

## 5 Element Qigong ~ Characteristics

ELEMENT	EARTH	METAL	WATER	WOOD	FIRE
	<b>Mother Nature</b> - nurtures all things 'grounding - establish a foothold'	Sharp & Changeable (dig in earth for Metal) 'formation of hard crystal'	Irrigates & Nourishes ... goes downwards (evolves from <b>METAL</b> ) 'a stream that seems to run out of a solid melting'	Signifies all growing things (grows out of <b>WATER</b> ) 'tree that grows straight and is abundantly spreading out'	Warmth & Expanding 'state of combustion that generates heat'
SEASON	Late Summer	Autumn/Fall	Winter	Spring	Summer
COLOUR	Yellow, gold, brown, rust, earth colours	White, Metal, silver, glittery things	Blue and Black	Green	Red
YIN ORGAN	Spleen	Lungs	Kidneys	Liver	Heart & Pericardium
YANG ORGAN	Pancreas and stomach	Large Intestine	Bladder, sexual organs	Gallbladder	Small Intestine and Triple Warmer
SENSE ORGAN Orifice	Mouth, muscles	Nose	Ears	Eyes	Tongue
BODY TISSUE	Flesh, dry lips,	Skin	Bones	Eyes, tendons, ligaments, sinews	Blood Vessels
Branches Into	Lips, muscles	Body hair	Head hair	Nails	Completion
BODY FLUID	Sticky saliva	Mucous	Urine & watery saliva	Tears	Sweat
Positive Attributes	Trust, Compassion, Faith, Honesty, Fairness, Openness, Rationality, Caring, readiness to help, Concentration	Courage, Optimism, Inner Strength, Righteousness, Selfless, just actions as well as generosity	Gentleness, Wisdom, Fearlessness, Peace, strength of will	Kindness, Patience, Generosity, Tolerance, Flexibility and Creativity	Love, joy, Happiness, Respect, Honour, Compassion
Negative emotions	Worry, Anxiety, Fatigue, Overthinking	Grief, Sadness Depression, Egoism, Despair, loneliness, Hopelessness, Dependency	Fear, Stress, Obsession with Power	Anger, frustration, Resentment, Bitterness, Irritability Rage, Jealousy	Impatience, Hatred, Hastiness, Judgement of others
Negative Body Signs/Imbalance	weak muscles, bad breath, craving sugar				high blood pressure
Associated with ...	maturity, adulthood	post-ripening, harvest	enjoyment of the harvest, old age	birth and growth, new beginning	formation and development
Movement	Being centred	inwards	downwards	upward	
Spirit Housed	Yi (reasoning mind)	Po (body spirit)	Jing (willpower)	Hun (ethereal soul)	Shen (consciousness)
WEATHER	Wet	Dry	Cold	Wind	Hot
TASTE	Sweet ... sticky saliva	Spicy, pungent	Salty	Sour	Bitter
DIRECTION	Middle, centre	West	North	East	South
VOICE SOUND	Singing	Crying	Deep sighing	Shouting	Laughter
TIME OF DAY 7pm-11pm Pericardium	7am-11am (morning time of the day to sprout up)	3am-7am	3pm-7pm	11pm-3am	11am-3pm (hottest part of the day)
ANIMAL	Yellow Dragon	White Tiger	Black Tortoise	Green Dragon	Red Phoenix
PLANET	Saturn	Venus	Mercury	Jupiter	Mars
Years ending with ..	8, 9	0, 1	2, 3	4, 5	6, 7
Meat	Beef	Horse	Pig	Chicken	Sheep
Grains	Millet & maize	Rice	Beans	Wheat	Glutinous millet
Vegetable	Sweet veg	Onions	Leeks	Mallow	Greens
Injuring influence	Overeating & tiredness	Being cold	Dampness & tiredness	Wind	Heat
Capacity	Ideas, opinions, alteration, transformation, transmutation, change, conversion	Elimination, sinking, contraction, declining	Ambition, willpower, contemplation, calmness, (re-)consideration, observation, reflection	Planning, rising, development (of an action), impulse, expansion, decampment	Spiritual awareness, embodiment, definition, action, dynamic phase, design
Power granted	Sympathy with the human condition & sadness	Obstinacy	Cough	Trembling	Control

## Medical Studies

### 1. A Comprehensive Review of Health Benefits of Qigong and Tai Chi - 2010

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3085832/>

Tai Chi for Health features several times ...

