



QIGONG

GATHERING STARS



"Energy is the essential stuff for structural integrity and mechanical and chemical processes, while ch'i is the essential stuff for pattern perpetuity and thinking and feeling. While energy metabolism accounts for the vigor of health in the physical sense, ch'i-metabolism accounts for the well being of the person in the psychic sense."

~ R. G. H. Siu

QIGONG

Qigong, pronounced “*chee-gung*” is an ancient Chinese Healing System that is similar to Yoga and Tai Chi. It translates into English as “*energy exercise*”. Both Tai Chi and acupuncture are an offshoot of the more ancient Qigong, which is estimated to be approximately 5000 years old.

Qigong is an exercise system that combines slow movement with deep breathing and a typical workout can last from ten minutes to an hour. It is a simple daily exercise system for maintaining good health and lowering stress levels.

Chi (Qi) or Ki is the Universal Life Force energy. Qigong facilitates the movement of Chi (Qi) through the body to increase vitality. It is a holistic way to bring the body into balance.

Western medicine has documented the benefits of Qigong as a complimentary healing practice. These include:

- Effective in lowering blood pressure.
- Minimize the effects of diabetes.
- Reduce the amount of medication required for treatment.
- Post-operative time can be shortened.
- Very effective for most chronic conditions and painful symptoms.

We recommend Qigong as a daily regime to increase the body’s capacity to flow and store Chi and as essential to practitioners of Reiki and other energetic healing modalities.

GATHERING STARS

Gathering Stars is the name of a type of Qigong. These movements provide a means of increasing the flow of chi, energy, in your body. You should take note of any sensations in the hands before and after each movement is performed.

There are six movements to Gathering Stars. They are:

- Earth
- Universe
- Galaxy of Stars / Ocean
- World
- Lateral Movement
- Yin Yang

As you perform each movement, please keep the following in mind:

- Reach and bend only as far as feels comfortable.
- When you are straightening your knees or elbows, always keep a slight bend in the joint. Do not straighten completely.
- Keep your neck and spin in alignment.
- Bend from your hips and knees. Do not bend from your back.
- Inhale as you reach out or up. Exhale as you return.
- Relax in the movements. Allow your body and energy to flow.
- It is best to perform all the movements in one set, flowing from one movement to another with continuity.
- The order of the movements may be changed.



1. Earth

Fig. 1.1



- Stand upright with your arms relaxed at your side.
- Imagine that you have roots (like a large tree) that reach far down into the earth.
- Imagine all the richness, strength and energy of the Earth flowing up these roots into the center of your feet, up your legs and into the core of your body.

Fig. 1.2



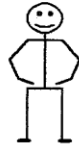
- Slowly begin to open your arms and to reach down as if you are gathering armfuls of energy from the Earth.
- Allow your knees to bend.
- Only reach as far as you are comfortable.

Fig. 1.3



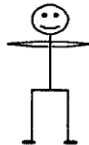
- Form a circle of Earth energy with your arms.

Fig. 1.4



- Slowly begin to stand upright holding the large ball of energy in your arms.

Fig. 1.5



- With your palms facing upward and elbows bending out from the side of your body, slowly raise your palms to the level of your throat.
- Imagine that you are allowing the Earth's energy to flow up your spine from its root all the way to your throat.
- Then turn your palms over so that they are facing downward.

Fig. 1.6


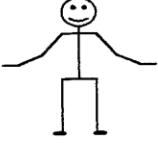

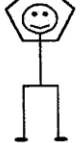
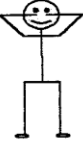
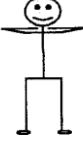
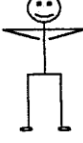




- With the palms of your hand facing downward, slowly move them down the length of your midsection.
- As your arms straighten, allow your palms to separate and to move away from the sides of your body.
- Imagine that you are allowing anything that does not serve you to move down along your spine and legs and out through the bottom of your feet.

- Repeat the movements in Figs. 1.2 through 1.6 several times.



2. Universe

- Fig. 2.1  •Allow your arms to rise from your sides.
- Fig. 2.2  •As your arms rise out, turn your palms to face upwards.
- Fig. 2.3  •Imagine that you are gathering the abundant energy of the whole universe with your arms and hands.
- Fig. 2.4  •Form a circle with your hands above your head.
- Fig. 2.5  •Lower your hands with fingertips on each hand pointing at each other.
•Imagine that the universal energy is pouring down through the crown of your head.
- Fig. 2.6  •As your hands lower, imagine that the energy is flowing down the center of your body.
- Fig. 2.7  •When your arms begin to straighten, allow them to fan out away from your body.
- Fig. 2.8  •Repeat the movements in Figs. 2.1 through 2.9 several times.
- Fig. 2.9 



3. Galaxy of Stars / Ocean

Fig. 3.1



- Stand with your arms relaxed at your sides, knees soft.
- Imagine that out in front of you is a galaxy of stars or a vast ocean, whichever feels best to you.

