

Dredge, Tone, Center/Root, and Relax Set

START

- warm-ups | pulling down the heavens | lifting up the qi | raise arms like a bird

DREDGE

- *Image*: untie knots, cool water, snow, water wearing down rocks, prayers/mantras/ultrasound
 - *yang*: back of arms, back of neck, back, back of legs, to ankle, disperse – x6
 - *yin*: inside of legs, groin, front, front of neck, front of arms to wrist, disperse – x6
- vibrate/shake it all loose | heel taps

TONE

- *Image*: bubble of qi – large, medium, smaller, storing in lower dantian / energy center
 - *Liver*: palms facing; turn left, right; reach and dredge inside of arm – x3 each direction
 - *Kidney*: big arm circles, big reach down and up – x3 each direction
 - *Lung*: push in/out to each side - x3
 - *Heart*: small bubble, reach/turn left and right, shrinking – x3 each direction
 - *Spleen*: push down, gather at groin, lift up, left, right – x3
 - Pulsate qi at middle dantian; nourish qi at lower dantian

ROOT and SETTLE

- *Image*: a tree with deep roots, immovable trunk, but flexible, flowing limbs
 - *Turtle Breathing*: lift, squat/gather at center/bend, rise – x3
 - *Wide Horse Stance*: still, sinking, centering, relaxing; push center, up, down
 - *Taiji Push*: stay rooted while flowing forward and back
 - *Fly Qi Like a Bird*: float hands back, reach, carry ball forward, release – x3 each side

RELAX

- *Image*: Resolve to be present, to achieve calm and tranquility. Persist, come back after drift. Pay attention. Concentrate with ease. Be relaxed and ready with full awareness; not collapsed.
- *Inner voice and concentration*: Quietly chant “relax”. Focus all senses on each body part. Loose, light, open. “Expand like leavening bread.” Find balance and equanimity.
- *Standing post*
 - Relax the analytical mind (brain). Direct attention to the effort. Direct senses inward:
 - Sight; Hearing; Smell; Taste; Sensation
 - Relax the emotional mind (heart). Think “shhh” like calming a baby. Let go of:
 - Sadness, Fear, Anger/Frustration, Shock/Nervousness, Worry/Self-doubt
 - Relax the breath
 - Hands to side, slightly outward, wuji posture. Long, smooth 85% breaths
 - Inflate/expand; deflate/compress. Quiet, deep, easy, natural.
 - Relax body parts, muscles, tendons, joints, ligaments, bones:
 - Top of head, between the eyes, ears, lips, lower jaw, neck
 - Shoulders, upper arms, elbows, forearms, wrists, fingers
 - Upper trunk, lower trunk, pelvis, calves, knees, shins, ankles, toes
 - Relax energy flows, starting from top of head each time:
 - Sides/Arms: down each ear, to shoulders, to fingers
 - Front: down the front, along inside each leg, to toes
 - Back: down the back, along each side of spine, to perineum/pelvic floor
 - Gather and nourish qi at lower dantian/belly/gate of life
- Gently shake, vibrate all over