MERIDIAN QIGONG

4 Qigong Exercises to Energize, Heal and Restore
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About the Author

At the age of 7 years old Tevia Feng’s parents had him begin his Qigong, martial arts and meditation training. Since then he has been a lifelong dedicated practitioner and teacher. He has personally taught hundreds of students from around the world, and has taught in all across Asia to the US.

He has studied Qigong with masters such as Dr. Yang Jwing-Ming and Master Liang Shou-Yu, Zhang Yuxuan, Master Luo Pin Cho, Dr. Ming Wu and more. He has travelled throughout China from Beijing to Taiwan studying in Xing Yi Quan, Baguazhang, and rare Qigong. While in China he also studied at several Daoist monasteries with various martial arts masters, hermits and Daoist masters, studying Golden Elixer Qigong, Medical Qigong, Esoteric Baguazhang and more.

In 2008, Medical Qigong teacher and practitioner Dr. Ming Wu certified Tevia. Dr. Ming Wu also trained and certified Tevia in Tui Na (a medical Qigong acupressure therapy), fire cupping, and magnetic cupping therapy. He has since worked in Dr. Wu’s Chinese Medicine clinic in Guangdong Province, China, practicing Tui Na and teaching Medical Qigong to physically handicapped and terminally ill cancer patients.

He seeks to teach and live his passion and skills of wilderness living, Qigong and martial arts as an integrated way of life for the new earth.

He currently offers Qigong, Medical Qigong, Internal Martial Arts workshops, classes and retreats worldwide. He has dedicated his life to spreading this profound knowledge to others with a desire to learn and receive. For more information please see his website www.taochiflow.com
What is Qigong

The word “Qi” (chee) means air, or energy, while the word “Gong” means work. Qi is defined as the circulating life force. In traditional Chinese culture, qi (also chi or ch‘i) is an active principle forming a part of any living thing. Qi is frequently translated as “life energy,” “life force,” or “energy flow.” Qi is the central underlying principle in traditional Chinese medicine and martial arts. The literal translation of “qi” is “breath”, “air,” or “gas.” On a more profound level, Qigong is connected with the Dao, (or Tao) which is the universal energy that comes from infinity and lives in infinity. It is the harmonizing of yourself between heaven and earth.

The word “medical” is self-explanatory. When you put them all together, Medical Qigong refers to the systematic application of energy in the body for health and wellness purposes.

The use of Qigong as a medical therapy has been documented way back as far as the ancient beginnings of Traditional Chinese Medicine (TCM). The branch of Qigong that is guided by TCM theory is known as Medical Qigong.

Medical Qigong is a modality of TCM. It is practiced in conjunction with acupuncture and herbal treatment, or strictly by itself. It is a method of moving Qi or energy through the meridians and organs of the body.

One type of Medical Qigong is Outgoing Qigong Therapy, in which the practitioner emits Qi to the patient to move stagnant energy and or move Qi through the meridians and the organs. It is also often used in conjunction with acupuncture and herbs. To become a practitioner of Outgoing Medical Qigong Therapy, one must have a solid history of dedicated practice in Qigong and Medical Qigong theory to be able to generate the correct kind of Qi and direct it with precision. One of my Medical Qigong teacher’s prerequisite for Medical Qigong was five years of prior Qigong experience. Outgoing Medical Qigong Therapy, however, is beyond the scope of this book. There are some basic Outgoing practices outlined at the end of the book, but this book is exclusively for a self-healing practice only.

A large number of Qigong documents have been discovered in ancient TCM classics such as the Yellow Emperor’s Internal Classic, Huang Di Nei Jing. It is interesting to note that during the Sui Dynasty, Chao Yuan Fang, a well-known imperial physician wrote a book on Medical Qigong, General Treatise on Etiology and Symptomology of Various Diseases, which only prescribes Qigong therapy for all diseases, instead of herbs.

