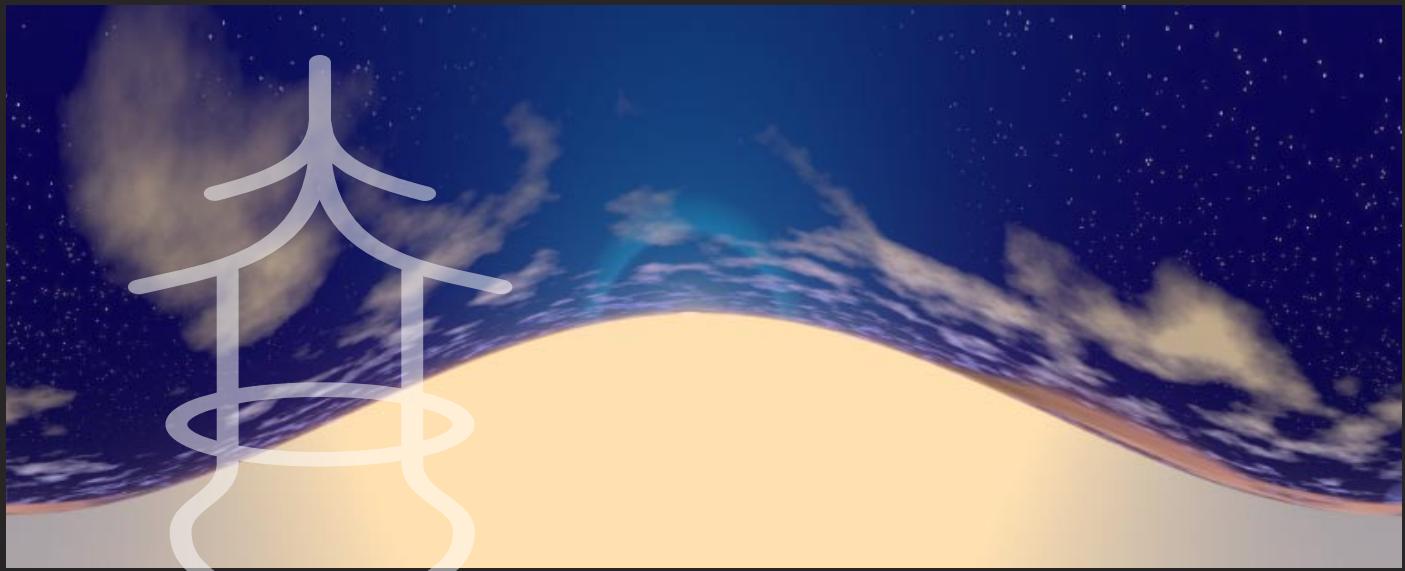


# *Errata for the Omki published book*

*OCEAN of STREAMS 2nd edition (May 2006)*

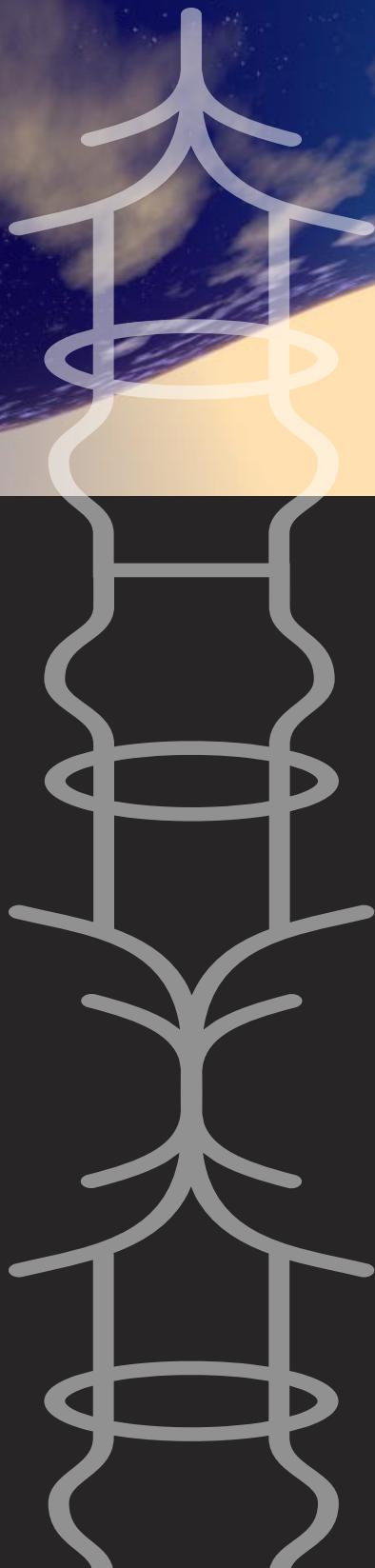
*ISBN: 978-09523976-2-5*



**Updated to May 09, 2009**

**The errata herein (apart from page 195) is  
corrected by the revised 2nd edition published  
in September 12, 2007**

*Veet Allan*



Text, cover design and illustrations by Veet Allan

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## Errata for OCEAN of STREAMS 2nd edition (May 2006) ISBN: 978-09523976-2-5

