

Practice 11.

DRAWING IN HEAVEN AND EARTH

The Purpose:

To activate your Wei Qi Field around your body so that you can draw external energy in to you.

To re-charge yourself.

To borrow the energy of Heaven and Earth when you need to.

To plug yourself in to the Universe.

Overview and Explanation:

In the normal sense of Chinese Medicine and Acupuncture the usual meaning of 'Drawing Heaven and Earth into you' refers to breathing and eating. This is known as Post-Natal Qi/After Birth Qi. Before birth all of a baby's Qi comes from the mother, through the umbilical cord attached at the navel. This is known as Pre-Natal Qi. Once the baby is born, and the umbilical cord is cut, the baby's energy has to come from the outside, through breathing and eating.

Breathing is the Energy of Heaven. It goes to the lungs.
Eating is the energy of Earth. It ends in the spleen.

The Qi/Energy in the lungs and the spleen interact, like an old-time carburetor in a 'car', before fuel-injection technology, so that there is the right 'mix', the correct combination of oxygen and fuel. This is what the car runs on. Likewise, breathing and eating provide the fuel for our bodies to run on.

However, there is another way that Heaven and Earth can be drawn into you, and that is to draw them in directly - through the Governor 20/Bai Hui point at the crown on the top of your head, and through the Bubbling Spring/Yong Quan point on the soles of your feet. It could be said that this practice by-passes photosynthesis - you draw the Qi/Energy from the sun directly in to you without needing to first go through plants and animals. It can save a fortune on food!

One of the primary principles of the Chinese world-view is that of "Heaven-Earth-Human". This statement may seem self-evident, but its simplicity conveys a profound truth.

'Heaven-Earth-Human' refers to the basic separation of what is above and what is below, with ourselves in the middle. It also refers to the three lines of the trigrams, the 'Gua', of the I Ching - The Book of Changes - where the Yang line is above and the Yin line is below, and the middle line is between.

HEAVEN means everything above us - sunlight, sky, clouds, moon, planets, sun, stars, galaxies, universe. Heaven is the primary Yang. It may also be called 'Heaven Yang Qi'.

EARTH means everything on this planet, and the earth itself - the ground beneath your feet, the area you are in, plants, trees, other creatures, mountains, continents, oceans, and down through the mantle of the planet to the core at the actual center, the center of our gravity. Earth is the basic Yin. This may also be called 'Earth Yin Qi'.

As Human Beings we stand between Heaven and Earth, between Yang and Yin.

Preparation:

Minimal: The Ba Gua, The Belt Channel.

Optimal: Everything so far.

THE PRACTICE:

This practice involves extending the Belt Channel/Dai Mo up into Heaven and down into Earth, and then reversing it to draw the essence and energy of Heaven and Earth into you.

Ascend up into Heaven.

To do this practice first open your whole personal Wei Qi Field, as described earlier in the Belt/Dai Mo sequence (practice #7).

Then, draw your Qi up the Dai Mo, as described previously, to the Crown Point/Bai Hui. At this stage it is condensed to a 3 inch diameter circle.

Using your mind to control your energy, extend it 3-12 inches above your head (whatever feels the right distance to you). Rotate to the left 3-9 times. This point is where the external Qi/Energy aligns with your own unique personal energy frequency.

Then extend it above your head to the very edge of your personal field (whatever feels the right distance to you). Rotate to the left 3-6 times. This point is the 'transformer' that adjusts your own unique personal energy frequency to the universal field outside of yourself. It extends outside of your own personal energy field, to join with the 'external' energy of the universe.

Directing your energy with your mind, spiral out 9 times, in ever increasing diameters, from the edge of your own personal field into the furthest most reaches of the heavens above you. For you this may be to the edge of the atmosphere around our planet, or it may be to the outer edge of the universe, which according to the the most recent observations and theories of the science of astrophysics is an opaque plasma-field bubble. Extend out to whatever feels comfortable to you.

Rest in this space and place. Hold your mind and attention there. Experience this expanded sense of your relationship to the universe, and your place in it.

Breathe deeply in and out.

Then, rotating the direction of the spirals to the right, reverse this same scale and proportion over 9 spirals, and as you breathe in return back to the point above the outer-most edge of your personal field.

At this point circle 3-9 times. This acts like a 'transformer' and adjusts the universal energy to your own personal Qi/Energy frequency and vibration.

Then, continuing to the right, drop down to the point 3 to 12 inches above your head. This adjusts it to your personal energy even more.

Then, descend down to your Crown/Bai Hui point.