Modern Medical Qigong is an assimilation of ancient Qigong methods. For example, Buddhists, Daoists and Confucionists all have their own healing Qigong methods. The modern methods are a synthesis of these methods for the purpose of healing and nurturing a healthy life, rather than for the purpose of spiritual enlightenment. What distinguishes Medical Qigong from the others is its special attention to the meridians and organs. There is also a considerable amount of Medical Qigong adapted from martial Qigong, such as Eight Pieces of Brocade (Ba Duan Jin), which was created by Yue Fei, the creator of the internal martial art Xing Yi Quan. The Eight Pieces of Brocade has been a popular basic Medical Qigong set around China and the U.S. due to the fact that the movements are easy to learn, but it is far from being most profound. There are sets of Medical Qigong that go much deeper into the body and stretch the
body much significantly. It does not mean one is superior to another, but it is important to realize that Medical Qigong has many different levels.

**General Concepts of Qigong**

**Dan Tian**

The Lower Dan Tian, otherwise known as the Xia Dan Tian, is translated as “elixir field,” which is three finger-widths below your navel and two finger-widths behind your navel, then directly to the center of your body from there. There are two other Dan Tians, which are located at your third eye (upper dan tian) area in the middle of your forehead, and your heart (lower dan tian) area. In Chinese, the Dan Tian is the center and battery storage area of your life force. Many types of Daoist and Buddhist meditations and Qigong instruct the student to bring their attention or awareness to the Dan Tian, as it is believed to quiet the mind.

**Yin Yang**

Yin and yang rests on the belief that wholeness is composed in the union of opposites. They are both complementary and interdependent. Nothing is either all yin or all yang. Where is light there is dark. Look at the Yin and Yang symbol, and you will see each side is an inseparable part of the whole, while each contains part of the other. They create a continuous flow, following each other. In order to bring your body into balance you must balance your body’s Yin and Yang. Yin and Yang principles will be discussed more thoroughly later in this book.

**Three Treasures**

In Chinese Medicine and Qigong there are three treasures that are to be guarded.

**Jing**

Jing is our life essence. It corresponds to the physical self and the Earth. It determines how long you will live and it is your life force. It is associated with our genetics.

Our Jing can be depleted by life itself, or overwork, stress, and excessive emotions.

It can be replenished through certain types of Qigong and herbs.

There are two types of Jing Qi: Yin Qi and Yang Qi. Thus, within Qigong there is Yin Qigong and Yang Qigong. Life depletes Yin Qi, so someone who is aging may need more Yin Qigong (this is later discussed on the chapter on Water and Fire Methods).

Yang Qigong is deeply empowering. It can rekindle your fire where you have spent it too much, deeply invigorating you. Yang Qigong is used to build creative power, will power, athletic ability, sexual energy.

**Qi**

Qi is translated as vitality, although it is more complex than that. Qi was already described earlier in the book so I won’t go further into it here, but it is important to know that it is
regarded as one of the Three Treasures.

**Shen**

Shen is translated as the Spirit. When we practice Qigong, we are also training the Shen or the mind. The practice of Qigong can calm the mind and spirit. It is said that a person with a strong Shen is intelligent, clear, centered, strong minded, calm and at peace. Qigong training will naturally calm and concentrate your mind and spirit. In Qigong we also have specific Shen training to train the spirit that is outside the scope of this book, and will be discussed in a future book. Regular Qigong practice can have profound effects on our mind and spirit.

The reason Qigong is so important is because it preserves, protects, replenished and supplies the Three Treasures. The Jing, Qi and Shen work together, synchronized to produce the substances needed to stay youthful. The Jing is always controlled by the Qi; therefore, it is crucial to guard the Qi. The Shen is the ruler of the Jing and Qi, as it is the basis of the physical body and the foundation of the length of our life.

**What Medical Qigong Can Treat**

Medical Qigong has been used in both ancient and modern day China to treat a wide variety of illnesses and diseases. It is often used in adjunct with Chinese Medicinal herbs, and in Western medicine. It is even used as a method of psychotherapy. Qigong, like psychotherapy, adjusts the patient’s mental state. Going beyond this, Qigong also adjusts the body and breath.

