

The Preliminary Posture

Simply shifting to this position has an effect on brain chemistry because you have to relax to concentrate on arranging the body parts. The adjustment of the body to this preliminary posture optimizes the function of all organs and maximizes breath flow throughout the body.



Rest head directly
on top of the spine

Relax jaw & facial muscles

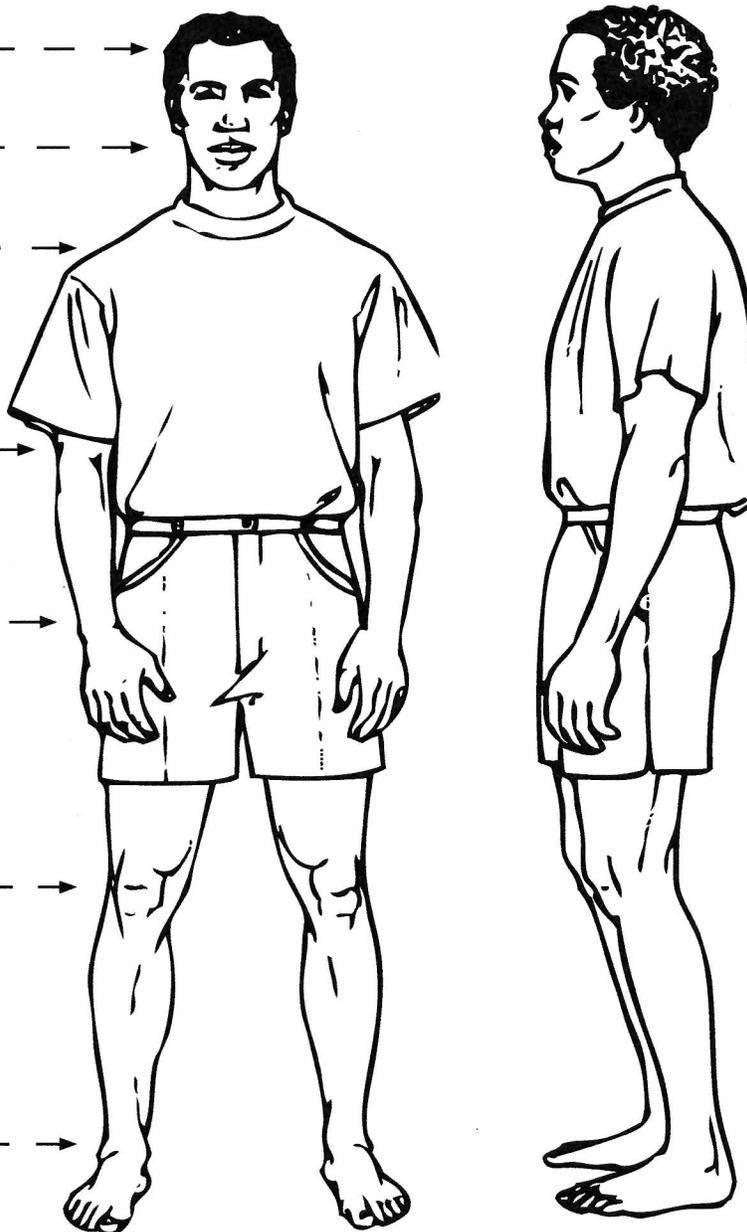
Relax shoulders down
and slightly back

Allow arms to hang
slightly away from the body
as if you were holding an egg
under your arms

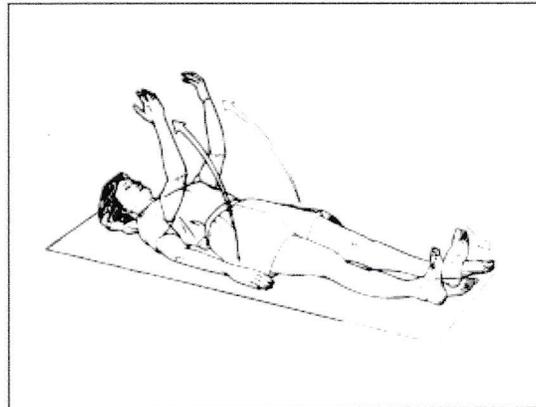
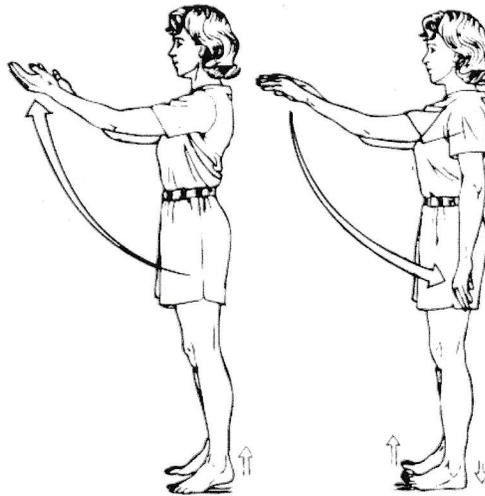
Allow coccyx (tailbone)
& to swing slightly under-
neath the spine by tipping
pelvis forward

