

### 3 - Lifting and Sinking the Ball on the Left and Right



In Chinese symbolism, the ball is also often presented as a pearl. Pearls are frequently shown with flames that symbolize magical powers. They may represent the wish-granting pearl of Buddhism.

This movement involves bracing, twisting, winding, and embracing forces; the whole body shifts.

This exercise can be used for a variety of chronic problems, as well as middle-aged or senior health maintenance.

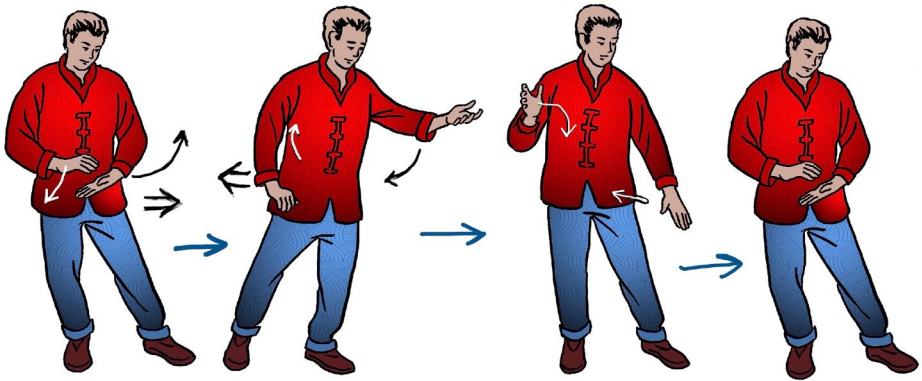
It combines:

- One upward supporting hand and one downward pushing hand.
- One yin hand and one yang hand.
- One ascending hand and one descending hand.
- One full leg and one empty leg.
- Movement in quiescence and quiescence in movement (quiescence within moving postures and internal movement (qi guiding pattern) within still stances).

This movement has a holistic nature. It contains rounded and lively movements. It uses the prenatal qi of the ultimate dimension. It is useful for a variety of chronic illnesses and is helpful for health maintenance of the middle-aged and elderly.

Transitioning From movement 2:

- a. Shift your weight to your right foot drawing your left foot to the instep of your right, its toe touching the ground.
- b. As you shift your weight onto your right leg, position your hands as though embracing a ball in front of your lower abdomen. Your left hand should be level with the pubic bone and your right level



M 3.1

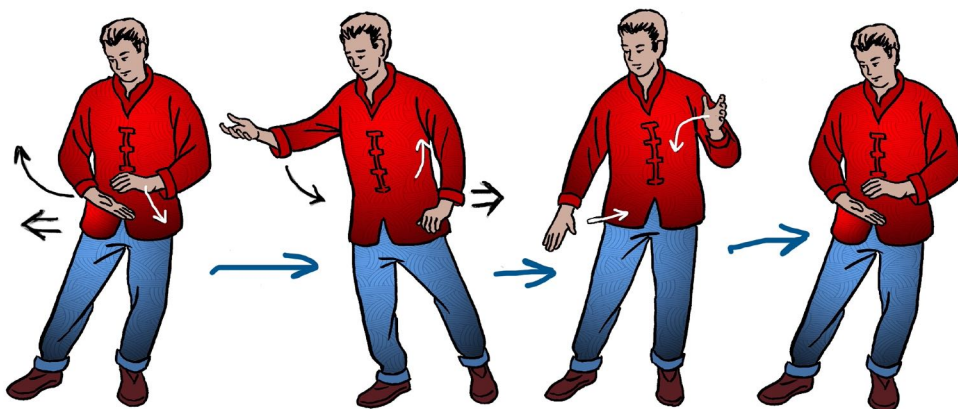
with the navel. Imagine the laogong (Heart 8, centers of the palms) of both hands attracting each other like magnets.

### Left side sequence 1:

- a. Step forward and to the left with your left foot. As you do, allow your hands to separate, so that both hands are hip-high. Keep your right hand facing down and your left hand facing up. (M 3.1)
- b. Shift your weight to your front foot. As you do this, lift your left hand up to shoulder-level and out in front of your body. Press your right hand down at your right hip.
- c. After reaching your point of maximum extension, turn both palms over and shift your weight back to your rear foot. As you do this, feel the magnetic attraction between the laogong of both hands to draw them together, back toward the front of your abdomen, rotating your hips to the left to embrace the ball on the left, this time with your left hand on top.
- d. Your hands should return to their original ball-embracing position.
- e. Repeat the sequence as desired, or proceed to the right side, and practice by alternating this move on the left and right.

