



# Shibashi

18 Healing Movements

As Presented By Mary Cruise, Tai Chi Instructor

*Body Prayer in italics, Movement of Form in Regular type*

## **The Taoist Greeting.**

*The closed hand represents all that is material and the open hand represents all that is spiritual. We honor the harmony between the two.*

Feet Shoulder width apart. Slight turn to right to lift right arm. Fist in front, perpendicular to your body. Left hand above fist, palm facing ground. Bend at the waist, roll arms 2 ½ times, to both palms facing the ground.

**The Cosmic Greeting** *is a welcoming of all cosmic energies, opening ourselves to receive them, while we take time for centering.* Stand back up. Arch arms to above head, palms facing front til hands come together above head. Bring down in front of body in prayer position.

*The first movement of Shibashi.*

## **Waving Hands by the Sea**

*The shoulders, elbows and wrists are loose as we feel the air pass between our fingers. Become aware of your presences as an integral part of creation. Give yourself to emptying, freeing, letting go.*

Bring hand down to waist. Step out with left foot. Bring hands up to shoulder height. Fingers spread. At top point, palms face out. Bring back down to waist. Repeat.

## **Expanding Chest On Mountain Top**

*Hands rise in standing palm position, fingers point towards the heart, opening the heart, welcoming all creatures, and blessing the earth. Healing palms, soothing, purifying energizing our centeredness. Welcoming all.*

Bring hands up, palms facing each other, bend elbows, bring hands into chest, fingers pointing to heart, open arms wide, palms out. Bring arms back together, then down to waist, palms down. Repeat.

## **Painting the Rainbow**

*Full extension, weight shifts to the right as you paint the rainbow to the left. Let your healing energy stream out, through your fingertips. Earth energies blending with heaven energies. Use the breath, the spine, the entire body as a bridge to harmonize the energies within us, with those around us. Enjoy the lifted rib cage as you send the healing out into the universe.*

Bring arms up, palms facing each other til over head. Shift weight to right, left hand drops to side, keeping body straight. Left hand comes back to above head, shift weight to left, drop right hand to side. Return to above head. Repeat.

## **Parting the Clouds**

*Full extension, palms facing outwards, as you part the clouds, pulling away the chaos. The spine and lower back are vertically extended for a full infusion of the healing breath into the upper body. Parting clouds of dissention, of disharmony, lifting the heart, the voice, lifting your vision, your mind, lifting your spirit.*

Turn palms outward, and circle them both to your waist, bringing them in front of your body, left hand above right drawing them up the center of your body, turning palms up and outward above head. Repeat.

## **Weaving Silk in the Air**

*The resilience of life. Clearing out noise pollution, drawing in the music of the cosmos. Clearing out chaos. Drawing in the harmonies of the universe. The weaving motion, flowing, energizing.*

Return palms to waist, draw left hand above right to about chest level, Left hand goes back to behind ear, right hand goes in front of body, perpendicular to ground, the hands come back to meet in front of body then right hand goes back and left hand forward. Repeat.

## **Rowing Boat in the Middle of the Lake**

*Sinking, allowing oneself to become empty. Letting go, hitting rock bottom in order to rise again to new energy, new life.*

When hand meet in middle, kind of come together drawing hourglass figure, palms facing towards ground, squat to ground. Circle arms from front to back, stand up arms going from down to up. Squat again, repeat.

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**www.columbiataichi.com**

Mary Cruise, Tai Chi Instructor

(573) 228-4415

mary@columbiataichi.com



### **Sage presents Peach**

*Touching earth energies with healing palms, gathering in all the suffering of earth and presenting it for heavenly healing. Receiving heavenly healing and crossing to the other side. Receive the healing breath that saturates the internal organs from the diagonally stretched rib cage. Notice the yin yang of counter balance, offering and receiving.*

Right arm and goes behind back, left hand out front. Left foot steps out. Squat, scoop hand til out in front of body present upward palm for a moment. Switch directions. Repeat.

### **Gazing at the Moon**

*Continue the spiral turning, aware of your groundedness on mother earth. One healing palm is turned outwards toward the moon, the other is supporting the energy flowing through the elbow. Outward vision, draw the serenity of the moon beams down upon the earth. Let the serene energies of the moon harmonize and revitalize the earth.*

Turn from the waist to the left. Left hand rotates up and palm facing outward. Right and is directed toward elbow, palm facing elbow. Rotate waist and arms to other side. Repeat

### **Wind Rustles Lotus Leaves**

*Send the healing energy out to all who are suffering, especially to all children who are suffering. Direct your healing energies to all of creation. To all of the war torn areas of our planet. Visualize universal energies bringing out about the healing harmonies of body and spirit.*

Draw right arm up the centerline of body to chest level, fingers pointing downward. Rotate wrist so fingers point up and push out to left side making a big circle to front then right. Draw arm back to right side. When drawing arm back start left arm up centerline of body, repeating circle. Left arm and right arm makes one count. Repeat two times. Repeat the right arm one in final time setting up for cloud hands.

