



## **Three Dantien Meditation**

**Stand in Wu Chi letting the tip of the tongue rest on the roof of the mouth behind the upper teeth, gently tucking the pelvis to open up the lower back, knees slightly bent, imagine being held up by a silk thread at the crown of the head. Let your breathing be relaxed. Imagine an inner smile. As you feel yourself relaxing into Wu Chi begin the Three Dantien Meditation practice.**

### **Lower Dantien ~ “May I be peaceful”**

**Lower dantien (located about 3 finger-widths below your belly button and a couple of inches in)- the focus is on “Peace”. Center your energy on your lower dantien and as you breathe in repeat the phrase “May I be”, as you breathe out repeat the phrase “Peaceful”. Repeat this phrase several times.**

### **Middle Dantien ~ “May I be calm”**

**Middle dantien (located at mid-sternum/breastbone in front of the heart)-the focus is on “Calm”. Center your energy on your middle dantien and as you breathe in repeat the phrase “May I be”, as you breathe out repeat the phrase “Calm”. Repeat this phrase several times.**

### **Upper Dantien ~ “May I be clear”**

**Upper dantien (located at the middle of the forehead)-the focus is on clarity. Center your energy on your upper dantien and as you breathe in repeat the phrase “May I be”, as you breathe out repeat the phrase “Clear”. Repeat this phrase several times.**

**Return your focus to your Middle Dantien and then to your Lower Dantien repeating the same instructions for them.**

**Close by inhaling and circling the arms up to the crown of the head, as you exhale imagine bringing energy down through your three dantiens.**

**Return to Wu Chi.**

**Eventually, the phrases can be repeated as many times as you would like.**

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