

氣功

Tai Chi QiGong
Shibashi Level 1

Instruction Manual

“Smile, breathe and go slowly.”

Thich Nhat Hanh

TO THE DIVINE SPIRIT IN EACH OF US

This manual is dedicated to You.

I am privileged to share with you the first edition of the Tai Chi QiGong Shibashi Level 1 instruction manual. Use it to restore your health and revitalize your energy. QiGong (pronounced chee kung) is a practice of aligning breath, movement, and awareness for exercise, healing, and meditation. From a philosophical perspective QiGong is believed to help develop human potential, allow access to higher realms of awareness, and awaken one's "true nature."

My hope is to support you on your journey of health and well-being while awakening your deepest human potential.

This manual is intended to supplement individual training by QiGongOasis and to serve as a reference guide for the classes.

I wish you well in your QiGong practice and in all that you do.

Peace...

Namaste

Suzie

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I - Opening Position (Wuji Stance)



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Stand with your feet well-planted, shoulder-width apart and parallel on the floor

Toes pointing to the front

Ground yourself in bringing your attention to your feet

Keep your body as still and quietly as you can

Knees slightly bent, not locked

Position the pelvis with a sense of ease, tucking the sacrum

Become aware of your spine, the largest structure in your body

Imagine your spine elongated

Arms hanging on the side of your body

Your eyes slightly open, looking forward

Palms facing your thighs

Fingers slightly spread

Observe how your body aligns itself with gravity

Experience the sense of alignment through the length of the body

Relax your whole body

Relax your mind

Reconnect with your breath

Remain in this posture for a few minutes

Bring an inner smile onto your face

Notice how Chi moves through your body now with every single breath

A lot of emphasis is given to making the feet healthier in QiGong. There are seventy-six million nerve endings in the soles of the feet, which is twice the number in the hands! So it shows how sensitive they are, and how much we blot them out of our daily consciousness. The important thing is to relax the feet. Creating an alignment of joints and posture will allow the body to deal more efficiently with standing and walking. Spending time becoming more aware of your feet can transform your life.¹

Visualization

To begin
Close your eyes gently

Your thoughts are so powerful
Create peaceful thoughts
Invite images of peace into your space
Your scared space

Recognise yourself being part of a
magnificent
and
unique
interconnected
web of life

And slowly
bring your attention to the fact
You are breathing
Not manipulating it in any way but simply experiencing it
As the air moves in and out of your body

And directing your attention in particular to your belly,
to your abdomen
And feeling the sensations in that region
Just following with your mind's eye,
the rhythmic movements of your belly with each breath
The rising of your belly on the in breath
And the falling on the out breath
And on each out breath,
just letting go

You are creating a space to be
To BE
grounded,
centered,
and open.

*“Because of your smile, you make life more beautiful.”
- Thich Nhat Hanh*

1. Commencing The Form



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Raise arms to shoulders:

- Turn palms to face backwards
- Fingers point downwards and slightly curved
- Breathe in
- Raise body from the centre
- Draw arms up to shoulder height and width
- Palms face down
- Elbows and wrists are slightly bent

Return arms to sides:

- Turn palms to face forwards
- Fingers point upwards and are slightly curved
- Breathe out
- Sink body down with knees slightly bent
- Draw arms down to thighs
- Palms face out to backwards

Repeat 6 times.



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Our breath not only unleashing at a cellular level of energy we need to live but is also provides a healing pathway into the deepest recesses of life.

The process of breathing if we can begin to understand it in relation to the whole of life shows us the way to let go of experiences, attitudes and concepts that can no longer provide the physical, mental, and spiritual nutrients we need. It also shows us how to take in new more nutrient rich impressions and experiences of ourselves, right now and also of the world. It shows us the way to healing and health.

And it shows us to the way to well being and wholeness.

Visualization

Breath is life

Stay aware of your breathing,
observing it
without any judgements
or criticisms

Our essence
Our existence
Our life is a miracle

So is our breath

From beginning to end, our life is one immense breath

To exhale fully is to empty ourselves
To open ourselves to the unknown
To be Expired

To inhale fully is to fill ourselves with the energies of life
To be inspired

To breathe is to live

To breath fully is one of the conditions of living fully
of manifesting the full range of power of our inborn potential
for vitality in everything that we sense, think, feel and do

Natural spontaneous whole body breathing

Breathing

Slow
Deep
Gentle
&
Smooth

Just follow
Emptying & Filling
Negative and Positive
Yin & Yang

2. Opening The Chest



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Raise arms to your shoulders:

- Breathe in slowly, smoothly, deeply & gently
- Raise your body
- Draw arms up to shoulder height and width
- Elbows and wrists slightly bent
- Palms are facing downward to the earth

Open arms out:

- Turn your palms to face each other
- Draw hands away from each other
- Arms comfortably extended to the sides
- Keep elbows slightly bent
- Opening your heart, your heart's energy expanding

Close arms in:

- Turn your palms to face each other
- Breathe out slowly, smoothly, deeply & gently
- Draw hands together until shoulder width apart
- Collapsing and condensing all the colours of the rainbow

Return arms to the sides:

- Turn your palms downwards to face the earth again
- Fingers upwards and slightly curved
- Sink your whole body down with knees slightly bent
- Draw arms down to thighs

Repeat 6 times.



