

In the meridian exercise that follows, the yang (solid) meridian energy flow is enhanced by the yin (hollow) movements. The yin meridian energy flow is amplified (by insuring a projection through the hands and feet) through the yang movements.

"There is yang within yin, yin hidden behind yang, hollow contains solid, solid motivates hollow. This is the core philosophy of the ancient Book of Changes (I Ching) ; the yin-yang and 5 elements, mutually complimentary and mutually contrasting ways, create all changes. With proper use of the principle, arises the hexagram."

Thus all matter in the universe comprises *"a thousand changes and ten thousand transitions"* as symbolized by the hexagram. By utilizing this principle in the CFQ exercises, the physiological functions of the body are brought in tune with the universal law of changes. According to ancient beliefs, a human body is equivalent to, and comprises every secret of the universe, thus enabling it to *"flourish and nourish without extinction"* and to *"continue in perpetuity."*

Begin with the horse stance and completely loosen your body. Take a deep breath out and smile.

Note: A breath in and out, symbolizes a willingness to step out of your past. A smile helps to facilitate peace and self acceptance by generating good energy. Try without strain to remain smiling throughout the exercises. Smile now and forever.....in these CFQ movements you are free of problems.



Movement I: Flying Cloud Hands (*fei yun shou*)

1. Raise both hands with arms straight to the front until they reach shoulder level. The hands should hang loosely, with your fingers pointing downward.
2. Bend the elbows and pull the hands back until they reach the sides of the chest below the shoulders. (*Step 2*)
3. Drop the hands straight down, until the arms are straight, at the same time bending the knees to relax the hamstring (*song kua*). When the arms are straight, the palms should be parallel to the ground (*fa-jing*). (*Step 3*)
4. Straighten the knees while doing Movement I again.

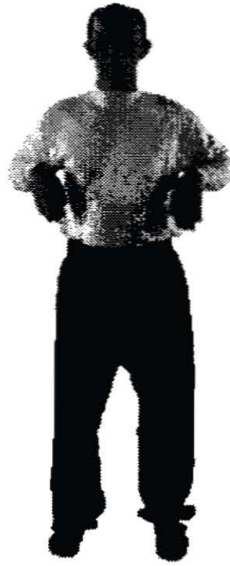
Repeat ten times

Notes: Step 1 loosens and stimulates the bioenergy flow along the yang meridians of the arms and feet. Step 3 opens out and clears the yin meridians of the hands and feet, and at the same time releases stale energy.

Effects: Movement 1 clears and smooths the energy flow in all of the twelve major meridians, improving general well-being. It is specifically effective for the treatment of frozen shoulders, neck pain (including spondyliaisis), fatigue, insomnia, migraine, tinnitus, sinusitis, cataracts, glaucoma, tonsilitis, asthma, heart ailments, menstrual disorders, constipation, anxiety, depression, high blood pressure, diabetes, erectile dysfunction, infertility, and arthritis. With prolonged practice, short and long sightedness may improve. In addition, it helps to lift the depressive mind-set of cancer patients, thus promoting recovery.



Step 1



Step 2



Step 3



(a)



(b)

Starting Position: Position the feet (a) and parallel them (b)

Movement One: Flying Cloud Hands

Movement 2: Touching the Jade Belt (*mo you dai*)

1. Continue from Movement 1. Turn the palms upward and raise the hands to the sides of the hips, at the same time straightening the knees.

2. With palms open and facing up, move the hands straight forward until the arms are straight. *(Step 2)*
 - a. Stretch the fingers open, then relax and loosen.
3. Turn the palms downward, allowing the hands to hang loosely. *(Step 3)*
 - a. Bring the hands back toward the lower abdomen until two to four inches in front of the navel.
 - b. With palms facing the body, move the hands one to the left, the other to the right, horizontally around the abdomen to the sides.
4. Turn the palms downward, move down and at the same time bend the knees (song kua-fa jing). *(Step 4)*

Repeat ten times

Notes: Step 2 clears the hands three-yin meridians. In Step 2a, when stretching your fingers, attend to the firmer contact of your feet on the ground as well. This detail ensures good energy flow to the hands and feet, and as this is built into your practice, it will help free you from all diseases. Steps 3 and 3a ensure a good return flow of bioenergy through the yang meridians. They activate and energize the lower abdomen. Step 3b activates the belt meridian to bring about good energy and blood flow in the lower torso and Step 4 opens out and clears the yin meridians of the hands and feet while at the same time releasing stale energy from within.

