

Winter Qi Gong Element Water

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First connect with the soles of your feet into the ground, spread your toes wide apart and then gently bend your knees so that you can sustain yourself in the standing position for a long time. If you ever need to take a break at any time, pause and shake yourself.

1. Awakening Your Qi

As you inhale raise your arms to about height of your shoulders. As you exhale lower your arms. Your hands, elbows and wrists should be relaxed. Pretend your arms are floating up as you inhale and floating back down as you exhale. Feel free to close your eyes to enjoy this movement in a deeper level. Repeat.

2. The Dance of The Water Plants

Sway your arms back and forth. Start low, move to the middle and then high above your head. Reverse the movement from high to middle to low. Keep your knees and hips soft as you shift your weight and move your arms side to side. Imagine you have transformed into a beautiful underwater plant. The soles of your feet are the roots, your body the stem. Repeat.

3. The Swimming Dragon

Place the palms of your hands together. They remain pressed together as your body moves sideways. Keep your back long as you descend. Dive down as you sway from side to side, then raise your palms up in a swimming motion. Repeat.

4. Looking to The Sky

Touch your thumbs and index fingers together, creating a triangle symbol starting low. Raise your hands up and flip them up above your head looking through the triangle to the sky, bend your knees and hold this position for a few seconds. Lower your hands as you flip your hands in front of your chest, don't forget to unbend your knees. Next open your arms wide to the side as you bend your knees again. Lower your arms as you raise up. Repeat

5. Drawing an Arc

Begin with your hands low in front of your belly. Then turn the palms towards the ground and rotate both hands to your right. Then lift doing a big beautiful arc as you lower your arms on the left side. Slowly circle back with your hands with palms down back to the right. Repeat. Pause and rest for a few seconds before you repeat the exercise on the other side, starting from the left moving in an arc to the right. Repeat.

6. Carrying The Lotus Blossom to Your Heart

Inhale as you raise your arms about your head, bring your hands together and curl in your index finger. The thumb and the other fingers stay up, this symbolizes the lotus flower. Inhale raise bring the hands behind your head and step forward with your left foot. The heel is on the ground, toes up. Stroke down, then stroke the outer edge of your hands to the kidneys around the back and forth again. Bring your foot and hands back. Repeat switching feet.

7. Rolling the Spine

Begin with the left hand raising it so it's at the height of your face looking towards the palm. Rotate to the right side where you then lower down and do a half circle back to start. Now bring the hand back in front of your face lower that hand and as the left-hand lowers, the right hand begins. Keep your elbow lower than your shoulder and travel from right to left. Bend down keeping your knees bent then roll up on the right side. Return on the side you started. Repeat.

8. Unifying Heaven, Humans and Earth

a. Earth Level

Place your palms facing your lower body. Then step the left foot slightly further forward straight in front and with the first inhalation bring the backs of the hands forward and then sweep the hands back and then bring the palms forward and back. Remember to shift the weight back and forth during this motion. Repeat this exercise a few times.

b. Human Level

As you shift back bring your hands behind and then forward. Now they come to the level of the heart. Open your arms as if you were pushing the curtains aside, elbows are down lower than the shoulders. When your hand come back, you're opening the whole front area, the whole chest. Continue shifting back and forth as you open and close the curtains. Repeat.

c. Heaven Level

Then lower the hands behind you scooping up. Reach up and as you lower swing your arms back and up raising your toes and the heel is up. Don't forget to extend and stretch the front body. As you lower down and bend over, heel is down, toes up, then swing your arms up again, toes down, heel up. Repeat.

Repeat all three levels with the right foot forward.

9. The Dog Wags Its Tail and Looks Through the Moon

Raise your arms sideways up above your head. Bring your palms onto your thighs bending your knees keeping your back long and look over your left shoulder. Come back to center. Stroke the insides of your legs, bend your knees, roll up bring your arms with you and lower your hands. Repeat but this time look over your right shoulder. Repeat a few more time switching shoulders.

10. Absorbing The Sunlight

Make an energy ball. The left hand is up the right hand is below and then you pull this apart. Then the left hand taps your head three times and the right hand you're pressing your little finger and thumb together taps the point where your kidneys are three times, bend your knees slightly as you tap. Next you make a big circle so that the right hand is above and the left hand is below and you stop at the energy circle. Pull the energy apart, a diagonal stretch. The right hand is now bringing the sunlight into the crown of your head and the left hand pressing the thumb and little finger together tapping the bladder and kidney point. Then circle after three times. Repeat switching sides.

11. The Dance of The Snowflake

Bring your right hand to your hip, the left foot does a small bow like step to the front, then your left hand does a beautiful dance. It is a free movement raising your hand up and floating it down. Imagine letting the snowflakes fall in front of you. Long fingers, delicately dancing waving your fingers in a beautiful gentle motion. Repeat a few times, then switch sides and repeat.

12. Moving the Qi

a. Collect the Ocean of Qi

Circle and lower arms, include bending your knees slightly. Collect your Qi and focus on your middle. Repeat a few times.

b. Moving the Sea of Qi

Place your hands below your belly button, right hand first, then left on top. Keep your knees soft, now bounce up and down as if you're shaking not jumping. Shoulders are relaxed, your elbows are down below your shoulders. Increase the intensity of this shaking then slow it down until you come back to stillness.

Finish by keeping your eyes closed and then take three deep breaths in through your nose and out through your mouth. Finally release the Qi in your hands and rub your hands together creating heat. Then rest your warm hands on your kidneys just for a moment. Next raise your hands, bring your palms together, bring your feet together and bow to yourself.