Medical Qigong in China has been used for thousands of years, even until today, to treat various disorders such as:

- Cancer (all types)
- Sports Injuries
- Gastrointestinal disorders
- Orthopedic Disorders
- Broken Bones
- Sprains
- Strains
- Common Colds
- Arthritis
- Flu
- Depression
- ADHD
- Bipolar disorder
- Fibromyalgia
- Blood pressure
- Nervous system imbalance
- Emotional Disorders
Who Can Learn Medical Qigong?

There are neither laws nor regulations on Medical Qigong. Anyone can practice Medical Qigong. Only recently has China created a standardized Medical Qigong curriculum, but it is limited in scope, and does not include many ancient Medical Qigong forms and exercises. Complete study would be almost impossible, due to the amount of Qigong taught throughout history.

The Medical Qigong principle rests on the fundamental belief that all illness arises from imbalance and stagnation in the “meridians,” or energetic patterns in the body (see below for more on meridians). It is a preventative medicine used to treat various disorders by restoring and adjusting energetic balances, breaking through stagnation, and bringing unimpeded flow and circulation back to the body.

Medical Qigong is becoming extremely important as healthcare costs continue to rise and economies shrink. People all over the world are waking up to the fact they need to find alternative preventative medicine as a defense against the increasingly prohibitive cost of conventional medical care.

Medical Qigong is practiced by healthy people as well as people with severe illnesses and diseases including cancer, sexual dysfunction, physical injury and even common colds.

Who can Benefit From this Qigong

Anyone can benefit from Fourteen Meridian Qigong. You don’t have to have an illness, disease, or any physical problems to benefit from this Qigong. This Qigong will improve performance for athletes, dancers, yoga students and martial artists. For these types of practitioners it can help improve recovery times, heal muscle fascia, increase flexibility and more.

General Categories of Medical Qigong

The general categories of medical Qigong include Outgoing Qigong Therapy and Medical Qigong Exercises.

Outgoing Qigong Therapy

Outgoing Qigong Therapy requires a giver and a recipient. The recipient is someone who is suffering from an illness or chronic disease, while the practitioner is the healer. The person administering the therapy infuses the receiver with healing Qi, or energy.

The practitioner can use various healing sounds and/or light visualizations depending which conditions they are treating. Tui Na can be considered a type of Outgoing Qigong Therapy.

Tui Na is a Qigong Acupressure therapeutic massage, a recognized form of therapy for a wide range of health problems. Focusing on an “injection” of Qi from the practitioner’s fingers into the patient’s acupuncture points, it also uses wave-like motions and rhythms to loosen joints, nourish muscles, and encourage the flow of Qi. Tui (push) and Na (grasp) are
characterized by skillful strokes of gliding or rolling hand and arm movements. Gentle shaking, joint rotations, and stretching compliment this vigorous style. Also known as meridian massage, it opens stagnant acupressure channels and encourages the flow of Qi to any deficient areas. It improves mobility and fluidity, and works from a place of bringing balance and optimal functioning to the body, mind and spirit.

**Psychotherapy**

As mentioned above, Medical Qigong can be used to regulate the mental state. This is done on a deeper level through the Three Adjustments. In Chinese Qigong, it is believed that the emotions can be regulated through regulating the body, breath, and mind. This concept will be explained in more details in the next few chapters.

![Three Adjustments](image)

**Dynamic Medical Qigong Exercises**

There are three main kinds of Qigong: Dynamic, Standing, and Sitting Qigong. Dynamic is simply Qigong in movement. It can be simple, or complicated movements with deep twists, stances and stretches. Standing and Sitting Qigong, on the other hand, are considered more Yin. Sitting is the most Yin practice. Dynamic is the most Yang. Within each practice there is always a way to adjust your Yin and Yang. In any complete system of Qigong, all three are studied and practiced.
Yin comes from stillness; Yang comes from motion. Yin excess with Yang deficiency is best treated with more Dynamic Qigong, while Yang excess with Yin deficiency is best treated by practicing more Static Qigong. When motion reaches its extreme, Yin is produced. When Yang reaches its extreme, Yin is produced.

