

The Little Eight Treasures Poem

1. Move the Stars and Turn the Big Dipper

We begin practice by aligning and connecting with the guiding energy of Polaris, the North Star. We experience contraction (as we place the “beak” at the base of the spine with the right hand) to understand expansion (as we take a small step to the side so as to face a different direction). We trace a hatch towards the light, inspiring energy of the stars and we invite that energy “in”, through the top of our heads. We feel that energy like “a rain of stars” pouring into our body. Then we hold that energy between both our hands and take it to the front of our being so as the energy of the stars mixes with our human energy. We spend a moment observing this movement as we practice “cloud hands”. At a certain moment we start feeling the pull of the Earth, as if Mother Nature was tagging us from the sleeve of our jacket. This is a different kind of energy, more nourishing, denser than the Heavenly Energy. That pull will take our hands into “scooping” motions; we feel the pull of gravity which will make our bodies feel much heavier, so much so that we “melt” into the Earth. Our right hand, in a beak, will again invite the activity of our backs to quiet down while the left hand will be tracing yet another hatch, this time towards the Earth. We may invite this arm to just do nothing but surrender to the subtle, yet noticeable pulsing of the Earth. Then we will lift up the “lid” and allow the nourishing energy of the Earth to gush up like fountain water. We feel it travelling through our ankles, knees, pelvis...all the way up to the Heart and beyond into the Third Eye. Feel the energies of Heaven and Earth uniting in your sunny Heart. Invite the power of these two energies to assist you in turning the “Big dipper”, a metaphor to create movement and alignment of the 7 energetic centers in your body.

After a moment of pause, you may want to repeat these steps to the right.

2. The Great Bird Spreads Its Wings

The energy of Heaven and Earth has inspired your “Wings” (shaped in our human bodies as shoulder blades) to wake up. You stretch your arms to the sides and “dive into” the Earth towards that fresh pond from which you will invite water to rise up to your chest. This healing Water will meet the Fire of the heart producing exquisite, healing “mist” that you will let out through both palms as you gently stretch your arms to the sides.

3. The Jade Plate Receives the Morning Dew

You will collect that healing mist in the form of morning Dew with your “Jade Plate hand” so as to refine it even further. This time, you will invite your “gut” to separate the turbid from the clear, what you need from what no longer serves, be those thoughts, ideas, feelings, and/or emotions. Remember that we are not indenting to get rid of anything but rather “transform” or refine coarse energy into more subtle energy. This gentle separation occurs at the level of your chest and tummy as the hands move up and down in opposite directions along the back of your torso.

4. Turning the Head to Look at Your Star

This movement is a continuation of the previous one. We keep refining the energy we collected on the plate but this time in your gut. Imagine that you are moving a wheel that brings nourishment to your body, mind and spirit. We invite our Mother Earth to receive what we are ready to let go of so she can transform our compost into nourishing food!

... How would you continue this poem?...

5. Lying Down to Watch the Constellations

6. Bringing the Stream Back to the Sea

7. Pushing Down the Fierce Tiger

8. The Dragon Flies Throughout the Heavens