

Flow of energy within the small circulation, known as the fire path.

Points of Awareness

Head pointing upward as though suspended by a string

Eyes closed or focus blurred

Shoulders gently pushing down

Lower back pushed slightly away from navel

Tailbone tilted slightly forward

Thighs gently squeeze

Knees bent

Body weight on heels, toes on the toes

Toes lightly gripping in the ground

Visualize holding a weightless ball between your palms and chest, and follow the ball as you move, conforming to the ball's position. Inhale as you follow your center line between the legs and up the back, over the head and to the tip between the nose & upper lip. Exhale as you follow your awareness back to just below the navel.

For more information:

www.AdvancedMindAndBodyProducts.com

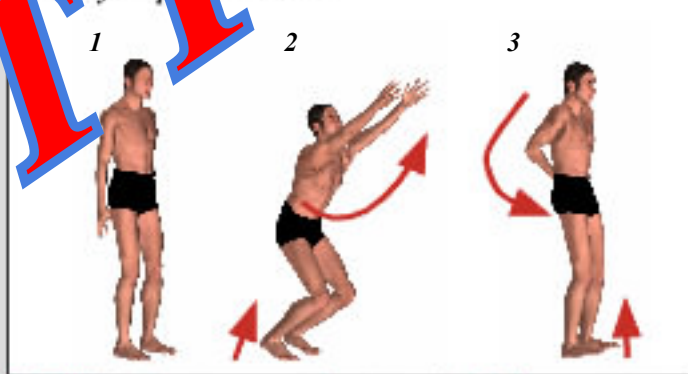
The Small Circulation, Small Circle, or the Microcosmic Orbit, is the practice of circulating one's internal energy (Qi or chi), within the human body. The illustration to the left represents the awareness of energy flow throughout the Governing and Conception meridians; in this case, the fire path. These meridians are located on the center line of the body and in turn govern and regulate the other meridians. This practice has been considered to be the foundation of Internal Qigong. It was a fundamental step on the path of meditation training in ancient times. Over time, this practice has gradually been lost from many meditation traditions, and its importance diminished. Though meditation is popular today for relaxation, stress relief, and general health, the ultimate goal for some practitioners is spiritual awareness and enlightenment. Small Circulation practice can transform the body from weak to strong while maintaining the mind to be calm and focused.

Snake Rises Out of the Earth



NOTES: 1- Inhale, swinging arms forward, chin up. 2- Round back, swing arms forward. 3- Exhale as straightening legs, as spine lifts, tuck tailbone forward. 4- Inhale, straighten the head and repeat in a neutral position.

Monkey Leap from a Tree



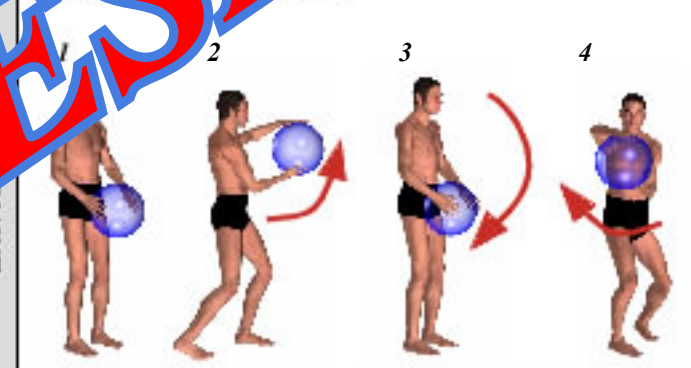
NOTES: 1- Start in a neutral position. 2- Inhale as swinging arms forward, rock on to balls of feet. 3- Exhale while bringing hands to lower back, round back & tuck tailbone forward, rock on to heels.