Finding the proper balance between Dynamic and Static Qigong are one of the keys to balancing Yin and Yang.

During periods of menstruation, when women need less Yang and more Yin, practices which produce Yang will encourage more blood flow, which is unnecessary in that situation.

Meridian Medical Qigong exercises are designed to open up the meridian channels. The levels of Dynamic Medical Qigong Exercises include:

1st level - Meridian Qigong, or Jingluo Gong
2nd level - Organ Qigong, or Nei Zang Gong
3rd level - Bone Qigong, or Gu Tou Gong

In the first level of Medical Qigong, the practitioner needs to open the Meridian Channels of the body. Once you have opened the rivers (meridians), the next stage is to go deeper into the organs with Organ Qigong. Once you have opened and massaged the organs and meridians of the body, your body will be ready to go to a deeper level of Qigong with Bone Qigong. Bone Qigong requires a lot of flexibility and strength, as it has many deep stances and postures. There is also Medical Qigong Circle Walking, where various animal postures are held while walking a circle. Each animal has a relationship to different organs and meridians. It is a powerful Medical Qigong exercise with Daoist roots.

Fourteen Meridian Qigong

In our Level 1 Medical Qigong course, I teach the Fourteen Meridian Qigong set. This set is comprised of Fourteen Qigong exercises specifically designed to open all the meridian pathways. This is a great foundation to any Medical Qigong or Qigong practice. Many practitioners use it as a warm-up preceding the more difficult Organ and Bone Qigong sets. Each exercise stretches and moves the Qi through one or more meridian pathway away. This exercise will increase your flexibility, strength, and balance. Most exercises within the set harmonize breath with movement. Each movement has a rhythm you must explore to find. It is suggested that you practice each exercise in the prescribed order to reach maximum benefit, but you can focus on particular exercises to work out stagnation in specifically related meridians.

For more information on the 14 Meridians you can purchase the book Meridian Qigong: 14 Qigong Exercises for Health and Longevity here

(note to developer: post link here to website to purchase and image icon of book cover)
Organ Qigong

After opening the meridian pathways with the Fourteen Meridian Flow Set, the next step is to massage the internal organs with the Organ Qigong Set. This set is made up of eight Qigong movements and three warm-up exercises that gently massage your internal organs in multiple ways and angles through various stretching movements coupled with compression and expansion of the body.

Note: Once you experience this Qigong, you will likely want to do it every day at least once. Personally, it really wakes my body up and gives me good feelings all over.

Advanced Medical Qigong (Bone Qigong)

After you have mastered the Organ Qigong set, the next stage is to guide the Qi into the bone marrow, tendons and ligaments. This is an advanced stage of Medical Qigong which is more challenging than either Meridian or Organ Qigong, as it requires deep stances coupled with deep twisting movements.

The Qi feelings you will derive from each of these sets feel different. If practiced together, you have the opportunity for maximum Qi development with this preventative medicine program that is free and can be practiced whenever and wherever you want.

Circle Walking Qigong

Circle Walking Qigong is an ancient Qigong exercise of Daoist origin. It has been taught to beginning and advanced students. In Medical Qigong Circle Walking, the practitioner holds various animal postures from the Daoist Eight Animal system. Each animal opens different meridian pathways, massages internal organs, and even get Qi into the bone marrow with the deep walking posture. Some Qigong masters have said that Circle Walking is better than a hundred exercises. There are a number of Circle Walking practices to use in Medical Qigong purposes, martial arts, and even spiritual practices. Circle Walking will be discussed in more depth in a future book.

