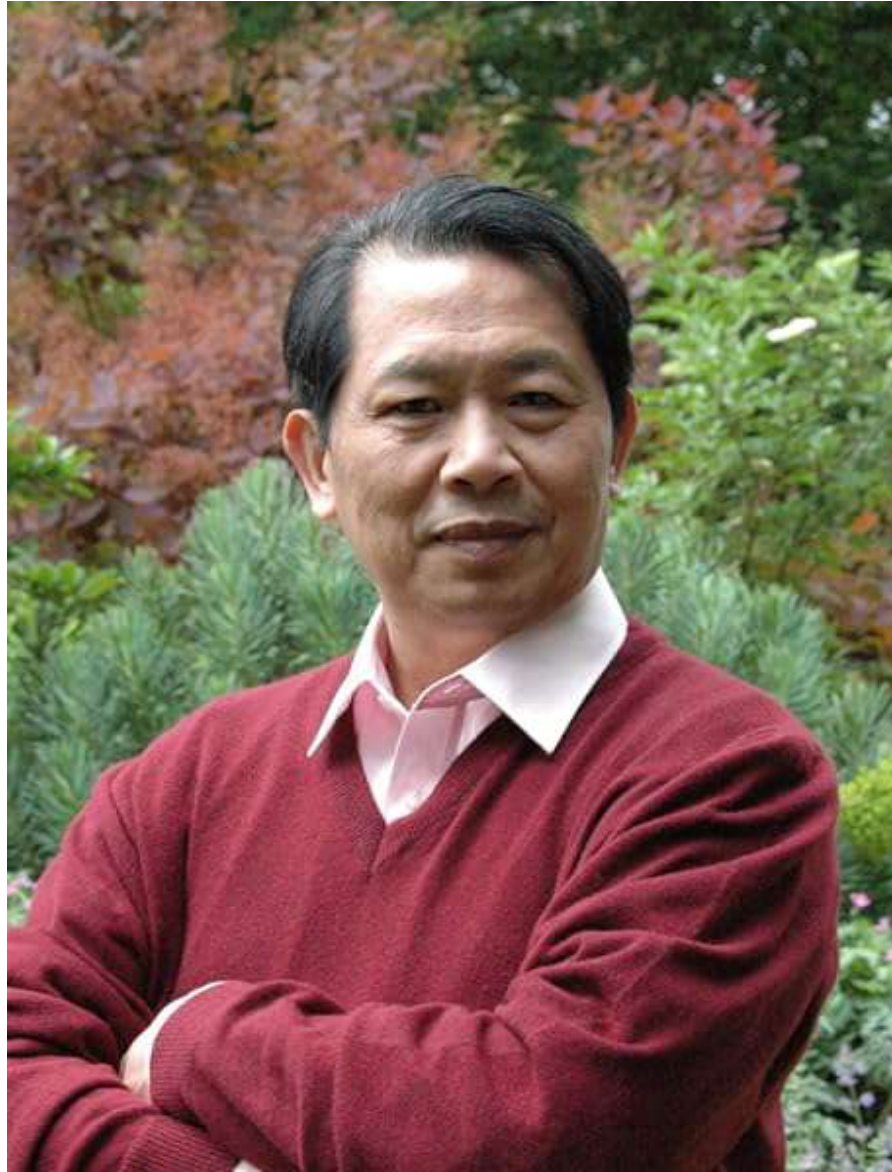


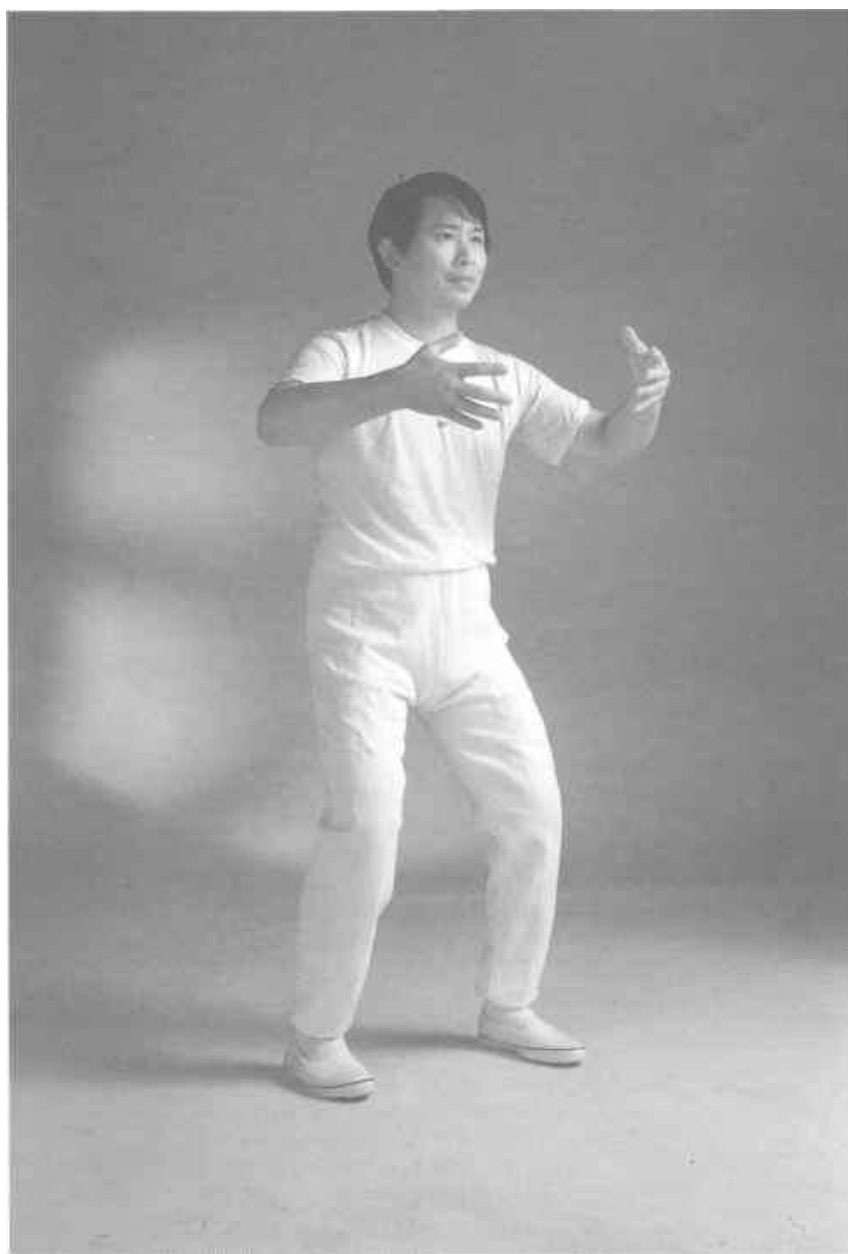


Qigong Class

The Secrets to Healing
Are Inside Your Body



**Master Lam Kam Chuen
in London**





音 Yin Yang 揚
Yin Yang



Qualities of Yin

Dark
Vague
Wisdom
Profundity
Sincerity
Tranquil
Winter
Water
Compassion
Source of manifestation
Destination of return
Frames all existence
and experience

Shadows:

False Modesty
Sentimentality

Yin-Yang Opposites

Earth – Heaven
Love – Emotion
Tranquil – Active
Soul – Spirit
Body – Clothes
Mind – Works of expression
Female – Male
Left – Right

揚
Yang

Qualities of Yang

Beauty
Courage
Risk
Pointed
Precise
Quick
Strong
Active
Expression
Instigator
Doing
Summer
Prescience
Perspicacity (Clarity)
Making commitments
Liberator of suffocation
Mastery of timing and
proportion
Shadow: Arrogance

Yin Yang is sometimes called Taichi 太極 meaning "Supreme ultimate".

Thus, Tàichi is the unity from which everything originates.

