

Qigong Practice Preparation

- Bounce – arms at shoulders, arms at waist
- Tap inner eyebrows 9 times, below eye 9 times, cup base of head 9 times, massage C7, massage center of palms, cup outside elbows, tap the tailbone, tap the hips, cup the knees 9 times
- Lets get into beginning chi stance
- Feel your feet connected to the ground
- Imagine roots growing from the your feet sinking down down down into the core of the earth
- As you travel up your body your knees are soft , the spine is tall
- Imagining that string at the top of the head guiding the crown of your head
- Rolling your shoulders back and down bring elbows out away from body fingers are open
- Activate chi channels in our hands
- Relaxing your body, relaxing your mind
- Rest your tongue behind your front top teeth
- Smile in your mind. Directing the smile inwardly with kindness and appreciation for all parts of yourself
- Breathe in and out through your nose
- Bringing your awareness to an area behind the navel, ind your lower dantien, Your vitality center
- Imagining a beautiful light shining in your lower dantien
- Deep and gentle breath in / Full and gentle breath out
- Connecting with the universal energy that surrounds us. Unconditional love and light
- Bringing in this pure energy that surrounds us through every pore of our skin
- Breathing out any stress or worries, pain or sickness,
- Transform that energy that is no longer helpful
- Visualize that energy as smoke as you breathe it out.
- Breathing in new chi, pure golden light
- You notice your heart, mind, and spirit are all right here with you you feel the connection
- As you focus on that light in your lower dantien
- Make your intention for your practice for today
- Tell the universe what you want, healing for a part of your body, or perhaps peace in your heart,
- Bring the light into your lower dantien and up to your heart center to your middle dantien,
- Connect more fully with source energy –
I am in the universe, the universe is in my body, the universe and I are one
- Call upon your Master's energy- anyone for whom you have great respect and has more purified energy or qigong mastery
- Forming of yin and yang. Picture a column of light full of colors. Adopt stance.

Moving of the Yin and Yang, energy ball, breathing of the universe

Harvest the qi – rub hands, massage face and ears, cup head, pat torso, cup kidneys, circle chin, dolphin neck and body