

The Master Key

For Vitality , Love, and Wisdom



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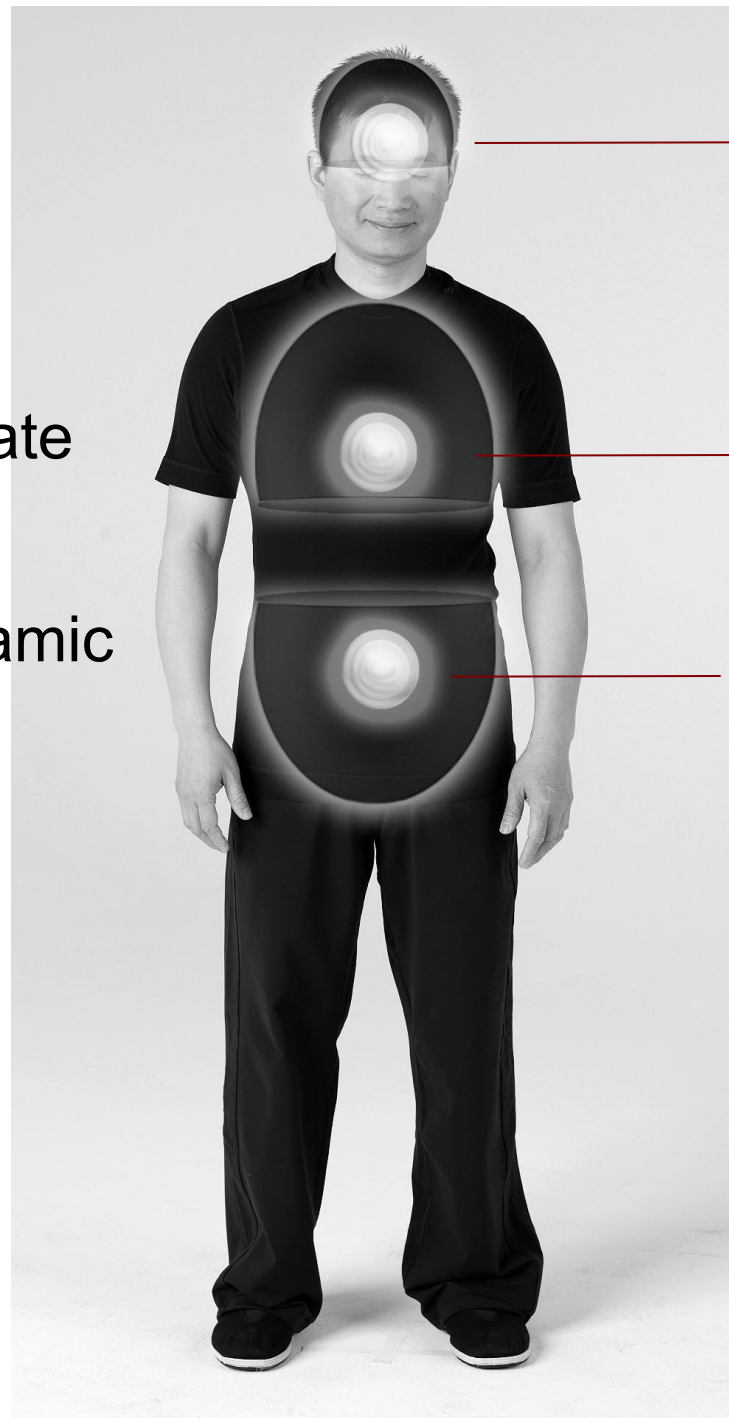
Qi – Prana – Ki

Qigong: the art of energy cultivation

Wise & Intuitive
VS Confused

Loving & Compassionate
VS Rejected

Action oriented & Dynamic
VS Impotent



Upper Dantian

Middle Dantian

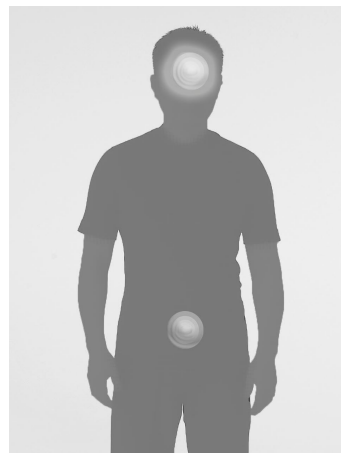
Lower Dantian



Type 1

+ Upper Dantian	- Middle Dantian
<i>intuitive</i>	<i>lonely</i>
<i>visionary</i>	<i>rejected</i>
<i>insightful</i>	<i>unfulfilled</i>

This person is wise but miserable



Type 2

+ Upper Dantian	- Lower Dantian
<i>intuitive</i>	<i>impotent</i>
<i>visionary</i>	<i>helpless</i>
<i>insightful</i>	<i>sickly</i>

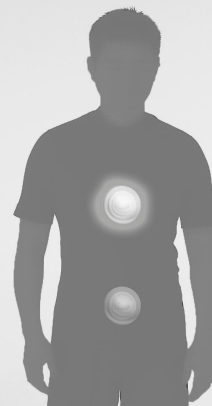
This person is wise but devitalized



Type 3

+ Middle Dantian	- Upper Dantian
<i>caring</i>	<i>bad timing</i>
<i>sensitive</i>	<i>confused</i>
<i>generous</i>	<i>poor judgment</i>

