

Chi Kung Qi Gong Energy Work

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A practical guide to using energy to facilitate physical health.

Chi Kung Means Energy Work in Chinese

Q. What is energy work?

A. Energy Work is utilizing the ability to cultivate, refine, transform and guide energy in a specific manner for the purpose of better health OR staying healthy .

When we refer to Chi Kung on this website, we are referring to Healing Chi Kung. We call it Healing Chi Kung because one of the things a person can do with energy is use it to produce and maintain physical and mental health.

Q. Who practices/uses Chi Kung?

A. Any person capable of learning may practice Chi Kung. There are no age, gender, racial, religious or special educational prerequisites for learning Chi Kung. You can do it with a friend!

Men, women and children alike practice Moving Chi Kung (Martial arts), Standing Chi Kung (postures) and Sitting Chi Kung (meditation).

Q. Why would I start practicing Healing Chi Kung?

A. For some, Healing Chi Kung brings about and/or maintains physical wellness as well as an emotional feeling of peace and well being. For others, there may be a specific physical problem that needs attention.

Q. How long has Chi Kung been around?

A. The Taoist monks and sages taught these formulas to the Emperors over 5000 years ago!

Each culture has had it's mystics and healers. There are those who believe that as long as humans have been in existence, there have been people who are capable of conducting energy (Chi) for the purpose of healing, and that's HEALING CHI KUNG.

Every one is different, so the Chi Kung experience is never the same from person to person. The fact remains, we have choices when it comes to our body and mind. Healing Chi Kung is one way to open us to the undiluted potential of what it is to be human.

Different Forms Of Healing Chi Kung*

There are three basic forms of Healing Chi Kung:

Sitting,

Standing

&

Moving

Sitting Chi Kung is frequently referred to as "meditation". The truth is, all three forms of Chi Kung are meditation. There are many ways to meditate

beyond the classic form we've seen East Indian Yogi's do on television. For example, making art can be a meditation. Gardening could be a meditation.

Praying is meditation.

Sitting Chi Kung is simply sitting and thinking in an orderly fashion. We will refer to this orderly fashion as a "formula". Formulas were developed on the pretense that if one practices the same thing over and over, a specific outcome may be achieved.

For example, thinking about being in love often brings about good health as well as feelings of euphoria. On the same note, worrying may bring on poor digestion and feelings of dread for the future.

A number of elements must be in place before one is capable of performing advanced Chi Kung techniques. The ability to hold a focus for extended periods is just one of those elements.

Sitting meditation trains the mind.

Standing Chi Kung is also referred to as "postures". Many people begin training the physical body with a series of postures which are held for as long as the practitioner deems necessary (anywhere from 3 to 30 minutes) before seeking martial arts training.

Each posture facilitates a different end.

Some postures are used to align a person's physical structure. Some are used to root a person to the earth. Some postures are designed to stretch or strengthen the muscles and tendons. Some postures allow for maximum energy flow through the body.

Standing Chi Kung roots the physical body and begins to develop "structure".

Moving Chi Kung is any form of energy work in which the physical body moves in a specified fashion while moving energy. Moving Chi Kung is a tool to train an individual to move Chi through the body to facilitate strength, flexibility and internal energy.

Many think that the martial arts are automatically Chi Kung. Martial arts become Moving Chi Kung when the practitioner moves Chi as well as the body. Some people only move their body and never actually make the energetic connection. Moving the body without moving the Chi is simply exercise.

Moving Chi Kung combines the disciplines of sitting and standing Chi Kung and adds physical movement to facilitate use and control of energy.

Chi Kung and Organs Energy

We have determined that Healing Chi Kung is the art of conducting energy to facilitate health. We have determined that there are many ways to conduct this energy.

We have NOT determined where usable sources of energy exist.

It is important to understand that energy has many sources. Each source of energy emits a certain quality of energy. The quality of our internal energy is important to our health. Just because a person has energy in their body does not make it good. The emotions of worry and anxiety produce energy. This energy has potential for causing tight muscles, headaches, stomach problems and insomnia. The energy is strong and undeniably present, but it is destructive and therefore undesirable.

