



stand normally upright with feet apart to shoulder width, torso erect, neck straight ahead, hands closed with palms naturally before feet. When moving 1 in the mind, feet pull inward and then raise about 18 inches from the floor as the arms to head, lift head and arms simultaneously. When moving 2 in the mind, raise the torso horizontally away from feet, raising feet first to the floor at ankles, feet pull inward and feet slip on soles, legs bent, and arms at the sides. Repeat 3 ten or more times all the time in the mind. If the exercise is practiced regularly, give the body a good workout.

- Points to remember:
- 1) Raising and lowering of palms should be perpendicular to the ground, that is, as close as they can get to parallel.
  - 2) Raise palms to the highest point, as if you are lifting slightly upward with effort.

(2) Pulling Inward and Pulling Outward (Fig. 77 and 78)



FIG. 77, 78

# 300 Questions On Qigong Exercises

**B Lingard**



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