



Written Description for: Section 9, Lesson 2

Six Directions Practice

1. Preparing the *Qi* Ball in the *Lower Tan Tien*

(i) Begin in the Simple Stance

- Start in the Simple Stance.
- Keep your spine upright and breathe deeply and steadily through the nose.
- Mentally prepare yourself for the exercise ahead.

(ii) Connecting with Earth and Sky Energy

- Take your attention to the centre of the earth
- Inhale from the centre of the earth, up through the body all the way to the expansive universe above.
- At the end of the inhale, feel the meeting of earth energy with the yang energy of the cosmos.
- With the exhale, slightly hold up the perineum, as you bring down that energy mixture through the crown of the head and into the lower *tan tien*.
- Watch the energy in the *tan tien* begin to spin.
- Once the *tan tien* has begun to spin, you can release your perineum.

(iii) Building the *Qi* Ball

- Keep five percent of attention on the feeling of energy gathered there in the *tan tien* and then take 95 percent of your attention back to the centre of the earth for another round of gathering.
- Repeat several rounds of gathering in this manner until a sizable, spinning *Qi* ball has formed at your *tan tien*.
- Inhale, expand the *Qi* ball moving the hands wide to the side; exhale, contract the *Qi* ball, bringing the hands close together again.
- Repeat this expansion and contraction several times.

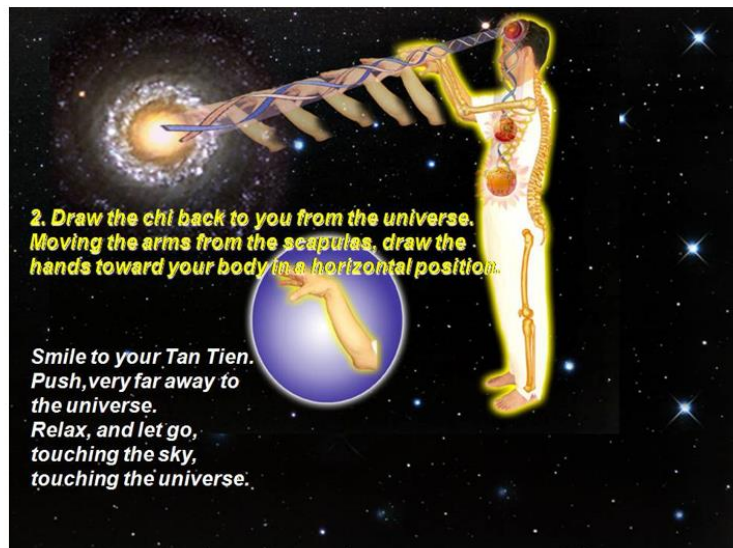
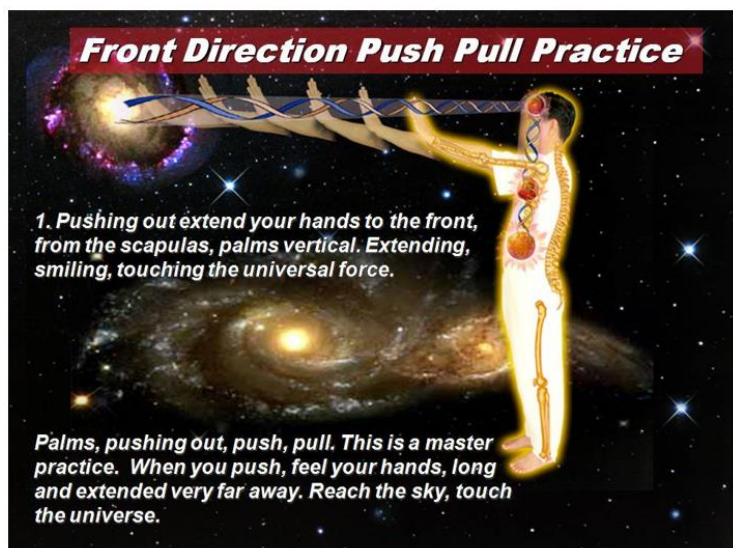
2. Absorbing *Qi* from the Six Directions

Once the *Qi* ball is established, we begin gathering external energy from each direction.

