

## THE FOUR GOLDEN WHEELS

### PART ONE: SHAKING

Stand with your feet slightly wider than shoulder-width apart, feet pointing forward. Relax, smile and shake. You can do this by gently bouncing up and down in a steady, comfortable rhythm. Imagine your arms are loose like ropes and your body is soft and pliant. Shake for three minutes, allowing any tension you have to melt away. As you shake, imagine a golden beam of qi traveling from the sky to the top of your head, flooding your head with golden light. Direct the light down to your chest, arms, waist, legs and feet. After the three minutes, stop shaking and quiet your body. Letting your arms hang in front of you, hold the back of one hand in the palm of the other. Relax in that position for about 10 seconds.

### PART TWO: SWINGING

Stand with your feet slightly wider than shoulder-width apart, feet pointing forward. Swing both your arms up in front of you, bending your elbows when your hands are near your ears—and then swing back down again. Keep repeating this up-and-down motion. As you move, feel your palms collecting energy. After about three minutes, stop swinging and bring your palms in front of your face, about three to five inches from your face, guiding the energy that you have collected in your palms toward your face. Feel the heat circulating in your palms. With your palms, make big circles in front of your face, and while you do this, imagine that the energy from your palms is making your face more beautiful and healing any condition you want to address.. Make three to nine circles in each direction. Then with elbows out to either side, bring your hands to a parallel position just under your chin. The fingertips of each hand point at one another but do not touch. Slowly lower your hands until they rest on your lower abdomen. Relax.



Credit: Ramon Fernandez & Tobin Dorn

### PART THREE: BLESSING

Stand with your feet slightly wider than shoulder-width apart, feet pointing forward. Bring your hands into prayer position with your thumbs together, touching your chest. Lower your hands down the front of your body until your fingertips are pointed down in a V position (fingertips are not touching). Then raise your arms, extending them to both sides of the body at about shoulder height, palms facing down. Then, slowly rotate your arms so that your palms are

facing upward. Collect energy with your palms as you raise your arms up over your head, palms facing down on your head. Then lower your hands (palms facing down and close to your body), guiding the energy to your head, heart and torso. When you get to your torso, gently move your hands along the inside of your legs toward your calves, around the ankles and toes and back up along the outside of your toes, ankles, calves, legs and up the torso until you get to the shoulder blades. Return to prayer position. Repeat the entire exercise three to nine times, and then bring your hands back to prayer position. Feel the energy.

## PART FOUR: CHANNELING THE QI

Stand with your feet slightly wider than shoulder-width apart. Raise your arms in front of you until your hands are over and slightly in front of your head. Your elbows should be slightly bent, and your palms facing down toward your head. Imagine the sun and moon shining from your palms to your head. Hold for 30 seconds. Next, inhale and stretch your arms into a big V, palms facing the sky. Tilt your head back so that you are looking up toward the sky. Then, exhale and bring your palms to the central line of your body. Your palms should be parallel but not touching. Move them down the central line of the body, bending your knees slightly as you go—and when you get to your torso, have your hands form an inverted V with your fingers pointed upward (fingertips are not touching). Then bring your arms out to your sides so that they are extended about a foot away from your knees. Next, bring your palms back to the central line (in the parallel position) and move them up the body—until you stretch your arms into a wide V (as you did above). Next, imagine there is an energy ball in your hands. (Think of it as a transparent beach ball.) Move the “ball” down the body—from over and in front of your head, to in front of your head to your torso. With your hands, squeeze the “ball” in and out for 30 seconds.(breathing of the universe) Then, compress the imaginary ball and place your hands below your navel. Imagine that you are taking the energy from the “ball” and guiding it to your body through your hands by spiraling 6 times. Hold the position for three to nine seconds.



Credit: Ramon Fernandez & Tobin Dorn