

QIGONG FOR HEALING

Welcome to the Qigong for Healing Program: Creating Infinite Spirals of Energy for Health and Integration of Body, Mind, and Spirit. Each exercise is demonstrated in sets of 3 repetitions, and feel free to do more or less as you like. A few of the more challenging sets will be shown with a modified, easier alternative; and most could be done in a straight-backed chair without arms, if necessary. Never strain or do movements that cause pain, just follow along as best you can--within your own limits. Start gently and slowly and you will be able to see your strength, range of motion, and overall balance and well-being improve. Hopefully you will make these exercises part of the rest of your life, so have fun and keep practicing, even if only for a few minutes every day! Put on some comfortable clothing and let's get started.

Moving the Stars, Turning the Big Dipper, and The Great Elephant Raises its trunk

We are gathering energy from the Sky and Infinite Cosmos and bringing it down into our Hearts. Note the beak hand position at tailbone to encourage energy up the spine. Now swirl down 3 times toward the Earth, bringing all fingers together. Inhale as you raise your hand up to the Heart, Exhale, and now Inhale back as you look through the space in your hand, which forms the cup of the Big Dipper. Repeat...and collapse and expand your chest...etc.

Water & Fire Meet

We are gathering Water Energy of the legs and abdomen to mix with Fire of the Heart--creating Steam, Qi

Drawing the Bow & The Giant Bird Spreads Its Wings

get into horse stance, expand and collapse chest, look beyond hand

Bringing the Sea to the Top of the Mountain

The Sea is the Water energy of our abdomen, and we are circulating and clearing to bring this energy to the top of the Volcano that is our over-heated, fiery heads. Hands clasp behind head and crouch, coming up one vertebrae at a time, then push out in 3 directions.

The Dolphin Fins Pat the Water pull down upper, middle, and lower Energy Centers, 3 times & compress into lower, Inhaling up, Exhaling down

The Unicorn Turns its Head to Look at the Moon twist down as low as possible, then point to and look at the moon

Drawing the Precious Sword

draw the sword -send energy down back leg 3 times then push out from Solar plexus 3 times; sword hand stays close to, almost touching sheath hand and arm

The Beautiful Maiden Looks at Her Reflection in the Clear Pool

look back over shoulder at heel on ground; hands go from ear to ear, and up and out from armpit.

Moving the Mountain and Pouring out the Sea

pull up from leg and Inhale, push out top of head, Exhale; back is parallel to ground for advanced students

The Jade Plate Receives the Early Morning Dew

use your hand to sweep the morning dew from the ground

Turning Your Head to Contemplate the Sun

note clasped hands pushing in opposite direction from head turn on this and next move

Turning Your Head to Contemplate the Earth

The Weeping Willow Shivers in the Early Morning Breeze

moving like a tree to loosen the muscles and joints in our neck, spine, and torso

The Sleeping Bear Wakes Up

next three moves are done squatting in the horse position, or may be done seated if necessary; head to each knee

The Waking Bear Looks Up

back of hand behind head, alternating by dropping head

The Bear Leaves the Cave to Look at the Stars

twist and look up with back of hand at lower back, and behind head

Bringing the Streams back to the Sea

trace Yin meridians up inside of legs

Pumping Water from the Origin of the Fountain (7 times)

moving water energy from the heels and abdomen up to the Heart

Pushing Down the Fierce Tiger

tiger claw pulls down each side to below waist

The Tiger Grasps its Prey

Inhale up when grasping, Exhale down

Striking to the 4 directions

(punching fist rotates and opposite arm snaps back behind for greater force)

Below to above

Above to below

Double punches

To the sides

The Tiger Gathers its Energy and Crouches

Calming Heart energy from all the punching; little fingers touching joins Heart meridian. Palms together, out, then back of hands together, then clasp behind lower back, and lift arms while stretching forward.

The White Crane Turns its Head to Look Up

The back and neck are straight and parallel to the floor, only head moves

White Crane Washes its Wings

Elbows up to each side (yang aspect)

Elbows down to each side (yin)

White Crane Twists its Body to Look Up

Inhale, Exhale

White Crane Sharpens its Beak

to each side, then with both legs together straight forward; hand goes past nose symbolizing beak

White Crane Strengthens its Vital Force hands outside ankles, then inside, Inhale forcefully on pull up

White Crane Looks at the Fish in the Pond

hands in beaks above head first; practice the simple steps before attempting advanced full version over time

White Crane Stretches its Leg Forward

White Crane Guards the Plum Blossom on the Cold Mountain

3 leg only lifts without hands first, then clasp and stretch a few seconds for hip flexors and quadriceps. Use chair if needed

White Crane Limbers its Wings

hands clasped or touching behind back; or use a towel or scarf to modify; Exhale down, Inhale up

Great Dragon Flies Throughout the Blue Sky

5 Circles and 3 Gatherings in each direction; hands in loose fist/dragon claws

Quiet Standing

hands at Heart level, then down to Wuji emptiness: empty mind, belly breathing; Allow Integration, from 1-20 minutes