

Fill Your
Cup
Qi Gong

Cultivating Qi

Supporting what is within ~ preparation of the way

In the depths of Winter we seek to be warm, nurtured and sustained. During this time, it is ok to be however we are, to wrap ourselves up in layers of blankets and to sit by the fire. However, there will come a moment when our own inner fire heats up, and we need to throw those blankets off and allow our own flame to sustain us. In this moment, if we want to, if we are ready, we are able to learn to be comfortable with our deepest shadows, to warm and nurture them from within, to offer them light, love and understanding so that we may become a more whole version of ourselves.

When we hide parts away, even from ourselves, we are not being all that we truly are.

This is cultivating Qi – supporting what is within us. We are doing this anyway, everyday to one extent or another, sometimes in a negative way through our stories of resistance and sometimes in a positive way. In either case, it is a practice that we have complete control over and can work with at any time.

Our inner Qi can be cultivated and roused into it's own inner warmth and it's own full flame for self-nurturing and healing. We can draw the ignition we need from the environment around us and once the spark is lit, our inner walls and barriers become fuel for the fire and either melt away or turn to ash. This is how we develop our inner power and inner wisdom from a place of pure love. You are strong enough to sustain even the harshest Winter, the coldest emotion, the most isolated experience when you turn in and connect to your inner spark.

Knowing the Flow

Each aspect of who you are is interrelated and overlaps, but the central junction is the Body. You can consider this the merging point of internal and external energy; meaning that you can use the 5 external senses of the body along with the internal senses of intuition, connection and intention to effect and influence your flow of energy.

A powerful method for working with the relationships between these energies is using the ancient method of Qigong.

Qigong is a system for a lifetime. There are no restrictions at all to age or physical condition as the methods adapt to flow with one's own mobility. The effects may be powerful, but the routines themselves are rather gentle and simple.

Qi means "breath" or "air" and is considered the "vital-life-force" or "life-force energy", or in medical terms – bioelectricity.

Gong means "work" or "effort" and refers to the commitment an individual would put into a practice that requires time, patience, and repetition to perfect.

So, Qigong is to work with life-force energy. It is a practice that lends a symbiotic balance to every aspect of life and allows infinite wisdom to flow through your every cell. Through this method, both Yin and Yang aspects of energetic flow are considered.

The Yin is *being* it; the related exercises are expressed through relaxed stretching, visualisation, and breathing and assist considerably in relieving stress and balancing emotions.

The Yang is *doing* it; the exercises are expressed in a more aerobic or dynamic way and are particularly effective for supporting the immune system and removing blockages within your energy system.

The entire web of Chakras and Meridians within the body holds many secrets that you can come to understand and use to clear out any level of your being. There is great energy here that can be harnessed and directed through some simple practices. Every part of our complex system of physical self, mental self and emotional self is in a continuous state of self-creation, never still, never complete, never the same from one moment to the next.

It is within our power to control this creation and re-creation in every moment.

With attention and gentle clearing practices, you open up the potential to connect in the most holistic manner to your Spiritual self, unifying your Spiritual self with your physical self in an un-distorted and pure way.

Feeling the Flow

In Qigong theory, the three essentials to sustaining human life are Jing, Qi, and Shen. They are known as the “Three Treasures,” and each contributes to the overall health and well-being of the body, the mind and the Soul.

Jing translates as “essence” and is considered the basis of growth, development, and reproduction. A sub-type of jing, known as congenital essence, can be considered the energetic value of genetics. It is inherited from your parents and is necessary for foetal and childhood development.

The second treasure is considered “Qi” and translates as “energy” or “life force”. Qi is the vital energy of the body that human life depends upon. It is said that “when Qi gathers, the physical body is formed; when it disperses, the body dies.” Qi is the source of all movement in the body, it maintains temperature, it defends against pathogens, it transforms food into useful substances, and it helps to hold things in place. Blood and body fluids are included as Qi because they cannot form without the transformative actions of Qi.

The final Treasure, “Shen,” translates as “Spirit” or “Mind” and is responsible for consciousness, cognition, emotional life and our “presence”. It is responsible for thinking, planning, and feeling and is the essential, automated intelligence of the human body. The Shen is directly linked to the body and the two can influence one another through thought and feeling.

