

Week 28: Sun and Moon Meditation

The three treasures that make up a human's energetic field are considered to be:

Heaven
Sun
Shen
Fire

Earth
Moon
Jing
Water

Man
Stars
Qi
Wind

The Sun Essence Meditation

Represents Yang

1. Start out in the *Wu Ji* posture, facing the sun.
2. Pull light and air through the eyes and Crown Point (GV-20), because the Upper *Tan Tien* deals with light.
3. Spiral this energy in the Upper *Tan Tien*, and bring it down through the Middle and Lower *Tan Tiens*.
4. Have your hands extending outward like you are grabbing the sun's energy and then bring your hands into the body and downward.
5. Bring your hands to the Lower *Tan Tien*, right over left. Inhale and imagine the sun's energy expanding but not leaving the body.
6. Separate the hands down to the sides of the body and allow the energy to settle to its finest quality, letting it resonate in your body.

Week 28: Sun and Moon Meditation

The Moon Essence Meditation*

Represents Yin

* Practice this meditation three days before, three days during, and three days after the full moon cycle.

1. Stand in the *Wu Ji* posture, facing the moon, and gaze at the moon. Bring in air and light through the eyes only and bring it down into the Lower *Tan Tien*.
2. Slightly tilt the head back, and swallow the energy three times.
3. Reach up to the moon, place it above your head and pull it down into the Upper *Tan Tien*.
4. Then create a second moon in front of the Middle *Tan Tien*. With your hands stretched out, pull the moon into the Middle *Tan Tien* and do the same thing for the Lower *Tan Tien*.
5. Now raise the hands above the head, right over left and align the *Lao Gung* points with the Crown Point. Breathe in the energy to the Upper *Tan Tien*.
6. Do the same for the Middle and Lower *Tan Tiens*.
7. Don't release the energy outside of the body. Keep it all within the center.