



8 TRIGRAM ORGAN QIGONG

SERVING TEACUPS



by **Tevia Feng**



Serving Tea Cups

There are many variations of this exercise in different systems. White Tiger Qigong™ teaches over 4 different variations.

Benefits

- Loosens the spine and hips through the gentle lower back motion.
- Loosens the neck through the full neck rotation.
- Loosens up the shoulder, wrist and elbow joints.
- Opens the chest, and stretches the intercostal muscles and rib cage.

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This is a powerfully beneficial exercise, from which you can feel the benefits right away. This also has a great flow, and is a lot of fun to do and watch.



This exercise was made famous when a man named **Dong Hai Chuan** was revealed by the Emperor to be a highly skilled master in the Taoist arts. Back in the 1800s, a man named Dong Hai Chuan was a mere tea servant for the Emperor. Little did the Emperor know that Dong Hai Chuan was really a highly skilled martial arts master who had studied with highly skilled Taoist monks. One day, the Emperor noticed how Dong Hai Chuan glided effortlessly, twisting and turning around a large crowd to serve tea, all the while without spilling a drop. He knew this man was not a normal man. He asked Dong Hai Chuan what skill this was. Dong did not want to lie to his Emperor, and maybe the fact that the Emperor could cut off his head if he was found to be lying had something to do

with this. Dong revealed that he had learned this technique from Taoist monks in a place where he had lived for some time. The Emperor then asked him if he was skilled in fighting. Once again not wanting to lie to the Emperor, he answered, "Yes". Thus, the Emperor summoned his top fighters and one by one Dong beat them all. Dong Hai Chuan was then appointed to be the Emperor's top body guard. It was then that Dong Hai Chuan gained fame for his high-level skill in Baguazhang, and passed down an art that is alive and well to this day.

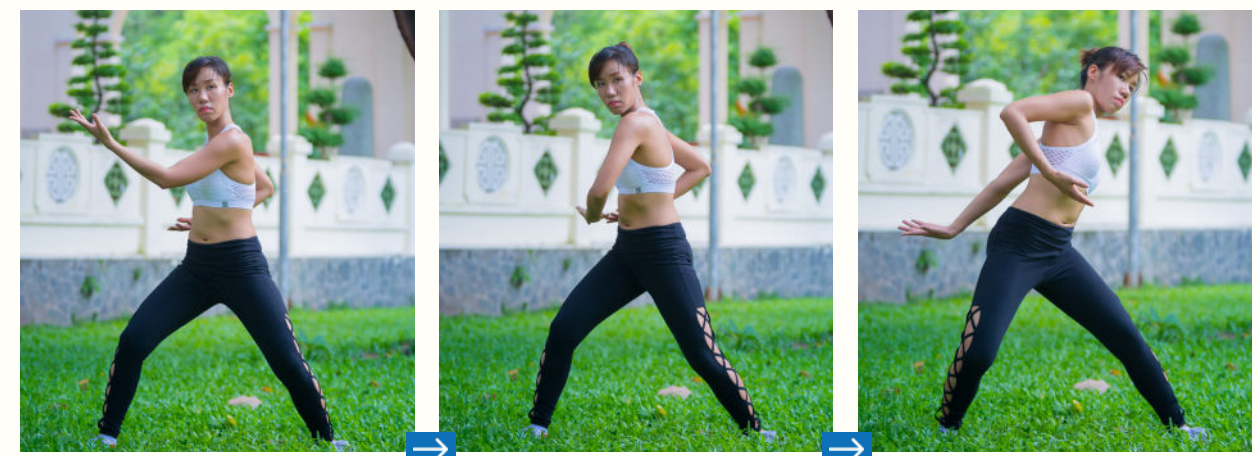
There are various versions of this story, but they all say the same thing essentially about Dong Hai Chuan revealing this exercise to the Emperor.

This is the exercise that the Emperor spotted Dong doing that day as he was serving tea. This exercise even has a martial application to it as well as profound healing applications.

The exercises are done as if you have a tea cup in your hand that you must keep upright, without spilling a drop or dropping the cup.

