

# **SEATED MEDITATION**

## **Dragon Fountain of Youth**

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. Regular eyes on same focal point.

Hands in lap palms down at the crease at the hips, thumb and index finger forming a circle. Middle, ring, and pinky separated and resting relaxed, on your thigh.

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 Steel Lock-Out. A relaxed, peaceful, and tranquil Steel Lockout. You are rooting heavily to Mother Earth and rising 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.

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

Eye brows red,

Eagles Brows red.

Continue the Chi flow from GV 16 down thru the Governing Vessel and down thru the Foramen Notches thru Bladder One and Bladder Two and thru the internal organs massaging in a kneading motion and then into Chamber One to 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.

An awareness of all externals as well.

Now, bring Chi from the Meeting Of The 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 and Conceptual Vessels, down 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.

## ADD SHORT JOOK-DO'S

Maintain all previous settings and Chi flow.

Hold short Jook-Do in each hand, Thumb and index finger stay in tact forming a circle around the handle of each Jook-Do.

Tip of each Jook-Do is resting on surface.

Slowly raise Jook-Do's front and centerline, palms up, until parallel to the earth.

Bend wrists down to the angle of your focal point.

(change focal point if necessary for comfort)

Draw Chi in from the focal point to the tips of the Jook-Do's, thru the Jook-Do's to the Meeting Of The Mountains, thru the wrists, thru the arms, to the shoulder triggers, up thru the cardiac arteries, to Crown Chakra.

Then, down to the ball at GV 16, down thru the Governing and Conceptual Vessels, thru Chambers Three, Two, and One and into the **Internal Hara, Dantian ( Tan-t'ian )**. Maintain all previous Chi flow from before adding Jook-Do'S.

Again, take time to see, hear and feel the movements of the Chi Paths and intense heat.

During this entire meditation there is no flushing.

All Chi stays internal and builds in intensity, in heat, and in healing.

Again this is very intense yet very relaxing and tranquil.

When ready, lower Jook-Do's slowly back down to Mother Earth.

Shallow your breathing and heart beat to a minimum. Hibernation mode.

When ready, bring all functions back from hibernation mode to normal.

Rise from your seated position (using "S" motion) and walk.

Do not disturb the rice paper.