

Spring Forest Qigong Level One for Health Certified Trainer Teaching Manual

This document contains the Spring Forest Qigong Level One for Health content. This has been presented in the order that Master Lin teaches it and we encourage you to do so as well.

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This information and all Spring Forest Qigong teaching and learning materials are intended for education of healthful practices. This manual and other learning materials are not intended as a replacement for any medical treatment or therapy by a physician or other licensed health care provider. Rather, this manual and the other learning materials are intended to help broaden understanding of health and wellness and help make informed choices of health options. Any application of the information in this manual and other learning material is at the user's discretion and sole responsibility.

Please note: SFQ would prefer to have these classes taught as stand-alone training. This means that even though there are numerous types of healing techniques that are taught today, we prefer not to have other training included with SFQ. SFQ should be its own independent class.

Teaching Tips:

In addition to your own healing stories involving SFQ, you can use any of the stories in “Born a Healer” or Spring Forest Qigong Level One for Health Manual. More stories are available under testimonials at SFQ website (www.springforestqigong.com).

Teaching Materials You May Need:

- Spring Forest Qigong Level One for Health manual
- Level One Trainer’s Manual
- Laptop/Desktop Computer
- Viewing Screen for Students (Projector or TV)
- Flipchart/Markers (if needed)
- Microphone (if needed)
- Refreshment for students (if needed)

Module 1 Overview

Title: Introduction to SFQ & History of Qigong (Slides 1 – 9)

Suggested Teaching Time: 30 Minutes



- Before students arrive, the instructor may clear the energy in the classroom and set their intentions for a positive learning experience.
- Play the photo montage video.



Welcome to
Spring Forest Qigong
Level 1

You were born a healer!

*Everyone was born with the gift of
healing themselves and helping
others to heal.*

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- At the beginning of the class, introduce yourself – your experience and what SFQ means to you –**speak from your heart**.
- Introduce a short intention-setting meditation to students: close their eyes, connect with the energy to make sure their bodies, minds, and spirits are fully present. You could have them visualize their body with light, and place their intentions for healing and learning.
- Share your own story of why you came to Spring Forest Qigong
- Emphasize the statement “You were born a healer” and we were all born with the ability to heal ourselves and help others heal.
- Each person is the #1 healer for themselves.
- To demonstrate the power of Qigong, you could use the story of Ester Trejo of St. Paul, MN:

She had been diagnosed with a rare lung disease that required her to be on oxygen 24 hours a day. Doctors told her that the only way she would get off of oxygen was if she had a lung transplant. After 6 years of being dependent on oxygen, her son encouraged her to take Master Lin’s class. She didn’t want to go and she didn’t believe that it would help her. But on the 6th week of class, she was able to walk in to class without oxygen and she has never had to go back on oxygen.



Purpose of Creating Spring Forest Qigong

1. Less time and more benefit
2. Simple but more powerful
3. Works with any other healing system to help bring joy and health to people
4. Wake up unconditional love energy to help yourself and others to heal

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- Explain how we all have 24 hours a day with various responsibilities. Master Lin created SFQ to heal ourselves and heal others more quickly and completely.
- SFQ can be primary or complementary – you don't need to stop what you are doing. SFQ works with western medicine and other alternative therapies.
- The source of your healing power is from unconditional love. SFQ demonstrates that the more unconditional love you awaken in yourself, the faster and more completely you can help yourself and others to heal.
- The practice of SFQ can help you discover the healer within and help you make a better connection with your heart.



Spring Forest Qigong

Level 1 Learning Objectives

- What is Qigong/Spring Forest Qigong
- Understanding energy
- How to help yourself and others to heal
- Four Key Elements of Spring Forest Qigong
- What causes energy blockages
- Active Exercises and Sitting Meditation
- Three Principles of Spring Forest Qigong
- Six Keys to your success
- Action Plan

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- Explain the schedule of the day



Benefits of Spring Forest Qigong

- Develops your natural capability for helping yourself and others to heal physically, emotionally and spiritually
- Teaches knowledge and skills to continually strengthen your health, well-being, and mental outlook throughout your lifetime
- Helps prevent illness
- Helps you stay in balance physically, emotionally and spiritually

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- The practice of SFQ is transformational – it creates a life style shift by altering the way you perceive yourself and the world. SFQ can bring more harmony and joy into your life.
- SFQ helps you heal yourself more quickly when sick, prevent illnesses, and feel more peace and tranquility in every part of your life.
- SFQ is a complete healing. It heals us physically, emotionally, and spiritually.
- Qigong is compatible with any religion or spiritual practice.

FAQ'S

- Can Qigong Help with migraines? Depression? Stroke? Yes, you can use SFQ to help heal any imbalance. Even if a person is very sick with late stage cancer, healing can take place on a spiritual level.
- Can anyone do qigong? Yes, if your movements are restricted due to injuries or illnesses, you can do them the best you can and visualize the movement you would like to do.



Qigong

Qi = air, breath, vitality, the
Universal force of life,
energy

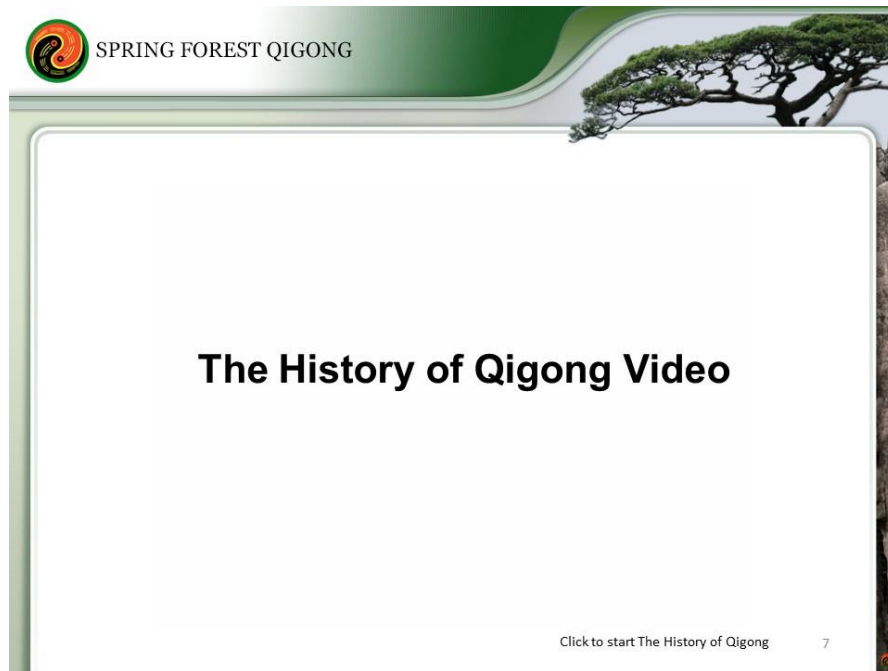
Gong = work, use, practice,
transform, cultivate,
refine

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- The fundamental understanding of Qigong.
- “Qi” means air or breath, vitality, or the Universal force of life. Qi means energy.
- “Gong” means work, use, practice, transform, cultivate, or refine.
- Qigong means using this vital life energy to create a healthy mind, body and spirit — to achieve the perfect balance that you are meant to have.

VIDEO-HISTORY OF QIGONG

7 Minutes



- Play History of Qigong Video.
- Qigong history goes back over five thousand years ago.
- Reinforce the power of qigong by sharing a healing story.



Spring Forest Qigong is...

Energy Healing

- Information Healing
- Signal Healing
- Message Healing

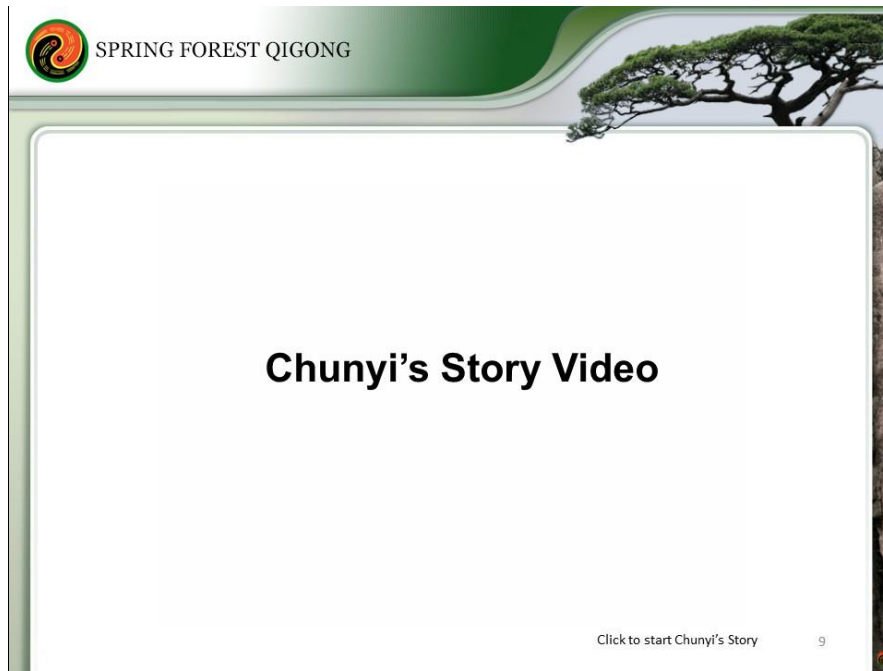
You were Born a Healer!

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- Qigong is message healing – it takes place on a spiritual level by changing the information in the body.

VIDEO-MASTER CHUNYI LIN'S STORY

4 Minutes 15 seconds

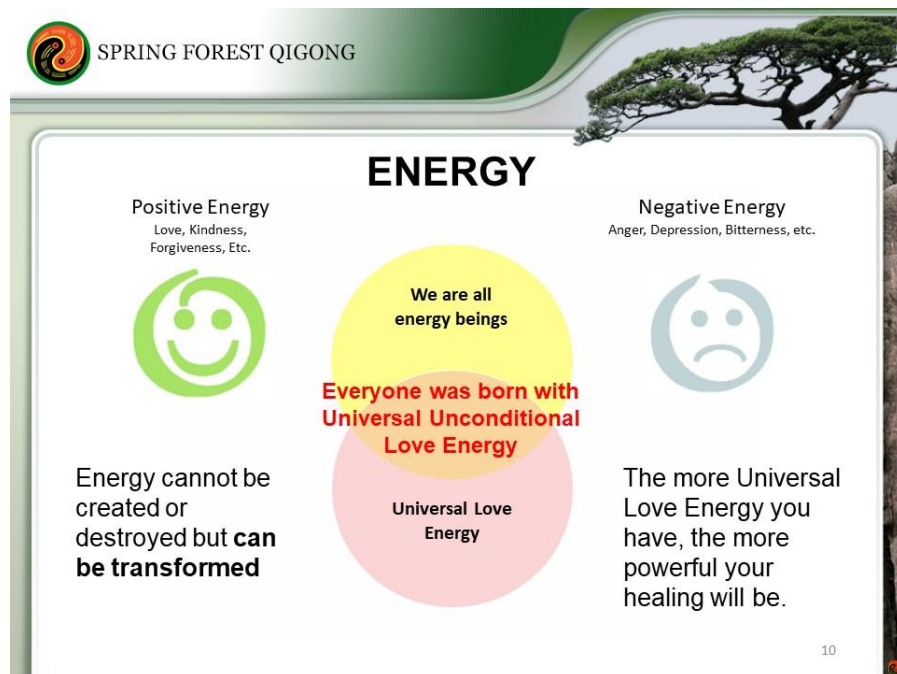


- Master Lin's story.
- Discuss the life story of Master Lin.
- Growing up in China during the Cultural Revolution, he suffered emotionally and physically.
- He grew up to be a depressed angry young man.
- Discovered the power of qigong during a meditation in a field with a qigong master.
- Studied qigong with masters in China for over 20 years before developing SFQ.
- Came to the US after becoming an internationally certified qigong master.

Module 2 Overview

Title: Energy (Slides 10 – 13)

Time: 15 Minutes



- Since the work of Albert Einstein, physicists have recognized that our world, the entire universe, is composed of dynamic relationships of energy. Everything, from an inanimate rock or stream to a living being, is a form of energy.
- Energy cannot be created or destroyed, but it can only be transformed.
- We are energy beings.
- Energy is constantly being transformed.
- Unconditional love energy is the most powerful energy.
- Universal Love Energy is unconditional love, the purest form of energy. We are aligning ourselves with Universal energy so we resonate in harmony with the universe.
- The more you send out love energy, the more it comes back to you.
- We are transforming love energy to healing energy.
- Energy is energy. There is no “good” or “bad” energy.



Good Health Requires Balance Between Yin and Yang Energy



Yin: female, passive, spiritual, water, earth


Yang: male, active, physical, fire, sky

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- Everything is energy. The Chinese philosophy says that there are two kinds of energy “Yin and Yang.”
- Yin means something female, passive, and spiritual.
- Yang means something male, active, and physical.
- Examples of Yin would be woman, water, spiritual life, and earth.
- Examples of Yang would be man, fire, physical body, and sky.
- Both forms of energy come out from the emptiness and return to the emptiness. Yin energy cannot live without Yang energy, and Yang energy cannot live without Yin. In certain situations, Yin energy changes into Yang energy and Yang energy changes into Yin energy.
- The basis for good health relies on our being able to maintain Yin and Yang energies in a good balance. Either too much Yin or too much Yang will cause imbalance in the body. We call this imbalance “sickness.”
- When Yin and Yang are not in a good balance, a blockage will be formed in the body. Colds, arthritis, depression, and tumors are simply the symptoms of the imbalance of Yin and Yang. This blockage keeps energy from flowing freely in certain energy channels that run throughout the body to keep it fully functioning.

