

# The Nine Turns Meditation

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## Introduction

The Nine Turns meditation is also known as Jiu Zhuan Zhen Dan. It can be practiced while lying down or sitting, and does not involve any physical movement. Since there is no physical movement, and the practitioner can be lying down, it takes great discipline to stay with the meditation, and not fall asleep. The goal is to visualize the qi moving through the body and bring a deep sense of relaxation to both mind and body.

### Benefits:

1. Use visualization through the heart and mind to stimulate the flow of qi.
2. Calm the mind, relieve stress, reduce anxiety.
3. Soothe the emotions and bring calm.
4. Remove physical and emotional blockages in the energetic pathways. Release qi yu.
5. By releasing qi stagnation it is possible to lessen body aches and pains, and improve blood circulation.
6. Promote the balance of yin and yang in the body.
7. Promotes resolution of chronic disease.
8. Boost the immune system.
9. Enhance sleep, reduce sleep disturbances.

## Meditation Instructions

Begin by moving the tongue lightly in clockwise circles around the inside of the mouth, nine times. Simultaneously imagine the qi moving in clockwise circles within the dantien. When the tongue is at the floor of the mouth, the qi should also be at the floor of the dantien.

Next, move the qi from the dantien, upwards to the heart (shanzhong at Ren-17) and back down again. From there, guide the qi down the yin channels of the legs, around the medial malleolus, to the edge of the great toe. Guide the qi under the sole of the foot, through KI-1, and up the BL channel on the back of the legs to meet in the lower back in the region of Du-4.

Move the qi upwards to the shoulder level at dazhui (Du-14), and then split the qi again into two branches. Move the qi down the yin side of the arms, across the palms and to the tips of the middle fingers (zhongchong at P-9). From there, move the qi up the yang side of the arms across shoulders and back to Du-14.

Move the qi from Du-14 to the occiput and then split the flow into two paths again. Each path wraps around the tops of the ears, around the ears and returns to the occiput. From the occiput, imagine the qi moving inward to the ni-wuan (point below Du-20 and behind yin tang), and then forward to the ming-tang behind the forehead between the eyebrows. Let the qi rest there for a while, before moving it back to the dantien along the Ren channel.

Repeat the cycle as you move through the meditation. Take your time with this meditation, do not rush it, allow the qi to move freely. If your mind wanders, bring the attention back to the flow of the qi along the channels.

Always finish the cycle at the dantien.

If you fall asleep during the meditation, return to the beginning of the cycle and start again.