Keep Knees slightly bent

Place feet shoulder width
apart and direct them forward



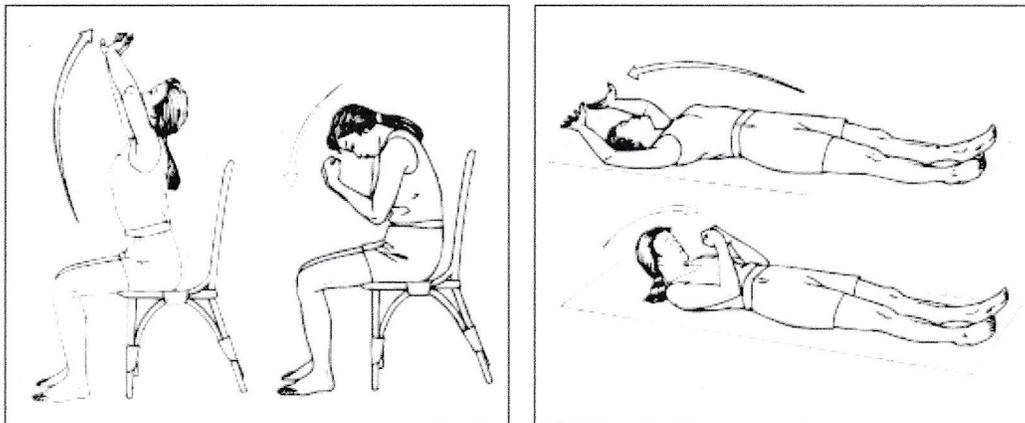
The Flowing Motion



© Copyright 1997 by Roger Jahnke. All Rights Reserved. Reprinted with permission from
"The Healer Within, Using Traditional Chinese Techniques to Release Your Body's Own Medicine"

- **Health Benefits:** Autonomic nervous system, Nourishes the body, initiates internal flow of inner resources.
- **Mindful Contemplation:** Be at ease with the flow of life. Can you allow or be at ease with the natural flow of life's ups and downs? Where or what areas of your life do you experience resistance or an unwillingness to accept the present moment?

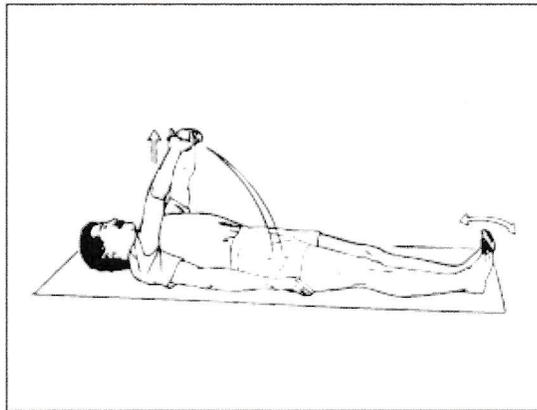
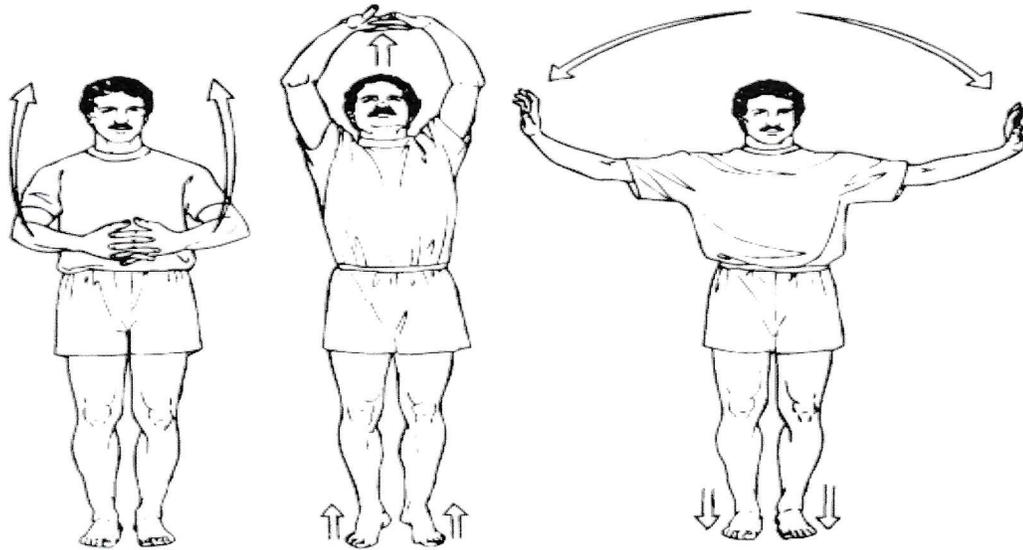
Front and Back Bending of the Spine



© Copyright 1997 by Roger Jahnke. All Rights Reserved. Reprinted with permission from
"The Healer Within, Using Traditional Chinese Techniques to Release Your Body's Own Medicine"

- Honoring Yin and Yang
- **Health Benefits:** Enhances spine flexibility, Accelerates the elimination system, encourages even flow of inner energies.
- **Mindful Contemplation:** This exercise brings our awareness to the flow of expansion and contraction. What areas of your life do you feel are in need of expansion? What areas may be in need of more contraction, boundaries? What is your relationship to the even flow of yin and yang, the expansion and contraction of life?

