

The Relevance of Chinese Healing Concepts in Osteopathy

Brief Outlines for a Five Course Series

Course I: OMM for the Primary Organs, Meridians & Spine

- I. Energetics Lecture- Theoretical Foundations I
- II. Spine, Primary Organs And Meridian Correlations
 - a. Liver T9 & Pericardium T4: Absolute Yin Meridian
 - b. Kidney Yin, L2 & Heart T5: Lesser Yin Meridian (Left)
 - c. Kidney Yang, T8 & Heart T5: Lesser Yin Meridian (Right)
 - d. Spleen T11 & Lung T3: Greater Yin Meridian
- III. Assessment and Study Methods
 - a. Correlate organ, meridian and spine through palpation
 - b. Qigong of MBF, test partner's MBF (Meridian Balancing Force)
- IV. Treatment Methods
 - a. Walking (based on leg moving or, walking meditation)
 - b. Swimming (based on arm moving meditation)
- V. 5 Element Assessment
 - a. Defines interaction between organ-meridian pairings
 - b. Inhibition testing for meridian to treat
- VI. Transport Theory
 - a. Relates extremities, spine and organ
 - b. Substitute movement method rather than acupuncture points
 - c. Defines structure to treat

Course II: OMM for the Hollow Organs, Meridians & Spine

- I. Energetics Lecture- Theoretical Foundations II & Review of Primary Organs, Meridians and Spinal Correlations
- II. Spine, Hollow Organs And Meridian Correlations
 - a. Gall Bladder T10 & Triple Energizer L1: Lesser Yang Meridian
 - b. Bladder S2 & Small Intestine S1: Greater Yang Meridian
 - c. Stomach T12 & Large Intestine L4: Yang Brightness Meridian
- III. Assessment and Study Methods
 - a. Correlate organ, meridian and spine through palpation
 - b. Qigong of MBF, test partner's MBF (Meridian Balancing Force)
- IV. Treatment Methods
 - a. Walking (based on leg moving or, walking meditation)
 - b. Swimming (based on arm moving meditation)

- V. 5 Element Differential Diagnosis
 - a. Defines interaction between organ-meridian pairings
 - b. Inhibition test for meridian to treat
- VI. Transport Theory
 - a. Relates extremities, spine and organ
 - b. Substitute movement method rather than acupuncture points
 - c. Defines structure to treat

Course III: Energetic Approach to the Cranium

- I. Energetics Lecture- Theoretical Foundations III & Review of 12 Organs, Meridian and Spinal Correlations
- II. Osteopathy in the Cranial Field Through an Energetic Lens
 - a. Overview Lecture
 - b. Kidney Yang: Right Torsion and Right Dorsum Sellae, Rt. Asterion
 - c. Kidney Yin: Right Torsion and Left Dorsum Sellae, Lt. Asterion
 - d. Heart: Side-Bending Rotation and Presphenoid, Parasagittal Coronal Suture
 - e. Liver: Side-Bending Rotation and Roots of Great Wings, Pterion
 - f. Spleen: Torsion and Sphenoid Body, Midsagittal Coronal
 - g. Lung: Side-Bending Rotation and Ethmoid, Frontal Boss
 - h. Triple Energizer: Lateral Strain and Great Wing, 1" posterior to Heart
 - i. Pericardium: Side-Bending Rotation and Great Wing, 2" posterior to Heart
 - j. Midline cranial base activation: Spark in the machine
- III. Cervical Spine
 - a. Cervical Spine and Neurodegenerative Disorders Lecture
 - b. 5 Element Fingers
 - i. C7, Thumb and Spleen
 - ii. C6, Index Finger and Large Intestine
 - iii. C5, Ring Finger and Liver
 - iv. C4, Middle Finger and Heart
 - v. C3, Little Finger and Kidneys, Middle Finger and Pericardium
 - vi. C2, Index Finger and Lung
 - c. 5 Element Forces, the Neck and Head
- IV. Vertebrae and Bones Not Directly Correlated With the Organs
 - a. T1 & 2: Thoracic Inlet
 - b. T4 and Innominate
 - c. T6 and Heart
 - d. T7 and Diaphragm
 - e. L3 and L5
 - f. Clavicles and Scapulae