Shake the 9 Gates



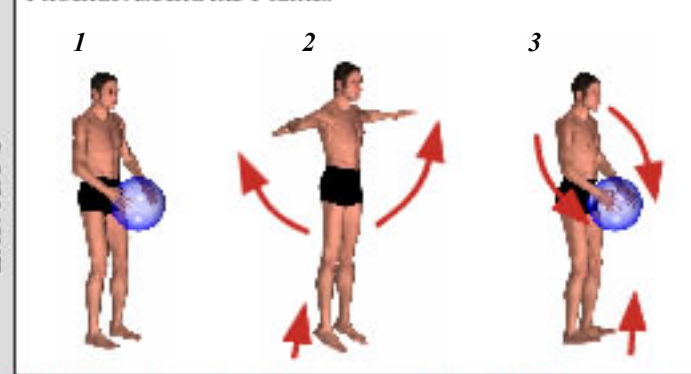
NOTES: 1- Loosely shaking hands, arms, shoulders. 2- Continue shaking hands, arms, shoulders. Bend & straighten knees while shaking upper body. 3- Same motion but add gentle rocking forward on the balls of the feet.

Exercise 3: Snake Rises Out of the Earth



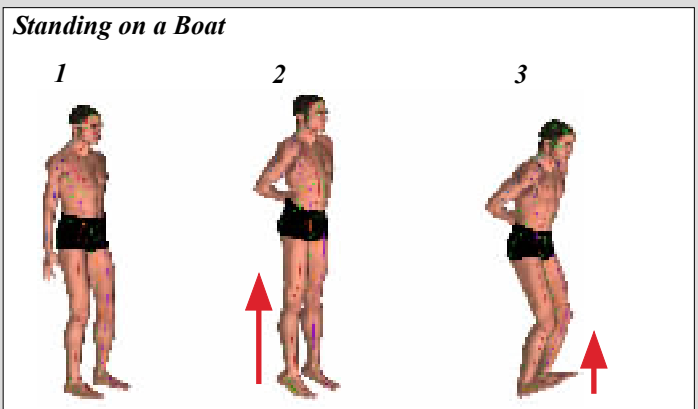
NOTES: 1- Inhale as visualizing holding a weightless ball between the palms. 2- Exhale as shifting weight to left leg as twisting the torso to the left & lifting the arms to shoulder height. 3- Return to center position as inhaling. 4- Repeat as twisting to the right side.

Phoenix Ascend the Flames



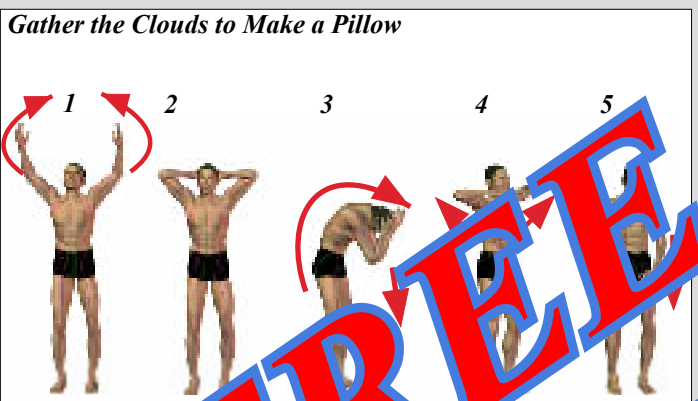
NOTES: 1- Visualize holding a weightless ball between the palm, rock back on the heels of the feet. 2- Inhale as extending arms upward to the sides, as rocking on to the balls of the feet. 3- Exhale as returning arms to start position. 4- Repeat.

