

Qigong Workshop 30 November 2019 with Dr Hung D Tran

How to Develop a Bulletproof Immune System



Aims of the Workshop

- Understanding the 5 Sequence of qigong practice
- The 5 Element Tuning Qigong Set
- Healing Walk / Huff Puff Qigong

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 for making 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.
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[A] Essential Theory

"We cannot solve our problems with the same thinking we used when we created them."

Einstein

"There are no diseases, only sick people" Samuel Hahneman

"There are no such thing as an incurable disease, only incurable people (attitudes)"

Dr Jeffrey C Yuen

1. Philosophical underpinings

- From the Classical Chinese medicine perspective the cause of disease is a disruption of the smooth and harmonious flow of qi.
- According to Classical Chinese medicine there are three dimensions of a human being :

Body (Jing) - Energy (Qi) - Spirit (Shen)

- When these dimensions are in alignment, ie when you feel and function authentically and naturally, there is harmony and thus health.
- In Qigong we can use two further dimensions for achieving this alignment. These are :

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.

- When 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.
- What is Qi? It is the energy that arises from our relationship to people and things. The more in tune our relationship is with the reality of interconnection, the greater the flow of Qi.
- According to Chinese medicine the more harmoniously and smoothly qi flows, the better our sense of wellbeing and recovery from sickness.

2. What is Qigong?

- Gong means cultivation. So Qigong is the purposeful cultivation of Qi.
- The purpose is entirely personal to the individual. It can range from immediate health concerns to improving human performance (sports, martial arts, performing arts etc...) or as an invitation into deeper spiritual cultivation.
- Before embarking upon the practice of qigong ask yourself : What is the purpose for me to practice qigong?
- This purpose will change with your needs

3. How to Develop Bulletproof immunity

- Immunity is a byproduct of an elegantly complex process that involves the harmony and health of the whole being (body, energy, and mind).
- Practically speaking it means to eat the right type food at the right time; live your life in a way that enhances and not depletes your life force, and practice qigong for 15 minutes at least once per day, ideally twice a day.

4. My Qigong Background

- For nearly 20 years I have studied and practiced qigong with a few great teachers. The process began with my kind teacher and mentor of Chinese medicine, Master Nguyen Tinh Thong. Two other notable teachers who I have studied with are Andrew Serman, a close student of 88th Generation Daoist Priest, Dr Jeffery C Yuen and Sifu Tim Franklin, a close student of Grandmaster Wong Kiew Kit.
- My emphasis is the medical aspect of qigong and making the healing power of qigong accessible to everyday folks.
- Drawing from personal practice and clinical experience, I've successfully taught 100's of people in this deceptively simple yet versatile method for tapping into and enhancing their self healing capacity.

5. Practicing techniques develops Skills

When a person learns to play the piano, they start off practicing the scales, lots of times. Later they are able sight read any piece of music, transpose music to different keys, improvise, compose and so on. All these skills arose from a lot of practicing of scales.

Qigong consists of practicing various techniques and several forms. These are the equivalent of learning the scales. This is necessary in order to develop certain skills. When we practice the techniques gently and correctly we develop and become more skillful at working with Qi.

There are four key skills that are developed through qigong practice. Further skills will evolve from these foundational ones.

6. Foundation skills of Qi Cultivation

1. Sensing Qi (attuning to qi; feeling it)
2. Moving Qi (creating qi flow through movement and spontaneously)
3. Regulating Qi (controlling the rate of qi flow)
4. Gathering Qi (storing qi in the lower dantian / human battery)

This is also how an effective acupuncture treatment works to help you feel better. So qigong practice is like getting the effects of an acupuncture treatment but without the needles.

[B] THE PRACTICE

WARM UP SEQUENCE

Password is CFYQ 191019

The 5 Sequence of Qi cultivation

1. Entering Stillness
2. Generate Qi (any qigong form)
3. Spontaneous Qi flow
4. Gathering Qi
5. Qi massage

- This is an elegant template adapted from Grandmaster Wong Kiew Kit's teachings. It neatly captures the essence of qigong practice.
- Each part of the sequence can be practiced alone and in any order. Yet when practiced as an entire sequence in the order given it becomes a very potent and effective method of qi cultivation.

1. Entering Stillness

- Stand with feet shoulder width apart
- Unlock the knees. Arm hanging loosely by sides, palms turned towards the back.
- 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...

