Written Descriptions for: Section 9, Lesson 5

Dedication Practice

(i) Enter a Centred, Meditative State
- Stand in the Simple Stance, or sit in a comfortable meditative position.
- Take a few deep, slow breaths and bring awareness to the lower *tan tien*.
- Feel yourself becoming calm, balanced, and focused.

(ii) Generate a *Qi* Ball
- Follow the instructions of any *Qi* ball generating practice, for example:
  - *Qi* ball of earth energy
  - *Qi* ball of sky energy
  - *Qi* ball of earth and sky energy
  - Six directions practice
  - Three fires and Six Directions practice

(iii) Infuse the *Qi* Ball with Intention
- Focus on a clear and specific goal.
- Examples of intentions:
  - Healing – "May this energy bring healing to those who need it."
  - Peace – "May this energy support peace in the world."
  - Love – "May this energy spread kindness and compassion throughout the world."
- Speak the intention internally or aloud while holding the *Qi* ball.
- Visualise the energy within the *Qi* ball resonating and amplifying with this purpose.

(iv) Release the Energy into the Universe
- When the *Qi* ball is fully charged with intention and purpose, prepare to release it.
- Choose a method of release:
  - Expand it outward – Open your palms and let the energy dissolve into the universe.
  - Send it in a specific direction – Push it gently toward the sky, the Earth, or a specific place in need.
  - Offer it to the cosmos – Imagine the energy rising into the infinite fabric of existence.
- As you release the *Qi* ball, smile and trust that it will find its way to the right place.

(v) Express Gratitude and Close the Practice
- Take a moment of stillness to appreciate the process.
- Whisper a dedication statement:

"I dedicate this energy to the lessening of suffering in the world and the increase of love, wisdom, and peace."

- Visualise the ripples of energy expanding into the cosmos, merging with all similar intentions across time and space.
- Place your hands over the lower *tan tien*, and close the practice with a final breath.