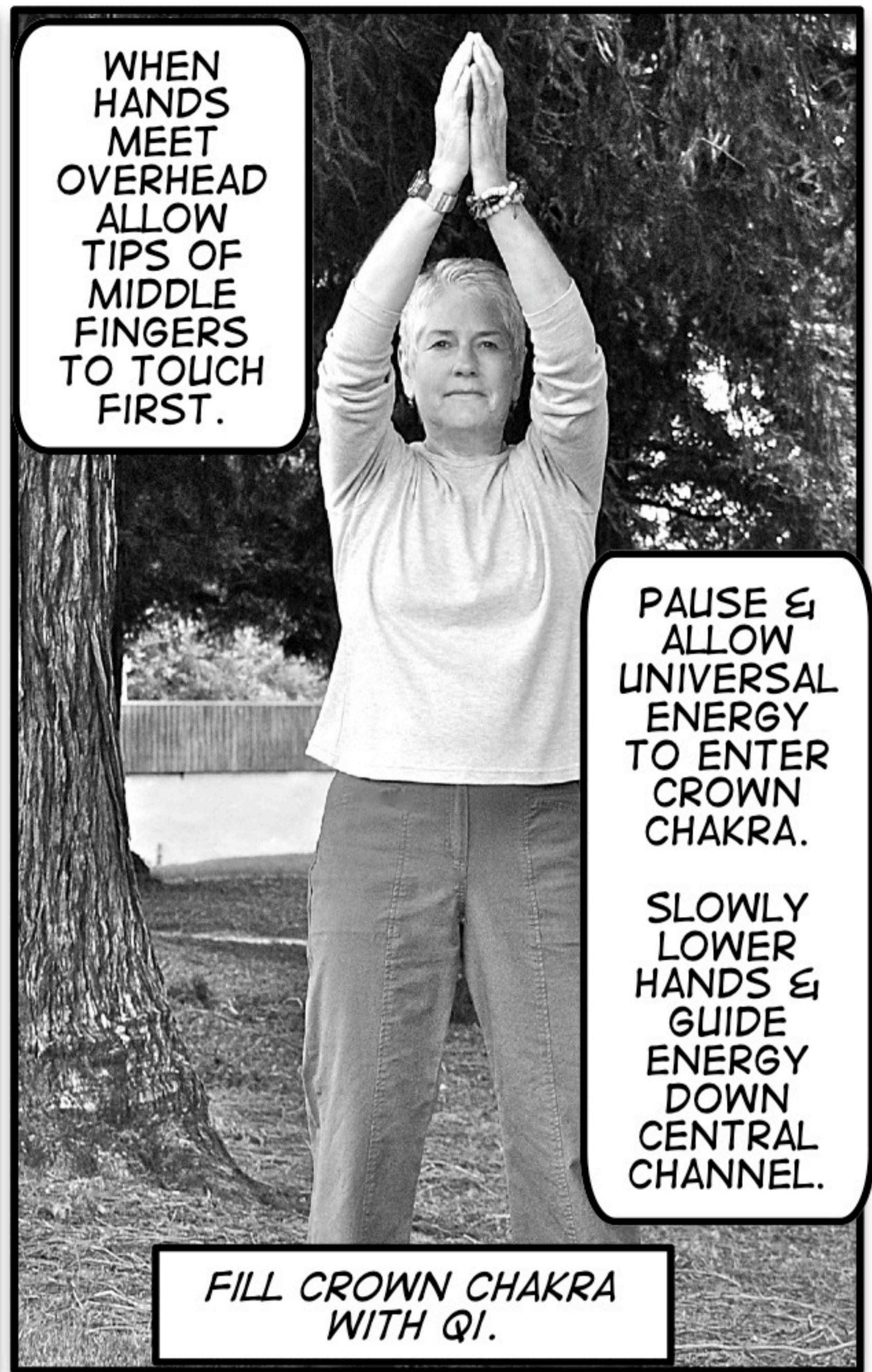


**GATHER  
UNIVERSAL  
QI.**

CONTINUE TO SLOWLY LIFT HANDS UPWARD. WHEN PALMS ARE OVERHEAD, GATHER UNIVERSAL QI. GENTLY BRING HANDS TOGETHER.

