

# BUILDING BALL OF CHI

## Seated Upright

### Phase I

Feet centerline, knees in line with heels, hips forward, pelvic tilt up, shoulders back –down-and relaxed, physical eyes on focal point four to ten feet centerline in front on Mother Earth, Third Eye on the same focal point, Crown Chakra open to Father Universe, Foramen Notches forward set, coccyx rooted to chair, heels rooted to Mother Earth.

Steel cable connections to Father Universe from knees front and back, hips front and back, shoulders front and back, and Crown Chakra. Steel cable connection to Mother Earth from coccyx.

Connections from nose to heels, eyes to inside ball under the big toes, ears to outside ball under the little toes. Set all internal and external Triangles in accordance with Lying Chi Gong.

Circle GV16. Set Bladder One and Two. Chamber One large like Buddha.

Chamber Two large but not as large as Chamber One.

Chamber Three large but not as large as Chamber Two.

Chamber Four for breathing. Emptiness.

Clear the mind of all thoughts past and future. Be in the moment.

Mother Earth. Rooting at the heels to Mother Earth thru Chamber Two.

**Vibration.** Feel, see, and hear Mother Earth and Father Universe.

Yin. Female. Fundamentals.

Chi. Dragon. Hot. Red.

Chi Path. Thru the Meridians.

Expulsions. All movements thru the Universe.

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

Yang. Male. The indomitable spirit. Fortitude.

Start drawing Chi from your focal point, at an angle to the upper one third of the Third Eye to Crown Chakra, down to the ball at GV 16. Eye brows red, Eagles brows red.

Continue the Chi flow from GV 16 down thru the Governing Vessel thru Bladder One and Two and down thru the Foramen Notches and wrap around the Hip Triggers to the internal organs massaging in a kneading motion and then into Chamber One and into the Internal Hara, Dantian ( Tan-t'ian )

While also moving thru the Conceptual Vessel thru Chambers Three, Two and One and into the Internal Hara, Dantian ( Tan-t'ian )  
Chambers One ,Two and Three remain large like a Buddha.  
Chamber Four for breathing.

This process should be slow and deliberate with intense heating.

Chi flow strong and intense but, light and peaceful.

See, hear and feel all that is happening.

Strong internal mind set working thru the Universe.

Constantly drawing on Yin-fundamentals and Yang- the Indomitable Spirit with an awareness of all externals as well.

Now, bring Chi from the Meeting of Mountains up thru the arms, to the shoulders, thru the cardiac arteries, up to Crown Chakra, down to the ball at GV 16, down the Governing Vessel, thru the Foramen Notches around the Hip Triggers into the Internal Hara, Dantian ( Tan-t'ian )

While also moving down thru the Conceptual Vessel thru Chambers Three, Two and One, and into the Internal Hara, Dantian ( Tan-t'ian ).

Maintain all previous settings and Chi flow.

Again, this process is slow and deliberate and brings intense heat.

Now, bring Chi from the balls of the feet up thru the lower extremities, to the Hip Triggers, thru the internal organs, (massaging the organs) to Chamber One and to the Internal Hara, Dantian ( Tan-t'ian ).

Maintain all previous settings and Chi flow.

Allow the time to for all settings and Chi flows to work in harmony.

Universal Time.

Move hands up to centerline.

Left hand palm up at Internal Hara, Dantian ( Tan-t'ian ) level.

Right hand rotates palm down and over left hand. Hands are slightly cupped and close to your body. Center of palms are vertically in line with each other and with centerline.

Start moving hands in a circular motion building Chi while maintaining your vertical line. Take your time with this technique. Allow plenty of time for strong Chi and heat to build.

When strong Chi has been attained, continue your circular motion while allowing your right hand to move up to chin level maintaining your vertical line, building a larger and stronger Ball of Chi. Be sure to maintain your vertical line.

Left hand maintains circular motion at Internal Hara, Dantian ( Tan-t'ian ).