Please note the following errata is corrected in the **revised second edition** of Ocean of Streams. Released on September 12th, 2007

### Textual errata to June 15, 2007

- **p133. Table 6.4:** Small Intestine meridian Faculty correspondences duplicated as per Heart. View the corrected page 133 [here](#).
- **p149. Fig 6.9;** Heading text "Small intestiner" should read "Small Intestine".
- **p195.** Identification for SP-20 should read "Located in the 2nd intercostal space on the lateral chest, 6 Cun lateral to the midline. View the corrected page 199 [here](#).
- **p199. Table 8.4;** Spleen meridian correspondences for Physical and Psychological duplicated as per Stomach. View the corrected page 199 [here](#).
- **p301. Glossary of Chinese Terms;** The term "Lesser Yang" appears at the end of the Channels, vessels and points section. This a double entry - Omit.

### Illustrations errata to June 07, 2007

- **p5.** Measurement; The height for the Patella at the knee is missing and should read 2 cun.
- **p21. Fig 2.7;** Points GB-24 and LV-14 are wrong way round. LV-14 should be the most superior, in the 6th intercostal space. View the corrected page 21 [here](#).
- **p73 & 75. Figs 4.4 & 4.5;** Lower leg central ruler. Should read 14 cun not 16. Omit text "Mid-point". See pages 171&173 for correct graphic.
- **p105 & 107. Figs 5.4 & 5.5;** Lower leg central ruler. Should read 14 cun not 16.
- **p105, 107, 109, 111, 171, 173, 205 & 207.** GB-24 should of course read GB-25.
- **p121. Fig 5.12;** The Gall Bladder points 32 & 33 should read 31 & 32 respectively.
- **p121. Fig 5.12;** The graphic for the point GB-33 is missing and should appear on the meridian at the lateral thigh, just over 2 cun above the lateral knee joint, in a depression between the iliotibial tract and the tendon of the biceps femoris (measure across from the cun ruler on the left).
- **p121. Fig 5.12;** The anatomical references are missing. See pages 85,151,183, 213 and 243 for reference. View the corrected page 121 [here](#).
- **p139 & 141. Figs 6.4 & 6.5;** Lower leg central ruler. Should read 14 cun not 16.
- **p183. Fig 7.10;** The Gall Bladder points 32 & 33 should read 31& 32 respectively. View p183 [here](#).
- **p231 & 233. Figs 9.3 & 9.4;** Lower leg central ruler. Should read 14 cun not 16.
- **p243. Fig 9.9;** The Gall Bladder points 32 & 33 should read 31 & 32 respectively.
- **p265. Fig 10.9;** The graphic for the point GB-33 is missing and should appear on the meridian at the lateral thigh, just over 2 cun above the lateral knee joint, in a depression between the iliotibial tract and the tendon of the biceps femoris (measure across from the cun ruler on the left).
- **p265. Fig 10.9;** The Triple Heater meridian graphic is missing from the dorsum of each foot across the web of the toes. See p183, Fig 7.10 for this location.
- **p269. Fig10.11;** The anatomical reference or location numbers are missing on the illustration despite a full listing on the table above. View corrected page 269 [here](#).

**Table 6.4** Zen Shiatsu Small Intestine meridian correspondences

<b>SMALL INTESTINE meridian</b>		<b>Xiao Chang jing 小腸經</b>
<b>FACULTY</b>	<p>Spiritual Input : SHEN via Heart meridian</p> <p>Functions via : Consciousness</p> <p>Represents : Absorption</p> <p>Supplemented by : Assimilation</p> <p>Realised by : Experiencing</p> <p>Dominant Zone : Inside</p> <p>Embryological Layer : Endoderm</p> <p>Meridian Nature : Yang</p> <p>Tuning Time : 1pm - 3pm</p>	
<b>ANATOMY &amp; PHYSIOLOGY</b>	<p>Brain ] Cerebrospinal Fluid (CSF)</p> <p>Spinal Cord ]</p> <p>Small Intestine (Ileum) ] Digestive System</p> <p>                          ] Blood Quality</p> <p>Ovaries ] Hormonal System</p> <p>                          Reproductive System</p>	
<b>PHYSICAL</b>	<p>Anaemia</p> <p>Appendicitis</p> <p>Blood Disorders</p> <p>Borborygmi</p> <p>Chilly Extremities</p> <p>Constipation</p> <p>Diarrhoea</p> <p>Ear &amp; Jaw Pain</p> <p>Enteritis &amp; Fever</p> <p>Fatigued Easily</p>	<p>Hearing Disorders</p> <p>Hip Pain, Sciatica</p> <p>Lordosis &amp; Lumbar Pain</p> <p>Malabsorption</p> <p>Menstrual Problems</p> <p>Migraine Headaches</p> <p>Neck &amp; Back Stiffness</p> <p>Physical Injury, Trauma</p> <p>Reproductive Problems</p> <p>Toothache</p>
<b>PSYCHOLOGICAL</b>	<p>Acceptance</p> <p>Concentration</p> <p>Confidence Issues</p> <p>Discriminate Nature</p> <p>Emotional Trauma</p> <p>Experimentation</p> <p>Indecisive</p> <p>Judgemental</p> <p>Lack of Reality</p> <p>Obsession with Small Details</p>	<p>Overdetermination</p> <p>Over Focused</p> <p>Patience</p> <p>Restless</p> <p>Righteous</p> <p>Selfish</p> <p>Shock</p> <p>Sorrowful</p> <p>Suppression of Feelings</p> <p>Wanting It All</p>

