

9 Levels of Heaven

Jing Chi Shen

Tai Chi Awareness Training

<p>Level of Perfect Clarity (about yourself and others)</p>	<p>Interpret Energy (of yourself and others)</p>	<p>Listen to Energy (of yourself and others)</p>
<p>Chi Reaches the Crown of the Head</p>	<p>Chi Reaches the Ball of the Foot</p>	<p>Chi Sinks to the Tan Tien</p>
<p>Relaxing from the Crown of the Head to the Tailbone</p>	<p>Relaxing from the Groin to the Ball of the Foot</p>	<p>Relaxing from the Shoulders to the Fingers</p>

Shen

Heat and Light of Focused Attention

Energy
Clarity
Heaven

Chi

Flame of Awareness in the Body

Mind
Focus
Man

Jing

Essence of Relaxed Movement

Body
Relaxation
Earth

Subtle Level

Refinement Level

Gross Level