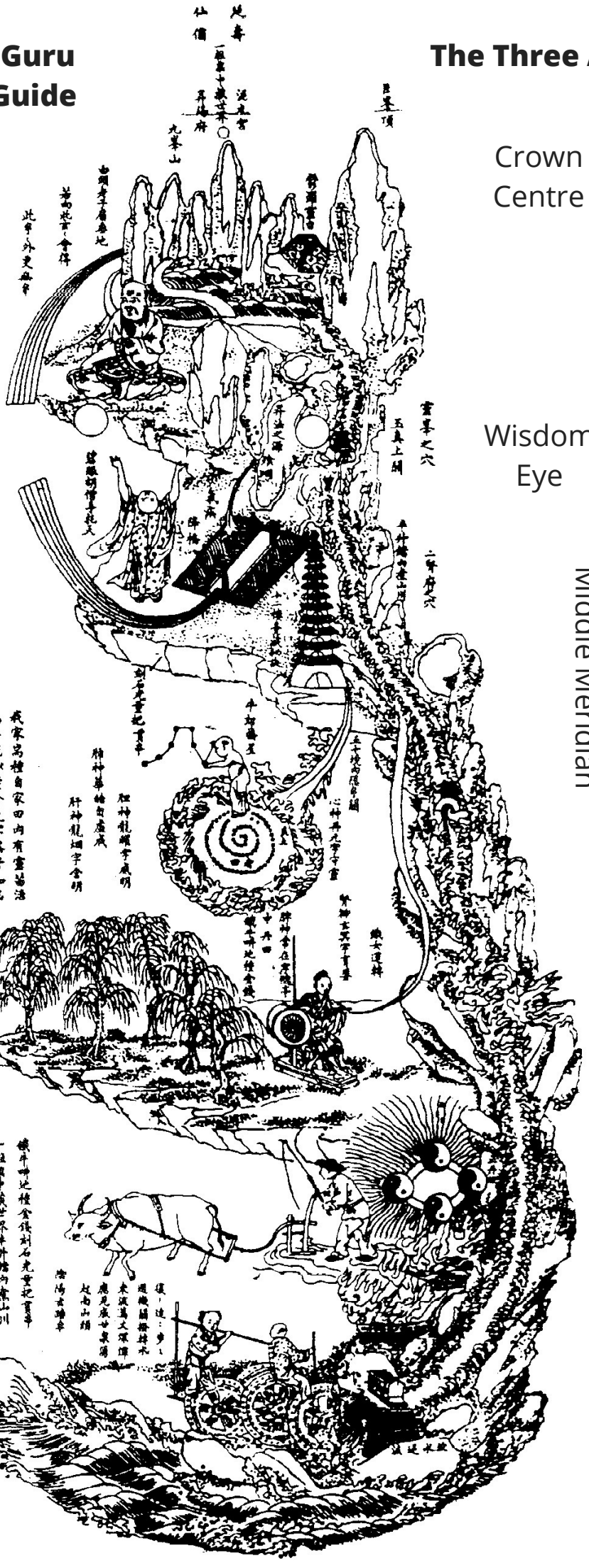
Zen Wise Guru
Inner View Guide

The Three Ambrosia Fields



Interstitium

Crown Centre

Shen: Spirit Mind

Wisdom Eye

Spirit Station

Jade Pillow

Ren Meridian

Middle Meridian

Du Meridian

Heart Centre

Lined Ridge

Chi: Vital Energy Breath

Navel Centre

Life Door

Jing: Essence Body

Tail Gate

Secret Spot