

Qi Gong Energy-Flow Generating Exercises

Place tongue behind front top teeth for all routines; breathe deeply, slowly & mindfully

Rotate Start up

- Twist upper body slowly from side to side, swinging arms out from body, 3 – 6 times each way.
- Continue to twist, bend arms so hand & wrist hits along lumbar area & near navel in front, 6 times each way.
- Continue to bring wrist & hand to lumbar area, bring front palm up to tap on thymus area, 6 - 9 times each side.
- Bring fingertips of front hand to indentation just below collar bone, 6 - 9 times. (I like to tap twice each time)
- Continue as before with hand behind back, hand cups top of shoulder with downward force, 6 - 9 times.

Lymph node flush

- With palm or flat fingers, rub where arm meets shoulder on chest, 6 circles, either direction.
- Tap 2 - 3" below arm pit, up & down along your side 3 times.
- Repeat on opposite side.

Arm Slap

- Hold arm out, palm up. With other hand, slap arm from shoulder down to hand. (Palm up, slap down)
- Turn arm over, palm facing down now & on other side of arm slap up to shoulder. (Palm down, slap up)
- Repeat on both sides about 3 times each.

Leg Slap

- Slap down the lateral (outside) area of legs to outer ankle. Slap over foot & up the medial (inside) leg from ankle to groin.
- Move hands to front of legs, slap down the front of the legs. Slap up the back of legs over buttocks to flank area.
- Repeat 2 more times for a total of 3 times down & up on each area.
- As you bend over, be aware of spine stretching, bend knees if you have back trouble.

Cross Crawl

- Alternate arms & legs (as if you are marching) swinging one arm up as you lift opposite leg.
- Think of pulling up Qi from the earth through your lifting foot for the first 9 steps (each side). Imagine it going up through your body, crossing over then out to the universe from your raising fingertips for the first 9 arm swings (each side).
- During the last 9 swings & steps, visualize receiving Qi from the universe down through your fingers, sending Qi down to the earth, as you lower your foot.

Ball of Qi

- Bend knees slightly, straighten lower back. Tighten pelvic muscles slightly. Keep elbows away from body.
- Imagine you are holding a soccer ball sized ball of Qi in front of lower abdomen, palms facing body, **RELAX!**
- Allow the Qi to support your arms & hands, hold for the slow count of 12, then slowly bring hands to abdomen, imagining Qi condensing into lower abdomen. Go directly into next routine with hand position...

Zip Up

- Place left hand over right (for women) or right hand over left (for men) over root chakra, just below navel.
- Press in slightly. Move your hands slowly upward until you reach the lips. This should take about 10 seconds.

Hook Up

- Place a finger in navel.
- Place a finger of other hand at 3rd eye area (between eyebrows).
- Press lightly and pull up both fingers for about 15 seconds. Feel connection between front & back meridians.

Hand on Head & Heart

- Place one hand on heart center area (mid sternum).
- Place other palm on forehead, fingers on top of head. Take 3 breaths, in through nose, out through mouth...
- Feel connection between heart and head, feel calm...peace...joy...love...appreciation...gratitude throughout this routine.
- Move hand to place palm on side of head, fingers on top, repeat breathing & awareness of connection.
- Change hands, move other hand to heart center & place opposite hand on back of head, repeat above.
- Move hand to other side of head, repeat above. Feel unconditional love throughout your being.

Shake & bounce

- Move arms for a count of 9. Move them spontaneously, any way your body feels is right; may change at any time.
- Begin to bounce on toes up & down, arms still moving, for another count of 9.

You're done! Bring your arms up & give a big shout!