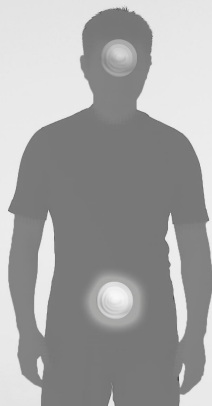
This person is loving but mindless



Type 4

+ Middle Dantian	- Lower Dantian
<i>caring</i>	<i>impotent</i>
<i>sensitive</i>	<i>helpless</i>
<i>generous</i>	<i>sickly</i>

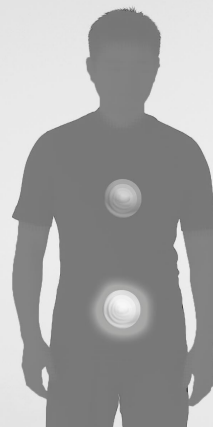
This person is loving but devitalized



Type 5

+ Lower Dantian	- Upper Dantian
<i>charming</i>	<i>bad timing</i>
<i>dynamic</i>	<i>confused</i>
<i>charismatic</i>	<i>poor judgment</i>

This person is vital but mindless



Type 6

+ Lower Dantian	- Middle Dantian
<i>charming</i>	<i>lonely</i>
<i>dynamic</i>	<i>rejected</i>
<i>charismatic</i>	<i>unfulfilled</i>

