

CHI FOCUS

LIFE FORCE ENERGY TRAINING™

Chi Focus™ Kata ~ Elemental Healing

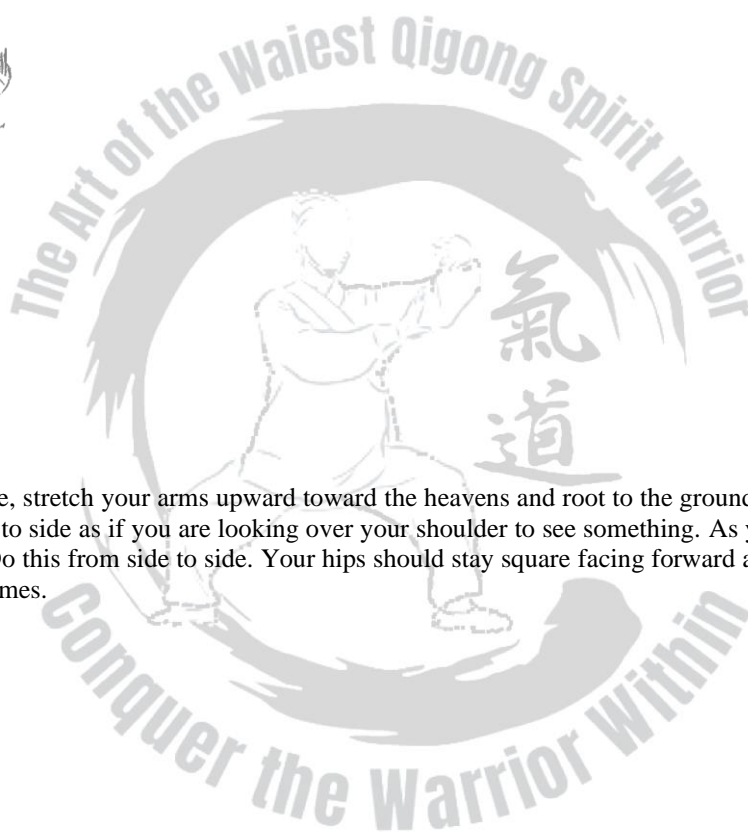
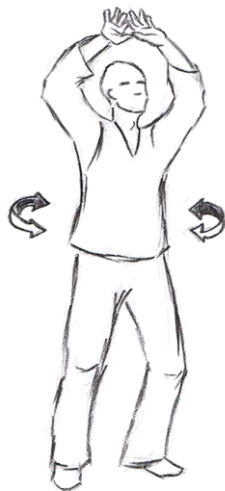
The Elemental Healing Meditation relates to the five elements - wind, earth, wood, water, and fire. This Chi Focus meditation also relates to five organs of the body - lungs (wind), spleen (earth), liver (wood), kidneys (water), and heart (fire). They are also associated with particular colors, emotions, mantras, and positions of the body. This Chi Focus™ meditation set will stimulate your healing process, strengthen your immune system, boost your energy levels, and balance the whole of your body. Each moving meditation should be performed with a slow, continuous movement in a relaxed and peaceful manner.

Organ Balancing and Energizing

- **Wind - Lungs:** Moving your arms upward in front of your chest as you inhale, visualize drawing in cleansing universal life force energy, pure energy that is all around you. Then move your arms to your side as you exhale. Visualize pure life force energy descending to your lower dan tian as anything that is negative leaves your body, only the pure remains. Perform this motion nine times.



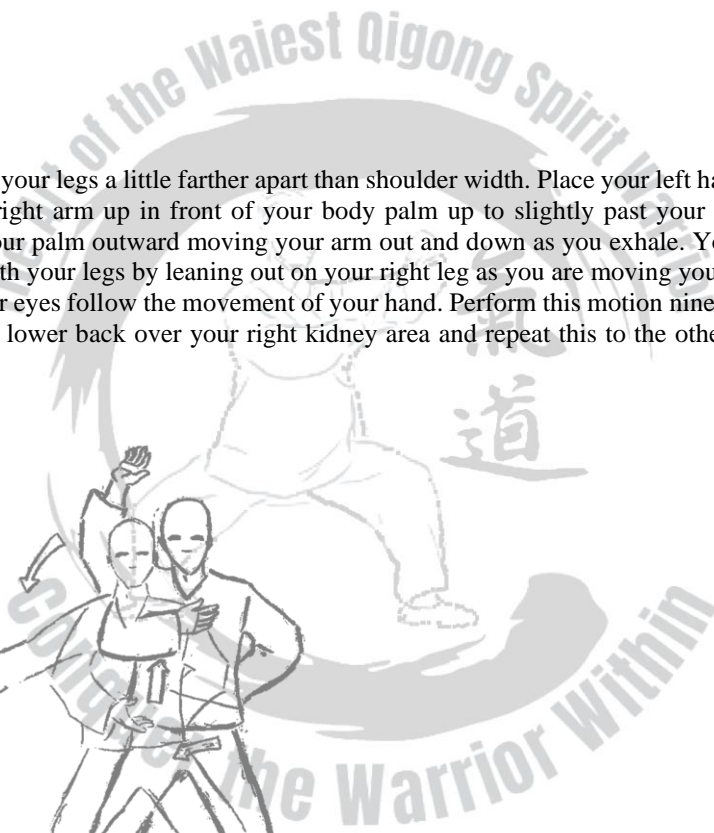
- **Earth - Spleen:** Like a tree, stretch your arms upward toward the heavens and root to the ground. Relax your shoulders and twist your upper torso from side to side as if you are looking over your shoulder to see something. As you turn to the rear exhale and as you turn forward inhale. Do this from side to side. Your hips should stay square facing forward at all times, relaxed and peaceful. Perform this motion nine times.



- **Wood – Liver:** Place your arms out in front of you with your left palm down and your right palm up. Visualize spirals of life force energy flowing up and down your legs and arms. Bob up and down while moving your arms back and forth in front of you at about chest level turning your hands from side to side. Keep your posture straight. Inhale with the downward motion, and exhale with the upward motion. Perform this motion nine times.



- **Water – Kidneys:** Stand with your legs a little farther apart than shoulder width. Place your left hand on your lower back over your left kidney area. Move your right arm up in front of your body palm up to slightly past your head as you inhale. Now with a continuous movement, turn your palm outward moving your arm out and down as you exhale. You will also be moving from side to side like an ebbing wave with your legs by leaning out on your right leg as you are moving your arm in a circular motion. Your head should be forward as your eyes follow the movement of your hand. Perform this motion nine times. After completing the left, place your right hand on your lower back over your right kidney area and repeat this to the other side. Perform this motion nine times.



- **Fire – Heart:** Place your right hand over your head. Your left hand is placed at your lower left side. With your hands, describe the **yin yang** by lowering your top hand and raising your bottom hand as you inhale. Move them inward as you exhale. Perform this motion nine times. After the last movement exhale out of your mouth as if you are sighing. As you exhale, move your hand that would have been the top hand down the front of your body. Repeat this moving meditation to the other side for balance. Place your left hand above your head. Your right hand is placed at your lower right side.