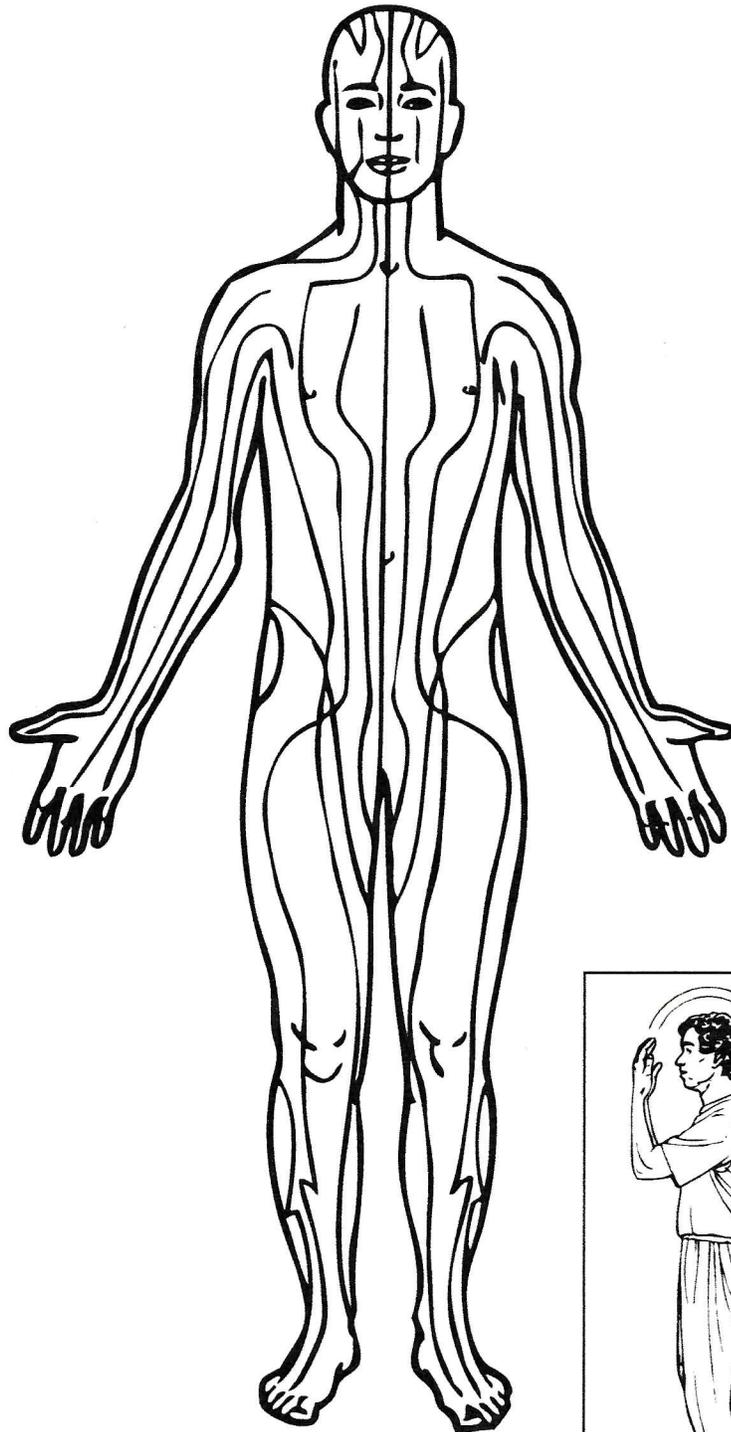
Reaching Upward, Stretching Outward



© Copyright 1997 by Roger Jahnke. All Rights Reserved. Reprinted with permission from
"The Healer Within, Using Traditional Chinese Techniques to Release Your Body's Own Medicine"

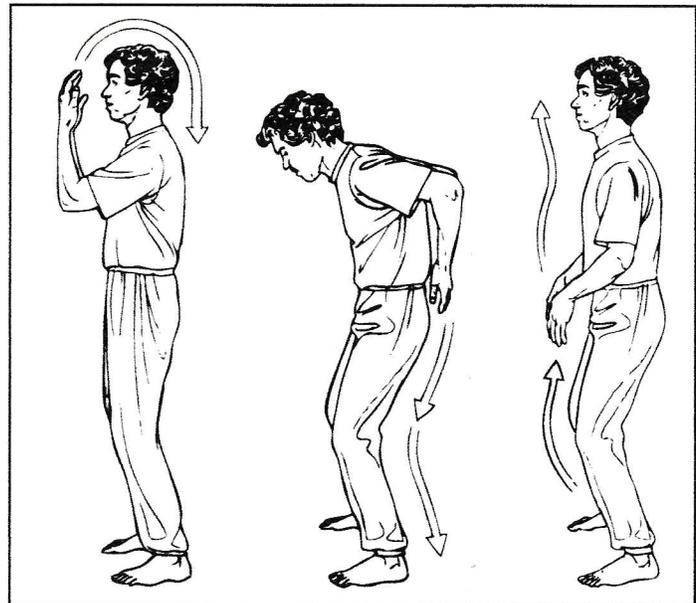
- Holding Up the Sky
- Health Benefits: Lengthens spine, opens space for organs in the torso, helps to harmonize the nervous system
- Mindful Contemplation: Be mindful of how the body feels when it is exerting itself, when it is using force. Be mindful of how the body feels when it releases force and becomes relaxed. The body is a guide for us to be aware of our relationship with the present moment; the key here is to be in harmony with force (exertion) and relaxation, as both serve purpose and one can not be experienced without the other.

