

Introduction to Self-healing Qigong

Mind Body Medicine

Build your Immunity Bubble

Open, detoxify and build your energetic Bodies



It takes 10 minutes of Movement Meditation per day

For old and young. ... for chronic diseases and general wellbeing

Vitality Health Wellness Consciousness Energy

Introduction to Qigong

Is this course right for me?

- Would you like to learn how to achieve and maintain optimal health via gentle, self-healing meditation exercises?
- Are you interested in aiding the healing of major and minor illness without the use of medication?
- Are you looking to enhance your performance and mind power? Qigong is an ancient power tool for self-improvement.
- Do you struggle with anger and frustration and would like to achieve emotional stability? You will learn how to tackle life's challenges in a calmer, more level-headed manner.
- Would you like a safe and gentle way to relieve pain and other symptoms of illness and disease?
- Are you tired of being stressed? Qigong practice is proven to reduce stress and improve your emotional well-being.
- EXCELLENT FOR ALL AGES AND FITNESS LEVELS

What to expect from this course?

This course contains education on Mind Body exercises that improve your overall wellbeing. Proven techniques of Medical Qigong are explained, including theory and pictures and explanations of the gentle, meditation exercises to practice.

About your trainer



Hi my name is Natalie and I want to share with you the amazing healing benefits of Qigong.

I have been practising Self-healing Qigong, or Medical Qigong; for over 14 years now, and have found the Movement Meditation is a great way of Meditating to keep my mind occupied, it keeps me aligned, Healthy, Happy and I feel guided with my path in life. It helps us stay in the NOW.

In 1987 I qualified as a registered Nurse. In nursing I started to realise I could feel into the emotional body of others and was highly sensitive to the needs of others. I witnessed the last breaths of many and was always curious about the palpable change in energy when a person finally submits and 'lets go' of their life. The room has a new emptiness it feels like you are the only one there and yet there is a physical body still in the room with you. (no disrespect intended here)

I also watched people 'miraculously' cure themselves from terminal illnesses and chronic health conditions, I experienced the power of a person's mind and will to overcome death. These people had a positive outlook in life and believed they would live. They were often surrounded by love from family and friends (positive energy). I grew more and more curious about mind power and the role that energy plays on your emotional and physical wellbeing.

Everyone has felt energy, it's when all our senses are heightened; when you're in a crowd of people who are happy and having fun, when you walk into a library or church or when you enter into a sports stadium with a crowd of people, a music concert or a hostile meeting; your energetic system will sense, your emotional body will 'feel' and react to a feeling of safety and relax or it will get triggered and alarmed contracted you when you feel unsafe. This is not some supernatural or psychic ability. It is your instinctive survival mechanisms at work. We are all designed to, and supposed to feel and use natural energy, we've just forgotten how to do it.

My old dog Ralph went deaf bless him. He could not hear a thing, yet he could sense energy. He will leave the room if there is anger or disagreements erupted. He stays away from people who are emotionally carrying negative energy. (I interviewed as a recruitment professional for 20 years, he was by my side for 15 of those years.) He also will come up and lay under me when I meditate or give a healing as he can feel the positive energy. I'm sure you will have noticed other animals behaving similarly, because they are still in tune with their natural instincts.



I was first introduced to Qigong in 2006. I was in full adrenal fatigue and had been diagnosed with Basal cell carcinoma. I made the decision to delve further into my studies on self-healing and I attended a retreat run by Judy Satori (now a great mentor of mine) in the Coromandel, New Zealand. It was there that I met a lady who, coincidentally, lived 10 minutes from me and offered to teach me Qigong.

I have practised daily ever since with dramatic results. I watched my black mole start lightening in colour, I had no idea what I was looking at or what was happening but thought to myself this is great its healing from within. I have not had an illness in the years since I began my daily practice. Not even a cold. You may not believe me but it is not uncommon amongst Qigong Practitioners & Masters as once we have a strong universal connection to the energy we seem to be clearing and detoxifying our physical and emotional bodies each and every practised. (As statistics show in people who practised for 4 weeks with high frequency of energy from the trainers and Masters, the Zhieng Medicine less Hospital in China recorded; 97% had less symptoms 67% had no signs of the disease) This is primarily the reason for Qigongs rapidly growing popularity. The effects are felt instantly and why I have continued my practised today. It still makes me feel the most balanced and in flow with life.

I have had training to teach and heal using Meditation, Mindfulness, Psyche therapies and Qigong. I have studied and completed a Thesis using these Conscious Exercises for overall health and wellbeing; 100% people in this case study were positively impacted after only one session and would improve each and every time they practised in the strong energies with me.

I want to impart my knowledge to empower your life and wellbeing.

Qigong for me

- has been VITAL in my life
- has given me insights into my relationships with others
- has helped me reflect deep within myself
- has stabilised my emotions
- has helped me remain disease free, no illness, temperature, sickness, for this entire time.
- Kept me on my life path where I feel fully supported by the energy
- Helped in the process of forgiveness so I could become a pure vessel for this energy and go on and help others by sharing the knowledge with you
- Detoxified my body so I remain disease free under extreme life pressures
- Assisted in mastering my mind and emotions
- Guided me to the awareness of what I still need to learn and be



What is Qigong?

Qigong (pronounced chi goong) or 'Life Energy Cultivation' is a system of coordinated postures, gentle movements, mental focus and conscious breathing. Qigong enables us to connect with natural energies and direct them through our bodies in order to heal our physical, psychological and spiritual systems.

The origins of Qigong go back many thousands of years, in fact they pre-date any written record. There are various styles and forms that have been popular through time though they all have one thing in common, quieting the mind and turning the focus inward to draw on natural energies and direct them throughout the body.

What is Qi and how does it affect my wellbeing?



Qi (pronounced 'chi' or 'ki') is the Chinese term for 'life energy' or 'vital force'. The closest scientific translation into English would be 'oxygen' though the Chinese word Qi also has an active element to it which can be either negative or positive.

If you cannot accept that there may be some undiscovered life source or universal energy at work and must have a scientific explanation for Qi then, although basic, it would most likely be 'the flow of oxygen through all matter and space'... though you shouldn't let our limited, modern English language limit your mind!

