

### *Carrying The Moon for Youthfulness*

Obviously, merely reading the above poem, hopeful and inspiring though it may be, will not make you youthful. But regularly practicing the following Chi Kung exercise will, as has been proven by many students. It is called *Carrying The Moon*.

Practice the exercise in the open air if possible. Wear something loose and comfortable, so that your clothing will not hinder *chi* and blood circulation. These and the points mentioned in the previous chapter—relaxed, gentle breathing and a clear mind—apply to all Chi Kung exercises.

Stand upright but relaxed. Then bend your body forward so that your arms drop effortlessly in front, and your fingers are slightly below knee level, as in *figure 2.1*. Keep both arms and legs straight. Tuck your head in so that your back forms a continuous curve. Gently hold your breath. Think of your *chi* flowing from your anus up your spine to the crown of your head.

Then straighten your body slowly, lifting your arms, with the elbows straight (see *figure 2.2*), in a continuous arc to the front and then up above the head. Simultaneously breathe in gently through your nose. When your hands are above your head, bend your arms slightly, and form the shape of a full moon with both thumbs and index fingers.

Continue the body movement backwards so that your back bends in an arc with your hands forming the round shape of the moon beyond your head (see *figure 2.3*). Hold the pose, and your breath, for two or three seconds. Then

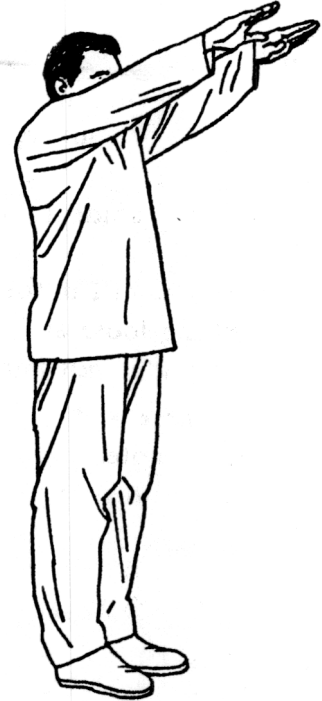
straighten your body and lower your arms from both sides (see *figure 2.4*), simultaneously breathing out gently through your mouth. Visualize *chi* flowing from your head down your whole body like a cascade or waterfall to your fingertips and toes. Feel the pleasant, tingling sensation as it flows inside your body. Think of this waterfall of vital energy cleansing your body of rubbish (negative emotions, illness, toxic waste, and such like) own into the ground through your soles, and at the same time let the vital energy nourish every cell in your body, making you healthy and youthful. Remain motionless for a second or two to enjoy the pleasant sensation of energy flow. This completes the sequence. Repeat it about ten to twenty times.

*Carrying The Moon* may be performed on its own or in combination with other exercises. You may, for example, start with six sequences of *Lifting The Sky*, followed by six sequences of *Carrying The Moon*. As you progress, you may gradually increase the number of times you do the exercise, and be surprised that you are growing younger each day!

*Figs. 2.1-2.4 Carrying the Moon*



*Fig. 2.1*



*Fig. 2.2*



*Fig. 2.3*



*Fig. 2.4*