

# Tai Chi Qigong Shibashi: Set III

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## 1. Connecting Heaven and Earth



Begin in Wuji stance, with feet shoulder width apart and knees slightly bent.

Breath In:

Bring hands to Lower Dan Tian, palms up with fingers pointing to each other. As your legs straighten, lift palms upwards to Middle Dan Tian; then turn palms over, and press them up to the sky. Keep shoulders relaxed as arms straighten completely. Eyes follow the hands.

Breathe Out:

Bend the knees and lower arms out to the sides and down, returning to the starting position. Allow the shoulders to move first, followed by the elbows, then wrists and hands. Eye look forward.

Optional:

Pause slightly when the palms reach the top.

Bend the head back to look at the hands when they are overhead.

Repeat 6 times

Note:

Eyes only follow the hands when the hands are moving upwards. Look straight ahead as they lower.

## 2. Golden Pearl Drops to Sea



This movement is very important. It will benefit all the movements when done correctly.

### Breathe In:

Shift weight onto the L leg, and bring L hand to Lower Dan Tian, palm up. Curl the R hand into a fist, pointing up, and lift it upwards along the centre-line of the body to face Upper Dan Tian. At the same time, raise the R knee to about 90 degrees, with foot parallel to the floor.

Make the fist by initiating movement from the shoulder. As the hand curls, lead with the little finger as if turning a knob.

Focus on *Jie Xi* (St 41) point on ankle crease when lifting the foot.

Other knee remains slightly bent.

### Breathe Out:

Lower the R fist and leg as your weight shifts, at a downward angle back to centre.

Then both leg and fist drop. Let the foot land on the floor with a slight jolt, as the fist falls softly onto the other palm.

Do not force the drop to the floor. Just let your balance shift, and it will drop naturally.

Remember to initiate the weight shift from the Lower Dan Tian.

Keep the body relaxed, so it reacts like a spring when the foot lands.

Mirror the movements on the other side.

Breathe In:

Shift weight onto the R leg. Open the R hand. Curl the L hand into a fist, and lift it upwards to face Upper Dan Tian. At the same time, raise the L knee, and keep the other knee slightly bent.

Breathe Out:

Lower the L fist and leg as your weight shifts back to centre; then both drop. Foot lands with a slight jolt, as the fist falls softly onto the other palm.

Optional: You may pause slightly when the fist reaches the Upper Dan Tian.

Repeat 3 times.

Note:

This move can be the transition from Qigong to Nei Gong, internal cultivation, which has many benefits. Energy is gathered at the Upper Dan Tian and drops to the Lower Dan Tian, initiating internal effects.

The Yellow Court Classic (*Huang Ting Jing*) is a classic text of Chinese Daoist internal alchemy as well as the foundation of Taijiquan. It describes this movement:  
*"Huang Ting at the top drops down to Guan Yuan."*

## 上有黃庭 下關元

*Huang Ting* is an area inside the Upper Dan Tian. (Some books may refer to it as an area between the Middle and Lower Dan Tian.) *Guan Yuan* area is inside the Lower Dan Tian.

### 3. Opening the Secret Gate



This movement is similar to Opening One's Chest (set I)

Transition: Keep knees bent, and return your hands to the sides.

Breathe In:

Straighten the knees as you lift both arms straight up in front to chest level (palms face down, wrists relaxed). Form soft fists, bend elbows to the sides and bring hands in towards the chest. Gently push shoulders directly out to the sides, expanding the chest and parting the fists. Palms may either face the body or face down.

Breathe Out:

Open the hands. Bend your knees as you push hands forward at chest level, then allow the extended arms to float down to the starting position.

Repeat 6 times

Note:

The shoulders should not close together, press back, or pull forward. Keep the back flat so the qi can flow through easily. This is why, as explained in the Qigong Mode and Posture Requirements Course, I always remind students to keep space in the armpits. This allows the shoulders to naturally expand sideways.

As you perform this move, feel the mid-back area 'open'. Be aware that this sideways expansion of the shoulders frees up and stimulates the *Jia Ji* points (the secret Gate). These points, according to the legendary physician *Hua Tuo*, may effectively treat every condition of the human system.