## Spleen Channel Points • Pi Jing Xue • 脾經穴

IDENTIFICATION	ACTION	INDICATIONS
<b>SP-9</b> <b>Yinlingquan 陰陵泉</b> <b>Yin Mound Spring</b>  Located on the inferior border of the MEDIAL CONDYLE of the TIBIA in a depression between the posterior border of the TIBIA and the GASTROCNEMIUS muscle.  <i>He-SEA POINT</i> <i>WATER POINT of the Spleen channel</i>	Resolves Dampness Benefits Lower Heater  Removes Channel obstructions	Difficult urination, retention of urine, painful urination, cloudy urine Vaginal discharge Diarrhoea with foul smelling stools Oedema of the legs or abdomen  Knee pain including swollen knee (Damp)
<b>SP-10</b> <b>Xuehai 血海</b> <b>Sea of Blood</b>  With the KNEE flexed located 2 CUN superior to the medial superior ridge of the PATELLA on the VASTUS MEDIALIS muscle.	Removes stasis of Blood  Cools the Blood	Acute or chronic, painful or irregular menstruation  Psoriasis, eczema and skin rashes of hot nature Uterine bleeding between menses or excessive menstrual bleeding
<b>SP-15</b> <b>Daheng 大橫</b> <b>Great Horizontal</b>  4 CUN lateral to the centre of the umbilicus, directly below the nipple on the lateral border of the RECTUS ABDOMINUS muscle.  <i>MEETING POINT of the Spleen channel with the Yin Tie vessel</i>	Strengthens the Spleen  Strengthens the Limbs  Resolves Damp  Regulates Qi	Chronic constipation  Cold and weak limbs  Chronic diarrhoea with mucus in the stools  Abdominal pain Sadness, weeping and sighing
<b>SP-20</b> <b>Zhourong 周榮</b> <b>Surrounding Flourish</b>  Located in the 2nd INTERCOSTAL SPACE on the lateral chest, 6 CUN lateral to the midline.	Regulates Qi and unbinds the Chest	Pain and distension of the chest, costal and hypo-chondrial region Cough Coughing up phlegm Breathlessness
<b>SP-21</b> <b>Dabao 大包</b> <b>Great Wrapper</b>  Located in the 6th INTERCOSTAL SPACE on the mid axillary line midway between the AXILLA (HT-1 Jiquan) and the free end of the 11th RIB (LV-13 Zhangmen).  <i>GENERAL Luo-CONNECTING POINT of the Spleen</i>	Moves Blood in the blood connecting Channels	Muscular pain moving through the body due to blood stasis

**Table 8.4** Zen Shiatsu Spleen meridian correspondences

<b>S P L E E N m e r i d i a n</b>		<b>P i j i n g 脾經</b>
<b>FACULTY</b>	Spiritual Input Functions via Represents Supplemented by Realised by Dominant Zone Embryological Layer Meridian Nature Tuning Time	: Yi, Thought : Intelligence : Fertility : Food & Intellectual Digestion : Creating : Front : Mesoderm : Yin : 9am - 11am
<b>ANATOMY &amp; PHYSIOLOGY</b>	Cerebral Cortex Cerebrum Muscles  Lips Tongue Salivary Glands Pancreas Gall Bladder Jejunum  Mammaries Ovaries, Testes Uterus	] Mento-Sensory Initiative ] Muscular System  ] Taste Mechanism ] Digestive System/ Enzymes ] ] ]  ] Hormonal System ] Reproductive System ]
<b>PHYSICAL</b>	Anaemia Appetite Disorders Biliousness Blood Disorders Brownish Face Craving Food/Liquids Digestive Disorders Diabetes Headaches Heaviness in Limbs	Knee/Muscle Problems Lack of Exercise Lack of Saliva Loose Stools Memory Problems Menstrual/Fertility problems Navel Stiffness Spinal Pain (Lower) Sticky Dry Taste Weight Problems
<b>PSYCHOLOGICAL</b>	Anguish Anxiety Attention Seeking Confidence Drowsy/Sleepiness Eating Habits Expressiveness Home Life Issues (Family) Intellectualisation Nervousness	Overtechnical Overthinking Receptiveness Restlessness Self Pity Stubborn Support Timidity Worry Yearning (Maternal)