- Fransen Nairn Winstanley Lam & Edmons 2007 Australia
- Hammond & Freeman 2006 UK
- Song Lee Lam & Bae 2003 AND Song Lee Lam & Bae 2007 Korea
- Tsang T. Orr Lam Comino & Singh 2007 Australia

### 2. The Effects of Qigong on Anxiety, Depression, and Psychological Well-Being: A Systematic Review and Meta-Analysis – 2012

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3557628/>

### 3. An Evidence-based Review of Qi Gong by the Natural Standard Research Collaboration – 2010

<https://www.naturalmedicinejournal.com/journal/2010-05/evidence-based-review-qi-gong-natural-standard-research-collaboration>

### 4. The Effects of Qigong on Reducing Stress and Anxiety and Enhancing Body–Mind Well-being – 2012

<https://link.springer.com/article/10.1007/s12671-011-0080-3>

## Qigong for Health Workshop ... shared links

5 Element theory (3 mins)

<https://www.youtube.com/watch?v=1uv6pTlIKKs>

The 12 meridians animated

<https://www.youtube.com/watch?v=D9p7HLS4zuo>

## Links to Look at:

What are the principles of Tai Chi? | Dr Paul Lam

<https://www.youtube.com/watch?v=s7zdORK6h6g>

The Tai Chi Principles - by Dr Paul Lam

<https://taichiforhealthinstitute.org/essential-tai-chi-principles-2/>

Extending the Principles

<https://taichiforhealthinstitute.org/extending-the-essential-principles-2/>

What is Dan Tian? | Dr Paul Lam

[https://www.youtube.com/watch?v=qQ\\_pHc1z2DM](https://www.youtube.com/watch?v=qQ_pHc1z2DM)

Qi (vital energy) and Quan (Martial art)

<https://taichiforhealthinstitute.org/qi-vital-energy-and-quan-martial-art/>

Yi (the mind) and Quan (the fist or martial art)

<https://taichiforhealthinstitute.org/yi-the-mind-and-quan-the-fist-or-martial-art/>

Four Qigong Exercises - Dr Paul Lam

<https://taichiforhealthinstitute.org/four-qigong-exercises-4/>

The Physiology of Tai Chi and QiGong

<https://www.youtube.com/watch?v=ZJRtZAwVwgo&t=2s>

What is Qi Gong?

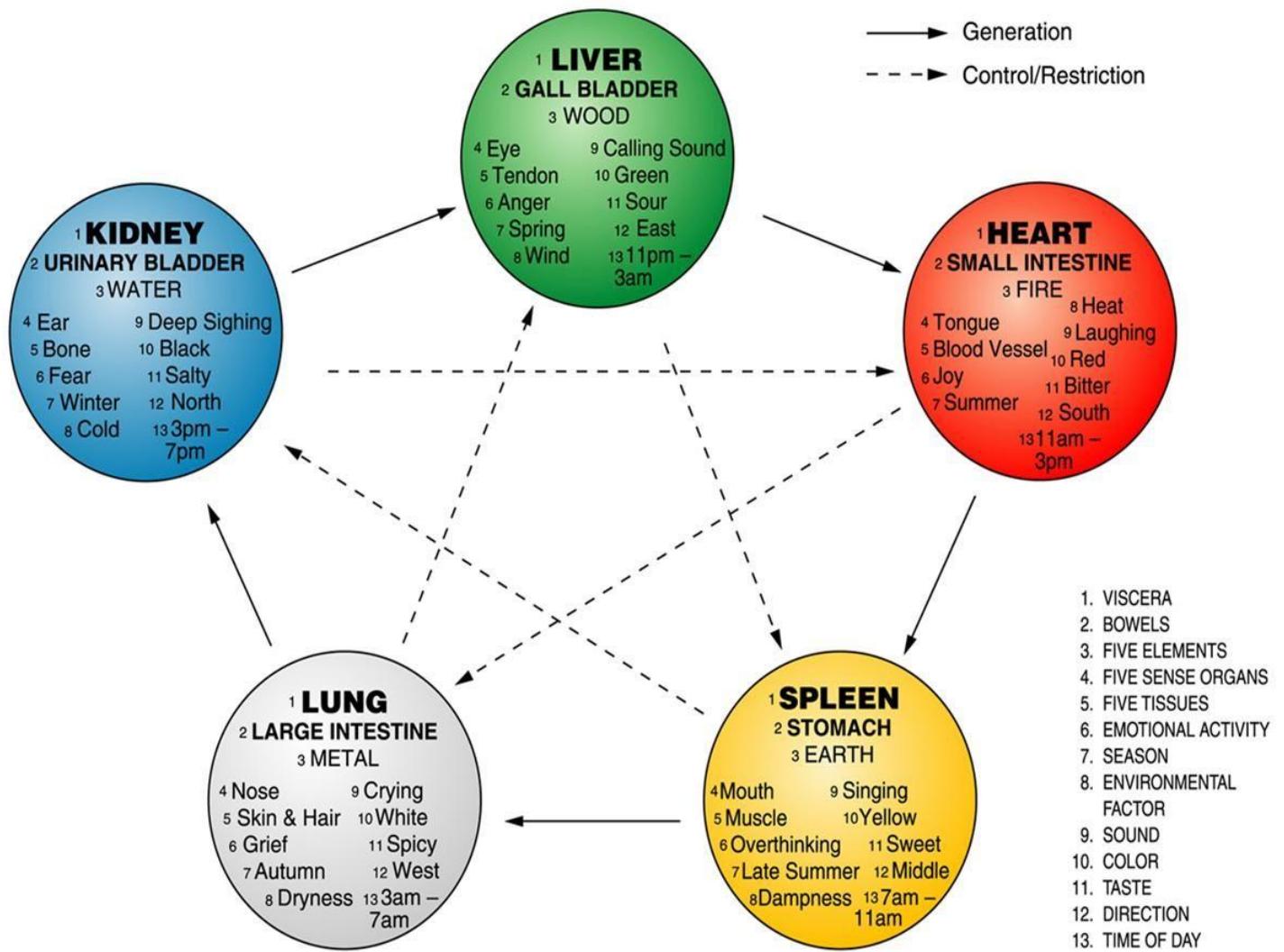
<https://www.youtube.com/watch?v=bsJRGt3d0DU>

