

Qigong Secrets

Secrets of the Ancient Energy Masters - 22 Week Home Study Course

Week Four

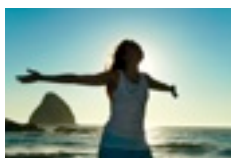
F = Form

The form is not the art of Qigong, but it is an essential part of it.

Page 2

E = Energy Flow

This is the 2nd Core Skill of high level Qigong and essential for success with Qigong **Page 2**



C= Cosmic Balance

Standing Zen, this is the 3rd Core Skill of high level Qigong. Simple yet profound and essential if you want all of the benefits of practicing Qigong

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T = Time to Complete



It is important to finish your practice correctly, here's how to do it...

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Point Massage

This is an optional addition to your practice and wonderful for promoting a youthful, glowing complexion. Find out more...

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Homework & Coming Up Next Week....

Whatever you do, make sure you complete your progress tracker!!

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Welcome!



Welcome to week 6 of the home study course.

This week we finish off our in depth exploration of PERFECT.

Once you understand and can easily move from one step to the next you are well on your way to developing the skills and hence



This week we complete our study of PERFECT - next week we'll be learning the pattern: Shoot Arrows Left Right

receiving the benefits of high level Qigong.

From now on I will be presenting a new pattern from the Shaolin 18 Lohan Hands (17 patterns in 16 weeks, that should be interesting!) and you will 'insert' that pattern into the F (form) of

PERFECT. Everything else stays the same.

We've still got a ton of theory coming up, from setting aims and objectives for your practice to the 10 do's and don'ts for your practice.

But, from this week onwards we can practice high level Qigong as all the essential pieces are in place. Consider the rest to come as the icing on the cake for those who are really serious =)

And remember:

Enjoy your practice!



STEP 4 – Form: Your choice of pattern from the Shaolin 18 Lohan Hands

Last week we looked at Preparation, Entering a Qigong State of Mind and Really smiling from your heart. I hope you have practiced these steps many times over the last 7 days.

Now we add one pattern from the Shaolin 18 Lohan Hands and for this lesson we shall be using Lifting the Sky (see Lesson 4 for full details if you need to refresh your memory). But as we progress the Form we use in this step will be the Form for that week.

The purpose of your practise is to generate an energy flow or what is more poetically known as Flowing Breeze, Swaying Willows. Once you begin to feel the chi flowing, or after the recommended number of repetitions for the pattern you are practising, you stop performing the pattern, and just let go and do nothing.

The Form is not the Art.

We want to practise High Level Qigong, which is a harmony of Form, Energy and Mind. Form is the least important of these 3 aspects. But it is still important, so make sure you do your Form properly to the best of your ability.

STEP 5 – Energy Flow

Once you have completed the recommended number of repetitions of the pattern you have chosen to practise in Step 4:

You just let go, close your eyes if you haven't done so already, and enjoy your energy flow. Keep your mouth open and let your breathing be spontaneous and natural

After a short time of correct practise you will find your body naturally swaying gently. This is known as “Yew foong pai lau” or flowing breeze and swaying willows.

As your practise deepens, your movements may become more vigorous, this is known as “Lau sheui harn wan” or “flowing water and floating clouds”.



“In the past, “flowing breeze and swaying willows” was practised by advanced Shaolin exponents, and “flowing water and floating clouds” by advanced Taijiquan (Tai Chi Chuan) practitioners.” – *Grandmaster Wong Kiew Kit*.

This has been one of the most closely guarded secrets of High Level Qigong.

Qi, like water, has its own intelligence. Water will always flow to the lowest point it can. When left alone, Qi will always flow to where it is needed most, areas of low energy. This concept is vital to your success with Shaolin Qigong.

As I mentioned in lesson 2, our Qi, or energy, flows through energy streams called Meridians. When you practice a pattern from the 18 Lohan Hands, that pattern will stimulate certain meridians and bring known benefits. Knowing this allows us to choose which of the patterns we want to practice. If for example, we are experiencing problems of a sexual nature in our lives, we may choose to focus on the pattern known as Nourishing Kidneys, because from the Traditional Chinese Medicine point of view, sexual problems are related to problems with the functions of the kidneys.

As you begin your practice of the Shaolin 18 Lohan Hands, it is very important that you let go and allow your Qi to flow, undirected by your mind. For example you may have problems with your knees and during Flowing Breeze, Swaying Willows you may consciously focus your attention on your knees. Energy flows where your attention goes and your Qi obediently follows your command.

