

***Iron Shirt Chi Kung I***  
***Rooting Cosmic Internal Energy***



***Mantak Chia***

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The meditations, practices and techniques described herein are *not* intended to be used as an alternative or substitute for professional medical treatment and care. If any readers are suffering from illnesses based on mental or emotional disorders, an appropriate professional health care practitioner or therapist should be consulted. Such problems should be corrected before you start training. This book does not attempt to give any medical diagnosis, treatment, prescription, or remedial recommendation in relation to any human disease, ailment, suffering or physical condition whatsoever.

# Introduction

## What is Iron Shirt Chi Kung?

Iron Shirt Chi Kung is the martial arts aspect of the Universal Tao System which develops internal power and a well-conditioned body through simple techniques that build and store Chi (life-force energy). The Iron Shirt training first of all develops a body relaxed and open, strong and healthy, and structurally aligned with the forces of heaven and earth. The Iron Shirt techniques help us to become rooted to the earth, thereby keeping the body centered and balanced. Iron Shirt offers a means of perfecting our inner selves, allowing us to reach higher spiritual levels.

Chi Kung is a form of internal aerobics that involves mind and Chi power and breathing exercises.

The term Chi Kung means: “the skilled use of energy”. It teaches us how to detoxify and clean out the body in order to stimulate the flow of energy and all fluids through the body. It also teaches us how to draw in the energy from outside, to pack and condense it and to circulate it in and around the human body as a protection.

Chi Kung can also be translated as “practicing with the breath”, and includes any exercise that uses breathing to energize the body. Breathing, which is the act of gathering the energy from the environment, is one of our most important bodily functions. The physical breath activates the Chi, also known as subtle breath, which generates increased physical and psychic strength (see the booklet *Tan Tien Chi Kung*).

In Iron Shirt Chi Kung we use the breath to pack the organs, glands, muscles and bones with so much Chi that they will stay healthy and strong and resist aging and disease. This will release long held tension as well.

All the Chi Kung movements and breathing exercises should be done mindfully in order to reach the deeper emotional layers of your body. These emotional layers can cause tension and blockages in the physical body. If you are not aware of this, the breathing exercises and movements of the Iron Shirt will intensify the blockages as well as the emotions themselves.

The real point of Iron Shirt Chi Kung is to prepare the body to receive higher spiritual energies.

**The Core Iron Shirt Chi Kung training consists of:**

- Packing breathing process.
- Iron Shirt postures.

**Main goals are to develop:**

- Centering and Rooting power.
- Structural alignment with the earth and also with the heavenly force.
- Internal power.
- The ultimate goal is to prepare the body for the higher spiritual energies.

**As stated in Chapter 78 of the Tao Te Ching**

When people are born, they are soft and gentle.

When they die, they are stiff and callous.

When myriad things, grasses and trees, are born, they are soft and tender.

When they die, they are withered.

So stiffness and callousness are the company of death.

Softness and suppleness are the company of life.

The powerful army will not win.

A stiff tree will break.

So stiffness and power stay below.

Softness and suppleness stay above.

## Iron Shirt Breathing

Breathing, which is the act of gathering energy from the environment, is one of the most important bodily functions. It is used in Iron Shirt to strengthen the internal organs and glands by increasing the Chi energy pressure (pounds per square inch) around them and in the Tan Tien and the spine.

Iron Shirt breathing techniques provide a longer, deeper, more relaxing breath cycle and sufficient oxygen to cleanse the body of waste materials, sediment, and toxins that have accumulated in the organs. The increase in circulation also provides enhanced nourishment for the organs. The circulatory, lymphatic, nervous, and endocrine gland systems are all activated, and blood, spinal fluid, and hormones flow more easily to reduce the work of the heart. Sexual (creative) energy, another source of life-force, is also used in this process to enhance the body and produce spiritual energy.

## Packing Breathing

Packing Breathing is the most important breathing technique in the Iron Shirt practice. It is used in all the related Iron Shirt postures. "Packing" condenses energy into each individual body section to increase the Chi/air pressure, especially in the abdomen, the glands, the organs, and the fasciae around the organs. Chi pressure will help the organs to hold their shape and lift the organs to their own positions so that energy can flow easily. Thus, the Chi pressure serves as an energy charger for the organs and the fasciae. After you practice for a period of time, you will feel a permanent flow, vibration and a suction of the Chi inside the Tan Tien, your lower abdomen.

Tan Tien Chi Kung teaches the packing process in the abdomen (Tan Tien) in a more elaborate way. (see the *Tan Tien Chi Kung* booklet).

The principle of Packing Breathing is to compress the abdomen from three directions: above (from the lowered diaphragm), below (from the upward pull of the perineum/sexual organs, also the uterus and the prostate gland) and in front (from the abdominal wall). It reduces the space in the abdomen and packs and condenses the Chi there. The packing process should be done carefully and without strain. Always breathe through the nose from the lower abdomen and exhale slowly (in some exercises through the mouth) in all the Universal Tao breathing techniques. Be sure to keep the diaphragm down, to sink the rib cage and the sternum and to relax the chest during the Packing Breathing. Keep your heart soft and gentle. Feel the Yin in the Yang fire of the heart. And keep the tongue against the palate during the packing process.

In Packing Breathing we use small sips of air (a small part: 10% of the whole breath) which is like sucking up the breath from the lower abdomen. We sometimes refer to it as “part of the breath” or “inhale more” or as “a little bit” and when you are trained you can also use a breath we call “inhale without inhaling”.

You can increase the suction in your abdomen as follows: Inhale, exhale, flatten down the stomach, hold the breath, and very lightly pull up the anus and the sexual organs (especially the uterus and the prostate gland) a few times, until you feel a suction. The uterus and prostate gland will work like little pumps.

## ***Practice***

We start the “Packing” with the Energizer Breathing. It is always good to relax yourself first with calm, deep, and smooth abdominal breathing and to activate the Tan Tien Chi.

1. Start with bellows breathing. Inhale slowly but forcefully. Keep the chest relaxed and feel the area of the lower abdomen below the navel and in the perineum bulge. Exhale forcefully, flatten the stomach and feel the pull of the pelvic and urogenital diaphragm and the sexual organs. Regulate this breathing to a steady, strong pace 18 to 36 times.

2. Exhale very slowly down to the navel and flatten the stomach towards the spine. Exhale once more and lower the diaphragm; exhale once more and pull up the sexual organs and the anus. Hold for a while and feel a suction in the abdomen. In the next stage, we continue with reverse breathing.

3. Packing Breathing/building Chi pressure.

- Inhale part of the breath down to the navel, suck in the abdomen and put pressure on the navel. Relax the chest and the belly and keep diaphragm down.

- Inhale more; enhance the suction, relax and pull the left and right anus up to the left and right kidney, put pressure on the kidneys and wrap them with Chi. Feel the kidneys and the Door of Life expanding. Hold the breath.

- Inhale without inhaling and feel the suction in the abdomen sticking in the sexual organs and the anus. Relax and press the Chi down into the lower abdomen. Hold the breath.

- Inhale and suck in more, relax and press the Chi down to the perineum. Feel pressure in the perineum and the whole lower part of the abdomen.

- Continue inhaling without inhaling while enhancing the suction in the Tan Tien, sucking in the sexual organs and anus even more and sealing them.

- Hold this as long as you can. If possible, inhale more, and exhale then very slowly and smoothly. Keep the pressure. Relax and let/feel the Chi flow into the organs and fasciae, inflating them with Chi. Feel a suction in the Tan Tien and feel the Tan Tien Chi breathing and vibrating.

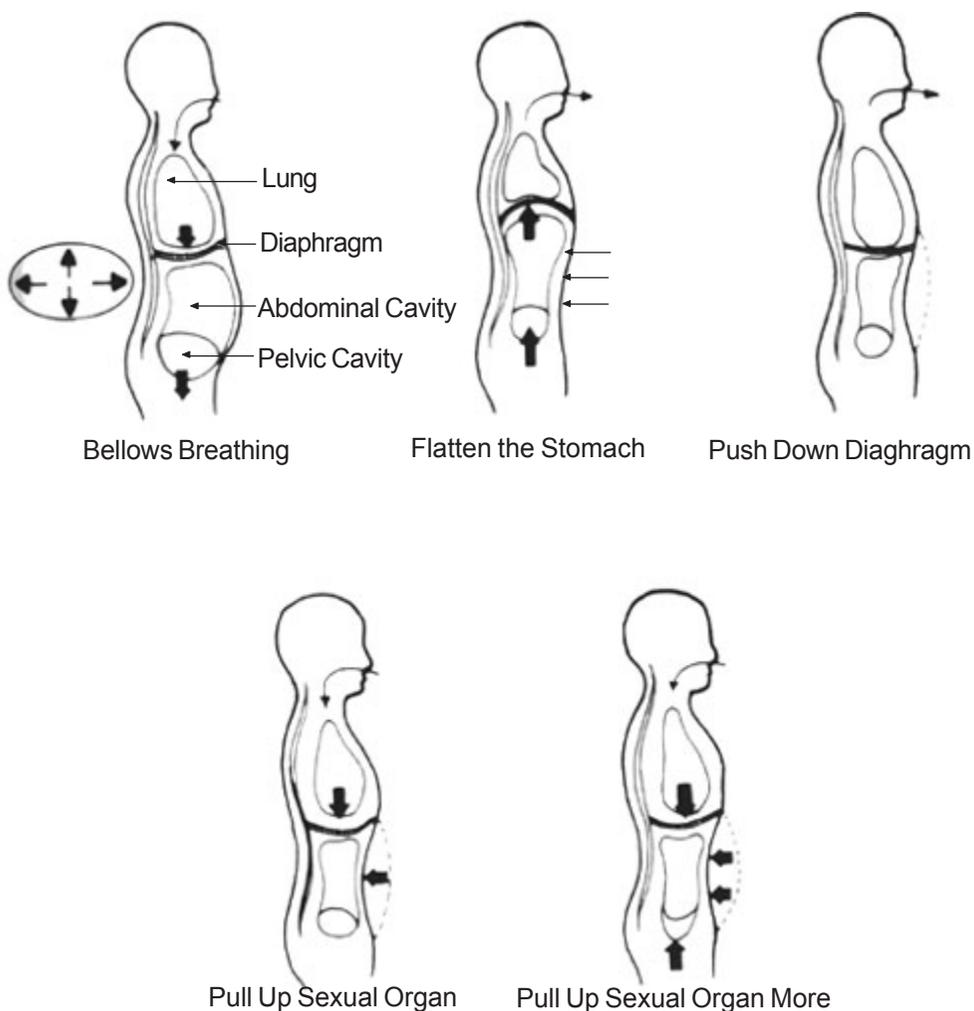
With this breathing method, the organs become packed, compressed and strongly massaged.

Normalize your breathing by doing abdominal/Energizing Breathing, circulate the Microcosmic Orbit for a few rounds and brush down the excessive energy from the chest. Walk around and shake out the arms and the legs.

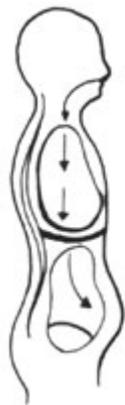
Always remember: Do not use force. Relax the chest, and let the rib cage, the chest, the sternum and the diaphragm sink down.

With Packing Breathing you should remain soft inside. If you feel uncomfortable and can no longer hold the breath, exhale a little bit in between, but maintain the pressure.

Do no more than three cycles of Packing Breathing a day in the beginning.



