

## *Nei Kung Tai Chi - Bruce K Frantzis*

1. *Breathing methods, from the simple to the more complex.*
2. *Feeling, moving, transforming, and transmuting internal energies along the descending, ascending, and connecting energy channels of the body.*
3. *Precise body alignments to prevent the flow of chi from being blocked or dissipated; practicing these principles brings exceptionally effective biomechanical alignments.*
4. *Dissolving blockages of the physical, emotional, and spiritual aspects of ourselves.*
5. *Moving energy through the main and secondary meridian channels of the body, including the energy gates.*
6. *Bending and stretching the body from the inside out and from the outside in along the direction of the yin and yang acupuncture meridian lines.*
7. *Opening and closing all parts of the physical body (joints, muscles, soft tissues, internal organs, glands, blood vessels, cerebrospinal system, and brain), as well as all aspects of the body's subtle energy anatomy.*
8. *Manipulating the energy of the external aura outside the body.*
9. *Making circles and spirals of energy inside the body, controlling the spiraling energy currents of the body, and moving energy to any part of the body at will, especially to the glands, brain, and internal organs.*
10. *Absorbing energy into, and projecting energy away from, any part of the body.*
11. *Controlling all the energies of the spine.*
12. *Gaining control of the left and right energy channels of the body.*
13. *Gaining control of the central energy channel of the body.*
14. *Learning to develop the capabilities and all the uses of the body's Lower Tan Tien.*
15. *Learning to develop the capabilities and all the uses of the body's Upper and Middle Tan Tien.*
16. *Connecting every part of the physical and other energetic bodies into one unified energy.*

*This Nei Kung opens and closes the body. The key is **Relaxation**. There is a Tesla's Arch in the body with chi (electricity) circulation. The practice is done in a circle with breathing, relaxation, spirals and alignment for the Tai Chi practice.*

### **Jiggling Technique:**

- 1) Partner holds and jiggles wrist activating hand, arm, shoulder and spine drawing a line down from the wrist to the spine.
- 2) Open the Armpit and Shoulder's Nest (hole in the front) sinking it in softening it.
- 3) Jiggle the Wrist & Elbow back & forward sending the energy down to the feet then through the legs, spine, arms and out the fingers, then back.

### **Circling Technique:**

- 1) **1<sup>st</sup> Circle Set:** Circle with hands out in front **Down and In (Yin)** and **Up and Out (Yang)** standing in a Tai Chi Posture in the Microcosmic Orbit down the front and up the back in a circle (20x) while Jiggling the figure tips creating a wave through your hands, arms, shoulders, spine, legs & feet with continuous.
- 2) **2<sup>nd</sup> Circle Set: Palms Down** in front of body making circles side to side at the **Tan Tien** Level and reverse (10x each). Change feet **Palms Down** in front of body making circles side to side at the **Heart Level** and reverse (10x each). (20x Total).
- 3) **3<sup>rd</sup> Circle Set: Palms facing Outward** making circles in front of body above the **Head** and down to the **Tan Tien** as the **Hips turn moving the Arms and Palms** & Reverse (10x each). Change feet **Palms facing Outward** making circles in front of body above the **Head** and down to the **Tan Tien** as the **Hips turn moving the Arms and Palms** & Reverse (10x each).