

10

The Ten Heavenly Stems

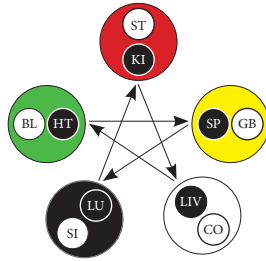
Shí Tiān Gān

十天干

The Ten Heavenly Stems

The number ten is a multiple of the number five and therefore represents Heavenly Qi

The ten Stems represent Heavenly influence according to a ten-year cycle and in man are represented by the ten organs



The ten-year cycle reflects change between Yin and Yang according to the Five Phases

The first five years are Yang in relation to the last five years which are more yin

The ten Stems are arranged in accordance with the Five phases according to the Sheng Cycle

Every two Stems (years) is associated with one phase

The first two years are associated with the Wood Phase – generation

The next two Stems are associated with the Fire Phase – expansion

The fifth and sixth Stems are associated with the Earth Phase – harmonization

The seventh and eighth Stems are associated with the Metal Phase – convergence

And the ninth and tenth Stems are associated with the Water Phase – retreat

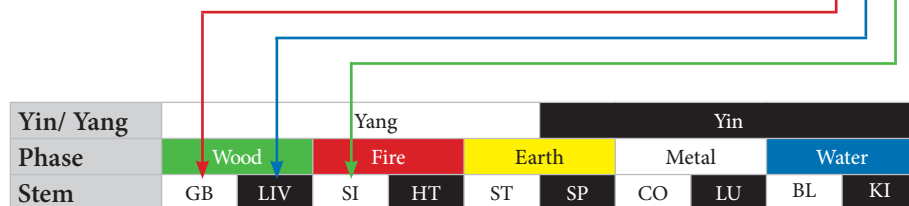
Yin/ Yang	Yang						Yin			
Phase	Wood		Fire		Earth		Metal		Water	
Stem	1	2	3	4	5	6	7	8	9	10
	→ Sheng Cycle →									

All odd number years
are Yang years and are marked with the symbol + (plus)

The even years
are Yin years and are marked with the symbol – (minus)

Number	1	2	3	4	5	6	7	8	9	10
Polarity	+	-	+	-	+	-	+	-	+	-

The order of the Ten Stems begins with the GB which is the Yang organ of the Wood Phase it proceeds to the Yin organ of the Wood Phase – the LIV then to the Yang organ of the Fire Phase – the SI and so on and so forth – a Yang organ followed by a Yin organ beginning with the Wood Phase and ending with the Water Phase according to the Sheng Cycle of the Five Phases



Heavenly Qi that comes from Heaven to Earth
is called Great Movement

The first Great Movement is Earth
and it changes according to the order of the Five Phases
one year for each Phase

Therefore – in the first year
the first organ – the GB – encounters the first Great Movement – Earth

The combination is reflected in the first Stem – jiǎ
which is also referred to as GB in Earth

In the second year the Great Movement switches to Metal
therefore the second Stem – the LIV – encounters Metal Qi

In the third year the third Stem – the SI – encounters Water Qi
and so on and so forth

Phase	Wood		Fire		Earth		Metal		Water	
Great movement 大運 - Dà Yùn	E	M	WA	WO	F	E	M	WA	WO	F
Stem	GB	LIV	SI	HT	ST	SP	CO	LU	BL	KI
Name	Jiǎ	Yī	Bǐng	Dīng	Wù	Jǐ	Gēng	Xīn	Rén	Guǐ
Number	1	2	3	4	5	6	7	8	9	10

The first Stem is called – **GB in Earth**

The second Stem – **LIV in Metal**

The third Stem - **SI in Water**

The fourth Stem - **HT in Wood**

The fifth Stem - **ST in Fire**

The sixth Stem - **SP in Earth**

The seventh Stem - **CO in Metal**

The eighth Stem - **LU in Water**

The ninth Stem - **BL in Wood**

The tenth Stem - **KI in Fire**

Stem Point

The Stem Point is an Element point¹ on the meridian of the Stem that corresponds to the Great Movement

Therefore the Stem Point of GB in Earth for example is the Earth point of the GB which is GB-34

The Metal point LIV-4 is the Stem Point of the LIV because the LIV is located in the home of Metal and so on...

Great movement 大運 - Dà Yùn	E	M	WA	WO	F	E	M	WA	WO	F
Stem	GB	LIV	SI	HT	ST	SP	CO	LU	BL	KI
Stem point	GB-34	LIV-4	SI-2	HT-9	ST-41	SP-3	CO-1	LU-5	BL-65	KI-2

In the Clinic

Stem Qi which is the result of date of birth is considered to be Qi that is accentuated in Man

When the umbilical cord is cut and the child is physically disconnected from his mother he experiences his first Heavenly Qi as an independent entity

This Qi resonates within him in an accentuated manner and therefore in general

we try to refrain from needling the points that belong to the Stem meridian

Stem Points reflect the essence of the strength of Man therefore we try harder to avoid needling the Stem point based on the understanding that to the greatest extent possible it is preferable to not touch man's accentuated Qi

There are cases in which needling the points of the Stem meridian and even the Stem Point is correct for example when a person's strength is working against him but these are exceptional cases

¹- See: the hourly points, p. 203.

