

The Union of Three Hearts Meditation

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Introduction

The Union of Three Hearts meditation is also known as Zhongtian Yiqi. The goal of the meditation is to bring the energy from the dantien via a central axis in the body to the ni-wuan in the central portion of the brain, and to expand awareness by moving into higher states of consciousness.

Position: The meditation is normally done in a sitting position on the floor, but can also be done sitting in a chair, or in a zen-style kneeling position. If the meditation is to be done on sitting on the floor, then it is important to be sitting on a meditation cushion with the hips tilted slightly forward and slightly above the knees, but ideally with left ankle crossed over the right. The meditation can be done in a full or half lotus position. The meditation can also be done in a kneeling posture, if desired. Alternatively, if any of these positions are too difficult, it is possible to do the meditation while seated in a chair, so long as the feet are flat on the floor and the back is straight.

The most important part of any of the positions is to keep the spine erect, with the head up and the torso both straight and relaxed. The hands can be resting in lap with open palms, thumbs touching, or the hands can be resting on the knees. To keep the body straight, imagine your hips taking root to the earth (or your feet if sitting in a chair, or shins if kneeling) and a silken thread pulling the crown (Du-20) upwards into the universe.

Opening: Once you have the position as comfortable as you can make it, and before moving into the meditation, it is important to open the practice with the Zhongtian movement. The Zhongtian movement assists in preparing the mind and body, quieting the thought process and allowing you to turn within. Press both palms loosely together at about heart level and bring them up to the mouth. Open the space between your thumbs slightly and blow gently. With palms facing you, allow the left palm to brush in front of the face and the right palm to descend along the Ren meridian to the dantien, followed by the left, which then come together to form an open cup with the open palms overlapping (females left under right, males right under left), thumbs touching.

Meditation Instructions

When you do this meditation keep the head upright, the chin tucked in, the tongue touching the soft palate and the perineum pulled up (both of these actions link the Ren and Du channels into a continuous energy circuit, sometimes referred to as the microcosmic orbit). Your eyes can be closed, or slightly open looking at the tip of your nose. Begin by looking within and with an inner smile bring the focus of

your attention to the dantien. The dantien is located about 1.5 inches beneath the navel (which is equivalent to Ren-8) in the region of Ren-6.

As you settle into a relaxed position in mind, body and spirit, create a visualization of qi moving from the dantien to the ni-wuan. As a frame of reference, remember that the dantien is at the level of Ren-6, and think of the ni-wuan as being in the center of the brain at the level of yin tang (midway between the eyebrows on the forehead), and directly below Du-20. If it helps you to imagine a location, the position of ni-wuan is close to the pineal gland (or third eye). The meditation is an expansive meditation, so think of the ni-wuan as heaven's gate, opening to the universe and the dantien as the deepest ocean floor.

As you imagine the qi rising like a ribbon or a shaft of golden-yellow energy from dantien to ni-wuan, you may want to take some time to embrace an attitude of gratitude to whatever you imagine 'highest power' to be. Visualize the qi moving back down to the dantien, but be careful not to drive it with your breathing. Allow the qi to move freely, and to relax your breathing. Ideally, you will want to breathe deeply from the abdomen. As you let go of your tensions and the body relaxes the breathing will likewise relax and naturally deepen without you having to force it to do so. Natural and relaxed is always to be desired in this meditation.

As you continue the meditative process, allow the qi to hover and remain at ni-wuan for extended periods of time, until it simply stays there of its own accord. At this level of meditation you will have moved into higher states of consciousness and you will lose your sense of a separate identity. In these moments you become the void, you disappear into the universe. All becomes still and profound as you expand into all that is.

Keep with the practice.

Closing

To close the practice, finish with the Zhongtian Movement. Take your time to come back to normal wakefulness, open your eyes slowly, take your time, and carry the insights that you have gained in the dantien, the heart and the ni-wuan.