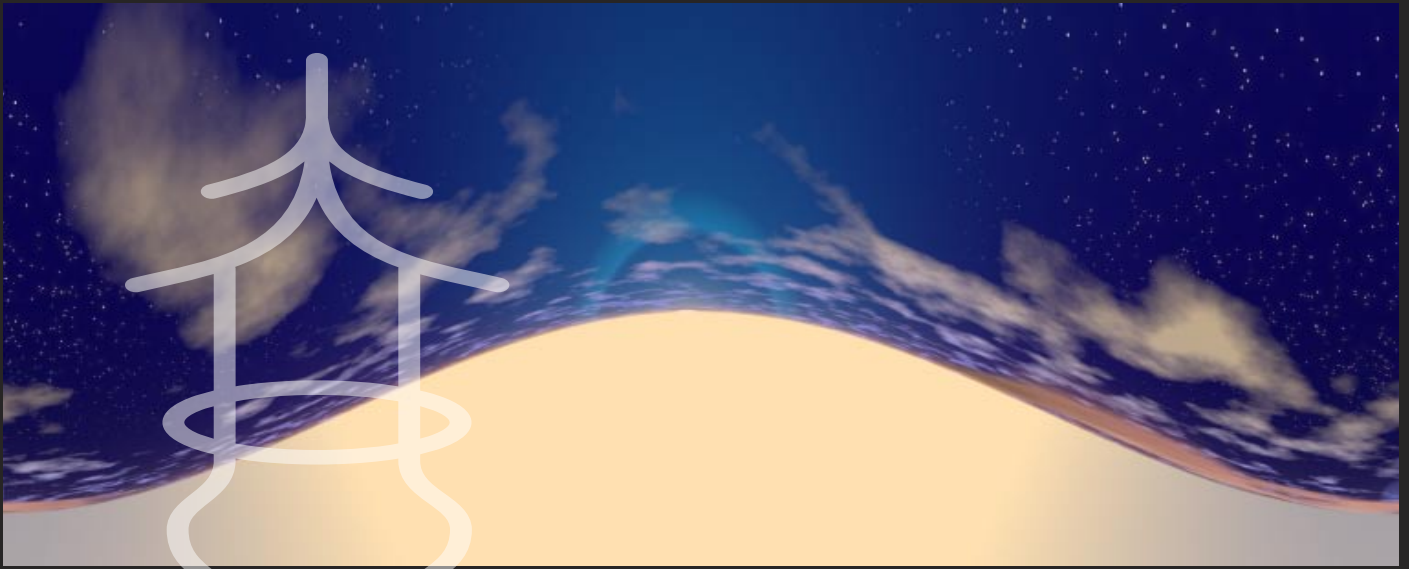


Errata for the Omki published book

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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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

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

Spleen Channel Points • Pi Jing Xue • 脾經穴

IDENTIFICATION	ACTION	INDICATIONS
SP-9 Yinlingquan 陰陵泉 Yin Mound Spring 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)
SP-10 Xuehai 血海 Sea of Blood 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
SP-15 Daheng 大橫 Great Horizontal 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
SP-20 Zhourong 周榮 Surrounding Flourish 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
SP-21 Dabao 大包 Great Wrapper 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

