



MERIDIAN QIGONG Worksheets

3 DAY COURSE FOR HEALTH & RELAXATION at VILLA IPSA RESORT

with instructor Dave West TAI CHI BALI Taoist Healing Arts Centre www.taichibali.com

COURSE GUIDELINES & CODE OF CONDUCT

- ❖ **Community** – Practice together in friendship and harmony.
- ❖ **Noble Silence** – Be quiet in the practice room/area and respect the healing space.
- ❖ **Distractions** – No phones or electronic devices allowed in the practice room/area.
- ❖ **Proper Practice** – Qigong and Taichi training are based on the science of Nature, logic and experience.
- ❖ **The Tao of You** – Your lifestyle and practice should be well-structured and suitable for your needs.
- ❖ **Gongfu** – There are no short cuts. Work hard to improve your skills & over time you will attain health & wisdom.
- ❖ **Sensitivity** – Early detection of Yinyang excess and deficiency leads to balance and positive change.
- ❖ **Obstacles** – Your emotional mind is your biggest hinderance. Practice Meditation 1 every day for 20-30 minutes.
- ❖ **Depletion** – Conserve your Qi by avoiding stress, exhaustion and unhealthy environments, foods, activities, etc.
- ❖ **Tao Wisdom** – Look deeply into Nature and you will understand everything better.
- ❖ **Essential Reading** – *Tao Te Ching* trans. by Stephen Mitchell, *Taijiquan Classics* trans. by Babara Davis

DAY 1

- 1.00 pm – Check in
- 3.30 pm – Meet in the Restaurant
- 3.45 pm – Taichi at Dharma Sunya
- 6.30 pm – Dinner

DAY 2

- 6.15 am – Sunrise Qigong (optional)
- 7.30 am – Breakfast
- 9.00 am – Taichi at Dharma Sunya
- 12.00 pm – Lunch
- 3.30 pm – Taichi at Dharma Sunya
- 6.30 pm – Dinner

DAY 3

- 6.15 am – Sunrise Qigong (optional)
- 7.30 am – Breakfast
- 9.00 am – Taichi at Dharma Sunya
- 12.00 pm – Check out

QIGONG THEORY & PHILOSOPHY

- ❖ **Tao Te Ching** – *Dao De Jing* – Ancient Taoist text based on the teachings of Lao Tzu 500BC the founder of Taoism
- ❖ **Yellow Emperor's Classic of Medicine** – Philosophical writings by Huang Di offering insights into TCM, Qigong & core principles for practice
- ❖ **Taoist Healing Arts** – The natural way to health & happiness based on Philosophical Taoism (not Religious Taoism) TCM, Taichichuan, Qigong, etc
- ❖ **Yin Yang** – Complementary polarities found throughout nature in constant change & reversal, help us to identify & avoid excess & deficiency
- ❖ **Wuji** – No polarities – When Yinyang equalize they unite & become One, returning to Wuji a state of harmony & limitless potential
- ❖ **Wuwei** – Non-resistance – Observing and uniting with natural energy patterns to create good habits and increased quality of life
- ❖ **Qi – Chi** – Life force healing energy found throughout nature combining bioelectricity, electromagnetism, light, heat, love, etc
- ❖ **Qi Gong – Chi Kung** – Energy Practice & daily self-renewal method to harmonize & revitalize the body, breath & mind
- ❖ **Wai Gong** – External Qigong emphasises stimulated muscles & less relaxation to build Qi in the arms, legs, skin and immune system
- ❖ **Nei Gong** – Internal Qigong emphasises relaxed muscles & more mind power to build Qi in the lower abdomen & internal organs
- ❖ **Tai Chi Chuan** – Taijiquan – Dynamically balanced expression of oppositional energies based on the Tao, Martial Arts & TCM
- ❖ **Wu Tiao** – 5 Regulators of the Energetic System – Body Breath Mind Qi Spirit – key components to balancing Kan & Li, Yinyang, health & longevity

THE TAO OF HEALTH, HAPPINESS & BEYOND...

- ❖ **Lifestyle Changes** – Your lifestyle should be in alignment with your life philosophy, including how you view and interact with your family, community and environment, seasons, food, exercise, employment, positivity, loving-kindness, etc
- ❖ **Proper Practice** – Your daily self-renewing practice should be well-structured and suitable for your level and limitations. Safe and effective training guidelines from an experienced instructor can save time and avoid injury
- ❖ **Building Qi** – Storing and maintaining high levels of qi by increasing relaxation, energy conservation, reducing physical, mental and emotional stress, and avoiding force, wasting energy, exhaustion and depletion
- ❖ **Unblocking Qi Channels** – Reducing toxins that pollute your body and cleansing your energetic system with movements and meditations that promote qi to flow more freely throughout your whole being
- ❖ **Circulating Qi** – An abundant and unobstructed qi pressure that can saturate and diffuse throughout your whole body, revitalizing every cell, includes equalizing qi excess and deficiency, flushing out old qi and replacing with the new

GOALS OF PRACTICE

- ❖ To open your heart and mind to the beauty and healing power of nature with Taoist Healing Arts
- ❖ To improve your health and longevity by regulating the body, breath, mind, qi & spirit
- ❖ To feel your qi & use your mind to lead the qi efficiently
- ❖ To circulate your qi in the twelve primary qi channels and fill up the 4 main qi vessels
- ❖ To expand your qi to the surface of the skin & condense the qi to the bone marrow
- ❖ To use your qi to energize the muscles for jin (qi manifestation)
- ❖ To energize your brain and expand your consciousness
- ❖ To experience the domain of spiritual cultivation, practical Tao wisdom, becoming one with the spirit of Nature & beyond...