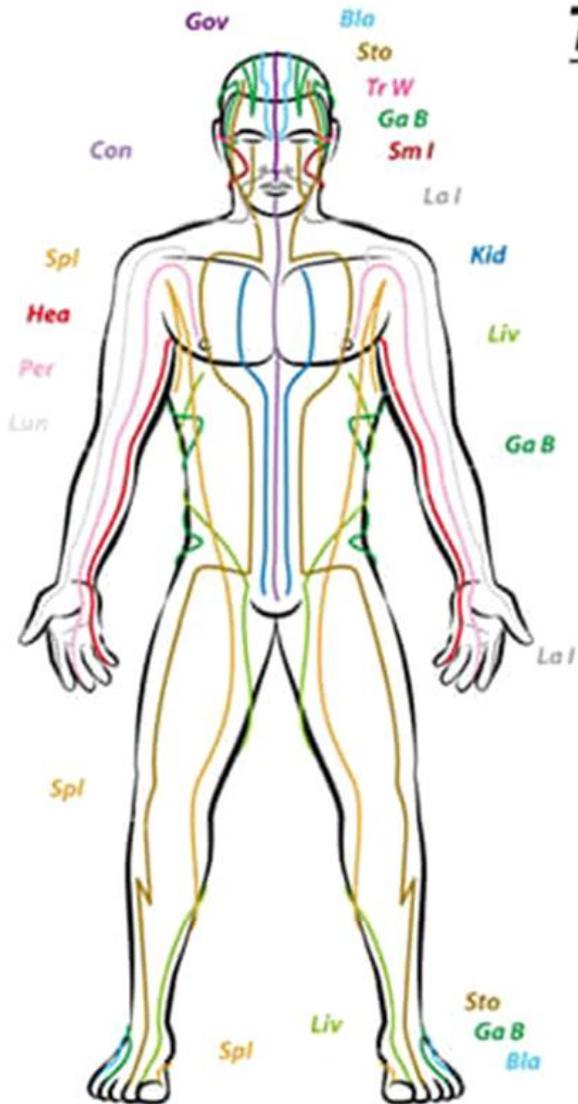
Qi is everywhere, it occurs throughout nature and it flows in and out of our bodies with our breath, travelling along our Meridians, similar to our circulatory system of the blood. Chi is in our cells, molecules, bones and ligaments, organs and nervous system, chi is in our emotional fields, everything has a vibration. Love has a vibration, You have a vibration, your organs have a vibration of their own depending on whether they are functioning at optimum levels or at sub optimum levels.

When Qi stops flowing and stagnates it starts to have negative effects on our health and wellbeing. The practice of Qigong is to harness and maintain the flow of Qi throughout our bodies.

Meridians and Chakras

As I mentioned before, Qi travels through our body along our Meridians, or energetic pathways which are held within our spinal column and act as pathways that distribute Qi throughout our physical body.

The Body Meridians

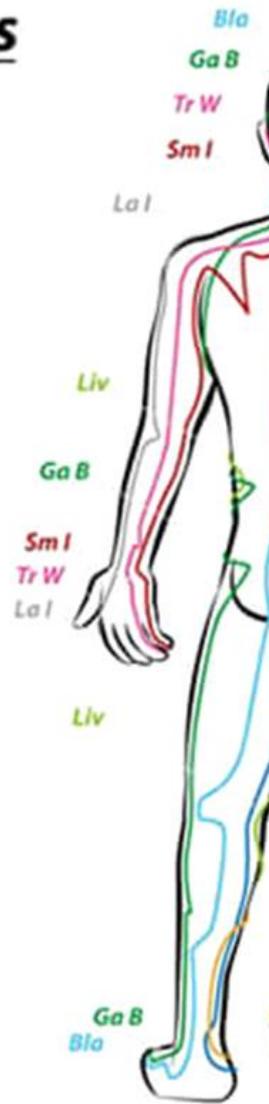


Two Centerline Meridians:

Conception Vessel
Governing Vessel

Twelve Principal Meridians:

Stomach Meridian
Spleen Meridian
Small Intestine Meridian
Heart Meridian
Bladder Meridian
Kidney Meridian
Pericardium Meridian
Triple Warmer Meridian
Gall Bladder Meridian
Liver Meridian
Lung Meridian
Large Intestine Meridian



When these meridians experience tension, contraction, stress the Qi travelling through them slows down, stagnant and can become blocked. This can go on and lead to dis-ease in the body.

Eastern and Western medicinal practices like acupuncture, reiki, acupressure, massage, chiropractors and osteopathic practices to name a few, use knowledge of these meridians to stimulate different areas of our physical body to treat physical ailments.

Anyone who has visited a Chiropractor or Osteopath would know that a healthy spine is essential to our overall health and well-being. Our spinal columns relate directly to the health of our nervous system, our organs, and to the body's communication system. The communication flowing through our spinal cord that keeps us alive and functioning is astounding. Each vertebra offers a pathway to a unique portion of the nervous system.

VERTEBRAL SUBLUXATION AND NERVE

	Vertebrae	Areas & Parts of Body	Possible symptoms
CERVICAL SPINE	C1	Blood supply to the head, pituitary gland, scalp, bone of the face, brain, inner and middle ear, sympathetic nervous system.	Headaches, nervousness, insomnia, high blood pressure, migraine, headache, breakdowns, amnesia, chronic tiredness.
	C2	Eyes, optic nerves, auditory nerves, sinuses, mastoid bones, tongue, forehead.	Sinus trouble, allergies, pain around the eyes, fainting spells, certain cases of blindness, dizziness.
	C3	Cheeks, outer ear, face bones, teeth, infraorbital nerve.	Neuralgia, neuritis, acne or pimples.
	C4	Nose, lips, mouth, eustachian tube.	Hay fever, runny nose, hearing loss.
	C5	Vocal cords, neck glands, pharynx.	Laryngitis, hoarseness, throat conditions, sore throat or gummy.
	C6	Neck muscles, shoulders, tonsils.	Stiff neck, pain in upper arm, tonsillitis, chronic cough, croup.
	C7	Thyroid gland, bursae in the shoulders, elbows.	Bursitis, colds, thyroid conditions.
THORACIC SPINE	T1	Arms from the elbows down, including hands, wrists, and fingers, esophagus and trachea.	Asthma, cough, difficult breathing, shortness of breath, pain in lower arms.
	T2	Heart, including its valves and covering, coronary and arteries.	Functional heart conditions and certain chest pains.
	T3	Lungs, bronchial tubes, pleura, chest, breast.	Bronchitis, pleurisy, pneumonia, cold, influenza.
	T4	Gallbladder, common duct.	Gallbladder conditions, jaundice, stomach pain.
	T5	Liver, solar plexus, circulation (general).	Liver conditions, fevers, blood pressure, poor circulation, arthritis.
	T6	Stomach.	Stomach troubles including nervous stomach, indigestion, heartburn, dyspepsia.
	T7	Pancreas, duodenum.	Ulcers, gastritis.
	T8	Spleen.	Lowered resistance.
	T9	Adrenal and suprarenal glands.	Allergies, hives.
	T10	Kidneys.	Kidney troubles, hardening of the arteries, chronic tiredness, nephritis, pyelitis.
	T11	Kidneys, and kidney ureters.	Skin conditions such as acne, pimples, boils.
	T12	Small intestines, lymph circulation.	Rheumatism, gas pains, certain types of arthritis.
LUMBAR SPINE	L1	Large intestines, inguinal rings.	Constipation, colitis, dysentery, some rupture of hernias.
	L2	Appendix, abdomen, upper leg.	Cramps, difficulty breathing, minor ailments.
	L3	Sex organs, uterus, bladder, knees.	Bladder troubles, menstrual troubles, or irregular periods, miscarriages, barrenness, impotency, changes of life symptoms.
	L4	Prostate gland, muscles of the lower back, sciatic nerve.	Sciatica, lumbago, difficult painful urination, frequent urination, backaches.
	L5	Lower legs, ankles, feet.	Poor circulation in the legs, swollen ankles, weak ankles and arches, cold feet, weakness in the legs, leg cramps.
SACRUM & COCCYX	SACRUM	Hip bones, buttocks.	Sacroiliac conditions, spinal curvatures.
	COCCYX	Rectum, anus.	Hemorrhoids (piles), pruritus (itching), pain at end of spine on sitting.