#### 4. Clouds Circle Mountain



In this movement arms float like clouds from side to side. Movements to the left begin with the inhale, and to the right, with the exhale. You may do the arm movements as in Set I: *Playing with Clouds*, palms facing body, or as in Set II: *Fisherman Casting the Net*, palms facing out, or even a combination of both.

The feet step to three points of an imaginary triangle, and move only on the out-breath. Begin at C: step to A, to B, and back to C. Reverse: step to B, to A, and return to C.

A

B

C

**Breathe In:**

At point C, relax the Kua (lower groin area) and shift weight to the R leg. Turn body left as both arms float left.

**Breathe Out:**

Slide L leg up diagonally touching the heel to point A on the triangle, while the arms begin to float to the right. Turn this foot and your body to the left 45 degrees as you shift weight to the foot. Bring up the R foot in an empty step (only toes touching the ground).

Breathe In:

Turn your body left as both arms float left.

Breathe Out:

R heel slides directly right to point B, as hands begin to float to the right. Turn this foot and your body to the right 45 degrees as you shift weight to the foot. Bring up the L foot, empty step.

Breathe In:

Turn your body left as both arms float left.

Breathe Out:

L foot slides back to point C, toe then heel, as hands begin to move to the right. Body faces front, and R foot steps back, empty step.

Continue retracing the path in reverse: Step with the R foot to B, to A with L foot, and back to C with R foot. When the R foot returns to C; the L foot steps back to the beginning position, hip width apart, and hands lower to the sides.

Note:

Breathe In as hands float left, and Breathe Out as they float right.

When hands move left, L hand is higher. When they move right, R hand is higher.

Always step on the Out-breath with the empty foot.

Stepping is done as in Tai Chi: kua open and body lowered, and movement initiated from Lower Dan Tian.

Focus on the *Yong Chuan* (K1) on ball of foot and especially the *Jie Xi* point (St41) in the crease of the ankles. Whenever stepping in Qigong or Tai Chi, i.e. lifting up the foot and placing it down, one should focus on this point.

To better understand this move, practice the *Gong* (work or skill). It refers to the basic elements of the move. Masters often just practice the *Gong* for hours, rather than the entire form. For this move the *Gong* is to remain low, move from the Lower Dan Tian, and step keeping focus on the *Jie Xi* points.

## 練拳不練功 到老一場空

In *Zhan Zhuang*, one is instructed to stand as if “lifting the heels by a paper-thin amount”. What they mean is to focus on the *Jie Xi* points, as this creates the sensation of lifting the heels. Engaging these points stimulates many deeper small muscles and develops internal force. This is a secret that the masters only share with advanced students. 10 minutes using this method will be more effective than an hour without!



## 5. Dragon's Morning Stretch



Transition: Hands return to your sides.

Breathe In: (1<sup>st</sup> time)

Hands form fists. Shift your weight to the R leg, and then lift the L leg as you bring the hands upwards crossing forearms (fists facing body).

\* Breathe In: (when repeating)

Hands circle in to the Lower Dan Tian, as R leg returns to centered stance. Shift your weight to the R leg and then lift the L leg as you bring the hands upwards crossing forearms.

Breathe Out:

Open arms out diagonally (R = up 45 degrees, L= down 45 degrees) as you side kick left with heel pushing diagonally down, toes forward. Your body slightly leans right, and head turns left to observe the kick.

Mirror the movements on the other side.

Breathe In:

Hands circle in to the Lower Dan Tian, as L leg returns to centered stance. Shift your weight to the L leg, and then lift the R leg as you bring the hands upwards crossing forearms.

Breathe Out:

Arms rise a bit more as you lift the R leg. Open arms out diagonally (L up, R down), as you side kick right. Body slightly leans left, and head turns right to observe the kick.

Repeat 2 times from '\*'.

Note:

Breathe In as arms and leg come in. Breathe Out as they expand out. Engage the *Jie Xi* point when kicking.

## 6. Dragon Sits on Tail



Transition: Return to the original stance, feet hip width apart. Hands remain in fists.