**Fig. 1** Packing Process Breathing



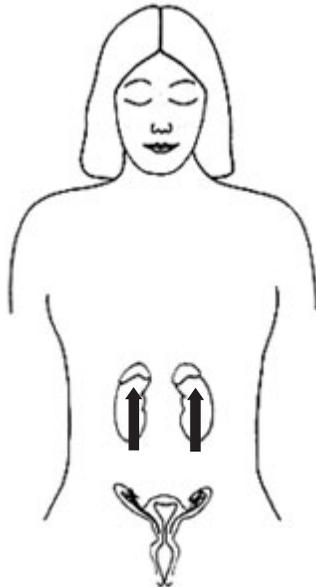
Navel



Lower Abdomen



Perineum



Kidneys

**Fig. 2** Packing Process Breathing

## Precautions

**The following is a warning to all practitioners, especially those with high blood pressure, emotional instability, heart or chest pain, or any acute illness.**

1. If you have high blood pressure, check with a doctor before attempting to practice Iron Shirt. Do not do the exercises and breathing techniques strenuously.

2. Women should not do Iron Shirt breathing during menstruation, but may practice the structure, standing meditations, and Bone Breathing. If pregnant, do not practice Iron Shirt Packing Breathing; use only Energizer Breathing and standing meditation.

3. Be sure that the diaphragm is lowered while practicing these exercises to avoid accumulating energy in the heart and to facilitate the flow of the Microcosmic Orbit. Do not pack the chest as this can cause energy to congest there, which can affect the heart. Again, you should always relax the chest.

4. Always breathe into the lower abdomen and perineum to avoid trapping negative energies in other parts of the body, especially in the brain, the heart, or the liver.

5. After practicing the postures, be sure to place the tongue on the roof of the mouth to connect the Microcosmic channels so that all energy from the head can be drawn down through the Functional Channel to the navel for storage. Do not leave energy in the head or upper body.

## Iron Shirt Postures

The Iron Shirt Chi Kung consists of five standing postures. There are many standing Chi Kung postures. Master Chia has taken the essence of all these postures and distilled them into five postures. Every posture teaches:

a. To align one's muscular skeletal structure with the gravity of the earth and with the forces of heaven. Each posture presents a slightly different energetic variation and teaches a new alignment skill.

b. The packing breathing in different postures to increase the Chi pressure, especially in the abdomen, organs, glands and spine and to improve the rooting.

c. How to test the structure and the rooting in the different positions. The Embrace the Tree position is the most important position, because it teaches the basic alignment of every standing position and of Tai Chi Chi Kung.

## **Horse Stance and Embracing the Tree**

### ***1. Position***

#### **A. Stand Shoulder Width and the Feet Parallel**

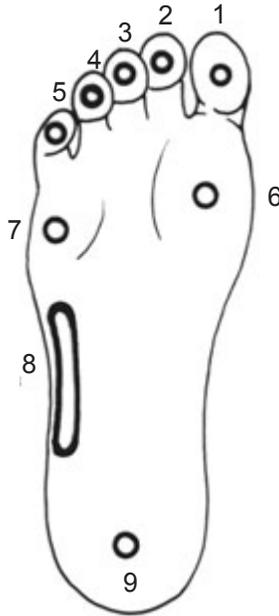
#### **B. Distribute the Weight of the Body Evenly over all the Nine Points of the Feet**

“Claw” the ground by gripping the earth with the toes, particularly the big toes. The human body is like a tree. The roots are in the feet, the legs and torso are the trunk and the arms are the branches. The inner foundation of Iron Shirt is the life force, the outer foundation the feet. The feet support the whole body’s weight, and at the same time they connect with the earth force. Feel the Tan Tien Chi pushing down.

You must feel that the weight of the body is evenly distributed over all nine points of the feet. Check and feel which parts are too tense or have too much pressure on them. This can cause the body to misalign and the spine to tilt to one side.

#### **C. Relax the Soles of the Feet and Turn the Big Toes Slightly Inwards and Root the Feet**

The second toes should point straight ahead, while the outside of the feet stay parallel. This will help to open or keep the sacrum open by rounding the pelvis. Feel that the rounding of the pelvis corresponds with the circle around the toes/feet.



**Fig. 3** *Nine Rooting Points of the Foot.*

When the soles are open and relaxed, you can feel the soles “sucking” and having a connection with the ground. Turning the feet inward will help to make the connection between the tendons of the big toes and thumbs and of the small toes and the pinky fingers, thereby increasing your rooting power. Note that if, at this point, the toes and the balls of the feet were raised, you would have no rooting.

#### **D. Align the Ankle and the Knee Joints**

Let all the points of the feet especially the big toes, press firmly with the same weight into the ground and twist the ankle joint very slightly outward. If one can properly press the soles of the feet in the earth and gently twist the ankle joints, this will help transfer the weight into the ground. When one part of the foot raises or collapses, this is a clear sign that the ankle joint is not aligned.



**Fig. 4** *Rooting to Mother Earth's Energy*

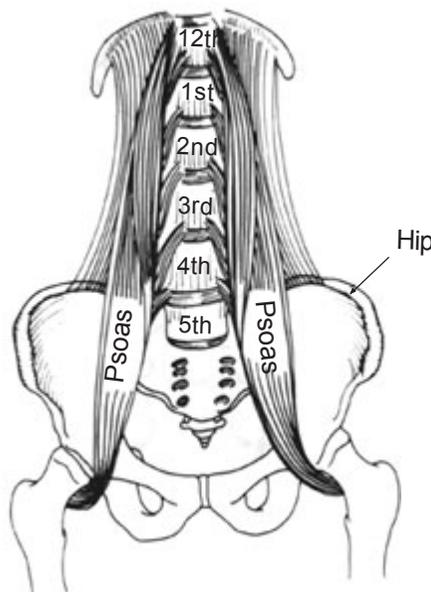
Next, keep the ankle joints locked and the feet pressed firmly into the earth and lightly twist the femurs with a slight twist at the knees. This will align the ankle and knee joints. In this critical joint alignment, the "saddle" of the tibia (shinbone) is situated over the talus (ankle bone) which stabilizes everything above. In this way, all the internal pressure of the synovial fluid is kept constant and the ball and the socket of the joints will remain aligned.

The spiraling action that begins with the ankle joints now connects with the knee joints, the next vital element in transferring the earth force from the ground to the hips. If you twist the knees prop-

erly, all the tendons are rotationally wrapped around the bones, creating a strong spring force. In this position, the earth, ankles, knees and hips are in one line of power. Instead of the knees supporting the full weight of the body, the weight is transferred from the ankles through the heels and the soles of the feet to the ground. With all this twisting, It is important to reemphasize the lightness and gentleness of this posture. Listen and smile to your body. If you feel joint pain, stop.

### **E. Open the Kua. Align the Hip Joints and the Sacrum and Sink from the Kua**

a. The position of the hip joints and the sacrum is very important for the structural alignment of the body. When your ankles, knees and hips are aligned, your sacrum and hip joints will be open and the tendons in the groin area firm and relaxed. This allows the transfer of force from the legs to the spine.



**Fig. 5 Kua Anatomy**

b. You sink from the kua and not from the knees!

The sacral alignment determines whether your structure is strong or weak. You sink in the kua by relaxing the lower back and slightly dropping the pelvis and the sacrum as if you were tucking the tailbone between your legs and sitting down on a chair. If you have your hands in the inguinal crease, you will feel it deepen. If you feel the feet, especially the heels and the big toes, pressed firmly into the ground, you will have also aligned the sacrum with the legs. You will feel one line of power from the feet, the groin, the sacrum, and up to the spine.

Perineum power, the sacral and cranial pumps and the Tan Tien will also help you to open and align the hip joints and the sacrum. When activated, they help to tuck in the coccyx, tilt the sacrum, and expand the sacrum and the lower back.

c. Opening the kua is also very much related to the psoas muscles. Successfully opening the kua very much depends on relaxing the psoas muscles. Iron Shirt Chi Kung, Tai Chi Chi Kung, and the Tao Yin are internal exercise systems that attempt to lengthen and free up the functioning of these muscles.

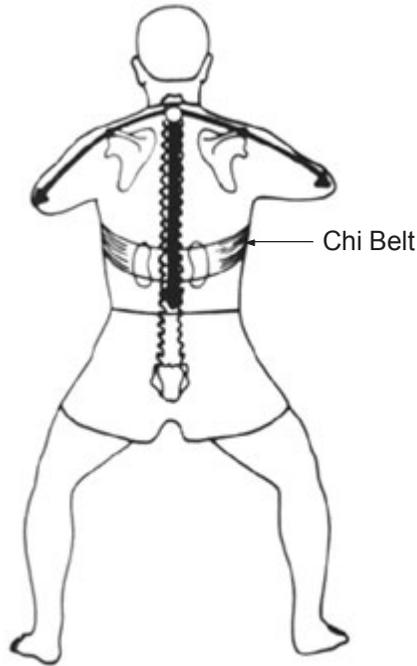
In Iron Shirt, awareness of the psoas muscles is vitally important. Because the psoas muscles connect the lower vertebrae to the lower kua, they are the major keys in linking the power of the legs to the spinal column.

The psoas muscles are also closely connected to latissimus dorsi muscles which extend from the upper spine to the humerus and the shoulder bones. Therefore, the psoas muscles are an important bridge between the lower and the upper body. If the psoas muscles are relaxed and supple, the power of the legs can flow unimpeded, like a wave from the legs, up the spine, and to the head.

## **F. Activate the Chi Belt**

You can activate the Chi Belt in the following way:

a. Activate the Tan Tien Chi and let it expand to the kidneys, and the Door of Life, and T-11.



**Fig. 6** *Developing the Chi Belt*

b. Hold the Chi Pressure in the Tan Tien. Inhale, pull up the left side of the anus and let the energy of the left kidney expand out to the left side of the waist and from there to the navel in front. Inhale more, pull up the right side of the anus and let the energy of the right kidney expand to the right side of the waist and from there to the navel. Join both sides together at the navel. Hold the breath and exhale slowly, expanding the Chi Belt around the waist.

The Chi Belt acts as a major bridge linking the lower part of the trunk to the upper part. If the Chi Belt is not properly developed, the feet, legs, and hips will have no connection to the upper body.

The psoas muscles are also closely connected to the diaphragm. If the psoas muscles are supple, you can breathe more deeply and easily and can fully use the power of the diaphragm and breath to help link the lower and upper body together in the Chi Belt.

## **G. Aligning and Elongating the Spine**

To elongate and align the spine, you have to open the spinal joints and expand the Chi pressure in the whole spine. You can start the practice by activating the Chi pressure in the Lower Tan Tien, as described above and in the *Tan Tien Chi Kung* booklet. Then inhale, exhale, press the diaphragm down and pull up the anus toward the coccyx. Use the sacral pump and guide the energy up the spine, pushing the energy into the spaces between the discs which separate the vertebrae. This will elongate the spine. You can also use meditation to develop the Chi that will open the spine. Feel a string through the center of the spine is pulling you up from the crown. Imagine that the string is connected with a star above your head. Feel this string lifts the body and elongates the spine. The sacrum is pulling down and the crown is pulling up. Keep the chest and ribs relaxed (The arm position will vary according to the exercise being practiced in this posture). Keep the back straight and the neck pushed back at C-7 and the base of the skull. The head should feel as if that string extending from the crown is lifting it. You may practice against a wall.

The spinal cord is formed from 24 vertebral bones plus the sacrum and the coccyx. It connects the head, arms, and legs. For the Chi to pass back and forth between the head and the limbs, it must go through the spinal column. The alignment of the spine is thus an essential part of Iron Shirt, Tai Chi, and meditation.

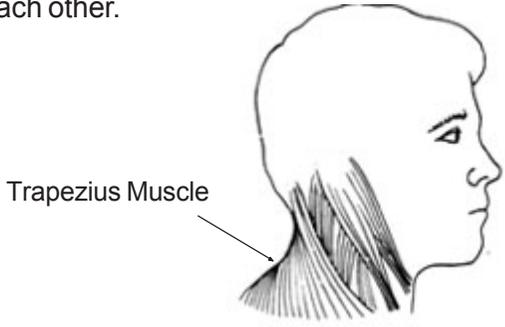
The spine, when properly aligned, is full of power and can greatly amplify the force from the legs (earth) and from the arms (cosmic and universal force) to the feet. By slightly pulling up the sexual organs and the anus, tilting the sacrum and rounding T-11 and T-5 one draws the spine like a bow to shoot an arrow.

