



Qigong Exercises: Key Points

Qigong is a meditation in movement that helps harmonise R-M-E ie Respiration, Movement of Muscles and Energy (Qi). The following daily routine helps make a habit of being in sync with universal energy and hence in optimal health and effectiveness.

Universal energy is always benevolent and stands for our greatest good. It is our intention that we must align with the same sense of goodness/greatness to use it well and achieve more. Learning to work with universal energy is learning to work with our life force energy; Qi.

Qi is the subtlest form of personal energy much like steam is the subtlest form of water. Quite the way steam can sculpt its own gross form – ice – effortlessly, our Qigong practice can restore our physical body to optimal fitness. Provided we don't mentally and figuratively water it down!

The following exercises are part of a routine that is designed to develop one after another. You are requested to maintain the sequence of the exercises even if you feel discomfort after any particular one (which is rare but possible since you are moving energies internally you never moved before).

Hence do not jump exercises or sequence them randomly. It is recommended to start with the first one on day one and keep adding one every subsequent day. In 10 days you will compact the entire routine into your life – and you will feel the benefit of examining each one of them in depth on previous days.

So here we go!

Exercise 1: Relaxation

Posture: Stand with hands loosely on the sides and start moving joint by joint to relax yourself across every part of your body

Respiration: Breathe slowly, fully, harmoniously

Sound: None. Tongue behind upper teeth touching palate

Movement: Relax all body muscles and joints by moving/shaking hands, legs, torso, neck, shoulders, spine. Tap yourself especially the shoulders and kidneys by bending in your arms at the elbows as you let them hang on the side and move your torso freely. If you like, shake like a tree; it helps

Energy: Expel contaminated energy from the aura along the meridians. If you are particularly tired you will feel like touching the body closely to remove gross contamination. If you are already at peace, subtle aural cleansing will suffice. With intuition and sensitivity your body will start talking with you

Note: Once relaxed, move into meditative standing posture

Exercise 2: Centralization

Pre-req: Relax completely and get into the 7-checkpoint meditation in a horse stance (with knees mildly bent); hands hanging loosely but with awareness on the side; spine erect; neck and shoulders relaxed and perpendicular; tongue closing the yin-yang switch; eyes partially or fully open with steady frontal gaze; and in-breath rhythmically pushing the belly out

Posture: Feet apart equal to width of shoulders, toes pointing front

Respiration: Breathe slowly, fully, harmoniously

Sound: None. Tongue behind upper teeth touching palate

Movement: None. Imagine the feet implanted firmly with roots



Energy: Draw universal energy through the crown and eyes towards the tip of the tongue and direct it through the central channel passing it out gently through the root chakra. Also suck it up through the feet passing upwards through the spine to mix with universal energy around the head

Note: Create a sensation of balance by constantly focusing on energy and breathing for a few minutes

Exercise 3: Sustaining the Heaven

Pre-req: Place your right hand over the left, palms facing upwards, 5 cms below the navel. Feet in a "V"

Posture: Stand straight, eyes open focused in space in front

Respiration: Inhale in this original posture. Exhale while raising arms. Exhale completely when the fingers touch above the head

Sound: 'Huuuung' while raising arms. Sharp 'Ha' while exhaling completely

Movement: Raise arms towards the sides, palms facing out and then upwards till the fingers touch. Arm muscles are relaxed forming a circle. After Ha, bring arms back slowly and harmoniously to original posture

Energy: Imagine moving it from the navel towards the crown as the arms rise and back as they descend

Note: Repeat the movements 9 times

Exercise 4: Flying like an eagle

Pre-req: Hang your arms comfortably on your sides. Feet in a "V"

Posture: Stand straight, eyes open focused in space in front

Respiration: Inhale with every (I) in Movement. Exhale with every (E) in Movement

Sound: None. Tongue behind teeth

Movement: Fold elbows towards the sides, palms facing out (I). Extend arms fully with palms vertical (E). Inhale (I) in this position. Turn the head left towards the back of the hand exhaling (E). Exhale fully and hold for 5 seconds. Return the head to center (I) and continue the turn to the other side (E). Exhale fully and watch the back of the hand for 5 seconds without breathing. Inhaling (I), return head to center and bring the arms down slowly (E)

Energy: Imagine moving it from the navel towards the neck, shoulders and upto the fingertips

Note: Maintain the outstretched arms at the same height as shoulders, in line with chest. No repetitions

Exercise 5: Walking on ice

Pre-req: Place your right hand over the left, palms facing the body, 5 cms below the navel. Feet in a "V"

Posture: Stand straight, eyes open focused in space in front

Respiration: Inhale during step 3 of Movement. Exhale while moving the torso forward. Exhale completely at the point of return

Sound: 'Huuuung' while moving forward. Sharp 'Ha' while exhaling completely

Movement: Step 1 - turn the torso to the left to align your sight, body-front, knee and foot in the same direction. Step 2 - take a small step forward, placing one heel where the toes were. Other foot doesn't move. Step 3 - inhale deeply and exhaling, move the torso forward balancing your weight equally on both thighs. After completing exhalation, return harmoniously to original posture and repeat the 3-step movement on the other side

Energy: Imagine moving it from the navel towards the kidneys and spine as you breathe out and bring it back when you return to the original posture

Note: Repeat the movements 9 times on each side alternately. Ensure that the spine is erect/vertical all through. The back leg would be straight and front leg bent