**Fig. 2.7 Mu xue: Collecting points**

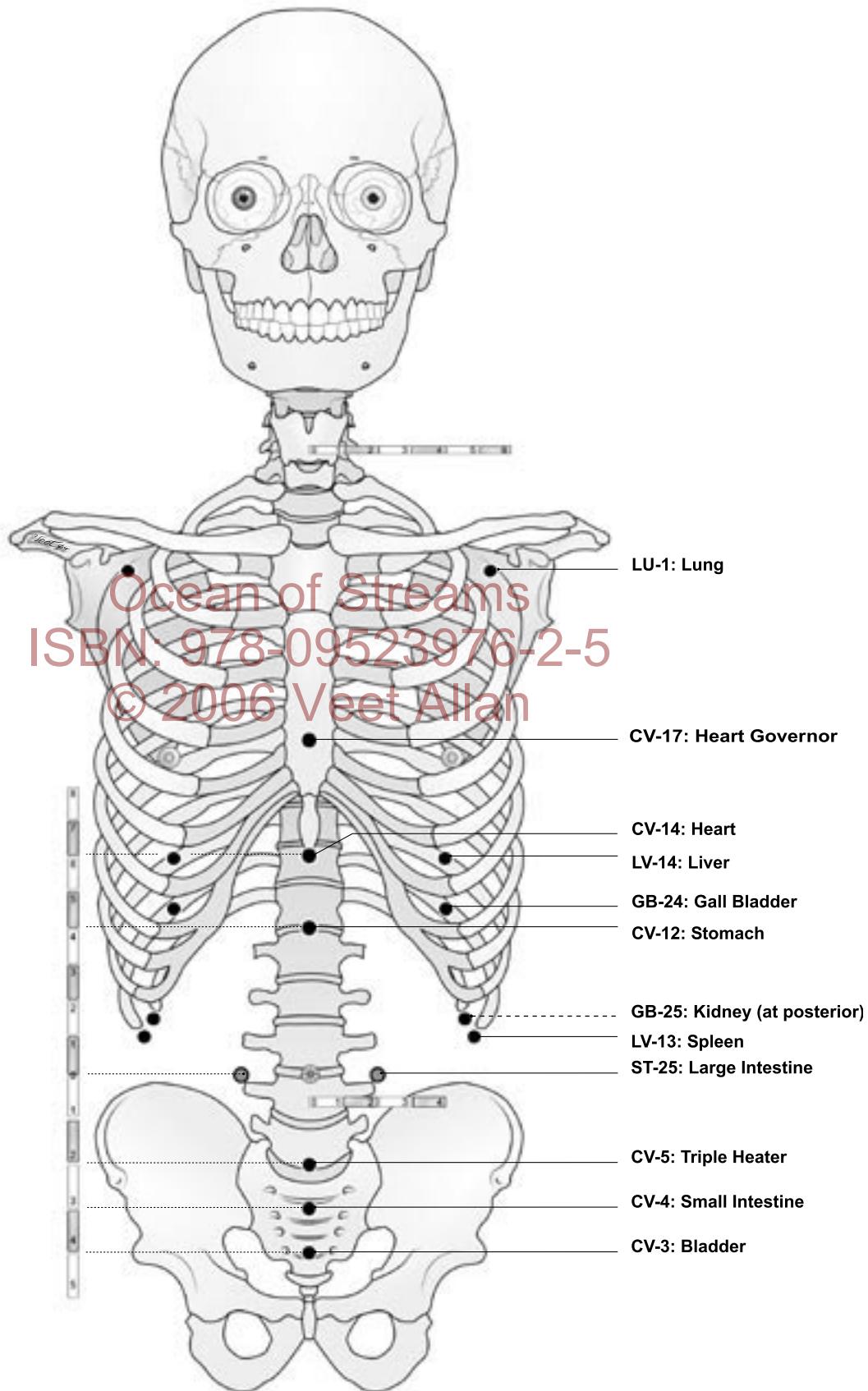
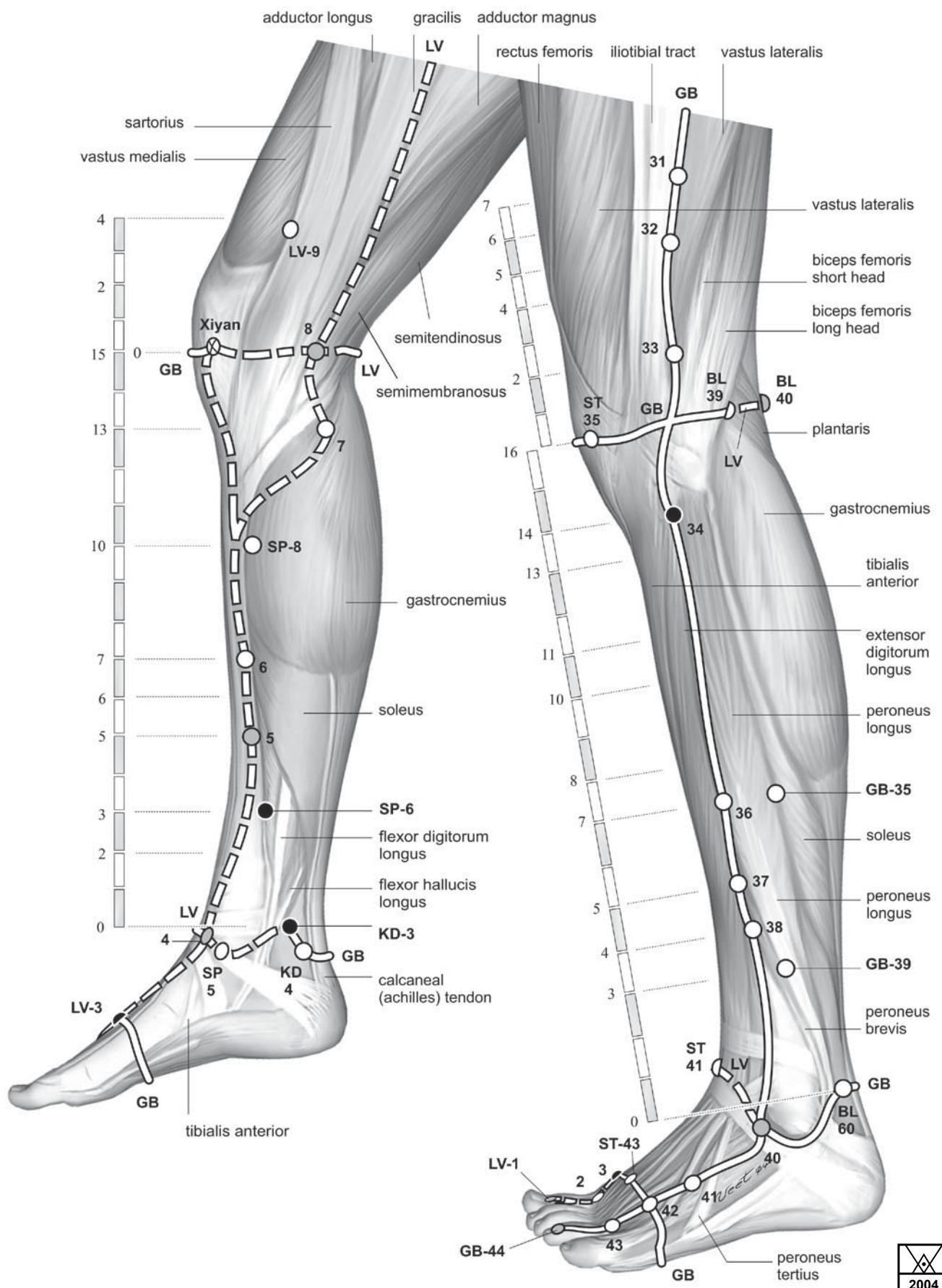