## **H. Aligning the Arms with the Scapulae and the Spine**

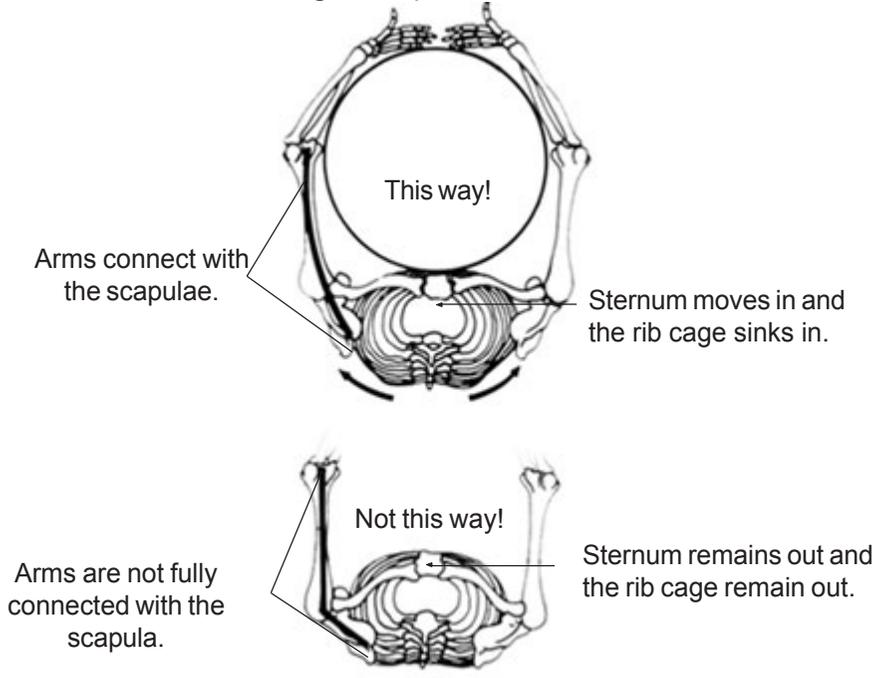
The arms are connected to the trunk via the clavicles in the front and the scapulae in the back.

Be aware of the different points:

- Keep the arms at shoulder level and round the scapulae as if holding a big ball or hugging a tree. Your fingers should be slightly separated by holding the fingertips of each hand one to two inches from each other.



**Fig. 32** Trapezius Muscle

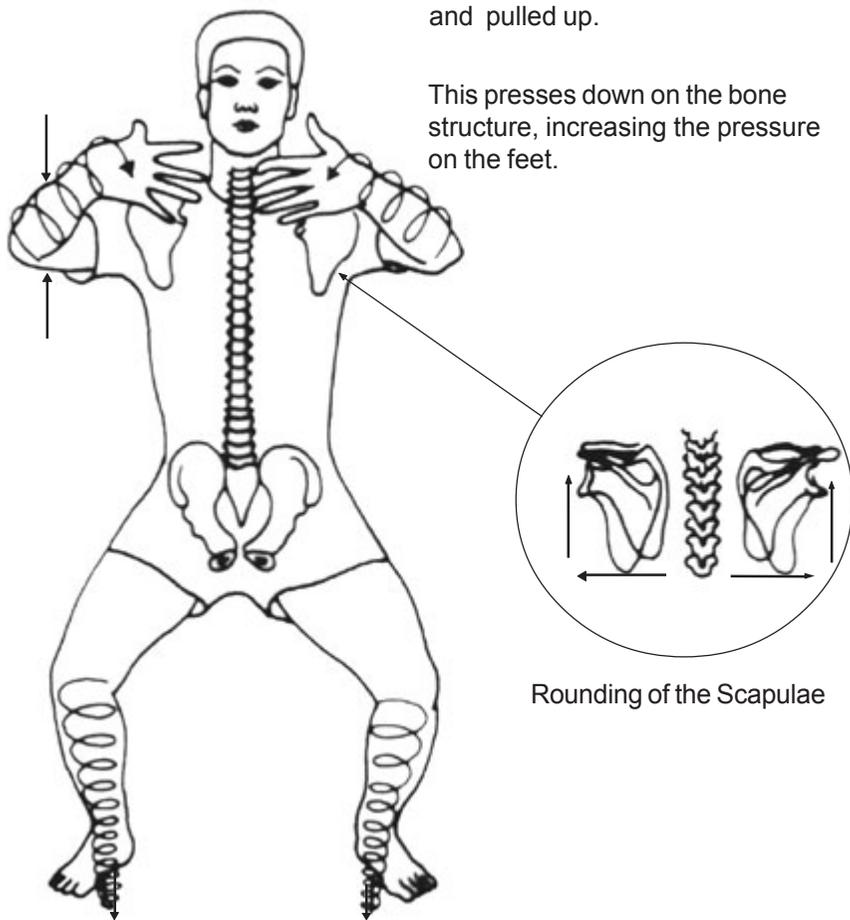


**Fig. 7** Connect the Arms with the Scapulae Properly.

-Sink the shoulders and open the shoulder joints. Relax the trapezium (which connects the back of the neck with the back of the shoulders) and the neck muscles.

Elbows should feel as if they are simultaneously being pushed down and pulled up.

This presses down on the bone structure, increasing the pressure on the feet.

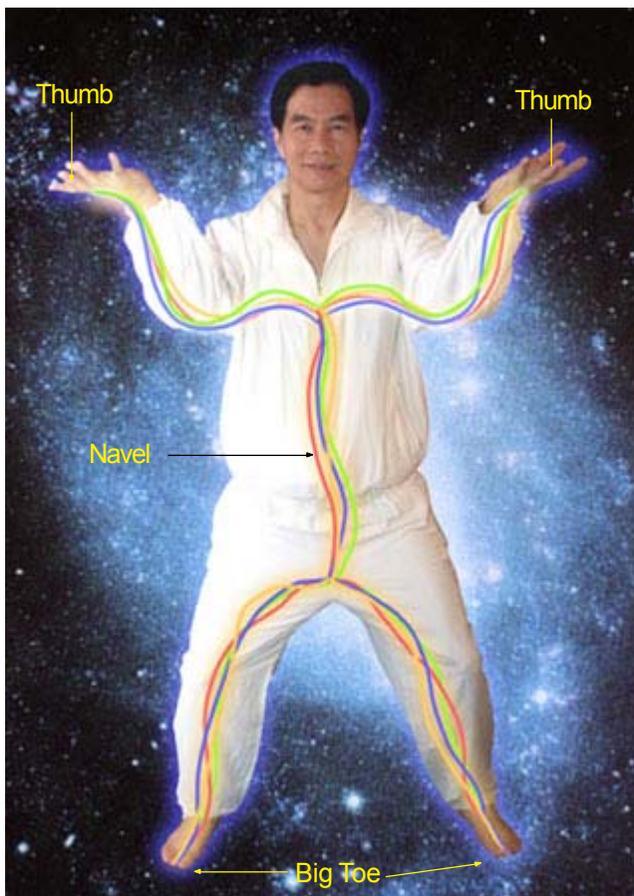


Feet press down through pressure on the bone structure.

*Fig. 8 Press down on the bone structure.*

- Let the elbows sink down and turn them inwards. Feel the force of the sinking elbows push down the entire skeletal structure. If the elbows are up, you will disconnect yourself from the power of the tendons.

- Push C-7 out and be sure to move the sternum in and sink the rib cage down (Keep the lower part of the rib cage in and when you sink the rib cage down, T-11 will protrude outward, connecting with the sacrum and the hips and all the way down the legs to the heels).

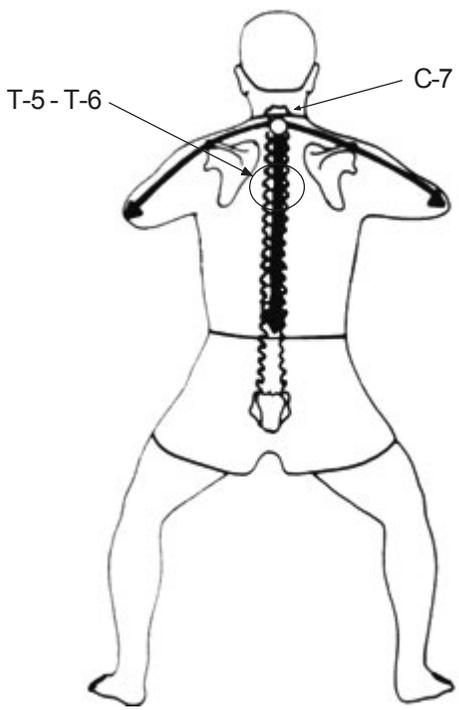


*Fig. 9 Tendons of the big toes join with the tendons of the thumbs.*

- Turn the thumbs upward to make the tendon connection with the big toes, thus, the two muscle-tendon meridians join together; the front structure of the bones, tendons, fasciae and muscles tighten together as one.

- Attach the hands and fingers to the scapulae and cranial bones by pulling the thumbs' tendons away from the body and the pinky fingers' tendons toward you. Feel a spiraling action when you pull the scapulae to the sides.

-In practicing this. you will feel a stretch of force like a bow from C-7 to the thumb, and a stretch of the neck joints, which will align the neck and the crown. If you sink your elbows down and press them inward, you will feel more stretching of the bow. This will connect the fingertips and the arms with the scapulae and with the back between the scapulae (T-5 - T-6).



**Fig. 10** Connect the Scapulae with the Spine

By stretching the scapulae and spine tendons and connecting them, the shoulder joints open more, and the shoulders and the scapulae are rounded. You can now sink the chest and push it back toward T-5 - T-6 which is pushed outward.

-It is very important to keep the chest relaxed, and the center of gravity low and practice abdominal breathing. If one is a chronic shallow chest breather with lots of accumulated tension in the chest muscles, there will be very little flexibility in the chest and sternum. If one attempts to sink the chest in such a situation, the shoulders usually compensate by moving upward.

The initial preparations, the Iron Shirt Packing Breath, and the Inner Smile meditation, and other meditations will relax the chest and diaphragm and restore a smooth breathing pattern.

### **I. Connecting the Whole Body in One Structural Alignment**

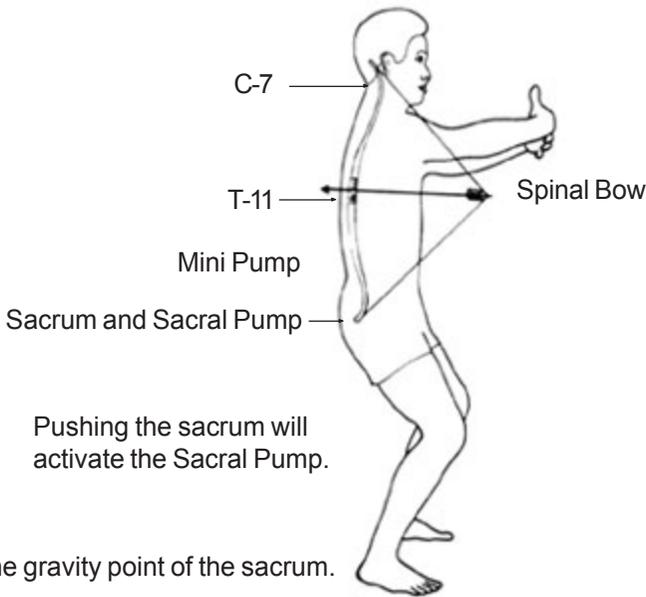
Connect the upper body from C-7 and T-5/6 down through the Chi Belt (T-11), the sacrum, and the hip joints, down through the knee and ankle joints and the feet into the earth. Feel the connection with the ground.