However, knee problems, due to the way the meridians are structured are usually a symptom of trouble with the functioning of the Kidneys.

By directing your Qi to your knees, you may actually be making the problem worse and not better, because the Qi is needed at the Kidneys, not your knees!

This is why I always advise my students to just:

“Let go and enjoy your energy flow”

This way we don’t need to know the source of any physical, emotional, mental or spiritual “problems”. We just let go and let the Qi do what it does best. So don’t worry too much about choosing the “right” patterns but rather practice the patterns that you enjoy.



How does flowing breeze swaying willows work?

I like to think of our bodies as being a complete record of our entire life experience, past and present. Everything you have ever experienced has had an effect on your Jing (your physical body), Qi (your energy) and your Shen (your mind, spirit, emotions), both positive and negative effects.

Anyone watching a typical class of students practicing Shaolin Qigong will know when the students are having their Qi flow and the experience can be rather surprising. Some people may fall to the floor and begin shaking, others may be groaning, crying, laughing or making animal sounds, some may appear to be hitting themselves whilst other students will just be swaying slightly. So what is going on?

You are unique; your life experiences are completely exclusive to you. As your Qi flows and works on removing energy blockages, whether physical, emotional, mental or spiritual, “memories” may be released.

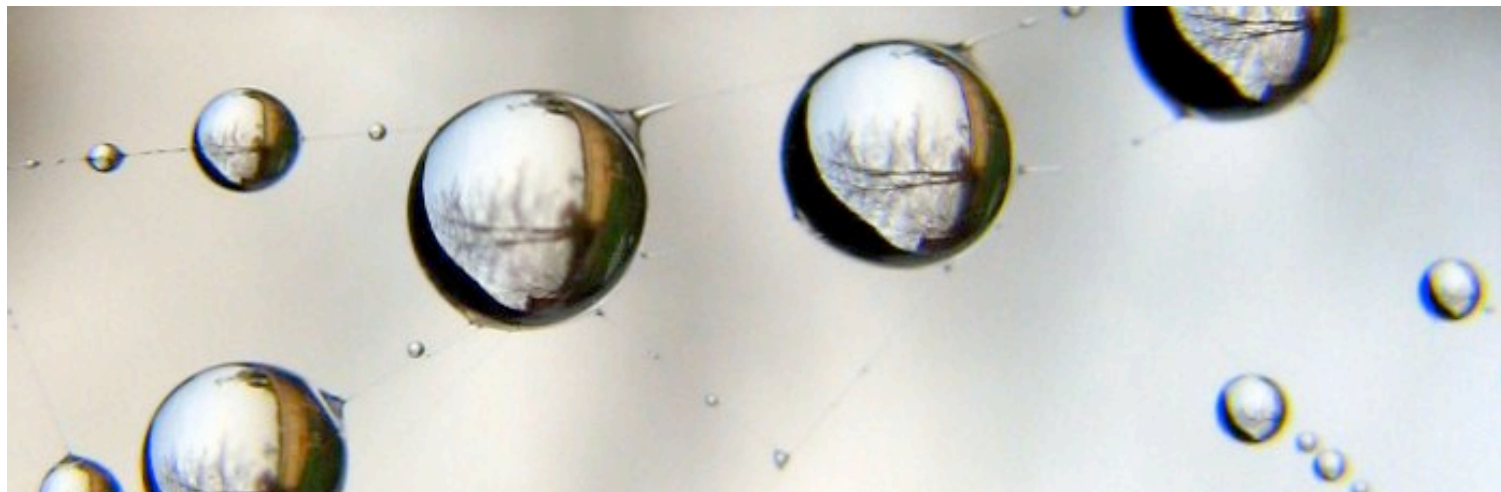
For example, suppose someone experienced an event that made them incredibly upset and angry, but they were not able to show these feelings because to do so would have further negative consequences. This experience will have affected their Jing, Qi and Shen and so during their Qi flow they may, without knowing why, suddenly roar loudly and in the process release this experience and its affects from their lives. Someone else may have serious energy blockages in their chest, and may start hitting their chest, again they do this unconsciously, they do not “think” about doing it, so that during Qi flow they can help to remove these blockages.

It is vital that you understand that no matter what happens during Qi flow, you are always in control. If you are practicing and a fire alarm suddenly goes off, you will be able to act accordingly.

