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How to do Qi movements (Drawing Down, Embrace the Earth, Pushing away, Gathering in)

The important thing about all the Qi movements is the *quality* of the movement, not the details of what moves where.

- The first requirement is that the movement come from the center. The shakeout helps with learning this. It really should feel as if the shifting, the opening and closing, coiling and uncoiling, of the center, is the source of the movement.
- Secondly, the movement should be **SOFT, SLOW, SMOOTH, and CIRCULAR**. Softness is the most important; softer than soft, like cotton wool or a kitten's fur.
- Thirdly, feel the texture of the air you move through. Imagine the air is like water, or maple syrup! Notice how this makes you streamline your motion, and prompts you to use your whole body, not just empty arm motions. This also makes you follow the path of least resistance, the easiest, most natural path, similar to what would happen if your body were just swing free with natural momentum.
- Finally, it should feel intentional. That is, there is a purpose to your motions, you are trying to do a certain thing; like calm yourself, move the energy down or up, make a boundary, and so on. The movements mean something, and they create something.

The breathing should just follow the movements naturally; don't try to make the breathing coordinate with the motions, you will find this tends to happen naturally with time.