Sitting Medical Qigong (Jing Zuo)

Sitting Medical Qigong, such as Primordial Breathing with the Golden Elixir Breath, is used to treat a variety of gastrointestinal disorders and other illnesses. In traditional Qigong, the saliva is considered the Golden Elixir of health and vitality. The Daoists believe it has very powerful healing benefits.

With Golden Elixer Qigong, you generate saliva in your mouth through chattering the teeth multiple times and then swirling your tongue around your mouth multiple times. Then you swallow a small portion of it, coordinated with the inhalation and exhalation. It can aid in problems such as digestive issues, excessive heat, and much more.

I highly recommend you incorporate a daily Medical Qigong routine into your schedule to gain maximum natural preventive medicine. There are a variety of medical Qigong sitting practices, which is called in Chinese Jing Zuo. There is Primordial Breathing (Tai Xi), otherwise
known as Fetal Breathing or Embryonic Breathing, which involves the Golden Elixer method of swallowing saliva to improve digestion, cool fire in the body, and much more.

**Standing Medical Qigong (Zhan Zhuang)**

Zhan Zhuang, or Standing Medical Qigong, is literally translated as “standing like a post.” This Qigong training routine is sometimes translated also as “standing-on-stake,” “standing Qigong,” “standing like a tree,” “post-stand,” and “pile-standing.” The Standing Medical Qigong is used in both martial and medical Qigong to help balance the central nervous system. There are many kinds of Zhan Zhuang, the most common posture of which is where the feet are placed about shoulder-width apart, the knees slightly bent, and the sacrum tucked in. There are several hand postures. Zhan Zhuang can also be used with various animal postures for different effects on the different meridians and organs. One of the main goals of most of its styles is centering the body between heaven and earth. Rooting into the earth through the feet and connecting into the heaven through the crown point of the head, your spine lengthens and your place is found between heaven and earth. Standing Medical Qigong also helps you in practicing the proper back posture before going into dynamic exercises. Despite having no recognizable external movements, this type of Qigong is a highly energetic exercise system. Zhan Zhuang, unlike other methods, develops the internal energy efficiently instead of consuming it.

Those unfamiliar with this Medical Qigong can experience severe muscle fatigue and subsequent trembling at first. But once sufficient stamina and strength have been developed, the practitioner can now work on developing “Zhong ding” or the central equilibrium and sensitivity to specific areas of tension in the body.
Purchase the entire eBook on Amazon Now!

http://www.amazon.com/Meridian-Qigong-Exercises-Energize-Restore-ebook/dp/B00KZ5B07C
Meridian System

What are Meridians?

Meridians are invisible channels of energy that run through the human body, through which Qi and blood circulate in the body. The twelve primary meridians, also known as the Twelve Channels, correspond to the twelve internal organs of the body. These meridians are a complex matrix of “energy highways” in the body and organs through which Qi energy flows.

Each of these meridians or channels are linked to a specific organ or organ system, resulting in a unified whole. As pathways of energy, meridians serve as lines of communication throughout the organs and the body, as well as maintain the ebb and flow of vital energy in the body, helping to maintain a balance of yin and yang. The acupuncture points run along these meridian pathways. The meridian pathways all end in the feet and hands, which are therefore called the Four Gates.

There are twelve meridian channels in the body, corresponding to different body systems. There are also two additional meridians—the Ren and Du channels—otherwise known as the Governing and Conception Vessels—making a total of Fourteen meridians.

Meridian diagrams show only the surface pathways of the meridians. Inside the body, each meridian is connected to its associated organ. Because the meridians flow though different parts of the body along with their associated organ, a deranged energy pattern in an organ is easily transmitted to other body parts along the course of the same meridian.
The Fourteen Meridian Qigong Exercise Set

The phrase “Fourteen Channels” or “Fourteen Meridians” is a general term for the twelve regular channels connecting with the internal organs, plus the Ren and Du channels otherwise known as the Governing and Conception Vessels, as explained above.