Effects: This movement is specifically effective for the treatment of erectile dysfunction, menopause problems, prostate problems, ovarian cysts, fibroids, urinary and kidney disorders, back pain, sciatica, hemorrhoids, constipation, indigestion, post-natal disorders, low sperm count, infertility, obesity, gout, and arthritis.



Step 1



Step 2



Step 3



Step 4

Movement Two: Touching the Jade Belt

Movement 3: Happy Heaven Happy Earth (*huan tian xi di*)

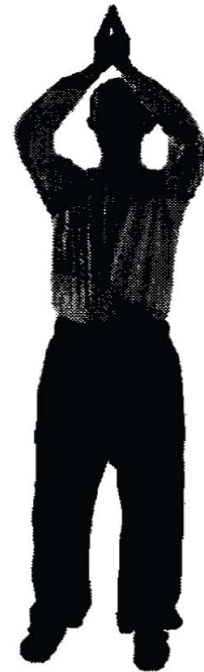
1. With palms facing forward, raise the arms in a large circle up from the sides until both palms touch forward of the top of the head. (*Step 1*)
2. Stretch the arms upward a little. (*Step 2*)
3. Move the hands down until four inches from the front of the forehead and turn the palms inward. (*Step 3*)
 - a. With the palms facing the body, continue with the downward movement until the hands are in front of the lower abdomen.
4. Continue to move down at the same time bend the knees (*song kua*). Separate the hands to move until wider than the body, arch the palms (*fa jing*). (*Step 4*)
5. Return the hands to the outer sides of the body with the palms facing the hip, while at the same time straighten the knees. (*Step 5*)

Repeat 10 times

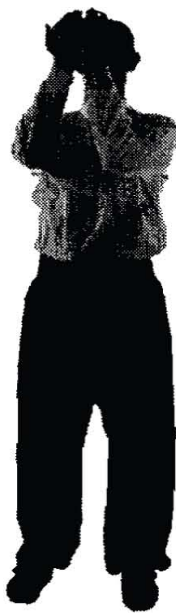
Notes: Step 1 opens your whole body to facilitate an exchange with pure cosmic energy. It stimulates energy flow along the yang meridians and the *tu* meridian. Step 2: while stretching your arms take note of the contact of your feet on the ground. Make sure you do not use any strength. This step promotes a longitudinal release and an extension of your whole body. Steps 3a and 4 cleanse the body of stale energy, releasing it downward. The release is further enhanced by *song kua-fa jing*. Bioenergy flow in the yin meridians and *jen* meridian at the front of your body is enhanced.



Step 1



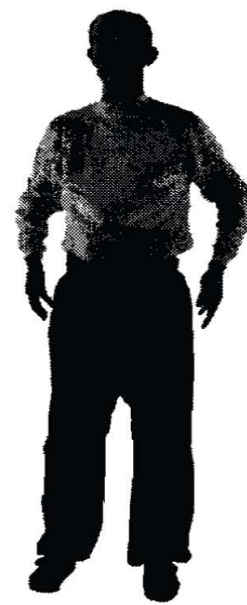
Step 2



Step 3



Step 4



Step 5

Movement Three: Happy Heaven, Happy Earth

Effects: This movement enhances the wholeness and harmony of the energy system by integrating what you have done so far. It improves blood circulation, enhances the immune system and at the same time

facilitates greater effectiveness in the subsequent Movements 4 and 5, which work on the internal organs. It is specifically effective for treatment of diabetes, migraine headaches, dizziness, fatigue, insomnia, tinnitus, hearing defects, cataracts, glaucoma, sinusitis, tonsillitis, frozen shoulder, heart ailments, tuberculosis, chronic hepatitis, gastric disorders, indigestion, numbness, and arthritis.

Movement 4: Oh My Precious (*xin gan bao bei*)

1. Place the left hand across the neck below the chin with the palm facing downward. Place the right hand in front of the groin, with the palm facing upward. This is called “*holding the energy ball.*” (*Step 1*)
2. Spread the feet so that their inner sides are at shoulder width, with toes pointing slightly outward.
 - a. Turn the body toward the left, at the same time bring the hands to the left, and shift the body weight to the left leg, bending it slightly. Straighten the right knee. (*Step 2*)
3. Stop the movement of the lower right hand, but continue to move the upper left hand out, until the arm is straightened. (*Step 3*)
 - a. Drop the left hand at the same time arch the palm up (*fa jing*).
4. Bring back the left hand and switch positions with the right, again assuming the holding the energy ball position. (*Step 4*)
5. Slowly swing the energy ball around the front of the torso.
6. Repeat similarly on the right side.

