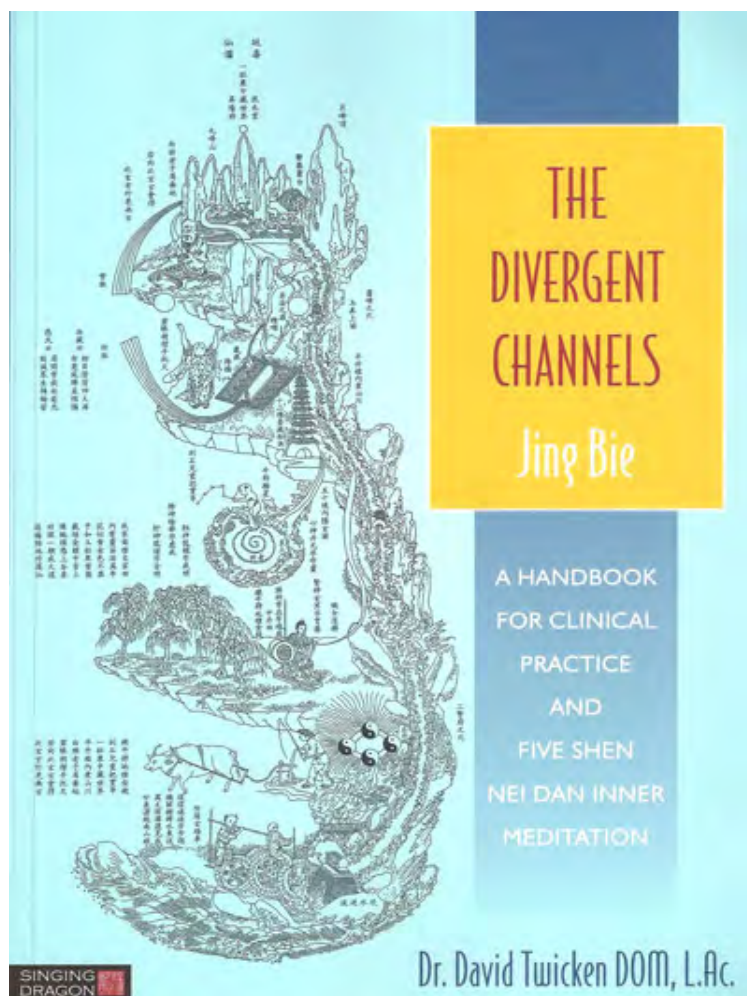




Dr. David Twicken The Divergent Channels - Jing Bie



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THE DIVERGENT CHANNELS

Jing Bie

A HANDBOOK
FOR CLINICAL
PRACTICE
AND
FIVE SHEN
NEI DAN INNER
MEDITATION

Dr. David Twicken DOM, L.Ac.



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THE DIVERGENT CHANNELS MAIN POINTS AND CHANNEL CONDITIONS

Table 4.1 lists the confluent and main points on the divergent channels pathways. This table is a quick reference for viewing the selected points on the channels.

Table 4.1 The divergent channels main points

Bladder	Kidney	Gallbladder	Liver
1st confluence	1st confluence	2nd confluence	2nd confluence
BL 10	BL 10	GB 1	GB 1
Heart	Along Jaw	Ren 24	Ren 2
Around Chest	Root of Tongue	ST 5	LV 5
BL 44	To the Kidney	Ren 23	
BL 15	channel	Throat	
Du 11	Ren 8	ST 12	
HTJ (Hua Tuo	KD 16	Ren 14	
Jia Ji)	SP 15	Diffuses to	
Next to the	GB 26	Heart	
Spine	BL 52	Liver	
Ren 4	BL 23	LV 14	
Ren 3	Loops around	GB	
Kidneys	the Dai Mai	GB 24	
Du 4	Du 4	GB 25	
Anus	BL 40	LV 13	
BL 32	KD 10	Ren 3	
Du 1		Ren 2	
BL 36		GB 30	
BL 40			
Confluent point	Confluent point	Confluent point	Confluent point
BL 40	BL 10	GB 1	Ren 2 or GB 30