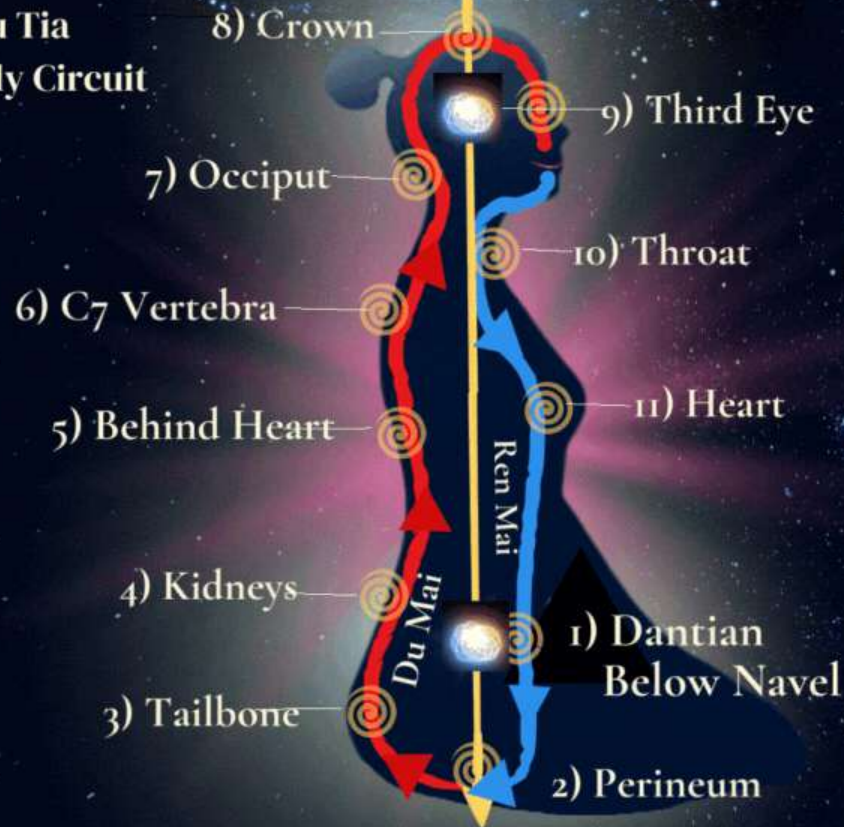
DuMai & RenMai 2 Main Meridians



小周天

Xiao Zhou Tia

Small Heavenly Circuit



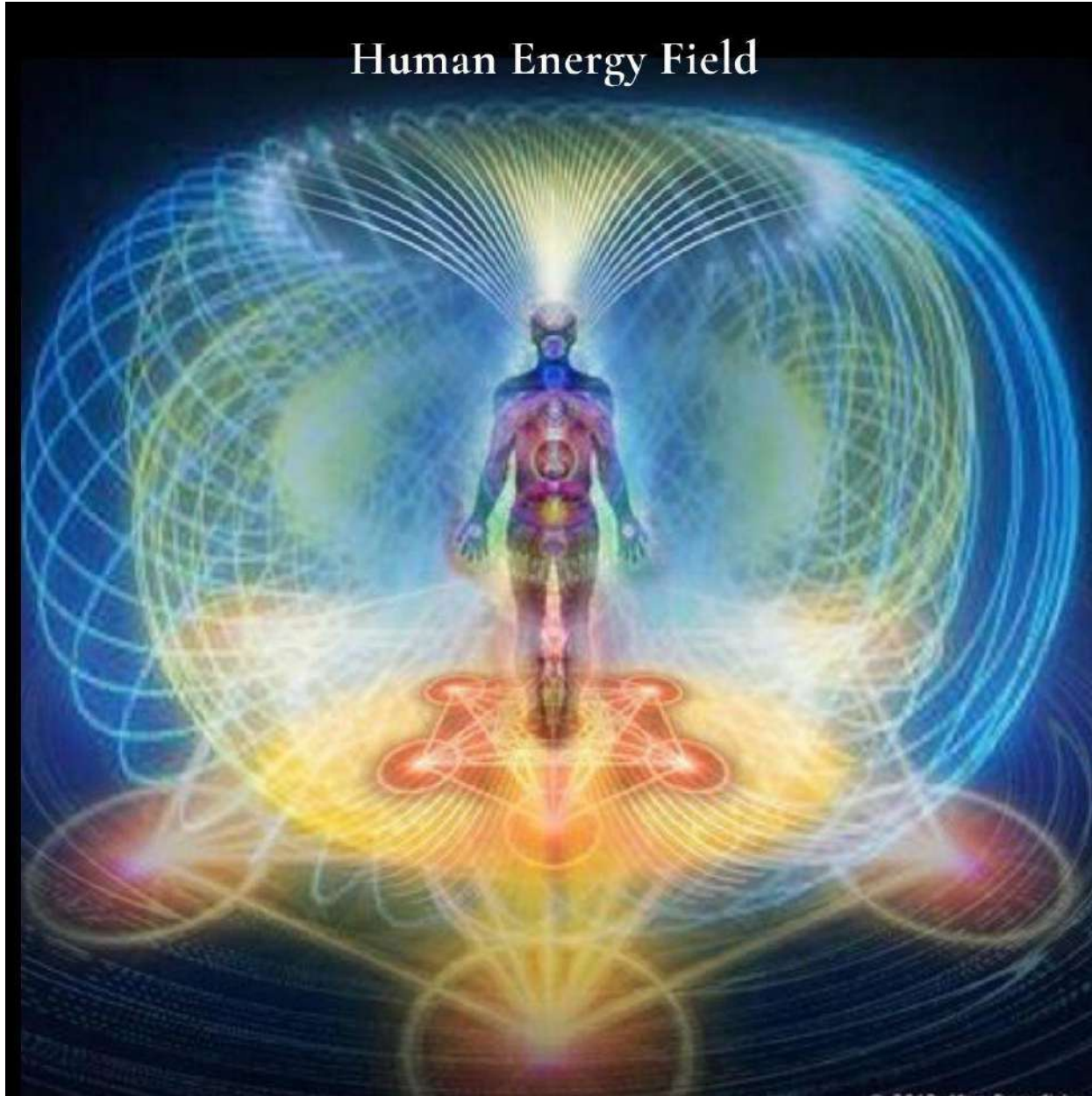
Daoist
Microcosmic
Orbit

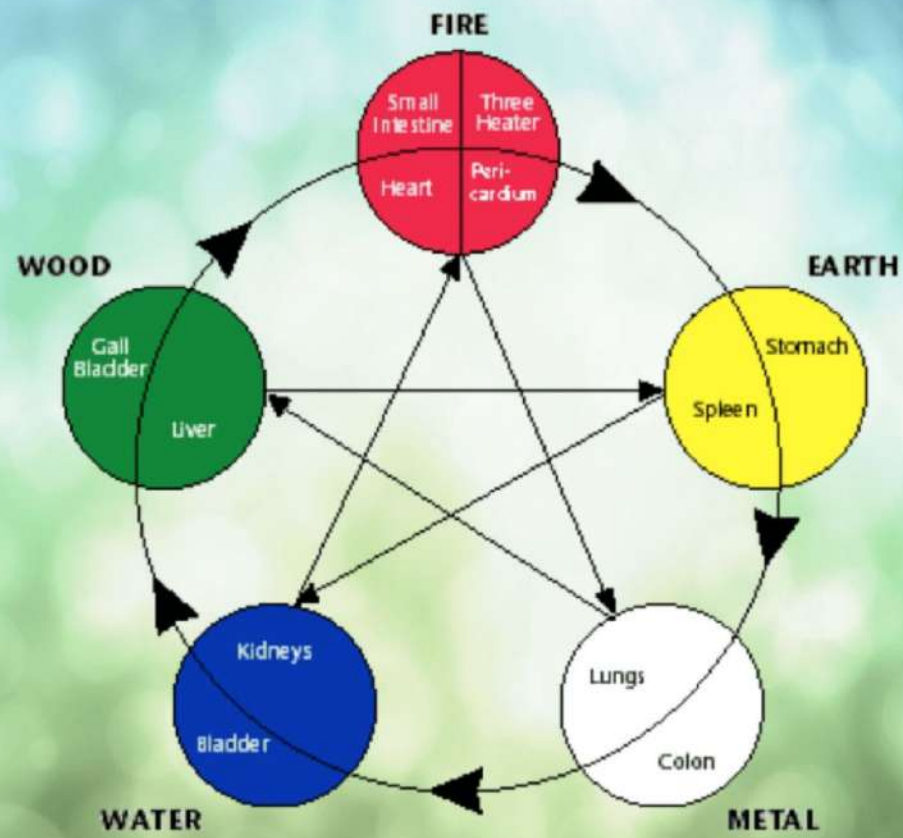


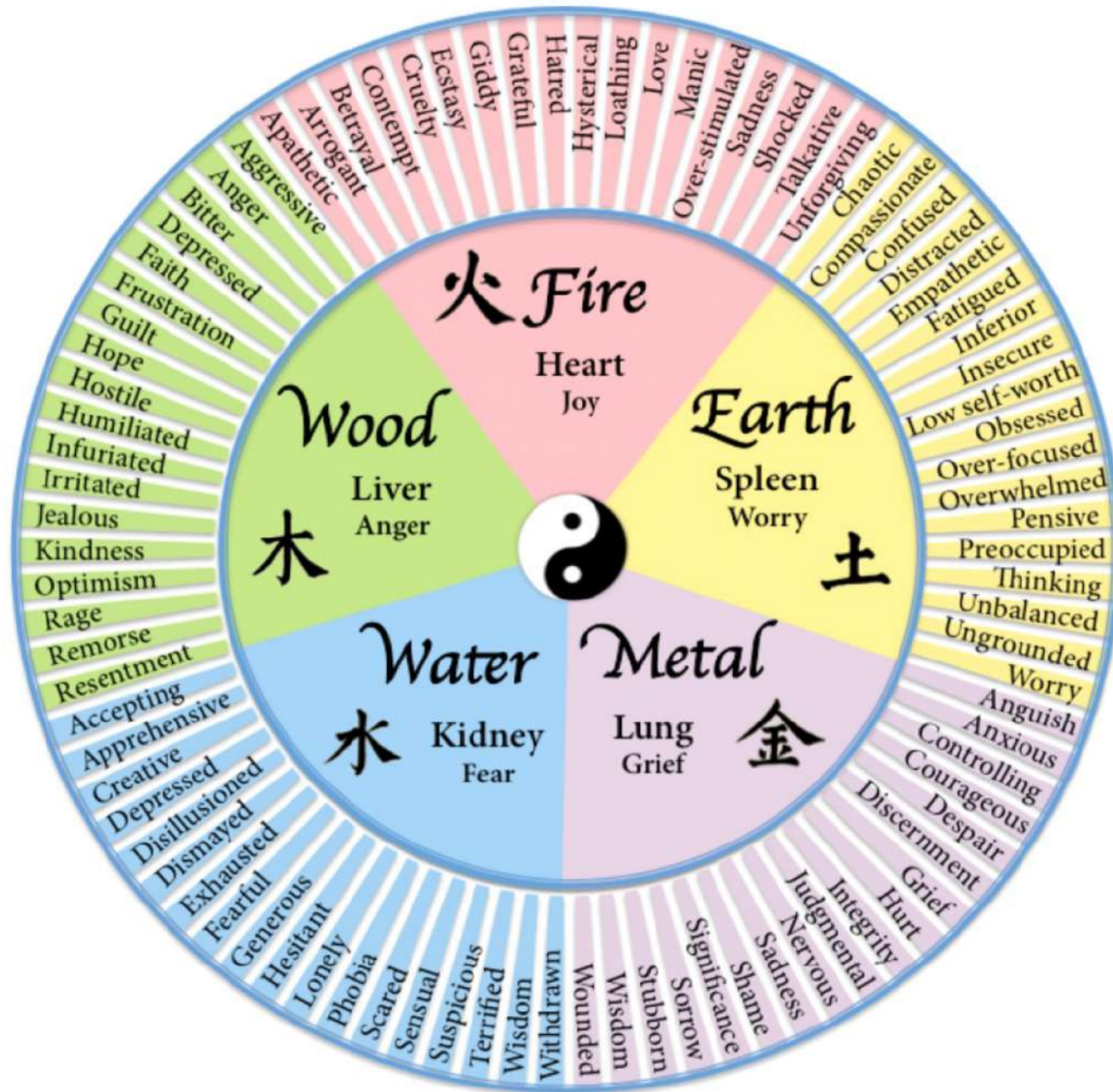
Universal Daoist Kundalini DNA Meditation

- Buddhist Abdominal Breathing
- Daoist Reverse Breathing
- Microcosmic Orbit
- Chakra Meditation
- Embryonic Breathing
- Bone Marrow Breathing
- Zero Point Alpha Omega

