

# How to Perform the Microcosmic Orbit Exercise

By Scott Rauvers

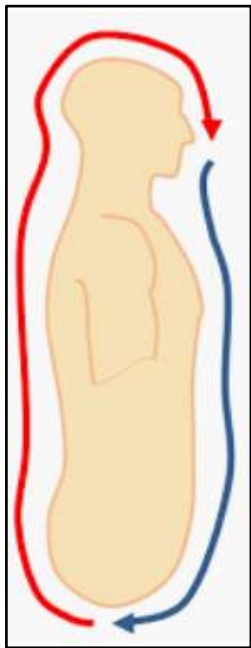
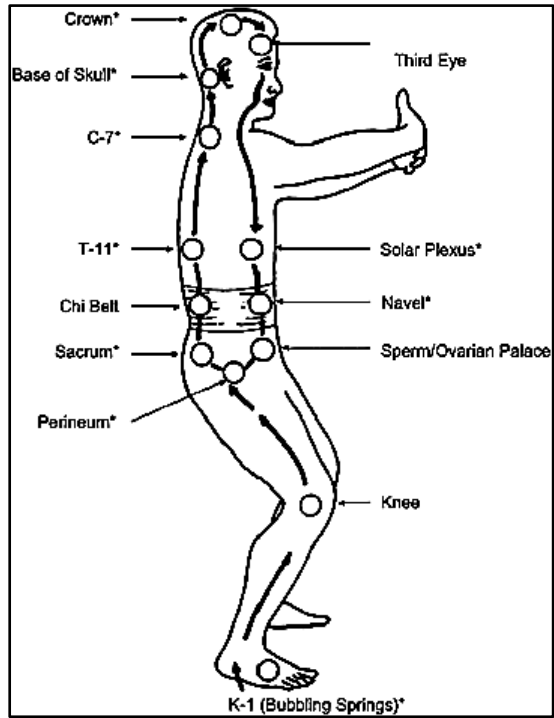
After 10+ years of practicing the Emerald Tablets Exercise, I had moved to Hawaii. The warm, moist humid weather caused some stress in the upper part of my body, most likely due to writing. This caused extreme stress when I practiced the Emerald Tablets Exercise. Not wanting to give up the exercise because it is so beneficial, intensive research on Inner Alchemy revealed an exercise known as the Microcosmic Orbit Exercise.

Instead of spending 30 minutes a day practicing the Emerald Tablets exercise, I found out I only needed to spend 10 to 15 minutes practicing the Microcosmic Orbit Exercise because through the years of practicing the Emerald Tablets Exercise, I was able to identify and understand the revitalization energy achieved by generating critical mass. This is because the Microcosmic Orbit Exercise is a far more effective method to generate, circulate and hold the revitalization energies, compared to the Emerald Tablets Exercise, although the energies are not as intense as the Emerald Tablets Exercise. I advise practicing the Microcosmic Orbit Exercise only after you have had some practice performing the Emerald Tablets Exercise because of the “*critical mass*” method that generates the energy is vital to the efficiency of the regenerative white light created while practicing the Microcosmic Orbit Exercise. I have found that The Microcosmic Orbit Exercise works best at the Fall Equinox (*September 22nd through 23rd*)

I had found that the effects of practicing the Microcosmic Orbit Exercise involved one feeling like they could float on air. After practicing the exercise myself, I indeed found that I felt much lighter and could run much more easily. I then made the connection that this exercise may greatly lengthen lifespan due to the fact that Mr. Li Ching Yuen, mentioned that he was given advice from a Taoist Immortal who was renowned to have covered great distances in a day by a type of exercise or movement where his body appeared to be as light as a feather. This enabled him to cover great distances without any sort of physical fatigue. This man was reputed to have been over 500 years of age when he met Mr. Li Ching Yuen. Hence, it may be that a strong healthy supply of Qi energy that is generated by practicing the right Qi generating exercises, combined with the right herbs and diet may greatly lengthen lifespan.

The Microcosmic Orbit generates Qi energy which circulates through the main channels in the body through mental effort. You can also

use its energy to heal by mentally moving it up, down and throughout the body. The cycle begins as you feel, touch taste and imagine a flow of energy flowing down the outside of your body that flows down your chest, down the front of the body to the perineum and from there to the base of the tailbone, than up the spine, to the crown of the head, pausing in-between the eyebrows (*third eye*) than flowing down to the inner cauldron where the energy is transmuted into Qi energy. This cycle is repeated up to 7 times, or until you feel enough



Qi has been built up. The energy that is visualized is simply a blank or neutral energy devoid of form. I like to just imagine feeling a flow of subtle energy and allowing it to flow down the front portion of the body.

