Five Element Qigong Healing Movements Transcript

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Introduction and Heart Visualization

You can do this movement standing, sitting or lying down, but please do them standing. If you can stand with your feet about shoulder width apart. First, put a smile on your face.

Focus on your heart. Visualize the light of a brilliant golden sun coming from the center of the universe and flowing directly into your body, collecting in your heart.

Feel the warmth of this perfect light filling you up. Feeling you with the joy. Feeling you with the perfect peace. Filling you with what Gandhi call the most powerful force the world possesses.

The power of unconditional love. Now, with your feet flicked on the floor, stop bouncing your body for one minute. Inhale through your nose and exhale through your mouth.

Bounce your body gently from your knees. Bouncing helps to warm up your body's energy and get it flowing. It loosens up the joints and muscles and weighs up the energy and the internal organs.

After one minutes, continue bouncing as you raise your hands up above your head and keep bouncing for another minute. Keep your wrist limp and just let your hands and arms bounce with your body.

Raising your hands over your head. Helps clear and balance the energy in the head and keep those energy channels open.

Bouncing Warm-Up and Energy Tapping

After a minute. Lower your arms and bring your hands down to your sides. Tap the first two points on your cheekbones nine times. Now tap the two bladder channel points nine times.

And cup or pat the top of your head nine times. Zoom. Next, you cup the base of your head again. Your cabin nine times. Move down the neck to the C7 vertebrae.

Massage it in a circular way nine times. You. Now you clap your hands together nine times. And in cup the inside of your left elbow nine times. Now cup inside of your right elbow nine times.

Now your cup. Your left armpit nine times. Now cup your right armpit nine times. Tap your tailbone for nine seconds. Next, tap the sides of your hips for nine seconds.

Now cup the knees nine times. Next, you cup the back of the knees nine times. Now cup the sides of the left knee nine times. And finally, cup the sides of your right knee nine times.

Stand up straight and place your hands together. Palm to palm, in a prayer position. Once you make your prayer, you say the password. I am in the universe.

The universe is in my body. The universe and I combine together. Slowly raise your right hand to the upper chest and your left hand to the lower stomach.

The palms face the body. Your hands do not touch your body. Visualize a column of light in the center of your torso. Place your tongue against the roof of your mouth.

Bend your knees. Now you start moving the yin and yang energies. In the following way, your right hand moves out and down, while your left hand moves in and up.

The right hand moves down to the bottom of the torso, while the left hand moves up to the face. Your hands continue moving in this elliptical pattern.

Use your elbows to guide the movement, and use your hands to feel the energy, your hands and move at the rate of 3 to 5 cycles per minute. Make sure when you do this movement, your fingers stay open.

When your fingers are open. You receive energy better.

Prayer Position and Yin-Yang Energy Flow

When your fingers close, you close the energy channels as you inhale. Visualize the universal energy coming into your body from all over your body. Now visualize the energy collecting in the lower Dan Tien, which is deep in behind the navel.

When you exhale, visualize the actual energy in your body. Any pain or singers changing to smoke and sitting out from every part of your body to the ends of the universe.

Bring happiness energy into your body. Just say I feel happy. I feel so happy. Heaven is energy is flowing into me and feeling me up. Say it out loud I'll say it in your mind and know it is happening.

Feel the energy. All of this happiness is flowing into you. Feel happiness in every breath. Feel happiness in every thought. Feel happiness in your soul.

This happiness energy will automatically help to heal your liver, which is such a vital organ. You can direct the happiness energy to flow into every cell of your body.

You can direct this happiness energy to flow into any area where you have a special need or challenge. You know this happiness energy is helping you to heal and you know they are healing right now.

Healing faster and more completely. Think of something that makes you smile. Think of anything that makes you feel happy. You can think of something that happened today.

