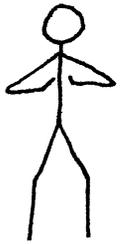
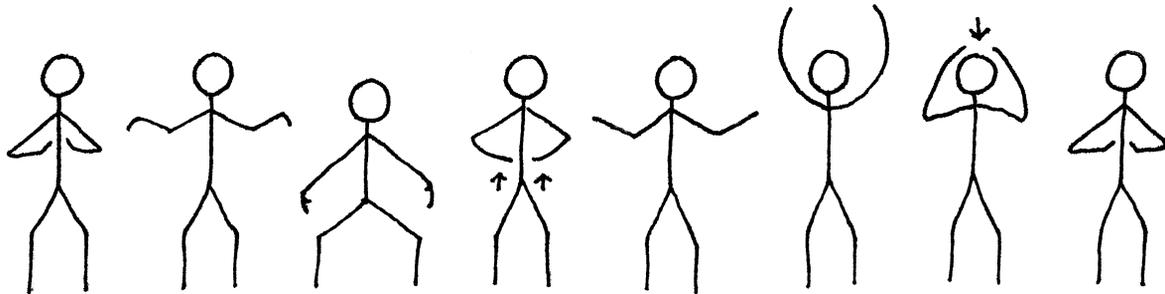


