

## | Mù Xué | 募穴 | Concentration Points |

The term *mù*, can be translated as *to collect* or *concentration*. These points, *mù* points, are only located on the *rén mài*, and in some modern textbooks they are described as *front – mù* points. Another translation, used in the modern literature, not a literally one, is *alarm point*. In this last case, this term refers to abdominal diagnosis of the patient. The consequence of this additional function, *alarm point*, is causing confusion.

In diagnosing the patient, *alarm points* are used to define the condition of the internal organs. The point can be palpated and if they are tender or painful, it will indicate an abnormal condition of an internal organ of the patient. It is not difficult to understand that this way of diagnosing needs a certain amount of experience to apply appropriately. The *alarm points* are areas spread all over the abdomen, from which some areas are located on the *rén mài*.

The *mù* points have a connection to the internal organs, and those points collect, *concentrate*, the *qì* from the internal organ to the superficial point, located on the *rén mài*. The *qì* from organs will be brought into the *yàng* main channel system via these points, through the *rén mài*. The *rén mài*, on its turn, collects the *qì*, derived from organs, in Cv-22. From Cv-22 the *qì* will be transported to the *yàng* main channels. There are connections from Cv-22 towards St-9, Co-18, SI-16, Gb-20.5 (SI-17), TH-16 and Bl-10. The above mentioned six points are the reuniting points of the *jīng biè* and *jīng mài*. This indicates that we should be careful in puncturing *mù* points, because we could draw *qì* from organ level, to bring into a more superficial level, to support minor tasks. There is the possibility to drain *qì* from the internal part of the body, if applied at the wrong moment.

The Chinese character 募, *mù*, is built of the character 莫, *mò*, and 力, *lì*. 力, *lì*, is the pictogram of a *tendon*, presenting *strength* or *force*. The complete character means to *enlist, recruit, collect, gather, or concentrate*. The ancient character 莫, *mò*, is the *sun*, 日, *rì*, *disappearing behind bushes* or the *sun fading away at the horizon*. In modern language, it means *no* or *no one*.

The complete character mù 募, means *to collect* or *to recruit*.

Paragraph from book:  
 Acupuncture - Celestial Stems & Terrestrial Branches  
 Wu Yun Liu Qi - The Philosophy & Physiology of Acupuncture  
 Peter C. van Kervel

莫	【mò】	sunset, no; no one; none.
力	【lì】	tendon (ancient); power; strength.
日	【rì】	sun.
募	【mù】	collect; recruit.
穴	【xué】	acupuncture point.

**The list of *mù* points:**

Organs	Mù points
Gallbladder	Cv-17
Liver	Cv-18
Lung	Cv-9
Large Intestine	Cv-8
Stomach   Duodenum	Cv-12   Cv-11
Spleen   Pancreas	Cv-10   Cv-13
Heart	Cv-14
Small Intestine (Jejunum, Ileum)	Cv-4
Bladder	Cv-3
Kidney	Cv-23
Xīn Bāo	Cv-17 • Cv-12 • Cv-7
Sān Jiāo	Cv-17 • Cv-12 • Cv-7 • Cv-5

The connection between physical organs and *mù* points, located on the *rèn mài*, are found in internal pathways, as mentioned in different chapters of the *Nèi Jīng Líng Shū*.

Cv-17 | GALLBLADDER | Gb-24

***Mù – Gallbladder Organ internal branch***

Nèi Jīng Líng Shū | chapter 16-4

The yíng qì (nutritive qì) starts its flow at Lu-2 and follows all the main channels, in the order of the terrestrial branches. When it arrives at the main channel of the shǒu shǎo yáng (three heater) it merges at Cv-17, to spread in the three burners of the sān jiāo. From Cv-17 it connects to the gallbladder organ and emerges at Gb-24 to follow the zù shǎo yàng (gallbladder) main channel. From the gallbladder organ there is a connection with Cv-17 (forbidden to needle), as mù point.

Gb-24 is an *alarm point* of the gallbladder organ, when painful, indicating pathology of this organ.

Cv-18 | LIVER | Liv-13 - Liv-14

***Zú Jué Yīn – Exit internal branch***

Nei Jīng Líng Shū | chapter 10-34 and 16

Liv-13 sends an internal vessel to Lu-1. This internal branch meets the liver organ and emerges at Liv-14. Liv-14 is the *alarm point* of the liver organ. From the liver organ, the internal branch continues to Cv-18, as mù point. This branch is part of the flow of yíng qì, towards dū mài.

***Zú Jué Yīn – Genitals internal branch***

Nei Jīng Líng Shū | chapter 10-34 and 16

Liv-12 sends an internal branch towards the genitals and encircles them. This branch continues to the pubic hair enters the lower abdomen and reaches Cv-2. From Cv-2, the internal branch connects with Cv-3 and Cv-4 before it enters the abdomen. From Cv-4, the branch continues to the liver organ (right side), spleen organ (left side) and emerges at Liv-13, located at the free end of the right and left 11th rib.

Liv-13 , on the right side, is an *alarm point* of the liver organ.

