

Qigong Workshop 19 October 2019 with Dr Hung D Tran

# Heal Thyself

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## **Aims of the Workshop**

- A. Understanding the 5 Sequence of qigong practice
  - B. Review of the 5 Element Tuning Qigong Set
  - C. 6 Healing Sounds
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## Introduction

- Qigong is a form of self-cultivation often referred to as Energetic Qi Exercises, Chinese Calisthenics, Chinese Yoga etc. Some of these terms can be misleading and doesn't capture the essence of qigong. However they are useful anchors that make qigong accessible
- There are many styles or schools of qigong depending upon their emphasis. All qigong styles have in common the aspect of health and healing. Since there are many ways to achieve this, accordingly there are many variations of qigong forms and sets of practice.
- According to Classical Chinese medicine there are five dimensions of a human being :

Body (Jing) - Energy (Qi) - Spirit (Shen) - Breath (Xi) - Awareness (Yi)

- Authentic Qigong practice aims at harmonising all these 5 dimensions of a person (called the "Five Harmonisations"); making it a truly holistic form of exercise.
- If the 5 harmonisations are achieved you will experience an improvement to your wellbeing. It also means that you can turn any form of activity into qigong practice through integrating these dimensions.
- Cheng Man Ch'ing, one of the first teachers of traditional Tai Ji Quan in the USA in the 60's, was asked by a student why he practiced Tai Ji Quan. He replied  
*"So that when you finally get to know about life, there will be some health left to enjoy it."*
- Practicing Qigong or Tai Ji is most definitely good for your health. If you really get into it then it turns out to be a way of knowing yourself as well as life itself.

## **WARM UP SEQUENCE**

Password is CfYQ 191019

### **The 5 Sequence of Qigong cultivation**

1. Entering Stillness
2. Generate Qi flow (qigong form)
3. Be like a human needle
4. Returning home
5. Qigong self massage

This is a template that captures the very essence of every qigong practice.

Each part of the sequence can be used as a stand alone practice in its own right. However when we combine them into a single practice it yields a very potent form of qi cultivation.

#### **1. Entering Stillness**

Stand with feet shoulder width apart

Unlock the knees

Relax through the body - from head to toe. Release tension through jaw, neck, shoulders, back, buttocks, thighs, knees, calves, feet...

The aim is to soften, lighten and round the body...

Breathe naturally...

Gentle awareness at your heart centre and be present to the stillness, a gentle joy that arises there...

## **2. Generate Qi Flow (qigong set)**

This part of the sequence is when you practice a particular qigong set such as the 5 Element Tuning Qigong Set (see below). This generates a circulation of qi & blood through the body.

## **3. Be like a human needle**

Stand with feet close together and go nothing (WuWei). Any qi that has been circulated from the previous part will be experienced coursing through the body.

## **4. Returning home**

Just a very gentle thought to the lower dantian (energy field). This tells the qi to gather and be stored there. It's like re-charging the battery. The lower dantian (equivalent to where the womb is in women) is the body's centre of vitality. It should begin to feel warm, expansive, centering, with practice over time.

## **5. Qigong self-massage**

You can do one of the body areas or the whole sequence. There are many variations. It can be used as a stand alone activity at any time of the day. It is particularly energising first thing in the morning.

Here's a simple sequence, you can add as you go along.

### Chest & Abdomen

- Palms facing towards the chest and brush down from Chest to Pubic bone about 36 times (can do up to 100 times if feeling agitated)
- Rub belly - hands over one another over belly button. Starting with small circles, rotate one way x36. Then rotate back into a smaller circle x24
- Form a triangle, palms face down, with the thumbs placed over umbilicus. Palms facing lower abdomen. Gently feel the warm emanating from the centre of the palm into the abdomen. Remain there for a little while enjoying the warmth.

### Head

- Rub palms briskly together to gather warmth
- Place over eyes gently, absorbing the heat from the palms
- Starting from the centre of face do a face wash with the hands moving in upwards motion
- Slick back the hair x3
- Press on the nape of the neck against the bone and mildly firm pressure on back of head.

### Ears

- Starting from the top of the ears, pinch the ear lobes with a firm but not hard pressure
- Massage the ears between your finger and thumb. Begin from the top and working your way down. Repeat 2-3 times.

### Arms

Brush up and down inside and outside of the arms to stimulate the arm acupuncture channels

### Legs

Brush up and down inside then outside of the legs to stimulate the leg acupuncture channels

### Finishing masage

Form a triangle, palms face down, with the thumbs placed over umbilicus. Palms facing lower abdomen. Gently feel the warmth emanating from the centre of the palms into the abdomen. Remain there for a little while enjoying the warmth.

2. Generating Qi Flow with a Qigong Set

## **5 Element Tuning Qigong Set**

Click on the links for video clips. These videos are intended to act only as reminders and are for the sole use of those who have attended the workshop.

The password to access each clip of the 5 Element Tuning Qigong is **CFYQ130719**

[WOOD](#)

[FIRE](#)

[EARTH](#)

[METAL](#)

[WATER](#)

## **Additional Movement**

## Uniting Heaven & Earth

Password is **CfYQ 191019**

### Practical Notes

- The purpose of practicing the physical movements in a relaxed way is to produce a smooth and harmonious circulation of qi through the body.
- Make the movements light, smooth and using minimum muscle tension to perform the movements.
- Feel almost as if your lifting of moving air/cotton with your arms. Keep the pace moderate - not too fast and not too slow.
- Breath naturally and smoothly, matching your inhalation and exhalation with the movements.
- As you become more familiar with the sequence and they become more natural to you, be aware of the whole body, keeping it relaxed, soft and round.
- Please practice in a way that is comfortable for you. Please own your practice.
- Please do not overstrain and try to make your body fit into the movements that you see. If it feels good and enjoyable then you are practicing correctly for you. Adapt the movements to you capacity. With practice your body will loosen up and become more supple as the acupuncture channels and qi flow more efficiently.
- If you're not familiar with the qigong then I'd recommend practicing them in the sequence that is presented above. Do between 1-5 reps of each.
- Or you could simply do more of one movement and a few of the others - depending upon how you feel on that day.
- Once you're familiar with the sequence you can do lots of reps of just one of the movements depending upon what you feel drawn to on any particular day or time of practice.
- It is not mandatory for you to practice them in order, you can pick and mix them depending upon your understanding and needs. This will come from personal experience.