Taoist Master Gu explains power of Qi and philosophy

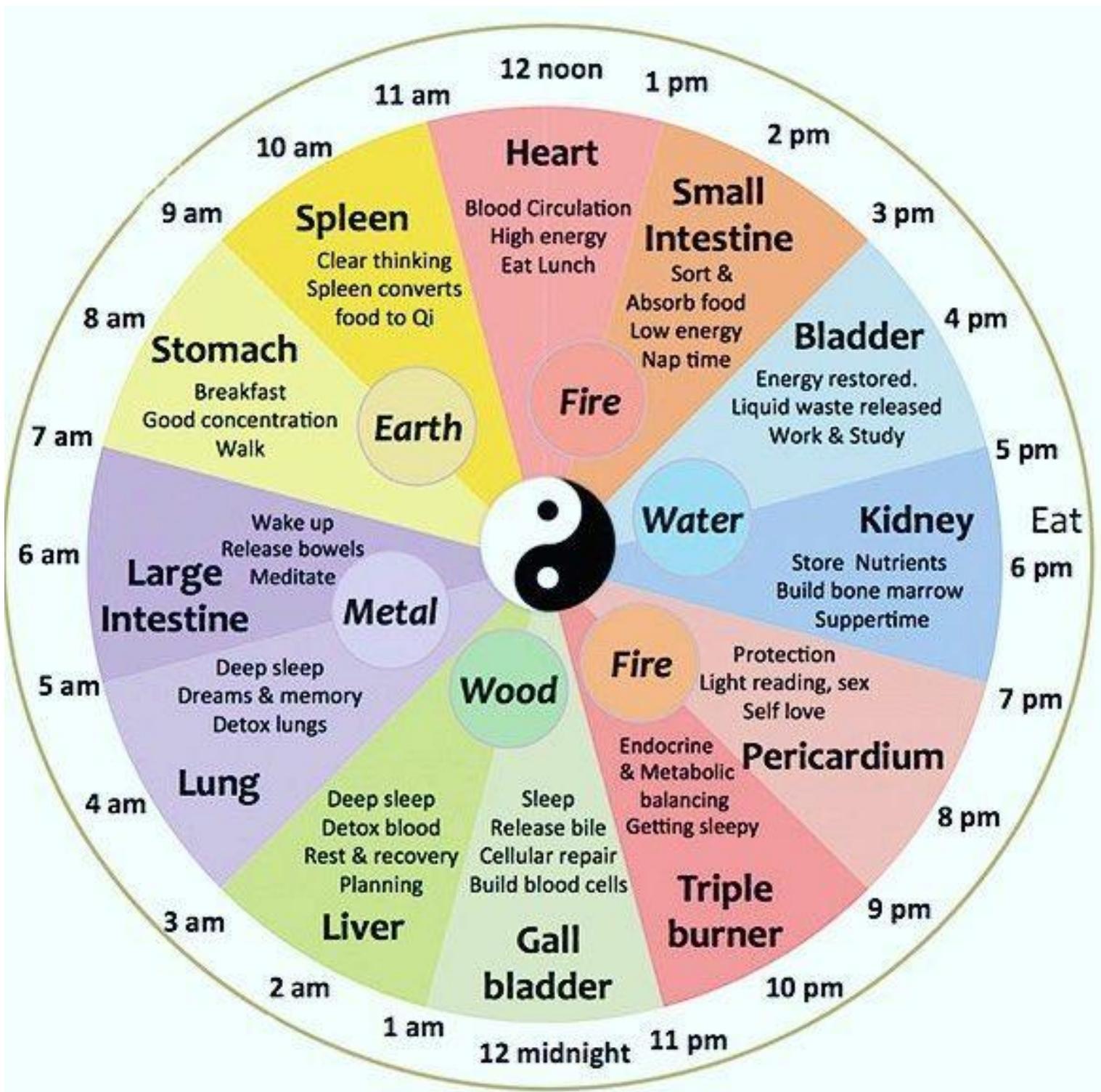
The five elements of the cell (2017)

