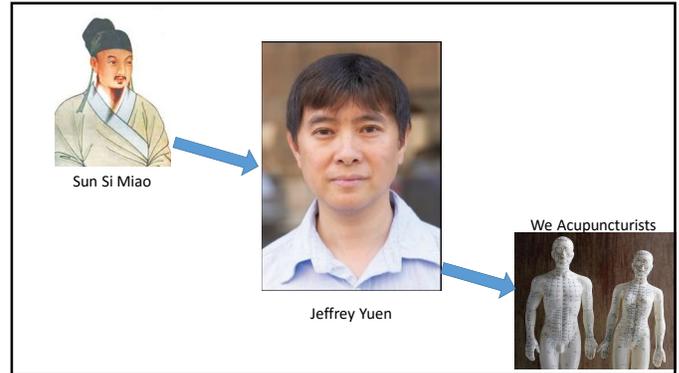
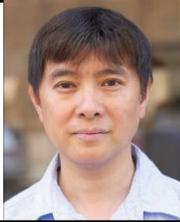


In Search of A Philosophical Medicine  
The Principles of the Meridian Systems  
As outlined by Jeffrey Yuen



寶網 Bao Wang -- The Net of Indra  
The One reflects the All  
The All reflects in the One



## RESOURCES

<http://acupuncturemedical.org/wp-content/uploads/2015/04/insearchof.pdf>

<http://acupuncturemedical.org/deeper-understanding-of-acupuncture>

<http://jadepurityfoundation.org/resources.html>

## 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)



## Man is between Heaven and Earth

天 Heaven	衛 Wei
人 Human	營 Ying
地 Earth	源 Yuan

## 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 (爨) 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

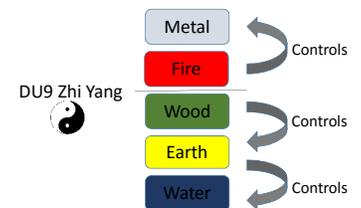
Movement/Interaction:  
Heart, S.I., U.B., Kidney

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)  
+ 舟 assemble a  
canoe to cross the  
river



The Meridians are Sutras/Jing

5 Meridian Systems = 5 Sutras/Jing

經 – Jing: 纟 thread + 丩 stream/river

Primary Meridians – Jing Mai 經脈

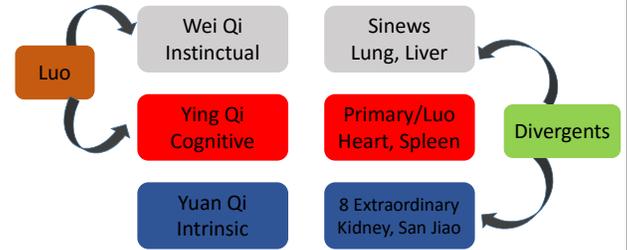
Sinew Meridians – Jing Jin 經筋

Luo Vessels – Luo Mai 絡脈

Divergent Meridians – Jing Bie 經別

8 Extraordinary Vessels – Qi Jing Ba Mai 奇經八脈

The Meridian System as the 3 Levels



Life is Change

易 - Yi Change (like a lizard – easy)

陽 – Yang

left side – 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

Cold – contracting away change

Hot – moving towards change

Damp – unsure, hesitant

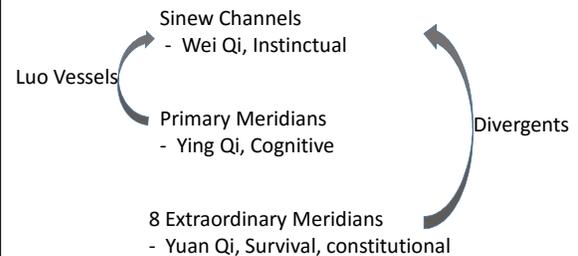
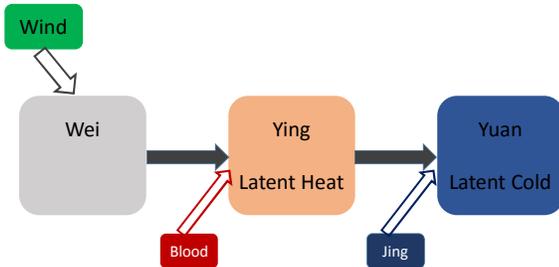
風 – Feng, Wind

insect (虫) + every (凡) penetrates everywhere

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

or a man separated from his field and is crying

Penetration of Change (Disease)



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

躄脈 The Qiao Vessels

躄 Qiao – foot + a disguise, 喬, a mask, also meaning tall

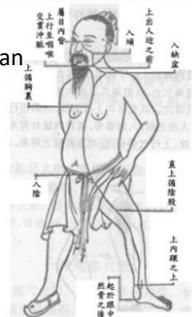
Qiao – how we stand up, become a role

Yin Qiao – how I stand up to myself

Yang Qiao – how I stand up to the world



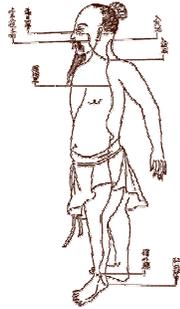
照海 Kid6, Zhao Hai, Illuminating Ocean  
 交信 Kid8, Jiao Xin, Crossing Trust  
 Genitals  
 Diaphragm  
 缺盆 ST12, Que Pen, Empty Basin  
 人迎 ST9, Ren Yin, Welcome Human  
 睛明 U.B.1, Jing Ming Wisdom Eyes



