

Golden Ball Qi Gong

In Chinese medicine the same purpose is served with physical exercise like Qi Gong. You start with a steady stance, concentrate on the point kidney 1 and imagine your feet being firmly rooted in the earth.

You gain power and stability through your connection to the earth. To make the connection even stronger you concentrate on your feet while exhaling and transport the earth's energy through your feet to the body's core.

After making this connection you gather your concentration at the crown of your head. A golden connection is said to lead from here straight to the heavens. You are supposed to get into contact with your ancestors through this point. They serve as a symbol for omniscience. Increase this connection by concentrating on the top of your head while exhaling. Imagine golden Qi flowing into your aura and your body replacing anything dark.

Inhale gold and exhale black.

Inhale health and exhale illness.

Inhale gold and exhale black.

Hold your hands in front of your body at your navel's level like you were holding a golden ball. This golden ball touches your dantian with one point. With every breath the ball is getting stronger and brighter. Below the dantian a golden ball resides in your belly. Now push the golden ball backwards, so the center of the ball between your hands and the center of the ball below the dantian lie on one point.

Exhale and inhale deeply a couple of times and be aware of the golden thread at the highest point of your head.

Place your hands on top of each other on the dantian. This closes the channel system and stores the energy in the dantian.

Performed regularly this little exercise only takes a few minutes. It stores golden prana in the dantian and so increases your intuition and your healing powers.

Instant meditation: Those of you who still don't find time for the previous exercise can turn to "instant-meditation". When time is of the essence and you have to find your center again, the following exercise comes in very handy:

Close your eyes and, with one hand, reach into the space in front of you. There is a small golden pearl, as big as a marble. Take it with thumb and index finger and move it along your head directly above your crown chakra. Simply drop the golden pearl – through your crown chakra, your head, your throat, down to your heart chakra.

Imagine throwing a golden ball into a well, like in the fairy tale of the frog prince. The water on the bottom of the well represents the bottom of your heart. When the golden ball touches the surface of the water, your heart and mind are instantly filled with calm. For a moment you experience a deep relaxation in a matter of seconds! Enjoy the peace and quiet.