So, it is important to cultivate a balanced internal environment to sustain balance in our daily lives. Chi Kung practitioners believe that we were all born with positive energy (Virtues) and negative energy. These energies are found in the internal organs.

Each organ contains specific qualities and may be “cultivated” to achieve balance both physically and energetically. When we are abundant with virtues, our lives tend to flow smooth. When we neglect to cultivate our virtues, we have a tendency to exude the emotional energies that are prevalent within us. Medical science acknowledges that the presence of negative emotions can wear down the body’s immune system and bring about psychosomatic disorders.

Most facts gathered from Master Mantak Chia’s book *Awaken Healing Light of the Tao

Step one
Simple Inner Smile and 6 Healing Sounds

The following is a simple chart to illustrate the root of the Taoist system of Internal Organs Chi Kung. It includes corresponding emotions, emotional attributes, colors and healing sounds. It has been printed in color to correlate the “Healing Color” one may associate with each organ during meditation.

Heart
Positive Attribute: Love
Negative Attribute: Hatred, Hastiness & Impatience
Sound: Hawww
Color: Red

Lungs
Positive Attribute: Courage and righteousness
Negative Attribute: Sadness & depression
Sound: Sssss
Color: White

Liver

Positive Attribute: Kindness

Negative Attribute: Anger

Sound: Shhhhh

Color: Green

Kidneys

Positive Attribute: Gentleness

Negative Attribute: Fear

Sound: Chooo

Color: Blue

Spleen & Pancreas

Positive Attribute: Fairness & Openness

Negative Attribute: Worry & Anxiety

Sound: Whooo

Color: Golden

TRIPLE WARMER

Combine the three energy centers

Blend **fire** from the **heart** with **coolness** from the reproductive organ region (your **groin**), then, while you inhale, bring the cool mist up to the **head** to cool the brain. Let this mist rise above the head a few inches to allow the Universe to purify it.

Let the cool, purified mist drop down through the entire body and **FLUSH** any excess heat or toxins out through the hands and feet.

Strive to attain a balanced energy throughout the body.

Sound: Heeee

Emotion: Balance

To properly use this meditation, one MUST SMILE. A smile is the magic ingredient needed to send a message of health to the organ. A genuine smile starts in the eyes and then spreads to the lips. Let's see some teeth!

1. Smile to the organ.
2. While smiling to the organ, imagine the corresponding color in the form of a colorful mist in front of your face.
3. Inhale this mist directly to the organ.
4. Fill the organ with the Healing Color AND the Positive Attribute (emotion). Keep smiling!
5. Exhale and imagine a gray,cloudy mist filled with the Negative Attribute (emotion) exiting your mouth.
6. Let the negative color/emotion fall into the earth where it may be transformed.

Repeat this process for each organ three times (Triple warmer three times as well)

Step two
The Wu Chi

When you are finished, let the positive attributes of each organ come together in the form of a bright white pearl right behind your belly button. We will call this spot your Tan Tien (your center).

Let this beautiful pearl sit in the Tan Tien and just know it is there. It will get brighter as you do more practice. We will use it at a later time.

For now, just take a couple of minutes and rest after you do your “practice”. Go to the place of NOTHINGNESS. We call this place of nothingness the Wu Chi. The Wu Chi is the place of undiluted potential. Go to the Wu Chi and let the “practice” do what it needs to do in your body.

Rest.

Balance

Even too much joy is still too much.

When studying Chinese medicine, it is important to understand the concept of balance. Positive and negative, dark and light, male and female.

When practicing Chi Kung, one strives to attain balance in the physical, mental and energetic bodies.

As parents, guardians and friends of children, we must remember that no person is ALL good or ALL bad. The best we can hope for is a *well balanced* child who is in touch with their ability feel sadness as well as their ability to feel courage. We WANT our babies to express their joy *and* their anger. **Just think of all the money we would save in therapy if we were not raised to repress our feelings.**

We have a chance to give our young friends a real gift. Balance.
Learn balance and watch how it spreads.