

QIGONG



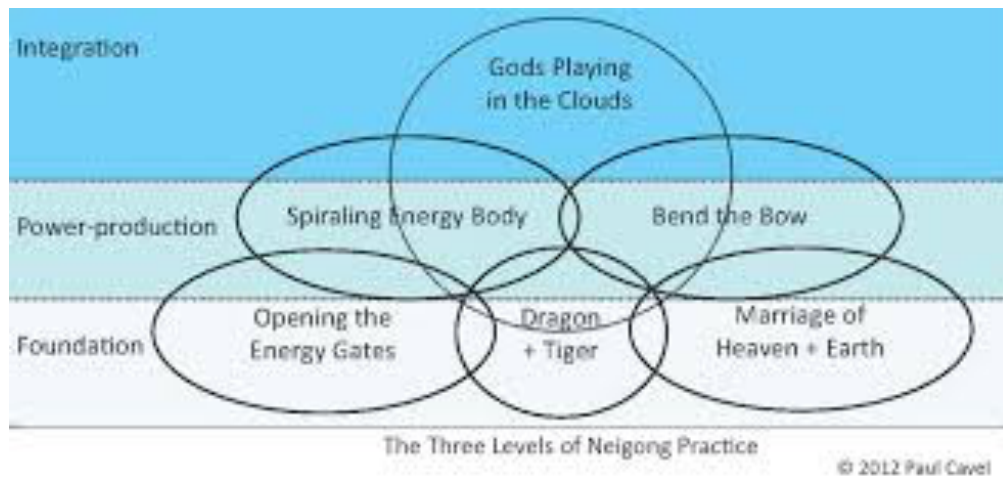
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The Great Opening 大開放 易經

Introduction

This series is designed to introduce the student to the considerations of:

- 1/ Opening of the energy pathways in the bodies.
- 2/ The transformation of energy within the bodies.
- 3/ The opening sequences of Tai Chi –Ching
- 4/ Being the embodiment of the I-Ching.
- 5/ Increased energy, balance and strength in the physical body.
- 6/ Opening the pathways to universal energy in the ethereal bodies
- 7/ Developing and sequencing the ethereal pathways
- 8/ Achieving Meditation in Movement through all aspects of existence.

The Concepts that the Student should be aware of:

A Trigram consists of three lines. The bottom line is “below”.

The middle line is “Earth” or “Here”. The top line is “Heaven”.

A solid line in a Trigram represents Yang energy.

A broken line in a Trigram represents Yin energy.

There are Eight Trigrams.

Each Trigram has certain attributes: These may differ from attributes given to them in other systems such as the Five Element Theory.

There are Sixty Four Hexagrams.

Each Hexagram has certain attributes.

The I Ching (Wade-Giles), "Yì Jīng" (Pinyin), also known as the Book of Changes, Classic of Changes; and Zhouyi, is one of the oldest of the Chinese classic texts. The book contains a divination system comparable to Western geomancy or the West African Ifá system. In Western cultures and modern East Asia, it is still widely used for this purpose.

The standard text originated from the ancient text (古文經) transmitted by Fei Zhi (費直, c. 50 BC-10 AD) of the Han Dynasty. During the Han Dynasty this version competed with the bowdlerised new text (今文經) version transmitted by Tian He at the beginning of the Western Han. However, by the time of the Tang Dynasty the ancient text version, which had survived Qin's book-burning by being preserved amongst the peasantry, became the accepted norm among Chinese scholars.

The earliest extant version of the text, written on bamboo slips, albeit incomplete, is the Chujian Zhouyi, and dates to the latter half of the Warring States period (mid 4th to early 3rd century BC), and certainly cannot be later than 223 BC, when Chu was conquered by Qin. It is essentially the same as the standard text, except for a few significant variora. During the Warring States period, the text was re-interpreted as a system of cosmology and philosophy that subsequently became intrinsic to Chinese culture.

It centered on the ideas of the dynamic balance of opposites, the evolution of events as a process, and acceptance of the inevitability of change.

Matter is energy, which is moving at certain vibrations that our defined senses can detect as being in "existence".

Energy cannot be created nor destroyed it can only "change" states or more accurately its state of vibration.

Micro Cosmic Orbit: The circular motion of energy through and around the physical body.