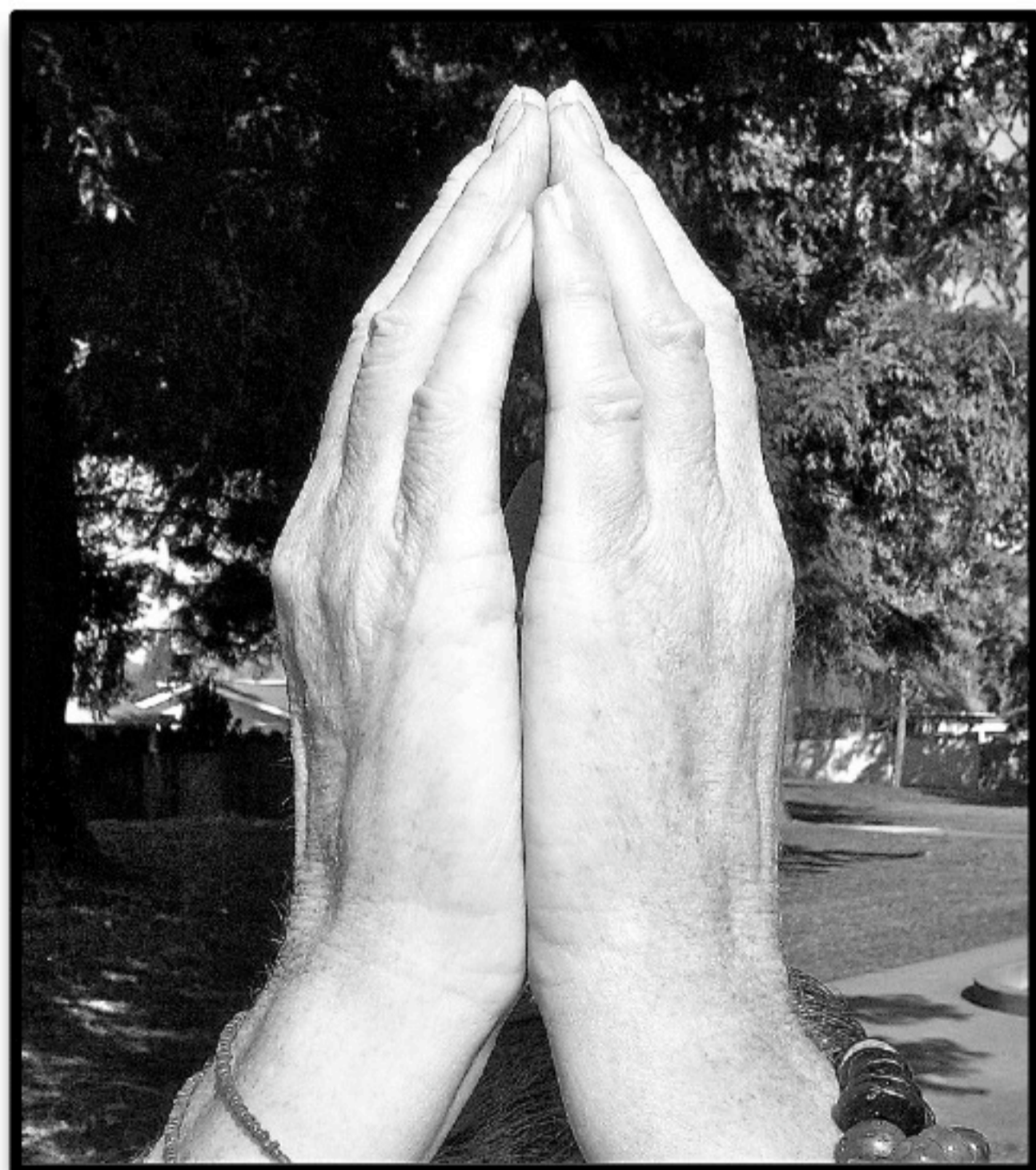
**GATHER ENERGY FROM  
NATURE & THE UNIVERSE.**



