

WELCOME TO THE 2025 TCM TEACHING CALENDAR AND STUDY TOOL

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Whether you are a repeat buyer (thank you!) or are new to this Traditional Chinese Medicine teaching tool, I would like to welcome you to the new 2025 TCM calendar! Designed as a quick visual prompt, it is colour coded to help with the study of point categories. Per your requests, improvements have been made on last year's design including more space in the calendar boxes. I was also asked if I could create a desk planner and something which included information on the Eight Extraordinary Vessels – a subject that I taught for many years. Per your requests, I have combined these two ideas. As a perfect complement to the 2025 wall calendar, a weekly desk planner is now available.

It describes the trajectories, the master and coalescent points and the functions and symptoms associated with each one of the Eight Extraordinary Vessels in a concise, simplified and understandable format. As always, I hope you enjoy the 2025 calendar and the new TCM weekly desk planner and I welcome your feedback!

Sincerely, Angie Hughes, L.Ac; Dip.Ac (LSATCM); M.Ac (NIAOM); Dip.CHM (NIAOM)

See the key below:

Orange = Front Mu points

Pink = Window of the Sky points – *Ren22 and DU16 are not added to this chart – please refer to the weekly desk planner for points specific to the Eight Extra Vessels

Green = Xi Cleft points

Purple = Luo Connecting points – **Ren15 and DU1 are not added to this chart – please refer to the weekly desk planner for information specific to the Eight Extra Vessels

Blue = Yuan Source points

Red = Back Shu points

Influential (hui) points – ***Ren12 (fu) and Ren17 (qi) are not added to this chart – please refer to the weekly desk planner for information specific to the Eight Extra Vessels

Command points – ****DU26 (collapse) is not added to this chart – please refer to the weekly desk planner for information specific to the Eight Extra Vessels

Categories of points and correspondences	LU metal/white	LI metal/white	ST earth/yellow	SP earth/yellow	HE fire/red	SI fire/red	UB water/black	KID water/black	PE fire/red	SJ fire/red	GB wood/green	LIV wood/green
Front Mu	1	ST25	REN12	LIV13	REN14	REN4	REN3	GB25	REN17	REN5	GB24	LIV14
Window of the Sky®	3	18	9	/	/	16&17	10	/	1	16	/	/
Primary Channels Xi Cleft	6	7	34	8	6	6	63	5	4	7	36	6
Luo Connecting**	7	6	40	4 (21)	5	7	58	4	6	5	37	5
Yuan Source	9	4	42	3	7	4	64	3	7	4	40	3
Back Shu	UB13	UB25	UB21	UB20	UB15	UB27	UB28	UB23	UB14	UB22	UB19	UB18
Horary	8	1	36	3	8	5	66	10	8	6	41	1
Influential (Hui)***	9 blood vessels	/	/	/	/	/	11 bones 17 blood	/	/	/	34 sinews 39 marrow	13 zang
Command****	7 head and posterior neck	4 face and mouth	36 abdomen	/	/	/	40 lumbar region	/	6 chest and epigastrium	/	/	/
Extra Vessel Master/Opening	7 Ren Mai	/	/	4 Chong Mai	/	3 Du Mai	62 Yang Qiao Mai	6 Yin Qiao Mai	6 Yin Wei Mai	5 Yang Wei Mai	41 Dai Mai	/
Extra Vessel Xi Cleft	/	/	/	/	/	/	59 Yang Qiao Mai	8 Yin Qiao Mai 9 Yin Wei Mai	/	/	35 Yang Wei Mai	/
Time - Chinese Clock	3-5 am	5-7 am	7-9 am	9-11 am	11am - 1pm	1-3 pm	3-5 pm	5-7 pm	7-9 pm	9-11 pm	11pm - 1am	1-3 am
Emotional Correspondence	Grief	/	/	Contemplation	Joy	/	/	Fear	/	/	/	Anger
Opens to	Nose	/	/	Lips and Mouth	Tongue	/	/	Ears	/	/	/	Eyes
Group Luo	/	/	/	6 3 Leg Yin	/	/	/	/	5 3 Arm Yin	8 3 Arm Yang	39 3 Leg Yang	/