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QIGONG PRINCIPLES

ESSENTIAL ELEMENTS OF
PRACTICE AND UNDERSTANDING

QIGONG~DHARMA

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A concise summary of
Energetic and Postural Alignment
In Qigong Practice





Foundations in Energy Work (Qi Gong) Elements of Postural Alignment

Standing Meditation Posture

1. Feet about shoulder width/parallel – feeling: *Open*
2. Knees slightly bent / hips relaxed – feeling: *Grounded*
3. All the joints are open, not locked – feeling: *Spacious*
4. Whole body relaxed; standing with minimum effort
5. Body weight is naturally grounded through feet (arch)
6. Spine is open with the sense of length and width
7. Head lifts gently and crown naturally opens
8. Natural abdominal breathing – releasing tension
9. Eyes open 'soft' and peaceful (not fixed)
10. Relax jaw as tongue softens and lightly touches upper palette
11. Qualities of Breath: soft, smooth, deep, even and natural
12. Mind is awake, calm and present



Orientation to Practice

1. **Relaxed intention directs movement:** “Presence Awareness” through action brings about ease and creates calm.
2. **Being Present:** this is the meditative practice of relaxing awareness in the “now”. Breath is engaged to enhance and stabilize mindful awareness.
3. **Practicing within 70%** of your capacity/range of motion, enables staying in feeling and flow, and releases extra tension.
4. **Dynamic Relaxation:** wakeful presence of body/mind relationship. This is the continuity of presence “Zanshin” as ‘letting go’. Stability arises from relaxation – concentration is effortless.
5. **Allow the *feeling of openness*:** *lengthening, deepening* and *expanding* from within. Relaxed, non-dual “field” awareness.
6. **Acquire the *feeling of poise*:** release modeling the form or posture, into intuitive embodiment that allows the form to be the doorway to the practice of principle.
7. **Practice the movements *Slowly, Softly and Smoothly*:** to cultivate strength, concentration and mindfulness.

Qigong is the meditative art of conscious embodiment. The practice of Qigong recognizes, honors, cultivates and nourishes the ‘energy’ aspect of our being. Qigong is a complete meditative practice in itself and is also a perfect complement to any meditation practice, and has a long and well-established history, found in many contemplative traditions, of empowering meditators with calm clear energy, strength and vibrant health - bringing peace to the heart and spirit.

The 8 Expressions of Qi

- | | | |
|----|----------|----------|
| 1. | Gather | (inhale) |
| 2. | Rise | (exhale) |
| 3. | Expand | (inhale) |
| 4. | Contract | (exhale) |
| 5. | Flow-in | (inhale) |
| 6. | Flow-out | (exhale) |
| 7. | Fall | (inhale) |
| 8. | Disperse | (exhale) |



Master Practices

1. Radiant Body Breathing:

- Palms open, allow energy to move evenly in and out of the body... up the sides and over the head, then palms down left and right channels of the body...stay present.
- Both palms facing inward toward body, moving slowing upwards along Centerline... energy out the crown of the head, fountaining out and gently flowing back to the earth then circulating back through the body with the next inhalation. Each breath is purified and vitalizing.

2. Three Centers Breathing:

Arm movements opening/expanding with inhale, closing with exhale. A different energetic quality is achieved when the opposite pattern is used: opening/expanding with exhale, closing with inhale.

Breath is in through nose, and out through nose and mouth, through: **Hara** (center)/**Heart/Head**; hands begin palm down directly in front of the Hara, along the centerline. The action opens out horizontally to the side and spirals to open palms-up, as the arms move outward to the sides. The closing action settles into the original palms-down position.

3. **Supreme Spinal Qigong Series:**

- a) **Forward:** unstacking and restacking (let gravity do the stretch – honor your range of motion and do not force any movement. Let awareness be in the natural movement of the vertebrae in this action)
- b) **Lateral Spinal Opening:** One hand directly over crown of the head (palm down), other hand at hara/center (palm up) – palms facing each other... gently **open laterally** to the side – alternating sides
- c) **Rotational/Spiral Spinal movement:** Fingers laced, above head, **gentle rotation** (spiral action) to each side; hips stable to the front.
- d) **Full Vertical Spinal Alignment:** this is sometimes called the **Flying** movement. Coming out of the rotational/spiral spinal movement, allow the body to rest in a natural aligned posture with the hands still laced above the heads, palms facing upwards. Push palms upwards releasing laced fingers and allow the arms to slowly come down to the sides. As the arms come toward the sides of the body, feel the elbows moving away from the body and notice the opening that this creates energetically. The arms and hands then extend back above the head (backs of the hands touching). Repeat this Flying action slowly several times, inhaling on the upward movement and exhaling on the downward movement.

