

Basic Principles of Qi Circulation

The Geography of Your Qi Circulation System:

1. Your Qi has its residence in your Real Lower Dan Tian, which is located in the center of your abdomen on a level about two inches below your navel.
2. Your Qi has two major pathways through which it moves out of and into your Real Lower Dan Tian. One is your Yin Jiao point (Conception Vessel CV 6). The other is your Ming Men (Governing Vessel GV 4).
3. Your Governing Vessel (GV) and your Conception Vessel (CV) are two major pathways through which Qi circulates in your body. These two vessels (or reservoirs) feed the 12 meridians, which supply Qi to your 12 organs.
4. There are seven pairs of matching energy gates on your Governing and Conception Vessels. The first pair that we will introduce is the Bai Hui gate (GV 20) and the Hui Yin gate (CV 1) at the bottom of your torso between the anus and the sex organ.
5. There are two pairs of energy gates on your hands and feet. The Lao Gong (PC 8) gates in the center of your palms are used for leading Qi in and out of your hands and arms. The Yong Quan (Kd 1) gates at the bottoms of your feet are used for exchanging Qi with the Earth and for strengthening your root.
6. Thousands of small conduits called Luo conduct the Qi from the meridians into the surrounding tissues (muscles, bones, bone marrow, and skin) much like the capillaries conduct blood from the blood vessels.

Principles of Qi movement:

1. Qi goes where the mind leads it. For example, if you want to lead your Qi to your Yongquan cavities, put your mind there.
2. Muscle tissue is a moderate conductor of Qi.
3. Tendon tissue is a good conductor of Qi. The vessels of your Qi circulation system follow areas where tendons are located.
4. Nerve tissue is highly conductive of Qi.

5. Fat and fasciae have electrical insulating properties, thus they do not conduct Qi.
6. Severely bent joints and tense muscles inhibit the flow of Qi.
7. Bone tissue is piezoelectric.
8. Bone marrow absorbs Qi.