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What is health? What is healing?

The expression to heal comes from an old English word which has as one of its main meanings the return to health and the return to spiritual wholeness.

To heal and to make whole have the same roots.

Here it's important to recognize wholeness is not just my ego, the whole of myself, but it's the interrelationships between all the different sides and aspects of ourselves. This notion so foreign to many conventional health practitioners today is a common one among Eastern Spiritual traditions such as Taoism, Buddhism and Hinduism. It's also common among alternative health practitioners and it's

Visualization

Visualize opening
to your heart energy

Observe your breathe
As it goes in and as it goes out
Put your awareness in your heart
Keep it there
The healing energy of the heart

To love yourself into well-being,
into health
To relax into wholeness

Let your treasured chest open
Allowing your jewels to shine.

BE
HERE
NOW

A living breathing being

Centred
Loved
Connected
&
Strong

With the Golden Sun

*“Keep your face to the sunshine
&
you cannot see a shadow”.*

-Helen Keller

gaining ground among contemporary scientific researchers. One researcher for example, Candace Pert, in her book called, *Molecules of Emotion*, tells us that mind and body, behaviour and biology, emotions and immune system are all linked together through chemical messengers called neural peptides.

3. Dancing With Rainbow



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Raise arms over your head:

- Breathe in
- Raise your body
- Draw arms straight up extended
- Turn your palms to face each other

Turn to your left:

- Transfer your body weight to your right leg
- Keep your knees slightly bent
- Extend your left arm out to left side at shoulder height
- Left palm is up
- Turn your head to the left
- Eyes focus on extended left palm
- Slightly curve your waist over towards the extended palm
- Curve your right arm over your head
- Right palm faces down above the highest point of your body, your crown point, Bai Hui

Turn to your right:

- Breathe out
- Transfer your body weight to your left leg
- Keep your knees slightly bent
- Extend your right arm out to right side at shoulder height
- Right palm is up
- Turn your head to the right
- Eyes focus on extended right palm
- Slightly curve your waist over towards the extended palm
- Curve your left arm over head
- Left palm faces down above the Bai Hui, Heaven's Door

Repeat 6 times.



© In The Snow Dancing With Rainbow People
www.dhconcerts.wordpress.com

We are all linked together.
This connection unlocks the healing power of Qi.
Let go of attitudes and judgements towards yourself
and others. Bring in peace. Bring in love.

Inner peace creates world peace.

*You get world peace through inner peace. If you've got a world
of people who have inner peace, then you have a peaceful world.
– Louise L. Hay (Power Thoughts)*

Visualization

Picture yourself dancing,
dancing with rainbow
A rainbow
of colours all around your body

Visualize
your hands drawing the circular shape
of a rainbow,
around your body

Allow for the flow of your breathe
to simply arise
freely

Shifting your weight
from left
to right

Effortlessly

The dance of life to be treasured

4. Separating The Clouds



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Cross forearms:

- Turn your palms upwards, facing the sky, fingers facing front

Raise palms:

- Breathe in as you go upwards
- Raise your body slightly
- Raise your arms until palms reach the chest level

Turn palms outwards:

- Keep your wrists crossed
- Turn your palms to face downwards
- Raise your arms above your head

Separate your hands:

- Breathe out as you go downwards
- Draw your hands apart ,arms extended up and out
- Keep your shoulders relaxed

Repeat 6 times.



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Love is sacred

Bliss, care freeness and playfulness
are the essence Love.

Love with Life.

Other people are mirrors of our
own Love. In reality there are no
others, only the self in other forms.

Innocence is the ability to give and
receive Love without holding on.
To live innocently is to allow others
to express who they are.
Forgiveness in the heart comes
about when the walls of separation
of the mind fall.

Experience the divine.

Acceptance is Love.

Visualization

Surrounded by clouds
Times of uncertainty,
and of unbalance

Pressures of the mind
Blaming
Criticizing
Hurt

The mind judges what is good or bad.
Love brings only good.

Love is everywhere,
but in some places, it is blocked by fear.

Imagine, as you exhale,
separating the clouds
and
creating a space to look through them.
Releasing the minds uneasiness
Releasing the breath

You can see the bright blue sky behind, again

The sun is always there behind the clouds

The healing energy of the heart
Invites the change
Invites the Love
Love of ourselves

"Every decision

*I
make
is a choice between
a grievance and a miracle.*

*I
relinquish
all regrets, grievances and resentments
and
choose the miracle."*

- Deepak Chopra

5. Twisting Waist & Swinging Arms



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Turn palms facing up and raise your arms until shoulder level

Turn to right:

- Turn your body from your waist towards the right
- Keep your knees slightly bent
- Breathe in
- Draw your right arm down to the side
- Elbows and wrists are slightly bent

Arc backwards to the right:

- Draw right arm up in an arc behind your body
- Palm tip at ear height
- Turn right palm to face the front

Push right palm:

- Turn your body from your waist back to center
- Breathe out
- Push right hand over left palm
- (note palms cross in line with center of chest)
- Draw your left arm towards your body
- Turn right palm so that it faces upwards

Turn to left:

- Turn your body from your waist towards the left
- Keep your knees slightly bent
- Breathe in
- Draw your left arm down to the side
- Elbows and wrists are slightly bent

Arc backwards to the left:

- Draw left arm up in an arc behind your body
- Palm tip at ear height
- Turn left palm to face the front

Push left palm:

- Turn your body from your waist back to center
- Breathe out
- Push left hand over right palm
- (note palms cross in line with center of chest)
- Draw your right arm towards your body
- Turn left palm so that it faces upwards

Repeat 3 times.

