

Herbs that Enter the 8-Extraordinary Vessels (Qi Jing Ba Mai):

Chong:

Qian Shi – milder probing
Shan Zhu Yu – stronger probing (use large amount, 10 qian)

Also Huang Jing, He Shou Wu
Di Gu Pi (this is also the signature herb for Divergents)
Xuan Shen

Zi Cao Gen is somewhat equivalent to SP4 + P.6
Use Zi Cao Gen + Qian Shi for anxiety when close to people

Essential oils – frankincense, myrrh (narcissus)

Ren:

Gan Jiang

Too much Yin (you want to open orifices) – Gan Jiang + Hai Ge Ke +
Tian Nan Xing
To nourish Yin – Gan Jiang + Mai Doong (Tian Dong, Shu Di)

Essential oils – pine, neroli

Du:

Shi Wei – activates the spinothalamic processes
Qiang Huo, Du Huo, Yin Yang Huo, Rou Cong Rong

Essential oils – rosemary, fennel

Dai:

Qing Hao – if Damp Heat (works on horizontal trajectory)
Yin Chen Hao – for Damp Cold or Damp Heat
Ai Ye – for Cold
Long Dan Cao – for Heat, also for Bao Mai (vertical) trajectory

Essential oils – mugwort, lavender (calms liver), German chamomile

Yang Wei:

Xiang Fu (making movement fragrant)
Chai Hu (Chai Hu also opens the Dai)

Essential oils – petigrane (Zhi Ke), lemon, bergamot

Yin Wei:

Lian Zi
Long Gu
Dan Shen

Essential oils – sage, sandalwood

Yin Qiao:

Qian Shi – milder Di Fu Zi
Qu Mai
Zhi Zi
Mu Dan Pi

Essential oils – marjoram, thyme, jasmine

Yin Qiao:

Wei Ling Xian
Ma Jing Zi
Bi Xie

Essential oils – Roman chamomile, peppermint, cinnamon