

## NQA's Five Treasures Practice Set

This practice set is divided into three sections: 1) Warm-up (for cleansing),  
2) Five Treasures Set (collecting and circulating energy), and 3) Closing (storing energy).  
(for detailed instructions, see NQA's Five Treasures DVD)

### Warm- Up: Shake the Tree

Full body shaking  
to loosen all the  
joints and allow  
the energy to flow.  
Then shake each  
leg, hip, knee,  
calf, and foot  
individually.



### Warm- Up: Twist from the Waist, Swing the Arms

Let your weight shift  
from side to side  
simultaneously twisting  
the waist as soft fists  
gently tap in front &  
back of the body.



### The Five Treasures

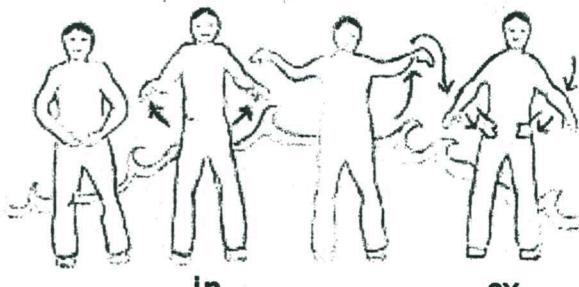
Begin in calm, centered standing  
posture; align body & breath w/calm  
mind; hands face the dantien (energy  
spot 2" below navel).



#### 1. Ocean Wave Breathing

Arms round toward center; inhale, weight  
shifts forward as arms move out; exhale,  
weight shifts back as arms return to start  
position, each time creating a larger wave  
then gradually return to smaller  
movement.

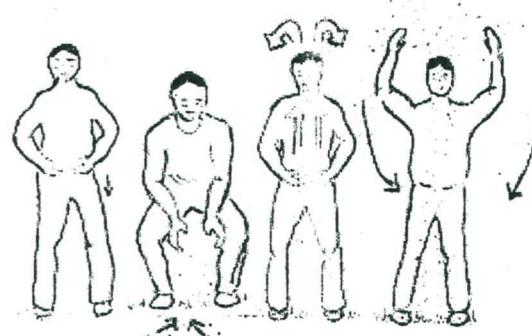
Return to calm, centered standing  
posture.



#### 2. Draw Up Earth Chi

Bending to scoop earth energy; inhale  
raising arms to stretch overhead; exhale  
moving arms down.

Return to calm, centered standing  
posture.



### 3. Gather in Starlight

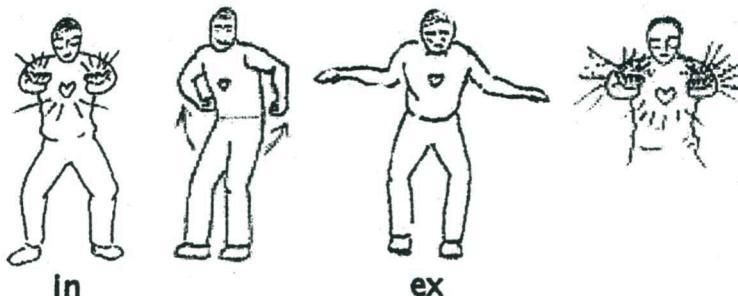
One hand behind back at life gate (low back), thumb touching fingertips. Exhale as other hand circles forward, then inhale bringing energy into each center: (navel, heart, 3<sup>rd</sup> eye, and crown); reverse gathering movement downward to start position; change sides and repeat. Return to calm, centered standing position.



### 4. Open the Heart

Inhale, reach forward with arms, gather energy into the heart, exhale, extend arms out & around to gather again. Reverse direction, exhale, as you spread your heart energy out to the world; inhale as arms circle back in.

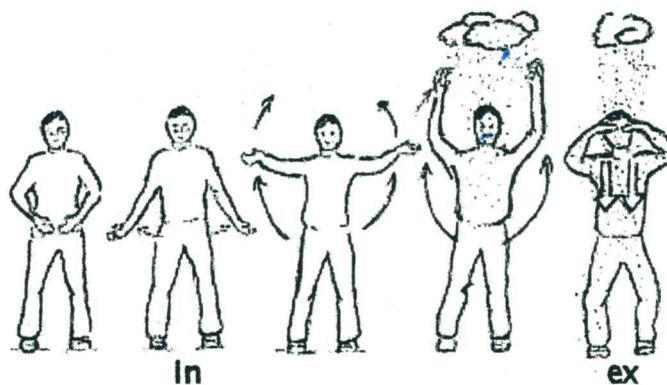
Return to calm, centered standing posture.



### 5. Draw Down Heaven Chi

Hands turn out to the side, Inhale as you raise arms overhead connecting with energy, then exhale, bringing heaven energy down through the body.

Return to calm, centered standing posture.



### Storing and Smoothing the Chi

Begin by using your palm to brush down the inside & outside of the right arm, from shoulder down & off the fingertips. Repeat with left arm. Then brush down the inside & outside & then the front & back, of each leg from hip down off the toes. Use your palms to brush the energy down the front of the chest, from throat to abdomen. Finally, placing your palms over each other, circle the hands/palms over the abdomen in a clockwise direction a few times & then a counter clockwise direction. Return to calm, centered standing posture. Feel the energy naturally permeate through your entire body. You may hold this position for a few minutes to complete the practice session.