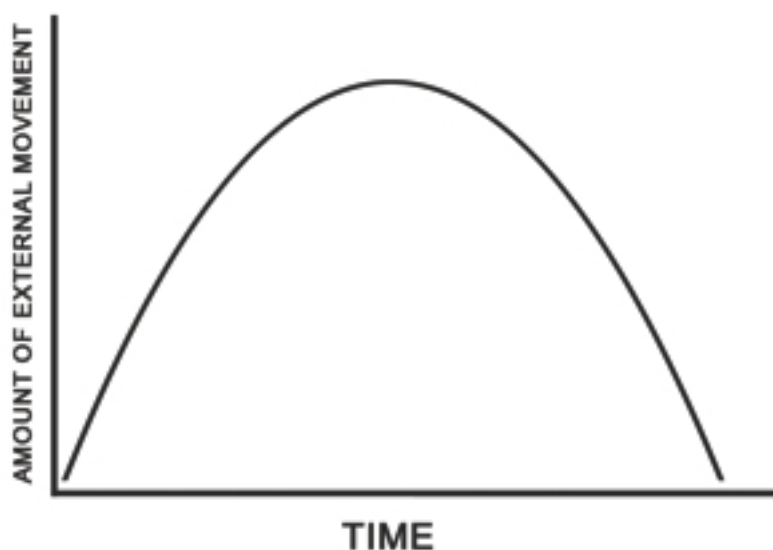
If your Qi starts to flow too vigorously you can gently ask it to slow down and it will. If you are practicing in a room with other people in Qi flow you will occasionally open your eyes to check where your friends are and make sure you are not about to knock into each other.

Letting go, does not mean losing control!

The diagram on the next page will give you some idea of how Qi flow usually progresses. Please note that this is how things typically work, it is not an absolute and may not apply to you.



If you are new to Qigong it is likely that you will hardly move, if at all during Qi flow. Gradually you will start to feel “Qi effects” like warmth over the body, tingling sensations at the fingers or other parts of the body. Over time as you continue your practise you will find yourself gently swaying like a willow in a flowing breeze. Or you may start crying, or making sounds. *Qi flow is not just about movement.*



It is important that you just follow the movements, if you find your body moving forwards, let it move forwards, if your body moves backwards, let it move backwards. It is common to see beginners swaying forwards to a point where to avoid losing balance they need to take some steps forward, but their mind gets in the way and they jerk back upright and disturb their flow.

As your practise deepens your movements may become more vigourous and you may make noises, cry or roll on the floor. Do nothing, just enjoy your practise and let your Qi do its best for you. With more time, as you remove many blockages, you may find your movements slowing down again as your practise focuses on increasing the flow of energy through your body. At a Master’s level you may hardly move visibly at all. Remember, the pattern in the diagram above is a generalisation for information purposes only. It does not necessarily apply to everyone.



Energy Flow - Just Let Go And Do Nothing



“Enjoy your practise, just let go and do nothing”

After enjoying your Qi flow for about 5 minutes, or when you’ve had enough or it feels like 5 minutes have passed, then gently bring your attention to your Dan Tian, the energy point below your belly button. Please don’t time yourself, if you are in Qi flow for 3 minutes and 27 seconds or 8 minutes and 2 seconds, it doesn’t matter, just trust when you feel ready to move on.

Allow your movements to come to a SLOW and GRACEFUL stop. Never stop suddenly, but always slow down gradually whilst focusing gently on your Dan Tian. Now, check your posture and, if you are standing up, make sure you are upright and balanced (see step 1 Preparation). If you ended up on the floor, make sure that your body is symmetrical.

Now that your external movements have come to a stop, you are ready for step 6 because now it is time to establish Cosmic Harmony!



STEP 6 – Cosmic Harmony

Step 5 was Energy Flow. The signature was movement – Yang. Now to maintain Cosmic Harmony, establish balance, we need the Yin of this relationship: Stillness achieved by standing meditation.

I could write pages and pages on this step and still achieve nothing more than to confuse you and make this step appear more complex than it actually is. In fact this step is so simple. So here goes, the main “instruction” for this step is:

“Think of nothing”

If, like the vast majority of people, you find this instruction difficult, don’t worry. This is a classic example of how “Simple” does not equal “Easy”. Alternatively you can use one thought to stop 10 000 thoughts. Just focus gently on breathing in through your nose and breathing out through your mouth. If random thoughts enter into your awareness, just let them go and return your awareness back to your breathing.

