

Radiant Body Qi Gong

This is a fairly simple Qi Gong set that can powerfully open, align and strengthen your physical and energetic bodies over time. The intention of these exercises is to strengthen and clear the three dan tiens (belly, heart and head), open your energy to the six directions (down, up, front, back, left and right), to stimulate and grow your ability to stand in the center of your physical, energetic, emotional, mental, and spiritual being, and to deepen your ability to co-create your reality with greater levels of inner authority, awareness and energetic skill. The exercises in this set are drawn from several different Qi Gong systems and many of them can be practiced individually. If at any time while practicing this set you feel dizzy, nauseous, disoriented or have awakened more energy than you feel you can safely handle, simply stop the exercise that you are doing, return to the basic standing posture or sit down. On the other hand, if you feel nothing, stay with one exercise for a longer period of time until you feel some energetic movement. The effects of these exercises are cumulative so it is best to build your stamina slowly by daily practice rather than overload your system with a long practice period and then not practice at all for a time. Traditionally the best times to practice are in the morning before eating breakfast and in the evening either before you eat dinner or after you have digested your meal. However, whenever your schedule allows for practice is good.

1. Shaking to Ward Off Illness. Stand with your feet parallel and shoulder width. (This is usually narrower than you think.) Make sure that your feet are parallel. Because we often have a habit of splaying our feet outward this can feel pigeon toed. Begin to gently shake your body from the feet up. Let all your joints gently shake loose. Let your jaw hang and release your breath all the way down to the bottom of your lungs. Shake loose any old, stagnant, used up chi. Feel this stagnant chi dissolving into the ground or landing in a heap at your feet. Experiment with sighing or humming as you shake and direct your sound into areas in your body that are tense, numb or devitalized. Direct the sound into your belly and wake up your Dan Tien. Direct the sound below your feet and wake up your root. Experiment with allowing the shake to become more vigorous (unless you are recovering from an injury) and then allow the shake to become more subtle. As with all these exercises do not over exert yourself. There is a Taoist saying, "pain equals no gain". Finish this first exercise by simply standing and listening to your body. You will probably feel a hum or a tingling sensation. Notice where you have a lot of sensation and where you have little.

2. Wu Chi Standing. This is a very basic practice which is common to many Qi Gong schools and is both simple and extremely profound. It can increase the flow of energy in all of your meridians and is extremely useful when you are healing from an injury or working to correct a postural misalignment. Begin with 3-5 minutes and gradually work up to 10 or 15. Over the years I have grown more and more appreciative of this basic exercise and will sometimes spend a whole practice period simply standing. Some practitioners call this Qi Gong a kind of 'standing Zen'. Some key points to this practice are 1. Feet are shoulder width and parallel. (You shouldn't have to move them from the previous exercise. In fact the feet will stay the same throughout this set.) 2. The knees are slightly bent and directly over the toes, neither out to the side nor collapsed in to the center. 3. The weight is over the arches of the foot and evenly distributed, neither forward nor back. 4. Sink the tail bone and flatten your lower back. You might imagine an energetic

line pulling your tailbone down towards your heels. 5. Hands are relaxed at your side with the sides of your thumbs touching your thighs. 6. Sink the energy in the chest down towards the belly. Relax (without collapsing) the diaphragm. 7. Breathe diaphragmatically into your belly. As your breathing relaxes, allow your breath to expand your belly to the front, back to the kidneys, to both sides and down to the pelvic floor. 8. Relax your shoulders and feel the space between your shoulder blades opening up and spreading. 9. Allow the space between your hips and the bottom of your rib cage to increase. Feel your lungs hanging free and relaxed inside your chest. 10. Hold your head as if a helium balloon is attached to your crown. Feel the spaces between all the vertebrae of your spine lengthening. 11. With your mind slowly begin to dissolve feelings of tension, stress, holding, and even feelings of strength that you notice in your body. Begin at the top of your head and slowly begin to work down your body continuing six inches to a foot below your feet. As you dissolve feel your body filled with a light, helium like radiant energy. Open deeper and deeper into the sensations. This is not a visualization process, it is an energetic dissolving that you should actually feel. Allow the tension, stress etc. to evaporate off your body and dissolve into space. A traditional metaphor for this process is to imagine/feel ice turning to water and water turning into gas and then dissolving out into space.

