

GLOSSARY

of REN XUE Terms



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TERM	DEFINITION
ADJUST THE BODY	The verses of "Adjust the Body" are used in Yuan Gong at the start of the practice. They guide the practitioner to adjust the posture, relax, and bring awareness to the body.
BAIHUI	Qi gate directly above the ears on the midline of the head. To find Baihui, fold the upper ear to create a tip and go up to the top of the head from here.
BUILDING A QIFIELD	<p>A Qifield is built using specific techniques to:</p> <ul style="list-style-type: none"> gather and strengthen Qi, unify the Qifield (Jing, Qi, and Jingshen), transmit information relating to the purpose of the Qifield, and maintain the Qifield. <p>Key ingredients for building a Qifield are Qi, information, and unification.</p>
CAUSE & EFFECT	Cause and effect are two sides of the same coin; they are not separable. Wherever there is a cause, there will be an effect, and vice versa.
CONSCIOUSNESS	"Yi" in Chinese. The activity of Shen manifesting through the functions of the brain. The patterns of consciousness underlie the activities of consciousness.
DANTIAN	A gathering, storing, and distribution center for Qi.

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DANTIAN BREATHING	A breathing technique that unifies the awareness, Qi, and breath inside Dantian. Used in Di Yuan and everyday life.
DAO	The fundamental law of the universe; the laws that govern how everything develops in the universe in an orderly way. Dao is highly integrated with everything in the universe and manifests itself in the change and development of everything. Everything is the embodiment of the intention of Dao: "Keeping everything moving forward with infinite compassion and unconditional love."
DAOISM	The philosophy or school of Dao.
DESTINY	In Ren Xue, a person's destiny is the law of change and development of their life.
DI	The earth. (2) Big land. (3) Static. (4) Stillness.
DI YUAN	The Second Method of Yuan Gong. Di Yuan is a "Three Forms in One" standing form. It is for internalizing, integrating, and transforming Qi in Lower, Middle, and Upper Dantian.
DING	Remaining undisturbed.
DIRECT TRANSMISSION	Also called heart to heart transmission or Xin transmission. A way of transmitting Qi and information directly from the heart (Xin) of the transmitter to the heart of the receiver.
DUQI	The navel.

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EXTERNAL TRANSFORMATION STAGE	The first of the three stages of the Yuan Gong system. This stage aims to improve and strengthen the whole body through gathering, integrating, and transforming Qi. It includes the First Method—Tian Yuan, the Second Method—Di Yuan, and the Third Method—Ren Yuan.
FALSE SELF/ FALSE MASTER	<p>The false identity of "self" formed by unhealthy patterns of the consciousness (Yi). False Self/False Master</p> <p>For most people, patterns control the consciousness, so they become the master of life and Shen, the true master of life, cannot manifest its abilities.</p>
FIVE GUIDING PRINCIPLES	<p>The five guiding principles of Ren Xue are:</p> <ol style="list-style-type: none"> 1. One Mission: Zi Du Du Ren 2. Two Aspects of Cultivation: Xing and Ming 3. Three Guidelines: <ul style="list-style-type: none"> Internal—be calm, relaxed, and natural External—teach with authentic understanding, touch people with virtue, earn trust with true ability 4. Four Pillars: theories, methods, true abilities, virtues 5. Five Xin: the essential heart (Xin) qualities—trust, openness, love, gratitude, and gongjing.
FIVE XIN (WU XIN)	Five essential qualities of the heart (Xin): trust, openness, love, gratitude, and gongjing.