Course IV: Energetic Biodynamics

- I. Energetics Lecture- Theoretical Foundations IV & Review of Cranial and Cervical Treatment
- II. Organogenesis Through the Energetic Lens
 - a. Application to the Primary Organs: Qigong and OMM
 - i. Heart
 - ii. Liver
 - iii. Kidneys
 - iv. Lungs
 - v. Spleen
 - vi. Pericardium and Diaphragm
 - b. Integration with Transport Theory and 5 Element Diagnostics
- II. 8 Extraordinary Channels and Congenital Qi: Conceptual
 - a. Characteristics of the Congenital Vessels
 - a. Congenital Qi and Lightness
 - b. Absence of Fulcra
 - c. Tidal Movement Instead of Circuitous Circulation
 - d. Finding and Elaborating Congenital Qi
 - e. Midline Correlates, Postures and Master Points
 - f. Chest Center: Cv-17
- II. The 8 Extraordinary Vessels: Application
 - a. Primitive Streak and Central Channel: Vertical Orientation
 - b. Girdle Vessel: Horizontal Orientation- Moving into 3 Dimensions
 - c. Bilaminar Germ Disc and Linking Vessels- Network Channels
 - d. Trilaminar Germ Disc and Heel Vessels- Diurnal Mass Movement of Qi
 - e. Conception Vessel: Primary Organ Conduit- Master of Yin Qi
 - f. Governor Vessel: Hollow Organ Conduit- Master of Yang Qi
- III. Dantien: Centers of Energy and Function
 - a. Taoist Internal Alchemy, Health and Personal Evolution
 - i. Lower Dantien: COG of body in lower abdomen: Physical, Reproductive/Creative and Metabolic Center: Primitive Pit
 - ii. Middle Dantien: COG of Thorax: Emotional Center
 - iii. Upper Dantien: COG of Cranium: Cognitive and Spiritual Center
 - b. Treatment of Dantiens
 - i. Finding the center
 - ii. Decompressing the dantiens
 - iii. Restoring physiologic rotation

- iv. Restoring sphericity
- v. Releasing lower dantien and hands-on healing
- c. Restoring physiologic interchange with the energetic “sea-around-us”
 - i. Earth Center: Connection to Energy of the Earth
 - ii. Heaven Center: Universal Energy- Origin of Internal and External Space

Course V: Potency and Energetics- Mind, Matter and Motion

- I. Energetics Lecture- Theoretical Foundations V & Review of Congenital Energetics
- II. Advancing Our Skills
 - a. Minimizing force, increasing efficiency
 - b. Approximating cause more closely
 - c. Diagnosis depends upon a kind of empathy
 - d. Transcending (but including) the physical body (Sutherland)
 - e. Asking the mechanism: include the lower dantien
 - f. “Bringing the world” in treatment
 - i. Freeing mind from body
 - ii. Creating confluence of mental and vital energy through the heart
 - iii. Earth energy, Universal energy
 - iv. Operator and patient energy
 - g. Sinking the Qi
 - i. It is not safe to do indirect treatment without sinking the energy
 - ii. Controlling operator energy and pt energy
 - iii. Exercises in sinking the qi on oneself
 - iv. Exercises in sinking the qi on patients
- III. Energy Body
 - a. Center, Centerline and Biofield
 - b. Exploring the biofield for diagnostic clues
 - c. Internal breathing and the PRM
- IV. Tri-Partite Model of Strain Patterns
 - a. Characteristics of fulcra
 - b. Strain patterns are triune in nature
 - c. Simple but important Dx and Tx model
 - i. Tripod suspension of spine
 - ii. Squat as activating force

- iii. The tertiary restriction is closest to the fulcrum
- V. Energetic Mechanisms of Healing
 - a. Linear and non-linear processes
 - b. Encysted energy
 - c. Return to midline, discharge via cranial vertex
 - d. Timing of treatment
- VI. Facilitating Healing Through Meditation and Qigong
 - a. Pt's healing as self-realization
 - b. Operator's obligation to evolve
- VII. Energetics Adjacent to OMM
 - a. Internal Martial Arts demo
 - b. Group healing
 - c. Remote healing

Notes

- 1) The meridians are six in number, paired symmetrically on each side of the body. They each have two organs associated with each of them, named for their association on either the upper or lower extremity. For example, liver is associated with the foot and pericardium with the hand. Both are called 'absolute yin meridian' of the foot (for liver) or hand (pericardium), respectively.
- 2) The kidney is the only organ with a TCM diagnostic pulse on both radial arteries. The left is associated with kidney yin, while the right is associated with kidney yang. They differ in vertebral association with left kidney (yin) associated with L2, while right kidney (yang) is associated with T8. Kidney yin and yang are on both sides however; they express dominance as described.
- 3) Solid organs, also called Primary, are categorized as yin, along with their meridians. Hollow organs, also called receptacles, are categorized as yang, along with their meridians.
- 4) Meridian Balancing Force (MBF) is the force pushing or pulling structures toward their neutral, resting position. It is similar to the point of balanced ligamentous or membranous tension. We will use it to define a spinal motion segment's flexion-extension balance point as reflected the movements of the upper extremities. The meridian controls the myofascial response.
- 5) 5 Element and Transport theories are modified from acupuncture to define and refine diagnosis.

- 6) Qigong refers to Taoist yoga. There are specific qigong disciplines for health (medical qigong), spirituality, martial arts and many more.
- 7) Eight extraordinary meridians are those not directly linked to particular organs. They provide an energetic matrix or substructure for the entire system. They contain the congenital energy and are formed prior to the 12 primary meridians associated the organs.
- 8) Qi and energy are terms used interchangeably, as are meridian, vessel and channel.

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