

COMMON REN XUE TERMS

Baihui	<i>/bye whey/</i>	point that sits at the crown of the head
Consciousness		Consciousness – all activities of the mind, including activities of which we are unaware as well as those of which we are aware
Dantian	<i>/dahn tien/</i>	a gathering and storing reservoir of Qi.
Dantian breathing		a breathing technique for gathering Qi in Dantian
Dao	<i>/dow/</i>	the fundamental law of the universe: the law of how everything develops positively and continually with ongoing, uplifting force
Di	<i>/dee/</i>	the earth; big land; static; stillness
Ding		remaining undisturbed
Duqi		the navel
Gongjing		true respect and humility
Huiyin	<i>/whey een/</i>	energy gate at the center of the body between the legs (perineum)
Jing		the physical body and all parts of it, including organs and cells; the human body is a concentrated form of Qi. It is constantly transforming to and from formless physical Qi.
Jingshen		non-physical/non-Qi aspects of life; heart (Xin), consciousness (Yi) and Shen. In a natural, healthy state, Jingshen is

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		relaxed, calm, natural, unified, integrated, and harmonious
Jue	[jueh]	Waking, seeing, understanding, knowing, insight, initiative
Jue Cha	[jueh tscha]	Self-awareness, self-observation
Jue Wu	[jueh wue]	Realization
Kaixin		Heart-opening
Liu He	[liao her]	symbolizes the universe; six directions (front, back, left, right, up, down)
Mingmen		energy gate on the back in line with Duqi
Qi	[cheel]	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	[ren shueh]	the teaching of human life; short for Yuan Tze REN XUE, the system founded by Yuan Tze
REN XUE High Five		health, happiness, wellbeing, growth, contribution (helping others)
Shen		the true self; the source of consciousness (Yi)
Shen-Yi		unification of Shen and consciousness
Tanzhong		energy gate in the center of the chest on the sternum

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The law of life		a generic term used in REN XUE to describe all the laws relating to a human life.
Tian		1) As in Dantian: area; field that nourishes life 2) As in Tian Yuan: the universe; heaven; sky
Tong		free flowing, without barriers
Xin	<i>/sheen/</i>	heart; specifically, the manifestations of the Shen and Qi of the heart, rather than the physical organ
5 Xin (Wu Xin)		five essential qualities of the heart: trust, openness, love, gratitude and Gongjing (true respect)
Xin Ling		heart consciousness
Xinmen		gate of the heart
Yi	<i>/ee/</i>	consciousness; the mind, thoughts and thinking
Yin and Yang	<i>leen, yaang/</i>	two opposite qualities, which are constantly interchanging and transforming into each other in order to reach a balance; There is always Yin within Yang, and Yang within Ying
Yintang	<i>leen taang/</i>	a Qi gate between the eyes
Yuan	<i>/yuen/</i>	Circle; round shape; complete; whole; perfect; smooth
Yuan Gong		Yuan Gong is a core component and subsystem of REN XUE. It is a comprehensive Qigong life cultivation system. The ultimate purpose of Yuan Gong life cultivation is to attain realization and wisdom.
Yuan Tong Ling Ming		The motto, goal and guiding principle of REN XUE. It refers to realization,

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enlightenment, true understanding and wisdom.

Yuan – complete; whole

Tong – free and smooth-flowing without barriers or obstructions

Ling – state of clarity

Ming – bright

Yuan Qi

the original/fundamental substance that constitutes everything in the universe; the type of Qi used in Yuan Gong

Yuzhen

energy point at the back of the head in line with Yintang

Zi Du Du Ren

*[dzer doo
doo ren]*

the mission of REN XUE: help yourself and help others; Zi= self; Du = ferry; REN = people