

# **CIRCLE of TRUTH**

## **Beginner Level**

### **Standing position:**

Feet centerline, knees bent, pelvic tilt forward, shoulders down and relaxed, arms at your side, eyes on a focal point centerline, feet rooted.

While inhaling move your right foot up and across your left leg to just above knee level.

While exhaling rotate your right leg to the right and place your foot on the ground about two feet from your left foot then rotate your body to the right sliding your left foot to centerline.

Repeat three times to return to starting position.

Release and relax.

While inhaling move your left foot up and across your right leg to just above knee level.

While exhaling rotate your left leg to the left and place your foot on the ground about two feet from your right foot and rotate your body to the left sliding your right foot to centerline.

Repeat three times to return to starting position.

Release and relax.

## Intermediate Level

### Standing position:

Feet centerline, knees slightly bent, pelvic tilt forward and up, shoulders down and relaxed, arms at your side, eyes on focal point centerline, strong awareness of connection of trigger points (knees-hips-shoulders), feet rooted to Mother Earth.

While inhaling into your Hara, slowly move your right foot up and across your left leg to just above knee level while changing your balance point to your left leg and lowering down about six inches.

While exhaling thru your mouth, slowly rotate your right leg and foot to the right placing your foot on the ground about two feet from your left foot, then rotate your body from the hip triggers to the right changing your balance point to the right leg and sliding your left foot to centerline.

Repeat three times to return to starting position.

Release and relax.

While inhaling into your Hara, slowly move your left foot up and across your right leg to just above knee level while changing your balance point to your right leg and lowering down about six inches.

While exhaling thru your mouth, slowly rotate your left leg and foot to the left placing your foot on the ground about two feet from your right foot, then rotate your body from the hip triggers to the left changing your balance point to the left leg and sliding your right foot to centerline.

Repeat three times to return to starting position.

Release and relax.

## **Advanced Level**

### **Standing position:**

Feet centerline, knees slightly bent, pelvic tilt forward and up, shoulders down and relaxed, arms at your side, eyes centerline on focal point and beyond, strong awareness of connection of trigger points (knees-hips-shoulders), steel cable connections to Father Universe front and rear from knees-hips-shoulders, steel cable connection from coccyx to Mother Earth, feet rooted heavily to Mother Earth at the heels.

While inhaling thru your nose deeply into your Hara and changing your balance point to the left lower extremity and Dragon Rooting twelve inches, slowly, as though moving thru sand or bricks, move your right leg and foot from the hip trigger, up and across your left leg to a point just above your left knee, allowing the right knee to drop and the right ankle to bend the foot up. Heavy rooting at the left heel.

While exhaling slowly and controlled from deep in your Hara up to your throat and out your mouth which is slightly open with the tip of your tongue behind your upper front teeth, slowly as though moving thru sand or bricks, rotate your right leg and foot from the hip trigger to the right, lightly placing your foot to Mother Earth about two feet from your left heel.

Be sure to open the right hip trigger to a point so that you are in heel to heel position.

While continuing exhaling and changing your balance point to the right lower extremity, rotate your hip triggers forward and up to the right, gliding your left foot to centerline.

Repeat three times to complete circle of truth to the right, then continue:

While inhaling thru your nose deeply into your Hara and changing your balance point to the right lower extremity and Dragon Rooting twelve inches, slowly, as though moving thru sand or bricks, move your left leg and foot from the hip trigger, up and across your right leg to a point just above your right knee, allowing the left knee to drop and the left ankle to bend the foot up. Heavy rooting at the right heel.

While exhaling slowly and controlled from deep in your Hara up to your throat and out your mouth which is slightly open with the tip of your tongue behind your upper front teeth, slowly as though moving thru sand or bricks, rotate your left leg and foot from the hip trigger to the left, lightly placing your foot to Mother Earth about two feet from your right heel.

Be sure to open the left hip trigger to a point so that you are in heel to heel position.

While continuing exhaling and changing your balance point to the left lower extremity, rotate your hip triggers forward and up to the right, gliding your right foot to centerline.

Repeat three times to complete circle of truth to the left.

You have now completed circle of truth Yin & Yang.

Relax and release.