Yin Qiao – the meditation Meridian

申脈 U.B.62, Shen Mai, Extending Vessel  
 僕參 U.B.61, Pu Can, The Servant/helper  
 臑俞 S.I.10, Nao Shu, Shoulder Shu  
 肩髃 L.I.15, Jian Yu, Shoulder bone  
 人迎 ST9, Ren Yin, Welcome Human  
 地倉 ST4, Di Cang, Earth Store  
 巨髎 ST3, Ju Liao, Big Hole  
 睛明 U.B.1, Jing Ming Wisdom Eyes  
 風池 G.B.20, Feng Chi, Wind Pool

Yang Qiao as a meditation



## 維脈 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



築賓 Kid9, Zhu Bin, Guest House  
 府舍 SP13, Fu She, Exchange Abode  
 大橫 SP15, Da Heng, Great Horizontal  
 腹哀 SP16, Fu Ai, Abdominal Sadness  
 章門 Liv13, Zhang Men, Camphor Gate  
 期門 Liv14, Qi Men, Cycle Gate  
 天突 Ren22, Tian Tu, Heavenly Chimney  
 廉泉 Ren23, Lian Quan, Upright Spring

Yin Wei – linking the cycles



金門 U.B.63, Jin Men, Metal Gate  
 陽交 G.B.35, Yang Jiao, Yang Crossing  
 臑俞 S.I.10, Nao Shu, Shoulder Shu  
 臂臑 L.I.14, Bi Nao, Arm's Arm  
 臑會 S.J.13, Nao Hui, Shoulder Meeting  
 天髎 S.J.15, Tian Liao, Heavenly Hole  
 肩井 G.B.21, Jian Jing, Shoulder Well  
 G.B.13 to G.B.20

啞門 DU15, Ya Men, Mute Gate  
 風府 DU16, Feng Fu, Wind Exchange  
 Yang Wei – linking the Yang



## 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

**經脈 The Primary Meridians**

Decay	→	Metal	Lung, L.I.	Breath
Decay	→	Earth	Stomach, Spleen	Form
Conflict	→	Fire	Heart, S.I.	Desires
Conflict	→	Water	U.B., Kidney	Origin
Conflict	→	Fire	Pericardium, S.J.	Desires
Decay	→	Wood	G.B., Liver	New Birth

**Disease Progression through Primary Meridians**

Lung	Wind	
Large Intestine	Internalizing, becoming Wind Heat	Eyes, mouth, teeth, throat
Stomach	Heat is internalizing Disturbing the blood	Bleeding, irritability, sweating, infection
Spleen	Heat spreads to the 4 limbs	Wasting Wei, Atrophy

**Disease Progression through Primary Meridians**

Heart	Heat is trapped in chest	Restlessness palpitations
Small Intestine	Heat moves into the abdomen	Abdominal knots Irritable bowels
Urinary Bladder	Heat moves into Jing Initiating Latent Cold	Cystitis headache
Kidney	Yin/Cold is mobilized	Bones, low back edema

**Disease Progression through Primary Meridians**

Pericardium	Diaphragm becomes unstable	Irritability, panic Cold joints/hot hands
San Jiao	miscommunication of the 3 Jiaos (diaphragms)	Ears, Eyes, joints, sweat Abdominal masses
Gall Bladder	Pathogen is settled in Harmonize or push out	Alternating chills/fever Nodules, swellings
Liver	Pathogen takes over Jing changes	Genital/hernia Eyes/brain

**絡脈 The Luo Vessels**

Appear/Disappear Externally  
 Carry Blood

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

### Progression of Emotional Life as seen in the Luo

Lung	Engage with world	Hot palms Frequent urination
Large Intestine	Sensing the world	Tooth decay (heat) Cold teeth
Stomach	Digesting/Processing	Mania Weak legs
Spleen	Supply context	Painful abdomen Full/distended gut

### Progression of Emotional Life as seen in the Luo

Heart	Reevaluate/Articulate	Chest pain Inability to speak
Small Intestine	Analyse/Manipulate	Loose joints Pebble like stool
Urinary Bladder	Overwhelmed	HA, nasal congestion Nasal discharge/bleeding
Kidney	Fear/Paralysis	2 Yin blockage Low back pain

### Progression of Emotional Life as seen in the Luo

Pericardium	Fight/Mobilize	Chest pain Chest weakness
San Jiao	Shake it off	Elbow spasms Elbow atony
Gall Bladder	Face. Let go, or Quit	Jue (厥) end/reversal Weak legs
Liver	Taken over, no control	Frequent erection itching

