

THREE PALMS TOGETHER

FROM THE TEACHINGS OF

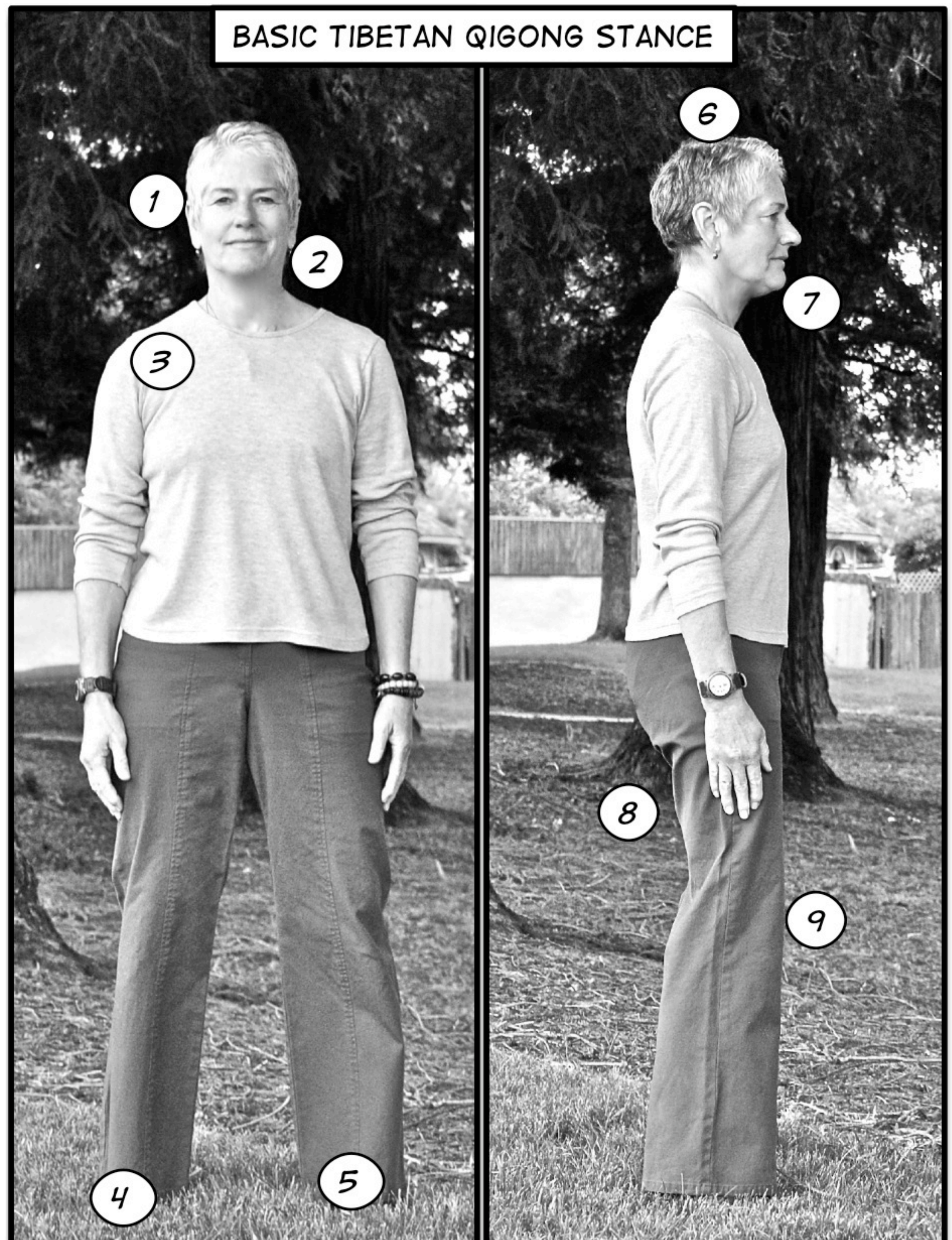
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Three Palms Together is a simple yet profound Dharma practice that can rapidly gather and move qi in the body to bring the body and mind to a natural state of harmony and relaxation. This practice begins and ends all other Tibetan Qigong forms, and it is also a complete practice on its own.

