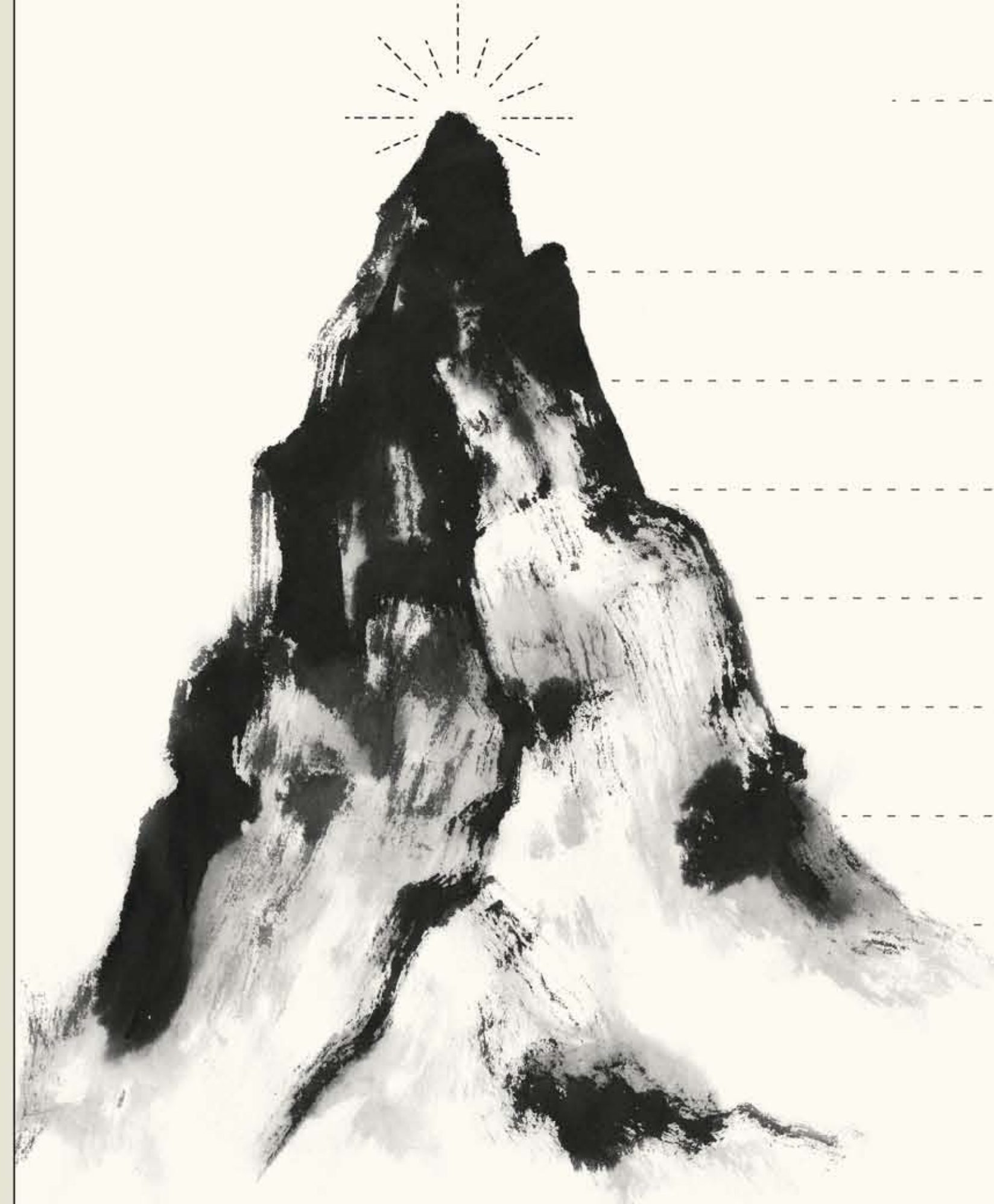


REN  XUE

YUAN GONG SYSTEM



Method 9: Ming Yuan - Use COMPLETE JUE in every moment to attain realization and wisdom

Method 8: Ling Yuan - Transform and uplift unhealthy patterns of the consciousness

Method 7: Tong Yuan - Cultivate and develop the essential qualities of the heart (Wu Xin)

Method 6: Shang Yuan - Open the central channel and develop the central line

Method 5: Zhong Yuan - Open four channels and connect six Qi Lun

Method 4: Xia Yuan - Strengthen Qi of the five Yin and six Yang organs

Method 3: Ren Yuan - Work on the body at a deep level; promote the flow of Qi in the channels

Method 2: Di Yuan - Strengthen Qi in the three Dantians; learn to keep the awareness inward

Method 1: Tian Yuan - Gather universal Qi into the body; improve the quality, quantity and flow of Qi

THIRD STAGE: XIN AND SHEN TRANSFORMATION

To transform and uplift Xin Ling, Human Nature and patterns of the consciousness in order to attain realization and wisdom

SECOND STAGE: INTERNAL TRANSFORMATION

To effect internal change on a deep level, enhancing the organs, channels, Central Channel, Qi Lun

FIRST STAGE: EXTERNAL TRANSFORMATION

To improve and strengthen the whole body through gathering, integrating and transforming Qi