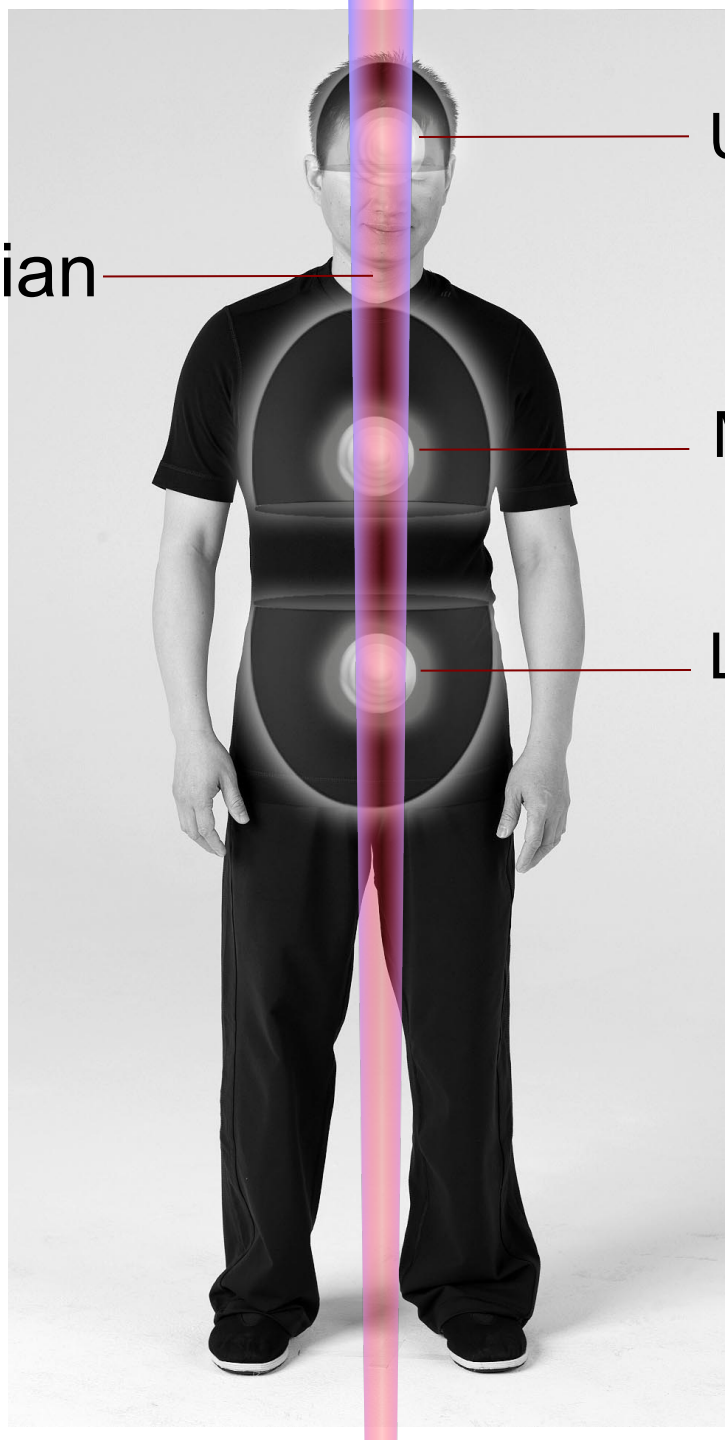
This person is vital but heartless 4

Central Meridian

Upper Dantian

Middle Dantian

Lower Dantian



Central Meridian



Upper Dantian

wisdom, intuition, intelligence,
power to guide

Middle Dantian

emotions, feelings, relationships,
power to love

Lower Dantian

vitality, health, sexual energy,
power to manifest

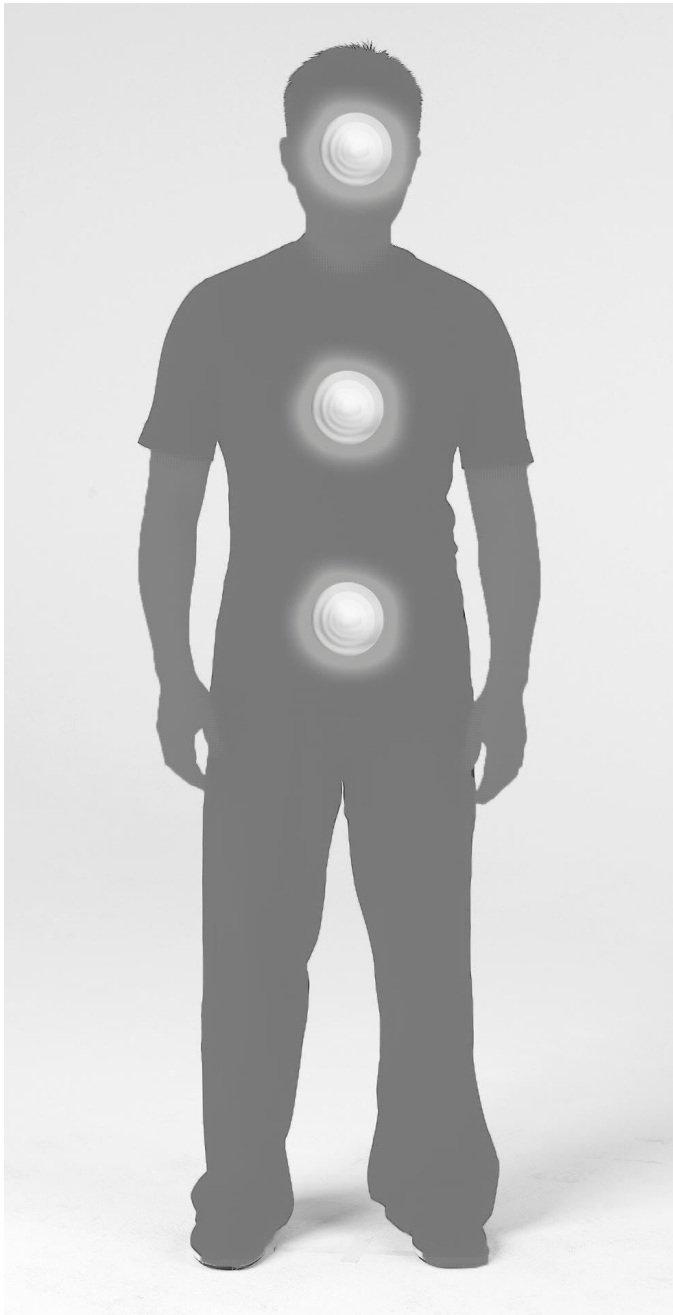
Central Meridian

Central Meridian

Central Meridian

balance, integration, excellence, power to harmonize

Central Meridian



Type 7

+ **All 3 Dantians**

intuitive, visionary, insightful

caring, sensitive, generous

charming, dynamic, charismatic

balanced, integrated, self-actualized

This person embodies
wisdom, love and vitality

The Spiritual Master
ZHEN REN/ True person

4 GOLDEN WHEELS

The Master Key to Dynamic Happiness

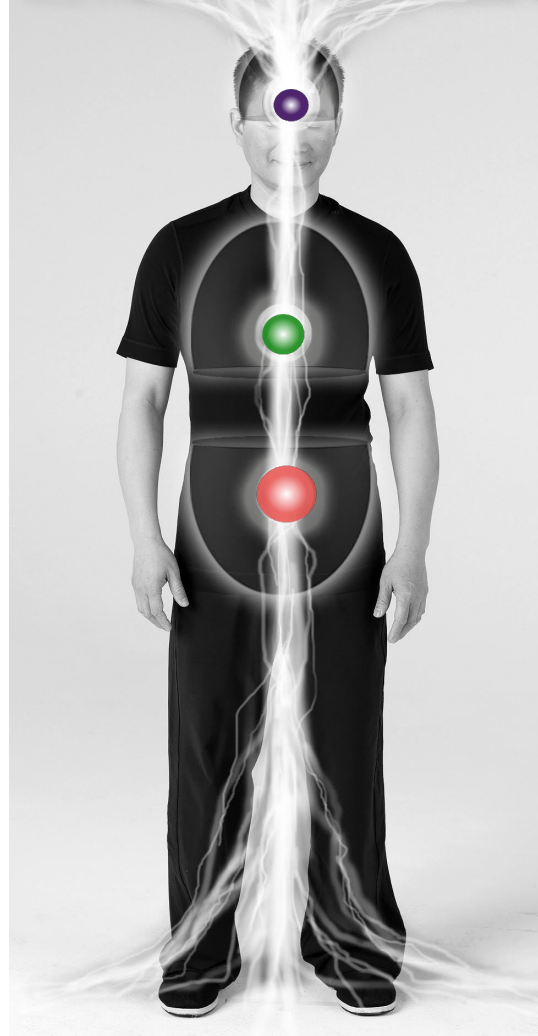
WHEEL OF HARMONY/Central Meridian

balance, integration, excellence, power to harmonize

WHEEL OF WISDOM

WHEEL OF LOVE

WHEEL OF VITALITY



Upper Dantian

wisdom, intuition, intelligence,
power to guide

Middle Dantian

emotions, feelings, relationships,
power to love

Lower Dantian

vitality, health, sexual energy,
power to manifest

Qi Concept

THREE TREASURES

HEAVEN: SUN, MOON, STARS

EARTH: WATER, FIRE, WIND

HUMAN: Upper, Middle, Lower Dantian



YangQiFa

Nourishing Your Qi

养气法

1. Merge into the whole universe just like sponge in the warm water of the bath tub.

2. Always Dantian

- Think about Dantian
- Pat on Dantian
- Chant Dantian as if greeting a holy baby