Examples: First and Second Stances First Second, Third, Fourth and Fifth Movements:

Facing East 雷 Rising Thunder , Inciting Movement, The Arousing, The Horse. Trigram ☳

First Stance:

Open Stance: Feel the feet firmly planted on the floor, feel the connection with the earth. Feel the temperature, feel the energy of the connection.

Bring the awareness to knees, the hips, the Dantian (the abdomen) the chest, the shoulders. Soften the shoulders. Allow the arms to hang freely by the sides of the body. Keep the fingers together but relaxed. Allow the lips to smile slightly and relax the muscles of the face. Close the eyes if you feel to. Imagine if you will, that a cord from heaven is suspending your head. It feels light and loose on your neck.

Second Stance:

Horse Stance: Spread the feet to just hip width apart pointing straight forward. Maintain the qualities of the Open Stance Posture. Now move the left hand towards the right hand. Cup the right hand in the left hand in the right hand so that both are relaxed and are hanging at rest below the navel, cupping the Dantian.

Bend both knees forward, keeping the back straight so that the tip of the knee caps (patella) are directly above the middle of the feet. Bring the weight into the hips slightly, Feel the Sacrum moving forward slightly.

Relax the shoulders and begin to focus your attention gently on the Dantian.

Inhale and begin counting to Eight. Exhale and begin counting to Eight. Repeat this Inhalation and Exhalation Eight times.

As you do so begin to notice how the breathing starts and stops at the Dantian. Notice the quality of your breathing, is even soft and smooth or broken rough and jagged or somewhere in between.

First Movement: On the ninth inhale begin to move the arms upward towards the chest, just around the heart center (the breast bone or Sternum) Aim to arrive at around count four. The hands should remain cupped and turning the still joined hands over the heart (Middle Dantian) maintaining the cup, Push away from the body until the arms are straight out. The Fingers remain overlapped palms facing out. Separate the hands

so that they now are palms down and fingers are still together. Let the breathe be in the body, This is to say; do not hold the breath simply be still. Await a tingling sensation to appear in the hands.

Once this has arisen then re-cup the hands, exhale and as you do so move the hands back towards the heart center aim to arrive at the count of four. Move the hands over the heart, palms still cupped now facing downwards and push gently down until they reach the Dantian where they now fold over returning to the original cupped position cradling the Dantian. Relax. Inhale and Exhale completely.

Second Movement: Facing South, 火 Fire, Radiance, Clarity, The Pheasant Trigram ☲

Remain in Horse stance with all the same qualities of hands cupped below the Dantian, shoulders relaxed, head supported by the heavenly cord.

Inhale and raise the toes of the right foot from the ground as you do so turn the right foot at ninety degrees to the left foot. Pivot on the heel. Shift the weight to be about 70% on the right foot allowing the left foot to rise slowly from the ground and to trace an arc to come into to line with the right foot. Again hip width apart. Complete the movement with an Exhale. You should now be facing SOUTH.

Begin to move the arms upward towards the chest, just around the heart center (the breast bone or Sternum) Aim to arrive at around count four. The hands should remain cupped and turning the still joined hands over the heart (Middle Dantian) maintaining the cup, Push away from the body until the arms are straight out. The Fingers remain overlapped palms facing out. Separate the hands so that they now are palms down and fingers are still together. Let the breathe be in the body, This is to say; do not hold the breath simply be still. Await a tingling sensation to appear in the hands.

Once this has arisen then re-cup the hands, exhale and as you do so move the hands back towards the heart center aim to arrive at the count of four. Move the hands over the heart, palms still cupped now facing downwards and push gently down until they reach the Dantian where they now fold over returning to the original cupped position cradling the Dantian. Relax. Inhale and Exhale completely.

Third Movement: Facing West, Joyous 澤 Marsh, Pleasure, Devotion, The Sheep, Trigram ☴

Remain in Horse stance with all the same qualities of hands cupped below the Dantian, shoulders relaxed, head supported by the heavenly cord.

Inhale and raise the toes of the right foot from the ground as you do so turn the right foot at ninety degrees to the left foot. Pivot on the heel. Shift the weight to be about 70% on the right foot allowing the left foot to rise slowly from the ground and to trace an arc to come into to line with the right foot. Again hip width apart. Complete the movement with an Exhale. You should now be facing WEST.

Begin to move the arms upward towards the chest, just around the heart center (the breast bone or Sternum) Aim to arrive at around count four.