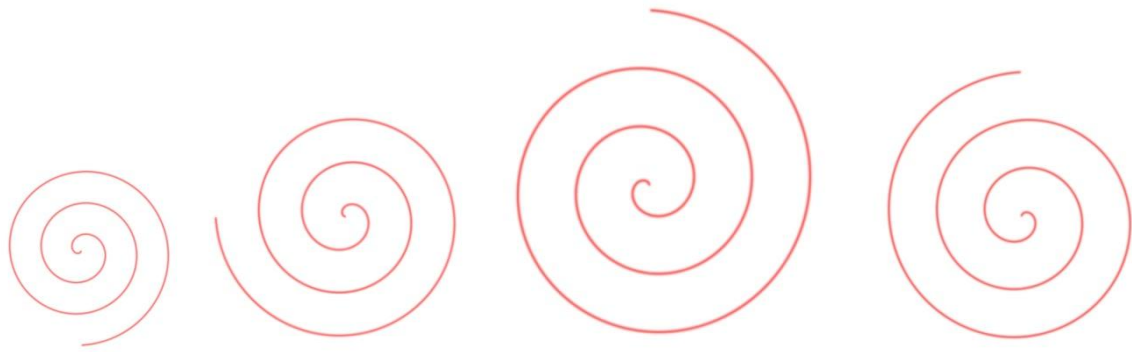


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Poor breathing habits, such as shallow breathing reduces the efficiency of the lungs.

Observe this anatomy in action of the process of breathing, in your body.

Begin inner directed work with your breath.

The key is to simply get accustomed in turning our awareness intentionally towards your own body and following what's going on there.

How do we start?

Observe the speed of your breathing.

Cycle of Inhalation/Exhalation occurs at an average resting rate when we're awake: 12 to 14 times a minute

When we are asleep: 6 to 8 times a minute

A baby breathes at about twice these rates.

Under stress: Up to 100 times or more a minute

For those who practice slow, deep breathing, they can have a resting breathing rate at 4 to 6 times a minute.

Visualization

Bring your
intention and attention
to the movement
to the spaces around your body

Imagine every movement of your body
as a whole living breathing being
In Love with Life

Observe the experience
Of the expression of Love
The healing energy of your heart

A whole orchestra
and
you are the conductor,
you are the leader,
the inspirer
the observer
of your whole body.

Bring the image of what
Harmony
looks like

Your body is a conduit or a channel of energy.
Receiving and Giving.
Accepting and Letting go.

with every breath

6. Rowing A Boat



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Raise arms over your head:

- Pull both arms back
- Palms facing out
- Breathe in
- Raise your body
- Draw arms up extended above head
- Elbows slightly bent
- Palms facing out to the front

Return arms to sides:

- Breathe out
- Fingers upwards and slightly curved
- Sink body down; knees slightly bent
- Draw arms down to thighs
- Palms facing out

Repeat 6 times.



Photo provided courtesy of Wikimedia Commons.

Visualization

Imagine yourself rowing your boat.
Your own boat.

What colour is your boat?

What kind of boat is it?

Are you rowing with the flow of the water?
Love flows like water

Or are you going against the flow?
Doubt, fear or worry

What can you do?

Imagine
Relax

Let your imagination roam

Surrender

Breathe IN
the freshness of the air

Breathe OUT

Let go of what no longer serves your higher good

Life happens
Spontaneously
Innocently
Cultivating Love

7. Throwing A Ball



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Turn left:

- Turn your body from your waist towards the left
- Breathe in
- Extend your right arm up until shoulder height
- Crossing the midpoint of your body
- Right palm facing upwards towards the sky
- Raise your heels

Lower heels:

- Lower your heels to the floor
- Breathe out
- Turn the right palm downwards towards the earth
- Sink your body down with knees slightly bent
- Turn your body again from your waist back to centre
- Draw right arm down to your thigh

Turn right:

- Turn your body from your waist towards the right
- Breathe in
- Extend your left arm up until shoulder height
- Crossing the midpoint of your body
- Left palm facing upwards towards the sky
- Raise your heels

Lower heels:

- Lower your heels to the floor
- Breathe out
- Turn the left palm downwards towards the earth
- Sink your body down with knees slightly bent
- Turn your body again from your waist back to centre
- Draw left arm down to your thigh

Repeat 6 times



Photo provided courtesy of Wikimedia Commons.

