



Video Transcript

Qigong for Energy Healing: Six Core Qi Cultivation Practices

This is called standing snake body, and we're doing the horizontal circles. As we inhale, the hands come up towards the chest. As we exhale, they settle down towards the ground. So the arms and the hands are going in different directions.

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Hi, I'm Dr. Judith Ehrman Shapiro with Gaia Goddess. And today we're exploring the six chi cultivation, which is a sequence that embodies the code source material, the basics of every movement that you will do in Qigong.

Mastery of the six chi cultivation allows you to move forward with great confidence into other forms of Qigong. So we begin in wuji stance, rising from the crown of the head, sinking in the shoulders, your feet are shoulder distance apart, rotating from the thighs, bringing the knees over the center of the toes. Soft in the kwa, little sparrow's egg underneath your armpits, feeling movement and flowing down your arms. cotton balls to release the fingers. Rising from the crown of the head, tip of the tongue to the roof of the mouth, we arrive at Wu Ji stance, stance of emptiness and potentiality. Anything can happen when we neutralize the spine and prepare for movement.

So let's take three sets of breath just like this.

Feeling the stillness in the movement, the movement in stillness.

And the first movement is simply rising and falling. So as we inhale, the hands come up towards the chest. As we exhale, they settle down towards the ground. Inhale and rise. Exhale and fall. Allow your elbows to feel weighted and heavy.

Make sure you're not holding your breath. Continue to breathe with your movement.

Bring your mind into focus. Just concentrating on this simple thing,

rising and falling within the body.

Next time you inhale, you're going to turn your hands and let them run out away from you as you inhale. As you exhale, bring the hands back to the lower dantian.

Inhale,

hands separate from the lower dantian. Exhale, they come closer.

Feel the full foot on the floor.

Inhale and exhale.

maintaining your wuji alignments rising from the crown of the head, tip of the tongue to the roof of the mouth to complete the small heavenly orbit.

As you practice the six chi cultivation, remember that you can be standing or seated.

You can go at 70% energy, 50% energy, and if you're not feeling well today, you can just do 10%.

We will now begin the horizontal circles. So we'll begin with just reaching the arms out and around

the body. Exhale as the hands come center. Inhale to support the core as you reach away from you.

Exhale as the hands come center. Now we're going to add what's called standing snake body.

My belly button is going to work opposite from my hands.

So I'm going to show you my eye focus following where my belly is going because I know I'm wearing

loose clothing and it's a little hard to see that. But this is called standing snake body and we're doing the horizontal circles.

Inhale and reach.

Exhale. The middle of the body changes place with the hands.

One more time in this direction.

And then we're going to reverse the direction. So the hands go to the other direction.

The belly button twists the other way.

My image for this is often that I'm smoothing a sheet on a bed or a tablecloth or maybe even the smooth surface of the lake.

where everything is even and reflective.

Feel the gentle rising and falling in your body. Two more, just like this.

Now we're going to change the stance of the feet. You're going to step one foot forward and one foot back. And for a moment, just rock. Bend the front knee, then bend the back knee.

Lift the front toe. Bend into the front leg. Lift the front toe.

So this is called bow stance. And we're going to be practicing what's called the vertical circles.

Take a second to feel bow stance on the other side.

So bending into your front leg. And as you bend your back leg, lifting your front toe.

Let the upper body gently travel with the movement of the legs. So we'll begin the first.

pattern here, which is that the arms are going to go with the body.

And this is called pouncing.

Inhale.

Let your elbows be heavy. But you still have that sparrow's egg right underneath your arms, rising from the crown of the head. And then we're going to reverse the circle.

This is called uprooting.

As if you're reaching under somebody's arms and lifting them.

Make sure your shoulders stay relaxed.

Inhaling and exhaling. Notice that my arms continue to go with the circle of the body.

Stepping back into Wuji's stance, we'll switch to the other side. Now this can be a little tricky.

Start with your front leg bent, your arms close to your body. What happens here is we're going to

do our pouncing movement going forward with the arms, but the body will go in the opposite direction. This is a little bit of a puzzle for the brain. So the arms come forward and you're reaching, then they reunite as you press forward. Arms come forward.

Reunite as the front knee bends.

Inhaling and exhaling.

Inhaling and exhaling. Let's try two more times.

We're going to pause as we come forward and reverse. So the arms will be doing uprooting, but the body will be drawing away from the hands. So

the arms and the hands are going in different directions. A teacher of mine called this conjuring, and it has that feeling sometimes. Let's

do two more just like this and step back.

The next movement is called lion plays with the ball.

So we've used this movement before as part of our integration, as part of the Sanjiao exercises.

It is part of the six chi cultivation. So as if there's a big ball in your hand, we're going to move the ball over to one hip as the body rotates.

As you exhale, notice you're coming through Zan Zhuang, our standing stance, rising and falling.

The direction here is about curiosity. So can you be really interested, like the lion? in the movement of this ball,

taking your time to feel its dimensions in your hand and the wave of energy through your body.

Next time you come to the side, you're going to hold this shape and carry it across the body.

And when you're ready to exchange your breath, you'll continue, but your hands have now reversed

positions.

So now it's the inner, the opposite arm that's rising with your inhale.

Inhale,

exhale.

Let's try two more.

Bringing the hands back towards the waist, we're now going to do drilling in two different ways.

So we begin with the palms up. And we're going to drill the arms forward until the back of the palms face one another. And on the inhale, draw them back to the waist.

Exhale, let the hands run away from you.

Inhale, coming back. Let's try three more just like this.

Feeling softening in the quad, softening through the back of the legs.
Next time your hands return to the waist, flip your palms in the other direction.
This time, as we're drilling, we end up offering or reaching.
Then we drill the hands back to the waist. Notice the slight rising and falling of the body as this simple foundational movement operates from the crown of your head to the bottom of your feet.
Let's do two more.
Allowing your arms to return to Wuji stance. And just for a moment of integration, coming into Zanzhuang. Make sure that you're not perched on top of your legs, that your shoulders are relaxed.
And we'll take two minutes to hold the ball just like this.
And in your mind's eye, thinking of each of the six chi. cultivation, and how they work through the stillness of this posture. So rising and falling, reaching forward and pulling back. The horizontal circles and snake body giving the body width and breadth.
The vertical circles giving the body height and depth.
Lion plays with the ball. remaining engaged, curious, and present, and drilling in two ways, offering and giving.
So taking three more deep breaths, just like this, feeling the six chi cultivation exercises moving through the body.
And then we will close with three, pouring the cream on top.
So reaching for that energy you've cultivated in the body. And as your arms descend, allowing that energy to fill in any of the spaces. where you need energy, you feel strength, vitality. Inhaling the benefits of the practice, offering the practice to your body.
Just breathing normally, continuing to breathe. One more big stretch up and exhale as you lower.
So sometimes we do this practice. This comes from Mimi Quodimer.
You take your dominant hand and put it in a fist. You cover it with your non-dominant hand.
The first bow is to everyone practicing with you. And sometimes I think, when I'm alone, across the world and through time. The second bow is for your teachers. all teachers.
And the third bow goes right to you, to your lineage, to your ancestors, to whatever brought you to this practice today.
With great gratitude. This is Dr. Judith Ehrman Shapiro with Gaia Goddess.
We hope you enjoyed this practice with Gaia. And if you did, make sure to heart it above. and explore more suggestions below. Till next time, Love, Light, and Gaia.