



Written Description for: Section 8, Lesson 2

Qi Ball of Earth Energy

1. Begin in the Simple Stance

- Start in the Simple Stance, as described in Section 4, Lesson 1.
- Ensure that the body is relaxed, keeping your spine naturally upright.
- Keep your breathing deep and steady, inhaling and exhaling through the nose.
- Taking your attention to the soles of the feet and their contact with the earth.

2. Drawing the Energy from the Earth into the *Tan Tien*

- Take your attention down to the centre of the earth and breathe up from the centre of the earth (just as in the practice we did at Section 7, Lesson 2).
- Using the hands as symbols of the location of the breath with the lowest position indicating the centre of the earth, inhale bringing the energy up through the soles of the feet, through the knees, through the hips, up into the shoulders, and then up into the crown of the head.
- And then with the exhale, slightly clench the perineum as you guide the energy into your lower *tan tien* using your hands as symbols.
- Feel the energy of the earth coming into the *tan tien*, and feel it begin to spin inside the *tan tien*, rotating in any way that feels natural — in any direction. Simply give the energy the command to spin, and watch it as it does.
- Feel the energy spinning there at the lower *tan tien*.
- Then relax the perineum.
- Keep 5 percent of your attention at the navel, feeling the energy there, and then take 95% of your attention back to the centre of the earth for another round.
- Inhale the energy up to the crown of the head and then, as you exhale, slightly hold up the perineum muscle, while you sink the earth energy into the *tan tien*, adding it to the spinning energy that is there. Once the earth energy has added to the spinning energy in the *tan tien*, you can release your perineum.
- Feel the addition, and that you have generated a little mass of energy.
- Keep 5 percent of your attention there, and then return back to the centre of the earth to collect more energy.
- Do this at least 3 times more or as many times as you like to collect a sizable amount of energy at the navel.
- Observe its texture, density, and movement, sensing how it responds to your focus.



3. Expanding and Contracting the Qi Ball

To refine and compress the *Qi*, we expand and contract the energy ball:

- Using the hands as symbols by bringing them wide to the side, allow the energy to expand to about 3 feet (1 metre) around the body,
- Feel the *Qi* permeating your entire energy field, filling you with vitality.
- Then, slowly draw the energy inward, condensing it into a smaller, denser form, about the size of a large watermelon, between your hands. You do this by bringing the hands inwards to face each other in front of the navel, separated by a space about the size of a watermelon.
- As the energy compresses, its intensity and potency increase.
- Then allow the energy to expand again to a wide sphere around the body, and then contract to about the size of a grapefruit – again the hands moving to indicate the size of the *Qi* ball.
- Repeat this process, this time expanding out to the size of a beach ball, and contracting it to the size of a golf ball.
- Repeat again, expanding out to the size of a watermelon, and contracting to the size of a marble, with that marble-sized-energy-ball situated within the centre of your *tan tien*.

4. Storing the Qi Ball in the Tan Tien

To conclude the practice, the *Qi* ball must be collected and stored within the centre of the *tan tien* to prevent energy dissipation: This is the procedure:

- Cover the navel with both palms (women with right hand over left, men with left hand over right).
- We then spiral the energy out (women spiral out anti-clockwise, men spiral out clockwise) and then spiral the energy deep into the central core of the *tan tien* (women spiral in clockwise, men spiral in anti-clockwise).
- Sense the *Qi* ball settling deeply into the *tan tien*, where it will be stored and refined for future use.