



Kundalini Qigong

imparted by Mark Broscheit
Golden Lotus Qigong



Introduction

This Qigong consists of two parts. The first opens and prepares the practitioner for the second, which provides a gentle but direct experience of the Kundalini awakening.

Part 1: Centered in Oneness

Introduction

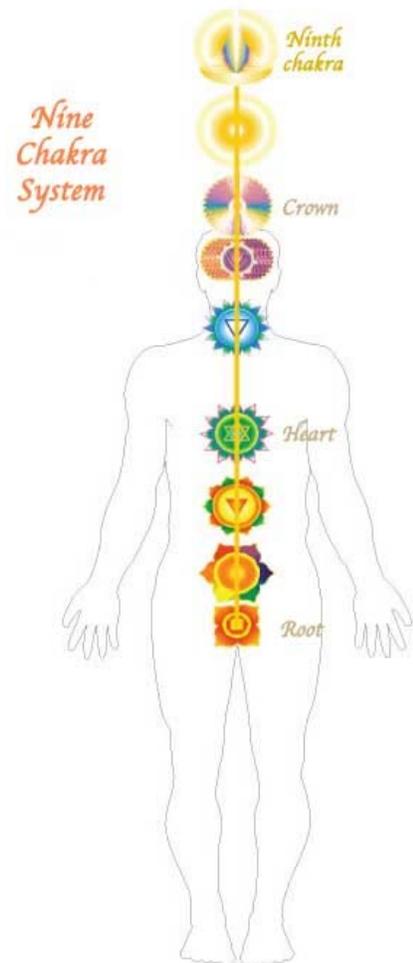
These movements balance the body, mind, heart, and spirit. We begin this Qigong by establishing a connection with the higher vibrational Qi of the ninth chakra, and end by bringing this Qi down through the chakras of the body. In between, the movements improve the energetic balance between the mind, 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 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 the palms together above the head for a moment, as you visualize the Qi at the ninth chakra.

2. Balancing Heart and Mind

With palms touching, slowly bring both hands down to the third eye (forehead), thumbs lightly touching between the eyebrows. Pause. 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 heart. Hold. Slowly



The yoga Nine Chakra System

For more info, contact Mark Broscheit
www.goldenlotusqigong.com
604-535-2235



Kundalini Qigong



imparted by Mark Broscheit
Golden Lotus Qigong

bring the left hand down until both palms come together again at the level of the heart. Extend both thumbs toward the heart, fingers pointing upward. Hold.

3. Engaging the Kundalini

Turn the left palm on to the 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 the right palm slowly out from under the left palm, until the tips of the middle fingers are touching. Then turn the right palm downward, middle fingertips still touching. Both palms are now facing downward, toward the earth. Press down slightly. Hold, and visualize a connection between the palms and the Qi of the earth.

4. The Sleeper Turns

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

Slowly bring the fingers and palms together, fingers pointing upward, then rotating forward and downward. Keep the middle fingertips touching, and separate the heels of the hands until the palms face upward. Your 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.



Kundalini Qigong

imparted by Mark Broscheit
Golden Lotus Qigong

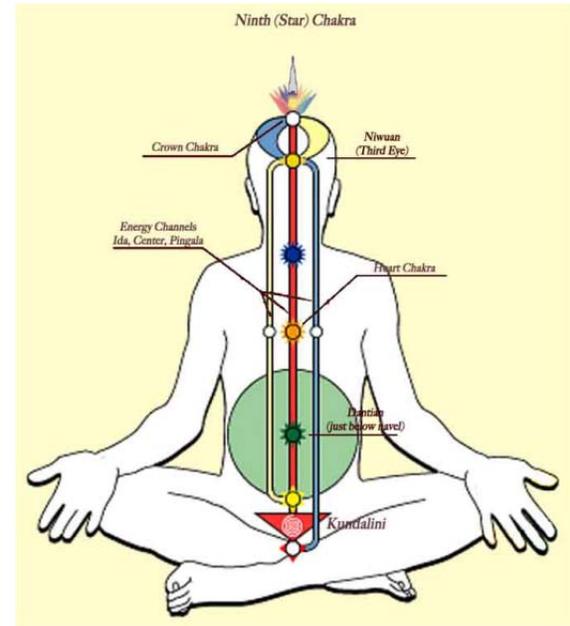
金
蓮

Part 2: Awakening the Kundalini

Introduction

These movements focus directly on the Kundalini energy. The opening movements physically and energetically stimulate the energy at the base of the spine. Subsequent movements encourage this Qi to flow upward. As the Kundalini moves up to the Crown, it engages and blends with the Qi of the ninth (star) chakra. This higher vibrational blend of Qi then returns back down into the body, to cleanse and purify the main energy centers.

