

# CHINESE *QI GONG* EXERCISES

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### MORNING ROUTINE SUMMATION

1. Joint Opening Exercises
2. Meridian Stretching Exercises
3. *Qi* Circulation Exercises
  - a) Macrocosmic orbit, four limbs
  - b) *Dantian* natural breathing.
  - c) *Dantian* reverse breathing
  - d) Closing *Qi Gong*, natural breathing
4. Eight Pieces of Silk
5. Face and Limb Massage

### EVENING ROUTINE SUMMATION:

1. Sense organ rejuvenation
2. Heavenly water
3. Microcosmic orbit
4. Organ cleansing
5. Facial massage

### *QI GONG* EXERCISES FOLLOW BASIC PRINCIPLES:

1. Stay relaxed. Keep joints open.
2. Tongue on roof of mouth. Breathe through your nose.
3. Breath light, thin, and invisible: no sound, no volume.
4. Place your mind in the area of energy, whether its the *Dantian*, other chakras, or the limbs. Use your mind to move and empower the energy.

# 1. JOINT OPENING EXERCISE

## a. Neck exercises.

1. Rotate head side to side, 3 x
2. Chin down, roll hips forward, inhale; chin up, arch spine, exhale, 3 x
3. Small circle with top of head, 3 x each way

## b. Shoulder exercises.

1. Back stroke, pulling arms high, hands opposed, 5 x
2. Front stroke, pulling arms high, hands opposed, 5 x
3. Arms shoulder height, to sides. Rotate palms and shoulders from *dantian*, 3 x
4. Roll shoulders without arms, forwards and backwards, 5 x each
5. Hands back to back, raise in front on inhale; behind head, exhale; 5 x

## c. Wrist and hand exercises.

1. Push palms out to the sides, shoulder height, fingers back.
2. Rotate palms and fingers forward, then to the back and down
3. Push palms out in front of you, fingers back.
4. Rotate palms and fingers towards each other, then to the back and down
5. Rotate fingers to outside, 3 x  
Rotate fingers to inside, 3 x
6. Pull fingers into claw, push out, 3 x

## d. Waist exercises.

1. Rotate waist, keep head still, 5 x each side
2. Rock hips back and forth, 5 x

## e. Knee and ankle exercises.

1. Heels together, squat knees together, hands to insides of knees, rise rotating knees to outside, 5 x each direction
2. Reverse, hands to outside of knees.
3. Knees together, squat while rotating knees, 3 x each side
4. Balance on one foot, rotate knee, 3 x each direction . Repeat on other leg
5. Balance on one foot, rotate toe-ankle, 5 x each direction  
Rock foot up and down, 5 x. Repeat on other leg

### f. Spine exercises.

1. Forward spinal roll, hands pushing head downwards, relaxing spine, one vertebrae at a time, down and then up. Repeat.  
Bend backwards, hands on hips, 1 x
2. Spinal rotation: Rotate torso, to left and then to right.
2. Spinal twist: Arch back, rotate head to left, then hips to left; look at opposite heel. Repeat to right side.
3. Sideways bend, arm over head, each side 3 x

### g. Rotate Rock.

1. Bend forward, grasp rock, rotate behind head and around to front.  
Repeat 2 x, each direction

## 2. MERIDIAN STRETCHING EXERCISES

### *Basic principles:*

- Deep relaxation, deep relaxed breathing.
- Breathe from *dantian* along arms and legs to hands and feet.
- Inhale into meridian, exhale away from meridian.
- Release any tension with exhalation.
- Do not strain, or force a stretch. Relax tension slowly, with your mind.
- Repeat each exercise for three to five respirations.

### a) Starting position

1. Standing. Relax deeply into your *dantian*.

### b) Governing Vessel-Conception Vessel

1. Expand *dantian* forward as you bend backwards. Hands at side.
2. Move *dantian* back, bend body forward, head towards knees, hands behind knees.

### c) Lung and Large Intestine Meridians

1. Feet shoulder width, toes pointing out.
2. Hands behind back, palms facing backwards, hook thumbs together. Spread apart fingers.
3. Exhale, bend forwards, raise hands towards sky and forwards, elbows straight.
4. Go to your limit for 3-5 respirations, exhaling to relax.
5. Inhale and exhale along Lung and LI meridians.

