

The More well-known Microcosmic Orbit

(with arms & legs)

*Adapted from Mantak Chia's book:
Awaken Healing Energy Through the Tao*

Directions:

1. Place the tip of the tongue to the roof of your mouth.
2. Beginning at the perineum, the flow moves up the back of the body (in the Governing Meridian)
3. Then just above the solar plexus at the mid scapula, between the shoulder blades, the energy divides and goes down the inside of both arms simultaneously and passes along the middle of the palm to the middle finger...
4. Goes over the middle finger, then up the outside of the arms again rejoining the Governor Meridian as it continues to rise up over the head, then to the roof of the mouth and down
5. Through the tongue, (connecting with the Functional Meridian; the front meridian) going down the front of the body, back to the perineum
6. Where it crosses over the perineum
7. Goes down the back of the legs
8. Through the heel, across the arch of the foot, (crossing the Bubbling Spring (K-1) Acupuncture point) over the big toe
9. Then up the front of the leg
10. Where it then crosses over perineum and continues up the back of the body in the Governing Meridian.