3. Exchange energy with the earth by breathing through five gates. In Qi gong theory, there are several areas in the body that act as gates or membranes through which we may exchange energy with our environment. In this exercise you will work with five of the major energy gates, the palms of the hands, the soles of the feet, and the perineum (the point at the floor of the pelvis between the anus and the genitals). The body posture is the same as in Wu Chi standing, except that you hold your hands at the sides of your body with your palms facing downwards. Imagine/feel that you are breathing through these five points and releasing old, tired or stagnant chi on your exhale and breathing fresh, clear vital chi into your body on your inhale.

4. Pulsing and gathering earth chi. Slowly extend your palms in front of your body about 30 degrees and then bring your palms back in to your sides. Extend as you exhale and send your chi out to the horizon. Bring the energy back into your body on the inhale. Do this 3 to 9x.

5. Open the navel and kidney points. (Lower Dan Tien and Ming Men) Bring the hands in front of the body and point the index fingers toward the navel. Imagine/feel a beam of light opening the energy in your navel from your finger tips. Slowly bring your hands around to the back. Feel a belt of chi opening around your belly as you do this. Point your index finger towards the point right in the center of your kidneys on the spine (directly back from the navel) and open the energy here. Repeat this sequence 3x.

6. Pulse a chi ball at the navel (Dan Tien) with full body breathing. Have your palms facing each other in front of your navel. Feel the magnetism between your hands. Feel this energy building until you have a ball of chi. Slowly begin to pulse this ball of chi, expanding and then coalescing it into a point. Allow the chi ball to get bigger and bigger until it is radiating far out into space and coalescing back into a brilliant point at your navel. Allow your spine to bend and flex as you do this, opening and massaging the spaces in between each vertebrae. Involve your arms and legs in the pulsation as well so that your whole body becomes a pulsing ball of chi. Move the center of the chi ball into your belly. This exercise will fill and revitalize the energy in your entire body.

7. Bury the chi ball below your feet and pulse with full body breathing. (Plug into the magnetic field of the earth.) Shift the center of the chi ball to below your feet. Extend your energy as far below your feet as is comfortable on your exhale as you

bend your knees. Pulse this energy back up into your body on your inhale as you rise. Imagine/feel a fountain of luminous earth energy rising up into your body and filling you.

8. Bring the chi ball back to your navel and repeat # 6 3x.

9. Open the heart center ,(middle Dan Tien) by pulsing the chi ball with full body breathing. Move the Chi ball to the center of your chest and pulse. Clear your heart center and chest of any blocked or stagnant energy. Connect with your heart's longing. In some systems this area is called the Seat of the Soul.

10. Open the mind and brain (upper Dan Tien) with full body breathing. Shift the chi ball to the center of the head and pulse. Clear the mind and brain.

11. Brush down the front of the body to even out the flow. With your fingers 6 inches away from your body, brush down the front evening out the energetic flow, particularly any excess energy in the head.

12. Pulsing and gathering the energy of the earth . Bend your knees as you exhale and project your chi deep into the earth. Straighten your knees as you inhale and pull the energy of earth up into your body. Repeat this 3-9X.

13. Turn water wheel to open up microcosmic orbit. With your hands in front of your body about a foot apart, palms facing each other, slowly lift them up along the midline and then, as if you are turning a large water wheel, bring your hands down in front of you. Imagine/feel the energy in the microcosmic orbit opening up.(If you know it and have a feeling for it - if not, simply feel whatever energy you can moving up the spine and down the front of your body.) Do this 3-9X in both directions. Allow your weight to shift from your heels to the balls of your feet as you do this motion. Sink into your legs as you come into your heels and rise slightly as your weight comes forward. Feel your joints opening and closing.

14. Lift arms to shoulder level and pulse out to the universe and back to the body. This movement is very similar to a movement in the Tai Chi form called 'Raising the power'. Use this movement open the front of your body. Roll your shoulders subtly, like a cat to open the movement of the sinovial fluid deep in the shoulder joint while you do this movement.

15. Open arms to the sides and pulse to left and right. Keep your movements fluid and your shoulders relaxed. Feel the movement reaching from deep inside your shoulder blades out to your finger tips. Extend your energy out to the universe on the exhale and in to the body on the inhale.

