

## 2 - Part the Clouds and Embrace the Moon



Clouds reside in the space between earth and heaven, a celestial realm. Clouds are the source of rain that benefits the world.



The upper dantian (located in the head) is considered the Moon Grotto in TCM. Ancient scholars believed that drawing primal qi to this dantian refined the mind and body. The body would become lighter and stronger.



### *Continuing from the last movement:*

Start from the end of the last movement 'Press the Ball Beneath the Navel.' (M 2.1)

### *Part 1:*

- Rotate your hands so the palms face upward. (M 2.2)
- Move your hands forward and outward as if parting clouds.
- Your arms bow outward slightly and force is applied with your hands and upper back.
- Continue to move your hands/arms upward. Slowly curve your hands inward towards your head.
- Imagine your wrists and the soles of your feet are attached by rubber bands. Feel these rubber bands stretch as your hands move forward and out to the sides. Both hands should move forward, spreading to both sides, before continuing their curve toward the mid-line, to the level of your third eye, to embrace the moon.



M 2.1



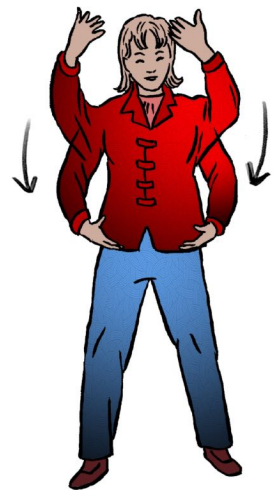
- f. Be mindful of the yongquan - Kidney 1/ Bubbling Spring (in the soles of your feet).
- g. Use a mental image of parting white clouds to either side of your body. The movement is gentle and almost imperceptible.
- h. The movement is known as 'Both Arms as Though Parting Clouds.'



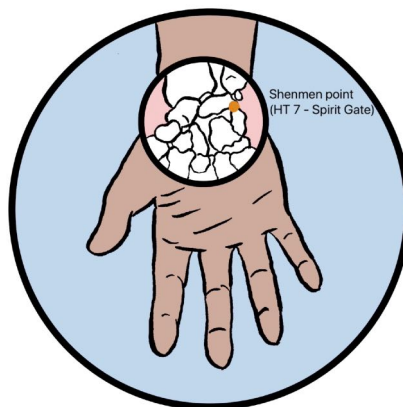
M 2.2

**Part 2:**

- a. Your hands should be level with your forehead (above your eyebrows), your fingers spread, and your palms angled inward and up.
- b. Focus your power (jin) on shenmen - Heart 7/Spirit Gate.
- c. The position looks like you are presenting the moon with both hands.
- d. Lower both hands slowly until they are in front of your lower abdomen. Move slowly and peacefully with hands shaped like holding a full moon.
- e. Slowly lower your stance as you lower the full moon.



M 2.3



Heart 7 - Spirit Gate

*Additional information to enhance practice:*

This posture uses the following qi guiding patterns:

1. Breathe into the middle dantian.
2. Guide qi down from the upper dantian down to the middle dantian. Fill the body with fresh primal qi. This will displace stale, stagnant qi.



Parting clouds / Embracing the Moon