Stomach	Spleen	Small Intestine	Heart
3rd confluence	3rd confluence	4th confluence	4th confluence
BL 1	BL 1	BL 1	BL 1
Nose	Eyes	SI 18	Converge at the Eye
ST 4	Ren 23	Root of Tongue	Diffuses in Face
ST 9	Middle of the	Throat	Tip of Tongue
Ren 23	Tongue	ST 12	Ren 23
Ren 22	ST 9	Scapula	Ren 17
Throat	Throat	Ren 17	PC
Ren 17	ST 30	PC	Heart
Heart	SP 12	Heart	GB 22
Diffuses into		HT 1	HT 1
the Spleen		SI 10	
Stomach		GB 22	
Ren 12		Diaphragm	
ST 30		Ren 14	
		SI	
Confluent point	Confluent point	Confluent point	Confluent point
ST 30	BL 1 or	BL 1	GB 22
	LI 20 or ST 1		
San Jiao	Pericardium	Large Intestine	Lung
5th confluence	5th confluence	6th confluence	6th confluence
Du 20	SJ 16	Throat	LI 18
SJ 16	Ren 23	LI 18	ST 12
ST 12	Throat	Du 14	LU 1
Spreads to Chest	Ren 17	ST 12	GB 22
PC	Chest	GB 21	Lungs
Ren 17	PC 1	LI 15	Breasts
Ren 12	Ren 12	ST 15	
		Chest	
		Breast	
		Diffuses to	
		Lungs	
		LI	
Confluent point	Confluent point	Confluent point	Confluent point
SJ 16 or	Ren 12	St 12	LI 18
GB 12, SJ 19			

ROOTS AND ENDS

Chapter 5 of the *Ling Shu* presents "Roots and Ends," describing the link between the internal organs and the divergent channels. It describes a specific root (beginning) and end of the channels. Some of the beginnings and endings are different than the common union (confluent) points. According to the *Ling Shu*: "it is at these beginnings and endings that pathogens from the primary channels and organs can enter the divergent channels." Consider using these points in clinical practice, especially when the condition includes these regions.

In the "Roots and Ends" chapter, it is said:

For one who comprehends ends and beginnings, one sentence is enough. For one who does not understand ends and beginnings, the way of the needle is completely cut off.⁹

The roots and ends are locations to treat. Table 4.2 presents these points.

Table 4.2 Roots and ends

Channel	Root begins	Ending ends	Anatomical area of the ending
Tai Yang	Bladder 67	Bladder 1	Eyes
Shao Yang	Gallbladder 44	Small Intestine 19	Ear
Yang Ming	Stomach 45	Stomach 8	Corner of the Head
Tai Yin	Spleen 1	Ren 12	Stomach
Shao Yin	Kidney 1	Ren 23	Throat
Jue Yin	Liver 1	Ren 17	Chest

Consider treating the beginnings and endings in treatments, along with the confluent and pathway points. The confluent or root and end points can be used to begin a divergent channel treatment. The root and end points begin on the extremities, located in areas where there are no confluent points. Thus they offer additional ways to treat the divergent channels. Confluent and root and end points can stimulate the pathways and begin the process of reinforcing and reducing. They send a message to the channel system that is being treated. The key to effective treatments is developing the ability to find the right amount of additional points for an effective treatment.

The Liver

Hypochondriac pain/fullness/distension, dizziness, blurred vision, tinnitus, dry throat, flushed face, fever, jaundice, bitter taste, nervousness, depression, mood swings, frequent anger, frustration, epigastric distension, belching, flatulence, eating disorders, nausea, vomiting, abdominal pain/distension, irregular menstruation, infertility, impotence, itching external genitalia, leucorrhea, epididymitis, enuresis, urinary retention, yellow urine, stuffiness of chest, cough with blood in the sputum, shallow breathing, deep sighing, palpitations, dream-disturbed sleep, abnormal growths (masses/nodules/fibroids/cysts), and plum pit syndrome.