Ren Zai Qi Zhong

人在气中

Qi Zai Ren Zhong

气在人中

SWORD FINGER



ACTIVATING THREE POINTS



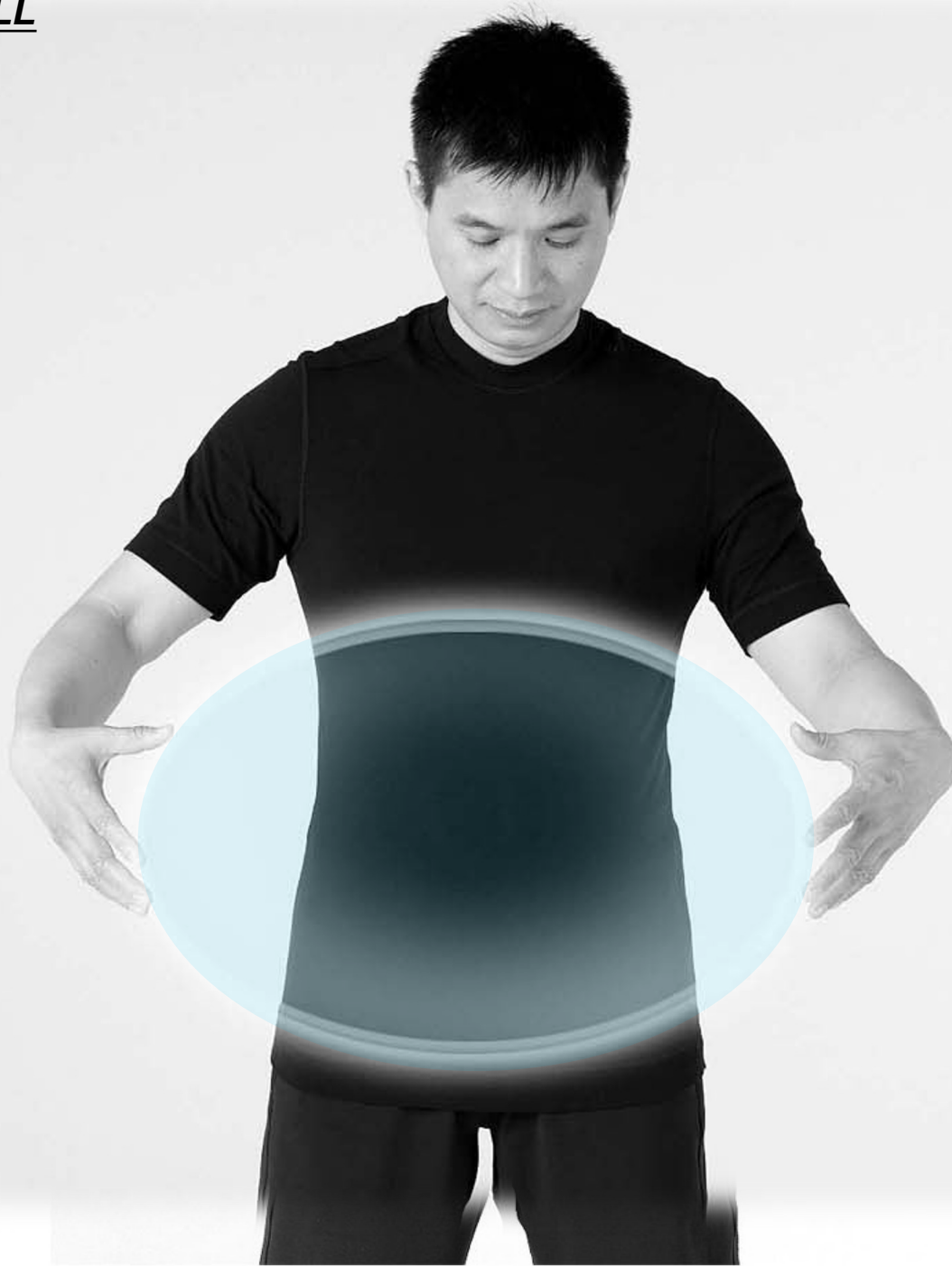
Midbrow Point

Midchest Point

Midriff Point



CREATE A QI BALL



HOLOGRAM PALM EMPOWERMENT

HOLOGRAM PALM EMPOWERMENT – UPPER DANTIAN

1. Activating



2. Catching



3. Pumping



4. Circulating



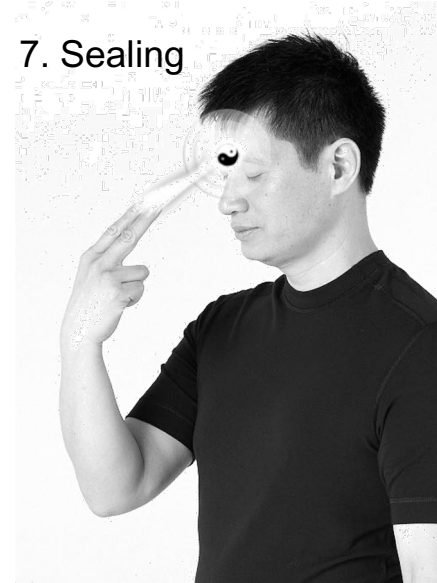
5. Empowering



6. Restoring



7. Sealing

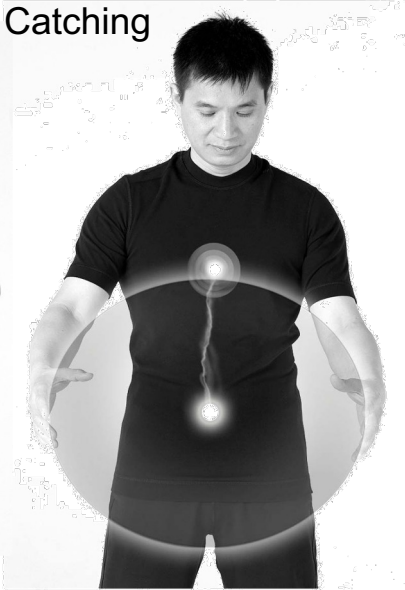


HOLOGRAM PALM EMPOWERMENT – MIDDLE DANTIAN

1. Activating



2. Catching



