

LYING QI GONG

Beginner 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 breathing in thru your nose and out thru your mouth Dragon Root down to Mother Earth, then roll back allowing the momentum to carry you back and forward, then back into a lying position, feet centerline-arms at your side-palms facing down to Mother Earth.

Rooting: While breathing in thru your nose and out thru your mouth, root heavy to Mother Earth starting from the Foramen Notches and Sacrum Notches.

Establish gridlines with accent thru centerline, out to the Universe thru Crown Chakra and out your coccyx thru centerline below your heels and out to the Universe.

Continue rooting: back of your heels, back of head (Crown Chakra), coccyx, calfs, hip triggers, shoulder triggers.

Triangles:

Right and left ankles to center of heels, center of heels out to the Universe thru centerline.

Right and left knee to ankles to center of heels and out to the Universe thru centerline.

Shoulder triggers front to back to ears to Crown Chakra and out to the universe thru centerline.

Across right and left shoulders, to ears, to Crown Chakra and out to the universe thru centerline.

Then, left shoulder to right shoulder, to ears and then to crown chakra and out centerline to Father Universe.

Yin-Yang at one hundred feet, dual Eagles circle the Yin & Yang in opposite directions.

Transition arms to a position up and over head (the neutral zone) moving very slowly, very slowly from Mother Earth, feeling the pull from the palms to Mother Earth and the pull from the back of the palms to Father Universe which is slightly stronger than the pull to Mother Earth.

This movement is from the shoulder triggers. Be sure the arms maintain steel lockouts. Pause at the neutral zone to push out thru the middle fingers to the Yin & Yang for sixty seconds, then execute three elbow expulsions to the Yin-Yang thru your middle fingers along with Mantra breathing.

Continue transitioning arms, very slowly- very slowly to a position overhead and just lightly touching the ground with the back of your palms, feeling the pull to Father Universe from the palms and the pull to Mother Earth from the back of the palms which is slightly stronger than the pull to Father Universe.

Be sure to maintain steel lockouts with your arms. Back of palms should touch at the same time. Maintain this position for two minutes pushing out centerline to Father Universe from your middle fingers and out to Father Universe thru centerline from your coccyx using Mantra breathing.

Transition arms up and overhead to the neutral zone moving very slowly, very slowly feeling the pull to mother earth from the back of your palms and the pull to Father Universe from you palms which slightly stronger than the pull to Mother Earth.

Very slowly pass thru the neutral zone now feeling the pull to Father Universe from the back of the palms and the pull to Mother Earth from the palms which is slightly stronger than the pull to Father Universe.

Continue transitioning to your starting position touching down with both palms at the same time. While Mantra breathing push out to centerline from your coccyx, middle fingers and lower triangles to Father Universe and from your upper triangles and Crown Chakra out to Father Universe.

While breathing in thru your nose and out thru your mouth, transition your right arm very slowly, very slowly up and over head, while maintaining your lockout position, to the neutral zone, feeling the pull to Mother Earth from the palm and the pull to Father Universe from the back of the palm which is slightly stronger than the pull to Mother Earth.

Then very slowly, very slowly continue transitioning overhead feeling the pull to Father Universe from the palm and the pull to Mother Earth from the back of the palm which is slightly stronger than the pull to Father Universe allowing the back of the palm to lightly touch the surface.

While Manta breathing push out to centerline from the middle finger thru the dual Eagles.

Transition your right arm very slowly, very slowly to the neutral zone feeling the pull to Mother Earth from the back of your palm and the pull to Father Universe from the palm which is slightly stronger than the pull to Mother Earth.

From the neutral zone rotate from your shoulder trigger so your palm is facing out and transition your right arm back and down at a 45 degree angle feeling the pull to Father Universe from the back of your palm and the pull to Mother Earth from your palm which is slightly stronger than the pull to Father Universe, lightly touching the surface with your palm.

While Mantra breathing push out to Father Universe at the 45 degree angle from the middle finger thru the dual Eagles.

Transition back to the neutral zone very slowly, very slowly feeling the pull to Mother Earth from the palm and the pull to Father Universe from the back of the palm which is slightly stronger than the pull to Mother Earth.

Transition your right arm out and down 90 degrees (perpendicular to your body) feeling the pull to Father Universe from the back of your palm and the pull to Mother Earth from your palm which is slightly stronger than the pull to Father Universe, lightly touching the surface with your palm.

While Mantra breathing push out to Father Universe at the 90 degree angle thru your middle finger thru the dual Eagles.

Transition back to the neutral zone very slowly, very slowly feeling the pull to Mother Earth from the palm and the pull to Father Universe from the back of your palm which is slightly stronger than the pull to Mother Earth.

Transition your right arm out and down at a 45 degree angle from your body feeling the pull to Father Universe from the back of your palm and the pull to Mother Earth from your palm which is slightly stronger than the pull to Father Universe lightly touching the surface with your palm.

While Mantra breathing push out to the Universe at the 45 degree angle thru your middle finger and thru the dual Eagles.

Transition back to the neutral zone very slowly, very slowly feeling the pull to Mother Earth from your palm and the pull to Father Universe from the back of your palm which is slightly stronger than the pull to Mother Earth.

Transition your right arm down to your starting position feeling the pull to Father Universe from the back of your palm and the pull to Mother Earth from your palm which is slightly stronger than the pull to Father Universe lightly touching the surface with your palm.

While Mantra breathing push out to Father Universe thru centerline from your middle finger thru the dual Eagles.

Release and relax. Repeat using your left arm.