

Week 13: Wu Ji Posture

PHYSICAL POSTURE IS THE FIRST REGULATION OF QIGONG

The use of proper body alignment is absolutely necessary for providing the structural foundation of energetic flow.

WU JI POSTURE

This natural stance is commonly used for beginning and ending all movements in Qigong and Tai Chi. Here are some important points pertaining to Wu Ji posture

- Stand with the feet approximately shoulder width apart.
- Knees are slightly bent to allow for proper energetic circulation.
- Roll the tip of the sacrum under as if sitting down, allowing the gate of life point (*Ming Men*) to press back. (This point is located on the spine opposite the navel.)
- Drop the shoulders towards hips and spread the back.
- Tuck in the chin and press up at the *crown point*.
- Feel your weight rest through the center of your feet and heels.
- Breathe slow, smooth, even and deep. Inhaling and exhaling like a balloon through the lower abdominal region.
- Empty the mind and feel your entire being become calm and centered.
- Shoulders slightly rounded
- Sternum lifted
- Fingers open
- Arms as if they are resting on balloons on thighs
- Robin's egg under each armpit
- Pelvis tucked under
- Pulling up perineum
- Chin pulled back (so spine is straight)
- Top of head pulling up to sky
- Gentle gaze straight ahead
- Rounding through the perineum
- Lightly squeeze anal sphincter muscle
- Weight on balls of feet (stimulating K1)
- Toes pointed straight ahead
- Tucking the chin
- Pressing the Ming Men
- Tip of tongue to roof of the mouth