It is most common to begin by opening the Fourteen Meridians pathways, before moving onto other Qigong sets such as Organ and Bone Qigong. This way you will be able to get deeper into the organs when doing Organ Qigong.

Like a river that has been blocked, if the meridians are not circulating Qi properly, they will eventually swell and cause flooding. This overflow can result in symptoms such as swelling, inflammation, fatigue, lack of circulation, pain and so on. If the problem persists, it can cause damage to the internal organs, as discussed previously.

A recommended way to start a Fourteen Meridian Practice Session is to always start with Centering Qigong. Always begin with Cleansing Breath, as we need to clear away any pollution in the lungs, as well as negative thinking. Either can hinder and even make Qigong practice detrimental, if not first expelled from the body and mind.

After this, do at least eight breaths of Four Gate Breathing Qigong, so that you develop a deeper understanding of how Qi flows with the breath. By breaking the breathing down into a separate exercise, it is easier to naturally integrate the breathing and visualization with the movement.

Daoist Qigong is traditionally trained in components, adding components as you master each part. Once you begin training the kicking exercises, start off by just doing the kicks, without adding the upper body portions of the exercises. Once you have mastered just the legs, then practice the upper body portion of the exercises separately. Once you feel comfortable with that, begin to combine them.

In this free e-book we have listed 4 of the 14 Meridian Qigong exercises. If you enjoy these and wish to learn the rest please purchase:
MERIDIAN QIGONG

Purchase the entire eBook on Amazon Now!

http://www.amazon.com/Meridian-Qigong-Exercises-Energize-Restore-ebook/dp/B00KZ5B07C
Meridian Qigong Exercise Instructions

Shaking it out

• Stand with your feet a little wider than shoulder width.
• Bend over at your lower spine so that your arms can hang naturally and almost touch the ground.
• Rock your hips back and forth, side to side so that your arms naturally go up and down. Feel as if you are rolling a ball between your hands. Your back should be moving around your spine gently from side to side.
• Breathe naturally and repeat until you feel loose. Your back should not be bowed or arched during this movement.
**Benefits:** Loosens up the spine, hips, and arms, stretches the hamstrings. This exercise also teaches you how to move from your Dan Tian.

**TIP:** When practicing the Water Method of this movement, imagine rolling a ball between your palms. Get into a rhythm like the tic-tock of a clock. When practicing the Fire Method of this exercise, shake like a dog shaking water off its body. This will really get the circulation going and get the heart pumping. The breath should remain stable throughout. For more information on the Water and Fire Method please read the book *Meridian Qigong: 14 Qigong Exercises for Health and Longevity*
Diamond Stretches

Instructions

• Stand with your legs about twice the width of your shoulders.
• Hold your fingers facing each other over your head; make a diamond shape with your index and middle fingers. Maintain a 45-degree angle at your elbow bend.
• Bend your knees, arching backwards, and inhale.
• Twist to your left, straighten your knees, and bend down towards your left foot while exhaling.
• Inhale as you come up, bending your knees and arching your back.
• Twist to your right, straighten your knees, and bend down towards your right foot while exhaling.
**Benefits:** Provides a good stretch the hamstrings, shoulders, wrists, lower back and massage the kidneys, open the chest and lungs.

**Keys:** Don’t forget to visualize as you breathe in the energy coming into the Dan Tian and as you breathe out the energy flowing to the hands and feet on the stretch.
14 Meridian Kicks

Push Palm with Dan Tian Kick

Instruction:

• Go into Dragon Stance with your right leg forward and a 50/50 weight distribution between your feet.

• Bring your left hand to your rib cage with your fingers pointing towards the sky. Push forward, twisting around your spine.

• Rotate your left hand so the palm is facing up.

• Bring your left knee up to waist height and slowly kick forward with your heel and toes pulling back. At the same time, push with your right hand (fingers facing up) and pull the left hand back.

• Bring the leg back down to the ground behind you, going back into Dragon Stance.