Fig. 5.12 Lower Leg and Foot details: Zen Shiatsu Gall Bladder and Liver meridians



**Fig. 7.10** Lower Leg and Foot details: Zen Shiatsu Heart Governor and Triple Heater meridians

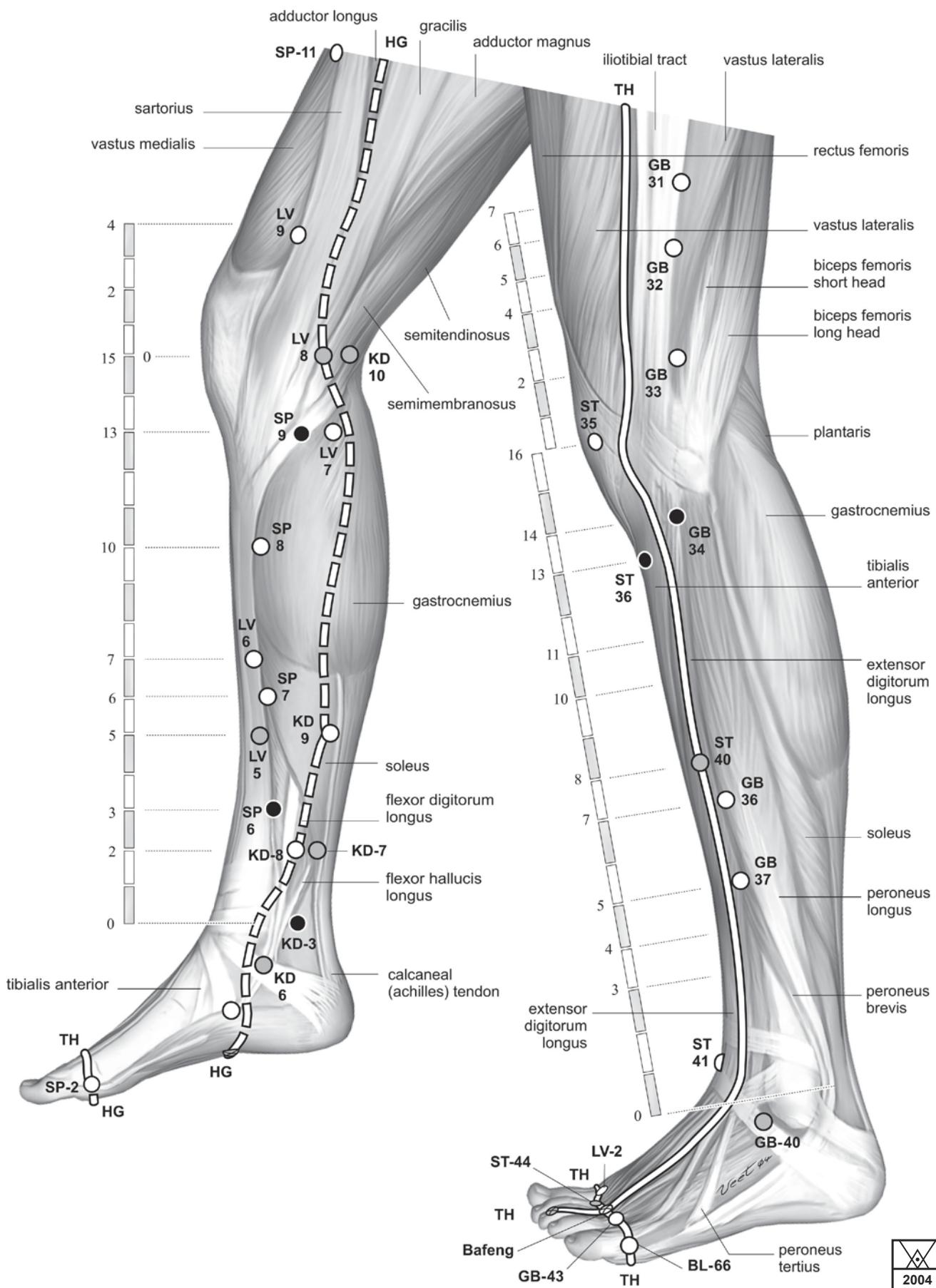
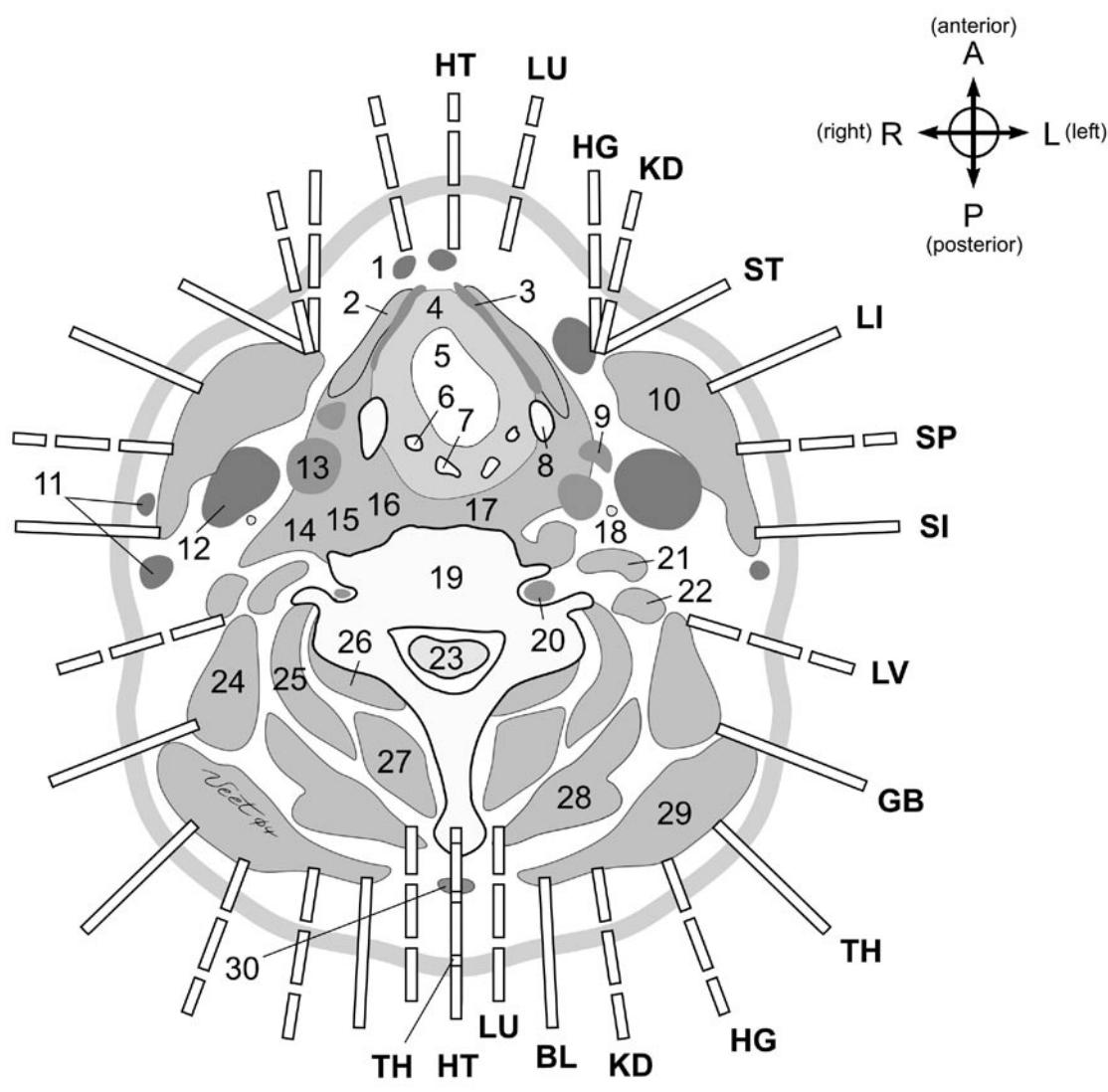


