



Centered in Oneness

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imparted by Mark Broscheit
Golden Lotus Qigong

Introduction

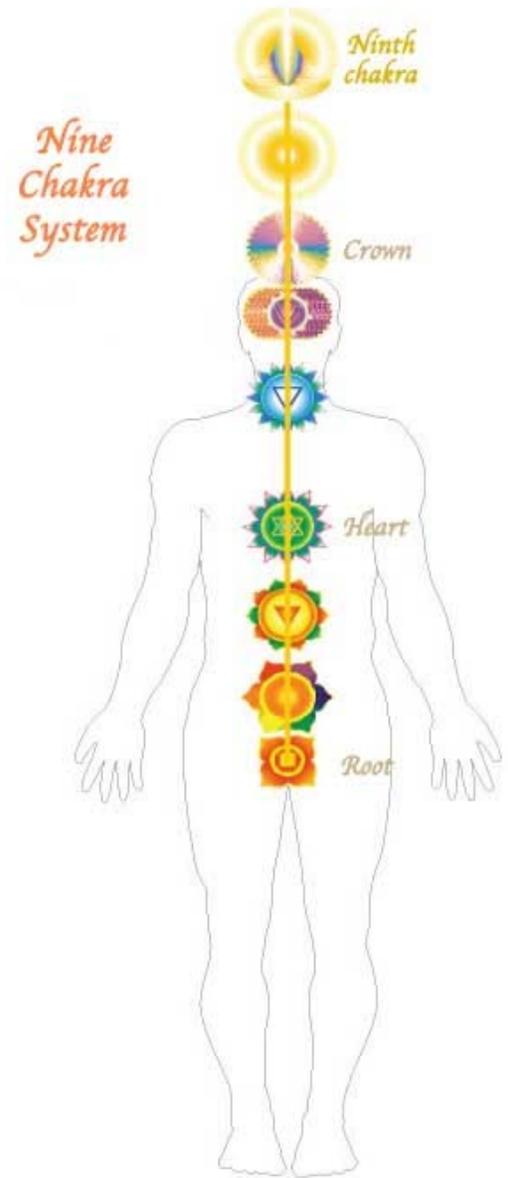
These movements balance the body, mind, heart, and spirit. We begin this Qigong by establishing a connection with the higher vibrational Qi of the ninth chakra, and end with bringing this Qi down through the chakras of the body. In between, the movements improve the energetic balance between mind, heart, and body, and stimulate the Kundalini energy at the base of the spine. This Gong encourages a gentle flow of the Kundalini and ninth-chakra energies, through the seven main chakras, to cleanse and purify.

1. Ninth Chakra

Extend both arms outward then upward, extending arms and hands above the head, about shoulder width apart, palms facing inward. Pause for a moment, then bring both hands together with a 'clap' above the head. Hold palms together above the head for a moment as you visualize or picture the Qi at the ninth chakra

2. Balancing Heart and Mind

With palms touching, slowly bring both hands down to forehead/third eye, thumbs lightly touching between the eyebrows. Pause. Then slowly slide the right palm down the length of the left palm until the tip of the right middle finger is at the crease of the heel of the left hand. Extend the left thumb toward the chest/heart. Hold. Then slowly bring the left hand down until both palms come together again at the level of the chest/heart. Both thumbs are extended toward heart, fingers pointing upward. Hold.



The yoga Nine Chakra System

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3. Engaging the Kundalini

Turn the left palm on top of the right palm, fingers facing in opposite directions, and bring both hands, palms still touching, down to the level of the dantian, just below the navel. Pause. Slide right palm slowly out from under left palm until only tips of middle fingers are touching. Then turn right palm facing downward while middle fingertips remain touching. Both palms are now facing downward, toward the earth. Press down slightly. Hold, while visualizing/picturing connection with the Qi of the earth.

4. The Sleeper Turns

Note: adapt this movement to the flexibility of your wrists.

Slowly bring fingers and palms together, fingers pointing upward, then rotating forward and downward. While keeping middle fingertips touching, separate the heels of hands until palms face upward (middle fingertips still touching). Hands should still be just below the dantian, a few inches below the navel. Hold.

5. Gentle Awareness

Turn hands so that back of hands touch, then lift hands up the midline of the body above the head. Continue movement by separating hands out to the sides and then downward, bringing back of hands together again. Repeat upward, outward and downward movement. Third time, bring hands up midline, above head and extend arms/fingers upward above head. Hold for a moment.

6. Gentle Awakeness

With arms still extended upward, bend wrists so that fingers point inward, towards each other (not touching). Then slowly bring hands downward, below dantian, and separate to both sides, arms relaxed.

7. Contemplation

Bring palms together in front of the heart/chest. Hold for some time. Then bring hands back down to sides with arms relaxed.



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8. Closing: San Jiao Movement

With gratitude for the Qi that has been received, extend arms forward with palms together, then move upward to level of chest. Bend elbows, bringing thumbs to lightly touch forehead/third eye. Pause for a moment. Then, with fingers still pointing upward, bring hands down to middle of chest/heart. Thumbs lightly touch at the chest. Pause for a moment. Then, bring both hands down below the navel to the level of the Dantian, turning the hands so that the left palm rests on top of the right palm (both palms facing upward) and the tips of the thumbs are touching (forming a circle).

Quote – from William Bodhri

“The transformation of your body that results from your chi arising is a purification of your physical nature, but because chi and consciousness are linked, your mind will reach a higher stage of purity (emptiness) as well. So a quiet mind leads to your chi arising, your chi arising leads to the purification of your chi, channels, and chakras. That purification leads to a greater degree of mental purity or emptiness, and the two components body and mind reach ever increasing levels of purity until eventually from that purified foundation one can achieve Samadhi“ (a non-dualistic state of consciousness).

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