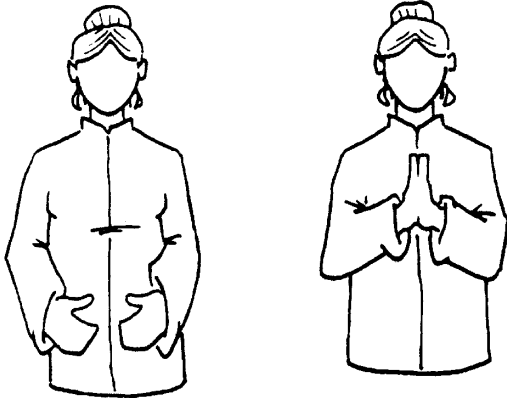


BONE MARROW

cleansing

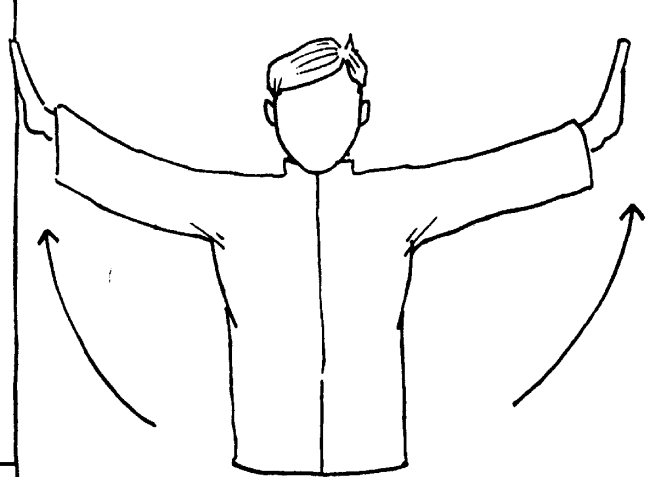
• MEDITATING BUDDHA •

START IN QIGONG STANCE, PALMS TWELVE INCHES APART, HOLDING ENERGY BALL. RAISE BALL UP TO CHEST, TILL HANDS MEET, THUMB RESTING ON BREAST BONE. FOCUS INWARD ON DANTIAN BREATHING. TWO/THREE MINUTES.



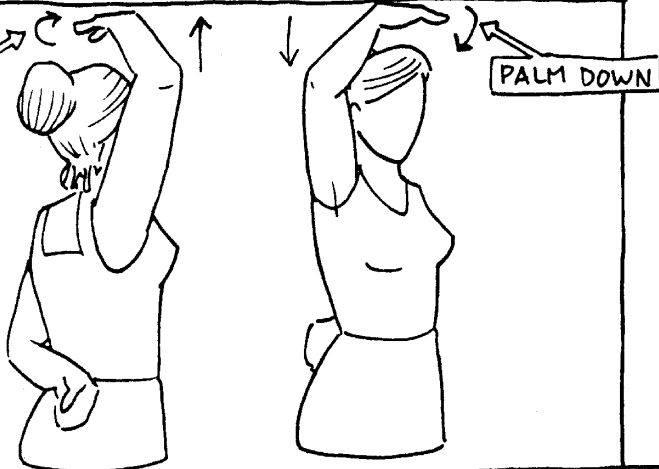
• THE COSMIC BEING •

SLOWLY RAISE ARMS FROM SIDES, WITH ELBOWS SLIGHTLY BENT, PALMS FORWARD, FINGERS TO THE SKY HOLDING THE POSTURE. IMAGINE YOUR BODY FILLING THE UNIVERSE, FROM THE HEAVENS TO THE CENTER OF EARTH.



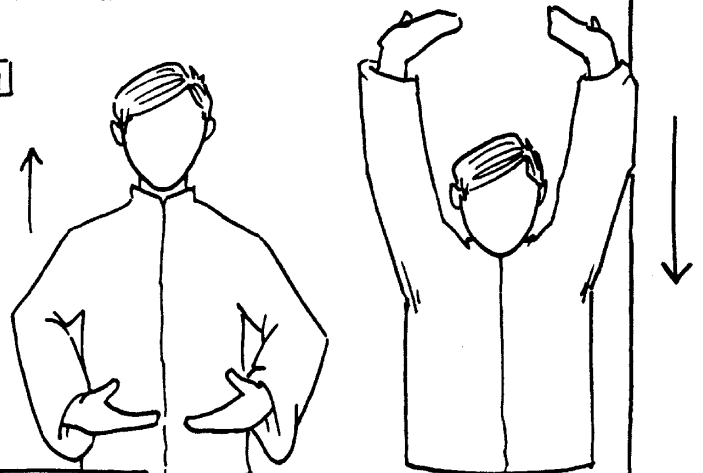
• WASH THE MARROW W/ONE HAND •

LEFT HAND SLOWLY MOVES UP BEHIND THE BODY RESTING COMFORTABLY ON LOWER BACK, OPPOSITE NAVEL. RIGHT HAND RISES UP RIGHT SIDE OF THE BODY UNTIL THE HAND IS SIX INCHES ABOVE THE CROWN. HOLD THIS, THEN REVERSE.



• WASH THE MARROW W/BOTH HANDS •

RAISE BOTH HANDS UP THE CENTER OF THE BODY AT THE BREAST BONE, TURN PALMS AWAY AND PUSH THEM OVER THE HEAD. HOLD THIS, THEN REVERSE.



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