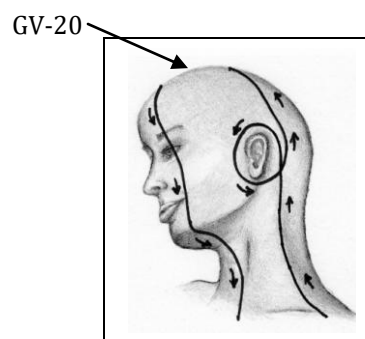
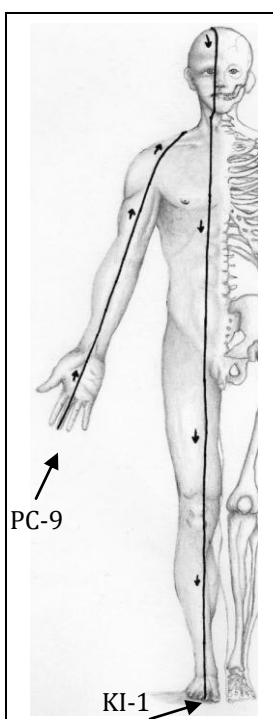
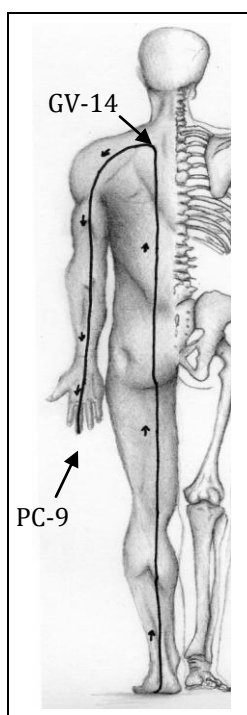


Week 23: The Macro Cosmic Orbit



The energy from Earth enters in through the heels of the feet. When the energy returns, it exits through the Bubbling Spring points (*KI-1*) at the bottoms (balls) of the feet. This exercise can be used in conjunction with the Golden Ball Exercise, once breathing and posture are correct. Otherwise, do the exercises separately.

Start the exercise by standing in the *wu ji* posture, after completing a quick Center and Balance Meditation. Inhale, pulling the energy up from earth through the back of the legs, up the back to the big bone point (*GV-14*). Next, exhale, running the energy down the backs of the arms down to the middle finger (*PC-9*). Then, inhale long and deep from the middle fingers up the palm of the hands, up the inside of the arms all the way to the neck and around the ears to the Crown Point (*GV-20*), at the top of the head. From there, exhale pulling the energy down the front of the body, through the chest and abdomen. Once again, inhale and allow for the energy to descend down the legs to the feet. Finally, exhale and allow for the energy to descend back into the earth. Repeat this process. This exercise will help increase the flow of energy through the body's entire energetic system, connecting the eight extraordinary meridians.

The Extraordinary Meridians consist of the *Governing Vessel*, *Conception Vessel*, *Penetrating Vessel*, *Belt Vessel*, *Yin Linking Vessel*, *Yang Linking Vessel*, *Yin Springing Vessel*, and *Yang Springing Vessel*.

NOTE: It is very important to pull the energy out of the head and return it back down to the ground while doing this, or any other Qigong exercise.