

## 10. Open and Close Heaven and Earth: (we accept the goodness of the universe)

■ Leads to inner strength, opens all our energy centers

■ 9 times each



■ Open Heaven by reaching up, breathing in, then close the earth breathing out and closing by the Lower Dantian



■ Open earth by reaching up and out, breathing in, then close heaven putting arms together breathing out and closing by the Lower Dantian