

## Outline of the Basic Standing Practice, page 1 of 2

By Alan Graham, D.C. and Sandy Seeber LPC, CHTP

### Opening the body

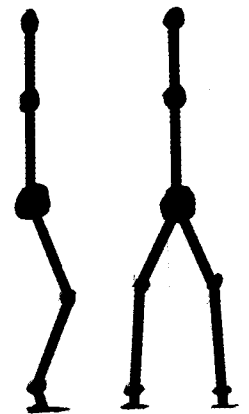
- Shaking and breathing. Covering all the joints, especially all seven major joint complexes---wrists, elbows, shoulders, spine, hips, knees and ankles.
- Kidney massage to open the belly, the bell-like area of the entire lower torso.
- Spindle and finding your root-being in your feet.
- Riding the horse gently with creased knees.

### Postural basics that allow the body to collect energy

- Grounding the body in a rooting stance.
- Achieving center-line awareness from front to back and side to side.
- Breathing from your true center or sea of energy.
- Expanding the spine and other joints.
- Tongue on the roof of the mouth

### Practicing the basic stance

- Find your centerline from the legs to the spine finding it and feel it by shifting from side to side
- Place feet about at shoulder width or slightly more width, flat on the ground, and parallel to slightly flared.
- Relax your arms, letting them hang naturally by your side, with your finger tips connecting to the ground.
- Focus on the soles of the shoes and making them one with the floor, firmly connected to the floor, letting the floor be as firm as the ground.
- Imagine your shoe soles as energetic and softly but strongly floating you.
- Imagine a ball of energy is inside of each ankle floating you.
- A ball of energy is between your legs sustaining you. .
- A ball of energy is inside each knee floating you.
- A ball of energy is inside each hip floating you.
- Let your tail bone relax and drop so it is perpendicular to the ground.
- Let your pelvis form a balanced bowl shape, neither flexed or extended.
- Imagine the tail bone grows a green planting stick and plants you in the ground.
- Your sit bone are sitting on a large ball of energy.



Three Treasures Tai Chi

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## **Outline of the Basic Standing Practice, page 2 of 2**

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- Your spine fills with warm energy like water filling a hose.
- Your gaze is soft and pupils are parallel.
- Your neck lengthens and your head extends upwards toward the ceiling, your crown flattens, your chin moves slightly inward toward the collarbones, and the whole head lifts toward heaven. An angel continues to lift your head upward, as you continue to open, extend, expand, and stretch your spine.

### **An Outline of the Basic Standing Practice. Page 2 of 2**

- Breathe from the belly, the bell-like area of the entire lower torso, which includes the back. Feel a warm ball forming, about basketball size, filling the lower torso with energy. The ball touches & rotates through the lower torso in three places: floor of the perineum; your belly button in front; a point directly opposite your belly button in the lower back. You may feel its density and warmth increase as you stand for longer periods of time.
- You may use bellows breathing (or reverse breathing) to increase the amount of energy.
- Shift to the side and lift the hands in the front to deepen the root and elongate the center line.

During standing meditation thoughts often arise. They may be sacred or profane. Kindly release them without evaluation. This is a clearing and cleansing process towards the end of integrating the body, mind, and belly, allowing the heart to guide for the highest good of self and others.

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