Chakras

Chakras are energy vortices that spin, you can not see them with your eye, they are vibrating at a much higher level than we can see. These are the basic chakras. We can pick up on their colours in our mind's eye as we build our energetic bodies and open them up fully. They run along the spinal column from your pelvis to the top of your head. Each of these chakras relate to a different aspect of our psychology or psyche like intimacy, security, compassion, creativity, self-awareness, hope etc. For full health and vitality this system needs to be balanced and each centre to be working properly each chakra needs to be flowing freely and all of the chakras need to be in harmony.

The practice of Qigong helps to balance your chakras and keep in a state of relaxation, helping you release blockages and improve energetic flow throughout our Mind and Body. With relaxation and release rather than stress and constriction we move into a Healthier state of being.

The practice of Qigong brings together our physical operating system in collaboration with our psychological and spiritual systems to ensure they are all working harmoniously together and not causing strain on one another.

As an example, stress and depression are psychological disorders that create physical symptoms of tension and pain (amongst other things). In order to fully repair ourselves we must relax and release the physical pain and tension but also accept, open and/or let go of the psychological triggers (or visa versa). By treating just one of the systems we are prone to recurrence of the problem.

The Practice of Qigong

It is important to note that a certain level of discipline is required to successfully practice Qigong and achieve self-healing. While sporadic practice is still beneficial, to fully experience the benefits one must practice daily.

In addition to daily practice of the exercises, one must begin to cultivate positive Qi. To do this you must dispel negative emotions and intentions and open yourself up to freely give and acknowledge positive energy. In simple terms – be kind and compassionate and avoid negative thoughts.

The more positive Qi that is given out, the more that is available for use.

While working through the exercises it is important to keep a quiet mind and focus inwardly on our universal connections. If you are having trouble keeping thoughts at bay you need to practice more - don't give up. The more you practice, the better you will get at it. Acknowledge the thought and then put it out of your mind and return your focus to your inward breath.

How long will it take to transform my health?

How quickly you begin to notice positive changes is dependent upon the individual and how often you practice. It is safe to say that with daily practice you should notice a positive change in your emotional wellbeing within a matter of weeks, if not sooner. Some people will find they feel better immediately after practice. You could also notice that you begin reacting to stressors in a more positive way and also perhaps, find that you are sleeping better.

Our bodies have been accumulating energetic imprints of both happiness and sadness for years. Whatever has happened in the body in the past, in terms of health, stress or emotional upheaval will have left a mark and can have resulted in repetitive habits and repetitive conditioning. Some negative patterns may take years, even decades of practice to overcome. Practicing is the key to releasing and transforming these old patterns and soon practice will be something you look forward to and can't do without.

You may find that it takes some time for you to find a steady pattern of progression, to start with you might feel positive changes come in peaks and troughs and there may be times when you feel worse, these times are short lived and during these times you should listen closely to your body and take it easy. When we do anything new and different with our bodies, it's natural to feel sore and tired and need more rest.

The Exercises



The Qigong exercises are performed in a meditative state. With your eyes closed and your attention inward, we practise the exercises focus on opening all of your joints and deep tissues while directing your awareness around your body. This enables Qi to flow freely through your Chakras and Meridians. Stand in the opening stance until your mind is quiet and you are focussed within.

It is helpful to visualise your spine, its individual vertebrae and corresponding pathways while working through the exercises. Doing this assists you to position your self correctly as well as directing your awareness along the nerve and skeletal pathways. Energy flows where the mind goes.

If you feel any pain or tingling it's likely that this is stagnant energy or a blockage and you should not force the movement, but relax into the pain and visualise the tension and stress being released and the energy beginning to flow again. With time the exercises will become less physical and more energetic.

The 6 exercises are more effective if we go beyond thinking of them as just exercise or movements. The power in Qigong is in relaxing into the practice and visualising the energy penetrating your spine, your heart and your cells. During every practice invite a deeper commitment and a deeper energetic connection – your mind connecting with your body and connecting with the universal energies.

- **Opening Stance**
- **Opening the Spine**
- **Hip Rotation**
- **Opening the Neck**
- **Bending the Spine**
- **Opening the Heart**
- **Creating energy ball**

1. Opening Stance

We have all used our backs in the wrong way before, we have a lifetime of habits, holding our spine in different ways, we have sustained injuries, each of us will need to modify in some way. Mindfully align if you can't do it with your physical body. Imagine perfect alignment. Your visualisation is very powerful.



Feet should be together, Shoulders should be relaxed, hips in, feet flat on the ground, legs straight, knees not locked and feeling into the connection with the earth energy.

Feel like the crown of your head is being gently pulled up by a golden thread, tuck in your chin to straighten the neck vertebrae. Feel your connection to the large golden energy above or connect to the big golden sun in the sky above, this energy gate is called Crown Charka or (Baihui)

Allow your tongue to rest behind your upper teeth on the roof of your mouth.

Relax your arms at your sides, with a feeling of empty space (visualize an energy ball the size of an orange) under your armpits. Tuck in your stomach. Relax your lower back down, thus elongating your spine, while the top of your head remains lifted. Tailbone drops and points down to earth. Solar Plexus charka behind your navel opens.

