

Feng Shui Tai Chi

(Four Directions Tai Chi, Primordial Chi Kung, Wuji Chi Kung)

Part One: Earth Spirals

Face East (or adjust according to the solstice / equinox of the time of your practice).

Stir the Breeze by Lifting Energy Up / Down, float both wrists, stroke fingers down

Horizontal Orbits, Hold Ball (left hand on top), Split and Twist to Right / Left Side (Palm at Forehead): stretch each arm back as far as you can in a circle - do not twist knee - to rotate spine as far as possible

Vertical Orbit, Roll Energy Ball Vertically, Up the Back / Down the Front / Up the Central Axis to the Heart: palms face each other at abdomen, lift behind from tailbone upwards - change hand position at upper back to continue - when overhead, use eyes to look up through crown at palms and lift energy body upwards from perineum, down the front with focused awareness on forehead, throat (thymus), heart, and navel, then lift hands upwards from navel to heart while lifting gut and lower energy to heart once again

Embrace the Season (Curved Arms, Open Heart), Move Hands Out to Corners: hands move from heart toward corners of the direction you are facing, open fingers, relax elbows and shoulders, feel heart radiate toward seasonal direction. At each direction, let the mind suggest the season to the heart by using a memory, an association, or your typical reaction to the season, then listen closely to the heart without telling it what to feel (just drop the conscious suggestion into the heart and then go inward to silently perceive whatever comes up from the heart). As you become familiar with this process, try sinking your mental suggestion into the organ of the season: (liver in spring, heart in summer, lungs in fall, and kidneys in winter).

Fruit Tree Sways in the Breeze, Hold Small Ball like Grapefruit, Twist Right / Left Four Times: Holding small ball, begin swaying (4 times) back and forth, reaching arms together like branches swaying in the wind at eye level, twisting hands as you shift weight across the feet each time. Use this twist to work the whole body so it can digest the previous horizontal and vertical movements.

Spin the Internal Globe, Roll Vertical Ball 4 Times at Abdomen: Palms up and down between heart and navel, lift one hand up and push the other one down, synchronized, while lifting perineum upward at every stroke of one hand (right-handers might use the right hand). This stirs the inner Cauldron and mirrors the turning earth.

Pivot Direction: Sit into right foot and pivot Left Toe, Face Rightward Direction (North the first time), bring right foot along with you. This pivot happens many times to give you the sense of continual motion and change, sometimes a feeling of whirling that must be accepted rather than controlled.

Loop the Loop: Pull Right-Left arms in a throwing yo-yo movement (4 Times), as you shift weight across the feet, the arm on the weighted foot reaches out in a long stretch with loose shoulder and wrist, then as you shift weight to extend the other arm, the stretched arm pulls in toward the hip and circles down ready for next cycle. Relate the momentum to the forceful changes brought by the seasons.

Pivot Again and Spin the Internal Globe, just as above.

Pivot Again and Loop the Loop, just as above. Now you are facing the next season to the right of the one where you began. (You made three pivots: Loop-the-loop, Spin the Globe, and Loop-the-loop.)

Gather & Scoop the Juice, Pour it into the Cauldron: scoop arms wide downward toward each other and bring the crossed hands outward and upward until they are above the forehead. Visualize pouring body energy into the core channel through the forehead and down the vertical axis through the throat, heart, and into the navel.

Soak in Juice for 4 Pulsations of Golden Cauldron, Think of your lower body as a large pot with energy cooking at the Center while you make four large circles with your palms facing the navel, feel like you are stirring the pot.

Transform Juice into Gem: stand quietly and listen for the moving currents of warmth or tingling deep inside, visualizing these currents in the color of the season you are doing (different or each season).

For Spring, see floating clouds of green energy that gradually compress to make you into a jade-green body that radiates emerald perfection.

For Summer, see warm clouds of red energy that gradually compress to make you into a ruby-red body with radiance extending through every pore of the skin.

For Fall, see white winds moving like metallic storm clouds across the ocean as they converge to make a hard crystal body that glistens like a diamond.

For Winter, see blue-black clouds wrapping you like blankets until you feel comforting stillness that goes deep until your body is black jade or deep blue sapphire.

After 4 pulsations (belly breaths), **Begin the Next Cycle** in the new direction you are facing. Do all the same body movements with appropriate season until you have returned to the East.

[Part Two is the Heaven Cycle that may also contain the 5 Animal Movements]



Part Two: Heaven Spirals

Pivot on Left Heel, Face East

Split Ball to Right

Dragon Washes Face 4 Times (Right / Left)

Pivot on Left Heel, Face North

Split Ball to Right

Dragon Washes Face 4 Times (Right / Left)

Pivot on Left Heel, Face West

Dragon Washes Face 4 Times (Right / Left)

Pivot on Left Heel, Face South (point of origin)

Dragon Washes Face 4 Times (Right / Left)

Stir the Cauldron (4 or 8 times) - Right / Left Hands Circle Lower Body

Gather & Scoop the Juice of Movement, Pour it into the Cauldron through the Forehead

4 Pulsations of the Golden Cauldron (Large Pot at Center, Expanding to All Directions)

Continuous Form - All Directions Ritual (20 minutes)

Begin a new Earth Spiral Sequence (Part One) after each Heaven Spiral (Part Two). Because the conclusion of the Earth Sequence brings you to a new direction each time, you will keep turning until you arrive facing East again. Conclude where you began.