Human Energy Field







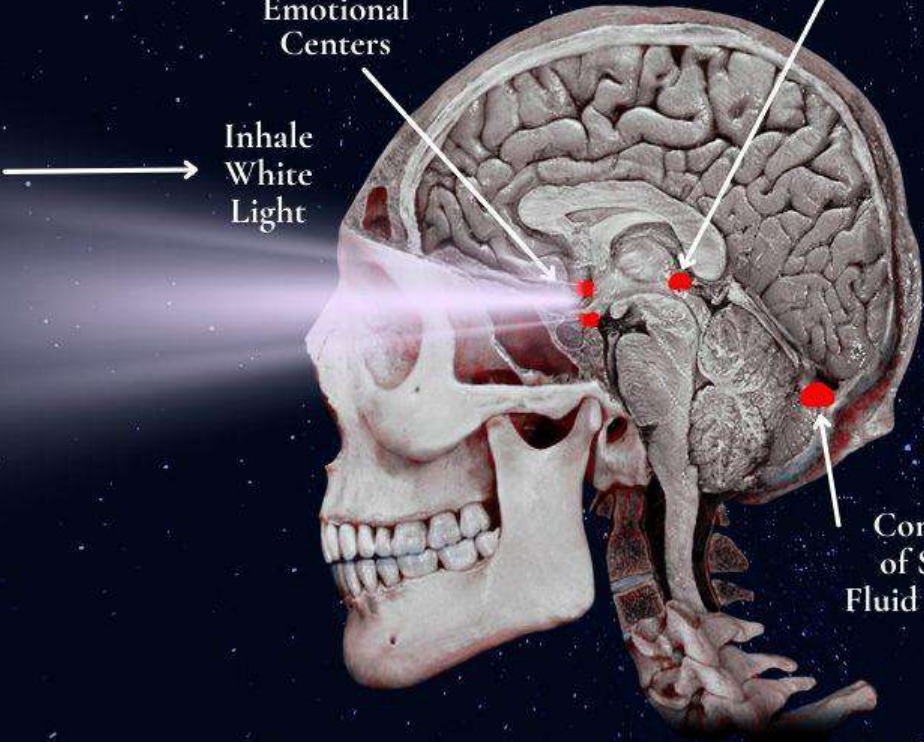
Brain Centers

Amygdala
Emotional
Centers

Pineal
Light Sensor

Inhale
White
Light

Confluence
of Sinuses
Fluid Vibration

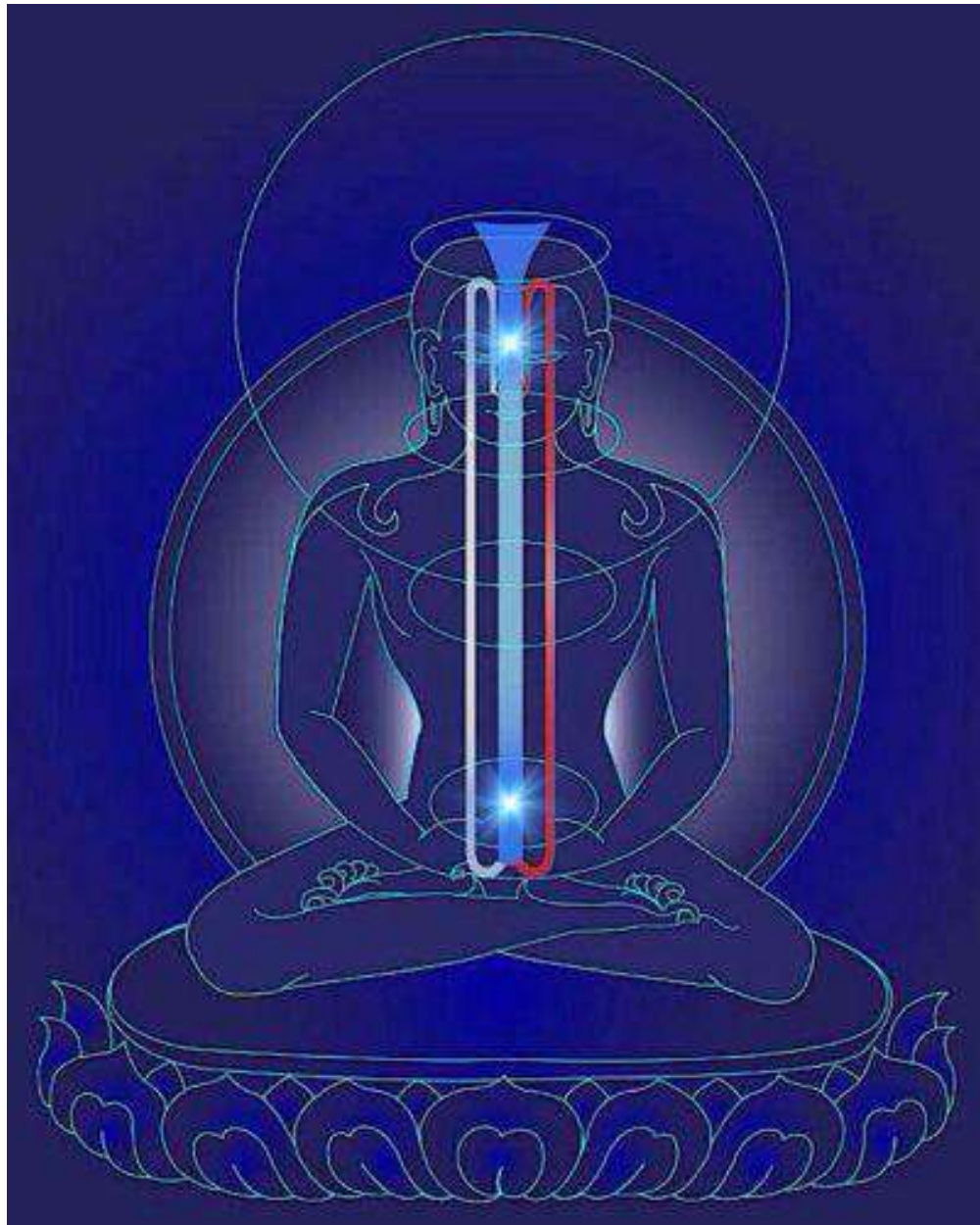


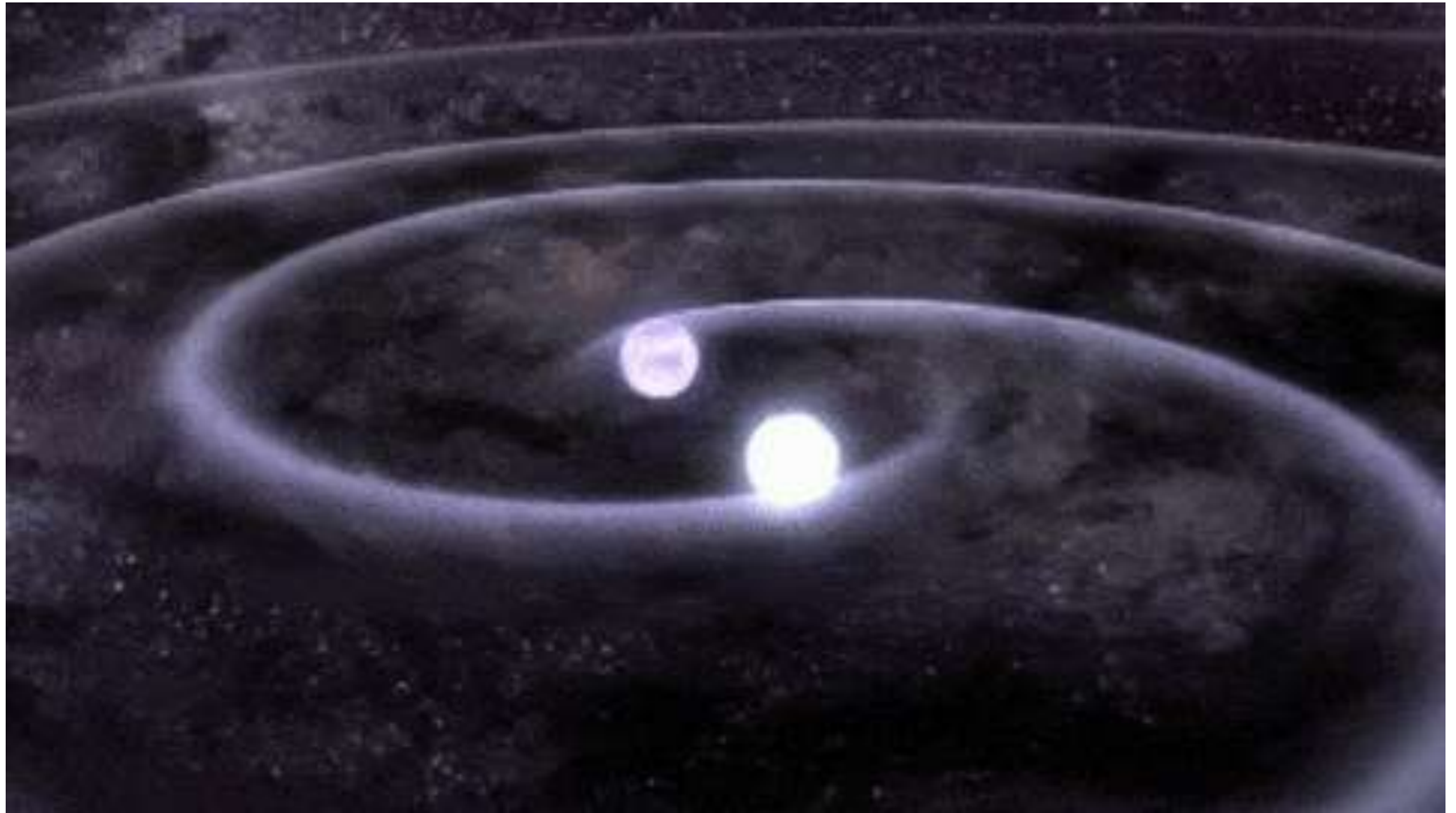


Left Right

