

Wu Chi Standing Meditation

- 1. Hang from an Invisible Thread*
- 2. Shoulders Hanging & Relaxed*
- 3. All Joints Slightly Bent & Relaxed*
- 4. Eyes Relaxed & Look Slightly Down*
- 5. Relax & Drop down Lower Back*
- 6. Spine is Pulled Straight Gravity*
- 7. Point Index fingers Straight*
- 8. Breathe In & Out from Belly*
- 9. Tongue Lightly Touches Roof of Mouth, Behind front Teeth*
- 10. Weight is slightly to the Front of Center over the Feet*