

**46. ILLUSTRATED EXPLANATIONS OF THE SILK-REELING METHOD APPLIED IN THE HUMAN BODY (FRONT VIEW)**



**FIG. 0.46.1** DIAGRAM OF THE SILK-REELING METHOD APPLIED IN THE HUMAN BODY (FRONT VIEW)

*Inscriptions:*

- ① The primal source is in the mind/heart;
- ② The HUI-YIN acupoint, from which the front channel REN-MAI originates, is placed below QI-HAI.

The whole body consists of a network of internal and external energy channels, both of which become apparent when a person moves. One channel runs from the front of the left hand through to the back of the right hand, then wraps around the front of the right hand and returns to the back of the left hand in a rotating flow (*shun*) to close (*he*) or accumulate the energy.

Another channel accumulates energy from the inner left side of the body and the back of the right side. There is also a channel through which energy returns to be accumulated at the back. All the energy channels function optimally when specific postures and bodily movements are performed naturally and smoothly.

When the hand *qi* flows from the heel to the big toe thereby closing the loop and gathering energy, you can take a firm stance. Meanwhile, intrinsic force produced in the mind/heart enters one's bones and fills the skin, coalescing the body into a single stream of power. This intrinsic force is the *qi* that comes out from the mind/heart. When the energy is generated and regenerated from a central power source (your mind/heart), it becomes *Zhong-qi* or Centralized Intrinsic Energy. When it is nourished constantly, it is converted into *Haoran zhi Qi* or Magnificently Refined Energy.