In Search of A Philosophical Medicine
The Principles of the Meridian Systems
As outlined by Jeffrey Yuen

Things to keep in Mind ("Principles")
1. Three levels of Existence (天 Heaven, 人 Human, 地 Earth)
2. Life is about interacting with the world
3. Anatomy & Physiology vs Pathology
4. External Factors are also Internal Factors
5. The human body/mind is always adapting (as best it can)
6. Rigidity (not changing) is the ultimate disease
7. Not Knowing (or Probing)

RESOURCES
http://acupuncturemedical.org/deeper-understanding-of-acupuncture
http://jadeprufionfoundation.org/resources.html

Man is between Heaven and Earth

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**Wei Level**

Wei Qi – Spontaneous, instinctual
not mediated by thoughts

Wei – 衛
To defend
to walk (行)
with opposition (韋):
2 people pulling in opposite directions - also leather

**Ying Level**

Ying Qi – Nourishing, cognitive: thoughts, emotion, food

Ying – 營
To construct, to manage
the camp fires (熒) of a battalion (官)
→ nourishment, construction,
to manage (also an army)

**Yuan Level**

Yuan Qi – Source: constitution, survival, origin

Yuan - 源
the origin (原) of water
the fountainhead, the source, origin
our basic patterns of life/survival
connect us to our origin (life/humanity)

**Life = Interaction**

氣 Qi the vapors that arise from the grain
there is movement, interaction
Interaction with environment:
food, stimuli, sensations, emotions,
Leading to thoughts, judgements,
discernment/discrimination, etc.

**Primary Meridians as Post Natal Path**

Survival:
Lung, L.I., Stomach, Spleen

Movement/Interaction:
Heart, S.I., U.B., Kidney

Differentiation/Discernment:
Pericardium, San Jiao, G.B., Liver

**Back Shu as Conflict (interaction of Yin Yang)**

輸 – Shu to transport
(also to loose)

- a car (車)
+ 形 assemble a canoe to cross the river

DU9 Zhi Yang

Metal
Fire
Wood
Earth
Water

Controls

Controls

Controls

Controls
The Meridians are Sutras/Jing

5 Meridian Systems = 5 Sutras/Jing

主經脈
Primary Meridians – Jing Mai 經脈

筋脈
Sinew Meridians – Jing Jin 經筋

絡脈
Luo Vessels – Luo Mai 絡脈

別經脈
Divergent Meridians – Jing Bie 經別

奇經八脈
8 Extraordinary Vessels – Qi Jing Ba Mai 奇經八脈

The Meridian System as the 3 Levels

五質
Wei Qi Instinctual

血脈
Primary/Luo Heart, Spleen

經脈
Yuan Qi Intrinsic

8 Extraordinary Kidney, San Jiao

Divergents

Life is Change

易・ Yi Change (like a lizard – easy)

陽 – Yang
左方 – 易 – Yang to open/expand

this is Yi, change, 易 + one stroke

Both have 勿 (wu) at bottom and sun above

Life is Change – Climatic Factors

Wind – initiates Change

冷 – Cold – contracting away change

熱 – Hot – moving towards change

濕 – Damp – unsure, hesitant

風 – Feng, Wind

症 (虫) + every (凡) penetrates everywhere

寒 – Han, Cold: a Man stuffing straw (茻) under the roof

or a man separated from his field and is crying

Penetration of Change (Disease)

風 – Wind

主脈
Wei Qi, Instinctual

血脈
Primary Meridians

經脈
8 Extraordinary Meridians

8 Extraordinary Meridians

主脈
- Wei Qi, Instinctual

經脈
- Ying Qi, Cognitive

8 Extraordinary Meridians

- Yuan Qi, Survival, constitutional
奇經八脈 8 Extraordinary Meridians

Yuan Level
Constitution
Basic Patterns
Established in the first 7-8 year life cycle

奇經八脈 8 Extraordinary Meridians

Chong – the blue print
Ren – the Resources, contact with mother
Du – the construction, being able to move on your own

The Ren – Bonding with Mother

The Du – Moving away from the Bond

蹻脈 The Qiao Vessels

蹻 Qiao – foot + a disguise, 喬, a mask, also meaning tall
Qiao – how we stand up, become a role
Yin Qiao – how I stand up to myself
Yang Qiao – how I stand up to the world

照海 Kid6, Zhao Hai, Illuminating Ocean
交信 Kid8, Jiao Xin, Crossing Trust
隔間 Diaphragm
缺盆 ST12, Que Pen, Empty Basin
人迎 ST9, Ren Yin, Welcome Human
睛明 U.B.1, Jing Ming Wisdom Eyes

