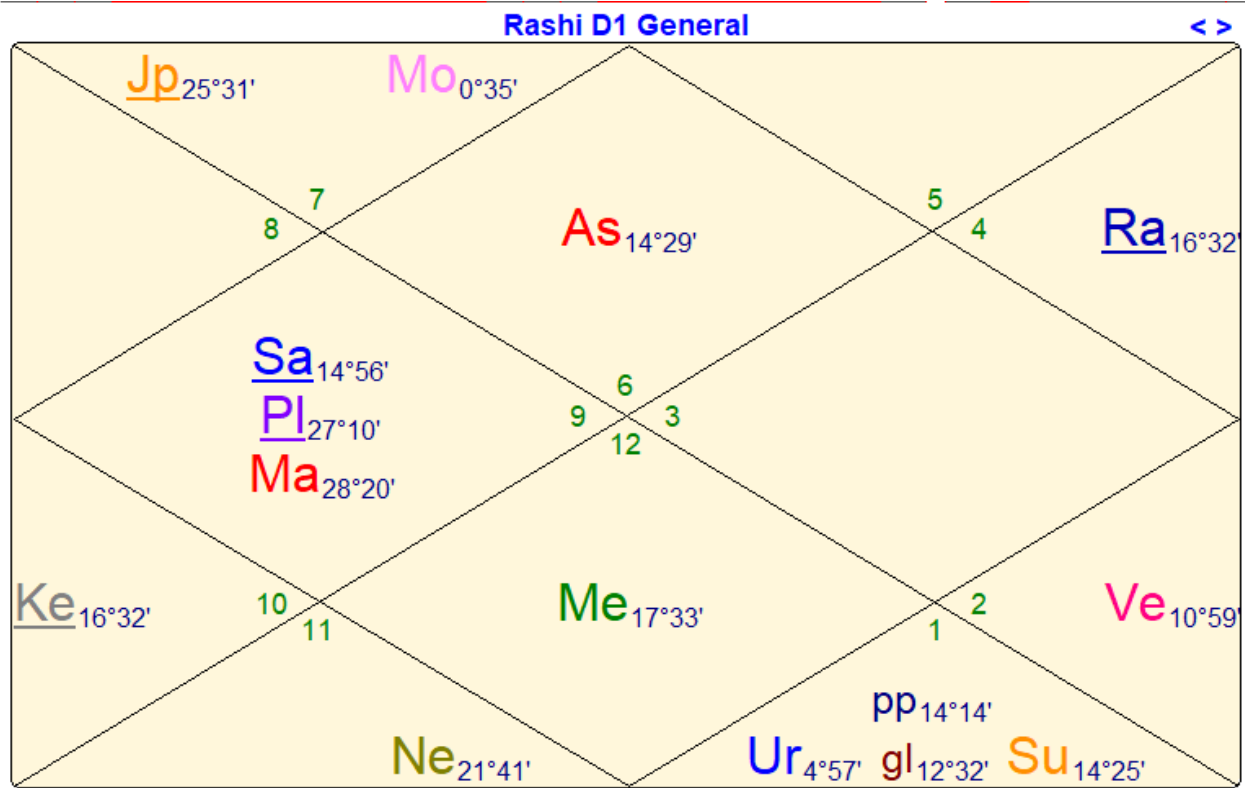


Weigong Practice

Dual Kendra with Earth Lagna

In this example, Kanya (Virgo) lagna (ascendant) maps to prithvi (earth element), which in turn maps to chakra 1 (ch1 = mooladhara chakra). The circuit includes Guru (Meena + Dhanu) and Budha (Kanya + Mithuna).