Maybe you felt the sun shining on your face today and that made you feel so good. So happy. Whatever it is. Think of anything that makes you feel happy, or simply know that there is limitless happiness energy all around you and you continue to feel the air flowing into you and filling you up.

You. See? Bring your hands slowly to a stop at the lower than ten position. There is a space between your body and hands, and there is a space between both hands.

For man left hand, yin and right hand out for women. Right hand in and left hand out. Focus on your lower tension. Take a deep breath. Three times. On your fourth breath.

When you inhale, bend your knees and up your body a little. As you move your hand to open to the sides. As you exhale, you close your hands and straighten up your body again.

As you inhale, cheer up your body to the level you feel comfortable. As you move your hands open to the sides. As you exhale, you bring your hands in and stay in.

Up your body. Use your whole body to breathe as you inhale. Energy comes in through every cell and collects in the lower down. Tien. As you exhale, visualize all the extra energy in your body.

Any pain or signals changing into smoke and shooting out of your body to the ends of the universe. Moving your body in this up and down pattern is to help you make better use of the gifts, all the muscles as energy pumps to enhance energy circulation in the body.

It helps to heal your knees and legs, tendons, ligaments, muscles, reproductive and all the internal organs. As you do so, tapped into the limitless energy of joy in the universe in a way that is most comfortable for you.

Or just say, I am filled with joy. Joyful energy is flowing into me and fill me up. Say it out loud or sad in your mind and know it is happening. Feel the energy of joy flowing into you.

Feel joy in every breath. Feel joy in every thought. Feel joy in your soul. You can drag this joy energy to flow into every cell of your body. You can direct the flow of this joyful energy into any area where you have a special need or challenge.

You know this Joy energy is helping you to heal. Now you know you are healing right now. Healing faster and more completely. Think of something that fills you with joy.

It can be something that happened at any time in your life that filled you with joy. Or you can simply focus on the word joy. You know there is limitless, joyful energy all around you.

Continue to feel did flowing into you and feeling you up. You.

Happiness Energy Breathing

As you finish your five minutes of breathing of the universe. Lower your hands to your side and then move your hands up from both sides and hold your hands above your head like holding a beach ball with the hands above your head.

Inhale. Bend your knees and lower your body slowly and comfortably. As you exhale, straighten up your body. Hold your hands above your head all the time while you are doing this, and movement.

As you continue to breathe and move up and down slowly and gently. I want you to feel your connection with the heaven and the earth. You are a citizen of this planet, so you are always connected with Mother Earth.

Feel how grounded that makes you feel. You are also a citizen of the universe, so you are always connected with the energy of heaven. Feel how peaceful that makes you feel.

Knowing you are always connected with heaven and earth. Makes you feel so grounded and so peaceful. Tap into the connection in the way that is most comfortable for you.

Or just say, I feel so grounded. I feel so connected. I feel so peaceful. Say it out loud. What said in your mind and know it is happening. Feel the power of this energy flowing through your body.

Feel this groundedness. Feel this peace in every breath. Feel the groundedness. Feel this peace in every thought. Feel this groundedness. Feel this peace in your soul.

You can direct this peaceful, grounding energy to flow into every cell of your body. You can direct the flow of this energy into any area where you have a special need or challenge.

You know this energy is helping you to heal. You know you are healing right now. Healing faster and more completely. Feel how connected you are with the earth.

Feel how connected you are with heaven. With the universe. Focus on these connections and feel the power of that limitless healing energy flowing through you.

Continue to feel it flowing into you and filling you up. To you.

Joy Breathing and Heaven-Earth Connection

Bring both hands down and then connect the tips of the fingers of your hands together, forming a heart shape which you hold in front of your navel. Keep pressure on the tips of your fingers.

Doing so helps to stimulate your heart and lungs energy. Bend your knees, but keep your spine and shoulders straight. Holding your left foot in place, raise your right foot and move it out a half a step farther to the right.