Here’s what Grandmaster Wong Kiew Kit has to say about meditation:

“I would recommend that you use the Standing posture. Stand upright and be totally relaxed. You should relax not just your body but also your emotions, your mind and your spirit. You can achieve this by loosening all your muscles, let go of all emotions, do not think of anything and Smile from your heart.

Do not for example, think of how to relax or whether you are relaxed. Just be relaxed. Then just be gently aware of your breathing.

If you are breathing in slowly, just be aware you are breathing in slowly. If you are breathing out through your mouth, just be aware that you are breathing out through your mouth.

It is that simple – and very profound.”

After about five minutes of Standing Meditation gently bring your awareness to your Dan Tian, now it is time to complete your practice.

STEP 7 – Time to complete

This final step is very important. It is wonderful to visit the “Cosmic” realm. But we live in the phenomenal realm, in the world, so it is necessary for you to finish off your Shaolin Qigong practice properly.

To make certain that you are completely back and ready to take the benefits of your practice into the rest of your day.

Here’s how you end your practice properly:

1. With your eyes still closed, bring your hands together in front of you and rub your palms together vigorously. Keep rubbing until your palms and hands are very warm.
2. Cover your eyes with the palms of your hands and dab gently on and off your face. Slowly open your eyes.
3. Circle your fingers slowly around your eye sockets. Gradually make larger and larger circles, until you are gently massaging the whole of your head, face and neck.
4. OPTIONAL: Point Massage – see next page.
5. Bang the Heavenly Drum – Place the palms of your hands over your ears and now tap your fingers against your neck. Alternatively you can cross the middle and index fingers of each hand and “flick” the neck (see diagram below). Either way Strike the Heavenly Drum 24 times.
6. Walk around briskly for about 30 paces.

Fundamentals
Banging Heavenly Drum





Point Massage – Optional

As you recall, the body has a network of meridians that allow your energy/chi to flow to every part of your body. There are points on the body that can be stimulated, either with needles or with the hands; these points are called “acupoints”. They are well documented in Traditional Chinese Medicine. Stimulating these acupoints allows us to directly influence the flow of chi and as a result promote health, vitality, longevity, calm etc. Another benefit of adding the point massage to your practise is that it will promote a youthful appearance. Using the tips of your middle fingers massage gently the following points:

1. Inner eye (fig 1).
2. Start of eyebrows (fig 2).
3. Wipe fingers across brows (fig 3).
4. Middle of eyebrows (fig 4).
5. End of eyebrows (fig 5).
6. Outer point of eye sockets (fig 6).
7. Lower, middle point of eye sockets (fig 7).
8. Inner point of eye socket again (fig 8).

Refer to Diagrams 1,2 and 3 on the next page for a pictorial representation of the above steps.

9. Sweep down the sides of nose (fig 9).
10. Indents of nostrils (fig 10).
11. Gently massage temples with the fleshy part at the base of your thumbs (fig 11).
12. Backs of ears. Where the top of the jaw meets the back of the ear (fig 12).

Refer to Diagrams 4, 5 and 6 on the next page for a pictorial representation of the above steps.



Fundamentals

Points Massage



fig.1



fig.2



diagram 1



diagram 2



diagram 3



fig.3



fig.4



fig.5



fig.6



fig.7



fig.8

Fundamentals

Points Massage Cont'd...



fig.9



fig.10



diagram 4



fig.11



diagram 5



fig.12



diagram 6



Homework

1. Complete your progress tracker for Week 5 - **VITAL**, why not do it right now?
2. **Remember:** We don't learn Qigong, we practice Qigong and that's exactly what I want you to do. Practice P.E.R.F.E.C.T - with Lifting the Sky in the Form step. Preferably practice twice a day, once in the morning and once in the evening. But if not, practice at least once a day, every day.

Coming Up Next Week....

Things are slightly different from this lesson onwards. Each week I will introduce you to a new pattern from the Shaolin 18 Lohan Hands. I will use the following format:

- A demonstration of the pattern without instructions.
- Teaching of the form.
- Teaching of the form + breathing (when applicable, as not all patterns have specific breathing instructions).
- Practicing the pattern as Qigong within the PERFECT framework.

Next week we will be discovering Shooting Arrows Left Right - one of the trickier patterns of the 18 Lohan Hands, but great fun non the less.

Bye for now....

Marcus James Santer