Summary of the characteristics of the Stems

Yin/ Yang	Yang			Yin						
Phase number	1	2	3	4	5					
Phase	Wood	Fire	Earth	Metal	Water					
Direction	East	South	Center	West	North					
Emanation	Yuán	Hēng	Qiàn	Li	Zhēn					
<div style="display: flex; justify-content: space-between; align-items: center; margin: 0;"> ← Sheng Cycle → </div>										
Stem number	1	2	3	4	5	6	7	8	9	10
Polarity	+	-	+	-	+	-	+	-	+	-
Name	Jiǎ	Yǐ	Bǐng	Dīng	Wù	Jǐ	Gēng	Xīn	Rén	Guǐ
Character	甲	乙	丙	丁	戊	己	庚	辛	壬	癸
Great movement	Earth	Metal	Water	Wood	Fire	Earth	Metal	Water	Wood	Fire
Stem	GB	LIV	SI	HT	ST	SP	CO	LU	BL	KI
Stem point	34	4	2	9	41	3	1	5	65	2

Unlike (Opposing) Qi

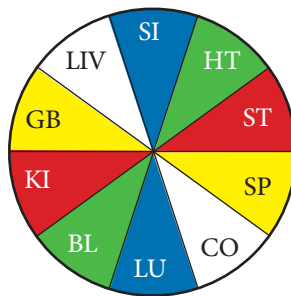
The opposing Stem (which is both complementary and opposing) is the Stem with the identical Great Movement

The GB is a Stem with Earth Great Movement as is the SP therefore these two Stems oppose one another but also complement one another

The GB is located in the Yang portion of the cycle of Stems (the first five years) and the SP is located in the Yin portion of the cycle (the last five years)

The two Stems have a common relationship due to the Great Movement (in this case Earth) to which they belong

Yin/ Yang	Yang					Yin				
Great movement 大運 - Dà Yùn	E	M	WA	WO	F	E	M	WA	WO	F
Stem	GB	LIV	SI	HT	ST	SP	CO	LU	BL	KI

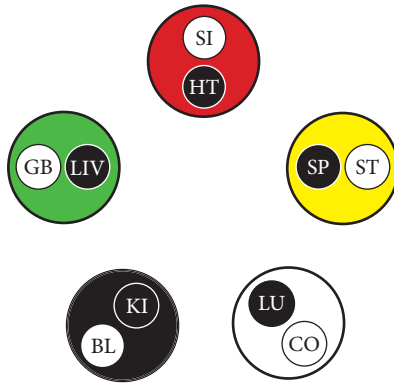


Like Qi

When the patient is balanced
and we seek to establish this balance on the Stem level
we can use points of the meridian that is the Stem's partner
on the level of the Five Phases

The LIV and the GB are paired on the Element level
and they balance one another
so are the HT and the SI and so on...

Also when the patient is very weak
we use the corresponding Qi to support him



Stems' Energetic Impact on Man

The Ten Stems are linked to a person's time of birth and therefore have an ongoing influence on their Qi

The influence is impressed upon the person for their entire life this influence is manifested in all the layers

A person's energetic characteristics are influenced by different sources:

- ☯ genetic cargo
- ☯ life surroundings
- ☯ and Qi at the time of birth

The genetic cargo received from one's parents has a decisive impact on the person and shapes his or her character on all layers physical emotional and energetic

The environment in which people live
the food they eat
the water they drink
the air they breathe
and the emotional environment to which they are exposed influence them and shape their character

The Heavenly Qi resonating in humans has a small influence though small however this influence is permanent and ongoing and may find expression in the individual when the body falls out of balance

Summary of the Clinical Possibilities of Using Stems thus Far

1. The Stem reflects intensified Qi that is radiated from Heaven in a certain year

Whoever is born in that year is first exposed to this Heavenly Qi at the moment of birth this Qi resonates within him in an accentuated manner throughout his life

This Qi is a strength and to avoid weakening it is therefore preferable to refrain from needling points belonging to the Stem and particularly the Stem Point

2. In states of imbalance it is recommended to use points from the opposing Stem – Unlike Qi

3. If the person is balanced or very weak we can use complementary Like Qi

Beyond these three basic clinical possibilities the use of Stems in the clinic is part of a broader conception of treatment that includes a mixture of Qi from the Stems the Branches and the divisions in accordance with date of birth

This method of calculation is called the Table of the Five Movements and the Six Qi or the “Table of Stems and Branches” it appears later in this book – on p. 174.

