

NQA's Five Treasures Practice Set

This practice set is divided into three sections: 1) Warm-up (for cleansing),
2) Five Treasures Set (collecting and circulating energy), and 3) Closing (storing energy).
(for detailed instructions, see NQA's Five Treasures DVD)

Warm-Up: Shake the Tree

Full body shaking to loosen all the joints and allow the energy to flow. Then shake each leg, hip, knee, calf, and foot individually.



Warm-Up: Twist from the Waist, Swing the Arms

Let your weight shift from side to side simultaneously twisting the waist as soft fists gently tap in front & back of the body.



The Five Treasures

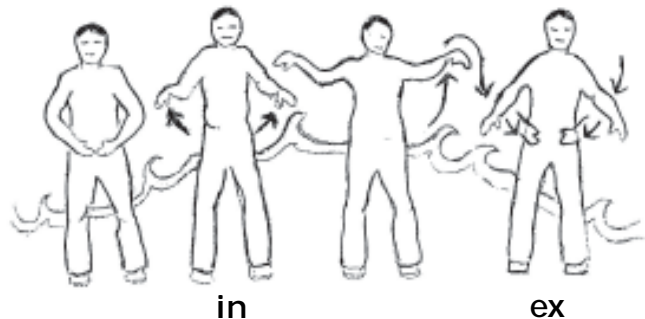
Begin in **calm, centered standing posture**; align body & breath w/calm mind; hands face the dantien (energy spot 2" below navel).



1. Ocean Wave Breathing

Arms round toward center; **inhale**, weight shifts forward as arms move out; **exhale**, weight shifts back as arms return to start position, each time creating a larger wave then gradually return to smaller movement.

Return to calm, centered standing posture.



2. Draw Up Earth Chi

Bending to scoop earth energy; **inhale** raising arms to stretch overhead; **exhale** moving arms down.

Return to calm, centered standing posture.



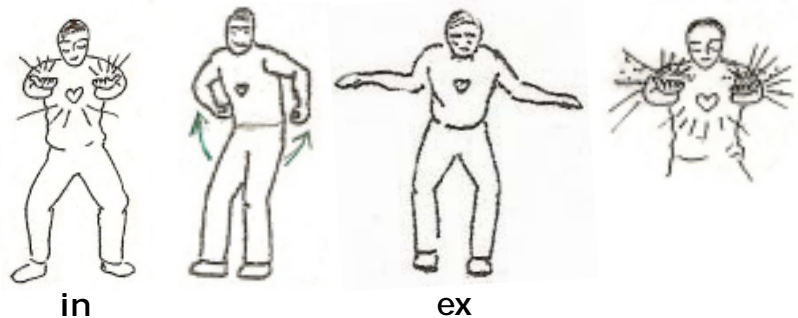
3. Gather in Starlight

One hand behind back at life gate (low back), thumb touching fingertips. **Exhale** as other hand circles forward, then **inhale** bringing energy into each center: (navel, heart, 3rd eye, and crown); reverse gathering movement downward to start position; change sides and repeat. **Return to calm, centered standing position.**



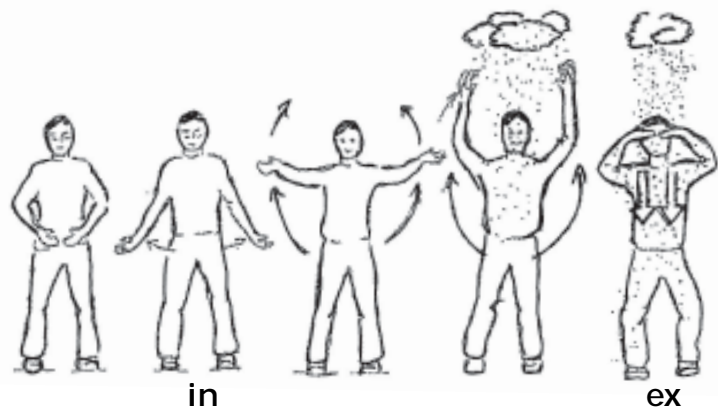
4. Open the Heart

Inhale, reach forward with arms, gather energy into the heart, **exhale**, extend arms out & around to gather again. Reverse direction, **exhale**, as you spread your heart energy out to the world; **inhale** as arms circle back in. **Return to calm, centered standing posture.**



5. Draw Down Heaven Chi

Hands turn out to the side, **inhale** as you raise arms overhead connecting with energy, then **exhale**, bringing heaven energy down through the body. **Return to calm, centered standing posture.**



Storing and Smoothing the Chi

Begin by using your palm to brush down the inside & outside of the right arm, from shoulder down & off the fingertips. Repeat with left arm. Then brush down the inside & outside & then the front & back, of each leg from hip down off the toes. Use your palms to brush the energy down the front of the chest, from throat to abdomen. Finally, placing your palms over each other, circle the hands/palms over the abdomen in a clockwise direction a few times & then a counter clockwise direction. **Return to calm, centered standing posture.** Feel the energy naturally permeate through your entire body. You may hold this position for a few minutes to complete the practice session.

