



Written Description for: Section 13, Lesson 5

# The Eight Elements Practice

## Basic Practice

### (i) Find a Stable Standing Position

- Stand in the Simple Stance as described earlier in this course, feeling yourself deeply rooted to the earth.
- Relax your body, and focus on your breath for a few moments, ensuring that your breathing is soft, calm and deep. Inhale and exhale through the nose, and touch the tip of your tongue to your upper palate as we did in the Microcosmic Orbit.
- Prepare yourself mentally to engage with the elements of the Eight Trigrams

### (ii) Connect to the Energy of Heaven

- Inhale, visualising the energy of stars and galaxies entering your body through the skin, breath, and energy channels.
- Exhale, slightly holding up the perineum, guide the absorbed energy down to the lower *tan tien*.
- Feel the energy spinning into the *tan tien*, accumulating and strengthening your core *Qi* reservoir. Once the energy has added to the spin, you can release your perineum.
- Repeat for 3-5 minutes.
- Before moving on, take a moment to acknowledge how the energy of this element feels to you.

### (iii) Connect to the Energy of Wind

- Inhale, visualising the energy of wind entering your body through the skin, breath, and energy channels.
- Exhale, slightly holding up the perineum, guide the absorbed energy down to the lower *tan tien*.
- Feel the energy spinning into the *tan tien*, accumulating and strengthening your core *Qi* reservoir. Once the energy has added to the spin, you can release your perineum.



- Repeat for 3-5 minutes.
- Before moving on, take a moment to acknowledge how the *tan tien* feels to you having added this element.

(iv) Connect to the Energy of Water

- Inhale, visualising the energy of moving water entering your body through the skin, breath, and energy channels.
- Exhale, slightly holding up the perineum, guide the absorbed energy down to the lower *tan tien*.
- Feel the energy spinning into the *tan tien*, accumulating and strengthening your core *Qi* reservoir. Once the energy has added to the spin, you can release your perineum.
- Repeat for 3-5 minutes.
- Before moving on, take a moment to acknowledge how the *tan tien* feels to you having added this element.

(v) Connect to the Energy of Mountain

- Inhale, visualising the energy of Mountain entering your body through the skin, breath, and energy channels.
- Exhale, slightly holding up the perineum, guide the absorbed energy down to the lower *tan tien*.
- Feel the energy spinning into the *tan tien*, accumulating and strengthening your core *Qi* reservoir. Once the energy has added to the spin, you can release your perineum.
- Repeat for 3-5 minutes.
- Before moving on, take a moment to acknowledge how the *tan tien* feels to you having added this element.

(vi) Connect to the Energy of Earth

- Inhale, visualising the energy of the Earth entering your body through the skin, breath, and energy channels.
- Exhale, slightly holding up the perineum, guide the absorbed energy down to the lower *tan tien*.
- Feel the energy spinning into the *tan tien*, accumulating and strengthening your core *Qi* reservoir. Once the energy has added to the spin, you can release your perineum.
- Repeat for 3-5 minutes.
- Before moving on, take a moment to acknowledge how the *tan tien* feels to you having added this element.



(vii) Connect to the Energy of Thunder

- Inhale, visualising the energy of Thunder entering your body through the skin, breath, and energy channels.
- Exhale, slightly holding up the perineum, guide the absorbed energy down to the lower *tan tien*.
- Feel the energy spinning into the *tan tien*, accumulating and strengthening your core *Qi* reservoir. Once the energy has added to the spin, you can release your perineum.
- Repeat for 3-5 minutes.
- Before moving on, take a moment to acknowledge how the *tan tien* feels to you having added this element.

(viii) Connect to the Energy of Fire

- Inhale, visualising the energy of Fire entering your body through the skin, breath, and energy channels.
- Exhale, slightly holding up the perineum, guide the absorbed energy down to the lower *tan tien*.
- Feel the energy spinning into the *tan tien*, accumulating and strengthening your core *Qi* reservoir. Once the energy has added to the spin, you can release your perineum.
- Repeat for 3-5 minutes.
- Before moving on, take a moment to acknowledge how the *tan tien* feels to you having added this element.

(ix) Connect to the Energy of Lake

- Inhale, visualising the energy of Lake (water which is contained) entering your body through the skin, breath, and energy channels.
- Exhale, slightly holding up the perineum, guide the absorbed energy down to the lower *tan tien*.
- Feel the energy spinning into the *tan tien*, accumulating and strengthening your core *Qi* reservoir. Once the energy has added to the spin, you can release your perineum.
- Repeat for 3-5 minutes.
- Before moving on, take a moment to acknowledge how the *tan tien* feels to you having added this element.



(x) Seal and Store the *Qi*

- At the end of the practice, stand for a moment, feel everything you have added through the practice.
- Expand and contract the energy as many times as you like, and then complete the practice with the “collection practice” (open to the size of the *tan tien*, and closing, spiraling inwards into the centre of the *tan tien*).
- Stand out of the Simple stance and feel internally the result of what you have just done.