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GONGJING	True respect and humility.
HUIYIN	A Qi gate between the upper thighs (i.e., in the perineum).
HUMAN NATURE	Human Nature refers to the needs and abilities of the human species. These are categorized in five groups with various attributes: <ol style="list-style-type: none"> 1. Natural instinct and survival instinct 2. Social nature and needs beyond instinct 3. Retainment and extension/continuation 4. Malleability and aspiration for the better 5. Jingshen and wisdom
HUMAN QI	The intermediary between Jing and Jingshen.
HUMAN QIFIELD	Each individual person's Qifield carries all the information of that person and manifests their overall state of life, including the state of health and Jingshen.
INFORMATION	Information is the main reason for the change of Qi. Activities of Jingshen produce information.
INTERNAL TRANSFORMATION STAGE	The second of the three stages of the Yuan Gong system aims to effect internal change on a deep level, enhancing organs, channels, the Central Channel, and Qi Lun. It includes the Fourth Method—Xia Yuan, the Fifth Method—Zhong Yuan and the Sixth Method—Shang Yuan.

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JING (XING)	(1) The physical body and all its parts, including organs and cells. (2) A concentrated form of Qi which is constantly transforming from non-physical Qi to physical Qi and vice versa.
JINGSHEN	<p>Lit: "spirit" or the "spiritual aspect of life". In Ren Xue it specifically refers to the totality of the heart (Xin), consciousness (Yi), and Shen.</p> <p>It is the master of life, directing all the activity of a person's life. In a healthy state, Jingshen is relaxed, calm, natural, unified, integrated, and harmonious.</p> <p>After death, Jingshen enters a transformational stage before becoming part of a new life again.</p>
JINGSHEN ACTIVITY	<p>The activity of Jingshen during practice of Yuan Gong methods.</p> <p>Jingshen activity is the use of the consciousness (Yi), heart (Xin), and Shen (True Self), including awareness, focusing, imagining, visualizing, etc.</p>
JUE	Waking, seeing, understanding, knowing, insight, initiative.
JUE CHA	The awareness of Shen to observe within, in every moment, to attain realization and wisdom.
JUE WU	Realization.
JUE XING	Awakening.
JUE ZHI	True understanding or knowledge.

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KAIXIN	Heart-opening.
KAIXIN VERSE	The Kai (open) Xin (heart) verse is used to open the door of the heart, Xinmen. While specifically used in the preparation of the Sixth, Seventh and Eighth Methods of Yuan Gong, it can also be used before any Yuan Gong method to deepen the practice and as an everyday technique to apply the heart (Xin) qualities of trust, openness, love, gratitude and gongjing (true respect).
LAWS OF LIFE	A generic term used in Ren Xue to describe all the laws relating to an individual human life.
LING YUAN	The Eighth Method of Yuan Gong offers tools to understand, transform, and uplift unhealthy patterns of the consciousness and behavior.
LIU HE	Lit: six directions (front, back, left, right, up, down). Symbolizes the universe, all space, all directions.
MICROCOSMIC CIRCUIT	The microcosmic circuit flows up the back along Du Mai (the Governing vessel) and down the front along Ren Mai (the Conception vessel).
MIND	The term "mind" is no longer used in Ren Xue. It has been replaced by the terms Jingshen and Yi. See also <i>Jingshen; Jingshen activity</i> .
MING	The physical body and Qi. Cultivating Ming is one of the two aspects of life cultivation in Yuan Gong. Cultivating Xing is the other. See also <i>Xing</i> .
MING YUAN	The Ninth Method of Yuan Gong. It unifies the previous methods and further deepens and expands the development of Jingshen.

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	In Ming Yuan, Jue Cha (the awareness of Shen to observe within), is applied in every moment to attain realization and wisdom.
MINGMEN	Qi gate on the lower back, in line with Duqi.
MOVING QIGONG	Practices or methods that involve movements. Also referred to as “Dong Gong”. The First, Third, and Fourth Methods of Yuan Gong belong to Dong Gong. The Second Method (Di Yuan) is a method between moving Qigong and still Qigong.
THE MISSION OF REN XUE	The first of the Ren Xue Guiding Principles: Zi Du Du Ren—uplift yourself and help others.
PATTERNS	<p>The patterns of the consciousness are fixed ways of working with information. Once formed, patterns determine the way we think, relate to things and make judgments. Many factors participate in the formation of patterns, including basic and natural human needs, cultural and social environment, family and education.</p> <p>In Ren Xue, the unhealthy patterns of the consciousness are seen as one of the main sources of human problems. Therefore, transforming unhealthy patterns is one of the core areas to work on in Ren Xue life cultivation.</p>
QI	Life force, energy. The most basic building block of everything in the universe. It consists of information, energy, and material. It is information that determines how the energy and material transform.