Keep the lower gate closed, at the perineum (between the genitals and the anus) closed. To do this, pull both the genital muscles and the anus muscles up and into the center. Hold briefly, then relax only by 50%, to close.

Holding this posture, feeling your alignment strong alignment between the earth and the sky, see if you can add the sense of relaxing into this posture without losing its strength. Allow your eyes to close softly. Smile inwardly to this new energetic alignment within you, memorizing this feeling so you can return here easily.

Now become aware of the surrounding Qi energy, 3 meters above us, below us, behind us, in front of us, to the left and to the right.

Expand and connect to the energy further out, over the buildings, over the mountains, over the oceans and beyond.

Now bring your awareness back inside of yourself, feel all sensations, listen to your physical body.

- **Opening the Spine**

The purpose of opening the spine; is to release any painful physical blockages, so all energy associated with the spine, skeleton and nervous system flows freely.

This practice cultivates a strong and flexible spine and stimulates healthy communication amongst the spinal cord, nervous system, bone marrow and immune system, thus nourishing all bodily organs and functions, both physically and energetically. The practice provides relief from pain and stiffness caused by arthritis, trauma and wear. The Opening the Spine exercise brings improvement to neurological conditions such as headaches, insomnia, bipolar disorder, memory loss, confusion, Parkinson's disease and Multiple Sclerosis.

Body position

Stand with feet shoulder width apart. Arms are held in an oval shape in front of you at shoulder level or in a comfortable position. If you cannot keep your arms raised this high, begin where you can, and visualize your arms at shoulder level. Feel your arms as natural extensions of your shoulders, and the shoulders as natural extensions of the spine. Relax your shoulder blades and elbows as they remain in position.

Hands

Hands are shaped as if holding a small ball, fingertips pointing towards each other, about 10 cm apart. Tuck in chin. Lift Crown of head. Gently close your eyes. Relax into the posture, ready to open and receive inwardly.

Setting the chi field

Connect with the chi field all around and inside of you, and from deep inside your spine. With your best effort, visualize an ocean of energy beneath, above, and all around. It is very important to spend time before each practise to connect intentionally 6 ways and to set an intention for your practise. For the healing of myself and all those around me is a good generic start.

Twisting the spine in the expanding and receiving pattern

Turn by gently and slowly rotating to the left from the base of your spine, twisting your whole upper body to the left. Be aware of each vertebra turning as it does so. Hands follow the movement and remain centred in yourself and your legs. Gently but affirmatively, encourage the spine to open.





Then release all the effort of twisting by gently letting go. Relax as deeply as possible, making no effort as the spine unwinds.

Allow the spine to return towards the centre naturally, effortlessly, unforced. Returning about 45 degrees is normal. How far you return will vary with the flexibility and speed of your movements. Relax and release all tension.

Make your best effort twisting, rotating as far as possible. Focus your mind on expanding. Then make your best effort releasing, letting go and receiving. Each movement is a combination of effort and effortlessness, initiating and being.

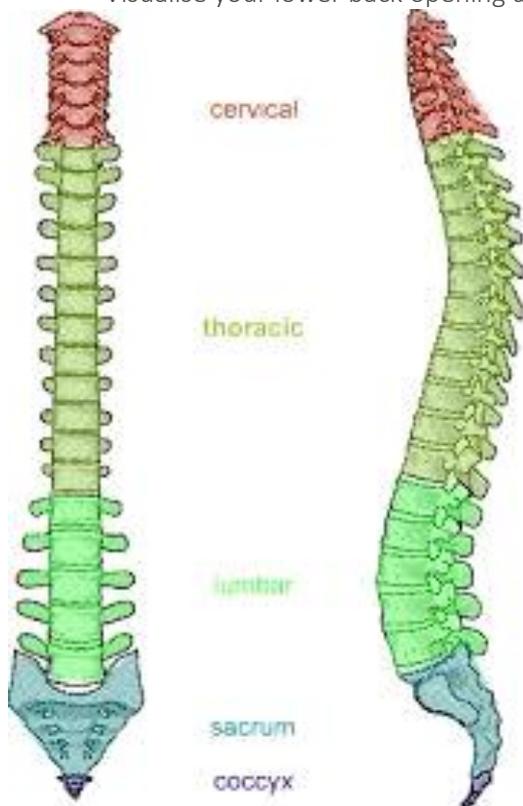


Continue repeating for initially three rotations on each side and then after a week try 6 rotations and feeling into yourself work your way up to nine rotations or longer before shifting and repeating the pattern to the right side. Let your body be your guide. When practicing the Opening the Spine exercise on your own, you can shift between the left and right side after any number of cycles. Nine times in each direction is a good place to start for an individual exercise.

Adding visualizations

It is important to be able to continuously hold your mind in the spine (concentrating on the spine) before adding other Visualizations.

- Visualize each vertebra opening freely.
 - Imagine holding a ball of light between your arms.
 - You may also visualize your arms supported as if floating on the surface of the ocean.
 - Focus the mind on just one portion of the spine while rotating.
 - Begin with the sacrum.
 - Visualize your hands energetically holding the sacrum while twisting. Do this while rotating to the left and to the right.
 - Next, move your focus to the lower back for one cycle on each side,
 - then the mid-back behind the shoulder blades,
 - then the upper back and neck area.
 - Remember to keep your chin tucked in and your Crown lifted.
 - After holding each section of the spine in your mind for your rotations to the left and then to the right, hold the entire spine in your mind for one cycle in both directions.
- Visualise your lower back opening as you slowly twist



- Visualise your middle back opening, expanding
 - Visualise your upper back and neck opening further and expanding

Integration and conclusion

- Standing quietly, balanced, focusing inwardly,
- Mentally observe the energy flowing in and flowing out as a result of your practice.
- Allowing your mind to gently rest in whatever area needs healing or attention,
- Observe the area opening from its old condition into its new condition,
- Simply embracing and acknowledging all sensations within you.
- Feel the unconditional coordination and your energy circulating freely.

Be Careful when you twist

Move from the spine, try not to lead from your hands, or use your arms and shoulders to twist. Instead use the smaller muscles around the vertebrae of the spine.

Correctly done, this movement is spring-like. The spine winds the spring up as you open, and then lets go, simply releasing the spring. Visualize your arms floating effortlessly with the movement initiating from the sacrum and then rotating from the spine. This reduces the “muscling around.”

Avoid the tendency to quit because of pain, stiffness, or discomfort. This movement activates all the joints of the upper body, hips, knees, and ankles. Joint pain is a consequence of blocked energy. In three to five days of moving gently with the back opener, you will feel very differently.

