

Circulate Your Energy

By Marisa Cranfill

Grounding

Begin standing with your feet shoulder-width apart and arms by your sides, the elbows are slightly bent and there is space under the arms so the Qi can flow. Feel your crown suspended by a string from the sky. Then gently begin to rock back and forth, allowing the hands to spiral like a pendulum magnetizing your hands and pulling earth Qi into your palms.

Gathering Heavenly Qi

Inhale, float your palms out to the sides. Bring the hands to your face towards heaven. Swoop around and gather Qi. Then exhale the hands over the head, wash down the face right down the front of the body. Repeat.

The Bear

Bring your hands into the bear position with the palms facing up in front of your lower abdomen.

Fire & Water Interact

Inhale, raise your palms up to your chest, exhale as you rotate your wrists and press down. Repeat.

Big Bear Circles the Moon

Inhale, draw energy up, hands rise. Exhale, rotate, push forward. Inhale, expand, circle out. Exhale, bring the arms down. Repeat.

Big Bear Gathers Fish

Inhale, rotate the wrists. Exhale, push forward. Inhale, expand and circle out. Exhale, sink down to the earth. Inhale, scoop up earth Qi. Exhale let it wash down your body. Repeat.

Cloud Hands

Begin in the bear position with palms facing up in front of the lower abdomen. Then slowly turn to your right. Raise your left hand up to the chest and then turn to the left. Next, drop the left hand down, while the right hand raises up chest height, shift and turn the hips to the right. Switch and Repeat.

Pulling Up the Earth

Inhale, hold your hands facing the earth. Exhale as you bend down and cross the arms. Inhale as you bring the arms up and circle around.

Qi Ball

Bring the palms to face each other in front of the lower abdomen and pulse on the Qi. Inhale, move your hands open to the sides. Exhale, bring the palms closer together. Repeat.

Rolling the Ball

Hold the ball and pulse three times. Rotate the ball and pulse three times. Slowly roll the ball the other way and pulse three times. Now start rolling the ball continuously from top to bottom and bottom to top.

Turning the Wheel

Take the ball of energy and begin to move it in a circle. Inhale, draw the hands up the front of the body. Exhale, push forward, around and down.

Centering

Relax your hands, palms facing up, in front of the lower abdomen. Inhale, circle the right arm up and around. Exhale, as you come down to the midline of the body, all the way down to the lower abdomen. Switch hands and repeat.

Hold your hand at the mid eyebrow center, breathe into this point (upper Dan Tian). Drop the hand to your chest (middle Dan Tian). Switch hands and repeat on the other side.

Bring the hands down to the lower abdomen (lower Dan Tian), interlace your thumbs. Step your feet together and take some nice deep breaths. Relax your legs and allow your body to gently rock and sway side to side. Allow the Qi to go where it wants to go for healing and balance.

Finally come back to center and smile.

Bamboo in the Wind

Interlace the web of your thumbs and bring both hands over your lower abdomen. Step your feet together and take some nice deep breaths. Breathe all the way down into your center. Sink your mind into your lower abdomen. Relax your legs and allow your body to gently rock and sway, just allow that Qi to go where it needs to go for healing and balance. Smile at your body, smile at nature all around you and take this feeling of vitality and connection into the rest of your day.