

Advanced Micro/Core meditation

September 1, 2010

This meditation was down loaded to me during a meditation on September 1, 2010. I feel that I'm to share this with others. Please listen to your inner voice while doing the Micro/Core Meditation. If you experience any resistance STOP do not continue. Then start at lower Dantian and do 9 rotations of Micro Cosmic/Small Universe mediation the classic form to bring you back to balance.

Begin:

Standing, ground your body to the core of the earth...Deep...Open the crown to connect to the infinite universe. Hold the standing meditation posture while focusing on your lower dantian in the core channel. Once the dantian become activated smoothly inhale and raise the Qi up the core to upper dantian. Witness a purple glowing pearl of Qi in the middle of the upper dantian. Once you are balanced and clear, exhale and move the pearl forward to the third eye and down the conception channel and inhale up the governing channel.

Do 9 rotations of the Micro Cosmic/Small Universe Meditation (starting from your upper dantian)

The last rotation - #9 come down the front of your body (conception channel) to your perineum.

While Inhaling move into the body and up core channel through lower dantian - middle dantian - upper dantian then to your crown.

Now exhale down the front of your body (conception channel) and inhale up the back of your body (governing channel) to the crown now while exhaling move into your body and down the core channel through upper dantian - middle dantian - lower dantian to your perineum.

Now inhale up the back of your body (governing channel) and exhale down the front of your body (conception channel) to your perineum. Now while inhaling move into your body and up core channel through lower dantian - middle dantian - upper dantian to your crown; continue this cycling pattern

Do this a total of 18 cycles (9 times up the core channel and 9 times down the core)

Finish:

The 9th and final pass down the core channel from the crown end at your lower dantian, hold this until you feel you have generated enough of heat in the lower dantian (listen to your inner voice).

Woman are to end this meditation by visualizing the Qi (energy) ball/pearl, in the lower dantian has transformed (while exhaling) into white light (Qi) filling the whole body inside.

Men are to see the ball/pearl of Qi (energy) in the lower dantian and move it from the dantian into a pouch deep within the belly.

Karl Ardo

www.movinginstillness.com