Tracing the Acupuncture Energy Channels

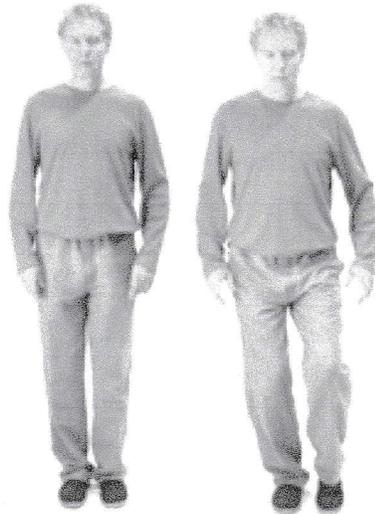


In the traditional Chinese healing system, it is believed that vitality or energy (Qi) circulates in the human body to sustain health and coordinate the function of the organs. The channels for the flow of this healing energy travel up the front of the body and down the back. When you do the Tracing the Channels practice, you may lightly stroke the surface of the body, or you may pass the hands an inch or so above the surface of the skin.

- Encourages & enhances the flow of qi, which activates the organ.
- Yang Channel- downward, gall bladder, large & small intestine
- Yin Channel- upward, heart, lung, kidney, liver, spleen

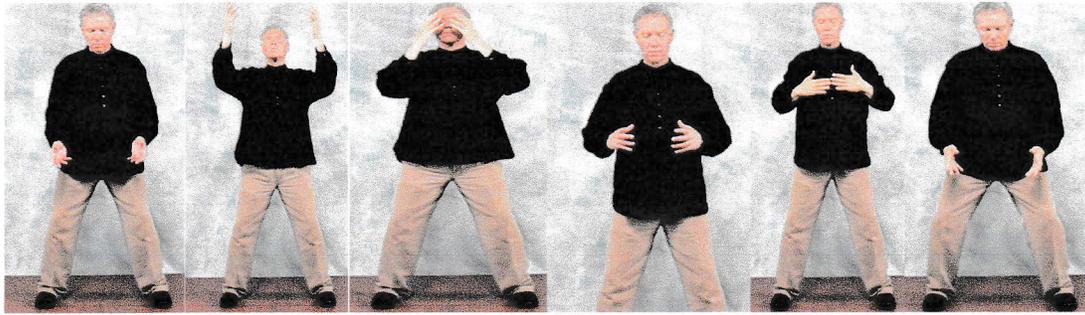


Opening Sequence

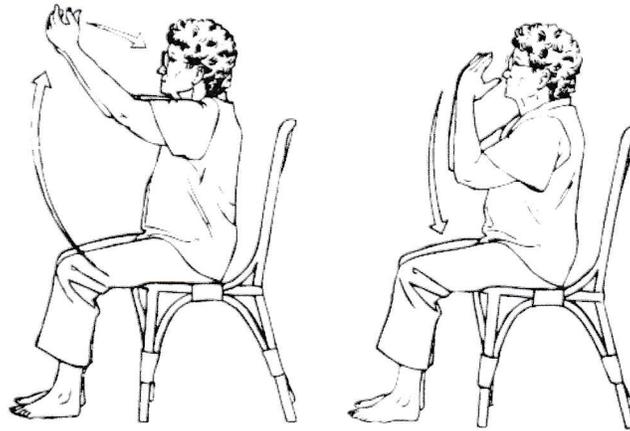


Closing Sequence



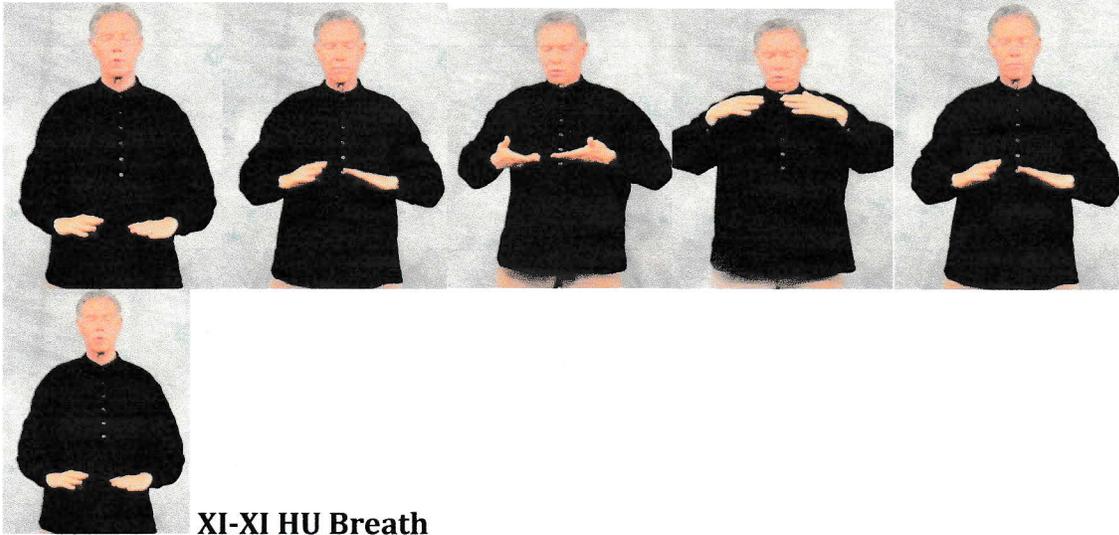


The Gathering Breath



