

INTEGRAL  
QIGONG  
REVIEW

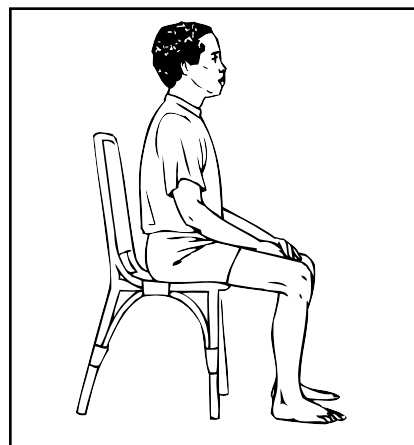
The Healing Promise of Qi  
Qi Sheets

Dr. Roger Jahnke

神氣

# ***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

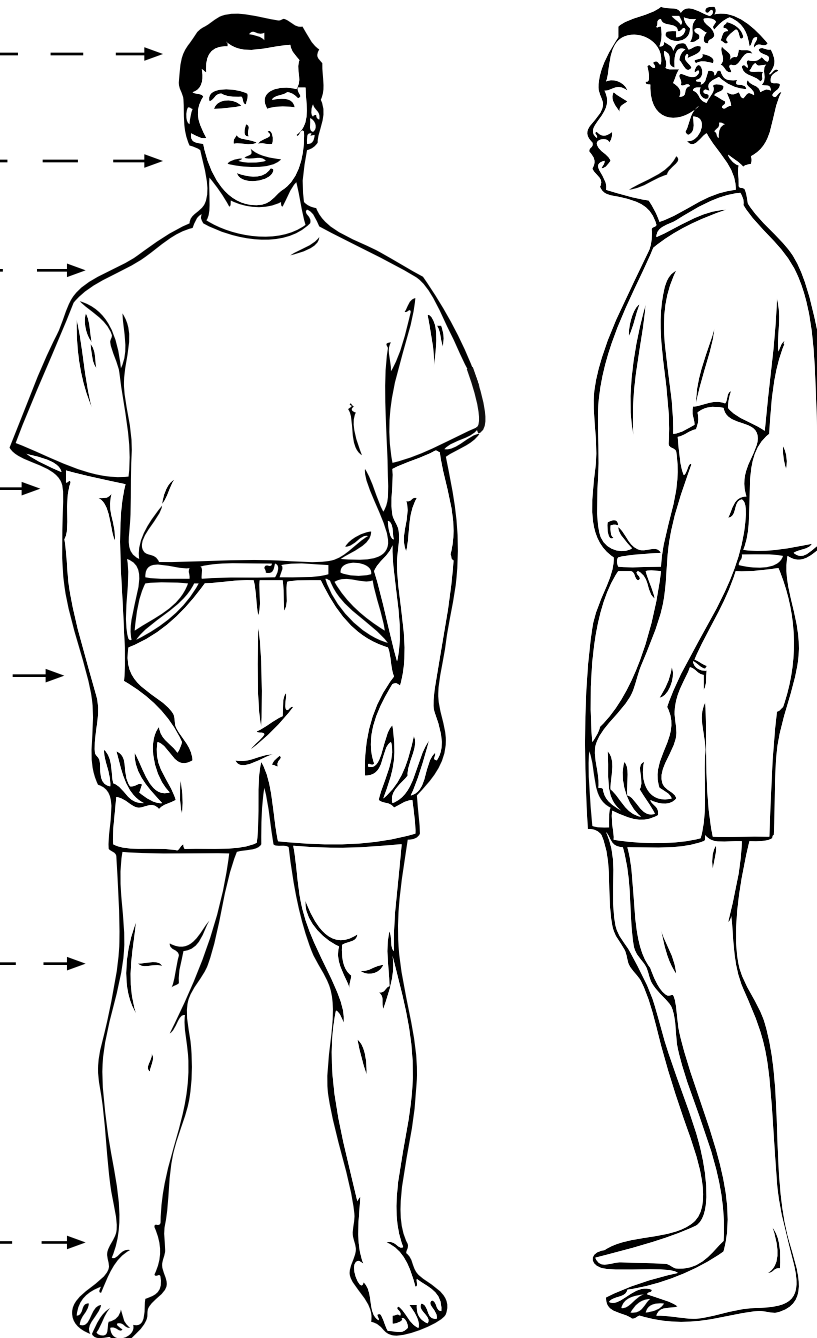
Relax shoulders down  
and slightly back

