



Video Transcript

Ba Duan Jin Qigong: Integrative Healing Practice for Your Mind, Body and Spirit

Breathing all along the vagus nerve, from the feet, through the belly and chest, up through the crown of the head. It can be done alternating the weight in your legs, and it can be done stationary, just like this. So we're exhaling, drilling, and punching forward, opening the palm. and drawing back the energy into the body.

This is Dr. Judith Ehrman Shapiro with Gaia Goddess. And I'm so happy to share this practice with

you today of Badwan Gin, which is called the Eight Silk Brocades.

And it very much describes the quality of movement that we're going to be doing, which is silky, smooth, and slow. Badhwan Jin is a full practice that speaks to the wellness of each of the organs

in the body and contains integration of our physicality, our feelings, and Shen, our sense of spirit. So we'll begin in wuji stance.

If you feel like it, you can take, find the crown of the head dropping down that point right into your scalp and tapping. So this gives us a sense in the scalp of where that area is and then rising

from that place as the shoulders fall. Tip of the tongue to the roof of the mouth helps Connect to the small heavenly orbit. So take your hands for a moment. Just draw them down the front of the

body, softening in renmai, the front channel. And then it comes up and around the back of your body, the small heavenly orbit. Feel it going up your spine with bright energy like a light.

Comes up to the crown of your head, begins to curl around. There's the tip of the tongue.
falls down Ren Mai like a waterfall. We're softening in the inguinal joint.
Make sure you rotate your knees so you see the top of your toes right underneath.
So important to come into alignment before we start moving.
So Wuji stance, our empty stance, our sense of full potential.
Let's take three sets of breath just like this before we begin Bha Dwan Jin.
So breathing down into your lower Dantian. You can put your hands on your lower Dantian if
you'd
like or have them hanging.
Breathing and exhaling tip of the tongue to the roof of the mouth.
Feeling the center of the palms, the Lao Gong point. Feeling a point right in the arch of your foot
connect you to the ground.
There's another point right there at the crown of your head. Feeling that rising.
So the first brocade is called the triple warmer. Perfect for a day like today.
We're going to inhale, drawing up the front channel of the body. Turn the hands right around the
eyes and stretch. This is all on inhale. Exhale,
allow the arms to open and gently fall down to the earth. So watch what's happening in this
movement. Lower dan tien, the heart, the middle dan tien,
the head, the upper dan tien.
So this warms the body for movement, but it also asks the body to communicate.
Inhaling and rising,
exhaling and falling.
The triple warmer is known to even the temperature of the body.
Soften the shoulders as you return to Wu Ji. Three more times,
just like this.
Breathing all along the vagus nerve, from the feet,
through the belly and chest, up through the crown of the head, and then releasing back down.
Two more times.
Like silk, smooth, like the surface of an undisturbed pond,
reflecting the moon.
And then we're going to gather. Just small, not fully pouring the cream on top,
but a small gathering of the benefit of the first brocade. The evening of temperature and
temperament, finding balance, finding the middle way.
The second brocade is called raising the bow to shoot the hawk,
but I like to call it the archer. So we're going to gather. I'm going to show you two different
ways to do this. Gather. This is the arm and the side I'm working towards.
So I gather it in as I inhale. And then, so this is great for our balance.
I'm going to take a big step out. Two fingers make the bow.
Two fingers pull the bow. So as I settle my weight onto both feet,
I'm staring between that arrow. pulling the arrow with my focus.
And then I transfer to that leg as I inhale and prepare for the other side.
So this movement actually helps quite a bit with mental clarity.
As I look through the bow, I'm focusing my mind. I'm allowing the clouds to lift.