© Copyright 1997 by Roger Jahnke. All Rights Reserved. Reprinted with permission from
"The Healer Within, Using Traditional Chinese Techniques to Release Your Body's Own Medicine"

- Can be done sitting or standing in preliminary posture
- Visualize Healing energies circulating your body gathered from nature
- Soothes the nervous system
- Turns on inner healing resources
- From the energies of life and the biological realm, to the energies from the sky, the celestial realm.



XI-XI HU Breath

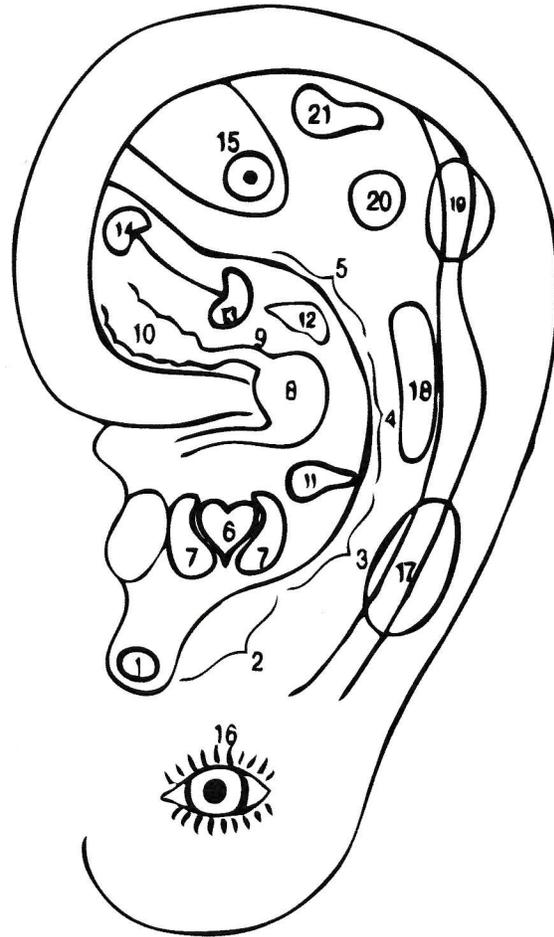
- Energizing and healing breath
- Breathe two times in, first through belly then through chest
- Breathe one time out as hands move down the upper body
- Faster Breath/Movement: distills what Chinese Medicine refers to as the pathogens or toxins
- Slower Breath/Movement: Reinforces and enhances internal function
- Hold Breath: After the two breaths inhale hold your breath for a few moments then slowly exhale through the nose. Do this 3 times.