Breathe In:

Bend knees sinking to a lower stance. Cross wrists, left over right, at Lower Dan Tian. Feel your body closing in toward the Lower Dan Tian, as you lower your body. Then begin to straighten the knees while pulling fists up and slowly outward.

Breathe Out:

Continue to bring fists up and out at head level, as you lift onto the balls of your feet. (Feel the entire body opening from the Lower Dan Tian.)

Lower your body by moving the Kua backwards. Then drop all your weight onto your heels, and allow the arms to fall naturally to the sides. Elbows remain bent. Shoulders remain relaxed and wrists soft.

The whole body should react like a spring rebounding with a little bounce.

Repeat 6 times

Note:

Bend knees only as far as comfortable.

If possible, also lower the stance on the bounce and when closing in.

## 7. Blooming Lotus Bows to Earth



Transition: Hands open and return to the sides of your thighs.

Breathe In: (1<sup>st</sup> time)

Lift both arms, forward and up, keeping the wrists and hands soft. At chest level arms begin to open (like a blooming flower) upwards and out to the sides. Arch the body back as arms continue rising overhead, then fall to the sides. Head now looks at the sky.

\* Breathe In: (when repeating)

Lift the torso along with your arms to straighten the body. Arch the body back as arms continue up and out overhead, then fall to the sides as before. Head now looks at the sky.

Breathe Out:

Keep the knees straight, and bend forward and all the way down. Head points down, looking back. Arms scoop forward, down, then continue to reach all the way back until hands point to the ceiling.

Repeat 5 times from '\*'.

Note:

If you have heart problems, back problems, or high blood pressure, do not arch all the way back or bend all the way down. Respect your limitations.

## 8. Crouching Tiger Lifts Head



This movement involves up and down movement while circling side to side. It is quite demanding so bend only as far as is comfortable.

**Breathe In: (first time)**

From the forward bend, raise the back (horizontal and flat); as you lower the Kua and bend the knees to a lower stance. Head is aligned with the back and faces down. At the same time, reach both arms back with the thumb of each hand joining the middle 2 fingers.

**\* Breathe In: (when repeating)**

Circle back down to the centre bending straight forward as you lower the Kua and bend the knees. (Back is horizontal and flat, and head looks down.) Reach both arms out and back with the thumb of each hand joining the middle 2 fingers.

**Breathe Out:**

Circle to the L; straighten the knees as you come up, so body and head face left. Relax the arms.

Mirror the movements to the other side.

**Breathe In:**

Circle back down to the centre bending straight forward as you lower the Kua and bend the knees. (Back is horizontal and flat, and head looks down.) Reach both arms out and back with the thumb of each hand joining the middle 2 fingers.

Breathe Out:

Circle to the R; straighten the knees as you come up to face right. Relax the arms.

Repeat 2 times from '\*'.

Note:

Straighten the knees when turning to the side.

Bend the knees, and bend forward from the waist when returning to the centre. If this is difficult, don't go too low. Knees should not go beyond toes. Bend knees only as much as comfortable.

## 9. Serpent Ascends to Third Eye



During the movement, the spine undulates forward and back like a wave, as the energy rises from the tailbone up the spine.

Transition: Return upright body to face front with arms at sides.

Breathe In:

Make fists, bend elbows to the sides, and pull the fists up body centre to Upper Dan Tian (fists facing out).

Knees bend then straighten, and body leans back, as fists travel upward. Head looks towards the fists and rotates back as they rise.

Feel the spine moving like a wave travelling upwards.

Breathe Out:

Release fists, spread fingers, part the hands; then circle arms out to the sides, and press down.

Body waves forward, and head bends back then forward as the hands part.

