

■ Oversoul Qigong Sequence ■

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A simple four-part movement bridging body and Oversoul.



1. Gathering the Light

- Stand with feet shoulder-width, knees soft.
- Inhale, lift both hands upward, palms to sky.
- Exhale, lower to heart, palms together.

Whisper: "I gather the Oversoul light within me."



2. Opening the Lattice

- Extend arms wide, palms forward.
- Imagine light streaming from fingertips.
- Sweep arms outward and upward in a circle.

Whisper: "The lattice opens; I stand in its harmony."



3. Braiding Heaven and Earth

- One palm up (sky), one palm down (earth).
- Inhale: raise earth-hand, exhale: lower sky-hand.
- Switch sides, weaving slowly.

Whisper: "I braid heaven and earth through me."



4. Sealing the Radiance

- Return palms to heart.
- Take three deep breaths.

Whisper: "The Oversoul shines through me in wholeness."



◇ Use before ritual to align, or after ritual to integrate. ◇