There are many 'sources' of energy referred to and used in the different schools of energy movement. Today I would like to talk about the energy source we use, how we move it through the body, the benefits and direct applications....

**THE SOURCE**
The source for the energy work we do has been called heaven, divine or source energy. While this source of energy outside our bodies is within and all around the human body, we use a visualized sphere or globe of light above the head, and pull down the source energy, into the top of the head and through the body.

**SAN JIAO**
This drawing of source energy through the body is called, 'San Jiao.' San Jiao means 'the three Dan Tien' or 'triple burners' and refers to the three main energy centers in the human body. Traditional Chinese Medicine (TCM) refers to the three Dan Tien as centers within the body where energy is stored and refined.

The Dan Tien are different from the chakras, which are 'energy vortices' or vortexes where energy come into and out of the body. While separate from the Dan Tien, the chakra cooperate with them.

As we flow source energy through the body with the San Jiao exercise, we focus on passing the energy through the three Dan Tien. This clears, stimulates and strengthens the connection between the Dan Tien.

**THE THREE DAN TIEN**
The **Upper Dan Tien** - Upper Jiao (上 焦)
Located in the center of the forehead, this energy center is used in later meditations to make everything clear and remove all clouds. It has been also referred to as the third eye burner. Thought to be directly connected with the pituitary and pineal glands.

The **Middle Dan Tien** - Middle Jiao (中 焦)

Located in the heart center, focusing on the middle burner brings us directly into the mediation. Thought to be connected with the pericardium, or heart protector.

The **Lower Dan Tien** - Lower Jiao (下焦)

Located two finger width below and two finger width in from the navel, the lower burner is the main energy storage of the body. When you are finished with a high energy Chi Kung set or intense meditation, pull and direct all the energy into the lower Dan Tien. Store the energy there, because that is what it is designed for. From the lower Dan Tien, the source energy passes through both legs and into the earth.

**SAN JIAO CONTINUED**

Having passed through the body, the source energy collects and forms a 'pool' beneath our feet. It does not matter if we are standing directly on the earth or in a 5th floor apartment, the energy collects beneath our feet after pulling it through the body. We focus on passing the energy through the three Dan Tien as it goes through the body. This 'pulling down of source energy' can be done from 9 times to as long as you like.

Once the pool of energy has formed beneath your feet, we pull it back up into the lower Dan Tien three times. Continue with drawing up into the middle Dan Tien three times, then up into the upper Dan Tien three times. Each time we pull energy from the pool beneath our feet to the upper burner, we circulate it out the crown chakra and guide it back down the energy field of the human body.

**TORODIAL FIELDS**

A torodial field is also referred to as a 'torus' and when viewed from above looks like a dounut. It is the shape of the magnetic field of the earth and is the measureable field emitted by every living thing. The three Dan Tien form a smaller torodial field and passing energy through them via the San Jiao exercise strengthens their fields and connects them. As the San Jiao pulls energy from the pool, up through the body and out the crown chakra, we guide the energy down the outside the the bodie's energetic torodial field. The energy goes back down to the feet and is then drawn back up through the legs into the body.
SAN JIAO CONTINUED
After we have pulled energy up through the body three times to the lower Dan Tien, middle Dan Tien, the upper Dan Tien and out the crown chakra, we end by pulling energy up into the lower Dan Tien one more time and sealing it in there.

KUJI-IN, MIKKYO
Clear, energize and connect the chakras and meridians with the mudras and mantras of Mikkyo.

SCANNING
When we have cleared, activated and connected the three Dan Tiens, we draw energy up from the pool to the middle Dan Tien and direct it out the arm of the dominante hand. If you are right handed, use the right arm. Guide the energy from the heart center to the center of the hand. Visualize the energy as a ball of light that is larger than the upper arm as it travels to the hand. Once at the hand, we use the opposite hand in a sword hand mudra to direct energy into the inner elbow. We then focus on extending the connection of the three main Dan Tiens to the smaller torodial field in the palm of the outstretched hand. Once our conscious awareness is in the hand center, we scan the person, or room and use our hand like an ear, or sensing device, to pick up on any energy that does not belong there.
More detailed techniques for skill development will be given in class.

Connect the 3 Dan Tiens to the palm