

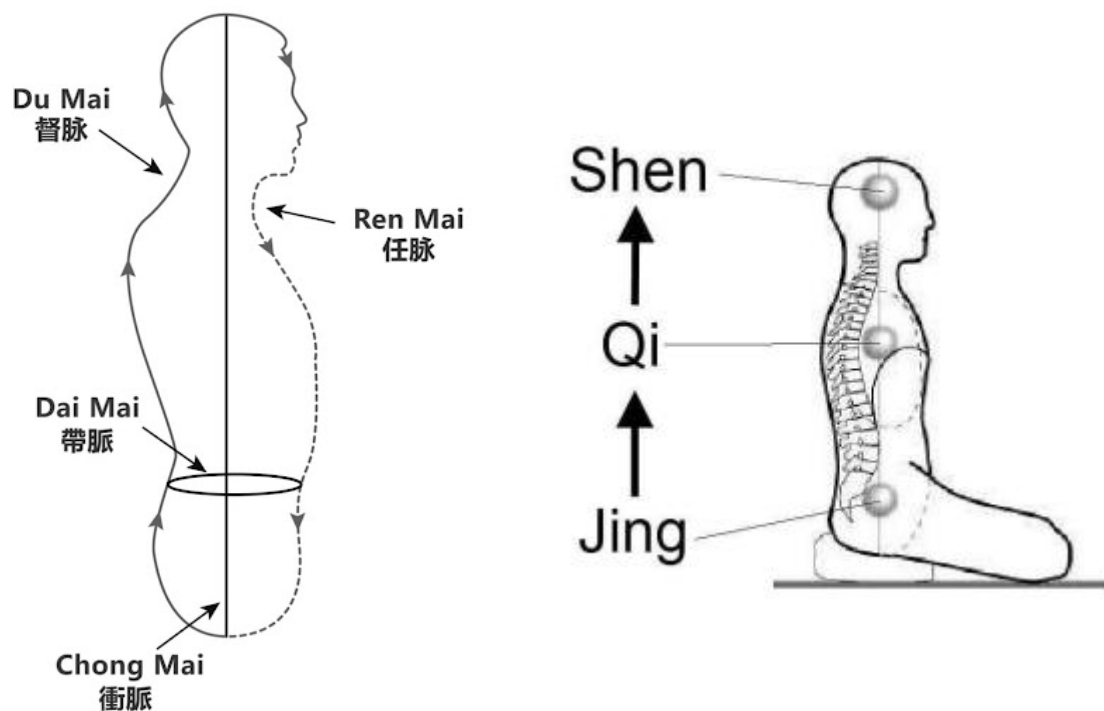
Seated QiGong Guided Meditation

By Marisa Cranfill

This routine was designed to activate the Central Meridian Channel of the body. QiGong teaches us that the most fundamental energy practice for meditation is to move our awareness up and down the spine.

The energy channel that runs up the spine is called the **Chong Mai**. The **Chong Mai**, also called the Penetrating Vessel, originates in the space between the kidneys, along with Extraordinary Vessels Du Mai (Governing Vessel) and Ren Mai (Directing Vessel or Conception Vessel). **Chong Mai** feeds all the other energy channels in the body. There are seven energy centers that run along this main channel called the Chakras.

In QiGong there are three energy centers (three treasures), these are the lower Dan Tian (Jing or essence), the middle Dan Tian (Qi or life energy), and the upper Dan Tian (Shen or spirit).



Find a comfortable seated meditation position either on a cushion or a chair. The routine will begin with a few breathing exercises to warm up the spine.

Spinal Cord Breathing

Make light fists, inhale as you arch the back, exhale as you slowly round the back and draw the elbows together. Inhale, fill your whole body with oxygen and exhale draw the elbows together, tuck the tailbone. Repeat.

The Wave

Extend the chin forward and then chin to the chest and roll up. Exhale as you go forward, inhale as you roll up. Repeat.

Move the chin down to the chest, roll forward and then look up and come back chin to the chest. Repeat.

Seaweed Spine

Rock side to side in a lateral motion, relax your neck and shoulders, relax through the ribcage and the lower back. The movement begins at the lower Dan Tian and moves all the way up through the head. Keep moving left and right rocking back and forth. Repeat.

Side Stretch & Twist

Bring the right hand up over the head, extend the left hand out and stretch over. Press that right hip down and feel the stretch through the ribcage. Next take the right hand down to your left knee and look behind the shoulder. You can round the back or you can arch the back, whatever feels better.

Now, take the right hand out, the left hand comes up over the head and stretch press the left hip down. Next, twist around so that the left hand comes to the right knee, look over your shoulder and then you can round or arch your back.

Forming Yin & Yang

Raise your right hand to the upper chest (middle Dan Tian) **Yang**, the left hand to the lower abdomen (lower Dan Tian) **Yin**. Next, touch the tongue against the roof of the mouth, this will connect the energy circuit that runs up the back of your body and down the front of your body.

Now visualize a transparent column of light formed right through the middle of the torso. The column runs from the crown of your head, down to the tailbone and through the pelvic floor. The size of the energy column depends on your visualization. Focus on this column becoming brighter and brighter.

Moving Yin & Yang

Slowly move the right hand out and down, while the left hand move up and in. Continue moving your hands in this circular pattern and visualize the transparent energy column running from the top of the head down to the pelvic floor.

Yin & Yang Unite

Lower the hands, palms facing each other in front of the lower abdomen. Leave a space between the right and left hand. As you inhale move your hands open to the sides. As you exhale bring the palms closer together.

Rolling The Qi Ball

Imagine you are holding a ball of energy in front of you. Now, softly pulse the edge of the ball three times. Next, start rolling the ball continuously from top to bottom and bottom to top, keep rolling the energy ball between your hands.

Opening to Heaven

Inhale, hold the energy ball in front of your lower Dan Tian and slowly begin to lift the ball of light up the central channel through the middle Dan Tian, through the upper Dan Tian and out the crown. Raise your hands to the sky, palms face up to receive energy and then bring that energy over the crown of your head. Exhale, the hands pass in front of the face. Palms come together in prayer at the heart center and continue moving your hands down to your lower abdomen. Inhale open your hands to the sides. Exhale, hands come together again. Repeat.

Mindfulness Meditation...

Harvesting the Qi

Bring awareness into your hands. Slowly lift your hands so that the palms come together. Then rub your hands together. Create some friction and some heat in the hands. Next place your hands over your face and eyes. Rub your head harvesting Qi. Draw your hands over your face and head and down the neck a few times. Then bring your hands to your heart and smile.