

Healing the Heart

imparted by Mark Broscheit
Golden Lotus Qigong

Introduction

This practice helps to balance the energetic heart and free the practitioner of the stress and anxiety that often affects the physical heart and chest. This Qigong invites pure Yang Qi and pure Yin Qi from the 'Heart of Heaven' and the 'Heart of Earth' to blend with the qi of the practitioner's Heart. As the qi flows through the body during the practice, gradually, it does its work of balancing and expanding the heart, increasing the practitioner's capacity for compassion and flexibility, improving the health of the heart and body, and improving emotional balance. With an open, expanded heart, the balance between the mind and heart is improved, allowing the mind to become calmer.

Instructions

This Qigong is usually performed while seated on a chair, but can be easily adapted for the standing position. Healing the Heart may be practiced by itself or in conjunction with Part II, Embracing Peace.

1. Opening Movement

Bring the palms together, fingertips a few inches in front of the chin. Open palms slightly, and blow gently onto the palms. Move the right hand down to Dantian, palm facing up; bring the left hand to the level of the crown, palm facing the torso, then downward to rest on the right palm. Touch the thumbs together, forming a circle.

2. Dragon Returns to the Mountain

Raise the arms and extend them slightly forward and upward, fingers pointing forward with relaxed wrists. Tilt your head slightly backward, so the spine is comfortably extended upwards. Open the Gate of Heaven; the third eye opens.

3. Reach to the Heart of Heaven

Sweep the arms downward and outward, extending out to the sides with palms up. Then continue to extend upward, until the arms are straight above the shoulders, with

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palms facing inward. Extend the spine, arms, and hands upward, head facing forward. Hold, and imagine the arms reaching to the Heart of Heaven. Qi flows down the arms and through the crown to the heart.

4. Open the Heart

Bring the edges of the hands together, palms turning toward the face, then slowly descend to chest level. Turn the forearms so that the palms face each other and the fingertips touch. Slowly separate the fingers, with hands moving to each side of the chest. Move the hands inward and outward in a slow, gentle rhythm. This may follow the rhythm of the inward and outward breath. Imagine the hands, chest, and heart all united. Feel the heart expand more and more with each outward movement of the hands.

5. Reach to the Heart of the Earth

Relax the wrists and bring the backs of the hands together, fingers pointing downward. Continue moving the hands downward, between the legs, as you bend forward at the waist to connect with the Heart of the Earth. Turn the palms until they are touching. Extend the arms slightly upward and forward, then straighten the back, allowing the arms to naturally lift until slightly below the heart. Bend the elbows and move the hands, palms still together, into prayer position at the level of the heart. Relax the arms and shoulders, and feel the Qi flow upward from the Earth to the heart.

6. Three Hearts Together

Keep your palm together and centered at the chest. Begin to make small circles with the shoulders, keeping the shoulders opposite each other. The shoulders moves back, up, forward, and down, and because the shoulders are opposite, the torso naturally twists and moves from side to side. Gradually increase the size of the circles, and as the shoulder movements get larger, begin to move the elbows and arms also. Trace a horizontal figure-8 pattern in front of the chest with the fingertips. Then gradually make the circles smaller again, bringing the hands back to roughly centered at the chest. As the movements start small, grow larger, then get smaller again, Three Hearts merge and unite.

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7. Healing the Heart

Hold the palms together at heart level. There is no physical movement required for this pose. Allow the mind to be calm and relaxed, as you feel one with the universe.

8. Heart is Free

Move the left hand upward, palm facing down, while bringing the right hand down, palm facing up. Stop the left hand at the crown or slightly higher; the right hand, just below Dantian. Feel the Qi expand from the heart both upward and downward, until it is throughout the whole body.

9. A Balanced Life

Slowly bring the left hand down, palm facing down, to rest on the right palm. Allow the Qi to slowly return to Dantian. Touch the palms together, fingers pointing in opposite directions.

10. Gather Qi

Separate the hands, and move them upward and outward as you 'gather Qi'. Use your hands to bring this Qi into the crown, then down to the Dantian. Repeat. Conclude by bringing the palms together above the head, then lowering them to the chest.

11. Closing Movement

(Same as Opening Movement.) Bring the palms together, fingertips a few inches in front of the chin. Open palms slightly, and blow gently onto the palms. Move the right hand down to Dantian, palm facing up; bring the left hand to the level of the crown, palm facing the torso, then downward to rest on the right palm. Touch the thumbs together, forming a circle.

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