3 TREASURES

(Structure of the Nine Phases)

Spirit

Heaven
Yang

Phases/Movement

9. Dissolve in Qi
8. Transform Qi
7. Store Qi

Life

HeartMind
Yin/Yang

Phases/Movements

6. Conserve Qi
5. Direct Qi
4. Purify Qi

Earth

Body
Yin

Phases/Movements

3. Circulate Qi
2. Gather Qi
1. Discover Qi

"It is important to understand that we cannot improve Spirit - Spirit is already perfect. We can only reveal it... In the Heaven or Spirit level of Qigong you reveal what is already within you buried among your own raw ingredients."

"The Earth level activates the body potential that is already present, but that may have become deficient or blocked. The HeartMind level reveals the true nature by clearing the consciousness and nervous system of conditioned thinking and emotional disharmony. In the Spirit level there is nothing left to do but radiate your universal and eternal essence." *(R. Jahnke, The Healing Promise of Qi, pg 161).*

From. Pauline Reid
www.Peaceabledragon.org