

Cracking the Code:

Practical Access to the Clinical Wonders of *Neijing*

The *Huangdi Neijing* (黃帝內經) contains the two oldest texts of Chinese medicine, and they don't give up their wisdom through easy perusal. The oral lineage of Jeffrey Yuen has cultivated a deep relationship with *Neijing* over eighteen centuries, and offers many clinically important ideas that have been lost from modern Chinese medical doctrine. [Steven Alpern](#) structures and demystifies this rich lineage's often enigmatic teachings, allowing modern practitioners and students to understand and use them more easily. These seminars offer both a broad survey of the lineage's core interpretations and several practical diagnostic methods and treatment techniques participants will be able to begin using immediately in clinical practice.

"Steven Alpern makes the oral lineage of Jeffrey Yuen clinically useful."

Bill Wright, L. Ac. (2011)
Auburn, CA

Day 1: Unblocking the Vital Flows of Life

Individual life depends on maintaining the continuous flow of vital influences (*qi*, blood, *jin*-fluids, *ye*-fluids, *wei*-defensive *qi*, *ying*-nutritive *qi*, *jing*-essence, and *shen*-spirit). This seminar briefly discusses classical Chinese worldview (*qi*-utility, *xiang*-image/symbol, *dao* -- 器象道), and introduces basic *Neijing* theories that serve as the building blocks for devising treatment strategies that inspire profound healing for practitioners and students trained in modern TCM. We will discuss the fundamental movements of life, how to differentiate blocks in vital flow, and practice both diagnostic methods and specific treatment techniques.

Clinical Practica: one workshop introduces the "Pulse Feed-back" method, which allows practitioners and students of Chinese medicine to refine their skill in the subtle art of pulse reading, and thus improve their diagnostic acuity; the other workshop gives seminar participants the chance to learn several *Neijing*-style needling techniques by practicing with each other.

"Steve Alpern is brilliant, conscientious, sincere and generous. He has spent the last two decades internalizing Jeffery Yuen's lineage and making it his own. He can speak with authority based on both intellectual knowledge and clinical experience and has both the depth and breadth of experience to explain complicated concepts in creative ways and to respond flexibly to students and patients alike. He is generous in sharing the treasures of his lineage. I have been studying and practicing Chinese medicine for 23 years, but I can say that the series of seminars that Steve gave in Albuquerque this year opened my eyes and greatly expanded both my theoretical understanding of classical Chinese medicine and my clinical skills."

John Ross, L. Ac. (2011)
Flagstaff, AZ

Day 2: Transformative Healing with the Channel Complexes

The primary channels/vessels (*jingmai*, 經脈) are charged with maintaining the continuous flow of *ying* (營) and *wei* (衛), or in modern terms blood and *qi*. Yet, individuals are constantly “exposed” to both internal and external influences that stagnate vital flow (*xie*, 邪) -- the various pathogenic factors. Each primary channel has an entire complex of *jingluo* (經絡), consisting of a sinew (*jingjin*, 經筋), *luo* (絡), and channel distinction/divergence (*jingbie*, 經別) to support it. These *jingluo* allow the primary channels to successfully discharge their duty to maintain continuous flow without the individual having to resolve all pathogenic factors; instead, the individual can *handle* those pathogenic factors by suspending, somatizing and storing them for future resolution.

Thorough exploration of these channel complexes challenges practitioners and students to transform their understanding of Chinese medical practice. Besides providing a more subtle and sophisticated conceptual model of physiology, their structure invites practitioners to stimulate profound transformative healing (*hua*, 化), rather than seeking to manage the expression of distress, by returning patients to their ‘normal’ physiological processes (*bian*, 變) which had brought them to their currently manifest symptoms.

Clinical Practica: Steven will differentiate blocks in two patients, devise and demonstrate his application of *Neijing*-style treatments, and discuss those treatment strategies.

"Steve Alpern continues the rich tradition of Chinese Medicine through his inquisitive mind from which he brings out the essence, subtleties, and beauty inherent in this healing art. Mr. Alpern challenges clinicians to be medical thinkers rather than technicians and thus preserve the integrity within the depths of Chinese medicine."

Jeffrey Yuen (2007)