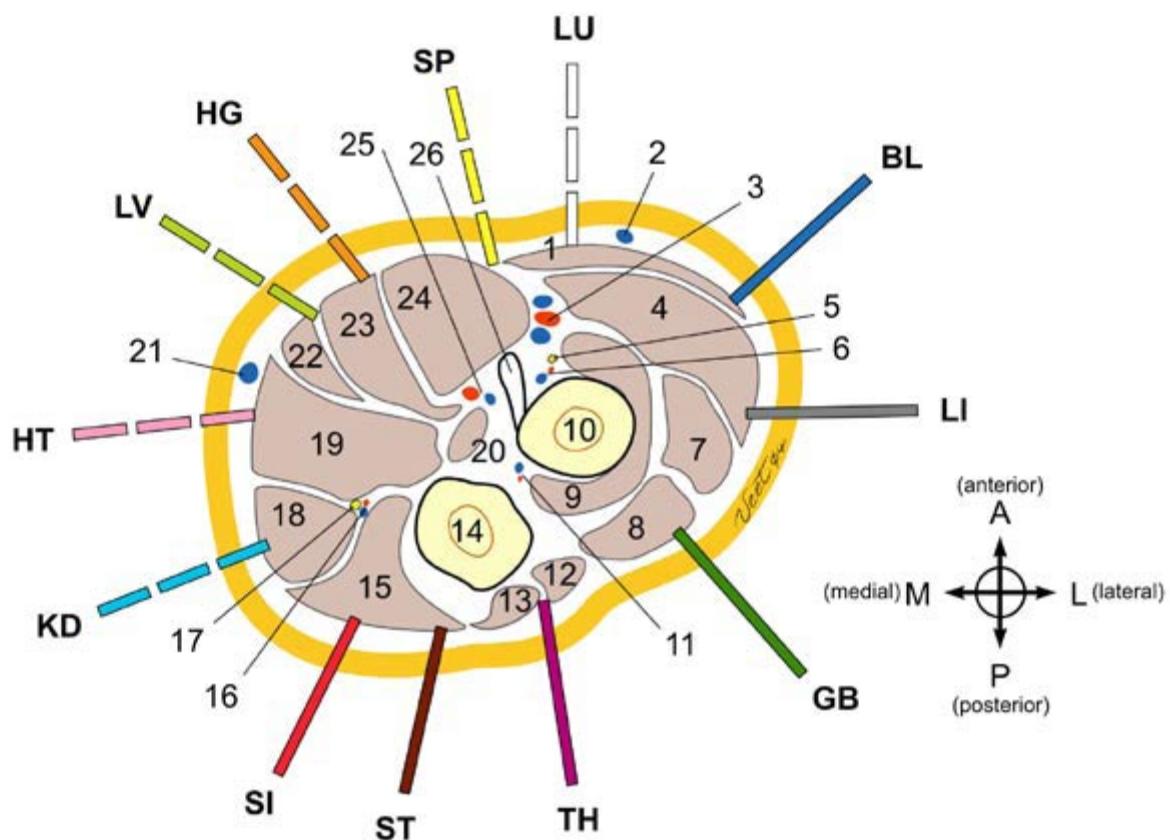
Fig. 10.11 Cross section through neck at the fifth cervical vertebra