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



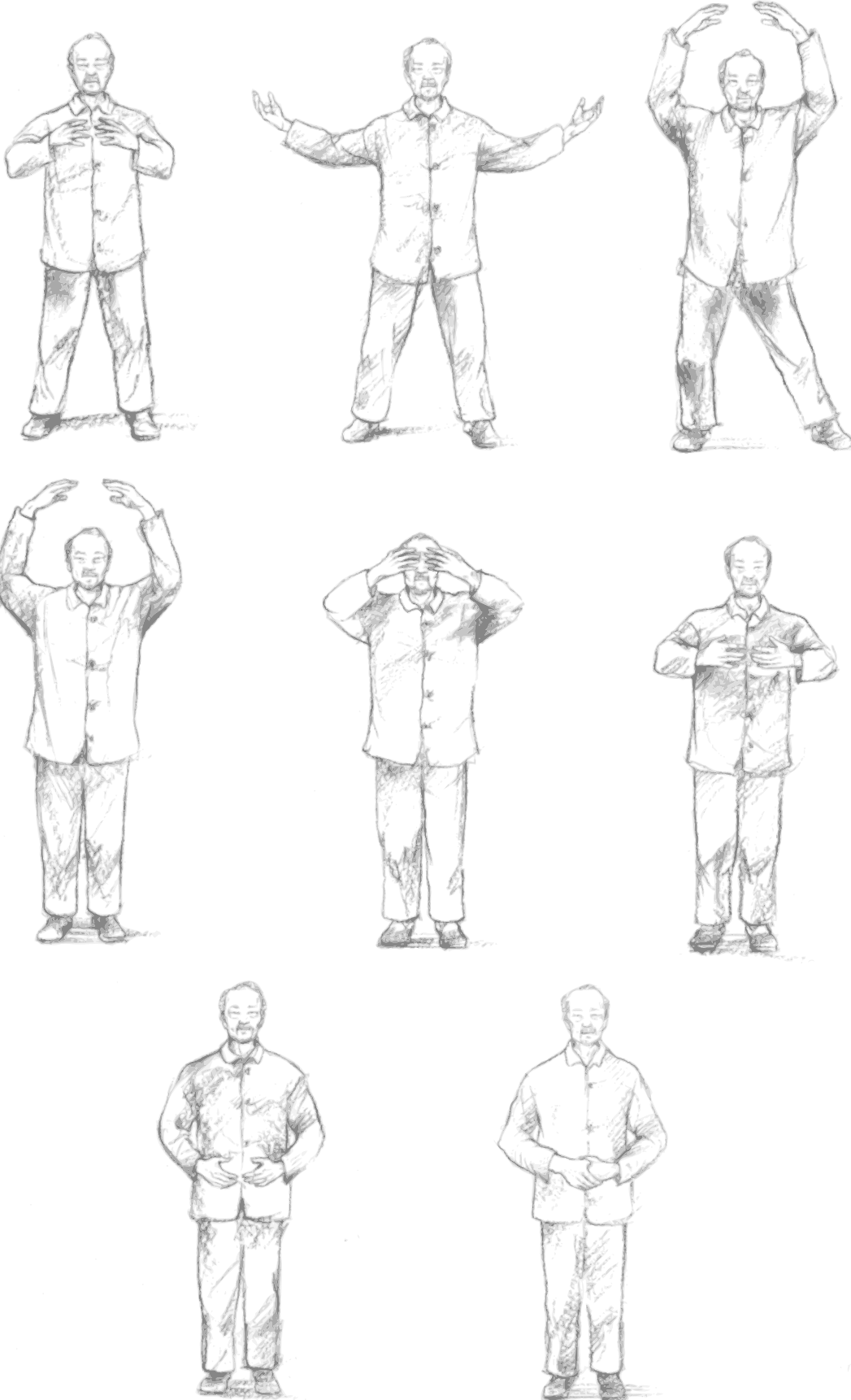


# ***Qigong Method: Open***



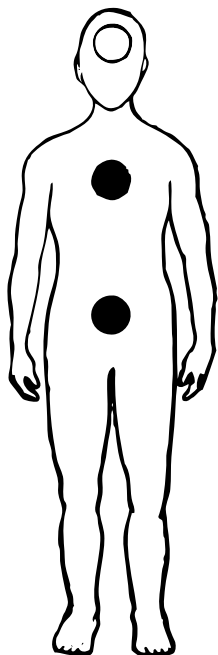
Standing with feet together, toes ahead or just slightly turned out, sink your weight and bend your knees comfortably. It is customary in many forms to step out to the left, but please feel free to step either way and mix it up over time. Shift your weight to one foot so that you are balanced with your weight completely on that foot. Step out. Usually the distance is about shoulder width. For those beginning, this could be a little less, for those more advanced, a little more. As you sink down and shift your weight, your arms open outward. Inhale.

# ***Qigong Method: Close***





# Three Intentful Corrections

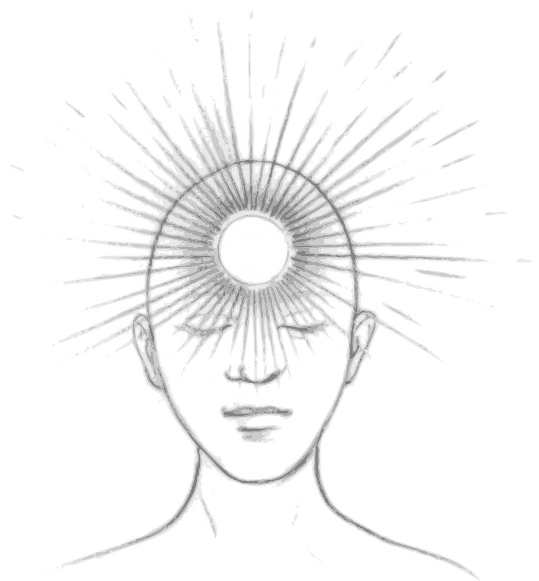
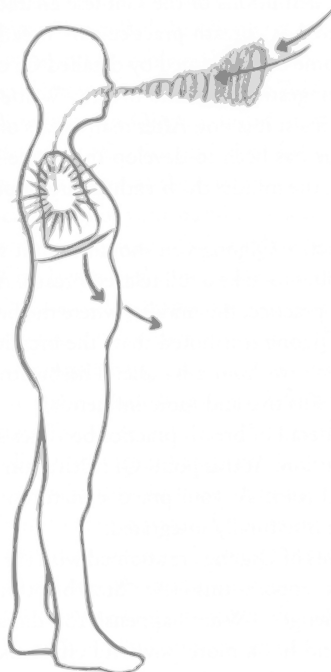


1.

Correct Posture

2.

Breath



3.

