



Written Description for: Section 8, Lesson 3

Qi Ball of Sky Energy

1. Begin in the Simple Stance

- Start in the Simple Stance, as described in Section 4.
- Ensure that the body is relaxed, keeping your spine naturally upright.
- Keep your breathing deep and steady, inhaling and exhaling through the nose. Close your eyes and bring your awareness upward, connecting with the vast expanse of the sky.

2. Drawing Sky Energy Into the Body

- Inhale deeply, lifting both hands above your head, palms open to the sky, as if scooping energy from the heavens.
- As you exhale, slightly contract the perineum, as you slowly lower your hands down in front of the face, guiding the sky energy through the crown of your head.
- Continue moving the hands downward, bringing the energy through the shoulders, spine, and central body channel, finally settling it into the lower *tan tien*.
- Give the command for the Sky energy to spin inside the *tan tien*. Once you have given the command, watch the energy as it spins – it can be in any direction, Just watch it spin without trying to control it.
- Once the energy has begun to spin, you can release your perineum.

3. Building and Accumulating Sky Energy

- Keep 5% of your attention on the energy you've just deposited into the *tan tien*, maintaining awareness of its growing presence.
- Return 95% of your focus to the sky, ready to gather more energy.
- With the next inhale, lift the hands again, scooping fresh Sky Qi from above.
- Exhale, slightly holding the perineum up, as you bring the Sky Energy down through the crown, shoulders, spine, and *tan tien*, feeling each breath adding more energy to the reservoir.
- Allow that Sky energy to join the spinning in the *tan tien*. Once it has joined, you can release the perineum.
- Repeat for at least three more breaths or continue until you sense a sizable accumulation of Qi in the *tan tien*.



4. Refining the *Qi* Ball

- Expand and contract the *Qi* ball, following the technique outlined in previous exercises:
 - Expand the energy outward, using your arms as symbols of the expansion, extending your arms outwards, feeling it radiate several feet around your body.
 - Contract the energy, condensing it into a compact, powerful sphere in the *tan tien*. Again, use the arms as symbols of this movement, drawing the arms inwards.
 - Perform this expansion and contraction cycle as many times as desired, noticing how it shifts your energetic sensations.

5. Sealing and Storing the *Qi* Ball in the *Tan Tien*

- To complete the practice, gather and store the *Qi* properly:
 - Place both hands over the navel (women: right hand over left, men: left hand over right).
 - Spiral outward first to integrate the energy field.
 - Spiral inward to condense and seal the *Qi* into the *tan tien*.
- Feel the Sky Energy settle deep into your core, reinforcing mental clarity, vibrational refinement, and spiritual connection.