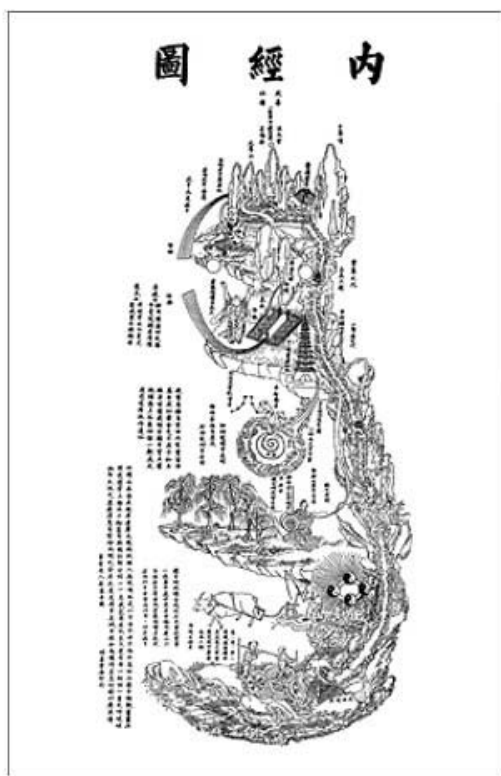


# 内 经 图 解

## Explanation of Internal Channel Diagram (Nei Jing Tu Jie)

Chinese writing is based on Taoist Master **Wang Liping** 's teaching audio record,  
English translation is done by Lao Zi Academy (<http://laoziacademy.us>)



内经图解决的秘诀是关和窍。背后闯三关过九到窍为暗中之窍。一旦气串动到这些部位时，就要注意了。

**The secret of "Internal Channel Diagram" is the "pass (GUAN)" and the "aperture (QIAO)".** Rush go through the three passes and the nine apertures along the back, the apertures are the secret apertures. Once the Qi moving into these areas, you should pay attention.

三关为尾闾关、夹脊关、玉枕关。

Three passes are WEI-LU, JIA-JI, YU-ZHEN

尾闾关在脊背的尽头之处，有七个骨节，七个穴位。们练的就是这七个穴位的通道，其内关通内肾，一男一女。内肾为藏精孵卵之地。上行一条髓道，髓道过去叫河车、黄河，也叫漕溪，上通到泥丸，此阳气上升之路。直到第七节与内肾相对之处，谓之夹脊关。

WEI-LU is in the end of spine, there are 7 bone joints, 7 points. We practice the channel along this seven points, its internal relations through the internal kidney for man and a woman. The internal kidney is the place for the sperm storage and egg hatchery. There is a "marrow road" going upstream, it was called "River Vehicle" "Yellow River" or "Shadow Brook", it goes up to the "NI-WAN". This is the road for YANG up, and to the 7th joint, which is in the back of the internal kidney, the point is named as "JIA-JI".

一旦气到夹脊关，一旦气在两肾中间停留不动，这时要用急火烧。要看看时辰，什么时候要吸长，什么时候要呼短，什么时候腹腔要往里去，要进风，要想办法鼓风，现在叫巽风。

Once the Qi gets into JIA-JI, once the Qi stay in the middle of two kidneys, then use the emergency fire to burn. Have to check the time points, then decide when the breathing in longer or breathing out shorter, decide when the abdomen goes in. It need to let the wind in, finding ways to blast the wind, now known as QUN wind (巽风).

夹脊关再往上，上到脑后灵风之穴，就到玉枕关。

Going up from JIA-JI to the Ling wind point on to the back of the head, and then reach to the YU-ZHEN pass (jade pillow pass).

炼丹的第一个过程就是将这三关把握住。把握住三关后，才能通过三关到泥丸，再往下降，变玉液还丹为金液还丹。

The first process of alchemy is to control these three passes. Only after controlling the three passes, you are able to pass through the 3 passes and reach to the NI-WAN (mud pill), and then further down, and change the "Yu-Ye-Huan-Dan (jade liquid return pill)" to "Jin-Ye-Huan-Dan (golden liquid return pill)".

把“智能法”和“三仙功”结合起来练就方便了，前面拉动的三条线，正好是身后的三个关。 Combine the "Intelligent training" and "three immortal training" together is more convenient. Pulling the 3 front lines is just corresponding the 3 rear passes.

人的前身有三田。上田叫泥丸，也叫华池，第一个华他、上华池，方园一寸二，虚间一穴，乃藏神之所。从眉心往里，一寸为明堂，二寸为洞房，三寸为泥丸。洞房内坐一位白头老人把关，看你能不能进去。练到进气二寸时，人头上戴一个箍，箍叫罗台，这时人很难受。如果不练功，也不想它，就会功弃重来，没有了，又下去了。这时一定要把握住玉枕和天目穴两点力的平衡，即想办法犁出中田。一定要闭眼做，肝开窍于目，睁眼就是阳神之漏，桌就不能从肾升到肝上来。

There are three fields in the front part of the body, up field is called Ni-Wan (mud pill), also known as "Hua-Chi (Shining Pond)" or "up Hua-Chi (Up Shining Pond)", the size is two inch square round, is a virtual hole /point, and be the home of spirit storage. From middle of eyebrows going in one inch to the "Ming-Tang (bright hall)", going in two inches to the "Dong-Fang (bridal chamber)", going in three inches to the Ni-Wan. A bald old man sitting inside the bridal chamber, check to see if you can get into. When you practice the Qi reach into two inches, you'll feel like wearing a hoop, hoop called "Luo-Tai", then you'll feel real bad. If you do not continue to practice, do not want it, the power will be given up and started again, nothing left. At this moment, we must control the force balance between the points of Yu-Zhen (jade pillow) and Tian-Mu (celestial eye) point. Finding ways to plow the middle field. It must be done with eyes closed, the liver opens into the eyes, eyes open, the leakage of Yang-Shen (positive god), the Qi won't raise up from the kidney to the liver.