When Qi energy circulates freely through these regions, it is nourishing the many tributaries, providing needed life energy to vital parts of the body.

**What is the Light of the Microcosmic Orbit?**

When you place an ele wire between a positiv and negative wire you generate electricity. In our bodies the negative wire is located in ou perineum, which is loc



near the public bone (*the Hui Yin or Meeting of Yin*). The positive wire is in the crown (*Bai Hui or Meeting of a Thousand Places*). As you circulate energy between these two positions during the microcosmic orbit, the body

becomes an electrical generator of energy. The position below our navel (*lower abdomen **Tan Tien***) acts as the magnetic core of the earth.

### **Instructions for Beginners of the Microcosmic Orbit Exercise**

Our bodies naturally bring in energy up from the earth through the body's kidney meridian (*called the **KD 1 point***) and through other meridians where it flows up to the upper regions of our body.

The energy that is directed during the Microcosmic Orbit is actually a reversal of the flow of energy that circulates around the body. This flow runs from the top of the palate inside the mouth and down through the body's neck, chest and into the naval region and past the genitals to the perineum. As this energy naturally circulates, if Chi generation exercises are not practiced to reverse this flow (*which recharge it*) the channels become blocked and weak. This principle operates much like a small D.C. motor. You hand crank the motor and it **generates** electricity. However if you add some batteries and apply D.C. current through wires to the same motor, the motor **spins** by itself due to the electricity.

When one practices the Microcosmic Orbit Exercise, the energy begins at the chest region. It then flows down over the navel, under the genitals and anus. It then flows up through the body's tailbone, spine, neck, over the top of the head, down to a region located in-between the eyebrows and finally to the top of the palate in the roof of the mouth, which is located just behind the teeth at the roof of the mouth. It is then directed down the centerline of the body (*or you may feel it flow down the outside of the body*) into the cauldron (*the lower **Tan Tien***), where the feelings of revitalization are experienced. After practicing the Microcosmic Orbit Exercise, you will begin experiencing physically warm sensations as you focus on circulating the energy around the body. This is of tremendous benefit if you practice the Microcosmic Orbit Exercise outdoors in cool weather.

The cauldron is where the energy that has just been circulated becomes stored like a charged battery. This region of the body is the center of gravity for the body, which has an invisible attachment to the energies of the earth. This could be where the term used for centering ones-self in spiritual practice comes from.

## **A Simple Exercise to Experience the Microcosmic Orbit**

The Microcosmic Orbit practice is a process for generating and circulating warm, tingling currents of Qi energy around the body at the midline. When properly performed, the Microcosmic Orbit will create lasting health benefits such as cleansing and strengthening the internal organs. Once a person becomes proficient in the technique, they need only focus their attention upon their navel area and the circulation of warm, healing energy will start automatically without effort. By practicing between 10 and 15 minutes twice daily it can be learned by anyone taking from several days to a year or two to fully master the process.

When first beginning the Microcosmic Orbit Exercise, if you choose to practice this exercise first instead of the Emerald Tablets Exercise, your body will not be used to the inflowing flows of revitalizing energy. When first beginning and you have not gone through the routines of directing energy from practice of the Emerald Tablets Exercise, one should sit on a chair so that the soles of your feet touch the ground. This allows earth's yin power to flow up through the feet and legs. As a matter of fact, even if you have practiced the Emerald Tablets Exercise or Microcosmic Orbit Exercise for a period of time while sitting cross legged and then perform the same exercise while seated in a chair, you will actually feel a stronger, smoother flow of energy flowing up through the soles of your feet and into your body.

It takes experience and practice to be able to sit cross legged, with the soles of the feet pointed away from the ground and be able to control and direct this energy, which is why beginner's should first begin while seated in a chair.

If you have not practiced the Microcosmic Orbit exercise for 3 to 5 days, when you return to practice it, the natural downward flow of the energy will be much stronger.

## **Breathing Rhythms while Practicing the Microcosmic Orbit Exercise**

After practicing either the Microcosmic Orbit Exercise or the Emerald Tablets Exercise, you will notice a change in your breathing. It will gradually turn into a natural fine flow of air while the exercise is being practiced. This is a natural and healthy reaction and shows that the circulation of Chi is properly flowing.

