



Kundalini Meditation

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imparted by Mark Broscheit
Golden Lotus Qigong

Introduction

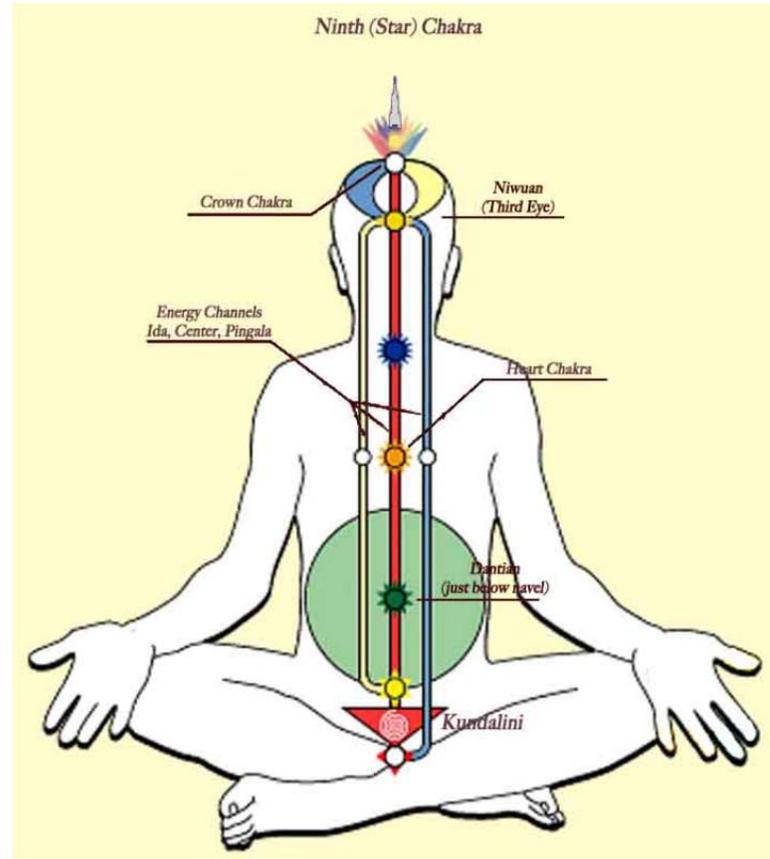
The Ninth (Star) Chakra is located above the crown, about the level of the arms extended above the head. For this practice, we may visualize the colour of this Qi as silver/white. The Kundalini energy is located near the base of the spine, and we may visualize it as bright pink. In the Taoist tradition, the Niwuan is the energy center located in the middle of the head, directly connected to the third eye (between the eyebrows). The Niwuan is situated on the Central Channel, directly in line with the Crown, Heart, and other Chakras. In Taoist tradition, the Dantian is similar to the Navel Chakra, but located slightly below the navel. The Dantian is also on the Central Channel.

1. First Movement

Sit comfortably, with your hands resting on your thighs, palms facing upward. Bring each hand into the following Mudra: touch the thumb to the fourth finger. Hold. Focus on breathing deeply, into the lower abdomen.

2. Second Movement

Extend both arms outward then upward, above the head, about shoulder-width apart with palms facing inward. Pause for a moment, then bring both hands together with a 'clap' above the crown. Hold the palms together for a moment, extended above the



The Chakras and Energy Channels

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head, as you visualize the Qi at the Ninth Chakra. Bring both hands down to the center of the chest, so the thumbs lightly touch the Heart Chakra (chest). Pause for a moment.

Continue the downward movement of the hands, then rotate the wrists so that the left palm rests on top of the right palm, fingers in opposite directions, both palms facing upward. Touch the thumbs together at the level of the navel. Hold. Visualize the Kundalini Qi at the base of the spine. While focusing on this Qi, repeat the mantra: "**Teer La, Oh Rom Doh**", many times. Imagine the Kundalini Qi flowing upward, along the Ida and Pingala channels, to the level of the Heart.

3. Third Movement

Extend both arms outward then upward, above the head, about shoulder-width apart with palms facing inward. Pause for a moment, then bring both hands together with a 'clap' above the crown. Hold the palms together for a moment, extended above the head, as you visualize the Qi at the Ninth Chakra. Bring both hands down to the center of the chest, so the thumbs lightly touch the Heart Chakra (chest). Pause for a moment.

While focusing on the Kundalini Qi, repeat the mantra: "**Cheer Ah, Ah Ram Doh**", many times. Imagine the Kundalini Qi flowing upward, along the Ida and Pingala channels, to the level of the Crown.

Continue the downward movement of the hands, then rotate the wrists so that the left palm rests on top of the right palm, fingers in opposite directions, both palms facing upward. Touch the thumbs together at the level of the navel. Hold.

While focusing on the Kundalini Qi, repeat both mantras, one after the other: "**Teer La, Oh Rom Doh... Cheer Ah, Ah Ram Doh**", many times. Imagine the Kundalini Qi flowing upward, along the Ida and Pingala channels, from the base of the spine to the Crown.



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4. Fourth Movement

Extend both arms outward then upward, above the head, about shoulder-width apart with palms facing inward. Pause for a moment, then bring both hands together with a 'clap' above the crown. Hold the palms together for a moment, extended above the head, as you visualize the Qi at the Ninth Chakra. Bring both hands down to the center of the chest, so the thumbs lightly touch the Heart Chakra (chest). Hold for some time. Imagine the blended Qi – Kundalini Qi and Ninth-Chakra Qi – flowing downward, along the Central channel, to the center of the Niwuan/Third Eye.

Bring both hands down to the chest, so the thumbs lightly touch the heart chakra. Hold for some time. Imagine the blended Qi flowing downward, along the Central channel, to the Heart.

Continue the downward movement of the hands, then rotate the wrists so that the left palm rests on top of the right palm, fingers in opposite directions, both palms facing upward. Touch the thumbs together at the level of the navel. Hold. Imagine the blended Qi flowing downward, along the Central channel, to the Dantian.

5. Closing: San Jiao Movement (also called Three Blessings)

With gratitude for the Qi that has been received, extend arms forward with palms together, then move upward to level of chest. Bend the elbows, bringing the thumbs to lightly touch the Diwuan/Third Eye. Pause for a moment. Then, with fingers still pointing upward, bring the hands down to the middle of the Heart. Touch the thumbs lightly together at the chest. Pause for a moment. Then, bring both hands down below the navel to the level of the Dantian, turning the hands so that the left palm rests on top of the right palm, both palms facing upward, and the tips of the thumbs touch to form a circle.