

Principles of Training in Qigong

1. *Be Relaxed, Calm, and Natural.*

We we practice, please practice relaxing your body and calming your spirit (feelings/mind).

When we relax do not become limp.

When we calm our spirit do not become distracted or 'spaced out'.

Like the symbol the Yin/Yang there is a little light in the dark and a little dark in the light.

Within relaxation there is a little tension.

Within calmness there is a gentle focus.

2. *Combine Intention (Yi) and Qi:*

Your intention (gentle attention) can influence your bodily functions.

There are two ways to understand Qi.

1. The air in our breath;
2. Original Qi (our physical constitution augmented by the food we eat)

To combine Intention and Qi means to harmonize Intention, Breath, and Inner Qi.

Let you breath be gentle and long; let your attention gently follow the breath. Gently think about drawing the breath gently into your abdomen. As you practice leading the Qi to your abdomen, this will become a natural process.

Your intention needs to be gentle and light. As the Qigong masters used to say "don't forget, don't help."

3. Integrating Movement and Stillness:

Movement refers to movement of the body (external) and movement of inner Qi (internal).

Stillness includes both stillness of the body (external) and stillness of spirit (which includes stillness of essence / heart / mind; inner stillness).

Qigong helps to activate and adjust the body's function; to help the body move better; to harmonize Yin and Yang as well as Qi and Blood; to dredge the meridians and cultivate true Qi.

Examples of blending movement and stillness:

1. practice movement after practicing stillness;
2. practice stillness one or two times a day and practice movement one or two times a day;
3. practice stillness in the morning and movement in the afternoon or evening.

Examples of integrating stillness and movement:

1. Focus on movement within stillness - while meditating become mindful of the movement of the breath; inhaling and exhaling.
2. Focus on the stillness within movement - while practicing Moving Qigong become mindful of your calm mind while moving.