

FIGURE 1-4. THE REAL DAN TIAN AND THE FALSE DAN TIAN



FIGURE 1-5. ORIGINAL FIRST HUMAN CELL

If we think carefully, we can see that it is from this center that the cells could multiply evenly outward until the body is completely constructed. In order to maintain this even multiplication physically, the energy or Qi must be centered at this point and radiate outward. When we are in an embryonic state, this is the gravity center and also the Qi center. As we grow after birth, this center remains.

The above argument adheres solely to the traditional point of view of the physical development of our body. Next, let us analyze this center from another point of view.

If we look at the physical center of gravity, we can see that the entire area is occupied by the Large and Small intestines (Figure 1-6). We know that there are three kinds of muscles existing in our body, and can examine them in ascending order of our ability to control them. The first kind is the heart muscle, in which the electrical conductivity among muscular groups is the highest. The heart beats all the time, regardless of our attention, and through practice and discipline, we are able only to regulate its beating, not start and stop it. If we supply electricity to even a small piece of this muscle, it will pump like the heart. The second category of muscles are those which contract automatically but slowly, such as the muscles in the Large and Small intestines, and their electrical conductivity is lower than the first type. The third kind of muscles are those muscles which are directly controlled by our conscious mind. The electric conductivity of these muscles is the lowest of the three groups.

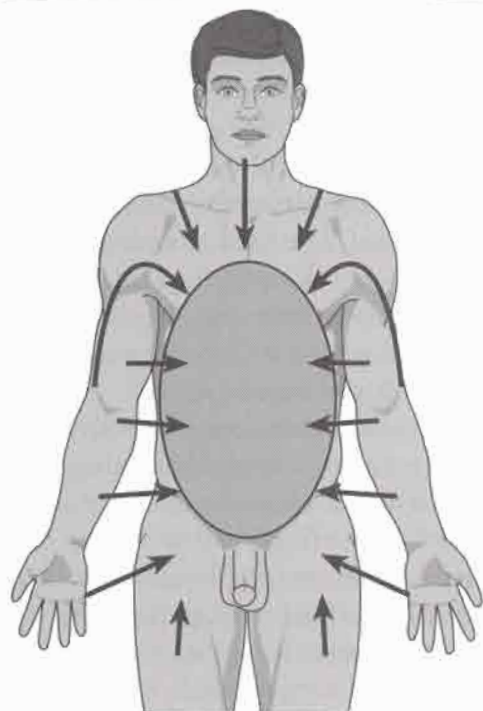


FIGURE 1-15. EXTERNAL ELIXIR (WAI DAN)

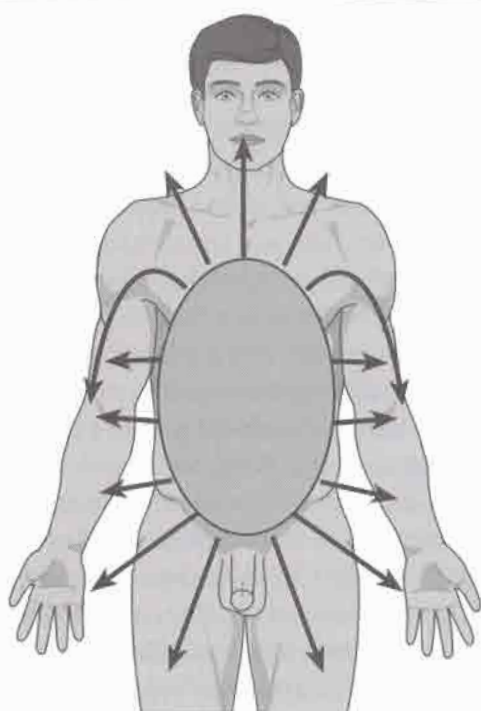


FIGURE 1-16. INTERNAL ELIXIR (NEI DAN)

(Zhong, 忠), Filial Piety (Xiao, 孝), Humanity (Ren, 仁), Kindness (Ai, 愛), Trust (Xin, 信), Justice (Yi, 義), Harmony (He, 和), and Peace (Ping, 平). Humanity and human feelings are the main subjects of study. Ru Jia philosophy has become the center of much of Chinese culture.

The second major school of scholarship was called Dao Jia (Daoism) (道家) and was created by Lao Zi (老子) in the 6th century B.C. Lao Zi is considered to be the author of a book called the *Dao De Jing* (*Classic on the Virtue of the Dao*) (道德經) which describes human morality. Later, in the Warring States Period, his follower Zhuang Zhou (莊周) wrote a book called *Zhuang Zi* (莊子) which led to the forming of another strong branch of Daoism. Before the Han Dynasty, Daoism was considered a branch of scholarship. However, in the Han Dynasty, traditional Daoism was combined with the Buddhism imported from India by Zhang, Dao-Ling (張道陵), and it began gradually to be treated as a religion. Therefore, the Daoism before the Han Dynasty should be considered scholarly Daoism rather than religious.

