無極氣功

Wuji Standing Meditation 100-hour Significant Marker

In Celsius, the water boils at 100 degrees. In Wuji, Master Cai says, "Do it 100 hours!" On and off, the water never boils! Keep the fire burning. You shall have a good pot of "Kai Shui (boiling water)!" It is important to achieve the 100-hour Wuji Standing Meditation (無極站樁 "no ultimate standing post") to start maximizing the health and martial benefits from this natural healing, aligning, and strengthening internal process.

20 minutes duration checker (log date on each space) :