



The flow of chi alternates in a figure-eight pattern: left downward from heart to base, right upward from base to heart, left upward from heart to crown, right downward from crown to heart, left downward from heart to spleen, right upward from spleen to heart, left upward from heart to brow, right downward from brow to heart, left downward from heart to solar plexus, right upward from solar plexus to heart, left upward from heart to throat, right downward from throat to heart.