

Seated Qi Gong Exercise Routine For Strengthening the Immune System

By Alex Hui

Sit slightly forward with knees 90 degrees bent, feet flat on the floor and hands on top of the lap. Next do six deep and natural breathings. Focus on the breathing. Release all the tension and stress out of the body.

1. Sinking the Turbid Qi & Cleansing the Organs

Raise your hands. Breathe in. Lower your hands and breathe out. Breathe in, as you breathe out imagine there's a waterfall flowing down from the head cleansing your organs the feet and the outside of your body. All the toxins, all the negative energy is being released outside of your body through the bottom of your feet. Repeat.

2. Absorbing Qi to Dantian

After getting rid of the toxins and the negative energy, it is time to receive clean and new energy. Begin. Breathe in, draw a circle towards your body. Breathe out push a little bit forward and relax. When you breathe in imagine all the nice energy goes in towards your body through the belly button at the back of the spine. When you breathe out, the Qi (chi, energy) goes towards the Dantian (about one third in the front and between your belly button and your spine, it is the energy center of your body), the Qi stores in the Dantian. Relax. Repeat.

3. Activating the Du Meridian

The Du Meridian runs along the spine at the back. This exercise activates the Du Meridian increasing your young energy and boost the immune system.

Begin. Breathe in, open, arms up. Then breathe out as if you were diving into the water and bending the spine. As you are bending, bend section by section and all the way up. Start from the bottom and all the way up, then straighten it and release it. Repeat.

4. Activating the Dai Meridian

The Dai Meridian is the only meridian that is lateral while all other meridians are vertical. Begin. Draw a circle. Breathe out when your arms are in front. Breathe in when you draw back. Rotate and turn the spine. The spine leads the whole movement. There is minimal movement of the hands and arms. Repeat. Switch directions. Breathe out, outer circle. Breathe in, inner circle.

5. Transporting Qi to Legs and Feet

Start. Place hands in front of the belly button. Breathe in. Breathe out, move hands on the outer side of the leg and move down. Breathe in, move the hands up the inner side of your leg. Breathe out back into the starting position in front of the belly button. Next, breathe in. Breathe out, move the hands down the outside of the other leg, down to the foot, breathe in, move the hands up the inner side of the leg. Breathe out, belly button position. Visualize the Qi following the hands. Each part of the lower limbs is being nourished. Repeat.

6. Chest Warming Qi Gong

Begin. Opening circle rotations in front of the chest. Breathe in, hands move up. Breathe out, hands move down. Imagine the Qi inside your chest is massaging the internal organs. The organs are now warm and nourished. Repeat. Switch directions. Closing circle rotations in front of the chest. Repeat.

7. Ending Movements

Rub your hands together. The hands should start to feel warm. Massage your face. Massage around your eyes. Massage around your nose. Next, separate the index finger from the other fingers to form a pair of scissors. Place the fingers in between each ear and massage. Next, use your fingers to massage your head as if you were combing your hair. Slide your fingers back with a little bit of pressure. Start on the top, then do the sides. Repeat as many times as you want.

8. Closing

Relaxed seated position with your hands on your lap. Do six deep natural breathing movements.