

Tanya followed Dillon through their breath-count exercise and easily cleared her mind of thoughts.

“We’ve spent a couple weeks learning how to breathe, how to clear our minds, and about chakras and meridian points.* Now it’s time to start gathering energy and storing it in our chakras. We will begin learning how to draw and hold energy in the naval, the foundation for earth chi. This will be the energy focus for your orange belt. Once you learn how to gather energy through meditation, we will focus on using Chi Kung and Tai Chi* to draw your mana in from movement. If we can gather energy at will here, then we should be able to easily draw it in and use it on Ancient Earth, where there will be much more.” Dillon sat in a lotus position and closed his eyes.

Tanya closed her eyes and listened to Dillon’s words. She placed her tongue on the roof of her mouth as directed. She inhaled through her nose as he counted, drawing the chi down her throat, through her stomach and into her naval. As she exhaled she released the energy up her spine and back out her mouth. Tanya felt the cool rush of energy flowing through her and knew it was yin,* or female energy. Dillon had explained earlier that the ability to draw in the female energy was a goal they should all have, as it was the ‘thoughtful’ energy. He said that it was the start for controlling energy flow, and that females had the upper hand since it was natural for them to draw it in.

Dillon changed his tone. “Now, I want you to draw in the energy again and imagine it gathering as a small orange ball in your stomach. On your exhale keep that ball in your stomach, holding the energy. Continue to do this over and over, drawing in more energy each time.” Dillon’s voice was slow, calm, relaxing.

Tanya visualized the orange ball and actually felt it grow in her naval with each breath count cycle.

Dillon spoke again. “To finish, I want you to inhale normally and on the exhale release the energy out through your limbs. Do this about six times.

Tanya felt a rush as the energy smoothly flowed out her body. She was even a little cold after the exercise. She opened her eyes in time to see Dillon exiting the room. Tanya was taken aback at the amount of sweat pouring down his neck.

The door swished shut and Lian opened his eyes. “Hey where did Dillon go? That was awesome!”

Tanya didn’t respond but wondered if the mana-gathering was too much for Dillon. Recently, he had made off-hand comments about the

energy bubbling below the surface of his skin. She hoped he wasn't going through something much worse than boiling water in his throat.

Sandy and the Elders continued to watch as the five Earthlings prepared to do their meditation routine. Sandy could sense one of the Elders communicating with the computer system through his contact with the metal floor.

“You are locking onto them to detect any anomalies?” asked Sandy.

“So far there have been only minor disturbances,” the Elder replied with an arrogant disappointment.

Sandy watched and listened to the session. Everything seemed normal until the kids started gathering and storing mana. The Mulshin systems were recording large but non-threatening disturbances. Then Dillon directed them to release the energy through their limbs.

The detectors spiked and warning signals screamed at the Mulshins' bodies through the flooring.

Sandy felt a sudden onslaught of logic malfunctions course through his system. His vision became splotchy. His mind slowed down. His body wanted to react to commands in odd ways. He told his arm to move, but instead watched as a finger formed near his elbow. Panic overcame him, and he bolted out the door and away from the training dome behind the Elders. They stumbled down the corridor for a couple hundred meters before he started to feel in control again. Sandy slowed down to a fast walk alongside the Elders.

“Disappointing kids?” Sandy derided. “It appears to me that they have the power to either save us or accidentally wipe out our entire race.” Sandy looked straight at the Elder who had moments earlier expressed his lack of belief in the group. The Elder only grimaced as he tried to fix the numerous malfunctions in his body.

Sandy was amazed that just a few seconds in the mana field gathered by the humans was going to take him hours to repair. No one should underestimate them again.