THE CONNECTING CHANNELS (THE LUO CHANNELS)

The connecting channels are presented in Chapter 10 of the *Ling Shu*, "The Major Channels." This chapter presents the pathways and imbalances of the primary channels, as well as the connecting (luo) channels. We can assume that because the primary and the connecting channels are presented in the same chapter they have a direct relationship with each other. The imbalances in each of the channels can transfer between each other. This relationship is an example of the interrelated nature of the channel system.

A unique insight of the early Chinese practitioners is that emotions are stored in the blood, and the connecting channels treat blood. Consequently, they can treat emotions. And the channels that influence the connecting and primary channels can also assist in treating emotions; they are the divergent channels.

"The Major Channels" presents the connecting (luo) points and the connecting channels pathology. Table 5.1 summarizes the connecting channel pathology from that chapter.

Table 5.1 The connecting channel pathology

Channel	Excess pathology	Deficient pathology
Lung	Heat in the wrist and palm	Yawning and frequent urination
Heart	Fullness and pressure in the chest and diaphragm	Loss of speech
Pericardium	Heart pain	Vexation in the Heart
Large Intestine	Toothache, deafness	Teeth sensitive to cold, bi conditions
Small Intestine	Loosening of the joints and lack of muscle tone of the sinews in the elbow area	Small swellings
San Jiao	Spasms and cramps of the muscles around the elbow	Lack of muscle tone of the elbows
Stomach	Counterflow qi in the channel, throat bi, and sudden loss of voice	Lack of muscle tone of the feet and a withering of the shins
Bladder	Nasal congestion with clear nasal discharge, headache, back pain	Clear nasal discharge, bloody nose
Gallbladder	Inversion	Weakness and lack of muscle tone of the lower limbs with inability to stand from a sitting position
Spleen	Cholera, stabbing pain in the intestines	Drum-like distension of the abdomen
Kidney	Vexation and oppression, constipation and urinary block	Lower back pain
Liver	Swelling in the testicles, abnormal erection	Sudden genital itching
Ren	Pain in the skin of the abdomen	Itching in the skin of the abdomen
Du	Rigidity of the back	Sensation of heaviness of the head, shaking the head
Great Luo of Spleen	Aching and pain of the whole body	Looseness of the hundred joints

In his book *Guide to Acupuncture* (1196),¹¹ Dou Han Qing presented a method of using source and luo points of the Yin–Yang paired channels. He used what would become known as the transverse connecting channels (transverse luo channels), and an application of the guest and host acupuncture treatment. It appears there is no reference to these channels (transverse channel branches) in classical Chinese texts. For this reason, some practitioners do not use this method. The classics suggest using the Yin–Yang paired channels in treatments; they do not designate the source and luo points as a way to more effectively treat the channels. They make no reference of *transverse* channels. According to this theory, it is these transverse channels that allow a transfer of qi from one of the channels to the other. This idea would become a common method used in the future. Dou Han Qing was also the person that revealed the eight master (opening, confluent) points of the eight extraordinary channels.

The primary channels, the internal organs, and the connecting channels are associated with unique diseases, conditions, signs, and symptoms. Because the divergent channels are connected to each of these channels and organs, they can assist in treating them. Yin–Yang theory contains the principle that combining two or more channels can cause a stronger reaction and effect in the body than treating one channel. The divergent channels are a potent channel system to support the primary and connecting channels presented in this chapter, as well as the internal organs. Using these channels in treatments is applying Yin–Yang theory in clinical practice.

CYCLES OF TIME

On understanding the moving power and its way: the onset of a therapeutic effect is faster than shooting an arrow. Without understanding the moving power and the Dao, effects are wasted, like arrows failing to leave the bow. To understand their comings and goings, emphasize the appropriate cycle of times. Ordinary doctors are in the dark; wondrous are the few who possess the unique skills.¹²

Time and space are essential aspects of Chinese medicine. Space is the body, which includes the organs and the acupuncture channels. Time is cycles of time. These cycles include the nourishing qi cycle (daily clock), the muscle channels cycles, the wei qi cycle, and the yearly, seasonal, and monthly cycles. Pathogens can flow with cycles of time and be transferred throughout the body (space) during the cycles. Time and space are inseparable. This chapter presents important cycles of time and their relationships to the spaces in the body.