3. Pumping



4. Circulating



5. Empowering



6. Restoring

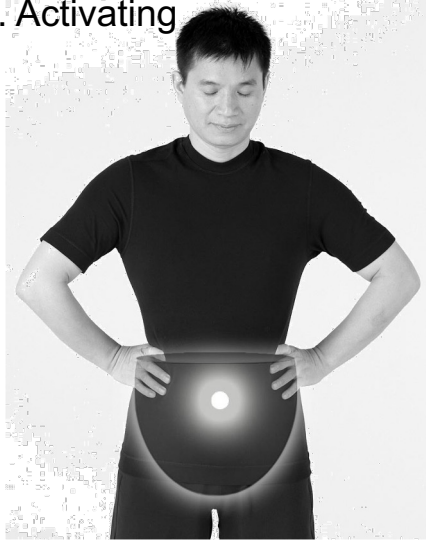


7. Sealing

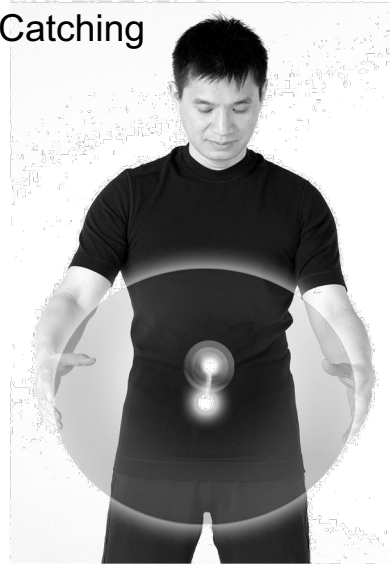


HOLOGRAM PALM EMPOWERMENT – LOWER DANTIAN

1. Activating



2. Catching



3. Pumping



4. Circulating



5. Empowering



6. Restoring



7. Sealing

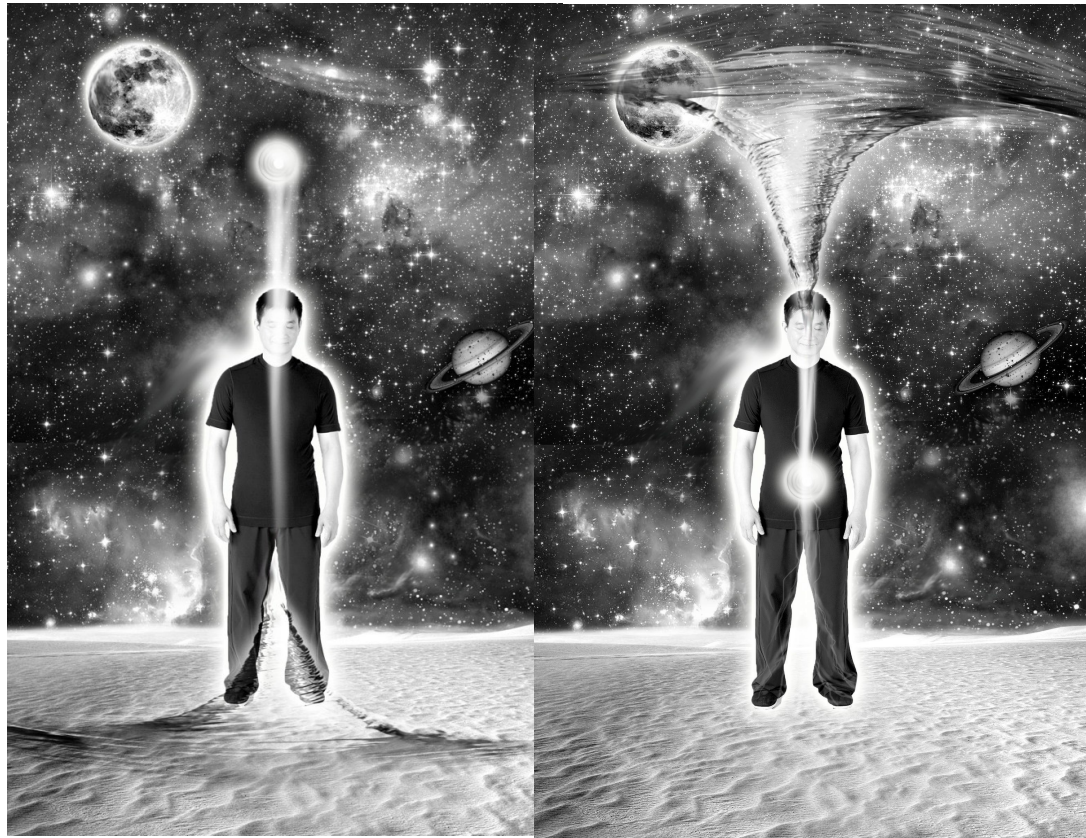


CENTRAL MERIDIAN
BREATHING EMPOWERMENT

CENTRAL MERIDIAN BREATHING EMPOWERMENT



1. Integrating Human Qi



2. Integrating Human Qi, Heaven Qi and Earth Qi

THREE TREASURES
STANDING MEDITATION