All points should form one straight line. Feel a star pulling you up and a star pulling you down. Feel the energy in the Tan Tien and the spine. Stay very relaxed for a while in this position. Feel the whole body connected and aligned. Feel rooted and centered and the Tan Tien Chi moving you frontwards and backwards. Let the eyes look at your fingertips and your ears listen inside your body to the Tan Tien. Feel calm and peaceful.

Test and strengthen this structure by asking a partner to push gently against you while you are in this position.

The Embrace the Tree posture is the basic standing position of the Universal Tao practices. Just standing for a while enhances the power of the muscles, bones, and tendons.

You can start by standing 5 minutes in this position and increase this up to half an hour. Just stand and relax, feel the Tan Tien as an ocean and waves are moving you back and forth. If you like, you can also do the meditation in this standing position.



*Fig. 11 Connect hands, scapulae and spine to sacrum.*

## **2. Packing Breathing**

Packing Breathing, applied along the different points of the abdomen and up the spine, releases long-accumulated tension and strengthens the muscles, tendons, tissues, bones, and bone marrow by subjecting them to gradually increasing pressure. The releasing of this tension often gives us a general sense of well-being and self-confidence along with better posture.

In the Embrace Tree position, we do the Packing Breathing in three stages. If, after each stage, you do not continue with the next step, it is very important to collect the energy in the navel.

To do so, stand straight and place both palms over the navel (women, put the left palm over the navel and cover it with the right palm; men, do the same in reverse. Don't follow this rule too strictly).

If you feel uncomfortable, exhale a little bit in between but maintain the pressure.

Remember always keep the diaphragm down!

Before you start to do the Packing Breathing, concentrate on the abdomen for a while. Feel the pulsation and vibration of the Tan Tien Chi inside you and the fire of the Tan Tien and the kidneys/Door of Life. Feel the skin and bones breathing. If you have time, you can start with the Bone Breathing. Always stay as relaxed as possible. Smile and be gentle.

### **A. Stage One: Connecting with the Earth Force from the Tan Tien to the Soles**

1. Stand in the Embrace the Tree position, as described above.
2. Begin energizer breathing. Practice breathing this way from the lower abdomen 9 to 18 times. When you do this breathing, emphasize inhalation by rounding the abdomen, and emphasize exhalation by flattening the abdomen on all sides, pulling the breath to the center. Feel the sexual organs move up and down with the breath.

3. Exhale, and flatten the stomach. Exhale again and push the diaphragm down. Exhale more and feel the pelvic and urogenital diaphragms and the sexual organs pull up.

4. Begin the packing breathing. (Always keep the diaphragm down!) Use perineum power. Remember that the muscles of the arms have a close relationship with all the organs and glands. (Keep the tongue against the palate).

Inhale, suck in the stomach and pull up the perineum and the anus. Hold the breath, inhale more, pull the sexual organs up, and press down on the navel area. Inhale more as if you are breathing (inhaling) without breathing (inhaling). Pull up both sides of the anus to the kidneys and suck the energy to the kidneys. Wrap the Chi in and around the kidneys and feel the kidneys expanding outwards. Relax and hold the breath. Inhale without inhaling, pull up the perineum and the front part of the anus even more and feel a suction in the middle abdomen as you push the Chi down from the diaphragm. Feel the abdomen expanding. Spiral the energy at the navel.

Relax the abdomen, inhale more, continue to pull up the perineum and push the Chi down into the middle abdomen. Hold this pressure for a while. Inhale without inhaling, feel a suction at the perineum, and press the Chi down through the lower abdomen to the pelvic area and the perineum. Hold the breath and the Chi pressure and pull up more at the perineum and the anus.

5. Be aware of the soles and the earth force. Feel the connection to the perineum.

Exhale very slowly, controlling the breath with the mouth. As you exhale, direct the Chi down the legs to approximately six inches beneath the earth. Feel the palms and soles breathing and drawing energy in as you practice abdominal and simple bone breathing to regulate the breath. Feel the energy circulating in the Microcosmic Orbit.

## **B. Stage Two: From the Soles to the Perineum; Absorbing the Earth's Force**

1. Start with the energizer breathing and proceed with steps 2 - 4 from stage one.

2. Inhale, contract the perineum without force, keep the tongue against the palate and use the power of the mind and suction in the abdomen to draw the earth energy up.

Press the soles of the feet into the earth. Claw the toes as though you were clenching the earth and spiral with the eyes and the mind. Spiral the energy around the Bubbling Spring (K-1). Hold the breath.

3. Inhale more, and suck the earth energy through the legs to the knees and all the way up to the perineum. Spiral the energy around the perineum. Feel the perineum bulge.

4. Exhale very slowly, hold the Chi (pressure) in the perineum and Tan Tien.

Regulate the breath with energizer breathing and simple bone breathing,

Be aware of the soles, the perineum and the palms breathing together. Feel the earth energy as a nice, cool, blue (or yellow) force, kind and gentle. Relax. Practice the Inner Smile and collect loving energy from all the organs. Feel the energy flow in the Microcosmic Orbit.

### **C. Stage Three: Pumping the Energy up through the Spine to the Brain**

Spiral the energy at each station nine times clockwise and nine times counterclockwise.

1. Start with energizer breathing.
2. If you start fresh, develop Chi pressure in the Tan Tien by following steps 2-4 from stage one.
3. Loosen the abdominal muscles without exhaling, increase the pull at the perineum and push the energy to the perineum.
4. Inhale without inhaling, pull up the front and back part of the anus, suck in the coccyx and tilt the sacrum back. Hold the breath and push the energy into the coccyx to the sacrum. Feel the sacrum expanding. Hold the breath and spiral around the sacrum.
5. Inhale without inhaling, pull up the left and right sides of the anus toward the kidneys and suck the energy up to the kidneys, the Door of Life, and T-11. Feel the lower back, the kidneys and the Chi Belt expanding. Hold the breath and spiral around T-11.
6. Inhale without inhaling, pull up the middle and back part of the anus and use the power of the sacral pump to suck and guide the energy to C-7. Sink the chest and push the sternum and the chin to the back. This will straighten the curve at the neck and lock the neck. Feel the whole spine expanding with Chi. Hold the breath and spiral around C-7.
7. Continue to pull up the middle and back part of the anus; inhale without inhaling and suck and guide the energy to the Jade Pillow. Clench the teeth, keep the chin in and squeeze the skull and temple bones to activate the cranial pump. Hold the breath and spiral at the Jade Pillow.
8. Continue to pull up the middle and back part of the anus, feel the suction in the abdomen. Inhale without inhaling and suck and guide the energy up to the crown and into the brain. Exhale very slowly and let the energy flow into the brain, energizing the brain.
9. Be aware of the crown, the North Star and Big Dipper emanating violet and red light. Inhale, and use the eyes to spiral and blend these energies. Exhale slowly out of the crown and the soles.

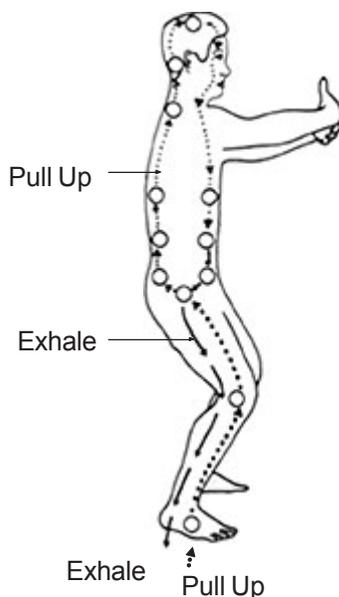
10. Concentrate on the mideyebrow until you feel the Chi building up there. Regulate the breath with energizer breathing.

11. Exhale and guide the energy down through the centers of the throat, heart, solar plexus to the navel. Spiral the energy at each center.

12. Feel the sensation of the flow of Chi through the Microcosmic Orbit. Regulate the breath with an even abdominal breathing. Feel the Chi in the Tan Tien and the spine breathing/vibrating. Turn your senses inward and empty the mind in the Tan Tien. Feel nice and calm inside. Also feel the skin and bones, the soles, the palms, the perineum, the mideyebrow and the crown breathing. Just stand for a while like a wave is moving you back and forth.

13. Rest. Put the feet together and place both hands on the navel. Gather and condense the energy in the Tan Tien.

14. Walk around and brush the energy down, if necessary, and shake your legs and arms loose.



Stand still. Relax the whole body and direct the Chi flow.

**Fig. 12** Smile! Settle into the Tree Position.

### ***3. Testing and Rooting***

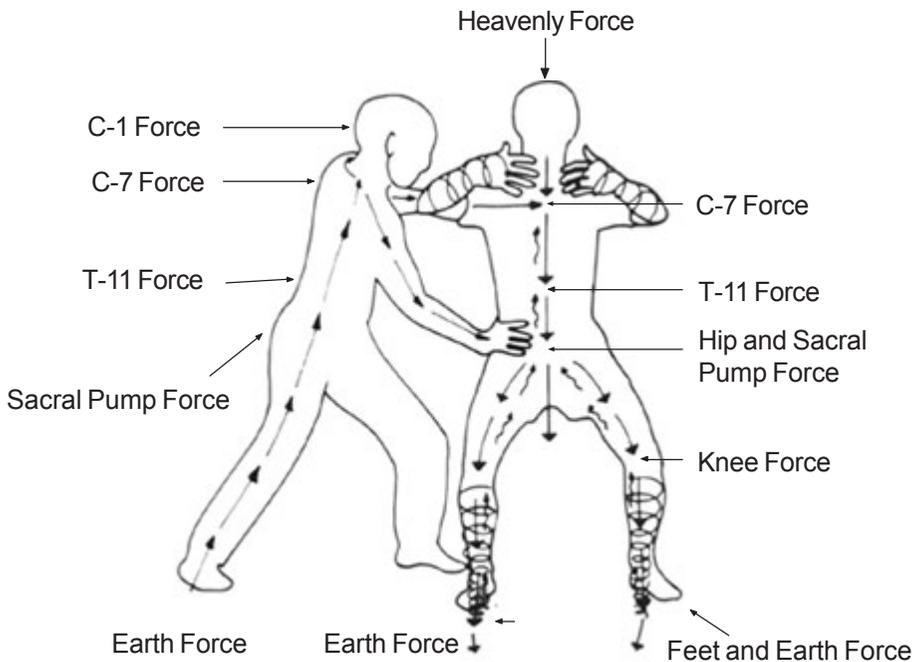
The principle of rooting is to become like a stick, which is most powerful when positioned sticking out of the ground at a 45-degree angle. The stick is not what is powerful; it is the earth behind it which has the power. Naturally, the stick has to be strong to pass the force. The foot, the leg, the knee can all be adjusted to be like a stick protruding from the earth at a 45-degree angle. If your body is aligned with the ground in such a manner, a force coming against your body will pass right through your bone structure, through the soles of your feet, and into the earth. When a person pushes you, he passes the force to you. Therefore, if you are properly rooted, you can receive the powerful healing energy created by the blending of your energy, your partner's energy, and raw earth energy. No matter where the force is coming from, you can redirect it down to the earth rather than let it break your alignment.

The first principle of testing the structure and the rooting is being as relaxed as possible!

Next, when you are pushed, be aware of perineum power, the diaphragm, Chi pressure in the Tan Tien, and the Chi Belt. Let the eyes look at your fingertips and listen inside your body, in the Tan Tien. Feel calm, centered, and rooted, aligned with the forces.