Qigong exercises are designed to help you preserve your Jing, strengthen and balance the flow of Qi energy, and enlighten your Shen.

Practical Pieces

There are two types of practice:

Wai Dan (External Elixir) involves physical movement and concentration.

Nei Dan (Internal Elixir) involves sitting meditation and guided imagery or visualisation.

The following exercises work to clear and then focus internal energy so that you can charge it as necessary, preparing it for clear and intentional interactions with external energy. The charges created come to act like a magnetic force.

Through the exercises, exact positioning is far less important than your breathing and your attention to your body and your inner world. Just follow your breath, and the movements will sink into a comfort in unison with your physical ability. Exercises should be done with relaxed knees. If you want to intensify your practice you can bend deeper into your stance.

There are only three qualities required for Qigong exercise:

Concentration – stay focused on what you are doing, how you are moving and really feel into the body and the experience.

Breathing – Breathe at your normal pace, controlled and rhythmic to begin with. If you wish to warm and charge the Qi, increase breath rate. To calm and soothe, decrease the breath rate.

Movement – Movement takes place outside and ripples within. Movements will always follow breath, inhale – pause – exhale – pause.

The combination of these three exercises gently massages and tones the Organ Systems, promoting emotional and physical health and well-being, then, further assists to bring the awareness within and facilitate the mind/body connection.

♥ Kylie x

You may also like to begin and/or end each practice with a short meditation.

Enjoy your Qigong practice with Qi playlist.



- 1 Inside The Great Pyramid: Meditation In The Silence 7:05
Steven Halpern
- 2 Om Mantra Meditation: Chanting Monks, Tibetan Singing B... 16:44
Justin Bridge
- 3 El Chakra Raíz, Muladhara - Cantando Om En La Clave De C 3:40
Musica Para Meditacion Profunda
- 4 Tabla Breath 5:26
Benjy Wertheimer, John De Kadt
- 5 One River 7:04
Benjy Wertheimer, John De Kadt
- 6 Tonal Alchemy I 5:57
Benjy Wertheimer, John De Kadt

QiGong Practice

1. Knocking to Awaken the Qi

Stand with feet parallel, shoulder width apart, shoulders square over hips, knees relaxed and slightly bent. Make fists with your thumb tucked under your fingers. Allow your arms to hang.



Twist from the waist, (not from the knees to avoid injury), in a wringing motion and let your arms swing and follow the motion of the body. Arms will wrap around the body and hit or knock below the waist. This is the seat of Qi and the storage place of emotional energy. This becomes a massage to the internal organs as well as an awakening and preparing of the Qi. Repeat 9 x 9 twists, resting in between each set to give your attention to the sensation of the Qi awakening. Feel it.





After several weeks, you may notice your focus shift to the different areas that you begin to feel the motion of Qi energy. This is the concept of being mindful and present.

2. Bouncing for Centring the Qi

In the beginning, try this for one to three minutes. Stand with feet parallel, shoulder width apart, shoulders square over hips, knees relaxed and slightly bent. Close your eyes, breathing naturally and rhythmically as you bounce up and down as you count backwards from 33.

Feel the jiggling effect release and shake lose any internal tension. Pause and notice any areas still 'holding on'. Breathe into the area and roll or shake it for extra relief. Repeat until your body feels free of tension and you are aware of your energy moving within.



