

# The 9 Palace Dao Yin Sequence

The **Nine Palaces** are also called the “**Nine Sections.**”

The Nine Sections of the body are **further divided 3 sections**, each having three parts: a **root**, a **middle**, and a **tip**.

The **upper limb**, the shoulders are the root,  
the elbows are the middle, and  
the hands are the tips.

The **lower limb**, the hips are the root,  
the knees are the middle, and  
the feet are the tip.

The **torso**, the lower abdomen is the root, Lower Dantian  
the chest is the middle, Middle Dantian and  
the head is the tip, Upper Dantian.

## **Six Harmonies**

The palaces in the limbs synergistically connect, harmonize and resonate with each other as follows. This is called the Six Harmonies or Six Unities:

**Shoulders** harmonize/unify with **Hips**

**Elbows** harmonize/unify with **Knees**

**Wrists and Hands** harmonize/unify with **Ankles and Feet**

**Three Central Palaces** are connected to the Three Treasures, the inner energies and essences, which underpin our lives:

Upper Dantian, Head and Brain                      Mind & Spirit (Shen)

Middle Dantian, Chest and Heart                      Breath & Energy (Qi)

Lower Dantian and Kidneys                      Life Essence & Vitality (Jing)

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When activating the Nine Palaces as you activate the local area, imagine that you have a warm soothing fire clinging to your hand.

As you gently rub and activate each palace, count your movements in sets of nine. Counting in sets of nine keeps the mind focused and invokes the power of the nine stars of the Dipper. Keep adding in equal sets of nine in each direction until the area gets warm. The number below is simply a suggestion. After a while you will know how many strokes each area needs, and you may find that over time you need less strokes to warm and activate the area.

As you stroke the Nine Palaces, try and make the movements come from your back and torso, rather than merely from your hand, arm and shoulder. This may mean “pulsing” with the body, so that the hand is pushed in a circle, while the shoulder and arm stay relaxed.

## **First Palace: Activating & Warming the Feet and Ankles**

36X - K 1 to K 3 to K 7

## **Second Palace: Activating & Warming the Knees**

36X Both Directions

## **Third Palace: Activating & Warming the Hips**

36+X Both Directions (Gall Bladder & Liver Meridians) Activating Root Section of Leg

## **Fourth Palace: Activating & Warming Dan Tian**

36X Both Directions - Effects Lower Limbs and Lower Back  
Palace of Water

## **Fifth Palace: Activating & Warming the Heart and Chest**

9X Both Directions - Softly - Palace of Fire

## **Sixth Palace: Activating & Warming the Neck and Head**

9X - Upper Dantian Activates Central Line (all 3 Dantians)

## **Seventh Palace: Activating & Warming the Shoulders**

36X Both Directions

## **Eighth Palace: Activating & Warming the Elbows**

36X Both Directions

## **Ninth Palace: Activating & Warming the Wrists and Hands**

36X Both Directions