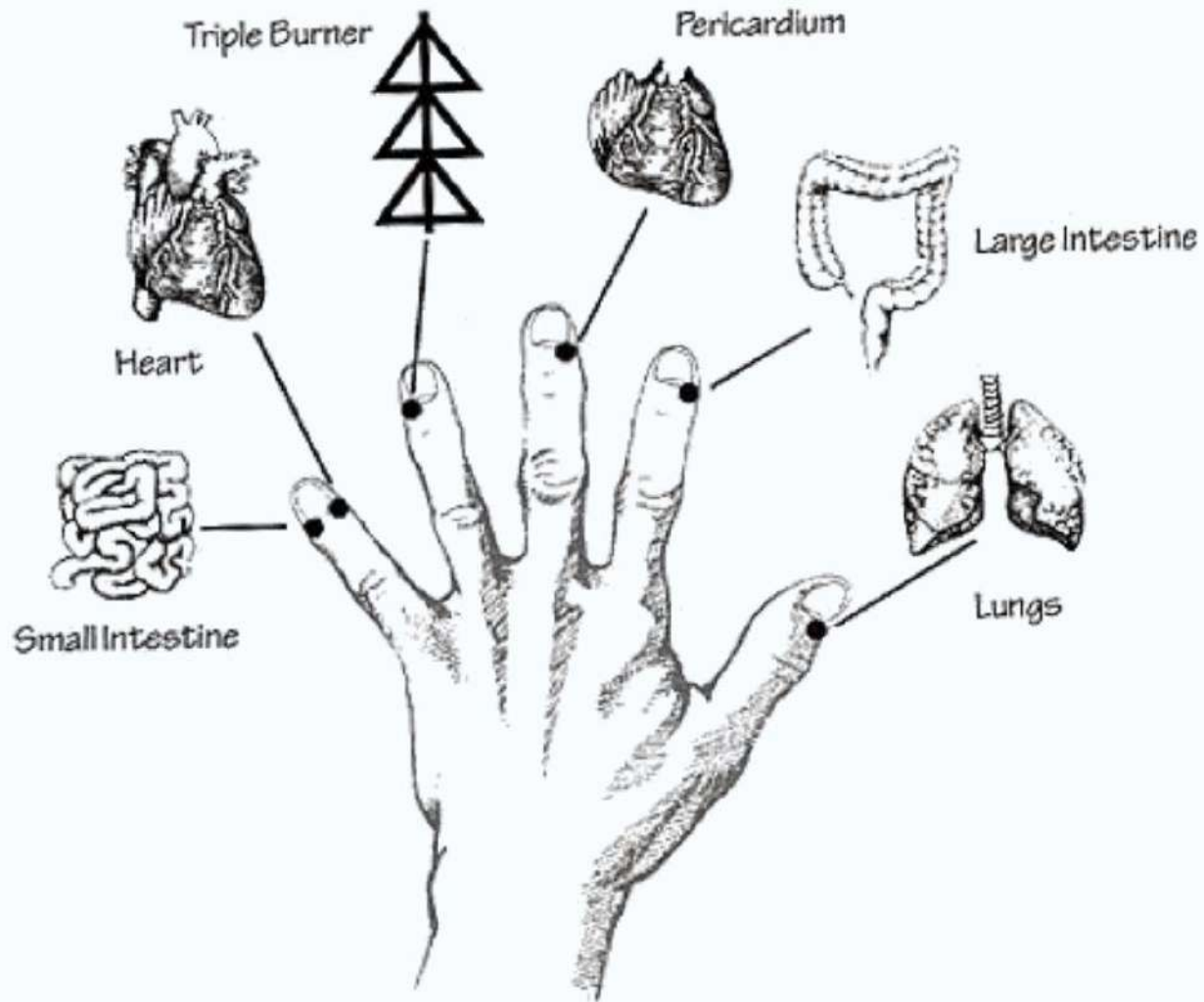
EGO
I Am Self
Logic
Details
Analysis
Sequencing
Linear
Mathematics
Language
Facts
Verbal
Words
Computation
Rational

ALL
Universal Mind
Creativity
Imagination
Intuition
Dreaming
Artistic
Rhythm
Non-Verbal
Emotions
Visualization
Music
Daydreaming
Integration
Holistic