4. **Pulsing the Core:** slow and purposeful forward and backward circles 3 to 5 in each direction, fully opening and closing shoulder blades. Variation: alternating shoulder rolls swimming style, forward and backward.

5. **Dropping the Post:** Balance on toes, drop and bounce the heels in quick repetitive movements, release tension away from the body and down into the earth; don't slam heels

6. **Swings:** Full swings moving from and around *Centerline*; arms alternate in front and behind body, head moves *with* the body and the knees remain slightly bent. Balanced and Centered.

a. swings – one hand taps waist (kidneys), other hand taps upper chest

b. energy dispersal swings – purifying swings

7. **Rowing and Polishing the STONE: Aikido hanmi stance**

(balanced stance 50/50, one foot forward)

Rowing: Vertical centerline moves forward and back with the arms following in a gentle fluid movement.

Polishing the Stone: the hips lead a circular motion... palms facing downward in front of hara, extend circles moving from center... reverse direction, then change sides... simple integrated feeling.

8) **Trembling Horse:** Allow a gentle trembling movement to move up from fingertips into shoulders and head and then to move down out of body through feet with an exhale... keep mouth relaxed and slightly open. Tongue resting on upper palate behind teeth.

9) **Swings** a) dispersal swings: Full swings moving from and around *Centerline*; arms alternate in front and behind body, head moves *with* the body and the knees remain slightly bent. Balanced and Centered.

b) energy swings: lifting arms above head with full in breath, then release with exhalation letting arms fall forward swing to the back... left arms again with the in breath.

10) Full Spinal Breathing: raise hands into embrace posture, extend forward to allow back of hands to come together, as if diving into the water. Full length of spine assumes a slight "C" shape. Exhale. Inhale and spiral palms upward opening heart and expanding chest and simultaneously straightening body. Continue seamless inhalations and exhalations with this action.

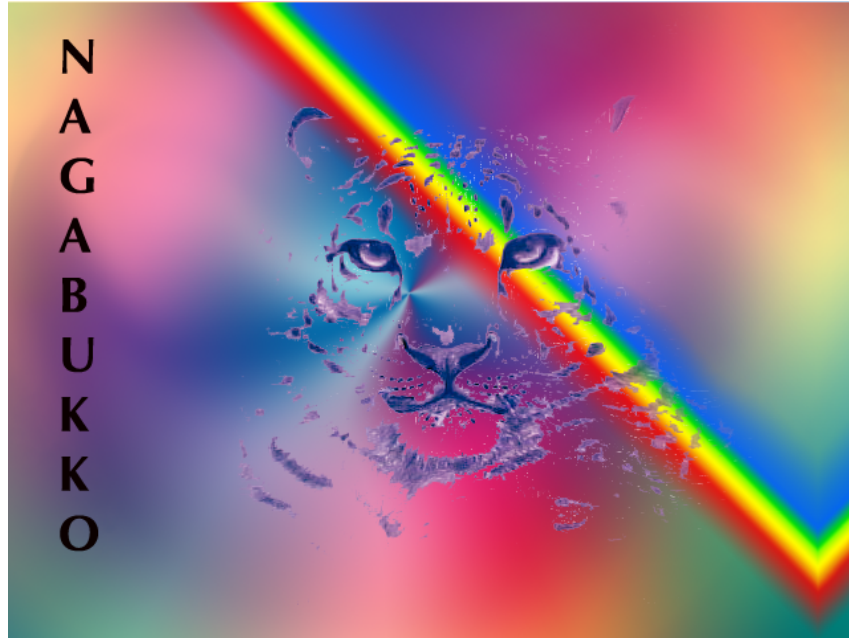
11) Xing Yi Nei Gong Based on the Teachings of Wang Ji Wu

- a. Yin/Yang Circle
- b. Rainbow Dragonfly Stretches its Wings
- c. White Crane Rotates Knees then Settles Down
- d. Rotating the Waist Strengthens the Kidneys

12) From the BaGua tradition:

- a. Vertical Spirals/Horizontal Spirals
- b. Blending Vertical and Horizontal Spirals





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The source of all experience,
the source of every expression of the elements,
of time and of space,
the source of everything in samsara and nirvana is the *nature of mind*:
Clear, open and luminous.
The sky begins at your feet
and is all-inclusive, holding all—that-is.
The nature of sky and the nature of mind are the same vast openness.
Relax into this openness, rest in this openness.
This is the ease of coming home to who you are and always have been.
Settling into this natural meditative presence, it becomes you effortlessly.
Resting in this contentless wisdom,
naturally arising is the heart of compassion.
Integrating body, mind and intention with this ease,
realization blends with mystery.
Your Radiant Heart extends throughout space.
Kindness and Compassion touches all of life.
All of life is your luminous face.

NagaBukko the Snow Leopard