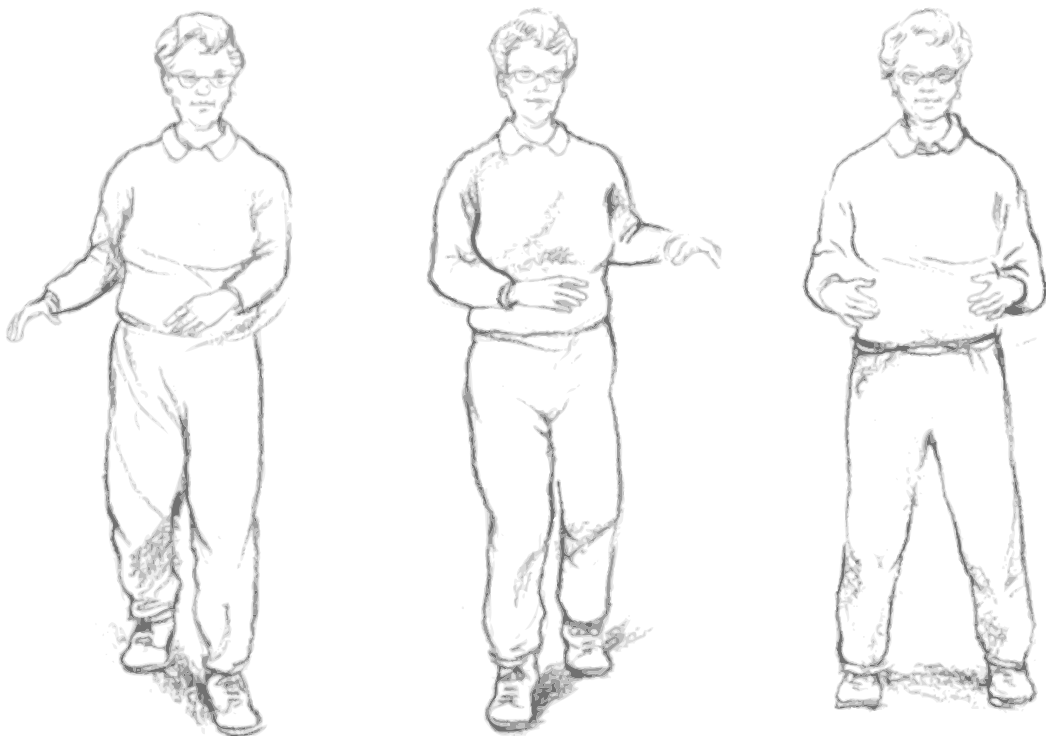
Mind

# *Align*

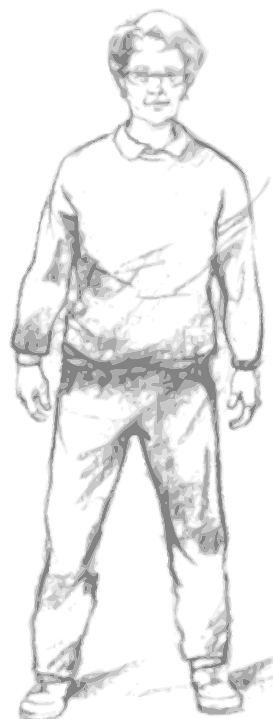




# Walking Qigong

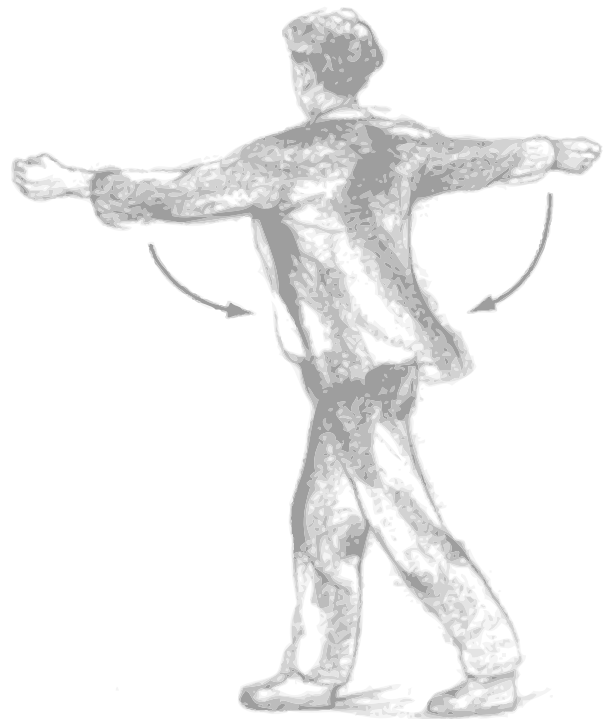
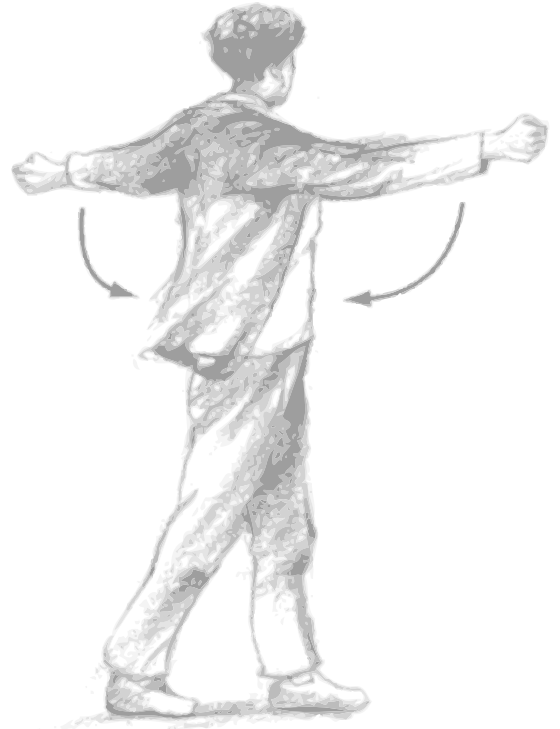


# ***Ringing the Temple Gong***





# ***Beating the Heavenly Drum***



# Warrior's Breath





# ***Spontaneous Qigong***



# ***Phase 1: Discover Qi Forming the Qi Ball***



# ***Phase 2: Qigong Method to Gather Qi***

## ***Gathering Qi from Heaven and Earth***



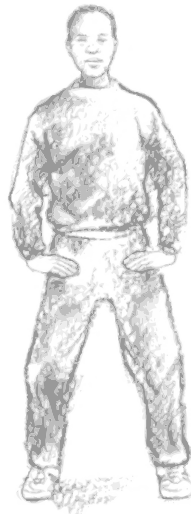
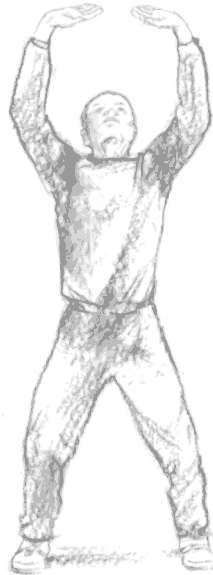
# ***Phase 3: Qigong Method to Circulate Qi Inner Rivers Flowing***





# ***Phase 4: Purify Qi***

## ***Clearing the Small Universe***



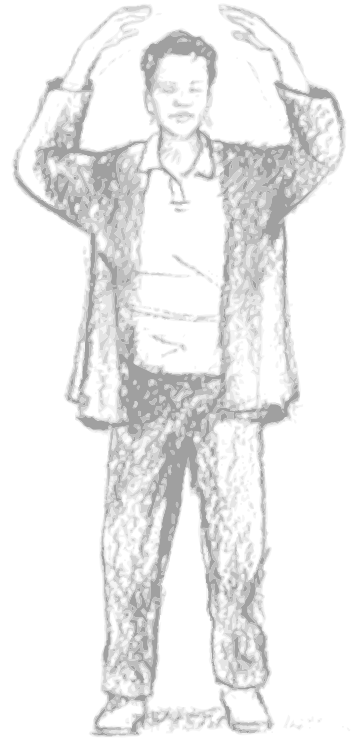
# ***Phase 5: Direct Qi Trace the Yin Yang Channels***



