

# Sacred Jin Dan Mantras for Daily Practice

## 1. Morning Practice Upon Waking

***Jin Dan Xing Shen*** (pronounced *jeen dahn shing shun*)

*Jin Dan awakens your soul and boosts your highest energy for the day.*

## 2. Practice Before Meals

***Jin Dan Jin Gu*** (pronounced *jeen dahn jeen goo*)

*Jin Dan prepares your entire digestive system for food intake.*

## 3. Practice After Meals

***Jin Dan Hua Gu*** (pronounced *jeen dahn hwah goo*)

*Jin Dan assists your entire digestive system to digest and absorb food well.*

## 4. Practice to Heal Your Liver and Wood Element

***Jin Dan Shu Gan*** (pronounced *jeen dahn shoo gahn*)

*Jin Dan smooths the liver function with healing and rejuvenation.*

## 5. Practice to Heal Your Heart and Fire Element

***Jin Dan Yang Xin*** (pronounced *jeen dahn yahng sheen*)

*Jin Dan nourishes the heart with healing and rejuvenation.*

## 6. Practice to Heal Your Spleen and Earth Element

***Jin Dan Jian Pi*** (pronounced *jeen dahn jyen pee*)

*Jin Dan strengthens the spleen function with healing and rejuvenation*

## 7. Practice to Heal Your Lungs and Metal Element

***Jin Dan Xuan Fei*** (pronounced *jeen dahn shwen fay*)

*Jin Dan spreads the food essence to boost lung function with healing and rejuvenation.*

## 8. Practice to Heal Your Kidneys and Water Element

***Jin Dan Zhuang Shen*** (pronounced *jeen dahn jwahng shun*)

*Jin Dan strengthens kidney function with healing and rejuvenation.*

**9. Evening Practice Before Sleep**

***Jin Dan Shui Mian*** (pronounced *jeen dahn shway myen*)

*Jin Dan gives you high-quality sleep.*

**10. Practice to Boost Energy Anytime**

***Jin Dan Neng Liang*** (pronounced *jeen dahn nung lyahng*)

*Jin Dan boosts energy in the whole body.*

**11. Practice to Self-Heal Anytime**

***Jin Dan Zhi Liao*** (pronounced *jeen dahn jr lee-yow*)

*Jin Dan heals your soul, heart, mind, and body, as well as every aspect of life, including relationships and finances.*

**12. Practice to Prevent Sickness Anytime**

***Jin Dan Yu Fang*** (pronounced *jeen dahn yü fahng*)

*Jin Dan prevents all sicknesses in your physical, emotional, mental, and spiritual bodies, as well as prevents blockages in relationships, finances, and every aspect of life.*

**13. Practice to Prolong Life Anytime**

***Jin Dan Chang Shou*** (pronounced *jeen dahn chahng sho*)

*Jin Dan helps you prolong your life.*

**14. Practice to Transform Every Aspect of Your Life Anytime**

***Jin Dan Zhuan Hua*** (pronounced *jeen dahn jwahn hwah*)

*Jin Dan can transform your relationships, finances, and every aspect of your life.*

**15. Practice to Enlighten Your Soul, Heart, Mind, and Body Anytime**

***Jin Dan Yuan Man*** (pronounced *jeen dahn ywen mahn*)

*Jin Dan can enlighten your soul, heart, mind, and body.*