Repeat 6 times

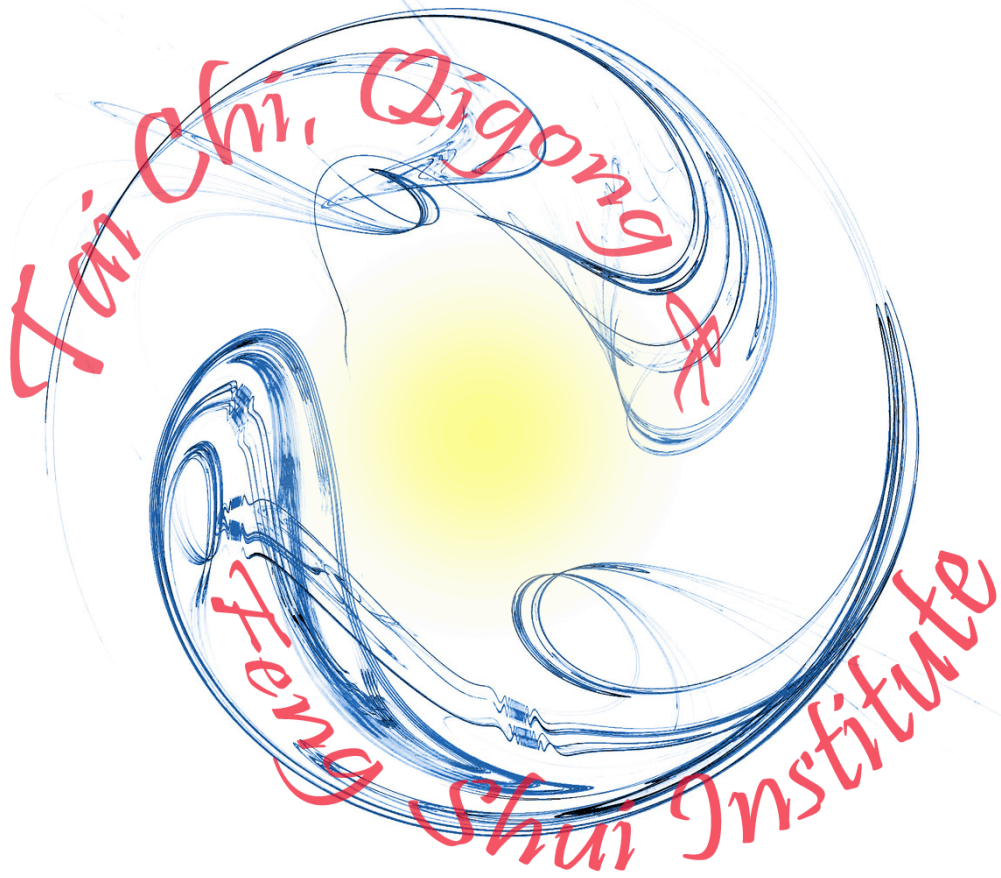
Note:

Keep shoulders relaxed.

Arms open as if pulling something open.

You may close your eyes, look internally, and watch your spine moving and opening 1 vertebra at a time as you raise the fists.

Open your eyes when your hands begin to open to the sides.



## 10. Connecting the Three Treasures



In this movement the spine spirals upwards, moving energy in 3 counter-clockwise circles; then spirals downwards in 3 clockwise circles. Hands move following the body.

Transition: Imagine the circles as if you were looking down at a clock. Start with hands down in front of the Lower Dan Tian at 12 o'clock. (12 is out front, 6 is back.) Position hands as if loosely holding a qi ball. Wrists and hands are soft.

The first 3 circles are counter-clockwise. Hands and body each create their own spirals, completing a circle with each full breath.

Hands begin at 12 - spiral up left to 6 on the in breath, then right to 12 on the out breath.

Body begins at 6 - spiral up right to 12 on the in breath, then left to 6 on the out breath.

Circle 1:

Breathe In - Spiral hands/body upward from the Lower Dan Tian.

Breathe Out - Hands/body continue to spiral upwards, completing a circle.

Circle 2:

Breathe In - Spiral hands/body towards Middle Dan Tian level.

Breathe Out - Hands/body continue to spiral upwards, completing a circle.

Circle 3:

Breathe In - Spiral hands/body towards Tian Tu (throat) level.

Breathe Out - Hands/body continue to spiral upwards, completing a circle.



Reverse the movements, making 3 clockwise circles back down to Lower Dan Tian. Hands begin at 12 - spiral down right to 6 on the in breath, then left to 12 on out breath.

Body begins at 6 - spiral down left to 12 on the in breath, then right to 6 on out breath.

Note:

Though hands and body are spiralling in the same direction (clockwise or counter-clockwise), the hands are following a half circle behind the body. So when body is at 6, hands are at 12 and visa-versa.

