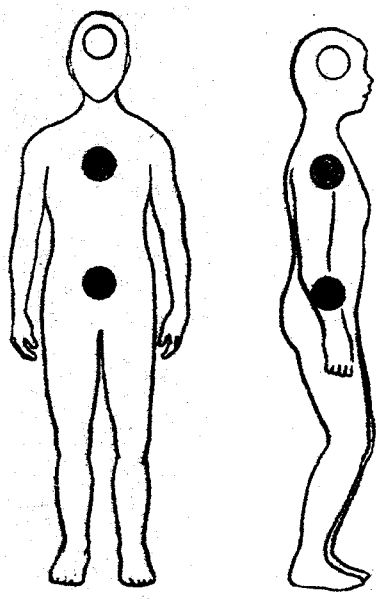
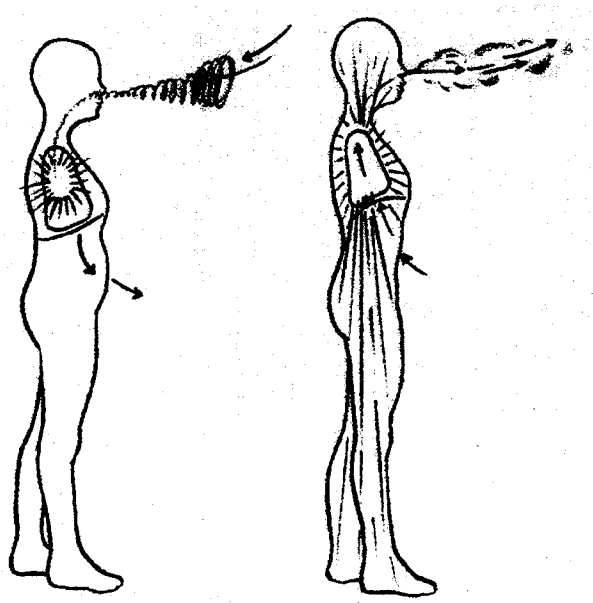
Use the Three Intentful Corrections throughout your day. This simple Qi cultivation practice takes only moments and can be applied throughout your day—whether you are caught in a traffic jam, commuting on a train, standing in a grocery store line, or sitting in a business meeting or classroom. Be inventive in the ways you remind yourself to do this practice. You could initiate the Three Intentful Corrections whenever the phone rings. Or if you hear a church bell near your home, you can use it as a reminder. Even a stoplight while you are driving can be used to prompt you to take a moment and give your body, mind and spirit a gentle nudge into Qigong.



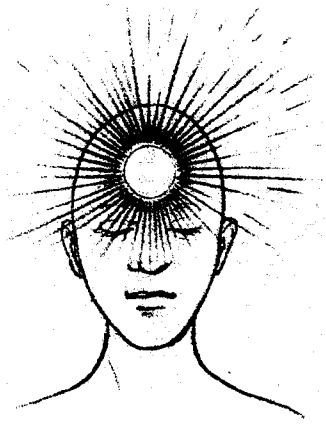
First Intentful Correction

Body, Posture, Movement



Second Intentful Correction

Breath Focus



Third Intentful Correction

Mind Intent