## Six Healing Sounds Qigong

XU = SHHHH

HAW = HAAWWWWW

FU = FOOOOOO

SSS = HISSSSS

CHUI = CHOOOO

(like a choo choo, puff out cheeks like blowing out candle)

HE = HEEEEEE

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### Organ associations, functions of the sounds

XU

Liver / Wood

Reduces blood pressure, brings things from up to down

Releases built up frustration, resentment

HAW

Heart / Fire

Rounded lips, tongue drops down below lower teeth

Releases Heart, Fire Element (esp PTSD, shock, overwhelm)

FU

Stomach & Spleen / Earth

Blow out sound through lips without puffing cheeks

Releases intestines, digestive system

Releases over worry

SSSS

Lung / Metal

Releases neck tension - softly

Releases chest congestion

Releases grief, depressed, let go of sadness

CHUI

Kidney / Water

Puff out cheeks, like blowing out candles

HE

Fire/Water

Desires (Fire) consumes Life (Water)

## Combining the Qigong movements with Six Healing Sounds

<b>Movement</b>	<b>Sound</b>
WOOD	XU
FIRE	HAW
EARTH	FU
METAL	SSS
WATER	CHUI
Uniting Heaven & Earth	HEE

### How to Practice

- Check in with how you feel and which sounds you like doing and don't like doing
- Start off moderately
- Perhaps practice movements and sounds separately for a week or so
- Then combine the movements with the sounds
- Experiment with making the sounds & movements
  - Fast or Slow
  - Loud or Soft
  - Which one do you like? Which don't you like?
  - Make the sound at the speed and noise that you enjoy
  - This will change daily
- Do all the sounds (with or without the movement) in sequence
- Repeat between 1-9 times each sound
- Which movement makes sound longer or makes it shorter?
- Can perform sounds without movement
- Can combine sound with other qigong practice
- Aim to make harmony between all sounds
- Which emotions afflict you most?

## A Daily Practice

### How to use the 5 Sequence Routine (part A.)

- The 5 Sequence of Qi Cultivation is the foundation of qigong practice
- Develop familiarity with the 5 Sequence Routine. Flexible and skilful use of this is the key to success.
- Insert any qigong set into part 2. Of the sequence. During the workshop we practiced the 5 Element Qgiong set.
- Each part in the sequence works synergistically with the others
- You can use any part of the sequence as a stand alone exercise
- I highly encourage you to explore what works for you
- For instance a suggested method is to practice part 1 Entering Stillness for a few minutes one day. Then practice 3-5 reps of one from the 5-Element Tuning qigong set the next day. Keep adding another movement from the set each day. So over a week or so you will have the entire sequence as well as the movement from the qigong set learned.

### How long should you practice for?

- Eventually your daily routine should take no more than 15 minutes once or twice a day
- I encourage you to acknowledge the type of person you are and to build up a practice that you can personally enjoy sticking to. Please remember there is no place for perfectionism in personal cultivation practice.
- Please foster the spirit of curiosity and playfulness as you explore what works best for you. This changes day to day, so adapt your practice accordingly.
- For instance some days you can practice for longer than others; sometimes you can do the entire 5 Sequence of Qi Cultivation for 15 minutes; other times you can

simple do 2 minutes of one part of the 5 Element qigong...there are no absolute rules.

- We are all at different levels of development and so practice what you can. Your understanding and experience will deepen with practice.
- You can build upon your practice at future workshops and/or one on one mentoring.
- So please try build up to 10-15 minutes of the 5 Sequence Qigong practice over weeks and months. There is no deadline.

#### When are the ideal times to practice?

- Ideal times to practice is first thing in the morning shortly after rising and/or last thing at night just before bed.
- However practicing them at anytime is very beneficial. Times that may not be ideal are between 11am-3pm (Fire phase of the day) and may cause agitation to the nervous system

#### Anything else to bear in mind?

- Hydration!
  - First thing in the morning have a 2 glasses of room temp or warm water
  - Wait 10 or so minutes before practicing
  - Have 'warm and wet' foods such as porridge cooked in water (or congee) and finished off with milk of your choice; snack on fruits a few hours after breakfast or lunch; broths, stews, soups etc...
  - Each more fats and oils to nourish the hormones and nervous system
- Early to bed - ideally before 11pm
- Wake up and greet the day with gratitude, find and enjoy the beauty in your life

## Resources

[The Healer Within](#)

[The Healing Promise of Qi](#)

[88 Secrets of Chinese Medicine](#)

[Peace, Love, and Healing](#)

## Closing remarks

Integrating the 5-Element qigong into the 5 Sequence of Qi Cultivation will give a foundation for further exploration of self-care methods of Classical Chinese medicine.

We shall explore many aspects of qigong as well as foods, lifestyle in future blogs/webinars/ workshops.

Meanwhile please just practice gently and patiently. Please don't worry about results; they will take care of themselves. Just enjoy sowing the seeds of practice and you will definitely reap the rewards. Results are inevitable and your understanding will grow with practice.

Til next we meet. Go well!

Hung