As you inhale. Shift your body weight to the left. Putting 70% of the weight of your body on your left leg and hold there for three seconds. As you exhale, shift your weight to the right leg, putting 70% of the weight of your body on your right leg, and hold there for three seconds.

Continue holding the heart shape, placing your fingertips together as you continue moving in this way. Shifting your weight from side to side. As you do so, tapped into the limitless energy of contentment in the universe in a way that is most comfortable for you.

Or just say, I feel so contented. I feel the energy of contentment flowing into my body and filling me up. Say it out loud or say the in your mind and know it is happening.

Feel the energy of contentment flowing through your body. Few contentment in every breath. Feel contentment in every thought and feel contentment in your soul.

You can direct this contentment energy to flow into every cell of your body, and you can direct the flow of this energy into any area where you have a special need or challenge.

And you know this contentment energy is helping you to heal. Now and you know you are healing right now. Healing faster and more. Come quickly. Think of something that makes you feel so contented, so deeply satisfied.

It can be something that happened today or at any time in your life. It can be something as simple as planting a flower and remembering how good, how satisfied, how contented that make you feel.

Focus on anything that makes you feel so contented, or you can simply focus on the word contentment. Positive words create very powerful, positive energy you can draw upon just by saying them or focusing on them.

You know there is limitless supply of contentment energy all around you. Continue to feel it flowing into you and filling you up. To. Do.

Contentment and Gratitude Movements

Adjust your feet so you are now standing with your feet shoulder width apart. Put your hands together. Palm to palm in front of your chest. Putting a little pressure on your fingertips to keep stimulating your heart energy.

As you inhale. Slowly bend forward at the waist. As you exhale, steady. Backed up. Continue moving in this way. Slowly and gently. Continue putting some pressure on the tips of your fingers as you press your fingertips together.

Now tapped into the limitless energy of gratitude and thankfulness in the universe in a way that is most comfortable for you. Or just say, I am so thankful for the energy of thankfulness and gratitude is flowing into me and filling me up.

Say it out loud or say said in your mind and know it is happening. Feel the energy of thankfulness and gratitude flowing through your body. Feel thankfulness in every breath.

Feel thankfulness in every thought. Feel thankfulness in your soul. Feel thankfulness flowing into every cell of your body. You can direct this energy to flow into it.

Any area where you have a special need or challenge. Think of something you are thankful for and express your gratitude. I'm so thankful for my friends and family who care so much about me.

I'm so thankful for the beautiful planet on which I live. I'm so thankful I have this time to focus on helping myself to heal. There are so many things we all have to be thankful for.

I'm so thankful for the water I have to drink. I'm so thankful for the sunshine. I'm so thankful for the food I have to eat, and for the people who work so hard to grow their food.

Feel the energy of thankfulness and gratitude flowing into you and feeling you up. Feel how powerful this a healing energy is. Continue to feel it flowing into you and fill you up as you continue moving your body in this slow, gentle way.

After five minutes of this movement, slowly stand straight and bring your hands to your sides. We now come to the ending the harvesting of g. Rub your hands together.

Palm to palm. Massage your face. Calm your head. Now pat your head. Cup the base of your head. Massage your ears from top to bottom. Pad your arms. First the inside of the arm, then the outside.

Then pat the chest and stomach from the top to the bottom.

Harvesting and Closing Massage

Then pat the underarm area from left to right. And pat the kidney area. Then use the back of your hands to massage the kidneys. And then turn your hands over and massage the kidneys.

Tap the tailbone area repeatedly from the lower back sacrum area to the tailbone. Tap the hips. And massage your stomach. Then dolphin the neck. Then support the kidney area with your hands and dolphin the whole spine.

Cut the top two of the knees. Next you cut the back of the knees. Now cup the sides of your left knee. And finally, cup the sides of your right knee. Slowly straighten up the body.

Put your hands down. Lift your body up by stretching the heels up and dropping them back down nine times. This is the end of this healing movement.