

Orbiting 5 Phases

(9 repetitions of each movement, 9 breaths for Standing Between Heaven and Earth)

Level 1 ☯ Opening The Circuit

Waist turns with relaxed arm swing

Swing arms forward and back

Shoulder rolls - to the back (repeat) then switch to the front (repeat)

Hip circles – to the left (repeat) then switch to the right (repeat)

Knee Circles – to the left (repeat) then switch to the right (repeat)

Ankle circles – left foot - counterclockwise (repeat) then clockwise (repeat), right foot- clockwise (repeat) then counterclockwise (repeat)



Level 2 ☯☯ Five Phases

Begin with **Standing Between Heaven and Earth** (*centering move between each of the five phases*):

Stand in wuchi position, feet shoulder width apart facing directly forward, knees slightly bent, hips tucked, tongue touches the roof of the mouth behind the front teeth, eyes soft and relaxed. Relax your forehead, imagine a string attached to the top of your head pulling you a little taller, sink your hips like you are beginning to sit.

3 choices for arm positions (*be comfortable and feel free to adjust between the 3 positions*)

1) arms raised to in front of chest, rounded like you are hugging a tree, sink the elbows

2) holding a small ball in front of the dantien

3) arms to side slightly pushed to the back, fingers pointing to ground like extending as roots into the earth

Use counting breaths to know how long to hold the position

The stance is a meditation noticing the connection to all around you. Example: be in the position of standing between heaven and earth, notice the ground beneath your feet, opening the Yongquan Kid-1 points on the bottom of your feet to draw energy from the earth to your center, and feel the energy of the heaven connect through the Baihui Gov-20, crown of your head, descending to the dantien to meet with the energy of the earth.

Fire ☲ (Heart, Small Intestine, Pericardium, Triple Burner)

While standing in a mountain stance, hold a ball in front of your body, left hand on top. Inhale as you push your left arm directly forward while pulling right elbow to the back, twisting the waist. Exhale back to center, turn the ball over, repeat with right arm pushing to the front and left elbow, pulling to the back. (Repeat)

Standing Between Heaven and Earth

Earth ☷ (Spleen, Stomach)

While standing in a mountain stance, inhale while drawing both hands, palm up, up the center of the body, rotate so the backs of the palms are facing each other, exhale while pushing the left hand up to the sky and the right palm to the earth. Follow the left hand with your eyes as you push out to the left to return the arm to your side and then in front of your body. Repeat pushing right hand to the sky and left hand to the earth. (Repeat)

Standing Between Heaven and Earth

Metal ☱ (Lungs)

While standing in a mountain stance, draw both arms up to chest level palms down. Inhale, opening the arms on horizontal plane, turn palms up, exhale drawing arms back together at chest level. (Repeat twice as many repetitions as each of the other elements)

Standing Between Heaven and Earth

Water ☯ (Kidney, Bladder)

Standing in a wider mountain stance, turn out the left foot so it is perpendicular to the right foot which is facing directly forward. (wide box stance to open the Kidney channel). Place left arm behind your back, palm out, at Kidney level. Inhale, reach out to the right palm down with your right arm, exhale, bend forward at waist and knees scooping in a large arc down to the ground, continue the large arc reaching, imagining how the water would feel on your arm with resistance when your arm moves through the water compared to when it comes out of the water. (Repeat in the same direction) Change direction, bringing left foot to facing directly forward and rotating right foot so it is perpendicular opening the Kidney channel. Place the right arm behind your back at Kidney level and left arm out to left side scooping, continuing like described above.

Standing Between Heaven and Earth

Wood ☯ (Liver, Gallbladder)

Stand in a strong mountain pose with soft fists at the side, palms up. Alternate punching left arm then right arm to the center, ending with palm down at end of the punch, rotate back to side palm up. (Repeat)

Punch high, forehead level, alternating left right. (Repeat)

Punch low, aiming toward ground, alternating left right. (Repeat)

Punch across, alternating left arm across body towards right then right arm across body towards left. (Repeat)

Standing Between Heaven and Earth

Level 3 ☯☯☯ Orbiting the Microcosms

The Microcosmic Orbit is a practice of moving qi through the body and aura. At first it may feel like you are imaging the energy flowing, though with practice you will be able to really sense the qi moving. Remember, “the Yi leads the Qi”, meaning, the mind leads the energy. This is a high level qigong practice.

1st orbit (Sagittal)

Standing in mountain pose, imagine drawing the energy of the earth up the front of your body, over your head, down your back, below your feet and continuing the orbit up your front. Inhale as you draw up, exhale as you go down the body. Tongue should be touching the roof of the mouth and once you make the first orbit pull the perineum up to seal the energy in the orbit. Create sagittal circles by moving your arms in soft fists at your side like rowing a boat (Repeat). Switch directions, drawing the energy up the back of the body, over the head, down the front to below your feet. (Repeat)

2nd orbit (Transverse)

Standing in mountain pose, imagine the energy circling the body at the level of your belt (waist) transverse plane. Circle to the left going in front of body, around to the back of body to the right and continuing. Palms are faced down making circles like you have both hands on a rag wiping off the table. (Repeat)

Switch directions (Repeat)

3rd orbit (Bringing in the new, releasing the old)

Standing in mountain pose, arms at your sides, inhale, raising the arms out to your sides to above your head, like making a big circle, at the apex draw the back of the palms together, exhale, pointing the fingers to the ground as the arms descend down the center of the body, imaging bringing in the new energy of the heavens and releasing the old energy into the earth. Arms separate at the bottom and continue to do another rotation. This movement is about composting old energy and thoughts down into the earth, releasing what is old and bringing in new.

Close

Bring left foot into right, place palms on the dantien (women- left hand over right, men-right hand over left). Allow your energy to store in the dantien.