

Name	English Names	Function	Point	Location	Pathology	Notes
<b>Shen</b>	Mind	Thought, memory, consciousness, feelings & emotions. Shen controls day time. Shen is the sum of all other types of spirit.	<b>BL 44</b>	<b>HT</b>	overjoy	often associated with anxiety, insomnia and depression
<b>Hun</b>	Ethereal Soul	Planning life goals, ideas, dreams. Hun controls night time and sleep	<b>BL 47</b>	<b>LV</b>	anger	affects ability to create a life course
<b>Po</b>	Corporeal Soul	Feeling & physical sensation. Po controls the whole life.	<b>BL 42</b>	<b>LU</b>	grief	soothes the spirit, also manages grief
<b>Yi</b>	Intellect	Memory, concentration & logic	<b>BL 49</b>	<b>SP</b>	worry	affects ability to study
<b>Zhi</b>	Will	Drive, tenacity, determination, persistence	<b>BL 52</b>	<b>KI</b>	fear	Think: Will power