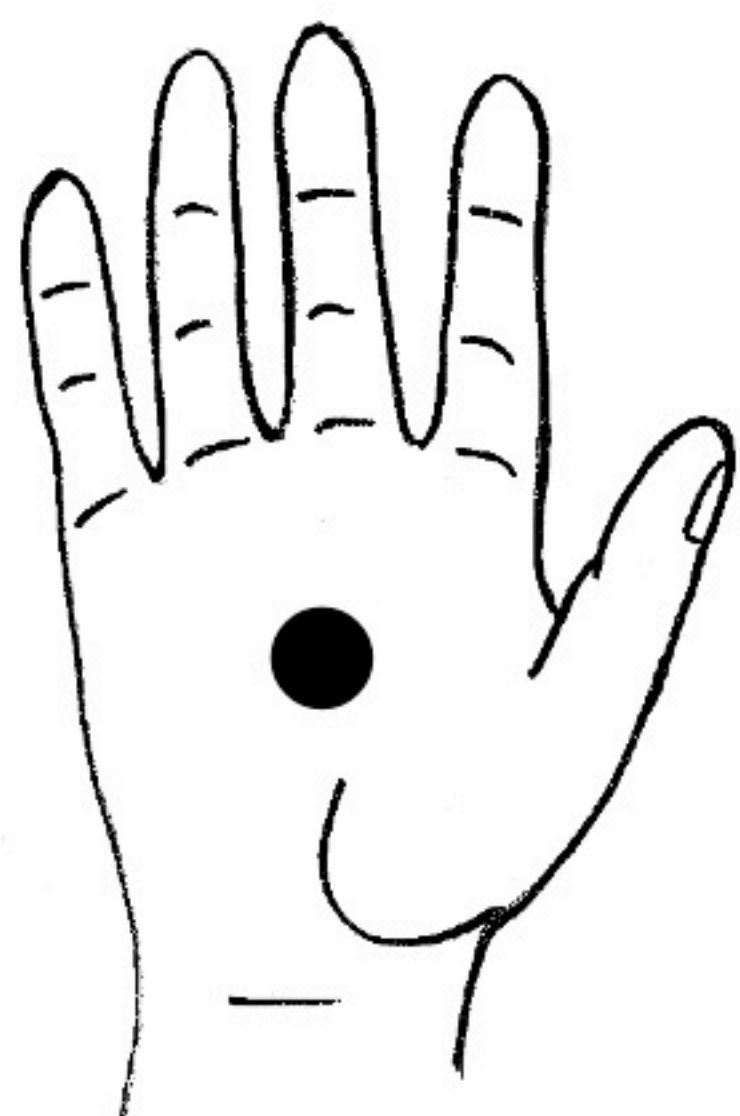
Practicing Three Palms Together will bring the body and mind into proper balance for qigong, and can be done standing, sitting or lying down. For maximum effectiveness all movements should be done slowly and gently.

USE PROPER BODY ALIGNMENT FOR GOOD QI FLOW.

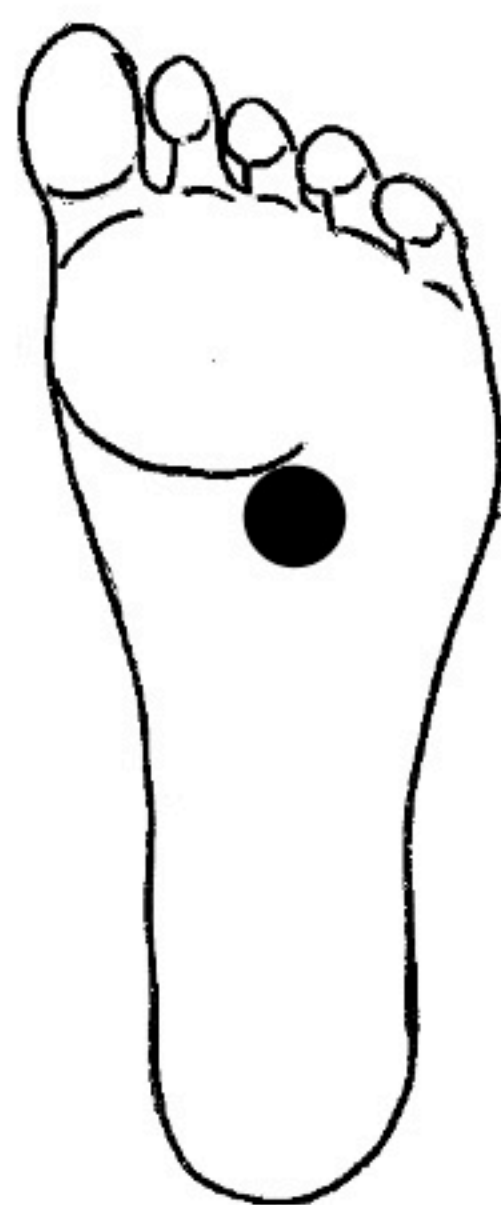
1. Look straight ahead with a soft focus; eyes are half open.
2. The tip of the tongue is on the upper palate. Breath naturally.
3. Shoulders are relaxed and slightly rounded forward.
4. Feet are shoulder width apart and are parallel or slightly turned outward.
5. Gently grip the ground with all ten toes to open the bubbling spring points on the bottom of the feet.
6. Head is held erect. The spine lengthens and straightens.
7. Gently tuck the chin.
8. Rotate the pelvis forward so the tailbone points downward, directly between the heels; stomach and low back flatten.
9. Knees are relaxed and align with the bubbling spring points on the bottom of the feet.