Yin Qiao – the meditation Meridian
維脈

維脉 The Wei Vessels

維 Wei – to hold together to maintain, to support

Wei – how we link our lives
(large periods of 7/8)

Yin Wei – internally
Yang Qiao – with the world

帶脈

Dai Mai

帶 Dai – belt, girdle, to carry, to lead

What we keep under the belt
Accumulations not dealt with
The garbage to be led out

經脈

The Primary Meridians

經脈者，所以能決死生，處百病，調虛實，
不可不通

Ling Shu 10:
The Primary Meridians are able to decide death and birth, the residence of 100 diseases, mediate Deficiency and Excess, not approved, not penetrated
經脈 The Primary Meridians

Survival (breathing, eating)
- Lung, Large Intestine, Stomach, Spleen

Interacting (awareness, movement)
- Heart, Small Intestine, Bladder, Kidney

Differentiating (discerning, detoxifying)
- Pericardium, San Jiao, Gall Bladder, Liver

Disease Progression through Primary Meridians

Lung
- Wind
- Internalizing, becoming Wind Heat
- Eyes, mouth, teeth, throat
- Bleeding, irritability, swelling, infection
- Wasting
- Wei, Atrophy

Large Intestine
- Heat is internalizing
- Disturbing the blood

Stomach
- Heat spreads to the 4 limbs

Spleen
- Heat moves into the abdomen
- Cystitis
- Headache
- Yin/Cold is mobilized
- Restlessness
- Palpitations
- Heat moves into Jing
- Initiating Latent Cold
- Bones, low back edema
- Abdominal knots
- Irritable bowels
- Bones, low back pain

San Jiao
- Diaphragm becomes unstable
- Alternating chills/fever
- Nodules, swellings
- Eyes/brain
- Genital/hernia
- Eyes/brain

Liver
- Pathogen is settled in
- Harmonize or push out
- Alternating chills/fever
- Abdominal masses
- Genital/hernia
- Eyes/brain

The Luo Represent:
- Exterior/Interior Communication
- Blood warding off pathogen
- Our emotional life (Blood)

The Luo Vessels

Appear/Disappear Externally
Carry Blood
### Progression of Emotional Life as seen in the Luo

<table>
<thead>
<tr>
<th>Organ</th>
<th>Symptom</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lung</td>
<td>Engage with world</td>
</tr>
<tr>
<td>Large Intestine</td>
<td>Sensing the world</td>
</tr>
<tr>
<td>Stomach</td>
<td>Digesting/Processing</td>
</tr>
<tr>
<td>Spleen</td>
<td>Supply context</td>
</tr>
<tr>
<td></td>
<td>Hot palms</td>
</tr>
<tr>
<td></td>
<td>Frequent urination</td>
</tr>
<tr>
<td></td>
<td>Tooth decay (heat)</td>
</tr>
<tr>
<td></td>
<td>Cold teeth</td>
</tr>
<tr>
<td></td>
<td>Mania</td>
</tr>
<tr>
<td></td>
<td>Weak legs</td>
</tr>
<tr>
<td></td>
<td>Painful abdomen</td>
</tr>
<tr>
<td></td>
<td>Full/distended gut</td>
</tr>
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</table>

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<thead>
<tr>
<th>Organ</th>
<th>Symptom</th>
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</thead>
<tbody>
<tr>
<td>Heart</td>
<td>Reevaluate/Articulate</td>
</tr>
<tr>
<td>Small Intestine</td>
<td>Analyse/Manipulate</td>
</tr>
<tr>
<td>Urinary Bladder</td>
<td>Overwhelmed</td>
</tr>
<tr>
<td>Kidney</td>
<td>Fear/Paralysis</td>
</tr>
<tr>
<td></td>
<td>Chest pain</td>
</tr>
<tr>
<td></td>
<td>Inability to speak</td>
</tr>
<tr>
<td></td>
<td>Loose joints</td>
</tr>
<tr>
<td></td>
<td>Pebble like stool</td>
</tr>
<tr>
<td></td>
<td>HA, nasal congestion</td>
</tr>
<tr>
<td></td>
<td>Nasal discharge/bleeding</td>
</tr>
<tr>
<td></td>
<td>2 Yin blockage</td>
</tr>
</tbody>
</table>