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QI GATES	<p>The main points through which Qi flows e.g., Baihui and Mingmen. They are centers of Qi-based communication and exchange between internal (human) and external (environmental/universal). They play an important role in the regulation of Qi in the body.</p>
QIFIELD	<p>The Qifield is a field made of Qi. Wherever there is Qi, there is a Qifield. Every entity (life form or object) has a Qifield around it created by the Qi radiating from it. The Qifield carries all the information of the entity.</p> <p>The Qifields of different life forms or objects can interact with, connect with, integrate with, transform into and/or influence one another.</p> <p>A Qifield can be built by gathering and strengthening Qi and transmitting information related to the intended purpose of the Qifield.</p>
QIGONG	<p>A self-training method that uses Tiao Shen (adjust Shen), Tiao Xing (adjust the body), and Tiao Xi (adjust breathing), and Qi as a form of self-training to improve the health of the body and the consciousness (Yi).</p>
REN XUE	<p>Teachings of human life drawn from traditional Chinese wisdom culture. Yuan Gong and Yuan Ming are the two systems through which Ren Xue is applied. The mission of the teachings is Zi Du Du Ren—to help yourself and help others. Zi—self, Du—ferry, Ren—people.</p>
REN XUE HIGH FIVE	<p>Health, happiness, wellbeing, growth, and contribution (helping others).</p>

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REN YUAN	The purpose of the Third Method of Yuan Gong is to work on the body at a deep level to promote the flow of Qi in the channels. Ren Yuan uses Xin Fa to activate physical movement. It involves Shen, Yi, Qi, and the body to create unification.
SHANG YUAN	Shang Yuan, the Sixth Method of Yuan Gong, consolidates and deepens what has been achieved through the practice of the Fifth Method. It is designed to further open the Central Channel and develop the Central Line.
SHEN	<p>Also referred to as the "True Self". Shen can be viewed from different perspectives:</p> <p>(1) Shen is a non-physical aspect of life that exists in every human being. It carries core information about the law of life of each individual and how that life will unfold. (2) Shen is a highly evolved and special form of Qi—it is based in the center of the brain and connects to the whole body and beyond. Shen also connects with the heart (Xin) and the consciousness (Yi), forming the unity of Jingshen. (3) Shen is the source of the consciousness (Yi). (4) Shen carries all the life enhancing and uplifting attributes and qualities, and infinite potential for realization and wisdom. (5) The wisdom of Shen and the great wisdom of the universe are connected and unified.</p>
SHEN-YI TI	<p>Simply put, Shen-Yi Ti is a platform connecting Shen and the consciousness. It is a highly unified platform consisting of various components including Shen, the brain and the brain cells, human nature, and the heart. It develops a unity</p>

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	with its physical form, Qi, and all information, including that of the universe, the human species, and the total information of an individual's life.
STILL QIGONG	<p>Also referred to as "Jing Gong". Qigong practices done in a sitting posture and without physical movement.</p> <p>In Ren Xue the Fifth to Eighth Methods are all Still Qigong methods. The practice is mainly done by the internal activity of Shen, consciousness and heart (Xin). Di Yuan, the Second Method is a hybrid of Still and Moving Qigong.</p>
SUBCONCIOUS	<p>Subconscious in Ren Xue is the activity of the consciousness (Yi) that we are not aware of.</p> <p>This includes the activity during sleep, or the activity of the patterns of the consciousness. When the patterns run the consciousness, its activities run on autopilot and we are usually not aware of them.</p>
TANZHONG	A Qi gate in the center of the sternum, level with the fourth intercostal space.
THE SIX VERSES	The Six Verses are used in all Yuan Gong methods to build the Qifield prior to Yuan Gong practice. This is done by using the consciousness (Yi) and heart (Xin) in a positive and uplifting way.
THE THEORY OF JINGSHEN	<p>The Theory of Jingshen is the second of the three foundational theories of Ren Xue.</p> <p>Taught in Level Two Teacher Training, the theory discusses Jingshen from the perspective of:</p>