• Rotate your right hand so the palm is facing up, and push forward with your left hand again.

• Repeat 5-8 times and then repeat on the right side.
**Benefits:** Stretches shoulder, arm, and spine. This exercise can also help knee problems, as it strengthens tendons and ligaments around the knee as you kick forward using the slow movements. If you have knee problems, do not use the Fire Method kick, as it could hyperextend the knee.
Pendulum Swing Kick with Phoenix

Instructions

• Begin in Dragon Stance with your right leg forward and hands in Dragon Posture.
• Lift the left leg up, swinging the foot to your front so the toes are facing up.
• Bring your hands in front of your face in Butterfly position, with your left hand on the outside.
• Swing the leg down and back behind you trying to keep the knee straight if possible, while bending slightly forward.
• Spread the arms into Phoenix Posture, so that you reach full extension at the same time you reach the full extension of your kick.
• Lower your left foot back into Dragon Stance and hands into Dragon Palms.
• Repeat 5-8 times; repeat on the right side.
Pendulum Swing Kick With Phoenix-B
**Benefits:** This exercises will stretch the hamstrings and upper calves, strengthens joints, tendons and ligaments around the ankles, knees, and the foot muscles as those areas stabilize the body.
Closing Sequence

After you finish the Qigong exercises you need to gather the Qi and bring it back into the Dan Tian. Doing this is like putting the money you earned into your savings account. You will store this Qi you have built up.

- With your knees slightly bent, begin to inhale as you bring your hands about one foot in front of your eyes, looking at your palms and set your intention into your palms...filling your Dan Tian with the inhalation.
- Exhale brush the backside your hands against the front of your thighs.... extending your hands to about shoulder level.
- Next, turn the palms facing up and begin to inhale as you reach up over your head for a full stretch so the palms face each other as the palms are directly above your head.
- Turning your palms over (facing down) and the fingers facing each other, begin exhaling while pressing down through your centerline, down through your upper Dan Tian, middle Dan Tian until you reach your lower Dan Tian. Imagine you are pressing down on a coiled spring and feel a resisting pressure.
- When you get to your lower Dan Tian, step out softly to your left leg, let the wrists and palms relax while maintaining focus on the feeling in the palms.
- Allow the Qi settle into the palms, keeping the fingers separated in Lotus Leaf Palm. Relax the body allowing all of the energy to settle into the palms and feet. Finally bring your mind back to your Dan Tian. You may stay in this position for about 3 minutes or however long you wish.
These 4 Meridian Qigong exercises are a part of the larger sequence of exercises called 14 Meridian Qigong as explained earlier in the book.

FOR MORE OF THE 14 MERIDIAN EXERCISES PLEASE PURCHASE THE BOOK:

MERIDIAN QIGONG

_Purchase the entire eBook on Amazon Now!_

[Image of Meridian Qigong book]

Qigong is best taught face to face with a well-experienced teacher and a serious student. Learning from books and videos is no substitute from the real thing, as a teacher can guide you to correct improper posture, breathing, and other deviations. This could save you years of training mistakes. If you are interested in learning the Fourteen Meridian Qigong Set in person, see our website for our latest workshops and retreats. You can also book a live video Skype session through taochiflow.com.

To Your Health and Longevity!

Tevia Feng

Tao Chi Flow

www.taochiflow.com

[Image of Tevia Feng]

_http://www.amazon.com/Meridian-Qigong-Exercises-Energize-Restore-ebook/dp/B00KZ5B07C_
Here is an excerpt from the Foreword of the book Meridian Qigong

“Of all things under heaven, nothing is more precious than human beings. People are dependant on the nourishment and fortification of heaven and earth, water and food, and essence of the universe to grow and prosper, according to the laws and changes of the seasons. This is true from royalty to the commoners. Every single person, with exception, has a desire to preserve his or her health. However, most people throughout their lives are plagued by disease in one form or another. Many times an illness begins when they are unaware of an imbalance that has subtly begun. This allows the pathogen to accumulate and degenerate the body, progressing to the point where it penetrates the level of the bones and marrow. Often at this level is too late. It is my sincere desire to alleviate peoples suffering.”

