

# Movement 2 - Gathering Qi to the Three Dantian

## I. The Movements

This exercise is made up of three parts: gathering qi to the upper dantian, gathering qi to the middle dantian, and gathering qi to the lower dantian.

### 1) *Gathering Qi to the Upper Dantian*

A. Start by standing in wuji stance.

- i. Mindfully raise both hands up and out from your sides. Continue raising your hands as you gather qi (Figure 2-1).
- ii. Continue to mindfully raise your hands and draw them to the space in front of the eyes. Imagine drawing this qi into the point between the eyebrows and into the upper dantian (Figure 2-2).
- iii. After gathering qi to the upper dantian, gently draw qi down to the middle dantian via the navel (Figure 2-3).
- iv. Repeat this sequence nine times

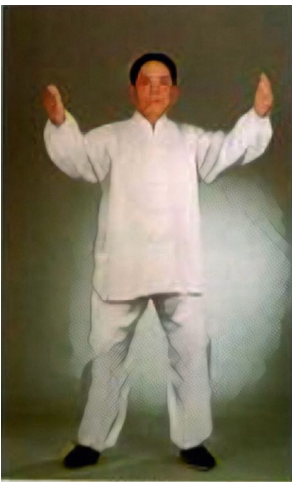
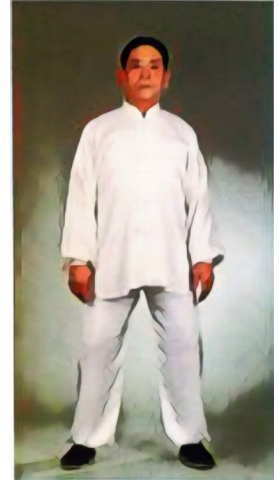


Figure 2-1

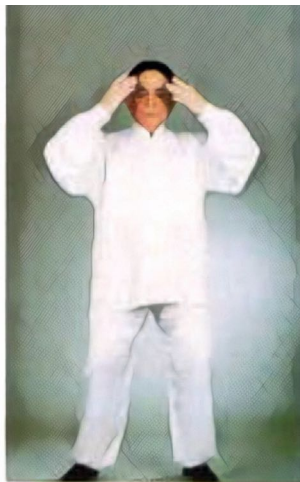


Figure 2-2

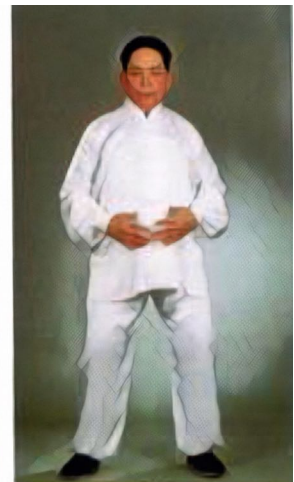


Figure 2-3

## 2) *Gathering Qi to the Middle Dantian*

- A. Use both hands to gather in front
  - i. Continuing from the previous movement.
  - ii. Mindfully move your hands and arms. Reach outward and to the sides in a movement to gather qi. The hands reach outward then move toward the center line as if gathering a cloud in front of the navel. (Figure 2-4)
- B. Draw qi into the middle dantian via the navel.
  - i. Continuing from the previous movement without pausing.
  - ii. Mindfully draw your hands back toward your navel. Imagine drawing the qi into the middle dantian (interior from the navel). (Figure 2-5)

Repeat this sequence 9 to 36 times.

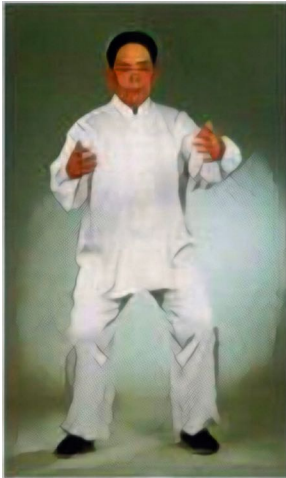


Figure 2-4

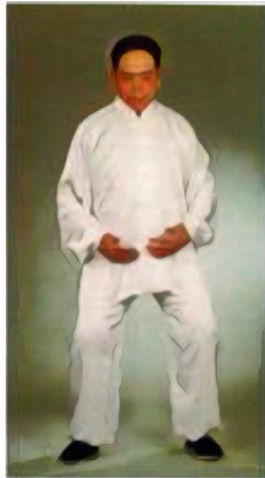


Figure 2-5

### 3) *Gathering Qi to the Lower Dantian*

- A. Use both hands to gather qi from below
  - i. Continue from the previous movement.
  - ii. Mindfully move your hands and arms to gather qi from below. (Figure 2-6)
- B. Lifting Qi upward as you Raise Your Hands
  - i. Continue from the previous movement without pausing. Mindfully draw qi up the core of your legs as you draw your hands upward. Draw your hands/qi to your lower back. As you do this draw up the anus as your hands draw qi up to the huiyin point (the perineum). Then trace qi through the tailbone (the weilü point) to the point between the kidneys called the Mingmen (sometimes referred to as the rear dantian).
  - ii. As you trace upward, straighten your posture. (Figure 2-7)
- C. Return Qi to the Middle Dantian
  - i. Continue from the previous movement without pause. Mindfully move your hands from their position near the mingmen around to the front of the body. Draw qi from your mingmen to your middle dantian. (Figure 2-8)



