



Video Transcript

Shaolin Neigong: Qigong Movement Set for Flexibility

Feel your central axis, the central channel of the body and allow the arms to flow off of that. You're going to drill the hands out as if you're grabbing the reins of those oxen.

As you exhale, you're going to pull them back in towards the body.

I love this movement because I really feel as if I'm flying here.

Hi, I'm Dr. Judith Ehrman Shapiro, here with Gaia Goddess this morning.

And we're doing an old set, a traditional Chinese medicine set from the orthopedic school of Qigong

called Shaolin Negong. So we're going to be doing subtle movements to strengthen the small movements in the spine this morning. So let's begin in wuji stance,

rising from the crown of the head, sinking in the shoulders, creating space under the arms as if a

sparrow's egg was right inside your armpit. Feeling the energy roll down your arms, opening and closing the hands a few times, and then releasing the energy from your palms.

Lao gong. feeling soft in the qua, the inguinal joint,

and rotating the legs so that the knees are right above the feet.

And then feeling the full foot on the ground, feeling the big toe and the small toe,

feeling the beautiful arches of the feet, touching the earth, feeling the heel rising,

sinking. Feeling the breath of your body. Giving yourself permission to take the space that you take.

And beginning to notice your breath.

Remember to keep the breath flowing all during your movement. So we'll begin with a little bit of our swings. This movement is called empty coat sleeves. So we're rotating, pressing, turning, rotating, pressing, and turning.

Rising from the crown of the head. Remember, tip of the tongue to the roof of the mouth completes

what's called the small heavenly orbit.
Feel your central axis, the central channel of the body, and allow the arms to flow off of that.
Soft and renmai, waking up through the spine.
And we're just going to let that go a little bit more by letting the foot tap, turn,
tap, turn, tap. Letting the arms begin to strike the body very gently,
waking up the hips and the kidney,
maybe waking up the lungs a little bit. This is called patting and slapping.
comes from a tradition called Tao Yin,
and then just allowing the body to come into center. You can plant your feet again below the
shoulders, getting ready for Shaolin Negong, coming from the Shaolin monks.
And we begin with this beautiful movement called the monarch rises from the throne.
So we bring the hands to the line of the liver. very gently opening the palms towards the sky.
And you're going to draw back from the line of the liver behind your body,
pressing right into the bottom of the spine, and then rising as you inhale.
As you exhale, you'll settle back down. So we're going to do that about five or six times.
Inhale, rise from the throne.
Exhale, sitting back down.
You can feel all the authority, wisdom, dignity of being the queen,
the monarch, the king.
That simple action of rising calls attention. All those around you turn their heads.
You wear a crown of wisdom rising from the crown of the head.
softening through the lower back. Let's
do two more.
Feel the rising from the crown of the head, the body in perfect alignment,
sinking through the knees. Last one.
As your hands come back center, we're going to place them vertically in front of you. This
movement
is called pushing seven carts. So again,
you're stretching and rising. Inhale to support the work. Exhale as you descend.
Inhale, rising.
Feeling the dynamic curves of the spine.
Moving gravity towards heaven and then towards earth.
Allowing the flow of breath to continue. 70% effort.
Remember, you can do this seated or standing.
One more.
As you return, the palms turn up. So this is a version of a movement called pulling nine oxen by
their tail. So take a nice deep breath in. You're going to drill the hands out as if you're
grabbing the reins of those oxen. As you exhale,
you're going to pull them back in towards the body. And then let them run.
Just let the oxen run. Grabbing the reins, pulling them in,
allowing them to run. So what's happening in the spine here is stabilization.
And that is the job of many of the small muscles along the spine.
Pulling nine oxen. their tail is an expression of strength and letting go of the strength.

Strength is only useful when it's used with discernment.
So power and humility walk hand in hand. Do
two more. Tip of the tongue to the roof of the mouth, rising from the crown of the head.
We're going on to a movement called the Overlord Holds Up the Tripod.
So on an inhale, we bring the hands over the head, pressing away the ceiling and sinking.
And then turning the palms as you inhale, just allow your hands to float down the central
channel.
So this is the inhale,
exhale,
inhale.
So see if you can feel the yang phase, the phase of energy and action,
and the yin phase of release and surrender to
the sky,
to the earth.
Let's do one more time.
This next movement may be my favorite. It's called the black dragon enters the cave.
So for this movement, you're going to turn out one of your legs. and adjust yourself into bow
stance. Here, remember in bow stance, we're often doing this rock,
where we settle into a lunge, we pull back the foot. If you're not feeling balanced doing that,
you can leave your feet on the floor, you can put your hand on a chair, you can even do this
seated
and just separate the legs. But here we start with the hands again,
right around the line of the liver. And as we fly into the cave,
we drill the arms and suspend them above the body. And then inhaling,
we drill them back and receive the breath.
Black dragon flies into the cave. Notice that we're creating stress for the spine here.
but stress that strengthens.
Let's do two more in this direction.
I love this movement because I really feel as if I'm flying here,
bringing your body through Wu Ji onto the other side,
feeling your dynamic balance. Make sure you feel nice and balanced here.
And when you're ready, inhale and exhale.
Inhaling. Coming into your stance.
Exhaling and drawing back.
Yang phase of action.
Yin phase. Receiving. Let's
do one more just like this.
The last movement of Shaolin Nei Gong. is the first movement of Five Elements Qigong,
which is also here on Gaia Goddess. So if you want an extended practice,
you can move right on to Five Elements Qigong. But if you want to just do Shaolin Nei Gong,
we'll end with this movement. And here it's called the wind in the willow.
So we're inhaling and opening the body. This is for your lungs.
for feeling your width and your breath,

empowering yourself to take up some space here. It's okay.
As we extend the arms and open them, we're moving along the lung meridian in the body.
We're hitting all those points to help us bring oxygen into the body,
which strengthens and harmonizes all the structures in the body.
See if you can do three more just like this. Bring
the arms to the side. We'll close our practice by pouring the cream on top three times.
So gathering the benefit of your effort and movement. Gathering that energy,
allowing it to nourish the body, to fill in all the places that are yearning for more.
Inhaling.
You know, sometimes those are thoughts and benefits that we can name, but sometimes they
have no
names at all.
Just allowing that to be.
Your effort makes a difference.
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.