## ***Phase 6: Conserve Qi Watching Clouds Pass***

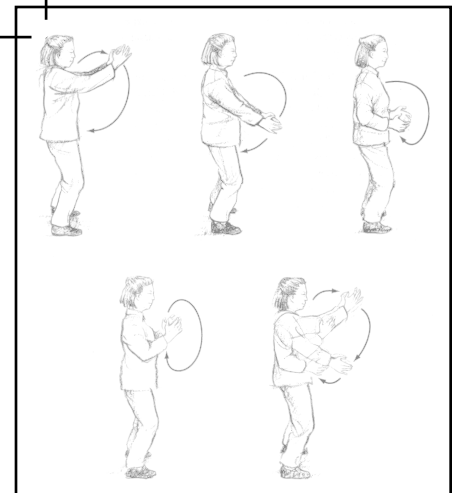


## ***Phase 7: Store Qi Bathing the Marrow***



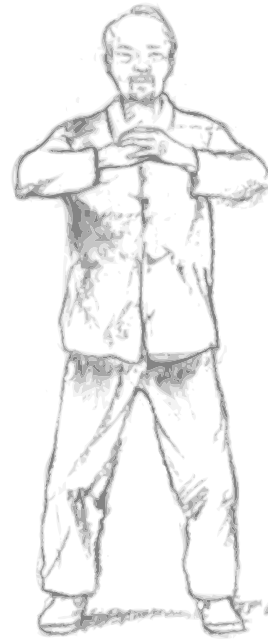
# Phase 8: Transform Qi

## Immortal Dragon Cultivating Golden Elixir





# ***Phase 9: Dissolve in Qi Dissolve into Light***



# Phase 10: Transmit Qi



Running Energy- Give and Receive



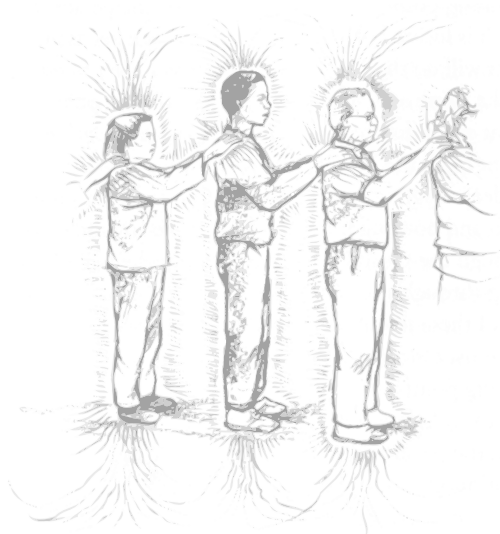
Running Energy- Two Qi