- Get a sense that your posture is *relaxed yet stable* and that you are *calm yet kindhearted*
- Physical posture : Relaxed yet stable
- Mental attitude : Calm yet kindhearted
- Throughout the day you can recall this “four word secret” to trigger the stillness in your being :

relaxed yet stable; calm yet kindhearted

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. Spontaneous Qi flow

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. Gathering Qi

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 massage

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.

[C] QIGONG FORMS

5 Element Tuning Qigong Set

I received this set from Andrew Sterman. It is a very simple form yet I return back to again and again for its healing effects. It is the foundational qigong form that I teach.

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](#)

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.

Huff-Puff (aka The Healing Walk Qigong)

This set of qigong was taught by Dr Jeffrey Yuen.

Huff Puff Qi Gong is a simple and complete Qigong set. These sequence of exercises can have a strong dynamic effect on the body.

It can be used for overcoming many health imbalances ranging from jet lag, hypertension to cancer and chronic degenerative diseases. So it complements very well with and can safely be practiced alongside Western medical treatments.

There have been multiple cases (in China) where those who have regularly practiced Huff Puff Qi Gong for chronic degenerative diseases have been successful in curing their illness, notably the teacher of this system, Master Guolin who overcame inoperable cervical cancer. Since the early 1980's it has been practiced by several million in China (a remarkable achievement given the political context). It is surprisingly underutilised in the West.

Huff Puff Qi Gong, like any other qigong practice, has three main components :

- 1) Breathing
- 2) Posture
- 3) Intention

Breathing

Huff Puff Qi Gong pays particularly to the breathing technique. The diaphragm is thus a particular focus for these exercises.

- Inhale (Puff) : contracting the diaphragm (raising one's trunk) with three short, swift sniffs (inhale) through the nose makes a sound like Huff, and
- Exhale (Puff) : dilating the diaphragm (lowering one's trunk) with one's exhale through one's mouth makes a sound like Puff.

In Huff Puff Qi Gong, it is important that the inhale (Huff) is a few short, quick, yet strong breaths and that the exhale (Puff) is one, long, yet strong breath. This breathing strategy enables the practitioner of Huff Puff Qi Gong, to increase the amount of carbon dioxide exhaled, enhancing one's detoxification.

Posture

The posture begins by first standing with feet shoulder width apart and then grounding oneself in this posture by dropping one's tailbone.

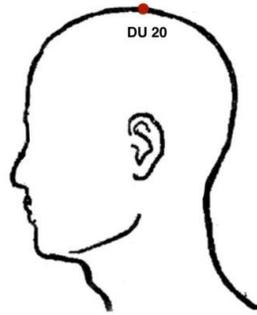
Aligning to the Earth

To support this grounding, become aware of the acupuncture point called Kidney 1, Yongquan (Bubbling Spring), located at the center of the sole of foot, and further imagining his/her toes are like roots growing into the ground.



