

Care for Your Qi

stretch, breathe, heal

Wed 27th May @ 3pm GMT

Topic : Making Your Own Medicine 101

Why do you practice qigong?

3 Steps to Mastery

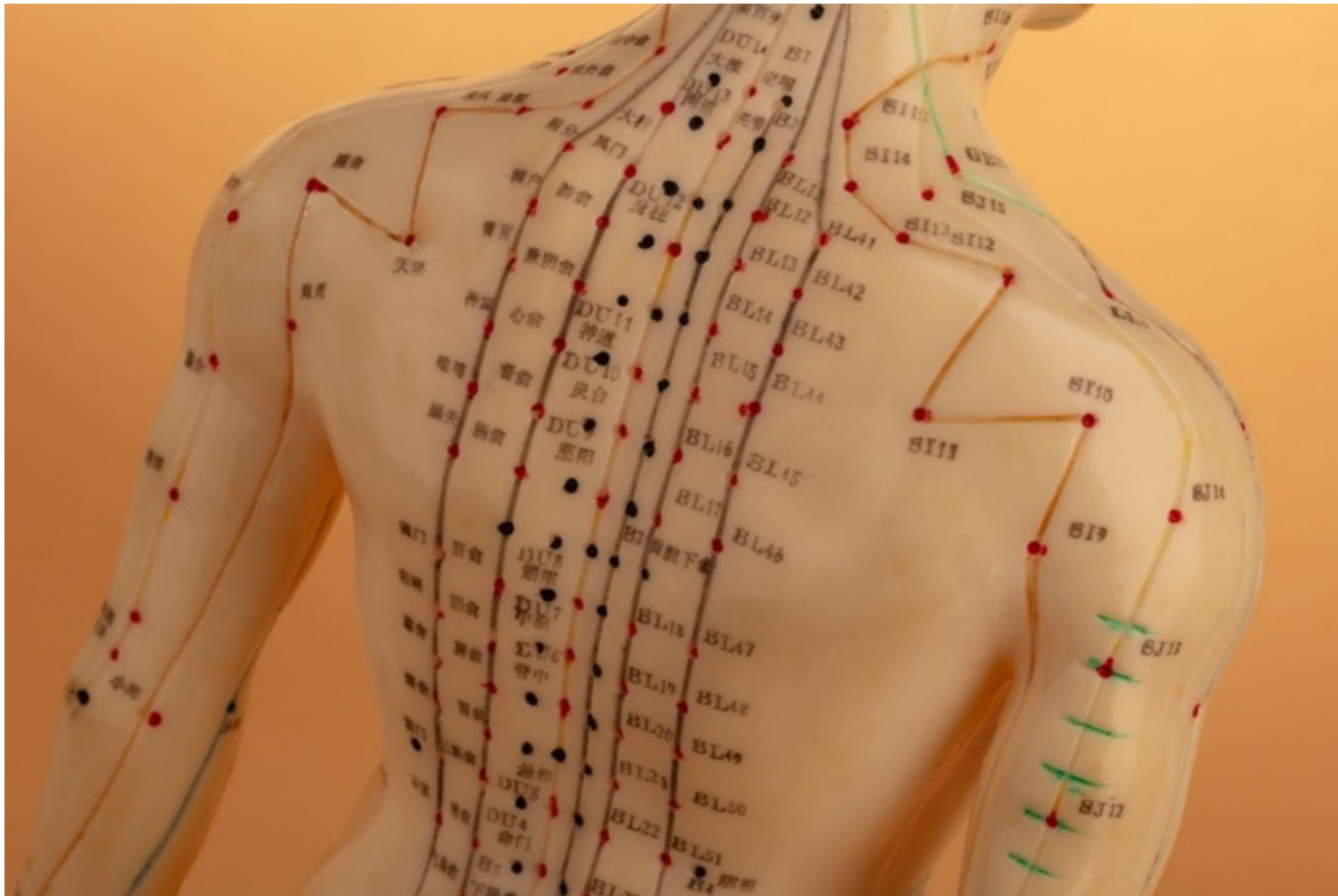
Progress & Habit Tracking

pause...

Innate healing potential



Meridians conduct Qi



Health = Smooth & purposeful flow of Qi

Practicing qigong
Develops Skills for
Working with qi

Why practice qigong?

Health

Performance

Evolution

mastering

I can become

...proficient, skilled, expert

...through practicing

*To master qigong is to
master your life.*

3 steps to mastery

...why?

...what?

...how?

why?

Set goals...

I am practicing qigong for...

what?

Objectives

*I shall practice (...),
(...) times each day,
for (...) minutes.*

5 Steps of Qi cultivation

1. Entering Stillness
2. Gather Qi
3. Qigong form (eg. 5 Element Qigong, 8 Brocades etc...)
4. Spontaneous qi flow
5. Closing Sequence (eg. rejuvenating face massage, acupressure, qigong healing etc...)

How?

Track

Progress

&

Habits

“Elite performers will often measure, quantify, and track their progress in various ways.

Each little measurement provides feedback.

It offers a signal of whether they are making progress or need to change course.”

James Clear

Ability to cope with stress												
Ability to feel "Qi"												
Afternoon energy levels												
Anxiety												
Appetite												
Athletic performance												
Bowel regularity												
Chronic pain												
Concentration												
Depression												
Emotional unrest												
Fatigue												
Immunity to colds & flu												
Menstrual pain												
Morning energy levels												
Productivity at work												
Recovery from colds & flu												
Sleep quality												
Spiritual fulfillment												
Zest for life												

Mark each category on a scale of 1 to 10 (10 = the worst you can imagine; 1 = the best you can imagine). When in doubt, start with a 5.

What tracking might look like...

progress chart ...weekly

habit chart...daily

www.medalt.co.uk/blog

You are unique...

No one else is like you...

Follow your own rhythm...

pause...



practice, practice, practice

Why do I want to practice qigong?

What shall I practice?

How will I track my progress & daily practice?

Thank
you