THE NOURISHING QI CYCLE

The *Ling Shu*, Chapter 16, "The Nourishing Qi," presents the cycle of nourishing qi (ying qi). This cycle is also known as the daily or meridian clock (see Figure 6.1). The chapter assigns no times to the channels and their sequence. It presents the standard sequence of the channels found in Chinese medical books. It describes a very important sequence in the cycle that is not commonly presented.

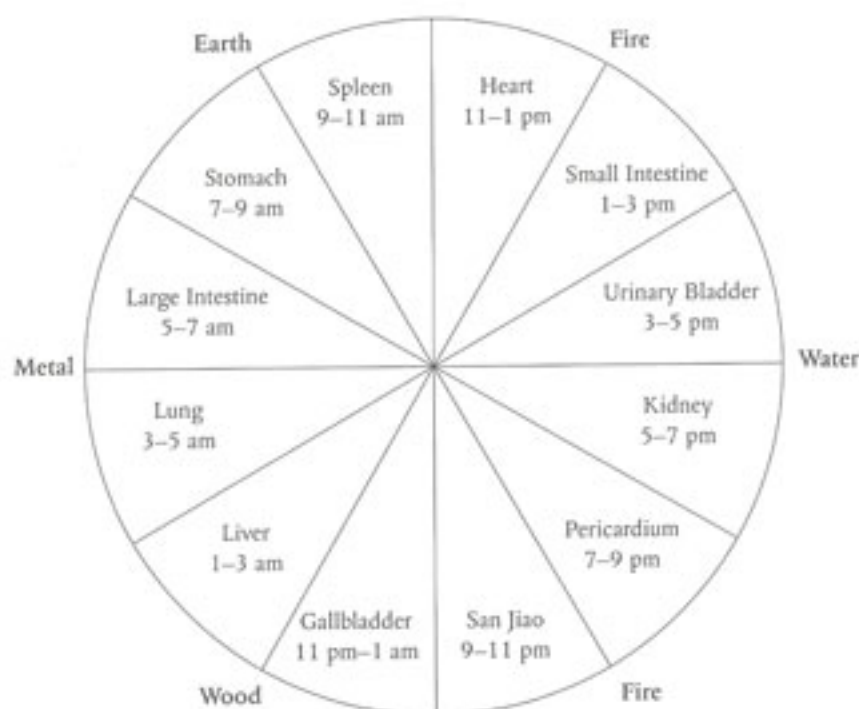


Figure 6.1 The meridian clock

All presentations begin with the nourishing qi originating in the Stomach, which then flows to the Lungs, Large Intestine, Stomach, Spleen, Heart, Small Intestine, Bladder, Kidneys, Pericardium, San Jiao, Gallbladder, and Liver. All presentations state that the cycle flows from the Liver back to the Lungs. The *Ling Shu* states that the cycle flows from the Liver to the Lungs, and then a branch flows to the throat, the nasal passages, the forehead, the top of the head, and down to the nape of the neck and spine to the coccyx; this is the *Du channel*. It then flows up the front of the body to the navel and abdomen, to Stomach 12/Broken Dish, and then descends to the Lung channel. This flow up the front of the body is the *Ren channel*.

The nourishing cycle includes post-natal substances from the food and fluid we digest and process. That is on the physical dimension. It also includes the psycho-emotional dimension related to the five shen and the five Yin organs. The portion of the nourishing qi cycle that flows to the Du and Ren channels is a path for post-natal influences, the emotions, to move to the deep (yuan) levels in the body. In other words, emotions and

Keys to using the divergent channels in clinical practice are the same as for any other acupuncture channel system. Learning the pathways, and the points along the pathways, is essential to clinical effectiveness. Including the needling technique in the treatment is one of the most important contributors to clinical effectiveness. An important element of a treatment is the exact order in which the channels and the points are treated. Plan which channels you want to treat first, and then plan the exact order the needles will be inserted. The order creates a powerful healing synergy.