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5741387/>

# CLASSIFICATION OF THINGS ACCORDING TO THE THEORY OF THE FIVE ELEMENTS



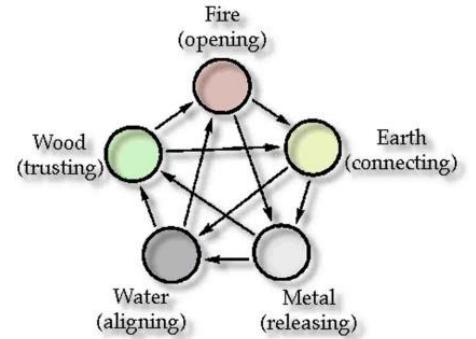
# Chinese Medicine ~ 24-Hour Circadian Clock



# 5 Element Qigong

Qigong is one of the oldest exercises in Chinese history, dating back over of 1,000 years.

Qigong uses a variety of breathing and meditative exercises to strengthen your qi, the life energy within you. The stronger the qi, the healthier you are.



According to ancient Chinese philosophy, all things in the universe including the human body are made up of five elements; wood, fire, earth, metal and water. These elements are represented by the five major organs in the body. They interact with each other by enhancing or negating one another. For example, wood enhances fire – but water quenches it. The *5 Element Qigong* helps you to harmonise the elements, thus improving health & vitality.

## Warm-Ups 'Essential 3' (Neck, Spine, Knees)

**Preparation** - Stand relaxed with feet shoulder width apart, knees unlocked, breath to dan tian (lower abdomen), tongue touching the upper palate, and the sense of a string gently holding you up connected to your crown.

### 1. EARTH: Mother Nature, nurtures all things ...

- ❖ Breathe pulling palms up sideways to head height; push palms down front until hands are facing your dan tian, arms rounded
- ❖ **Three Points Connection:** Dan Tien and the Lao Gong point in each hand.
- ❖ Lightly bend knees to your comfort
- ❖ Connect: with your feet, body and settle in within yourself

**Spleen**

#### Positive Attributes:

Trust, Faith, Fairness, Openness

#### Negative Attributes:

Worry, Anxiety, Over-thinking

Colour: **Golden yellow & earth tones**

Pancreas, Stomach - Lips, Hair, Nails

### 2. METAL: Sharp & Changeable ...

**Lungs**

- ❖ (**EARTH** position) Bring your hands to chest level, palms facing each other, fingers pointing up
- ❖ **Open** – Breathe (pull hands apart to shoulder width max)
- ❖ **Close** - Exhale (push palms to head width) **3x +**
- ❖ Bring hands back to **EARTH** position

#### Positive Attributes:

Courage & Inner Strength

#### Negative Attributes:

Sadness, Depression, Grief, Despair, Loneliness

Colour: White

Large Intestine - Nose

### 3. WATER: Irrigates & Nourishes ... goes down (evolves from METAL) ...

**Kidneys**

**Positive Attributes:** Gentleness, Peace, Wisdom, (wisdom of the ancestors passed down through generations in the bones and DNA)

#### Negative Attributes:

Fear, Stress

Colour: Blue

Bladder, Sexual Organs - Ears

### 4. WOOD: Signifies all growing things (grows out of WATER) ...

**Liver**

- ❖ (**EARTH** position) Visualise a tree
- ❖ Hands move around a large ball with palms facing inwards **3x +**
- ❖ Back to **EARTH** position

#### Positive Attributes:

Kindness, Generosity

#### Negative Attributes:

Anger, Resentment, Bitterness, Frustration

Colour: Green

Gall Bladder - Eyes

### 5. FIRE: Warmth & Expanding ...

**Heart**

**Positive Attributes:** Love, Respect, Compassion, Honour, Joy

#### Negative Attributes:

Hatred, Hastiness, Impatience, Jealousy, Judgement of others and self

Colour: Red

Small Intestine - Tongue

**Washing Your Qi:** Hands start at dan tian ... slide up centre of chest ... over face and head ... massage down back of head ... down neck ... down sides to back ... down buttocks ... down back of legs ... up inside of legs ... back to dan tian **3x +**

## Cool Downs:

1. Tap thighs 2. Clench fists, then all muscles and go up on toes, tighten, then relax everything 3. Gather qi ... **3x +**



# “Little Heaven”

## The Microcosmic Orbit