The hands and body come toward each other when you Breathe In, and go away from each other when you Breathe Out.

Movements **9** and **10** are extracted from *Chan Mi Gong*, which focuses on cultivating the central channel (sometimes referred as the spiritual channel). As the energy travels up the spine, you should feel the vertebra open one by one. The movements not only open the spine, they stimulate the central channel; so if you have time, practice more repetitions.

## 11. Immortal Points to Moon



This movement is similar to *Immortal Pointing the Way* (set II).

Transition: Hands return to Lower Dan Tian.

Breathe In: (1<sup>st</sup> time)

Arms begin in front of the Lower Dan Tian (6 o'clock) and make a large clockwise circle (L, up, then R).

\* Breathe In: (when repeating)

Bring the L leg back to the original position as you stand. Release the sword fingers, and circle both arms clockwise (down, L, up, then R).

Breathe Out:

At 3 o'clock form sword fingers, circle them down, then point back diagonally up to the L corner. Head follows sword fingers. As your hands pass down in front of the body transfer your weight to the L leg, slide the R leg back diagonally and lower the knee almost to the ground.

Mirror the motions on the other side.

Breathe In:

Bring the R leg back to the original position as you stand. At the same time, release the sword fingers; circle your arms counter-clockwise (down, R, up, then L).

Breathe Out:

At 9 o'clock form sword fingers, circle them down, then point back and up to the R corner. Head follows sword fingers. As you do this, transfer weight to the R leg, slide the L leg back diagonally; then lower the knee.

Repeat 2 times from '\*'.

Note:

Breathe In when hands are open; and Breathe Out when they are in sword fingers. When you are pointing back, it is 45 degrees to the back and 45 degrees up.

Movements initiate from the Lower Dan Tian, and weight shifts very subtly following the arms as they circle. Feel the connection between the arms and Lower Dan Tian.

If this movement is hard on your knees, just step back diagonally and turn to look; you don't have to lower to the knee. Lower only as comfort dictates. In order to save your knees, utilize the Kua when lowering and rising. The Kua moves back as you lower. Feel it going forward as you rise. By using the Kua, the thighs feel like they are doing the work to stand up – not just knees.

Warning: Avoid practising this move during lightning. ☺

## 12. Threading Golden Needle



This movement is similar to *Searching for Needles in the Sea* (set II), but now you release toxins from your head. The pushing hand is a modified sword fingers: thumb to the side of the extended fingers and the other 2 softly curled.

Transition: Return to original position with feet side by side.

Breathe In: (1<sup>st</sup> time)

Shift weight to R leg. Turn your upper body from the waist to the right, pulling back the R elbow to lift hand up body centre. Back of hand swipes past the face, then turns to form modified sword fingers at the temple. (Fingers point towards your chin.) L hand remains down at L side.

\* Breathe In: (when repeating)

R leg steps back to original position (side by side). Release sword fingers, straighten body. As you return the L arm, in a small circle to the thigh, body turns slightly left then back to centre.

Shift weight to R leg. Turn your upper body to the right as you pull back the R elbow and lift your hand up the body. Swipe past the face, and form sword fingers at the temple. L hand remains down at L side.

Breathe Out:

Turn left from the waist as you step forward diagonally with the L leg, touching just the ball of the foot to the ground.

Lean forward, and push the R modified sword fingers down from the head, diagonally down to the inside of the L leg, towards the ground. As you push, bend the R leg, and pull the other arm slightly back and up.

Mirror move on the R side.

Breathe In:

L leg steps back, releasing the sword fingers. Release sword fingers, straighten body. As you return the R arm, in a small circle to the thigh, body turns slightly right then back to centre.

Shift weight to L leg. Turn upper body left as you lift L hand to temple and form modified sword fingers. R hand remains down at R side.

Breathe Out:

Turn to the right as you step forward diagonally with R leg, touching just the ball of foot.

Lean forward, and push sword fingers down towards the ground. As you do this, bend L leg, and pull the other arm slightly back and up.

Repeat 2 times from '\*'.

Note:

Breathe In as the hand is moving up, and Out as the modified sword fingers push down.