Visualization

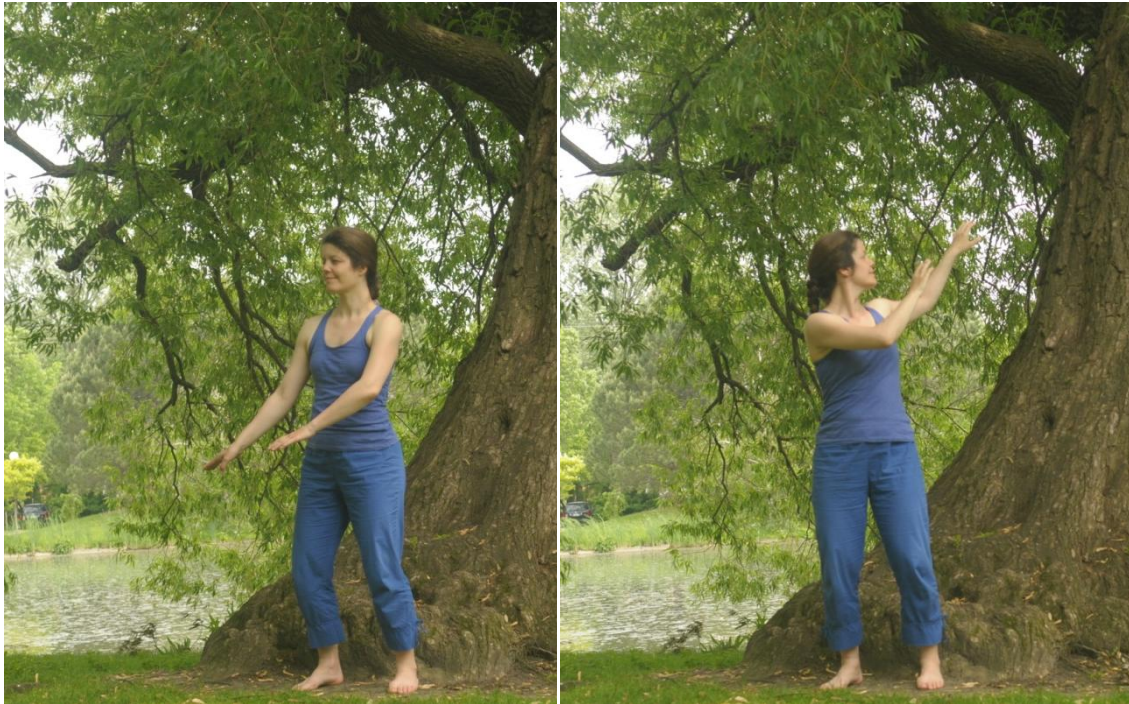
How far are you willing to let go of the ball?

Imagine the ball
That you are throwing
Intentionally
Willingly
Go
Free
Far away

Let your mind contemplate
unlimited boundaries
Know
the unlimited potential
Of possibilities

Completely loved and completing lovable
Attracting
Healing, renewal, safe and inspired
Love
&
Peace
&
Harmony

8. Gazing At The Moon



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Turn left:

- Breathe in
- Raise your body slightly
- Turn your body from your waist towards the left
- Extend both arms up and towards the left
- Keep elbows slightly bent
- Relax shoulders, elbows and wrists
- Turn your head to look at your left palm

Face front from left:

- Breathe out
- Turn your body from your waist back to centre
- Sink body down with knees slightly bent
- Draw your arms down, across the centre and front in line with thigh
- Palms facing each other hip width apart

Turn right:

- Breathe in
- Raise your body slightly
- Turn your body from your waist towards the right
- Extend both arms up and towards the right
- Keep elbows slightly bent
- Relax shoulders, elbows and wrists
- Turn your head to look at your right palm

Face front from right:

- Breathe out
- Turn your body from your waist back to centre
- Sink body down with knees slightly bent
- Draw your arms down, across the centre and front in line with thigh
- Palms facing each other hip width apart

Repeat 3 times.



Photo provided courtesy of Wikimedia Commons.

Connecting the heart meridian. This is the route that regulates the brain and the heart.²

Visualization

Inhale as you go up
To gaze at the moon

Mystery
Moving unpalatable energy
Slight twist, massaging your internal organs
Your ball
Has become the
Moon

Ah ... Exhale

This is how far our minds can go.
Unlimited distance

Really
Our minds are so powerful
And healing
Just imagine
The moon
The reflection of ourselves
A mirror
A recognition of the Forces of nature

Just be yourself as you are
As others are
Acceptance
This is the secret of attraction
What we perceive as real
Becomes real

Envision health
Envision healing

Be
Peace
Inner Peace
Creates
World Peace

9. Twisting Waist & Pushing Hands With Your Energy Ball

Draw palms to your centre, right hand on the top, palm facing the Earth and left hand, on the bottom, facing the Heavens, forming your energy ball.

Push to the left:

- Turn your right palm facing forwards
- Breathe out
- Push your right hand to left at 45 degree and up to chest level

Return to centre:

- Turn your right palm
- Turn your body from your waist back to centre
- As you breathe in turn your palms
- Draw your right hand to your waist
- Right palm facing the Heavens
- Left palm facing the Earth

Push to the right:

- Turn your left palm facing forwards
- Breathe out
- Push your left hand to right at 45 degree and up to chest level

Return to centre:

- Turn your left palm
- Turn your body from your waist back to centre
- As you breathe in turn your palms
- Draw your left hand to your waist
- Left palm facing the Heavens
- Right palm facing the Earth

Repeat 6 times.

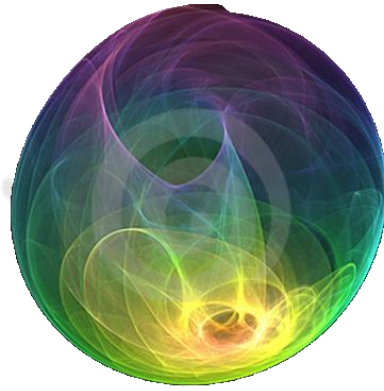


Photo provided courtesy of Wikimedia Commons.