VIDEO-ENERGY

7 Minutes



SPRING FOREST QIGONG



Energy Video

Click to start Energy Video 12

The image shows a video player interface. At the top left is a circular logo with a yin-yang symbol and the text 'SPRING FOREST QIGONG'. The main area is a large white rectangle with a thin border, containing the text 'Energy Video' in the center. At the bottom right of this rectangle, there is a small text prompt 'Click to start Energy Video' and the number '12'. The background of the interface features a green gradient and a photograph of a pine tree.

- Show Energy Video



The Source of Healing Power and Joy

- Love
- Forgiveness
- Kindness

With Compassion



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- The power behind SFQ is love, forgiveness, kindness – all with compassion. Compassion is love in action.
- To heal yourself and help others heal, it is important to cultivate compassion and use it to express love, kindness and forgiveness

Module 3 Overview

Title: Sword Fingers (Slide 14 – 17)

Time: 45 Minutes



- You are the #1 healer of your own body, mind, and spirit.
- Helping heal others is simple but powerful.
- Introduce Sword Fingers to students as a simple technique to transform energy.
- Tell Lisa's story:

The woman on the slide whom Master Lin is using Sword Fingers is Lisa Overcash. She had been suffering not only from the symptoms of multiple sclerosis which included severe fatigue, burning pain, and confusion, but also from the side effects of the many drugs she had to take to treat MS. The interferon injections she had to give herself left her with horrible flu-like symptoms that made it hard for her to care for her children and have any kind of a normal life. Her father saw a flyer for the home qigong course and ordered it. After practicing for a while they went to see Master Lin for healings. Lisa had two healings a day for 4 days then took Spring Forest Qigong Level One and Two. By the time Lisa left Minnesota, she was off of all the oral drugs. When the side effects of the interferon grew intolerable, she stopped the injections of interferon. Lisa kept up her practice of qigong and her health continued to improve. Two years after she had been diagnosed with MS - much to the

amazement of her neurologist - her brain scans were normal and all symptoms had disappeared. Qigong changed her life from one of continuous misery to hope and joy.

- Learning Sword Fingers is easy. It takes less than 2 minutes to learn.
- Whether you use Qigong to heal yourself or to help others heal, the principles are the same.
- In Level 2 of SFQ, we focus more on helping others heal.

VIDEO-SWORD FINGERS

2 minutes



- Show Sword Finger video.
- Emphasize the visualizations.



Healing Process



- Use Sword Fingers to break up blockages
Visualize blocked energy changing into smoke
- Use hands (fingers open) to pull out excess energy as smoke
- Release extra energy into the universe
- Send healing, balancing energy back with palm

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- Sword Fingers is 3 simple steps – break up the blockage, remove the extra energy, and send healing energy to balance the body.
- Help students see the energy coming out of the fingertips – have them hold their Sword Fingers over a black object and slowly move their fingers around while squinting their eyes to see the light shoot from the fingertips.
- Help students feel the energy by holding one hand up and drawing slow circles with their Sword Fingers of other hand. Start with hands just a few inches apart and then have them move them further apart or place one hand under the table.
- Demonstrate the Sword Fingers technique by asking one or two people to come to the front of the class and have the class do Sword Fingers healing for them.
- Instruct students to practice Sword Fingers with a partner - they ask their partner where the discomfort is and then use the Sword Finger technique.
- Emphasize sending a positive message (“Do you feel better?”) at the end.

Typical issues:

- People may not see the light – you may have to adjust the light in the room or have them move their position, or you may have to find a dark surface for them. If they still can't see it, assure them that they will over time or they may feel it.
- People may not feel the energy coming from their hand. Reassure them that it will come with the consistent practice of qigong.
- The demo may not seem to work. People process energy differently. Have the person who has been worked on move around a bit. Let them know the energy can continue to move in the body; change can take time.



Tips for the Healing Process

- SFQ is signal healing, information healing, message healing. Put a message into the energy.
- When removing blockages from body parts that come in pairs - such as arms, legs, and feet - work on the better one first.
- Use Sword Fingers from the sides or back of the heart. Do not use Sword Fingers when working on the heart from the front.

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- SFQ is message healing. Don't say "20% healed" if you are not confident. Always say "100% healed."
- Work on the good (less blocked) side first.
- If you believe it, it works. If you don't believe it, it still works. If you believe it, it works better. You can tell a story of a student:

An older man asked a lot of questions during one of Master Lin's classes. Then at the end, he came up to Master Lin and said, "I have to tell you. I am a physicist and I don't believe any of this. I'm only taking it because my friend wanted me to." Master Lin told him to just give it a try and see what happens. The very next day at the end of the second class, he came up to Master Lin and said, "I cannot believe it. I was in an accident a few months ago and this qigong has done more for me in just a few days than all the other things I have done combined."

- You do not have to have been practicing SFQ for long time to help others heal.

FAQ's:

- Can I use this on my pets and plants? Yes.
- How long do I have to do this? It does not take very long; do it until it you feel it is right/complete.

Module 4 Overview

Title: The Mind/Visualization (Slide 18 – 34)

Time: 60 minutes



SPRING FOREST QIGONG

4 Key Elements of Spring Forest Qigong

- **Mind/Visualization**
- Breathing
- Posture & Body Movement
- Sound

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- Introduce 4 Elements of Spring Forest Qigong. 4 Elements of Spring Forest Qigong are applied to all the Spring Forest Qigong Active Exercises and meditations. First is Mind/Visualization.
- Visualizations of light with a message are healing.



The Mind

You choose how to think...

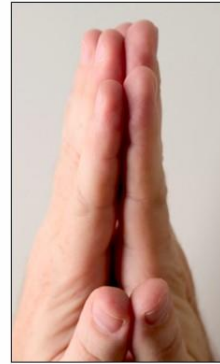
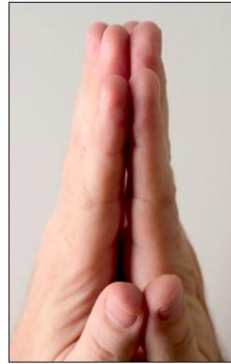
- Positive Attitude will bring positive energy
- Negative Attitude will bring negative energy

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- Our minds are very powerful.
- How we think and how we feel can affect energy flow in our body.
- Energy follows intention. Where the mind goes your energy flows.
- We impact our lives with how we think and choose to feel.



Finger Growing Game

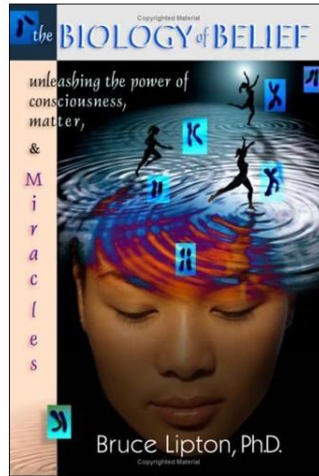


20

- Finger Growing Game is one of the easiest ways to experience the power of mind.
- You can grow or shorten your fingers with your mind.
- You can open your energy channels with your mind.
- Finger Growing Game Demonstrations:
 - Find the lines at the bottom of your hands.
 - Put your palms together, compare the length of fingers.
 - Raise the hand with shorter fingers above your head and rest the hand with the longer fingers on your lower stomach.
 - If the lengths of the fingers are the same, raise either hand.
 - Put smile on your face and close your eyes.
 - Repeat the message in your mind: “My fingers are growing longer, longer, longer...”
 - Say it to yourself with confidence.
 - Continue about one minute then compare the fingers again.
 - Your shorter fingers became longer! (If not, don’t worry).
 - Open your hands and say: “my fingers are back to normal.”
 - Compare your hands.
 - You can also shorten your fingers.

Typical Issues:


- Someone's hands don't change after the finger growing exercise – ask them to do it again at home and to teach it to children. When they relax more, they may experience it differently.




- **Dr. Bruce Lipton** is an internationally recognized authority in bridging science and spirit. Dr. Lipton began his scientific career as a cell biologist. In 1982, Dr. Lipton began examining the principles of quantum physics and how they might be integrated into his understanding of the cell's information processing systems. His research at Stanford University's School of Medicine, between 1987 and 1992, revealed that the environment, operating through the membrane, controlled the behavior and physiology of the cell, turning genes on and off. Two major scientific publications derived from these studies defined the molecular pathways connecting the mind and body.
- Similarly, the work of Dr. Bruce Lipton raises our awareness of the power of our beliefs, and the impact that those beliefs have on our health and our way of life.

VIDEO-BIOLOGY OF BELIEF

6 minutes



SPRING FOREST QIGONG



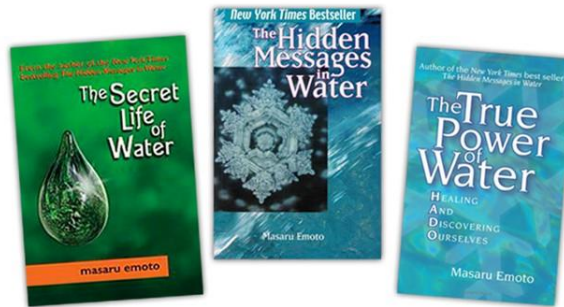
Bruce Lipton Video

Click to start Bruce Lipton Video 22

- Play the video.
- Dr. Lipton's work shows that we are not controlled by our genes.
- Our genes are blueprints only.
- Our cells are affected by our environment.
- Our perceptions and beliefs affect us physically, mentally and emotionally.



Masaru Emoto

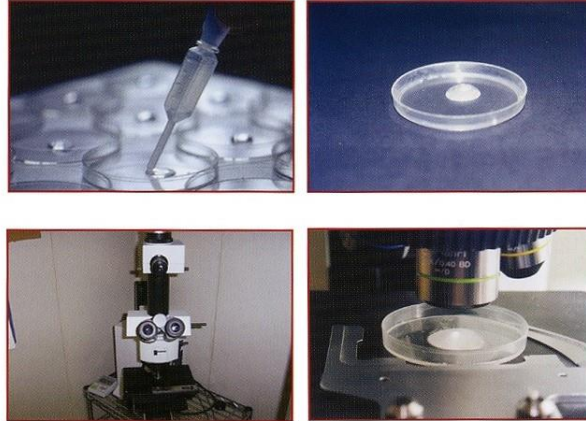


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- From Dr. Masaru Emoto's book, "The Hidden Messages from Water," we gain insight into how our affirmations or intentions set our energy in motion, either to create illness or to heal. This book documents groundbreaking research into the effect of human consciousness on water.



Masaru Emoto's Lab

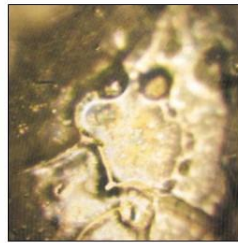


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- In his photographs, we can see how water quality is reflected in its crystalline structure and how the consciousness of water can be affected by exposure to pollution, words, music, photos, and even prayer.
- Dr. Emoto did his work by putting messages into water, freezing the water, then photographing the crystals at cold temperatures and very high magnification.



Affirmations / Intentions set energy in motion



Dam Water
Before Incantations

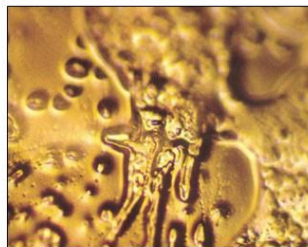


Dam Water
After Incantations

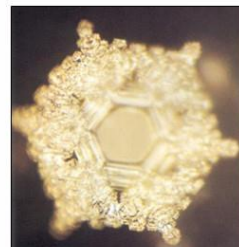
25



Affirmations / Intentions set energy in motion



Exposed to words
"I Will Kill You"



Exposed to words
"Love and Appreciation"

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- The consciousness of water can be affected by exposure to words, pollution, music and prayer.
- Dr. Emoto's work helps us gain insight into how our affirmations or intentions set our energy in motion, either to create illness or to heal.
- Our body is about 80% water. Reflect on how we choose to think can affect our body.



Active Exercises

Restore health & vitality and help with the healing process by:

- Removing blockages
- Balancing the body's energy
- Restoring energy flow

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- Active Exercises can help to open all the energy channels in our body and bring our energy back into balance. They will help us clear the blockages in our body and to develop both the physical and spiritual energy in our body so that we can heal physically, mentally, and spiritually.
- The purpose of these exercises is to bring our focus back into our body and awaken our internal energy. This will help to open all the energy channels in our body and help to remove any blockages by using our mind and moving our hands, feet, and body.
- The exercises also help us to develop our spiritual energy so that we heal ourselves physically, mentally and spiritually at the same time.
- As a result, we will discover our natural ability to heal ourselves. We will acquire the knowledge and the skills to continually strengthen our health, well-being, and mental outlook throughout our lifetime.
- Important Point: State the following disclaimer: " As with any exercise program we recommend consulting your doctor or health care professional before beginning this program."
- All SFQ exercises can be done standing, sitting or lying down.



