

THE SIX VERSES

*Awareness inside the body, feel the emptiness and spaciousness
within*

Expand this awareness out, becoming one with the universe

Draw the awareness back to the body, calm and peaceful

Open to the universe with reverence and utmost Gongjing

Let the bright universe nurture the heart with compassion and love

Feel relaxed, free and joyful, Qi flowing harmoniously and smoothly

The Six Verses are used at the beginning of Yuan Gong practice to prepare the mind and build the Qi field for the practice. They can also be used any time of the day, especially when you need to return to a relaxed, calm state. The Six Verses work on Qi, heart, consciousness and Shen (the True Self). Even though they appear simple, they can be considered an advanced technique, so it is well worth memorising and practicing them, not only for Yuan Gong preparation but for life in general.

HOW TO APPLY THE SIX VERSES

1. Awareness inside the body, feel the emptiness and spaciousness within

Once your eyes are closed, draw the vision back inside to the centre of your head. Imagine the inside of your head as an empty void that is also the center of the void of the universe.

From the centre of your head, expand the empty void throughout the entire body. There is no clear image of anything - it is like the borders of your body have disappeared and you may start to feel as if your body does not exist anymore. It is as if the body is now the centre of the void of the universe and has become one with the void of the universe. There is no distinction between what is inside and outside of your body.

2. Expand this awareness out, becoming one with universe

Expand the void inside your body as far as you can out to the universe. Have the intention of expanding out and being one with the universe. By visualizing this, you unify with the universe - your Qi and information become integrated with the Qi and information of the universe and the calmness of the universe comes through.

3. Draw the awareness back to the body, calm and peaceful

Now draw the awareness back inside the body. Through doing this, your Shen returns to the body, bringing the calmness of the universe back to yourself. This is a feeling of very deep serenity, peace and tranquility, which is very beneficial for the essential qualities of the heart and human nature.

4. Open to the universe with reverence and utmost Gongjing

Once again, we open to the universe and unify with it - this time in an even greater and more profound way, with utmost Gongjing (humility and true respect). To do this, feel utmost Gongjing in your heart and whole body and go out to the void of the universe again. Embrace the entire universe and nature with your Gongjing.

When you are one with the universe with so much Gongjing, you will be able to feel the great love and compassion that is everywhere in the universe. This unconditional, cosmic love is full of bright light.

5. Let the bright universe nurture your heart with compassion and love

Draw the bright light, compassion and love back to illuminate your whole body and nurture your heart.

6. Feel relaxed, free and joyful. Qi flowing harmoniously and smoothly

Qi will be flowing harmoniously and smoothly and your whole body will feel deeply relaxed, calm and full of joy. You can feel a lot of Gongjing, love and compassion. This is a state of selflessness where you have forgotten about yourself. This is the state you want to be in to experience all the treasures of life - health, happiness, wellbeing and growth.