Massage Techniques: Neck & Shoulders



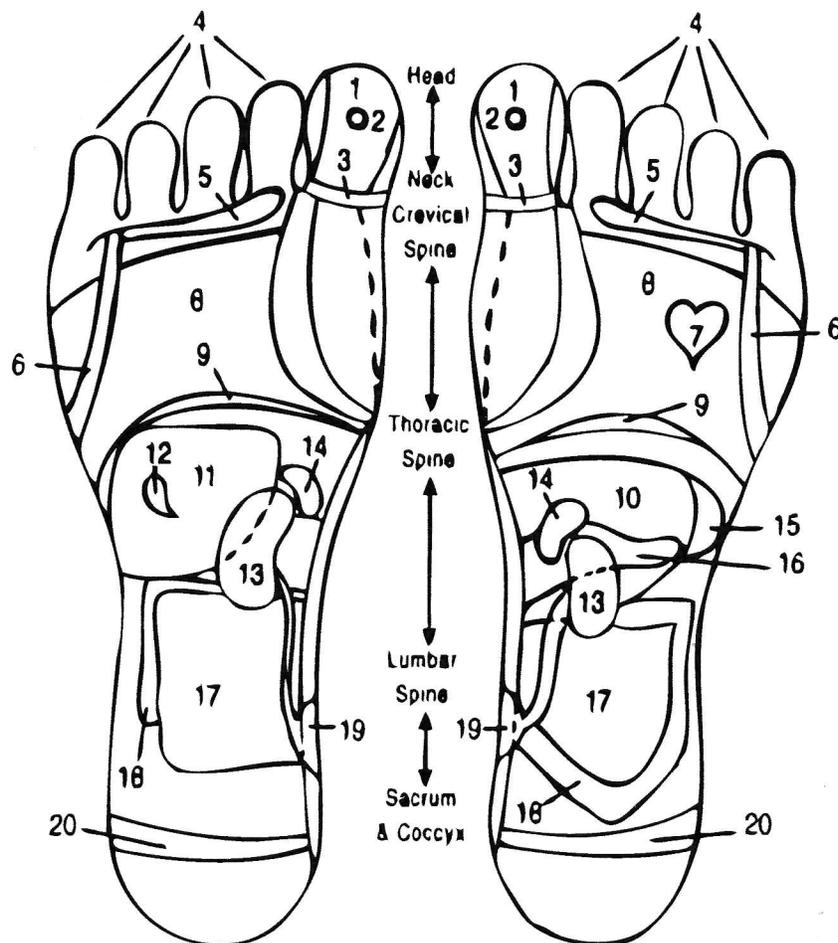
Massage Techniques: Ears

1. Endocrine glands and hormones
2. Head and brain
3. Neck
4. Upper and middle back
5. Lower back
6. Heart and thymus gland
7. Lungs
8. Stomach
9. Small intestine
10. Large intestine
11. Spleen
12. Liver
13. Kidney
14. Bladder
15. Nervous system and spirit
16. Eyes and face
17. Shoulders
18. Arm and elbow
19. Hand
20. Leg and knee
21. Foot

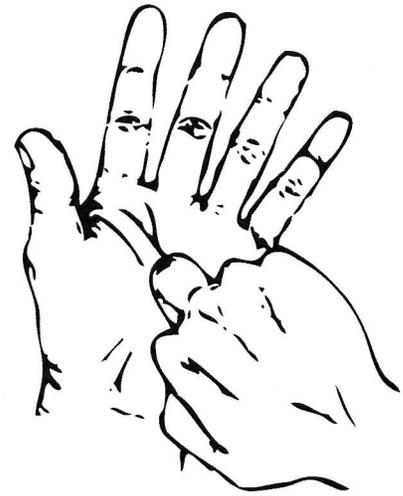
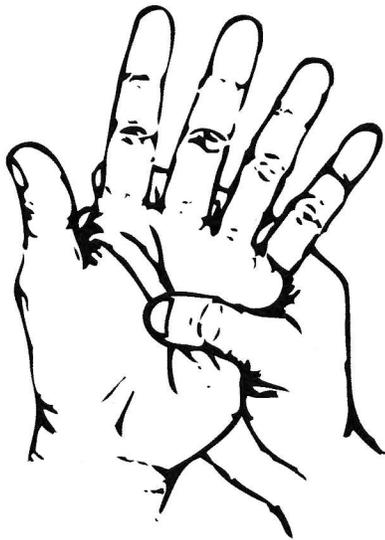


Massage Techniques: Feet

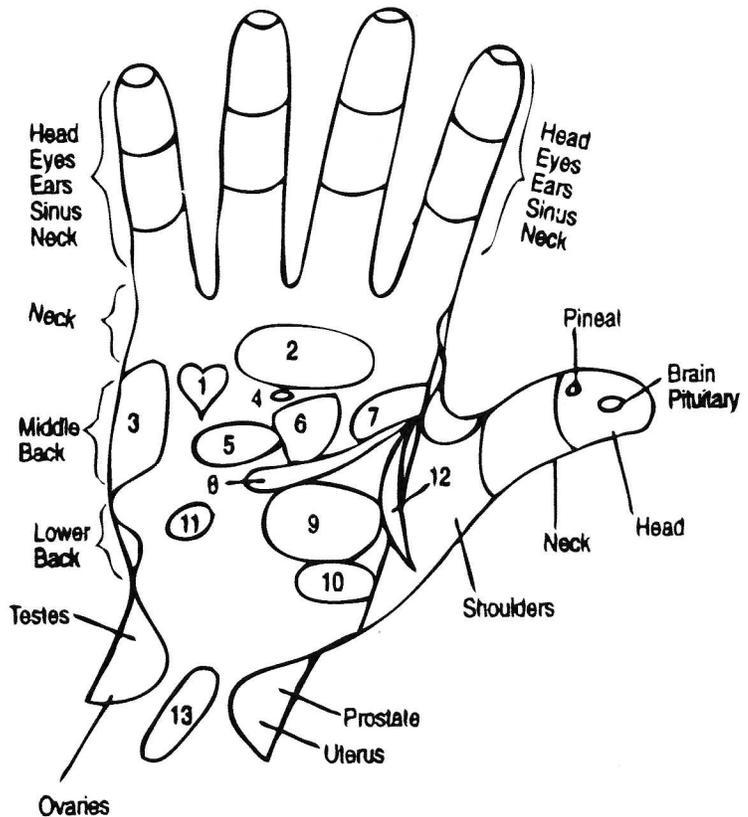
- | | |
|--------------------------------|------------------------------|
| 1. Head and brain | 11. Liver |
| 2. Pituitary and pineal glands | 12. Gall bladder |
| 3. Throat and thyroid gland | 13. Kidney |
| 4. Sinus | 14. Adrenal gland |
| 5. Eyes and ears | 15. Spleen |
| 6. Shoulder | 16. Pancreas |
| 7. Heart | 17. Small intestine |
| 8. Lungs and thymus gland | 18. Large intestine |
| 9. Diaphragm and solar plexus | 19. Bladder |
| 10. Stomach | 20. Sacrum and sciatic nerve |



