

4. Circling Arms

Shift weight back to center. Lower arms in front of body, palms face each other.

A. Cross hands in front:

- breathing in
- turn palms to face up
- cross hands at wrists with right hand over left



B. Raise arms:

- raise body slightly
- palms face body
- raise the arms until palms reach face level



C. Turn palms out:

- turn palms to face away from body
- raise arms above head



D. Lower arms:

- breathing out
- hands separate and circle out to sides
- palms face out
- extended arms continue to circle downwards
- palms face down



Repeat A-D 6 times

Common Mistakes:

1. Palms not facing body



When you raise your arms, your palms face your body.

2. Bending or arching the neck



Your eyes can look up or down following your hands, but do not bend or arch your neck. Make sure your spine is straight so that the energy will have an easier time flowing in your body.

3. Palms cross at wrong position



They should cross at the 'inner gate'.

Inner Gate:

The *inner gate* is located at the middle of your arm, 3 fingers below the wrist line.



This acupoint is very important because the number 1 killer of the world is heart disease. If you stimulate this point often enough, it can prevent heart disease and regulate blood pressure.

To stimulate this point, simply use your thumb to press it down for 2 seconds, release for 2 seconds. Repeat the above step for about 5 minutes, then do the same thing for the other hand. You may do this 2-4 times a day. When you press it correctly, you should feel some sensation along your palm to your middle finger.



You can do this at any time or place; for example, while travelling on a bus or plane, watching TV, or whenever you have spare time.