



Glossary Of Qigong Terms

This glossary serves as a comprehensive reference for terms and concepts used in Qigong, Tai Chi, and Taoism. It covers a wide range of topics including energy centers, meditation techniques, Traditional Chinese Medicine concepts, and fundamental principles of Taoist philosophy. This resource is invaluable for practitioners and students of these ancient energy arts and philosophies.

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Energy Centers & Channels

Dan Tian: This is literally described as the "Field of Elixir". It is an area in the body that is able to store and generate Qi. There are three such energy centers: one is a few fingers below the navel, one in the center of the heart zone, and one located in the center of the brain.

Meridians: Twelve (six matching pairs) channels or pathways located on each side of the body running through the torso and limbs. These twelve meridians supply energy or Qi to the organs of the body. These energy channels are sometimes referred to as rivers.

Extraordinary Vessels: Eight containment channels or reservoirs that provide energy flow to the twelve major meridians or Yin and Yang channels (organ-related rivers) of the body. Of the eight, the Ren Mai and Du Mai are considered the most important in Qi circulation.

Big Qi: Refers to building and holding powerful energy within the body, promoting healing, vitality, and rejuvenation. It's achieved by understanding and enhancing the body's energy ecosystem.

Bai Hui: An acupuncture point (Governing vessel 20) on the centerline on the top of the head. It is also known as the Crown Gate.

Bubbling Spring (or Well): The first acupuncture point of the kidney meridian on the center of the sole of the foot.

Chong Mai: Chong means center. This is the primary central channel that goes up the spinal pathway. It is also known as one of the eight extraordinary vessels in Traditional Chinese Medicine.

Dai Mai: Girdle vessel that goes around the body near the lower Dan Tian (a.k.a. Belt Channel). It is one of the eight extraordinary vessels.

Du Mai: The channel that takes energy (or Qi) up the centerline of the back of the body near the skin's surface, ending on the roof of the hard palate in the mouth. This is also called the Governing Vessel. It is considered Yang.

Hui Yin Point: An acupuncture point midway between the genitals and the anus. It is where the Conception Vessel ends and the Governing Vessel begins.

Energy Centers & Channels (cont)



Lao Gong: The area at the center of the palm, is highly significant as an energy center. Known as the "Gates of Labor", this point is where energy, or Qi, can be emitted from or absorbed into the body.

Ming Men: The Ming Men (a.k.a. Gate of Life) refers to an energy center located two inches below the navel along the inside of the spine in the lower torso. It acts as a gate to allow energy in or out and is known for its powerful healing and energizing properties.

Ren Mai: Known as the Conception Vessel, the major channel on the centerline of the front of the body. It is considered Yin.

Yin Tang: The acupuncture point commonly known as the "third eye," located on the forehead and linked to intuition. The Yin Tang gate is a powerful point for both physical and emotional healing, and it is frequently used in practices that aim to balance the mind, spirit, and body, making it a foundational point in many healing and spiritual traditions.

Yong Quan: Also known as Kidney 1 (K1) or the Bubbling Spring, it is an essential point located on the sole of the foot, near the base of the ball. This point is revered as one of the most grounding and stabilizing points in the body and serves as an energy gateway.

Fundamental Concepts & Practices

The Three Treasures: Jing (Essence), Qi (Vitality), and Shen (Spirit). These are core energies cultivated in Qigong for enhanced well-being and spiritual development.

Jing: One of the three treasures of the body. It is our pre-natal life force, which is believed to be in limited supply by some schools of Qigong.

Qi (Chi): The vital life force that connects spirit and matter, essential to all forms of life and energy work.

Shen: The spiritual element of a person's psyche or consciousness. It has been said that Shen is the connection between the human experience of Spirit and the Beyond.

Yin: Passive, dark, and feminine energy, representing stillness and receptivity.

Yang: Active, bright, and masculine energy, representing movement and expansion.

T'ai Chi: Known as "The Grand Ultimate", it is a series of martial art movements that arose from its parent discipline, Qigong, mainly practiced for health purposes.

Qigong: Pronounced "chee-gong", this practice is the ancient method of cultivating life-force energy through coordinated movement, breathwork, visualization and meditation to enhance health and vitality.

Dao Yin: The original term used before the more common term Qigong became popular.

Nei Gong: Internal cultivation practice focusing on guiding breath and energy flow to develop internal strength and enhance Qi circulation.

Microcosmic Orbit: This is a classic Taoist meditation method for circulating and refining Qi. The orbit is comprised of the energy channel that comes up the back (Governing Channel) and down the front (Conception Channel) of the body, forming a circuit between the top of the head and the spot between the perineum.



Philosophical & Spiritual Concepts

Dao (Tao): Or Tao, is what holds the cosmos together. Additionally, it is the "way of harmony" that the spiritual seeker discovers and lives.

Tao (Dao): The literal meaning is the "path" or the "way." The Tao is the Natural Way that all things fit together. Think of it as the Universal Law of how things act in relationship to one another.

Tao Te Ching: An ancient text attributed to Lao Tzu, offering insights on living harmoniously with the Tao. It defined the Tao, or The Way, and established the philosophical basis of Taoism.

Wu Wei: Effortless action, where one moves in alignment with the flow of nature, avoiding forceful effort.

Wuji: The formless void or empty stance used at the start of a Qigong or T'ai Chi session, representing the unmanifest state before the emergence of Yin and Yang.



Qigong Techniques & Related Practices

1

Standing Practices

Wuji Stance: The foundational standing posture in Qigong, emphasizing alignment and relaxation as the starting point for practice.

2

Meditation Techniques

Inner Smile: A gentle practice of creating a smile inwardly to promote relaxation and calmness throughout the body.

3

Energy Cultivation

Zhan Zhuang: A foundational Qigong practice of standing meditation, focusing on stillness to cultivate internal energy and strength.

4

Sound Healing

Sacred Sounds: Specific sounds used in Qigong practice to amplify energy and enhance specific breathing techniques for healing and clearing energy pathways.

5

Grounding Techniques

Rooting: A grounding technique in which the practitioner envisions their body connected deeply to the earth, creating a stable and balanced stance.

Bone Marrow Washing: An internal Qigong practice to increase Jing storage in the kidneys and bones. In Qigong, the bones are considered batteries.

Yoga: A holistic practice of physical, mental, and spiritual exercises aiming for union with the divine or universal consciousness. Originating from India.

Chinese Yoga: Qigong is sometimes called the Chinese equivalent of Yoga. It's a combination of movement, breathing, and mental concentration to improve and balance the body's vital energy, or "Qi".



Historical & Medical Context

Da Mo: The Indian monk, credited with teaching meditation, Qigong, and martial arts to the monks at the Shaolin Temple. He was better known as Bodhidharma.

Traditional Chinese Medicine (TCM): A comprehensive medical system using herbal remedies, acupuncture, and other techniques to balance the body's Qi.

Energy Medicine: A modern approach to Qigong, energy medicine is a healing practice that uses energy techniques to balance the body's energy fields, enhancing well-being and vitality.