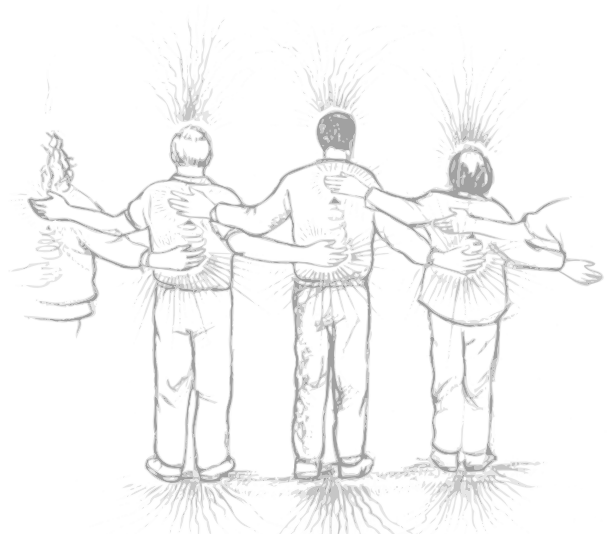
Running Energy- Massage with Qi



Running Energy- Five on One

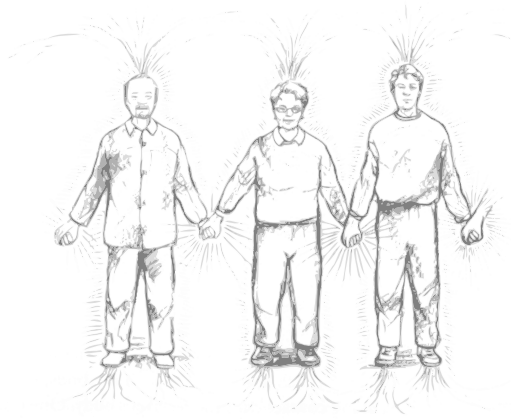


Running Energy- Shoulder Circle



Ming Men (Gate of Life) Circle

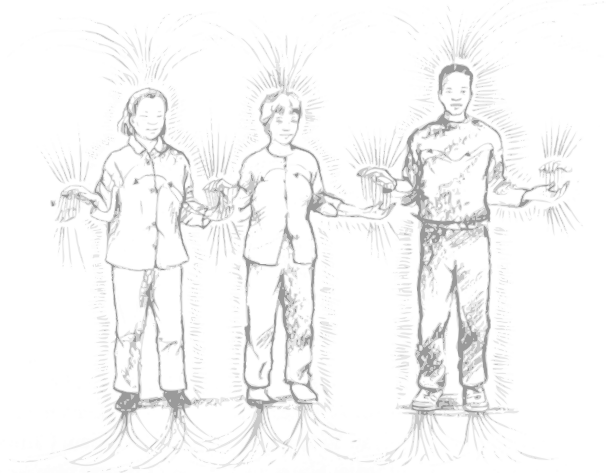
# Phase 10: Transmit Qi



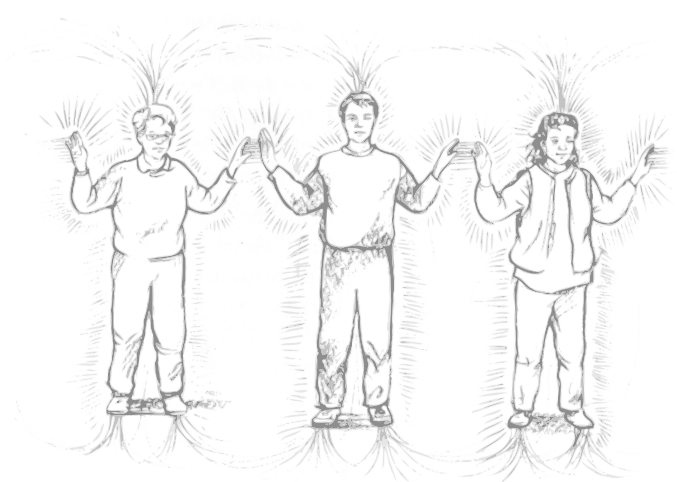
Lao Gong Circle 1



Lao Gong Circle 2



Lao Gong Circle 3



Lao Gong Circle 4

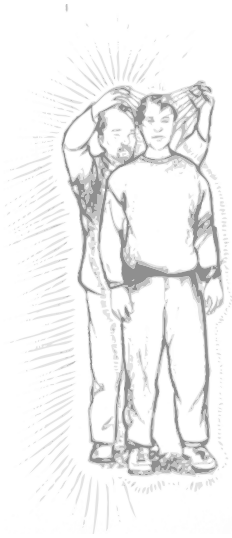