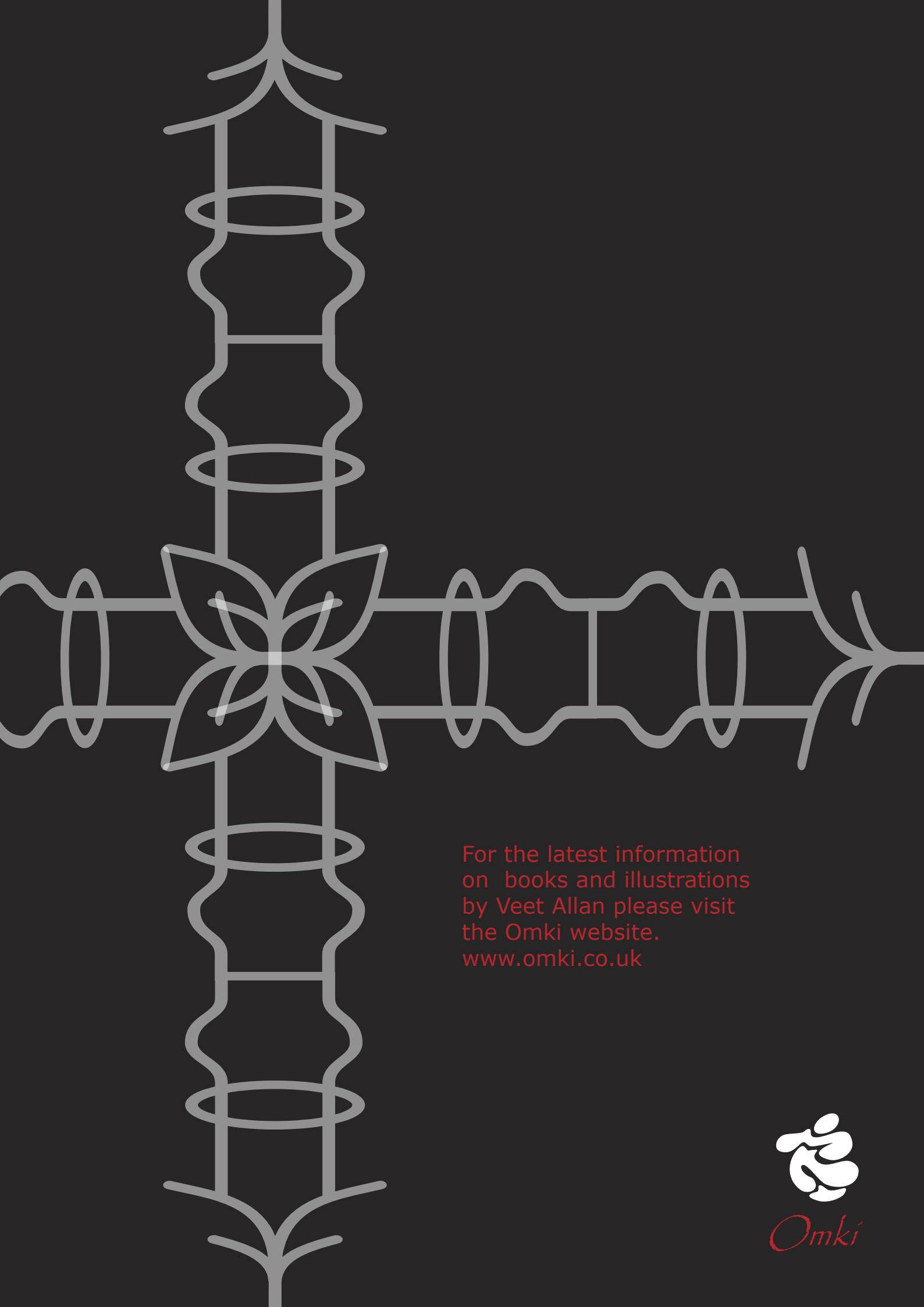
1 Anterior jugular vein	17 Inferior constrictor muscle
2 Infrahyoid muscles	18 Phrenic nerve
3 Thyrohyoid membrane	19 Body of fifth cervical vertebra
4 Pre-epiglottic fat	20 Vertebral artery within foramen transversarium
5 Epiglottis	21 Scalenus medius muscle
6 Cuneiform cartilage	22 Scalenus posterior muscle
7 Corniculate cartilage	23 Spinal cord
8 Thyroid cartilage	24 Levator scapulae muscle
9 External carotid artery	25 Longissimus cervicis muscle
10 Sternocleidomastoid muscle	26 Flexor digiti minimi muscle
11 External jugular vein	27 Erector spinae muscle
12 Internal jugular vein	28 Splenius capitis muscle
13 Internal carotid artery	29 Trapezius muscle
14 Scalenus anterior muscle	30 Ligamentum nuchae
15 Longus capitus muscle	
16 Longus colli muscle	



**Fig. 10.16** Cross section of lower arm at the elbow inferior to radio-ulnar joint

1 Brachioradialis muscle	15 Flexor digitorum profundis muscle
2 Cephalic vein	16 Posterior recurrent artery and vein
3 Radial artery and venae commitantes	17 Ulnar nerve
4 Extensor carpi radialis longus muscle	18 Flexor carpi ulnaris muscle
5 Radial nerve	19 Flexor digitorum superficialis muscle
6 Medial recurrent artery and vein	20 Brachialis muscle
7 Extensor carpi radialis brevis muscle	21 Basilic vein
8 Extensor digitorum muscle	22 Palmaris longus muscle
9 Supinator muscle	23 Flexor carpi radialis muscle
10 Radius	24 Pronator teres muscle
11 Posterior interosseous artery and vein	25 Ulnar artery and vein
12 Extensor carpi ulnaris muscle	26 Biceps brachii tendon
13 Anconeus muscle	
14 Ulna	





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