

Week 22: Golden Ball Meditation

The Golden Ball exercise can be done in conjunction with the Macro Cosmic Orbit meditation or it can be done by itself.

- Start in the Wu Ji posture. Begin by Pulling Down the Heavens three times. Have a soft unfocused gaze at the hands.
- Imagine roots growing out the bottoms of your feet, connecting you to the center of the Earth.
- Gently grabbing the Earth with your toes, with the knees slightly bent, feel the pressure in your thighs as you reach down with your hands and imagine that you are grabbing the Earth's energy with your hands. Lift this golden light from the Earth, feeling the weight of the ball in your hands, lifting the ball to the height of the heart center.
- Exhale, imagining that this Golden Ball expands between the left and the right palms, allowing the hands to move out to the left and the right, creating space between the palms.
- On your next, long inhale, imagine trying to squeeze the Golden Ball as you bring the palms closer together.
- Still inhaling, imagine this Golden Ball now pressing into your chest, bending the elbows and bringing the palms in towards your chest.
- Exhale, pushing the Ball straight out in front of you, imagining that you feel the pressure of the Ball as you try to push it away.
- Inhale, now press the Ball straight down towards the earth with a slight bend in the elbows. Feel the Ball trying to press up as you press down until you reach about waist level.
- Once the hands reach the waist, exhale and allow the Golden Ball to dissipate back into the earth.
- Repeat this process 9 to 36 times.

Finish by Pulling Down the Heavens three times, then store the energy back into the Lower Tan Tien.