Exercise 6



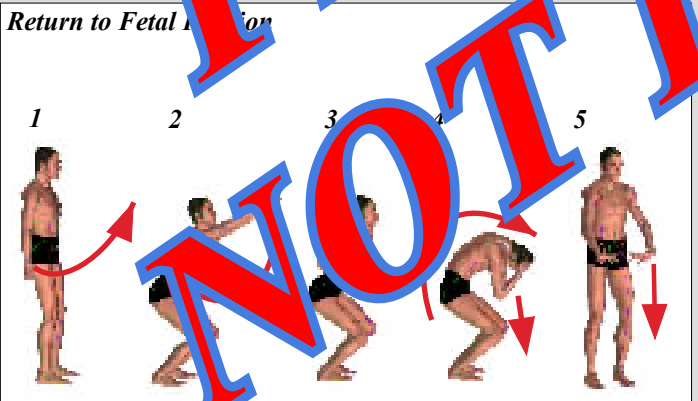
NOTES: 1-Inhale as arching the lower back. 2- Rock forward onto the balls of the feet. 3- Exhale as rocking back onto the heels, while tucking the tailbone slightly forward.

Exercise 7



NOTES: 1- Stretch arms above the head as inhaling. 2- Inhale as rounding spine and bring hands together. 3- Exhale as rounding spine and bring hands together. 4- Elbows & hands together as inhaling. 5- Arms straight down as exhaling.

Exercise 9



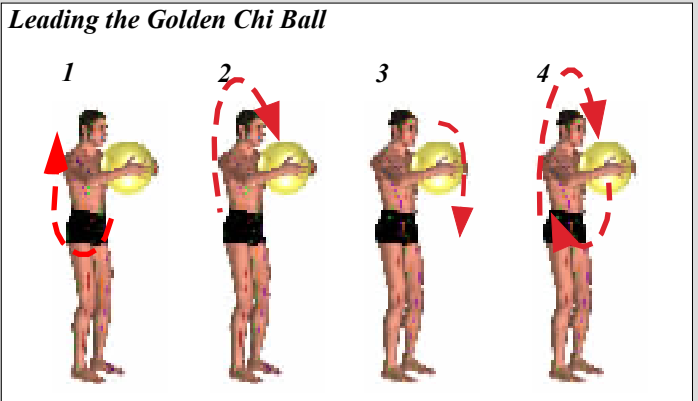
NOTES: 1- Stand upright as swinging arms forward. 2&3- Inhale as bending knees and swinging hands back to rest upon lower back. 4- Round spine forward as elbows come together. 5- Straighten spine, legs and arms downward as exhaling.

Exercise 8



NOTE: 1- Position hands as if holding a light ball in front of the body. 2- Inhale as guiding the arms up the front of the body. 3- Exhale as guiding the arms down the front of the body. 4- Continue the arm motion increasing the height of the oval each rep.

Exercise 10



NOTES: All of the previous 9 exercises, lead up to this one. Review left side of previous page for more detail. 1- Inhale as focusing awareness to lower abdomen, through the legs and up the spine. 2- Continue the breath as the awareness moves over the head to the upper lip. 3- Exhale as following the awareness back down to the lower abdomen. 4- Continue the circular breathing pattern.

Qigong is one way of strengthening the human body, preventing diseases and prolonging life. It includes two aspects. One being, self-training by performing postures of the human body, regulation of respiration, relaxation of the mind and body, and concentration on one's mind. This aspect is to strengthen the physical functions of the human body. The second aspect is more advanced in that the specialist of Qigong can send out Qi externally to particular areas in order to treat or prevent illness.

Basically, the small circulation refers to the practice of regulating and increasing the flow of one's internal energy throughout the conceptual and governing channels. This energy has been known for centuries to promote health and longevity. Beginning with practicing breathing deeply from the diaphragm or Abdominal Breathing. The Small Circulation can be the next stage of meditation training. Eventually, one can practice the Grand Circulation Meditation, which circulates Qi everywhere in the body. The Grand Circulation, Big Circle or Big Circulation refers to the energy flow through the Twelve Primary Qi channels or meridians. Qigong is interrelated to the energy meridians. When consistent practice reaches a certain level, the individual can feel the Qi and blood flow through the meridians. The paths of the meridians must be somewhat familiar while practicing Qigong so as promote Qi to move along them.