ENERGY GATES



LAOGONG POINT



BUBBLING SPRING POINT

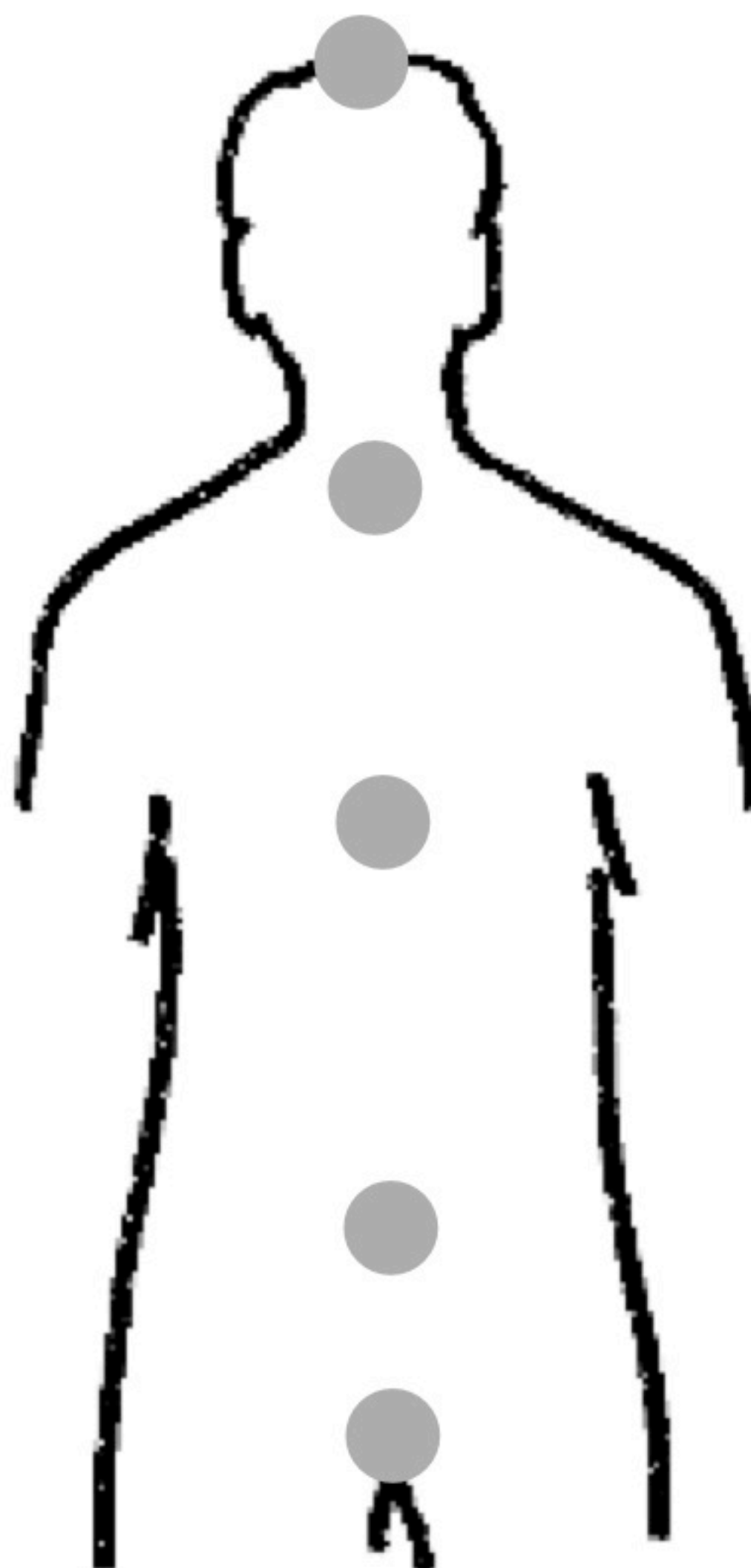
THE LAOGONG AND BUBBLING SPRING POINTS ARE **ENERGY GATES** THAT ALLOW ENERGY TO ENTER AND LEAVE THE BODY.

DURING PRACTICE GENTLY PRESS DOWN ALL TEN TOES TO OPEN THE BUBBLING SPRING POINTS.

WHEN THE HANDS ARE RELAXED THE LAOGONG POINTS WILL BE OPEN.

TIBETAN CHAKRA SYSTEM

CHAKRAS REFER TO ENERGETIC CENTERS IN THE BODY. A CHAKRA IS A LOCATION AT WHICH A NUMBER OF ENERGETIC CHANNELS MEET. THE TIBETAN SYSTEM WORKS WITH FIVE CHAKRAS.



THE FIVE CHAKRAS OF THE TIBETAN SYSTEM: CROWN, THROAT, HEART, NAVEL & SECRET CHAKRA

THE PRACTICE OF THREE PALMS TOGETHER

