

Stationary Regulating Exercises

Start in Wuji posture

Inhale and Exhale through the nose

1. Bring hands out in front of the lower and begin sending Qi to the Navel

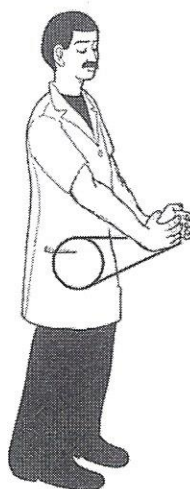
See the energy flowing to the Mingmen and the Lower Dantian

Hold for 3 breaths

2. Turn the hands palms down to absorb Earth Qi and hold for 9 to 36 breaths

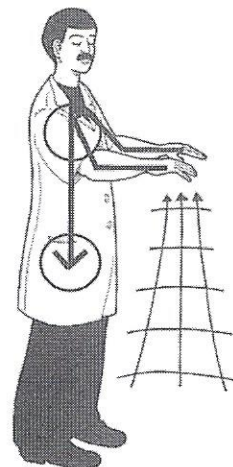
3. Turn the hands palms up to absorb Heavenly Qi and hold to 9 to 36 breaths

4. End by again turning the hands toward the navel, absorbing and rooting the Qi in the Lower Dantian.



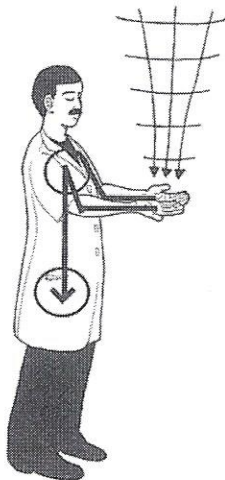
Stimulate
the Lower
Dantian

Begin by facing the palms toward the navel in order to stimulate the Lower Dantian Qi.



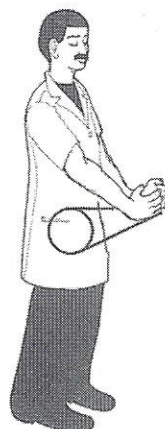
Absorb
Earth Qi
into the
Lower
Dantian

Face the palms towards the ground and absorb the Earth Qi into the Lower Dantian area.



Absorb
Heaven Qi
into the
Lower
Dantian

Turn the palms upward to absorb Heaven Qi into the Lower Dantian Area.



Stimulate
the
Lower
Dantian

End the meditation by again facing the palms toward the navel in order to stimulate the Lower Dantian Qi.