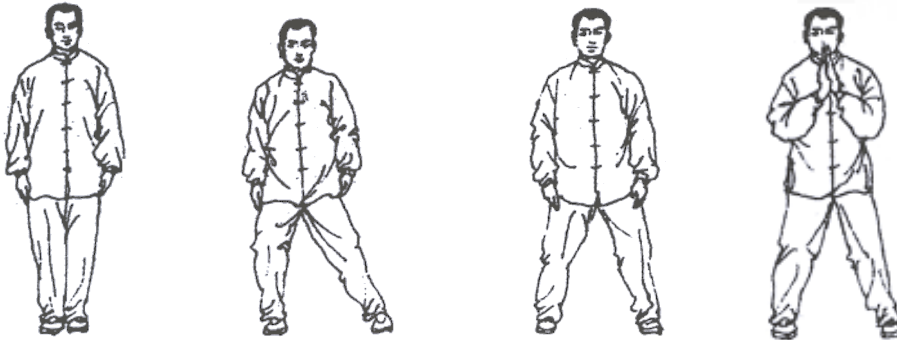


# Exercise To Calm And Concentrate The Spirit And Regulate The Heart (Standing)

Professor Zhang Guangde

## Preparation



Close the eyes slightly, repeat in silence the poetry of the preparation.

*It is night, silence  
Dismiss the ten thousand concerns of life  
Concentrate your spirit in Dantian, the  
field of lower cinnabar  
And close the seven orifices of the face  
Breathe deeply, slowly, gently  
Create the magpie bridge  
The body becomes light like a swallow in  
the spring  
Who flies and circles in the distant clouds*

## First Movement: Concentrate The Spirit In Dantian

### Key Points



1/ Concentrate the mind and eliminate distracting thoughts: the 5 organs, 6 entrails, 4 limbs and all the joints should remain in a relaxed state.

2/ Bend the knees to a level which is comfortable for each individual, but keep the body upright. Do not bend the knees beyond the toes.

### Therapeutic Action

1 / Exhalation and inhalation release all the meridians: blood and energy circulate in the whole body and all the diseases are eliminated.

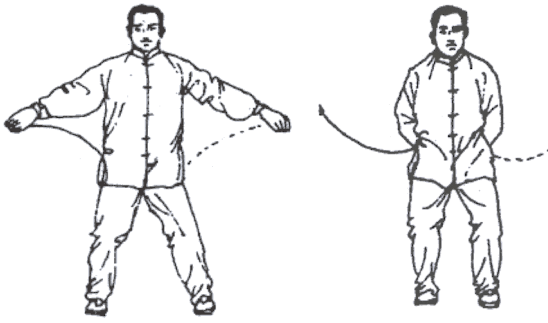
2 / Regulates the 7 emotions, purifies the brain, harmonizes the spirit and the emotions.

## Second Movement: Bring The Heart To Mingmen

### Key Points

1 / Concentrate the mind and bring the attention to *Mingmen* 4GV. Feel that at this place, there is a light, soft fire, which gently heats the area.

2 / The whole body is relaxed, find a comfortable position while keeping the body upright. Keep the breathing very soft and well regulated.



### Therapeutic Action

1 / regulates the blood, tonifies the energy, repairs all types of damage due to exhaustion of the body, .

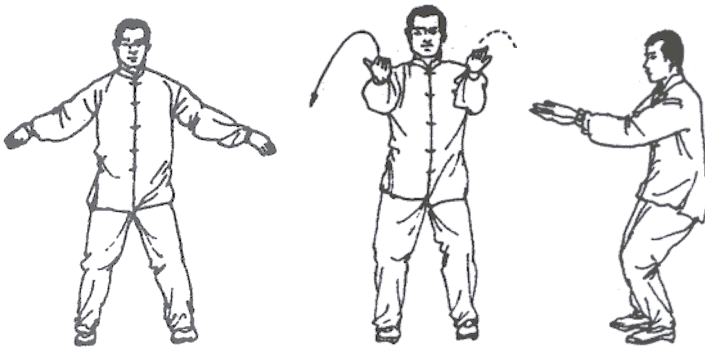
2 / improves body posture, helps to regulate breathing; increases the stability of the lower

## Third Movement: Gather Energy Through Laogong

### Key Points

1 / Return the attention to the zone of *Laogong* 8HP to gather the subtle energy of the Sun and the Moon and thus receive the energy of the sky and the ground.

2 / Coordinate and harmonize the movements of the upper and lower limbs, to release the whole body. The most important is to relax the body and to calm the heart:



### Therapeutic Action

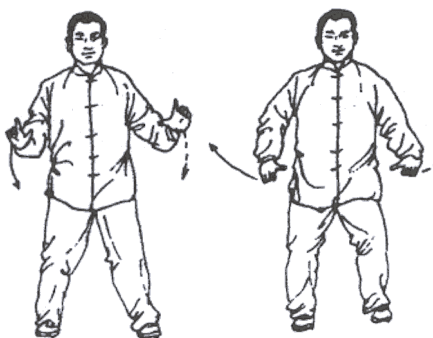
1/ Regulates the mind, concentrates the attention and reinforces the body.

2/ The zone of *Laogong* 8TH is a sensitive area, and by concentrating on it, one reinforces the potential of sensitizing this zone

## Fourth Movement: Lead The Attention To Yongquan 1K

### Key Points

1 / Keep the body upright, release the lumbar region and tighten the buttocks slightly.  
2 / Concentrate the mind and the attention on *Yongquan* 1K, to purify the spirit and to release the attention.

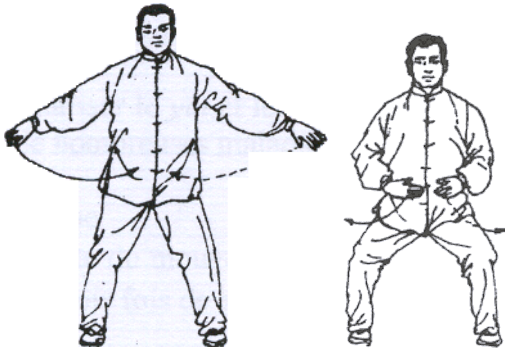


### Therapeutic Action

1 / To calm the spirit, to eliminate fire, this movement can have an action on disorders such as - heat in the soles of the feet, giddiness, eye trouble.

2 / To release and regulate the kidney and bladder meridians, to nourish Yin and to reinforce Yang in order to treat disturbance in the urinary system and the genital system.

## Fifth Movement: Circulate Energy Between The Governing And Conception Vessels



### Key Points

1 / Return the attention to *Guanyuan* 4CV, to experience energy gently appearing in this place then lower the attention to follow the passage of energy from the zone of *Huiyin* 1 CV, *Changqiang* 1GV , *Jiaji* 9GV, then rising to *Baihui* 20GV then crossing *Que Qiao* - the Magpie Bridge, the following the path of the *Conception Vessel* and returning to the zone of *Guanyuan* 4CV.

2 / Lead the movement of energy by thought, taking care that this thought is not forced. The movement of energy should not be done by will power. The mind must lead and gently and naturally guide the movement of energy (if there is presence of energy) which will become perceptible then. .

### Therapeutic Action

1 / Regulates Yin and Yang, releases the meridians in the whole body to heal and to prevent many chronic diseases.

### Length of Practice

Control the movement of energy by thought along Renmai and Dumai three times continuously.

The End of the Sequence



Rub the hands together slowly and massage the face three times. Finish the practice quietly.