

# Three Treasures Circle Qigong

## Introduction

We practice this process to remind ourselves of what is true now

In this moment, and beyond all time.

We are separate, individual and unique,

And there is no separation; all is One.

We are active participations in everything manifest

Simultaneously, we embody the formless potential of the universe

Which is always both within and around us.

It is our habit to move our attention in disconnected sequences

From object to object, event to event, thought to thought,

Emotion to emotion, sensation to sensation.

As we quiet our minds

To embrace simultaneous awareness of things that seem separate

Our perception shifts and we begin to sense

The vast dimension of the Center, the Middle Way

Shift focus to include our separate, individual selves

And that which seems to be outside of us.

When we integrate this awareness into thoughts and actions

We walk the Middle Way the path of peace.

Tricia Yu 2011

## **Three Treasures Circle Qigong**

The Three Treasures are: Heavens, Earth and Circle of Life

*“Where the mind goes, qi follows.” “Where attention goes, energy flows”*

### **Stand or Sit in Horse Stance Throughout Entire Exercise**

#### ***First Movement: Lower Dan T'ien (LDT) or Lower Elixir Field***

*Begin in Wu Ji Position with arms at sides. Then place palms on belly, thumbs and forefingers make triangle facing down and forward.*

*Sink qi to the Dan T'ien. Sense Lao Kung points in hands and LDT*

“We focus on our bellies bringing energy to our center for personal vitality  
Thoughts, feelings and sensations naturally arise and return to their source  
As we dwell in peaceful stillness.”

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#### ***Second Movement: Middle Dan T'ien (MDT) or Middle Elixir Field***

*Keep LDT awareness as you move hands to prayer position at heart.*

*Thumbs are separate, at sternum; little fingers and sides of palms are connected.*

*Sense space between hands and MDT*

““We move our attention to our hearts  
Energizing our heart/mind, our center for love and compassion  
Thoughts, feelings and sensations naturally arise and return to their source  
As we dwell in peaceful stillness.”

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#### ***Third Movement: Connecting the Circle***

*Keep LDT and MDT awareness as you  
move hands so that fingers point down and out.*

*Separate arms out to sides with palms facing each other*

*Then, with elbows bent, turn hands out to connect with the circle.*

*Sense Lao Kung points and tips of fingers.*

*Expand awareness through hands into circle and larger circle of life.*

“We reach out and remember that at this moment, all life is expressing itself  
People laughing and crying, being born and dying,  
Experiencing tragedy and miracle.  
The full range of our human drama and all life's expressions  
Are occurring at this and every moment of life.  
And we participate in it all at its source.”

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***Third Position Continued: Sensing Earth Qi***

*Sense Yong Quan or Bubbling Well point behind balls of feet  
Root your awareness deeply into the earth  
Sense earth's energy being absorbed into you body through your feet  
Sense your awareness of root that helps nurture the earth.  
Keep LDT, MDT and Circle awareness.*

“From the soles of our feet, we sense roots in our ancient Earth  
That brings forth and sustains all life.  
As it has for billions of years.  
Our bodies are of the earth, nourished by earth and return to earth”

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***Third Position Continued: Sensing Heavens Qi***

*Sense Bai Hwei (hundred channels point or crown chakra)  
Expand awareness out into cosmos and your sources of spiritual inspiration as you  
maintain expanded awareness out through your hands into the circle of life and  
through your feet into the earth.  
Pause.  
Then bring focus back to LDT and MDT while experiencing this expansion.*

“From the top of our heads, we know that  
at this moment the earth orbits around the sun;  
the sun is a star traveling its pathway through the galaxy;  
our galaxy has hundreds of billions of stars and is but one of  
hundreds of billions of galaxies of life and spirit,  
and we participate in it all at its source.”

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***Fourth Movement: Absorbing Earth Qi***

*Slowly lower arms, ending with palms up, fingers pointing towards each other  
holding “ball” at hip height. Keeping fingers pointing towards each other,  
sense yourself absorbing Earth qi into your entire body as you slowly  
raise “ball” in front of you, rotating palms to face towards your LDT,  
down at your MDT, out and facing up above your head. wrists bent, palms up.*

“We are one with the cycles of life, change, death and rebirth on Earth.”

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***Fifth Movement: Absorbing Heavens Qi***

*Pause to absorb Heavens qi/light of the stars into your hands and Lao Kung points.*

*Then, rotate your hands, palms down, fingers pointing toward each other,  
so that your Lao Kung points face your Bai Hwei.*

*Pause to absorb Heavens qi into Bai Hwei.*

*Then, sense yourself drawing Heavens qi into your entire body permeating your bone marrow, down your legs, feet, arms and hands\* as you slowly lower your hands in front of your body to Wu Ji position with arms at sides.*

*\*or imagine being filled with light and/or surrounded with light)*

“We are one with the Light of the Stars”

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***Sixth Movement: Energizing the Circle***

*Move hands into “Push” Position facing the center of the circle. Pause to focus expanded awareness, of Earth and Heavens qi into the circle and larger circle of life*

“We are separate and unique,  
We are one with all life and one with all light.”

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***Seventh Movement: Merging with the Light***

*Move hands to sides, palms facing up. Then raise arms up at your side to prayer position above your head. Pause. Sense yourself surrounded by light as you separate your hands, beginning at the base of your palms and lower your arms out at your sides, until your elbows are waist high, palms up, finger tips connect around circle  
Sense yourself and all those in the circle merged in light*

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***Eighth Movement: Gathering Qi to the Dan T'iens***

*Move one hand to face the LDT and the other to face the MDT as you store the energy of the moment into your personal and interpersonal energy fields*

***Closing***

*Move your hands into any position to complete the circle.*

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Based on the movements of the *Bone Marrow Wash*.

Resource: Ken Cohen, Nederland Colorado

Tricia Yu

Originally created in the 1990's, Current version 2011

## Words from Three Treasures Circle Qigong

By Tricia Yu

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As we dwell in peaceful stillness.”

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“We are one with the cycles of life, change, death and rebirth on Earth.”

“We are one with the Light of the Stars”

“We are separate and unique,  
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***The Tai Chi Diagram, or Yin-Yang Symbol.***

**The Outer Circle** symbolizes unity- or Wu Ji- that is, all that exists is contained within the same whole, and there is infinite potential for variety. All of our inner experiences, such as feelings, emotions and sensations, as well as those that are external, such as other people, the natural world planets, and stars—are all simply different expressions of the same whole. All is one.

**The Dark and Light areas** of the symbol indicate, within the unity, we perceive duality. For example: *male/female, me/you, dark/light, right/wrong, in/out*. We tend to identify things by their differences rather than inherent sameness.

**The Small Circles Within the Dark and Light areas** represent the fact that, although we perceive ourselves from the perspective of our separateness, there is nothing that is entirely separate from anything else.

The center of the symbol holds balance point for all aspects of life. This is the still point that unifies all apparent opposites. As we shift our perspective more to the center of any situation we take a fundamental step in the cultivation of tai chi mind—the middle way, the path of peace.

From: *Tai Chi Mind and Body* (DK Publishing 2003)  
By Tricia Yu