

Week 27: Three Tan Tien Clearing

This practice helps to bring a deeper connection to our three energy fields of the body, also referred to as the three seas, which influence the energy of our physical, emotional, and spiritual states. This practice not only cleanses, but also builds energy in these three centers. Once open, this exercise helps to connect the practitioner to the six directions and universal consciousness.

- From the Wu Ji posture, begin by Pulling Down the Heavens three times, followed by doing a quick body scan or the Center and Balance meditation.
- Starting with the Lower Tan Tien, imagine a blue sphere of energy descending from the Lower Tan Tien, located about one inch below the navel, to the perineum. From here, this blue sphere of energy begins to follow the governing and conception channels as if doing the Micro Cosmic Orbit meditation.
- Imagine this blue sphere racing up the back channel of the body, up over the top of the head and down the front of the face, down the abdomen, to the perineum and then back up the spine again, going over the top of the head and down the front of the face. This cycle continues, becoming faster and faster, until all you notice is a blue beam of light racing through these two channels.
- Gradually slow the process down until coming to a stop. Imagine this blue sphere of energy reversing the cycle, racing up the front of the body, going up over the top of the head, down the back, through the tailbone to the perineum and in back up the front. Allow this energy to move faster and faster and faster until once again, all you notice is a blue ray of light pulsating through these two major acupuncture vessels.
- Once again, this blue sphere slows to a stop, and returns back to the Lower Tan Tien. Then the Lower Tan Tien begins to rise up towards the Middle Tan Tien. As this happens, the hands begin to rise up towards the chest region with both palms facing one another.
- The palms and Lao Gung (PC- 8) points face each other and the space between the palms are about 12 inches apart. Now imagine that the Middle Tan Tien turns a fiery red and begins to flow down the left arm. The ball leaves the Lao Gung point from the left palm, passes through the space between the left and right palms, enters the Lao Gung point of the right palm and then ascends up the right arm, around the back and the shoulders, back down to the left palm, going faster and faster and faster until all you see and feel is this pulsating light creating a horizontal circle between the palms, up the right arm around the back down to the left palm.
- Gradually slow down this flow, coming to a stop, then reverse the cycle the other direction.
- After coming to a stop, this red sphere now enters up into the Upper Tan Tien and turns into a brilliant white light. Following the same cycle as the Lower Tan Tien, this white light travels down the front of the body, then up the spine, going faster and faster and faster before slowing to a stop and then reversing the cycle to flow up the front of the body and down the spine.
- Instead of the white light staying in the two channels, now allow the light to merge into the center core, establishing the center core of white light which flows through all three Tan Tien, the perineum (CV-1) and the Crown Point (GV-20). Allow yourself to dissolve into this white light and experience a peace and emptiness of no time and no space.
- Finish by Pulling Down the Heavens three times and storing the energy back into your Lower Tan Tien.