

THE THREE DAN TIANS

DAN TIAN translates as *elixir field*.

1) LOWER DAN TIAN is an energy centre located just below the navel, inside the body. This is also our centre of gravity. This Dan Tian acts like the root of our tree of healthy life - a tree must have a strong root to flourish. This Dan Tian is associated with stability and power.

If anyone talks about *the Dan Tian*, they are referring to the **Lower Dan Tian**. After each qigong exercise, bring your hands and mind back to your Dan Tian, approx. 2 or 3 inches below the navel. Place the right palm on first for women, left palm on first for men.

Connecting with your centre of gravity creates a sense of stability and connection with the earth.

2) MIDDLE DAN TIAN is an energy centre located at the level of the heart. This Dan Tian is associated with gentleness and compassion.

3) UPPER DAN TIAN is an energy centre located between the eyebrows, at the third eye. This Dan Tian is associated with intellect, spirit and a calm mind.

INNER MEANING OF QIGONG

The goal of qigong is to cultivate balanced, flowing energy (qi) in the three dan tians which results in a healthy body and a quiet mind. A quiet mind leads to a state of clarity and awareness.

THE YI LEADS THE QI

There is an old Chinese saying that the yi leads the qi. The yi is a quiet, relaxed, focussed mind. This is another way of saying that energy is partly psycho physical.