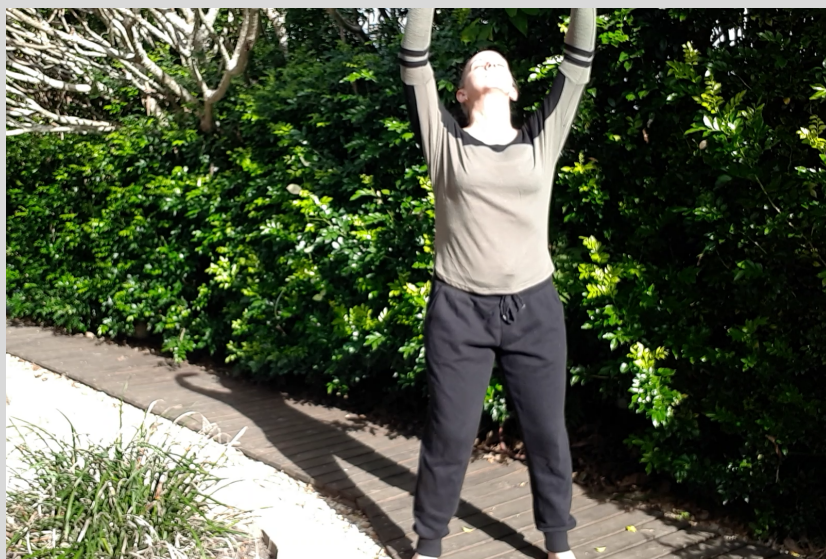
3. Lifting The Sky to Deepen the Qi

Stand with feet parallel, shoulder width apart, shoulders square over hips, knees relaxed and slightly bent. Breathe in through the nose. And exhale. On the pause, press hands down to the floor in front of your body. Eyes follow hands.

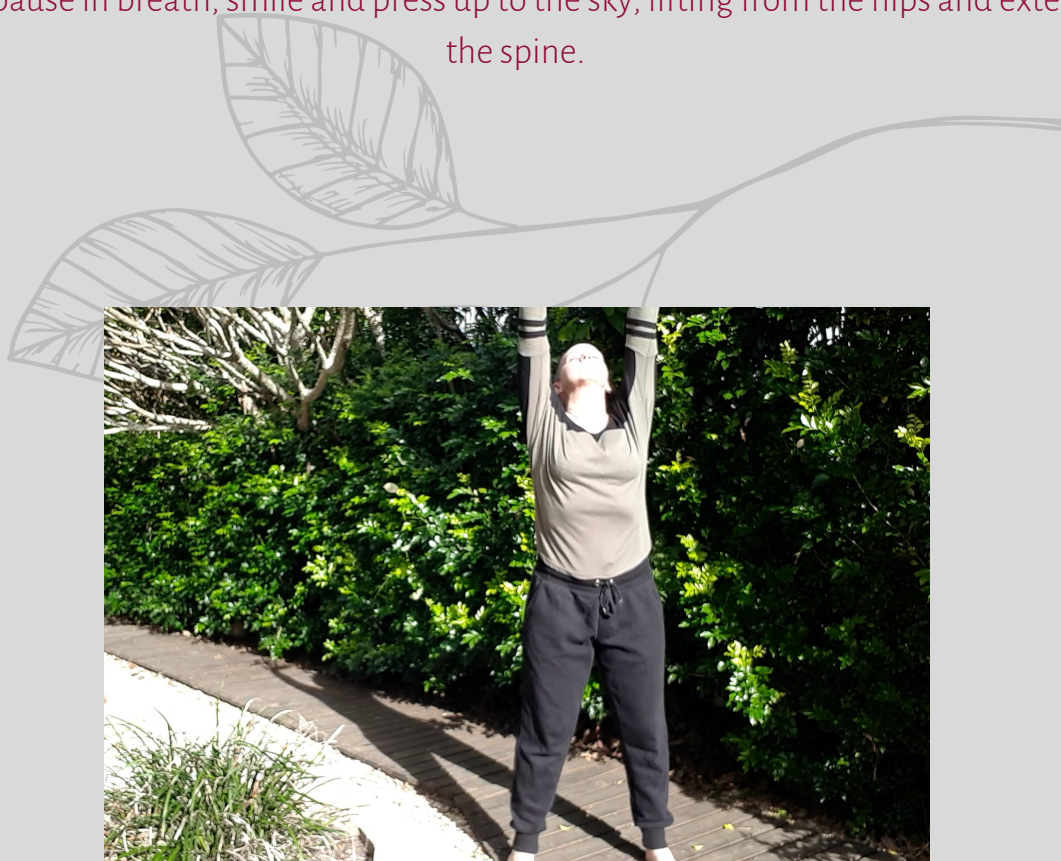


Inhale and sweep the arms up above the head. Eyes still following hands.





On the pause in breath, smile and press up to the sky, lifting from the hips and extending the spine.



Exhale through the mouth with an “Ahhhh” sound as you lower hands down sides to start position. Head and eyes lower with hands..



Repeat 9 times then rest and repeat full set another 2 times for a total of 27 repetitions.