

Immortal's Wands.

This simple, but highly effective, system was created over 1000 years ago by Chen Po, an enlightened I Ching scholar, for the use of the Emperor in the Sung Dynasty. The Emperor wanted the most health value for the least effort. The method was used only by the court and not taught to the masses because it was too powerful. The knowledge was only made available in the West in the 1970s.

This is the lazy man's way to fitness. Just a 10-minute effortless practice brings robust vitality, rejuvenation and longevity. It can be performed seated by those unable to stand, or even lying down by those confined to bed. Seniors love to do this practice.

The movements use a wooden wand of special design which collects and amplifies the energy of its owner. It stimulates a vital point in the palm which strengthens the immune system. It also creates a circuit, so more energy flows through the heart, lungs and thymus, enhancing cardio-vascular function. The movements can be performed without a wand, or you can use a piece of doweling cut to 10 and 1/2 inches

- Relax your body and mind, feel calm, so flow of prana is unrestricted. Illness results from lack of prana, or imbalance.
- Breathe with slow deep breaths, in through the nose, out through the mouth, coordinated with the movements (inhale up, exhale down.)
- Focus your gaze on the wand bead to concentrate attention, to manifest prana.
- Ketchari Mudra (tongue touching roof of mouth) to complete a circuit, connecting governor channel (flowing up back of spine, back of head) with the conception vessel (down the front). All 12 organ meridians connect to these two channels.
- Hold the wand softly between your palms, fingers cupped. Thumb tips touch index finger tips.
- Keep the pelvic bowl tipped slightly (tailbone forward). Think of a string attached to the pubic bone lifting up a bit. It's the movement you do just before sitting.
- In the resting position you can choose to hold the wand at the navel if you want to strengthen body energies, at the heart for blissful feelings, or in front of the pelvis for more grounding.
- Move slowly as if in viscous atmosphere for 5-8 circles in each position. The wand comes to rest for an instant at the navel, and then reverses direction of the circles. The direction illustrated pulls up earth energy into the body. The opposite direction pulls down cosmic energy for balance.

Part A. Grounding. Stand with feet parallel, ruler width apart, holding the wand at belly level. Knees are soft, pelvis tilted. Be aware of your connection to the earth. Begin the series this way, and return for a moment to this grounded state between each set of movements.

Part B. Circles Forward. Hold the wand at the lower abdomen. Raise the wand close to the body, complete the circle by descending further from the body. Reverse direction.



Part C. Rocking Side Circles. Step out with one foot at 45 degree angle to the other instep. Turn the body to face the extended foot. Describe circles with the wand as before, but rock the body, lifting the front toe as you ascend, lifting the back heel as you descend. Reverse directions Return to center, then step out with other foot.

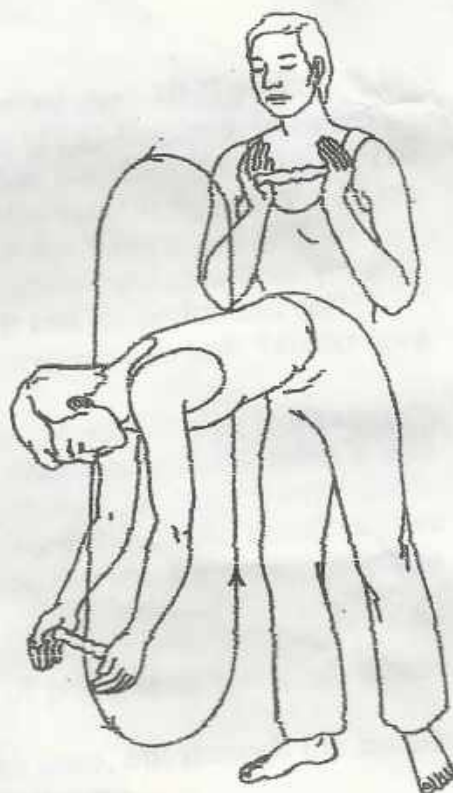


Part D. Torque. Right hand on top, push the wand like a ball of energy from center to the left as you exhale. Flip the wand over so left hand is on top, and push it back to center as you inhale. Continue to the right during the exhale. Repeat as desired. Feel a good twist in the waist. Keeping the spine supple keeps the body young. This also balances the left - right body-brain polarities.



Part E. Twist and Bend.

Step out with one foot at 45 degree angle to the other. Bend down so wand is at mid-calf. Continue the circle drawing the wand up the leg, back to Manipura. After several circles, reverse direction. Come to rest at center. Repeat on other side. Keep your weight on the back leg. Front leg is straight, back leg can bend.



Part F. Lift. Stretch up onto the balls of the feet as you raise the wand overhead, come flat footed as circle descends. This stimulates the ankles and acupressure point Kidney 1, the "bubbling spring", the entry point of earth energy into the body, the source of sexual power. After several circles, reverse direction.