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<table>
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<th>Organ</th>
<th>Symptom</th>
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</thead>
<tbody>
<tr>
<td>Pericardium</td>
<td>Fight/Mobilize</td>
</tr>
<tr>
<td>San Jiao</td>
<td>Shake it off</td>
</tr>
<tr>
<td>Gall Bladder</td>
<td>Face. Let go, or Quit</td>
</tr>
<tr>
<td>Liver</td>
<td>Taken over, no control</td>
</tr>
<tr>
<td></td>
<td>Chest pain</td>
</tr>
<tr>
<td></td>
<td>Chest weakness</td>
</tr>
<tr>
<td></td>
<td>Elbow spasms</td>
</tr>
<tr>
<td></td>
<td>Elbow atony</td>
</tr>
<tr>
<td></td>
<td>Jue (呬) end/reversal</td>
</tr>
<tr>
<td></td>
<td>Weak legs</td>
</tr>
<tr>
<td></td>
<td>Frequent erection</td>
</tr>
<tr>
<td></td>
<td>Itching</td>
</tr>
</tbody>
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<table>
<thead>
<tr>
<th>Organ</th>
<th>Symptom</th>
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</thead>
<tbody>
<tr>
<td>Great Luo</td>
<td>No boundaries/context</td>
</tr>
<tr>
<td>Ren</td>
<td>Extreme pain</td>
</tr>
<tr>
<td>Du</td>
<td>Total Stagnation</td>
</tr>
<tr>
<td></td>
<td>Pain all over</td>
</tr>
<tr>
<td></td>
<td>Loose joints</td>
</tr>
<tr>
<td></td>
<td>Abdominal skin pain</td>
</tr>
<tr>
<td></td>
<td>Abdominal skin itching</td>
</tr>
<tr>
<td></td>
<td>Rigid back</td>
</tr>
<tr>
<td></td>
<td>Heavy head</td>
</tr>
</tbody>
</table>

### Luo as Progression of Diseases (Shang Han)

| Tai Yang            | Excess emptying to Deficiency |
| Foot (U.B.) Hand (S.I.) | Nasal congestion, stiff upper body |
|                      | Nasal discharge, bowel discharge |
|                      | Weak lower body, cold teeth |
|                      | Tight/stiff legs, elbow atony |

### Luo as Progression of Diseases (Shang Han)

| Tai Yin             | Excess emptying to Deficiency |
| Foot (Spleen) Hand (Lung) | Painful abdomen, hot palms |
|                      | Paralysis, chest pain       |
|                      | Distended abdomen, discharge via urine |

### Luo as Progression of Diseases (Shang Han)

| Shao Yin            | Excess emptying to Deficiency |
| Foot (Kidney) Hand (Heart) | Lower blockage, inability to speak |

### Luo as Progression of Diseases (Shang Han)

| Jue Yin             | Excess emptying to Deficiency |
| Foot (Liver) Hand (Per) | Frequent erections, chest pain |
|                      | Itching genitlals, chest weakness |
Luo as Progression of Diseases (Wen Bing)

<table>
<thead>
<tr>
<th>Level</th>
<th>Organ(s)</th>
<th>Condition(S)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wei Level</td>
<td>Lung, L.I., Stomach, Spleen, U.B., Kidney</td>
<td>Wind Heat, Wind Damp, 4 Bigs (fever, thirst, pulse, sweat)</td>
</tr>
<tr>
<td>Qi Level</td>
<td>Heart, S.I.</td>
<td>Heat in the bowels</td>
</tr>
<tr>
<td>Ying Level</td>
<td>PC, San Jiao G.B., Liver</td>
<td>Great Luo Ren, Du</td>
</tr>
<tr>
<td>Blood Level</td>
<td>Great Luo Ren, Du</td>
<td></td>
</tr>
</tbody>
</table>

Luo Point Treatments of Emotions

<table>
<thead>
<tr>
<th>Mood</th>
<th>Luo points of</th>
<th>Luo points of</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wei - Mood</td>
<td>Lung + Liver</td>
<td>LU7</td>
</tr>
<tr>
<td>Ying - Suppressed</td>
<td>Heart/Per + Spleen</td>
<td>P6/HT5</td>
</tr>
<tr>
<td>Yuan - Repressed</td>
<td>Kidney + S.I.</td>
<td>SP4</td>
</tr>
</tbody>
</table>

+ Luo point of Emotion's Yang Meridian

經筋 The Sinew Channels

Wei Qi: Warms protects activates posture & movement How we respond to the world

Sinews: First stand upright, then reach out

Sinews Trajectory (time clock)
Start with opening of eyes, U.B.1

Yang Sinews – establish posture and reaching
- Leg Tai Yang (U.B.)
- Leg Shao Yang (G.B.)
- Leg Yang Ming (Stomach)
- Arm Tai Yang (S.I.)
- Arm Shao Yang (S.J.)
- Arm Yang Ming (L.I.)