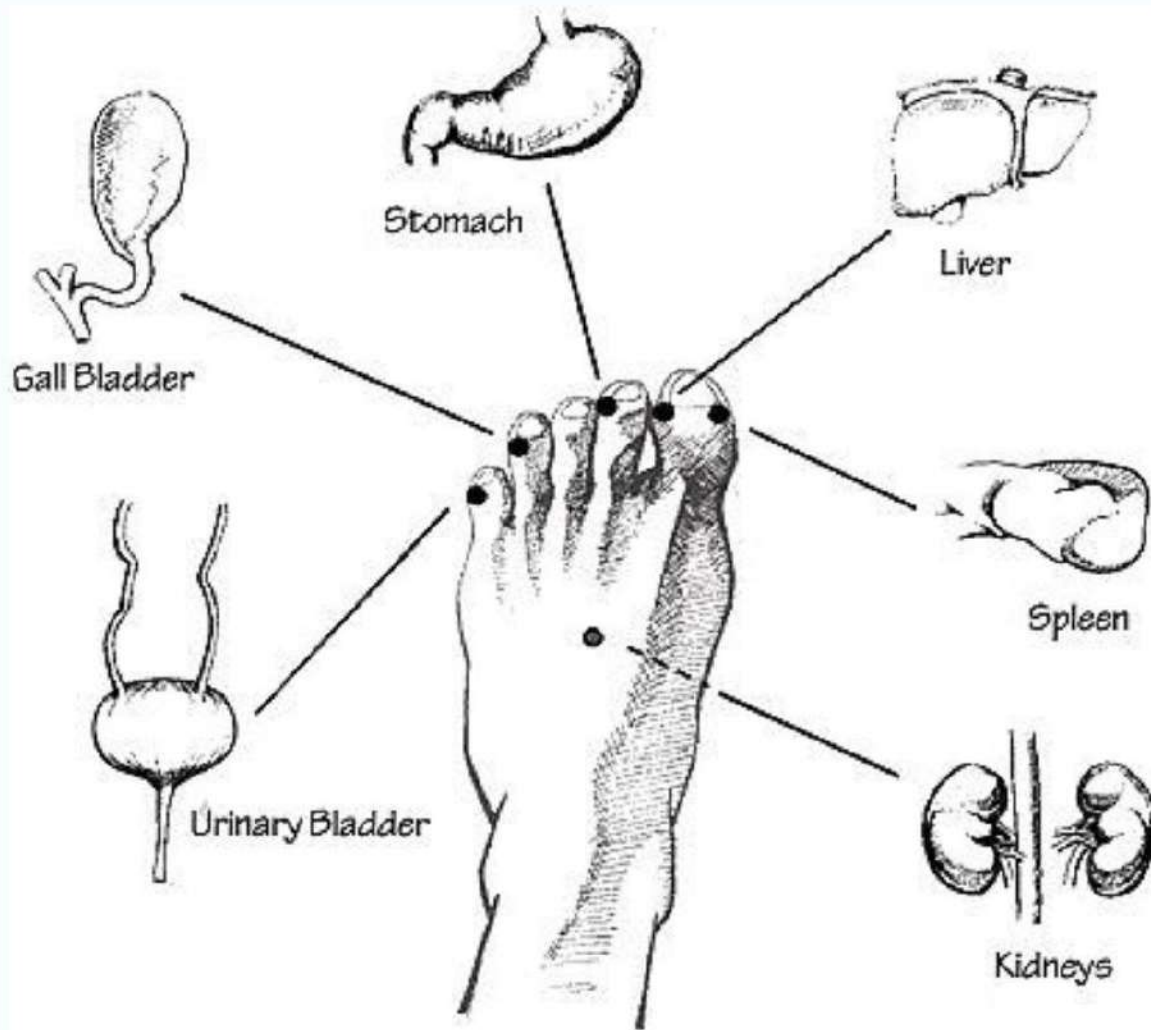




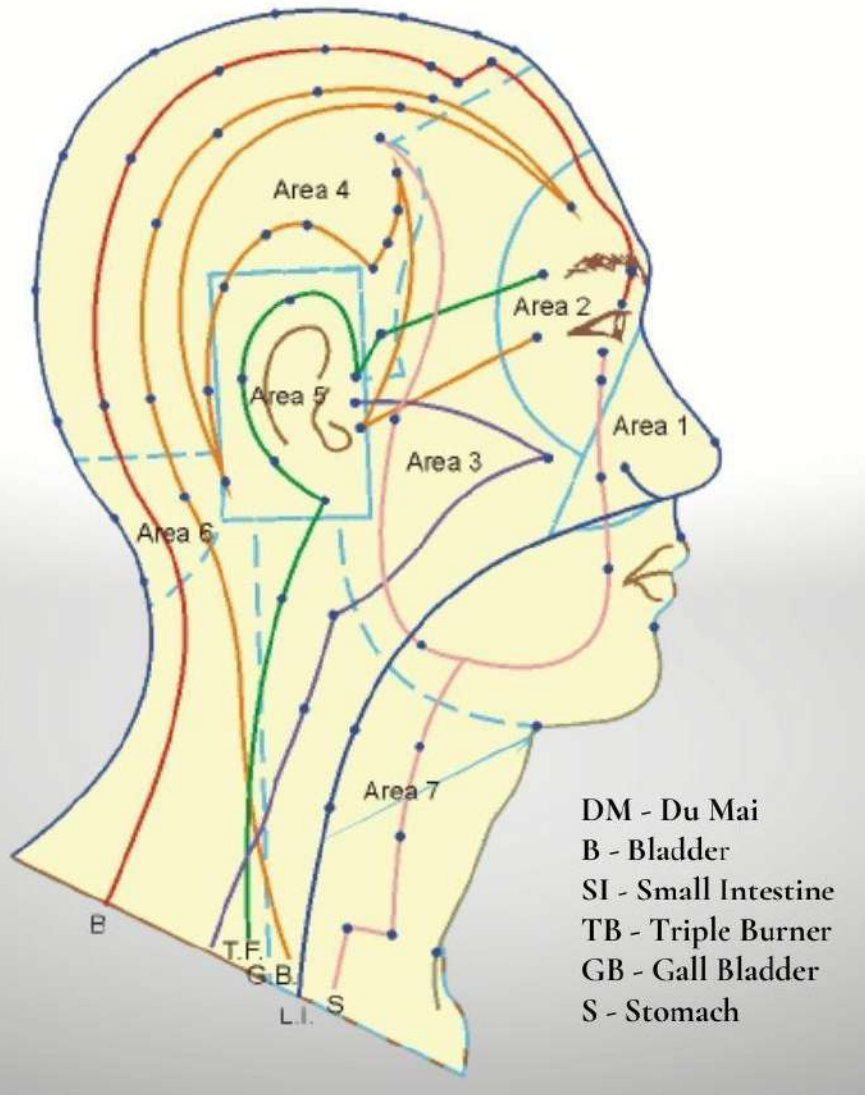
Meridians of the Hand



Meridians of the Foot

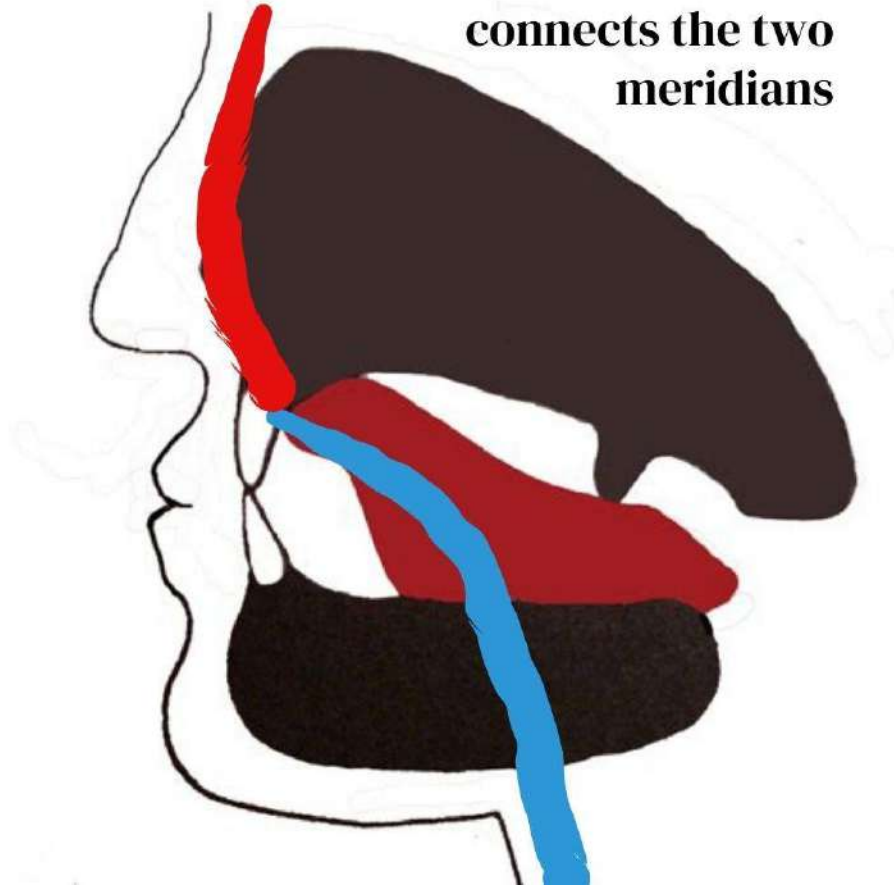


Meridians & Points of the Head



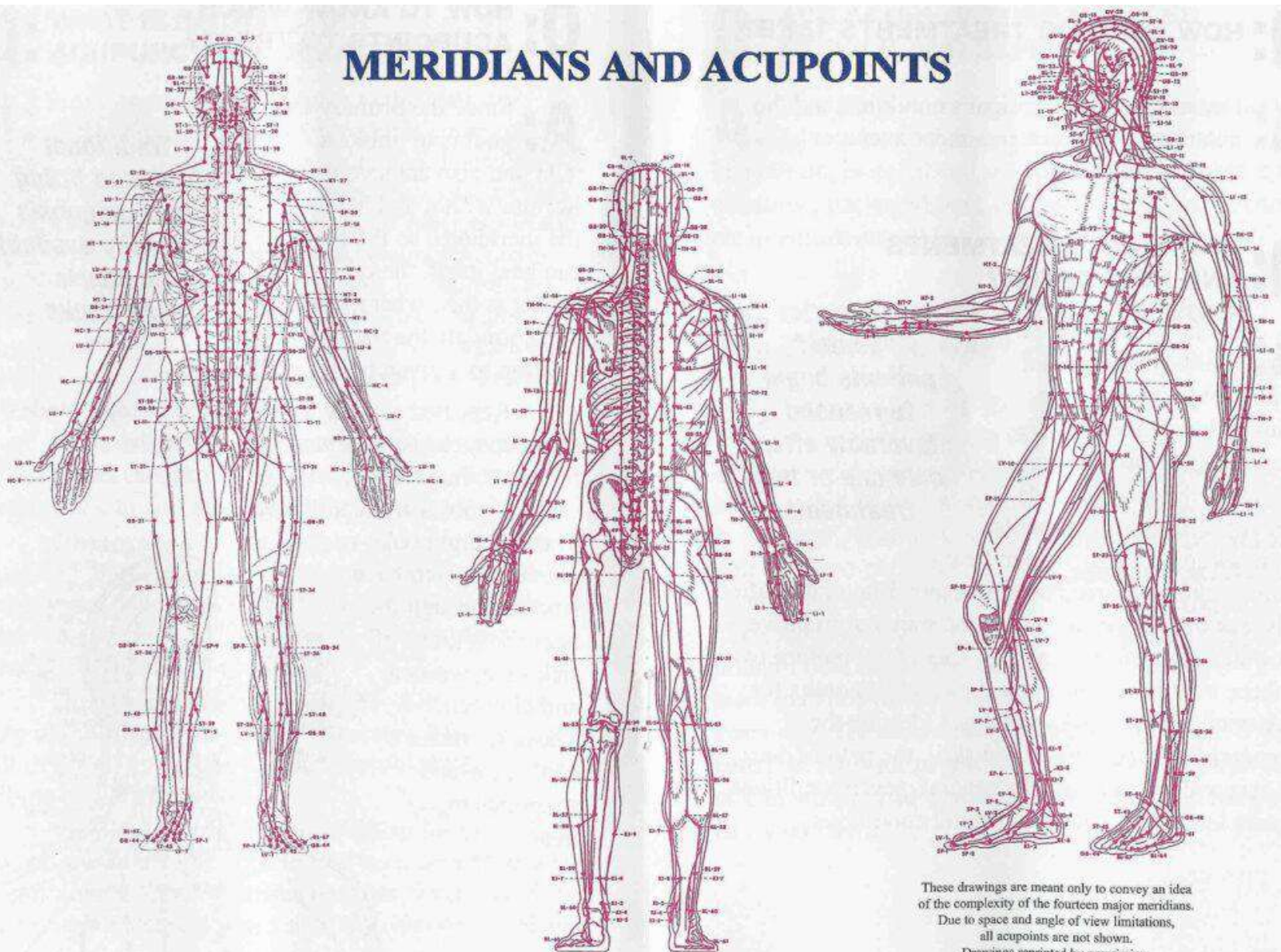
Tongue resting behind upper teeth

**connects the two
meridians**





MERIDIANS AND ACUPOINTS



These drawings are meant only to convey an idea of the complexity of the fourteen major meridians. Due to space and angle of view limitations, all acupoints are not shown. Drawings reprinted by permission.