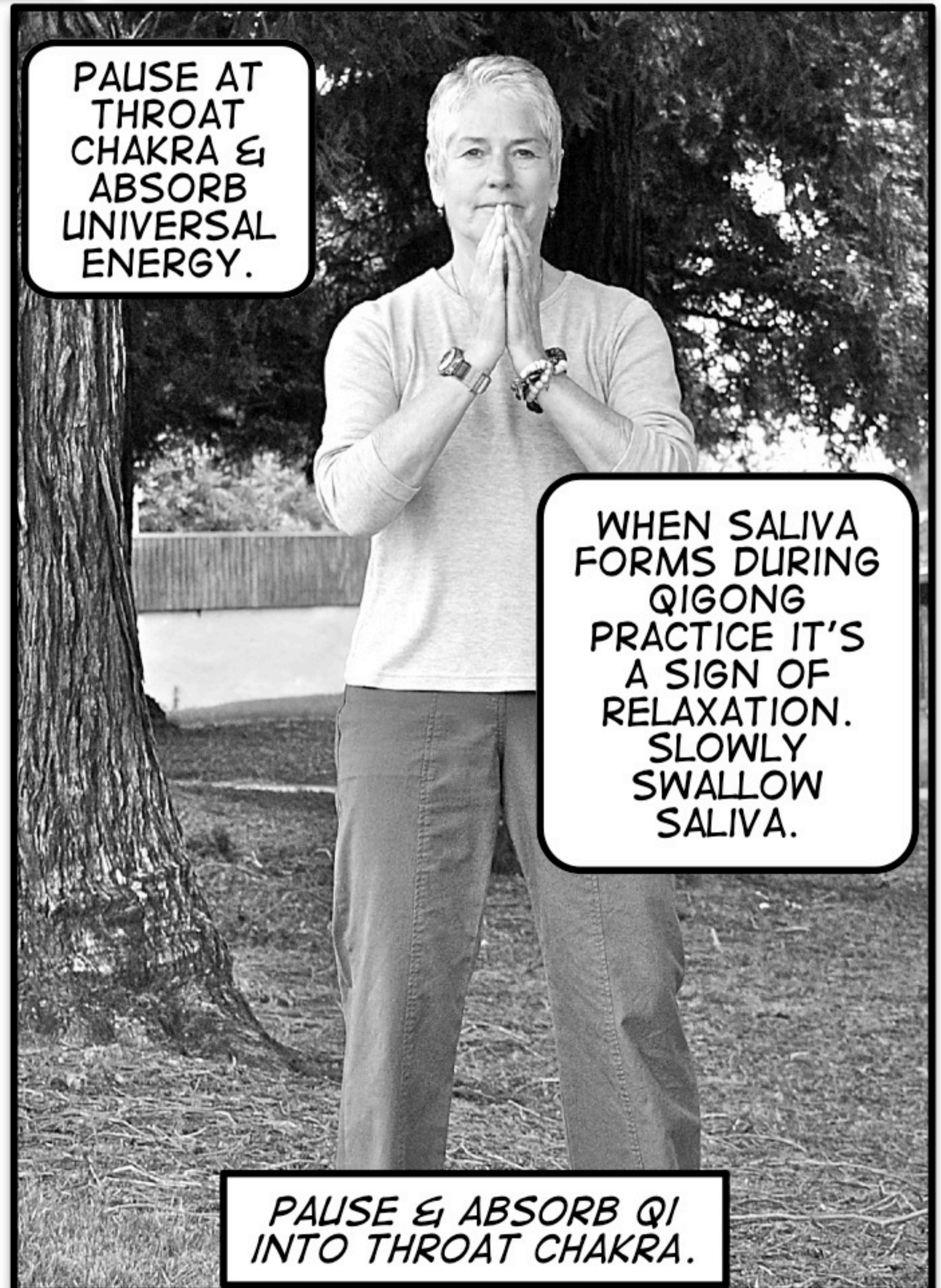
WHEN HANDS MEET OVERHEAD ALLOW TIPS OF MIDDLE FINGERS TO TOUCH FIRST.

PAUSE & ALLOW UNIVERSAL ENERGY TO ENTER CROWN CHAKRA.  
  
SLOWLY LOWER HANDS & GUIDE ENERGY DOWN CENTRAL CHANNEL.