The hands should remain cupped and turning the still joined hands over the heart (Middle Dantian) maintaining the cup, Push away from the body until the arms are straight out. The Fingers remain overlapped palms facing out. Separate the hands so that they now are palms down and fingers are still together. Let the breathe be in the body, This is to say; do not hold the breath simply be still. Await a tingling sensation to appear in the hands.

Once this has arisen then re-cup the hands, exhale and as you do so move the hands back towards the heart center aim to arrive at the count of four.

Move the hands over the heart, palms still cupped now facing downwards and push gently down until they reach the Dantian where they now fold over returning to the original cupped position cradling the Dantian. Relax. Inhale and Exhale completely.

Fourth Movement: Facing North: The Void, 水 Water, Penetrating,

Moving, The Pig Trigram ☷

Remain in Horse stance with all the same qualities of hands cupped below the Dantian, shoulders relaxed, head supported by the heavenly cord.

Inhale and raise the toes of the right foot from the ground as you do so turn the right foot at ninety degrees to the left foot. Pivot on the heel. Shift the weight to be about 70% on the right foot allowing the left foot to rise slowly from the ground and to trace an arc to come into to line with the right foot. Again hip width apart. Complete the movement with an Exhale. You should now be facing North.

Begin to move the arms upward towards the chest, just around the heart center (the breast bone or Sternum) Aim to arrive at around count four. The hands should remain cupped and turning the still joined hands over the heart (Middle Dantian) maintaining the cup, Push away from the body until the arms are straight out. The Fingers remain overlapped palms facing out. Separate the hands so that they now are palms down and fingers are still together. Let the breathe be in the body, This is to say; do not hold the breath simply be still. Await a tingling sensation to appear in the hands. Once this has arisen then re-cup the hands, exhale and as you do so move the hands back towards the heart center aim to arrive at the count of four. Move the hands over the heart, palms still cupped now facing downwards and push gently down until they reach the Dantian where they now fold over returning to the original cupped position cradling the Dantian. Relax. Inhale and Exhale completely.

Fifth Movement: Facing East 雷 Rising Thunder, Inciting Movement, Arousing, The Horse. Trigram ䷲

Remain in Horse stance with all the same qualities of hands cupped below the Dantian, shoulders relaxed, head supported by the heavenly cord.

Inhale and raise the toes of the right foot from the ground as you do so turn the right foot at ninety degrees to the left foot. Pivot on the heel. Shift the weight to be about 70% on the right foot allowing the left foot to rise slowly from the ground and to trace an arc to come into to line with the right foot. Again hip width apart. Complete the movement with an Exhale. You should now be facing EAST.

Begin to move the arms upward outward the chest in a circular motion, just around the heart center (the breast bone or Sternum) Aim to arrive at around count four. The hands should be open but cupped and turning the palms to the heavens maintaining the cup. Raise the arms overhead. Join the palms together lightly. The arms now move downwards along the centerline of the body, the avenue of conception. The Fingers remain overlapped palms facing down. Separate the hands so that they now are palms down and fingers are still together Let the breathe be in the body, This is to say; do not hold the breath simply be still. Await a tingling sensation to appear in the hands.

Once this has arisen then press the hands downwards, exhale and as you do so move the hands back towards the heart center aim to arrive at the count of four. Move the hands over the heart, palms still cupped now facing downwards and push gently down until they reach the Dantian where they now fold over returning to the original cupped position cradling the Dantian. Relax. Inhale and Exhale completely.

Third Stance:

Dingbow Stance: Remain in Horse stance with all the same qualities of hands cupped below the Dantian, shoulders relaxed, head supported by the heavenly cord.

Feel the weight evenly distributed on all four corners of the feet: Inhale and raise the heels until you are standing on the “ball of the foot”. Swing the heels inward so that they touch, relax the feet down to the ground. The feet should now be pointing outward at roughly a 45 degree angle to the mainline of the body.

Sixth Movement: Parting the Horse’s Mane:

Remain in Dingbow stance. Inhale and raise the right foot slightly (2 Inches) from the floor by increasing the bend in the knee and increasing the weight on the left side of the body.

Moving from the “one point” (the Dantian) slide the right leg forward.

Placing the right foot on the floor at the same 45 degree angle to the center line of the body. As you place the foot down, place the toe down first followed by the heel in one smooth movement. The left foot should remain firmly planted on the floor, flexing at the ankle joint. The weight distribution should 70 percent on the right leg and 30 percent on the left leg. Raising both hands together move them to the right in a solid fluid motion.

Look back over the left shoulder. Repeat on the left side.