



The Actual Approximate Location of Governing Vessel 20

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The author is a meditator of over 70 years experience. He has noticed that the accredited location as taught for the location as Du20 or GV20 as at the top of the head, midline between the two ears does not correspond to the location according to his experience.

According to the human Body-Field of the author, his Du20, GV20, is approximately located at the juncture of the sagittal suture between the two Parietal skull bones and the two lamboid sutures between the two Parietal skull bones and the Occipital bone of the Skull. This point is located in an easily found slight depression at the back of the skull of the body, midline at the top of the occipital bone.

Si Shen Cong is the acupuncture point constellation arising from this central location. Also, the author has noticed that according to his human Body-Field, the Yin energies entering his body culminate 1cun before Du 20 (GV20) and the yang energies leaving his body begin 1cun after. He is aware that the Conception Vessel ends at the lower lip, jaw of the mouth and the Governing Vessel begins at the upper lip, skull of the mouth. The Yin-Yang circle is such as to divide the left and right sides of the body energetically. It seems then that there are at least two systems at play within the body. One deep and one upon the surface of the body. It is the assumption of the author that the overall harmony of the body is reflected in the overall balance of the surface system designated by scholars as acupuncture points. The point then of the practice of acupuncture is to stimulate the surface points in order to bring about the harmony of the deeper system. Those of considerable meditative

practice are able to manipulate the deeper system consciously in order to bring about human Body-Field harmony according to the individual's genetic constitution.

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