These movements are a continuation from Part 1, Centered in Oneness. They are most effective when preceded by the energetic opening and balancing that occurs with Part 1. The first movement, Stirring the Kundalini, follows immediately after the Gentle Awakeness movement from Part 1.



The Chakras and Energy Channels

7. Stirring the Kundalini

- A. Beginning with the right arm, make alternating circles with the arms, to both sides. Keep the wrists and hands relaxed, as you gather Qi and bring it to the Kundalini at the base of the spine.
Note: Bring the arms across the midline of the body, in front, before bringing Qi into the dantian. Flex the wrists as the hands come in toward the dantian, but follow the curve of the hips with your hands, to the back of the hips. Then relax the wrists and hands, and circle the arms outward from the backs of the hips.
- B. Shift your weight and hips from side to side, bending the torso opposite the hips. The arms may lift to the sides during this movement. Focus on loosening the lower spine by pushing the hips to the sides. Allow the knees and arms to move naturally as the hips move.

For more info, contact Mark Broscheit
www.goldenlotusqigong.com
604-535-2235



Kundalini Qigong



imparted by Mark Broscheit
Golden Lotus Qigong

- C. Note: adjust this movement to your own leg strength and sense of balance. Beginners should start with smaller foot movements and less bending of the knee, until your rhythm, balance, and leg strength are secure. Step the right foot a half-step forward and slightly to the side. You may turn the foot slightly to maintain balance. Bend the mid and upper spine forward, the arms following the momentum of the torso. Shift the weight of the torso over the front leg, and tilt the pelvis forward while bending the front knee slightly. Then tilt the pelvis back, while slowly straightening the knees and the torso, and shifting your weight to the back leg. Repeat many times. Return to normal stance, then repeat with the left foot out.
- D. Note: if you are unsure of your balance or knee flexion, skip D and simply repeat movement C a second time, instead. All practitioners should begin with small movements, then gradually increase the bend in the front knee to increase the movement of the lower spine, while still maintaining balance. Start the movement slowly, and allow the rhythm to accelerate as your strength and balance allow. Step the right foot a half-step forward and across the mid-line of the body. Turn the foot to maintain balance. Bend the mid and upper spine forward, arms following the momentum of the torso. Shift the weight of the torso over the front leg, tilt the pelvis forward, and bend the front knee. Then tilt the pelvis back, while slowly straightening the knees and torso and shifting your weight to the back leg. Repeat many times. Return to normal stance, then repeat with the left leg out. Allow the arms to naturally follow the movement of the torso, returning to the sides at the end of the movement.

8. Raising the Kundalini

With relaxed wrists, and fingers facing forward, move both hands up and down just in front of the torso, beginning with a small movement and gradually moving higher up the torso. On the downward movement, move the hands down past the dantian, then around the hips to the front of the torso, then upward, slightly to either side of the midline of the front of the torso. Move the hands gradually upward until both arms



Kundalini Qigong



imparted by Mark Broscheit
Golden Lotus Qigong

extend upward, wrists still relaxed and fingers facing forward. The hands may move slightly backward from the hips, but do not move inward to the back of the spine.

9. Consciousness: Duality Into Unity

Extend the arms upward, and slowly reach the fingers up as you turn the palms to face inward. Hold for a moment. Gradually begin to move the wrists and hands in two alternating circles above the head. Allow the shoulders and torso to move naturally with the rhythm of the circles. Continue for some time. Slow the movement, then pause. Now begin moving the hands in one large circle above the head. Allow the torso and shoulders to move naturally with the hands. Continue for some time.

10. Unity Into Humanity

Slow the hand movement, then stop, with the left hand at the back of the circle, right hand at the front. Bend the left elbow so the left hand comes down to the back of the head, while the right hand moves down to the forehead, then along the front midline of the torso to the lower abdomen. Hold for some time. With the left fingertips still touching the right side of the head, lift the left elbow and forearm above and around to the right side of the head, then bring the left hand down to the center of the chest, thumb and index finger touching the lower border of the collar bones. Hold for a moment, then move the left hand down the front midline to Dantian, bringing the left hand over the right. Hold for a moment.

11. Oneness

Turn both palms upward, still at the level of the Dantian. Keep the fingers firmly together. Separate the hands to both sides, while keeping the fingers of each hand quite firm and without separation. Then face the palms upward, and extend the arms outward. Continue to raise the arms upward, then bend the elbows and imagine the hands gathering Qi and bringing it down to the crown. As the hands continue down the front of the body, Qi continues down the central channel to the Dantian.

Note: This movement is similar to Gathering Qi, but not identical. The difference is that the fingers are quite firm, and seem to scoop into and gather Qi from directly above the head, rather than from all directions.



Kundalini Qigong



imparted by Mark Broscheit
Golden Lotus Qigong

12. Conclusion

Bring both hands together in front of the chest, palms touching.

13. 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).