STANDING MEDITATION

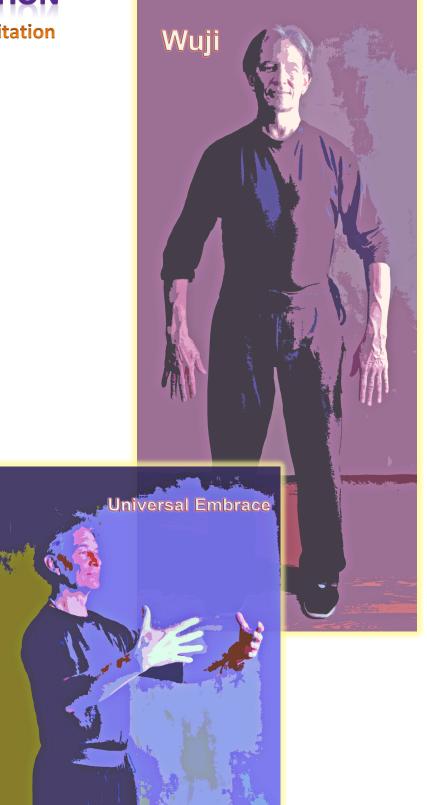
Practice sequence for standing meditation

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 3rd 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