

## Movement 2 - Part the Clouds and Embrace the Moon



*“Clouds were created between earth and heaven, they symbolize the celestial realm. Clouds produce rain that brings benefits to the world. Clouds are also one of the most important elements in Chinese traditional paintings. Clouds are also symbols of celestial mobility because many gods and immortals used the cloud as a vehicle on which they traveled. Scrolling clouds are associated with deities, foretelling their arrival.”*

Nationsonline.org

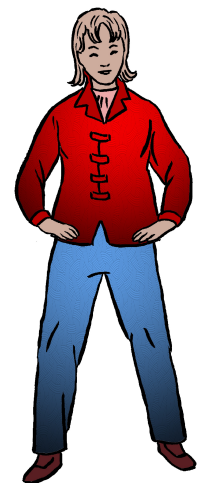
*“The moon is chiefly associated with yin, compared to the sun, which is yang. From this assignment everything ‘yin’ is also considered to be associated with the moon: female; the Empress; cool and darkness. Pearls are considered to have come from the moon.”*

<https://www.chinasage.info/symbols/nature.htm#XLXLSymMoon>



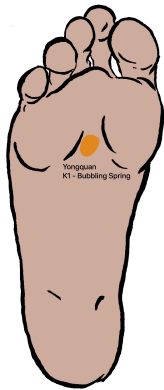
Continuing from the last movement:

- Start from the end of the last movement ‘Press the Ball Beneath the Navel.’



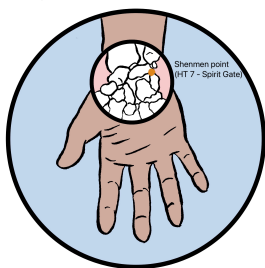
## Part 1:

- Rotate your hands so the palms face upward.
- 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 you hands inward towards your head.

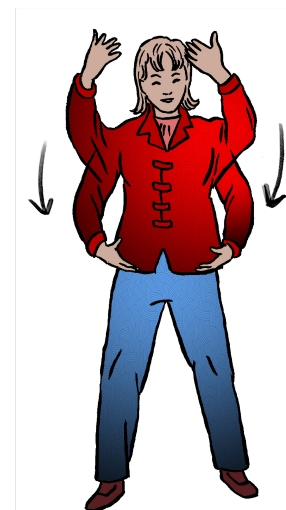


- Imagine your wrists and the soles of your feet are attached by rubber bands. Your wrists move upward to the level of your head and toward the center line, preparing to embrace the moon.
- Be mindful of the Yongquan - Kidney 1/Bubble Spring.
- Use a mental image of parting white clouds to either side of your body. The movement is gentle and almost imperceptible.
- The movement is known as 'Both Arms as Though Parting Clouds.'

## Part 2:



- With your hands at the level of your head, spread your fingers with the palms angled inward and up.
- Focus your force (jing) on the shenmen point - Heart 7/Spirit Gate.
- The position looks like you are holding the moon with both hands.
- 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.
- Slowly lower your stance as you lower the full moon.



### ***Additional Information To Enhance Practice:***

Practicing this movement cultivates the following Taiji Energies:

- Peng or Ward Off - Peng Jing/force is outward expanding and moving energy. Peng is sometimes known as bouncing energy.
- Lu or Roll Back - Lu Jing/force is receiving and collecting energy, or inward receiving energy.

**This movement practices the following stance, or direction, of the 5 Movements:**

- Ding or Settling at the Center.

**This posture is based on or grounded in the following Xinqi 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 heavenly Qi. This will displace stale, stagnant Qi.