

## Three Centers Merge Form

Begin with feet together (wuji stance). Separate toes to 90%, then pivot on toes to separate heels into horse stance. With palms facing thighs, turn palms to the back then turn palms facing earth. Begin push/pull movement with palms, gathering primordial qi from wuji. Continue this movement for at least 6 cycles and then gently turn palms toward lower dantien and deposit energy. Then open arms out to the sides and continue to move arms backward so palms face mingmen. Move palms toward mingmen and past kidneys to under armpits with fingers touching torso...deposit qi in middle dantien.

Continue to move arms in front of middle dantien with palms facing up until extended without locking elbows. The have palms face each other and open arms out to the sides. Once arms are out to sides, move palms downward and then upward and continue to move arms upward above the head until palms connect above niwan. Then move palms downward toward niwan until above hair and move palms around the front of the face down the thrusting channel to solar plexus where you separate palms so fingers are barely touching and sink down into a lower horse stance.

Close eyes if not already closed and begin the 3 centers merge meditation, drawing energy from the 3 centers into lower dantien where they merge. Continue this process for 5 to 20+ minutes following all the protocols of standing meditation of alignments and relaxation. When you are done with the meditation, you will reverse the begging movements to arrive back to lower dantien. The steps are: raise horse stance and bring palms together again.

Close heels, then toes to original wuji stance. Move the palms up the trusting channel to above niwan and separate palms so they face forward and the lower arms to the sides, palms facing forward. Bring arms and palms closer together in front of middle dantien and when they are at 90 degrees to your torso and parallel, turn palms upward and move energy in toward middle dantien with palm moving under armpits to deposit qi in middle dan tien. Then continue to move arms behind you and turn palms to face mingmen.

Continue to move arms to the sides and turn palms to face front and gather qi into lower dantien. Bring palms to rest on lower dantien and spiral energy in 6 times counterclockwise and then 6 times clockwise. Leave palms on dantien for at least 20 seconds to feel collected qi.