

THE BASICS

- ✓ Chi gong is the practice of working with energy for health, healing, spiritual achievements or martial applications.
- ✓ Everything is energy
- ✓ 'Attention' / 'intent' - leads and focuses energy
- ✓ We can direct energy not control it
- ✓ A healthy body indicates a healthy chi flow
- ✓ A relaxed body permits energy to flow freely
- ✓ A scattered or busy mind ties up much energy
- ✓ We get energy from food
- ✓ We get energy from air we breathe
- ✓ We exchange energy with our surroundings.
- ✓ The first priority of energy is to maintain and heal the body.
- ✓ Once the body is healthy then the energy will begin to flow freely throughout the body.
- ✓ Excess tension or strong emotions will block, run, inhibit or stick energy flow.
- ✓ In a healthy body the energy is permitted to gather and store resulting in personal power.
- ✓ Energy, like water, will flow to the lowest (weakest) spot. If you are around someone ill or depressed, your energy will drain toward the sick or weak person.

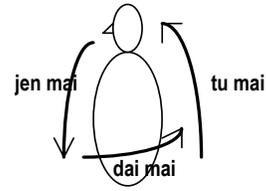
There are several points (energy centers) thought of as 'windows' used to draw in chi or to focus chi outward for getting rid of toxins, healing or to issue power. Some of these points are: →

Some signs of energy flow are: increased saliva, a heavy feeling, a warm sensation, tingling, inflation, electrical charge, or radiating heat

Acupuncture list 12 channels (meridians) of chi in the body.

In addition to these 12 there are three primary

channels: tu mai, jen mai, and dai mai



There are three major physic centers: lower tantien (below navel), middle tantien (solar plexus), upper tantien (between eyebrows).

Qi Gong

The depth of your chi kung depends upon your interest, perseverance, focus, and years of practice.

EVERYTHING IS ENERGY

Everything is a form of energy. Just like ice, liquid, steam, vapor, humidity are all different conditions of water. Thus when we talk about body energy we are talking about various spectrums of energy beyond our easy perceptions. When thinking about energy it's best to think of it flowing like a liquid. We all have and are energy, like blood, if a cell doesn't have energy circulation it's dead. But, similar to blood flow, energy can be circulating strongly, evenly, or poorly.

ENERGY CAN ONLY BE DIRECTED

Similar to air or water, energy can be influenced, harnessed or directed but not completely controlled. Our attention is like the nozzle of a hose directing available energy in a certain direction.

Lao gong	center of palm
Hegou	between thumb & index finger
Yung Chuen	middle of foot
Bai hui	crown of head
Tan tian	lower abdomen
Shi shen	finger tips
Ming men	small of back