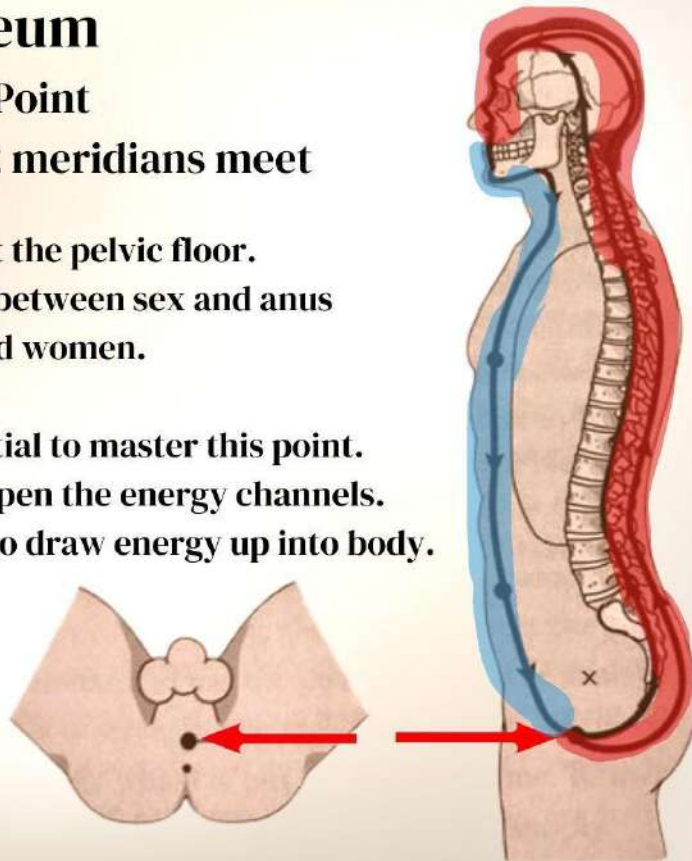
Perineum

Hui Yin Point

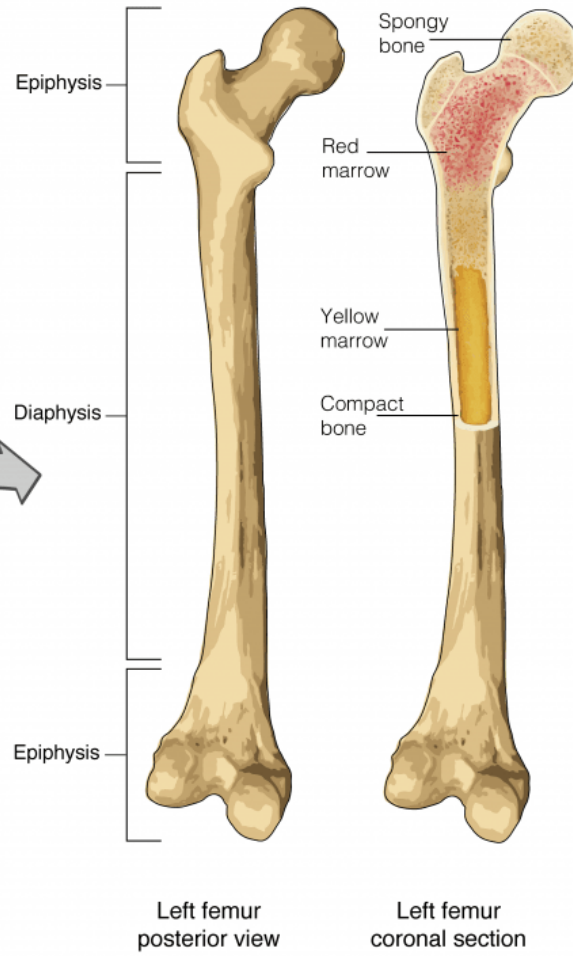
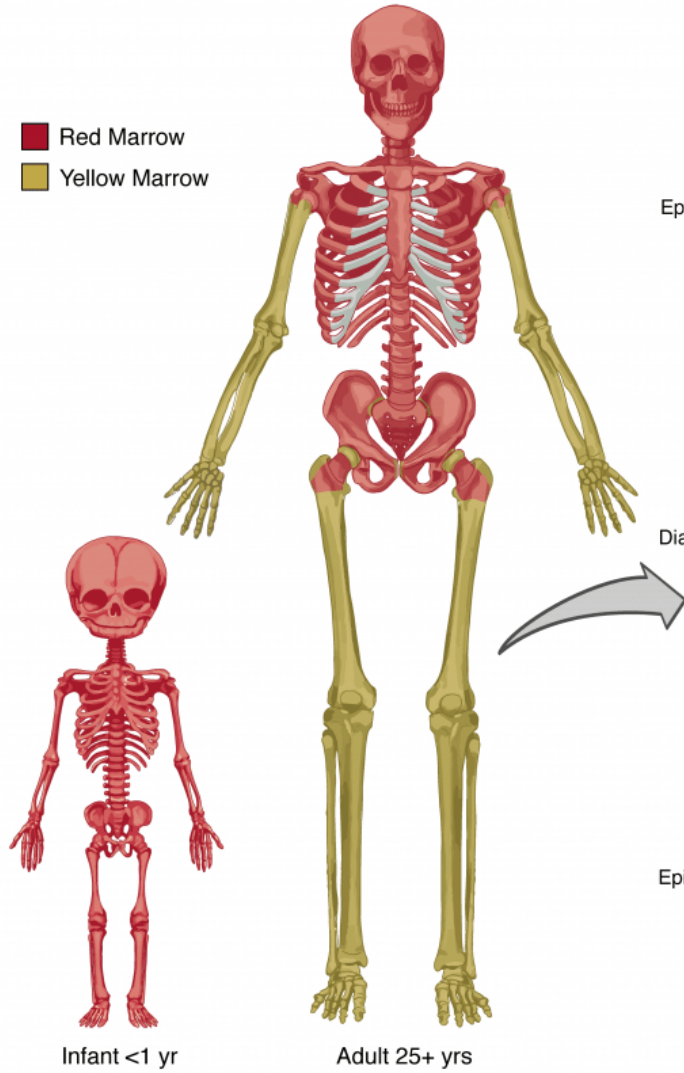
Where 2 meridians meet

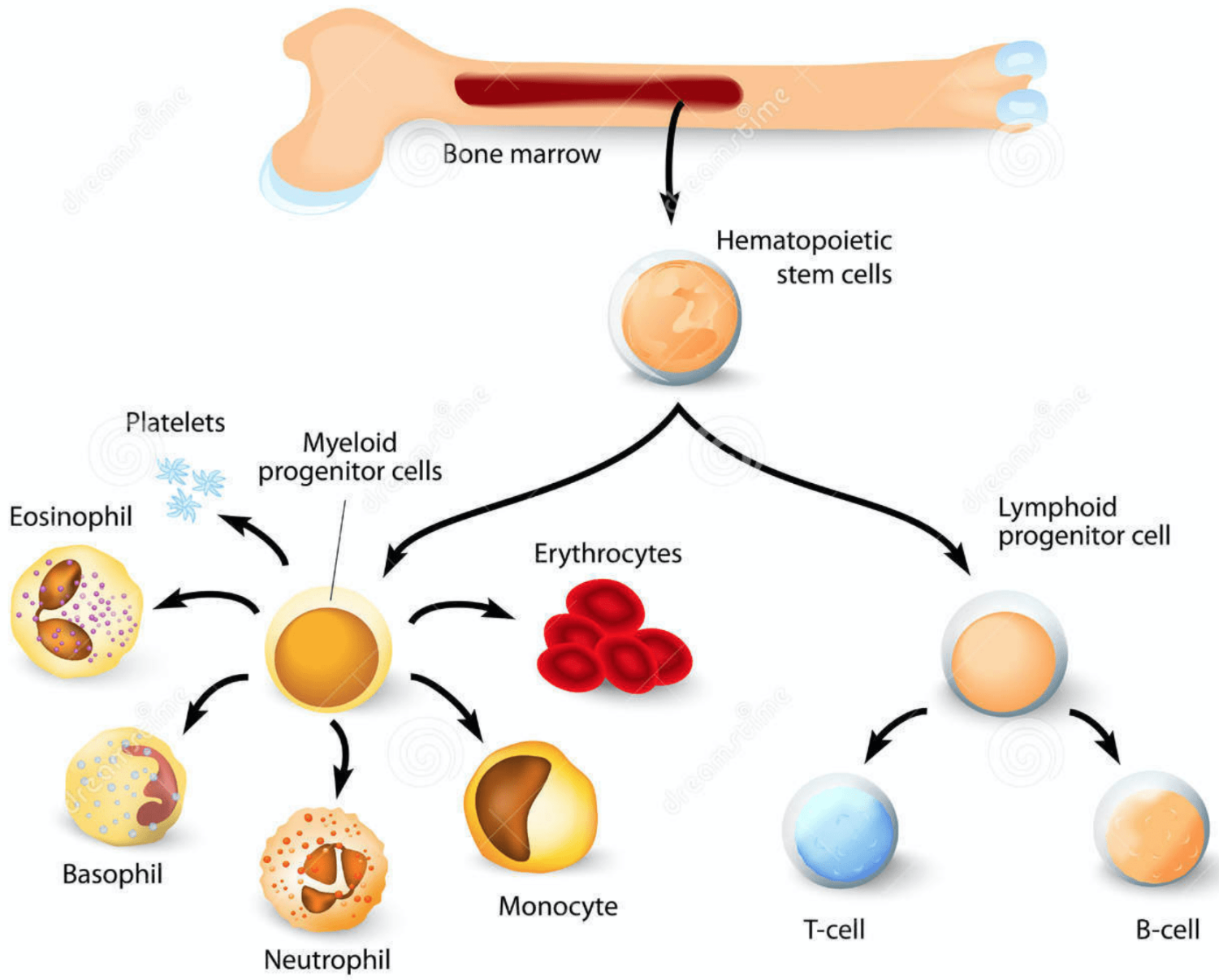
Located at the pelvic floor.
midpoint between sex and anus
in men and women.

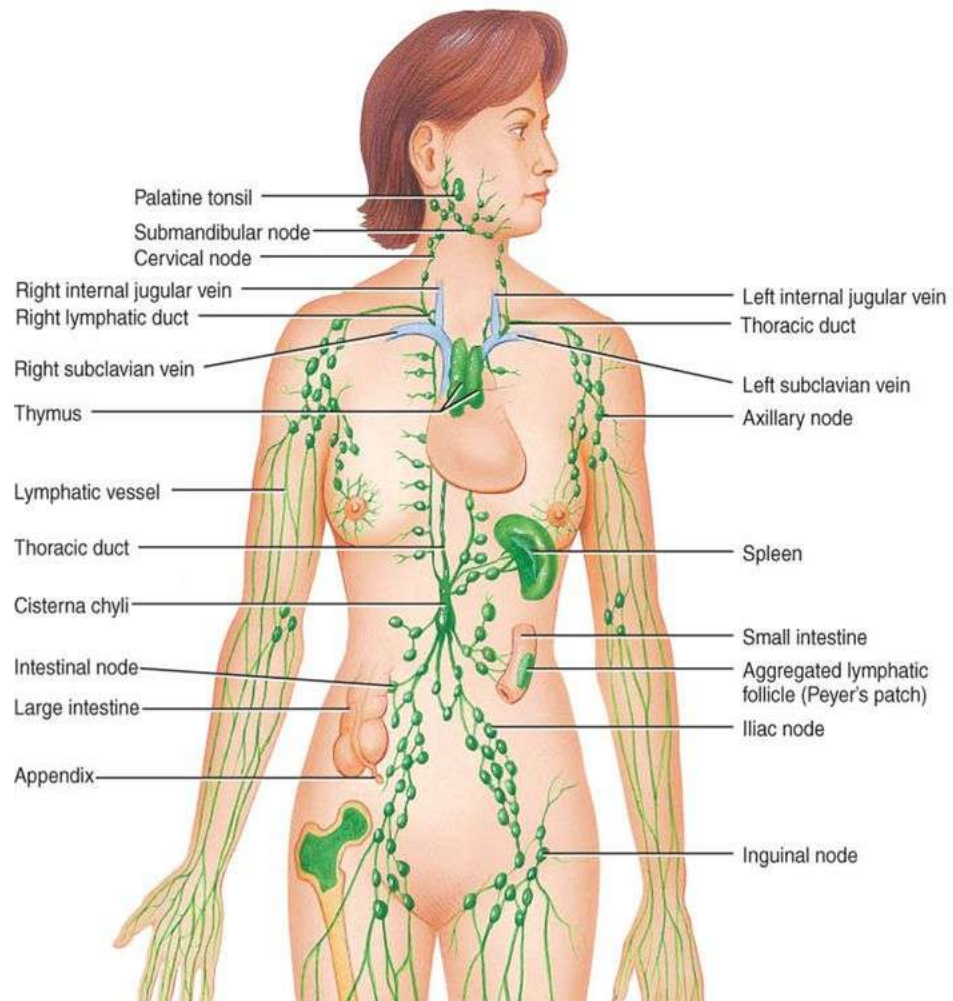
It is essential to master this point.
Relax to open the energy channels.
Contract to draw energy up into body.