Yin Sinews – bring Wei Qi in
- Leg Tai Yin (Spleen)
- Leg Shao Yin (Lung)
- Leg Shao Yin (Kidney)
- Arm Shao Yin (Heart)
- Leg Jue Yin (Liver)
- Arm Jue Yin (Pericardium)

Yang Sinew – moving out to world

<table>
<thead>
<tr>
<th>Posture</th>
<th>Legs – activate posture</th>
<th>Arms – reach &amp; grasp</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tai Yang</td>
<td>Moving out and forward</td>
<td>Reach out and away</td>
</tr>
<tr>
<td>Yang Ming</td>
<td>Moving in or stopping</td>
<td>Pull in (index finger)</td>
</tr>
<tr>
<td>Shao Yang</td>
<td>Turning</td>
<td>Rotate wrist and hand</td>
</tr>
</tbody>
</table>

The Sinew Postures

Tai Yang Posture – sway back eager to move out Extrovert
Yang Ming Posture – sunken, pulling away Introvert
Shao Yang Posture – tilted one-sided Hesitant
Sinew Symptomology

<table>
<thead>
<tr>
<th>Meridian</th>
<th>Symptom</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tai Yang:</td>
<td>- extension</td>
</tr>
<tr>
<td></td>
<td>(straight elbow/knee)</td>
</tr>
<tr>
<td>Shao Yang:</td>
<td>- rotation</td>
</tr>
<tr>
<td></td>
<td>Tai Yin:</td>
</tr>
<tr>
<td></td>
<td>- adduction</td>
</tr>
<tr>
<td></td>
<td>(bent elbow/knee)</td>
</tr>
<tr>
<td>Yang Ming:</td>
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<td></td>
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</tr>
<tr>
<td>Shao Yin:</td>
<td>- extension</td>
</tr>
<tr>
<td></td>
<td>(bent elbow/knee)</td>
</tr>
<tr>
<td>Jue Yin:</td>
<td>- paralysis</td>
</tr>
<tr>
<td></td>
<td>(lack of movement)</td>
</tr>
</tbody>
</table>

經別 The Divergent Meridians

Ling Shu 11:

The Divergent Meridians

The Divergents unify Yin Yang
Join Heaven and Earth in accordance with the Dao

Communicate Wei and Yuan
bypassing the Ying

經別 The Divergent Meridians

The Divergent Meridians – Yuan out to Wei

First the Legs:
- Fire (S.I., Heart)
- Water (U.B., Kid)
- Wood (G.B., Liv)
- Earth (ST, SP)

Then the Arms:
- Metal (L.I., Lung)
- Ministerial Fire (S.J., Per)

The Divergent Meridians – Symptomology

- Wind Bi/neurological (Wei Qi moving in)
- Autoimmune Disorders (Wei turns against self)
- Cancer, nodules (Jing/Yuan moving out)
- Allergies (I reject the world: Yuan/Wei miscommunication)
- Lungs/Kidneys (Metal/Water, Exterior/Interior)
- Chronic unspecified mood

The Divergent Meridians – Wei in to Yuan

The sequence moving from Wei to Yuan:

Tai Yang, U.B., S.I.,
Shao Yang, G.B. S.J.
Yang Ming, Stomach, L.I.
Tai Yin, Spleen, Lung
Shao Yin, Kidney, Heart
Jue Yin, Liver Pericardium

The Divergent Meridians – Symptomology

- Man unites the Dao of Heaven and Earth
(人之合於天地道也)
The Zang Fu correspond with Nature
Primary channels cause birth, disease, and cures
What are the Departures (Li 离),
Unifications (He 合),
Leaving (Chu 出),
entries (Ru 入) that help?
The Divergent Meridians – Emotions

U.B./Kid - fear
G.B./Liv - anger
ST/Spleen - boredom
S.I./Heart - rationalizing
S.J./Per - fixation, obsession
L.I./Lung - over-scrutinizing

Treatment Strategies

- Move out (Expel): Is this level able?
- Move in (Absorb): Is this level able?
- TCM – Oppose

Treatment Methods 八法

Total Rejection Vomiting 吐法
Expel through Sweating 汗法, Purging 下法
Oppose through Cooling, Warming, Draining 清法, 溫法, 柧法
Harmonize 和法
Tonify 補法 then either harmonize or push

Weizhi 颈椎 - Spicy Lung, Liver
Breath work Qi Gong Diet
Ying 頭痛 SP, ST, HT
Acupuncture Massage Chiropractic
Yuan尾骨 Sour/Salty Kidney, S.J.
Essential oils Chanting

Probing – or Don't Know Mind

Probe the disease/issue
Suggest a direction for change
See what happens
Respond accordingly
Re-diagnose each time – to accommodate change

The True Acupuncturist does not need needles
The person you help most is you
True Physician no longer sees people as needing help