

# **Golden Flower Cultivation Exercises**

## **1. Chi Permeation**

## **2. Small Circle Orbit**

## **3. Circling Exercises**

1. Arm Circles
2. Leg Circles
3. Kidney Circles
4. Neck-Head Circles
5. Centre of the Chest – from throat down
6. Over Belly – R hand follows large intestine,  
L hand opposite direction
7. Circles over Dan Tien

## **4. Large Circle – incorporates all, except arms**

## **5. Microcosmic Orbit**

## **6. 10 Psychic Channels (with breathing)**

1. Begins with Microcosmic Orbit (in) to Dan Tien (out) Belt
2. Belt Meridian (in) up the back (out)
3. Over Shoulders (in) around to Front (out)
4. Inside Arms (in) Points Chest down (out)
5. Up Dan Tien (in) Hands together – Down, Fingers Down (out)
6. Around Hips (in) Down the legs (out)
7. Inside Legs up (in) to Dan Tien (out)

## **7. Merging Heaven & Earth**

1. Stopping in each position
2. Continuous Flow Chi Gong with Breath