

## Circulating Qi - Standing Qi Gong Set

1. Overview: this is a qi gong set that is performed by circling the arms out to the side and back to the center. In this set you are actively guiding the qi throughout the body.
2. "Softness generates a power that is rigid"
3. "Mind guides the qi but the qi powers the movement"
4. After practicing you are sweaty but not panting
5. This set uses the entire body
  - a. Spread 5 toes out to grip floor with entire foot
  - b. Soften knees
  - c. Relax lower back and sit slightly
  - d. Relax shoulders back (proudly)
  - e. Pull up from the crown of the head and down from the tailbone simultaneously
  - f. Eyes are slightly closed and relaxed
  - g. Tongue pushes lightly against the roof of the mouth
6. Breathing
  - a. The hands follow the breath
  - b. The internal movement follows the breath
  - c. Inhale
    - i. Inhale and pull up on the perineum slightly
    - ii. Move the breath/energy up the back to the top of the head
    - iii. Pause for a moment at the top of the head (ba hui)
  - d. Exhale
    - i. Coming down the front of the body pause for a moment at the roof of the mouth
    - ii. Continue exhaling down to the dantien
    - iii. Inhale going back up the rear line
  - e. Inhaling helps to connect the qi
  - f. Brief pauses help to concentrate the qi
  - g. Exhaling relaxes and helps the qi to travel down.
7. Hands
  - a. Hands move in circular patterns arcing outward
  - b. Hands begin by crossing in front of the dantien at the wrists
    - i. Men have the left on top
    - ii. Women have the right on top
  - c. Hands rise and separate in front of the face
  - d. **\*\*Important\*\*** hands push out through the fingers and concentrate on pointing and pushing through index finger
  - e. Hands relax back to normal at bottom
8. No stipulation for amount or time was given for this set
  - a. It was shared that it is entirely dependent on arriving at a place where you are connected through the body, feeling sensitivity in the hands and feet, and settling the mind.