## A. Left and Right Side Rooting Practice

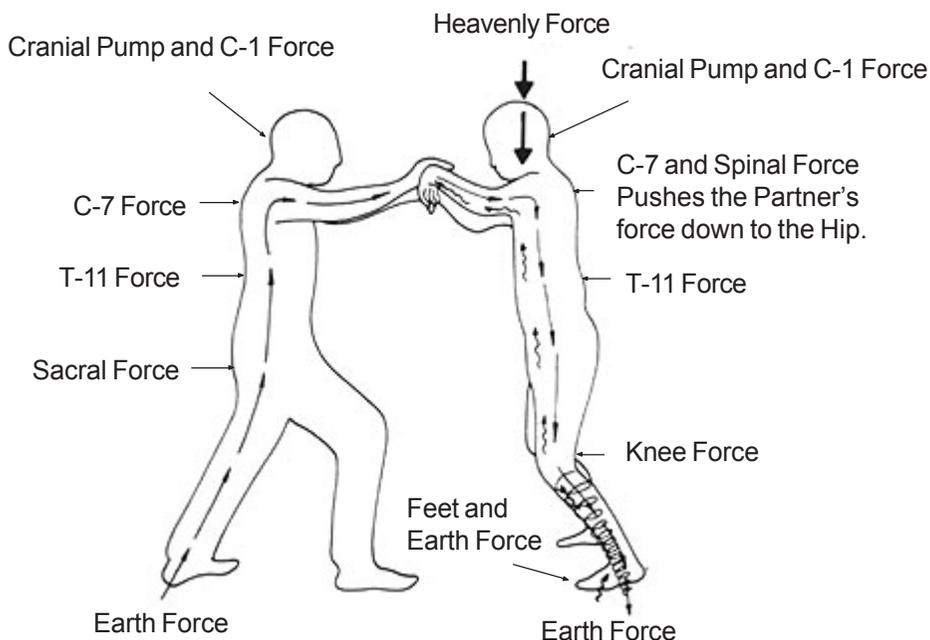
Assume the posture. Let your partner push you horizontally from the side, with one hand on your hip and the other on your shoulder. Keep your structural alignment, with the knees spiraled out and the scapulae rounded in order to redirect the force down the structure to the earth.



**Fig. 13** Partner's force is transferred down to the ground through the bone structure by the left and right side rooting practice.

## B. Front Rooting

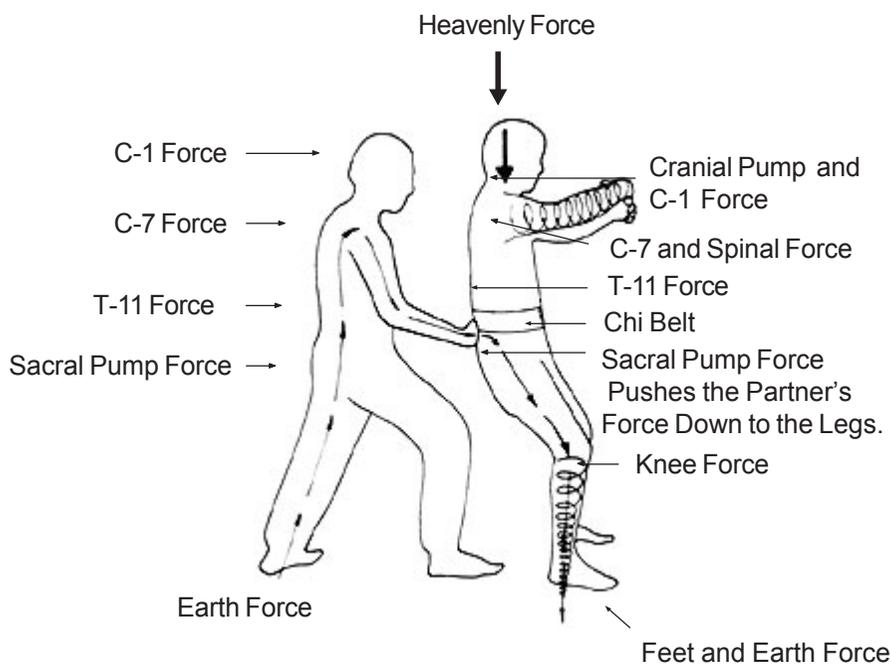
Let your partner push you horizontally from the front. The push should be on the wrists, not the back of the hands, to avoid injury. Keep the elbows down and inwards, and the arms relaxed. Let the force pass through the shoulders, scapulae, spine, sacrum, hips and legs as one line. Do not lean toward your partner when he pushes you. Trust your structure and feel the whole body join into one piece. Feel the bones absorbing the force like sponges and passing it along the bone structure to the ground.



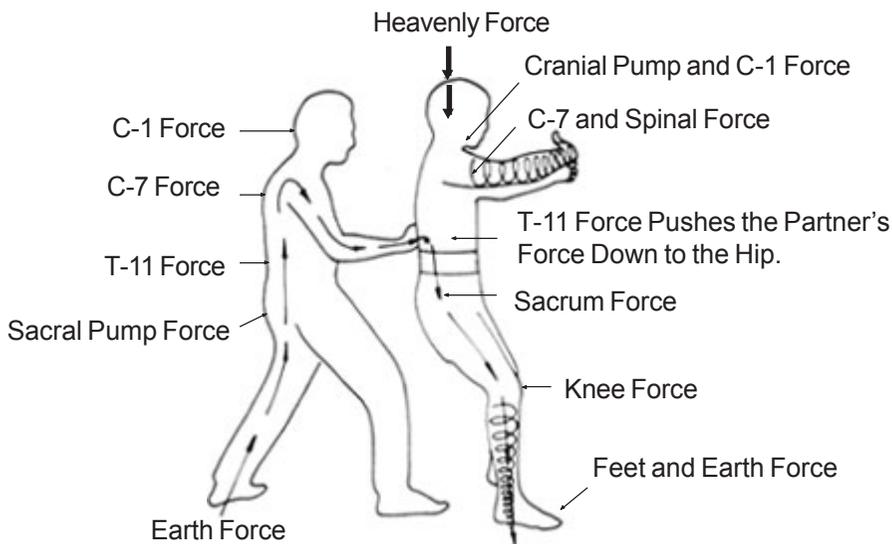
**Fig. 14** *Front Pushing and Transferring the Force to the Ground.*

### C. Back Pushing

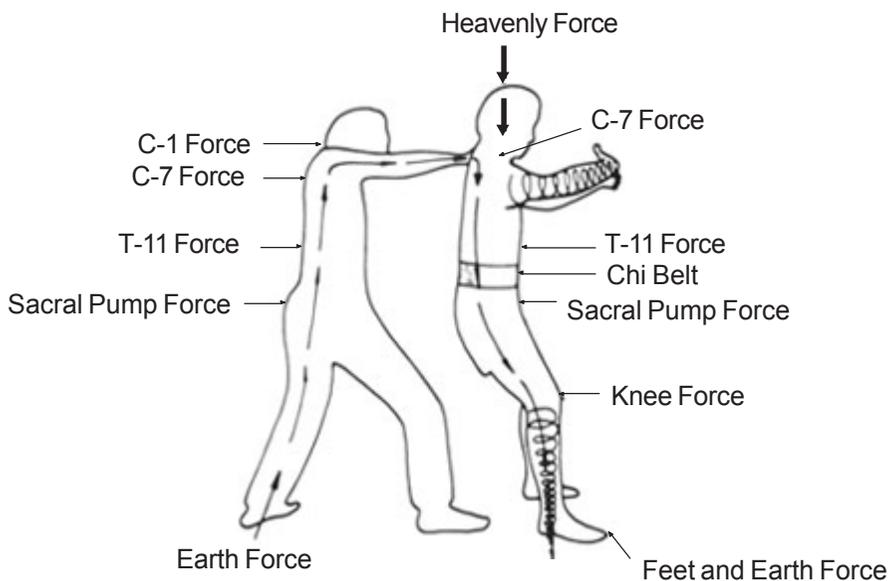
Back pushing strengthens the whole spinal cord. Let your partner push you gently on your sacrum, Ming Men, T-11, C-7, and Jade Pillow. Push back (expand) at this point with the power generated from the Tan Tien Chi and the perineum and your structural alignment.



**Fig. 15** Partner's force is transferred down to the ground through the bone structure by the force of the sacral pump.



**Fig. 16** Partner's force is transferred down to the ground through the bone structure by the force of T-11.



**Fig. 17** Partner's force is transferred down to the ground through the bone structure by the force of C-7.



**Fig. 18** Partner's force is transferred down to the ground through the bone structure by the force of C-1 and the base of the skull.

# Holding the Golden Urn

## 1. Positions

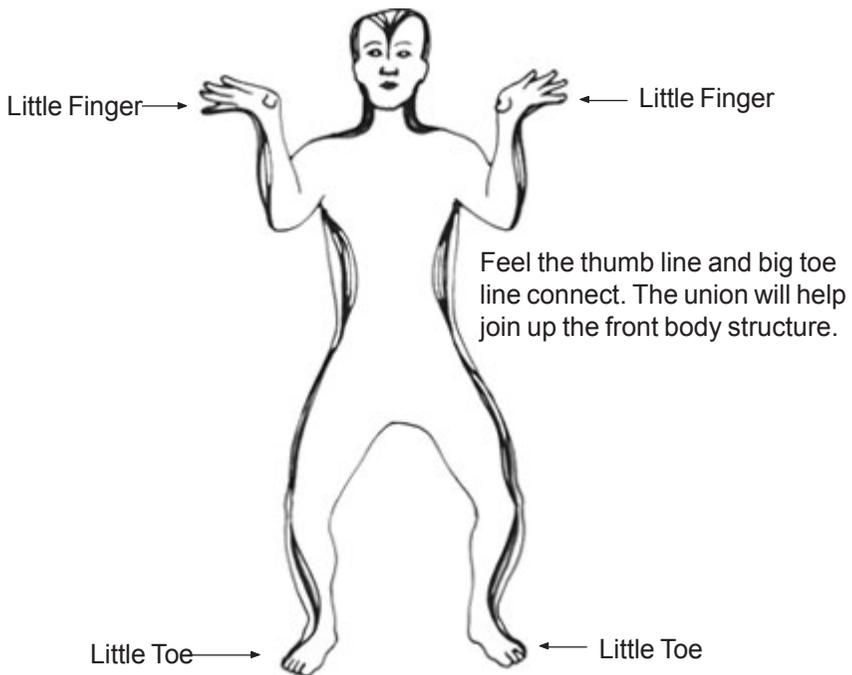
### A. Yang Position

This position helps to absorb the earth's force.

-Assume the Embrace the Tree position.

Lock the position of the elbows. Turn the palms down, lock the wrists and stretch them outward by stretching the pinky fingers, in a 45-degree angle to the forearms.

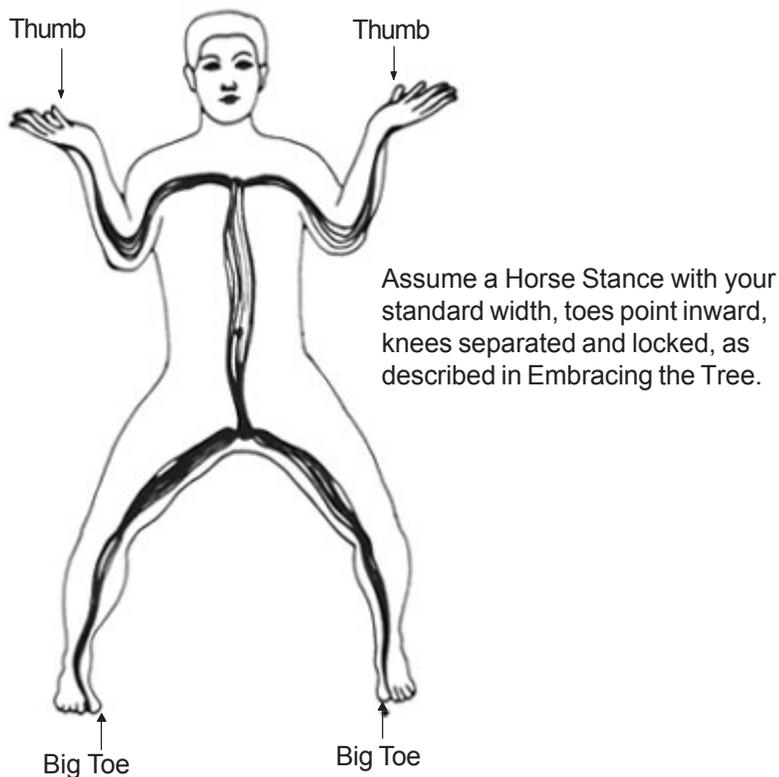
Feel the connection between the pinky fingers and the little toes, activating the muscle-tendon meridian that extends from the pinky fingers up the arms, up the sides of the face and around the ears, then down through the scapulae, into the sacrum, and down the outer sides of the legs to the little toes.



