**Aligning and Opening**

* Stand with feet together and arms at your sides
* Inhale as you step to the left, bringing your arms out and up just over your head
* Exhale as you bring your hands down the center of your body and settle you weight equally into both feet
* Your feet should be shoulder to hip width apart
* Align, posture and breath (knees slightly bent, pelvis tilted up in the front, shoulders relaxed, head drawn up to heaven; breathe in through nose expanding abdomen, exhale through mouth contracting abdomen))

**Phase 1 – Discovering/Finding Qi**

* Inhale reaching out to the sides, and exhale bringing the hands toward the center, creating a “Qi ball” between the palms
* Inhale as you stretch it out; exhale as you compress it
* Concentrate on any sensations that may develop in your palms (this is your physical body’s interaction with the very non-physical energy in the wei qi field

**Phase 2 – Gathering Qi**

* Inhale, reaching out to the sides
* Exhale, sinking slightly in the knees and dropping arms down to gather qi from earth
* Inhale, as you rise up and bring it into your heart center
* Exhale reaching out; inhale as you reach up
* Gather chi from the sky and exhale bringing it into your heart center
* (repeat 3X)

**Phase 3 – Circulating Qi**

* Turn left, shift weight to back leg and inhale
* Rock forward and exhale, moving your hands and arms through the qi around you
* Rock back on the inhale, drawing hands in toward the heart
* Rock forward and bend down on the exhale, moving through qi and circulating it around your lower body
* Rise up on the inhale, drawing hands back up towards the heart
* Repeat 3X
* Pivot right, shift weight to back leg and inhale
* Rock forward and exhale, moving your hands and arms through the qi around you
* Rock back on the inhale, drawing hands in toward the heart
* Rock forward and bend down on the exhale, moving through qi and circulating it around your lower body
* Rise up on the inhale, drawing hands back up towards the heart
* Repeat 3X
* Pivot back so that you are facing front again

**Phase 4 – Purifying Qi (expanding the Heart-Mind)**

* Facing center, feet are shoulder’s width apart
* Hold hands in front of the heart and inhale
* Push out to left and right and exhale
* Pull back in and inhale
* Push up and exhale
* Pull back down and inhale
* Push out to front (exhale)
* Pull back in and inhale
* Push down and exhale
* Pull back up and inhale
* Back to center
* (repeat 3X)

**Phase 5 – Directing Qi (washing the whole body)**

* Inhaling, draw the hands up over the top of the head;
* Exhaling, move the hands down neck and shoulders, down chest, around back and over kidneys; down outside of legs
* Inhaling, move hands up inside of legs, up over abdomen to chest
* Repeat 3X
* Turn left, extend left arm
* Exhaling, wash out the inside of the left arm with right hand
* Inhaling, wash back along the outside (top) of the left arm with right hand
* Wash across chest moving left to right
* Turn right, extend right arm
* Exhaling, wash out the inside of the right arm with left hand
* Inhaling, wash back along the outside (top) of right arm with left hand
* Wash across chest moving right to left
* Repeat 3X)
* Repeat first movement 3X

**Phase 6 – Conserving Qi (watching the clouds)**

* Start facing forward, hands at chest
* Inhale, bringing the right hand across the body and up to the left
* Exhaling, move the right hand across the body to the right (the left hand follows loosely below the right hand
* Inhale and exchange hands (the left hand is now high to the right)
* Exhaling, move the left hand across the body to the left (now the left hand follows loosely below the right hand
* Inhale and exchange hands
* Repeat 3X moving in both directions
* This is an exercise in Mindfulness; we conserve qi by being in the present, and the present is found in the breathing and the moving clouds

**Phase 7 – Storing Qi (bone marrow washing or filling body with chi)**

* Face forward
* Inhaling, scoop up qi in front of you, bringing it over your head
* Exhale as you let it wash over/through your head, shoulders,
* As you guide it down with your hands, feel it flowing down through each dan tien and throughout your whole body
* Repeat 3 or 5X

**Phase 8 – Transforming Qi (stretching and manipulating chi ball/transforming yourself)**

* Face front
* Create chi ball
* Inhale as you stretch it out; exhale as you compress it
* Stretch it side to side
* Stretch it from your left hip over your right shoulder, and compress it back
* Stretch it from your right hip over your left shoulder, and compress it back
* Rotate the chi ball to the left and right and up and down
* Hold the qi ball in front of your heart; place the tip of your tongue on the roof of your mouth just behind your front teeth; envision your energy body before you
* Inhale as you guide the qi ball up the spine and over the head of the imaginary energy body
* Exhale as you guide it down the front and under the pelvic floor; inhale up the spine
* Repeat this orbit 3X, stopping in front of your heart; turn palms inward

**Phase 9 – Dissolving In Qi (meditation)**

* Allow your mind and your entire energy body to dissolve into the wei qi field surrounding you
* This is a deeply personal standing meditation; focus on your breathing, and whatever “Dissolve into Qi” means to you
* Let your body, mind and spirit go free and explore Qi and your relationship with it
* You may want to recite the mantra “I am in Qi, Qi is in me” over and over, either in a low voice or soundlessly
* After spending as much time as you chose dissolving in qi, you may take several grounding breaths and close (this is the reverse of the opening movement at the beginning)
* Inhale as you bring your arms out and up over your head as you step in and bring your feet together
* Exhale as you bring your hands down the center of your body and settle your weight equally into both feet, grounding yourself in the present
* Breath in calm and peace

Based on the form created by Dr. Roger Jahnke and presented in his book “*The Healing Promise of Qi*”