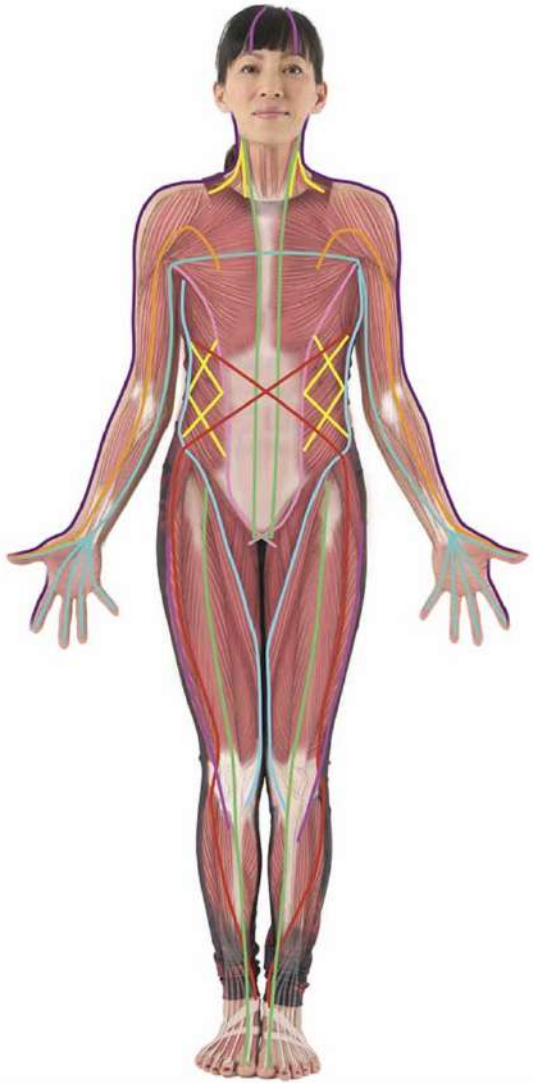


Red Marrow
Yellow Marrow









Interstitial, Connective Tissue, Triple Burner

A newly discovered organ, is a thin layer of dense connective tissue throughout the body, sandwiched just under our skin and within the middle layer of every visceral organ. The organ also made up all the fascia, or the thin mesh of tissue separating every muscle, bone, and all the tissue around every vein and artery, from largest to smallest. What initially seemed to be a solid, dense, connective tissue layer (under the microscope in chemically treated dehydrated slides) was actually a complex network of fluid-filled cavities that are strong and flexible, yet so tiny and undiscerning that they escaped the attention of the brightest scientific minds for generations.

In Chinese Medicine

The Triple Burner is also called the Triple Warmer or Three Heater. It is like a large body cavity containing all the Internal Organs. Its main function is to unify all the Organs into a integrated and harmonious system. As its name indicates, it is composed of the Upper, Middle and Lower Burner.

Classification: Fu Organ

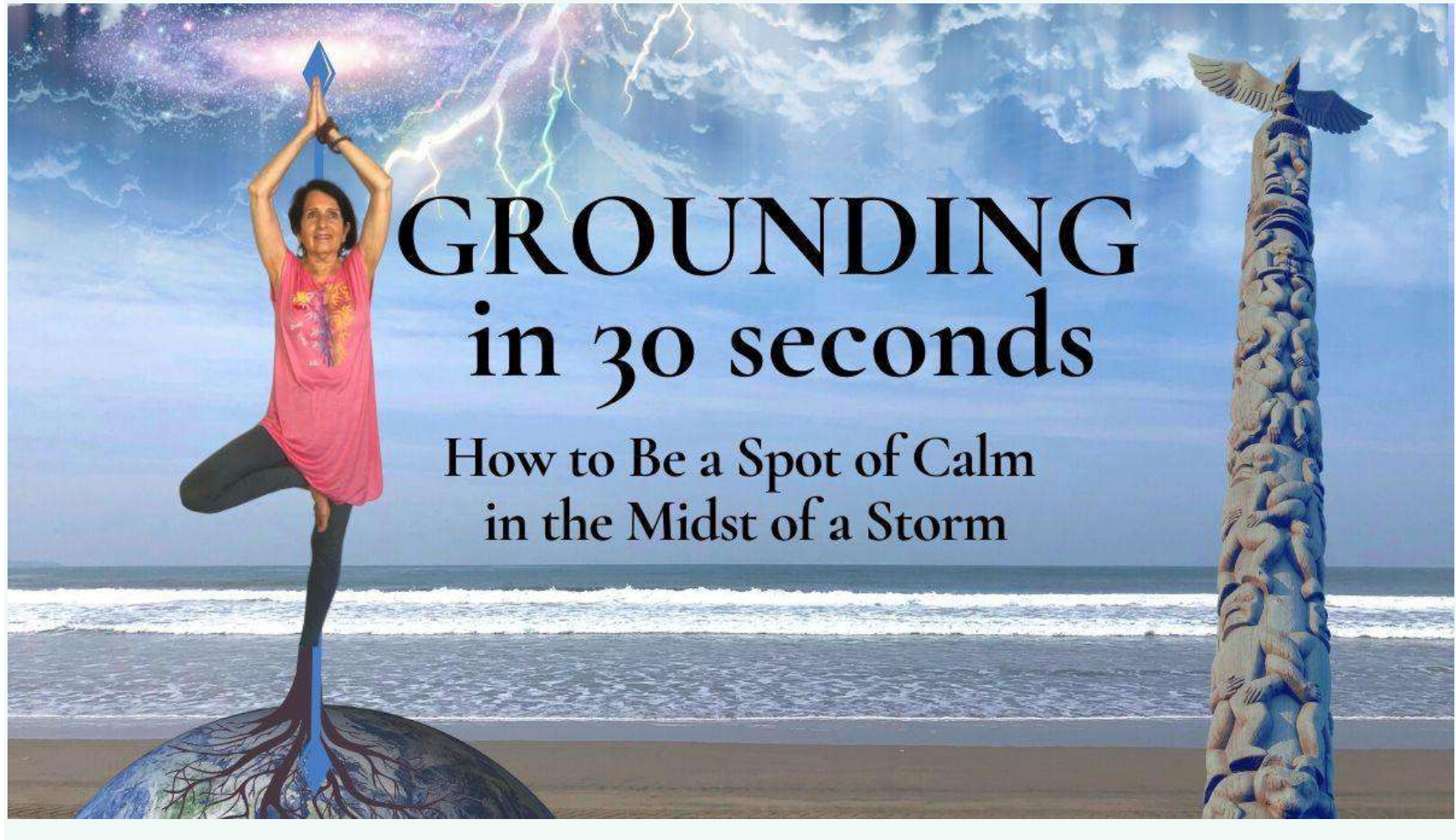
Pharmacopoeia: [View herbs that target the Triple Burner](#)

Patterns: [View patterns of disharmony that affect the Triple Burner](#)

The functions of the Triple Burner

- 1) **It mobilizes the Original Qi (Yuan Qi - 元气)**
- 2) **It controls the transportation and penetration of Qi**

3) It controls the water passages and the excretion of Fluids



*Qigong Roots the Energy Body
Deep in Earth and Sky*



Tibetan Buddhism is Over 18,000 Years Old!

The Yungdrung Bön practice is said to be over 18,000 years old. The great Tonpa Shenrab Miwoche, sometimes called the first Buddha, was said to have been born in 16,017 BCE in the Zhang Zhung kingdom of western Tibet, or **Olmo-lungring**. The Zhang Zhung word **Yungdrung** means *eternal*. **Bön** means *practice*. This sacred image represents the four directions, the origin of the universe, and the neutral state.



གཡུང་རྫུང་བོན་པོ།

Yungdrung sacred symbol of the
Eternal Everlasting Truth.

Could this 18,000 year-old
Tibetan tradition be the roots of
the Chinese five elements?