I'm clear with my intention and my breath.
This is good for my liver, the gallbladder,
harmonizing the structures. Now I want to show you one other way to do this,
which is if your balance isn't feeling on today, to remain right where you are in your wooji stance
or even a little wider and just take the action of the bow,
drawing up the central channel, drawing in your focus.
So this can be done seated. It can be done standing. It can be done alternating the weight in
your
legs. And it can be done stationary, just like this.
Let's do one more time each side.
Just being present in your mind in whatever phase of the movement you're in.
So the elbow lifts. There's a stretch from one side to the other. That hits all the lung points in
my body. And then I release it to come back in. And then we're going to gather.
The benefit of the second brocade, raising the bow to shoot the hawk.
Settling into the body, mental focus, intentionality,
conscious living.
The third brocade is for the stomach and the spleen.
And we use a movement called teacupping. So we're going to scoop the energy into one hand,
diagonally bring it across the body, rise and exhale,
pouring that energy from one hand to the other. This one I'm going to show you two versions of
as
well. So notice as this hand comes up, this hand comes down. There's that beautiful movement
of the
teacup to rise. I'm making space within the torso.
And on the exhale, I'm allowing that energy to pour from one side of the body to the other side.
Let's do four more times in this way, and I'm going to show you another version.
The deeper, the longer you breathe, the slower the movement becomes.
But if you're feeling more energetic, your heart is beating harder,
your breath comes faster, feel free to move faster.
This is called two hands separate heaven and earth,
making space within the torso.
So I'm going to show you one other way that you can do the third brocade. You can place your
hand
at your ear, place your hand down by your hip. Inhale,
pressing away, right? One hand presses up, one hand presses down,
making space within the torso. And then as you exhale, soften all of your joints and exchange
one
arm for the other.
Two hands separate heaven and earth.
Feel that in your body. Your yang phase that has the energy and power to separate the heaven
and
earth. And then the yin phase that receives, exchanges,
supports. One more time. Two hands separate heaven and earth.

The third brocade. And like silk, exchanging one arm for the other.

So

inhale here. Exhale, bringing the upper arm down.

And let's gather the benefit of the third brocade, making space and time for integration through digestion, through integration of experience, the things that move through our system in process.

So the fourth brocade comes from Wuji's stance.

So bringing your feet back under your shoulders and it's why Zal turns the head, which we did a little bit of in our Ji Bengang set. But here we're adding arms.

So as you inhale, you're going to turn your head, open the shoulders and arms, inhale, expand the body.

Exhale, softening in the qua and under the knees, bringing your body back center but without collapsing.

So we're inhaling, opening, expanding, exhaling, softening the back curve, the lower curve of the spine.

Allow the knees and feet to support the body. So this is the perfect movement if you work at a desk

a lot. You have head forward syndrome. It helps to realign the body.

It helps to align you back from looking at your phone, driving your car, writing, back into center.

Inhale, rise and open.

Exhale,

close and center.

Tip of the tongue to the roof of the mouth. rising from the crown of the head.

Inhale, rise and open.

Try not to perch on the legs. Continue to yield from the hips down to the ground, even when you're straightening without perching on the hips or the legs.

Feel that resettling in your posture. One more time each side.

keeping the flow of air going through the body,

and gather the benefits of Wise Owl turns its head to ward off fatigue.

to prevent illness, to bring the body back into alignment.

So we're halfway through Bad Wan Jin. And for this next movement,

we're going to take a nice wide stance. My teacher, Brian Isaac, says you can take pony stance or

you can take real horse stance. But what's important is that you feel balanced as you take that wide step. So this is called dragon sways its head and tail.

And the purpose of it is to release what's called heart fire.

So this is for your heart. And you're going to, as you exhale the breath,

like a dragon would exhale. I see fiery breath when I do this. You're letting go of tension.

You're letting go of anxiety. You're letting go of stress. You're letting go from the heaviness you carry in your heart. So it goes like this. We inhale,

turn to one side. As we exhale, we're going to lean forward. But it's really important to know that as you lean forward, you do so with a straight back, not with a curved back.

