

Magic Pearl Qigong

A Tai Chi Medicine Ball Exercise Routine and Meditation Technique By Michael P. Garofalo

Repeat most exercises 3-9 repetitions. Use a medicine ball weighing from 3-12 pounds. Many movements start to the left side first, and then move to the right side. 'Return to *Wuji*' means to stand with your feet together while holding the ball at your waist level.

1. *Taiji Returns to Wuji: Listening to the Silence of the Dao*

Take a comfortable stance with your feet close together. Hold the ball about waist level. This is the standing meditation posture, *Wuji*: looking forward, remaining still and relaxed (*Sung*), rooting downward and centering, maintaining an empty state, balancing in silence, and keeping a calm and focused mind. Stay in this posture for awhile.

2. Cultivate the Pearl

Take a horse stance and rotate the ball vertically in front of the body in a counter-clockwise manner from waist level to head level. Inhale, stand up straight, and tighten the abdominal muscles as you lift the ball up close to your body until the ball is in front of your face; exhale, squat a little, and relax the abdominals as you extend your arms outward and lower the ball. Repeat the exercise. Return to *Wuji*.

3. The Magic Pearl Glows in the Moonlight

Step out diagonally to the left side, take a bow stance, rotate the ball in and out from the body in a clockwise circle at waist level. Watch the ball. Rock forward as the arms are extended, and rock back as arms return closer to the body. Repeat exercise. Return to *Wuji*. Step to the right, take a bow stance, rotate the ball in and out from the body in a counter-clockwise circle at waist level. Repeat exercise. Return to *Wuji*.

4. The Heavenly Dragon Raises the Flaming Pearl

Step out to a medium horse stance, toes pointed out slightly. Raise the ball to the upper chest as you inhale. Push the ball as high above your head as you can as you exhale. Lower the ball to your chest as you squat a little, and then lower the ball to your waist. Repeat exercise. Return to *Wuji*.

5. Wei Tuo Struggles to Save the Dharma Jewels

Step out diagonally to the left side, take a bow stance, lift the ball to your chest level. Push the ball vigorously forward as you exhale. Slowly pull the ball back to your chest as if you are pulling it away from an opponent as you inhale. Repeat exercise. Return to *Wuji*. Step out diagonally to the right side, take a bow stance, lift the ball to your chest level. Push the ball vigorously forward as you exhale. Slowly pull the ball back to your chest as if you are pulling it away from an opponent as you inhale. Repeat exercise. Return to *Wuji*.

6. Open the Giant Oyster's Shell

Lift the ball up to your left shoulder. Lift up your right leg, and bring your right knee up to your hip level. Maintain a steady balance on the left leg, then return the left foot to the ground. Repeat exercise. Return to *Wuji*. Lift the ball up to your right shoulder. Lift up your left leg, and bring your left knee up to your hip level. Maintain a steady balance on the right leg, then return the right foot to the ground. Repeat exercise. Return to *Wuji*.

7. Nezha Searches for the Jade Stone of the Dragon King

Step out to a comfortable shoulder width horse stance. Move the ball in a figure eight pattern starting with the left side with a clockwise circle, bringing the ball back to center, and then to the right side with a counter-clockwise circle pattern, then back to center. Look down and watch the floor below the ball as if you are searching for the Dragon King far below in the sea. Repeat exercise. Return to *Wuji*.

8. The Earth Dragon Hides the Immortal's Pearl in His Cave

Step out to a comfortable shoulder width horse stance. Inhale as you squat and move the ball to your hip level, then hold the position and slowly exhale as you tighten your abdominal muscles. Inhale as you squat lower and move the ball to the middle of your thighs, then hold the position and slowly exhale as you tighten your abdominals. Inhale as you squat lower and move the ball to the middle of your shins close to the floor, then hold the position and slowly exhale as you tighten your abdominals. Inhale as you stand up straight drawing the ball to your waist. Repeat exercise. *Return to Wuji.*

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>.

Green Way Research: <http://www.egreenway.com/index.htm>.

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