

## Daily Lower Dan Tian Practice

The lower dan tian is a powerful energy center in the body. The ancient Chinese practices of Tai Chi and Qi Gong cultivate this place in the body to create a strong foundation. It is a key center for energy, vitality, immunity, longevity, and stamina. Cultivating and strengthening this power center in the body is especially helpful for anyone who feels scattered, ungrounded, anxious, or is dealing with a chronic illness.

This powerful practice comes from Dr. & Master Zhi Gang Sha in his book, *Soul Mind Body Medicine* (pages 305-307).

### Location:

The Lower Dan Tian is fist sized and is centered 1.5 cun below the navel, and 2.5 cun inside the body. (One cun is the width of your thumb.)

### Body Power:

- Standing accelerates the development of the Lower Dan Tian, although you can do it seated as well. Make sure your spine is straight and your feet are hip-width apart and flat on the floor.
- Yin/Yang Palm Position:
  - Grip your left thumb with the right palm and close both palms.
  - The fingers of the right hand are wrapped around the left thumb, squeezing with 80% of your strength.
  - Place the hands in this position on your lower abdomen just below the navel, in front of the Lower Dan Tian.

### Soul Power:

Say "hello": *Dear soul, mind, and body of my Lower Dan Tian, I love you. You have the power to boost your energy and develop the highest quality. Do a great job. Thank you.*

### Sound Power:

Chant "light" or "jiu" (pronounced "joe"), the number 9 in Chinese.

### Mind Power:

Visualize golden light pouring from all directions into this area, creating a concentrated light ball.

### Frequency:

Do this 3-5 minutes a day for preventative maintenance. To build immunity and vitality, work up to 30 minutes daily. This practice is essential to strengthen lower dan tian if you're dealing with chronic sickness.

Close the practice by saying, "thank you, thank you, thank you" Take a couple deep breaths in to integrate.