3 PRINCIPLES OF YIN YANG

- ❖ **Interdependence** – one cannot exist without the other
- ❖ **Transmutation** – one is always transforming into the other
- ❖ **Conflict & Balance** – when they clash there is tension, harmony is health

4 CATEGORIES OF QIGONG

- ❖ **Health Qigong** – maintaining health – prevention – restorative
- ❖ **Medical Qigong** – healing with acupuncture – herbs – massage
- ❖ **Martial Qigong** – energize the body for sports – martial arts
- ❖ **Spiritual Qigong** – energize the brain for higher consciousness

5 REGULATORS OF THE ENERGETIC SYSTEM

- ❖ **Body** – *Zishi* – the battlefield – posture – structure – relaxation
- ❖ **Breath** – *Xi* – the strategy – abdominal breathing – thoracic diaphragm
- ❖ **Mind** – *Yi* – the General – wisdom – clear intention – calm – relaxed
- ❖ **Energy** – *Qi* – the army – life force – bioelectricity
- ❖ **Spirit** – *Shen* – the morale – confidence – positivity – vitality

5 COMPONENTS OF QIGONG

- ❖ **Intention** – clear and confident mind
- ❖ **Sensitivity** – present moment awareness & focus
- ❖ **Intuition** – identifying real feelings for effective strategy
- ❖ **Relaxation** – optimum mental & physical structure
- ❖ **Energization** – building & circulating the *qi*

10 ACUPOINTS / ACCUPRESSURE

CO-1 **HUIYIN** on the perineum between the anus & the genitals
CO-7 **YINJIAO** on the lower abdomen below the navel opposite Mingmen
CO-22 **TIANTU** on the base of the throat at depression between the clavicles
GV-4 **MINGMEN** on the back between L2-L3 opposite Yinjiao
GV-14 **DAZHUI** on the back between C7-T1 opposite Tiantu
GV-17 **NAOHU** on the back of the head above Fengfu directly opposite Yintang
GV-20 **BAIHUI** at the crown point on top of the head in line with the ears
EX-HN-3 **YINTANG** on the lower forehead in the centre between the eye brows
PC-8 **LAOGONG** on the palm at the depression below 2nd & 3rd fingers
K-1 **YONGCHUAN** on the sole at the depression below the 2nd & 3rd toes

1. QIGONG SITTING MEDITATION

Meditation 1 – Lower Dantien Breathing – Builds *Qi*, calms & centres the mind, neutralizes the emotional mind

Meditation 2 – 3 Dantien, 2 Poles, Taoist Tree Breathing – Heaven & Earth – Energizes & builds *Qi* in the central energy channel

Meditation 3 – Small Circulation – Builds *Qi* & promotes *Qi* circulation in Governing & Conception Vessels (Dumai & Renmai)

Meditation 4 – Laogong Breathing – PC8 promotes *Qi* circulation in the pericardium meridian from the upper body to the hands

Meditation 5 – Yongchuan Breathing – K1 promotes *Qi* circulation in the kidney meridian from the lower body to the feet

Meditation 6 – Baihui Breathing – GV20 promotes *Qi* circulation to the top of the head, brain and Yang points

Meditation 7 – Deep Relaxation 5 Organs Meditation – Builds *Qi* in the organs, unblocks the meridian system, improves internal function

Meditation 8 – Deep Relaxation Opening the Heart Meditation – Promotes loving-kindness & emotional healing

2. 5 ORGANS / 5 ELEMENTS – QIGONG WARMUP

Preparation

1. All Organs Torso Stretching
2. All Organs Torso Twisting
3. Metal / Lungs Expansion
4. Water / Kidneys Flushing
5. Wood / Liver Cleansing
6. Fire / Heart Opening
7. Earth / Spleen Grounding
8. All Organs Circling Massage
9. All Organs Inner Smile

Recovery

4. HEAVEN & EARTH – QIGONG STANDING MEDITATION

Preparation – Acupressure: Baihui, Huiyin, Yongchuan

1. Lower Dantien Breathing
2. Earth *Qi* Breathing
3. Heaven *Qi* Breathing
4. Heaven & Earth *Qi* Breathing
5. Uniting Heaven & Earth
6. Grand Circulation
7. Small Circulation
8. Lower Dantien Breathing

Recovery

3. 5 ANIMALS STRETCHES – QIGONG WARMUP

Preparation

1. Bird Gliding
2. Bird Flying
3. Deer Looking
4. Deer Running
5. Tiger Raising Claws
6. Tiger Seizing Prey
7. Monkey Lifting Paws
8. Monkey Picking Fruit
9. Bear Rotating
10. Bear Walking

Recovery

5. 8 PIECES OF BROCADE – QIGONG MOVING MEDITATION

Preparation

1. Two Hands Hold Up the Heavens
2. Bend the Bow Like Shooting a Hawk
3. Separate Heaven & Earth
4. Wise Owl Gazes Backwards
5. Big Bear Swings from Side to Side
6. Two Hands Hold the Feet
7. Screw the Fist with Fiery Eyes
8. Bouncing on the Toes

Recovery