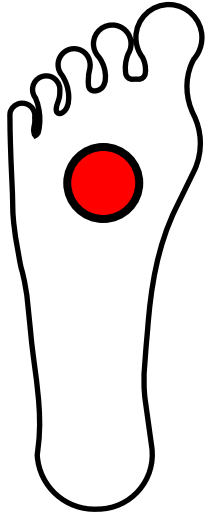


Bai Hui

Also called the **Hundred Convergences**

It's a junction point for all the Yang meridians and the Governing Vessel. It's located at the crown of the head. This point helps position your head in the correct alignment



Yong Quan

Also called **Bubbling Well**

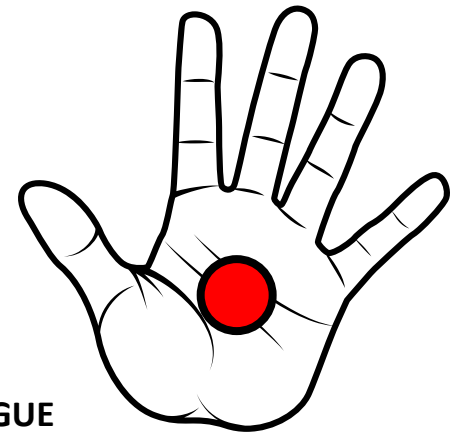
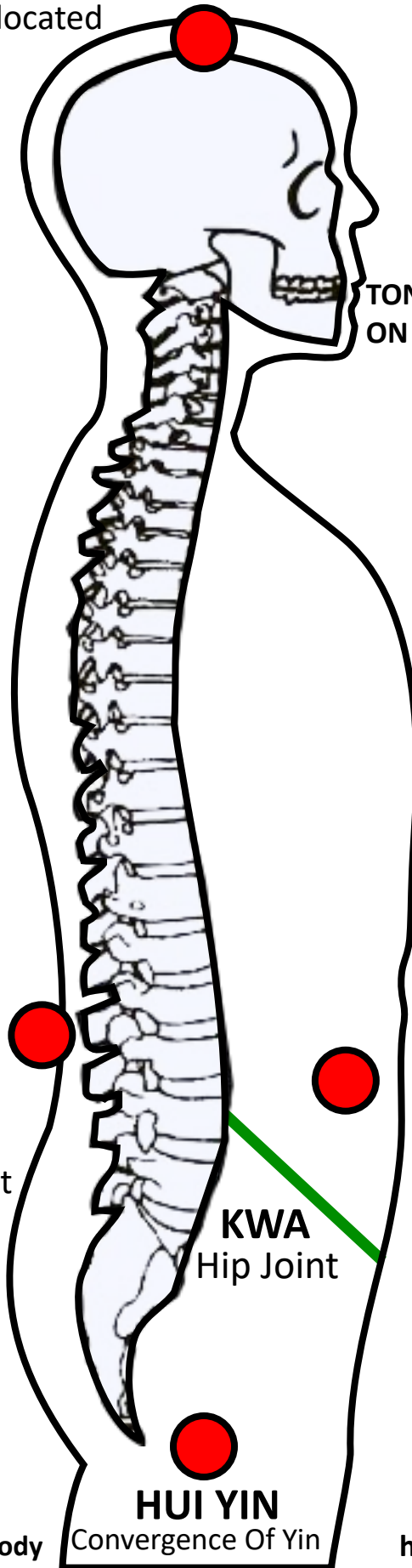
Point for sensing balance and for establishing "root." It is located at the center of the foot, just below the ball.

Focus on this point to "ground" yourself.

Ming Men

Also called **The Gate of Life**

It's located on the vertebrae at the horizontal alignment with the navel



Lao Gong

Also called **Labor Temple**

Located in the center of the palms. Its meridian connects with the heart. It's an acupuncture point on the pericardium meridian

Lower Dan Tian

Located three fingers below the navel and about 2 fingers behind the belly button

This generates the **Essence**
It is the source of energy

HUI YIN

Convergence Of Yin