

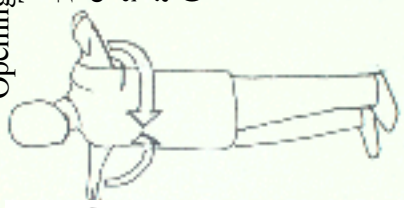
**Begin in the Holding the Heart position**  
The hands are held as if they are holding a soccer ball directly in front of the heart. Imagine, then feel, your heart beat within your hands. Now continue to imagine that your heart beat is the heart beat of the Earth. Holding the heartbeat of the Earth move your hands forward by straightening the legs. (exhale)



**Reaching out to humankind:**  
The hands and arms are extended forward and the knees are straightened. The hands are drawn back to the shoulders as the knees are bent. (inhale)

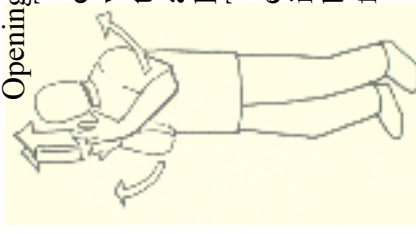


**Opening to receive:**  
The hands extend from the shoulders outward to the sides as the knees are straightened. (exhale)



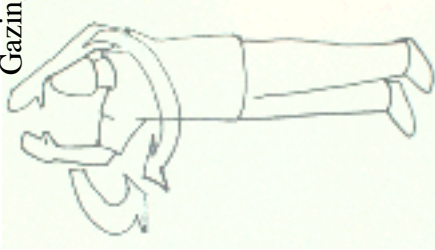
**Opening the Lotus:**

The elbows move onto the ribcage with the heels of the hands meeting at the heart as the knees straighten. The fingers are extended upward imitating the blossom of a lotus flower. (inhale)



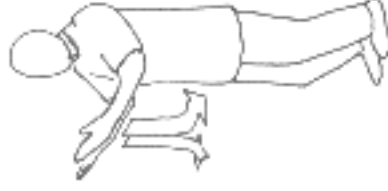
**Gazing into Heaven:**

Push the elbows inward which raises the arms, rotate the elbows outward as you straighten the legs. Look through the hands toward the sky. (exhale)



**Embrace Heaven:**

Bring the elbows together creating a cradle as you bend the knees. (inhale)



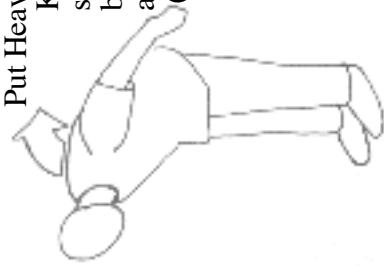
**Bring Heaven to Earth:**

The elbows move outward bringing the hands together then down toward the front of the thighs as the knees straighten. (exhale)



**Put Heaven into the Earth:**

Keeping the hips still, and the upper body unified, bend at the hips. (inhale)



**Let heaven take root:**

Rotate upward into a straight position. (exhale)



**Move into prayer:**

Bring the hands together into prayer as you bend the knees, then open the hands to the holding the heart position. (inhale)



Repeat the process for ten cycles working to six seconds per movement. The whole cycle will take one minute. After ten cycles, perform the "Reach out" move and return to "Holding the Heart". Hold that posture to stillness, then lower the arms and return to normal.

## Movements of Peace Qigong

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White Willow School of Tai Chi

Begin in the holding the heart position

The hands are held with the thumbs together so that you can feel the pulses of your heart. Bring the other tips of the fingers together so they form a heart. Place your elbows on your ribcage and let your "heart hands" be at about solar plexis level. Imagine, then feel, your heart beat within your hands. Now continue to imagine that your heart beat is the heart beat of the Earth. Bend the knees while opening the hands in front of the chest (inhale)

Reaching out to humankind:

The hands and arms are extended forward and the knees straightened. (exhale) The hands are drawn back to the shoulders as the knees are bent. (inhale)

Opening to receive:

The hands extend from the shoulders outward to the sides as the knees are straightened. (exhale)

Opening the Lotus of the spirit:

The elbows move onto the ribcage with the heels of the hands meeting at the heart as the knees straighten. The fingers are extended upward imitating the blossom of a lotus flower. (inhale)

Gazing into Heaven:

Push the elbows inward which raises the arms, rotate the elbows outward as you straighten the legs. Look through the hands toward the sky. (exhale)

Embrace Heaven:

Bring the elbows together creating a cradle as you bend the knees. (inhale)

Bring Heaven to Earth:

The elbows move outward bringing the hands together then down toward the front of the thighs as the knees straighten. (exhale)

Put Heaven into the Earth:

Keeping the hips still, and the upper body unified, bend at the hips. (inhale)

Let heaven take root in the world:

Rotate upward into a straight position. (exhale)

Move into prayer:

Bring the hands together into prayer as you bend the knees, then open the hands to the holding the heart position. (inhale)

Repeat the process for ten cycles working to six seconds per movement. The whole cycle will take one minute.