



**BAIHUI** – point that sits at the crown of the head

**DANTIAN** – a gathering and storage reservoir of Qi.

**HUIYIN** – energy gate at the center of the body between the legs (perineum)

**MINGMEN** – energy gate on the back directly behind the belly button

**QI** – life force energy: the most basic building block of everything in the universe; an integrated form with energy, material and information, which is constantly in the process of change

**QIGONG** – a self-training method that uses the consciousness, breathing (Qi) and the body (postures and movement) to effect continuous, positive changes in Qi leading to improvement in health and elevation of consciousness.

**REN XUE** – the teaching of human life; short for Yuan Tze Ren Xue, the system founded by Yuan Tze (our teacher)

**TIAN** – 1) as in Dantian: area; field that nourishes life  
2) as in Tian Yuan (the practice we're learning); the universe; heaven; sky

**YUAN QIGONG** – a core component and subsystem of Ren Xue. It is a comprehensive Qigong life cultivation system. The ultimate purpose of Yuan Qigong life cultivation is to attain realization and wisdom.

**YUAN QI** – the original/fundamental substance that constitutes everything in the universe; the type of Qi used in Yuan Qigong