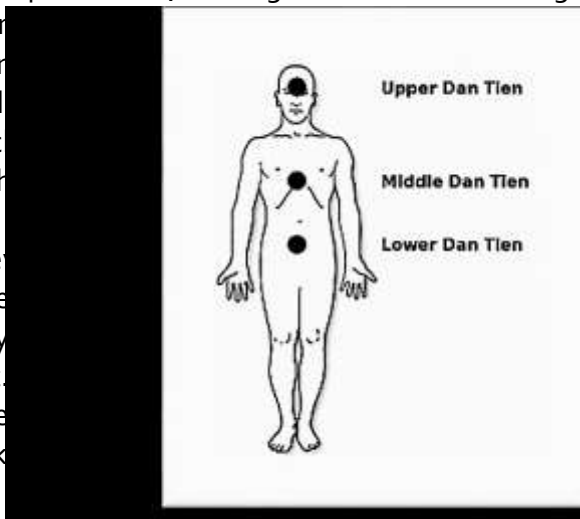
Speaking from personal experience, after generating “critical mass” from practicing the Emerald Tablets Exercise, I have found sending the energy along the microcosmic orbit pathways creates extremely strong feelings of revitalization.

The Microcosmic Orbit has 2 paths. Up and Down. Up front and down the back is known as the **Water Cycle** (*heaven energy*), and up the back and down the front is known as the **Fire Cycle** (*earth energy*). The fire cycle will increase your intuitive abilities and the water cycle will awaken your awareness, grow your life initiative and create a strong grounding. As the Microcosmic Orbit is performed, it integrates and weaves together

the three Tan Tien: lower head and chest. These connect **thinking, feeling and will** distributes Qi to all the cells, nourishes the growth of the spirit creating a strong foundation for spiritual development.

When inexperienced people first perform the exercise, they experience shaking or heat. This occurs because the circulating energy is breaking resistance and blockages in a person's physical and subtle bodies.

Heat is generated from friction as the energy scrubs through the body's meridians. The awakening of this energy causes it to heal areas of the body where blockages exist. The energy also carries with it incredible informational wisdom allowing one to do amazing work.



first  
This  
up

### Using the Revitalization Light for Healing

When I first began the Emerald Tablets Exercise, I discovered that I could direct this healing light to particular sections of the body. This can also be done while performing the Microcosmic Orbit Exercise. For the Microcosmic Orbit Exercise, while circulating the energy, hold the circulation and focus the revitalizing energy (*also called Qi or Chi*) at a region(s) where you feel discomfort, pain or restricted energy. Allow yourself to feel the energy pulsating there for as long as you feel is necessary. Do not overdo it as excess energy can actually have a detrimental effect and cause problems. By doing this you will heal afflicted

areas, allowing feelings of rejuvenation to take place due to a restored healthy flow of circulation.

***The secret is that you only have to mentally direct the Light allowing it to circulate to experience its extraordinary benefits***

**Returning Health via Circulation**

The circulation of Qi plays an important role in longevity. As a person ages, their energy becomes polarized, stiff, cold and sinks as a result of rising heat. It is the excess heat that causes mental agitation and heart conditions. Excess cold causes weak digestion and stiff joints. By performing the Microcosmic Orbit Exercise or The Emerald Tablets Exercise, it integrates the hot and cold tendencies making one feel more balanced and youthful.

The accumulation of life restoring life force energy in the body naturally accumulates in 3 locations whilst performing the exercise. 1: The lower abdomen; fills up most during the fall season. The area of the chest near the sternum; fills up the most during spring and in the area of the head between the eyebrows; fills up the most during early summer. During Fall you can send the energy deeper into the abdomen, as it naturally wants to sink deeper. This results in much stronger feelings of revitalization.

## Restoring

## Circulation

Dr. Thomas Townsend Brown discusses in his research notes (*The Scientific Notebooks of Thomas Townsend Brown* [www.rexresearch.com/brown2/brown2.htm](http://www.rexresearch.com/brown2/brown2.htm)) that he was able to extract energy from rocks or create an artificial "rock battery" using the right materials. The release of energy was caused by heating the substance and then applying an electrical current through it. This aligned the dipoles in the natural rocks, creating electricity.