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

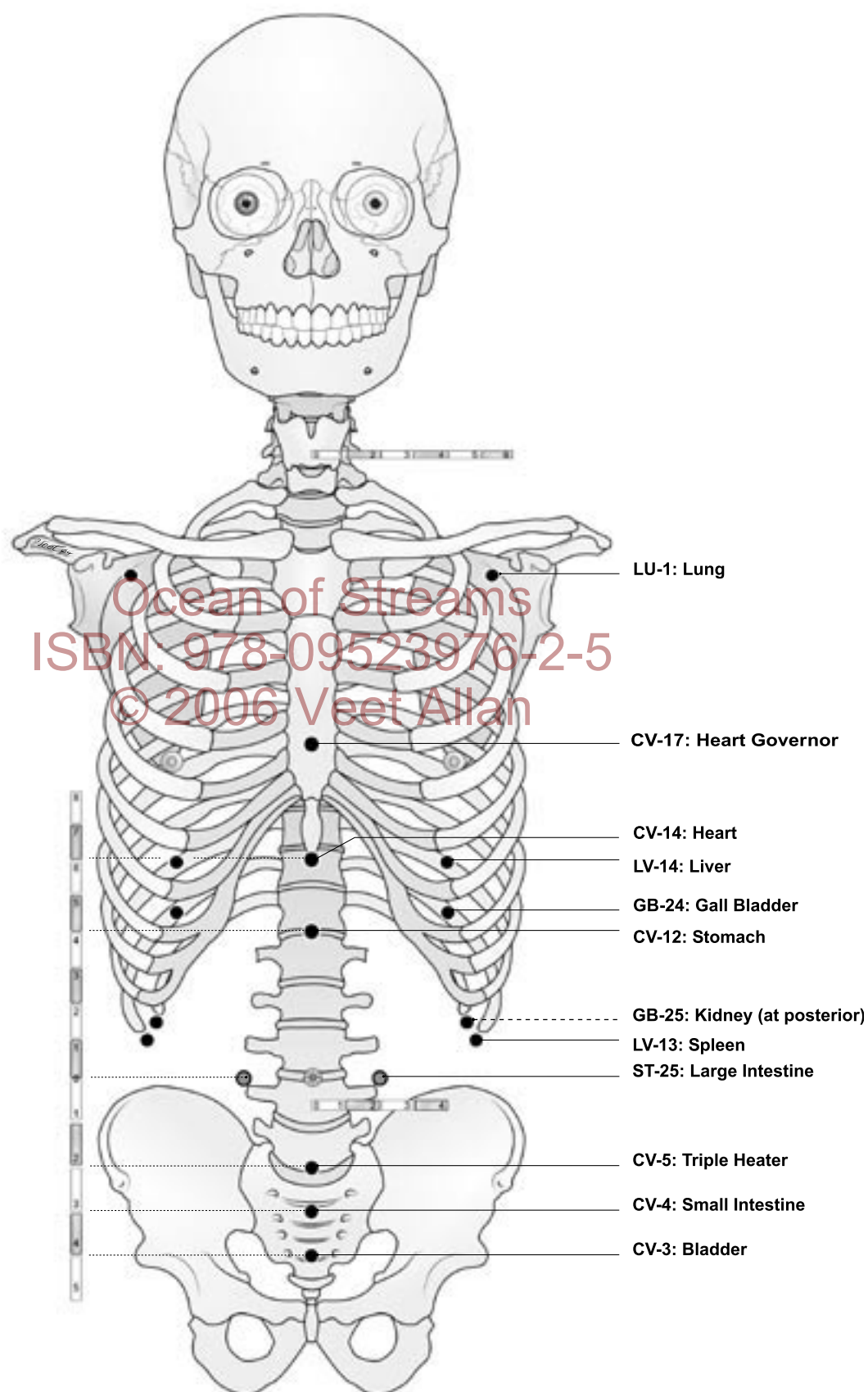
Fig. 2.7 Mu xue: Collecting points