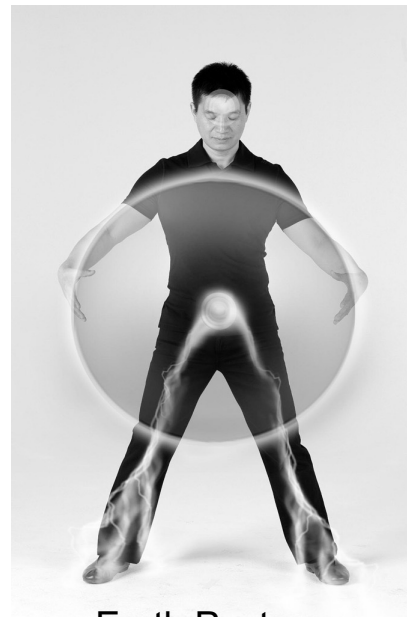
THREE TREASURE STANDING MEDITATION



Natural Stance



Heaven Posture



Earth Posture



Human Posture



Universal Posture

FOUR GOLDEN WHEELS EXERCISE

FOUR GOLDEN WHEELS EXERCISE



Shaking



Swinging



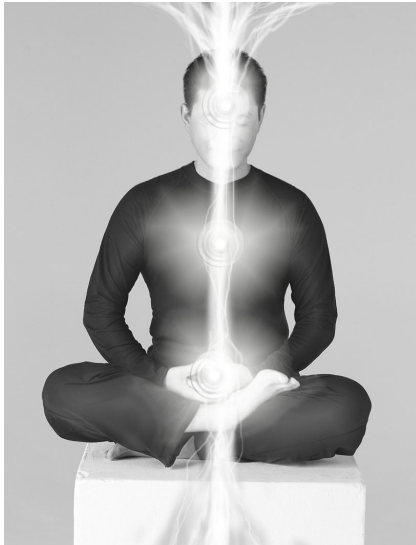
Blessing



Channeling

LOTUS MEDITATION

LOTUS MEDITATION



Chanting



The Waterfall



The Holy Being

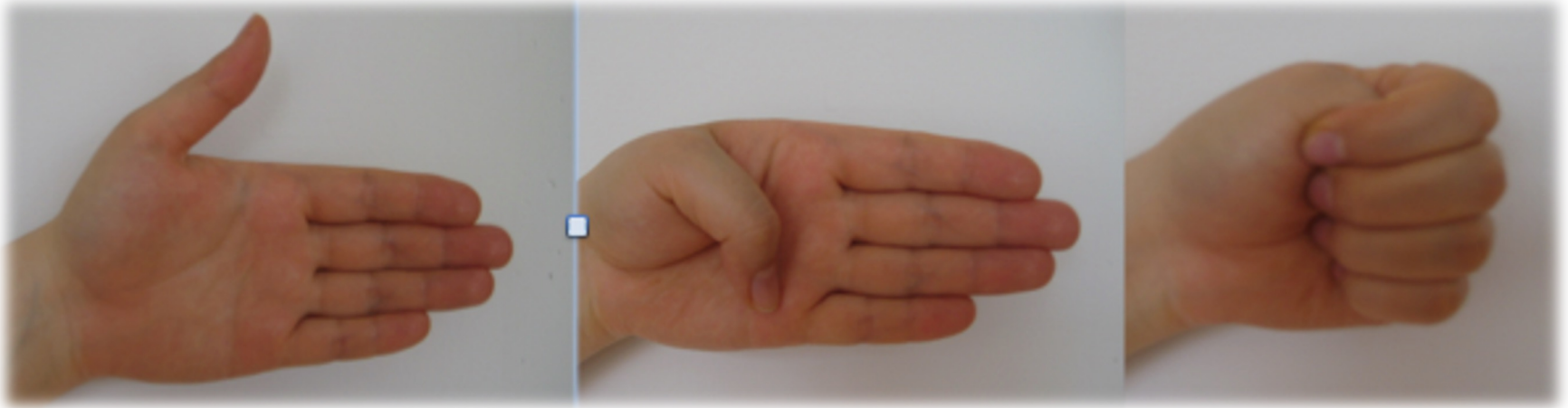


The Lotus

Special Technique

WoGu(GuWo): Protect you from invasion of ill qi

握固法



1...