**FILL CROWN CHAKRA  
WITH QI.**



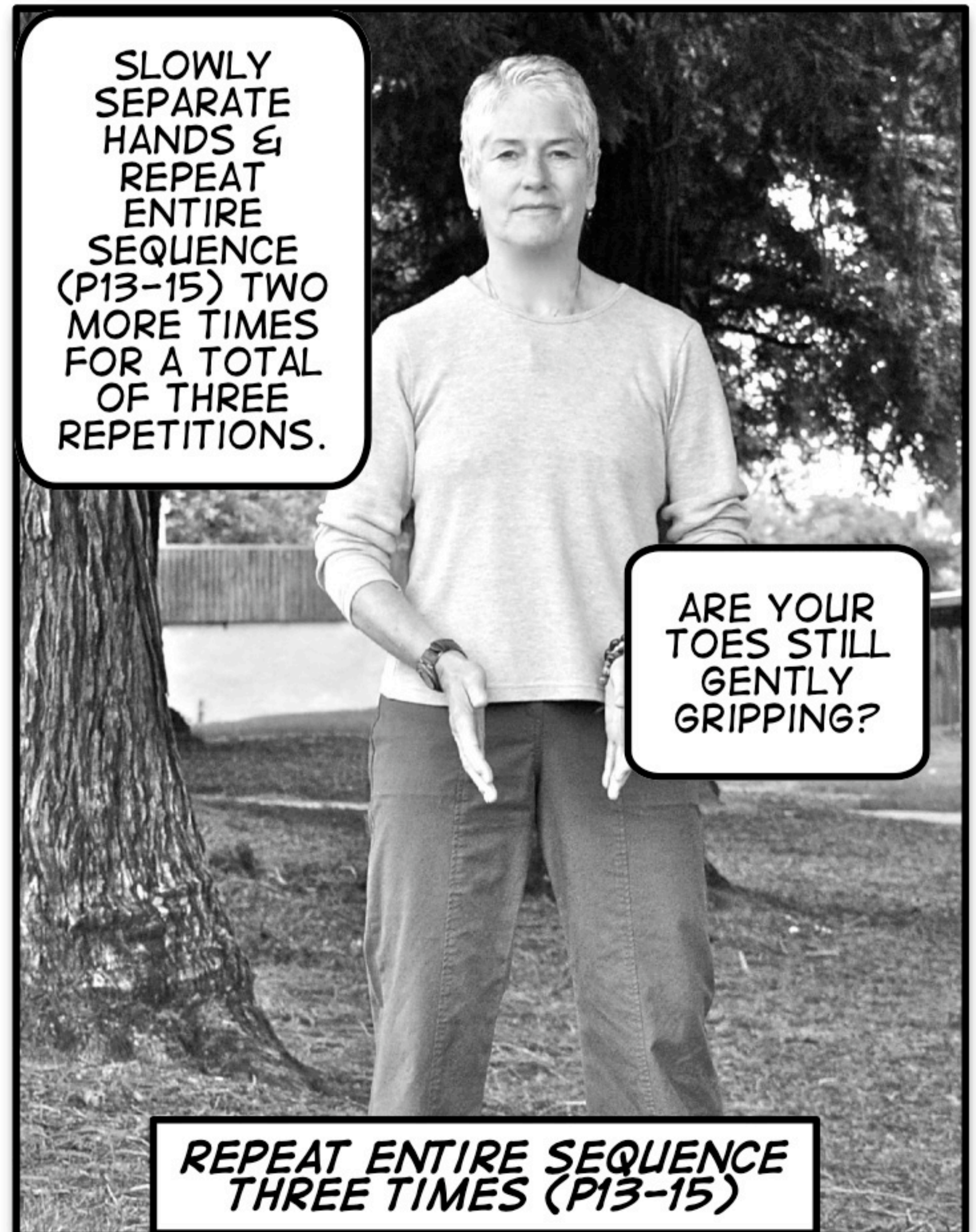
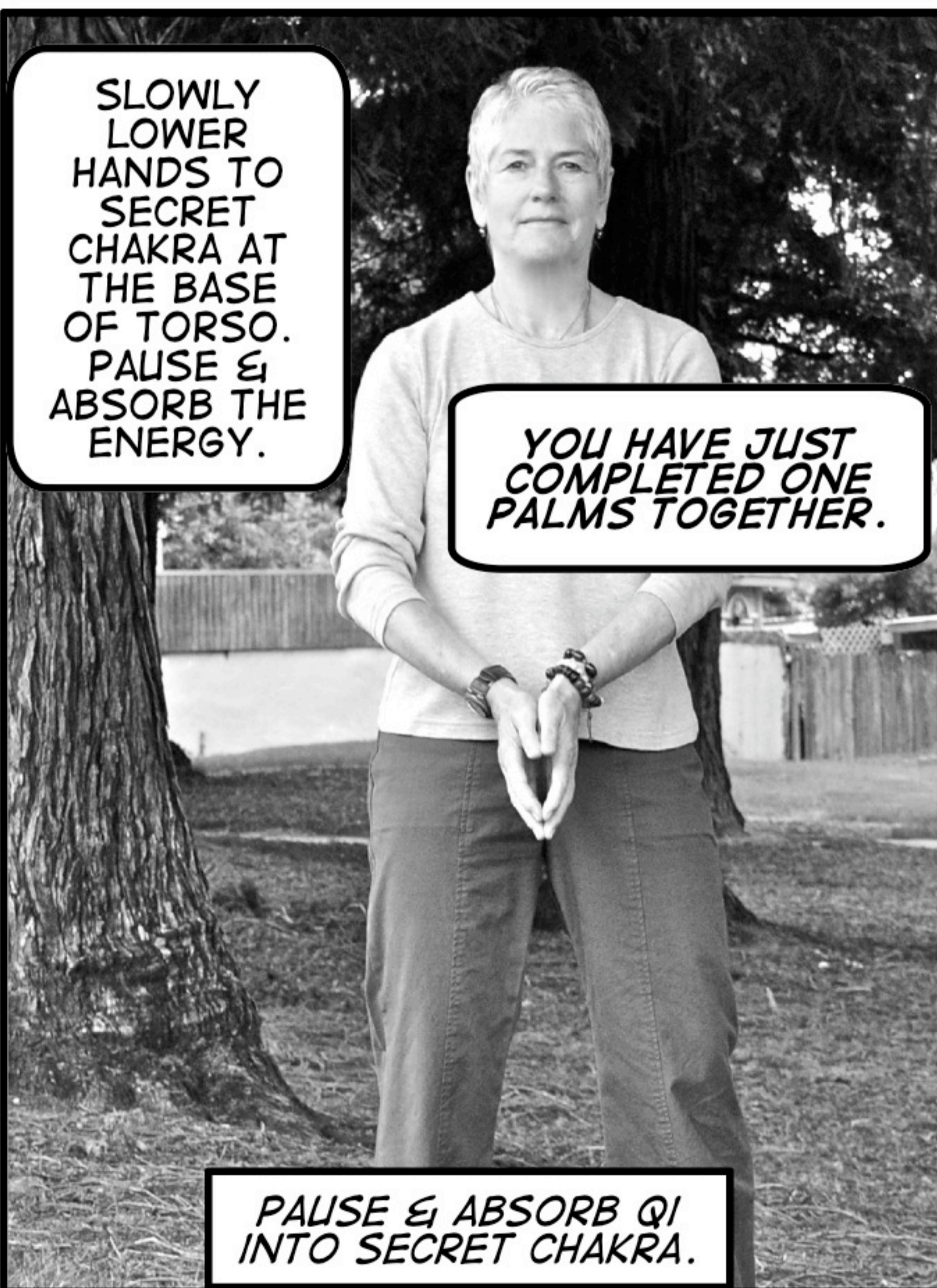
