



## "Seven Steps of New Life"

### **Benefits:**

This exercise improves the balance and heals the body, especially arthritis, cold hands, and cold feet.

### **How to perform this exercise:**

This is the “plunger” technique. Like a bellows, you will draw energy into the body, collect it in your lower Dantian, and pump it throughout the entire body. It opens and clears all the body’s energy channels.

Imagine using your whole body as a bellows for moving energy to seven levels.

The seven levels are:

1. Navel
2. Heart
3. Shoulders
4. Throat
5. Nose
6. Forehead
7. Top of Head

- Inhale and visualize universal energy flowing into your body through every cell and collecting in the first level, behind the navel.
- Exhale, pushing the energy down to the toes.
- Inhale again, drawing the energy from the toes up to the second level, the heart level.
- Exhale, pushing the energy down to the toes.

(continue on back)





- Repeat this process multiple times through all the levels, and then start again at the navel.

Use your hands to guide the energy. On each inhale, move your hands up to the upper chest with your palms facing up. On each exhale, move your hands down to your lower torso with your palms facing down. Your fingers should point toward each other.

Close your eyes while you do this meditation, your tongue is on the roof of your mouth.

You may do as many rounds of the seven levels as you wish. When you finish, inhale one more time. Visualize energy flowing into your body and collecting in your Lower Dantian. Exhale without focusing your mind on anything.

You may use the Level One Manual to learn the leg lift portion of this exercise if you wish.

**Warning: Pregnant women should skip this exercise. The movement of the energy might disturb the peace of the baby. It will not harm the baby but it may be just a bit disturbing.**

