

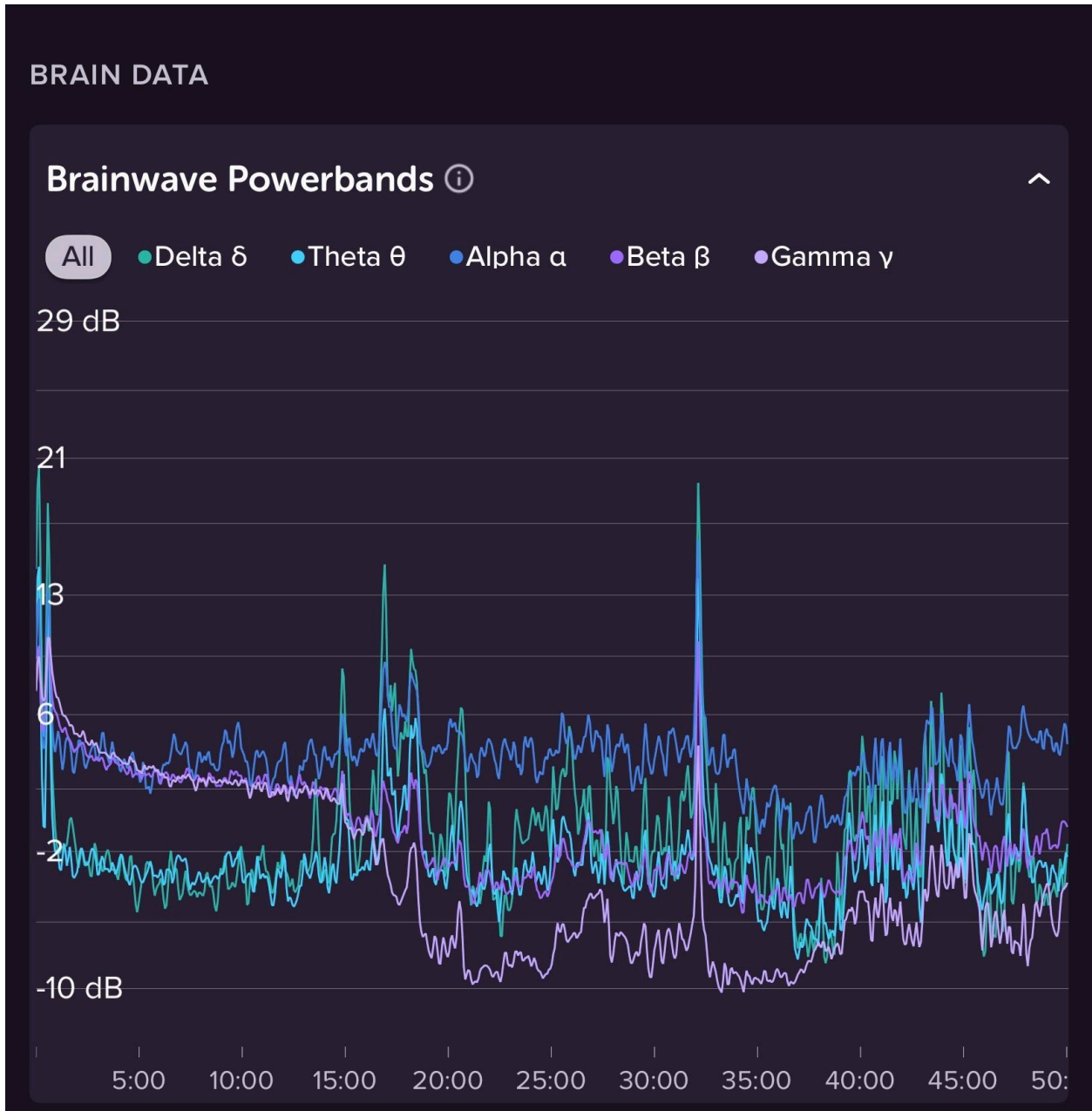
**Wyrd Energetic Arts - Seated Yijinjing - Muse S Athena - Rev 2**  
**Researcher: J.E. Hardee**  
**Public Version**  
**2025**