THE DIVERGENT CHANNELS AND THE CHANNEL SYSTEM

The divergent channels can be used with all the channel systems. Examples of how to use the divergent channels with each of the main channel systems are now presented. Use these examples as a guide for creating your own treatments.

Method 1: Treating the divergent channels pathways

The first method is to treat conditions in the divergent channels pathways. In a macro view, all the pathologies and imbalances of the body have the potential to move into the divergent channels. Each treatment begins with diagnosis and a treatment plan. The treatment plan will include reinforcing, reducing, or dredging. An example for treating the pathways of the divergent channels is when there is bi syndrome (wind-damp-cold) on the spine, from Thoracic Vertebra 11 to Lumbar Vertebra 4. The treatment is to resolve and clear the bi syndrome. A treatment plan can be to reduce the Bladder and Kidneys' divergent channels. These channels flow along the spine. The goal is to create an energetic flow that moves the bi syndrome from the spine, and the Bladder and Kidneys' divergent channels, and then out of the body.

Method 2: Supporting the internal organs and the primary channels

When there is a diagnosis of an internal organ deficiency, the divergent channels can be treated to assist in reinforcing the organ. For example, if there is Spleen qi deficiency, the goal is to reinforce the Spleen. A strategy can be to select points on the Spleen and Stomach primary channel. The Spleen and Stomach divergent channels can be used to assist in the reinforcing movement. Reinforcing the Spleen and Stomach divergent channels creates a momentum that guides qi to the Spleen, to reinforce it.

If there is a condition of Stomach fire, the Spleen and Stomach divergent channels could be reduced to assist in releasing and clearing the Stomach fire.

Method 3: Supporting the muscle channels

When a patient has back pain, for example pain along the para-spinal muscles, the Bladder and Kidney divergent channels can assist in the treatment. If there is bi syndrome, these channels could assist in clearing the bi syndrome, as well as circulating qi and blood to clear the channels and area. There are points on these channels that a practitioner may select in their standard treatment for back pain, for example Bladder 40, Bladder 10, and the Hua Tuo Jia Ji points. A difference between needling a point or two from the channel, and a combination of points on the divergent channels, is the ability to stimulate the entire channel, and not just an area. A divergent channels treatment can assist in relaxing the muscles, move qi and blood, and create an outward movement or force to move the bi syndrome pathogenic factor(s) to the surface to be released. A standard muscle (sinew) channel treatment can include superficial needling to stimulate the wei qi, which can release the pathogenic factor. Cupping, gua sha, plum blossom, and liniments can assist in the releasing function.

Method 4: Supporting the connecting channels

The classical application of the connecting channels is to treat blood conditions and emotions. The divergent channels can support the connecting channels when treating these conditions. They are especially effective in treating emotional conditions. For instance, if a person has repressed Liver qi and a hun imbalance, plum blossoming the Liver and Gallbladder connecting points Liver 5 and Gallbladder 37 is very effective. Applying a Liver and Gallbladder divergent channel treatment is very effective in bringing the emotional energy to the surface. The connecting channel treatment allows the release of the emotional qi. Plum blossoming is a gentle way to create the outlet for the release. Classically, blood letting with a lancet would be applied on the channel and points. The divergent channels can assist in treating acute or chronic emotional conditions.

Method 5: Supporting the eight extraordinary channels

The divergent channels can assist the eight extraordinary channels to support other channel systems. For example, if a patient has chronic fatigue with Kidney Yang deficiency, a Du channel treatment may be selected to reinforce the Kidneys. A Bladder and Kidney divergent channels treatment can support that treatment plan. It can help guide the vital substances from the Du channel to the Kidneys. Combining these channels creates a very effective treatment.