Lao gong

PC 8 Acupuncture Point - Pericardium Meridian

The pericardium is a yin meridian a paired with the triple heater yang meridian. The main job of the pericardium meridian is to work with the heart and control excessive energy in the heart. Imbalances in the pericardium meridian can often times lead to cardiac and blood circulation problems.

When we are filled with chi, we glow and are attractive to others. Our good chi will inspire others to be happy too.

The practice of QiGong centers on the breath. The breath is the doorway to greater deeper worlds of energy and spirituality.

QiGong is not just a healing practice; it is an approach to life itself. It is a state of mind characterized by complete relaxation and acceptance, deep meditation and love, joy and beneficence, renewal and rebirth.

It is being open to the healing energy of the universe and offers healing for the whole world.

Visualization

Imagine holding your energy ball in front of you
Bring your attention
Into this space
Create a mental image of the ball.

What colour is it?
What size?
A stretchable textile perhaps?

Become
Aware
of the energy and space
between your hands
Between the Lao gong of your hands.

And open your senses to the vibration

The vibration of chi

Releasing
Flowing
Moving
Fluid
Changing
Love Healing Heart Energy

The healing of Love

10. Playing With The Clouds



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Raise left arm to the level of your face, your palm facing the body.
Drop right hand to your waist level, your palm facing the body.

Turn to the left:

- Turn your body from your waist towards the left
- Breathe in
- Allow your arms to follow the turn

Switch positions of your arms:

- Raise your right arm to the level of your face, your palm facing the body
- Drop your left hand to waist level, your palm facing the body
- Keep your elbows slightly curved

Turn to the right:

- Breathe out
- Turn your body from your waist towards the right
- Allow your arms to follow the turn

Switch positions of your arms:

- Raise your left arm to the level of your face, your palm facing the body
- Drop your right hand to waist level, your palm facing the body
- Turn to left again

Repeat 6 times.



Photo provided courtesy of Wikimedia Commons.

There is no correct way to breathe, just like there is no correct way to live.

The positive emotion connected to the lungs is courage. Through our lungs, we breathe in chi from the atmosphere. Our lungs govern the breath used in QiGong. The negative emotion is grief. It is in our chest that we feel sadness and loss.

Breathe in courage and release the grief.

The more we can let go, the more we can create a space for clearing and surrendering to spirit, a deep knowing of life's essence – love.

Visualization

Playing
Again
Again
With one hand
Then the other
Show Up
Continuously

Imagine playing with clouds.

Bringing appreciation to our hands.
Connected to our whole body

Feelings of Gratitude
Towards our body

Conserving Energy
For Longevity
For Healing
&
Health

Cultivating
Vitality

Expressions of Life

(Ocean 3 part series (11.Scooping From The Sea/Look At The Sky, 12.Playing with Waves (The Coming & Going Of Waves), & 13.Spreading your Wings) – Left side first, then Right side of the body for balance)



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LEFT foot half step forward

11a. Scooping From The Sea

Bend forward to the left:

- Transfer weight to left foot
- Bend at waist drawing both arms downwards and towards left knee
- Cross hands over left knee
- Palms face upwards
- Top of the head aligns with left foot

Scoop up:

- Transfer weight to right leg
- Gradually straighten body upright
- Breathe in
- Bring crossed palms up above your head

Separate hands:

- Separate and extend arms out and down
- Palms face the ground
- Breathe out

Repeat 6 times.



Photo provided courtesy of Wikimedia Commons.

Connecting the kidney meridian – this is in a pair with the bladder meridian, regulating the kidney but also concerned with reproduction and ageing.³

Fear is connected to the kidney/adrenals. When we feel unsafe, exhausted or cornered, we experience the chi state of fear and anxiety.

Visualization

Scoop into the Ocean

Deeply
Intentionally

Into the blue water of the ocean

Reach out for the crystal clear water

No resistance
Just ease

Let the sensation of the water flow from your hands,

Gently and softly

You can almost see the water

Evaporating
and

Becoming the clouds

Touch the sky

Allow the clear rain cleanse your whole body

Remember this is the cycle in nature

You are part of nature

Circular
Never ending

And

No beginning

Rhythmic flow of the Ocean of Love and of Life

12a. Playing With/Pushing The Waves (The Coming & Going Of Waves)



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Push hands:

- Place both hands at chest level
- Palms face the ground
- Push both hands out
- Palms facing out
- Transfer weight to left foot
- Right heel leaves the ground
- Breathe out

Pull hands back:

- Palms face the ground
- Pull back both hands to chest level
- Breathe in
- Transfer weight from left foot to the right foot
- Left heel is the only part of the left leg that is touching the ground

Repeat 12 times.



Photo provided courtesy of Wikimedia Commons.

Yong Quan

Kidney 1 Acupuncture point
Bubbling springs

The kidney meridian is a yin meridian and is paired with the urinary bladder yang meridian. It is a water element and is very important in maintaining and processing your body's fluids. One of the important functions the kidneys provide is to filter toxins out of the blood supply. Many illnesses, especially in the lungs, can be traced back to weak kidney energy and functions.

