

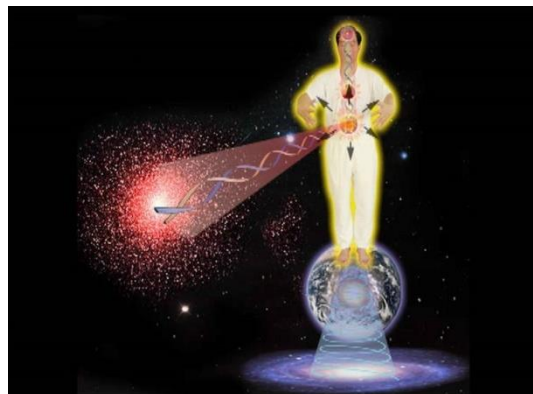


Written Descriptions for: Section 9, Lesson 3

## Variation: Three Fires and Six Directions Practice

### (i) Activating the *Tan Tien* Fire

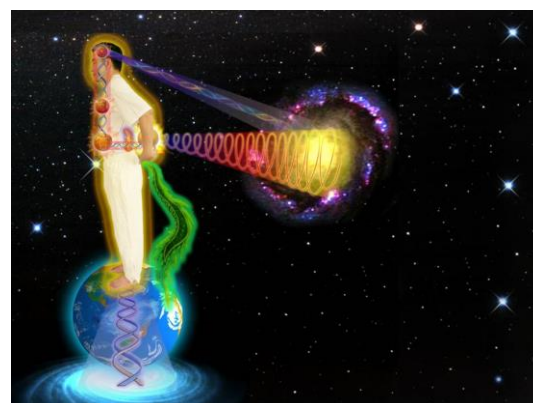
- Start in the Simple Stance.
- Expand your awareness to the vast universe in front of you.
- Visualise the distant vastness as a fireball.
- Close your eyes to help your inner sensing.
- Scoop up that fireball and bring it into your *tan tien*, activating the energy in the *tan tien*.
- Use the fireball to light the fire in your *tan tien*. Feel that energy at your *tan tien*.



*Activate the tan tien fire*

### (ii) Activating the Kidney Fire

- Extend your awareness very far away behind you.
- Move your arms towards that vastness, scoop up a fireball (representing deep reserves of energy, strength, and longevity) from that vastness and with your hands, bring it into the point along your spine directly between the kidneys and opposite the navel (this is at L2).
- This point is called the “Door of Life” and is believed by the Taoists to be the centre of kidney energy.
- Light that point on fire, representing the kidney fire.



*Activate kidney fire*

### (iii) Activating the Heart Fire

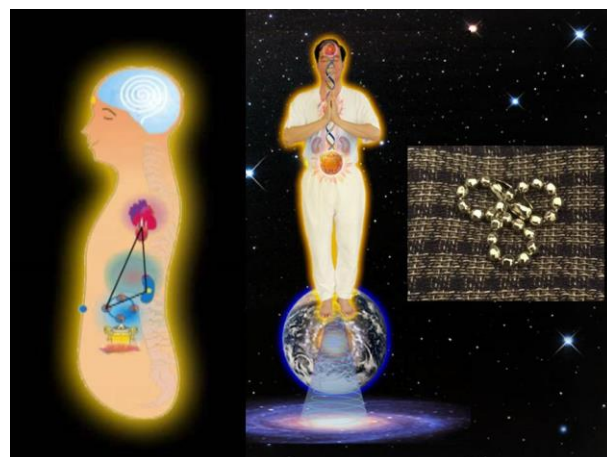
- Raise your hands to the universe above,
- Taking from that vastness a fire in each hand. Bring the hands to underneath the armpits, holding the two fireballs there. Touch the heart by extending the fingers energetically, moving the fire from both hands into the heart, activating the heart fire.



*Figures 31 & 32: Activating the heart fire*

(iv) *Merging the Three Fires into One (Sacred Fire)*

- Place your hands together at the front of the heart, forming a prayer “mudra” (palms touching).
- Connect the heart fire to the kidney fire, the kidney fire to the *tan tien* fire and the *tan tien* fire to the heart fire. Visualize the three fires merging together, spinning into a single, powerful sphere of energy.
- See the picture to the right to get a visualisation of how 3 distinct spheres can make a single shape.
- Feel the large sphere that arises from the spinning of each of the connected 3 spheres of fire.



*Figure 33: Three fires become One Fire*

(v) *Connecting the Unified Fire with the Six Directions*

With this sphere fire as the centre, begin to follow the same instructions as in Lesson 2:

- Root deeply into the Earth by focusing your awareness downward.
- inhale energy from the centre of the earth, up through the body to the universe beyond up above the head, feel the mixture of energies there,
- Exhale the mixture down into the fire in the body – feel the new energy make a flare of that fire and send that fire out to the universe in front of you. Inhale from the universe in front of you, bringing that energy into the fire and exhale to settle the new energy into the fire.
- Repeat this process for all six directions



- With each cycle, inhale energy into the Sacred Fire, allowing it to expand, and exhale energy outward, strengthening your connection with the universe.

(vi) Completing the Practice

- After all that energy has been collected, expand and contract the Sacred Fire, using your hands.
- Feel how the unified energy now vibrates at a higher frequency, creating a powerful, stable force within you.
- To seal the practice, inhale, and then as you exhale, condense the Unified Fire into the *tan tien*.
- spiral the energy in the lower *tan tien* using the collection technique (spiralling outward then inward).
- Rest in stillness for a few breaths, absorbing the effects of the practice.