

BONE MARROW CLEANSING MEDITATION

The Bone Marrow Cleansing includes healing postures, gentle movements and concentration techniques to cleanse the marrow of toxins. It strengthens the immune system, increases the strength and density of bones themselves, stores qi in the dan tian and stimulates the flow of qi through the skin and various acupuncture points.



1. Stand in a natural qigong posture with hands in front of the dan tian. Line up the palms so that the centre of the hands are about twelve inches apart, as though holding an energy ball. Slowly raise the ball up to the level of the chest. As your palms close together, close your eyes. Bend your elbows and move the hand in prayer like fashion to the heart centre, your thumbs rest gently on your sternum. Maintain this posture for two or three minutes (or 9, 18, 27, 36 breaths) and focus on your breathing - breathing deeply into the lower dan tian - abdomen expanding as you inhale, contracting as you exhale. Let your mind become silent and calm. Then extend your arms outward, as your palms separate, open your eyes. Arms slowly drop to your sides.

2. Palms facing forward, slowly raise your arms up laterally, to shoulder height. With elbows slightly bent, turn palms outward, facing away from the body, fingers pointing toward the heavens. Hold this position for an equal amount of time as initial posture. (If your arms start to burn, lower and brush them, returning them to shoulder height position). In this position imagine that your body is filling the universe; your head touches the heavens, your feet reach to the centre of the earth. Your arms are extended infinitely to the side. Universal qi can flow easily through you. Focus on the bai hui point (top of your head) the laogong points (palms of your hands) and the kidney points (bottom of your feet). Imagine as you inhale and exhale an exchange of healthy, positive, fresh healing qi from the universe, the heavens, the earth. Then turn palms forward and allow your arms to slowly drop to your sides.

3. Your left hand slowly floats behind the body until the centre of the back of your hand is resting comfortably in the middle of your lower back. At the same time your right hand rises up, palm facing forward. At you extend your hand up towards the top of your head, you turn your palm towards the sky and reach for heavenly energies. Turn the palm downward and pull the heavenly energies to the top of your head. Palm is two or three inches above the crown. Feel the connection between the center of the palm (the laogong point) and the apex of your head (the bai hui point). Inhale and as you exhale slide your hand forward then slowly lower the hand down the front centre line of your body, palm facing down. Imagine fresh healing qi flowing through the bones of your body, cleansing the bone marrow, packing your bones with fresh qi. Imagine your skeleton glowing with white light above your hand, pinkish grey below, pushing the stale qi out the bottoms of your feet.

4. As your hand relaxes to the side, the hand at the lower back releases and also floats to the side. Imagine the stale qi being absorbed by the earth, composed and returned as fresh healthy qi. Now you are ready to switch to the other side. Right hand to the small of your back, left hand reaches to the heavens.

5.Cleanse the bone marrow, alternating with one hand, then the other, three times on each side.

6.Then raise both hands up the front of the body, palms facing up. As hands reach shoulder height turn palms up to the sky and stretch arms overhead reaching for heavenly energies. Turn your palms down and lower hands slightly so that hands are about twelve inches above your head, fingers not touching but pointing to each other, forming a dome. Hold this position for one minute, visualizing that you are in a dome of gold light - of protective, healing light. Then slide your hands forward and lower them down the front of your body, palms facing down imagining the pure, healing qi is washing through the entire body, your bones, muscles, tendons and hundreds of trillions of cells.

7.Close the set by bringing your hands to the lower dan tian (abdomen) and bringing your feet together.