

The Personal Energy Field (Large Dantien) is centred in the chest and extends to arms-length in all directions. It has 3 levels – the Lower Dantien centred on the abdomen, the Middle Dantien centred on the chest and the Upper Dantien centred on the head.

Basic body energy (Jing) is centred in the abdomen – the Lower Dantien sphere extending from the perineum to the navel. Energy rises during refinement from its base between the legs (perineum) to fill this sphere.

Close Down – Wake Up

Take 3 full deep breaths. Each out breath – let the mind close down as if going to sleep. The tensions of the body melt away. Then the superficial-mind closes down further. The troubles of outer life are forgotten. The mind passes through the quiet watchful state and continues deeper (Don't be tempted to rest in that quiet state). The mind continues deeper, outer awareness passes away.

As the dreamy state first begins to appear, concentrate in the hands and feet looking for sensations of tingling, fullness and warmth. Continue breathing deeply. Each out breath go deeper and intensify the fullness and warmth allowing it to grow into the arms and legs, then into the chest, then down through the trunk to rest in and around the base of the trunk, the perineum (Base Centre).

Allow a cloud of light to form in and around the perineum. Intensify the light as the mind gently sinks deeper.

At this stage the superficial-mind has been closed down and the Deep Mind has begun to awaken.

The tingling, fullness and warmth appear due to the energetic stimulation of the pain, pressure and heat sensors.

In this deep condition visualising light will help to connect into the reality of the body's energy field,

(whereas in a superficially quiet state visualisation may lead to an imaginary disconnection from reality)

8 Paths

Basic body energy circulates in a network of 8 special channels. Follow the paths with the Mind visualising a stream of golden light, while listening to the resulting body sensations of fullness and warmth.

1. With a deep in breath and a clear intention – lift energy up the spine from its base to the top of the head.
The light may fill and circulate within the head for a few seconds.
2. Exhale – mind and energy sink down the front of the face, neck, chest and abdomen, returning quietly to the Base Centre.
The mind deepens as it flows down. Forget the breathing when halfway down. The mind may rest in the Base Centre.
3. Inhale – energy rises through the sacrum, splits at the belt, then 2 streams rise, one to each shoulder.
The streams rise through the "sympathetic ganglionic chains" a few centimetres each side of the spine
4. Exhale – down the outside of the arms, across the back of the hands and middle fingers to form pools of light in the palms.
The mind may rest in these 2 pools of light, the breathing is forgotten.
5. Inhale – lift energy up the inner arms to each side of the chest.
6. Exhale – down across the nipples, join at the waist, down the front of the abdomen and return to the Base Centre.
7. Inhale – lift energy from the perineum up through the centre of the trunk to the solar-plexus. The light may fill the chest.
8. Exhale – energy drops to the perineum, splits across the inguinal regions, flows down the outside-front of the legs, travels over the top of the feet and middle toes, to form pools of light in the soles. The mind may rest in these 2 pools of light.
9. Inhale – raise energy via the instep, behind the ankle joint, the inside-rear of the legs, meeting at the perineum, then continuing to rise through the central channel to the level of the navel. The light may fill the abdomen.
10. Exhale – return energy to the Base Centre, completing one round of 5 breath cycles.
The mind now rests in the cloud of light, connected with the body's energy field, in and around the Base Centre.