### Progression of Emotional Life as seen in the Luo

Great Luo	No boundaries/context	Pain all over Loose joints
Ren	Extreme pain	Abdominal skin pain Abdominal skin itching
Du	Total Stagnation	Rigid back Heavy head

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

		<b>Excess</b> emptying to <b>Deficiency</b>	
Tai Yang	Foot (U.B.) Hand (S.I.)	Nasal congestion Stiff upper body	Nasal discharge Bowel discharge
Yang Ming	Foot (Stomach) Hand (L.I.)	Heat in Shen, face Tooth ache	Weak lower body Cold teeth
Shao Yang	Foot (G.B.) Hand (San Jiao)	Jue - Inversion Elbow spasm	Tight/stiff legs Elbow atony

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

		<b>Excess</b> emptying to <b>Deficiency</b>	
Tai Yin	Foot (Spleen) Hand (Lung)	Painful abdomen Hot palms	Distended abdomen Discharge via urine
Shao Yin	Foot (Kidney) Hand (Heart)	paralysis Chest Pain	Lower blockage Inability to speak
Jue Yin	Foot (Liver) Hand (Per)	Frequent erections chest pain	Itching genitals Chest weakness

### Luo as Progression of Diseases (Wen Bing)

Heat in Wei Level	Lung, L.I. Stomach, Spleen	Wind Heat Wind Damp
Heat in Qi Level	Heart, S.I. U.B., Kidney	4 Bigs (fever, thirst, pulse, sweat) Heat in the bowels
Heat in Ying Level	PC, San Jiao G.B., Liver	
Heat in Blood Level	Great Luo Ren, Du	

### Luo Point Treatments of Emotions

Wei - Mood	Luo points of Lung + Liver	LU7 Liv5
Ying - Suppressed	Luo points of Heart/Per + Spleen	P.6/HT5 SP4
Yuan - Repressed	Luo points of Kidney + S.J.	Kid4 S.J.5

+ 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	Yin Sinews – bring Wei Qi in
Leg Tai Yang (U.B.)	Leg Tai Yin (Spleen)
Leg Shao Yang (G.B.)	Arm Tai Yin (Lung)
Leg Yang Ming (Stomach)	Leg Shao Yin (Kidney)
Arm Tai Yang (S.I.)	Arm Shao Yin (Heart)
Arm Shao Yang (S.J.)	Leg Jue Yin (Liver)
Arm Yang Ming (L.I.)	Arm Jue Yin (Pericardium)

### Yang Sinew – moving out to world

	Legs – activate posture	Arms – reach & grasp
Tai Yang	Moving out and forward	Reach out and away
Yang Ming	Moving in or stopping	Pull in (index finger)
Shao Yang	Turning Adjusting	Rotate wrist and hand

### 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
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### Sinew Symptomology

<b>Tai Yang:</b> - extension (straight elbow/knee)	<b>Shao Yang:</b> - rotation	<b>Yang Ming:</b> - adduction (bent elbow/knee)
<b>Tai Yin:</b> - adduction (bent elbow/knee)	<b>Shao Yin:</b> - extension (bent elbow/knee)	<b>Jue Yin:</b> paralysis (lack of movement)

### 經別 The Divergent Meridians

Ling Shu 11:

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

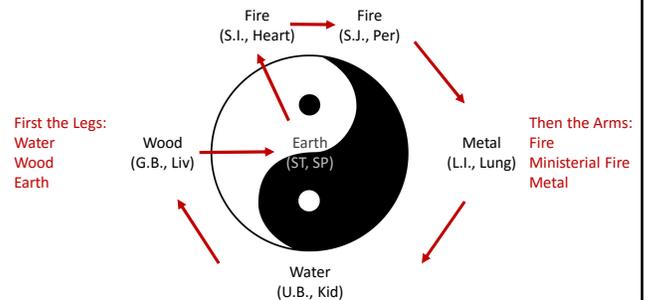
What are the Departures (Li 離),  
Unifications (He 合),  
Leaving (Chu 出),  
entries (Ru 入)  
that help?

### 經別 The Divergent Meridians

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

Communicate Wei and Yuan  
bypassing the Ying

### The Divergent Meridians – Yuan out to Wei



### 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

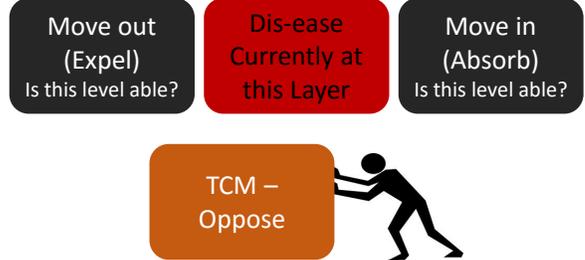
### The Divergent Meridians – Symptomology

- 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 – 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



### Treatment Methods 八法

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

Wei	Spicy Lung, Liver	Breath work Qi Gong Diet
Ying	Bitter SP, ST, HT	Acupuncture Massage Chiropractic
Yuan	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