Instructions:

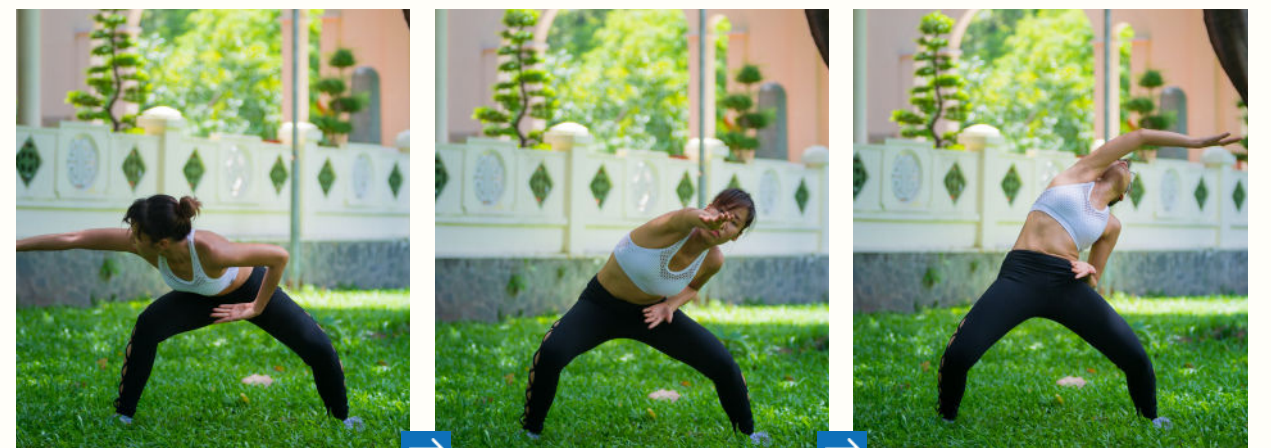
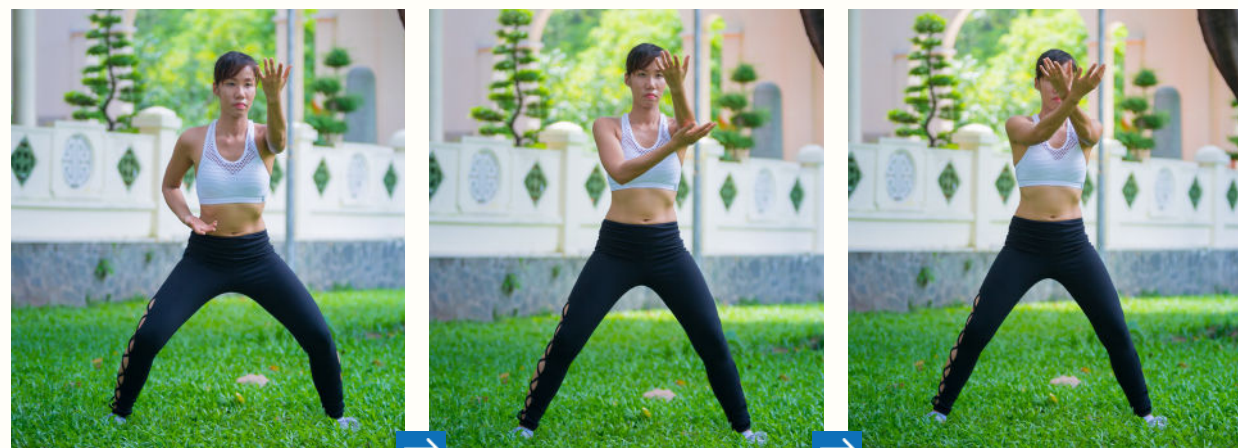
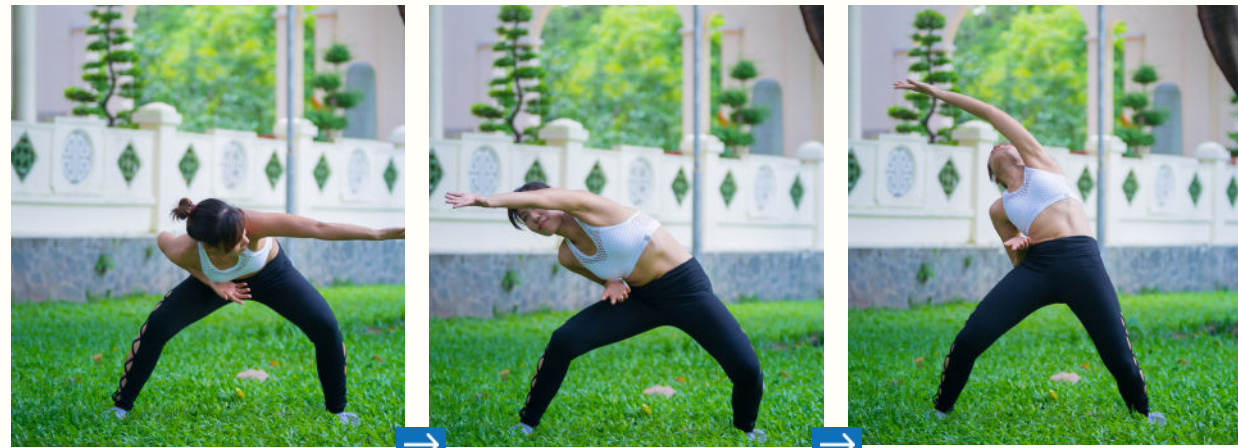
With the left hand in front facing up and the right by the floating rib cage (palm up) while in horse stance, twist across to the right, bringing the left arm across the body.