This same process is used in commercial cathodes where the procedure involves activating a cathode made of a specific oxide. The process involves heating the cathode oxide to a specific temperature using electricity. After the cathode has been activated by either heating it up, it increases the thermionic electron emissions and the photoelectron emissions increase. This activation also lowers the work function (*how much light falls upon an object*) allowing electrons to flow much more easily using a lot less electricity (*a type of superconductivity*) (*Effective Work Function of an Oxide Cathode in Plasma Motoi WADA, et al. Sept 2008*). In some cases, activation can be achieved by converting barium oxide in a tungsten matrix into free barium on the cathode surface (*Electron gun system for NSC KIPT linac. ZHOU Zu-sheng. Institute of High Energy Physics, CAS, Beijing 100049, China*).

In Dr. Thomas Townsend Brown's scientific notebook titled: **A Tribo-Electric High Voltage Generator at Catalina Island, CA; March 26, 1973**, he states that using barium titanate and rubbing a dielectric at high speed, would create positive charges in the barium, creating a positive charge.

Dr. Thomas Townsend Brown also observed that the energy he was picking up from the galaxy caused a variation in resistance, including the flow of electrical current. He utilized Tungsten to detect these changes due to the unusually high density of the Tungsten.

Perhaps the QI energy generated in the body follows a similar concept whereupon critical mass is the heating and the circulation of the white light obtained from critical mass is the electrical current. In other words, QI enhances the flow of electrons in the body.

A published paper titled: **How Far Can Ki-energy Reach? A Hypothetical Mechanism for the Generation and Transmission of Ki-energy** that was published by S. Tsuyoshi Ohnishi and Tomoko Ohnishi on October 2007, states that generated Ki-energy (*the practice of Nishino Breathing Method*) in the body *may excite electrons* from ground state to

an excited state (*in a chromophore*). The 'population inversion' may occur so the 'stimulated emission' phenomenon would happen. The paper goes on to state that skin cells have a built in near-infrared radiation detector, that ki-energy can be reflected by a mirror and that volunteers were able to sense Ki-energy even while blindfolded.

### A more In-depth method for practicing the Microcosmic Orbit Exercise

#### Learning to Breathe and out through the Abdomen

Li Ching-Yun, who allegedly lived to between 197 and 256 years, practiced **Baguazhang**, also called **Bagua Qi Gong**, which loosens the chest for breathing, and makes the abdomen relaxed, allowing the energy of Qi or Chi to circulate freely throughout the body. This specific type of exercise makes the abdomen relaxed, allowing Qi to be full while loosening the chest for breathing. These are the two main components for successful generation of Qi in the body.

When first starting, after relaxing the body and mind, breathe in and out through the abdomen. To learn abdominal breathing, after first calming the mind and relaxing the body in a quiet place, inhale through the nose until you feel your abdomen expanding, than breathe out through a slightly opened mouth. You should focus on allowing your abdomen expanding, rather than the chest.



#### Pathways of Qi

##### The C7 Point

This region of the body, located at the base of the neck, acts as a connection of the body's tendons and its energies as they circulate throughout the body, serving as a type of junction box for the nerves of the legs and hands. C7 is shown in the picture.

##### The

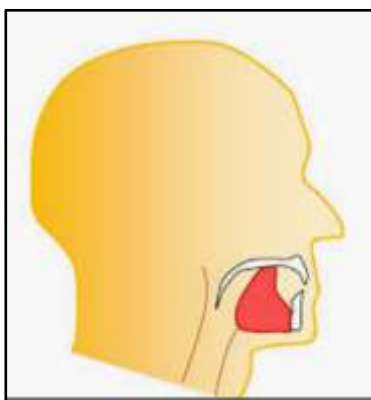
##### Cauldron

As one practices deep abdominal breathing, the energy begins flowing into the region about 1 inch below the naval where the *critical mass* is generated, which creates the Qi Energy. This is where the regenerative feelings of the body come from after the exercise has been practiced. The energy that has been generated from circulating the energy over the top of the body is sent down



through the mid-section between the eyebrows and paused until enough charge has been accumulated. It is then and into the cauldron. This region is known as the Dan Tien (*or the cauldron*). It is here this energy remains and is stored for a period of time. The storage of this energy is the key element to longevity and vitality. When this energy becomes depleted, as it does through our daily activities, the Microcosmic Orbit Exercise is re-performed to replenish this “*inner battery*”.

### Closing the Circuit



Just before the energy is sent down from between the eyes, down the throat and into the cauldron, the tip of the tongue is placed towards the back region of the roof of the mouth. This small gesture is actually very powerful as it activates the body's parasympathetic nervous system, which brings relaxation and enhanced flexibility to important parts of the body. The roof of the mouth contains many parasympathetic nerve endings. Hence, placing the tongue of the mouth at the fleshy area near the back of the roof of the mouth stimulates the **Vagus Nerve** which in turn activates the parasympathetic nervous system that relaxes the nervous system.

