

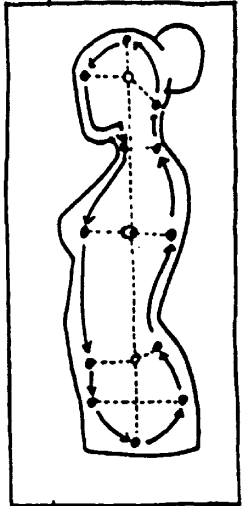
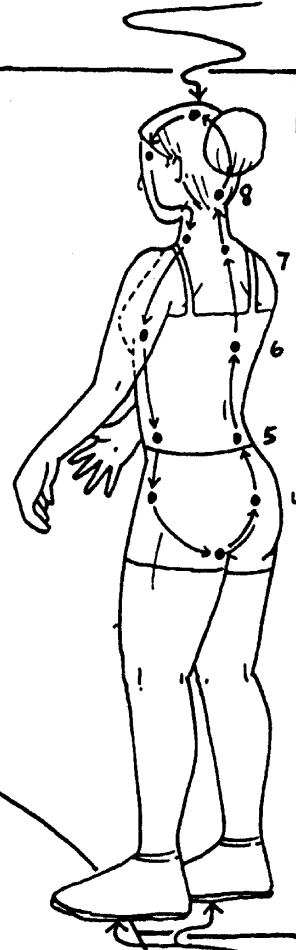
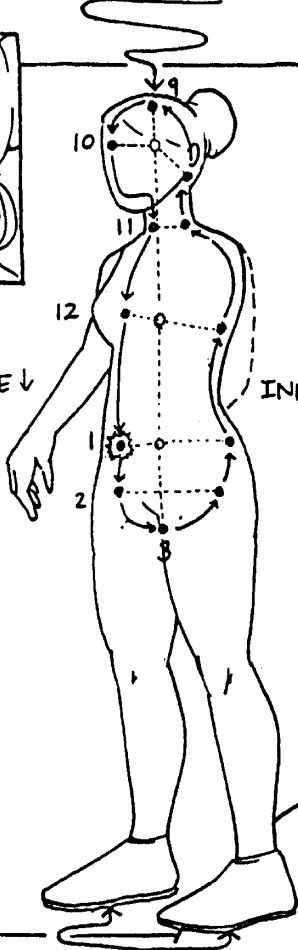
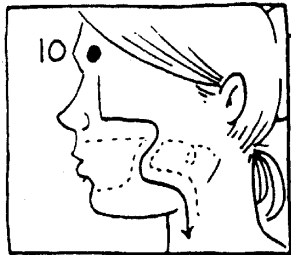
# MICRO COSMIC CIRCULATION

CROWN ENERGY

## STEPS:

- ① GROUND BODY
- ② TONGUE ON ROOF OF MOUTH
- ③ BREATHE IN LOWER DIAPHRAM
- ④ OPEN CROWN
- ⑤ FOCUS ON DANTIAN

MOVE QI ONE" INSIDE YOUR BODY



## KEY

1. DANTIAN START/END
2. PUBIC BONE
3. PERINEUM "LIFE DEATH GATE"
4. SACRUM
5. DOOR OF LIFE
6. BACK HEART
7. BACK THROAT
8. JADE PILLOW GATE
9. CROWN
10. THIRD EYE
11. THROAT
12. HEART

WHEN SEATED...



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CIRCULATE 9 TIMES AROUND THE BODY

## \*TIMES:

EXTREME YIN: 11PM - 1AM  
EXTREME YANG: 11AM - 1PM

\* WHEN THE YIN IS AT AN EXTREME, YANG IS BORN