

Extraordinary Meridians Instructor Course

Glossary

Bu Qi - projected Qi, used in external (hands off) healing.

Dan Tien – There are three Dan Tiens, but the term is commonly used to describe a point finger widths below the navel.

- The Lower Dan Tien, located about three finger widths below and two finger widths behind the navel, is known as "the Elixir Field", "the Cinnabar Field", or "the Golden Stove". This is where the refining and purifying of Jing (essence) into Qi begins.
- The Middle Dan Tien, located level of the heart and on the mid line, is known as "the Crimson Palace". It is associated with the Shen (Spirit) and has an influence on respiration, and on the health of the internal organs, in particular the thymus gland. This is where vitality or Qi is refined into Shen.
- The Upper Dan Tien, located in the middle of the forehead between the eyebrows (third eye), is known as "the Muddy Pellet". It has an influence on the pineal gland. This is where Shen is refined into Wu Wei (emptiness).

Dao Yin – An archaic name for Qigong that means "The leading and guiding of the Qi". It is now commonly used to describe the "activation of the Qi", i.e. preparatory work before practising Qigong.

Dong gong - Active gong. The Eight Exceptional Vessels are Active Qigong exercises.

Embryonic Respiration - When breathing is so relaxed, quiet and slow it appears to have stopped.

Extraordinary Meridians (Exceptional Vessels) – The eight *reservoirs* of the Qi, and the blood. They are:

- Du Mai – Governing Vessel
- Ren Mai – Conception Vessel
- Yin Qiao Mai – Bridge Yin Vessel
- Yang Qiao Mai – Bridge Yang Vessel
- Chong Mai – Thrusting Vessel
- Dai Mai – Belt Vessel
- Yang Wei Mai – Yang Linking Vessel
- Yin Wei Mai – Yin Linking Vessel

Hip Kua – These Energy Gates are located at the hip crease and act like a gate in that they open and close. It is the relaxing and opening of the Kua that facilitates the *sinking* of the Qi and allows the coccyx to tuck under so that Wuji stance is possible. They are also used whenever stepping from one stance to another.

When the Kua are locked up it restricts the flow of Qi.

Jing – Although pronounced the same, there are a number of different ideograms and definitions.

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- Sexual energy (essence) that is stored in the Exceptional Vessels and the Lower Dan Tian.
- Willpower (Zhi).
- Directed Qi (when the Yi guides the Qi). Used to describe various, Internal, martial arts techniques.

Jing gong - Passive Qigong. Qigong without physical movement, where the Yi, alone, is used to guide the Qi.

Kua - (pronounced 'kwa') are the Energy Gates and are located throughout the body, primarily at the joints and between the vertebrae.

Lao Gong - "Work Place". Heart Governor 8, often used to transmit Qi.

Listening Jing – Passive awareness of Qi – Feelings, sensations, or experiences that are associated with the movement/activation of Qi.

Po – The physical body, one of the five “souls” (the others being the Hun, Shen, Zhi [Jing], and Yi)

Post Birth Breathing, or Natural Breathing - Allowing the abdomen to expand on inhalation, and contract on exhalation.

Pre Birth Breathing - Sometimes known as Taoist Breathing, or Reverse Breathing. The stomach is contracted on inhalation and expanded on exhalation. Physically it can cause hypertension, fullness in the chest and anxiety, and should therefore be treated with great respect. It can also be used as one of the tools to reverse the Qi flow.

Neigong - "Inner Alchemy" or "Inner Work". I know of two, differing, definitions of Neigong.

- From Master Joseph Bell: In Qigong the breath is used to regulate the speed of movement. When doing a Qigong exercise in a Neigong manner this is not the case. With Neigong, the practitioner *listens* to the Qi and stops the physical movement at the point of *energetic* change. Once this *energetic* change subsides the practitioner moves on. It increases awareness of change with the smallest of movement and a single Qigong movement, that might normally take 10 to 15 seconds, can take half an hour or more.
- From Master Bruce Frantzis. In Qigong each exercise only works on one Meridian pair, or Element. In Neigong the exercise works on the entire Meridian system.

Qi - Vital energy or life energy.

Qigong – Literally Qi Work. Life Energy exercises or Life Energy work.

Rooting – This is the physical action of placing the weight and focusing it through Kidney 1 (the Bubbling Well). Here we are working with the Po.

San Bao - "The Three Treasures" of Jing, Qi and Shen.

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Shen - "Spiritual Soul" or consciousness, the psyche.

Sinking – This refers to the sinking of the Qi. It is not a physical action.

Yi - Cognitive mind, the brain.

Zhi - Willpower