If you need to modify, try holding your arms in a circle at a comfortable level or simply place your hands on your navel and visualize the movements while feeling them in your body. You can also experiment with practicing the Opening the Spine movement while sitting.



As you progress

Picture a column of light around your spine, opening out into a column of light all around you and then returning to the column deep inside. Experiment with rotating both fast and slow to cultivate the benefits of both. It is beneficial to finish Opening the Spine with a slow set to both sides. You can visualise the space in between the disks of the spine, imagine the space around the spine then as you twist back imagine white light streaming down the spine into the ground in perfect alignment.

- **Hip Rotations**

The Hip Rotation practice cultivates the mind's ability to focus, massages the internal organs of the abdomen and opens the sacrum.

If moving freely, the energy of the sacrum can move upward to nourish the brain. This is activating the *Jing energy* and the *Solar plexus* energy. It is very effective for healing reproductive, hormonal, urinary, glandular, endocrine and kidney disorders. The movement releases pain in the hips, low back, and knees and helps arthritic conditions

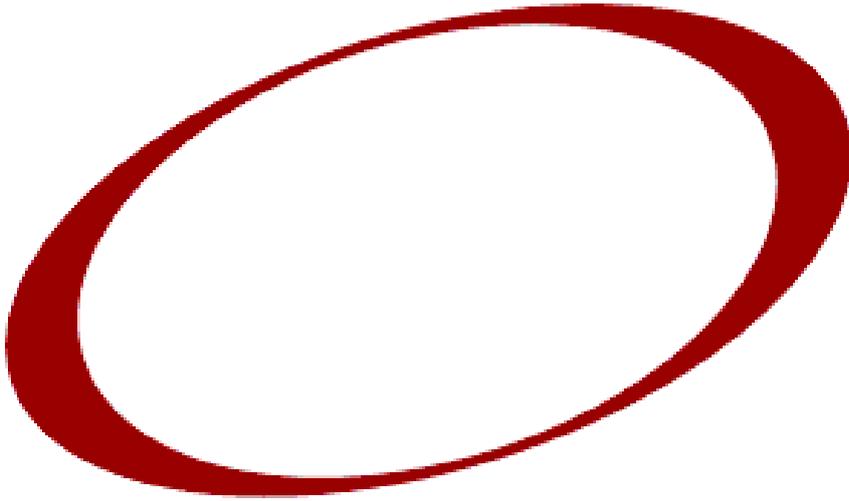


Bodily Action

Stand with feet shoulder-width apart, parallel to each other. Tuck the tailbone under, stomach pulled inward. Tuck in your chin and lift the crown of the head.

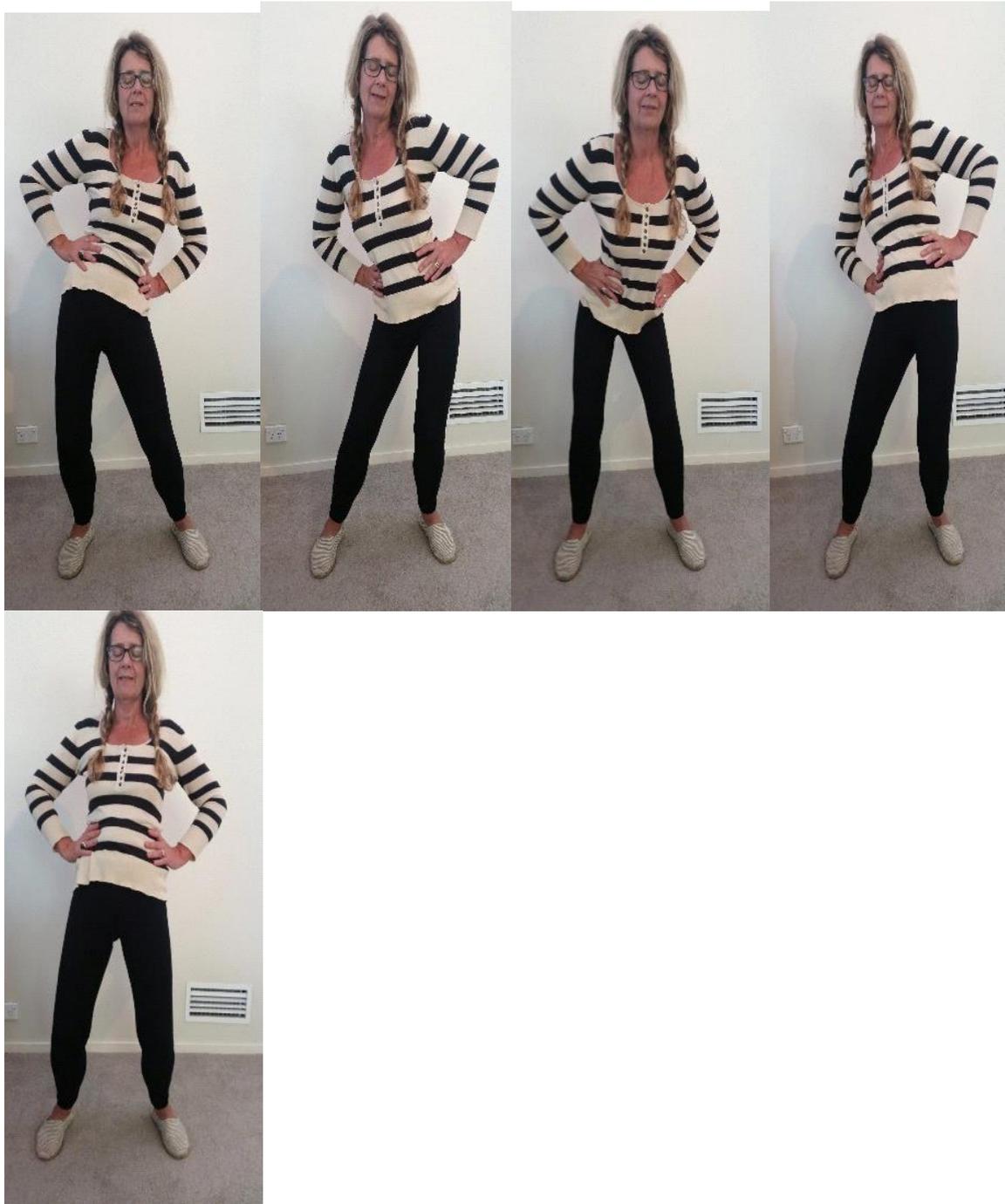
Place your hands comfortably on top of your hips. Squat down slightly like you are sitting on a stool. Shift your balanced weight to the back.