Speaking from personal experience, I have noticed that the further back the tip of the tongue reaches back towards the upper part of the mouth, the more concentrated the energy becomes.

### Priming the Energy Flow

While you can feel and generate a good flow of beginning energy by just feeling the energy flowing down outside the front of your body, under the pubic bone, up the spine, along the neck and over the top of the head and down into the cauldron, you can generate a much more intense amount of QI by first **priming the energy**. This means you can spend much less time practicing QI generation, reducing the needed mental energy required to perform the exercise, leaving you feeling refreshed afterwards instead of tired and confused.

## The Microcosmic Orbit Priming Exercise

1. After relaxing all muscles in your body and letting go of all stress and tension, breathe in and out through your abdomen for a few minutes.
2. Imagine in your lower stomach region, just below the navel a large cauldron filled with golden pure rejuvenating white light. You could also visualize a pure white light if you feel comfortable with that.
3. Next imagine a flow of neutral energy flowing down outside the front of your chest, under your public bone, up the lower back, up the spine to the tip of your neck.
4. Next imagine this energy flowing back down your neck, down the shoulders, running under the armpits (*where you will feel a "dumping of negative energy"*), along your lower arms, along your hands and out your fingertips (*this is called **bone breathing** and it builds strength in the arms and hands*).
5. Now take a pause. Next imagine the energy back into fingers, hands, arms, up the shoulders and neck, over the top of your head (*the crown*), pausing in-between your eyebrows.
6. As you pause this energy between your eyebrows, allow for a build-up of "charge" to take place at the space between your eyebrows.
7. *Optional* - After you feel this charge has built up enough, using your fingers, gently tap the space between your eyebrows and begin to send the energy down through the front of your body.
8. After pausing for a few seconds, place and hold the tip of your tongue towards the back of the roof of your mouth, until you have sent the energy down through your throat, and the inner front part of your body, downwards towards your lower stomach and into the cauldron. Do this by imagining the energy flowing down through your nostrils,

throat, down through the center mid-region of your body and into the region of white light in the cauldron.

9. After practicing this the 3<sup>rd</sup> or 4<sup>th</sup> time, the energy will feel faster and will want to "shoot out" the top of your head as you send it towards the space in-between your eyebrows. When this occurs, just gently re-direct the energy to between your eyebrows.
10. After pausing, place your tongue at the roof of your mouth, sending the energy down from between your eyebrows and so on until it enters the revitalizing white light in the cauldron, which is located near your abdomen.

Each time the energy enters and fills the cauldron region, you are generating "critical mass" when you imagine yourself as if you were walking along a tightrope, balancing yourself. You may get a tendency to yawn, which is normal and this may be due to the fact that the head is not entirely level or upright.

*Do the above 2 to 3 times.*

Now on the 6th or 7th orbit of this energy, send the energy down your chest; then as you move it up your spine, place your tongue at the roof of your mouth and then direct it over the body without stopping. In other words, down the front of your body, up spine, neck, over the head, pausing in-between the eyebrows, down the throat, the front of the body and into the cauldron. You are now generating a clean flow of Qi energy.

By this time you will feel the energy flowing freely and strongly and after the exercise you will feel refreshed and like you are floating. The best part is when you **balance this energy in your lower abdomen**, the regenerative energy felt is much, much stronger. It takes me between 12 and 15 minutes to complete approximately 12 Orbits of the Microcosmic Orbit Exercise. You should not overdo it, but experience over time will let you know when you "feel full".

Best results are obtained practicing 2 sessions daily every day, rather than the 30 minute Emerald Tablets Exercise once a day every 2 days. In other words, once you have graduated and learned how to feel the regenerative white light energy generated from practicing the

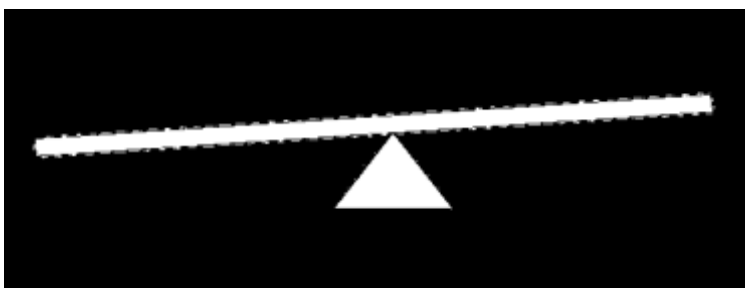
Emerald Tablets Exercise, you need only practice The Microcosmic Orbit Exercise for 15 minutes once or twice daily to generate healthy amounts of QI energy.

