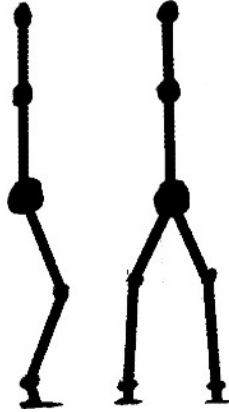


OUTLINE OF BASIC STANDING PRACTICE

This information is for educational purposes only and should be used only by a qualified instructor.



OPENING THE BODY

- Shake and breathe. Cover all the joints, especially all 7 major joint complexes—wrists, elbows, shoulders, spine, hips, knees, and ankles.
- Kidney massage. Open the belly, the bell-like area of the entire lower torso.
- Spindle. Find your root being in your feet.
- Ride the horse. Stand gently with creased knees.

POSTURAL BASICS THAT ALLOW THE BODY TO COLLECT ENERGY

- Ground the body in a rooting stance.
- Achieve center line awareness from front to back and side to side.
- Breathe from your true center, sea of energy, the dantien.
- Expand the spine and other joints.
- Place tongue on the roof of the mouth.

GUIDELINES FOR PRACTICING THE BASIC STANCE

- Find centerline from legs to spine by shifting from side to side.
- Place feet shoulder width apart (or slightly more), flat on the ground, and parallel to slightly flared.
- Relax your arms, letting them hang naturally by your side, with fingertips connecting to the ground.

- Focus on the soles of your shoes. Let them become one with the floor, and let the floor be as firm as the ground.
- Imagine your shoe soles as energetic, softly but strongly floating you.
- A ball of energy is between your legs sustaining you.
- A ball of energy is inside each knee floating you.
- A ball of energy is inside each hip floating you.
- Your tail bone relaxes and drops so it is perpendicular to the ground.
- Your pelvis forms a bowl shape, neither flexed or extended.
- Your tail bone grows a green planting stick and plants you in the ground.
- Your sit bones rest on a large bowl of energy.
- Your spine fills with warm energy like water filling a hose.
- Your gaze is soft, and your pupils are parallel.
- Your neck lengthens and your head extends upwards towards the ceiling. Your crown flattens. Your chin moves slightly inward towards the collarbones, and the whole head lifts toward heaven. An angel continues to lift your head upward as you continue to open, extend, expand, and stretch your spine.
- Breathe from the belly, the bell-like area of the entire lower torso, which includes the back. Feel a warm ball forming (about basketball size), filling the lower torso with energy. This ball touches and rotates through the lower torso in three places: floor of the perineum; your belly button in front; and a point directly opposite your belly button in the lower back. You may feel its density and warmth increase as you stand for longer periods of time.
- You may use bellows breathing (or reverse breathing) to increase the amount of energy.
- Slowly lift your hands in the front to deepen the root and elongate the center line.

During standing meditation thoughts often arise. They may be sacred or profane. Kindly release them without evaluation. This is a clearing and cleansing process toward the goal of integrating the body, mind and belly, and allowing the heart to guide for the highest good for self and others.

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