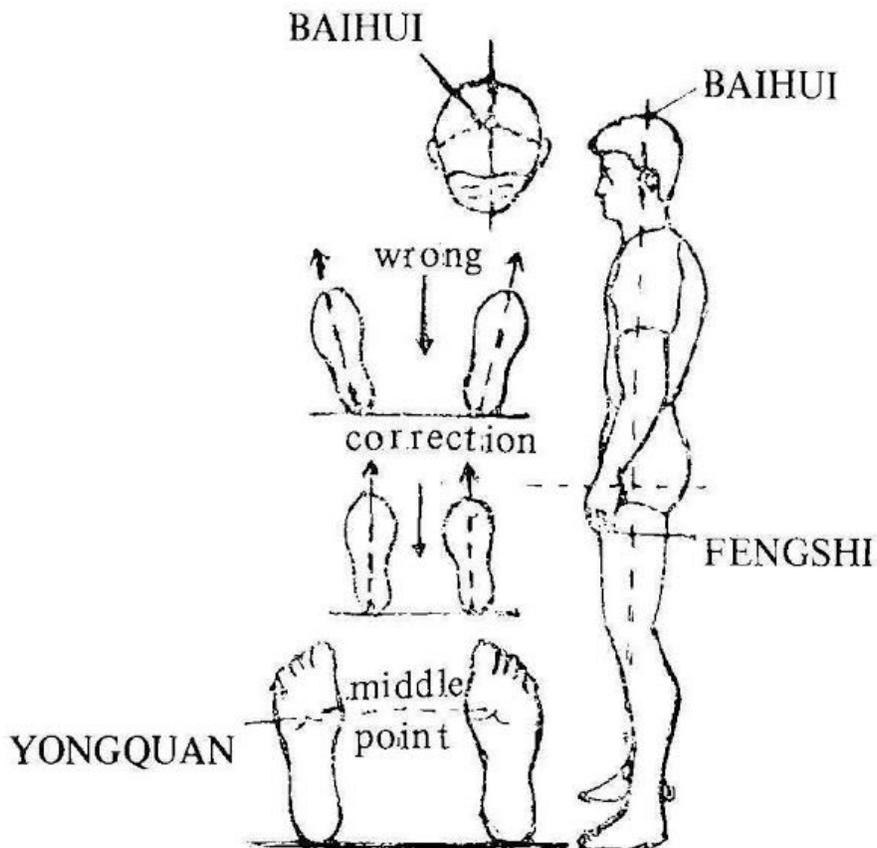
Aligning to Heavens

Next, create a counter balance for this by gently lifting up at the top of one's head at acupuncture point Du 20, otherwise known as Baihui. This lifting and grounding counterbalance creates an environment in which the tension builds at one's center, also known as the abdominal/trunk region.



Aligning to Humanity

With the combination of one's posture of Earth (at Ki1, Yongquan) & Heaven (at Du20, Baihui) and the breath, the body creates a pumping action that increases circulation at one's center, nourishing his/her viscera/internal organs. This helps cleanse the body of any illnesses that may be present there.



The Lower Dantian

An important aspect is the lower dantian (elixir field). This is located in the area that is formed when we make a triangle with our thumbs pointing together at the navel, and the index fingers pointed downwards. This elixir field is known in many traditions to be essential for promoting long life when we cultivate and stores energy there.

It acts like an energy savings account. The Qi stored there can be used for just about any human activity without depleting our deeper, more vital resources. The more you have of it, the greater your restorative and self healing capacities become. This is a skill that is developed through correct qigong practice.

Intention

Formulate a clear personal health goal (intention). Then, whilst practicing qigong, simply be attentive to the practice. This combination of setting an intention and then paying attention (being present) turns this exercise into a powerful and effective method for enhancing your self healing ability.

Notes on Practice

- Break the sequence down into parts to make learnin easier
- First learn the breathing
 - Inhale : 3 short, swift, sniffs in through nostrils (huff)
 - Exhale : one long, strong out through open mouth (puff)
- Learn to transfer weight between on leg to the other
 - Shift weight to one leg (about 80%), gently bend knee.
 - Lift the foot of the other leg
- Learn to do the qigong walk
 - Shift weight to one leg (about 80%), gently bend knee - ensuring that it doesn't go beyond the toes
 - Lift the foot of the other leg and gently slide it in front
 - Gently shift weight onto the front leg, bending the knee
 - Lift the heel of the back foot, and slide it in front
 - Repeat, gently

- Swing the arms from side to side
- Gently combine the walk, swing arms, and breath
- For maintenance please only practice this qigong for 10 minutes twice a day
- If very sick then practice 15 minutes every few hours - totally around 2 hours of practice each day
- My general advice for maintenance with the breathing is to use
 - one quick sniff in through nose
 - one long breath out through the mouth

[D] A Daily Practice

How to use the 5 Sequence Routine

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

A Suggested daily practice

When we first start practicing qigong it can seem a bit overwhelming. Below I shall suggest a sequence that you may start with and then build upon as your familiarity and confidence grows.

- First thing in the morning - sit on the side of the bed, feet touching the ground and enjoy a gentle qigong massage (sequence 5)
- Then have two glasses of warm or room temperature, still water. This will hydrate the body and activate the flow of qi.
- You might like to put on your porridge oats or congee (such as millet or rice)
- Practice the parts 1-4 from the 5 Sequence of Qi Cultivation for ~ 3-5 minutes
 1. Entering stillness ~ 30s
 2. Practice one of the qigong exercises from the 5-Element Tuning Qigong form or Huff Puff Qigong for about ~ 2minutes
 3. Enjoy Spontaneous qi flow ~ 30s
 4. Gather qi to the lower Dantian ~ 30s
- Timings given are approximate - you need to get a feel for them, perhaps spending more time on one than the other on different days. It's entirely individual and there is an element of going with how you feel on any given day.
- Have your porridge and get on with your day more refreshed and alert
- Perhaps you might like to do the same before bed.
- Try doing this for a week or so and increase the time gradually over a few weeks or months to 10-15 minutes.
- Consistency and quality is by far the most important element. Allow this routine to grow gently with you. You'll notice a huge boost to your wellbeing

[E] Resources

[The Healer Within](#)

[The Healing Promise of Qi](#)

[88 Secrets of Chinese Medicine](#)

[Peace, Love, and Healing](#)

[F] 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. 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.

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