It is also key to keep the flow of QI energy in balance. Too much QI energy can harm. If you have had a hard day of exercise, or intensive emotional stress, performing the Microcosmic Orbit Exercise 24 hours later is plenty to help the body recover.

### Tips for Generating Internal Critical Mass

The below method is similar to the tightrope balancing technique and helps develop critical mass which is the rejuvenating white light.

- a) As you feel energy emerge that resembles a **pure fresh overflowing fountain of healing water**, visualize your body lying flat down horizontally in the middle of a sea saw and see yourself lying down perfectly balanced upon this sea-saw. As you do this with practice and have opened the gateway, you will feel flows of revitalizing energy enter the body. If you are first beginning, practice the above method first for 10 minutes, then move on into holding in the white revitalizing light.



- b) As the energy builds and releases itself, visualize the pole balancing method and feel the revitalization energy naturally emerge as you hold in the revitalizing white light.
- c) As revitalization power builds, after breathing in (*reaching the crescendo*), hold your breath at the peak then visualize the balancing on the type rope technique. Then gradually / slowly release the energy.

## Tips for Enhancing the Flow of Energy Generated from Practicing the Microcosmic Orbit Exercise

### Circulation of Qi

Imagine your body being a glass of water, where as you breathe in, you feel sensations filling you up from the bottom region of your body.

### Blockages

The hard part is sending the energy down from between the eyebrows into the lower stomach. This takes practice to perfect. One neat trick is to apply more feeling of the energy. Use more intensity of **feeling** and feel it flowing down into the lower stomach region. Also you can gently tap the area in-between your eyebrows after you have paused the energy at this location.

It works best to allow the flow of the energy to naturally flow in a gentle manner, without force or any type of resistance. Recognize that letting go generates depth of power which comes about through gentleness.

### Healing Effects from Practicing the Exercise

The vascular system of the body becomes much more relaxed when doing this exercise, which in many cases will bring immediate relief from sinus congestion and is especially good in lowering blood pressure.

The exercise anchors energy in the kidneys, which greatly strengthens the lower back region of the body, allowing one to feel centered, at peace and more at ease with life. Long life and good health has been attributed to a stronger lower back.

Because the Microcosmic Orbit Exercise syncs the body with the natural rhythm of the cosmos and earth, you will feel much more Qi energy flow into your body during favorable solar weather conditions, compared to times solar weather is unfavorable. You can learn how to find times of favorable solar weather in my book **Solar Flares and their Effects upon Human Behavior and Health**.

To help draw energy up your spine, neck and over your head roll your eyes up into the back of your head.

**For Men** - Place your right hand over your left hand while resting your hands on your navel.

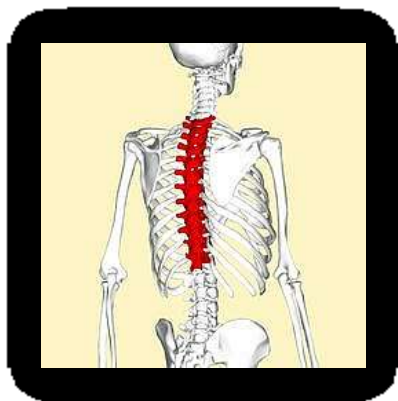
**For Women** - Place your left hand over your right hand while resting

your hands on your navel.

**The Inner Smile Exercise**  
Practice the Microcosmic Orbit Exercise with the **Inner Smile** and **Healing Sounds** for an extra boost. First practice the Inner Smile, then begin the Microcosmic Orbit Exercise. The Inner Smile is performed by first generating Mind Body coherence such as through Heart Math and then placing your awareness around your heart and then "smiling" into it. Allow the smile to remain as long as you feel necessary. It is one of the easiest exercises available to immediately reduce tension and drain negative built-up emotions.

### **The Solstices and Equinoxes and their Effect upon the Spine**

These next exercises represent the eight articulations of moon power that occur during the two equinoxes, the two solstices and the first day of the four seasons. These are dates that energy gathers in specific regions of the spine.