(i) Front Direction:



- With the next collection breath, inhale from the centre of the earth, all the way up to the crown of the head.
- Exhale and, slightly holding up the perineum, bring the Earth energy back down again into the *tan tien*.
- When the new energy is added to the *tan tien*, feel how it creates a flare of energy.
- (Once the new energy has entered into the spinning *tan tien*, you may release your perineum.)
- With the next inhale, bring that flare of energy up from the *tan tien* into the heart, and then with the exhale, from the heart out through the hands: guide that flare out to the expanse of the universe out in front of you, using your hands in a pushing motion, touching the distant cosmos in front of you.
- Smile to that place, smile to the connection of the flare meeting it, and then form the intention to bring back that flare together with whatever new energy it has touched from that place, using a scooping motion with your hands.
- Inhale, bringing the flare back as well as the new energy from that direction in front of you, back into your heart, and then on the exhale, down into your *tan tien*.
- Notice what you have added there.
- Repeat (at least) two more times, maintaining partial attention on the *tan tien* (to stabilise *Qi* there) while continuing the gathering process.



[Images from Mantak Chia]

(ii) Side Directions:

- Inhale from the centre of the earth through the body, up to the crown of the head.
- Exhale down the Earth energy into your spinning *tan tien* – contract the perineum slightly as you begin to exhale, and once the new energy has joined the spin, you may release your perineum.



- Feel the flare of that new energy adding to what you have already collected at your *tan tien*.
- Inhale, bring that flare up into the heart, and exhale, send that flare out to both side directions at once, with a movement of the hands pushing to the sides.
- Touching the distant universe on both sides, smiling to those places, inhale bringing the energy back from both those directions into the heart, and exhale that energy down into the *tan tien*.
- Repeat (at least) 2 more times, as always keeping some portion of attention at the *tan tien* to hold there what you are adding.



[Image from Mantak Chia]

(iii) Back Direction:

- Then, inhale from the centre of the earth, up through the body to the crown of your head,
- Exhale down the Earth energy into your spinning *tan tien*. (As always, contract the perineum as you begin to exhale, releasing the perineum as the energy enters into the spin in the *tan tien*).
- Feel the flare of energy that creates and with the next inhalation, bring that flare from the *tan tien* into the heart, and with the exhalation from the heart send that flare out, directly behind you, pushing your hands behind your back.
- Feel the flare energy touch the distant cosmos behind you.
- Smile to that place, inhale and draw back the flare as well as new energy from that direction into the back of your heart, and exhaling, bring it down into the *tan tien*, making the *tan tien* expand.
- Repeat (at least) 2 more times, maintaining awareness of the growing energy in the *tan tien*.



[Image from Mantak Chia]

(iv) Above Direction:

- Inhale from the centre of the earth through the body, up to the crown of the head.
- Exhale down the Earth energy into your *tan tien* (contracting the perineum to bring it into the *tan tien* and then releasing the perineum once the energy has joined the spin).
- Feel the flare of that new energy adding to what you have already collected at your *tan tien*.
- Inhale, bring that flare up into the heart, and exhale, send that flare of energy upwards through your body into the cosmos above you, feeling its connection with that place, smiling to that place.
- Inhale bring down the energy down into your heart, and exhale it down into your *tan tien*. Repeat (at least) 2 more times.



[Image from Mantak Chia]



(v) Below Direction:

- Start at the centre of the earth as usual. Inhale from the centre of the earth up to the crown of the head.
- Exhale, slightly holding the perineum, bring the Earth energy into the spinning *tan tien*. Once the energy has joined the spinning *tan tien*, you may release the perineum.
- Feel the flare of that new energy with what was already there.
- Inhale, bringing the energy from the *tan tien* to the heart, and exhale from the heart, out through the hands pointing downwards, sending that flare down, beyond the earth below, all the way to the cosmos beyond.
- Smile to that place.
- Inhale the energy from that place into the heart and exhale it into the *tan tien*.
- Repeat (at least a further) 2 times, as always maintaining some attention at the *tan tien* as you collect.



[Image from Mantak Chia]

3. Finalising the Practice

The practice is finalised in the same way as we have done in the previous section in generating the *Qi* ball:

- Expand the *Qi* ball outward, using your hands to sense its size and density.
- Contract the *Qi* ball inward, refining and condensing the energy.
- Seal the energy into the *tan tien* using the collection technique (spiralling outward and then inward).