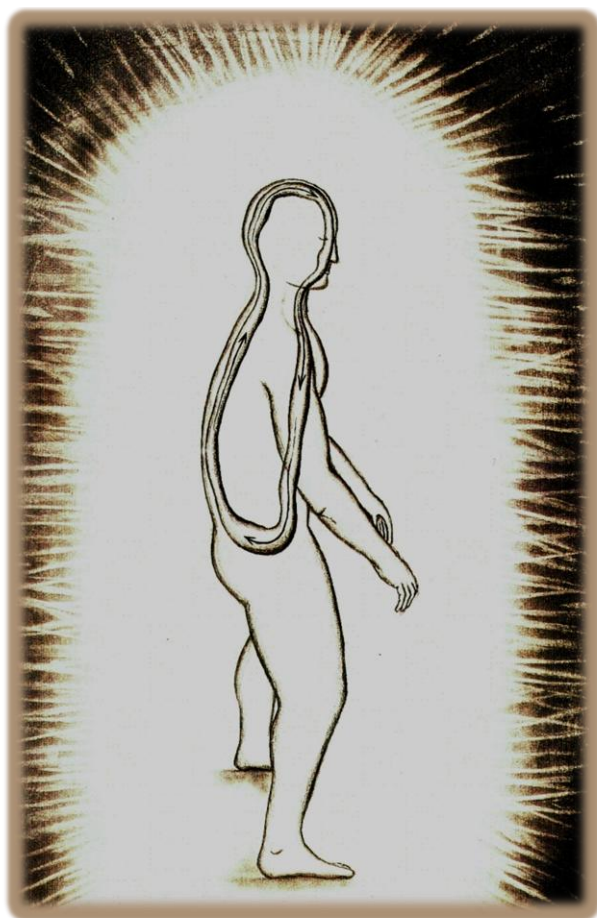


# Week 5: Micro Cosmic Orbit Meditation

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After successful practice with natural breathing techniques, the student will start to notice that a natural build up of heat may start rising up the spine. The process of this exercise will help guide the heat (Qi), through the body's natural energetic flow of the Governing and Conception vessels of the body. With sincere practice, the ancient Sages used to say that it will take one hundred days to fully open these two channels.

1. Begin in the Wu Ji posture with the tongue placed lightly on the roof of the mouth behind the teeth. Lightly squeeze the anal sphincter muscle and relax the body.
2. Keeping the breathing long smooth even and deep, as you inhale, begin to guide the Qi up the back, along the Governing Channel (Du Mei) to the crown point at the top of the head, (Bai Hui).
3. As you exhale, using your mind intent, imagine that the Qi begins to descend down the front of the face entering at the upper palate of the mouth, where the tip of the tongue rests.
4. Continuing to exhale, the Qi flows down the Conception vessel (Ren Mei) down to the Perineum (Huiyin).
5. Then inhale again repeating the exercise over and over. Upon completion, store the Qi back down in the Lower Tan Tien.



## POINTS OF FOCUS:

**1st Gate:** Perineum (Huiyin CV1)

located between the sex glands and anal sphincter muscle

**2nd Gate:** Gate of Life (Ming Men

GV4) located right opposite the navel on the spine

**3rd Gate:** (Shen Dao GV11) located between the shoulder blades

**4th Gate:** (Feng Fu GV16) located at the base of the skull

**5th Gate:** Crown point (Bai Hui GV20) located at the top of the head

**Yin Jiao** (GV28), essentially, the "mouth point" where the tip of the tongue gently rests on the roof of the mouth

**Qi Hai**, (CV6), located right below the navel