

Sealing the Qi

Whole Body Tapping

Use your palms to tap over each arm, your trunk, outer legs, inner legs, abdomen, lower back (use your fists on your back). Do this three times.

Arms Horizontal

Put your arms straight out to the sides, with your fingers pointing up, for one breath.

Heaven and Earth

Inhale and lift your hands laterally and then overhead, with the palms pointing to heaven. Rise up on your toes and hold your breath for a few seconds. Slowly exhale, lower your heels, and with your palms facing the earth, lower your hands to the LDT.

Seal

Cover the LDT with the palm of your right hand. Place the palm of your left hand over your right hand with the thumb tucked under your right hand. Stand quietly for three breaths.

Do Sealing the Qi only once.