Bai Wei

Centre of the top of the head

Visualization

Imagine yourself
Creating
The vital force of the wave
Within you

Bring this sensation into your body-mind

Feel the vibration of the wave

Become the wave

Breath in
Let the air flow
Through from the bottom of your feet
The K1 Bubbling Springs

Allow the chi flow throughout your whole body
Legs
Core of the body
Arms and head

Flowing
Releasing
Out from the centre of your palms
Lao gong
Bai Wei

Allow the rhythm
Of the wave
Into
Your whole body

You are the Wave

Emerging
Slowly
Energetically
Created
Well formed
And Rounded
To finally
Unfold onto the Beach

And to continue Again, continue Again
Eternal
Wave

13a. Spreading Your Wings



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With both arms extended out from the last move, turn palms to face each other

Open arms:

- Open both arms
- Transfer weight to left foot
- Right heel is the only part of the right foot that is touching the ground
- Breathe out

Close arms:

- Close arms until shoulder width apart
- Transfer weight from left foot to the right foot
- Left heel is the only part of the left leg that is touching the ground
- Breathe in

Repeat 12 times.



Photo provided courtesy of Wikimedia Commons.

Visualization

Open your arms
They're like wings on a bird
Spread them
Gently
and
Willingly

To explore
To see new horizons
New points of view

New solutions enter the mind

Expanding your awareness
Your consciousness
Your potential
Your potential of being
Love
Healing energy of the Heart

The ultimate gift
Of life itself

Love and all its colours of emotions
Love Life
Love Yourself

Back to centre

RIGHT foot half step forward – for Balance

11b. Scooping From The Sea

Bend forward to the right:

- Transfer weight to right foot
- Bend at waist drawing both arms downwards and towards right knee
- Cross hands over right knee
- Palms face upwards
- Top of the head aligns with right foot

Scoop up:

- Transfer weight to left leg
- Gradually straighten body upright
- Breathe in
- Bring crossed palms up above your head

Separate hands:

- Separate and extend arms out and down
- Palms face the ground
- Breathe out

Repeat 6 times.



Photo provided courtesy of Wikimedia Commons.

12b. Playing With/Pushing The Waves (The Coming & Going Of Waves)

Push hands:

- Place both hands at chest level
- Palms face the ground
- Push both hands out
- Palms facing out
- Transfer weight to right foot
- Left heel leaves the ground
- Breathe out

Pull hands back:

- Palms face the ground
- Pull back both hands to chest level
- Breathe in
- Transfer weight from right foot to the left foot
- Right heel is the only part of the right leg that is touching the ground

Repeat 12 times.



Photo provided courtesy of Wikimedia Commons.

13b. Spreading Your Wings

With both arms extended out from the last move, turn palms to face each other

Open arms:

- Open both arms
- Transfer weight to left foot
- Right heel is the only part of the right foot that is touching the ground
- Breathe out

Close arms:

- Close arms until shoulder width apart
- Transfer weight from left foot to the right foot
- Left heel is the only part of the left leg that is touching the ground
- Breathe in

Repeat 12 times.

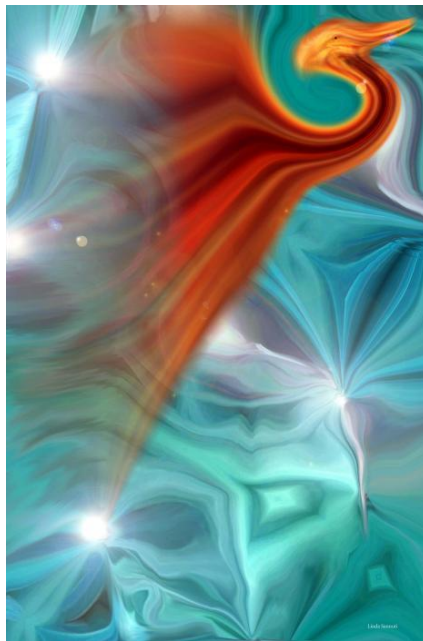


Photo provided courtesy of Wikimedia Commons.

14. Reaching Out For What You Need



www.fotomoments.com

Bring your right leg back to its original position (back to centre) and draw in both fists to the waist, making sure that your thumb is placed on top/side of your hands.

Left punch out:

- Breathe out
- Punch out to your chest level
- As you punch turn your fist-palm down to reach out for more of what you would like to manifest in your life

Pull left fist back:

- Breathe in'
- Draw your left fist back to your waist
- As you pull back turn your fist-palm up

Right punch out:

- Breathe out
- Punch out to your chest level
- As you punch turn the fist-palm down to reach out for more of what you need

Pull right fist back:

- Breathe in
- Draw your right fist back to waist
- As you pull back turn the fist-palm up

Repeat 6 times.

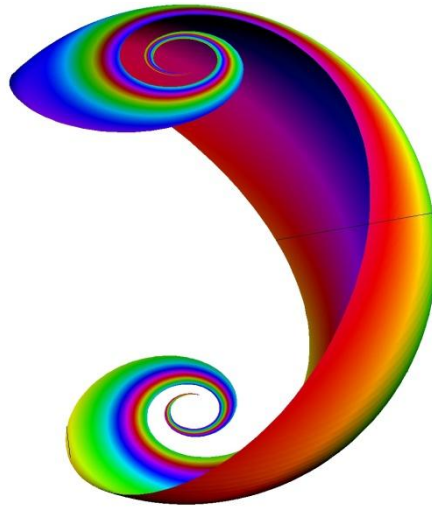


Photo provided courtesy of Wikimedia Commons.

