

CHI FOCUS

LIFE FORCE ENERGY TRAINING TM

○ Daily Renewal

Take time out of each day for inward study and quiet reflection to nurture and reclaim yourself and to obtain a higher insight of awareness. To hold this insight and evolved awareness may be difficult for we are surrounded by a culture that operates in the old skepticism of the temporary realm. You may find that you are even drawn back into this temporary point of view and unclear perceptions. It is important to take the time within life to focus on your path realizing your inner divinity and cultivating enlightenment. Stopping to reclaim yourself several times a day will help you in focusing your life force energy and maintaining higher insight. *The Way is in training.*

Waiest® Moving Wai Dan: Om, Ah, Hum

You may not have time for a full Chi Focus™ training set on a particular day but you can still take the time to renew and reclaim yourself. The Waiest® Moving Wai Dan is an incredible exercise. It is the movement that is Om, Ah, and Hum and helps to align your personal, natural, and universal selves while clearing and balancing your being. You can do this in the morning before you go to work, in the evening right before bed, or any time you feel that you need a renewal of spirit.



The first movement is Om, which is the unfolding of creation. Lift your arms up from your sides, and bring them over your head placing your palms together as you inhale. Exhale as you slowly bring your arms down the front of your body palms still together.

Gassho

Your hands are joined together in front of your heart. The right hand represents awareness, and the left hand represents oneself. It expresses reverence and unity.



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The second movement is the motion of Ah, which is the merging of the universe with the natural being. Bend forward from your waist and try to touch your hands lightly to the ground as you inhale. Slowly stand back up and swing your arms out wide to your sides as you arch your back so that your face and chest point to the sky, discharging any unneeded energy you may have picked up along your journey.



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The third movement is the motion of Hum, which is invoking the power of compassion while balancing all of your being. As you let your hands drop down to your sides, return to the base stance from the Ah movement. Then slowly bring your hands up in front of your body, palms facing up, as if you are holding something as you inhale. Now turn your palms to face downward and lower your hands as if you are pushing down on something as you exhale, directing your life force energy all the way down past your feet into the Earth. Visualize storing the healing life force energy in your dan tian.



Performing this entire process nine times yields its power threefold.

Now stop and have some green tea.
Read *Way of the Middle Path*© or another uplifting book.