Repeat ten times: Left-right counted as one.

Notes: Step 1: By focusing bioenergy on the torso, more qi and blood are supplied to the internal organs. Step 2a: when moving your energy

ball across the body, the internal organs are activated. When this movement is performed in a relaxed way, and slowly, the movement can be felt internally. Bending the left leg is *song kua* on that side. Steps 3 and 3a release pressure, and clear out stale energy to facilitate an exchange with pure energy. This is enhanced by the *fa jing*.

Effects: This movement improves blood circulation to the internal organs. It is a very relaxing movement that helps the digestive, immune and nervous systems. Specifically, it is good for most kinds of chronic and old-age diseases including Alzheimer's, goitre, anxiety, depression, gall bladder, and kidney stones. It can help to clear chronic infections of viral, bacterial or fungal origins. It promotes recovery from cancer.



Step 1



Step 2



Step 3



Step 4

Movement Four: Oh My Precious

Movement 5: No Strings Attached (*wu qian wu gua*)

Begin in the position of holding of the energy ball in Movement 4.

1. Turn the left hand outward and upward, continuing to move the left hand up until the arm is straightened into a “pushing the sky” position, at the same time turn the right hand downward and straighten the arm into a “pushing the ground,” position. (*Step 1*)
2. Swing the upper left arm across to the left side of the body, bending the arm slightly so that the hand hangs loosely at shoulder level. At the same time, swing the lower right arm across to the right side of the body, bending the arm and letting the hand hang loosely at shoulder level. (*Step 2*)
3. Push outward until both arms are straight in an “open the door” movement. (*Step 3*)
4. Return the arms to the holding the energy ball position, now with the right hand below the chin and left hand in front of the groin.
5. Repeat similarly with sides reversed.

Repeat ten times: Left up right down—open the door; and
Right up, left down—open the door, counted as one.

Notes: There is a tendency to use strength in performing this movement. Avoid such a tendency. At the completed positions of pushing the sky and ground and open door, bring your awareness to both palms and feet.

Effects: This movement complements the effects of Movement 4 and unfolds areas where weaknesses are hidden. It enhances the health of the internal organs and clears arthritis, rheumatism, joint pains, and numbness.



Step 1



Step 2



Step 3

Movement Five: No Strings Attached

Movement 6: Happiness, Success, Longevity (*fu du sou*)

Begin by dropping the hands to the sides of the body.

1. Open the arms and sweep forward with a hugging action: at the same time, bend the body forward. (*Step 1*)

2. Sweep the hands over the forehead at the same time leaning backward. Your hands come down over the shoulders and into position at the sides for the next hugging action. (*Step 2*)
3. Repeat, with the hugging action coming in towards the throat. (*Step 3*)
4. Repeat, with the hugging action coming in towards the abdomen. (*Step 4*)

Repeat ten times: Forehead, throat, and lower abdomen counted as one time.

Notes: Use minimum strength but ensure that your feet are firmly grounded to maintain your balance. The yang meridians, together with the *tu*-meridian, are cleared by leaning forward and sweeping up, back and down. The yin meridians, together with the *jen*-meridian, are cleared by the leaning backward. At the same time, the tension knots in your head, your neck, and throat are swept clear, releasing through your arms and hips by releasing through the legs. (For some beginners, the elderly, and those with hypertension, dizziness, and for those who feel generally weak, it would be wise to start with five repetitions instead of ten. Increase gradually as conditions improve).

Effects: This movement enhances flexibility of the whole body and unfolds the weak areas where problems tend to be hidden. Specifically, it is effective for lower back pains, sciatica, spondylitis, ovarian cysts, fibroid, erectile dysfunction, infertility, obesity, hemorrhoids, gastritis, digestive disorders, hepatitis, gall and kidney stones.