Move your Ball of Chi out and away from your body maintaining vertical line and centerline. Use Steel Lockouts for control. Rotate arms and hands forming a Triangle with your hands, palms facing forward.

Execute a shoulder, elbow, wrist expulsion directing Chi thru your finger tips out to Father Universe. Then quickly snap your hands back to vertical starting position bringing Chi back to palms and immediately start your circular motion building Chi. Move your right hand up to chin level. Maintain your vertical line.

Move your Ball of Chi out thru centerline away from your body.  
Maintain your left and right palm vertical line. Continue circular motion and move Ball of Chi in towards your body, centerline, bringing Chi into you.  
Continue building Ball of Chi.

Shift your ball to the left side of your body using the shoulder triggers.  
Centerline holds, body does not turn.

Move your Ball of Chi out and away from your body following your left hip and shoulder gridline. Maintain your left and right palm vertical line.

Move your Ball of Chi in towards the left side of your body following your hip and shoulder gridline. Continue building Ball of Chi. Shift your ball to the right side of your body using shoulder triggers. Hold centerline, do not turn your body.

Move your ball out and away from your body following your right hip and shoulder gridline. Move your Ball of Chi in towards the right side of your body following your hip and shoulder gridline. Shift your Ball of Chi to centerline.

Continue circular motion building your Ball of Chi, while moving your right hand down to your left hand compressing your Ball of Chi. Change position of hands, right on bottom, left on top, by rotating your left hand counterclockwise and your right hand clockwise while changing position.

Be sure to maintain palm to palm vertical line.  
Repeat movements with changed hand position.  
Right hand will maintain Internal Hara, Dantian ( Tan-t'ian ) position.  
Left hand will move up to chin level.

## **Phase II**

Move to a **Standing position.**

Maintain all previous settings and Chi Paths. Move hands up to centerline.  
Left hand palm up at Internal Hara, Dantian ( Tan-t'ian ) level.  
Right hand rotates palm down and over left hand. Hands are slightly cupped and close to your body. Center of palms are vertically in line with each other and with centerline.

Start moving hands in a circular motion building Chi while maintaining your vertical line. Take your time with this technique. Allow plenty of time for strong Chi and heat to build.

When strong Chi has been attained, continue your circular motion while allowing your right hand to move up to chin level maintaining your vertical line, building a larger and stronger Ball of Chi. Be sure to maintain your vertical line. Left hand maintains circular motion at Internal Hara, Dantian ( Tan-t'ian ).

Move your Ball of Chi out and away from your body maintaining vertical line and centerline. Use Steel Lockouts for control. Rotate arms and hands clockwise forming a Triangle with your hands, palms facing forward.

Execute a shoulder, elbow, wrist expulsion directing Chi thru your finger tips out to Father Universe. Then quickly snap your hands back to vertical starting position bringing Chi back to palms and immediately start your circular motion building Chi. Move your right hand up to chin level. Maintain your vertical line.

Move your Ball of Chi out thru centerline away from your body. Maintain your left and right palm vertical line. Continue circular motion and move Ball of Chi in towards your body, centerline, bringing Chi into you. Continue building Ball of Chi.

Shift your ball to the left side of your body using the shoulder triggers. Centerline holds. Body does not turn.

Move your Ball of Chi out and away from your body following your left hip and shoulder gridline. Maintain your left and right palm vertical line.

Move your Ball of Chi in towards the left side of your body following your hip and shoulder gridline. Continue building Ball of Chi. Shift your ball to the right side of your body using shoulder triggers. Hold centerline. Do not turn your body.

Move your ball out and away from your body following your right hip and shoulder gridline. Move your Ball of Chi in towards the right side of your body following your hip and shoulder gridline. Shift your Ball of Chi to centerline.

Continue circular motion building your Ball of Chi, while moving your right hand down to your left hand compressing your Ball of Chi. Change position of hands, right on bottom, left on top, by rotating your left hand counterclockwise and your right hand clockwise while changing position.