The upper body remains still and centred during this movement.



Turning hips one way and then the other

Remaining in the squatting position, hold the upper body still, relax the pelvic joints, and use the tailbone to draw a circle. Begin “drawing” to the right, moving forward, then to the left, and around to the back, continuing for nine, eighteen or thirty-six rotations whatever feels right for you today. This is all about tuning into your body and what it needs gently pushing yourself extending yourself, opening further. Repeat in the other direction.



Connecting within...

Isolate your tailbone in your mind and imagine it extending all the way to the ground and moving on the ground, drawing a circle between your feet. Make your circles as large as you can, moving as slowly as possible, concentrating deeply; noticing how your hips, pelvis and sacrum are moving. How it feels inside is more important than how it looks outside. Open and stretch through the circular motion as much as possible. Sense how the reproductive system, digestive system, and other organs are being massaged with your compassionate attention. After you have circled in both directions, pause for a moment. Check your posture, tucking your chin, lifting your Crown stomach pulled in. Remain in the squatting position.



Moving tailbone forward and back, stretching spine

Next, tuck your tailbone under and forward—lifting as far forward and up as you can. Then move the tailbone back—raising it backwards and upwards—behind you as much as possible, while keeping your torso still. Repeat tailbone tucking, forward and backward, at least 3 times. It is best to repeat the tailbone tucking the same number of times you made the circles. Contract the *Huiyin*, buttocks, pelvic floor muscles, and abdomen while tucking the tailbone back and forth.

Repeat the pattern of circling in both directions and then tucking forward and back for as long as you desire.

Integrating the movement

Standing centred, relax the belly and pelvic joints with the perineum remaining closed. Focus on feeling your feet and the earth beneath you. Move your toes up and down. Notice the feelings of aliveness throughout your entire body, including your neck and head. Acknowledge all sensations and feelings of the energy moving inside of you. Relax and allow the energy to integrate in all

dimensions. Unless you are continuing on with other practices, slowly bring your palms together on top of your navel (men left hand first, women right hand first). Feel the effects of circulating and pulsing energy. Feel your connection with the universal energy, the earth and all around you. Slowly, gently open your hands and open your eyelids. Move your body freely. Complete your time of practice by smiling inwardly.

Be careful while you practise

Make sure you are not moving the whole body when rotating your hips. Instead keep the body centred. Avoid lifting your torso up and down when tucking the tailbone up forward and up backward. The crown of the head, lifts and stretches the spine, while you remain squatting, grounded. When the energy feels too strong, or you're dizzy or nauseous, concentrate on feeling your feet. Lift your toes up and down or move your feet and legs.

Progressing with this movement

When circling, relax and allow every joint in your body to open up to the circulating energy of the movement of your hips. Mindfully witness how the various joints are responding to your hip movement. When tucking the tailbone forward and back in the squatting position, stretch your spine upright by lifting the crown of the head, while keeping chin tucked in. Each time you bring the tailbone forward, tuck up even further. Do the same when drawing the tailbone backwards. Pull it up even further while tucking your chin and lifting the crown of your head. Notice the spine is opening up, stretching on the backside and then on the frontside.

Hand placement

Open the area between the thumb and first fingers fully. Turn each hand around the waist area so that your hands are holding your lower ribs. Hands are placed with the thumbs on the back, heel of the hands resting near the hipbones. Elbows are slightly forward.

Closing the *Huiyin*

The bottom gate, at the perineum (between the genitals and the anus) should be kept closed to reserve energy.

Adding visualizations

Imagine a light beam emanating from your tailbone and extending down to the ground, drawing a circle between your heels. Energetically concentrate on and feel the ball of light inside your pelvic area. Feel your hips rotating around this ball -this is the energy centre of your entire body. When you focus on the Sacral or *Dantian* you are harmonizing, integrating, and grounding the energy while harmonizing the entire body.

- **Opening the Neck**

By opening the Neck we activate the free flow of energy between the brain and the spine thus strengthening the central nervous system and optimizing the energy flow throughout your body.

It is effective in healing illness associated with the brain, face, eyes, ears, neck, and spine, and is successful with conditions such as headaches, migraines, encephalitis, meningitis, anaemia, vertigo, tinnitus, and nervous system abnormalities.

The brain is the central control system of the entire body and the brain's health depends upon the health of the body. The neck is the bridge for all communication between the brain and the body. Opening the neck is a powerful practice for the energetic realization of the wholeness and health of the body, mind, and consciousness.

Learning the physical movements

Body position

Stand with feet together, tailbone slightly tucked, stomach inward. Chin is tucked, *Baihui* (crown gate) lifted. *Huiyin* (bottom gate at the perineum) closed.



Hand placement

Turn each hand around the waist so that the hands are placed with the thumbs between the lower ribs on the back, the first finger pressing the lower rib in the front, palms resting on the hipbones.

Elbows are slightly forward. If this becomes too intense, find a comfortable position with your hands on your hips. Body remains still during this movement. Set the chi field or reconnect with the healing field of energy inside and all around you.