Near - Distant Two Qi



Lecture with Qi

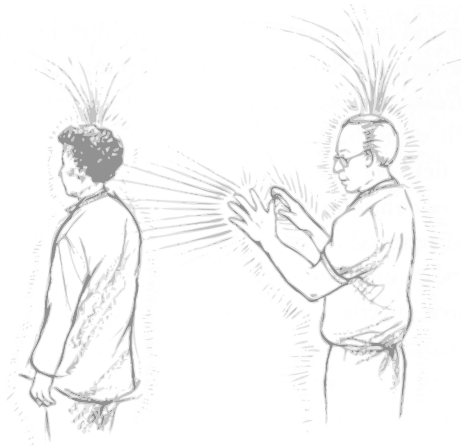
# Phase 10: Transmit Qi



Coherence - Smoothing Gesture



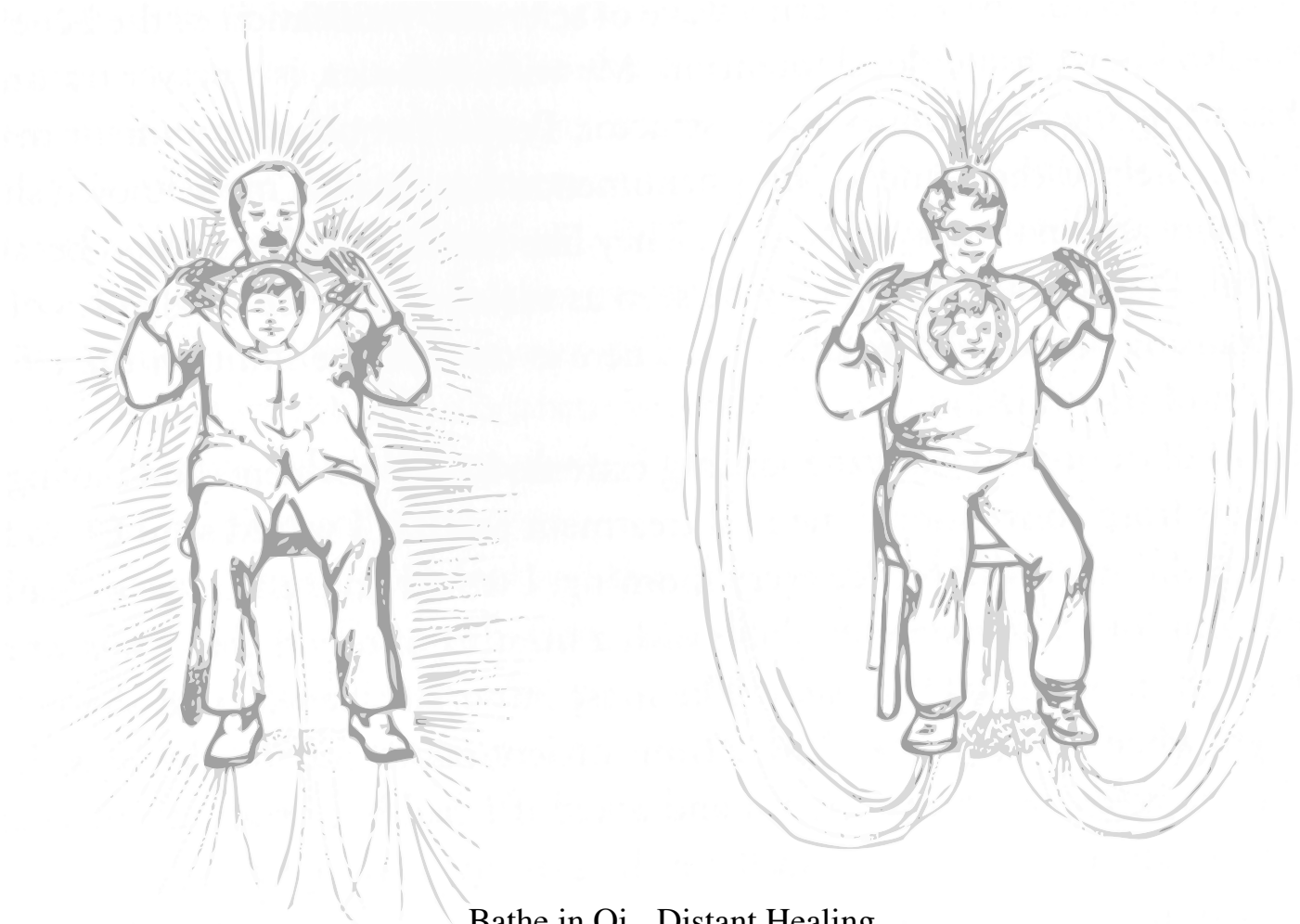
Clearing- Sweeping Gesture



Restoring - Sending Gesture

Restoring - Concentrating Gesture

# ***Phase 10: Transmit Qi***

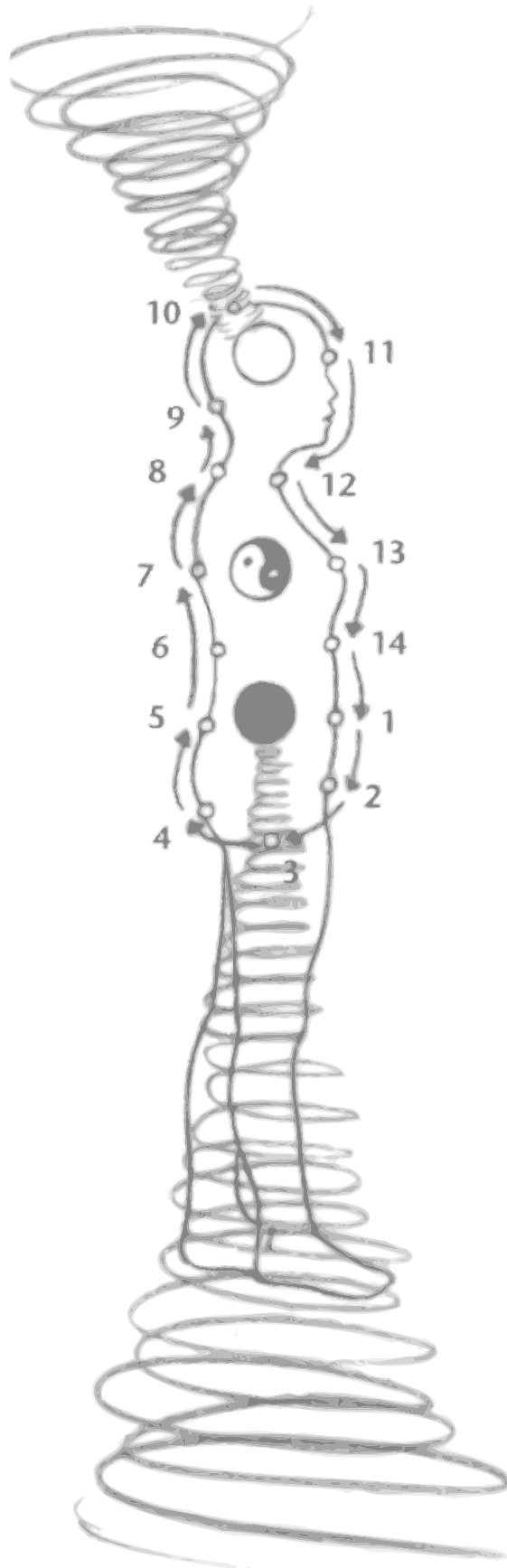


Bathe in Qi - Distant Healing



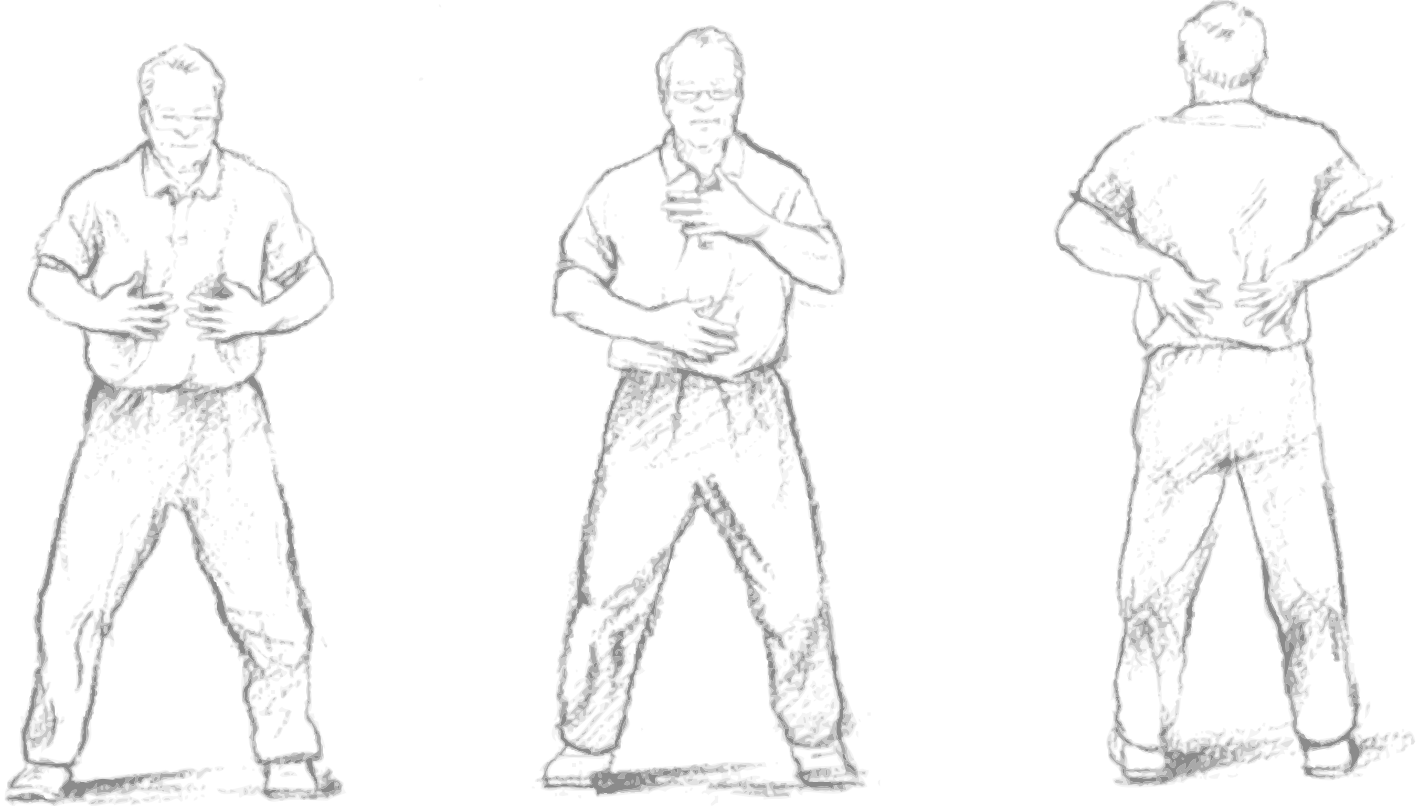
