

Fire and Summer QiGong

From QiGong and the Tai Chi Axis

By Mimi Kuo-Deemer

Begin by resting the hands one over the other onto the lower Dantian. Place your feet shoulder distance apart. Take a few moments to breathe.

1. Parting Clouds

Inhale as you lift the arms up to the level of the shoulders. Exhale, draw the hands in rolling the fingers in then in front of the chest. Next the hands extend forward from the center of the chest and open to the side and then release back down. Repeat.

2. Separating Clouds

Cross the arms lift them all the way overhead, inhale. Next, float the arms and hands out and down to the sides, exhale. Make sure you keep the knees bent. Repeat.

3. Crane Flying

Place the feet together with the heels touching and the toes turned out. Begin with touching all five fingertips together. Inhale, bend your knees and extend the hands out to the sides. Exhale, straight the legs as the arms and hands float back down like the wings of a crane. Repeat.

4. Redheaded Crane Delights in Seeing Its Mate

Keeping the feet in the same position (heels touching), inhale, bend the knees, cross the arms, lift the arms overhead into the sides. Simultaneously lift your knee up and balance on the opposite leg. Exhale, drop the arms as you put the foot down. Repeat with the other leg.

5. Lifting Ball

Place feet in a wider stance. With the palm up, the hand crosses and lifts up, while the other one is placed behind the back. Shift weight and release the heel of the opposite foot. Stretch. Switch sides. Repeat.

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6. Cultivating Qi

Place your hands in front of your belly (lower Dantian) with the palms facing each other. Inhale and expand the space between them. Exhale and draw them in. Repeat the same movement placing the hands at chest level (middle Dantian).

7. Hands to Heart

Breathe in, bring the arms up, then expand out to the sides, palms up. Exhale, the hands one over the other rest on the center of the chest. Lower your chin. Repeat.

8. Gathering the Energy

Place the hands on your belly (lower Dantian) one over the other. Then drop the arms, move them up over your head, then push down with palms facing down. Repeat.

9. Closing

Concentrating your mind on all the exercises you just practiced, place your hands back on your belly (lower Dantian) and slow down your breathing. Deep gentle breaths.