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	<ol style="list-style-type: none"> 1. The meaning of Shen, consciousness, heart, Jingshen, and human nature; the history of the development of Shen and the consciousness; the fundamental laws of Shen and the consciousness 2. The health of the consciousness, emotions, personality, reference system, and especially the patterns of the consciousness 3. The effect of Jingshen internally (on the body, Qi, and Jingshen itself) and externally (on people, society, and nature).
THE THEORY OF TOTALITY	<p>The Theory of Totality is the third of the three foundational theories of Ren Xue. Taught in Level Three Teacher Training, the Ren Xue Theory of Totality intends to reveal the truth that totality is the fundamental nature of reality. It looks at totality from the perspective of the universe, the earth, and human life. Understanding totality is key to a true understanding of ourselves and the universe.</p>
THE THEORY OF QI	<p>The Theory of Qi is the first of the three foundational theories of Ren Xue. Taught in Level One of the Teacher Training, it explains the fundamental laws of Qi.</p>
THREE UNIFICATIONS	<p>Three ways to maintain a unified state of life:</p> <ol style="list-style-type: none"> 1. Yi with Jing (consciousness with the physical body) 2. Yi with Qi 3. Yi with a good state

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THREE WAYS OF TRANSMISSION	Physical, verbal and direct heart (Xin) to heart (Xin) transmission.
TIAN	(1) As in Dantian: area, field that nourishes life. (2) As in Tian Yuan: the universe, heaven, sky.
TIAN YUAN	The First Method of Yuan Gong. Tian Yuan uses the consciousness (Yi) and physical movements to expand the internal Qi outwards and draw external Qi inwards. This gathers Qi effectively and efficiently, which improves the flow of Qi and blood and the functions of the body. It also facilitates the exchange of Qi and information between a person and the universe.
TONG	Free flowing, without barriers.
TONG YUAN	The Seventh Method of Yuan Gong. Also called “Wu Xin Gong”. Tong Yuan works on cultivating, developing and strengthening the five Xin (heart) qualities of trust, love, openness, gratitude, and gongjing (respect/humility).
TOTALITY	In Ren Xue, totality is the truth, the manifestation of the very nature of everything in the universe, including human life. Everything is a totality—from a speck of dust to a human life, to the universe itself.
TRANSFORMATION	<p>Everything is constantly in the process of transformation from non-physical Qi to physical Qi (matter) and vice versa.</p> <p>Within life cultivation the term transformation stands for change from within. It is not the superficial change visible on the outside, but the integral restructuring from the core of your being.</p>

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TRUE SELF/TRUE MASTER	Another term for Shen. See also <i>Shen</i> and <i>False Self/False Master</i> .
UNIFICATION	Unification is used in Ren Xue to describe two or more entities becoming one. This can be Jing (the body) and Qi, or a person with the universe. There are multiple ways to unify one thing with another. It can be done with the activity of Shen, heart (Xin) or consciousness (Yi), or a combination of any of them.
UNIVERSAL CONSCIOUSNESS	Also referred to as Cosmic consciousness, Dao. See also <i>Dao</i> .
VOID OF THE UNIVERSE	The vast space that surrounds all matter throughout the universe. Where the purest and most refined Qi (Yuan Qi) exists.
XIA YUAN	The Fourth Method of Yuan Gong. It strengthens, connects, and regulates the pure original Qi of all the organs in the body to improve both organ and overall health.
XIN	The heart in Ren Xue does not refer to the heart organ; rather, it is an aspect of Jingshen that is based in the heart organ and the center of the chest with the ability to connect outwardly from there without limits. It is closely connected with Shen and the consciousness and has the unique function of manifesting and experiencing the state of Jingshen.
XIN FA	An internal Jingshen method. Used in Ren Yuan, the Third Method. The Kaixin Verse is also a Xin Fa.
XIN LING	Heart consciousness.

