

Regulate Your State Qi Energy Exercises



Preparation, Structure, and Tissues

Practice Intention

Hydrate, align, open the body, then move through the sequence as a complete state reset.

Preparation - Part 1

- Hydrate your Fascia
- Shimmy into a Meditation Stance
- Align your Posture & Rock & Sway
- Check-In & Calibrate Your State (SUDs)

Preparation - Part 2

- Come to Center + Reclaim your Aim
- Sink your 3rd Eye with Belly Breathing
- Wuji Posture Check + Cobra Stretch
- Open from Center + Wash the Qi Wall

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Structure

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Tissues

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Autonomics

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Temperament

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Embodiment

Structure

Restore the frame

- 1 Press into Heaven
- 2 Slow Swinging Arms
- 3 Full Body Breathing
- 4 Butterfly Arms
- 5 Climb the Sacred Mountain

***Wash the Qi Wall + State Consolidation**

Tissues

Free the fascia

- 1 Rhythmic Pulsing (10 Micro Pulses)

Diver, Side Pulse, Shaolin Punch, Flying Tiger, Bouncy Ball, Warrior Lunge, Forward Fold, Pelvic Pump, Child Squat, Foot Punch

- 2 Bounce & Shake
- 3 Ring The Temple Bell
- 4 Full Body Tapping
- 5 Squeeze & Release

***Wash the Qi Wall + State Consolidation**

Regulate Your State Qi Energy Exercises



Autonomics, Temperament, and Embodiment

Move from activation into integration. Let each section teach the body a safer, steadier baseline.

Autonomics

Use Breath Retention Holds As Desired

- 1 Qi Power Drops
- 2 Qi Wall Power Wash
- 3 Running Man
- 4 Dragon Wings
- 5 Ski Pole Power

***Wash the Qi Wall + State Consolidation**

Temperament

Link, sync, and soften

- 1 Parting Clouds into Accordion
- 2 Polishing the Qi Ball
- 3 Orbits (Link & Sync the 3 Brains)
- 4 The Great Orbit (Align the 3 Brains)
- 5 Ride the Waves into Heart Hold

Embodiment

Consolidate the new state

- 1 Heart Hold (unlock heart with gratitude)
- 2 Step into your Future Self
- 3 Human Antenna (Send out your Intention)
- 4 Step Back into your Expanded Self + Heaven Hold
- 5 Closing Series:

Earth Hold > Gather & Pack the Qi > Seal the Session > Come to Center / Chi Cross Close

***Wuji + State Consolidation + Re-Calibrate Your State (SUDs)**

Close with Wuji, State Consolidation, and your final SUDs calibration.