16. Turn palms back and pulse the energy behind you. Feel how this movement continues to open up the chest and rib cage.

17. Turn palms upward to gather the chi of heaven. Imagine you are holding a large bowl up towards the sky. Call down into this bowl the magnetism of the heavens. In some traditions this is seen as a violet light. If visualization works for well for you, connect with the energy of our sun and then out to the stars, particularly the north star. Fill your 'bowl' with the violet light from the heavens.

18. Coalesce the chi of heaven into a brilliant star above your head. Slowly bring your hands together over your head, until your fingers are touching. Imagine/feel your fingertips pointing towards your star. Some people who see the auric field very

clearly can actually see this star and believe that each person's individual star is a physical manifestation of their particular spiritual destiny.

19. Draw the energy of the star down into the brain through the top of the crown (Ba Hui point). Slowly bring your hands down towards the top of your head. Point your index fingers toward the crown point and imagine/feel a funnel opening up and the chi of heaven pouring into your brain and then down into your body.

20. Washing and nourishing the brain chi. Bring your hands to the occiput and press lightly. Trace a line around the ears to the mid brow or third eye point. Trace back up to the crown. Repeat this 3X.

21. Repeat steps 15-18 3X.

22. Washing down the front of the body to the feet to even out the flow. Slowly bring your hands down 6-9 inches in front of the body. Imagine luminous chi-fingers clearing and washing inside your body as you go down. End with your hands on your feet bending your knees as much as you need to feel comfortable.

23. Pulsing and gathering the energy of the earth . Bend your knees as you exhale and project your chi deep into the earth. Straighten your knees as you inhale and pull the energy of earth up into your body. Repeat this 3-9X.

24. Roll up and align the vertebrae. If you have any lower back issues protect your lumbar region by rising from more of a squatting position. When you get to standing take a moment to allow the blood to drain from your head and to come back into alignment.

25. Bring Hands to the heart in prayer position. Smile down into the heart. Connect with a feeling of joyful wellbeing and compassion.

26. Connect the heart, crown and personal star. Slowly raise the hands above the head feeling the energetic connection and alignment of these three points.

27. Create a luminous, radiant egg around the body as your hands go down to the sides. _

28. Repeat steps 23 -25 3-9X

29. Reverse the motion of the hands and lift the energy of earth.

30. Gather and store the energy in the navel. Gather in the energy in front of your body to the navel. Men end with the right hand over the left, women the reverse.

31. Smile into the navel. Feel a glow of radiant health in body, mind and spirit.

32. Self massage . End the set by rubbing your palms together and massaging your face and then down through your entire body.

Review

1. Shaking to ward off illness
2. Wu Chi Standing
3. Exchange energy with the earth by breathing through five gates
4. Pulsing and gathering earth chi (palms raise thirty degrees and then come back to the sides).
5. Open the navel and kidney points and belt channel
6. Pulse a chi ball at the navel (lower Dan Tien) with full body breathing.
7. Bury the chi ball below your feet and pulse with full body breathing. (Plug into the magnetic field of the earth.)
8. Bring the chi ball back to your navel and repeat # 6 3x.
9. Open the heart center by pulsing the chi ball with full body breathing.
10. Open the mind and brain (upper Dan Tien) with full body breathing
11. Brush down the front of the body to even out the flow.
12. Pulse the earth energy with hands on feet
13. Turn water wheel to open up microcosmic orbit.
14. Lift arms to shoulder level and pulse out to the universe and back to the body.
15. Open arms to the sides and pulse to left and right.
16. Turn palms back and pulse the energy behind you.
17. Turn palms upward to gather the chi of heaven.
18. Coalesce the chi of heaven into a brilliant star above your head.
19. Draw the energy of the star down into the brain through the top of the crown (Ba Hui point).
20. Washing and nourishing the brain chi.
21. Repeat steps 15-18 3X.
22. Washing down the front of the body to the feet to even out the flow
23. Pulsing and gathering the energy of the earth
24. Roll up and align the vertebrate.
25. Bring Hands to the heart in prayer position.
26. Connect the heart, crown and personal star.
27. Create a luminous, radiant egg around the body as your hands go down to the sides
28. Repeat steps 23 -25 3-9X
29. Reverse the motion of the hands and lift the energy of earth.
30. Gather and store the energy in the navel.
31. Smile into the navel.
32. Self massage

