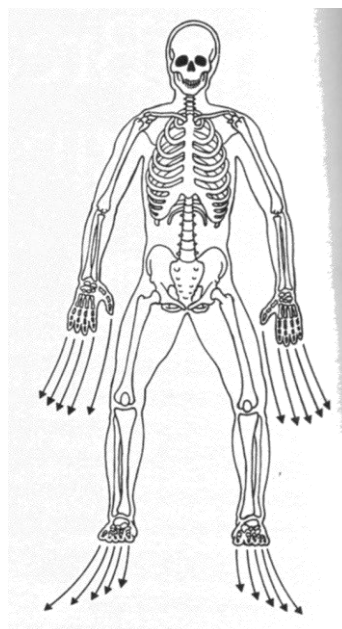
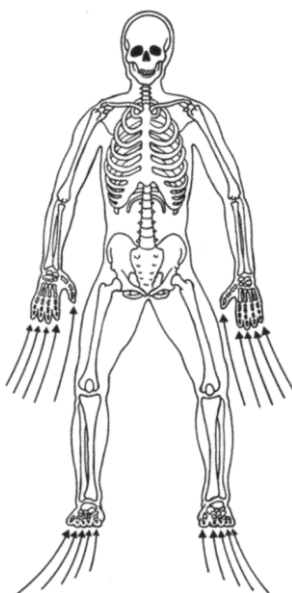


Week 29: Bone Strengthening

The purpose of the Bone Strengthening Exercise is to cleanse and strengthen your bones and marrow. This practice can also serve to prepare students for other more advanced internal practices like Bone Breathing, Color Bone Breathing and Bone Squeezing exercises. This is a maintenance exercise that you can perform weekly or monthly to keep the bone marrow clean and nourished.

Begin the imagery by standing in the Wu Ji posture, separating the fingers and toes. Imagine that the fingers and toes are straws that you will be using to draw in and expel the imagined color. Separating the fingers and toes will also open up the palms and “bubbling springs” so that you will be able to draw color in from these points as well.



Inhale. Imagine that the color black is sucked into the bones of the hands and feet through the fingers, toes, palms, and bubbling springs, filling and saturating the entire skeletal system to the top of the head. As you prepare to exhale, imagine that the lower Tan Tien is a high pressure fire hydrant that is connected to the skeletal system, and as you exhale, the fire hydrant is blasting black water or energy throughout the skeletal system. With the exhale, imagine that a “muddy” black color exits the nozzles, releasing all the toxic Qi. As the black water/Qi leaves the body, imagine the whole skeletal structure becomes grey.

Repeat the process. This time as the grey water/qi leaves, the whole skeletal structure turns a brilliant white. See your body cleansed of all toxins and emotions.

Then repeat, and imagine the skeleton turning black, then grey, then white. Do this practice several times, then finish by Pulling Down the Heavens three times.