### **Cloud Hands**

*Drawing the healing palms towards yourself. One hand passes across the lower taitien, while the other passes across the upper taitien, revitalizing these important centers of energy. A gentle cleansing movement. Yin yang movements of cleansing and energizing.*

Draw the left and right arm across your body in the leftward direction. Left hand passes across chest level the right hand at abdomen level. Draw back right side switching hand positions. Repeat.

### **Scooping the Sea and Viewing the Sky**

*Remembering the importance of transitions in life. Stepping out into the unknowing, going into the depths, and rising into the heights. The energy of water. The energy of air. Sinking into the darkness and rising into the light.*

Transition by opening arms at shoulder level, step left foot out, touch heel but keep weight empty. Bend at the waist, shift weight into left foot, reach down to scoop at foot level, straighten at waist, release arms to heaven, rock back to right foot. Repeat again to left then switch to stepping out to right to do two times.

### **Rolling With the Waves**

*Enjoying the motion of the water. Enjoying the cleansing and revitalizing energies of water. Sending out the healing energies from our palms, releasing tension and reintegrating oneself with the whole of creation.*

Step out to left. Keep arms parallel to each other. Stretch out to left diagonal rolling arms like waves. Repeat two times at left diagonal, switch to right side to do two times.

### **Young Dove Spreading it's Wings**

*Little baby dove taking its 'first flight. A gentle giving. A humble receiving. Compassionate, universal embrace of human kind. Fingers pointing towards the heart to open up the beauty of the inner self.*

Step out to left. Keep elbows close to body. Open arms, point fingers to body creating circle. Repeat two times at left diagonal, switch to right side to do two times.



### **Dragon Emerging from the Sea**

*Emptying, releasing tension from the shoulder. Letting go of the past and moving straight ahead, forward, the direction of life. Rerooting our energies back into the spirit of the earth. Centering, Silencing, letting go, moving forward. The yin and yang of releasing and going forward.*

Square up shoulders and feet. Draw left elbow back with wrist relaxed. Punch out with fist. Corkscrew fist and arm in counter clockwise direction, drawing elbow back to side.

Repeat with right arm. Repeat left and right arms again.

### **Wild Goose Flying**

*Allowing ourself to lift our hearts, our minds, our whole being toward the beauty of creation. Free flight. Being one with nature. Full extension of the spine. Being one with the universe.*

Slightly lift hands and arms in waving motion at your sides. Step out left, increasing the waving arms. Rock back, step out left and wave arms again. Switch to right side repeating movements.

### **Windmill Turning in the Breeze**

*Healing palms holding mother earth. Turning from the waist. Creating and recreating the circle of life. Reenergizing the wounded parts of mother earth. Turning in harmony with all the other planets. Harmonizing universal energies while remaining rooted in the circular motion of life.*

Square up shoulders and fists. Turn palms towards each other just in front of body. Circle arms in a clockwise direction, overhead turning hands then continuing circle motion. Repeat. Then switch directions to counter clockwise direction repeating the movements two times.

### **Child Bouncing Ball in the Sunshine**

*The joyful interplay of the right side and the left side. The relaxation of smiling. The revitalizing breath brings about a flow of healing consciousness into the entire being.*

Sincronize movement left hand up, right knee up, then right hand up, left knee up. Repeat four times.

### **Nature's Fragrance Drifting Up**

*Gathering in your favorite fragrances. The first time toward the head level for purifying. The second time above the head for enlightenment and inspiration.*

Bend at waist, reaching down like gathering and rolling air up to face level, bringing hands in a prayer position, but not touching together. Bend again, gathering in and direction above head bringing hands into prayer position, but not touching together.

Stepping in and closing with the

### **Taoist Greeting**

*Honoring the harmony between all that is material and all that is spiritual, blessing the earth.*

Stepping in with left foot. Repeating the Taoist Greeting like beginning move.

*Giving the*

### **Cosmic Greeting**

*This time with a sense of cosmic gratitude.*

*Stepping out in peace into the next activity of the day.*

Repeat Cosmic Greeting like beginning. Step out with left foot and bring hands to waist level to finish.

- Arrangement by Sister Rosel Feder, St. Louis, Missouri