

Movement 10 - Peacock Opens its Tail



The peacock is another manifestation of the heavenly Phoenix on earth; it is one of the Twelve Symbols of Sovereignty. It has a hundred eyes on its tail would activate fame, luck, promote public admiration, and bring positive motives from other people.

It is said that the magnificent peacock can relight the fires of an ailing relationship with the fiery energy of the animal. As decorative art, the peacock symbolizes dignity and beauty.

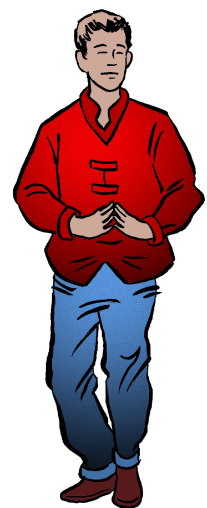
The bird was a symbol of the Chinese Ming Dynasty, representing divinity, rank, power, and beauty.

The peacock with its tail of 100 eyes is also associated with the goddess Guan Yin (Quan Yin or Avokalateshvara). The peacock can feed on snakes and transmute evil into beauty, the goddess Guan Yin helps the suffering and thus transmutes evil into beauty. The peacock resembles protection and holiness in this context.

One World - Nations Online

Transitioning From Movement 9

- Draw your right foot back to your left foot as you bring both hands together in front of your abdomen.
- Once your feet are together, shift your weight to your right foot as your body rises slightly.

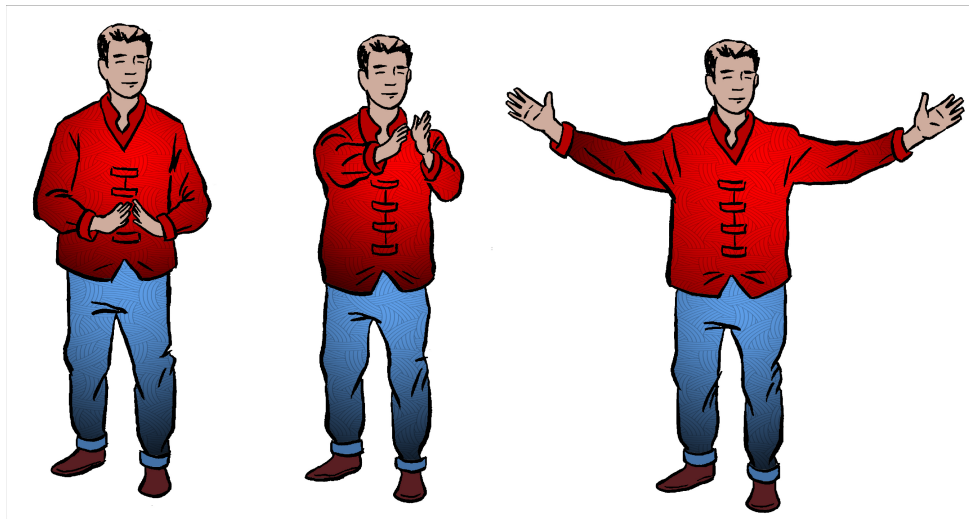


Left Side Sequence Movement 1

- Form a Wide Bow Stance by stepping forward and to the left with your left foot.
- Your wrists and palms should use a downward and bracing force (Jing).
- Lean slightly forward without bending your wrists. Straighten and extend your body.

Left Side Movement 2

- Extend your hands forward as you shift your weight to the front foot (a Bow and Arrow Stance).
- Lower your shoulders and relax your waist as you extend your fingers outward. Extend from the upper back, elbows, wrists, and fingers. Form an outward half moon with your palms.



Left Side Movement 3

- With your weight on your front foot (Bow and Arrow Stance), spread your arms apart. Your arms should be shoulder high.
- Keep your wrists shoulder high and your fingertips ear high. Your elbows should be just below shoulder height.
- Your arms should form a curved line, like a peacock opening its tail.

- 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 'Qi of Heaven.'

Repeat The Left Side Sequence

- Shift your weight to your rear foot as you draw your hands back to the position in front of your Middle Dantian. Repeat the left side sequence several times.

