

PURIFYING MEDITATION

1. Assume a comfortable yet upright seated position. Eyes may be open or closed. Hands are on the thighs or knees. Place the tongue on the upper palate. Breathe slowly through the nose.
2. On the in-breath, bring chi (energy) down from the heavens, through the top of the head and into the Tan-T'ien (two finger-widths below the navel). At the same time, bring chi up from the earth, through the base of the spine and into the Tan-T'ien. Both energy streams meet at the Tan-T'ien.
3. On the out-breath, expand the chi outward from the Tan-T'ien in all directions, making sure that it passes completely through your body and out through the skin.
4. On the in-breath, contract the chi you expanded from your body back into the Tan-T'ien.
5. On the out-breath, gently and quietly expel air from the nose. Do not move chi.

NOTE: Visualizing the chi as expanding like a globe of light from the Tan-T'ien on the first out-breath may be helpful. It may also be helpful to visualize the chi as contracting like a globe of light back into the Tan-T'ien on the second in-breath.