### d) Stomach and Spleen Meridians

1. Sit in *seiza* position, and slowly lean backwards. Rest back and shoulders on floor. \*
2. Stretch arms above head on floor, interlock fingers, palms towards head. Keep knees close together (but not touching).
3. Inhale, stretch and straighten body. Go to your limit for 3-5 respirations, exhaling to relax.
4. Inhale and exhale along Spleen and Stomach meridians.

\*(If this is too difficult, sit in *seiza*, lean back as much as possible, interlock hands, and raise above head).

### e) Heart and Small Intestine Meridians

1. Sit on floor, bring soles of feet together. Grasp toes, and draw heels towards body.
2. On exhale, bend forwards, keeping thighs down. Touch head to toes, elbows and knees to floor. Concentrate on bringing elbows to floor.
3. Go to your limit for 3-5 respirations, exhaling to relax.
4. Inhale and exhale along Heart and Small Intestine meridians.

### f) Bladder and Kidney Meridians

1. Sit with legs stretched out, heels together, knees straight and touching floor.
2. Bend your body forwards and touch toes, thumbs towards floor, palms to outside.
3. Go to your limit for 3-5 respirations, exhaling to relax.
4. Inhale and exhale along Bladder and Kidney meridians.

### g) Pericardium and Triple Warmer Meridians.

1. Assume lotus or half lotus posture, or sit cross legged.
2. Cross arms over each other, grabbing the opposite knee (same arm above, same knee).
3. Bend forward as far as possible, using arms to pull head towards floor. Let head hang down. Go to your limit for 3-5 respirations, exhaling to relax.
4. Inhale and exhale along Pericardium and Triple Warmer meridians.

### h) Gallbladder and Liver Meridians

1. Sit with both legs extended wide to each side, knees straight and on the floor.
2. Clasp hands high over head, palms upwards. Bend towards one foot, facing forwards.
3. Go to your limit for 3-5 respirations, exhaling to relax.
4. Inhale and exhale along Bladder and Kidney meridians.

### i) Concluding Exercise

1. Lie flat on your back, feet separated. Relax deeply into your *dantian*.

## 3. QI CIRCULATION EXERCISES

### a) Standing microcosmic orbit

1. Inhale: Using middle fingers, guide the *qi* up the inside of the legs to the coccyx, then up the back midline (spinal cord), over the top of the head to the third eye, between eyebrows.
2. Exhale: Using thumbs, guide the *qi* down the front midline of the body, from the third eye (between eyebrows) to the pubic bone, then to outside the legs, and down.
3. Repeat for cycles of 9 breaths.

### b) Macrocosmic orbit, four limbs

1. Inhale through bottom of feet, inside of legs, to heart.
2. Exhale from heart region out inside of arms to palms
3. Inhale fingers, outside of arm, shoulders, back and sides  
of neck to top of head

4. Exhale top of head, back and sides of back, hips, legs and out feet into ground
5. Do 3-5 cycles.

**c) *Dantian* natural breathing.**

1. Thumbs in naval, rest palms on *dantian*.
2. Inhale, expand belly, exhale, relax.
3. One to three cycles of nine respirations.

**d) *Dantian* reverse breathing**

1. Inhale through feet and hands to *Dantian*, contracting lower abdomen and pulling up anal sphincter.
2. Exhale from *Dantian* to feet and hands. Relax lower abdomen and anal sphincter, allowing energy to move back to hands and feet.
3. One to three cycles of nine respirations.

**e) Universal Posture, natural breathing**

1. Palms around post, arms around tree.
2. Inhale expand like a balloon.
3. Exhale, relax.
4. One to three cycles of nine respirations.

**f) Closing *Qi Gong*, natural breathing**

1. Heels together. Inhale, fingers back to back, raise upwards along midline, above head, rolling hands.
2. Exhale, extend fingers and arms to side and back to side of legs. Repeat 3-5 times.
3. Inhale, palms up, raise out from body and above head.
4. Exhale, fingers together, pointing downwards, and move along midline.

#### 4. EIGHT PIECES OF SILK

Four to Five times, each.

