

Remedy Routine Three: Directing Qi Into Lower *Dan Tian*

Part 1. Preparation

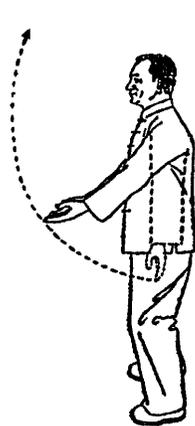
Stand with your feet as wide apart as your shoulders and pointing straight ahead, knees slightly bent. Let your shoulders relax. Allow your hands to fall at your sides naturally. Place the tip of your tongue on your upper palate, just behind your teeth. Relax the root of your tongue. Smile slightly. Keep your eyes level and open, thinking of nothing.

Use your mind to relax your head, your neck, your shoulders, your elbows, your wrists, your fingers, your chest, your stomach, your back, your waist, your hips, your knees, your ankles, your feet, and your toes. Gather qi into your lower *dan tian*. Concentrate your mind on your lower *dan tian* for a little while.

Direct qi from your lower *dan tian* down to *hui yin* (sea bottom) and back up and along *du mai* (governing channel) to *da zhui*. At this point, split the qi into two streams and direct it through the middle of the shoulders, down through the arms to *lao gong*.

Part 2. Taking back the qi.

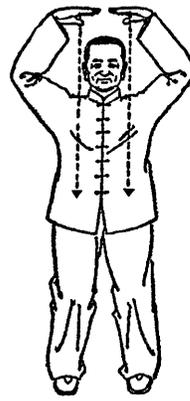
Turn your palms forward and, using your shoulders as pivots, raise your arms while holding a ball of outer qi in your hands. Beam it into *bai hui*. Open your chest by spreading out your elbows. With palms down and fingertips pointing at each other, let your hands descend in front of your body, guiding qi through middle channel into your lower *dan tian* (see figures 235,236,237,238).



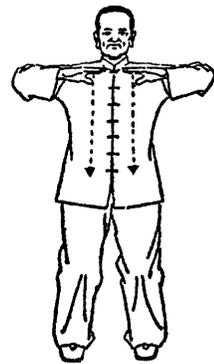
235. Raise a ball of qi



236. Beam into *bai hui*



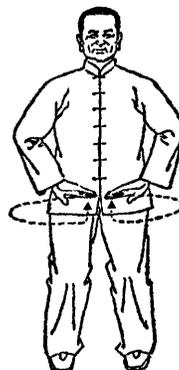
237. Open chest, palms down



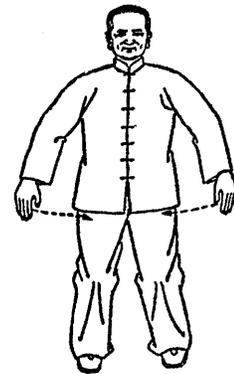
238. Guide qi downward

Part 3. *Shou gong* - finish.

When your hands descend to the level of your navel, relax your fingers and bend them slightly and then push your hands gently away from your body with the back of your hands angled a bit towards the body at about 45 degrees. At the same time push your *wei lu* (tail bone) backwards as if to sit, keeping your upper body straight. Be sure your nose is in line with your navel. Turn palms in to face lower *dan tian*, fingertips pointing at each other and slightly down. Embrace a ball of qi in front of lower *dan tian* and relax your shoulders. Use your mind to contract your *hui yin* (sea bottom). Draw your hands toward your lower



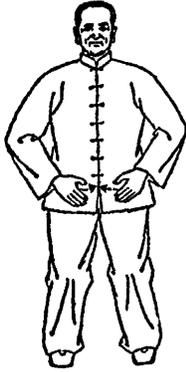
239. Push hands outward



240. Turn palms inward

The Remedy Routines

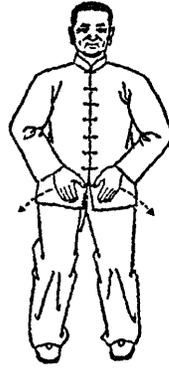
abdomen and when they are one inch away from it, move your hands along your hips and sides and then let them fall naturally down as you straighten your legs (see figures 239, 240, 241, 242, 243, 244).



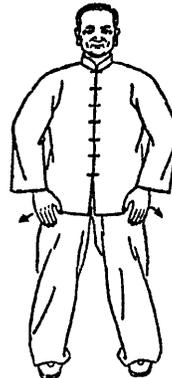
241a. Embrace a ball of qi



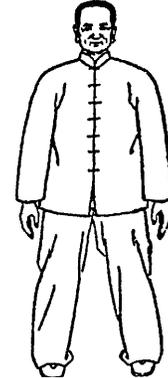
241b. Draw hands inward



242. Hands along hips



243. Hands fall to sides



244. Straighten legs

Note: If you want to gather back scattered qi, you may use this method. But, if it does not work effectively, you may use the next routine called "Gathering Qi Into *Dan Tian* from the Eight Directions. "