

Guidelines for Dao Yin

Dao Yin means: The skillful guiding of mindful presence through our bodies. It is a useful skill for the natural regulation of Qi. This can also be through direct self-touch or massage, that is called An Mo.

Dao yin is often expressed as ‘exercise’ in the internal energy cultivation practice known as neigong. Dao Yin (sometimes appears as **daoyin**) is practiced in movement (like qigong) and in relative stillness (like sitting, standing or lying down gestures of meditation). Before the term ‘qigong’ came into modern parlance, a term for embodied physical, mental, energetic, and spiritual cultivation, was Dao Yin. The ‘Dao’ (導) of Dao Yin means to lead or direct. This is different than the ‘Dao’ (道) of the Dao De Jing, which indicates – The Way. The Yin (引) of Dao Yin refers to the stretching and opening the body, for the purpose of engendering health, strength and balance. This quality of endeavor is unique from the Yin (陰), of Yin-Yang, which implies an aspect of polarity (from Yang), for instance.

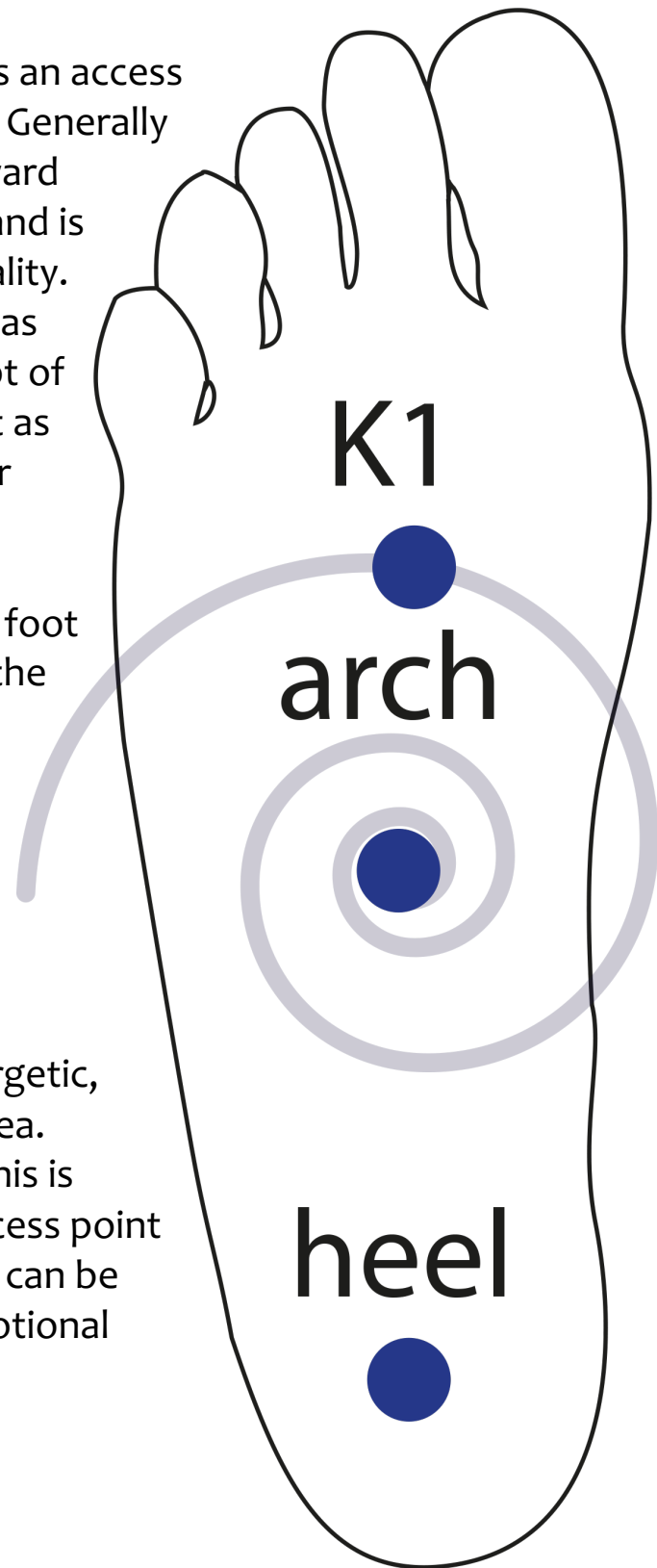
The purpose of daoyin is to create a unity of body and mind, with harmony and balance in energy and spirit. The terms of daoyin and qigong are often interchanged. **Dao Yin** is the more ancient term, while **Qigong** is the modern term. Dao Yin may have a more contextual use for a specific practice or set of practices. Qigong too may have particular origins and uses from any of the many forms of internal alchemy transformation and healing arts or Chinese internal martial arts.

