

## ***PYRAMID UNIVERSE***

### **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.

Chi pockets: Shoulders-elbows(as in CTE expulsions)-pinky(outside edge).

Settings:

Emptiness (clear the mind of all things past and future)(in the moment)

Mother Earth (heavy rooting at the heels using the Second chamber to set).

Yin (female-fundamentals).

Vibration (from Mother Earth up thru the heels and thru the Meridians-healing-carrying the red blood/white oxygen, blue blood/clear oxygen.

Breaking thru blockages-masaging-wrapping.)

Chi (Dragon Fire-setting the Internal Steel Shield from the Internal Hara, up thru centerline to the throat and out thru the Dragons Breath).

Chi Path (all movements thru the Universe).

Expulsions (Grid Line One to Grid Line One)

Father Universe ( the power, the energy, the Chi behind and thru all movements)

Yang (male-the Indomitable Spirit-Fortitude).

(If there is a challenge with emptiness you may add oneness to start.)

Chi Path First chamber.

While exhaling roll shoulders forward and in allowing the arms to follow palms facing each other.

Then while inhaling roll shoulders back and out allowing the arms to follow and your palms to rotate back and then forward in an “S” motion while extending the Hara forward.

While exhaling bring your hands to centerline in front of your Hara, with the back of palms touching as you continue upward movement thru centerline.

As your movement approaches Crown Chakra rotate your hands inside out from the shoulders to a position above Crown Chakra. (Heaven and Earth Movement)

Set thru Second Chamber. **Vibration.**

Chi Path First chamber.

While exhaling rotate your right leg forward heel to toe to centerline from the hip to knee to ankle, turning the ankle up, triple access.

(keep opposite knee in bent position, do not pop up)

Set thru Second Chamber. **Vibration.**

Expulsion First and Third chambers out thru Dragons Breath. Gridline One to Gridline One.

Rotate on left heel, inside out, pulling from the front of your right hip trigger and pushing from the back of your right hip trigger to the left.

Right foot finishes forward. Hands move into Eagle Beak position.

Father Universe. The power, energy and Chi behind and thru all movements.

Set thru Second Chamber. **Vibration.**

Expulsion First and Third Chambers out thru Dragons Breath. Gridline One to Gridline One.

Power Chi Pull while “S” movement down striking to the chest with the palm heels finishing in love triangle position. Within the strike, vaporize all including organs, separating out –up-down.

Father Universe. The power, energy, and Chi behind and thru all movements.

Set thru Second Chamber. **Vibration.**

Chi Path First Chamber.

While exhaling move to Dragon Tail position. Your left lower extremity moves to the position.

Set thru Second Chamber. **Vibration.**

Expulsion First and Third Chambers out thru dragons breath. Gridline One to Gridline One.

From Dragon Tail position expult tail leg forward and protect arm up and forward to a set position of feet centerline and arms extended forward centerline, palms up.

Father Universe. Set thru Second Chamber. **Vibration.**

Chi Path First Chamber.

While exhaling rotate on left heel outside/in.

Right hip pulls back to centerline continuing your motion thru your right shoulder rolling back transferring the energy to the left shoulder rolling back transferring the energy in to an “S” movement down into Dragon Root drawing your arms and hands into centerline back of hands touching, palms out.

Set thru Second Chamber. **Vibration.**

Chi Path First Chamber.

While exhaling, “S” up rotating the hands inside/out to a position above Crown Chakra feeling the push from under the elbows.

Feel the strong uplifting pull to Father Universe from the coccyx and Internal Hara to Crown Chakra and the chest.

Set thru Second Chamber. **Vibration.**

Chi Path First Chamber.

While exhaling rotate your left leg forward heel to toe to centerline from the hip to knee to ankle, turning the ankle up, triple access.

(keep opposite knee in bent position, do not pop up)

Set thru Second Chamber. **Vibration.**

Expulsion First and Third Chambers out thru Dragons Breath. Gridline One to Gridline One.

Rotate on right heel, inside out, pulling from the front of your left hip trigger and pushing from the back of your left hip trigger to the right.

Left foot finishes forward. Hands move into Eagle Beak position.

Father Universe. The power, energy and Chi behind and thru all movements.

Set thru Second Chamber. **Vibration.**

Expulsion First and Third Chambers out thru Dragons Breath. Gridline One to Gridline One.

Power Chi Pull while “S” movement down striking to the chest with the palm heels finishing in love triangle position. Within the strike, vaporize all including organs, separating out –up-down.

Father Universe. The power, energy, and Chi behind and thru all movements.

Set thru Second Chamber. **Vibration.**

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Chi Path first chamber.

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Left hip pulls back to centerline continuing your motion thru your left shoulder rolling back transferring the energy to the right shoulder rolling back transferring the energy in to an “S” movement down into Dragon Root drawing your arms and hands into centerline back of hands touching, palms out.

Set thru Second Chamber. **Vibration.**

Chi Path first chamber.

While exhaling, “S” up rotating the hands inside/out to a position above Crown Chakra feeling the push from under the elbows.

Feel the strong uplifting pull to Father Universe from the coccyx and Internal Hara to Crown Chakra and the chest.

Set thru Second Chamber. **Vibration. Indomitable Spirit-Fortitude.**

Release and relax.