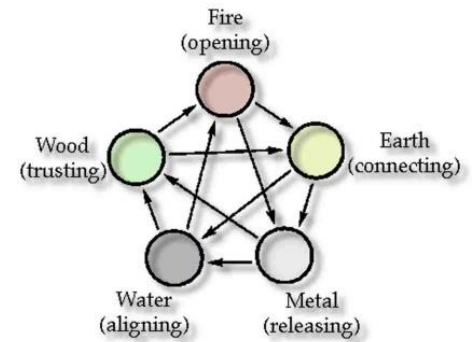


5 Element Qigong

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 ... **Spleen**

- ❖ 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

Positive Attributes:

Trust, Faith, Fairness, Openness

Negative Attributes:

Worry, Anxiety, Over-thinking

Colour: Golden yellow & earth tones

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

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

- ❖ (**EARTH** position) Exhale ...while bending knees down to your comfort
- ❖ Breathe ... slowly straighten up
- ❖ Repeat **3x +** (pause & breathe relaxed in-between)
- ❖ Back to **EARTH** position

Positive Attributes:

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

Negative Attributes:

Fear, Stress

Colour: Blue

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

5. **FIRE**: Warmth & Expanding ... **Fire**

- ❖ (**EARTH** position) Bring your hands to your left side and hold an imaginary ball in your hands (Left hand on top)
- ❖ Expand your hands when you breathe, and compress the ball down when you exhale **3x +**
- ❖ Repeat above on right side (R)
- ❖ Back to **EARTH** position

Positive Attributes:

Love, Respect, Compassion, Honor, Joy

Negative Attributes:

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

Colour: Red

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 +**