

## 10 - Peacock Opens its Tail



The peacock is another manifestation of the heavenly phoenix on Earth. It is said that the hundred eyes on its tail would activate fame, and luck, promote public admiration, and elicit positive motives from other people. It is particularly sacred to the Dai people of southwest

China, for whom it symbolizes beauty, happiness, and luck. It is said that the fiery energy of this magnificent animal can relight the fires of an ailing relationship. As decorative art, the peacock symbolizes dignity and beauty.

The peacock with its tail of 100 eyes is also associated with the goddess Guan Yin (the sinified version of Avalokiteshvara, the bodhisattva of compassion). The goddess Guan Yin helps the suffering and thus transmutes evil into beauty. The peacock resembles protection and holiness in this context.

### *Transitioning from movement 9*

- a. Draw your right foot back to your left as you bring your hands together in front of your belly. (M 10.1)
- b. Once your feet are together, shift your weight to your right foot as your body rises slightly.



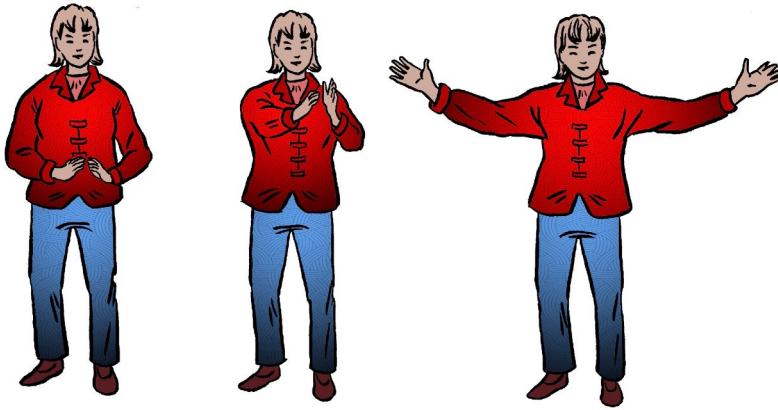
M 10.1

### *Left side sequence*

#### *Part 1*

- a. Form a wide bow stance by stepping forward and to the left with your left foot.
- b. Your wrists and palms should employ a downward bracing force (jin).

- c. Lean slightly forward without bending at the waist/bending your lower back. Straighten and extend your body.



M 10.2

### Part 2

- a. Extend your hands forward as you shift your weight to the front foot (into a bow and arrow stance). (M 10.2)
- b. Lower your shoulders and relax your waist as you extend your fingers outward. Extend from the upper back, elbows, wrists, and fingers. Both hands should curve outward.

### Part 3

- a. With your weight on your front foot (bow and arrow stance), open your arms, curving outward, leading with your fingertips. Your arms should be shoulder-height.
- b. Your wrists should reach the height of your shoulders and your fingertips the height of your ears.
- c. Your arms should form a curved line, like a peacock opening its tail.
- d. The extension of the curved line of your arms can be vast. Imagine embracing the universe and merging with space, feeling the connection between the qi of nature and primal qi.

## *Repeat The Sequence*

Shift your weight to your rear foot as you draw your hands back to meet, fingertips lightly touching, in front of your lower belly. (M 10.3)

Repeat this sequence as many times as desired, or draw back your front foot and proceed to the right side.

## *Right side sequence*

### *Part 1*

- a. Shift your weight onto your left foot, and step forward and to the right with your right leg to form a wide bow stance.
- b. Your wrists and palms should employ a downward bracing force (jin).
- c. Lean slightly forward without bending at the waist/bending your lower back. Straighten and extend your body.

### *Part 2*

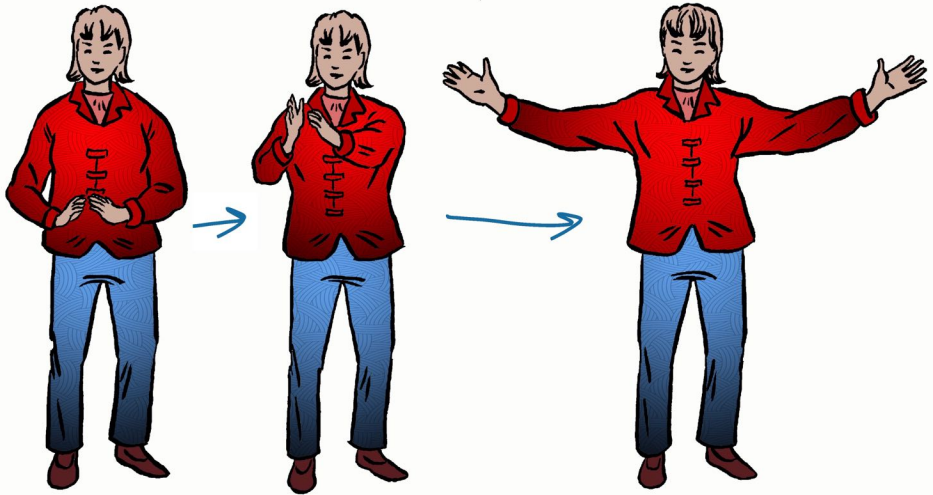
- a. Extend your hands forward as you shift your weight to your front foot (into a bow and arrow stance).
- b. Lower your shoulders and relax your waist as you extend your fingers outward. Extend from your upper back, elbows, wrists, and fingers. Both hands should curve outward.

### *Part 3*

- a. With your weight on your front foot (bow and arrow stance), open your arms, curving outward, leading with your fingertips. Your arms should be shoulder high.
- b. Your wrists should reach the height of your shoulders and your fingertips the height of your ears.
- c. Your arms should form a single curved line, like a peacock opening its tail. (M 10.4)



M 10.3



M 10.4

- d. The extension of the curved line of your arms can be vast. Imagine embracing the universe and merging with space, feeling the connection between the ‘qi of man/woman’ and the ‘primal qi.’

*Repeat the sequence*

Shift your weight to your rear foot as you draw your hands back to meet, fingertips lightly touching, in front of your lower belly.

Repeat this sequence as many times as desired, or draw back the front foot and practice by performing this motion alternately on the left and right. When you are ready, continue onto transitioning to movement 11.

*Transitioning to movement 11*

After opening the peacock's tail on the right, bring your palms together at heart-level over your front leg. (M 10.5)



M 10.5

### *Additional information to enhance practice:*

This posture uses the following qi guiding patterns:

1. Breathe into the middle dantian
2. Direct qi from the middle dantian to the palms of your hands.



In *The Yellow Emperor's Guide to Internal Medicine*, Huang Ti and Qi Bo also discuss a number of different functions and purposes of Qi within the body.

- Qi is the source of movement both in terms of physical muscular motion, the involuntary movement of the heart and lungs, intentional action and thinking, and the human life cycle of birth, growth, and aging.
- Qi protects the body by negating what are called “pernicious external influences” (e.g., bacteria, viruses, environmental toxins) that once they invade the body can manifest as illness or disease.
- Qi transforms nutrients into the fluids of the body such as blood, tears, sweat, and urine.
- Qi is the agent that balances and harmonizes the intake and processing of food and the elimination of waste products.
- Qi is the governing force for the organs of the body and “holds” the organs in place as well as preventing the excessive loss of bodily fluids.
- Qi warms the body by maintaining and regulating the temperature of the organs, limbs, and extremities.

Clippinger, David W.. *Cultivating Qi* (pp. 34-35). Jessica Kingsley Publishers. Kindle Edition.