Light Transmission Method

# *Direct Qi in the Microcosmic Orbit*

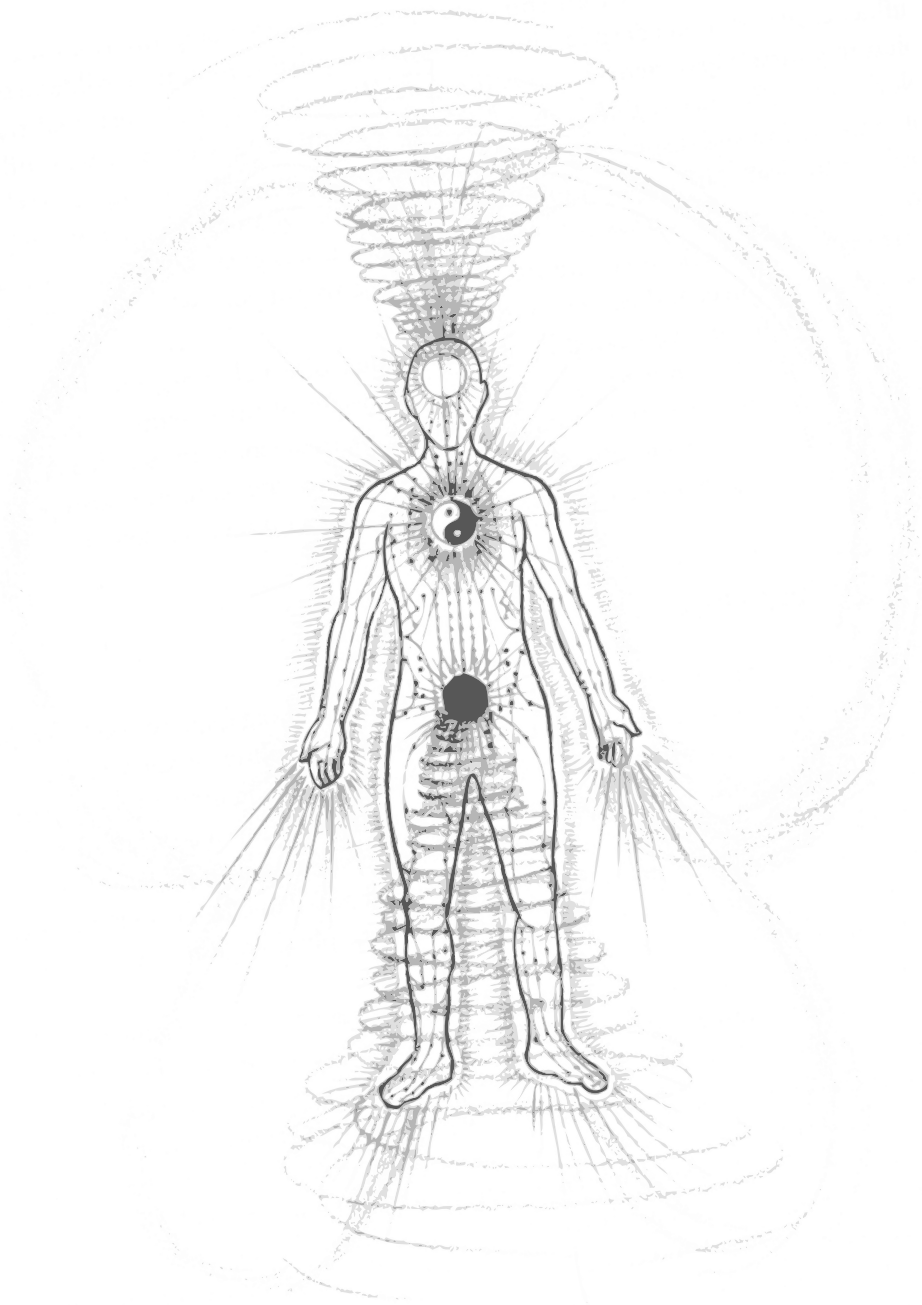




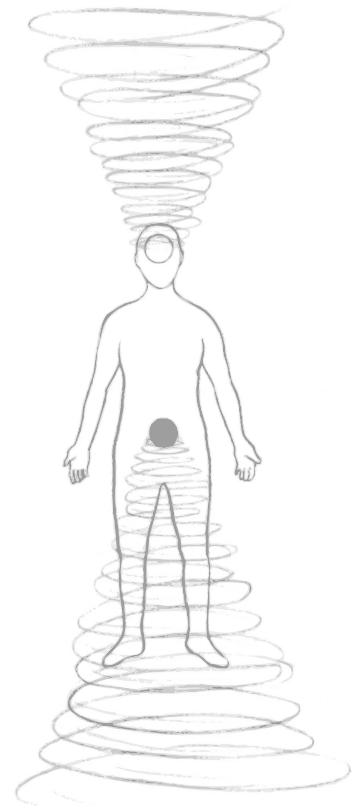
# ***Direct Qi to the Organs***



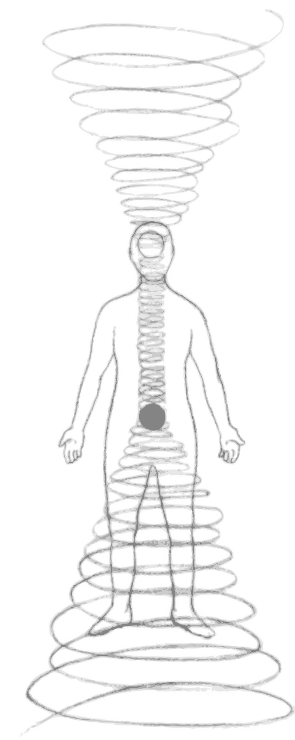
Accessing Qi from Nature



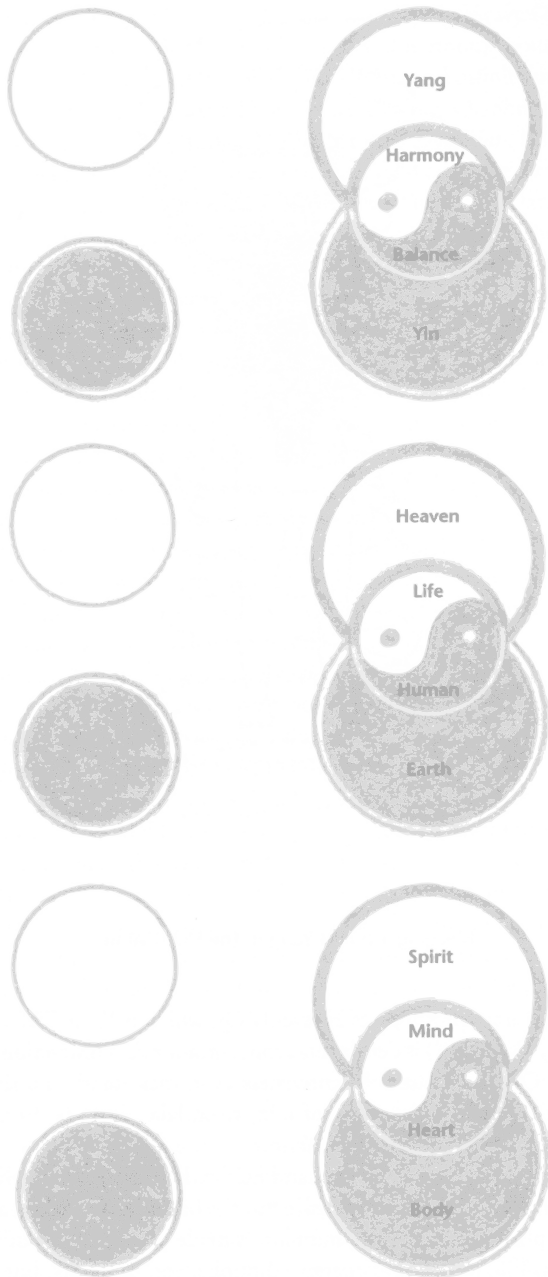
Qi Matrix



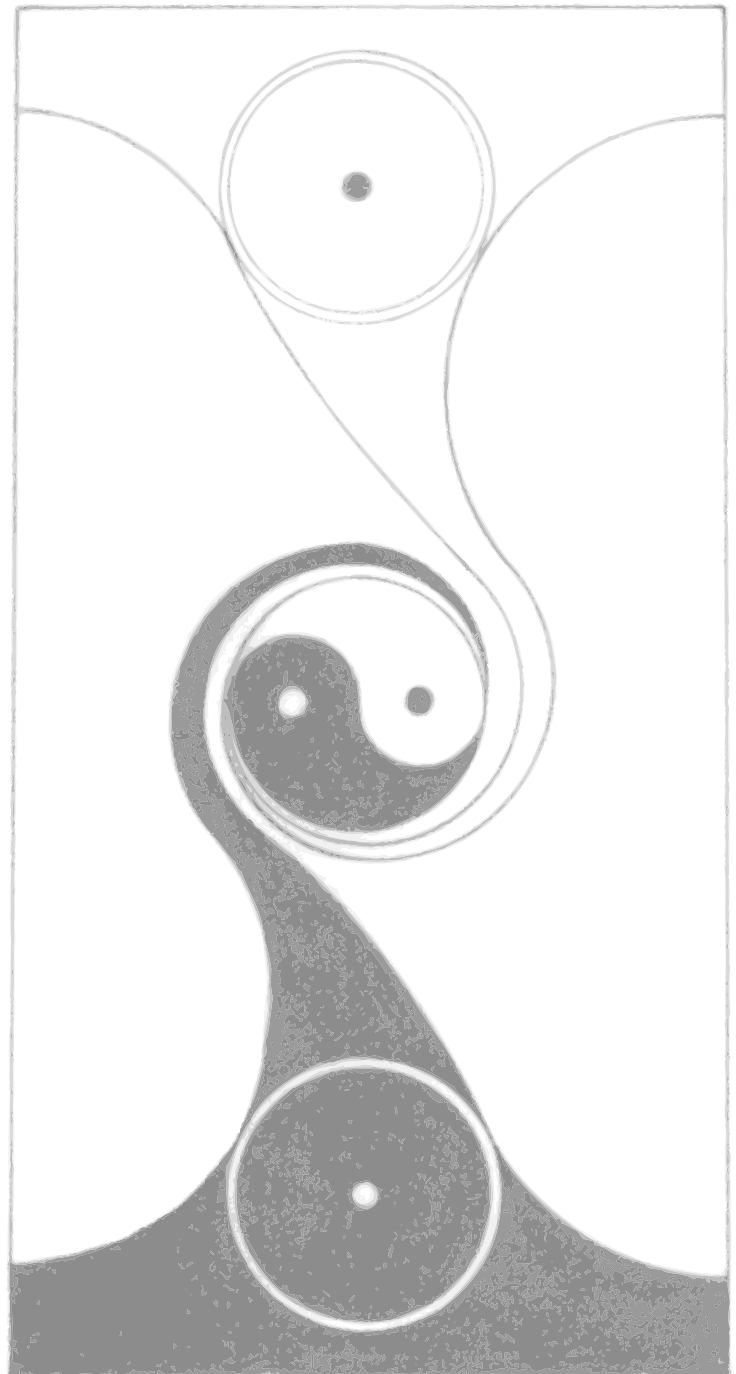
Heaven and Earth Qi Reservoirs



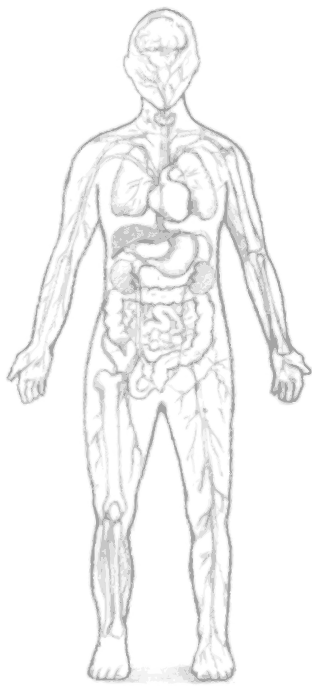