Exercise 6: Opening the doors of heaven

Pre-req: Relax the body, recentralize briefly and maintain the body in balance feet firmly apart with shoulder-width gap

Posture: Stand straight, eyes open focused in space in front. Arms hang comfortably on the sides

Respiration: Inhale while moving the arms up. Exhale sharply while opening the doors. Exhale completely as the arms return to original posture

Sound: Only one sharp Ha while exhaling initially

Movement: As you inhale move the arms upwards in front of the body and when the hands reach the level of your eyes, continue extending the arms straight upwards together with your sight. At the highest point fold both palms inwards so the fingers touch and flick the wrists open with a sharp exhalation (and Ha). Now turn the torso to one side and conduct 4 activities simultaneously; bring arms down symmetrically like a backstroke; follow your thumb behind with your sight; continue exhaling; and turn the torso back towards original posture. When your arms reach 45-degrees from the body, direct your sight towards the front and bring the arms comfortably to the sides. Repeat upswing and turn torso to the other side

Energy: Imagine moving it from the navel towards the fingertips as they form energy circles around you and wrap you in a private energy bubble. Every time you open the doors, imagine a rain of energy from the skies inundating your body

Note: Repeat the movements 9 times on each side alternately. Maintain the extended arms in line with the chest - neither caving forward nor stretching out

Exercise 7: Hugging your universe

Pre-req: Double the gap between the feet from the previous exercise and plant them firmly on the ground

Posture: Hold your arms out in front as though you were hugging a basket. Fingers touch at eye level. Maintain focus on the point of contact of the fingertips

Respiration: Inhale deeply and exhaling, turn outwards. Inhale as you return back towards facing front / center

Sound: None. Tongue behind upper teeth touching palate

Movement: Imagine the feet implanted firmly with roots. Twist the torso to one side (E) and at the extreme, twist a little more to exhale completely. Return to center inhaling and continue to other side alternately. Bend the knee on the side opposite the arms. The side holding the 'basket' will have an outstretched leg

Energy: You are turning it in a washing machine. In the legs, arms, eyes (as you keep focused on the fingers and in complete awareness of maintaining the round shape and eye-level height of your arms)

Note: Repeat twists 9 times on either side to a count of 18. Maintain a comfortable spin speed, not making any movement suddenly

Exercise 8: Picking out rice

Pre-req: Place your feet and toes together. Form fists with the thumbs inside and let your arms hang loosely in front

Posture: Stand straight, eyes open focused in space in front

Respiration: Inhale in this original posture. Exhale while dropping the arms. Exhale completely when the lower fist reaches your lowest point

Sound: 'Huuung' while dropping arms. Sharp 'Ha' while exhaling completely



Movement: Lower both arms towards the knees and maintain one fist at knee level while you continue to drop the other as low as you can go without bending the knees. Exhale throughout and completely at the lowest point (if your fist touches the toe, good but not critical). After Ha, bring arms back slowly and harmoniously to original posture

Energy: Imagine moving it from the navel towards the toes as the arms drop and back in a cyclical way involving the body

Note: Repeat the movements 9 times on either side. The back would be rounded downwards, not straight/unbending

Exercise 9: Synchronizing with the energy of the universe

Pre-req: Hang your arms comfortably on your sides. Feet in a "V"

Posture: Stand straight, eyes open focused in space in front

Respiration: Inhale in this original posture and once again when at the lowest point with bent knees. Exhale while descending saying 'Sheee' and while ascending saying 'Woooo'

Sound: Sheee and Woooo as you exhale

Movement: Drop the back bending forward and stretch the arms with palms facing each other to reach your toes while exhaling. At the lowest point, bend your knees, and move the left foot to the left side by about 30-40 cms - a short side-step. Touch the left ear with the left hand and the right hip with the right hand and inhale deeply, without rush. Now move the left hand in front of your eyes and keep stretching it upwards, following your palm with your sight. Meanwhile symmetrically stretch the right hand downwards. Exhale during this step (Woooo). When stretched completely, move the left arm in a circle behind and follow your thumb with your eyes. When both arms reach 45-degrees on either side, direct your vision towards the front, return the arms gently to the sides and prepare to inhale and repeat movements on the other side

Energy: Imagine it surrounding you as you connect with this energy sphere at your fingertips

Note: Maintain the descending arm in line with the chest. Stretch the other downward and to the side. Repeat 9 times on either side alternately

Exercise 10: Assimilating the energy

Pre-req: Relax the body, recentralize briefly and maintain the body in balance feet firmly apart with shoulder-width gap

Posture: Stand straight, eyes open focused in space in front. Arms hang comfortably on the sides

Respiration: Breathe normally, slowly, deeply

Sound: None. Tongue behind teeth

Movement: Fold the knees alternately backwards and look over your shoulder to see your heel behind you on the same side. Turn the shoulder back as necessary

Energy: You will be assimilating it, tying loose ends and cropping spikes in your personal sphere. You may feel vertical stretches of both sides of your spine

Note: Repeat the movements 9 times on each side alternately. Maintain the line of the leg when folding the knee - neither inward nor out. Also ensure the foot being observed is vertical so you only see the heel, not the sole

THANK YOU! ALWAYS END WITH GRATITUDE TO THE UNIVERSE FOR MAKING THINGS HAPPEN **FOR YOU**