From here continue down, spiralling to your right, through each level of the microcosmic orbit - brow, throat, chest, solar plexus, navel, sexual point, perineum, knees, to the soles of your feet.

Descend Down Into Earth.

Focus your Qi at the Bubbling Spring/Yong Quan point on the soles of your feet. At this stage it is condensed to a 3 inch diameter circle.

Then, using your mind to control your energy, extend it 3 to 12 inches below your feet (whatever feels the right distance to you). Rotate to the right 3-9 times. This point is where the external Qi/Energy aligns with your own unique personal energy frequency.

Then extend it below your feet to the very edge of your personal field (whatever feels the right distance to you). Rotate to the right 3-9 times. This point is the 'transformer' that adjusts your own unique personal energy frequency to the Earth energy outside of yourself. It extends outside of your own personal energy field, to join with the 'external' energy of the Earth.

Directing your energy with your mind, spiral out 9 times to the right, in ever increasing diameters, from the edge of your own personal field down into the Earth. This may progress from the immediate environment of the room or open space you are in, to the building, block, city, county, state, country, continent, hemisphere while at the same time descending directly down to the center of the planet. Geologists believe there is a molten iron core at this center.

Rest in this spaceplace - the center of gravity. Hold your mind and attention there. Experience this expanded sense of your relationship to Planet Earth, and your place on it.

Breathe deeply in and out. Rest.

Then, rotating the direction of the spirals to the left, reverse this same scale and proportion over 9 spirals, and, as you breathe in, slowly return back to the point below you, at the outer-most edge of your personal field.

At this point circle 3-9 times. This acts like a 'transformer' and adjusts the Earth energy to your own personal Qi/Energy frequency and vibration.

Continuing to the left, draw up to the point 3 to 12 inches below you. This adjusts it even more.

Then, draw it up to the Bubbling Spring/Yong Quan point on the soles of your feet.

From here continue upwards, spiraling to your left, through each level of the Microcosmic Orbit - knees, perineum, sexual point - back to your Navel.

Close And Seal At Your Navel

To end at this stage, close and seal your energy at your navel by spiraling out 9 or 36 times, and back-in 6 or 24 times, as previously described with the Ba Gua practice. Men out to the left/clockwise and back in to the right. Women out to the right/counter-clockwise, and back in to the left.

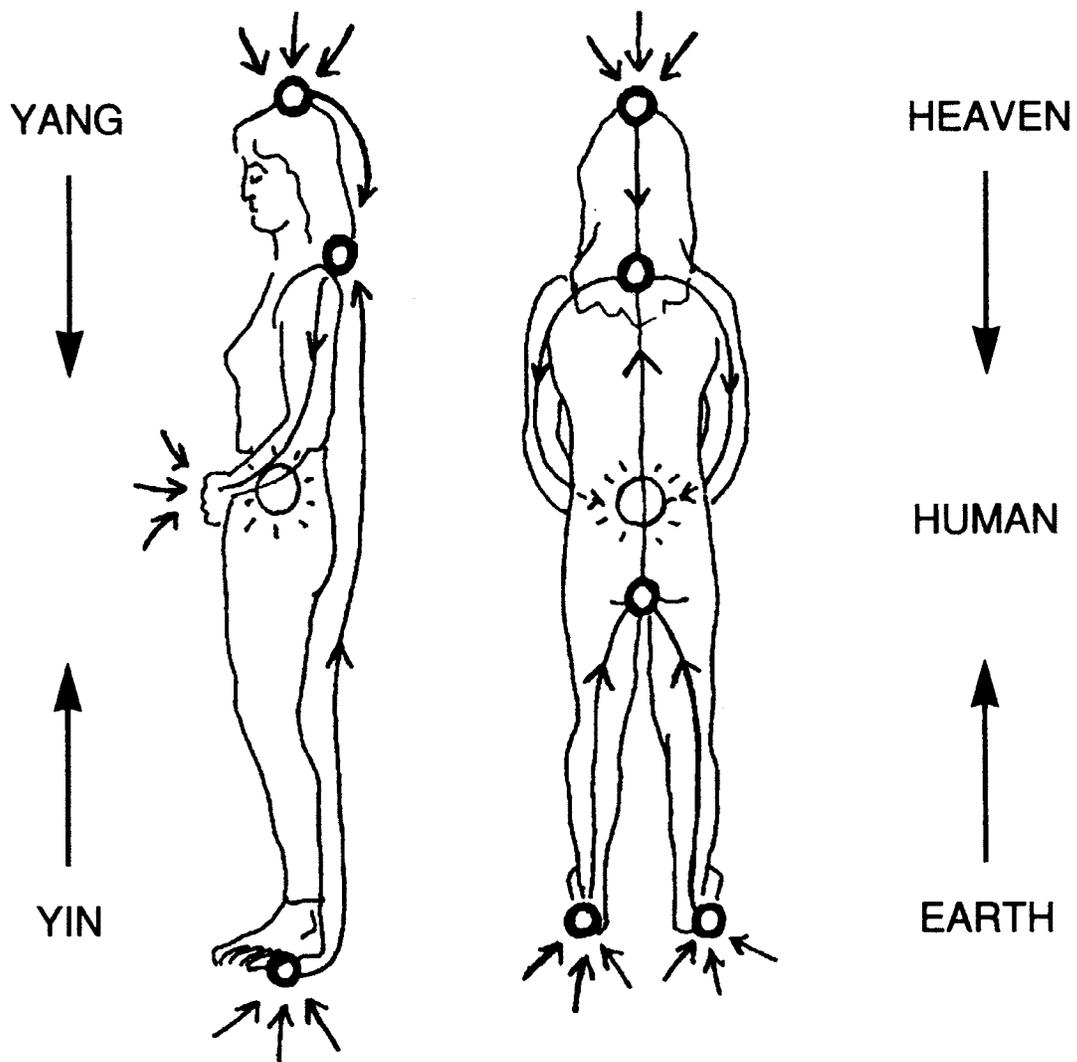
Pay attention to how you feel. Remember it. Add it to your energy memory library.