Cv-9 | LUNG | Lu-2 - Lu-1

***Shǒu Tàì Yīn – Origin internal branch***

Nèi Jīng Líng Shū | chapter 10-2 and 16

The *shǒu tàì yīn* – origin internal branch, starts at the middle *jiāo* of the *sān jiāo* at the point Cv-12. From Cv-12 the internal branch reaches the organ of the large intestine pars transversus and it descends towards Cv-9. From Cv-9, the internal branch ascends, and reaches the stomach organ. After penetrating the diaphragm, it reaches the mediastinum. The internal branch passes Cv-17, after penetrated the diaphragm, to spreads into the lung organ. From the lung organ qì descends, as 'rain', to reach the start of the track, Cv-9. Cv-9 is seen as the *mù* point of lung. From the lung organ the internal branch continues to ascend to the throat. From the throat, the track continues laterally and descends obliquely to emerge at Lu-2.

The area of Lu-2 is seen as *alarm point* of the lung organ.

***Zú Jué Yīn – Exit internal branch***

Nèi Jīng Líng Shū | chapter 10-34 and 16

Liv-13 sends an internal vessel to Lu-1. This internal branch departs from the point Liv-13, enters the liver organ and penetrates the diaphragm, spreads into the lung organ, divides and emerges at Lu-1. The area of Lu-1 is seen as indicative for lung organ pathology, Lu-1 is an *alarm point* of the lung organ.

Cv-8 | LARGE INTESTINE | ST-25

***Shǒu Yáng Míng – Hé internal branch***

Nèi Jīng Líng Shū | chapter 2-12 and 10-5

This internal branch starts at Co-9 on the lower arm and connects with the *zù yáng míng* (stomach) main channel. The internal branch continues from Co-9 to Co-15 and Co-16. From Co-16, the track crosses the m. trapezius and enters the fossa supraspinatus to St-12. From St-12, the internal pathway enters the thorax and spreads in the lung organ. From the lung organ, it passes the diaphragm and encircles the large intestine, to emerge at St-25. The large intestine meets the *mù* point at Cv-8, but is forbidden to needle.

St-25 is the *alarm point* of the large intestine organ.

Cv-12 | STOMACH - DUODENUM | Cv-11

**Mù Stomach Organ internal branch**

Nei Jīng Líng Shū | *chapter* 10-2 and 10-8

Cv-12 receives an internal branch from the stomach organ and is therefore the *mù* point of the stomach organ. This connection is via the *shǒu tài yīn* – *origin* internal branch. This internal branch starts at the middle *jiāo* of the *sān jiāo* and the point Cv-12. From Cv-12, the internal branch reaches the organ of the large intestine pars transversus. From here, it descends towards Cv-8 (*mù* large intestines). From Cv-8, the internal branch ascends and reaches the stomach organ and the cardia of the stomach organ. The stomach organ, *wèi*, is divided into three parts, three *jiāo*. The *upper*, from the lips till the cardia; the *middle*, from the cardia towards the pylorus; and the *lower jiāo*, the complete duodenum.

If the area of Cv-12 is palpated and sensitive, this indicates stomach pathology. Cv-12 is the *alarm point* of the stomach organ.

**Shǒu Tài Yáng – Hé internal branch**

Nèi Jīng Líng Shū | *chapter* 2-1 and 10-16

SI-15 sends an internal branch towards St-12. From St-12 this branch continues towards the stomach organ, and enters the duodenum part of the small intestine. From the duodenum a branch emerges at Cv-11, as a *mù* point.

Cv-10 | SPLEEN - PANCREAS | Cv-13

**Zú Tài Yīn – Organs internal branch**

Nèi Jīng Líng Shū | *chapter* 10-5 and 16

Sp-15 is located on the horizontal line, 4-tsun lateral of the umbilicus, where on the same level Cv-8 is located. Sp-15 sends an internal branch towards Cv-10, just 2 cùn superior of Cv-8. At Cv-10, the internal branch divides into two branches. The deep branch enters the abdominal cavity and connects to the spleen organ. From here, it penetrates the stomach organ and meets the pancreas organ. The main internal branch returns backwards to the main channel, to Sp-16, sometimes described via Cv-13. Cv-10 and Cv-13 are *mù* points of, respectively, spleen and pancreas organ.

Cv-10 is seen as an *alarm point* for pancreas, in modern books. This area indicates internal organ pathology.

**Zú Jué Yīn – Genitals internal branch**  
Nèi Jīng Líng Shū | chapter 10-34 and 16

Liv-12 sends an internal branch towards the genitals and encircles them. This branch continues to the pubic hair enters the lower abdomen and reaches Cv-2. From Cv-2, the internal branch connects with Cv-3 and Cv-4 before it enters the abdomen. From Cv-4, the branch continues to the spleen organ and emerges at Liv-13 located at the free end of the left 11<sup>th</sup> rib.

Liv-13, on the left side, could be seen as an *alarm* area of the spleen organ.

Cv-14 | HEART | Cv-14  
**Mù Heart Organ internal branch**  
Nèi Jīng Líng Shū | chapter 10-14

Cv-14 receives *qì* directly from the heart organ. An internal branch from the heart organ connects to Cv-15 and terminates at Cv-14. Cv-14 is the *mù* point of the heart organ and *alarm point* to diagnose the condition of this organ.