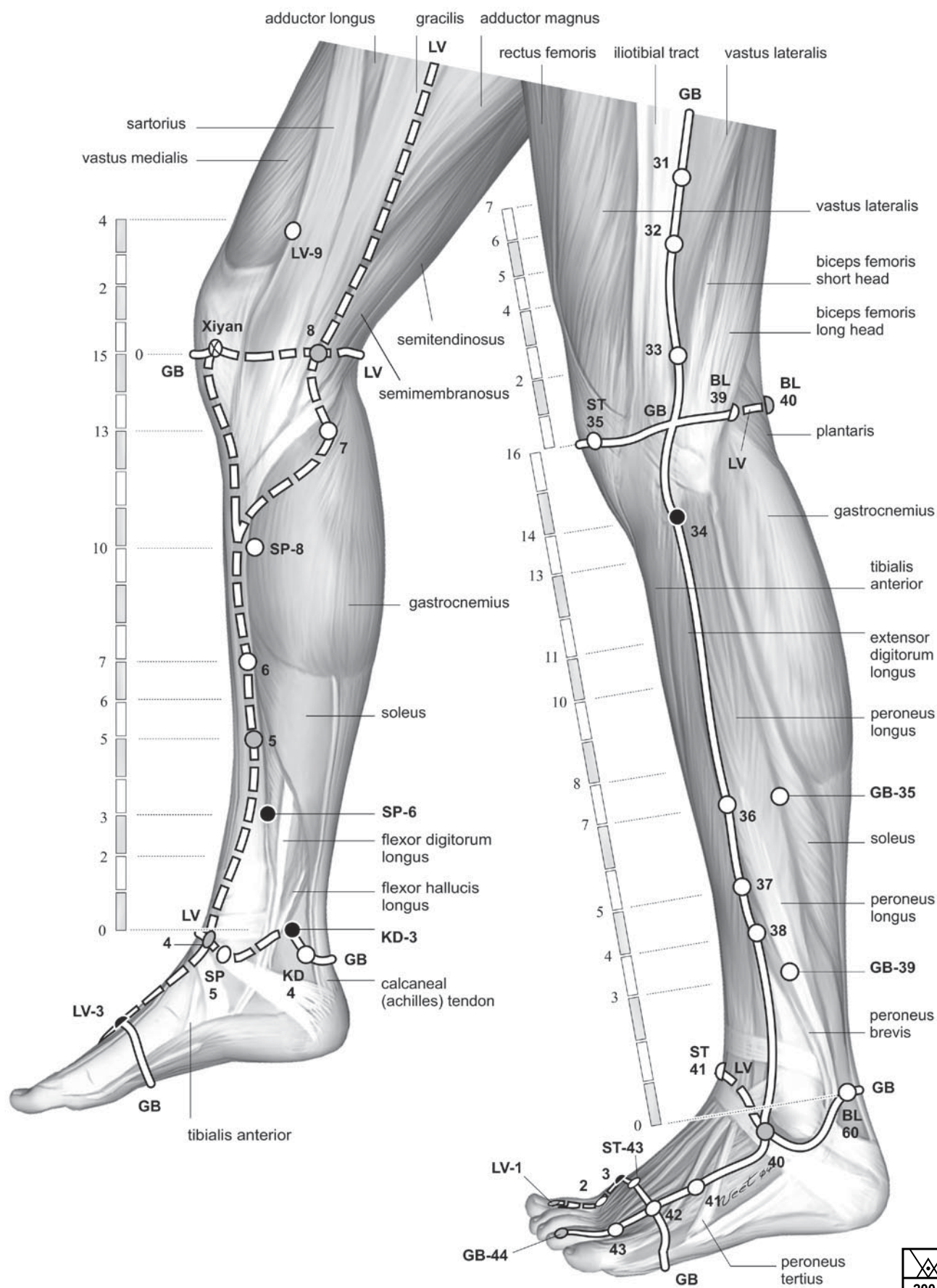
Fig. 5.12 Lower Leg and Foot details: Zen Shiatsu Gall Bladder and Liver meridians