Once you have learned and become proficient in this practice of drawing the external energy of Heaven and Earth in to you, there are various ways of doing it. Try the following.

Stand, sit or lie in a relaxed and receptive posture. Close your eyes or just keep them partly closed. Focus inside yourself.

- Place your hands over your lower Tan Tien - left first for men, right first for women.
- Put your mind into your navel, and open it.
- Put your mind into your crown, and open it.
- Put your mind into the two points on the soles of your feet, the Bubbling Spring, and open them.

- Slowly breathe in, and as you do so draw the energy of Heaven - sunlight, sky, the moon, planets, stars, cosmos - to the crown point on the very top of your head. Collect your energy at this point. When you breathe out, hold this energy, do not let it go.
- As you breathe in, draw the energy of Earth - the ground, plants, water, metal, minerals - to the point on the soles of your feet. Collect the energy there. When you breathe out, hold this energy, do not let go of it.
- As you breathe in, draw the energy of Heaven from your crown down the center line of the back of your head to the point where your neck and shoulders meet. This is just below the largest bone that sticks out when you bend your head forward. This point is known as The Great Hammer/Da Zhui.
- As you breathe in, draw the energy of Earth from the soles of your feet up the back of your legs to the back of your pelvis, then up the center line of your back to this same Great Hammer/Da Zhui point where your neck and shoulders meet.
- Gather and combine the energies of Heaven and Earth at this point. Pay attention to how this feels. Hold your attention and energy there. Slowly and deeply breathe in, and each time you breathe in draw energy to this point. When you breathe out, just hold your mind and energy concentrated there, don't let it disperse. Let your energy build and accumulate until the point feels full.
- Now, as you breathe out, send the energy down both arms to the Lao Gong points in the center of your palms, and through your palms, to then enter your lower Tan Tien, your power pack. Gather your energy there. Take it in. Let it soak into you.
- You can also do this practice with your hands 6 to 12 inches away from your body, with your Lao Gong point in the center of your palms directed at this same point.
- Pay attention to how this feels. Find a word, an image, a picture or a symbol to describe this sensation. Remember this.
- When you have finished, slowly open your eyes and return back to the outside world.



Drawing heaven and earth into you

Once you have learned this practice of drawing Heaven and Earth in to you, you can do it when you are touching somebody (a loved one, a child, giving a massage, practicing Acupuncture...), or when engaged in some other activities (working, gardening, cooking...), or when you need to draw on more energy for special situations or events.

Doing this practice plugs you into the universal energy source. You draw Heaven and Earth directly into yourself. You can do it all day, every day. You can make it an extension of your breathing - instead of just breathing in oxygen you can breath Heaven and Earth into you, and have more energy. It can become the normal way that you are.

Doing this allows you to borrow universal energy whenever you wish or need to. You can feel refreshed and recharged.

Practicing Qigong is one of the very best things that you can do for yourself. Learn these simple practices and they will belong to you, and be yours. They will increase your energy, and the very 'Life' within you.

Practice Qigong and Cultivate Your Life.

To Continue:

This practice of Drawing In Heaven And Earth is complete in itself, and may be performed as such - as and when needed or desired.