...2

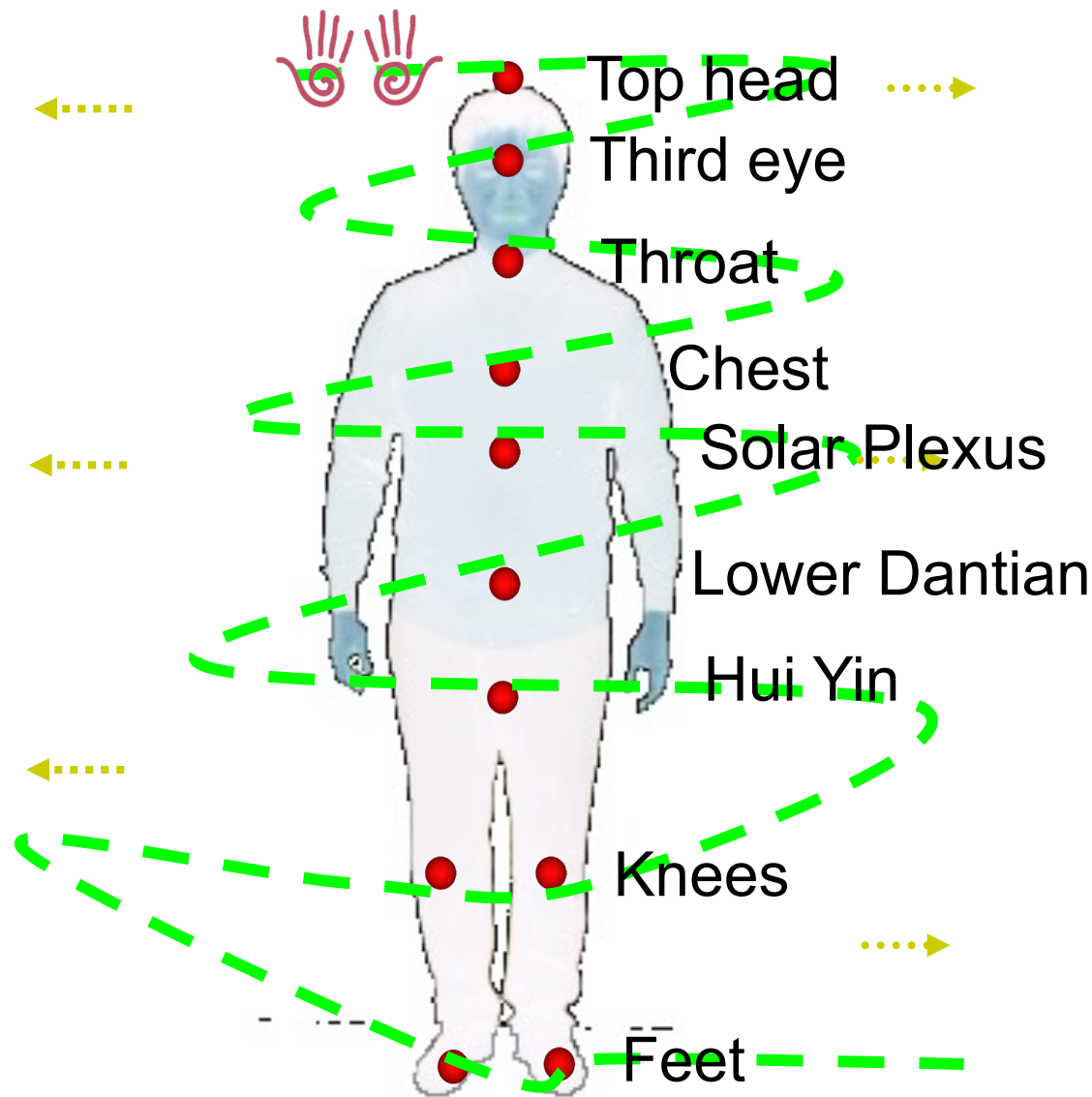
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“S” Pattern

(to reorganize the qi field)

- 1. Reorganize your or qi:**
Take a deep breath, raise your hands above your head, and when you exhale, push the excessive unwanted qi to the horizon and allow the right qi to settle down, through sections of top head, third eye, throat, chest, solar plexus, lower dantian, hui yin, knees and feet.
- 2. Reorganize our room:**
Grow as big as your room until your shape the same as the whole space, then do the step one again to reorganize the space.



SUMMARY

Basic Concept:

- Qi & Qigong
- Three Dantians
- Central Meridian
- Six Typology
- Three Treasures
- Four Golden Wheels
- Yin & Yang
- Wu Xing - Five Elements

Basic Tools:

- Sword Finger + Sword Finger Meditation
- Qi Ball
- Nourishing Qi
- Ocean Whispers
- Inner Smile
- Self-care Massage

Self Empowerment:

- Hologram Palm Empowerment (HPE)– Upper, Middle, Lower Dantian
- Central Meridian Breathing Empowerment (CMBE)
- Awakening Awareness (AA)

Essential Practices:

- Three Treasure Standing Meditation (TTSM)
- Four Golden Wheels Exercise (FGWE)
- Lotus Meditation (LM)

Hologram Palm & Central Meridian Empowerments

keywords: wisdom, love, vitality, balance, integration

Choose these practices when you feel: confused, rejected, tired, or imbalanced.

The needs that this practice addresses: the need to sharpen your experience of the Four Golden Wheels and strengthen the foundation for the Essential Practices

Changes to notice over time: you will develop a greater capacity for wisdom, love, and vitality, and achieve more balance and integration.

Note: Pair Central Meridian Empowerments with one of Dantian Empowerments

Four Golden Wheels Exercise

keywords: movement, communication, calm, embodiment, presence, flow

Choose this practice when you feel: stuck, lazy, disembodied, invisible, misunderstood, disconnected, or inauthentic.

The needs that this practice addresses: the need to become more embodied; develop a stronger presence; improve communication skills; overcome stagnation; awaken bodily sensations; feel more connected to nature; flow more smoothly; or feel more alive

Changes to notice over time: you will develop the ability to feel more comfortable in your own body; have healthier skin and a more radiant face; have more graceful movement; be better able to navigate through uncertainty; have greater resilience; feel more authentic; and embody a more elegant presence.

