

Belt Meridian Grinding – Sends Qi Out to Wherever We or Someone Else Needs Healing

- The Qi comes out from the belt meridian & moves up and down within this region as we channel our minds for healing
- We draw 9 small then 9 large circles with our hands L and R
- The circles surround our bodies from head to toe



- Start with hands as if on a table, then the upper body twists left
- Pull your elbows to your side and they stay “stuck” as you return to the front, 9 small circles to the L and then R



- For the 9 large circles to the L and then the R turn all the way around looking behind before pulling elbows into your side to return to front