



Nei Dan Gong

imparted by Mark Broscheit
Golden Lotus Qigong



Introduction

This practice uses a number of different techniques to balance and improve the health of the major organ systems. Positioning, breathing, and stretching to open meridians for the kidneys, liver, gall bladder, stomach, heart, lungs, intestines, bladder, and spleen; pressure at the ear reflexes for the spine and back; tapping at the grief point of the heart to release emotional trauma (*see Reference), gentle massage of the pancreas, and acupressure at points of the head to improve clarity and focus.

Preparation

Stand with feet parallel, shoulder-width apart, facing forward, and knees slightly bent. Distribute your weight evenly between the front and back of the feet. Relax the shoulders (but do not bend them forward), and allow the arms to hang comfortably at the sides. Relax the face, and imagine the spine becoming slightly longer, as if a thread is attached to the top of head and is gently lifting and lengthening the spine.

1. First Movement

Place the hands over the lower abdomen, right palm over left palm, and breathe deeply. Take three deep breaths, feeling the expansion in the lower abdomen as you inhale, and relaxation as you exhale.

Bring the hands shoulder-width apart, palms facing toward the earth. As you inhale, bend the knees slightly. As you exhale, slowly straighten the knees. Repeat three times.

2. Second Movement

Turn the torso and the left foot to the left. Bring the left hand near the base of the spine, palm facing upward, and the right hand above the crown, palm facing downward. Adjust your balance. Turn the waist slightly to the left, to engage a stretch at the right groin. Hold.



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Turn the left foot back to center, and the torso and right foot to the right. Bring the right hand near the base of the spine, palm facing upwards, and the left hand above the crown, palm facing downward. Adjust your balance. Turn the waist slightly to the right, to engage a stretch at the left groin. Hold.

3. Third Movement

Turn the torso and the right foot back to center. Bring the left hand behind the back and up the spine, as far as is comfortable, and the right palm to the back of the head, right fingertips pressing against the left ear. Tilt the torso to the left, then rotate the torso slightly, allowing the left shoulder to move backward, but keeping the knees facing forward. Hold, and breathe deeply. Turn the torso forward and straighten the spine.

Bring the right hand behind the back and up the spine, as far as is comfortable, and the left palm to the back of the head, left fingertips pressing against the right ear. Tilt the torso to the right, then rotate the torso slightly, allowing the right shoulder to move backward but keeping the knees facing forward. Hold, and breathe deeply. Turn the torso forward, straighten the spine, and bring both hands to the front of the body at chest level.

4. Fourth Movement

Move the fingers of both hands toward the chest. Touch the right fingertips lightly to the sternum. Touch the left fingertips lightly at the ribs, just to the left of the sternum.

Always with the right fingertips, double-tap the sternum, five times.

Tilt the head to the left. Double-tap the sternum five times.

Tilt the head to the right. Double-tap the sternum five times.

Tilt the head to the left. Double-tap the sternum five times.

Tilt the head to the right. Double-tap the sternum five times.

Drop the chin toward the chest. Double-tap the sternum five times.

Lift the chin upward. Double-tap the sternum five times.



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5. Fifth Movement

As you return the chin to normal position, bring the hands downward, to just above the navel. Then continue moving the right hand down to the right side, keeping the left fingertips just above the navel. With the left hand only, press inward and upward, using the heel and the outside of the hand. Repeat three times.

Turn the torso slightly to the left. Press inward and upward with the heel and outside of the left hand. Repeat three times.

Turn the torso slightly to the right. Press inward and upward with the heel and outside of the left hand. Repeat three times.

Turn the torso forward and bring the left hand down to the left side.

6. Sixth Movement

Bring the hands upward to the back of the head, both thumbs pressing in at the base of the skull. Hold for a count of ten.

Bring the hands to the sides of the head, thumbs pressing in at the front of the ears, just below the cheekbones. Hold for a count of ten.

Bring the hands to the front of the head, thumbs pressing in at the bridge of the nose. Hold for a count of ten.

7. Seventh Movement

Bring the palms together in front of the face, then downward along the midline of the body to just below the waist, then to separate sides, and Gather Qi. Repeat three times. The third time, release the hands down to the sides.

8. Closing: San Jiao Movement (also called Three Blessings)

With gratitude for the Qi that has been received, extend the arms forward with palms together, then move them upward to the level of the chest. Bend the elbows, bringing the thumbs to lightly touch the Diwan/Third Eye. Pause for a moment. Then, with fingers still pointing upward, bring the hands down to the middle of the Heart. Touch the thumbs lightly together 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



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palm rests on top of the right palm, both palms facing upward, and the tips of the thumbs touch to form a circle.

Reference

excerpts from **Unattended Sorrow**, by Stephen Levine

"When there is loss, that very tender heart point becomes the grief point, ...clogged by unresolved sorrow, disappointment, and a long-delayed disquiet begging for peace."
- pg 108

"...simple physical tapping of the grief point produces a balance of energy in this area of the chest that encourages a deep surrender into compassion. ...Tapping the heart is a powerful technique for getting through levels of numbness and unfinished business, drawing healing into that area... By tapping the heart, we harmonize with the rhythm of the universe."

- pgs 111/112

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