Cv-4 | SMALL INTESTINE | Cv-4  
**Shǒu Tài Yàng – Hé internal branch**  
Nèi Jīng Líng Shū | chapter 2-1 and 10-7

SI-15 sends an internal branch towards St-12. From St-12 the internal branch connects, via the oesophagus, to the vessels around the heart organ and emerges at Cv-17. This internal branch passes through the diaphragm to the stomach organ. From St-12, another branch emerges at Cv-12 and Cv-13 and meets again with the stomach organ. The merged internal branches continue and enter the small intestine organ. From the small intestine organ there is an internal branch that emerges at the area of Cv-4.

Cv-4 is the *mù* point and *alarm point* of the small intestine organ (jejunum and ileum).

Paragraph from book:  
Acupuncture - Celestial Stems & Terrestrial Branches  
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Cv-3 | BLADDER | Cv-3

**Zu Shǎo Yīn – Organs internal branch**

Nèi Jīng Líng Shū | *chapter 10-9 and 16*

Kid-10, located posterior and medial in the crease of the knee joint, sends an internal branch over the medial side of the thigh to the perineum. From the perineum, the internal branch emerges at Gv-1. The pathway continues through the os coccyx, sacrum, and the lumbar vertebrae. From the lumbar vertebrae, the branch enters the body and meets the kidney organs. From the kidney organs one branch meets the bladder organ and emerges at Cv- 3.

Cv-3 is the *mù* point and *alarm point* of the bladder organ.

Cv-23 | KIDNEY | GB-25

**Zú Shǎo Yīn – Organs internal branch**

Nèi Jīng Líng Shū | *chapter 10-9 and 16*

Kid-10, located medially on the crease of the knee joint, sends an internal branch over the medial side of the thigh to the perineum. From the perineum, the internal branch emerges at Gv-1. The pathway continues through the os coccyx, sacrum and the lumbar vertebrae. From the lumbar vertebrae the branch enters the body and meets the kidney organs. Here two branches continue in the abdominal cavity. From the kidney organs one branch meets the bladder organ and emerges at Cv-3. From the kidney organ, another internal branch continues to the heart organ and ascends to the trachea, the base of the tongue and emerges at Cv-23. Cv-23 can be seen as the *mù* point of the kidney organ.

The area of Gb-25 (tip of 12th rib) is seen as *alarm point* of kidney organ. There is no internal connection towards this point from the kidney organ. The area is painful with kidney pathology, like kidney stones and pyelonephritis.

Cv-17 | Cv-12 | Cv-7 | XĪN BAO  
**Shǒu Jué Yīn – Luò internal branch**  
Nei Jīng Líng Shū | *chapter 10-25*

HG-6 is the *luò* point of the *shǒu jué yīn* (heart governor) and sends a transversal and longitudinal *luò* channel. The transversal *luò* channel has an internal branch towards TH-4. The longitudinal *luò* starts at HG-6, 2 *cùn* proximal from the wrist. The internal branch ascends over the lower arm, between the tendons of the m. flexor carpi radialis longus and the m. palmaris longus (if present). It flows in an ascending way with the main channel via the elbow crease, the upper arm and enters the chest. The internal branch flows to the centre of the chest and here it connects to the pericardium and the vessels around the heart organ. Cv-17 (forbidden to needle) is the upper envelope of the *xīn bāo*. From Cv-17 the channel accompanies the descending branch of the *sān jiāo*. The points Cv-12 and Cv-7 are respectively the middle and lower envelope of the *xīn bāo*. There is no *alarm point* for *xīn bāo*.

Cv-17 | Cv-12 | Cv-7 | Sān Jiāo | Cv-5  
**Shǒu Shǎo Yàng – Hé internal branch**  
Nèi Jīng Líng Shū | *chapter 10-11*

TH-15 is the departure point of an internal branch. From TH-15 the internal branch connects to Gb-21 at the top of the m. trapezius, between the neck and the acromion, the internal branch continues from Gb-21 to St-12. St-12 is located in the fossa supraclavicularis and sends this branch over the chest to Cv-17, in the centre of the chest. Cv-17 (forbidden to needle) is the *mù* point of the upper *jiāo* of the *sān jiāo* (three heater). At Cv-17, this internal branch divides into an ascending and a descending part. The descending part enters the thorax and connects with the pericard tissue around the heart organ. From the pericard the internal branch penetrates the diaphragm and enters the abdominal cavity. Cv-12 is the point to emerge to the surface and here is the connection with the middle *jiāo* of the *sān jiāo* (three heater). Cv-12 is the *mù* point of the middle *jiāo* of the *sān jiāo* (three heater). The branch continues internally in the abdomen and emerges at Cv-7. Cv-7 is the *mù* point of the lower *jiāo* of the *sān jiāo* (three heater). The branch continues internally in the abdomen and emerges at Cv-5, the *mù* point of the total *sān jiāo* (three heater). There is no *alarm point* for *sān jiāo*.