

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