**Fig. 19** Holding the Golden Urn-Yang Position.

## B. Yin Position

The Yin force of the palms helps to absorb the Heavenly force. Hold the same position and turn the hands up. Lock the elbows and the wrists and stretch the hands 90-degrees outward with the stretch of the thumbs, moving inward. Feel the stretch of the wrist tendons by locking the elbows and the wrists by turning the hands. The stretch of the thumb activates the muscle-tendon meridian that extends from the thumbs, up through the insides of the arms, to the sides of the sternum, reaching down to the navel. From here it spreads out to the insides of both thighs to access the lower legs and to the big toes. Both tendons have strong rooting power.

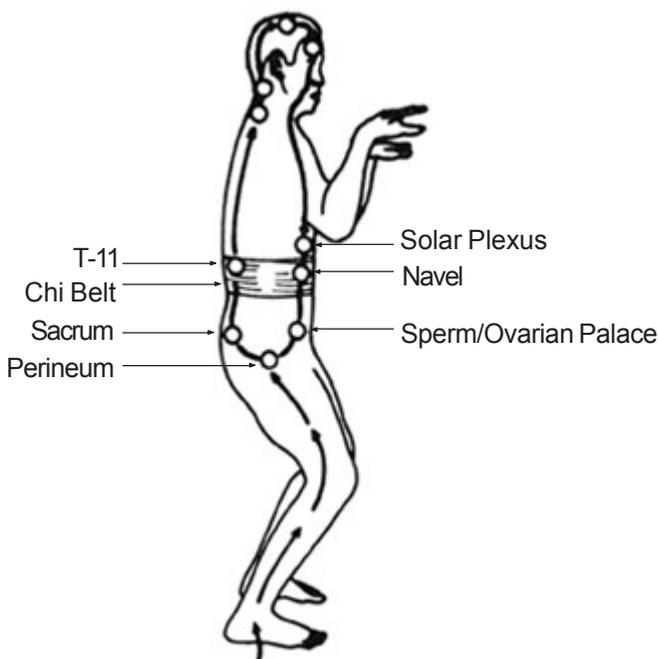


*Fig. 20 Holding the Golden Urn-Yin Position.*

## 2. Packing Breathing

### A. Yang Position

1. Assume the posture.
2. Start with Energizer Breathing.
3. Exhale, flatten the stomach. Exhale more and press down the diaphragm, exhale more and pull up the perineum, anus, and sexual organs.
4. Inhale, draw more Chi into the abdomen and pack the Chi into the kidneys. Hold the breath and keep this energy in the kidney area for a while.
5. Release the abdominal muscles; inhale without inhaling, and pack the middle abdomen. Hold the breath, suck up the perineum and the anus and condense the Chi.



**Fig. 21** Flow of energy during holding the Golden Urn

6. Inhale again, suck up the anus and perineum even more and push the Chi down to the perineum.

7. Be aware of the soles and the earth energy as you pull up the perineum to attract the earth force. Use your mind and eyes to spiral and draw the force up through the soles, spiraling around the legs to the perineum.

8. Inhale, suck up the perineum once more, maintain the pressure and the suction in the lower abdomen. Keep pushing the energy down until you feel it move through the lower trunk toward the sacrum. Inhale more, pull up the middle and back part of the anus, tilt the sacrum and push and pack the energy into the sacrum.

9. Inhale without inhaling, pull up the left and right side, and the back part of the anus. Expand the left and the right kidneys, sucking the energy up to the kidneys, the Door of Life, and T-11. Feel the Chi Belt expanding.

10. Inhale without inhaling, pull up the middle and back parts of the anus, relax and sink the chest. Push the chin back, slightly tense the neck muscles and suck the energy up to C-7 as you inflate the neck with Chi.

11. Inhale without inhaling, continue to pull up the middle and back parts of the anus and guide the energy to the Jade Pillow. Squeeze the skull and temple bones to activate the cranial pump.

12. Inhale once more. Pull up the middle and back parts of the anus and suck up the energy all the way to the crown and into the brain. Exhale slowly and let the energy flow into the brain, energizing the gray matter.

13. Be aware of the North Star and the Big Dipper. Feel the violet and red light shining upon the crown. Inhale and draw the light into the crown, using your mind and eyes to spiral the energy.

## **B. Yin Position**

1. Exhale slowly, turning the palms up with the wrists locked. Energize the thumbs, and bring the energy down through the tongue to the navel. Use the mind and the eyes to spiral at the navel.

2. Put the feet together and place the hands on the navel. Gather and condense the energy in the Tan Tien. Relax.

### **3. Testing Structure and Rooting**

Side push. The pushing method is as follows: The pushing partner uses the web between his/her thumb and index finger to press against your wrist while pushing against your hip with the palm of the other hand. Start with the left side and continue with the right side. You should push in a horizontal direction.

#### **A. Side Push, Yang Position**

Assume the Yang position and pack Chi into the abdomen, the spinal cord, and the neck, Feel the strength of the spine, like a bow. Brace your tendon lines by stretching your pinky fingers out very forcefully. Have your partner test your structure by gradually pressing horizontally against the wrist and the hip of either side.

#### **B. Side Push, Yin Position**

Stay in the same position, turn your hands over, maintain the Chi pressure and connect the force to the ground through your bone structure. Brace the tendon lines by stretching the thumbs inward very strongly. The whole front line, starting from the thumb and continuing to the hand, arms, head is aligned.

Have your partner test your structure and rooting in the same way as in the Yang position.

#### **C. Back and Front Pushing**

Back pushing strengthens the whole spine, the pinky fingers, the little toes and the back fasciae. Be sure to press the big and little toes down, and feel the force you are exerting upon the little toes and the pinky fingers. Let your partner push you from the back while you assume the stance.

Front pushing will increase the thumb and tendon power. Maintain the stance and let your partner push you against your chest or the front of the shoulders.

By using the tendons, you need less effort to maintain a good structure.



*Fig. 22 Side Pushing*



*Fig. 23 Back Pushing*



*Fig. 24 Front Pushing will increase the thumb and tendon power.*

## **Golden Turtle (Yang Position)/ Water Buffalo (Yin Position)**

**Precaution:** People with high blood pressure should consult a doctor before attempting this posture. Women who are menstruating or pregnant should not practice this exercise.

The Turtle energizes the toes and all the tendons of the toes and the fasciae of the thighs and legs and strengthens the back fasciae, spinal cord, sacrum, kidneys, adrenal glands, neck and head. This position is also called the “turtle back”.

### **1. Positions**

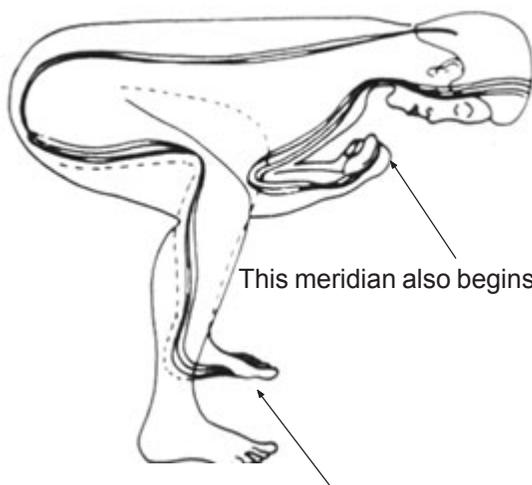
#### **A. Golden Turtle Immersing in Water, Yang Position**

- Stand in the same position as in Embrace the Tree. The feet are a little wider apart. In this position, the alignment of the ankles, knees, hip joints, and sacrum is very important in order to let the weight of the body go down to the hips, to the knees, to the feet, and

finally to the ground, which make it easy to hold the posture. Tighten the fists and fold the forearms against the upper arms.

- Bend down from the kua, push both hips to the side in order to open the sacrum and straighten the back. The back should make one horizontal line to the floor, from the coccyx to the head.

- Keep the arms in the folded position resting in front of the chest. Keep the armpits open and the scapulae rounded. The back should feel like a turtle's back.



This meridian also begins at the tip of the index finger.

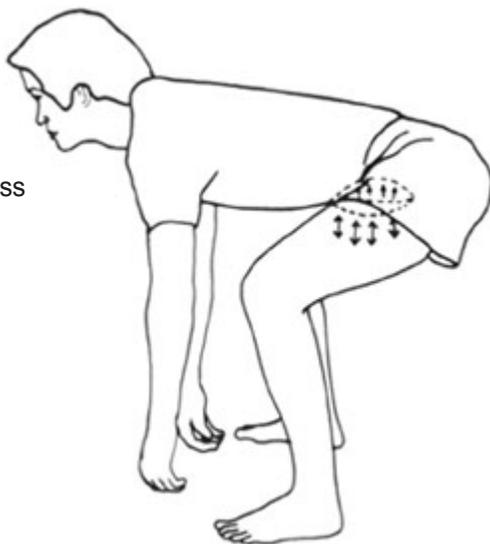
This meridian begins at the little toe and runs beneath the foot ascending through the inner side of the leg to the genital region.

*Fig. 25 Muscle-Tendon Meridian in the Turtle Position.*

### **B. Water Buffalo Emerging From the Water, Yin Position**

Look slightly up by moving the neck up, thereby relieving the tension, and tilt your head and eyes upwards without straining them. Sink the sacrum and extend the arms down in front of you with the backs of the hands facing forward and the fingertips touching the perineum and the anus or touching the ground. Keep the groin open.

Open Groin Breathing Process

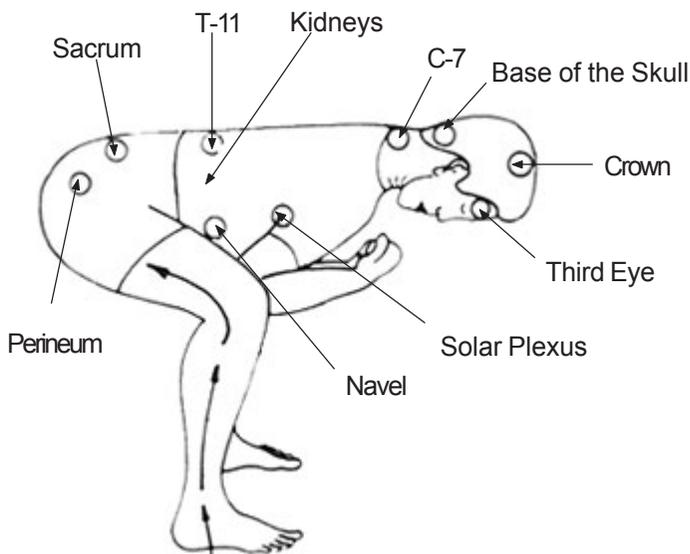


*Fig. 26 Buffalo—Left Side View*

## **2. Packing Breathing**

### **A. Golden Turtle Immersing in Water-Yang Position**

1. Assume the Horse stance.
2. Practice Energizer Breathing.
3. Exhale, flatten the stomach, exhale more and press down the diaphragm, exhale more and pull up the anus and the sexual organs.
4. Inhale, tighten the fists, fold the forearms against the upper arms, round the back and sink the chest. Bend forward from the kua with the back straight to maintain the energetic structure through the spine and the neck. Open the sacrum by pushing the hips, knees, and ankles in one line outwards so the weight of the body can sink down from the hips to the knees, the feet and the ground. Tuck the chin and set the neck firmly in position. Press the elbows against the inside of the knees.