## Transitioning To The right side sequence 1:

- a. Draw your forward left foot back to your right instep its toe touching the ground, and shift your weight to your left foot.
- b. Roll your hand position till your right hand is low and your left hand is high.



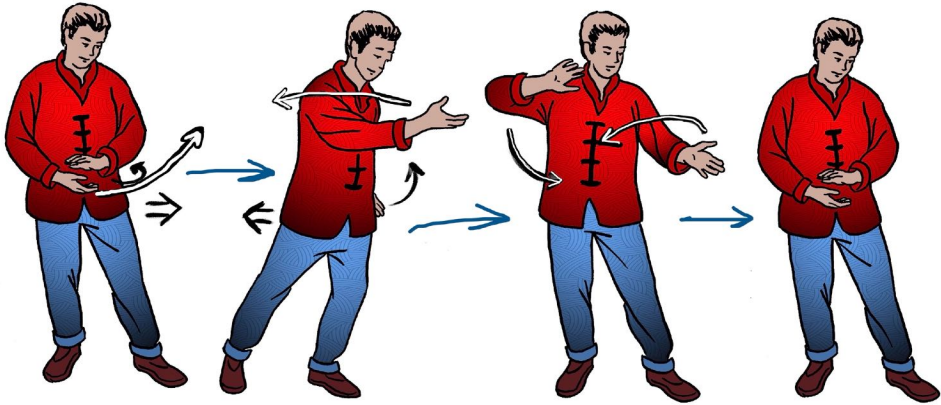
M 3.2

## Right side sequence 1:

- a. Take a step forward and to the right. Your left hand should be facing down and your right hand should be facing up. (M 3.2)
- b. Shift your weight to your front foot. As you do this, lift your right hand up to shoulder-level and out in front of the body. Press your left hand down at your right hip.
- c. After extending forward, turn your front palm over and shift your weight back to your rear foot. As you do this, draw your hands back to your lower abdomen.
- d. Your hands should return to their original ball-embracing position.
- e. Repeat the sequence as desired, or proceed to the right side, and practice by alternating this move on the left and right.

### Transitioning to the left side sequence 2:

- a. Draw your forward right foot back to your left instep. Shift your weight to your right foot. Your hips should face forward and 45 degrees to the right.
- b. Maintain your hand position until your right hand is low and your left hand is high.



M 3.3

### Left side sequence 2:

- a. Take a step forward and to the left. Your right hand should be facing down and your left hand should be facing up. (M 3.3)
- b. Shift your weight to your front foot. As you do this, lift your right hand up to shoulder-level and out in front of the body. Press your left hand down at your left hip.
- c. After extending forward, turn your front palm over and shift your weight back to your rear foot. As you do this, draw your hands back to your lower abdomen.
- d. Return your hands to their original ball-embracing position.
- e. Repeat the sequence as desired, or proceed to the right side, and practice by alternating this move on the left and right.

## Transitioning to the right side sequence 2:

- Draw your forward left foot back to your right instep. Shift your weight to your left foot. Your hips face forward and 45 degrees to the left.
- Roll your hand position until your left hand is low and your right hand is high.



M 3.4

## Right side sequence 2

- Take a step forward and to the right. Your right hand should be facing down and your left hand should be facing up. (M 3.4)
- Shift your weight to your front foot. As you do this, lift your left hand up to shoulder-level and out in front of the body. Press your right hand down at your right hip.
- After extending forward, turn your front palm over and shift your weight back to your rear foot. As you do this, draw your hands back to your lower abdomen.
- Return your hands to their original ball-embracing position.
- Repeat the sequence as desired, or proceed to the right side, and practice by alternating this move on the left and right.

*Additional information to enhance practice:*

This posture uses the following qi guiding patterns:

1. Breathe into your middle dantian
2. Direct qi from your middle dantian to the palms of the hands. Press upward and downward at the same time.

*This movement is an integrative training system. It combines:*

- a. Supporting and pushing (one hand supports, one hand pushes).
- b. Yin energy and yang energy (one hand yang, one hand yin).
- c. Ascending energy and descending energy (one hand ascends, one hand descends).
- a. Emptiness and fullness (one leg empty, the other full).
- b. Quiescence within external movement and movement within external quiescence.

The ball of the  
midday sun.

