Neidan
(Nei Tan)

“…resembling Metal, but not ordinary metal, resembling Water but no ordinary water.”

Jintan Dayao c. 1331
The Problem:  
The Three Primal Vitalities and their Degeneration

• Essence 精 → seminal fluids
• Qi (Chhi) → respiratory pneuma
• Shen 神 → mental activity anxiety, distraction

• Treatment with macrobiogens: 
  – Cf., Ritalin, steroids, hallucinogens, etc.
Waidan and Neidan

- **Waidan** 外丹 ("external cinnabar")
  - chemical-metallurgical, elixir
- **Neidan** 內丹 ("internal cinnabar")
  - psycho-physiological
    - Cf. psychological, mystical
  - Enchymoma: infusion of juices
  - Anablastemic: restoration of youth
  - Reversion
  - heart and reins (cardiac and renal)
Ethical Work: Techniques

- hygiene: passions, cleanliness
- respiration exercises
- circulation of body qi
- gymnastics
- conservation of fluids saliva
- conservation of sexual fluids
- meditation
Body Language

- Five Agents
- Trigrams
- Pre-natal (Anterior) Realm--Post-natal (Posterior) Realm
- Chemical-metallurgical components of Elixir Alchemy (Waidan)
5 Agents 五行

- Phases (Agents, not elements)
- Regular succession in all things
  - nature, bodies and society
- Cyclic
  - Mutual Production
  - Mutual Conquest
  - Etc.
<table>
<thead>
<tr>
<th>South</th>
<th>Center</th>
<th>West</th>
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</thead>
<tbody>
<tr>
<td>FIRE ↓ Summer</td>
<td>EARTH → Mid-summer</td>
<td>METAL ↓ Autumn Tiger</td>
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<tr>
<td>East</td>
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<tr>
<td>WOOD ↑ Spring Dragon</td>
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<tr>
<td>North</td>
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<tr>
<td>← WATER Winter</td>
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</tbody>
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**5 Agents 五行**

Correspondences and Cycle of Mutual Production
5 Agents
Cycle of Mutual conquest

- Wood conquers Earth
- Earth conquers Water
- Water conquers Fire
- Fire conquers Metal
- Metal conquers Wood
8 Trigrams

- Yin and yang lines (2) arranged in groups of 3; \(2^3 = 8\) trigrams
- Cyclic arrangements:
  - Anterior (Pre-natal) Realm
  - Posterior (Post-natal) Realm
# 8 Trigrams

## Posterior Heaven Arrangement

<table>
<thead>
<tr>
<th>Chen</th>
<th>Sun</th>
<th>Li</th>
<th>K’un</th>
<th>Tui</th>
<th>Ch’ien</th>
<th>K’an</th>
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[Ken K’an Ch’ien Tui K’un Li Sun Chen]
The Two Realms

- **Anterior Realm**
  - congenital
  - inherited from parents, ancestors
  - e.g., *qi* in kidneys

- **Posterior Realm**
  - acquired
  - natural elements (food) taken into the body,
  - e.g., Grain *qi* in spleen
Anterior Realm

Qian
(constant)

Li (resonance) Kan

Kun
8 Trigrams and Yin-Yang
Anterior Heaven Arrangement

Ch’ien

Tui
Li
Chen
K’un

Sun
K’an
Ken
K’an
The Posterior Realm

The world out of joint:

Li
Kun
Qian
Kan