Normally it's difficult to cleanse toxins from the head. When the hands are swiping across the face and then down the body, you are trying to pull toxins and negative energy out. Then, with the sword fingers, guide it out of the body and into the earth. Sometimes toxins are released as tears.

### 13. Parting Horse's Mane



Transition: R foot steps back to parallel stance. L hand returns to face the L thigh.

Breathe In: (1<sup>st</sup> time)

Shift your weight to the R leg, and turn slightly to the right. R arm bends with hand up, closing in to face the left shoulder, as your L hand closes in toward the right side of the body.

\* Breathe In: (when repeating)

Turn further to the R. At the same time, the R hand closes in to face the L shoulder, and the L hand closes in towards the right.

Breathe Out:

Slide the R hand diagonally down and the L hand diagonally up and out. As you do this, your weight shifts to the L leg, and the body turns 45 degrees to the left. L hand is at shoulder level facing the body (arm is curved), and R hand is at hip, facing down.

Mirror the move on the other side:

Breathe In:

Turn further to the L. Close L hand to R shoulder, as R hand closes in towards the left.

Breathe Out:

L hand slides diagonally down and the R hand up and out, as your weight shifts and body turns to the right.

Repeat 2 times from '\*'.

Note:

Breathe In when your arms close in. Breathe Out when they open out diagonally. Be sure to keep space in your armpits when arms close in.

This movement can, with intention, open the narrow Secret Gate (Jia Ji area) opposite the Middle Dan Tian. However, it will only open with the following intention:

There is a connection from the middle fingers of one hand to the other. It is as if there is a thread between them. Another master's 'secret' is to maintain awareness of this connection while doing the form. Imagine that you are pulling the thread apart when you part your hands, and notice the sensation.

When you are comfortable with this movement, you can add this optional practice: As the weight moves onto each leg – feel like you 'drill' that leg into the ground. At the same time feel Bai Hui pushing to the sky.

## 14. Flower Hides under Leaf



Breathe In: (first time)

Keep weight on R leg. R hand makes a fist (pointing up) in front of the R shoulder. Turn body 45 degrees to the L, and lift the L arm up to shoulder level, palm up.

\* Breathe In: (when repeating)

Keep weight on the right. Turn your body 45 degrees to the left keeping the L hand extended, open the L fist so palm is up. The R hand remains in front of shoulder.

Breathe Out:

Pull the L hand back towards the shoulder, forming a soft fist. At the same time, slowly shift your weight to the L leg as the R fist gently punches diagonally left with a slight flick.

Mirror move on the other side.

Breathe In:

Keep weight on the left. Turn your body 45 degrees to the right keeping the R hand extended, open the R fist so palm is up. The L hand remains in front of shoulder.

Breathe Out:

Pull the R hand back towards the shoulder, forming a soft fist. At the same time, slowly shift your weight to the R leg as the L fist gently punches diagonally right with a slight flick.

Repeat 2 times from '\*'.

Note:

Turn and open extended hand when you Breathe In. As it turns over, the wrist leads the hand.

Punch with the other hand when you Breathe Out.

Weight shifts when punching.



## 15. Wild Goose Glides on Beach



Transition: Shift weigh to centre. Bring hands down, crossing wrists in front of Lower Dan Tian.

Breathe In:

Raise crossed wrists overhead as you bend knees to lower the body, while turning to face left.

Breathe Out:

Facing left - circle hands out to the sides and press them down, as body rises and returns to face centre.

Mirror move on the R side.

Breathe In:

Raise crossed arms overhead as you bend knees to lower the body, while turning to face right.

Breathe Out:

Facing right, circle hands out to the sides and press them down, as body rises and returns to face centre.

Repeat 3 times each side.

Note:

Breathe In: Arms go up as body lowers turning to the side.

Breathe Out: Arms go down as body rises returning to centre. This is opposite from many of the other moves.

Keep your knees open when turning to the side. Don't turn them inward.

## 16. Crane Wanders on Beach



This movement is somewhat similar to *Bouncing the Ball* (set 1)

**Breathe In:**

Weight shifts to the R leg. R hand scoops in to Lower Dan Tian, travels up centre of body, palm up. At the Middle Dan Tian it begins to rotate, so it faces out at head level, and shifts over to the side of the head.

