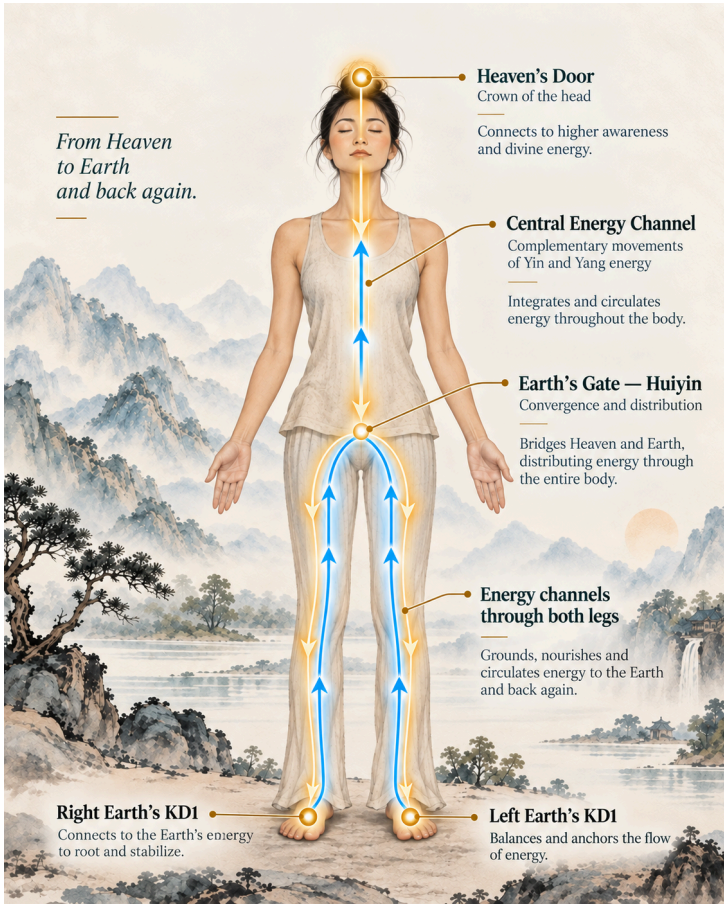


A Simple Huiyin Awareness Practice

A foundational awareness practice focused on the Huiyin point within the Chinese energy system.

Preparation

1. Stand comfortably.
2. Keep your feet about hip-width apart.
3. Let the knees soften.
4. Feel the soles of your feet (KD1).
5. Allow the pelvis to become heavy without collapsing.
6. Bring your attention to the lower abdomen.
7. Take a few natural breaths.

Awareness

1. Then gently become aware of the area of Huiyin.
2. Don't try to make anything happen.
3. Simply notice the relationship between:

1. **Key pathway**

   Feet → Pelvis → Lower Dantian (navel) → Breath

Breath and Rooting

1. With each exhalation, imagine yourself becoming a little more rooted.
2. With each inhalation, allow the body to receive.
3. Stay for several minutes.

Closing

1. Then slowly bring your awareness back to the whole body.

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