Massage Techniques: Hands



1. Heart (left hand) and thymus gland
2. Lungs
3. Liver (right hand) and shoulders
4. Solar plexus
5. Pancreas
6. Kidneys and adrenals
7. Stomach
8. Large intestine
9. Small intestine
10. Bladder
11. Appendix
12. Thyroid
13. Sacrum and pelvis



1. Three Intentful Corrections

The Three Intentful Corrections are common to all forms of Qigong, and trigger the relaxation response and immune function, tonify and settle the Qi, and nourish organs and glands.

First Intentful Correction -- Adjust and regulate your body posture or movement.

Sit or stand fully upright, or lie outstretched. Visualize a connection lifting the top of your head into the heavens. Next visualize a connection from your sacrum to the center of the earth. The upward lift and downward pull opens the center of the body and fills the body with Qi. Adjusting your posture optimizes the inner flow of blood and lymph in your body.

Second Intentful Correction -- Adjust and deepen your breath.

The breath is the most powerful tool for gathering Qi and is the easiest to practice. Inhale slowly through your nose, and hold your breath for a count of one, one thousand; two, one thousand; three, one thousand. Allow your breaths to be deep, slow and relaxed, but not urgent. On the exhalation, relax even more.

Third Intentful Correction -- Clear your mind.

A Qigong proverb states, "When the mind is distracted the Qi scatters" Briefly, or for as long as you wish, focus your mind on something simple like clouds drifting across the sky, a prairie of grass in the breeze, water moving in a river or as waves against the shore. Smile gently.

Healer Within Medical Qigong

Chapter 5. Relaxation, Visualization and Meditation Practices

Overview of Relaxation, Visualization and Meditation Practices

Because we are generally addicted to complexity and busyness in our culture, reaching a state of authentic relaxation is a challenge. Many of us are locked into worry, hurry, overwork, and compulsive behaviors, and the mind is very difficult to quiet. Our immune system is sabotaged by stress and tension, but supercharged by deep relaxation.

Researchers have found that many diseases are caused or irritated by stress, which causes overactivity of the sympathetic nervous system and exhaustion of the adrenal glands. The opposite of the *flight or fight state*, called so by Dr. Herbert Benson of Harvard University, is the *relaxation response*, which can resolve or neutralize the negative effects of stress on the body and heal disease.

Physiological mechanisms triggered by inducing relaxation are:

- Reduction of blood pressure.
- Warming of the skin surface due to the dilation of blood capillaries.
- Enhanced productivity of beneficial neurochemicals and hormones.
- A shift toward a lower frequency of brain wave activity (alpha and theta).

In deep relaxation, visualization, and meditation practice, the induction of the *relaxation response* precedes and accompanies the successful initiation of each process. Most of the great spiritual traditions of the East and West initiate deeper levels of practice by eliciting the *relaxation response*. When Dr. Herbert Benson was researching some of the effects of Qigong, he noticed that the primary effect was triggered by an initial induction of the *relaxation response*.

The Chinese call the *relaxation response*, the *Qigong state*. In ancient cultures, prayer, meditation, ritual, and contemplation were all initiated by shifting into the relaxed state. For self-care, there are

many simple but highly effective techniques for achieving deep relaxation. Deep states of consciousness may be attained by merely remaining mindful of the breath. Relaxation is really the most primary of the four self-care methods of Tai Chi Easy™ as it complements and strengthens the other practices.

Progressive Relaxation

Mentally bring your awareness to, and then consciously relax, each part of your body, progressively, from the feet all the way up to your head. Your breath should be full and relaxed. Notice that this process only takes five minutes. It is particularly easy to do in bed before sleep, on awakening or in the hospital.

- *In a comfortable position, (lying, sitting or even standing), close your eyes and take ten slow deep breaths.*
- *Bring your awareness to your right leg. Inhale deeply and lift the leg up slightly tensing the foot and leg. Tense up tighter. Exhale and let the leg drop gently. Roll the leg from side to side and relax. Inhale and repeat the same for the left leg and foot.*
- *Now bring your attention to your thighs and buttocks. Inhale, contract your buttocks, pelvic muscles and thighs. Tighten until the end of the breath and then release and exhale.*
- *Now bring your attention to your right arm. Inhale, raise and tense your right arm and make your hand into a fist. Tense up and hold. Exhale and drop the arm. Roll the right arm from side to side. Inhale and repeat with the left arm.*
- *Inhale and bring the shoulder blades together in back. Squeeze tightly and release, exhale.*
- *Inhale and bring both shoulders up to your ears. Hold them up. Exhale and let them down. Repeat three times.*
- *Inhale, and tighten the facial muscles. Scrunch up your face like you have just bitten into a lemon and squeeze tightly. Exhale and release tension.*
- *Roll the neck gently from side to side.*
- *Continue with several deep relaxed breaths to go deeper and deeper into relaxation.*

This technique is perfect for those who wish to tap the benefits of the self-applied relaxation methods but have little prior experience. In every tradition where Mind+Body self-care methods have been refined over thousands of years, the distracted mind is one of the great challenges to the practice. Even the great meditation masters call their daily system of quieting mind a “practice.”

