



UPPER DAN TIEN

Pineal Gland/Mid-brain region
Behind the Forehead
Centre of Consciousness
Wisdom and Intuition

MIDDLE DAN TIEN

Solar Plexus/Heart region
Centre of Emotion
Love and Passion

LOWER DAN TIEN

Lower Abdomen region
Below the the Navel
Centre of Gravity
Centre of Physical Energy

DAN TIEN