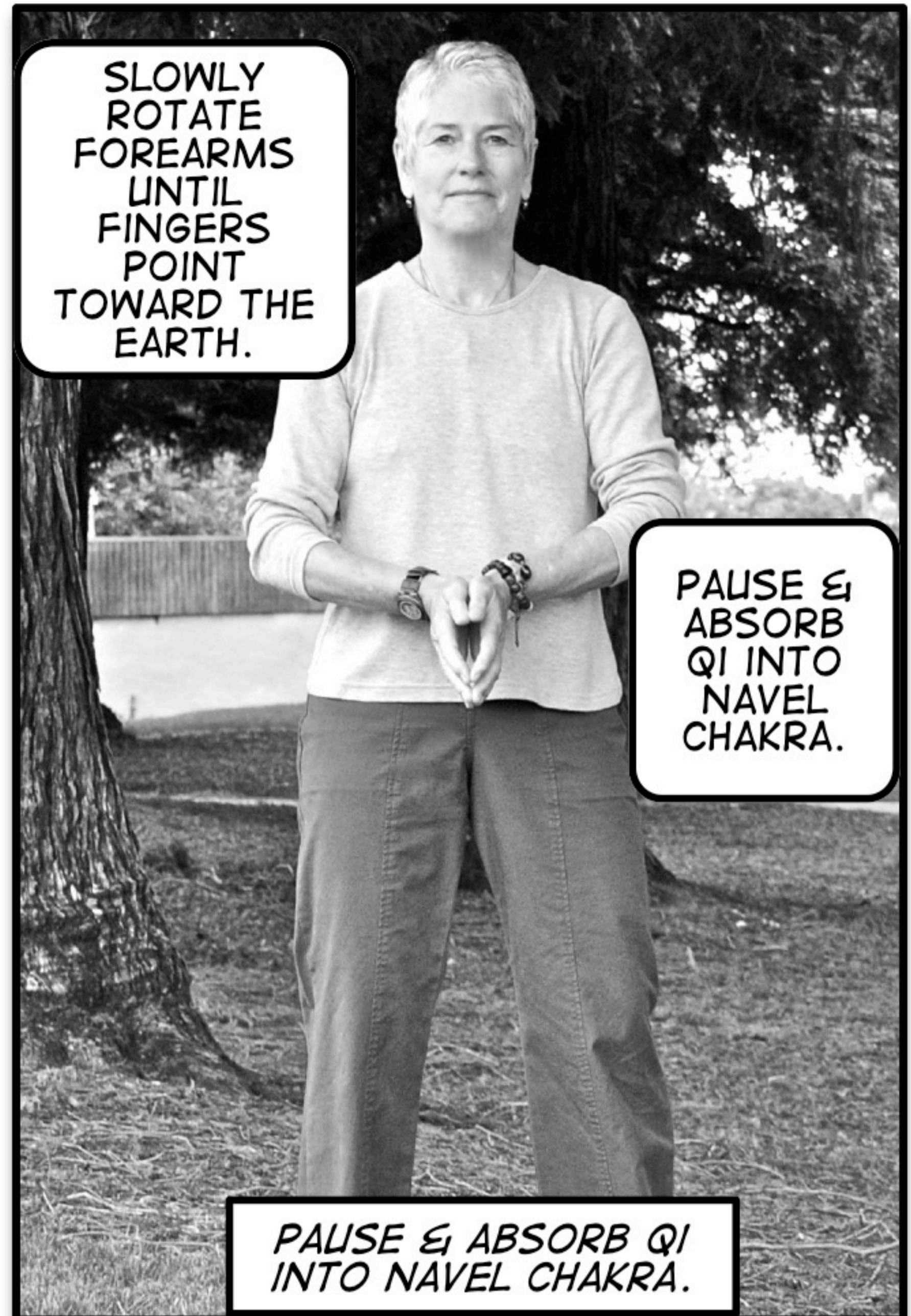
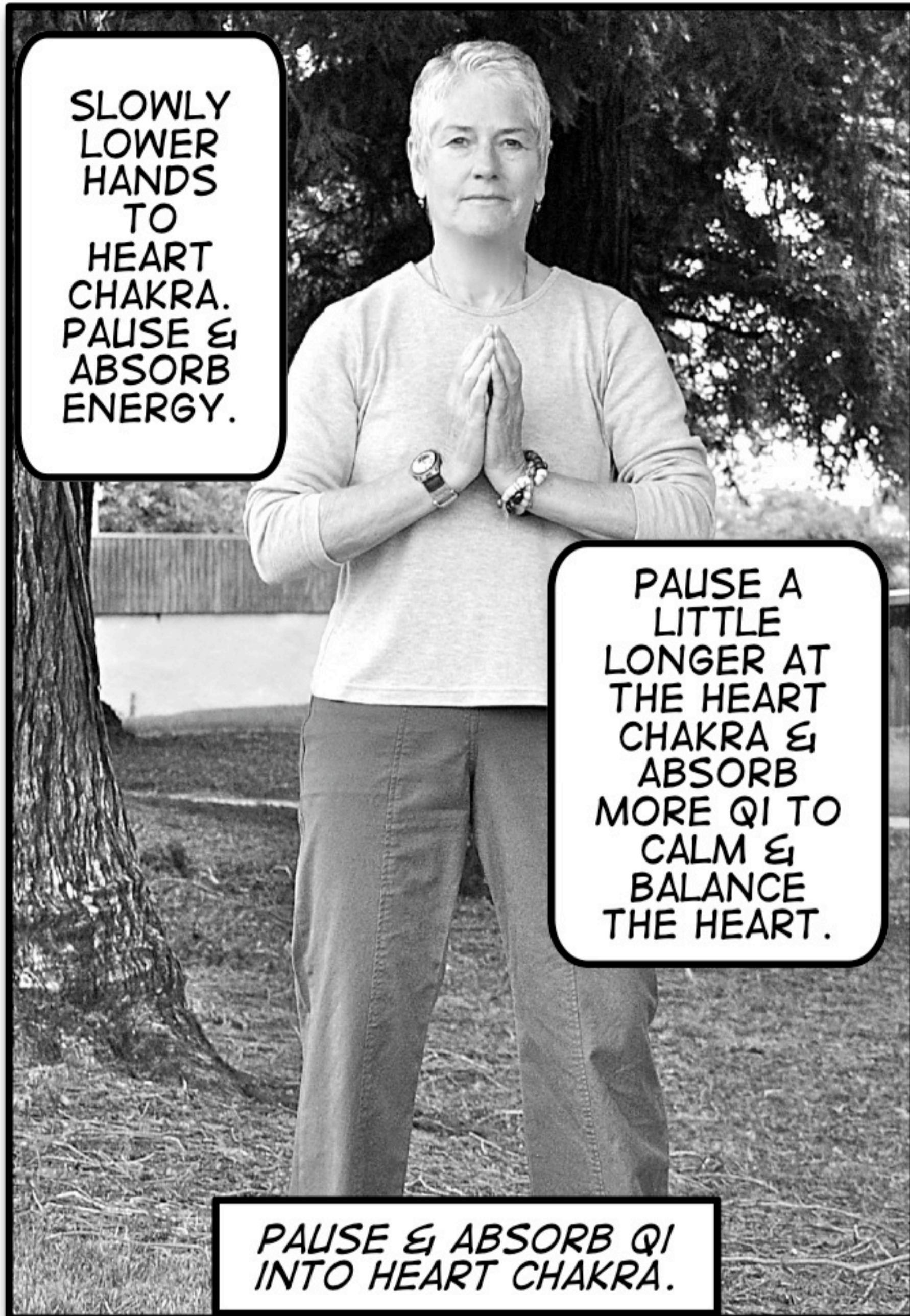
**LOTUS BUD MUDRA**  
THE FINGER TIPS & HEELS OF THE PALMS LIGHTLY TOUCH. FOR GOOD QI FLOW LEAVE A LITTLE SPACE BETWEEN YOUR FINGERS & PALMS.



