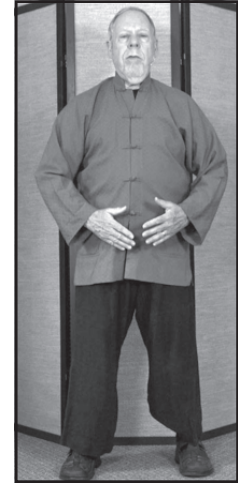


Basic Qigong Exercises

We will begin our study of *qigong* with four simple exercises to get the *qi* moving within your body. You may do these exercises before work, after work, or at work when you feel stressed. Try to set aside 15-20 minutes each day to do these exercises. Remember to do them in a relaxed manner, breathing easily through your nose with your mouth closed, tongue behind your front teeth.

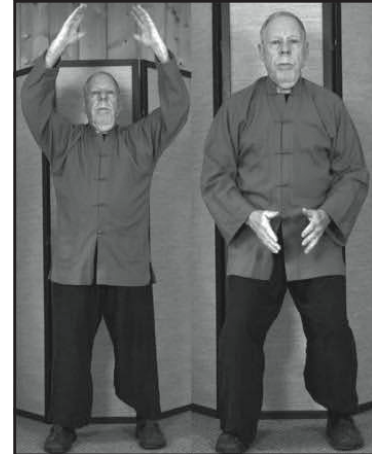
Ready Position

All exercises begin with you standing with feet shoulder-width apart. Your weight should be evenly distributed between both your feet, with both of your feet flat on the floor. Your arms are down, with your hands located just in front of your lower abdomen (the *dantian* area), with your palms facing each other. Your palms should be held about 4-6 inches apart to contain the *qi* which you will generate.



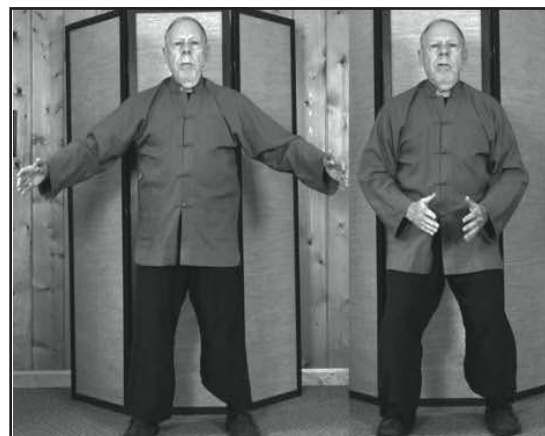
Exercise 1. Wings

Begin in the Ready position. Inhale and slowly raise your arms palm up, as if they are wings, to above your head. Just before your palms meet, exhale, turn your palms down, and slowly bring your arms back to the Ready position. You should look as if you are a bird, gently flapping your wings. Repeat this movement 9 or 12 times.



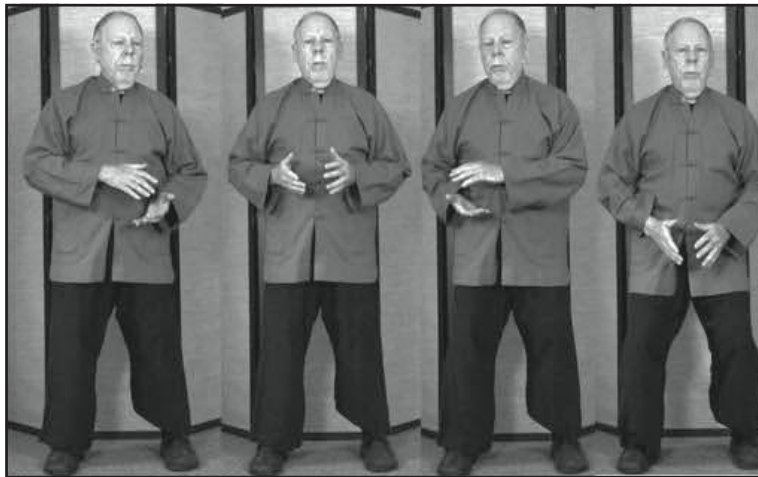
Exercise 2. Accordions

Begin in the Ready position. Inhale and slowly move your arms apart as if you are playing an accordion. Keep your hands relaxed with the palms parallel. When your arms reach the point where if you move them any further, your palms will no longer be parallel, exhale and bring your arms and hands back to the Ready position. Repeat this movement 9 or 12 times.



Exercise 3. Orbits

Begin in the Ready position. Inhale and gently move your hands in a circular, clockwise motion to the left. Keep your hands relaxed with your palms parallel. When your arms reach the point where your torso ends, rotate your hands so that your right palm is on top of your left one. Keep your palms parallel, hands 4-6 inches apart. Move your palms upward, then to the right about 6 inches above your navel and begin exhaling. When you reach the point where your torso ends, again rotate your palms so that this time your left palm is on top. Lower your hands to about 6 inches below your navel, then bring your hands back to the Ready position. Repeat this movement 9 or 12 times. When you have completed this movement in a clockwise fashion, repeat it going counter-clockwise, reversing your palm positions. Your hands will be making small orbits around your dan-tian area with your navel as the center.



Exercise 4. Sun/Moon Qi Collection

Try to do this final exercise in front of an open window or outdoors.

To perform Sun *Qi* Collection begin in the Ready position. **Close your eyes**, inhale with your back slightly arched, look upwards toward the sun. Slowly circle your hands up above your head so that they end shoulder-width apart, with your elbows slightly flexed and your palms facing outward. In this position imagine bringing the sun's rays down into your palms and collecting its *qi* into your body. When you feel the sun's energy permeate every part of your body and reaching down to your toes, radiate the *qi* back to the sun from your toes up to your outstretched palms. Repeat this *qi* collection several times.



Important: To avoid damaging your eyesight, **Never Stare Directly At The Sun with Open Eyes!**

You may also do this exercise at night beneath the moon to collect its own unique form of *qi* energy. When collecting Sun *qi* you are collecting Yang *qi*, when collecting Moon *qi* you are collecting Yin *qi*.