

- Makes hands into 'bird' hands.
 - Thumb and fingertips should touch. Somewhat resembles a beak.
- Gentle collapsing into the heart center (gentle rounding of back and shoulders toward heart). Gathering energy into the heart center.
- Bird hands point into chest, near/above heart center, hands parallel to each other and pointing into chest.
- Inhale with the collapsing into chest/heart movement. Through the nose.
- Take hands and arms and push out from the side of the body, palms facing walls. Opening up and out. Heart energy up and out into the room/universe.
- Exhale with the opening up and out movement. Through the mouth.
- Repeat the collapsing in and opening up/pushing out with the breathing.
- Inner smile to the heart

Earth - Spleen

- Part one: Create a triangle with thumbs touching and first fingers touching. Looking at backs of the hands. First, second, third and little fingers touching at the sides of the fingers.
- Raise your triangle hands up in front of face/head (looking at backs of hands) and up above head a comfortable height. Shoulders should still be relaxed and not scrunching up.
- Look through the triangle space at a comfortable position for your neck.
- Lower the triangle hands slightly to eye level (and even bring into face a bit), inhale.
- Repeat the up above head viewing through the triangle, exhale; and then down and in more at eye level viewing through the triangle with the breathing.
- Part two: You still view through the triangle up and above the head, then turn to the left viewing the triangle more at eye level. Repeat back up and front viewing the triangle forward, then turn to the right and view through the triangle (about eye level).
- Inhale with the forward movement. Through the nose.
- Exhale with the turning movement. Through the nose.
- Inner smile to the spleen

Metal - Lungs

- Part one: Bring hands to chest point as in holding the energy ball, palms facing each other.

- Inhale when gathering energy ball to heart center dantian; Shanzhong point. Through the nose.
- Hands push all the way out, palms facing wall (universe) so arms almost straight (no locked joints).
- Exhale (some what forcefully) through the mouth[cleansing breath].
- Repeat this sequence with the breathing.
- Part two: Bring hands to chest point as in holding the energy ball, palms facing each other.
- Exhale when gathering energy ball to heart center dantian.. Through the nose.
- Arms float up (a little) and out with palms facing forward, so arms almost straight.
- Inhale with the outward arm movement. Through the nose.
- Repeat the exhale while arms gathering energy in, and inhaling when arms expand out.
- Inner smile to the lungs