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XING	(1) Jingshen—the consciousness, Xin, and Shen. One of the two aspects of life cultivation in Ren Xue. See also <i>Ming</i> . (2) The physical body and all parts of it including the organs and cells. Used interchangeably with Jing in this context. See also <i>Jing</i> . (3) The physical body and movement. (E.g., Ren Yuan is a Xing-Shen unification method). (4) Material or mass.
XINMEN	The gate of Xin, the non-physical heart. The opening of Xinmen can facilitate the exchange and communication between Xin and Shen, as well as the communication and exchange between the heart of individuals, nature, and the universe.
XIN-SHEN TRANSFORMATION STAGE	The third of the three stages of the Yuan Gong system, which aims to transform and uplift Jingshen in order to attain realization and wisdom. This stage includes the Seventh Method—Tong Yuan, the Eighth Method—Ling Yuan, and the Ninth Method—Ming Yuan.
YI	Activities of the consciousness, e.g., thoughts, thinking.
YIN AND YANG	Two opposite qualities, (e.g., hot and cold, light and dark), which are constantly transforming into one another in order to reach a balance; There is always Yin within Yang, and Yang within Yin.
YINTANG	A Qi gate between the eyebrows.
YUAN	(1) Circle, round shape, rounded. (2) Complete, whole, perfect. (3) Smooth, smooth flowing/ running. (4) Dantian.

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YUAN GONG	Yuan Gong is a form of Qigong specific to Ren Xue. It is a core component and application system of Ren Xue. It is a comprehensive life cultivation system which includes a theoretical foundation (the three theories), methods and applications. The ultimate purpose of Yuan Gong life cultivation is to achieve realization and wisdom.
YUAN MING	Yuan Ming is an application system of Ren Xue. It is a safe and effective approach to effect change at a fundamental level and activate the natural self-healing ability of the body.
YUAN QI	Original Qi, the original/fundamental substance that constitutes everything in the universe, including life. Also known as Hunyuan Qi.
YUAN TONG LING MING	<p>The motto, goal and guiding principle of Ren Xue.</p> <ol style="list-style-type: none"> 1. Yuan (圓)—Nothing is missing, the highest level of goodness. 2. Tong (通)—Full connection and free flow without barriers. 3. Ling (靈)—Restoration and manifestation of all the abilities of Jingshen. 4. Ming (明) Manifestation of boundless and infinite realization and wisdom. <p>Yuan Tong Ling Ming can be summed up as: The level of life where potential can fully manifest. Every aspect of life flows freely and naturally without barriers. All the abilities of Jingshen reach their full capacity, and the True Self (Shen) manifests its boundless and infinite realization and wisdom. Life is on the broad, bright path of continuous improvement and growth.</p>

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YUZHEN	A Qi gate on the back of the head between the two Blg points on the Bladder Channel, 1.3 cun either side of the centerline, at the level of the depression just above the base of the skull/occiput.
ZI DU DU REN	The mission of Ren Xue—Zi Du Du Ren, help yourself and help others. Zi—self, Du—ferry, Ren—people.
ZHI HUI	Wisdom
ZHONG YUAN	The Fifth Method of Yuan Gong. Designed to open Ren Mai, Du Mai, the Left and Right Channels, and to begin to open the six Qi Lun and the Central Channel.