

Lift Chi Up Pour Chi Down Points

Lift Chi Up Pour Chi Down formulated by Dr. Pang, founder of the Medicine-less Hospital in China (I travelled there with my teacher Luke Chan and received first level certification).

This practice fully circulates and integrates the flow of chi in the body.

Keep in mind that although we are sending Chi into a “point”, think of this as a reference point that “feeds” a larger area. (also, slight differences in spelling, and even slight difference in locations may be found).

These are the points that we work with:

1. Dantien / Navel
2. Mingmen
3. Dabao
4. Yintang
5. Yuzheng
6. Zhongkui
7. Chihu
8. Baihui (crown)
9. Huiyin (perineum)

Dantien / Navel



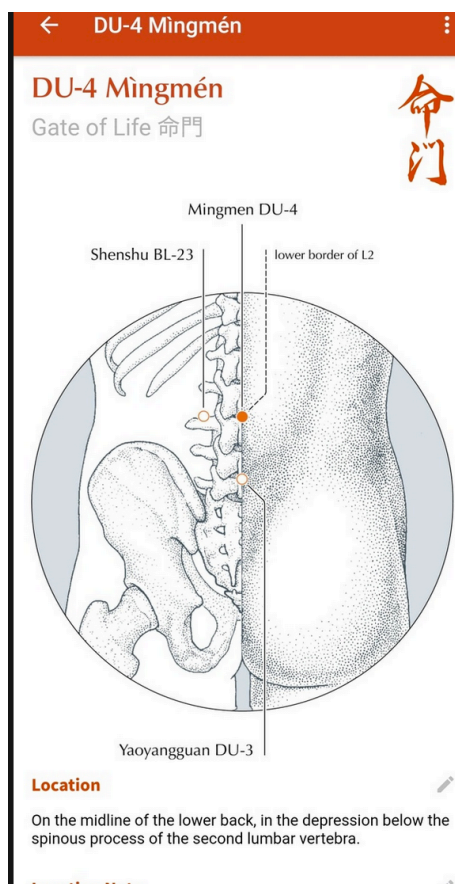
The Dantien is commonly divided into 3 centers. The lower, mid and upper Dantien. The literal meaning of the word is “elixir of life field”. These are centers where Chi flows through. These three centers would be considered focal points for meditation and movement techniques.

Think of these centers as being a “power source” of energy. Unlike a chakra which would be more of a bridge (or gateway).

Notice that the lower Dantien is slightly below the navel. Again, think that as we pour energy into the navel, it impacts the lower Dantien. (Lower Dantien can be located 2-3 fingers wide, below navel).

Also, one of the important aspects of pouring Chi into the navel is to cultivate the connection to the Mingman (point that is directly across from the navel).

Mingman



The Ming Men, also known as the “Gate of Life,” (Chinese medicine), this center houses both our primal Yin and Yang energies. This is a powerful point that is associated with three acupuncture points. (Governing Vessel 4, Conception Vessel 4 & Conception Vessel 5)

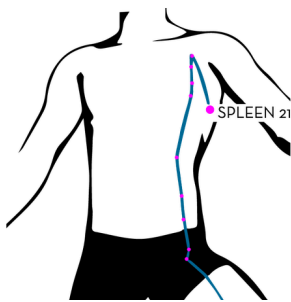
Our Essence (or Jing), is stored here, and carries the seed of our potential.

From this area also stems our primal vitality (Yuan Qi) which infuses the channels to stimulate the function of the internal organs. This primal, Imperial Fire is the source of warmth and vitality.

To learn more and insights between the lower Dantien and Mingman:

<https://taichibasics.com/ming-men-an-acupressure-point-with-power-full-implications/>

Dabao



The Dabao balances the left and right sides of the body and the brain.

This is a spleen meridian, associated with digestion and stabilizing the blood sugar.

Ability to receive unconditional love.

The tissue network channels emerging from this point “represent the distribution of nourishment to all parts of creation” and as we empower this point and meridian, it becomes more possible to recognize that enduring [the] fullness [of life] comes from embracing the whole as one, and as one’s self.