1. Upwards and Downwards (feet shoulder width)
2. Separating Heaven and Earth (feet together)
3. Pushing-Pulling *Qi* (horse stance)
4. Pushing-Pulling *Qi* with Twist (horse stance)
5. Bringing Heaven to Earth(feet together)
6. Dog Wags Tail, 3 times(horse stance)
7. Shooting Bow and Arrow
8. Resonating Heaven and Earth, 3 times (feet together)

#### 5. FACE AND LIMB MASSAGE

*Rub hands*

1. Massage face up and down
2. Finger pressure scalp
3. Rub sides of ears
4. Rub ear flaps
5. Flick back of ears

*Rub hands*

6. Rub across forehead
7. Rub across eyes from bridge of nose to hairline

*Rub hands*

8. Rub sides of nose
9. Rub across mouth
10. Rub above and below lips

*Rub hands*

11. Heel of palms around neck to chest
12. Fist rub beneath collar bone (clavicle)
13. Fist rub to sides of ribs (Sp 21)
14. Twist and pound below collar bone and opposite back of kidney  
(Lu 1 and Bl 23)
15. Fist pound kidney
16. Fist pound *Dantian* and abdomen
17. Rub down inside of arms, up outside of arms
18. Rub outside of legs, up inside of legs
19. Shake out limbs

## EVENING ROUTINE SUMMATION:

### 1. SENSE ORGAN REJUVENATION

#### a) Eyes

1. Lightly massage across eyelids, 18 x
2. Pinch pull massage at middle of eyebrow
3. Massage at center of cheekbone, below eye, 9 x
4. Massage four eye muscles, 3 x each
5. Press and release, rub across GB 20, base of occiput, 18 x

#### b) Ears

1. Snap-pull fingers away from ear hole, 5 x
2. Press ear flap with index finger, tap with third finger, 36 x
3. Heavenly drum: Close ear flaps, snap fingers across base of occiput, 36 x

#### c) Sinus

1. Inhale, separate and pull apart side of nose  
Exhale, push together
2. Inhale, separate and pull apart other side of nose  
Exhale, push together
3. Inhale, separate and pull apart glabella (between eyebrows)  
Exhale, push together
4. Repeat for total of three rounds
5. Rub sides of nose

#### d) Teeth and gums

1. Use fingers to pound around upper gum and angle of jaw
2. Pound lower jaw and angle of jaw
3. Snap shut and clench teeth, 18 x

#### e) Thyroid : push-pull windpipe, up and down

## 2. HEAVENLY WATER

- a) Circle tongue outside of teeth, 9 x each direction. Create saliva; do not swallow
- b) Circle tongue inside of mouth, 9 x each direction. Create saliva; do not swallow
- c) Swish saliva back and forth, energize with light
- d) Take one third of saliva, swallow to lower *dantian*. Bring energy up *Dumai*, back  
midline channel, to mouth
- e) Repeat with another third of saliva
- f) Repeat for last third

## 3. SITTING MICROCOSMIC ORBIT

- a) Inhale: Using middle fingers, guide the *qi* up the back midline (spinal cord),  
over the top of the head to the third eye (between eyebrows).
- b) Exhale: Using thumbs, guide the *qi* down the front midline of the body, from the  
third eye (between eyebrows) to the pubic bone.
- c) Repeat 9 respirations.

## 4) ORGAN CLEANSING

Use mind to circulate light inside organ.

Use for cleansing, nurturing, rejuvenating.

1. Liver and gallbladder
2. Heart
3. Spleen and pancreas
4. Lung, right and left
5. Kidneys, right and left
6. Urinary bladder
7. Ovaries, uterus, cervix, vagina / testicles, prostate, scrotum, penis
8. Concentrate into coccyx and sacrum
9. Squeeze energy into vertebrae and spinal cord, working up from lumbar, to  
thoracic to cervical vertebrae
10. Circulate energy around inside of skull, extend to eyes, inner ear and sinuses
11. Bring energy into mouth and teeth, and do Heavenly Water, swallowing once.
  - a) Heavenly Water:
    1. Circle tongue outside of teeth, 9 x each direction. Create saliva; do not  
swallow

2. Circle tongue inside of mouth, 9 x each direction. Create saliva; do not swallow
3. Swish saliva back and forth, energize with light
12. Circulate and spiral saliva and energy down esophagus
13. Stomach
14. Small intestine
15. Ascending colon and appendix
16. Transverse colon
17. Descending colon
18. Exhale out rectum
19. Inhale rectum to *dantian*, and exhale out rectum. Repeat 3 times.

## **5. FACIAL MASSAGE**

1. Massage face up and down
2. Finger pressure scalp
3. Rub sides of ears
4. Rub ear flaps
5. Flick back of ears
6. Rub across forehead
7. Rub across eyes from bridge of nose to hairline
8. Rub sides of nose
9. Rub across mouth
10. Rub above and below lips
11. Heel of palms around neck to chest
12. Rub *dantian*