

Total Relaxation Technique (Qi Permeation Technique from Master Liang Shou Yu)

Preparation: Stand with your feet hip or shoulder width apart so that your legs are relaxed. Hold your head upright as though suspended from a string and your body erect but relaxed. Let your arms hang relaxed at your sides. (This routine can also be done sitting or lying down. It can also be done using just your mind without having to raise and lower your arms.)

Step 1 While inhaling, move your arms out to the sides. Turn palms up. Raise your arms up over your head while stretching gently upward. Visualize gathering pure, healing, heavenly Qi. Then turn the palms to face the top of your head with the Laogong gates (Pericardium meridian #8) in the center of your palms pointing to your Bai Hui gate (Governing Vessel #20) on the top of your head.

Step 2 While exhaling slowly lower your arms in front of your body. Visualize the Qi you have gathered flowing down the paths of the body starting with the front path (see below). The pace should allow you to follow the path with your mind. People with high blood pressure should lower the arms more slowly than raise them. Vice versa for low blood pressure.

Step 3 Relax your arms at your sides. Relax your whole body step by step from head to toe and then down the arms to the fingers. Mentally focus on each area as you relax it.

Step 4 Swallow your saliva and follow it with your mind down the Dan Tian.¹ Pause for ten seconds and then repeat steps 1-4.

First clear the front path. This may take some days of daily practice. Start slowly and work up to nine repetitions during each training session. Be careful if you have low blood pressure or are weak because you may become faint. After you have cleared the front path, clear your middle path, and then clear your back path. When you feel that the Qi is flowing freely in all three paths, you can do three repetitions of each path for your continuing daily practice.

The **Front Path** begins at the Bai Hui gate. It divides and goes down past each ear. It unites at the top of the throat and goes down the front of the throat to the clavicle. There it divides and goes down each side of the chest through the nipples to unite again at the navel. From the navel, down the center of the front of the abdomen to the Hui Yin gate (Conception Vessel #1) at the bottom of the torso. There it divides and goes down the inside of the legs, out the Yongquan gates (Kidney #1) on the soles of your feet. Then use your mind to visualize it going three feet into the ground.

The **Middle Path** begins at the Bai Hui and goes down the center of the body to the bottom of the torso. There it divides and flows down through the marrow of the leg bones, out the Yongquan gates and then three feet into the ground.

The **Back Path** begins at the Bai Hui and goes down the centerline of the back of the body until it reaches the Ming Men gate (Governing Vessel #4), which is at the same level as the navel. There it divides and goes to the outside of the hips to the point Huantiao (Gall Bladder #30) and down the outside of the legs, out the Yongquan gates and three feet into the ground.

¹ Dan Tian is a point in the center of your abdomen on a level 2 inches below the navel.