

Practicing Wu Ming Qigong

Here are guidelines for practicing these special *Wu Ming Qigong* energy movements.

- Practice the entire series of movements in the order listed at least once a day.
- **If you have cancer or are undergoing chemotherapy or radiation, practice twice daily.**
- *Wu Ming Qigong* can lessen the *side effects of these treatments* by helping your body expel toxins.
- Suggested to not practice for at least **half an hour** after eating a meal or engaging in sexual intercourse.
- Try to practice at the same time each day.
- **The best time but not required times to practice are 11:00 a.m. to 1:00 p.m. and 5:00-7:00 p.m. these are the best times for the day to build Qi(Energy)**
- All of the movements can be done anytime, anywhere.
- Take advantage of every moment to build up your energy foundation: waiting for the train, watching television, or even talking on the phone.
- **Adapt the exercises to your own ability.** If it is difficult to stand, do the movements seated. Movements that use both arms can be done with one arm if the other is immobilized. The important thing is to keep doing the movements. You will gain strength with practice!
- Skip any movement that you feel is impossible to do for now but do the rest.
- Do poses in order listed below for best benefit.

Preparing for Practice - Before you begin practicing, take three slow deep breaths. - In through your nose and out through your mouth.

Close your eyes and clear your mind. Let go of everything that is bothering you. As you build your energy foundation, breathe naturally. **These movements may look simple, but they are very powerful.** They require no special breathing techniques and no visualizations.

Wu Ming Qigong principle states: "No technique is the best technique."

Concentrate on each movement as you do it. **Do not focus on a particular organ or body part.**

If your mind wanders, imagine that you are drawing energy from the sun, the moon, and the stars. Imagine that this energy from the Universe is filling your body and destroying all illnesses. See your whole body becoming healthier.

Most importantly, take joy in the knowledge that you do have the ability to heal yourself. As you build energy or Qi, you will begin to notice that your feelings become more joyful and peaceful. **You are beginning to reconnect your body, mind and spirit through this ancient energy practice.**

After you learn how to perform each movement, slow each one down. **Remember Wu Ming Qigong is not an aerobic activity. It is not designed to build muscle (though you will gain physical strength with regular practice!).**

Reference information Courtesy of [Http://www.Breastcancer.com](http://www.Breastcancer.com) – Adapted from the book Traditional Chinese Medicine: A Woman's Guide to Healing from Breast Cancer, by Dr. Nan Lu, O.M.D., M.S., L.Ac., with Ellen Schaplowsky.

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Traditional Chinese Medicine: A Woman's Guide to Healing From Breast Cancer - DVD Code: DVDBC Price: \$20.00
100% of the cost of this video goes to fund TCM Breast Cancer Research

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Movements for Health

1. The Energy Warm-Up



Place hands in “prayer” position, fingertips up. Raise one foot slightly and drop in place making sure the foot is flat. Alternate feet. Smile!!!!

2. Qi Gong Breathing



Remember to do Deep Breathing - ALWAYS take 3 deep breathes

Find your ribcage so you know approximately the size of your lungs then using your hands push the air into your nose and blow it out through your mouth slowly –blowing your hands out approximately the same distance your lung size was. Use hands to remind you to use the full capacity of the whole lungs and not to blow out for too long. If you feel lightheaded or dizzy, you are either blowing out too fast or for too long. Practice this until you find your comfort level.

Remember to always take 3 deep breathes; 1st deep breath you take your brain thinks you are sighing, 2nd deep breath you take your brain thinks you are yawning, 3rd deep breath you take your brain pauses and reminds you to calm down.

The Dragon Touches the Moon



Raise your hands to your chest with your palms facing forward. Bend your knees slightly. Push your hands out directly in front of you. Go out as far as is comfortable without locking your arms. Keep your fingers pointing up. Slide your hands back to the previous position. Repeat for five minutes. Tips: This exercise should be done smoothly and slowly. Each in-and-out movement should take about two seconds. If you are unable to stand, you can do this movement while seated. **Do a minimum of 8 times - work on building up to five minutes.**

The Dragon Opens the Curtain



Raise your hands to your chest with your palms facing forward. With your fingertips pointed straight up to the ceiling. Bend your knees slightly. Slide your hands out to the side as far out as is comfortable without locking your arms--about shoulder distance. Make sure your hands don't turn outward - imagine they are on a flat surface, if you need to practice this by placing hands an inch away from the wall. Slide your hands back to their previous position. Tips: This exercise should be done smoothly and slowly. Each in-and-out movement should take about two seconds. If you are unable to stand, you can do this movement while seated. **Do a minimum of a count of 8 times –work on building up to five minutes.**

The Dragon Kicks Ball



Rest your hands on your lower back with your fingers pointing toward your spine. Use the **instep of the left foot to kick an imaginary ball**. Then switch to the other side. Tips: This exercise should be done smoothly and slowly; each kick should take about two seconds. If you have trouble keeping your balance, feel free to hold onto chair for support. **Do a minimum of 8 times on each side and build up to five minutes.**

The Dragon Kicks Backward



Rest your hands on your lower back with your fingers pointing toward your spine. Lift your left knee. Kick directly behind you, keeping your toes pulled back. Your toes should be a few inches from the floor when your leg is fully extended. Lift your knee back to its previous position. Then switch to the other side. Tips: This exercise should be done smoothly and slowly; each kick should take about two seconds. If you have trouble keeping your balance, feel free to hold onto a chair for support. **Do a minimal of 8 times on each side and building up to five minutes.**

The Dragon Scoops the Moon from the Ocean



Stand with your feet shoulder-width apart. Bend down at the knee and pretend you are scooping something up with your left hand.(sand from the ocean) Make a scooping motion in front of your left foot. Rise slowly while looking at your palm. Continue looking at your palm as you rise. When your hand is at chest level, turn your palm face down and look forward. Slowly lower your hand back to your side. Return to the original standing position. Repeat with the other side. **Do a minimal of 8 times on each side and building up to five minutes.**

The Dragon Stands between Heaven and Earth



This last Qigong movement is an ancient meditation posture. **Of all the *Wu Ming* Qigong movements, this is the most powerful. If you only have time to practice one movement, this is the one!**

Begin by standing with your feet shoulder-width apart and your knees slightly bent. Raise your arms to chest level, and make two fists. Point your thumbs toward each other about six inches in front of you. Relax your arms, but keep your hands at this height. Now relax your whole body. Take a few deep breaths. Close your eyes, and imagine you are a dragon standing between Heaven and Earth. **Perform this movement for a minimum of three (3) minutes and work on building up to 30 minutes** using a timer helps with this.

Hold this posture as long as you can. That's all there is to it. On one hand, it is easy, because there is no movement to learn. On the other hand, it is difficult to do "nothing," to let your mind be peaceful. Again you are working to restore that essential body-mind-spirit connection for total health.

Building Energy Takes Practice- When you first begin practicing, you may find it difficult to hold this posture, even for only a few minutes. In general, you should stand in this position for at least three minutes, longer is better. You only begin building energy after the posture becomes difficult to hold, so push through any initial discomfort. The longer you maintain this posture, the more Qi or energy you are building. Really challenge yourself.