

SEATED GATHERING

Sit in an upright chair, feet planted centerline, flat on the surface, shoulders back, down and relaxed. Coccyx steel cable extension to Mother Earth. Crown Chakra steel cable connection to Father Universe.

Gridline extensions from the nose to the ball of the heels, from the eyes to the inside of the balls under the big and little toe, from the ears to outside of the balls under the big and little toes.

Third Eye centerline on focal point two to twenty feet out in front. Physical eyes on same focal point.

Hands in lap palms up and slightly below the crease at the hips, fingers tips facing each other, first digit of the thumb overlapping the first digit of the index finger forming an oblong circle.

Middle, ring, and pinky separated and drawing Chi. Chi circling around the oblong circle and in the palms.

Chambers One, Two and Three are large like a Buddha. Chamber Four maintains breathing, a relaxed and tranquil Dragon Breathing. No Mantras.

Inhaling thru the nose filling Chambers One, Two and Three and exhaling up thru the throat and out the mouth which is slightly open, tongue behind the upper middle front teeth.

Entire body is in a relaxed Steel Lock-Out. Root heavily to Mother Earth and rise lightly to Father Universe.

Now, form a ball at GV 16, the size of the circle at your thumb and index finger. The ball will also circle GV 15 and GV 14.

Chi Paths:

Draw Chi from your focal point into the Third Eye, to Crown Chakra, to the ball at GV 16, down thru GV 16, thru the Governing Vessel and Bladder One and Two, down thru the Foramen Notches thru the internal organs massaging in a kneading motion, into the hip triggers and then around into Chamber One, into the **Internal Hara, Dantian (Tan-t'ian)** While also, moving down and thru the Conceptual Vessel and thru the Front Channel extended from Bladder One and Two, thru Chambers Three, Two and One and into the **Internal Hara, Dantian (Tan-t'ian)**.

Draw Chi from Father Universe to Crown Chakra and follow the same Chi Path.

More Chi Paths:

Draw Chi from Mother Earth thru the heels, up thru the lower extremities, into the hip triggers, up thru the shoulder triggers, thru the cardiac arteries, into Crown Chakra, down to the ball at GV 16, down thru GV 16, thru the Governing Vessel and Bladder One and Two, down thru the Foramen Notches thru the internal organs massaging in a kneading motion, into the hip triggers and then around into Chamber One, into the **Internal Hara, Dantian (Tan-t'ian)**. While also, moving down and thru the Conceptual Vessel and thru the Front Channel extended from Bladder One and Two, thru Chambers Three, Two and One and into the **Internal Hara, Dantian (Tan-t'ian)**

Draw Chi from hip triggers (front and back), up thru the shoulder triggers, thru the cardiac arteries, into Crown Chakra, down to the ball at GV 16, down thru GV 16, thru the Governing Vessel and Bladder One and Two, down thru the Foramen Notches thru the internal organs massaging in a kneading motion, into the hip triggers and then around into Chamber One, into the **Internal Hara, Dantian (Tan-t'ian)**.

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

Draw Chi from shoulder triggers (front and back), up thru the cardiac arteries, into Crown Chakra, down to the ball at GV 16, down thru GV 16, thru

the Governing Vessel and Bladder One and Two, down thru the Foramen Notches, thru the internal organs massaging in a kneading motion, into the hip triggers and then around into Chamber One, into the **Internal Hara, Dantian (Tan-t'ian)**. While also, moving down and thru the Conceptual Vessel and thru the Front Channel extended from Bladder One and Two, 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. a relaxed and tranquil Dragon Breathing.
No Mantras.

Form a circle at the Meeting Of The Mountains. Close the circle by overlapping your thumb and index finger at the first joint. The bottom edge of the index finger sits on the top edge of the thumb. In center lockout position cup your hands, left on the bottom, palm up, right on the top, palm down, elbows in.

Start building Chi by using a slow, short movement (1”) , back and forth. (left hand pulling to the left and pushing back to the right, while the right hand pulls to the right and pushes back to the left) slow and deliberate. (as though moving thru rocks and sand)

Change hand position (right on bottom, left on top) by rotating your left hand counter clockwise and your right hand clockwise while maintaining left hand cup to right hand cup position.

Continue building Chi using a slow, short movement (1”) , back and forth. (left hand pulling to the left and pushing back to the right, while the right hand pulls to the right and pushes back to the left) slow and deliberate. (as though moving thru rocks and sand).

Change hand position back to left on bottom and right on top using the same counter clockwise and clockwise rotation maintaining cup to cup position.

