

***Another Microcosmic Orbit:  
An updated way to run the Microcosmic Orbit preferred by Mataji***

Mataji notes: This way opens you more to everyday life experience. Chia's approach, the more well known Microcosmic Orbit, is more focused on longevity. But there are new ways of facilitating longevity by opening up more completely to everyday life and working through your personal aura to assimilate your experience.

The more well known Microcosmic Orbit actually makes it harder to assimilate your experience as it pushes it aside. This updated Microcosmic Orbit doesn't incorporate the personal aura at all in a conventional sense, but it facilitates communication with the personal aura and the body.

***Directions:***

1. Place the tongue to the roof of your mouth.
2. Beginning at the perineum, the flow moves up the front of the body (in the Conception or Functional Meridian)
3. Then just above the collar bone it branches and goes down the inside of the arms
4. Then up the back of the arms
5. Dives through the shoulders and armpits to the nipples
6. Then flows to just above the collar bone again\*
7. Where it continues upward
8. Through the tongue, (connecting with the Governor Meridian; the back meridian) goes up over the top of the head, then back down the back to the perineum
9. Where it crosses over the perineum
10. Goes down the front of the legs
11. Loops under big toe
12. Crosses over the Bubbling Spring, (K-1 Meridian point) to the arch, then up though the heel
13. Up the back of the leg
14. Where it crosses over perineum and continues up the front of the body.

**\*If you would like more detail when it enters the arms and chest:**

Enters just above the collar bone, maybe an inch above the center of the collar bone, it goes down the bicep, over and down the forearm through the hand (more toward the index and middle finger) over and back though the middle of the top of the hand Then through the middle of the forearm going up, up through between the bicep and triceps, (more toward the triceps) diving through the shoulder and armpit, though the nipples, back to just above the collar bone, then straight up through the tongue.