

PRIMORDIAL TAI CHI

(Wu Ji Taiji)

As taught by Michael Winn

Stand facing EAST, the direction of sunrise (new beginnings). Open your heart to change. Inwardly smile or call to each of the 4 directions & above/below/center. Hold clear intention to return to the center of the universe, the center of your life, to be the point of balance in every perception arising in your present moment. Open yourself to being in "wu ji", the "supreme unknown", the primordial void. It is the Origin, Godhead, Primal Mother at the center of all sacred space. Ask to create your life from this space; accept that it will solve your problems & complete your life.

1st EARTH CYCLE

1. **Breath (chi) of Earth Rises.** Arms drift to chest level (palms down).

Breath of Heaven Descends. Arms sink down. Shift weight to Left foot - Form small chi ball, RIGHT palm below.

2. **Yin/Yang separates to honor Yin.** Look at R palm as Right arm, sweeps Right (palm up) Left palm presses left (palm down)

3. **Yin/Yang separates to honor Yang.** Look at L palm as Left arm, sweeps Left (palm up) Right palm presses right (palm down)

4. **Circulate chi in orbit.** Palms face each other, circle up to crown, out & down to perineum, back up to heart, extend out.

5. **Heart opens to the right (manifest).** Rotate waist & arms with large gathering to Right

6. **Heart opens to the left (unmanifest).** Rotate waist & arms with large gathering to Left

7. **Heart opens to the right (manifest).** Rotate waist & arms with large gathering to Right

8. **Gather chi from East.** Right hand drops below, rotate chi ball inward, top to bottom.

9. **Gather chi from North.** Pivot left (weight on Right foot), turn on Left heel to Left, Right foot steps in, face north. Rotate chi ball inward, hands on sides

10. **Gather chi from West.** Pivot left, rotate chi ball inward, top to bottom,

11. **Gather chi from South.** Pivot left, rotate chi ball inward, hands on sides.

THIS 2nd "HANDS ON SIDES" MOVEMENT IS CUE FOR END OF EARTH CYCLE.

12. **Gather chi from Center.** Squat, keeping back straight. Both arms scoop up earth chi below, circle up to 3rd eye, "swallow" it down center line of body to dan tien (1.5 " below navel). Palm centers face body, aligned, not touching. Pause if attracted to any point on front of body. Breathe 3 times into chi ball inside the dan tien. Feel & visualize it as golden light expanding & condensing .

1st HEAVEN CYCLE

After the Earth Cycle, always turn to begin the Heaven cycle.

Turn from South to East. (BEFORE YOU TURN, REMEMBER THE DIRECTION YOU ARE LOOKING). This will be your CUE for the final direction of the upcoming Heaven cycle.

1. Pivot left, right arm sweeps high & wide from upper right corner to lower left corner, gathering chi from southeast corner as Right foot steps to face east.

2. **Heaven & Earth Separate.** Form chi ball at navel, (left over right) eyes follow Right hand as it rises to Heaven (upper right corner). Left hand presses down to earth (lower left corner).

3. **Gather Heavenly** Yin inner female and Yang inner male into the body.

5 times each hand (10 times total). Full weight shifts to Left foot as Right hand gathers chi into channels on left side of body. L hand gathers chi into channels on right side of body.

4. **Turn to North.** Gather chi of northeast as you turn. Repeat 1 - 3.
5. **Turn to West.** Gather chi of northwest as you turn. Repeat 1 - 3.
6. **Turn to South.** Gather chi of southwest as you turn. Repeat 1 - 3.
7. **Stir the Cauldron** 9 times. Gather the Essence of the Center Direction.

Palms face navel, stirs circling down Right, down Left nine times, starting with the right. Scoop up from below and gather. Mix with heaven and draw down centerline to lower dan tien. Breathe into chi ball 3 times.

2nd EARTH CYCLE

After Heaven, always face the same direction to begin Earth cycle.

Continue facing South. Repeat the 12 earth movements. (Turn left to East, then North, & then finish West.) After Earth, always_turn: Pivot left to begin Heaven cycle.

2nd HEAVEN CYCLE

1. Start new Heaven cycle as you turn from West to South. Turn East, North, finish West.
2. Gather Yin and Yang Essence of Moon and Sun into the L & R body channels (10x).
3. Stir Cauldron, gather essence to center. Hands pause at heart, breathe 3 times into golden chi ball. Hands move chi ball down to lower dan tien.

3rd EARTH CYCLE

After Heaven, always face the same direction to begin Earth cycle.

Continue facing West. Repeat the 12 earth movements. (Turn left to South, then East, & then finish North.) After Earth, always_turn: Pivot left to begin Heaven cycle.

3rd HEAVEN CYCLE

1. Start new Heaven cycle as you turn from North to West. Turn South, East, finish North.
2. Gather Yin and Yang Essences of fixed stars into the L & R energy channels (10x).
3. Stir Cauldron, gather essence to center. Hands pause at 3rd eye, breathe 3x into golden chi ball in upper dan tien (head). Hands move chi ball to lower dan tien.

After repeating the 4th EARTH and HEAVEN CYCLES, you will be facing the direction where you started. Place your hands on your lower dan tien and close the practice by spiraling energy 6 times out and 9 times in.