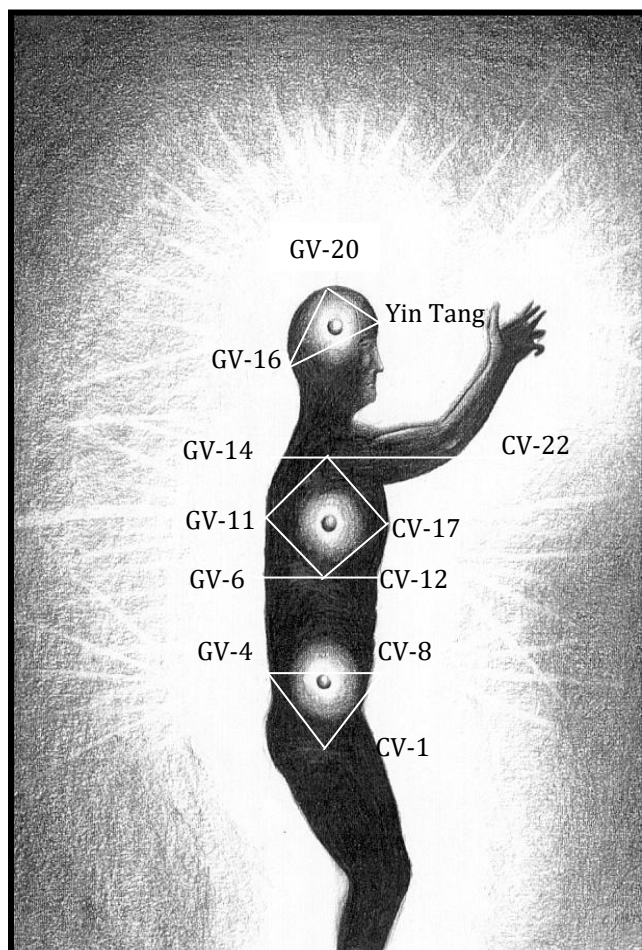


Week 21: Opening the Three Tan Tiens

According to Chinese physiology, humans have three vital energy centers located in the center of the body along the Taiji Pole, that store energy much the same way a battery does.



1. Upper Tan Tien:

This center relates to our spiritual being. The color often associated with this area is white. The chamber extends from *Bai Hui (GV-20)* at the top of head, to *Yin Tang (Ex. Pt.)* (also known as the “Third Eye”) located above the middle of the eyebrows, to *Feng Fu (GV-16)*, located directly below the occipital protuberance of the skull. The sound to open up this chamber is **OM**.

2. Middle Tan Tien:

This center relates to our mental/ emotional state and is associated with the heart center. The color often associated with this center is red. Its chamber spans from *Tian Tu (CV-22)* located between the collar bones, to *Da Zhui (GV-14)*, and *Shen Dao (GV-11)* located in between the shoulder blades on the spine, to *Dan Zhong (CV-17)* located on the center of the sternum, *Zhong Wan (CV-12)*, and *Ji Zhong (GV-6)* both located in the center of the body. When all the points are connected, they form a shape of a diamond, as illustrated here. The sound associated with the Middle Tan Tien is **HA**.

3. Lower Tan Tien

This center relates to the physical aspect of our being and is located about an inch below the navel in the center of the body. The color associated with this chamber is either blue or black. The chamber spans from right below the navel at *Shen Que (CV-8)*, also called “Spirit Gate,” to the *Ming Men (GV-4)*, opposite the navel in between the kidneys on the spine, and *Hui Yin (CV-1)*, located in between the sex glands and the anal sphincter muscle. The sound used to open the lower Tan Tien is **HAREEM**.

Week 21: Opening the Three Tan Tien

The Exercise:

1. Begin standing in Wu Ji posture
2. Raise your arms and inhale like you're doing Pulling Down the Heavens
3. Slowly lower your hands down in front of your body, with the palms facing the body
4. When the hands are in front of the Upper Tan Tien, keep exhaling, making the sound **OMMM**, pointing the palms or Lao Gong (*PC8*) points toward the third eye
5. As the hands descend to the chest, make the sound **HAAA**, holding the palms toward the Middle Tan Tien chamber
6. When the hands reach the Lower Tan Tien chamber, hold the palms there and make the sound **HAREEEEM**.