Central Tai Chi Channel



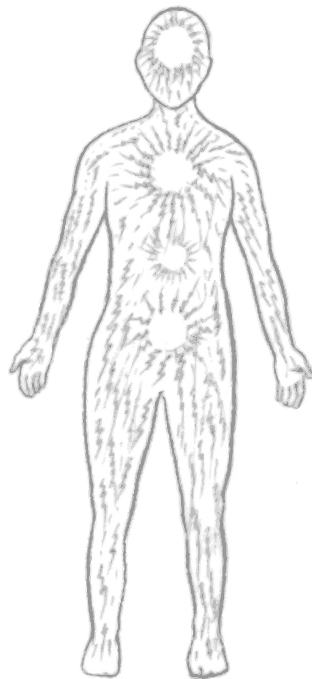
Merging Yin-Yang into Tai Chi



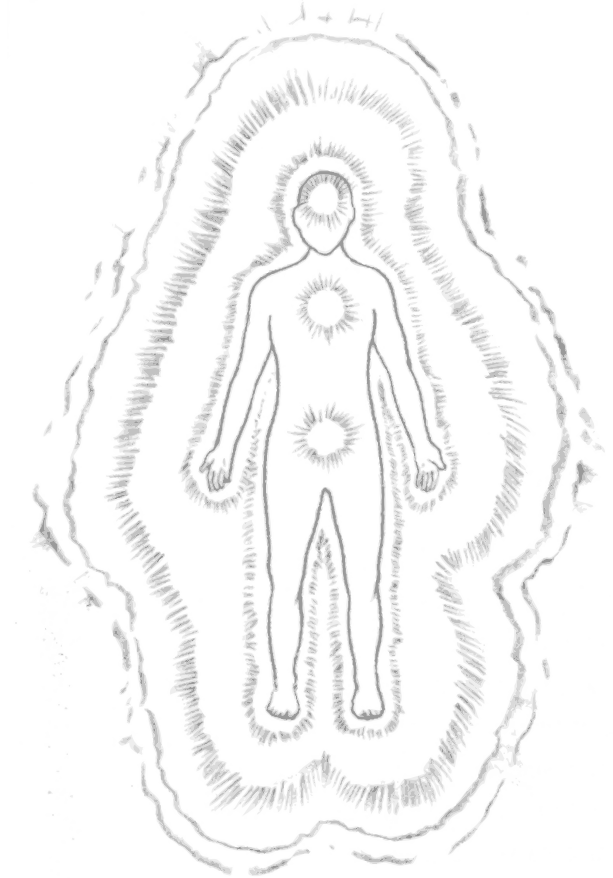
Primordial Forces Create Tai Chi



Physiological Equivalent



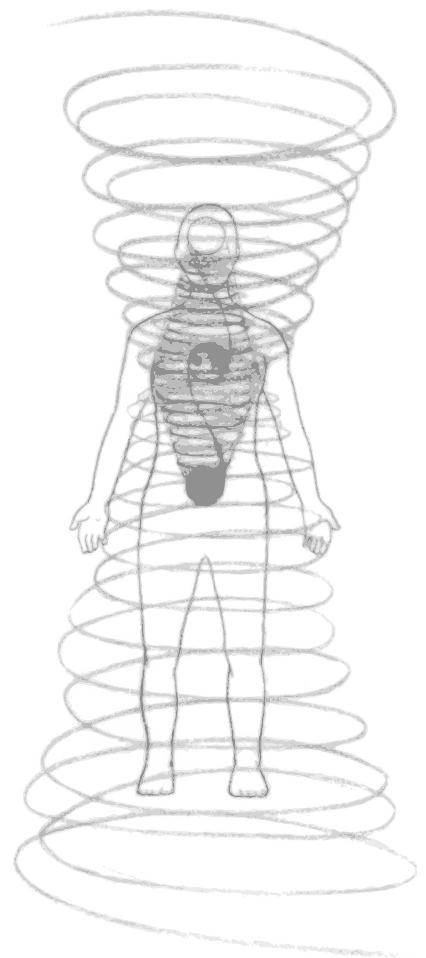
Inner Energy Equivalent



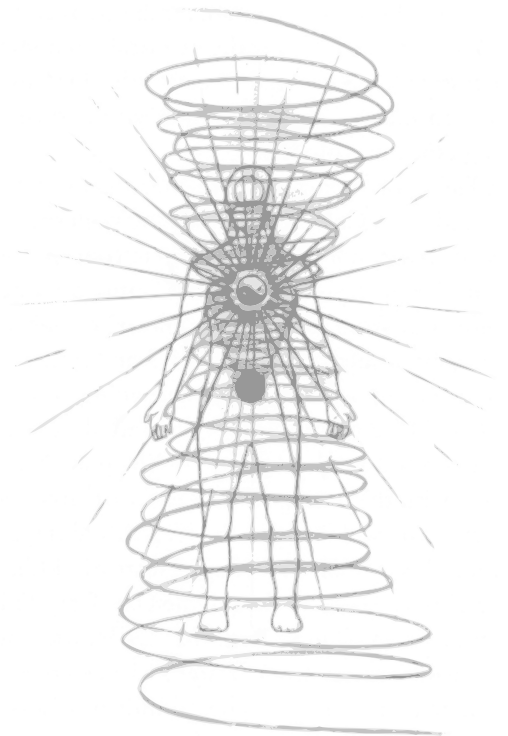
Near Energy Field Equivalent



**Nonlocal Quantum Equivalent**



**Merging Yin and Yang in the HeartMind**



**Radiant HeartMind**