

EXPERIENCING CHI by RON HICKS

To begin, stand in a relaxed standing pose, with the feet about 12 -16 inches apart. Let the knees be slightly bent and relaxed and let the arms hang loosely at your sides, a short distance from your body. Ensure that the body is relatively aligned, i.e., you aren't tilting one way or the other, or are not bent forward or back. Place the tip of your tongue on the upper palate, just behind the front teeth. When you are in this position - relax!

First, we will do an energy clearing, or an aura cleanse. Raise both arms slowly out to the sides, and up over your head. The centres of your palms point to the Crown chakra. Just breathe naturally and hold this position for about 5 seconds. Then, start to relax the shoulders, and with the palms facing you, and about 10 cm. away from the body, lower the hands down in front of your body, from the head down to the groin area. Then, raise the hands up over the crown again, and repeat the clearing 2 more times. As you do this, imagine strongly, that you are cleansing your body of any stale energy that may have accumulated!

Next, we will do the set of exercises. First, slowly raise the hands up from the sides to the home base, right in front of your heart. Imagine you are holding something soft and fragile between your palms, with the fingers softly curled around it!

Step 1: Open your arms and hands slowly towards the sides. When the hands are at the level of your shoulders, start slowly turning the palms out to the sides, facing right, and left. Then, slowly push the hands out to the sides. Keep a good bend in the elbows. It should feel like you are placing your hands on two sidewalls. Stay quietly in that position for several breaths. Then, slowly reverse the movement and bring the hands back to "home base". Relax the shoulders and rest here for several breaths.!

Step 2: Open the hands slowly, slightly wider than the width of your head. Then, raise them straight up, past the sides of your face. When they are past your head, slowly turn the hands toward the sky, and push up. Keep the elbows slightly bent, and only push as far as you are comfortable. Hold for several breaths, then release your shoulders and let the arms return down past your head to "home base". Relax the shoulders and rest here for several breaths!

Step 3: Open the hands slowly to about shoulder width, then slowly turn them to face the front. Allow them to move forward, imagining that you are going to place them on a wall in front of you. Keep the elbows bent and stop when

your body feels it has reached the balance point. Keep your hands in this position for several breaths. Then, at that arms length, bring the palms toward each other, like you are holding something again, and then slowly pull them back to “home base”. Relax the shoulders and rest here for several breaths!

Step 4: Keeping the hands in “home base” position, turn to the right, taking one small step. Open the hands slowly to about shoulder width, then slowly turn them to face forward. Allow your body to move slowly forward to a point where your knee is still behind your toes. Hold for several breaths. Then, turn the body and right foot back to the front and return your hands to “home base”. Relax the shoulders and rest here for several breaths. Repeat the movements on the left side!

Step 5: Raise the elbows up slowly and imagine that they are just floating up. Stop when your arms are parallel to the floor. Then, with a bit more effort, pump the elbows back down to the original position. Do 2 complete raise and lowers. Then, raise the elbows one more time and with the arms up start to push the hands down toward the ground. Keep the knees bent slightly as you do this and stop the movement when you get to the knees. Then, turn the hands palms up and pull them back up to your chest. Return them to “home base” position. Relax the shoulders and rest here for several breaths!

This whole set could be performed once, or several times. The more you do it the better it feels. There is also one variation if you wanted to use it in a second set, for example, in **Step 4**, instead of pushing out to the sides, you could do a “block” - right hand up in front of your forehead, left hand below and pushing out straight, both palms forward. (and v.v. on the left side) When you are totally done, just let your arms return down slowly to your sides from home base and relax for several breaths.!