Three Treasures Standing Meditation

keywords: willpower, focus, perseverance, continuity, control, intention

Choose this practice when you feel: distracted, scattered, uncertain, or absent-minded.

The needs that this practice addresses: the need to stand on your own two feet; hold your ground; stop being pushed around or bullied; follow through more thoroughly on plans; stop procrastinating; assert a stronger leadership role; initiate change; or build resolve to overcome a difficult situation

Changes to notice over time: you will develop the ability to remain focused and more in control under pressure; concentrate and meet deadlines better; set goals and reach objectives; stand up for yourself more confidently; get more respect from others; and make changes happen when you set a strong intention.

Lotus Meditation

keywords: nurture, care, tenderness, sweetness, universal love, compassion

Choose this practice when you feel: frightened, rejected, unloved, hurt, depressed, lonely, stone-hearted, hateful, vengeful, cruel, or cynical.

The needs that this practice addresses: the need to attract a love partner; resolve pointless conflict; become more agreeable, tolerant, and trusting; purify the body; open up to vulnerability; or be a kinder person

Changes to notice over time: you will develop more understanding for others, greater emotional resilience, and greater generosity and compassion; experience the world as divine; and become a more lovable person.

Practice Plan

- Four Golden Wheels Exercise (FGWE)
- Three Treasure Standing Meditation (TTSM)
- Four Golden Wheels Exercise (FGWE)
- Lotus Meditation (LM)
- Hologram Palm Empowerment (HPE) – Upper, Middle, Lower Dantian
- Central Meridian Breathing Empowerment (CMBE)
- Awakening Awareness (AA)

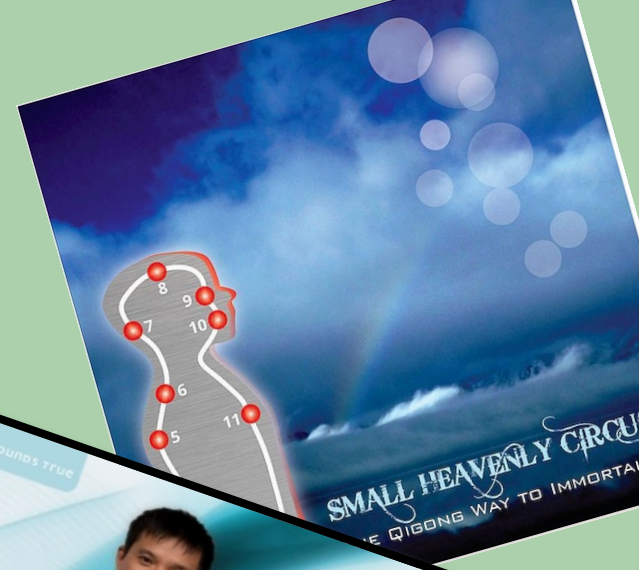
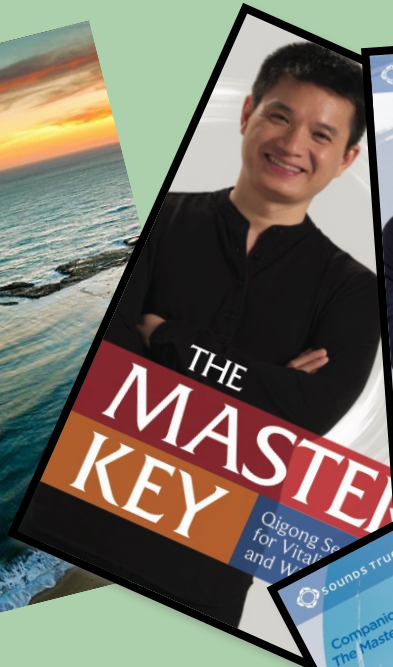
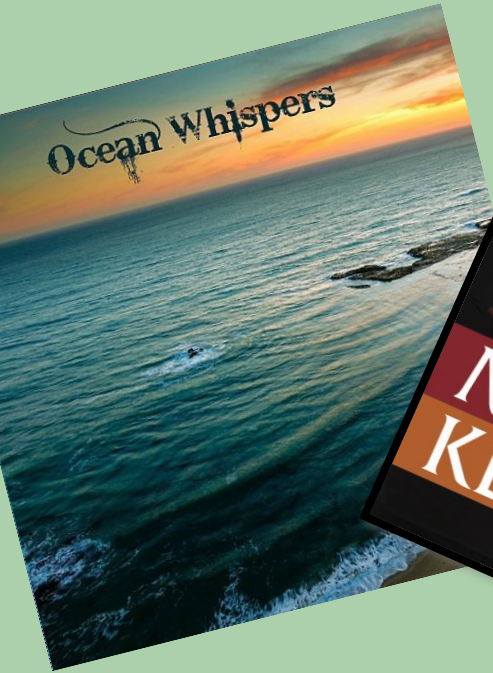
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Primary	FGWE	FGWE	FGWE	FGWE	FGWE	FGWE	FGWE
Secondary	LM	LM	HPE	TTSM	CMBE	AA	HPE

or

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Primary	TTSM	TTSM	TTSML	TTSM	TTSM	TTSM	TTSM
Secondary	FGWE	AA	LM	HPE	HPE	HPE	CMBE

Resources

Book, DVDs, CDs & Workshops



www.SoundsTrue.com
www.RobertPeng.com