**Fig. 27** *Packing the energy during the Golden Turtle.*

5. Inhale part of the breath, pull up the perineum and pack the energy into the navel area. Hold the breath.

6. Inhale without inhaling, suck in the perineum and press the energy down in the lower abdomen. Hold the breath.

7. Inhale without inhaling, feel a suction in the abdomen sucking up the sexual organs and the anus and press the energy to the perineum. Suck up the earth energy from the perineum.

8. Inhale, pull up the middle and back parts of the anus and suck the energy to the sacrum. Tilt the sacrum and feel the sacral pump activated. Hold the breath.

9. Feel the suction in the abdomen. Pull up the perineum and the left and right sides, and back part of the anus, bringing the energy all the way to the kidneys. Feel the kidneys, the Door of Life, T-11, and the Chi Belt expanding.

10. Inhale and suck the energy up to C-7. Tighten and elongate the neck. Tighten the skull and cranial bones and clench the teeth.

11. Inhale again and suck the energy up to the crown and into the brain.

## **B. Water Buffalo Emerging from Water-Yin Position**

1. When you have packed the energy into the head, exhale and look slightly up by moving the neck up thereby relieving the tension from the back of the neck. Extend the arms down in front of you with the backs of the hands facing outward and the fingertips touching the perineum and the anus, or touching the ground.

Keep the groin open and practice the open groin breathing process. Relax, keeping the tongue against the palate. Inhale less and exhale more, breathing right into the groin, energizing the sexual organs and the urogenital and pelvic diaphragm. The blood and Chi flow in the lower areas of the body.

When your breath has normalized, close your eyes and slowly come up to a standing position.

Collect the energy at the navel and in the Tan Tien. Practice bone breathing and let the Chi flow in the Microcosmic Orbit.

Walk around, brush the energy down and shake out the arms and the legs.

## **3. Testing Structure and Rooting**

### **A. Turtle Position/Side Rooting Practice**

- In this position, hold the elbows in tightly, press them against both thighs so that you can feel the energy concentrated in the groin area. The spine should be horizontal to the ground.

- Pack Chi from the abdomen along the whole back. Have your partner stand on your left side with one hand on your shoulder and the other hand on your hip.

- When your partner is pushing you, pull up the sexual organs, perineum, and anus, then open the sacrum and the hip joints (by pushing the hips outward to both sides) and align them with the knees and ankles in order to transfer the force to the ground.

Become one with the earth, and expand both kidneys and the Chi Belt.

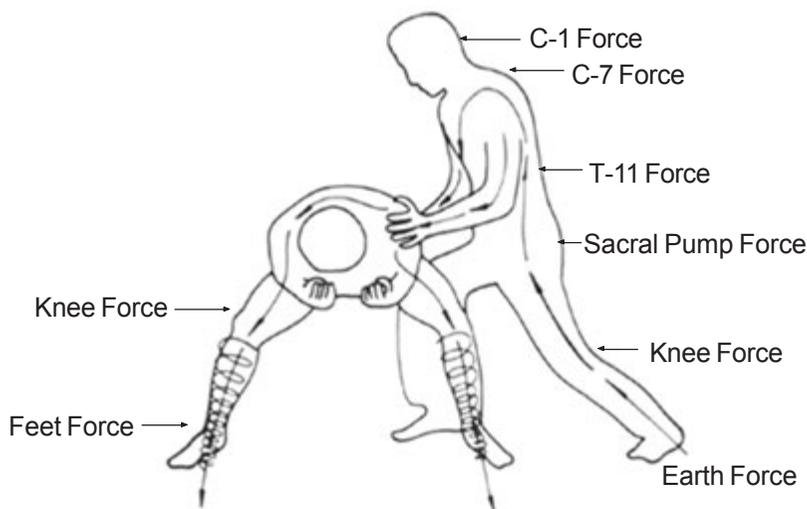
The bone structure should be like a sponge absorbing the force and transferring it to the ground. Once you become adept in this practice and you feel your body's structure as one piece. you can

relax the muscles more and you will find no need for packing breathing. If you simply concentrate on the Chi flow and relax, the force will pass through the bone structure.

- Change sides and let your partner push you gradually. The purpose is not to push you over, but to let you feel where the force comes from so that you can redirect the force to the earth. And when the push is gradual, it is possible for you to realign or to relax that part to let the force pass through. Once you know how to redirect the force from any part of your body, you will start to learn how to reabsorb the force from the earth.

You can use this energy for self-healing or to counteract your partner's pushes.

- The Turtle Position strengthens the whole spine. You will feel that, as your partner pushes from the left, the force goes from the left shoulder, past the scapula to the spine, to the right scapula, down the spine to the hip. to the right thigh, the right leg, and foot and down to the ground. At the same time, feel the soles breathing and "claw" down with the toes into the ground.

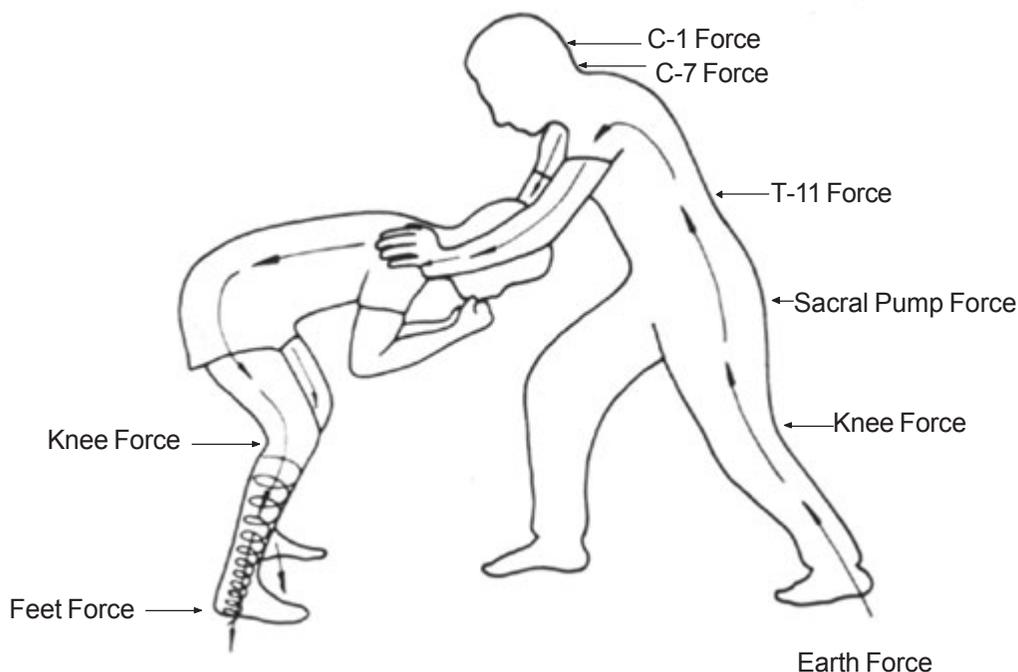


Earth Force is transferred down to the ground.

**Fig. 28** Rooting practice during the Golden Turtle—Left side position.

## B. Buffalo Position/Front Rooting Practice

Your partner should place one hand on each shoulder and gradually push you in order to strengthen the frontal aspect of this posture. To maintain this difficult posture you must keep the perineum and anus contracted, the kidneys expanded, and gradually feel the connection of the shoulders to the scapulae and the spine to the sacrum and the hips. Keep the neck locked and elongated. Front rooting requires more practice. The soles/heels and feet are very important in the front rooting. With practice, you can maintain the feet's firm contact with the earth.



*Fig. 29 Turtle/Buffalo—Front Rooting Practice*

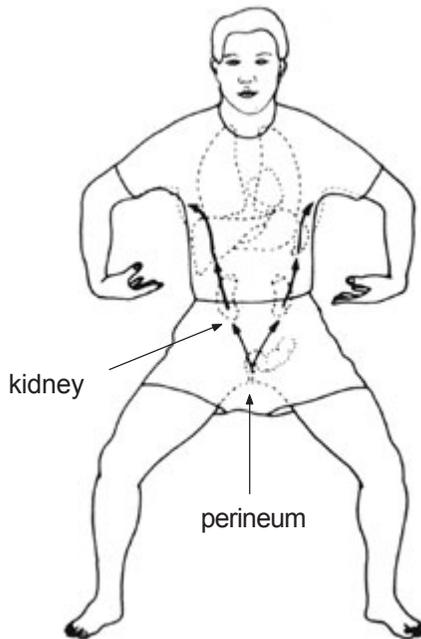
## Golden Phoenix Washes Its Feathers

The Phoenix Position strengthens both sides of the ribs, from the armpits down to the sides of the hips and enhances the Chi pressure of all the major organs.

The Phoenix also strengthens the fingers, toes, tendons and the tongue (which is one of the main tendons of the body). The pinky fingers are small, but can activate many tendons, especially along the sides of the body.

### ***Position/Packing Breathing***

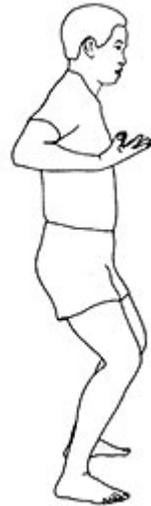
1. Assume the Horse Stance and practice energizer breathing. Exhale. Pull up the perineum and feel the Chi pressure in the Tan Tien.



***Fig. 30 Phoenix Exercise***



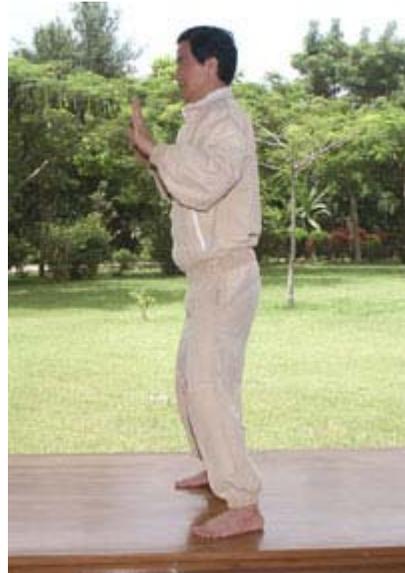
Palms continue to face up



Side View



Rotate the hands medially



Push from the C-7 by sinking down the sternum and pressing towards the back.

**Fig. 31** Phoenix Exercise

2. Put your arms in front of your body with the backs of the hands facing each other. Inhale, swing the arms to the sides of the body near the kidneys, the palms face up and are turned in toward the body with the pinky fingers pointed up. Feel the pull of the tendons.

3. Inhale more. Pull up the middle part, and the left and right sides of the anus, press the diaphragm down and feel the kidneys expanding with energy.

4. Inhale more, and raise the hands along the sides. Continue to pull up the middle part, and the left and right part of the anus and suck the Chi into the lungs and spleen. Pack and wrap them with energy.

5. Inhale once more, raising the hands higher. Continue to pull up the middle part, and left and right part of the anus and suck the Chi into the lungs and the heart. Pack and wrap them with Chi. Feel the rib cage bulge.

6. When you have brought your hands as close as possible to the armpits, continue to maintain the contraction in the perineum and anus, and rotate the hands medially until the palms face outwards. Keeping the wrists flexed, push from the sternum to C-7, and extend your arms at shoulder level. Exhale, and as you push the hands out. begin the Lungs' Healing Sound of "**Ssssssss**"

7. Inhale, and tighten the perineum and anus. Gather the fingers to the thumbs, and press them together into a small point by exerting force on the pinky fingers (which should be in the middle with all the fingers pressed against them). We call these finger positions "beaks." Inhale, bend the elbows, and bring the beaks in toward the shoulders. Repeat, raising the beaks a little higher.

