

# HEAVEN

- Inspiration
- Wisdom
- Consciousness
- Perspective
- Cosmos
- Source
- Destiny
- Illumination
- Vision
- Intuition
- Potential
- Infinite Possibilities



## Shen Upper Tan Tien

*Head, Neck  
and Three Feet  
Above Head*

**LAWS**  
 Within Stillness, Motion;  
 Within Motion, Stillness  
 Chi Moves in the Space Between  
 Circles Open into Spirals

## HEAVEN TRIAD

Within Motion, Stillness  
 Within Stillness, Motion



# HUMAN

## T'ai Middle Tan Tien

*Base of Throat (Thymus)  
Heart & Solar Plexus*

- Intention
- Joy
- Love
- Compassion
- Self-knowledge
- Individuality
- Personal Expression
- Uniqueness
- Communication
- Relationships
- Connections
- Interdependence



## PRINCIPLES

Balance Brings Harmony  
 Boundaries Dissolve Barriers  
 Integrity Activates Change

## HUMAN TRIAD

Chi Moves in the  
 Space Between



# EARTH

## Jing Lower Tan Tien

*Hips, Legs, Feet and  
Three Feet  
Into the Ground*

- Manifestation
- Health
- Wealth
- Empowerment
- Nourishment
- Creativity
- Grounding
- Instinct
- Dreams (unconscious)
- Spiritual and  
Biological Heritages
- Transformation



## PRACTICES

Embrace Wholeness  
 Cultivate Discernment  
 Allow Alchemy

## EARTH TRIAD

Circles Open  
 into Spirals