Be sure to maintain palm to palm vertical line.

Repeat movements with changed hand position.

Right hand will maintain Internal Hara, Dantian ( Tan-t'ian ) position.

Left hand moves to chin level.

## **Targeting Expulsion**

### **Phase III**

Change hand position to left on bottom, right on top. Build your Ball of Chi using circular motion. Move your right hand to chin level.

Maintain vertical line. Set a body target twenty to fifty feet out in front of you.

Move your Ball of Chi out and away from your body maintaining vertical line and centerline. Use Steel Lockouts for control. Rotate arms and hands clockwise forming a Triangle with your hands, palms facing forward.

Execute a shoulder, elbow, wrist expulsion directing healing Chi thru your finger tips out to the target. Target any Chakra. Quickly snap your hands back to vertical starting position bringing Chi back to palms and immediately start your circular motion building Chi.

Move your right hand up to chin level. Maintain your vertical line.

Shift your Ball of Chi to the left side of your body. Move your Ball of Chi out and away from your body maintaining vertical shoulder-hip gridline. Use Steel Lockouts for control. Rotate arms and hands clockwise forming a Triangle with your hands, palms facing forward.

Execute a shoulder, elbow, wrist expulsion directing healing Chi thru your finger tips out to the target. Target any Chakra. Quickly snap your hands back to vertical left side position bringing Chi back to palms and immediately start your circular motion building Chi. Maintain your vertical line.

Shift your Ball of Chi to the right side of your body. Move your Ball of Chi out and away from your body maintaining vertical shoulder-hip gridline. Use Steel Lockouts for control. Rotate arms and hands clockwise forming a Triangle with your hands, palms facing forward.

Execute a shoulder, elbow, wrist expulsion directing healing Chi thru your finger tips out to the target. Target any Chakra. Quickly snap your hands back to vertical right side position bringing Chi back to palms and immediately start your circular motion building Chi. Maintain your vertical line.

Shift your Ball of Chi to centerline. Lower your right hand compressing your Ball of Chi. Continue building Ball of Chi. Change hand position, right on bottom, left on top. Repeat movements to target sending healing Chi.

Change hand position to left on bottom, right on top. Build your Ball of Chi using circular motion. Move your right hand to chin level. Maintain vertical line.

Move your Ball of Chi out and away from your body maintaining vertical line and centerline. Use Steel Lockouts for control. Rotate arms and hands clockwise forming a Triangle with your hands, palms facing forward.

Execute a shoulder, elbow, wrist expulsion directing harming Chi thru your finger tips out to the target. Target any Chakra. Quickly snap your hands back to vertical starting position bringing Chi back to palms and immediately start your circular motion building Chi.

Move your right hand up to chin level. Maintain your vertical line.

Shift your Ball of Chi to the left side of your body. Move your Ball of Chi out and away from your body maintaining your shoulder-hip vertical line. Use Steel Lockouts for control. Rotate arms and hands clockwise forming a Triangle with your hands, palms facing forward.

Execute a shoulder, elbow, wrist expulsion directing harming Chi thru your finger tips out to the target. Target any Chakra. Quickly snap your hands back to vertical left side position bringing Chi back to palms and immediately start your circular motion building Chi. Maintain your vertical line.

Shift your Ball of Chi to the right side of your body. Move your Ball of Chi out and away from your body maintaining shoulder-hip vertical line. Use Steel Lockouts for control. Rotate arms and hands clockwise forming a Triangle with your hands, palms facing forward.

Execute a shoulder, elbow, wrist expulsion directing harming Chi thru your finger tips out to the target. Target any Chakra. Quickly snap your hands back to vertical right side position bringing Chi back to palms and immediately start your circular motion building Chi. Maintain your vertical line.

Shift your Ball of Chi to the centerline. Lower your right hand compressing your Ball of Chi. Continue building Ball of Chi. Change hand position, right on bottom, left on top. Repeat movements to target sending harming Chi.

