

## **Ren Mai and Du Mai Meridians**

**The Ren Mai** is another name for the conceptual vessel which governs all yin meridians.

**The Ren Mai** begins at the perineum and flows up the front centre of the body and ends just below the lower lip on the outside of the body but actually ends at the tip of the tongue. The connecting point for all yin channels is below the sternum at the solar plexus.

**He Du Mai** is another name for the Governing Meridian which actually governs all yang meridians.

**The Du Mai** begins at the perineum and flows up the back centre of the body, over the top of the head and back down to the roof of the mouth. On the outside of the body it ends at the centre of the upper lip. The connecting point for all yang channels is at the area called the fontanelle on the crown of the head.

### **Charging the Ren Mai and Du Mai Channels**

The tongue connects these two important currents when touched to the highest point in the roof of the mouth. An easy way to open and connect this energy channel is to sit in a relaxed posture. Allow your energy to complete the loop by letting your mind flow along with it. Start in the mouth and mentally circulate your attention with the energy. Eventually the current will begin to feel warm in some places as it loops around. Relax, try to bring your mind directly into the part of the loop being focused on. Experience the actual feeling of the flow of chi in that part of your body. Once the circuit is going smoothly, inhale as you go up the spine and over to the third eye, and exhale as you go down from the third eye to the perineum. Be aware of various areas of the body and how warm or tingly they feel. Visualise circulating white light around the whole body from the perineum up the back over the top of the head to the third eye and down the front of the body to the perineum.

To charge these meridians with crystals, take two clear quartz generators and point them carefully and gently at the client's solar plexus. Move the crystals down the centre of the body in the aura down to the perineum and then trace through the aura with the crystals all the way up either side of the spine up over the top of the head ending at the crown. Do this three times remembering to be gentle and slow within the aura with your movements.