

Qigong Basic Info

<u>Element</u>	<u>Organ</u>	<u>Emotion</u>
Fire	Heart	Joy
Earth	Spleen	Worry
Metal	Lungs	Grief
Water	Kidneys	Fear
Wood	Liver	Anger

"Too much anger injures the Liver

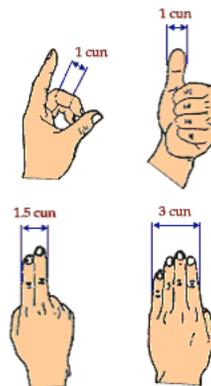
Too much fear injures the Kidneys

Too much sadness injures the Lungs

Too much thinking/worrying injures the Spleen

Too much joy/excitement injures the Heart

Too much emotion injures the Heart"



How to measure to locate the points:

1 cun (ts'un) is the width of each person's thumb at the knuckle.

1.5 cun is the width of the index and middle fingers.

3 cun is the width of all fingers side-by-side.

Where the Mind Goes, Energy Follows

Flowing Breeze Swaying Willow

Energy Flow or 'Flowing Breeze Swaying Willows' is a vital part of your Qigong practice. Energy flow speeds up the removal of blockages from the energy steams/meridians of the body.

In the past, masters shared this secret privately only with a few top students, after the students had proven themselves worthy after many, many years. Over time, this secret was virtually lost. Today, not many people know of this secret. Even those masters who practice this and derive a lot of benefit, i.e. enjoying a chi flow after stance training and developing internal force, might not know of it as a secret. They do so as part of their training routine.

This secret is called "yew foong pai lau" (Cantonese pronunciation), which means "flowing breeze swaying willows". If you practice "flowing breeze swaying willows" for a short while after your stance training, you will get more than three times the benefit?

For example, suppose you practice stance training for 15 minutes, and you obtain 50 units of benefit. If you add another 5 minutes of "flowing breeze swaying willows", you will obtain more than 150 units of benefits.

And if you have some adverse effects due to wrong training, "flowing breeze and swaying willows" will clear away the adverse effects.

However your body moves, or does not move, during energy flow remember that you are not moving your body. You don't think: 'Oh, I'll stamp my feet and that will help to get rid of toxins'.

No, no. During energy flow you let go and do nothing. You let your energy/qi do the healing. Your job is to get you out of the way!

3 Rules for Practice

Don't worry

Don't intellectualize

Enjoy your practice

3 Causes Of 'No Benefit' From Your Practice

You intellectualise

You tense

You are distracted

Relax the mind. Become mind of no mind. Allow your body to move as it wishes to; moving back and forth or to the sides like a pendulum. In short, when the energy (Qi, Chi, Prana) starts to flow, the body will sway gently, like a willow tree in the breeze. What this person is experiencing is called "Flowing Breeze Swaying Willow".

The key then to "Flowing Breeze, Swaying Willows" is letting go physically, mentally, and emotionally. If the Qi moves our body, or causes us to yawn, or makes our arm twitch, then we simply allow these things to happen. Don't resist. Don't think. Go with the flow.

"By doing nothing, everything is done" – Lao Tzu

Smile from the Heart

Before beginning each practice session, take a minute to smile from the heart.

Stand upright. Close your eyes. Take some time to relax from head to toe. Then smile from the heart.

Students will know when they are doing it correctly because they will feel a sense of cheerfulness blossoming out from the chest. It sensation may be subtle, but it should be something they can feel.