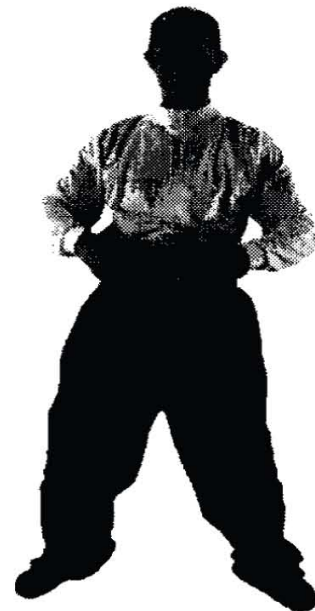
Step 1



Step 2



Step 3



Step 4

Movement Six: Happiness, Prosperity, Longevity

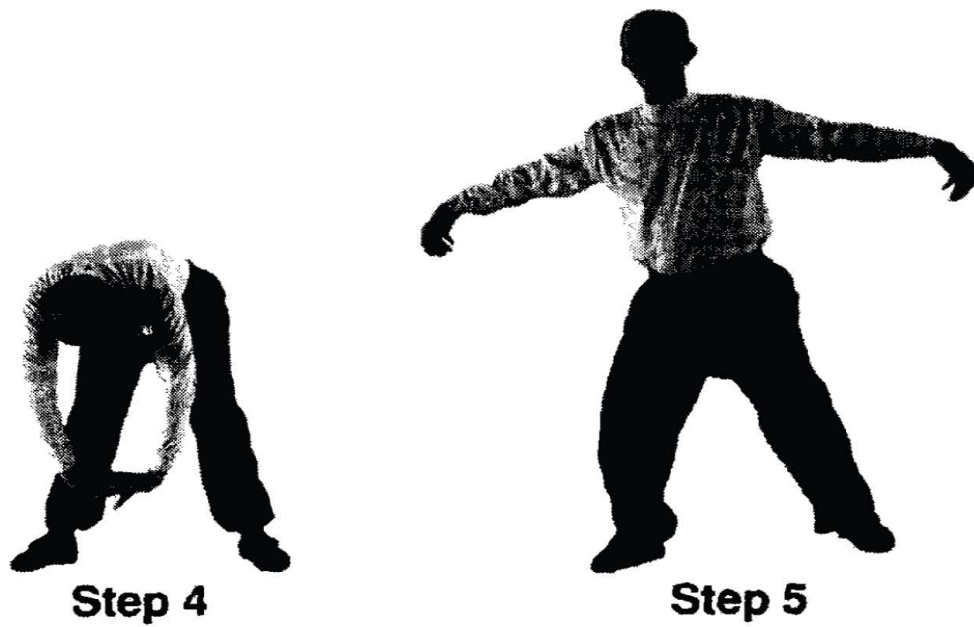
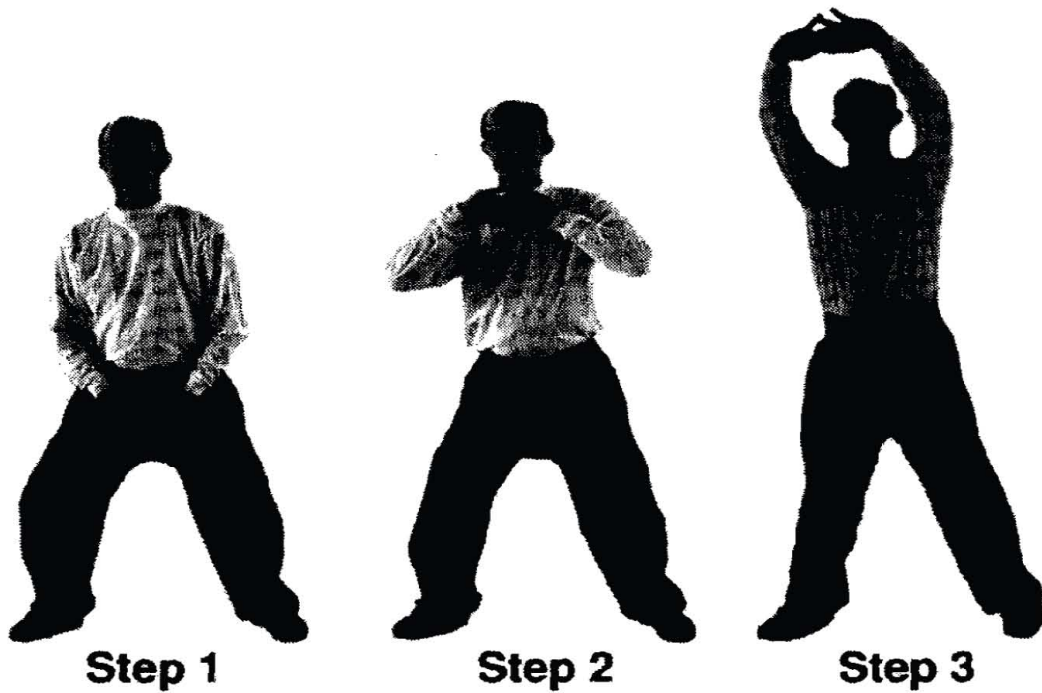
Movement 7: The Universe's Gift of Gold (*tian chi huang jin*)

