



“Moving of Yin and Yang”

This is the basic movement of the Active Exercise in Level 1

Benefits:

Heals internal organs and through the guidance of your mind and the movement of your hands, the Heart and Kidney energy join. Energy channels open.

How to perform this exercise:

- Start by standing with feet set a little more than shoulder width apart, toes pointed forward. Put a gentle smile on your face. Draw your chin back to straighten the spine, relax and drop your shoulders. Open your fingers to receive this beautiful universal energy.
- With your right hand a few inches in front of your upper chest and your left hand a few inches in front of your lower stomach. Your palms face your body. Slowly your right hand moves out and down to the bottom of the torso while your left hand moves in and up your body to your face. Then your left hand moves out and down while your right hand moves in and up. Your hands continue slowly moving in this quiet, gentle circular pattern. Use your elbows to guide the movements and use your hands *to feel the energy*. Your hands move at a rate of 3 to 5 circles per minute.
- Visualize a transparent energy column of beautiful colors running from the top of your head to the bottom of the torso. While moving your hands, visualize the energy moving up and down the energy column. Visualize the channels in the torso opening up.

Tip: It is best to keep your spine straight when you do this meditation. The goal is to keep your spine straight all of the time, even when you feel tired. In this way you can spend less time and get more benefit. Focus on the feeling of the energy in your body while doing this meditation.

