

## Align the Three Centers

- In the standing position, allow the knees to crease as the palms move toward the ground in front of the body.
- Connect to the earth energy.
- Pull the earth energy up the front of your legs and thread it through the belly, as you reduce your knee crease.
- Push the earth energy down the back of the legs, with the palms facing the ground increasing your knee crease.
- Allow the earth energy to float the hands up to the heart with the hands moving from palm down to palms facing as they travel from below the waist to the heart.
- Pull the energy of love in to the heart through to the back of the heart by allowing the incoming palms to deflect inward toward the heart.
- As you reach the back of the heart energy, hold that energy, then give it out to all you love with the palms stretched out before you.
- Allow the hands to deflect back to the ground and allow the earth energy to move the heart filled arms up to connect your hands with heaven energy, with the palms facing each other.
- Pull the heaven energy down through the core of the body, at the same time pulling excess heat out of the head with this ball of heaven energy.
- The heaven and head energy is pushed into the ground, with the palms facing the ground.
- Thus all three energies are balanced and integrated.

Three Treasures Tai Chi

[www.threetreasures.org](http://www.threetreasures.org).

336. 659-1599.

© Alan Graham and Sandy Seeber

This information is designed for use by Three Treasures Tai Chi students. These practices can cause injury and should be only used if you are taking all responsibility for any outcome including injury. 02-08-06