1. From Movement 6, bring the hands back to the front of the lower abdomen. Interlace the fingers and bend the knees to a "horse-riding" stance. (*Step 1*)
2. Raise the hands, fingers gently interlaced, to the area below the chin. (*Step 2*)
3. Straighten the knees and continue the upward and now outward movement of the hands while at the same time turning the palms outward. Stop when the arms are straight, with the hands above your forehead level. Turn the head up to look at the hands. (*Step 3*)
4. Bend forward and swing the arms straight down until the palms face the ground. (*Step 4*)
 - a. Turn the palms and bring the hands back to the front of the lower abdomen in a scooping action while at the same time bending the knees back to the horse-riding stance.
5. Separate both hands and swing out to the sides up to the level below shoulder height.
6. Sweep the arms back down, holding them straight with the hands arched outward. Return to the interlaced finger position in front of the lower abdomen.

Repeat ten times

Notes: Steps 2 and 3 involve sweeping in the reverse direction of the flow of the yin meridians. Clearing off with Step 4 gives rise to a greater cleansing effect. The horse riding stance ensures that you are properly grounded, to recreate a system whereby your bioenergy sinks

down to help free you from “*hundreds of diseases.*” For reasons stated in Movement 6 above, some people should start off with only five repetitions instead of ten.



Movement Seven: The Universe's Gift of Gold

Effects: This movement summarizes and connects all the seven movements and highlights the sinking effect.

Wrapping up the Movements

1. Affirmations (to amplify positive effects)

Bring the feet together, toes pointing comfortably out (in ballet, this would be called “third position”), and say the follow affirmations with the hands one over the other holding the lower abdomen. (*See Step 1 of Illustration overleaf on Step 1 of “Resilient Breathing”*)

*My qi and blood are flowing smoothly
I am filled with peace and joy
I am free of pain and illnesses
I am blessed with good fortune.*

Repeat three times

Notes: People in general tend to have too many negative thoughts and emotions, and consequently, they may lack self-confidence. Faith is often weak. People in these circumstances are too frequently controlled by undesirable states such as their past behavioral and emotional patterns (karma). This state of affairs can prevent people from achieving good health and leading better lives. Using the affirmations recommended above can boost important positive aspects of life and health. The best opportunity to achieve good effects is after the exercises, when there is peace and the bioenergy flow has improved. In Chinese, “luck” (*hao yun chi*) means “good energy flow.” Saying these affirmations silently, however, is not good enough. They must be spoken, to help radiate their meaning. Vocalizing, even softly, sends an instruction to the energy-consciousness to take action.

2. Conclusion: Resilient Breathing

1. Begin as in position for “Affirmations” (*Step 1*)
2. With the hands, one resting on the other, palms facing up, move up along the center line of the body, from the waist to the upper chest, while breathing in through the nose. (*Step 2*)
3. Turn the palms downward, and while breathing out through the mouth, move the hands down until the arms are straight. (*Step 3*)
4. Spread the hands and move out in a sweeping circle with the palms facing down until at shoulder level. (*Step 4*)
5. Bring both hands towards center, bend the elbows and continue to move the hands forward until they are in front of the upper chest, palms down (all this while breathing in). (*Step 5*)
6. Move the hands down while breathing out until the arms are straight.

Repeat three times

Notes: This procedure is a way to formalize the completion of the movements. Anything done properly must have a beginning and a conclusion. Those intending to repeat these movements for a second or third set are still advised to complete every set with the affirmations and conclusion. This will help you to feel the increasing effectiveness of each succeeding set.



