



Video Transcript

Qigong for Grief Healing: Movement as Medicine to Release, Restore & Heal

Letting a little of the pain from the inner world come out,
a little of the busyness, a little of the feeling unsure,
feeling stuck, feeling uncomfortable. We're staying flat to the forward surface.
Around goes the wheel. We're moving the hands forward and then opening the lungs to breathe.
As you exhale, turn the palms and allow the body to settle.
Hi, this is Dr. Judith Ehrman Shapiro, here with Gaia Goddess today,
where we're going to be creating a Qigong sequence to help integrate our feelings of grief.
During this sequence, we're going to be using parts of Badwan Jin.
parts of the 18 forms or something called Shibashi, where we're going to practice the
embodiment
principle of Chen. So Chen is rooting to rise.
It's going to help us feel... grounded allow for expression and integration through movement this
will be a gentle process to help you move forward in your grief giving you time to listen to your
body so we begin in wuji stance rising from the crown of the head allowing the shoulders to
soften
Feeling a little space, maybe moving your arms out and back for a moment.
Taking a little space to either side of you. Softening the hands,
softening the jaw, softening the stomach,
softening the face.
Allowing the weight to flow down the body into the qua.
and feeling that movement go down the legs as you rotate out over the feet.
The feet should be about shoulder distance apart.
Standing in Wu Ji, we're going to take five sets of breath. So just like this,
feeling alignment in the body, rising from the crown of the head,
breathing in and breathing out. There are days when we are grieving where Breathing in and

breathing out is all we can do.
So just feeling that gentle exchange between the outer world,
letting
a little of the pain from the inner world come out,
a little of the busyness, a little of the feeling unsure,
feeling stuck, feeling uncomfortable,
feeling appreciative, feeling joyful. All emotions are part of our grieving process.
And we're going to warm up using the first brocade of Badwan Jin because it helps the
structures of
the body. This is an inhale and
an exhale. It helps the structures of the body begin to communicate with one another.
Inhaling and
exhaling.
Continuing just like this and
exhaling,
letting your weight begin to settle towards the ground. Inhaling,
tapping into the vital core,
the central channel, exhaling. One more time,
just giving yourself grace and space in this moment.
And we'll continue with some of the movements. of the 18 forms called shibashi.
So this first movement, we're going to inhale and sink through the knees.
Exhale and allow the body to rise. This is called nourishing the chi,
nourishing the life force within your body.
Taking your time here.
The next movement is called opening the chest. So we're moving the hands forward and then
opening
the lungs to breathe. As you exhale, turn the palms and allow the body to settle.
Inhaling to
exhaling,
allowing this moment to be quiet,
allowing your nervous system to settle.
The next movement is called separating the clouds. So it doesn't matter which hand is on top.
We're going to move the clouds up and open them up,
exhaling and settling back towards the ground. I like to alternate which hand is on top.
It's like experiencing a moment of clear sky on a cloudy day.
Let's do two more just like this. allowing your body to feel stable and lifted,
finding your breathing rhythm.
And we're going to move towards a section of shibashi that has to do with the embodiment
principle
of chen. That means we're rooting down to the ground. We're becoming grounded,
which
enables us to then rise. So you'll notice I'm picking up my weight from the foot I'm moving away
from. But I'm not arching my back. I'm still rising from the crown of the head.