The Password unites you with the universal energy

- I am in the Universe*
- The Universe is in my body
- The Universe and I combine together

* Universe, Unconditional Love, God's Love

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- The password helps us connect with the infinite healing energy of the universe. By opening ourselves to the universe, we become open to unlimited possibilities.
- Each SFQ Active Exercises practice begins with a password that connects us with the greater universe, or infinite source of unconditional love, of which we are all a part, and enables energy to pass between us and that greater universe.
- The password: “I am in the Universe; the Universe is in my body; the Universe and I combine together.”
- With these words, we bring the universal energy to balance the energy in our body. Once we open ourselves to the universe, the universal energy will give us whatever kind of energy our body needs. Whatever our body doesn't need will automatically go back to the universe.
- The precise words we use to refer to “the Universe” can vary to reflect our religious or spiritual traditions. We can use *Universe*, *Unconditional Love*, *God's Love*, etc. The important point is to select that which represents infinite power, peace, love and healing energy to us.



Call Upon the Master's Energy

- We draw upon energy greater than ourselves, such as the Universal energy and the energy of our Master.
- The Master is someone who has a purified energy, a strong energy, and for whom you have great respect.
- The Master is unique to each person: Universe, God, Jesus, Allah, Buddha, Mother Earth, Grandma, Grandpa...

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- Explain what it means to call upon the Master's energy.
- Our individual energy has a limit, but by calling on our Master's energy we draw from infinite healing energy of the Universe.
- The Master is someone or something that has a purified energy and for whom you have a high respect.



Maximize Results of Qigong

Remember:

Good, Better, Best!

Practice with others

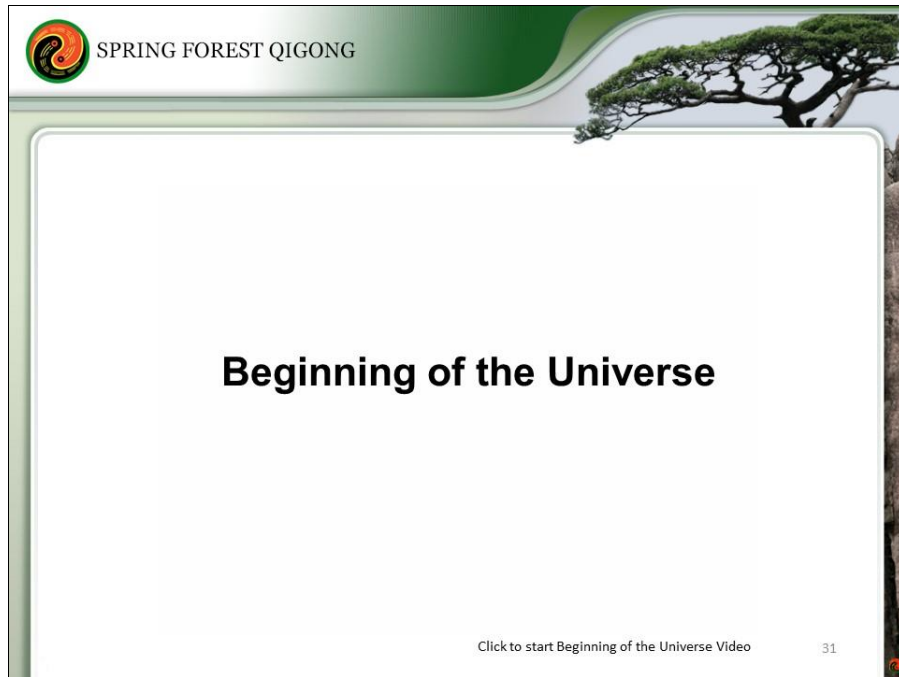
Practice consistently

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- There is no right or wrong in Spring Forest Qigong - only Good, Better, Best.
- The movements of Spring Forest Qigong are each designed to enhance the flow of energy in our body and bring it into balance. Do not worry about doing the movements or holding the hands perfectly.
- Concentrate on relaxing completely so that you can begin to sense the benefits of the motions. In other words, don't miss out on the good benefits by trying to do it perfectly. As you continue to practice, you will naturally get better and the benefits you receive will continue to grow.
- We highly recommend learning and practicing Spring Forest Qigong with friends and loved ones. The more people who come together to practice, the stronger the energy will be. The more powerful the energy will be and the more powerful the healing will be.
- Ensure you have consistency in your practice. Try practicing at the same time each day for the best results. Getting into a daily or weekly routine will help you continue to reap the benefits of a consistent practice.

VIDEO-BEGINNING OF THE UNIVERSE

2 minutes, 11 seconds

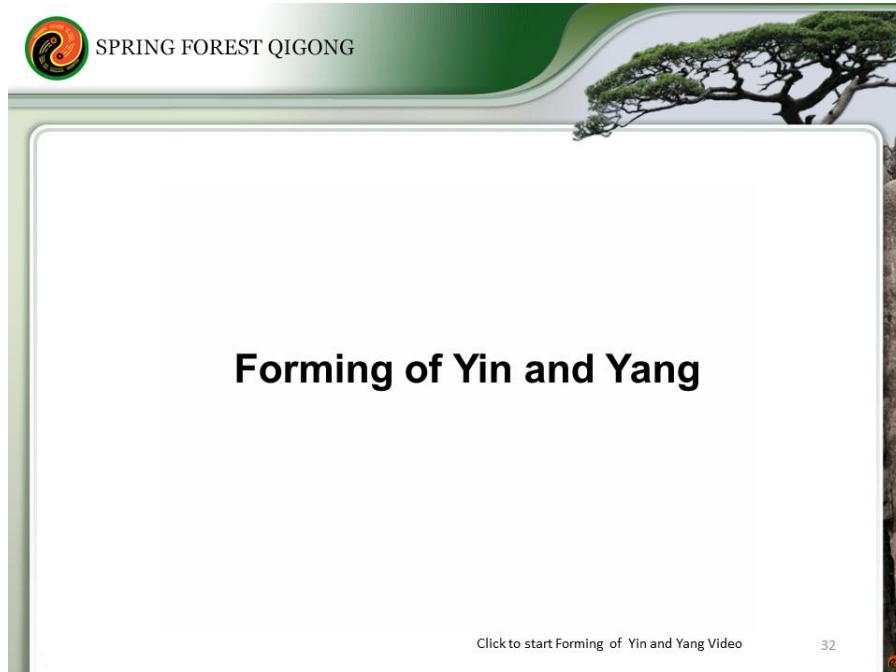


- Play the video which will help with visualizations.
- Demonstrate the movement then practice with students.
- Start the Active Exercise practice by bouncing.
- Bouncing helps to loosen the muscles, open energy channels, massage spine and relax your body.
- Bouncing:
 - Open feet hip width apart.
 - With both feet on the floor, start bouncing from the knees.
 - Breath in from your nose, breath out from your mouth.
 - After a few minutes, bring arms up over the head.
 - Relax wrists, so the hands bounce naturally with the body. Bouncing with arms up helps to open Lung Energy Channel, Heart Energy Channel, and Kidney Energy Channel.
 - Bring arms down and swing the shoulders side to side gently.
- Beginning of the Universe helps to bring your focus into your body and wake up the internal energy.

- Tongue against roof of mouth which acts as a switch connecting front and back channels.
- If standing:
 - Stand with feet a little more than shoulder width apart
 - Toes point forward
 - Knees slightly bent
 - Wear a smile to relax every part of the body – more endorphins
 - Draw chin back – spine straight and relaxed
 - Gaze forward and close your eyes
 - Open fingers
 - Drop shoulders
 - Elbows outward
 - Slow deep breaths through nose
 - Inhale: draw lower part of stomach in
 - Exhale: let your stomach out
 - Use whole body to breathe
 - Inhale: visualize universal energy coming into every cell of your body and collecting in lower dantian
 - Exhale: visualize blockages turning to smoke and leaving the body
 - Say password – feel emptiness, quietness and stillness of the universe
 - Call upon Masters energy

VIDEO-FORMING OF YIN & YANG

1 minute



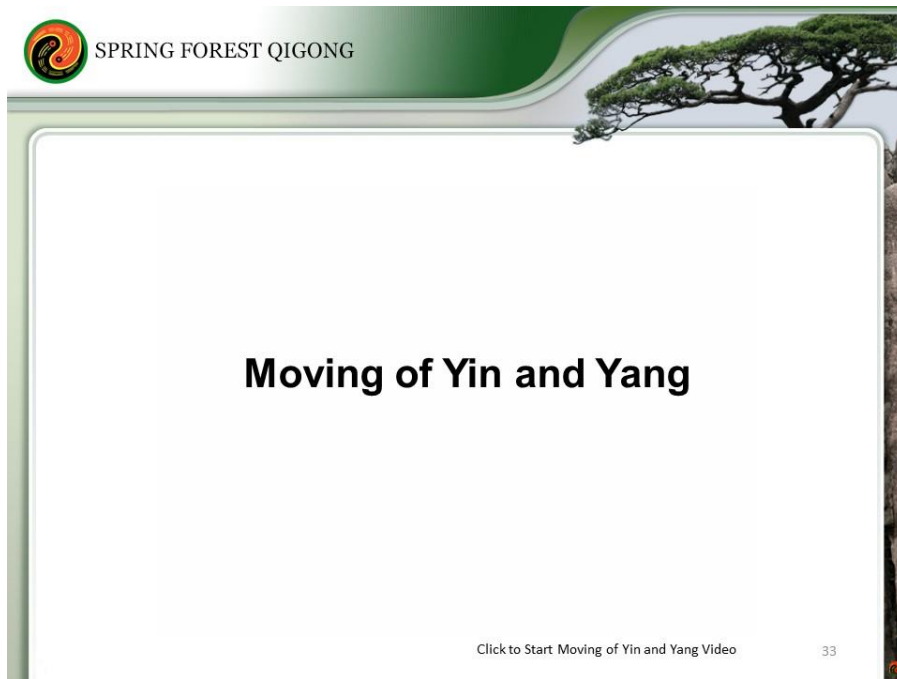
- Play the video which will help with visualizations.
- Demonstrate the movement then practice with students.
- The Forming of Yin and Yang will help rebalance the Yin & Yang energy.
- Forming of Yin and Yang:
 - Balance Yin and Yang energy in the body
 - Right hand in front of chest, left hand in front of lower dan tian
 - Palms face the central line of the body
 - Hands are not touching body (about 6 inches away from body)
 - Visualize an energy column in the center of body
 - Feel emptiness of the universe

Typical Issues:

- People don't see the column of light. Tell them just to say in their mind, "there is a beautiful column of light in the center of my body." Words and intentions direct energy. Even though they may not "see" it, the energy is there. Over time they may be able to see it.

VIDEO-MOVING OF YIN & YANG

1 minute, 20 seconds



- Play the video which will help with visualizations.
- Demonstrate the movement then practice with students.
- Fundamental exercise of SFQ.
- Balances and helps heal all internal organ, opens heart and aligns the spine.
- Begin with Forming of Yin and Yang.
- Right hand moves out and down to bottom of torso while your left hand moves in and up to your face. Hands move continuously in this circular pattern.
- While moving hands, visualize energy moves up and down in energy column.
- Feel the energy in your hand.
- Elbows guide the movements.
- 3 to 5 circle a minute or slower – slow movements = more energy.
- Fingers open.
- Try not to move your spine side to side.
- Show ending posture of Moving of Yin and Yang. For men, left hand inside. For women, right hand inside.



- Questions & Answers.
- Questions about experiencing the energy with tears, pain, difficulty moving, etc. Tell them it is the energy moving, their body is healing.
- Feeling dizzy. Have student sit down and open their eyes. Tell them to focus on the lower dantian and keep breathing.

Module 5 Overview

TITLE: Breathing (Slide 35 – 43)

TIME: 30 Minutes



SPRING FOREST QIGONG

4 Key Elements of Spring Forest Qigong

- Mind/Visualization
- **Breathing**
- Posture & Body Movement
- Sound

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- Breathing is the second key element of Spring Forest Qigong.
- Breathing is one of the most important vital functions of the body. We can live without food or water for days, but we cannot survive without breathing.
- Slow, deep, controlled breathing is a vital element of Spring Forest Qigong.



Lower Dantian

- Dantian is a Chinese word for “energy center”
- Your lower dantian is deep behind your navel

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- Take a moment to describe where the lower dantian is – deep behind the navel.
- Dantian is a Chinese word for “energy center.”
- Middle Dantian is located near the bottom of heart and Upper Dantian is located around the Third Eye area.
- Lower Dantian is connected to vitality of body.



Energy Breathing

- As you inhale through your nose:
 - Visualize energy coming in through your skin
 - Collect the energy in your lower dantian
 - Draw your lower stomach in slightly
- As you exhale through your nose:
 - Visualize pain and sickness changing into smoke and shooting out from every cell of your body to the ends of the universe
 - Relax your lower stomach

Energy Breathing is the most critical element of Spring Forest Qigong

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- In SFQ, we practice Energy Breathing.
- The purpose of Energy Breathing is to balance the Yin and Yang energies of the body.
- Inhale and exhale from your nose.
- Do not force your breath, let the breath flow effortlessly.
- Breathing through your skin.
- Inhale: visualize universal, unconditional love energy coming into your body, collecting in Lower Dantian.
- Exhale: visualize sickness or extra energy transforms into smoke, shooting out from every cell, going back to the ends of the universe.
- Joining Yin and Yang energy through breathing:
 - Inhale: draw your lower stomach in a little
 - Exhale: release your lower stomach
 - Upper part of body is Yang and energy of inhaling is Yin
 - Lower part of body is Yin and energy of exhaling is Yang
 - Through breathing, Yin and Yang energy is balanced



Energy Breathing



Inhale:

Draw stomach in, hold Yin energy in upper body, allowing it to mix with Yang energy



Exhale:

Relax lower stomach, allowing Yang energy to move down & mix with Yin energy

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- When you draw the stomach in, don't draw it in too hard. Just slightly pull it in. If you draw it in too hard, you are not relaxing yourself.
- Train your body gradually. Gently encourage deeper breathing. Good, Better, Best.
- People with asthma and other breathing problems can adapt their breathing as necessary.



