

Microcosmic Orbit



(“Small Heaven” Meditation)

This ancient Chinese meditative exercise was developed to regain the peaceful balance of chi that existed in our anatomy while we were still in the womb. Flushing out stagnant chi from this circuit and then filling it with fresh chi ensures that vital chi circulates throughout the anatomy to stimulate optimal function of all vital organs and systems.

Start by opening the Lower Tan Tien. Breathe out stagnant chi and spend time there filling the Lower Tan Tien with pure chi. Then go through each point, in the following sequence, doing the same:

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| (exhale) | (inhale) | (exhale with tongue to palate) |
| 1 – Sacral Point | 3 – Sacrum | 10 - Throat |
| 2 – Perineum | 4 – Ming Men | 11 - Heart |
| | 5 – Back of Heart | 12 – Solar Plexus |
| | 6 – Great Hammer | |
| | 7 – Jade Pillow | |
| | 8 – Crown | |
| | 9 – Inner Eye | |

Return to the Sacral Point. Begin circulating your fresh chi through the circuit in the same sequence. Breathe into your sacral point and then breathe out as you transition down the Conception Vessel (inner eye through perineum); breathe in as you move up the Governor Vessel (perineum through inner eye). Continue with this circuit up to 20 minutes, or longer if comfortable. As you exhale from the inner eye to the throat, be sure to place the tip of your tongue immediately behind your front, middle teeth on your upper palate.

Conclude your last circuit at the Sacral Point. Gather all of the chi that has circulated through the Microcosmic Orbit back into the Lower Tan Tien and condense it into a pearl. Gently seal the chi in your Lower Tan Tien to complete this exercise.