And in that, you could just indicate the direction of forward or you can go forward as long as you're using a straight back and healthy dynamics in the body.

So we inhale and rise. We exhale, coming over to this side.

Exhale as you sweep your body across to the other leg. Inhale when you're ready to straighten the

body. Come back center and exhale, grounding.

And then we go the other way. Inhale. Leaning over to the other way of the body.

Here's the exhale. The release of heart fire.

Inhale and rise. Re-center the body. Re-center your sense of weight on both legs.

Exhale. Gently yield towards the ground. Inhale.

Exhale.

Inhale. And ground.

Dragon sways its head and tail,

letting go of what burdens you, what you don't need to carry,

the idea of song,

embodiment principle, relaxing without collapsing. Let's do one more time each side.

Inhale and rise. Exhale, coming over to the side.

Inhale and rise.

Exhale, really grounding that movement. Make sure you're opening through the thighs.

Knees are over wherever your feet are. Let's inhale to go back.

Inhale and

ground.

So bringing the legs in, we're going to gather the benefit of dragon sways,

its head and tail. releasing anxiety, stress,

and worry, releasing any heaviness in the central region of the heart,

helping us to gain clarity and focus. So our next brocade is about taking care of the kidneys and

the bladder. So we're going to begin. This is called two hands reach towards the feet.

for the health of the kidney and the lower back. You begin with your hands on your kidney,

standing in woo-ji stance and taking a deep breath in. So the belief is that we store essential

energy or essential chi in the region of the kidney. So we're going to breathe that energy into the kidney.

As you exhale, we're going to take the hands down the bladder meridian. So this is a water

practice. Now, you can just go as far as your hands reach and you don't have to bend over at all.

If you come over, make sure you do so with a straight back. And you can go as low as you want to

and as comfortable for you. When you get as far down as you can, you're going to bend the knees and

carry the movement up the kidney meridian, which is the front of the body, all the way up into the

sky.

Here we're going to soften the elbows, invite spirit back into the body.

And we do so gently so as not to frighten off our sense of self.

We bring it back to the line of the liver. And we bring it back around to the kidney.
 And then just receive that breath. So take a deep breath in and a deep breath out.
 And then we begin again. So inhale.
 Exhale, feeling your hands on the young meridian, the bladder.
 Inhale up the yin meridian. The meridian of the kidney comes up the front of the body.
 All the way up to the sky. And then we invite in that essential chi,
 gently bringing
 it back through the liver line into the kidney. And then just take a deep breath.
 I'm going to show you a slightly different way. Inhaling, we begin the same.
 Exhale, down the bladder meridian, just as far as you're comfortable going.
 This time as we inhale, we're going to place our hands on the kidney meridian,
 drawing the hand up the inside of the body, where we detach,
 allow it to move all the way up to the sky,
 gently, softly inviting back in that energy through the line of the liver and into the kidney.
 Take a deep breath.
 So this is a wonderful practice. You feel the flushing and receiving of the body along these big
 meridians. Inhale here. Exhale,
 draw down the young meridian.
 Inhale. up the yin meridian, the kidney, raising your arms all the way up to the sky.
 Soften the elbows, soften through the qua. Quietly invite that essential sense of life back into
 the body, refilling the kidney as you breathe.
 When you're ready to exhale, we continue.
 And I'll demonstrate one of each way as we go.
 Tip of the tongue to the roof of the mouth, rising from the crown of the head.
 Let's do two more times.
 One more time.
 So really moving the water element in the body. Take a nice deep breath,
 returning essential energy into the kidney. And
 then let your arms release to the sides and gather. The benefit of two hands reach to the feet for
 the health of your back and your kidneys, bringing essential energy into the body and
 replenishing,
 bringing flow.
 So we're moving on to the seventh brocade. And this brocade has to do with the liver.
 You're bringing your hands to the side of your body, and you're making a fist. In this fist,
 the thumb is outside of the palm, not like when we did bear paw, where the thumb was inside.
 So this is a regular fist. But you don't want to hold it too tight. You want to hold it loosely.
 And the name of this movement is staring with angry eyes. Because when the liver gets
 irritated,
 we feel irritable, we may feel angry, we may feel out of sorts. So here we inhale,
 and we're supposed to be looking stern during this entire section of Badwan Gin.
 So we're exhaling, drilling, and punching forward,
 opening the palm.
 and drawing back the energy into the body.