As you raise the R hand, lift the L leg (ideally until the thigh parallels the floor).

**Breathe Out:**

Lower the R hand to the side of the body, as the L foot presses down to the original spot. Weight shifts back to centre.

Mirror movement on the other side

**Breathe In:**

Weight shifts to the L leg. L hand scoops in to Lower Dan Tian, travels up centre of body to the side of the head, as you lift the R leg.

**Breathe Out:**

Lower the L hand to the side of the body, and press the R foot down. Weight shifts back to centre.

Repeat 3 times.

**Note:**

Breathe In; raise the hand and opposite leg. Breathe Out; lower the hand and leg. Keep the supporting leg slightly bent the entire time.

Focus on the Jie Xi points.

Ideally the foot and hand move simultaneously.

## 17. Circling Qi at the Lower Dan Tian



Transition: Place the Lao Gong of both hands over your navel. (R hand underneath for ladies, and L hand underneath for men.) Begin by lowering hands below the navel; then circle to the L, spiralling outward.

Breathe In:

Hands travel UP the circle to the LEFT as body turns left.

Breathe Out:

Hands travel DOWN the circle to the RIGHT as body turns right.

Repeat 3 times making progressively larger circles.

Reverse direction.

Breathe In:

Hands travel UP the circle to the RIGHT as body turns right.

Breathe Out:

Hands travel DOWN the circle to the LEFT as body turns left.

Repeat 3 times making progressively smaller circles, settling at the navel.

Note:

Keep knees bent and shoulders relaxed.

Breathe In as hands circle up move. Breathe Out as they circle down.

Hands should not go lower than the pubic bone or higher than the Middle Dan Tian.

Gently involve the entire body; so the body turns to the L when hands go L, and turns R when the hands go R. Movements actually initiate internally. The body expresses these movements, and the hands follow. The body traces larger and larger circles, then smaller and smaller circles.

## 18. Returning to Womb



Your hands remain at Lower Dan Tian from the previous move. Close your eyes, relax the body, and quiet the mind.

Focus on a very important point approximately 3 fingers' width inside/behind your navel. (Deeper, if the belly is large.)

Place your attention on this spot and use Abdominal Breathing or Dan Tian Breathing.

Relax and softly inhale, feel the point open; and then close as you exhale.

Continue breathing calmly, gently, and smoothly; in and out.

As your body relaxes and your mind becomes quiet, you will find this point is actually doing the breathing; this is Embryonic Breathing. It is not holding your breath.

Breathing has become so effortless that you are not even aware of it. This very subtle breathing creates a deep qigong state that allows qi to flow optimally.

Internally, many things will start to happen naturally, e.g., qi will begin to flow automatically in the microcosmic and macrocosmic orbits.

The key to activating Embryonic Breathing is to relax, and allow it to happen without effort. This is what we call *Wu Wei*, meaning without effort or a strong intention.

This is the main concept of the *Dao De Jing (Tao Te Jing)*, the classic Daoist text.

*Wu Wei* also translates as 'not doing' or 'do nothing', but this doesn't actually mean that you aren't doing anything. It means that things happen without effort. It is nothing you make happen. You simply let go of trying, and allow the process to happen by itself.

A major Daoist teaching says,

"When your *Shi Shen* (your conscious mind) has little interference to your *Yuan Shen* (your super conscious); then the *Yuan Shen* will start to function at its optimal state, your body will begin to heal itself, and you will be healthy."

識神退位 元神現

In this movement, merely focus on breathing from inside/behind your navel for at least 6 breathing cycles. The more, the better, but practice without focusing on the outcome.

These are some things you can do to facilitate Embryonic Breathing:

1. Maintain the Tai Chi Posture, making sure your body is relaxed and properly aligned.
2. Gently breathe through the nose in a smooth and even manner using the abdomen or Lower Dan Tian. Don't focus on breathing. It will gradually slow and soften by itself.
3. Calm the mind by focusing on the point inside/behind your navel. Let go of thoughts, as you sink into a deeper qigong state.