Breathing

SLOW

Dogs	27 X/min	10-15 yrs
Tortoises	2-3 X/min	100+ yrs
Human	12-18 X/min	

DEEP

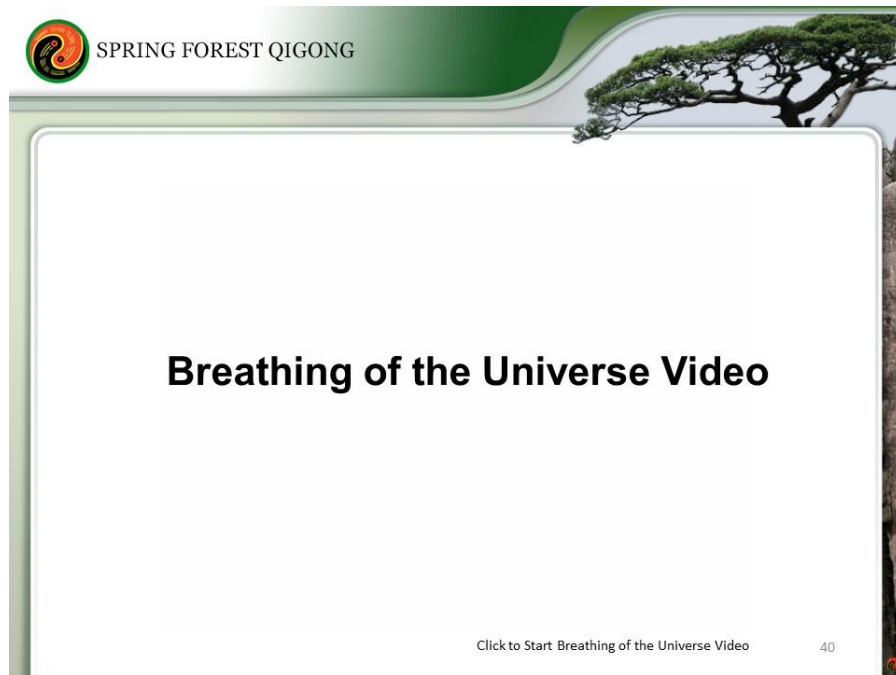
Inhale	Sympathetic nervous system
Exhale	Parasympathetic nervous system

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- Practice slow, deep, and gentle breathing.
- Medical science has found that people with fewer breaths per minute are generally healthier than those who breathe more rapidly. Looking at various living creatures, we can see a direct correlation between their rates of breathing and their expected life spans. Contrast the lifespan of a tortoise that lives over 100 years and breathes only two to three times a minute, with a dog that lives only 10-15 years and breathes 27 times a minute. Humans breathe an average of 17 times a minute with a corresponding range of life spans.
- Through breathing, we deliver energy to one of the most important systems in our bodies—the nervous system, which controls the messages and information traveling in our bodies. Blockages in the nervous system prevent messages from being delivered, creating problems. The nervous system consists of two parts; parasympathetic and sympathetic. When we inhale, energy goes to the sympathetic nervous system; when we exhale, energy reaches to the parasympathetic nervous system. Deeper breaths produce more energy for both nervous systems.

VIDEO-BREATHING OF THE UNIVERSE

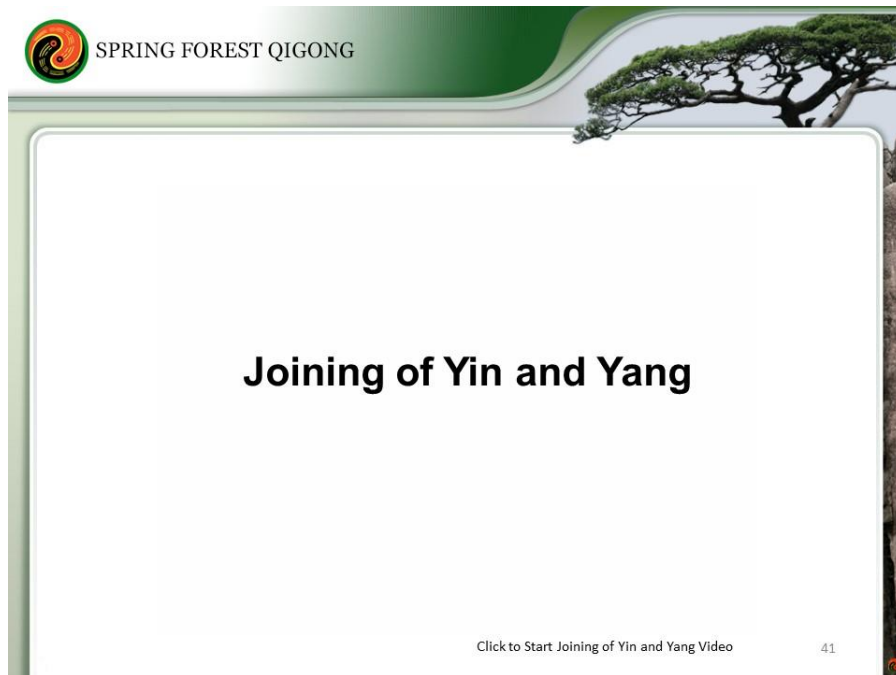
2 minutes



- Breathing of the Universe helps to heal the lungs and skin, and to balance energy inside and outside of the body. It is also beneficial for coughs, colds, allergies and skin problems.
- This video starts as Master Lin is completing the moving of Yin & Yang. He begins with both hands over the lower dantian area. Men position their left hand in and right hand out; women position their right hand in and left hand out.
- Demonstrate the movements and practice with students.
- Begin with hands facing each other in front of lower dantian with space between.
- Focus on lower dantian.
- Inhale: open hands to the sides, feeling expanding energy between your hands.
- Exhale: close your hands, feeling the resistance of energy.
- Hand and body feel the energy, elbows guide the movement.
- Hands do not touch each other.
- Use whole body to breath:
 - Inhale: visualize energy coming into the body gathering in lower dantian.
 - Exhale: imagine sickness turning torso air or smoke, shooting out of body, going back to the ends of the universe.

VIDEO-JOINING OF YIN & YANG

50 seconds



- Demonstrate the movement and practice with the students.
- Joining of Yin and Yang balances energy in the body and builds energy in the lower dantian.
- Hands come together around a ball of energy about the size of a volleyball.
- Imagine you are in that ball.
- Keep fingers open and keep palms facing each other.
- Begin rolling the ball by moving your hands from top to bottom and from bottom to top.
- Continue to roll the ball slowly.
- Imagine your body's energy is in the ball and being totally renewed.



Qigong Meditation

Guided Meditation for Focus Training



Self-Concentration Guided Meditation
by Master Chunyi Lin

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- Self-Concentration Meditation helps to heal the body and develop self-awareness by using mental concentration and controlled breathing.
- To begin sitting meditation, instruct students to sit in a chair with spine straight and feet flat on the floor.
- Place hands over the knees with palms up (for people with high blood pressure, high blood sugar, fever or headache, ask them to keep the palms down).
- Keep the fingers extended to prevent falling asleep.
- Listen to the music and simply follow along.



FAQ'S:

- How far do we pull the stomach in? Answer: Slightly – about ¼ inches or so.
- How is Energy Breathing different than yogic breathing? Answer: In energy breathing, you slightly pull your stomach in when inhaling, hold in through exhaling and then release the stomach.
- Why do we breathe this way as opposed to typical abdominal breathing? Answer: Energy Breathing balances Yin and Yang energies of the body.
- Do we have to combine the breathing with the movement? Answer: Good, Better, Best. It is best to coordinate breathing with the Breathing of the Universe. It is not necessary to coordinate breathing with Joining of Yin and Yang.
- Do I inhale and exhale through my nose? Answer: Yes for all Active Exercises, except for bouncing.
- Why do I put the tongue to the roof of the mouth? Answer: To connect the front and back channels.

Module 6 Overview

Title: Posture & Body Movement (Slides 44 – 69)

Time: 120 minutes+



- The third element of Spring Forest Qigong is Posture and Body Movement.



Posture and Body Movements

The position and posture of the body affects the flow of the energy in the body



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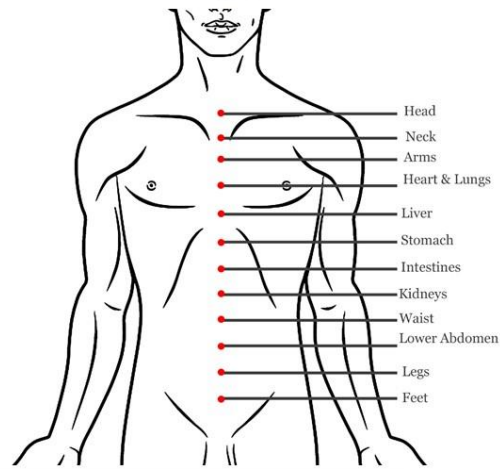
- Position, posture, and movement of the body affects the flow of energy in the body.
- Through practicing the movements of Active Exercises, we stimulate energy flow in our body.
- SFQ Active Exercise Review:
 - Important Point: State this Disclaimer: "As with any exercise program we recommend consulting your doctor or health care professional before beginning this program."
 - All SFQ exercises can be done standing, sitting or lying down.
 - Good, Better, Best concept – no right or wrong.
 - The slower the movement the more powerful the benefit.
 - All Active Exercise movements can be done separately or in any combination.
- SFQ Active Exercises Benefits Review:
 - Strengthens your physical energy.
 - Helps you open all energy channels in the body.
 - Helps you bring your Yin & Yang energy back into balance.
 - Helps you get rid of energy blockages.
 - Helps you develop your spiritual energy so that you can heal yourself physically, mentally and spiritually all at the same time.
 - Helps you to go into the Emptiness.

- Purposes of SFQ Active Exercises:
 - Each Active Exercise movement is designed to stimulate and enhance the flow of energy in your body.
 - Through simple and repetitive movements, SFQ Active Exercises give our conscious mind something simple and positive to focus on. This will help our Consciousness to connect with the Universal energy which will greatly enhance the energetic benefits you receive.



Energy Points

Body



Energy Points

Leg





- All major organs of the body have corresponding energy points in many areas of the body.
- Our body has many energy points.
- In Moving of Yin & Yang movement, for example, the energy points down the middle of the torso is stimulated by our hand movements.
- Opening hands opens six energy channels:
 - Thumb – Lungs
 - Index finger – Large Intestine
 - Middle finger – Heart (Pericardium)
 - Ring finger – Heart (Triple Heaters)
 - Little finger – Heart and Small Intestines
- An acupuncturist stimulates the energy points with a needle. In Spring Forest Qigong, we stimulate the energy points by movements.



Energy Channels / Meridians

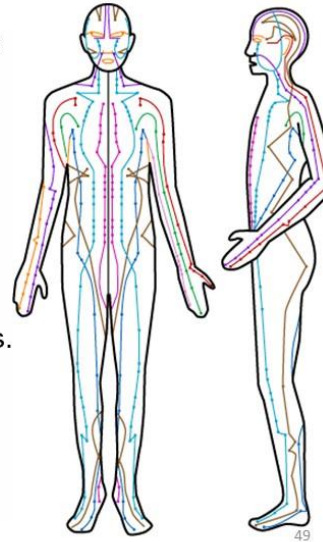
There are 20 channels in the body

12 main channels

8 reservoir channels

The front and back channels are the two most important reservoir channels.

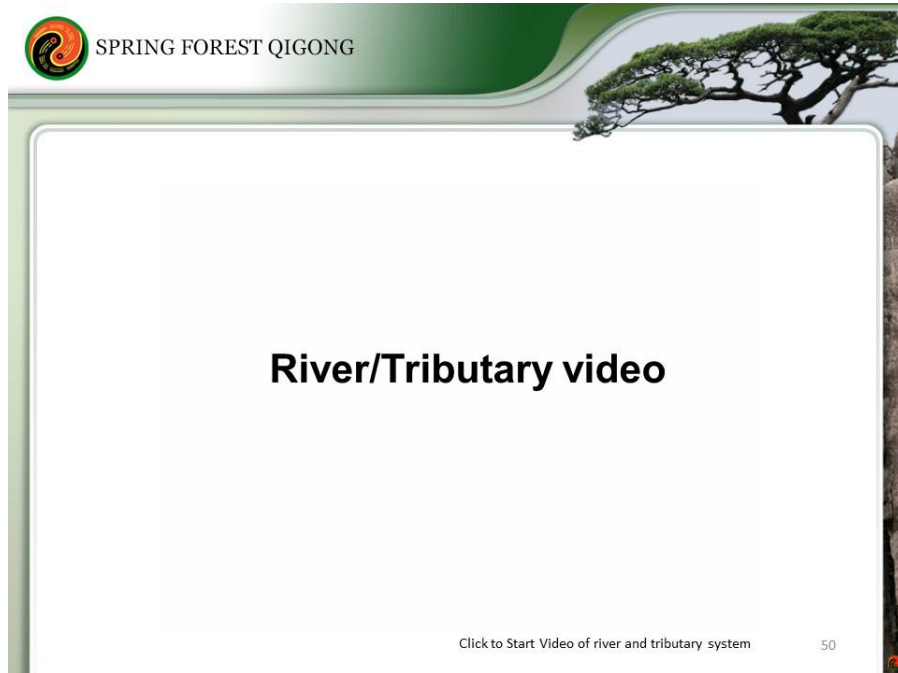
Blockages along the channels are related to illnesses in corresponding organs.