眉心往下向口行，有两穴，是暗窍，就是一个人两手托住的两个穴，在腭上，即鼻子上。过去把鼻梁上的两穴叫金桥，也叫上鹊桥。封上鹊桥必须用鼻夹。

舌下两穴要开开，开开后下通气管喉咙为十二节，叫重楼，可进食进气，又可通向胃肠

气管之下到肺，肺的暗窍比较多。肺窍一般都叫金，液体气体都从这里出来，可以出现一些气体，医生说还可以出现液体。液体怎么出来的，还没弄清。 .....

**Kathy Li is working on an english translation. Stay tuned ...**

心上有一窍，就是图上坐的一个小人，小人上有一窍，也是暗窍，名回络宫，是金公、黄婆约会、龙 虎交会的地方 。再直下三寸六，叫土釜黄庭宫，为中田，方圆一寸二，是藏炁之所，炼丹之鼎，外与脐门相对，约有三寸六分 。故曰天上三寸六，地下三寸六，（这就转到灵宝毕法上了）自天至地八万四千里，自心到肾是八寸 四分。脐门内 有一个生门，内有七窍下通外肾，外肾乃精气行走之处。这时男女要分开练，女同志没有外肾，气门 有一窍通到卵 巢。男的要提肾，女的要收腹。

脐后肾前有一穴叫炁海（它不是穴位的气海），方圆一寸二，里面有华池，古人称为下田，是藏精之 所，采药之处 。这里是炉，炉是倒放的，鼎在上，炉在下，放曰：逆行成仙，顺行成人。

再往下有两窍，向上一窍通内肾，向下一窍通尾闾，尾闾的中间为玄关（玄关不是一个窍），此为无 中生有之处。 玄关也要火烧，火不烧玄关不开，练功练到精满炁足时它就自然产生一种炁了，玄关自开，就可以炼 成金丹三穴。这时要注意流量的变化和下鹊桥的变化。下鹊桥的下窍、整个小腹部叫坎宫：为肾位，外肾外阴而内 阳，中藏元气，为命、铅、虎、吞穴是也。坤炉就设在脐后尾闾前。下鹊桥尾闾处有几个穴位，有谷道，是阴窍，是虚的，可以 出气出食的穴位。前面有前阴穴，是内阴外阳。这两个穴位必须搭通，搭一个桥，就是靠会阴穴。所 以告诉大家一 定要封住底三阴。底穴封住，人可以养生长寿。

现在练功想办法做到六根不漏：一、抵住谷道，封住下三阴，即生死之根，叫身根不漏；二、用鼻夹 夹住鼻窍，夹住上鹊桥之穴，叫鼻根不漏；三、耳不听外物，叫耳根不漏；四、吻齿相合，舌顶上腭，舌根不漏； 五、闭目，回 光返眼，自然不动，眼根不漏；六、一念不生，一意不散，六欲不起，六尘不染，意根不漏，这是最 难练的。

六根不漏才能采药、炼丹。炼丹实际上就是一种静坐。老年人体弱多病，最好不要炼丹。

六根不漏自然有六根震动之景。有人感到震动就属六根震动之例，有三十六动，三十六个真人，三部 八景。六根震 动现象摘自“灵宝经”：神主气，用神控制自己的气路；气育神，气养育着神，气足了神才能旺，神 旺才能自己支 配自己真养至神炁真皈大定，混为一体，结成金丹大药。一震，脐下至外阴上，小腹发热，会引起全 身发烧，震动 得厉害。这时一定要封住下三窍，搭住下鹊桥，不使热感缓解了，一变凉，马上把意念转入到舌下两 窍；二震，两 肾烫，急热，意念要转到脐下；三震，两眼内吐光，流泪；四震，耳后生风，要注意两个\*\*\*的变 化，女的注意 卵巢的变化，做到雌龙退回阴府；男的注意外肾的变化，做到龟头回缩，缩到腹腔里去，这时开始练 丹；五震，脑 中轰鸣，震动，身体发抖，受不了。这时要运行卯酉周天，高不出心，低过脐下。卯酉周天就是肾、 肝、心、胃、 肺相转；六震，鼻根震动，流的不是鼻涕，根似水，要让它流空，流空以后上鼻夹。上鹊桥有两穴， 要看到鼻孔内 的两穴。六震正符合咱们的练功过程，已经开始有小药了。

从内经图和修真图里可以看出一个人有什么病，练功之前有什么病，练功之后病情有什么变化。还可 看出一个人练 功练到什么程度，练得好坏。 道家讲看问题应当跳出界外，要客观地对待事物，从旁观来观察事物，聪明难，糊涂更 难。修炼 “引仙法”应 当难得糊涂，少管闲事，要跳出私利因子，处理好家庭事物，方能练好功。

经络总则：手之三明，从藏走到手；手之三阳，从手走到头；足之三阳，从头走到足；足之三明，从 足走到腹。

此为大周天走向，从藏开始，从肺经~大肠经~胃经~脾经~心经~小肠经~膀胱经~肾经~心包经 ~三焦经~胆 经~肝经。做功时哪个经络抖动，哪个经络就开了，看看与哪个脏腑有关系。第一个开通的都是肺经 。

十二经络转后一闭死，大周天才算走完，任督二脉才开通，小周天这才开始运行。十二经络闭死后， 练功是热在转 ，将会是另一个景象。

**Kathy Li is working on an english translation. Stay tuned ...**