



Pure Yang Mudra (*Chungyangyin*)

Posture & Meaning

- Sit up straight, back solid like a mountain. You can also stand with knees slightly bent
 - Lift perineum, closing earthly door
 - Pull in lower abdomen
 - Open chest by pulling shoulders back and down slightly
 - Straighten neck, opening heavenly gate at top of your head
 - Tip of tongue to tooth ridge behind upper teeth, teeth and lips closed
 - Shoulders down, arms relaxed, armpits slightly open
- **PURE YANG MUDRA** after *Master Zhongxian Wu*
 - Connect thumbs, middle and little fingers, straighten index and ring fingers
 - **Chungyangyin**
 - *Chun* = silk = white, pure, connection or link: purifying connection
 - *Yang* = sun, heaven, brightness
 - *Yin* = mudra or hand gesture

Function of Pure *Yang* Mudra = Connect with vital energy of the universe, purifying body and transmuting practitioner's energy into pure *yang* energy.

Mudra (*Yin* in Chinese) means 'hand gesture' externally

Internally it means to find the wisdom stored within the body itself

Breath

- Silent, slow, smooth, deep and even
- Mouth closed with teeth lightly touching and tongue tip to upper ridgeline of front teeth
- "Soft and unbroken", like silk or cotton
- Gather universal energy through every pore as inhale
- Merge energy with golden-red sun in lower abdomen
- Later, make *Heng* sound, (pronounced HUNG) 9x strengthening *Yang Qi* or life force

Visualization

- Relax eyelids, turn vision within
- Visualize soaking in sunlight. Sunlight is everywhere when shining. Your spirit is like this
Your mind by contrast, can only shine on one thing at a time
- Observe inner landscape, noting ever-building fire in lower abdomen

Mudra & Benefit

- Posture + Mudra → Expanding Energy



- 5 finger connection represents 5 elements
- Connect *Yang* fingers, increase *Yang Qi*
- Straighten ring and index fingers to stay open to *Yin Qi*, nourish organs, meridians
- *Yin* fingers connect you to spiritual energy, represented in sun and moon
- Within context of eternal spiritual energies
 - Ring finger = *Hun Qi* residing in Liver, ascends when we die
 - Index finger = *Po Qi* residing in Lung, descends to earth when we die

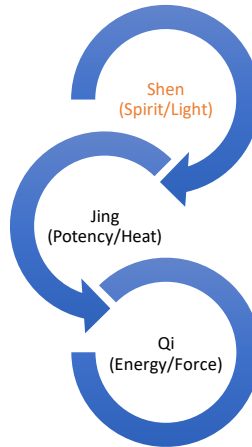
Table 1- Pure Yang Mudra

Finger- #	Organ-Element	Polarity	Mudra
Little- 1	Kidney-Water	Yang	Connect
Ring- 2	Liver-Wood	Yin	Straighten
Middle- 3	Heart-Fire	Yang	Connect
Index- 4	Lung-Metal	Yin	Straighten
Thumb- 5	Spleen-Earth	Yang	Connect

Table 2- Spiritual Energy

FINGER- #	SPIRITUAL ENERGY	ORGAN	REPRESENTATION
RING- 2	<i>Hun</i>	Liver	Sun- <i>Yang</i> - ascends
INDEX- 4	<i>Po</i>	Lung	Moon- <i>Yin</i> - descends

- Pure *Yang* Mudra is a key practice, setting the stage for subsequent work
 - Trying to begin by exercising the body or stilling the mind is difficult
 - Rather, **BEGIN WITH SPIRIT:**
 - Seeing index and ring fingers lengthening and straightening in your mind
 - See the liver and lung and fingers fill with light, bright energy
 - Then you will notice the fire burning in your lower abdomen
 - The warmth of the fire represents conversion of *shen (spirit)* to *jing* (heat)
 - Mind (intention) can activates spirit, allowing for heat and then energy:



- Most will portray the energy transforming to spirit, however *we need a way to begin*. Think of this as a cycle
- Note how you feel two days after practice
- Always carry a portion of the feeling derived from practice with you
- There is much to contemplate here. Can you identify whose life energy is near death?



Modified from Master Zhongxian Wu
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