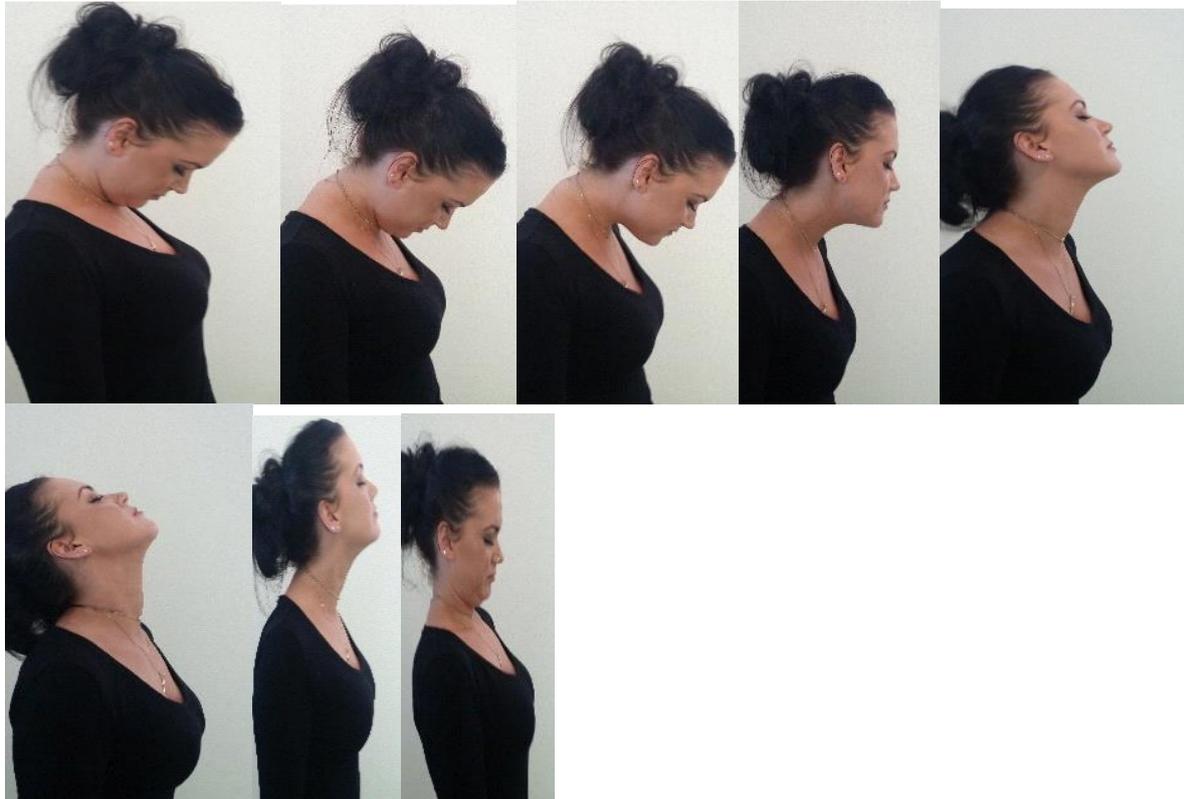
Circling up and out

Tuck in chin while lifting *Baihui* (the crown of the head). This is the starting position. Move your chin back deep into your neck. Tilt your head and back, lifting your chin upward. Energetically reach your chin up as far as you can. Continue stretching while circling the chin forward, then downward. The body remains still. Continue the circling movement extending the chin as far as possible as it travels downward then energetically inward. Pull the chin in toward the chest. Continue feeling deep inside your chest, beyond how far you can go physically. Then lifting the neck vertebrae (one at a time from

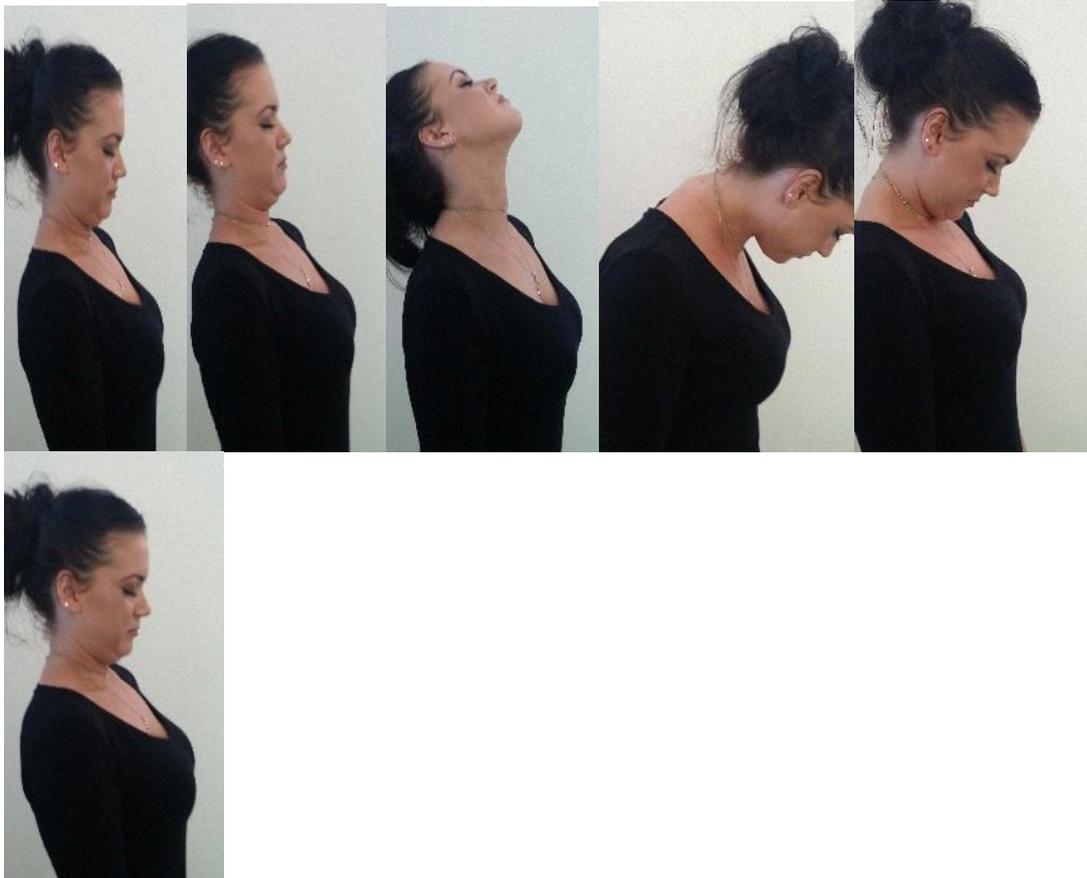
the base to the top), draw the chin up to the starting position. Continue tilting the head back so the face is up, while lifting the chin, stretching upwards. Repeat this cycle three, six or nine times according to your level of practice.

Opposite direction, circling the chin down and forward

From the starting position, pull in your chin while lifting the *Baihui*. Drop chin along chest, moving chin downward, then extending, circling forward as far as possible while keeping your shoulders stationary. As you lift your chin upward, your head will begin tilting back, face lifted. Let the chin rise as far as possible, arching as it travels back until over the spine.



Pulling the chin deeply in, lift from the top of the head and bring the head back to the starting position. Continue circling, repeating the same number of times as you did in the opposite direction.



Integrating the movement

After circling in both directions, relax. Standing still, notice the opening of your neck, brain, chest, and spine. Relax and allow the energy to integrate on all dimensions. Continue with other practices or place your hands over your navel (men left hand first, women right hand first) and close your time of practice.

