

Magic Pearl Qigong

**A Tai Chi Medicine Ball Exercise Routine and Meditation Technique
Part I, Movements 1-8**

By Michael Garofalo

- 1. *Taiji* Returns to *Wuji*: Listening to the Silence of the *Tao***
- 2. Cultivate the Pearl**
- 3. The Magic Pearl Glows in the Moonlight**
- 4. The Heavenly Dragon Raises the Flaming Pearl**
- 5. Wei Tuo Struggles to Save the Dharma Jewels**
- 6. Open the Giant Oyster's Shell**
- 7. Nezha Searches for the Jade Stone of the Dragon King**
- 8. The Earth Dragon Hides the Immortal's Pearl in His Cave**

For detailed instructions and commentary regarding the *Magic Pearl Qigong* please read the webpage: <http://www.egreenway.com/qigong/magicpearlqigong.htm>.

For medicine ball exercises and Tai Chi ball exercises please read the webpage: <http://www.egreenway.com/taichichuan/medball.htm>.

Valley Spirit Qigong: <http://www.egreenway.com/qigong/index.htm>.

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