Step 1



Step 2



Step 3

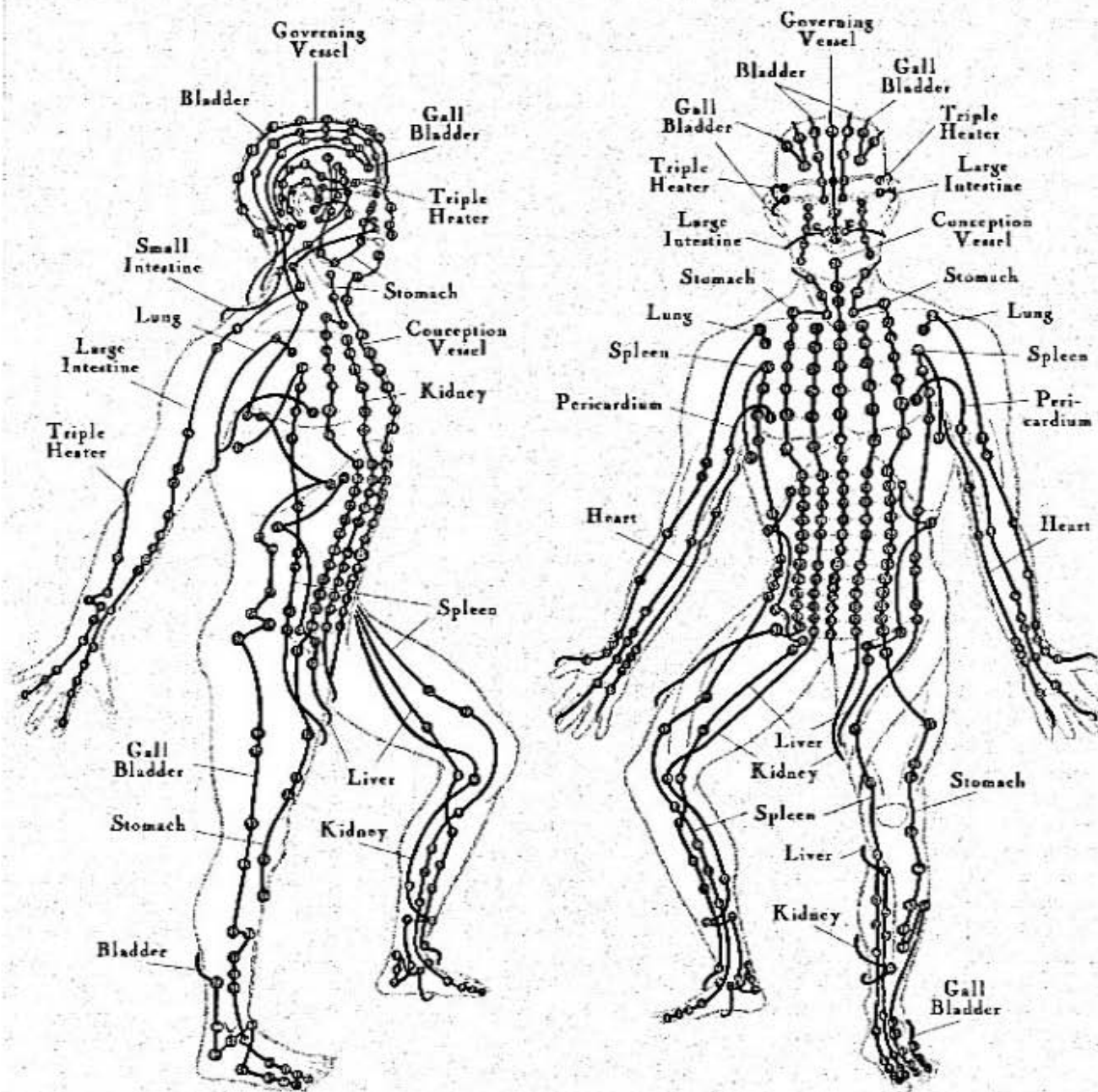


Step 4



Step 5

Conclusion: Resilient Breathing



Each meridian is a pathway of acupuncture points forming a circuit with an organ via inner pathways. The 12 bilateral meridians then also form a continual circuit in the order lung, large intestine, stomach, spleen, heart, small intestine, bladder, kidney, pericardium, triple heater, gallbladder, and liver, connected through additional internal meridians. The 2 central meridians bring the total to fourteen.