Be Careful while you practise

- Avoid tucking in your chin without raising *Baihui* simultaneously.
- Move the chin in a circular motion rather than straight lines.
- Body stays still and does not sway forward or backward with the movements.
- Move the chin as far as possible, stretching to your limits. Go very easy if there is any pain. Make this a mindfulness practice. Do not overdo

Progressing with this movement

After you are comfortable and able to relax with the physical aspects of the movement, the key focus is to open the connection between the brain and the rest of the body. Visualize the big circular, forward movement of the chin. Visualize the chin moving inside the chest, neck and around the inside of the spine. It is also beneficial to focus on the entire spinal extension throughout the

movement. This affirmation can enhance the effectiveness of Opening the Neck: *"I can regulate the energy flow throughout the whole body."*

• Opening the Heart (Chen Chi)

Working with your mind, working with pain

In the beginning the shoulders will get sore. Discomfort is a sign of stuck energy wanting to move. Keep encouraging yourself to continue and gradually the energy will override any discomfort and heal even your subconscious thoughts. You may have many thoughts, but only two choices: either stop or go on. In time, these surface thoughts can be overridden by an energetic feeling. It is normal to have discomfort. Just direct your attention to turning the stagnated energy into flowing energy through this pumping.

Openig the heart is not about commanding the body. It's about deeply activating the full capacity of the mind by strengthening the mind and expressing your deeper willpower. Continue to experiment with yourself, building up your capacity and getting to know your mind at a deeper level. *Chen Chi* is a strong practice with enormous benefits to deal with challenging emotions by releasing feelings and resulting in a profound opening of the heart. *Chen Chi* releases emotional stagnation from the body as the entire body becomes an energy pump moving and unifying energy within.

Learning the physical movements

Body position

Stand with feet together, spine straight. Tuck in the chin and lift *Baihui* (crown of head). Connect with the chi field, visualize the opening of your shoulders and entire being, releasing any condition of stagnation into freely flowing energy all around and within you. Raise arms to each side about 45 degrees.



Arms slope downwards so your hands are at navel level.

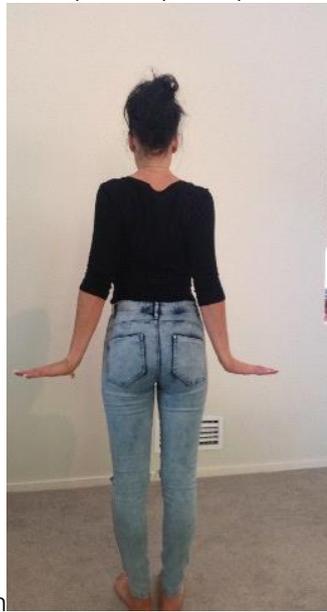


Extend the arms out long, straightening the elbows, pushing out through the heel (base) of each hand. Pull the fingers up (erected), palms facing outward, wrists flexed as much as possible. Elbows

are locked to create stability. Connect with the chi field all around and inside of you



and from deep inside your chest. Gently close your eyes, and with your



best effort, visualize an ocean of energy beneath, above and all around.



Pumping the arms in and out

Keeping the elbows straight and wrists flexed, begin a pumping movement—in and out—from the centre of your body between your shoulder blades extending out towards the earth and back. Pull shoulder blades in (as if to kiss each other), then push out through the centre of the palms.

You may alternate the focus, the rhythm, and the pace to stay with the practice as long as possible. To master the movement takes time. Use a mirror in the beginning to check your body posture. See

if you can practice *Chen Chi* for about 15 minutes. After the first 5 minutes, pause, integrate, and then continue. You can also count to 100 and pause. You may “hit the wall” at about 5 and then 10 minutes, but like a marathon runner, if you keep going the rewards are great as this activates a great deal of energy.



Modifying

If the movement becomes too intense, pause, keeping your arms straight out while waiting until you can begin pumping again. If that is too intense, put your hands on top of your navel and focus on receiving. Lay down if you wish to absorb the feeling.

Concluding your practice

Pause and hold your arms straight and still for a minute or so, feeling the aliveness inside your body.

• Creating energy ball

***Lachi* Closing**

From the *Chen Chi* position, relax your wrists, turn palms forward, and draw elbows in to gently touch the ribcage, holding the forearms at a 90-degree angle. Focus on the palms' connection and feel the strong energy between them. Draw palms towards each other, concentrating the energy into a chi ball. Keep the elbows near the ribs, and open separating the palms and forearms, still holding the chi



ball.



Repeat this open and close pattern. Then, playfully rotate the energy ball while moving the hands up and down in a vertical flowing manner. Visualize your energy ball expanding and encompassing you and your practice space, then go out to the country you live in and the world then infinity, then draw in the chi ball little by little mentally, concentrating the energy gradually back inside the room you are standing in or around your body then between your hands. Then condense even further into the size of a walnut and place into your *Dantian*. (below tummy button area).

Finish with the hands stacked on top of your navel, resting, observing, and integrating your practice.

Slowly bring your palms together on top of your navel (men left hand first, women right hand first). Feel the effects of the circulating and pulsing energy all around you. Feel your connection with the earth and energy of the universe. Slowly, gently open your hands and open your eyelids. Move your body freely.

Be careful while you practise

- Avoid circling the shoulder joints and the tendency to flap your arms, which is much easier than pinching in your shoulders. Hands begin up higher than the photos at 45 degrees if you can.
- Don't pull your shoulders up towards your ears. This should be an inward pulling movement. The shoulders e only minimally.
- Don't pull the shoulder blades too far back. It is often easiest to learn by having the shoulder blades "kiss." Eventually move the focus inside, closer to the centre of the body.
- Resist labelling the energy as "too much" or "over-charged." If you feel "too much" or excessive energy, remember your overall purpose. Keep in the flow, relax into the chi field, and feel where you need energy most. Centre and take your mind down into the ground through your hips thighs calves feet down deep into Mother Earth. Or simple stop for a bit or lie down and absorb the energy.
- Be aware of the tendency to become ungrounded while circulating this much energy. Move your toes up and down to stay grounded.

Progressing with this movement

Adding sound and visualization

Practicing this pulsing movement slowly is harder; faster is easier. Gradually progress to a slower speed. Notice the different dynamics.

Visualize the centre of your chest like a spring compressing as you draw in then releasing and springing out.

When emotional releases come, keep practicing. Do not stop. Laughing or crying are both good releases. Yawning and burping or farting are all good releases and movement of energy within you. There is no need to have a story, just release and let it flow.

When drawing in, you can use the image of the shoulder blades kissing, and when extending out, blessing the earth.

Imagining a Golden Ball

Building your energetic body and feeling into the energy between your hands. Opening and closing with your elbows held tightly to your waist palms gently coming together until you can feel a resistance , opening gently stretching and allowing the energy to flow deeply building more resistance between your palms.

For more information on other courses moving into the healing art of sound, vibrations and digital homeopathy.

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