It is not a finished product; it is a “practice.” This indicates that even the experts are constantly refining their ability to quiet the mind to benefit the body. When the mind drifts, the process stops. When you realize you are no longer engaged in the process, say to yourself, “This is a practice that I am perfecting. I forgive myself for forgetting and congratulate myself for remembering to return to the process,” then continue. If you have drifted into sleep it is especially important to understand the

healing effect of rest. Frequently, people have the attitude that needing rest means laziness. Balance in life means action and rest are in harmony. It is not unusual for people to work or play hard and then neglect rest.

If you fall asleep during meditation, call it creative napping; celebrate that you are collecting needed rest. One of the most frequent prescriptions I have made as a doctor is for sleep, napping and vacation. Eventually, your need for rest will be fulfilled and it will become easier to meditate. Take a moment to be aware of the results of this practice. You will feel refreshed and rested. If it leaves you sleepy, please understand that you probably need rest. If you are alert, you will feel the change inside of yourself.

Progressive Relaxation with Affirmation

A variation on this progressive relaxation uses visualization, affirmation and inner dialogue. This method may be done either sitting or lying down. Allow the breath to be full and relaxed. On the exhalations, deeply relax and visualize that each of the body parts are relaxing or filling up with revitalizing, healing energy. Visualize the parts that you are addressing glowing radiantly with vitality.

Silently affirm the following to yourself:

1. *Now my feet are relaxed.*
2. *Now my calves up to my knees are deeply relaxed.*
3. *Now my thighs up to my hips are completely relaxed.*
4. *Now my buttocks are relaxed.*
5. *Now my hands are relaxed.*
6. *Now my arms are relaxed.*
7. *Now my pelvis is relaxed.*
8. *Now my abdomen is relaxed.*
9. *Now my chest is relaxed.*
10. *Now my back is relaxed*
11. *Now my shoulders are relaxed.*
12. *Now my neck is fully relaxed.*
13. *Now my face and jaw are very relaxed.*
14. *Now my eyes are completely relaxed.*
15. *Now my temples and forehead are relaxed.*
16. *Now my scalp is relaxed.*
17. *Now my head is totally relaxed.*

Mindfulness

This practice, called mindfulness or insight meditation, is very simple to describe. There is only one focus; sustain a single point of awareness. This focus is usually the sensation of the breath as it passes into and out of the nose. Stand, sit or lie down comfortably and begin to notice the breath. There is a cool sensation as fresh air enters the nose and a warm sensation as the exhalation exits from the nose. When mind is attracted to a passing thought, simply return your focus to the breath.

The goal of this practice is to free the body from the effects of busy mind. When a thought takes your attention from the single point of focus, you are still quiet and somewhat relaxed, but the body is affected by busyness of mind. When you are able to sustain the single awareness of the breath, even just for a few moments, the body is freed completely from the effect of mind busyness. The healer within turns to the activity of producing its potent medicines. It is beneficial for the body to simply stop doing even if mind has some involvement.

In Progressive Relaxation, one stops, relaxes and purposefully shifts the focus to relaxing certain parts or gathering and directing healing resources. This method, however, is particularly effective because all but one focus is completely suspended. You will discover that mind is easily pulled into the thought stream. If nothing else, this practice will teach you how really busy mind is. With compassion and forgiveness for yourself, patiently return to the sensation of the breath. Over time, you will gain greater and greater skill in dismissing thoughts for a few moments a day.

There are several variations of the process of sustaining a single focus. When you enter the relaxed state with the eyes closed, there are two sensations that you may become aware of. Visually, you may become aware of light or color. You may become conscious of a whispering sound. Either one of these can become a single focus for meditation. There are elaborate traditions of light and sound meditation, however, in the mindfulness and insight context, the process is very simple to state.

Turn your attention to that light or color that appears in your visual awareness. Simply note it, celebrate it and enjoy it. When thought enters notice that the light disperses or arranges into thought images. Notice that when you return to the light, the thought disperses. Attending to the thought and attending to the light are mutually exclusive. It is impossible to do both. Notice what happens the light when you shift your attention from the eyes themselves as the source of seeing to the place in your brain where vision happens. Similarly, to use the sound as your focus, first find the sound. Attend to the sound only and all thoughts will disappear. In many traditions, this sound is thought to be the link to the essential activity of the universe. In practical terms, it is the sound of your life process, flow of fluids, transmission of nerve impulses and the biological process. Find the sound, usually a hum or whoosh; it is subtle. Notice that when busyness of mind sets in, the sound disappears. When you return to the sound, the thoughts disappear. Each of these, breath, sound or light, are links to awakening the healer within. Mindfulness and insight are not just powerful healing tools but they will lead you to self-discovery and personal insight.