With regard to their contribution to Qigong, both schools emphasized maintaining health and preventing disease. They believed that many illnesses are caused by mental and emotional excesses. When a person's mind is not calm, balanced, and peaceful, the organs will not function normally. For example, depression can cause stomach ulcers and indigestion. Anger will cause the liver to malfunction. Sadness will cause stagnation and

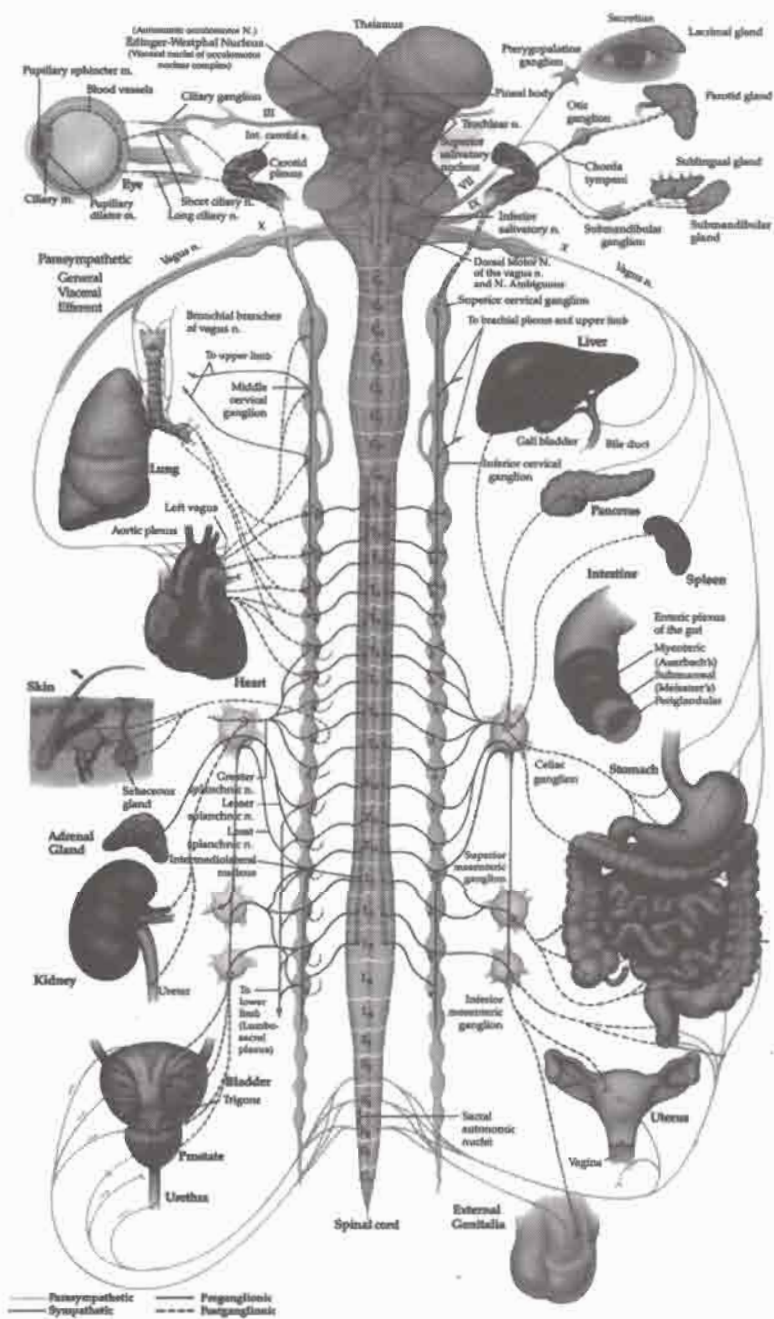


FIGURE 2-6. A SCHEMATIC REPRESENTATION OF THE AUTONOMIC NERVOUS SYSTEM AND THE ORGANS IT SERVES  
 (© Anatomical Chart Co., Skokie, IL.)



6-14



6-15

between the head and the body. Whenever the neck is stiffened or the spine in the neck is injured, this blood and Qi exchange will be stagnant. Consequently, your brain will not have proper nourishment. In addition, the muscles in the neck extended downward to the chest and the back. Whenever the back is tense, the neck is also stiff and vice versa. Therefore, in order to maintain your health and relieve back tension, you must also learn the correct manner of loosening up the neck, including the muscles, tendons and ligaments.

First, you should stretch the muscles and tendons around the neck and gradually reach to the ligaments, which are hidden deeply between the joints. To stretch the neck muscles and tendons, you should focus on the four biggest muscles/tendons located on the front and the back side of your neck (Figure 6-16). When you stretch your front neck muscles/tendons, you may turn your head backward diagonally while pressing your shoulder backward (Figure 6-17). Start the stretching gently for twenty seconds, then shift the stretching to the rear neck muscles/tendons. When you stretch your rear neck muscles/tendons, simply press your head downward and toward the side (Figure 6-18). Again, stretch for twenty seconds. After you have gone through the four sets of muscles/tendons, repeat from the beginning for another twenty seconds each. You should stretch each muscle/tendon group at least three times. This will provide good stimulation to the muscles/tendons through stretching.