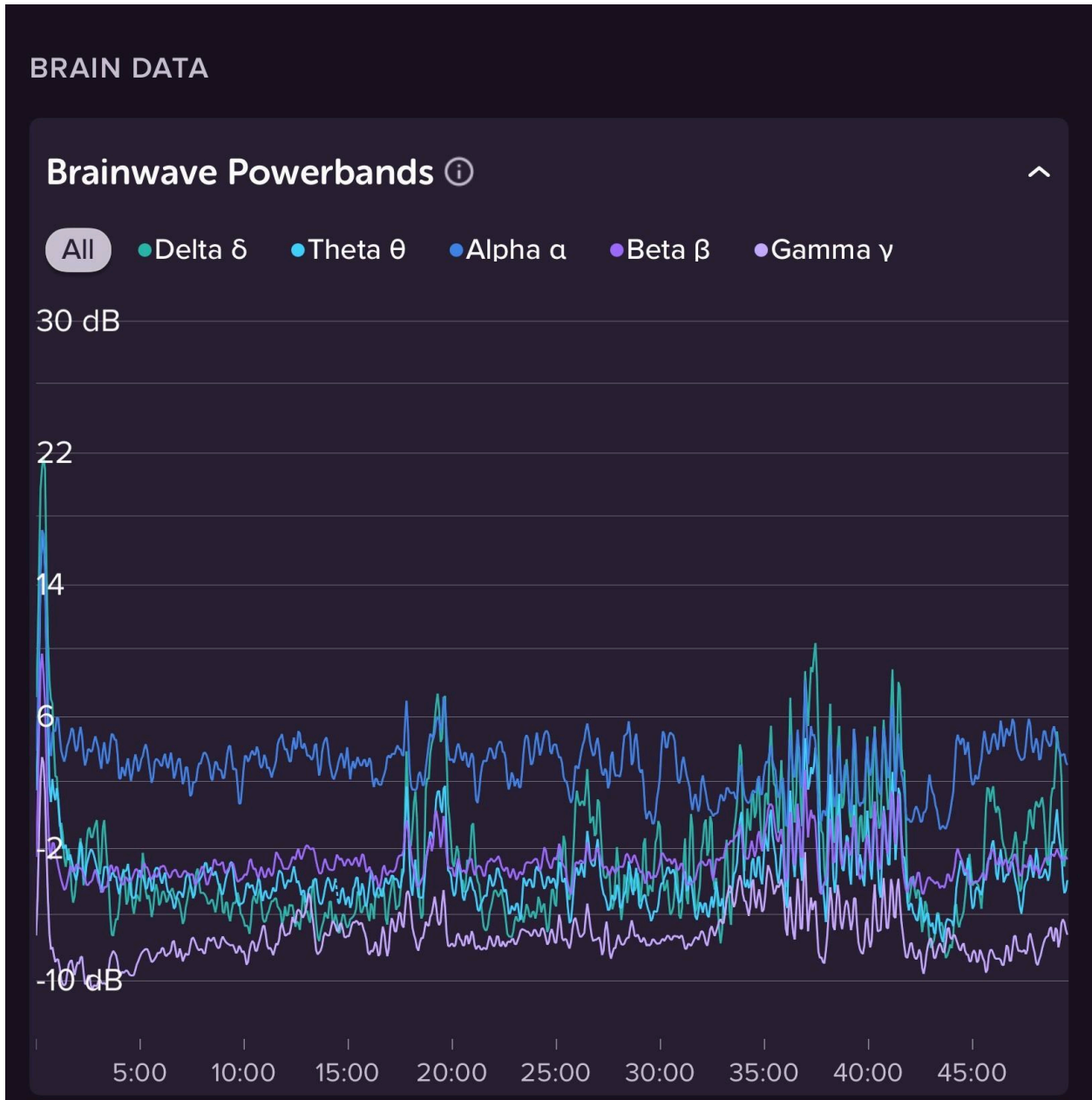
This document displays a sample set of Muse S Athena Brainwave Powerbands screenshots from one combined sequence of exercises over time from the teachings of three Taoist Inner Alchemy groups. Researchers are invited to contact J.E. (Jeff) Hardee at [wyrdenergeticarts@gmail.com](mailto:wyrdenergeticarts@gmail.com) for discussion, collaboration, or usage of data.