Fig. 3.2



- As you your knees bend, allow your arms to move out from your sides and slightly in back of your body.

Fig. 3.3



- If comfortable, allow yourself to roll to the balls of your feet.
- Circle your arms as if you are gathering stars (or the power of the ocean wave) with your arms and hands.

Fig. 3.4



- Bring the energy of the stars (or ocean) to your heart or solar plexus, legs straightening to a standing position.

Fig. 3.5



- Lower your hands down the front of your body.

Fig. 3.6



- When your arms begin to straighten, allow them to fan out away from your body.
- Repeat the movements in Figs. 3.1 through 3.6 several times.



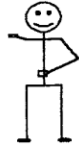
4. World

Fig. 4.1



- Stand with hands at the level just below your navel.
- Pretend that you are holding a globe of the world in your hands.

Fig. 4.2



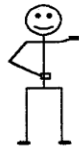
- Raise your right hand out in front of you as if to spin the globe from the bottom to the top in towards you.
- The size of this world of energy can be as big as you feel comfortable.

Fig. 4.3



- As your right hand moves downward over your face, begin to raise your left hand in the same “spinning the globe” motion.

Fig. 4.4



- Allow your right hand to flow down in front of your spine from until just below the navel.

Fig. 4.5



- As your left hand moves downward over your face, begin to raise your right hand to repeat the “spinning the globe” motion.

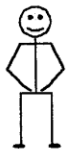








Fig. 4.6



- Repeat the “spinning the globe” motion shown in Figs. 4.2 through 4.5 several times.
- Finally, allow your hands to come to rest as in Fig. 4.1, feeling the energy of the world between your hands.

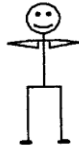


5. Lateral Movement

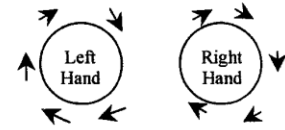
- Fig. 5.1  •Stand with hands at the level just below your navel.
•Pretend that you are holding a globe of the world in your hands.
- Fig. 5.2  •Allow your arms to begin to sway to your right side and upwards.
•Imagine that you are swaying this globe to the right of you to the level just above your head.
- Fig. 5.3  •As your right hand reaches as far as it will comfortable go, your hands will naturally tend to separate.
•If it feels comfortable with the movement, allow your hips to sway.
- Fig. 5.4  •Allow your hands to sway downward back towards center, feel the current of air with your right palm.
- Fig. 5.5  •When you reach the center line of your body, allow your hands to face each other again, as if you are holding that globe of energy.
- Fig. 5.6  •Begin to raise your arms to the left in the same manner you did to the right.
- Fig. 5.7  •Repeat the full movement from Figs. 5.1 through 5.9 several times.
- Fig. 5.8  •Then allow your body to slow come to rest at its center line, holding the globe of energy in your hands.
- Fig. 5.9 

6. Yin Yang

Fig. 6.1



- Stand with knees soft, and palms facing each other in front of your chest.



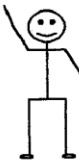
From Your Own
Perspective

Fig. 6.2



- Allow your palms to separate.
- Slowly begin to raise and circle your Right hand Up.
- At the same time, slowly begin to lower and circle your Left hand Down.

Fig. 6.3



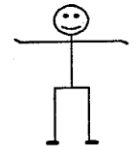
- As your arms begin to straighten, lower your right arm out to your side.
- At the same time, raise your left arm out to your side.
- Imagine that you are creating a two big circles with your arms and hands. The right arm forms a circle from top-to-bottom direction. The left arm forms a circle from a bottom-to-top direction.

Fig. 6.4



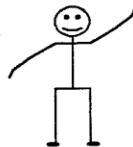
- As you perform this circling motion, allow your palms to fan out and away from your body.

Fig. 6.5



- Mid way in the movement, both arms are parallel to the floor.

Fig. 6.6



- Arms continue to move, completing the full circle simultaneously.

Fig. 6.7



Fig. 6.8



Fig. 6.9



- Upon completing the circles, allow your palms to come to rest as in Figure 6.1, facing each other, pointing upward in front of your chest.
- Pause a moment to feel the energy between your hands.
- Repeat the full movement from Figs. 6.1 through 6.9 several times.