

Standing Qi Gong

- a. This set should take about 30 minutes in its entirety and is broken down into three parts
 - i. Standing Meditation
 1. The purpose of this set is to quiet the heart.
 - a. This is accomplished because:
 - i. Thinking draws “heat” up from the heart to the head and we don’t actively think in this set so that the heat goes down from the heart into the center.
 - ii. The metaphor was used that the dantien is a cauldron on qi. The heat energy provides the heat to boil the sea of qi in the cauldron to improve and increase the energy
 - iii. The acupuncture point in the center of the palm also is connected to the heart. We aid the
 2. Stand for approximately 20 minutes
 3. Work from the bottom of the body to the top keeping the following points in mind
 - 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
 - h. Hands are placed on the dan tien
 - i. Men place the right hand against the dantien and the left hand covers
 - ii. Women are the opposite
 - iii. Use the thumb of the outer hand to press into the “tiger’s jaw” - where the bones separate to form the index finger and the thumb. There is an acupressure point that is about 2 inches in, not near the webbing.
 - i. Lastly, slowly rock onto the balls of your feet. This is not a lean but just a slight transfer of weight.
 - i. It is the feeling that you have just before you jump.
 - ii. It causes the central part of the foot to raise up raising the “bubbling well” acupressure point off of the floor.
4. Breath evenly through the nose
5. This set is different in that you do not actively think about anything to quiet the mind.

- a. You allow the time work to slowly let you run through your thoughts.
 - b. The end goal is to arrive at a place where you are not thinking about anything, not even your breath
 6. An awareness develops where you cannot hear disturbances around you. The metaphor was used that a bell closes in around you.
- ii. Dantien Rotations
 1. Following the set you begin to rotate the hands in a circle around the dantien
 - a. Men begin circling to the left and up, women circle to the right and up
 - b. 36 times in the first direction
 - c. 24 times in the reverse direction
 2. 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.
 3. It should be undertaken after long standing and reverse breathing exercises.
- iii. Gathering
 1. Drop your hands and raise them to the sides palm up.
 2. It should be slow enough to feel a weight/heat in your palms
 3. Bend over your head and push down with the palms
 4. Palms come down behind the head, pass the ears and push down past the chest
 5. Continue slowly for 9 times
- iv. Heat will develop in the feet, this is natural and desired. It demonstrates the connectivity to the earth. Walk out of the stance slowly and don't speak immediately, it releases the qi that you have built up.