

## COMMON REN XUE TERMS

TERM	PHONETIC	DEFINITION
<b>Baihui</b>	[bye whey]	point that sits at the crown of the head
<b>Consciousness</b>		Consciousness – all activities of the mind, including activities of which we are unaware as well as those of which we are aware
<b>Dantian</b>	[dahn tien]	a gathering and storing reservoir of Qi.
<b>Dantian breathing</b>	[dahn tien]	a breathing technique for gathering Qi in Dantian
<b>Dao</b>	[dow]	the fundamental law of the universe: the law of how everything develops positively and continually with ongoing, uplifting force
<b>Di</b>	[dee]	the earth; big land; static; stillness
<b>Ding</b>	[ding]	remaining undisturbed
<b>Duqi</b>	[doo chee]	the navel
<b>Gongjing</b>	[gong jing]	true respect and humility
<b>Huiyin</b>	[whey een]	energy gate at the center of the body between the legs (perineum)
<b>Jing</b>	[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.
<b>Jingshen</b>	[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
<b>Jue</b>	[jueh]	Waking, seeing, understanding, knowing, insight, initiative
<b>Jue Cha</b>	[jueh tschal]	Self-awareness, self-observation
<b>Jue Wu</b>	[jueh wue]	Realization
<b>Jue Xing</b>	[jueh shiing]	Awakening
<b>Jue Zhi</b>	[jueh schee]	True understanding or knowledge
<b>Kaixin</b>	[kai sheen]	Heart-opening
<b>Liu He</b>	[liao her]	symbolizes the universe; six directions (front, back, left, right, up, down)
<b>Mingmen</b>	[ming men]	energy gate on the back in line with Duqi
<b>Patterns</b>		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.
<b>Qi</b>	[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
<b>Qigong</b>	[chee gong]	A self-training method that uses the consciousness, breathing (Qi), and the body (postures and

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

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<b>Xue wen</b>	[Shue wen]	Learning and asking questions
<b>Yi</b>	[ee]	consciousness; the mind, thoughts and thinking
<b>Yin and Yang</b>	[een 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
<b>Yintang</b>	[een taang]	a Qi gate between the eyes
<b>Yuan</b>	[yuen]	Circle; round shape; complete; whole; perfect; smooth
<b>Yuan Gong</b>	[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.
<b>Yuan Ming</b>	[yuen ming]	Yuan Ming is a subsystem of REN XUE. Also known as "Totality Healing", it is a modality for healing and uplifting life.
<b>Yuan Qi</b>	[yuen chee]	the original/fundamental substance that constitutes everything in the universe; the type of Qi used in Yuan Gong and Yuan Ming
<b>Yuan Tong Ling Ming</b>	[yuen tong ling ming]	The motto, goal and guiding principle of REN XUE. It refers to realization, enlightenment, true understanding and wisdom.  <b>Yuan</b> complete; whole  <b>Tong</b> free and smooth-flowing without barriers or obstructions

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

		<p><b>Ling</b> state of clarity</p> <p><b>Ming</b> bright</p>
<b>Yuzhen</b>	[yü jern]	Yuzhen is actually two 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.
<b>Zi Du Du Ren</b>	[dzer doo doo ren]	the mission of REN XUE: help yourself and help others; Zi= self; Du = ferry; REN = people