# 10 PHASES OF CULTIVATING and MASTERING Qi

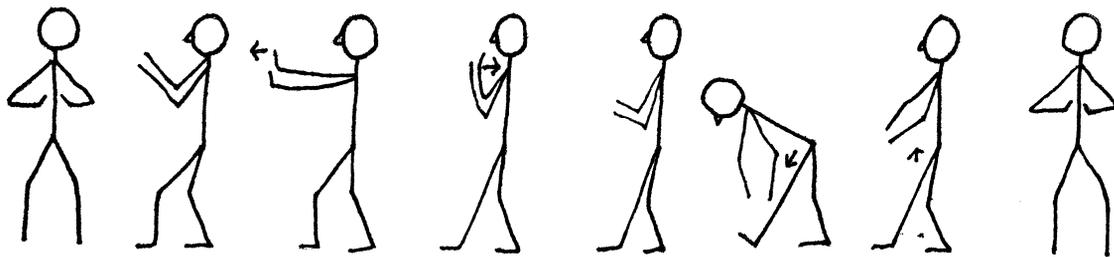
## PHASE 1 - DISCOVER



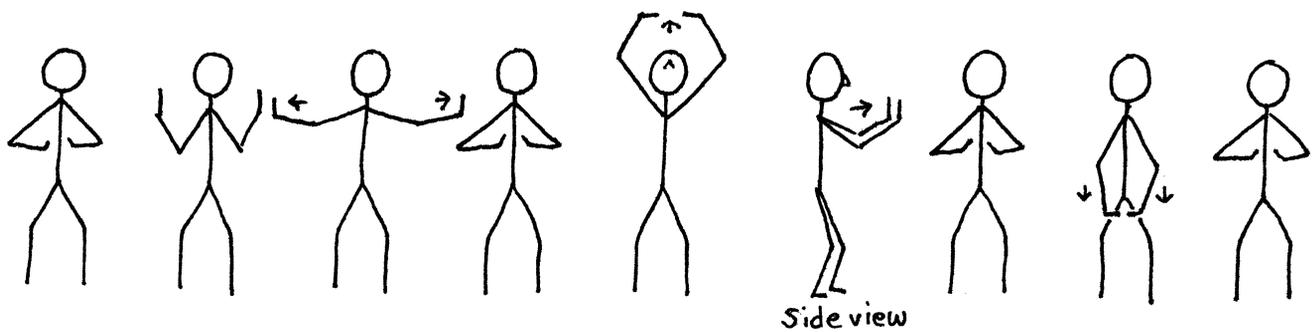
## PHASE 2 - GATHER FROM EARTH + HEAVEN



## PHASE 3 - CIRCULATE (Inner Rivers Flowing)

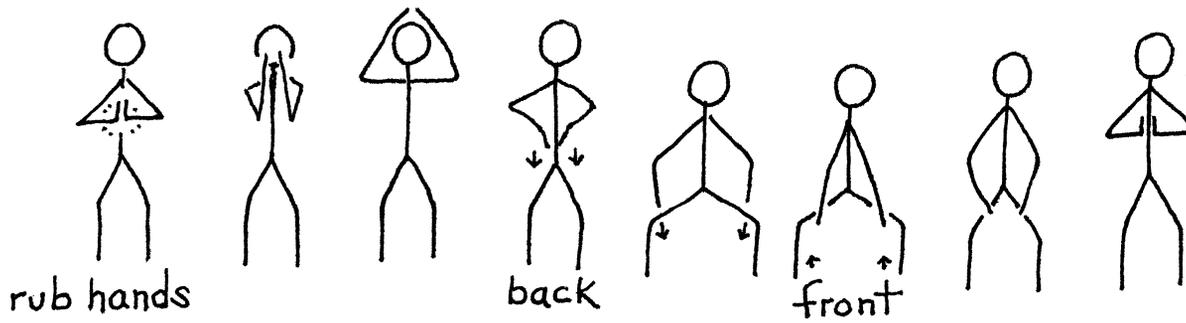


## PHASE 4 - PURIFY (Clear the Small Universe)

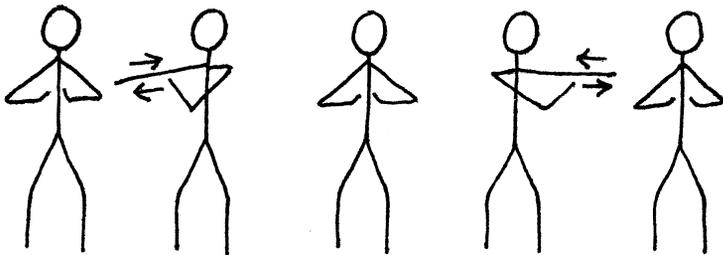


# PHASE 5 - Direct

## Part 1 - Trace the Yin-Yang Channels



## Part 2 - Trace the Meridians out/in the arms

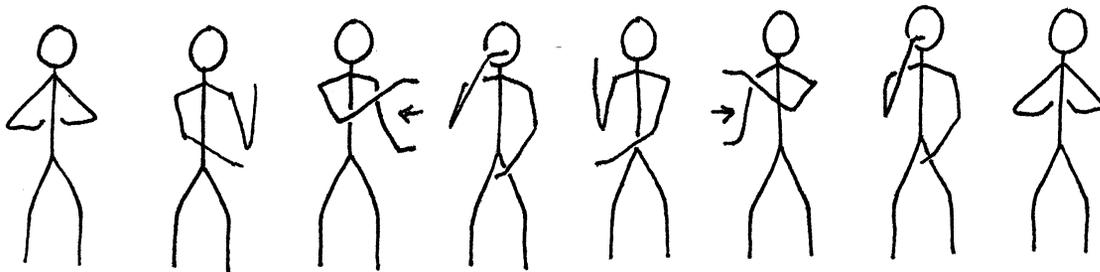


## Part 3 - Direct Qi to Organs - rub hands

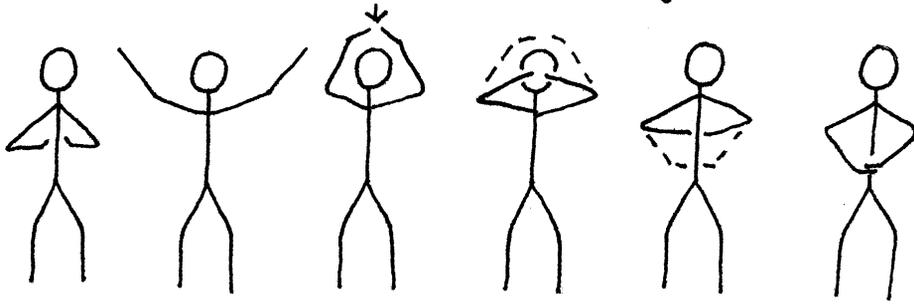
Place warmed hands over:

- Liver, Gallbladder (on right), Pancreas, Spleen (on left)
- Heart/Mind Center
- Kidneys (on back or front)
- Anywhere your intuition takes you
- Take a moment to feel gratitude for your organs

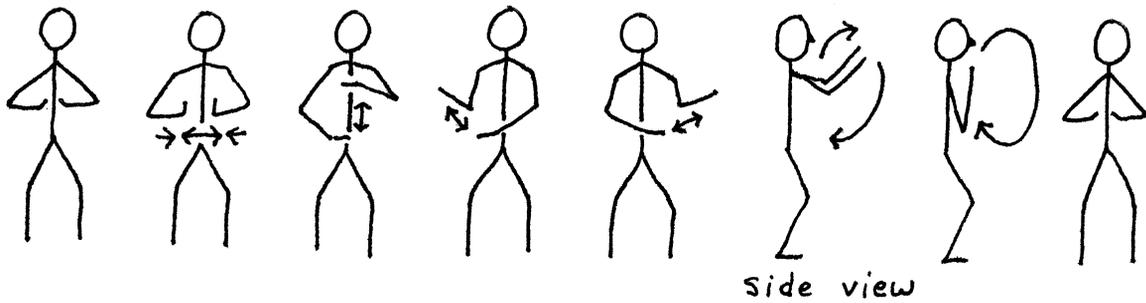
# PHASE 6 - CONSERVE (Watching Clouds Pass)



## PHASE 7 - STORE (Bathing the Marrow)

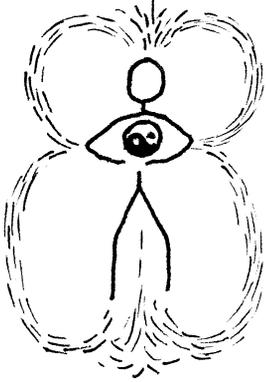


## PHASE 8 - TRANSFORM (Immortal Dragon Cultivating Golden Elixir)



side view

## PHASE 9 - DISSOLVE (Dissolve into the Light)



## PHASE 10 - TRANSMIT (Self Healing / Compassionate Service)