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 silt 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/kneed** 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