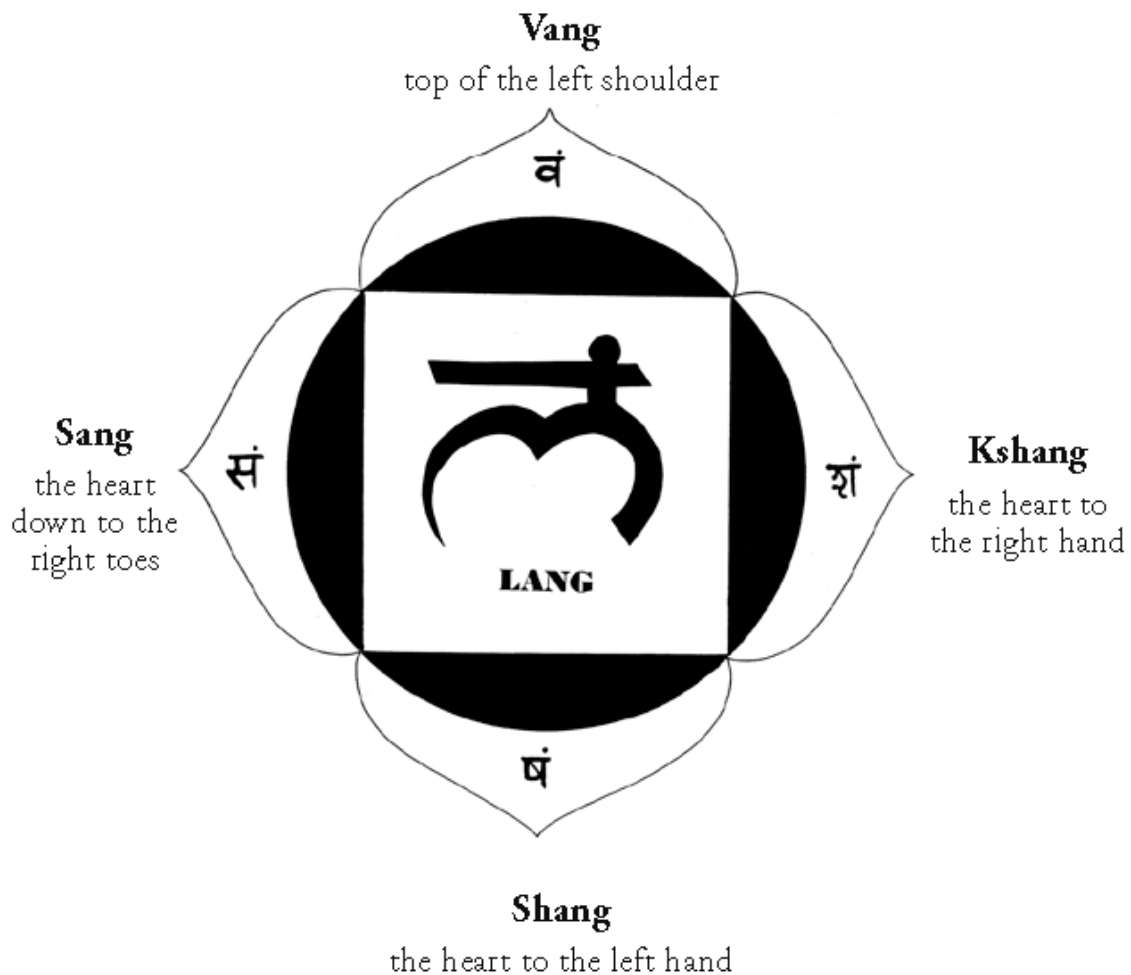


The basic exercise consists of three parts:

1. External – run qi with hand along the two streams (can do ipsilateral and contralateral variations depending upon time; but at least run the streams a handful of times [3 or more])
2. Internal – arms up and visualize/run qi of stream flows up (yin stream) and down (yang stream) while focusing on related ch1 petal at same time
 - a. First test the petals for which ones map to the four streams (if nothing clearly shows then just assign them as a sequence [one stream = vam + “sam and other stream = .sam + sam]) (note: using Velthius notation for Sanskrit: ex: sam = सं and .sam = षं and “sam = शं)

THE MULADHARA CHAKRA

The Ground Chakra – Tribal Consciousness



- b. Run 4 meridians sequentially
 - i. Start from lagna (Virgo = Small Intestine in this example) and complete circuit
 - ii. Repeat a few times
- c. Run each stream
 - i. Yin stream
 - 1. Start with Meena (Liver) then do Dhanu (Pericardium)
 - 2. Then run entire stream several times
 - a. Chant petal name each time

- b. Alternate which petal is chanted (since there are two for the entire stream)
 - ii. Yang stream
 - 1. Then repeat steps 1 and 2 for the yang stream
 - a. Start with Kanya (Small Intestine) then do Mithuna (Stomach)
 - b. Then run entire stream
- 3. Meditate
 - a. Hold a standing meditation posture
 - b. Focus upon chakra 1
 - i. Can alternate static focus on chakra 1 with dynamic counting of petals
 - ii. Can include qi flows of related meridians while counting leaves
 - iii. Always come back to static meditation on center of chakra
 - iv. Finish with mantra and then sweep qi and finally store it in lower dantian