

Movement 3 - Both Hands Roll the Ball

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I. The Movements

1) Both Hands Hold the Ball

A. Start in Wuji stance.

- i. Mindfully raise your hands and arms as if you are wrapping your arms around a tree that is in front of your chest and abdomen. Your palms are facing each other while you focus your attention on the laogong points on the center of your palms (Pericardium 8, The Palace of Toil). (Figure 3-1)

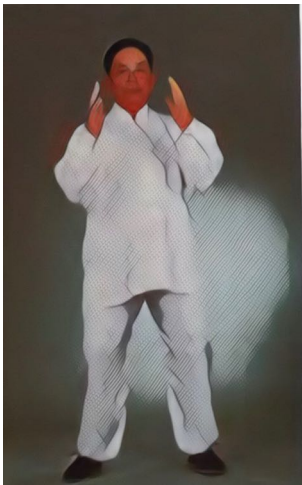
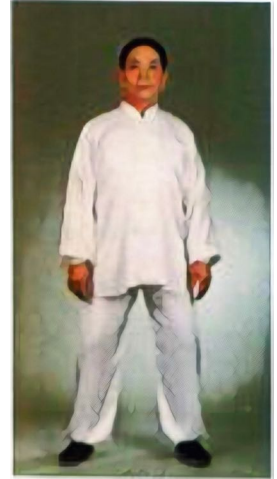


Figure 3-1

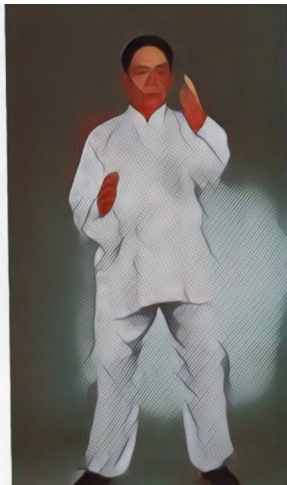


Figure 3-2

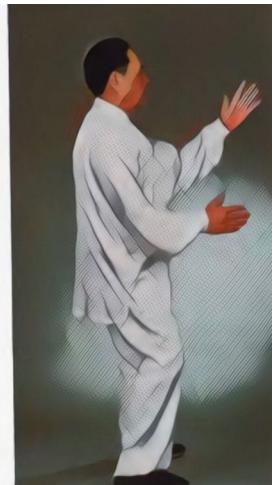


Figure 3-3

B. Rolling the Ball

- i. Mindfully move both hands up along the back of the ball and down along the front of the ball in a vertical circle. Rotate the ball in one direction, and then reverse the direction. (Figure 3-2 and 3-3)



Reversed Direction

II. Essential Points for Cultivation

1. You can use mental imagery to imagine a ball of qi in the space between you laogong. This is the ball that you are rolling.
2. As you mindfully roll the ball of qi, focus your imagination on rolling the ball. Focus your spirit/heart/mind (shen) on the revolving ball. What does it look like, sound like, and/or feel like internally. Harmonize the heart with the mind, the mind with qi, and the qi with your hands. Let your heart/emotions settle into quiescence. As the heart becomes quiescent your thoughts will become focused, the mind and qi will unite as one, and the inner and outer unite as one.
3. As you train this movement, your eyes, spirit (shen), and heart will lead the hands. Your hands will begin to invisibly connect with the hunyuan qi of the (middle) dantian. Imagine that the ball of qi in your hands and the ball of qi in your dantian merge into one. Both will rotate at the same time.
4. Breath spontaneously through the mouth and nose.

III. Effects and Functions

1. This movement benefits the microcirculation in the hands.
2. It is believed to improve the function of the internal organs.
3. It is believed that this movement helps qi penetrate to the fingertips. It thought to help the qi to connect to and fill the sinews.
4. This movement helps fill up the dantian with qi and internally rotate it.
5. This movement helps unblock the channels and vessels. It regulates yin and yang, and invigorates the waist and lower back. This benefits the kidneys.