Move Lockout position to left of center thru shoulder movement (do not rotate hips). Conceptual and governing vessel must remain centerline. Continue to build

Chi using a slow, short movement (1”) , back and forth. (left hand pulling to the left and pushing back to the right, while the right hand pulls to the right and pushes back to the left) slow and deliberate. (as though moving thru rocks and sand)

Change hand position (right on bottom, left on top) by rotating your left hand counter clockwise and your right hand clockwise while maintaining left hand cup to right hand cup position.

Continue building Chi using a slow, short movement (1”) , back and forth. (left hand pulling to the left and pushing back to the right, while the right hand pulls to the right and pushes back to the left) slow and deliberate. (as though moving thru rocks and sand).

Change hand position back to left on bottom and right on top using the same counter clockwise and clockwise rotation maintaining cup to cup position.

Move Lockout position to right of center thru shoulder movement (do not rotate hips). Conceptual and governing vessel must remain centerline. Continue to build Chi using a slow, short movement (1”) , back and forth. (left hand pulling to the left and pushing back to the right, while the right hand pulls to the right and pushes back to the left) slow and deliberate. (as though moving thru rocks and sand)

Change hand position (right on bottom, left on top) by rotating your left hand counter clockwise and your right hand clockwise while maintaining left hand cup to right hand cup position.

Continue building Chi using a slow, short movement (1”) , back and forth. (left hand pulling to the left and pushing back to the right, while the right hand pulls to the right and pushes back to the left) slow and deliberate. (as though moving thru rocks and sand).

Change hand position back to left on bottom and right on top using the same counter clockwise and clockwise rotation maintaining cup to cup position.

Move Lockout position to center thru shoulder movement (do not rotate hips). Conceptual and Governing Vessel must remain centerline. Continue building Chi by using a slow, short movement (1”) , back and forth. (left hand pulling to the left and pushing back to the right, while the right hand pulls to the right and pushes back to the left) slow and deliberate. (as though moving thru rocks and sand)

Change hand position (right on bottom, left on top) by rotating your left hand counter clockwise and your right hand clockwise while maintaining left hand cup to right hand cup position.

Continue building Chi using a slow, short movement (1”) , back and forth. (left hand pulling to the left and pushing back to the right, while the right hand pulls to the right and pushes back to the left) slow and deliberate. (as though moving thru rocks and sand).

Change hand position back to left on bottom and right on top using the same counter clockwise and clockwise rotation maintaining cup to cup position.

Move hands in cupped position to your **Internal Hara, Dantian (Tan-t'ian)** left on bottom, right on top, at a thirty degree angle to your body.

Cleanse and flush by slowly moving hands down centerline separating at the hips, moving down your lower extremities and out your toes, which are pointing up, and out to Father Universe.

Move hands in cupped position to your lungs, left on bottom, right on top, at a thirty degree angle to your body.

Cleanse and flush by slowly moving hands down centerline separating at the hips, moving down your lower extremities and out your toes, which are pointing up, and out to Father Universe.

Move hands in cupped position to your solar plexus, left on bottom, right on top, at a thirty degree angle to your body.

Cleanse and flush by slowly moving hands down centerline separating at the hips, moving down your lower extremities and out your toes, which are pointing up, and out to Father Universe.

Move hands in cupped position to your heart, left on bottom, right on top, at a thirty degree angle to your body.

Cleanse and flush by slowly moving hands down centerline separating at the hips, moving down your lower extremities and out your toes, which are pointing up, and out to Father Universe.

Move hands in cupped position to your throat, left on bottom, right on top, at a thirty degree angle to your body.

Cleanse and flush by slowly moving hands down centerline separating at the hips, moving down your lower extremities and out your toes, which are pointing up, and out to Father Universe.

Move hands in cupped position to your Third Eye, left on bottom, right on top, at a thirty degree angle to your body.

Cleanse and flush by slowly moving hands down centerline separating at the hips, moving down your lower extremities and out your toes, which are pointing up, and out to Father Universe.

Move hands in cupped position to your Crown Chakra, left on bottom, right on top, at a thirty degree angle to your body.

Cleanse and flush by slowly moving hands down centerline separating at the hips, moving down your lower extremities and out your toes, which are pointing up, and out to Father Universe.

Hold short **Jook-Do** in cupped position, left on bottom, right on top, handle of **Jook-Do** pointed to your **Internal Hara Dantian (Tan-t'ian)** tip of **Jook-Do** pointed at a slight upward angle.

Draw Chi in thru the top of the **Jook-Do** and out thru the bottom.
(15 minute meditation)

With the of the **Jook-Do** pointed to the Third Eye, draw Chi in.
(15 minute meditation)

Cleanse and flush using short **Jook-Do, Internal Hara, Dantian (Tan-t'ian),** Lungs, Solar Plexus, Heart, Throat, Third Eye, & Crown Chakra.