ZHONGTIAN YIQI
(Sitting Meditation)

Zhongtian Yiqi is a non-moving qigong that trains the mind. As this practice quiets the mind, one is able to return to the Beginning – to connect with Heaven, Earth, and with all humanity. Simply breathe lightly and naturally. This helps the body relax. Lose all sense of yourself. Forget everything. Free the mind of all worries and thoughts. With a tranquil and peaceful mind, one can go back to the beginning of time and see the world with renewed understanding.

Points to Remember:
1. Give yourself time before proceeding to do this practice. Allot sufficient time to establish a proper sitting posture and to become relaxed. Proceed slowly.
2. This is a non-moving form of Wuji Yuan Gong. The purpose of this qigong is to quiet the mind and to elevate the spirit.
3. While doing this qigong, let your heart be calm and your emotions happy. As you move the qi up and down feel that it is your love that is moving it. Feel your love spreading throughout the whole universe.
4. Zhongtian Yiqi can be done at any time. However, it is better done later in the evening when the qi is quiet.
5. This practice can be done alone but the benefits are greater when done with a group.
6. Gradually increase the length of your practice periods to increase your ability to sit for longer periods of time.