

Practice Tai Chi for . . .

Relaxed Energy

How can I relax more and lower my stress levels?

Answer: Increase your chi ball (energy flow between palms).

Why: The chi ball comes from deep tissue relaxation.

How do I increase my chi ball?

Test yourself: How much flow can I feel between my palms?

Feel energy ball for intensity, size, and distance of palms.

What if sometimes I feel nothing?

Answer: Do 3 reps of tai chi movement #1, then check again for the chi ball.

What is tai chi movement #1?

Answer: Energy rises from legs and out the arms with deep breathing

What if I feel no chi increase after 3 reps of movement #1?

Answer: Before movement #1, add some preparatory movements. Then do 3 reps of movement #1.

What are preparatory movements?

- Breathe into **3 balloons**: 3 reps on each (belly, chest, and upper lung)
- **Elephant swings**, shoulder rolls, throw dirty water (clears blockages)

Further tips for increasing chi ball:

Do 3 reps of push-pulling the ball (using beak fingers)

Move energy up the insides of arms

Move energy across front side channels (groin, ribs, heart)