- Meridians: Energy flows through our bodies much like water flows in a river.
- Front and Back Energy Channels – one running down the middle of the torso, the other running up the back along the spine. All other channels work around these two main channels.
- We have 12 main meridians that carry energy to wherever energy is needed in the body, plus eight reservoir channels. Each channel serves a specific purpose.
- The main channels carry energy to wherever energy is needed in the body. Extra energy in the main channels flows to the reservoir channels. The body draws on energy in these reservoir channels when the main channels run low.
- Blockages in the main channels and reservoir channels prevent energy from getting to parts of the body that need energy. Body functioning slows down and we get sick.

VIDEO-TRIBUTARIES

1 minute, 18 seconds



- This video demonstrates how energy flows in the body much as water flows in a stream or river. This video has only sound and no word.
- Explain how energy is constantly flowing all around us, much as rain falls all over. Due to gravity and time and other factors the rain water will eventually make its way into a stream, then a river and ultimately into a larger body such as a lake or ocean.
- There is an image of the three dantians and energy flowing around Small Universe.



Blockages Stop the Flow

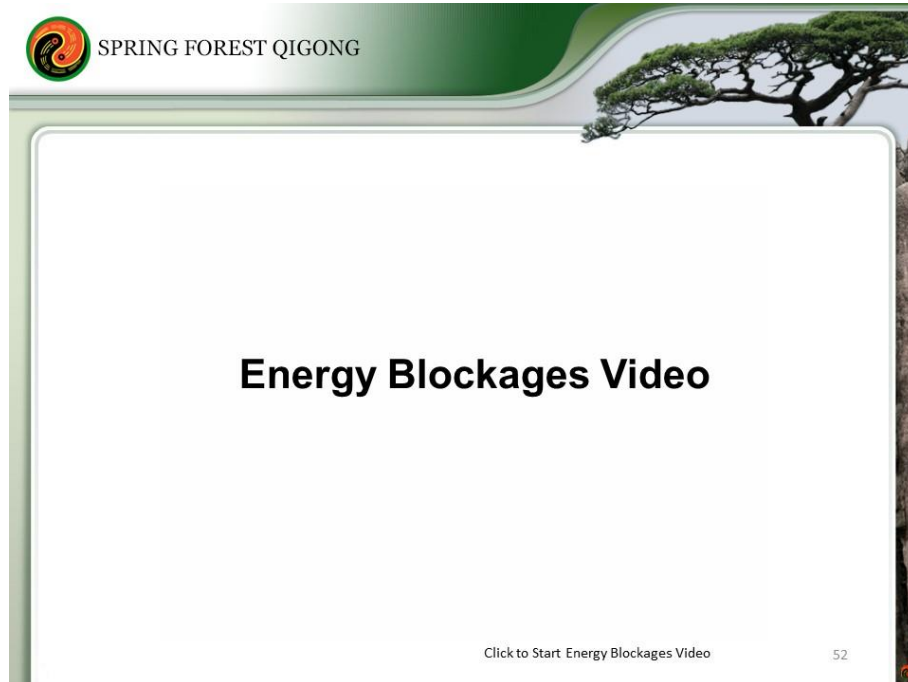


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- Energy blockages stop the flow of energy.
- Energy Blockages in the body lead to health problems – much as a blockage in a river causes flooding upstream and drought downstream.
- Remove the blockages and the energy will flow smoothly and balance will return, much as water returning to the confines of a river channel resolving flooding/drought issues.
- Spring Forest Qigong removes blockages and brings the body into balance.

VIDEO-ENERGY BLOCKAGES

6 minutes, 45 seconds



- Play the Energy Blockages Video.



Cause of Energy Blockages

- Emotions
- Nutrition
- Weather and Seasons
- Environment
- Wrong Medication
- Injuries

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- Causes of Energy Blockages
- Important Point: There is no good energy or bad. Blockages are caused by having too much or too little energy in given area. The terms “good” and “bad” might be used to describe the effect caused by the imbalance of energy but not the energy itself.
- Emotion:
 - Unbalanced emotion is the biggest cause of the energy blockages in the body.
 - Too much anger damages the liver energy.
 - Over-excitement and excessive happiness damage the heart energy.
 - Too much thinking damages the stomach and pancreas energy.
 - Sadness and depression damage the lung energy.
 - Fear damages the kidney energy.
 - Even too much of “good” emotion can cause damage.
 - Emotions can cause blockages and can remove blockages.
 - Stress can cause anger, anxiety, fear and other emotions that cause energy blockages.
 - SFQ practices with visualization and the healing sounds are powerful methods of stress reduction
- Nutrition:
 - The food we eat is a form of energy and affects our body.

- Unbalanced diet can cause energy blockages in a body.
 - Chinese have a saying “Eat to Heal.”
 - Eat locally produced food as much as possible.
 - Yin-Yang Water – help balancing energy, digestive system.
 - Honey – considered as a medicine in China.
 - In spring and summer - avoid eating too much deep fried and spicy food.
 - Stomach trouble – avoid acidic food.
 - Caring for heart – avoid sweet and eat spicy food.
 - Put healing energy into food.
 - SFQ maintains energy balance that you need to stay healthy.
- Weather/Seasons:
 - Change in the weather and seasons can cause energy blockages.
 - Spring: liver energy blockages.
 - Summer: heart energy blockages.
 - Fall: lung energy blockages.
 - Winter: kidney energy blockages.
 - SFQ can help to prepare for the changing season and weather.
 - Sleeping patterns with each season.
 - Try to avoid practicing Qigong outside when the weather is going through dramatic changes.
- Environment:
 - Pollution: air, water, sound, etc.
 - Chemical sensitivities, immune system dysfunction.
 - Feng Shui: study of Qi, energy from the earth, sun and moon.
 - Every object has its own frequency of energy.
 - Location and direction of the home can affect energy.
 - We can adjust the energy of the room by arranging furniture in an optimal location.
 - Example: don't place a mirror facing your bed.
 - Example: big tree in front of house.
 - SFQ practice will strengthen your magnetic field, so we can change the energy around us.

- Wrong Medication:
 - Wrong medicine can cause blockages in the body.
 - Side effects from the right medications can also affect our body.
 - The more medication a person takes the even more medication a person must take to counter balance the side effect.
 - SFQ practice has no harmful side effects.
 - SFQ works well with modern medicine. Many SFQ students have reported that practicing SFQ can result in needing less medication, getting off medication faster, recovering from surgery faster and with fewer complications and getting off medication entirely. (*Always consult with your doctor. DO NOT give medical advice!)

- Injuries:
 - Physical injuries can cause blockages in the body.
 - Injury in one part of body can lead to blockages in another part of body.
 - Injuries can also lead to negative emotions that create even more blockages.
 - When we suffer an injury, it is important to maintain the energy balance – SFQ practice can help.



Spring Forest Qigong Helps Restore Energy Flow



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- Spring Forest Qigong practice helps you remove energy blockage.s
- Just like the blockage in the river with flooding upstream and drought below, remove the blockage and the flow returns to a balance state – healing both problems.
- The entire focus of SFQ active exercises and meditations is to remove energy blockages, regain and maintain energy balance and enhance energy flow.
- Flowing, balanced energy is a must for optimal health, wellness & healing.



Spring Forest Qigong

- Removes blockages
- Balances your energy
- Restores flow for maximum healing

*This provides peak performance,
inner peace, harmony, and
happiness*

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- Spring Forest Qigong practices help to remove blockages, restore energy flow for optimal healing.
- Healing is not only physical. Healing is also mental, emotional, and spiritual.
- Optimal healing comes from balanced energy that is flowing freely, which is what Spring Forest Qigong practice helps you achieve and maintain.
- With optimal healing also comes: Inner Peace, Harmony, Happiness & Peak Performance
- Balanced energy has a positive effect on every single aspect of your life.



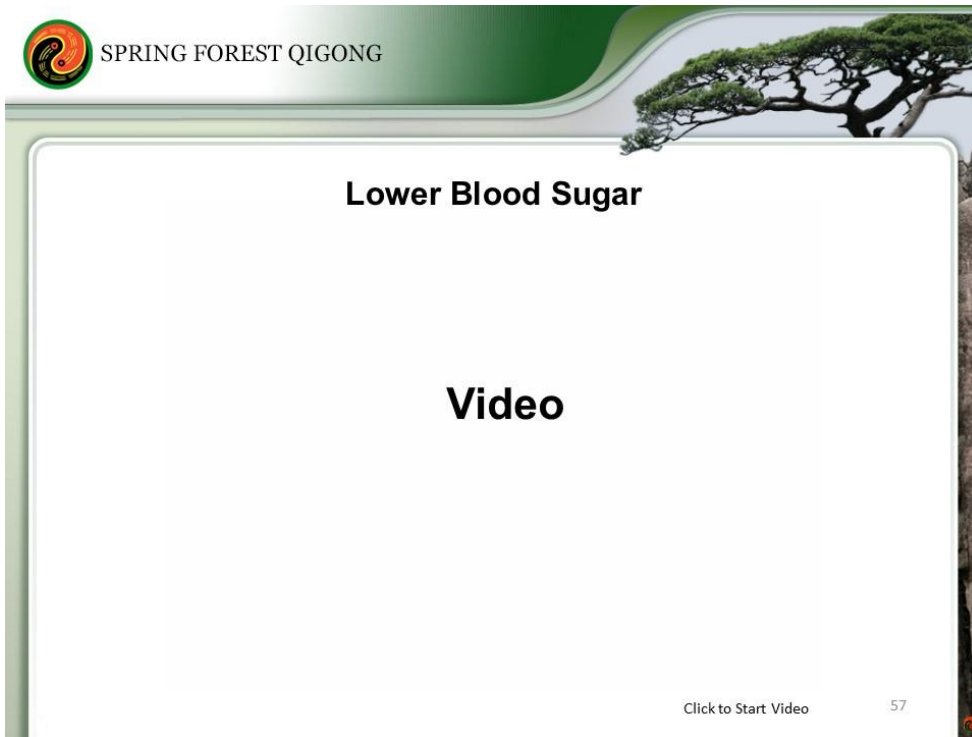
Simple Healing Techniques

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- Simple healing techniques can assist with specific issues.
- Emphasize that healing your body can be very easy.
- Recommend SFQ Level One for Health Manual and DVD and Head to Toe Healing book for more information.

VIDEO-LOWER BLOOD SUGAR

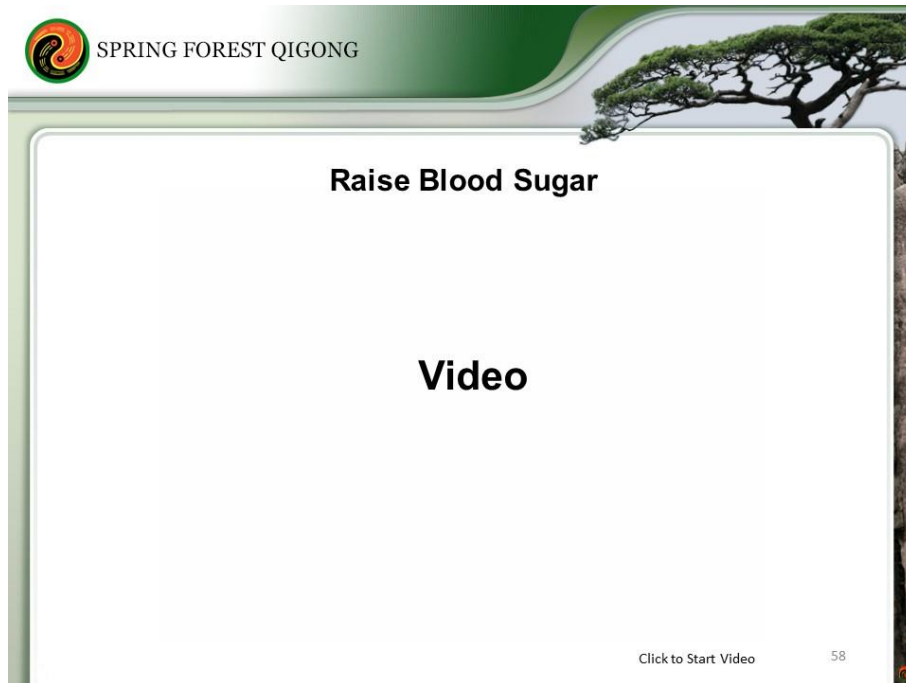
20 seconds



- Play Lower Blood Sugar Video.
- Lower Blood Sugar:
 - Massage downward on index finger and ring finger.
 - Send message in your mind, “Blood sugar down to normal. Completely healed.”
 - Do this for 3 to 5 minutes when possible. You can do it for 30 seconds or so at a time but, if so, try to do it several times that day.
- Student practice with your guidance and along with video.