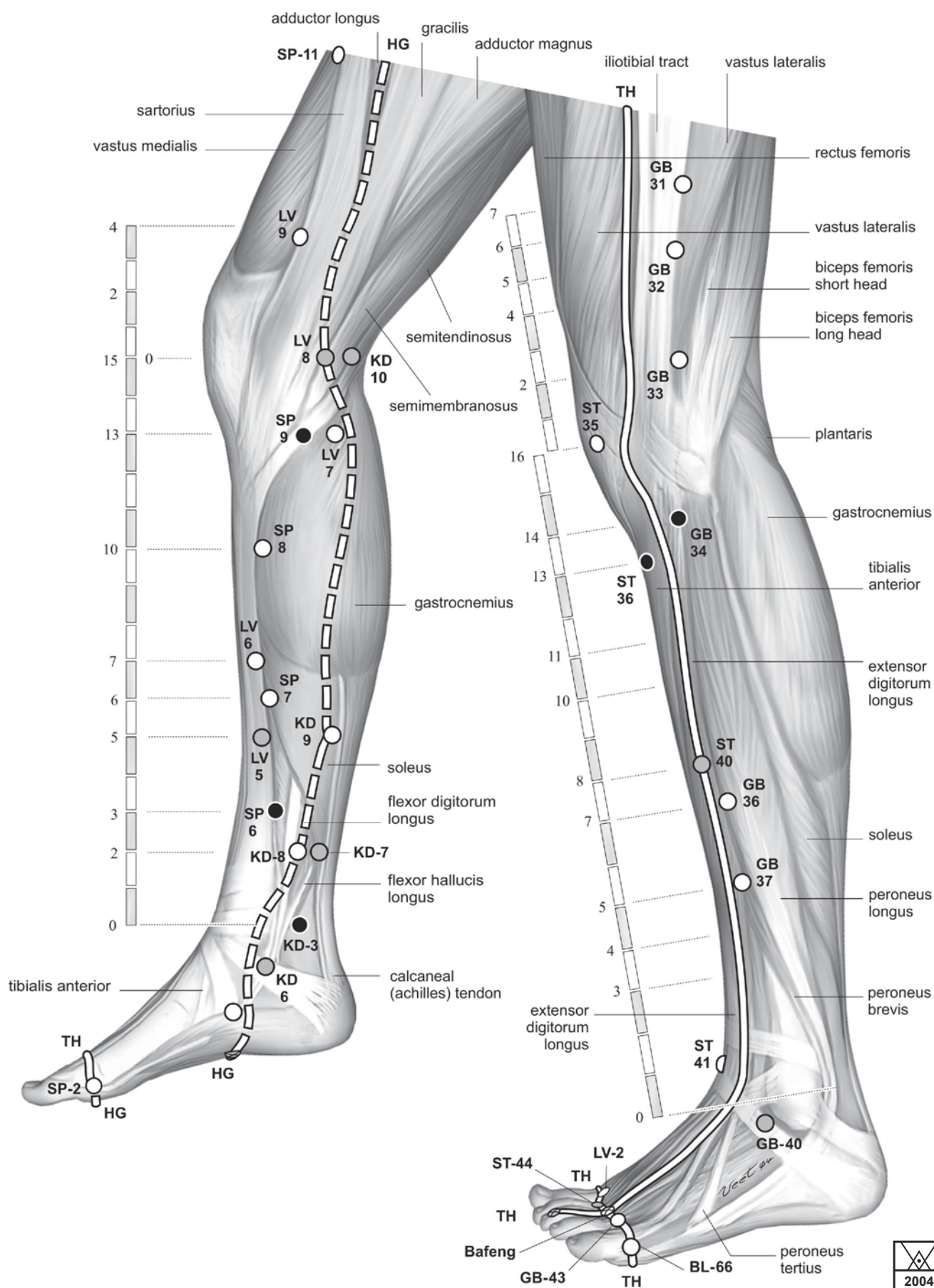
Fig. 7.10 Lower Leg and Foot details: Zen Shiatsu Heart Governor and Triple Heater meridians