Visualization

Centre
And
Ground

Your Self
Your Self-Love

Reach out for what you would like to experience
more of
in your life

Love
Peace
Joy
Harmony
Family
Friends
Community
Health
Freedom
Wisdom
Balance

Etc..

15. Flying Like A Crane



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Raise heels:

- Breathe in
- Raise your body
- Raise both arms until slightly above shoulder level
- Palms face the ground
- Elbows slightly bent
- Raise both heels weight on the ball of each foot

Lower heels:

- Breathe out
- Lower heels to the ground
- Sink your body
- Curve both arms downwards

Repeat 6 times.



Photo provided courtesy of Wikimedia Commons.

Visualization

Imagine spreading your wings
With such freedom and delight
No worries
No regrets
Free
To BE
The AWESOME You.

16. Spinning Wheels (Turning A Wheel Of Light)



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Circle clockwise up:

- Keep your arms shoulder width apart
- Bend down
- Breathe in
- Raise body by twisting to the left
- Raise arms until above the head
- Tilt body backward

Circle clockwise down:

- Lower both arms on the right side
- Breathe out
- Lower body by twisting to the right
- Bend down to original position, the centre

Repeat 3 times

Repeat 3 more times in the opposite direction (counter-clockwise)

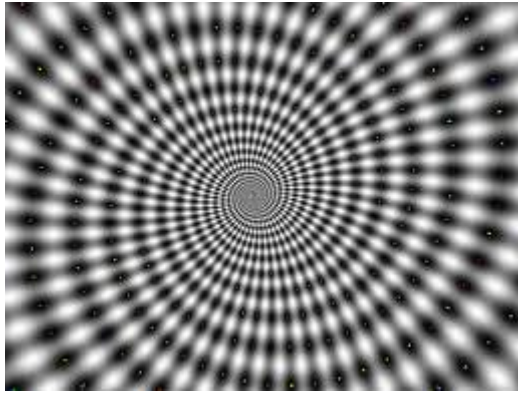


Photo provided courtesy of Wikimedia Commons.

Experts agree...
*“If you want to be healthy
 and live to 100,
 do Qigong.”*

- Dr. Mehmet Oz

The area of the stomach/spleen is where we feel our connection to the earth and to all living beings, or lack of it.

Our bodies, our breath, our chi states – these are all portals into our emotional being. By accessing our emotional states we can learn to heal or at least work with them more harmoniously, and in a balanced and healthy manner.

Visualization

Circles
And
Circles

Circular Motion

Imagine
Your-self
In a form of boundless
Cells of Light
Unlimited Potential

Healthy
Healing Potential in your body-mind

Flowing
Like water

Surrounding

The elements encountered

From left to right
&
Right to Left

Allow all your pathways to be free
&
Flowing with the universal chi

17. Stepping While Bouncing the Ball



www.fotomoments.com

Raise body and bring arms to sides of the body

Right bounce up:

- Shift the weight to right foot
- Breathe in
- Raise right arm to chest height
- Raise left knee until parallel with ground
- Bounce once on the right foot

Right bounce down:

- Bring down right arm
- Put left toes down then left heel down
- Breathe out

Left bounce up:

- Shift the weight to left foot
- Breathe in
- Raise left arm to chest height
- Raise right knee until parallel with ground
- Bounce once on the left foot

Right bounce down:

- Bring down right arm
- Put left toes down then left heel down
- Breathe out

Repeat 6 times.

18. Pressing Palms /Showering Chi



www.fotomoments.com

Raise chi:

- Breathe in
- Raise body
- Turn palms facing upwards
- Gently raise arms up until palms facing your nose

Ground chi:

- Breathe out
- Turn palms downwards
- Draw arms down to waist level
- Sink body

Repeat 6 times.

Soft like a cloud,
Solid like a mountain,
I sit and await the unfolding.
- Bai Yuan

Visualization

Palms facing the universal energy
Open
&
Receive

Raise chi with your inhale

And exhale, release all tension
Ground chi

Clearing
&
Strengthening

All cells of your body
And all spaces

For health and healing
For your highest potential
Vibrant self
Of Love
And
Of Light

Peace

Namaste

*“There are two ways to live:
you can live as if nothing is a miracle;
you can live as if everything is a miracle.”*

Albert Einstein

II - Closing Position

Continue to stand still in the Wuji Stance - take in a few gentle and natural breaths. Notice your peacefulness and essence of your energy body. Just observe. Just be with what is there.

All is well.

Appreciation is unconditional loving and the allowing of ourselves to relax into it. This state of chi reminds us of how good we can feel when we remain connected to ourselves. We feel appreciation as we flow, feeling the connection to ourselves and others.

QiGong focuses on health and well-being, directing and promoting the flow of Qi through the meridians. Although each of the movements can be practiced individually, or in any variation, the set flows beautifully, from one posture to the next, producing a feeling of inner calmness and wellbeing.

Become one with the universe, through learning the actual meaning of your life and your personal essence. You are presented with an amazing opportunity to conquer your current circumstances. Connect with the greater consciousness. Reaching a universal consciousness that transcends mere self-consciousness, we are brought into contact with an immense force which miraculous healing can occur.

