

## **HEAVEN and EARTH BI-LATERAL (beginner level)**

### **Standing position:**

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

While inhaling rotate your right hand in and up to centerline knuckles facing in, palm out.

While exhaling rotate hand and arm inside out up thru centerline above head, knuckles facing in, palm out, using only 1/3 of your breath. (pause) Hold breath and stretch to heaven. While exhaling move your right hand and arm out and down to starting position.

Release and relax. Repeat using opposite side.

## **HEAVEN and EARTH BI-LATERAL (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 rotate your right hand in and up to centerline gathering Chi with pinky-ring-middle-index and thumb, knuckles facing in, palm out and elbow centerline. (pause)

While exhaling rotate your right hand and arm inside out pushing up thru centerline from under your elbow above crown chakra knuckles facing in, palm out, using only 1/3 of your breath. (pause) Hold breath. Stretch to heaven.

Continue exhaling moving your right hand and arm out and down gathering Chi with pinky-ring-middle-index-thumb and engaging your wrist keeping your shoulder back and elbow forward finishing at starting position.

Release and relax. Repeat using opposite side.

## **HEAVEN and EARTH BI-LATERAL (advanced level)**

### **Standing position:**

Feet centerline, knees slightly bent, pelvic tilt forward and up, shoulders down and relaxed, arms at your side, eyes on centerline 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 rotate your right hand in and up to centerline gathering Chi with your pinky-ring-middle-index-thumb as though moving thru sand or bricks knuckles facing in, palm out and elbow centerline.  
(pause)

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 touching the back of your upper front teeth rotate your right hand and arm inside out and up thru centerline as though moving thru sand or bricks feeling the push from under your elbow to centerline above crown chakra knuckles facing in, palms out, using only 1/3 of your breath. (pause)

Hold breath. 4 inch stretch to heaven as in a chiropractic adjustment starting from the coccyx up along the spine to crown chakra.

Continue exhaling moving your hand and arm out and down as though moving thru sand or bricks, gathering chi with pinky-ring-middle-index-thumb and engaging your wrist, keeping your shoulder back and elbow forward to starting position.

Release and relax. Repeat using opposite side.