

ENERGIZE AND INTEGRATE YOUR 3 ENERGETIC BODIES (Your Physical body, your Meridian body and your Auric body)

PHYSICAL BODY

I. DEEP BREATHING is the foundation of good health on all levels.

Note: 3-9 (or more) repetitions each. Exercises 2-4: Inhale through nose, exhale with mouth; Inhale as long as possible, up to 9 seconds, Exhale more quickly and forcefully initially, until you are breathing deeply and subtly all the time.

1. “Heimlich” Jump-start, or Chi PR: Fist with left hand, covered by right hand, forcefully Exhale stale, stagnant Breath/Energy from lower abdomen. Emphasis on the Exhale and Purging the system.

2. Circling Hands: Inhale from lower abdomen with hands circling up in front, shoulder width, Exhale down and out front of body and lower ab. Emphasis is equally on Filling (Inhaling) and Emptying (Exhaling)

3. One Lung At A Time: stretch arms, hands, fingers—esp. thumbs—out to sides as you Inhale to capacity, then Exhale across and down to each side. Emphasis is now moving more toward lengthening the Inhalation.

4. Fetal or Womb Breathing: Start curled up, fully Exhale, then begin to slowly unfurl, opening your eyes and mind, and rise up as you Inhale, raising the arms finally overhead and return to the Cosmic Oneness again as you Exhale back down. Key: Slow the Inhalation to coordinate with your Unfolding movement, which reach their maximum simultaneously.

Then breathe deeply, slowly and quietly into your belly and kidneys for the rest of your life.

II. STIMULATE–DETOX with percussion. Shift your weight, turn your waist and let your arms swing freely. Fists strike your intestines in front and your kidneys in back. Tap up the front to your Thymus Gland and out to your Lung points under your clavicles. Then strike your Kidneys, buttocks, down the outside of your legs, up the inside

of your legs to your groin area. (many lymph nodes in that area) Then strike up your side, deep into your arm pit, down the inside of your arms and up the outside of your arms on both sides of your body. Stimulate your HEAD by rubbing up & down the base of your nose with your fingertips. Then press against the bone above and below your eyeballs. Then press inside, and around your ears and jaw. Pull down on the lobes. Stimulate your mouth by clicking your teeth 36 times. (9 times with each quadrant of teeth) Roll your tongue inside your mouth stimulating saliva and swallow down 3 times. Tap the back of your skull 36 times. Stroke your entire body in a downward motion.

III. LOOSEN JOINTS – Focus your breath, mind and movement into all joints as you work with them; at least 3 times each direction.

First rotate your head and neck in a circular motion using your entire body, both directions – 3 times.

Rotate shoulders vertically, (open your arm pit) and then swing them both horizontally behind you – 3 times

Rotate elbows in a circle while massaging them – 3 times

Rotate wrists by clasping all fingers together then shake them loose. Breathe into fingertips while stretching them out.

Stretch spine to the right and left/ back and front. Rotate your chin to your knees in big circles both directions – 3 times.

Rotate hips in both directions – 9 times.

Rotate knees both vertically and horizontally 9 times.

Rotate ankles – toe down, rotating heel in a circle both directions 9 times then stretch calf muscle.

Finish the physical exercises with a powerful lymphatic stimulation – arms and legs on the same side of your body swing the opposite of each other.

MERIDIAN BODY

IV. Trace the 12 meridians around your body, 9 times ea. (1. Pull down the hot Sun, then Up Cool Water. 2. Up and over back, head, spine ea. side. 3. Arm swings—up Outside, down Inside 4. Belt/trunk into belly, kidneys, down outside of legs, up inside, up body, over head and down back into Kidneys.)

INTEGRATION OF YOUR PHYSICAL & MERIDIAN BODIES

Direct the chi of the meridians, breath, mind, sounds, and colors into

your 6 major organs in the ‘creative’ cycle.

1. Draw up the chi of your Liver Meridian from your right big toe into your Liver as you breathe in the color GREEN.

Stretch your Liver by raising your right arm up and back. Then hold your breath as you stimulate the Liver with percussion 9 times.

Exhale as you squeeze the Liver by putting your right elbow near your left hip and making the sound SHU.

2. Draw down the chi of your Heart Meridian from your little finger into your Heart as you breathe in the color RED.

Hold your breath as you stimulate your Heart with percussion 9 times.

Exhale straight up and out your fingers as you make the sound HUH.

3. Draw up the chi of your Spleen and Stomach Meridians from the inside and outside of your left leg into your Stomach and Spleen as you breathe in the color YELLOW. Hold your breath as you stimulate your Stomach/Spleen with percussion 9 times. Squeeze those organs by putting your right elbow near your left hip while making the sound WHO.

4. Draw in the chi of your Lung meridian from your thumbs into your Lungs as you breathe in the color WHITE. Hold your breath as you stimulate your Lungs with percussion 9 times. Exhale out your thumbs behind you as you make the sound SSSS.

5. Bend over, draw the chi of your Kidney meridian up the inside of your legs to your Kidneys as you breathe in the color dark BLUE.

Hold your breath as you stimulate your Kidneys with percussion 9 times. Stand up straight, bend backwards then crouch and as you exhale down the outside of your legs as you make the sound CHU.

6. Reach up to the Sky, inhale, and shower yourself with GOLDEN LIGHT, exhaling with the sound SHEE

V. The 5-minute Qigong Tai Chi style. (see video)

AURIC BODY

VI. DETOX AND THEN ENERGIZE THE 9 CHAKRAS. Hand positions are on the “Brain Stimulation and Integration” sheet, and wording on the “Auric body.”

VII. EXPERIENCE AND INTEGRATE THE 3 ENERGY BODIES

Stand with your feet shoulder width apart and parallel, knees slightly bent, head over your trunk, chin in, back rounded, tongue on the roof

of your mouth, palms facing the Earth. **Feel your physical body.** Then raise your arms so your palms face your Heart. **Feel your meridian body.** Then raise your palms to face the sky. **Feel your auric body.**

Alternate between these 3 standing positions as you experience one body after another. Then ALLOW healing to happen in all 3 bodies as you stand without intention, expectation, thoughts, and emotions. Remain open and empty for 3 minutes, allowing your 3 bodies to integrate with each other.