VIDEO-RAISE BLOOD SUGAR

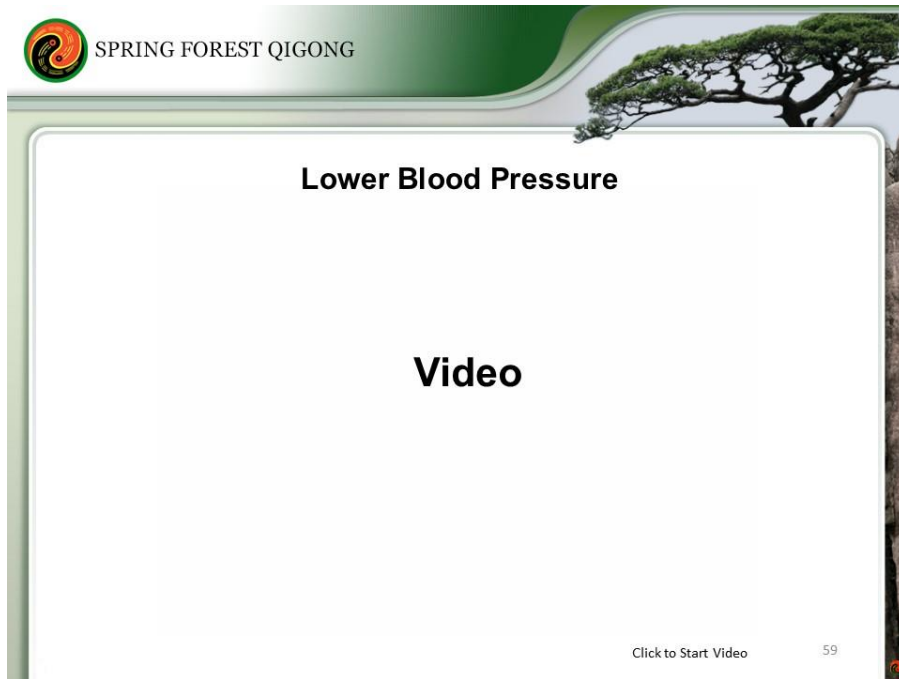
22 seconds



- Play Raise Blood Sugar Video.
- Raise Blood Sugar:
 - Massage upward on index finger and ring finger.
 - Send message in your mind, “Blood sugar up to normal. Completely healed.”
 - Do this for 3 to 5 minutes when possible. You can do it for 30 seconds or so at a time but, if so, try to do it several times that day.
- Student practice with your guidance and along with video.

VIDEO-LOWER BLOOD PRESSURE

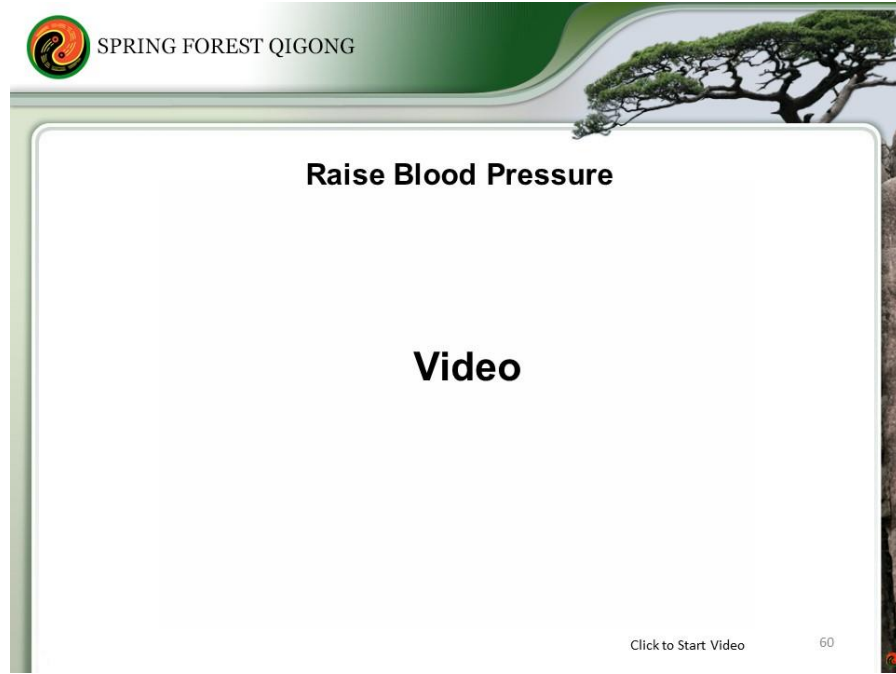
19 seconds



- Play Lower Blood Pressure video.
- Lower Blood Pressure:
 - Massage downward on middle finger and little finger.
 - Send message in your mind, “Blood pressure down to normal. Completely healed.”
 - Do this for 3 to 5 minutes when possible. You can do it for 30 seconds or so at a time but, if so, try to do it several times that day.
- Make point here about slow, gentle, deep breathing such as is directed in Small Universe guided meditation, has been proven in numerous studies to lower blood pressure – key is to slow your breathing to 10 breaths per minute or less for at least 15 minutes per day.
- The channels you are working with are Heart Energy Channels.
- Student practice with your guidance and along with video.

VIDEO-RAISE BLOOD PRESSURE

19 seconds



- Play Raise Blood Pressure video
- Raise Blood Pressure:
 - Massage upward on middle finger and little finger.
 - Send message in your mind, “Blood pressure up to normal. Completely healed.”
 - Do this for 3 to 5 minutes when possible. You can do it for 30 seconds or so at a time but, if so, try to do it several times that day.
- Student practice with your guidance and along with video.

VIDEO-INTERLOCKING FINGERS

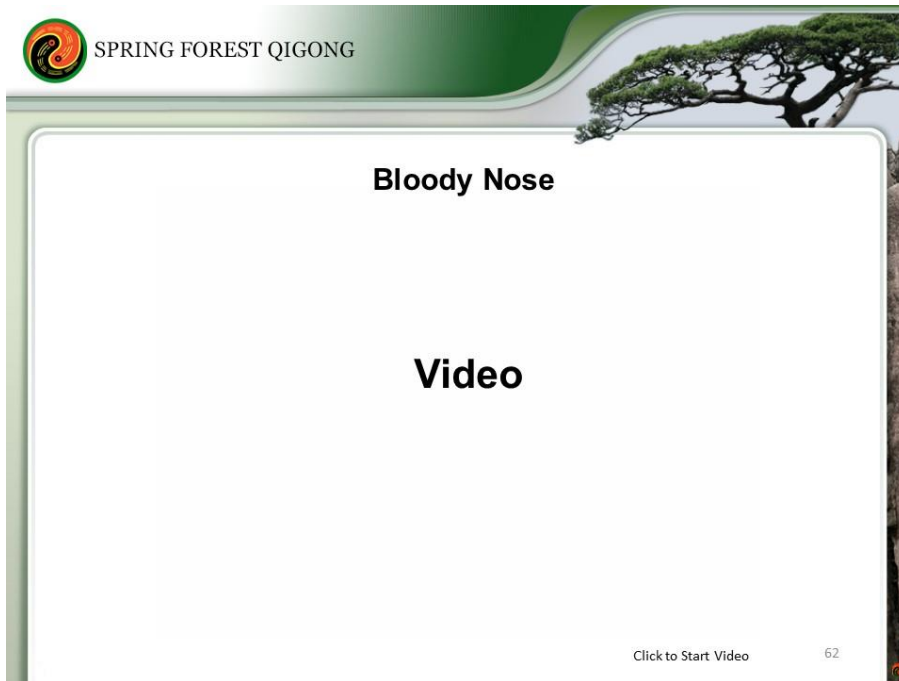
23 seconds



- Play Interlocking Fingers video.
- Interlocking Fingers:
 - Open your hands and interlock your fingers. Notice how it looks somewhat like your spinal column.
 - Move your hands back and forth while keeping your fingers interlocked. This movement can help with spine problems. As you are doing this movement, focus on your spine and you will notice a warm and perhaps tingling sensation.
 - Do this for 3 to 5 minutes when possible. You can do it for 30 seconds or so at a time but, if so, try to do it several times that day.
- Student practice with your guidance and along with video.

VIDEO-BLOODY NOSE

34 seconds



- Play Bloody Nose video.
- Stop Bloody Nose:
 - If blood is coming out of the right nostril raise the left hand up higher than your head.
 - If blood is coming out of the left nostril raise the right hand higher than your head.
 - If blood is coming out of both nostrils raise both hands higher than your head.
 - Hold until bleeding stops. Usually this will happen in a minute or so, often in a matter of seconds.
- Explain that because the energy channel leading to the head is so narrow energy can become stuck, raising the hands over the head forces the energy back down bringing balance. This is what stops the nose bleed. ** If this doesn't work and bleeding continues you should contact a doctor.
- In the video, Master Lin is pointing the side of nose where the nose bleed is occurring. He is not pressing the nose.
- Student practice with your guidance and along with video.

VIDEO-TAILBONE TAPPING

11 seconds



- Play Tailbone Tapping video.
- Tailbone Tapping:
 - Bend gently at the waist as you tip your head slightly forward.
 - Make a soft fist with your hands and tap the tailbone area repeatedly from the lower back to the tailbone, covering the sacrum area.
- Tap tailbone in a level that is comfortable for you, with open fist or cupped hand.
- If you can't reach your tailbone, simply intend that the energy will go there.
- Student practice with your guidance and along with video.



Tailbone Tapping

Tailbone tapping is a simple healing technique as well as a valuable tool to incorporate into your harvesting process. It can help:

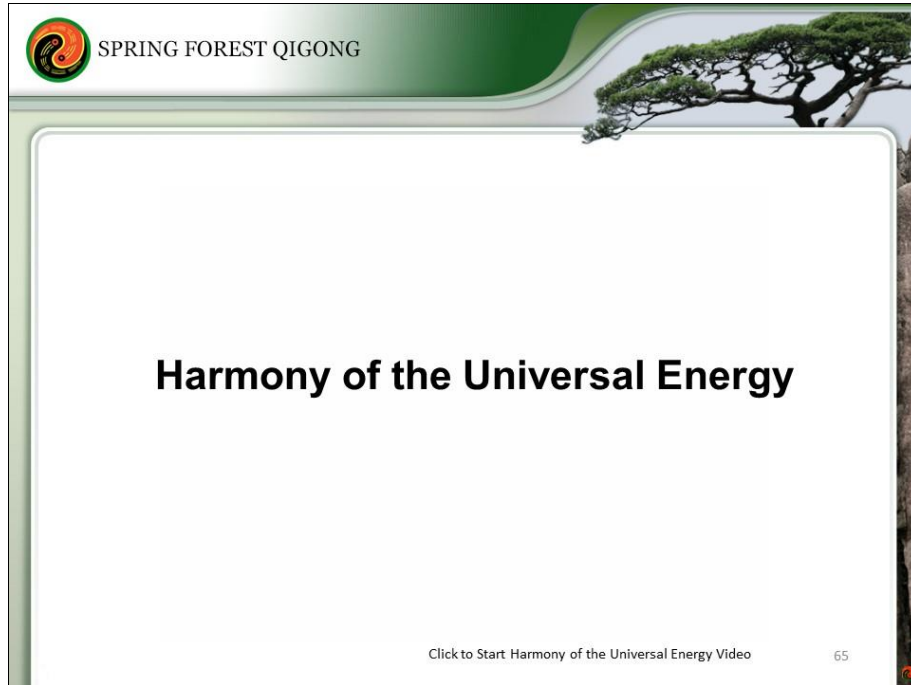
- Strengthen kidney energy
- Improve mental clarity
- Reduce headaches
- Heal reproductive organ issues
- Build vital life force energy

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- The tailbone is the gateway to vitality in the body.
- Tailbone Tapping helps with sexual energy, reproductive organ issues including infertility.
- It also helps with kidney energy and mental clarity.

VIDEO-HARMONY OF THE UNIVERSAL ENERGY

3 minutes, 28 seconds

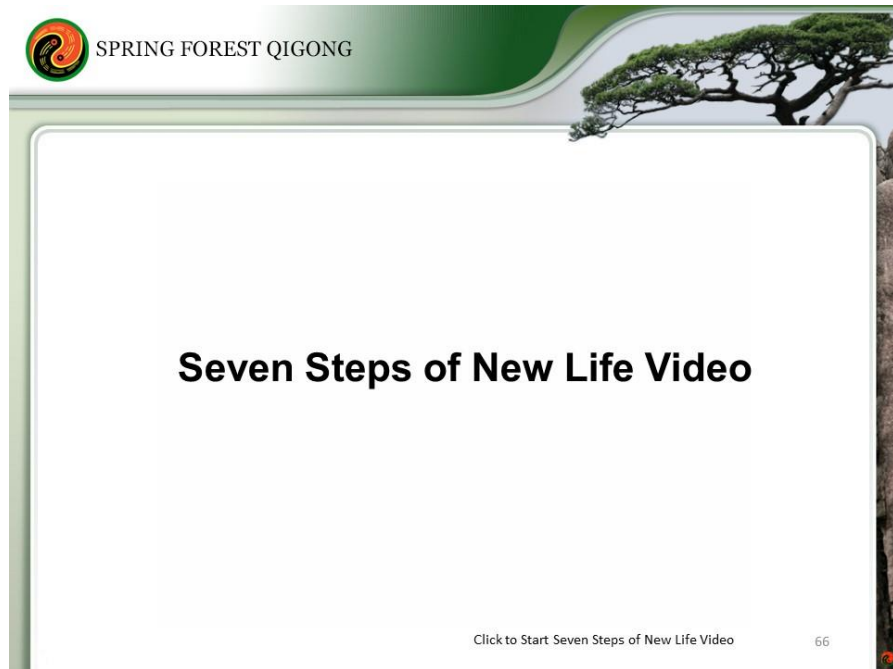


- You may play Harmony of Universal Energy video.
- Harmony of the Universe is not recommended for pregnant women in an advanced stage of pregnancy.
- Balances energy in left and right brain, advance spiritual energy, opens lungs, breasts, liver, spine, shoulders, low back and hips
- Harmony of the Universe:
 - Inhale:
 - Raise energy ball up in front of you and up over head.
 - Open hands and arms wide above head, palms up, head slightly up, receiving energy with your hands.
 - Hold breath:
 - Bring your hands together, closing your fingers.
 - Cover your head without touching your head.
 - Hold for three seconds.
 - Exhale:
 - Bring your hands down, passing the face.