Can you look stern or angry without tightening the jaw? I only say that because I automatically clench my teeth.

Tip of the tongue to the roof of the mouth will help.

Softening through the quads on the back of the knees.

Try to breathe as normally as you can. Make sure you're exchanging inhales and exhales in a way

that makes sense for your own body here.

One more time,

softening the hands to the side and gather. The benefit of staring with angry eyes,

releasing tension from the body, receiving comfort.

receiving ease, receiving clarity.

So the eighth part of the brocade, we're going to bring the energy that we've generated and we're

going to tap it back down through the heels. And there's a long way of doing that and then a very

simple way of doing that. I'm going to show you the simple way first. So all you need to do is breathe in and raise to the toes. Exhale. Tap down.

When you tap down through the body, make sure you're being soft through the lower curve of the

spine, soft through the hips, and soft through the knees. Inhale and rise.

Exhale, drop the weight down. Even if you're seated, you can rise onto your toes.

Exhale, tap down the... bringing it down to the lower Dantian.

Sometimes when we do these movement, things stir and rise. So we're bringing back down the energy.

But here's a lovely way that you can do it as well. And it's a much more full body practice.

So we're going to inhale and gently exhale, folding the body a little bit.

So feel the energy through your knees, through your feet.

As you inhale, I'm going to show you this from the side a little, you actually reach back into your backspace a little bit. And

as you exchange your breath, you rise and tap down.

So inhale, exhale,

inhale, and rise.

If you're seated, sometimes it's helpful to also rise through the arms, tap down, tap down the energy.

So that is the eight brocades of Ba Dwan Jin. And we're going to do a little...

of integration through something called mud stepping. So really the best integration of movement in

the body is walking. Take a walk. That's what my teacher Brian Isaacs will always say.

If you feel agitated and irritable, the best thing you can do honestly is take a walk and walk.

But mud stepping is a very meditative form of walking where we're very conscious and intentional.

So what we're going to do is lift the foot, lift the whole foot up, move it forward to walk, come down toe, ball,

heel, and shift the weight forward.
As the weight is forward, we're trying to lift the entire foot up,
swinging it through, coming toe, ball, heel,
shift forward.
And that's mud stepping. So we'll do a few more steps just like that.
Inhale and rise.
Exhale, toe, ball, heel, and shift.
Think about walking gently on the earth.
Thich Nhat Hanh said, as if your feet are kissing the earth.
And shift.
And if we want to, we can add Thich Nhat Hanh's walking meditation as we go.
So he said, every step is life.
Every step is a miracle.
Every step is a healing.
Every step
is freedom.
Every step is life.
Every step.
is a miracle.
Every step is a healing.
Every step is freedom. And let's go ahead and do a small Tai Chi section.
This is Tai Chi Chuan from Chung Liang Wan's Five Elements. We're going to use it as a
closing.
It's so beautiful. So we go Earth and Sky.
Sky. Now look straight in front of you. There's a huge white tiger running straight at you.
This is called catch tiger. The tiger represents your distraction,
your obstacles. And then we settle down the tiger called return to mountain.
And we'll do that two more times. Earth and
sky.
Sky. Settle. See your tiger.
Catch tiger.
Return to mountain.
Last time to close our practice. Earth and sky.
Sky.
Here comes that tiger. Catch tiger.
Return to mountain. Settle the tiger down.
This is Judith with Gaia Goddess. Thank you for practicing with me.
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.

