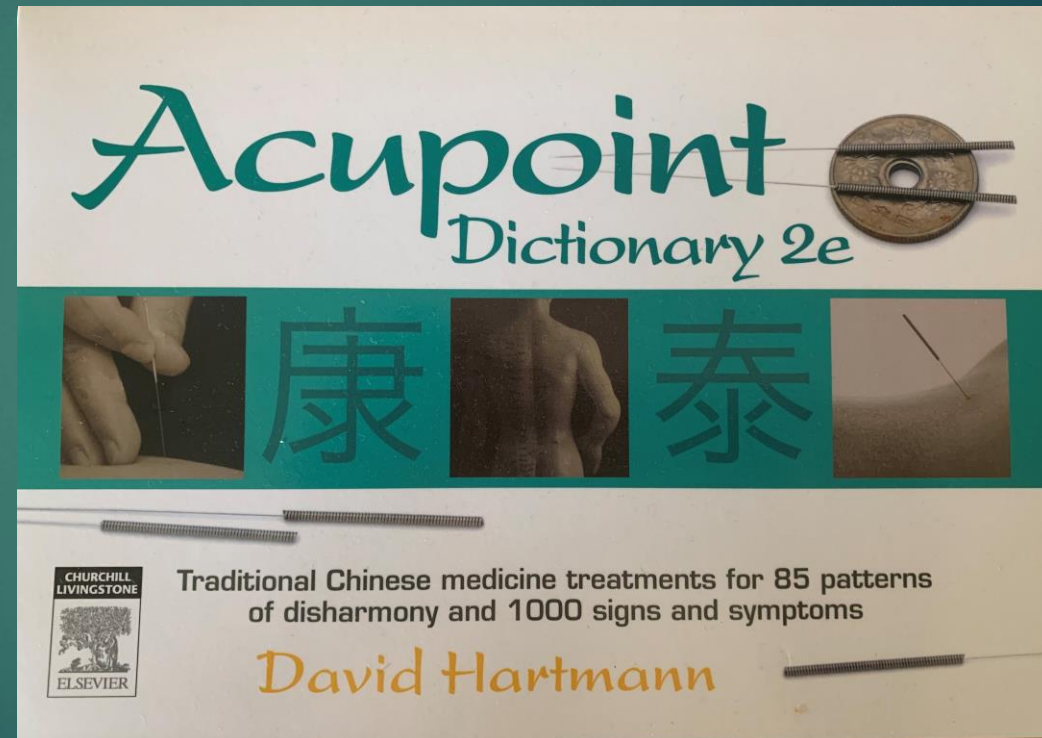
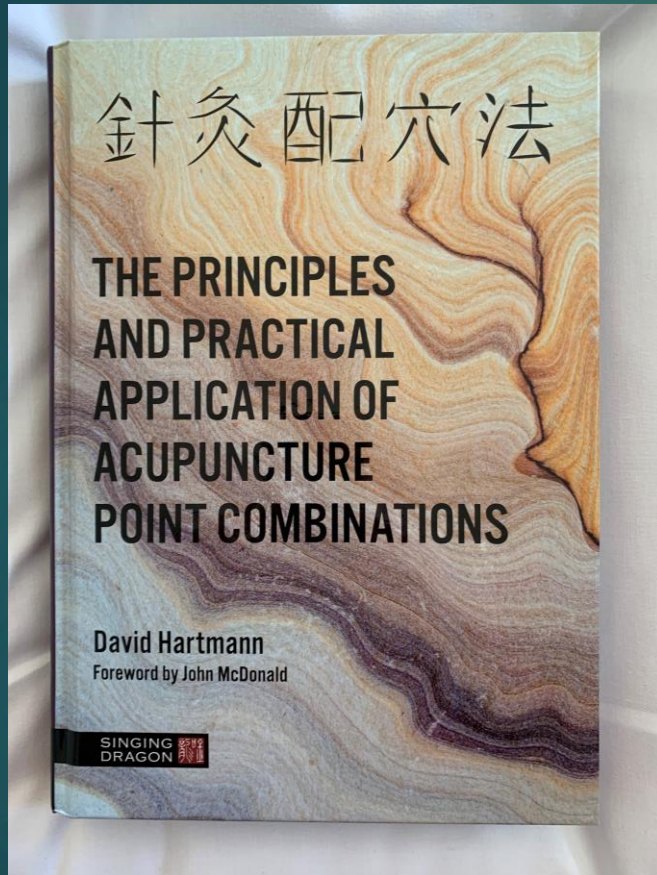
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- ▶ David's website and blog: davidhartmanntcm.com
- ▶ Facebook: [Chinese Medicine: History and Philosophy](https://www.facebook.com/ChineseMedicineHistoryandPhilosophy)

TCM Textbooks

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Online Workshops

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- ▶ Healthy Seminars:

<https://healthyseminars.com/bio/david-hartmann>

- ▶ eLotus:

<https://www.elotus.org/bio/david-hartmann-registered-acupuncturist>

Online Workshops

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- ▶ TCM Academy:
<https://www.tcm.ac/courses/acupuncture-point-combinations-the-master-key-to-great-clinical-results/?v=88588bacf0da>
- ▶ China Books:
<https://www.chinesemedicineeducation.com/presenters/david-hartmann/>

Online Workshops

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- ▶ The list is forever growing with works being produced, or have already been produced, for:
 - Singing Dragon – search for their local website
 - Nei Jing School – <https://nei-jing-school.teachable.com/>
 - Biofield Tuning Australia – <https://www.biofieldtuningaustralia.com.au/>
 - Northern College of Acupuncture – <https://nca.ac.uk/>
 - Various other companies and businesses.

References

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