



Written Description for: Section 9, Lesson 4

Six Directions Variation: Filling the Bones with Qi

This practice begins in the same way as the previous practice – the Six Directions practice – with the difference that we draw golden light from each of the directions and send that golden light energy deep into the skeletal system of the body.

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.
- Mentally prepare yourself for the practice.

2. Preliminary Earth and Sky Breathing

- Take your attention to the Centre of the Earth, greet and smile to that place.
- Begin by passing energy up and through the body from the centre of the earth, merging with Sky energy above with the inhalation, and forming a potent cosmic charge.
- Then, exhaling, bringing that mixture energy down, through the body, to the centre of the earth.
- Repeat at least 3 times.
- Then, pass energy through the body starting from the other direction:
 - Inhaling, collect some Sky energy, and with the exhalation, bring it down through the body to merge with the energy at the Centre of the Earth.
 - Inhaling, bring the mixture energy up through the body to the crown of the head, and exhaling, send it back to the Centre of the Earth.
 - Repeat at least 3 times.

3. Generate a Qi Ball of Earth and Sky Energy

- Inhale from the Centre of the Earth, all the way up to the stars, feel the Earth energy mixing with the Sky Energy.
- As you exhale, slightly hold up the perineum, bringing that mixture energy into the *tan tien*. Make the energy spin in the *tan tien*. Once the spin has started, you can release the perineum.



- Keep five per cent of your attention on what you have gathered in the *tan tien*, while 95 per cent of your attention goes back to the Centre of the Earth for another round.
- Repeat (at least) another two times, so that you have (at least) three Earth and Sky breaths collected in the *tan tien*.
- Then, collect (at least) a further 3 breaths starting with Sky Energy:
 - Inhaling, scoop the stars, exhaling, bring that Sky Energy down through the body to the Centre of the Earth
 - Feel the energies mix there, forming a potent charge of mixture energy.
 - Inhale that mixture energy through the body, up to the crown of the head, and then, as you exhale, slightly holding the perineum, bring that mixture energy into the spinning *tan tien*.
 - Once the mixture energy enters into the spin, you can release the perineum.
 - Maintain five per cent of your attention on what you have gathered at your *tan tien*, and use 95 per cent of your attention to return to gather more Sky Energy.
 - Repeat (at least) 2 more times so that there is (at least) a further 3 breaths of Sky-Earth energy (taking the total to at least 6 breaths of energy spinning in the *tan tien*).
 - Expand and compress the energy ball several times.

4. Begin the Six Directions Practice

Once the *Qi* ball has been created, we begin the Six Directions Practice:

- Keep five per cent of your attention on the *Qi* ball of Earth and Sky Energy at your *tan tien*.
- With 95 per cent of your attention, inhale deeply, drawing *Qi* up from the centre of the earth, through the soles of the feet, through the legs, spine, to the crown of the head.
- As you exhale, slightly hold the perineum, bringing the Earth energy into the spinning *tan tien*.
- As the newly gathered energy reaches the *tan tien*, observe a flare of activation, like a brilliant pulse of light expanding within.
- (Once the earth energy has entered the spin, you can release the perineum.)
- Inhale, as you take that flare – what you have just added – bring it up to the heart, and as you exhale, send that energy out from the heart, through the hands, to the distant universe in front of you, with a pushing motion of the hands.

5. Bring Golden Light Back into the Skeleton

- Inhale deeply, bring golden light from the distant universe in front of you into the body, guiding it into the spine and the entire skeletal system.
- As you exhale, allow it to flow into every bone in the body — the vertebrae, ribs, arms, hands, pelvis, legs, and feet.



- Feel the marrow absorbing this refined energy, much like a sponge soaking up vital nutrients.
- Repeat this process at least two more times, ensuring that the energy fully permeates the skeletal system.
- With each round, pack more energy into the bones, layering it deeper and deeper within the marrow.