The divergent channels are a major part of the acupuncture system. Including them in your acupuncture treatments can increase clinical effectiveness.

CASE STUDIES

The following case studies are presented as examples of how to apply the divergent channels in clinical practice. The essence of Chinese medicine is making a unique diagnosis for each person, and then creating a unique treatment plan. The cases presented are guides for learning to create divergent channel treatments. The cases contain a framework or an approach to clinical applications.

Case 1

A 54-year-old male is suffering from back pain. The pain ranges from Thoracic Vertebra 11 to Lumbar Vertebra 4.

DIAGNOSIS

Bi syndrome (wind-damp-cold). The Western medical diagnosis is arthritis.

TREATMENT PLAN

The treatment is to resolve the bi syndrome by reducing the area in which the bi syndrome is located. The Bladder and Kidneys divergent channels pathways flow along the spine. These channels will be used to assist in clearing the bi syndrome.

The bi syndrome is also influencing the muscle channels (sinew channels) adjacent to the spine. The treatment plan will include clearing the bi syndrome from the muscle channels, and relaxing the muscle channels and the local muscles.

TREATMENT STRATEGY

1. Release the Bladder muscle channels.
2. Release the Bladder and Kidneys divergent channels.
3. Select acupuncture points to treat the local pain.

Rooted in the *Su Wen* and *Ling Shu*, Dr. Twicken's book integrates Chinese and Taoist medical philosophy, theories, and principles to show that the divergent channels are an essential aspect of the clinical practice of acupuncture. He takes a step-by-step approach to assist practitioners in "working out" the channels, and shows how this versatile channel system can be used in any acupuncture treatment. Dr. Twicken also includes instruction on Five Shen Nei Dan inner meditation to help practitioners gain a more profound emotional and spiritual understanding.

"David Twicken presents a detailed description of the energy flows of the divergent channels and how to apply them in clinical practice. Twicken also presents a comprehensive ancient Taoist Nei Dan meditation to transform emotions into vitality and rejuvenating qi... I highly recommend *The Divergent Channels—Jing Bie: A Handbook for Clinical Practice and Five Shen Nei Dan Inner Meditation* to healers of all traditions."

—Taoist Grandmaster Mantak Chia, Founder of the Universal Healing Tao and Tao Garden, and author of *Healing Light of the Tao*, *Taoist Cosmic Healing*, *Awaken Healing Energy Through the Tao*, and *Chi Nei Tsang: Chi Massage for the Vital Organs*

"I've had the great honor of learning directly under Dr. Twicken and the results of his treatment approaches, including divergent channel treatments, have been phenomenal. Patients have not only reported having significant improvement in chronic symptoms but also profound spiritual experiences that I haven't found with other treatment approaches."

—Stephen Chee, M.D., Board-Certified Family Physician and Faculty at two Chinese Medicine programs

"In this text David Twicken, an experienced practitioner of both Chinese medicine and Taoist (Daoist) inner alchemy, offers readers both a working clinical model of divergent channels and a window into his own deep exploration of these topics."

—Dr. Henry McCann, DAOM, L.Ac., author of *Pricking the Vessels: Bloodletting Therapy in Chinese Medicine*

"This is my new favorite of Dr. Twicken's many books displaying his masterful grasp of Taoist cycles, *I Ching*, and Chinese bio-psycho-spiritual medicine. It's a brilliant summary of how divergent channels integrate the 14 major treatment strategies and nine needling methods."

—Michael Winn, co-author of seven books with Mantak Chia, author of ten nei dan homestudy courses, and Founder of Healing Tao University in North Carolina

David Twicken DOM, L.Ac., is a licensed practitioner and professor of Chinese medicine. He teaches Qi Gong, Tai Chi Chuan, Nei Dan, feng shui, and Chinese astrology. He has studied Chinese healing arts for 30 years and is the author of *I Ching Acupuncture—The Balance Method* and *Eight Extraordinary Channels—Qi Jing Ba Mai*, also published by Singing Dragon. He resides in Los Angeles, California.



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