

Contents

Foreword		vi
Acknowledgments		ix
Introduction		1
Part 1	Energy, Anxiety, and Inner Strength	9
	Coming Up for Air	18
	Sitting Up	21
	The Golden Ball	25
	Resting the Golden Ball	26
	Rolling the Golden Ball	29
	Your Inner Reservoir	31
	Starting Wu Ji	36
	Calming Your Nervous System	37
	Standing and Rolling the Golden Ball	39
	Gathering Your Energy	40
Part 2	Your Personal Energy Field	51
	Arm Swinging	58
	Opening the Curtains	63
	Tensing and Relaxing	66
	Working with a Wall	68
	Clenching and Relaxing	70
	Spreading and Relaxing	71
	Standing and Opening	75
	Calming the Mind and Body	76
	Resting While Standing Still	77
	Learning to Stay Relaxed	78

Part 3	Developing Your Inner Strength		85
	Taking Root	89	
	Using the Rolling Pin	91	
	Holding the Golden Ball at Your Belly	92	
	Expanding the Golden Ball	94	
	Golden Ball Energy Stance	96	
	Coming Back	101	
	Working with Your Breath	102	
	Overwhelmed, Lying Down	103	
	In the Middle of the Night	106	
Part 4	Using the Power of Your Senses		113
	Looking into a Glass of Water	117	
	Listening to the Garden	121	
	Scenting the Sweet Smell	125	
	Taking a Cup of Tea	128	
	Feeling What Touches Us	131	
	Refreshment	133	
Part 5	Working with the Energy Around You		137
	Giant Strides	147	
	Bubbling Spring	148	
	Waves on the Rocks	149	
	Fearless Rider	150	
	Crushing the Flanks	151	
	Holding Two Forces	152	
	Practicing in Nature	155	
	The Two Poles	158	
	Neck and Face Self-Massage	160	
	Soothing Your Back	161	
	Easing Headaches	162	
	Energy Circuit	163	
	The Lineage		171
	About the Author		179
	Healing and Training with Master Lam		181
	Books and Videos with Master Lam		184
	References		187