



(NOTE: While practicing this, never do anything that hurts! Don't twist on a leg whose knee is weight-bearing - always shift weight to the other leg. If you have problems doing this, take multiple, smaller steps than are suggested here.)

Stand ease-ily, with weight balanced over both feet, feet turned out a little, knees slightly flexed and soft, head floating lightly above your back, breathing relaxed.

Slowly float your arms forward and up in front of you. Then let your body sink by allowing your knees to slowly bend, while letting your arms spread out and down. Now scoop your hands towards each other, as if gathering "energy" from the earth. Bend your back only a little doing this; let most of the lowering come from your legs, and only as far as is comfortable.

As you now slowly lift your body up with your legs, gather in this 'earth energy' and gently bring it up toward your physical and energetic center (your *tan t'ien*, 4 finger-widths below your belly button), while slowly shifting all your weight onto your right foot.

First, just lightly step forward with your left foot. As you then slowly *shift your weight* forward onto that foot, imagine pushing this energy out from your center towards the horizon with your palms, letting your arms extend comfortably out in front of you. Don't step or lean forward very much; keep your back fairly straight and your back (right) heel down.

New, outside "energy" now begins coming towards you *from* that horizon. Choosing to *not* let this new energy push its way *into* you, bring your arms and hands back towards your chest, gently *guiding* this new energy, so you start sliding it *past* you, while at the same time shifting your weight *back* to your right foot. Now slowly turn your whole body to the right as you gently start to guide this energy on *past* your chest. While doing this - with weight still mostly on the right foot - turn your left foot **inward** (so you momentarily stand pigeon-toed). Then, as your body continues turning right, you slowly shift your weight over to the left foot, **after** which you turn your right foot **out**. As you now shift your weight back onto the right foot, your palms are guiding that unwanted new, outside energy on *away* from you, sending it out towards the horizon opposite from where it came.

Allow that energy to continue moving away from you by slowly extending your arms, finally letting your palms fully *face out* towards that horizon. Now start turning your body left, slowly scanning the horizon, with both your palms still facing outwards (as if your palms had 'eyes' or 'radar' looking out from them), while shifting weight over to your left foot and then turning your right foot **inward** again. After turning about 1/3 of a circle, shift your weight all the way over to your right foot and carefully **pick up** your left foot. Slowly bring it around behind you and to the left, and - after rotating it **outward** - put it down, all this time continuing to scan left with your palms. Then shift weight fully onto that left foot. As you continue turning and scanning, then bring your right foot on around so it ends up approximately parallel with the left. You are now hopefully facing about 3/4 of a full-circle turn to the left from where you started this scanning movement.

Lower your body and open out your arms, again scooping down to gather in more energy from the earth, beginning the sequence over again. Do this sequence four times to the four directions.

After you get a little familiar with this basic pattern and slow-paced rhythm, work on developing more *awareness* of your body as you move, allowing these movements to feel more balanced, and to flow more freely, eventually becoming almost effortless. It is in patient practice that you really begin to sense the grace and power of T'ai Chi.