Come down to your lower Dan Tian and across, circling to your kidney behind you. Bending forward, bring the palm over and in front all while keeping the palm up. Moving in a circle around to the right, come up with your body and now bending backwards, circle to the left until your arm reaches back to center again.

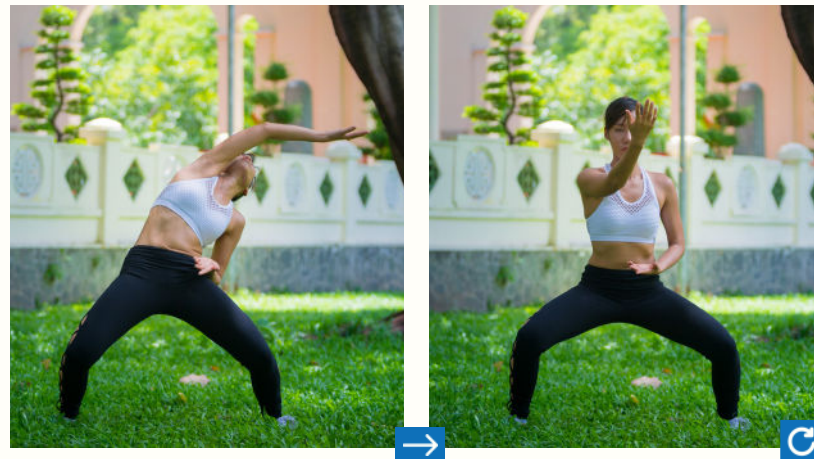


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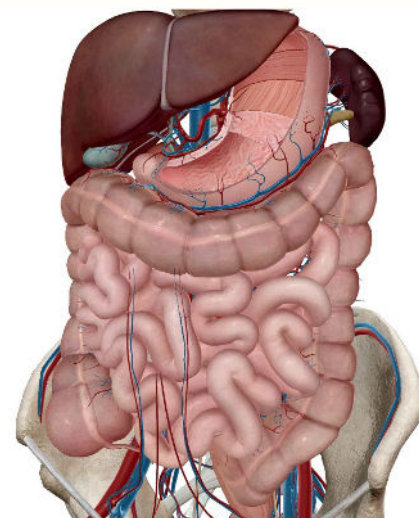
Become aware of spiraling energy in the body as you move. Focus on holding tea cups in both palms and do not spill the tea. The image of holding tea cups and not spilling the tea helps the practitioner retain an intense focus (intention) on the hands and thus “keep the Qi” in the hands throughout the exercise.

Benefits:



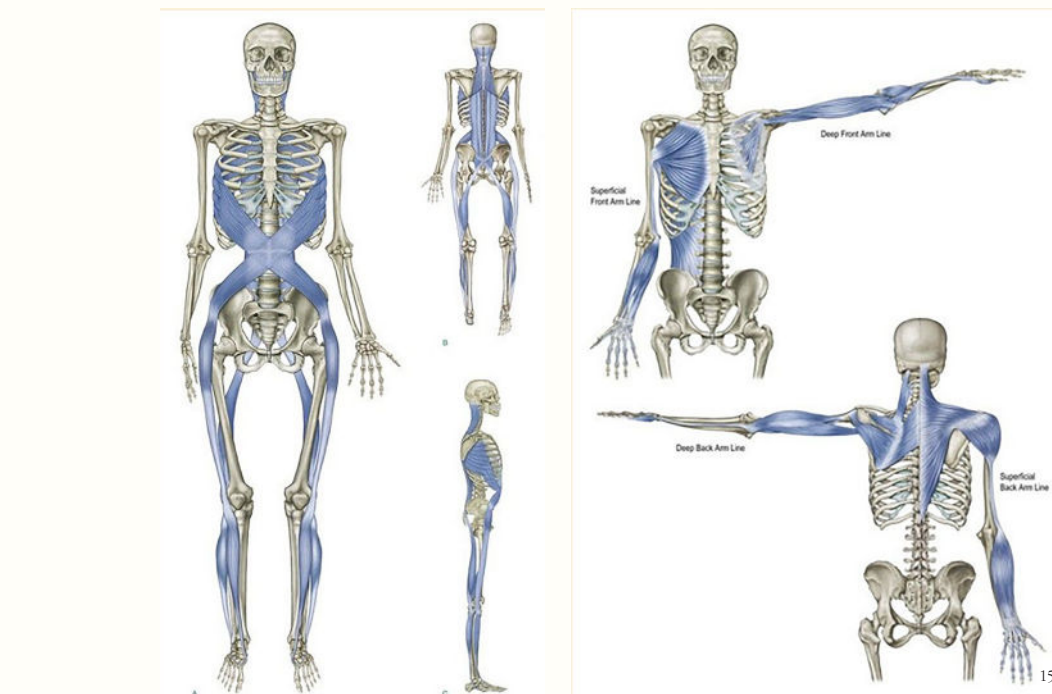
Anatomy

When you twist to the left you squeeze the spleen, when you twist to the right you squeeze the liver. As you rotate backwards, this is massaging the kidneys. As the left hand comes over the head and you rotate back, this opens the visceral fascia around the heart. At that point, you also do an inhalation, filling the lungs. In addition, an increased degree of suppleness and flexibility around the spine is gained, which is essential for maintaining optimum health.



Fascia

The Spiral Line is a major player in this Qigong exercise. The Spiral Line is activated through the twists in this movement. (pic of the Spiral Line). As we know from the chapter on fascia, the Spiral Line participates in creating and compensating for rotation, twists and lateral movements in the body. To be specific, the overall movement function of the Spiral Line is to create and mediate oblique spirals and rotations in the body, and, in eccentric and isometric contraction, to steady the trunk and leg to keep it from folding into rotational collapse.

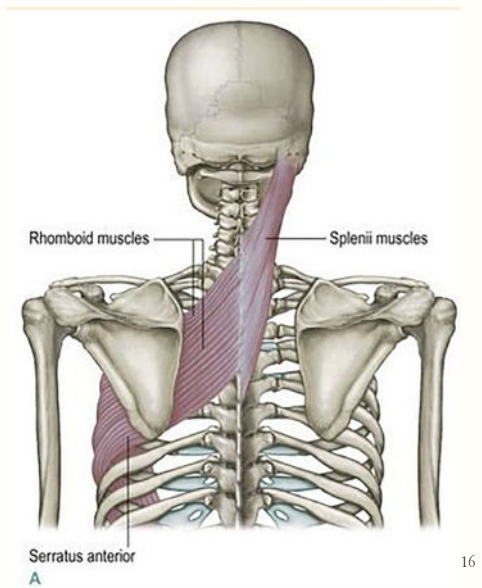


¹⁵ Reprinted from Anatomy Trains: Myofascial Meridians for Manual and Movement Therapists, 3E, Thomas Meyers, 2014, with permission from Elsevier



A lot of people suffer from neck issues that lie in the Spiral Line, which goes up the neck and into the skull and also by the scapula. This Qigong works on that line deeply as you rotate your body; you rotate your neck and at the same time you are opening up the fascia in your scapula, so you get a much deeper and better effect than just simply doing neck rotations.

The Superficial Front Arm Line and Back Arm Lines get a wringing out through the deep twists in the arms, so make sure you have the maximum rotation in the arms as well.



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Chinese Medicine

- Benefits all the meridians in the arms
- Benefits the 5 major Yin organs - Liver, Spleen, Lungs, Heart, Kidney
- Treats headaches- I use this Qigong to treat headaches, as often times there are blockages up into the neck that go into the head. By following your hands with your head and eyes, you will get a full head and neck rotation.

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