

Divergent Meridians

I) The Divergent Meridians

- 1) The *Ling Shu* says they're separate from but just as important as the primary meridians
- 2) The *Su Wen* says they're subcollaterals, or rather internal pathways of the primary meridians
- 3) Like the Luo vessels, the Divergents are buffers for the zang-fu (the Yin of the body) against pathogens
 - When the wei-qi is just slightly weak – weak so that it cannot expel an EPF from a primary meridian – the wei-qi will take it to a Divergent Meridian
 - The Divergent Meridian takes the pathogen from the Primary Meridian and stores it in latency in the Yang of the body – the sinews and joints – so that it doesn't enter the Yin of the body (the zang-fu)
 - A pathogen enters or gets fought at the jing-wells
 - It can then travel to the organs via the Primary meridians
 - The Divergent meridians intervene before the EPF can travel that far – past the He-sea points – and stores it in the sinews and/or joints
 - When a Divergent meridian gets full, it lets the EPF go
 - The EPF attacks first the Yang organs, then the Yin
- 4) Path of EPF storage:

▲ of ▲ → ▼ of ▲ → ▲ of ▼ → ▼ of ▼
(sinews) (joints) (fu) (zang)

II) Divergent Meridian Treatment Indications

- 1) Chronic musculo-skeletal pain (especially with Deficiency) – usually at hips and shoulders
- 2) Phantom pain that's one-sided

III) Divergent Meridian Treatment Philosophy

- 1) Divergent Meridians tend to transverse the lymph ducts at the axilla and in the inguinal area (the thoracic and pelvic areas)
 - DM points are located at lymph ducts and indicated for their drainage
- 2) DMs can be used for Polarity treatment since they tend to go up to communicate with the brain, polarizing to the opposite side
 - Chinese Medicine believes this to be the origin of phantom pain

- 3) DMs can be used for immune and auto-immune diseases
 - DMs communicate from wei-qi (surface and sinews—the world) to the Jing (bone, marrow – self)
 - Wei issues = Immune Deficiency
 - Jing issues = self and auto immune
- 4) Through the DMs, you can work on perception/movement disorders as well as personal/spiritual issues
- 5) You can move wei qi to the Jing level (used in cases of immune deficiency... helps with HIV)
 - DMs can move/release from Jing level to the superficial wei level
 - In this case, activate and drain the lymph ducts, then use deep to moderate to light touch
 - Use He-sea and Influential points
 - Use Na
 - Use Polarity therapy to tonify deficiency
 - After treatment, expect a healing crisis
 - This manifests as Phlegm, Heat, and toxins getting discharged from the body
 - If the body cannot tolerate this (if the person's weak from a chronic illness), this healing crisis can kill the patient, or at least further weaken them
 - You MUST be sensitive to the strength of your client

IV) **Divergent Meridian Protocol: Divergent Meridian Release**

- Each of the following sections can be done separately, in different orders, but ALL must be done

A) **Release Major Articulations & Head/Face Blocks**

- 1) HEAD: with both middle fingers at Bl-10 and both thumbs at GB-8 (connects the lower to mid-brain), pull the patient's head toward you
- 2) ARMS: flex fingers in both directions
 - Dim P-6 and SJ-5 simultaneously
 - Rotate arms in both directions, then apply traction (pull outwardly)
 - Pull then shake them (shake them like you're trying to sift fluid into their torsos)
 - This loosens up the clavicle area and LI-15 (LI/Lu DM)
- 3) LEGS: bend legs to chest, then straighten them out while using Dim on Bl-40
 - Rotate hips in both directions
 - Shake legs, one hand under the knee, the other on the back of the thigh (like you're sifting fluid into the torso)
 - Dim GB-30

B) **Release Head Blocks**

- 1) Tui (using the thumb) from Du-24 to Du-16

- 2) Tui from midline of scalp to the ears
 - Do both these strokes 3x heavy, 3x medium, 3x light pressure
- 3) Na, Tui, then lightly stroke from Du-16 to Du-14
- 4) Na, Tui, then lightly stroke from Du-14 to the shoulders
 - Na is the most penetrative stroke – brings Qi to the surface
 - Tui regulates and spreads the Qi – it is the most bio-regulating stroke
 - Very light Tui drains the Qi to the surface
- 5) Pump the shoulders to the feet

C) Move Wei Qi to the Gates and Release Face

- For each of these, Tui with heavy pressure 3 times, then with medium pressure 3 times, then with light pressure three times
- 1) Bl-1 to GB-3, over the eyebrows with the patient's mouth open
 - 2) Bl-1 to St-7, over the eyebrows with the mouth closed
 - 3) Yin Tang to the tragus, down along the bridge of the nose and across the cheeks
 - 4) Ren-23 to the tragus
 - 5) Simultaneously from SJ-16 to St-12, and SI-19 to St-12 via St-5 then the SCM
 - 6) Rub hands until warm/full of Qi/Blood, then cup the patients eyes with them and project your Qi into them
 - The hands should not actually touch the surface of the skin here, but float over it

D) Drain Arms (from hands to the clavicles, into Ren-17 and the thoracic duct)

- 1) Roll wrists against table as if they were “clay snakes”
 - Start fast with moderate pressure and slowly decrease to a moderate speed with light pressure
 - Take up forearm and shake down to elbow
- 2) Tui with a lifting movement, hand cupped, from wrist to elbow
 - First the Yin then the Yang aspect of the arm
 - Finish with a light stroke
- 3) Do “clay snakes” at elbow
 - Support elbow with both hands and shake arm down to shoulder
- 4) Tui with a lifting movement, hand cupped, from elbow to shoulder
 - This is a major lymph area
- 5) Pump shoulders down into table
- 6) Hold up arm vertically and shake while doing Dim on P-6 or P-8

E) Divergent Meridian Lower and Pelvic Duct

- 1) Rotate legs in both directions, knees flexed (patient supine)
- 2) Palpate for pelvic nodules and break them up
- 3) Drape one leg over the other, then Dim with your elbow of knuckles GB-30 in a kneading fashion
- 4) Put the foot of one leg over the knee of the other, and with the heel of the hands, finger tips or elbow Dim/knead the inguinal region to open up the lymph area there
- 5) Pump Doorway to the Earth points St-30, Lr-12 and Sp-12 toward Ren-2/3 with palm to open Dai Mai channel
- 6) Do “clay snakes” on legs, ankle to knee
- 7) Tui with a lifting movement, hand cupped, from ankle to knee, first Yin then Yang aspect of leg
- 8) Repeat (6) and (7) on leg from Knee to pelvis
- 9) Lean each leg out laterally while rotating the foot medially, doing Dim on Ki-1, to loosen hip joints
- 10) Pump knees up to chest, doing Dim on Ki-1
- 11) Doing Dim on Ki-1, pull each leg out downward (away from the patient’s head)
- 12) Put each leg in traction (as above) doing Dim on Ki-3, sliding slowly down to Ki-4 to open the pelvis
- 13) Pull out the arms and put them in traction while doing Dim on P-8 or P-6