

COMMON REN XUE TERMS

TERM	PHONETIC	DEFINITION
Baihui	[bye whey]	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	[dahn tien]	a gathering and storing reservoir of Qi.
Dantian breathing	[dahn tien]	a breathing technique for gathering Qi in Dantian
Dao	[dow]	the fundamental law of the universe: the law of how everything develops positively and continually with ongoing, uplifting force
Di	[dee]	the earth; big land; static; stillness
Ding	[ding]	remaining undisturbed
Duqi	[doo chee]	the navel
Gongjing	[gong jing]	true respect and humility
Huiyin	[whey een]	energy gate at the center of the body between the legs (perineum)
Jing	[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	[jing shern]	non-physical/non-Qi aspects of life; heart (Xin), consciousness (Yi) and Shen. In a natural, healthy state, Jingshen is relaxed, calm,

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		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	[kai sheen]	Heart-opening
Liu He	[liao her]	symbolizes the universe; six directions (front, back, left, right, up, down)
Mingmen	[ming men]	energy gate on the back in line with Duqi
Patterns		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.
Qi	[chee]	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	[chee gong]	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.

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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	[ren shueh]	health, happiness, wellbeing, growth, contribution (helping others)
Shen	[shern]	the true self; the source of consciousness (Yi)
Shen-Yi	[shern ee]	unification of Shen and consciousness
Tanzhong	[taan jong]	energy gate in the center of the chest on the sternum
The law of life		a generic term used in REN XUE to describe all the laws relating to a human life.
Tian	[tien]	1) As in Dantian: area; field that nourishes life 2) As in Tian Yuan: the universe; heaven; sky
Tong	[tong]	free flowing, without barriers
Xin	[sheen]	heart; specifically, the manifestations of the Shen and Qi of the heart, rather than the physical organ
5 Xin (Wu Xin)	[woo sheen]	five essential qualities of the heart: trust, openness, love, gratitude and Gongjing (true respect)
Xin Ling	[sheen ling]	heart consciousness
Xing	[jing]	see "Jing"
Xinmen	[sheen men]	gate of the heart
Yi	[ee]	consciousness; the mind, thoughts and thinking

C O M M O N R E N X U E T E R M S

Yin and Yang	[leen yaang]	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	[leen taang]	a Qi gate between the eyes
Yuan	[yuen]	Circle; round shape; complete; whole; perfect; smooth
Yuan Gong	[yuen 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 Ming	[yuen ming]	Yuan Ming is a subsystem of REN XUE. Also known as "Totality Healing", it is a modality for healing and uplifting life.
Yuan Tong Ling Ming	[yuen tong ling ming]	The motto, goal and guiding principle of REN XUE. It refers to realization, 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	[yuen chee]	the original/fundamental substance that constitutes everything in the universe; the type of Qi used in Yuan Gong
Yuzhen	[yü jern]	energy point at the back of the head in line with Yintang

C O M M O N R E N X U E T E R M S

Zi Du Du Ren	[dzer doo doo ren]	the mission of REN XUE: help yourself and help others; Zi= self; Du = ferry; REN = people
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