

# 3. Gather Qi to the 3 Dantians

Pull Qi in from the Universe

9 times each – slow flowing movements

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**1. Upper Dantian :** Hands start at the Middle Dantian, then out to the side, gather to the Upper Dantian, then gently push to rest at middle.



**2. Middle Dantian :** Hands start at the Middle Dantian, then out to the side, and gather Qi to the Middle Dantian, then gently to rest at middle.



**3. Lower Dantian :** Hands raise overhead, then scoop down between the legs to gather Qi to the Lower Dantian, keeping head up, then circle wrists out to side once.

