

# STANDING MEDITATION

## Practice sequence for standing meditation

Standing Meditation Preparation (1 minute)  
Wuji Standing Meditation Posture (3 minutes)  
Universal Embrace Posture (2 minutes)  
San-Ti (left side) (2 minutes)  
San-Ti (right side) (2 minutes)  
Radiant Body Breathing (1 minute)  
Crown (1 minute)  
3rd Eye (1 minute)  
Throat (1 minute)  
Heart (front) (1 minute)  
Heart (back) (1 minute)  
Solar Plexus (1 minute)  
Lower Dan Tian (1 minute)  
Root Sacral (1 minute)  
Integrating Breath (1 minute)  
Settling the Qi in the Lower Dan Tian  
Balancing in the Heart



# Sun, Moon & Lightning

**crown:** hands above head, fingertips dropping downward toward crown

**third eye:** hands in triangle shape with palms facing outward & slightly upwards; soft eyes thru the triangle

**throat:** fingertips triangulate the 3<sup>rd</sup> eye area with palms at 45° facing toward each other at throat, elbows slightly down

**heart front:** circular embrace; palms facing inward at heart level

**heart back:** arms to the side, "W" shape ; palms facing upward at heart level

**solar plexus:** palms in front 'up and over', facing solar plexus; elbows outward

**lower dan tian:** hands down in front of lower body; fingertips pointing slightly toward centerline

**root:** fingertips pointing forward; open hands pressing downward at the sides; arms extended with joints open