Our modern use of these ancient arts contributes to health and well-being in body, heart/mind/energy and spirit through rejuvenation, regeneration, and centering. This is the skill of **integrative embodied mindfulness**.

Dao Yin Proverb: “Moving meditation is a 1000 times more effective ‘stronger’ than sitting meditation.” Yes, that was probably made up by Dao Yin practitioners long ago, but it speaks to the fact that embodied knowing is essential, and is more valuable than just cognitive knowing alone. Not dismissing cognitive work, but matching it with direct experience is a balanced perspective.

Energetic Anatomy of our FEET

- 1) **Ball of the Foot** (K1 = Bubbling Spring) This is an access point to Earth energy throughout the body. Generally – but not always – that encourages the upward movement of yang qi (Heart/Fire element) and is connected to a purifying and energizing quality. Traditional Chinese Medicine (TCM) sees K1 as an important point at the bottom of the foot of the Kidney meridian. Qigong sees this point as a vortex of energy absorption, or release for grounding.
- 2) **Center of the Arch** or the central area of the foot is connected to the energetic centerline or the taiji pole and lines up with the three centers of the body (head/heart/hara). This is not a 3D alignment along a purely vertical plum-line, but a whole body – full column vertical alignment.
- 3) **Heel Point** While this is not an acupuncture/acupressure point, it is an energetic, stabilizing and grounding access point or area. Some consider this to a grounding portal. This is usually considered a yin or water energy access point that is connected to the kidneys. This point can be used for physical, energetic and mental/emotional grounding.

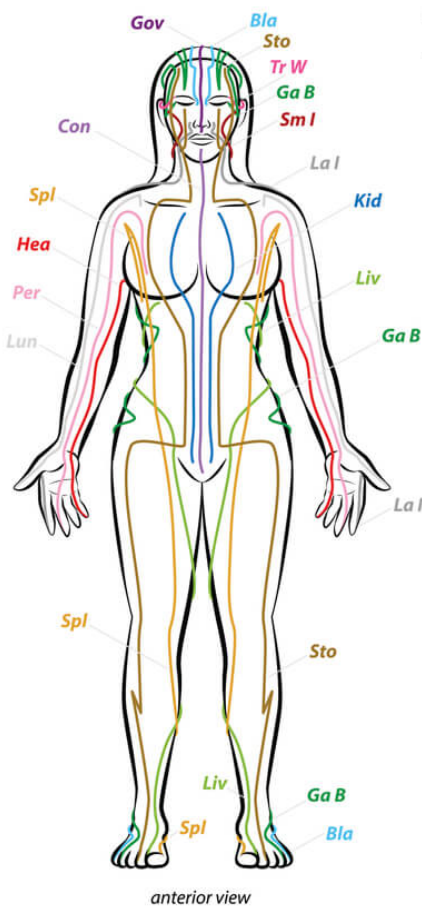


Opening the space of the knees:

The knees are not 'locked' nor are they 'bent'. Opening the space of the knees from the inside of the knee space allows an unimpeded flow of weight and energy to move through the legs **to** and **from** the earth.

It is important if you do bend your knees, not to extend knee pass the toes. This is a general guideline for moving and doing repetitive 'exercises', like taijiquan and qigong. The knees are weight transferring joints in the body, not load bearing joints. For longevity of practice and for the health of the knees, always be aware and practice correct alignments and don't allow the weight of the upper body to be focused into or accumulate in the knees.

The energetic anatomy of the legs includes 3 yin ascending energy channels and 3 yang energy descending channels. With correct alignment of the feet and knees, the legs act optimally to facilitate energy to and from the earth and into the lower dan tian (hara). Proper alignment is essential to longevity.



The Body Meridians

Two Centerline Meridians:

Conception Vessel
Governing Vessel

Twelve Principal Meridians:

Stomach Meridian
Spleen Meridian
Small Intestine Meridian
Heart Meridian
Bladder Meridian
Kidney Meridian
Pericardium Meridian
Triple Warmer Meridian
Gall Bladder Meridian
Liver Meridian
Lung Meridian
Large Intestine Meridian