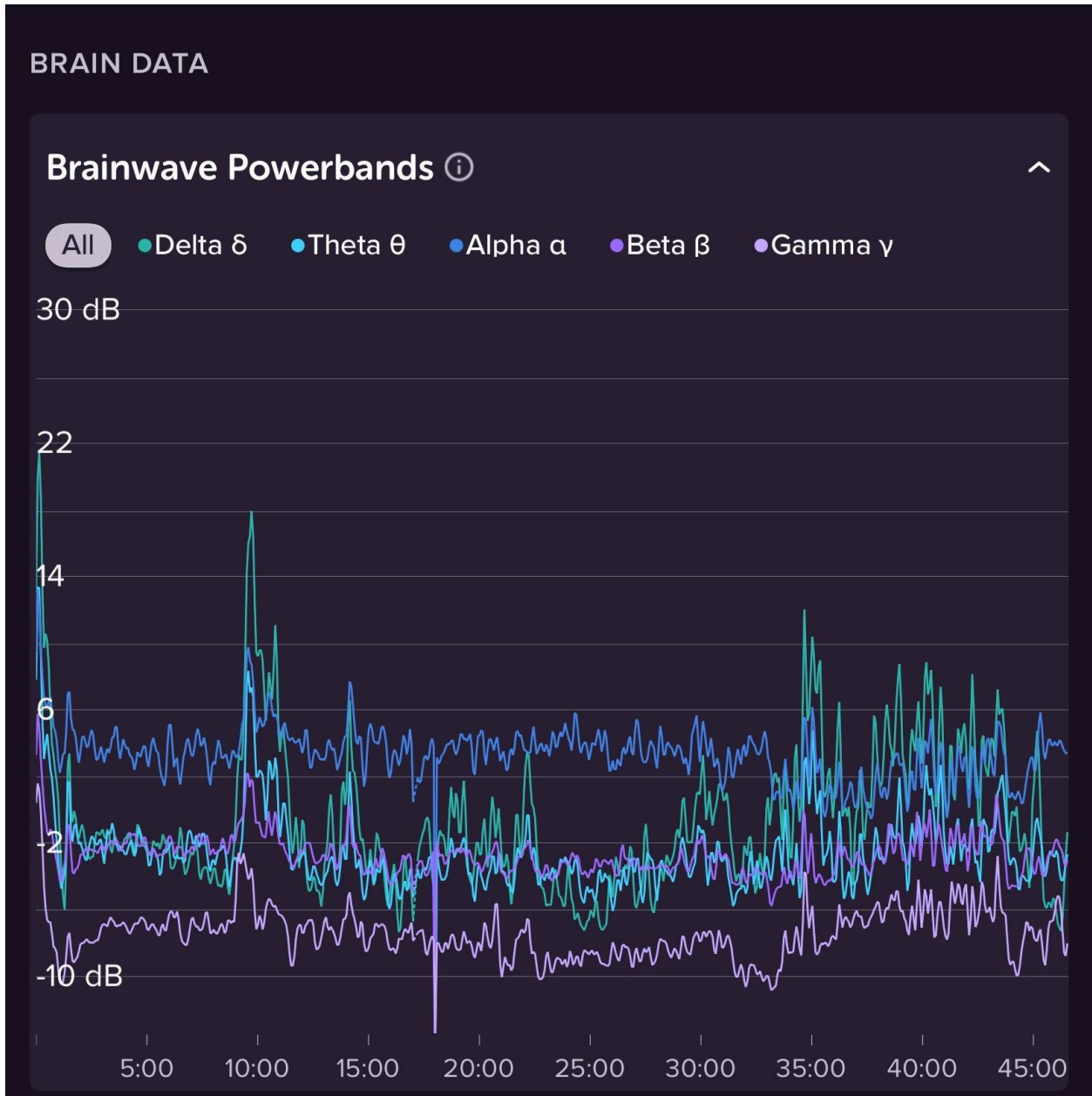
Practitioner: J.E. (Jeff) Hardee

Exercise: This sequence is done seated for approximately 60 minutes and consists of six parts. The first part is an opening exercise. The second part activates the lower dantian. The third part rotates the lower dantian in various ways. The fourth part thickens qi between the lower and middle dantians, then expands this qi more deeply into the body, and finally compresses the expanded qi back into the body. The fifth part opens the arm meridians, the palms, and the fingers. The sixth part is a closing exercise. Areas of study on the sequence include the physical aspect, the placement of awareness, the concentration involved, and any energetic phenomena as reflected in the data.

