

THE LINKING VESSELS

(Collated by Michelle Wilkinson www.movingnaturally.co.uk)

In Traditional Chinese Medicine (TCM) there are two pairs of Linking Vessels in which energy spirals along. One pair is yin called 'Yin Wei' and the other pair is yang named 'Yang Wei'.

The Yin Linking Vessels begin on the medial side of each calf, continue up the medial side of each leg and travel into the abdomen passing through the outer border of each rectus abdominal muscle. Here it has a strong connection with the spleen organ and meridian. It moves up through the left and right sides of the ribs connecting with the heart on its journey. Each side joins together into the Conception Vessel along the midline of the throat.

The Yang Linking Vessels begin on the lateral side of each foot, moving up the lateral side of the legs, hips, shoulders and head. It joins with the Governing Vessel on the midline at the back of the neck.

According to TMC, these Yin and Yang Linking Vessels, are rope-like attachments for the limbs, via the shoulder and pelvic girdles.

The shoulder girdle is formed of the clavicles (collar bones) at the front and the scapulae (shoulder blades) at the back. They connect via the spine of each scapula. The humerus (upper arm bone) articulates within this created joint.

The femur (upper leg bone) articulates within a circular socket created by the three pelvic bones of ilium, ischium and pubis.

The arms are the symbolic wings which allow humans to fly out into the world. As part of the Linking Vessels, as well as reaching out, through the legs, there is a light connection with the earth.

The Abdominal Muscles provide power and grounding which allows the shoulders to relaxed as they are supported from below.

These arm-wings can also close across the heart to offer protection and withdrawal from the world.

As protection the Linking Vessels provide binding or containment for the heart.

The heart is composed of cardiac muscle and connective tissue, which through regular contractions, pumps blood around the circulatory system.

Closely allied to the circulatory system is the lymphatic system. The largest mass of lymphatic tissue is the spleen. This organ defends the body through phagocytosis (devouring) of bacteria, worn-out red blood cells and platelets. The spleen creates lymphocyte cells which produce antibodies, and it stores blood for protective release when there is haemorrhage.

The arms and hands can also be viewed as tree branches while the legs and feet are the tree roots.

Like a tree which in its trunk grows rings to record its existence, the tissues of the body particularly the muscles and tendons store memories of the life experienced.