

# Heaven Earth Heart Mantra

## Kuan Yin Sitting QiGong

By Sheng Zhen Society

Each and every movement in this QiGong exercise is unique. From beginning to end the movements become increasingly challenging and require a deeper understanding. It is important for you to grasp the meaning of the previous movement to understand the significance of the next. As you persevere in your practice your awareness is brought to a higher level and this will bring about your understanding of life. Beauty and love can awaken your consciousness, this is the purpose of this QiGong, to sustain you in the quest for love and the search for a land of peace and tranquility.

### 1. Dragon Flying in the Clouds

To do this movement you must first be in a cheerful mood so that Qi can move freely. Begin by raising your hands up above your head then lower them and place them in the prayer position with hands touching in front of your chest. Bring the hands down. Open your arms and stretch to the side. Bend your body forward as you move your arms in front of you in a gentle movement.

Move your body back, your arms follow bringing them down. Make an inner circle movement with your arms and repeat the movement.

Imagine mountains covered in mist and clouds. Visualize yourself going through the mountains shrouded in white clouds. Relax your shoulders, relax your whole body.

Next move each arm and shoulder one at the time following the same circular motion this time swaying side to side. Come back to center and repeat the first movement with both arms, bend the body forward. Settle to a neutral position and relax.

### 2. Holy Dragon Returning to the Mountains

Beginning from the last neutral position, move your arms up keeping your wrists relaxed and bent. Sit straight and gently stretch your head upwards. Feel as if you're a big bell sitting on the ground, very stable and very still. The mountains are in the clouds and the clouds are in the mountains. You are awakened by the spirit from the heavens and the earth. When you do this movement, your mind is in motion although the physical movement has stopped.

### **3. Cloudy Mountain Going Through the Mist**

Start from the last still position. Begin from non-action and move into action. While your body is in continuous motion your mind reaches a higher level. Turn your torso to one side and lower your arms to chest height. Next, move your arms to the opposite side as if you were pushing and clearing the clouds away. Turn the hands you move to the other side. Continue pushing and sway your body as you do this movement. This exercise can alleviate disease of the stomach and spleen. It can also alleviate stress and depression.

### **4. Gazing at the Moon**

Bring both hands in a crossed position in front of your body. Next, raise your arms, circle arms, then raise one arm above your head and the second at shoulder height, turn your head at the direction of your second arm. Imagine watching the bright full moon far away. Empty your mind of all emotions. Release all the emotions to the moon.

### **5. The Union of Qi with Heaven**

Move your hands behind your neck one at the time. Gently caress the back of the neck as you move your hands forward into a relaxed prayer position. Deep breaths in and out. Your mind becomes more peaceful with every breath. Empty your mind. Unite your heart with the universe and heaven.

### **6. Holding the Lotus and Crossing the Ocean**

From the prayer position, open the hands to create a small triangle in front of your chest. Separate the hands, open and turn the palms facing up. Your arms are stretched out on each side. The Lotus on each hand points on the direction of purity and love. Next, raise the arms up, both palms are now facing the top of your head. Finally turn the palms so that they face outwards, raising your head slightly. The pure bright Lotus in each hand is like a lantern showing the way. Breathe.

### **7. Shadow from Buddha's Light**

From the last movement's position, lower arms down to waist height, the palms are facing out. Buddha's light shines on you until you're awakened. Align your love with Buddha's heart. In this way, heaven and you become united as one. At this moment you have a peaceful mind. When you quiet down and practice Buddha's discipline you master your inner mind. This becomes a new starting point and the beginning of an even higher level of awareness.

### **8. Parting the Clouds and Seeing the Sun**

Move hands in front of your chest, palms are facing down. Then your hands move into the prayer position. Bring the hands down and create an inverted triangle in front of your abdomen, lean forward and stretch the arms forward. Open the arms and move then to each side as you remain leaning forward. Move your chest up into the neutral position and keep your arms to each side, palms facing down. The clouds are like a mysterious mist. To part the mist is to be awakened and stand on higher ground looking at the world beneath you.

### **9. Boat Travelling in Buddha's Ocean**

Lean your body to the right side as you bring your right hand up, then push down as you lean to the left and at the same time start moving the left hand up and then push it down as you start leaning back to the right side. Continue moving from side to side, then slow down and make your movements smaller and smaller till you come back to center.

### **10. Looking to Heaven and Returning to Oneness**

Raise both arms creating a big open "V" symbol. Look up to the heavens. Hold this position and breathe. Your can mind can attain a deeper level with this exercise. The universe is one. We are all unified in the one.

### **11. Returning to the Ninth Level of Heaven**

Drop the arms and lower the elbow, keep your hands up, palms facing out. Remain in this position and slow down your breathing. Focus on attaining complete relaxation combining spiritual peacefulness and universe awareness.

### **12. Rain Shower of Apricot Blossoms**

Lean to the right side and move your arms up and down as if they were wings gently flapping in the wind. Continue this movement as you separate your fingers at random as if you were playing beautiful melody on an old grand piano. Increase speed to this movement. Slow down and then switch to the left side and repeat the movement.

### **13. Opening and Closing of Bodhi (Awakening)**

Bring your body back into neutral position. Your hands move in front your chest, palms facing each other. Inhale the hands separate, exhale the hands get close to each other. This is a gesture of prayer. If you have reached a deep state of meditation, you no longer will feel your hands opening and closing, instead you will feel your heart opening and closing and the sensation of life.

#### **14. Qi Returns to One**

Bring your arms up and then bring them down. Right hand rests on your belly and the left on top of the right. Move both hands in a circular motion clockwise. Come back to center. This movement enables you to experience total and unchanging love. Meditate peacefully, let go of mundane thoughts. Remember to work on yourself.

#### **15. Rising and Descending**

Keeping your hands in the same position as the last movement (left over right), bring both hands in front of the chest and then lower them back down to your belly. Keep moving your hands up and down massaging your chest and torso. Finish this movement bringing both hands back in front of your belly.

#### **16. Gathering Qi**

Beginning from the last movement, keep your hands on your belly, relaxed deep breaths, inhale and exhale. Cultivate your Qi with diaphragmatic breathing, bringing air all the way down to your belly. Slow and gentle. Focus the mind on present awareness and peacefulness.