

# Cloud Hands

Cloud Hands is one of the most versatile qigong exercises because you can explore many different types of internal connections and flows using the shifting, turning, rising, and falling components of the movement.

Here are 2 ways to use Cloud Hands to develop better flow and rhythm:

## Flow

In this version of Cloud Hands, you will track your awareness up and down alternating sides of the body, to create stronger internal flow.

1. Begin by shifting your weight from leg to leg, without using the arms.
2. Notice a sense of “pouring” the weight from side to side and try to feel the fluid flows internally, moving from leg to leg.
3. Once the legs are pumping, add waist turning, without breaking the pouring feel. You want to create a sensation in the waist of “sloshing”, as if the fluids flowing up and down the legs are poured through the waist as well.
4. Finally, when you add the arms, encourage the fluid flow down into the weighted leg by focusing on the falling arm.
5. Alternate sides, putting more emphasis on the falling arm/weighted leg, but start to notice the rising arm/emptying leg too.

The goal is to feel as much fluid movement sloshing around inside your body as possible, while the structure of your body remains stable from the outside.

## Rhythm

In this version of Cloud Hands, you will work on moving your awareness in and out of the center of your body, you lower tan tien.

1. Begin in the middle position of Cloud Hands, with the palms facing each other.
2. Pulse the palms toward each other, then away, gradually getting a bigger ball between them.
3. On the expanding phase, feel your back and your legs, working outward, until you feel down to the feet and up to the crown of the head.
4. On the shrinking phase, relax the face and the chest and feel up the insides of the legs, back to the tan tien.
5. Once you have a full body pulse going, work back into the shape of Cloud Hands, shifting and turning the body and moving the arms up and down.
6. Expand outward when you turn to the side, then shrink toward your center as you turn back to the middle.

The goal of this method is to harmonize the opening and closing of all the space inside the body.