The Earth qualities of caring, support and nourishment are amply demonstrated and demonstrably amplified at the acu-point *Dabao* – Great Enveloping which lies on the side of the ribcage. Imagine a mother embracing her child, arms wrapped around the little body, holding and squeezing with maternal love. The child’s entire upper body is enveloped, wrapped in mother’s love.

Dabao transmits these essences by virtue of its role as the point of the Great Spleen Connecting Channel. This channel arises at SP 21 and radiates throughout the chest, enveloping the chest with Qi and Blood, and supporting the Heart. The point relieves fullness, oppression and

depression in the Heart area, bringing a feeling of freedom, openness, harmony and togetherness. It effects an internal, enfolding, motherly embrace.

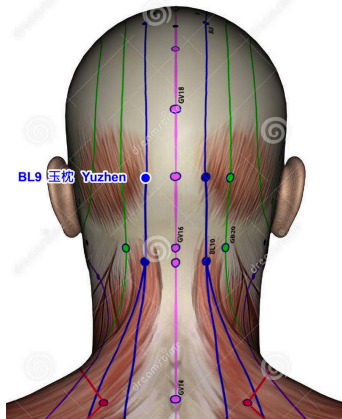
Yintang



Sending chi into the third eye helps quiet and calm the mind.
Encourages emotional balance and normalizes neurochemical balance.

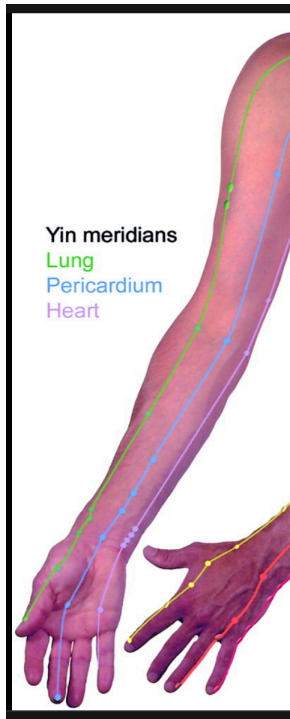
From a mystical or esoteric point of view, the third eye is a gateway into inner realms or higher dimensions of consciousness.

Yuzhen



This point is opposite of and slightly lower than the third eye. Clears and opens the mind.

Zhongkui (Center of Middle Finger)



This point regulates chi to the pericardium.

The pericardium is a membrane, or sac, that surrounds your heart, creating a closed chamber with subatmospheric pressure that aids atrial filling and lowers cardiac pressures. Through its membranous function, the pericardium shields the heart by reducing external friction and acting as a barrier against infection.

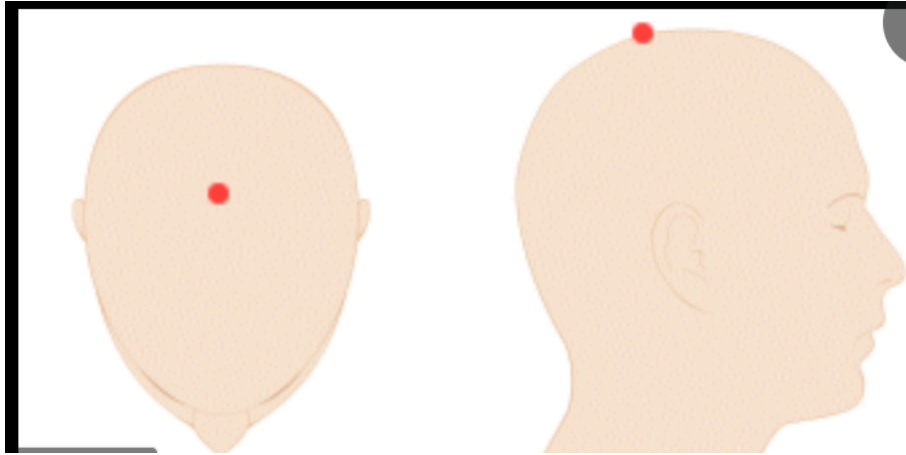
Chihu (Under and approx middle of clavical)

This point is associated with the lungs.



Baihui (Crown)

Part of the Conception Vessel, connected to all meridians of the body.
Pathway to be fully connected on a spiritual level.



Huiyin (Perineum)

Foundation of root chakra, being grounded, survival, finances.
Regulates lower orifices.

