

精 氣 神

Jing Qi Shen

The Three Treasures

One of the core concepts from the Taoist roots of Asian Medicine is the idea of “The Three Treasures”. One is born with these three gifts of life, treasures that represent the inheritance of our body, our energy, and our mental-emotional spirit. The Treasures enliven one’s conception and birth, while also supporting the growth, development, and flowering of our life and personality throughout the years. Cultivation of these Treasures via enlightened practice of meditation, and energetic techniques (such as Qi Gong, Tai Qi, Yoga etc.) leads to physical health, vibrant energy and a positive mental-emotional attitude.

Imagery of the Characters -

精 *Jing*: Essence

Left: 米 *Mi*- Rice

Right: 青 *Qing*- Blue/Green, the Verdant Color of Life.

Further, 青 *Qing* is itself is comprised of two images-

Upper: 生 *Sheng*-A plant growing from the earth.

Lower: 丹 *Dan*- Cinnabar (red, in an alchemist’s crucible)

氣 *Qi*: Energy

Upper: 气 *Qi* -Vapor, Air, Oxygen. Qi of the Sky

Lower: 米 *Mi*- Rice, and by extension - Food. Qi of the Earth

神 *Shen*: Spirit

Left : 示 *Shi* - Influences from the Sky (from the heavens)

Right: 申 *Shen* - A sign post, a piece of cloth tacked to a post

*We Are All Born with Three Treasures,
Gifts from Our Lineage, from Nature and from Spirit.
Wasting them is the Norm of an Overly Materialistic Culture.
Cultivation of the Three IS the Art of Living Life Well.*