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 capitis muscle | |
| 16 Longus colli muscle | |

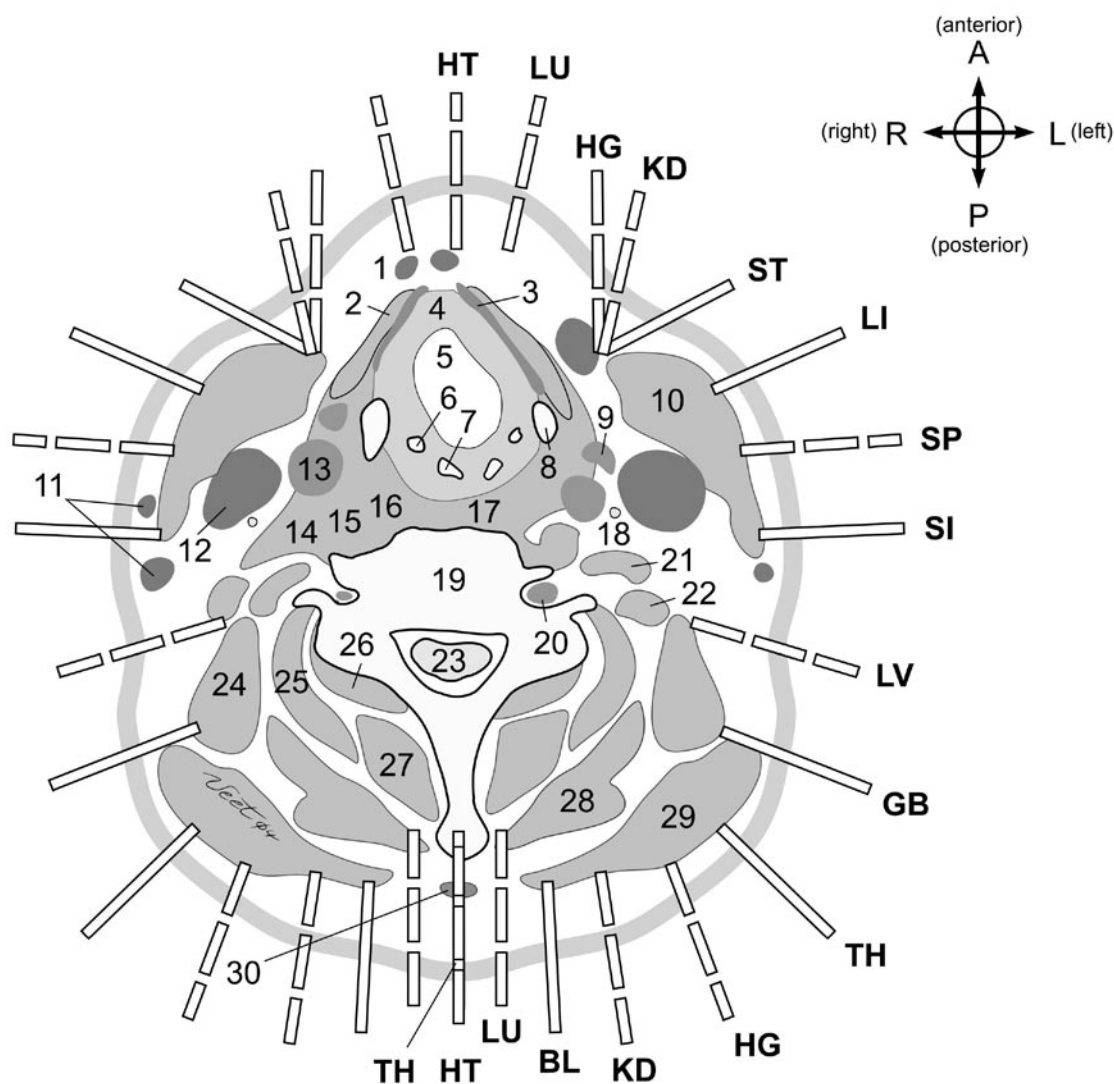
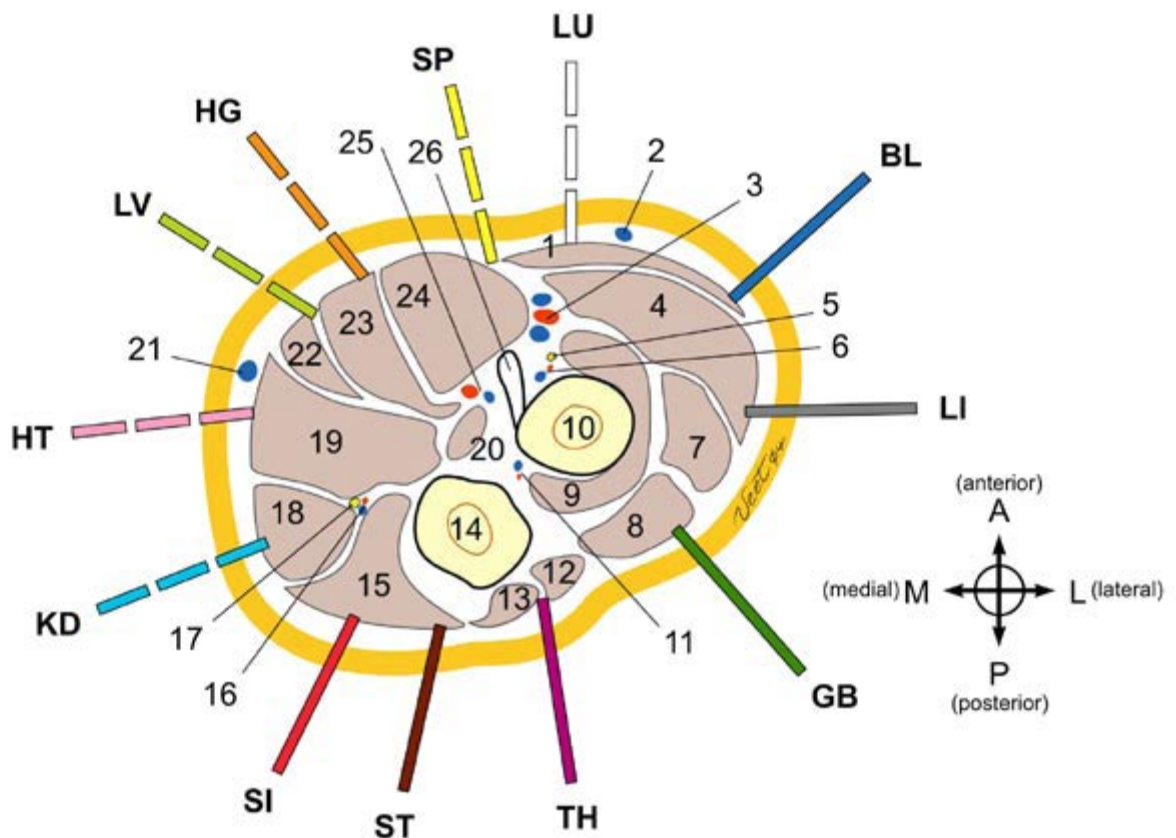
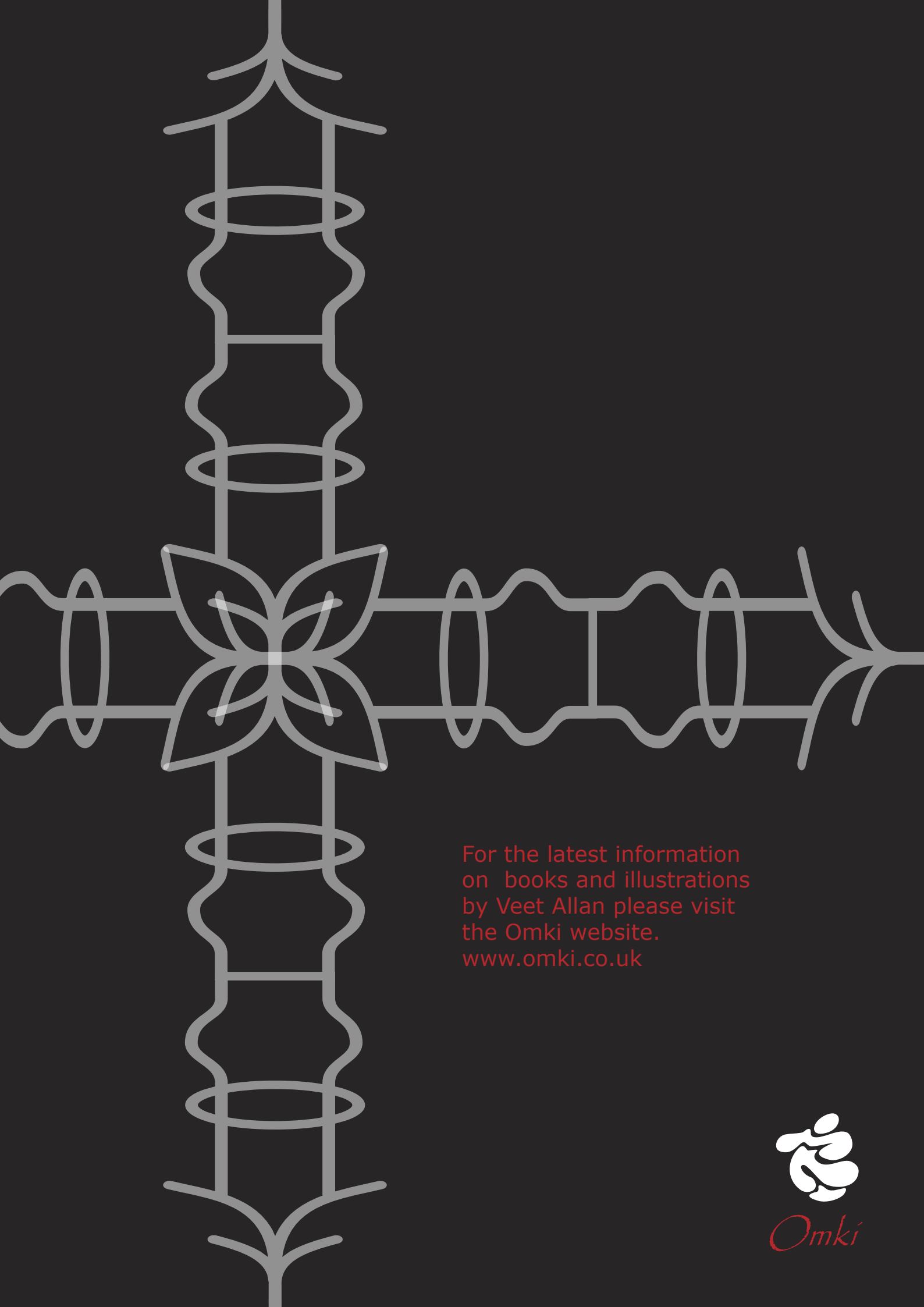


Fig. 10.16 Cross section of lower arm at the elbow inferior to radio-ulnar joint

- | | |
|--|--|
| 1 Brachioradialis muscle | 15 Flexor digitorum profundus muscle |
| 2 Cephalic vein | 16 Posterior recurrent artery and vein |
| 3 Radial artery and venae comitantes | 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 interosseus artery and vein | 25 Ulnar artery and vein |
| 12 Extensor carpi unaris muscle | 26 Biceps brachii tendon |
| 13 Anconeus muscle | |
| 14 Ulna | |





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