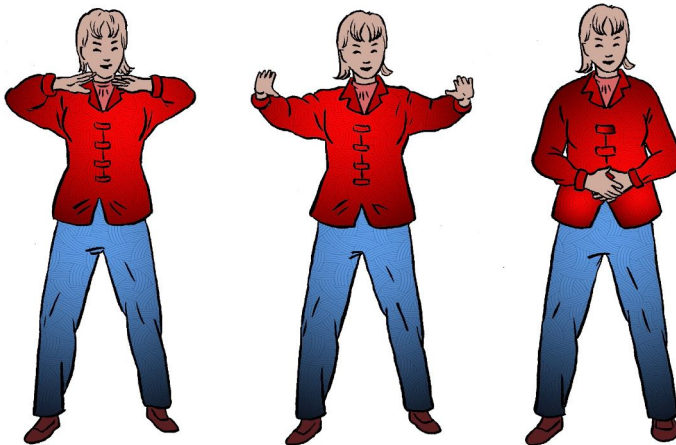


## 5 - Qi Returns To The Origin

### *Continue from Closing Movement 4.*

Relax your breath and muscles. Let your shen and qi settle.

- a. Once the centers of your palms have come to face each other, spread your hands, palms turning to face downward, toward either side, keeping them level with your shoulders. Imagine that both your wrists are connected by a rubber band and your hands are magnetically attracted to each other. Keep your mind on your qi sensations. (CM 5.1)
- b. Relax your shoulders and sink your elbows.
- c. Your hands and arms should curve downward as your palms descend. Imagine you are pushing a ball down from your shoulders to your waist.
- d. Extend your hands outward at shoulder height. Your elbows are slightly lower than your shoulders. Continue to imagine that your hands are connected by rubber bands.



CM 5.1

- e. Imagine that you are practicing while standing in shoulder deep water. Feel the quiet “brushing” sensation of the water as it moves over your skin.

- f. Lower your hands by curving them slowly down the sides of your body.
- g. As you lower your hands, shift your weight to your right foot.
- h. Continue lowering your hands and draw your left foot toward your right foot.
- i. Both knees should be slightly bent.
- j. Gradually return the qi and breathe to the middle dantian.

This is the “Returning to the Origin” posture.

Maintain this standing posture until your qi and breath have returned to their ultimate origin (middle dantian).

‘To take training the qi to nourish the qi as your central guiding principle, issue qi from the dantian to train, and return it to the dantian to nourish. Combine the five primary components of training (keeping the mind, postures, breathing, quiescent techniques, and moving techniques) and base your training on the mind in order to achieve good results.’

- Master Jiao Guorui (translated by Ariel Ma’ayan)

As you practice you may notice sensations of qi flowing in and out of your hands.

