



## Summary of Chapter 15 of the Líng Shū

### Wǔ Shí Yíng – The Fifty Cycles of the Channel-energy Circulation

#### Paragraph 1

28 constellations in the sky.

Distance between each is 36 minutes \*

The Rén Qì (human energy) circulates 50 cycles per day. This takes 1008 min. (fēn).

In a days rotation the earth passes the 28 constellations.

Man also has 28 channels, which correspond to the 28 constellations.

Total length of the channels is 162 feet (± 49 m).

Note: \* The Chinese text writes fēn (分), which means *part*.

#### Paragraph 2

One inhalation: pulse pulsates 2 times, (pulse) Qì moves 3 cùn.

One exhalation: pulse pulsates 2 times, (pulse) Qì moves 3 cùn.

One respiration = one inhalation + one exhalation = Qì moves 6 cùn.

10 respirations = 6 feet (approx. 1.83 m).

27 respirations = 16 feet + 2 cùn (approx. 4.93 m). The globe rotates distance of 2 minutes (fēn) (days moves 2 min.)

270 respirations: Qì travels 162 feet (approx. 49 m) through the body. The globe rotates distance of 20 minutes (fēn) (days moves 20 min.).

540 respirations: circulation Qì in channel is two cycles. The globe rotates distance of 40 minutes (fēn) (days moves 40 min.).

2700 respirations: circulation Qì in channel is 10 cycles. The globe rotates 5 constellations and a distance of 20 minutes (fēn) (days moves 20 min.).

13500 respirations: circulation Qì in channel is 50 cycles. The globe rotates 27 constellations.

The so called 'mutual communication' means to illustrate the circulating condition of the channel Qì of one side to represent the conditions of both sides as the hand and foot channels of both sides are the same and they are communicating.

#### Bibliography

[1] Wiseman N. and Feng Ye. *A practical dictionary of Chinese Medicine*, paradigm publications. 1998.

[2] Nelson Liansheng Wu and Andrew. Qi Wu, *Yellow Empero's Canon Internal Medicine*. China Science & Technology Press, 1999.