As I exhale, I'm going to place the weight back down on that foot.
I'm going to exchange hands. And then I'm going to root, transfer,
and rise to the other side. This is called lifting the ball.
As you do it, you want to do it lightly. as if that ball is a balloon that you're just touching and
it bounces up
allowing your breath to exchange hand to the kidney to support the filtering of toxins in your
body
feel
the weight into the ground transferring and rising really practicing that principle of chen
In Chinese calligraphy, the picture is of a tall pine tree with the idea that in order to stand
tall, we need to root deep down into the ground,
really feeling that transfer through your lower body, looking up at the ball,
letting it bounce away. One more time, each side,
rooting, grounding, rising.
Now this movement is going to continue, but it becomes something called looking at the moon.
So here you're holding the moon between your arms and as it swings around,
you let it come into a little bit of a rotation behind you. Remember,
if the fullness of that movement is not comfortable, you can keep it side to side.
It's important that you feel grounded. Again, I'm working not to arch my back here,
but to remain very stable. So inhaling to rise,
exhaling, feeling the grounding and rooting transfer of my weight from one side of my body to
the
other. And your hands stay in relationship to each other as if you're holding the moon.
bringing it up into the sky.
Let's go one more time each side.
Now we're going to take this movement and make it very subtle. So one hand,
it's like you're pulling someone's arm. The other hand is going to push.
I'm not going to move in my hips at all. This all happens in my waist.
So I'm bringing that rooting down to a very subtle level.
Inhaling and exhaling. And this is called twisting at the waist.
But it doesn't happen in my hips. Moving to a very subtle level of grounding.
Just allowing yourself to flow across the middle line of the body.
One more time each side.
Rising from the crown of the head, sinking in the shoulders. The last movement of this section
becomes cloud hands. So we open the arms as if they're forming around a cloud.
Now you can invite the hips back in. As you transfer from one side to another,
you shift which hand is leading.
And this one you should feel free to play. So the cloud maybe takes up space or it may be very
small.
Just giving yourself some play, some space to try different forms of cloud hands.
One
more sweep.
bringing your legs back into woo-ji stance, we're now going to move into tiger shredding.

So the tiger is associated with the season of autumn and with the embodiment principle of song, the idea of the leaves releasing, letting go from the tree, but the tree maintains its structure. And we talked about this a little bit in learning with Gaia. What is Qigong?

So here we're working with principles like Chen and like Song. And you can always refer back to that section. So the tiger is associated with that. And we know that there are very intense emotions that come with grief. So what we're going to be doing in the lower body here, I'll show you, is we're going to be stepping to one foot. And this is called a false step or a chicken step. And then we're going to ground through both feet. We're not actually traveling anywhere. And then as we shift to this foot, we come to chicken step or false step. And we come back. This is what we're doing with our arms.

Shredding. So with tiger claws in your hands, you circle as you come into your half step. As you exhale, you shred.

Inhale and circle.

Exhale and shred. So this is called ha hung breathing.

What I'm doing is tip of the tongue to the roof. the mouth. My mouth is closed. I'm breathing in. As I shred, keeping my mouth closed, I do ha, but I'm doing it with my mouth closed. The tongue will release for a moment.

So if you feel this djinn or this spirit in you, you can go ahead and practice it with your tiger shredding.

Inhale,
exhale,
inhale,
exhale. One more time each side.

Softening the hands. One more movement from Shibashi.

This is called turning the flying wheel. And it reminds us of the cycle of life and the fullness of our experience here. So you take your hands like you're holding the wheel of a ship. And you're going to turn the wheel. So one hand crosses the other. We're staying flat to the forward surface. Around goes the wheel. As it comes down, it will turn in. So you end up back where you started. And we're going to do five more big turns. Just feeling the cycle of life.

Feeling the continuity.

The beginning again, the passing, the dying, the beginning again.

Two more times in this direction. This movement is also very good for your back and your legs. Sometimes I get so relaxed when I do Qigong, it's kind of hard to talk.

And then you're going to reverse that circle. So finding your height, your breath, and your width. seasons and cycles, mystery of life that we participate in every day.

Last time, big circling of the wheel.

Coming back to Wuji's stance, we're just going to do a little integration with a standing posture called hiding flower under leaf. So what we're going to do is lift the elbow.

And put the flower.

You're going to allow your body to twist and look up and over the raised elbow.
And just breathe through this posture.
Feel the coil in your spine towards the side.
A spiral. Growing and evolving and changing.
One more deep set of breath here.
Exhale to Uji. And we'll coil on the other side.
So raising the elbow, hide flower under leaf. Allow the spine to spiral.
Look up and over your elbow.
Take two more deep sets of breath, just like this.
And we'll take our loving kindness, close out. Inhale,
bringing the fingertips together over the head. Exhale,
sending your love, thoughts, your connection out where you need it to go.
Continue down towards Gaia, towards the earth, bringing up the support you need to your heart.
And two more times just like that. Inhale, connecting the fingertips over the head.
Exhale. sending your love and thoughts and support out where you need it to go.
Bringing ourselves closer to the earth, to Gaia. Bringing that support to your own heart.
Last time, inhale,
exhale.
I'm sending this to you.
Inhale and bringing that to your own heart.
This is Judith. I'm with you. My heart is with you. May you heal with ease and peace.
Thank you.
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.