

Lower Cycling Standing Qi Gong

1. This second set is designed to innervate the acupressure points and meridians of the lower body and bring energy up from the ground to the dantien.
2. Great metaphors were used to compare qi to electricity. The implied message is that you cannot see electricity/qi but you trust that it is there. If you touch it you will feel it.
 - a. An airplane flies and as it passes it doesn't just drop out of the air. You know it will stay up even though you can't see what is holding it up
 - b. Electricity passes through the negative and positive parts of a chord. Current runs in and activates the machine. You can unplug a device, move down the wall, and plug it back in and get the same effect.
 - i. This is identical to the meridians. You can "plug in" a needle, move down the body and plug it back in for the same effect.
3. Overview: This is a pushing and pulling qi gong set that employs reverse breathing. You are moving energy up the legs to the dantien and back down.
4. Reverse breathing
 - a. Reverse breathing is the autonomic breathing process that is employed naturally by the body. It can be felt by laughing, coughing, or sneezing.
 - b. It is the process of drawing the belly in while inhaling and relaxing the belly out on an exhale.
 - c. You inhale into your lower back while keeping your stomach taut. Relax the belly out with the exhale
5. Hands
 - a. Hands follow the breath.
 - b. As you inhale you bring your hands to your stomach and push on the stomach until the end of the inhale
 - c. Relax on the exhale and let the hands travel out as though you were hugging a tree.
6. Eyes are closed
7. Tongue is on the roof of the mouth.
8. Focus
 - a. Each breath is a 5 count where you are drawing energy up the legs on the inhale to the dantien.
 - b. You exhale by relaxing back down the legs and out the feet.
9. Dantien Rotations
 - a. Following the set you begin to rotate the hands in a circle around the dantien
 - i. Men begin circling to the left and up, women circle to the right and up
 - ii. 36 times in the first direction
 - iii. 24 times in the reverse direction
 - b. The purpose of these rotations is to relax the body and to stop the qi that has been built up from rushing to the head.
 - c. It should be undertaken after long standing and reverse breathing exercises.