Transitioning To The Right Side Sequence

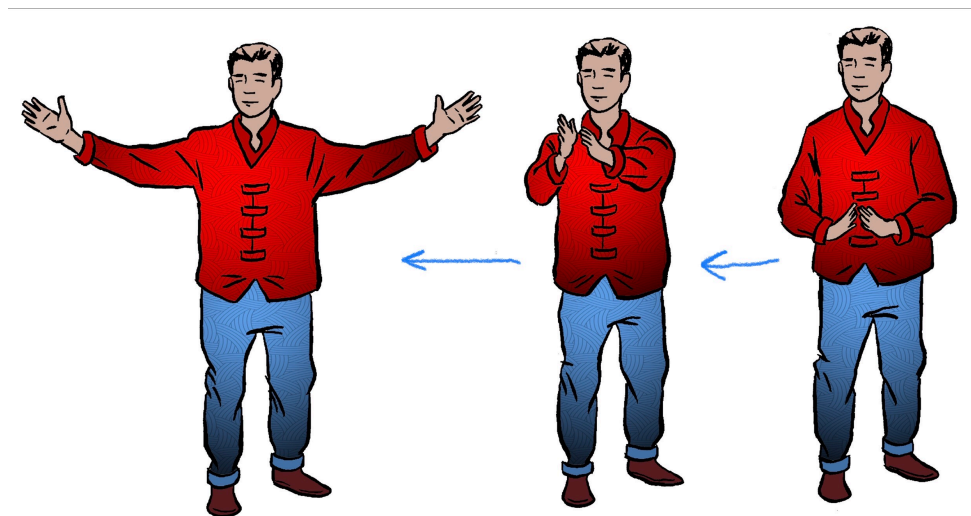
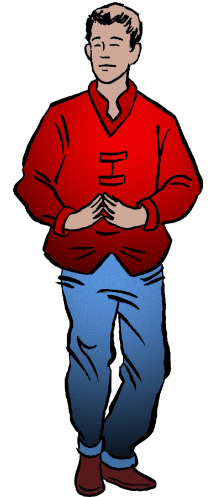
- After closing the tail, you are ready for the right-side movement. Shift your weight to your left foot.

Right Side Sequence Movement 1

- Form a Wide Bow Stance by stepping forward and to the right with your right foot.
- Your wrists and palms should use a downward and bracing force (Jing).
- Lean slightly forward without bending your wrists. Straighten and extend your body.

Right Side Movement 2

- Extend your hands forward as you shift your weight to your front foot (a Bow and Arrow Stance).



- Lower your shoulders and relax your waist as you extend your fingers outward. Extend from your upper back, elbows, wrists, and fingers. Form an outward facing half-moon with your palms.

Right Side Movement 3

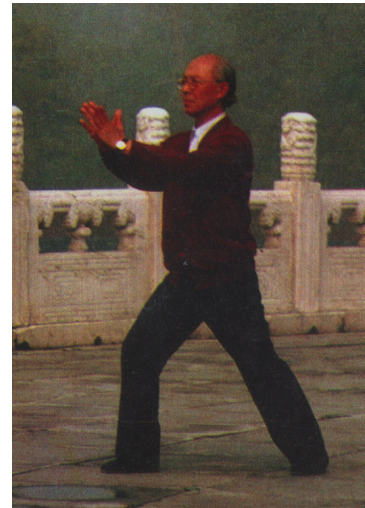
- With your weight on your front foot (Bow and Arrow Stance), spread your arms apart. Your arms should be shoulder high.
- Bring your wrists to shoulder height and your fingertips to ear height. Your elbows should be just below shoulder height.
- Your arms should form a curved line like a peacock opening its tail.
- 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 'Qi of Heaven.'

Repeat The Right Side Sequence

- Shift your weight to your rear foot as you draw your hands back to the position in front of your Middle Dantian. Repeat the right side sequence several times.

Transitioning To Movement 11 - White Crane Spreads Wings

- In a right side Bow and Arrow Stance, bring your palms together at heart level over your front leg.



Additional Information To Enhance Practice:

Practicing the Standing Meditation of Holding Barrels cultivates two of the 8 Taiji Energies:

- Peng or Ward Off - Peng Jing is outward expanding and moving energy.
- Lu or Roll Back - Lu Jing is receiving and collecting energy, or inward receiving energy. It can also be a brushing aside energy.

This movement practices the following stance/direction of the 5 Movements:

- Jin - Advancing Steps.
- Tui - Retreating Steps.

This posture is based or grounded in the Xinqi patterns:

1. Breathe into the Middle Dantian
2. Direct Qi from the Middle Dantian to the palms of your hands.