

Primordial Chi Gung

Begin facing east. Open your heart and invite all directions and dimensions of the Universe to be in conversation with you. Open to the entire universe: heaven, earth, the four directions and your own center. Open yourself to the supreme unknown, great spirit, or primordial oneness, and ask to return to your essence. Set personal intention.

Earth Cycle:

- 1) Breath of Earth rises, Breath of Heaven descends.
- 2) Honor Yin to the right. (by separating hands)
- 3) Honor Yang to the left.
- 4) Circulate chi in orbit.
- 5) Heart reaches to moon on right, sun on left, moon on right.
- 6) Circulate Chi at centerline.
- 7) Turn left; gather Chi from Earth, R, L, R.
- 8) Turn left, circulate centerline.
- 9) Turn left; gather R, L, R.
- 10) Finish by feeling sphere expand, then scoop elixir from cauldron and bathe body.
- 11) Pause, breathe, inner smile, note and respect direction.

Earth Cycle principles: Between movements return to the Pearl of essence, holding the sphere in front, palms facing, right hand at bottom. Always turn to the left, finish turns with the second RLR gathering, facing to the right of where you began. That's where you'll begin and end the next Heaven Cycle.

Heaven Cycle:

- 1) Turn left gathering Chi into Pearl from Heaven corner as you turn.
- 2) Separate to the right and gather Heaven Chi ten times beginning with the right.
- 3) Turn left and repeat three more times gathering in each direction.
- 4) Finish facing the direction you began this cycle.
- 5) Finish with nine circle facing the torso.
- 6) Then expand sphere, scoop elixir and bathe.
- 7) Pause, breathe, inner smile and respect direction.

Heaven Cycle principles: Shift weight toward the side you're gathering to. Gather to torso, slightly across centerline. As you finish the last Heaven Cycle, thank and release the parts of the Universe who have joined you in conversation.

The entire form consists of four each Earth and Heaven Cycles. You will have begun and ended one Earth and Heaven Cycle facing each of the four directions. You will finish facing east as you began.

Affirmations:

I return to the core of my being.

I hold my center in my outer life.

I balance all perceptions arising in the present moment.