Figure 2-6

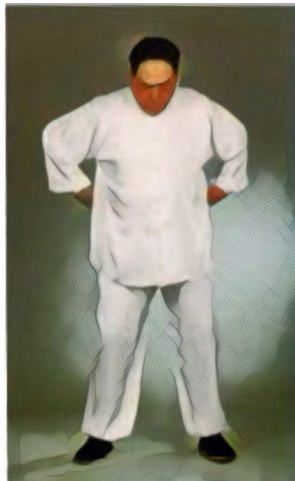


Figure 2-7

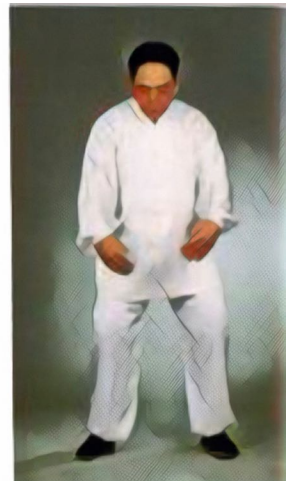


Figure 2-8

Repeat the sequence 9 to 36 times. Mindfully stand in a meditative manner and imagine the qi arriving to your middle dantian from your mingmen. (Figure 2-9)

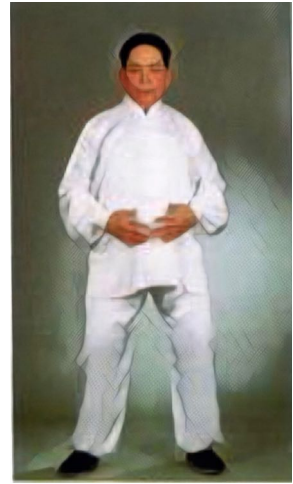


Figure 2-9

## II. Essential Points for Cultivation

1. When you gather qi into the upper dantian, qi enters this dantian via the point between the eyebrows (the Ancestral Portal). When you gather qi into your middle dantian, qi enters this dantian via the navel. When you gather qi into your lower dantian, qi enters this dantian via the huiyin point on the perianeum.
2. When gathering qi with your hands, sink the qi and clench the anus. The qi guiding pattern is determined by your internal mental imagery. Qi is drawn from far to near, from external to internal. Through these movements you continuously gather to and receive into the middle dantian. Use your imagery to gather the hunyuan or primal qi of nature, of heaven, and earth. Draw in the qi of the entire universe into your middle dantian. Merge this received qi with the primal qi within your own body to form a single, unified qi.
3. During the process of gathering qi to the upper dantian, when you descend qi from the upper dantian to the middle dantian, internally 'see' the qi moving down, hear the qi moving down, and feel the qi moving down. This is called shen and qi descending down with intention. As this occurs, jing and qi will naturally ascend from the lower dantian.
4. During the process of lifting qi from the lower dantian, clench the anus, raise the huiyin, and lift the weilü (the tailbone). This is called the process of transforming jing into qi, and collecting the qi to the middle dantian (returning qi to the source).

5. After collecting qi and returning it back in the middle dantian, pause slightly while the qi is absorbed or 'hidden'. This is called collecting and hiding the qi. It is also known as harmonizing shen and qi. Relax and practice gathering and drawing in qi.
6. Breath naturally, without thought.

### **III. Effects and Functions**

1. The qi that is gathered during the practice of gathering qi to the three dantians is primal of hunyuan qi of heaven and earth. This practice grows the unification of the three treasures of heaven, earth, and humanity. It is a practice that returns jing, qi, and shen back to primal unity (the unity of the hunyuan).
2. When practicing gathering qi to the upper dantian you also are training your shen. The practice of this movement helps to circulate and unblock the Ren Mai (the Conception Vessel). It also helps expel stale and stagnant qi and draw in fresh qi. It is believed to help in the absorption of oxygen and improve metabolism.
3. When practicing gathering qi to the middle dantian you are training your qi. This practice is believed to strengthen the kidneys. This practice also helps with the movement of the abdominal muscles. These muscles are strengthened and the organs of the abdomen are massaged. This can strengthen the process of digestion and elimination.
4. When practicing gathering qi to the lower dantian you are training your jing. The practice of this movement helps to circulate and unblock the Ren Mai and Du Mai (the Conception Vessel and the Governing Vessel). This practice helps transform jing into qi, and returns qi to the brain to strengthen it. It is believed that this movement nourishes the bone marrow, and harmonizes the heart and kidneys.
5. From a martial perspective, these movements strengthens pulling down or plucking jin (force) as well as pushing jin, ward off jin,