

QI GONG

Qi Gong - Energy skill - has evolved over thousands of years in China. It is a comprehensive system of Energy training that harmonises the Qi or Vital Energy that flows throughout the human body for a wide range of objectives including Health, Vitality, Rejuvenation, Awareness and Martial usages. Traditional Chinese Medicine's basis is that the organs, sense organs and tissues are nourished, energised and warmed by the Qi and blood circulating through a channel network commonly known as Acupuncture meridians.

It's four branches: Acupuncture, Herbal Medicine, Qi Gong & TuiNa all work on balancing & harmonising the Qi or Vital Energy that flows throughout this energy network in order to create Health & Longevity as well as Rejuvenation.

Qi Gong training exercises - which are highly meditative involving specific breathing skills, body manipulation & focus - stimulate this energy network with various exercises for specific channels such as the Heart meridian, Kidney meridian or the Lung meridian.

The balancing of the various organ energies - heart & small intestine, spleen & stomach, lungs & large intestine, kidneys & urinary bladder, liver & gall bladder - as symbolised in the WuXin or 5 phase theory, assists the body to auto regulate allowing all the various bodily functions to work in a harmonious and natural manner.

Breathing - There are many methods of breathing within QI GONG practice. Initially a very natural and relaxed breath is used. Following this a deeper, longer but still natural and relaxed breath is used. This then moves to abdominal breathing where the abdominal cavity is either expanded on the in breath and relaxed on the out breath (commonly known as "Buddhist" breathing) or contracted on the in breath and relaxed on the out breath (commonly known as "Daoist" breathing). These methods utilise a very deep lower thoracic cavity expansion as well as working the diaphragm well.

Stretching - Many of the QI GONG postures demand a relaxed internal method of stretching. This is achieved by moving very slowly with focus of the mind very similar in principle to a "mind moving matter" concept. As minimum physicality is used the stretch is felt very internally within the body, muscles, joints, tissues and organs. The external muscle layers should be kept as relaxed as possible.

Focus - Yi Yi Yin Qi - In QI GONG practice this expression is one of the most important elements of the training path. It roughly translates as, "use your Yi to lead your Qi" One could describe Yi as "attention with intention" and this is continuously practised. Often the focus will be directed towards Acupuncture points and Organs as well as along Acupuncture meridians. Skill with Yi allows the realisation of the dictum of Chinese Medicine,

"Qi is the commander of Blood, when Qi moves, Blood follows"