## **Up Close And Personal**

### **Phase IV**

Change hand position to left on bottom, right on top. Move target into a three foot parameter of your body. Build your Ball of Chi using circular motion. Move your right hand to chin level. Maintain vertical line.

Move your Ball of Chi out and away from your body maintaining vertical line and centerline. Use Steel Lockouts for control. Rotate arms and hands clockwise forming a Triangle with your hands, palms facing forward.

Execute a shoulder, elbow, wrist expulsion directing healing Chi thru your finger tips out to the target. Target any Chakra. Quickly snap your hands back to vertical starting position bringing Chi back to palms and immediately start your circular motion building Chi.

Move your right hand up to chin level. Maintain your vertical line.

Shift your Ball of Chi to the left side of your body. Move your Ball of Chi out and away from your body maintaining your shoulder-hip vertical line. Use steel lockouts for control. Rotate arms and hands clockwise forming a triangle with your hands, palms facing forward.

Execute a shoulder, elbow, wrist expulsion directing healing Chi thru your finger tips out to the target. Target any chakra. Quickly snap your hands back to vertical left side position bringing Chi back to palms and immediately start your circular motion building Chi. Maintain your vertical line.

Shift your Ball of Chi to the right side of your body. Move your Ball of Chi out and away from your body maintaining shoulder-hip vertical line. Use Steel Lockouts for control. Rotate arms and hands clockwise forming a Triangle with your hands, palms facing forward.

Execute a shoulder, elbow, wrist expulsion directing healing Chi thru your finger tips out to the target. Target any Chakra. Quickly snap your hands back to vertical right side position bringing Chi back to palms and immediately start your circular motion building Chi. Maintain your vertical line.

Shift your Ball of Chi to the centerline. Continue building Ball of Chi. Move your right hand down compressing your Ball of Chi. Change hand position, right on bottom, left on top. Repeat movements to target sending healing Chi.

Change hand position to left on bottom, right on top. Build your Ball of Chi using circular motion. Move your right hand to chin level. Maintain vertical line.

Move your Ball of Chi out and away from your body maintaining vertical line and centerline. Use Steel Lockouts for control. Rotate arms and hands clockwise forming a Triangle with your hands, palms facing forward.

Execute a shoulder, elbow, wrist expulsion directing harming Chi thru your finger tips out to the target. Target any Chakra. Quickly snap your hands back to vertical starting position bringing Chi back to palms and immediately start your circular motion building Chi.

Move your right hand up to chin level. Maintain your vertical line.

Shift your Ball of Chi to the left side of your body. Move your Ball of Chi out and away from your body maintaining shoulder-hip vertical line. Use Steel Lockouts for control. Rotate arms and hands clockwise forming a Triangle with your hands, palms facing forward.

Execute a shoulder, elbow, wrist expulsion directing harming Chi thru your finger tips out to the target. Target any Chakra. Quickly snap your hands back to vertical left side position bringing Chi back to palms and immediately start your circular motion building Chi. Maintain your vertical line.

Shift your Ball of Chi to the right side of your body. Move your Ball of Chi out and away from your body maintaining vertical line. Use Steel Lockouts for control. Rotate arms and hands clockwise forming a Triangle with your hands, palms facing forward.

Execute a shoulder, elbow, wrist expulsion directing harming Chi thru your finger tips out to the target. Target any Chakra. Quickly snap your hands back to vertical right side position bringing Chi back to palms and immediately start your circular motion building Chi. Maintain your vertical line.

Shift your Ball of Chi to the centerline. Continue building Ball of Chi. Move your right hand down compressing your Ball of Chi. Change hand position, right on bottom, left on top. Repeat movements to target sending harming Chi.

Change hand position to left on bottom, right on top. Continue building your Ball of Chi. Move right hand up to chin level. Move right hand down compressing your Ball of Chi.

Allow your arms and hands to move to your sides. Release and relax.