6. Continue with the Other Directions

Repeat the process for each of the other directions:

i. Side directions

- Keep five per cent of your attention on the feeling inside you bones.
- With 95 per cent of your attention, inhale deeply, drawing *Qi* up from the centre of the earth, through the soles of the feet, through the legs, spine, to the crown of the head.
- As you exhale, slightly hold the perineum, bringing the Earth energy into the spinning *tan tien*.
- As the newly gathered energy reaches the *tan tien*, observe a flare of activation, like a brilliant pulse of light expanding within.
- (Once the earth energy has entered the spin, you can release the perineum.)
- Inhale, as you take that flare – what you have just added – bring it up to the heart, and as you exhale, send that energy out from the heart, through the both hands, as they reach for both sideways direction at once.
- Inhale deeply, bring golden light from the distant universe to either side of you into the body, guiding it into the spine and the entire skeletal system.
- As you exhale, feel that golden light sinking deeper into your bones.
- Repeat (at least) another 2 times.

ii. Back direction

- Keep five per cent of your attention on the growing glowing feeling inside you bones.
- With 95 per cent of your attention, inhale deeply, drawing *Qi* up from the centre of the earth, through the soles of the feet, through the legs, spine, to the crown of the head.
- As you exhale, slightly hold the perineum, bringing the Earth energy into the spinning *tan tien*.
- As the newly gathered energy reaches the *tan tien*, observe a flare of activation, like a brilliant pulse of light expanding within.



- (Once the earth energy has entered the spin, you can release the perineum.)
- Inhale, as you take that flare – what you have just added – bring it up to the heart, and as you exhale, send that energy out from the heart, through the hands, as they reach behind you.
- Inhale deeply, bring golden light from the distant universe behind you into the body, guiding it into the spine and the entire skeletal system.
- As you exhale, feel that golden light sinking deeper into your bones.
- Repeat (at least) another 2 times.

iii. Above direction

- Keep five per cent of your attention on the growing glowing feeling inside you bones.
- With 95 per cent of your attention, inhale deeply, drawing *Qi* up from the centre of the earth, through the soles of the feet, through the legs, spine, to the crown of the head.
- As you exhale, slightly hold the perineum, bringing the Earth energy into the spinning *tan tien*.
- As the newly gathered energy reaches the *tan tien*, observe a flare of activation, like a brilliant pulse of light expanding within.
- (Once the earth energy has entered the spin, you can release the perineum.)
- Inhale, as you take that flare – what you have just added – bring it up to the heart, and as you exhale, send that energy out from the heart, upwards to the distant universe above you.
- Inhale deeply, bring golden light from the vast expanse above you into the body, guiding it into the spine and the entire skeletal system.
- As you exhale, feel that golden light sinking deeper into your bones, making the whole skeleton glow from within.
- Repeat (at least) another 2 times.

iv. Below direction

- Keep five per cent of your attention on the growing glowing feeling inside you bones.
- With 95 per cent of your attention, inhale deeply, drawing *Qi* up from the centre of the earth, through the soles of the feet, through the legs, spine, to the crown of the head.
- As you exhale, slightly hold the perineum, bringing the Earth energy into the spinning *tan tien*.
- As the newly gathered energy reaches the *tan tien*, observe a flare of activation, like a brilliant pulse of light expanding within.
- (Once the earth energy has entered the spin, you can release the perineum.)



- Inhale, as you take that flare – what you have just added – bring it up to the heart, and as you exhale, send that energy out from the heart, downwards to the distant universe below you, beyond the earth and beyond all the stars.
- Inhale deeply, bring golden light from the vast expanse below you into the body, guiding it into the spine and the entire skeletal system.
- As you exhale, feel that golden light sinking deeper into your bones.
- Repeat (at least) another 2 times.



[Image from Mantak Chia]

7. Completing the Practice

- Once you have gathered golden light from each of the directions and sunk it deep into your bones, stand out of the stance, and observe how the body feels as a result of the exercise.