- As the hands reach the chin, bring your palms together and continue moving your hands down until you come to your lower stomach.
 - Inhale:
 - Open your hands wide to the sides as in Breathing of the Universe.
 - Exhale:
 - Bring your hands in, collecting more energy.
 - Keep closing your hands until they pass each other, right hand over left.
 - Hold right hand over left elbow, palms face down, hands do not touch the elbows.
 - Inhale:
 - Lower head down and lean forward to the right until the head is over the right elbow without touching the elbow.
 - Exhale
 - Remain in this position.
 - Inhale:
 - Drawing the right hand up and to the right until your arm is straight.
 - The fingers of right hand point to the left with the palm facing down.
 - The left hand moves out pressing down to the left.
 - The fingers of left hand point to the right with the palm down.
 - Lean toward the right as you raise your left heel up pointing the toes.
 - Exhale:
 - Open the right hand, turn it facing down and smoothly move it down in a circle, as the left hand moves in until you are holding the energy ball between your hands once again.
 - Repeat the cycle, this time moving to your left.
 - Continue as many cycles as you like.
- Student practice with your guidance.

VIDEO-SEVEN STEPS OF NEW LIFE

2 minutes, 37 seconds



- You may play Seven Steps of New Life video.
- Seven Steps of New Life is not recommended for pregnant women.
- Improves balance, helpful for arthritis, cold hands, and cold feet, opens and clears all energy channels.
- Plunger technique: like a bellows, your draw energy into the body, collect it in your lower dantian and pump it throughout the entire body.
- Seven Steps to New Life:
 - Start with left leg, imagine using your whole body as a bellows for moving energy to seven levels:
 1. Navel
 2. Heart
 3. Shoulders
 4. Throat
 5. Nose
 6. Forehead
 7. Top of the Head
 - Inhale: visualize universal energy flowing into your body through every cell and collecting in the first level behind the navel.
 - Exhale: pushing the energy down to the toes.

- Inhale: drawing the energy from the toes up to the second level, the heart level.
- Exhale: pushing the energy down to the toes.
- Repeat this process multiple times through all the levels.
- Use your hands to guide the energy:
 - Inhale: move your hands up to the upper chest with your palms facing up.
 - Exhale: move your hands down to your lower torso with your palms facing down.
- Use your feet:
 - Inhale: lift your leg with the toes pointing to the ground.
 - Exhale: step forward to press your heel to the ground.
- Always start with your left leg and alternate through exercise.
- You may do as many rounds of the seven levels as you wish.
- Ending:
 - Inhale one more time and visualize energy flowing into your body and collecting in your lower dantian.
 - Exhale without focusing your mind on anything.
- Can be done standing still with both feet on the ground.
- Can be done walking.
- Student Practice with your guidance.



Harvesting of Qi

The ending exercise includes movements, cupping, and patting the body that assist with the following:

- Adjusting the energy in the body
- Helping the body heal
- Balancing your energy more quickly

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- Harvesting of Qi adjusts energy in the body.
- Helps gain back energy balance faster.
- Always completes practice session with Harvesting of Qi to bring you out of meditation.
- When practicing both Active Exercises and sitting meditation, always start with Active Exercises first then practice sitting meditation. Harvesting of Qi comes after you have completed both.
- Active Exercises prepare us for sitting meditation and will help deepen our meditation.
- Note: tailbone tapping is not shown in the harvesting of Qi video but Master Lin always includes it in his classes. The tailbone tapping video is shown in the previous section under “Simple Healing Techniques.” There is also a separate slide to cover benefits.
- Student practice with your guidance.

VIDEO-HARVESTING OF QI

5 minutes, 35 seconds



SPRING FOREST QIGONG



Harvesting Video

Click to Start Harvesting Video

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- You may play Harvesting of Qi video demonstration.
- Key Points to Harvesting of Qi:
 - For those parts coming in pairs, always start from left side, then right side.
 - Harvesting of Qi movements can be practiced separately and in any order.
 - Benefits of rubbing hands:
 - Helps bring you out of meditation.
 - Activates the energy in the hands.
 - Also, massage palm-to-palm and rub between fingers.
 - Interlacing fingers massages more points and opens channels that are located on the sides of the fingers.
 - Benefits of massaging your face:
 - Helps energy flow in your face.
 - Helps get rid of wrinkles and keep skin supple.
 - Benefits of combing your head:
 - Helps to ground the energy in the body – waking you up from meditation.

- Important point – make sure your fingers touch your scalp.
- Benefits of cupping your head:
 - Stimulates energy channels in head.
 - Important point – cupping done properly does not hurt – hitting does. Make sure hand is cupped – not flat.
- Benefits of massaging your ears:
 - Important point – massage the entire ear, massage top to bottom.
 - Important point – energy points affecting all energy channels in the body are located along the ears.
 - Massaging ears stimulates energy in all energy channels.
 - Important point – if you find an area that is sore continue massage to help remove blockages in the corresponding area of your body.
- Benefits of cupping arms:
 - Important points – cup top to bottom and first inside of arm, then outside of arm.
 - Opens channels in arms, especially the Lung Energy Channel.
 - Cupping or rubbing the arms is helpful with breathing and other lung related issues.
- Benefits of cupping torso:
 - Important point – cup top to bottom.
 - Opens all corresponding channels – especially beneficial to lymph system.
- Benefits of cupping your underarms/sides:
 - Cup top to bottom, from armpit to waist line.
 - Stimulates lung energy points.
 - Very helpful to breast health.
 - Benefits lymph system.
- Benefits of massage your stomach:
 - Stimulates organs in your lower abdomen and intestines.
 - Stimulates energy in your Lower Dantian.

- Benefits of cupping and massaging the kidneys:
 - Important point – bend over slightly to keep energy from going to head too much or too quickly.
 - Stimulates energy in the kidneys – very important as kidneys are the life force energy of the body.

- Benefits of circling the neck:
 - Important Point – when transitioning from cupping the kidneys,
 - ❖ Support kidneys with palms of hands.
 - ❖ Slowly straighten the body – raising head last.
 - Chin draws a horizontal circle – imagine a pencil pointing straight down from your chin drawing a circle on a piece of paper.
 - Left to right – then right to left, 6 to 9 circles.
 - Helps open the C7 – which is key to unlocking flow of energy in upper spine and especially the head.

- Benefits of dolphining the neck:
 - Helps open the C7 – which is key to unlocking flow of energy in upper spine and especially the head.
 - Important Point – you can think of this as drawing a vertical circle with your chin.
 - Do this 6 to 9 times.

- Benefits of dolphining your body:
 - Helps keep spine open and clear of blockages.
 - Benefits internal organs.
 - Support your kidneys with your hands.
 - Upper part of body moves forward first.
 - Bend knees and move them forward.
 - Extend stomach, chest and then head.
 - This is a subtle stretch of the spine.
 - Do this 6 to 9 times.

- Benefits of swinging your arms:
 - Helps align spine – as Master Lin said, “be your own chiropractor.”
 - Swing your arms in chest level, then waist level, 6 to 9 times each.
 - Keep palms down.
 - Keep head and hips still and facing forward – do not swing hips.
 - Be gentle – if you have any back pain, back problems and/or have never done a movement like this before

- Benefits of heel drop:
 - Important point – be gentle and come down slowly and gently.
 - If you are pregnant, avoid this movement.
 - Helps liver & kidney energy.
 - Helpful for cold hands and feet, constipation, insomnia.



FAQ's

- Are the points in Seven Steps of New Life related to the chakras? Answer: No, they are simply levels in the body that you visualize the energy moving to.
- How long will it take to lower my blood pressure by massaging the middle and little fingers – one time or will it take days? Answer: You might check the blood pressure, then do the massaging for ten minutes and then check it again. You may see good results right away. Routine use of this technique could help maintain a good blood pressure and reduce the need for medication. Check with your doctor before changing your medication dosage.
- Can I massage my fingers to lower cholesterol? Answer: Yes, you massage the middle and little fingers down sending the message, cholesterol down to normal.
- What if I can't reach my tailbone? How hard to I pat the tailbone? Do I pat the tailbone directly or next to the spine? Answer: It doesn't matter if you can't reach the tailbone. The energy will get there. Just pat the tailbone at the level you feel comfortable. You can pat the tailbone directly with an open fist or cupped hand.

Module 7 Overview

Title: Sound (Slide 70 – 78)

Time: 45 Minutes



SPRING FOREST QIGONG

4 Key Elements of Spring Forest Qigong

- Mind/Visualization
- Breathing
- Posture & Body Movement
- **Sound**

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- The fourth element of Spring Forest Qigong is Sound.
- Sound is energy.



Sound

Sound is Energy

The Vibration of Sound

- Different sounds have different effects on organs
- Use chanting to balance energy
- You can use chants from Ancient wisdom, such as:
 - Buddhist 6 word chant
 - Taoist 6 word chant
 - Amen
 - Yoga mantras

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- From ancient times to today, people the world over have been using chanting to clear energy blockages in the body.
- Different sounds affect different organs of the body.
- Sound is energy and can be used for healing.
- In Spring Forest Qigong Small Universe Meditation, we use two sounds: “OOHM” and “MUAH.”



Six Word Chant

ONG MA LEE BAE MAE HONG

- ONG (eyes, ears, nose and head problems)
- MA LEE (throat, shoulders, elbows, heart, lungs)
- BAE MAE (spine, back, kidneys, stomach, intestines)
- HONG (joints of the body and legs)

Page 81 in "Born a Healer"

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- Invite the students to chant the sounds with you.
- Play the Six Word Chant recording and chant along.



Qigong Meditation

- Role of meditation in Qigong
- Results of meditation
- How to meditate

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- Qigong meditation can help to open energy channels by developing mental concentration and controlled breathing.
- Qigong meditation can help to balance your emotions.
- You can practice Qigong meditation sitting, standing or lying down.
- In whatever position that you practice meditation, it is important to keep your spine straight and relaxed. Consider using pillows to help you with your sitting posture whether you are in a chair or on the floor.
- Even if you are lying down you will want to keep your spine as straight as you can. Energy flows better that way.
- Keep your shoulders relaxed. When you are stressed and tense, it is natural for your shoulders to creep up toward your ears. By consciously keeping your shoulders down, you can stay relaxed during the meditation and you can go deeper into the quietness, stillness and emptiness.
- How you hold your hands in meditation affects the energy flow.
- Keep your hands open, fingers extended and palms facing up. This helps the energy flow in and out of the body easily. However, if you have high blood pressure, high blood sugar or fever, it is better to keep your palms facing down.
- You can also connect the tips of your thumb and index finger as you may have seen in some meditation poses. This helps to hold the energy in your body.