PAUSE AT THROAT CHAKRA & ABSORB UNIVERSAL ENERGY.

WHEN SALIVA FORMS DURING QIGONG PRACTICE IT'S A SIGN OF RELAXATION. SLOWLY SWALLOW SALIVA.

**PAUSE & ABSORB QI  
INTO THROAT CHAKRA.**



**Three Palms Together** begins and ends all Tibetan Qigong forms, and it is also a complete practice on its own. The sequence is repeated at least 3 times, but it can be done 3, 5, 7, 9 or any odd number of repetitions. During practice warmth, spontaneous movement, soreness, or difficulty separating or bringing hands together are all common experiences and indicate qi is moving. Do not worry if you feel nothing; you will still benefit and in time, most students do become sensitive to the energy.

### **Practice Tips & Guidelines**

1. Practice slowly and diligently to produce a strong energy field.
2. Recommended practice times: 5-7am and 5-7pm, and also 11-1am and 11-1pm standard time. Times are one hour later for daylight savings time. Students new to qigong should practice during daylight when energy is more yang.
3. Practice in a location where you feel very comfortable and the air is fresh and clean.
4. When Three Palms Together is used as a main practice:
  - a) Seal the Energy technique (page 23) should be done after the last repetition.
  - b) After Seal the Energy technique rub your hands together and gently massage the face, head and neck to bring more qi into your body.
  - c) After many repetitions it is common for a practitioner to lose track of the count; this is OK and is to be expected if one is relaxed and in a meditative qigong state.
5. Three Palms Together is the one Tibetan Qigong form that can be shared and you are encouraged to do so if you feel a friend or a family member might benefit.

See page 29 for a more complete list of Practice Guidelines.