8. Exhale with the Kidney's Healing Sound "**Shoooooo**", releasing the perineum, anus, and the beaks as you lower the arms while straightening and locking the elbows and knees.

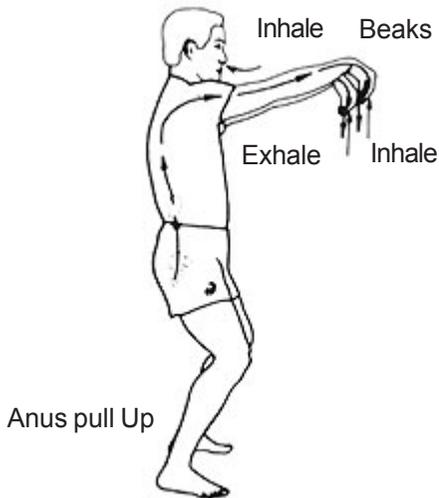
9. After this sound, when the hands are down with the wrists flexed, turn the hands out to the sides of the thighs, and spread the fingers and toes as much as possible. Turn the eyes to look up at the bridge of the nose as you push up the tongue and pull up the anus and sexual organs and make the sound "**Hawwwwww**".



Push the fully extended arms.



Arms fully extended



Anus pull Up



Gather the fingers and form "beaks"

Pulling the "Beaks"

**Fig. 32 Phoenix Exercise**



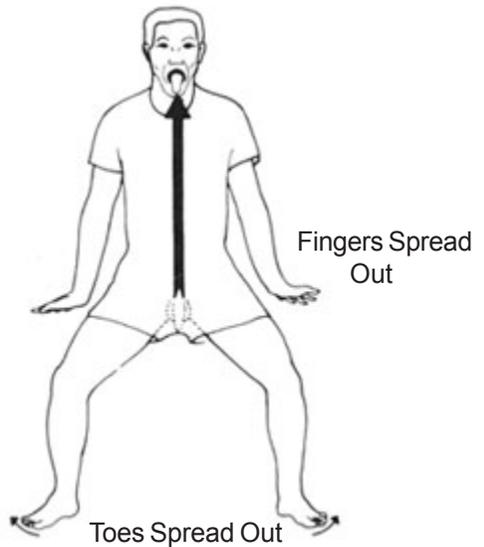
Pulling the "Beaks"



Exhale, Release the "Beaks". Press your arms against the front of your body.



Arms Pressed Down



Sexual organs are connected to the tongue.

**Fig. 33** Phoenix Exercise

10. You can just do one sound and go on to the next step of your practice, or you can do all of the sounds. Replace the Healing Sounds of the lungs and kidneys, first with the sounds of the liver (“**Shhhhhh**”) and heart (“**Hawwwww**”), and then with the sounds of the spleen (“**Whooooo**”) and Triple Warmer (“**Heeeeeee**”).

11. After the last Healing Sound, repeat step 9.

12. Collect the energy at the navel.

## **Iron Bridge**

### **1. Position**

#### **A. Yang Position**

One muscle-tendon meridian begins at the second, third, and fourth toes of both feet, running up to the ankle where it splits into two main branches. One branch travels up the middle of the lower leg, crossing at the knee to the outer thigh, then returning in toward the pubic bone. It travels up through the abdomen, through the collar bone to the side of the neck and the jaw where it splits in two, one section veering around the corner of the mouth, and the other running along the jaw line to the temple. The other main branch of this meridian runs laterally to the first, but continues up to the hip joint, over the upper pelvis, and up to the lower ribs of the spine.

1. Stand with the feet at a knee-to-toe length apart.

2. Place the hands at the sides of the body. Touch both thumbs and index fingers together, forming a circle. The other three fingers of each hand should remain straight and touch one other.

3. Begin with abdominal breathing: exhale and flatten the stomach. Inhale to full capacity, and bring the hands up and to the back. Bend the elbows back and place the palms up. Fingers should be about two inches apart and remain close to the scapulae. This will open the sternum, activate the thymus, the thyroid, and parathyroid, and stretch the chest and the side fasciae.

Arch the upper and middle back, but not from the lower spine and the hips. This will stretch the front fasciae. You can release any accumulated tension in the chest and the abdomen in this way. To

protect the lower spine, arching the back strongly from the upper spine is necessary while firmly tightening the thighs and buttocks.

This will squeeze the sacrum down, lessening the compression in the lower back. The knees should be firmly locked and straight.

**Caution: Keep your chin on your chest. Keep the spine and neck straight to avoid blocking the circulation to the brain.**

4. Look to the ceiling and lock and pull the neck fasciae. From there you will feel a stretch in the chest that will arch the upper spine more, and in the abdomen all the way to the groin area.

5. Squeeze the thumbs and index fingers together and tighten the muscles of the arms and shoulders. This will stabilize your position.

6. Hold the breath and maintain this position for 30 to 60 seconds.



Arch the upper and middle back and be sure to tuck the chin to protect the cervical spine (neck).

*Fig. 34 Iron Bridge-Yin Position.*

## B. Yin Position

1. Exhale. Straighten up and bring the arms to the front, maintaining the hand position, and slowly bend forward from the hip joints. The head should be down and the hands just above or touching the ground. Do not force yourself.

2. Adjust the tendons. At first, do not bend too low. For additional comfort, you can bend the knees slightly.

3. Feel the Chi flow down to the head and back and down the tongue and through each finger. If you can touch the ground, you will feel the energetic connection. Breathe normally.

4. Come up very slowly from this position. You may feel dizzy at first. Stand still for a while, and feel the energy flow in the Microcosmic Orbit. Collect the energy in the navel. Walk around, or lie down on your back and massage your belly from right to left to assist your Chi circulation.



Iron Bridge-Yang Position



Stretching the hamstring

*Fig. 35 Iron Bridge Stretch*

## 2. Testing Structure and Rooting

### A. Yang Position

Assume the posture. Let your partner push you very gently. Remember that the main arch is in the upper back. **Be very careful in this Iron Bridge Rooting Practice. Your partner has to be aware that it is dangerous when you arch too much backward to push. The back and spinal cord are vulnerable to injury in this position. Be careful to apply a gentle pressure to avoid hurting the spinal cord or falling down.**

Your partner puts one hand on your back near T5/6 and one hand on your chest. Your partner slowly and gently presses up from the back and down from the chest till you find your alignment of the upper spine with the heels of your feet.



*Fig. 36 Iron Bridge Rooting "Yang Position Rooting"*

### B. Yin Position

While you are bent forward, your partner presses his/her hands on your shoulders. You push up the lower spine. Your partner can use his entire body to press down. In this position you are exerting more force on the lower back. This will strengthen the lower spine, especially the lumbar region.



*Fig. 37 Iron Bridge Rooting “Yin Position Rooting”*

## **Yin Stage of the Practice**

After all these exercises brush the energy down, shake out your arms and legs and walk around.

Take your stance again or sit down and put both palms on the navel area.

Turn yourself inward and observe the flow of energy in your body. Smile to your whole body, especially to the organs, glands, spine, brain and bones. Feel the healthy vibration of the Chi in all these different parts of your body. Feel you are aligned and firmly rooted in the earth.

Bring your attention back to the Tan Tien. Empty your mind in the Tan Tien. Feel Chi pressure in the Tan Tien. Keep the lower gates closed and feel a little suction in the lower abdomen. Fix your mind eye and other senses in the Tan Tien. Feel the waves of this ocean of Chi moving you gently back and forth. Feel very calm and peaceful inside in this way for a while, breathing with a long, soft breath. For a while, just sit still like this and do nothing. It can happen that at one moment the physical breath stops and the Tan Tien (Chi) will function as a lung. We call this inner or embryonic breathing (Tai Hsi) and it can only happen when your whole being is calm and quiet and full of Chi at the same time.

## Supplement

After practicing Iron Shirt, before the Yin stage of the practice, you can do some exercises to make your energy connection with the forces stronger.

You can practice the “Opening of the Three Tan Tiens to the Six Directions” or part of this practice after the Iron Shirt training or one of the three following exercises:

### Cosmic Energy Mideyebrow Connection

1. Stand in Embracing the Tree and face the sun or moon. If you are facing the sun, this exercise should only be performed at sunrise or sunset, when the light of the sun is softer and will not damage the eyes. Close and rest your eyes whenever the light feels too intense.

2. Slowly raise the palms out in front of the body with elbows slightly bent outward. Bring the arms up to just above the level of the mideyebrow and make a triangle between the index fingers and thumbs of both hands, with either the sun or the moon centered within the triangle.

3. Hold this position and draw the Yang (sun) or Yin (moon) energy in through the mideyebrow.

4. Gather some saliva in the mouth, and mix this energy drawn in with the saliva to collect a ball of Chi energy in the mouth. This increases the amount of saliva produced.

5. Slightly extend the neck. Swallow the saliva with a strong gulp and mentally direct it to the navel. Feel the navel warm up with the arrival of this new energy.

6. Repeat these steps 9 to 36 times, and then close by slowly lowering the arms to the navel. Place the left hand over the right, and collect energy by spiraling at the navel as described earlier.

## **Washing the Body with Heavenly and Earth Energy**

1. Stand in the Embracing the Tree position. The feet should be shoulder-and-a-half width apart, with the nine points of the feet pressed firmly against the ground. The knees are bent and torqued slightly outward with a corresponding torque in the ankles and hips. This acts to screw the body into the ground and to initiate the earth connection. Straighten the spine by slightly tucking in the sacrum (this increases the connection to the earth) and by tucking in the chin to connect with the heavenly energy.

2. Reach down and forward, keeping the palms cupped upward, and slowly scoop up the earth energy (use your imagination at first until you are sensitized) through the body. Simultaneously, feel a cool blue water-like healing sensation rising through the body at the level of the hands as you raise them until they are fully extended above the head.

3. Turn the palms of the hands up and connect with the heavenly energy.

4. Slowly lower the arms to the sides. Simultaneously, feel the heavenly energy descend through the body at the level of the hands. The heavenly energy may feel like a hot white fiery expansive sensation that washes down through the body until it reaches the ground, at which point the hands will have returned to their original position.

5. Repeat this exercise 9 to 36 times until you feel fully saturated with both types of energy.

## **Navel/Palm Connection**

1. Place both hands approximately two inches out from the navel.

2. Slowly inhale, allowing the abdomen to fill completely with air. As this is happening, tug a “string” of energy lightly away from the navel using the centers of the palms.

3. Then, slowly exhale and feed the “string” back into the navel.

4. Repeat this 9 times and then collect energy at the navel.

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\$6.95



## **Iron Shirt Chi Kung I** **Rooting Cosmic Internal Energy**

**Mantak Chia**

*Illustrations by Udon Jandee*

### **Iron Shirt Chi Kung I**

*Iron Shirt Chi Kung is part of the Universal Tao System's basic practices. The Iron Shirt techniques are learned and then the improved body (healthy Chi posture and healthy Chi breath) utilizes the results of the Inner Smile and Six Healing Sounds. This powerful Inner Structure is the ideal environment for the healing elements of the Microcosmic Orbit. Many students claim that Iron Shirt Chi Kung postures, movements and breathing have helped alleviate or directly cure pre-existing maladies and complaints.*

*Here are some of the detailed fundamentals that you'll discover described step-by-step within this essential booklet: Rooting, Centering, Inner Structure, Packing Breathing, and Chi Belt.*

*There's more! These basic Iron Shirt Chi Kung postures and movements are explained in detail: The Horse Stance, Embracing the Tree, Holding the Golden Urn, Golden Turtle and Water Buffalo, Golden Phoenix Washes its Feathers and Iron Bridge.*

*Have fun working with a partner to improve your earth connection and to boost your Chi generation and flow. Your practice can be helped tremendously with these Structure Testing and Rooting Pushing exercises performed with a friend. Smile, center yourself in the Tan Tien, root to Mother Earth and enjoy the myriad benefits of Iron Shirt Chi Kung!*



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