--The Yellow Emperors Classic Of Medicine, Neijing Suwen. 240 B.C.

Chinese perspective on health is invaluable to us today. People are waking up to realize that our health is indeed in our own hands. We in the Western “civilized” countries are looking to the traditions where there is an understanding of our interaction with nature as human beings on every level: our environment, our diets, our mental health, our sleeping patterns, how we breath, and indeed, how we move our bodies. This book is a precious source of information that will bridge that gap for westerners and for those who are looking to take their health and life back in own hands and live a life of vitality and longevity.

To many, Qigong still holds some mysticism. However, more civilizations now understand the tremendous benefits of the Chinese medical system, and are reaching out to find ways of attaining this knowledge and wisdom themselves.

This book opens the gateway to understanding the concepts of Qi, the meridians, the concepts of yin and yang, the five elements, and, of course, the Qi gong exercises.

Qi Gong is medicine. It encourages the Qi to move freely around our body, through our meridians, ensuring us better health, which enables our bodies and minds to be used to their greatest potential. Regular Qi gong practice will also create a defense within the body for preventing dis-ease.

Qi gong is a branch of Traditional Chinese Medicine, based on the philosophy of Daoism. Daoism teaches us how to live harmoniously with the cycles of nature to maintain health and vitality. This is explained though the concepts of Yin and Yang, and the five elements: fire, earth, metal, water and wood. All aspects of life on this planet can be broken down into Yin, Yang, and the five elements. Grasping this understanding means that life becomes much more simple, and as a result we manage to live in balance without extremes of stress, depression, low energy and physical discomfort. Medical Qi gong, as Tevia shares, is a way to cultivate this understanding and assist the body to maintain these balances.

Tevia is a master in his field. His knowledge of the meridian systems and the understanding of the complex yet simple philosophy of Chinese Medicine is clear and deep within him. He understands this magical medicine in each cell of his being - literally. He is the perfect example
of a human that understands these values and necessity, and benefits to following them in daily life.

As the Tao Te Ching states,

‘less and less do you need to force things,
until finally you arrive at non-action,
when nothing is done,
nothing is left undone’

Tevia also has a unique gift of teaching, and his ability to share this knowledge whilst instructing Qi gong is inspiring to the novice and the expert alike. He clearly understands every micro movement that makes each of the exercises more effective, and safe to practice.

Tevia’s fluency in Chinese language has enabled him to get into the depth of this graceful art that many Western Qi Gong practitioners would never be able to achieve. He has attained the details of this practice through firsthand study with Chinese teachers, which is wisdom beyond value. His dedication, knowledge and zeal of Qi gong are clearly portrayed in this remarkable book about the practice of Qi gong for medical benefits.

This gem of a book not only shares and explains Qi gong exercises, it also details the aspects of Chinese Medicine philosophy in a clear and simple way for the reader to absorb and align the teachings to their own life and practice.

Tevia’s dedication to this practice and his passion to assist others is clearly evident within these pages. You are fortunate to have this life-changing book in your possession and for Tevia to have come into your pathway of life. I hope you hold the generous gift of his lifelong learning he has shared with us with a much value as I do.

It is easy to follow, clearly written, and full of a wealth of knowledge from Tevia’s extensive research, personal experimentation and teaching. It includes not only Qi gong exercises, but also covers a clear explanation of the Chinese meridian systems and ancient Chinese theory on the human body, our health, and how we preserve it.

I am absolutely certain this book will open you up to a world of new information and techniques that, if practiced regularly, will improve your life.

May Tevia’s Fourteen Meridians enable you to enjoy the benefits that Qi gong practice offers - and for you to share and inspire others with this new wisdom you receive.

Zoe Nash, B.S