*Note: If the practitioner has cultivated enough qi, is able to sink the mind deeply into the lower dantian, and has their lao gong points open enough, then the somatic experience of the qi moving within the body in this sequence can be very strong. It can also be observed externally. A video will be made to accompany this document to record the effect and later measurements will be made of the physical changes involved when the equipment is available.*

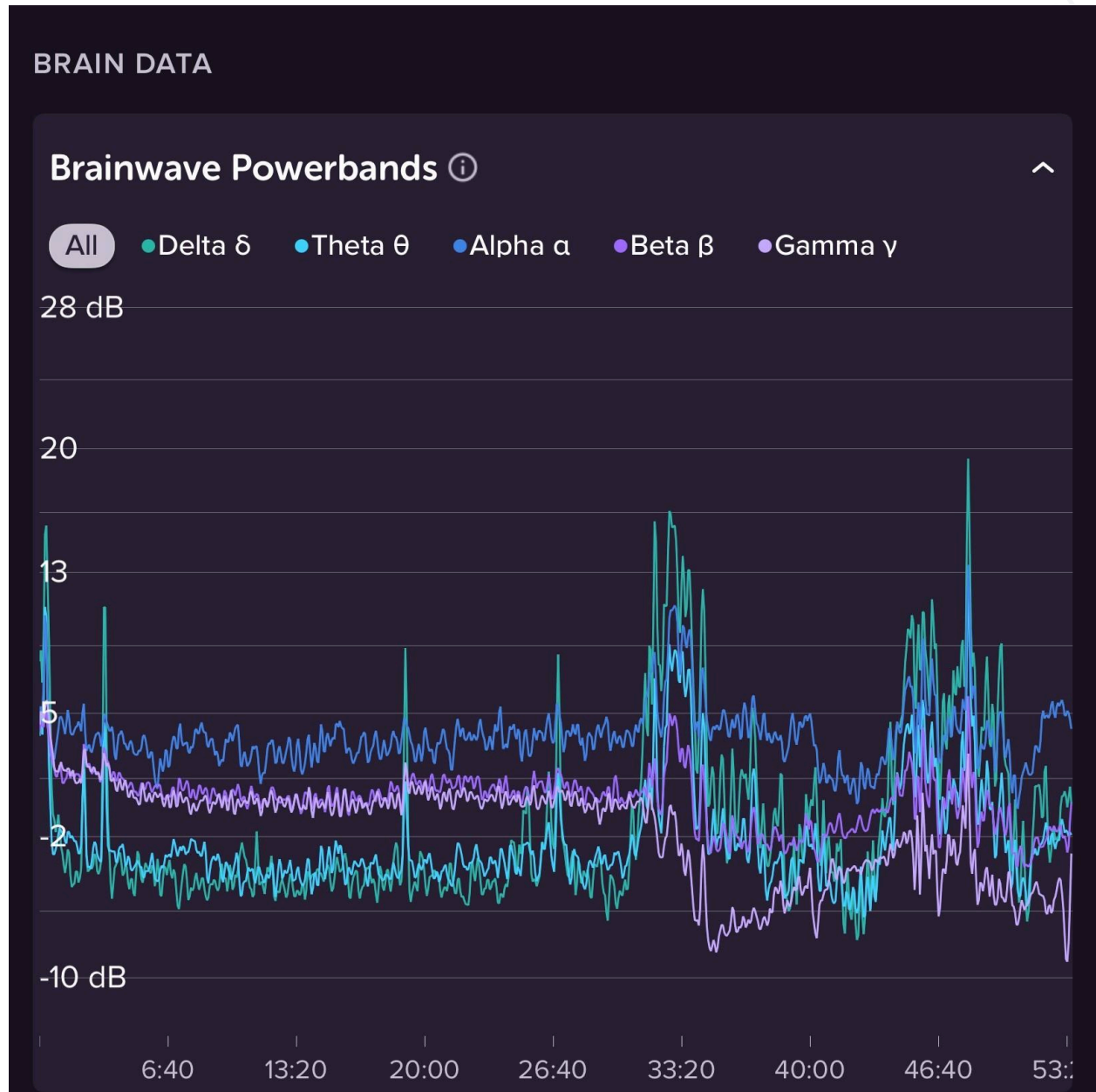




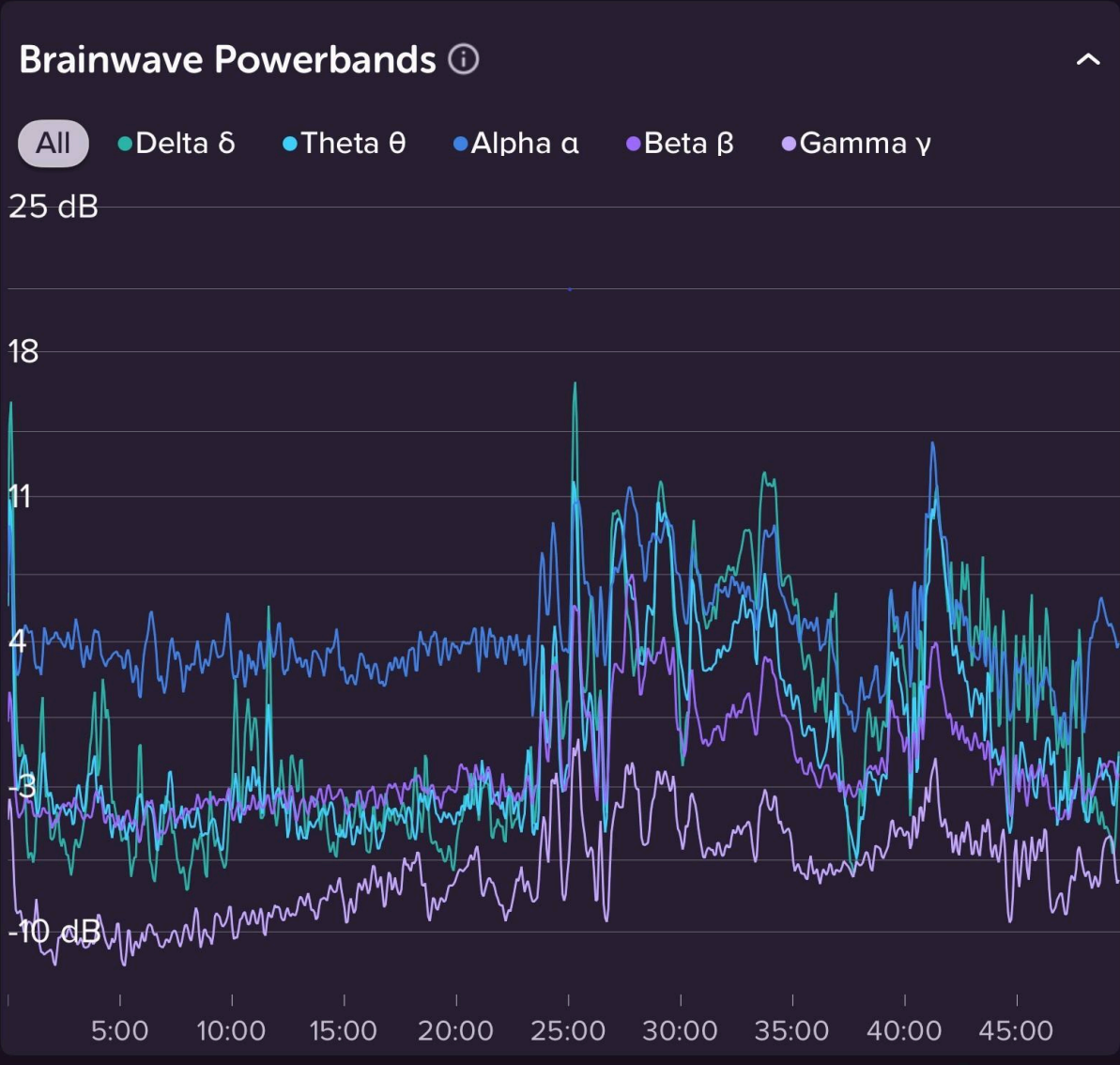


*Note: The sequence was modified to swap the third and fourth parts. The new sequence is 1) opening, 2) LDT activation, 3) thickening qi, 4) rotations, expansions, and compressions, 5) arm/finger work, 6) closing. It is interesting to see how the brainwave pattern changes with the initial large Delta/Theta spikes shifting to the right.*

**WEA Seated Yijinjing\_6-5-25\_0737**



BRAIN DATA



Property