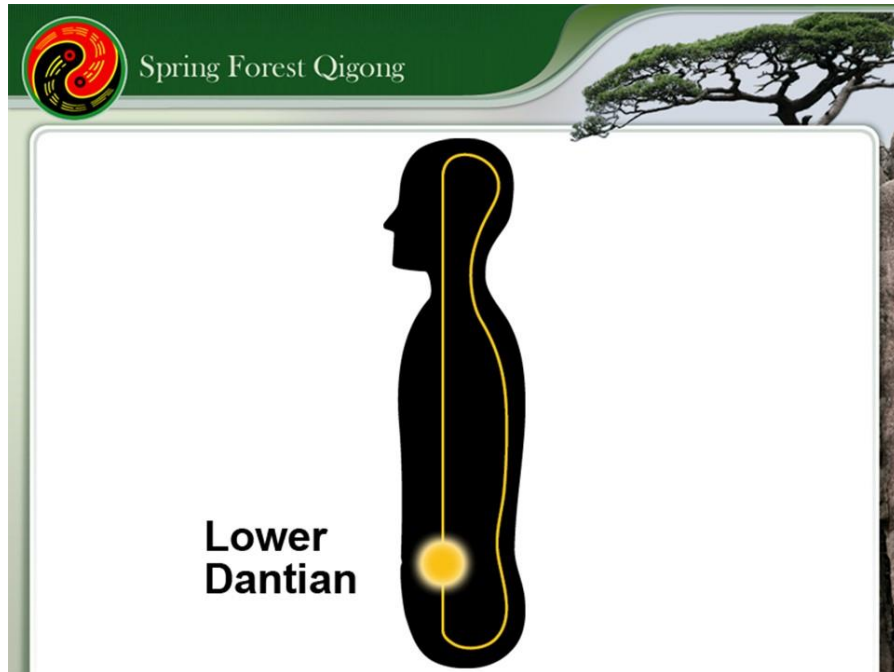


Small Universe Meditation

The Power of Sounds

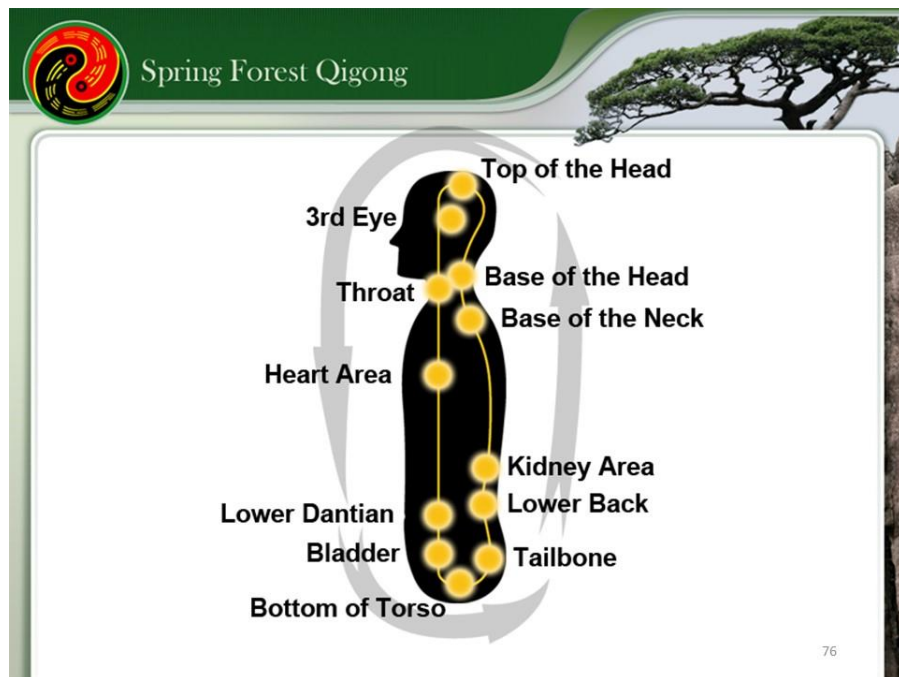
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- Small Universe Meditation is a powerful meditation that utilizes the power of sound to open energy points along the front energy channel and back channel of the body, which are the two most important channels.
- In this meditation, we use two sounds: “o-o-h-m” and “m-u-a-a-h”. These sounds have powerful energy signals that reach deep into the body.
- Most of the important energy centers run along the front and back channels. According to Chinese medicine, if a person keeps these two channels open, the body will be healthy and have no energy blockages.
- The Small Universe meditation helps to cultivate internal qi, strengthen your qi as well as open energy centers and transform energy blockages.
- Practice Small Universe Meditation every day, even for a few minutes.
- Once you have learned and experienced the Small Universe Meditation, you can practice with Small Universe guided meditation CD, with any music, or in silence.



- This slide will show all the Small Universe points. Each time you click or move “next” the presentation will move forward to the next point in the Small Universe. You can practice the chant on each point before you practice the meditation.
- 12 points along front and back energy channels – all the important energy centers in the body.
 - Lower Dantian
 - Bladder
 - Bottom of Torso
 - Tailbone
 - Lower Back
 - Kidney
 - Spinal Cord of Neck (C7)
 - Base of Head
 - Top of Head
 - Forehead (Third Eye)
 - Throat
 - Heart
 - Lower Dantian
- Starts and ends at lower dantian.
- “Oohm” and “Muah” sounds.

- Inhale: visualize Master's energy and Universal energy radiating into an area of the body.
- Exhale: move the energy to next point.
- Continue to move the energy through Small Universe for as many rounds as you want.
- Ending:
 - Bring energy back at lower dantian.
 - Visualize the energy as a ball spinning clockwise at the lower dantian.
 - The energy ball gets smaller and smaller, brighter and brighter, finally changing into an energy pill that hides deep in behind the navel.
 - Take three deep gentle breaths.
 - Rub your hand and massage your face (Harvesting of Qi).



- This slide shows all points for Small Universe.



Small Universe Meditation Practice

Preparation



Meditation (30 Minutes)



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- Play the Small Universe meditation and then discuss with the class.
- During the meditation, go around the class and send healing energy to the students.

Typical Issues:

- Losing place in small universe.
- Not being able to follow the rhythm of the breathing of the Small Universe.
- Not understanding generational energy in the small universe.



FAQ'S:

- What do you do when you lose your place in Small Universe? Answer: Start with whatever point pops into your head or go back to lower dantian.
- Do you have to practice the 6 Word Chant every day? Answer: Good, Better, Best. Can sing it in the car or shower. Don't have to use the CD. Can just chant one sound.
- In Small Universe meditation, how do you move the breath with the sound at each point? Answer: Inhale with each sound and exhale and move the energy to the next point in between sounds.
- Do you have to do the entire Harvesting of Qi after Small Universe meditation? Answer: No, you can simply rub your hands and massage your face.
- Do you have to do the Harvesting of Qi after the Active Exercises before doing the Small Universe? Answer: No.
- Is the Small Universe the same as the microcosmic orbit? Answer: Yes.
- Is it better to do Small Universe with Master Lin's voice on the recording or on my own? Answer: When you listen to the recording with Master Lin's voice, you benefit from the vibration of his voice. You can also benefit when you are doing it on your own.

Module 8 Overview

Title: Summary & Wrap Up (Slide 79 – 83)

Time: 30 Minutes



SPRING FOREST QIGONG

Embrace the 3 Principles of Spring Forest Qigong



Go into the emptiness



Keep it simple



Use your consciousness

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- The Three Principles of Spring Forest Qigong will help your practice to become more successful.
- Going into the Emptiness:
 - Everything is from the emptiness and will go back to emptiness.
 - Emptiness: is a place of perfect peace, pure energy, oneness.
 - Sleeping is natural Qigong.
 - In the emptiness healing occurs.
 - Go into emptiness through meditation.
 - With SFQ practice, you can stay in the emptiness longer.
- Keep it Simple:
 - Qigong is simple.
 - Opening channels and balancing energy is very easy.
 - Opening fingers opens six energy channels.
 - You do not need complicated movements to open channels.
 - Simple is more powerful and effective.
- Use your Consciousness:

- Consciousness is not the same as Conscious Mind.
- Through SFQ, you can use your conscious mind to open up to your consciousness, which is the infinite part of you.
- Positive thoughts direct energy in positive ways.
- Your body is acting as a guide, sending you messages.
- View your life and body in positive ways.
- Soul Purpose/Intentions help direct energy.



The Source of Healing Power

LOVE



FORGIVENESS



KINDNESS



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- The Source of Healing Power: Unconditional Love, Forgiveness and Kindness with Compassion.
- In allowing love, forgiveness and kindness to be part of our daily lives, we open ourselves to the energy that makes each of us a powerful and loving healer.
- Life is for happiness – for you, your family, community, country, the whole world.



Cultivating Healing Power & Joy

- Do more good deeds for others and society
- Love people
- Forgive others
- Be flexible

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- The more you give, the more you will receive. Happiness is gained by giving your love and forgiveness to others.
- Do more good deeds for others to fill your heart with happiness.
- Love people to experience the joy of living in this world, despite its ups and downs.
- Forgive others to purify your own energy and allow them the chance to purify their energy.
- Forgiveness must also extend to yourself. It's usually easier to forgive others than to forgive ourselves which is why so many people experience depression. For example, when a person has done something very bad to a friend, all the good memories the friend has had are destroyed. Only hatred or sadness remains. Then, the person who hurt his or her friend feels sad and guilty. Without forgiveness for oneself, depression and sickness set in.
- Be flexible. Whatever will be will be. Changes and transformations are happening every moment in every aspect of our lives. No one could live with one pattern all of their life. Release any stubbornness and you will find it easier to deal with everyday changes. If one path closes to you, another will open. Just be open to seeing it, and take it.



Six Keys to Success in Healing Yourself & in Helping Others to Heal Themselves

- Faith
- Confidence
- Calling upon Master's energy
- Visualization
- Focus
- Consistency

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- Faith:
 - Life: material life and spiritual life – we need both.
 - Most sickness starts in spiritual life then manifests physically.
 - Trust your soul and the universal energy and believe in yourself.
 - Healers can only help facilitate healing.
 - Have faith and be guided.
 - Faith can give you courage.
 - You don't have to believe in Qigong, but have faith to try.

- Confidence:
 - Regard your sickness as your teacher and your friend.
 - Sickness is a positive warning.
 - Everyone was born a healer.
 - Have faith that you will get well.
 - Don't give up – keep practicing.
 - Do good deeds for others – helps in building confidence.

- Call upon Master's Energy:
 - Before you practice SFQ, call upon your master's energy.
 - Draw from a bigger energy source: the universal energy, the master's energy.
 - Master is someone/something with purified energy, strong healing energy.
 - Master is someone you have very high respect for.

- Master can be: spiritual teacher, religious figures, gods, grandmother, animals, plants, etc.
- Call upon your master's energy with the intention of your mind – calm your mind and relax yourself.
- Tune into master's energy – like radio.
- You can call on more than one master.
- You must do it for a good purpose.
- Trust in your master's energy.

- Visualization:
 - Visualization can enhance meditation and healing.
 - Visualization is energy.
 - You can visualize anything that helps you.
 - Visualization in Energy Breathing, Forming of Yin and Yang, etc.

- Focus:
 - Focus on feeling – “Feel It.”
 - Focus on relaxing body – don't concentrate so hard.
 - Let go of expectation.
 - During meditation, focus on one point in body such as lower dantian.
 - Do not focus on pain, sickness and symptoms.
 - Focus on intention and messages.

- Consistency:
 - For best results, practice movements and meditation every day at the same time.
 - The more consistent your practice, the greater the results.
 - You can practice SFQ anywhere – you can simply focus on the breathing.
 - Practice any amount of time you have. Bring Qigong into your daily life. Make every moment a Qigong moment.
 - Stay with one form of Qigong for a long time.
 - At first your energy container may be small and fills up quickly.
 - As you practice more, your energy container may grow bigger and take longer to fill up, in which case you may not feel energy as strongly.
 - Continue your practice to go to a higher level.



- Help students design a realistic action plan.
- Re-thinking your lifestyle: examine your lifestyle to reveal any practices or patterns that may be creating unnecessary blockages and take steps to change those routines and practices.
- Practicing Spring Forest Qigong exercises and meditations: practice the Active Exercises and/or one of the Qigong meditations consistently; daily if you can, even if it is for short amounts of time, whether it is for five minutes, ten minutes, thirty minutes or sixty minutes. You can add more time to your practice sessions as you feel comfortable. Eventually you may want to practice the exercises for 30 minutes and practice a meditation for 30 minutes. The more you practice, the more your energy channels will open. Do what you can with joy!
- Pick the best times that work for you. Usually the best times for active exercises are in the morning and early evening. The best times for the sitting meditations are in the morning, at noon, and in late evening around midnight because the energy at these times is more balanced, however, the perfect time is anytime that you can work your practice into your daily schedule.
- Start simply. You can practice one or two exercises and a meditation that will benefit your situation most effectively and make it part of your regular routine. Or, if you prefer, you can practice all of the Level One Exercises by following the Level One for Health DVD. Follow the exercise practice with a meditation if you can. The more you practice, the greater the benefit!
- Remember the power of faith, positive thoughts and positive visualization.
- Whenever possible, tap into the increased energy available by practicing Spring Forest Qigong with others. Relax and don't worry about achieving perfection.
- Use SFQ resources that are available:
 - Enroll in 100 days of Qigong.
 - Find your local SFQ Practice Group.
 - Healing Circle and Practice Group at SFQ Wellness Center.
 - Use SFQ Level One for Health Fundamentals material as a practice and study guide.
 - SFQ advanced classes and retreats.

- Join SFQ and Master Lin's Facebook pages.
- Healing Connection.
- SFQ Open Community Meetings (videos available online).
- There is no wrong way, only good, better, best!

FAQ'S:

- How do you quiet your mind during meditation? Answer: You can focus on your breath, focus on one object (inside your body is best). If you have a thought, just let it go (don't follow). As you practice more, the mind chatter decreases and it is easier to quiet your mind.
- Problems with forgiveness? Answer: Forgiveness is the gift you give yourself. If you cannot forgive yourself or others, follow Master Lin's example: pretend to forgive!
- How often and what exercises do I need do? Answer: It is best to do active exercises every day. You can focus on one exercise if you would like. For example: if you are working on a specific issue such as lung issues, you might like to practice Breathing of the Universe; or if you have cold hands and cold feet you can practice the Seven Steps of New Life. You can also practice all of the movements.
- Do I need to do both active exercises and sitting meditation each day? Answer: If you have physical issues, do more active exercises. If you want to increase your spiritual development, practice sitting meditation. Active exercises prepare the body for sitting meditation. It is very beneficial to do both, but you can do just one or the other. Energy balance is the key.
- How long do I have to wait before taking levels 2, 3, and 4? Answer: Students can take Level 2 immediately after taking Level 1. It is recommended to wait approximately 3 months between Levels 2 and 3. It is recommended to wait approximately 3 months between Levels 3 and 4. This gives you time to practice and increase your vibrational energy. Of course, each individual is unique in their development.

Try not to end the class with Q & A. If you have an extra time, guide students into a short meditation.