1. The Winter Solstice (December 21st through 22nd) represents the fifth lumbar.
2. Spring begins February 4th or 5th and represents the second lumbar.
3. The Vernal Equinox (March 20th through 21<sup>st</sup> / *mid-spring*) represents the eleventh thoracic vertebra.
4. Summer begins May 5th or 6th and represents the eighth thoracic vertebra.
5. The Summer Solstice (June 21st through 22nd) represents the fifth thoracic vertebra.
6. Autumn begins August 7th or 8th and represents the thoracic vertebra.
7. The Autumnal Equinox (September 22nd through 23rd) represents

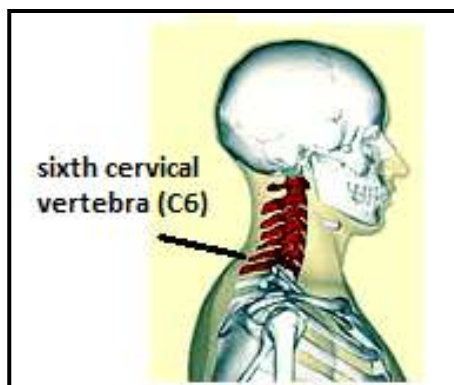
the 6th cervical vertebra (C6).

8. Winter begins November 7th or 8th and represents the 3rd cervical vertebra.

### **An Exercise to Enhance Circulation in the 6th Vertebra**

This exercise works best at the Fall Equinox (*September 22nd through 23rd*) and is a great way to prepare the body for the coming winter.

1. Sit or lay down comfortably and relax every part of your body.
2. Inhale through the pores in your skin, while collecting Qi energy and concentrate the energy into the 6th cervical vertebra.
3. As you exhale, visualize the 6th cervical vertebra glowing brightly. Repeat this 36 times or until you feel 'charged'.
4. Next inhale and focus on the 6th cervical vertebra and visualize light from the 6th cervical vertebra circulating throughout your body, your spine, your bones and your internal organs.
5. Repeat 36 times or until you feel charged.
6. Next inhale and collect the new energy and light in your body and channel it into your Lower Dantian or cauldron (*located three finger widths below the navel at the center of the body*).
7. Next exhale and concentrate the energy there. Repeat this three times.
8. Finally relax, and nourish your Qi. This can be done by feeling like a sponge soaking in a tub of warm water. Maintain for as long as you want.



## **Is the energy from the Emerald Tablets the Same Energy as the Microcosmic Exercise?**

Revitalization energies from the Emerald Tablet exercise are stronger than those experienced by the energies received from the Microcosmic Orbit Exercise. However the Emerald Tablet energies are susceptible to solar interference when solar activity is above average. The Microcosmic Orbit Exercise is great if you have pain or stiffness in your upper body and don't want to experience the full brunt force of the energies gathered during the Emerald Tablets Exercise. The Microcosmic Orbit Exercise can increase one's resistance to cooler outdoor temperatures, possibly due to the clockwise rotation / circulation of the energy. Speaking from personal experience, I have found that after a hard day of exercise that it is easier to perform the Microcosmic Orbit Exercise the following morning and then do the Emerald Tablets Exercise the following days ahead. This is because **The Microcosmic Orbit Exercise** is easier on the body if the body is more tired; however the physical revitalization energies are less.

## **How will I know if I have done the Microcosmic Orbit Exercise Correctly?**

Human spirit is constantly evolving to become self-realized, grounded and authentic. As this occurs, it cultivates harmony within the social whole. Qi exercises help one to evolve spiritually. Hence, if you feel increased levels of higher frequency Qi energy (*Chi flow*) in your body and mind, than you know that the exercise has been done correctly. Simply put, the mind is moving a type of energy in the body along various pathways that stimulate and heal it. If you experience inner peace, physical vitality and joy after doing the exercise, than you are doing it correctly. Also if you feel increased harmony and balance in your life from either exercise, than your practice is successful.

## **The Neck Strain Relief Exercise**

This exercise is great if you have any stiff upper pain in your neck or shoulder regions. Also taking black cumin seed can also help relieve muscle tension in these regions. The exercise I am about to reveal eliminated my bursitis, which is common among professional writers. The exercise also removes eye strain and strengthens the eyes and significantly boosts upper body circulation. It also relaxes the back muscles and releases tension and pressure located between the shoulder blades.



