

Important Meridians

The Three Dan Tians

QiGong teaches us that the most fundamental energy practice for meditation is to move our awareness up and down the spine (Central Meridian Channel).

The energy channel that runs up the spine is called the **Chong Mai**. The **Chong Mai**, also called the Penetrating Vessel, originates in the space between the kidneys, along with Extraordinary Vessels Du Mai (Governing Vessel) and Ren Mai (Directing Vessel or Conception Vessel). **Chong Mai** feeds all the other energy channels in the body. There are seven energy centers that run along this main channel called the Chakras.

In QiGong there are three energy centers (three treasures), these are the lower Dan Tian (Jing or essence), the middle Dan Tian (Qi or life energy), and the upper Dan Tian (Shen or spirit).

