THREE QIGONG PURGATION EXERCISES

COUNTER SWING

This exercise has the effect of cleansing stagnant energy from the skin, muscles and internal organs.

Exercise
Stand in Wuji posture.
Step out to the left.
Begin with **Pulling Down the Heavens**
Inhale as you bring arms up at the sides with palms down and then palms up
Bring hands to over head and then turn palms down
Exhale, bringing hands down the front of the body.
Repeat this exercise three times, first exhaling down the front, then center, then back of the body
Counter Swing
Inhale - arms come up at each side.
Exhale - as you swing the arms, turning to the right, right arm forward, palm up as in gently tossing a ball, left arm swings opposite.
Inhale as you come back to center.
Repeat to the left
Continue from side to side until your energy field feels clean and refreshed.
Closing – Repeat Pulling down the Heavens
Bring left foot back to the right.

Visualization
Imagine pure clean air descending from the heavens and enveloping your body. Feel this clear cool air melting into your body and flowing down the head, torso, into your feet and out into the earth.
Imagine pure white energy coming up the legs into the torso.
See dark energy being discharged from the palms of the hands.
Imagine your energy becoming purer and clearer until there is no dark left.

Remember
Rotate at the hips, not at the knees.
Keep the shoulders down and relaxed.

DROPPING POST

This exercise is designed to cleanse the body of negative stagnant energies and to improve structural alignment. Practice moves the lymph and blood while increasing blood oxygenation. It is also used in China for weight loss. The effect on the body is similar to using a rebounder.

Exercise
Stand feet parallel. Feel the structural alignment of the bones of the ankles, knees, center of the hips and shoulders, stacked on top of each other.
Inhale as you rise up on the balls of the feet.

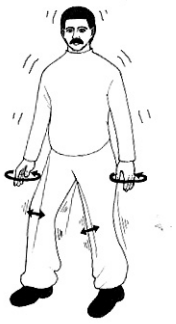
Exhale, drop, sink and relax, bouncing on your heels.
Repeat, inhale as you come up on the balls of the feet, then relax and let the weight of your bones stack and drop like a post.
As you drop - exhale. Imagine the bones stacking on each other and dropping.
Repeat until the energy feels cleansed.

Closing - Pulling Down the Heavens
Inhale as you bring arms up at the sides with palms down and then palms up
Bring hands to over head and then turn palms down
Exhale, bringing hands down the front of the body
Repeat this exercise three times, first exhaling down the front, then center, then back of the body

Visualization
Slowly bring awareness up the body from toes to head. Feel the tissue relax and melt, feel the negative energy relax and shake out of the body.
As you drop, exhale and let the energy of stagnation shake apart.
Feel the energy trapped with the joints and internal cavities disperse - melt away.

Remember
Focus your consciousness on the center line of the body.
Align shoulders above hips, hips above knees, knees feet.
It is important that your body is lined up straight like a column.
If a person has knee problems they can do the exercise without lifting the heels.

TREMBLING HORSE



This exercise breaks up and disperses stagnant energy. It is normal to feel a lot of heat a doing this exercise.

Exercise
Begin in Wuji posture. Step out to the left a half step.
Begin with hands close to the body.
Rotate the wrists, elbows, shoulders and shimmy down the body.
Repeat until you feel cleansed.
Closing - Pulling down the Heavens
Bring arms upward, palms up, at the sides, to over your head and then hands down the front of the chest to wuji posture. Bring left foot back to the right.

Visualization
Imagine tightness and tension dispersing into the ground. Feel the stagnant and trapped energy shake out of the tendons, muscles, ligaments and fascia of the body.