



Written Descriptions for: Section 8, Lesson 4

Qi Ball of Earth and Sky Energy

1. Begin in the Simple Stance

- Start in the Simple Stance, as described in Section 4.
- Relax the body and breathe deeply, allowing awareness to settle into the soles of the feet.

2. Connecting to the Earth

- Direct your attention downward, deep into the centre of the Earth.
- Inhale from the centre of the earth, bringing the breath up from the centre of the Earth, through the soles of the feet, up through the body, all the way to the stars - moving the hands from fingers facing down to fingers pointing to the stars.
- By the end of the inhale, the hands are stretched toward the sky, fingers pointing upward, symbolising the *Qi* reaching the heavens.

3. Merging Earth and Sky Energy

- At the end of the inhale, pause to feel the Earth *Qi* mixing with the Sky *Qi*.
- As you exhale, slightly hold up the perineum, as you lower the hands slowly, guiding the combined energy of Earth and Sky *Qi* through the crown, shoulders, spine, finally depositing it into the lower *tan tien*.
- Let the combined energy of Earth and Sky begin to spin in the *tan tien*, eeling its rotation, momentum, and pulsation.
- Once the energy is spinning, you can release your perineum.
- Maintain 5% of your attention on the *Qi* accumulation in the *tan tien*, while returning 95% of awareness to the Earth for the next breath cycle.

4. Repeat the Process

- Inhale again, drawing fresh Earth energy upward to the sky, merging it with Sky *Qi*.
- Exhale, slightly holding up the perineum, as you bring the blended *Qi* down into the spinning *tan tien*. Once the new energy has added to the spinning *tan tien*, you can release the perineum.
- Repeat this cycle at least three times (or as many times as needed) until you feel a strong, vibrant accumulation of spinning energy in the *tan tien*.



5. Merging Sky and Earth Energy

- Inhale, as you raise your hands to the sky, to collect some Sky Energy.
- As you exhale, lower your hands, bringing that Sky Energy down through the crown of the head, through the body, and all the way to the Centre of the Earth.
- Feel the mixture of energies occurring there in the Centre of the Earth.
- Raising your hands, inhale that mixture energy up from the Centre of the Earth, up to the crown of the head, and then, slightly holding up the perineum, exhale as you bring the hands down to settle the mixture energy into what is already spinning there in the *tan tien*.
- Once the new energy has added to what is spinning there, you can release your perineum.
- Keep 5 per cent of your attention on the accumulation growing in your *tan tien*, as you return the rest of your attention back to the stars to collect another breaths-worth of sky energy.

6. Repeat the Process

- Inhale again, reaching your arms to the sky to gather another round of Sky Energy.
- As you exhale, bring that Sky Energy down through the crown of the head, down through the body, and down to the Centre of the Earth.
- Feel the mixture of energy there at the Centre of the Earth.
- Inhale, as you bring that mixture energy up to the crown of your head.
- Exhale, slightly holding up the perineum, as you bring the blended *Qi* down into the spinning *tan tien*. Once the new energy has added to the spinning *tan tien*, you can release the perineum.
- Repeat this cycle at least three times (or as many times as needed).

7. Expanding and Contracting the Qi Ball in the Tan Tien

Expand and contract the *Qi* Ball, sensing how its size and density shift with each movement.

8. Sealing and Storing the Energy

Complete the practice by following the energy collection process, spiralling the *Qi* outward and inward to seal and refine the energy in the *tan tien*.