## Instructions for practicing the Relief of Neck Strain Exercise

1. While you breathe out, turn your head right, pause and then turn your shoulders as far right as you feel comfortable.
2. Next gently turn your head as far left as you feel comfortable and pause for a few seconds.
3. Return your shoulders and head back towards the front position.
4. Next gently turn your head left and pause for a few seconds, then turn your shoulders facing to the left as far as you safely can.
5. Next gently turn your head as far right as you can and pause for a few seconds.
6. Finally return your shoulders and head back towards the front position

Repeat these rotations 5 to 10 times. As you turn your shoulders which practicing this, you will feel a stretching in your lower back region, which greatly boosts circulation. End the exercise by bowing your head between your legs and rotating your arms outwards in front of you for 19 times. After practicing this exercise for a few days, you will find that your head muscles will be much more flexible and you will have much less eyestrain and neck strain.

### The Grounding Exercise

This is a great overall exercise to do when you may be feeling unconnected or “*spacy*”. At the end of the exercise you will be able to get more done in less time. Here is the grounding exercise in detail:

1. Relax all muscles in your body.
2. Next visualize a silver cord going from your spine deep down into the earth.
3. Next visualize the energy of the earth running up your spine,

and flowing throughout every part of your body, especially down to the tips of your fingers and toes.

4. Next visualize this energy flowing out of the top of your head deep into the cosmos.
5. Next visualize a 2nd stream of energy emanating from the cosmos in a flowing stream of cosmic energy. Picture this energy flowing down from the cosmos, through the top of your head and into your body and mixing with the earth energy in your body.
6. See it flowing throughout your body mixing with the earth energy in your body that you visualized earlier.
7. Next send this cosmic energy down into the earth, through the silver cord you visualized earlier.
8. Next visualize these streams flowing in both directions at the same time, flowing out the top of your head and down into the earth, with this new energy balancing harmoniously in the center of your body.

After this exercise make fists with your hands and shake them around your waist to release any energy that is not grounded. If you just performed this grounding exercise inside a circle of stones, to add more power to this visualization, visualize a ring of white light connected to the stones that are surrounding you, while you see yourself at the center of the circle. See this ring being a bright white circle of light. Next see this energy from the circle assisting the energies just obtained from the grounding exercise and supporting these energies in a mutual manner.

During times that solar activity is above normal there may be more stress in the environment which can contribute to interference when the Microcosmic Orbit Exercise is performed. This technique helps purify energy in the environment before it is circulated throughout the body. This allows the body to not take on the stress that is in the environment.

**FEELING = FREQUENCY = RECOGNITION OF PERFECTION IN NATURE AND THE DIVINITY IN ALL THINGS.**

1 - Imagine the last time your body was in perfect health. This may be when you were between 20 and 30 years old or when you were an athlete in your prime.

2 – Now feel this emotion throughout your entire body. Allow the feelings of feeling in your peak state of health and vitality to naturally flood your entire state of being. Feel them until the old feelings or disease can no longer be felt.

3 – Give thanks for these feelings.

4 – Now there is a personal frequency associated with those feelings. Tune into and embody that frequency. Your body already knows how to do this; you just need remember.

5 – Now as you hold onto the frequency, imagine new energy flowing towards your chest and down the front of your chest towards the base of your groin, bringing this frequency of perfect health with it.

6 – As the energy rises up your lower back towards your shoulders and upper neck, allow it to sink back down towards the base of your shoulders under your armpits, along your arms out your hands.

7 – As the energy leaves your hands, imagine the frequency becoming refined and purified of any impurities, purifying the frequency as the energy leaves your hands.

8 – Next draw the energy back in through your hands and feel the new refined frequency flowing up your neck, pausing at the space in-between your eyebrows and down into the center of your body and into the cauldron etc.

9 – As the energy goes critical mass in the cauldron, focus only on the refined and purified frequency, embodying it and allowing it to expand.

10 - Perform the feeling method above for 2 to 3 orbits as the energy becomes purified after the first couple orbits.

11 – After the 3<sup>rd</sup> orbit, just imagine the energy as usual circulating throughout your body just as you would perform the microcosmic orbit as normal.

12 – As you wind down, the last 2 to 3 orbits consist of the following –

- Bring the energy from the cauldron into your being and FEEL the energy of divine perfection.
- RECOGNIZE the divine perfection in nature (*have a photo of a flower, hubble space photograph or similar archypte of perfection in nature in front of you*)
- Recognize that you are made in the likeness of this divine perfection and exist as an expression of it. Therefore any illness or imperfection is impossible and only by choice.
- Focus the feeling of you being in perfect alignment with this divine perfection.
- Detach and let go.