Trust that there are possibilities in your life.

The key to moving forward is to let your vision be guided not by what you can see but by what you can imagine.

May peace fill your heart in each and every day.

Remember

To

Breathe

NAMASTE

"I honour the place in you which the entire universe dwells.

I honour the place in you which is of love, of truth, of light, and of peace.

When you are in that place in you, and I am in that place in me,

We are one."

III - Benefits For Each Movement *

COMMENCING THE FORM (REGULATING THE BREATH)

Connects the maintenance and balance of the blood pressure to regulated breathing, strengthens kidney, calms nerves, and alleviates knee problems.

OPENING THE CHEST

Releases contraction in the "upper-Burner", balancing front and back, left and right. Benefits condition of: insomnia, hypertension and relieves mental fatigue.

DANCING WITH RAINBOW

Effective in: blood pressure regulation, Aids digestion, alleviates gastric ulcer, shoulder pain and reduces fat in the waist area.

SEPARATING THE CLOUDS

Builds strength in the waist, legs, lungs, kidneys. Increases Vital Energy. Effectively treats Duodenum disorders, dizziness, palpitations and shortness of breath.

TWISTING WAIST & SWINGING ARMS

Effective for releasing contraction and stagnation of the chest, upper back and shoulders; asthmatic and bronchial conditions and relieving muscular fatigue. Returns vigour to the legs.

ROWING A BOAT

Relieves pain in the waist and legs. Strengthens digestive system. Alleviates intestinal and gastric disorders. Opens up back and shoulders.

THROWING A BALL

Benefits: calms nerves and relieves stress. Restores energy with "balanced feeling" inside. Induces rest and sound sleep.

GAZING AT THE MOON

Accelerates circulation in waist, improving digestion and reducing fat deposits, intestinal and gastric ulcers. Eliminates fatigue in the loins.

TWISTING WAIST & PUSHING HANDS WITH YOUR ENERGY BALL

Accelerates blood/oxygen circulation to the far ends of the four limbs, governed by the Spleen. Thus, strengthening the spleen and reducing blood clots in the brain. Benefits stomach and relieves waist and leg pain.

PLAYING WITH CLOUDS

Accelerates the blood/oxygen and vital energy throughout the whole body. Benefits conditions of gastric ulcer, indigestion and rheumatic arthritis.

SCOOPING FROM THE OCEAN/LOOK AT THE SKY

Increases strength and flexibility in the waist and thighs. Regulates and improves blood circulation, calms and balances the nervous system.

PLAYING WITH /PUSHING THE WAVES (THE COMING & GOING OF WAVES)

Unifies the rhythms of the mind and body. Strengthens lower body support: waist/legs. Relieves high blood pressure, knee weakness and "chaotic" breathing patterns.

SPREADING YOUR WINGS

Effective for relieving strain and weakness in the chest and back. Use in treatment of indigestion, liver and gastric disorder.

REACHING OUT FOR WHAT YOU NEED

Relieves mental strain & stress. Extends blood/oxygen/energy to the hands. Expands lung capacity.

FLYING LIKE A CRANE

Recommended for: kidney disorders, dizziness, low blood pressure. Strengthens spleen and kidney, regulates blood pressure.

SPINNING WHEEL (TURNING A WHEEL OF LIGHT)

Builds great strength and flexibility in the waist and abdomen. Promotes circulation of blood and vital energy. Cures loin muscle and fatigue. Restores energy.

STEPPING WHILE BOUNCING THE BALL

Relieves mental tension and body fatigue. Balances left/right brain and so soothes the nervous system. Opens the sensory response supporting the ability to "balance by feeling".

PRESS PALMS/SHOWERING CHI

With respect to regulating: balancing the flow and rhythm of the breath/blood/energy, front to back, left to right, up to down, inside to outside.

* Tai Chi Qigong Shibashi was developed by Professor Lin Hou-Sheng in 1979

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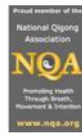
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V - About Me



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Suzie Nunes is a certified QiGong instructor from the Tai Chi, QiGong and Feng Shui Institute with Sifu Wing Cheung and of Radiant Lotus Women's QiGong with Sifu Daisy Lee. Her goals are to teach QiGong, share the benefits of a healthy, positive lifestyle and to empower you to stress proof your life. She gives classes in Kitchener-Waterloo.

Visit our website **www.QiGongOasis.com** to learn more about how QiGong can serve you.

Smile & Enjoy LIFE!

BREATHE...

Ahhhhh...

*When we are born our bodies are soft and weak.
When we die our bodies are hard and stiff.
Tender plants are soft and fragile.
At their death they are dry and brittle.
Therefore the stiff and unbending are followers of death.
The flexible and yielding are followers of life.*

Lao-Tzu

¹: Ged Sumner, *You Are How You Move: Experiential Chi Kung* (UK: Singing Dragon, 2009), 58.

² Keiko Murakumo, *The Qigong Rejuvenation Diet and 14 movements – A practical guide to unlocking the healing power of Qi* (UK: Author House, 2008).

³ Keiko Murakumo, *The Qigong Rejuvenation Diet and 14 movements – A practical guide to unlocking the healing power of Qi* (UK: Author House, 2008).