Shortened Version Review

(Use this version when you don't have time or want to practice each exercise

for a longer period)

1. Shaking to ward off illness
2. Wu Chi Standing
3. Pulse a chi ball at the navel (lower Dan Tien) with full body breathing.
4. Bury the chi ball below your feet and pulse with full body breathing. (Plug into the magnetic field of the earth.)
5. Bring the chi ball back to your navel and repeat # 6 3x.
6. Open the heart center by pulsing the chi ball with full body breathing.
7. Open the mind and brain (upper Dan Tien) with full body breathing
8. Turn palms upward to gather the chi of heaven.
9. Coalesce the chi of heaven into a brilliant star above your head.
10. Draw the energy of the star down into the brain through the top of the crown (Ba Hui point).
11. Washing and nourishing the brain chi.
12. Washing down the front of the body to the feet to even out the flow
13. Pulsing and gathering the energy of the earth with hands on feet
14. Roll up and align the vertebrae.
15. Bring Hands to the heart in prayer position.
16. Connect the heart, crown and personal star.
17. Create a luminous, radiant egg around the body as your hands go down to the sides
18. Reverse the motion of the hands and lift the energy of earth.
19. Gather and store the energy in the navel.
20. Smile into the navel.
21. Self massage

Some Inspirational Thoughts

“Modern man must rediscover a deeper source of his own spiritual life. To do this he must struggle with evil, to confront his shadow, to integrate the devil. There is no other choice.”

Carl Jung

I stood upon a high place

And saw, below, many devils
Running, leaping,
And carousing in sin.
One looked up, grinning
And said: "Comrade! Brother!"
Stephen Crane

In order to develop love - universal love, cosmic love, whatever you would like to call it, one must accept the whole situation of life as it is, both the light and the dark, the good and the bad. One must open oneself to life, communicate with it.

Chogyam Trungpa

"It does not matter how long you have forgotten, Only how soon you remember."

Gautama Buddha

"What is REAL?" asked the Rabbit one day, when they were lying side by side..."Does it mean having things that buzz inside you and a stick out handle?"

"Real isn't how you are made," said the Skin Horse. "It's a thing that happens to you. When a child loves you for a long, long time, not just to play with, but REALLY loves you, then you become REAL."

"Does it hurt?" asked the Rabbit.

"Sometimes," said the Skin Horse, for he was always truthful. "When you are Real you don't mind being hurt. "

"Does it happen all at once, like being wound up," he asked, "or bit by bit?"

"It doesn't happen all at once" said the Skin Horse. "You become. It takes a long time. That's why it doesn't often happen to people who break easily, or have sharp edges, or have to be carefully kept. Generally by the time you are Real, most of your hair has been loved off, and your eyes drop out and you get loose in the joints and very shabby. But these things don't matter at all, because once you are Real you can't be ugly., except to people who don't understand."

Margery Williams (from *The Velveteen Rabbit*)

When its over, I want to say: All my life I was a bride to amazement. I was the bridegroom, taking the world into my arms. I don't want to find myself sighing or frightened or full of argument.

Mary Oliver

Love is the extremely difficult realization that something other than oneself is real. Love and so art and morals, is the discovery of reality.

Iris Murdoch

A billion stars go spinning through the night,
blazing high above your head.
But in you, is the presence that
will be, when all the stars are dead.

Rainer Maria Rilke (from the poem *Buddha in Glory*)

He told me once that he had met a distinguished man, a Quaker, who could not imagine that he had ever done anything wrong in his life. "And do you know what happened to his children?" Jung asked. "The son became a thief, and the daughter a prostitute". Because the father could not take on his shadow, his share in the imperfection of human nature, his children were compelled to live out the dark side which he had ignored.

Contents

1. Schedule

2. Glossary of SCT Terms by Yvonne Agazarian , reprinted from the SCT Journal, Vol. 2, issue #1 1997

3. The four basic Constructs of a Living Human System in a Nutshell, by Yvonne Agazarian, Handout

4. The Five Modules of Defense Modification by Yvonne Agazarian, Handout

5. Resistance to Change in the Phases of Development of SCT Groups, by Yvonne Agazarian, Handout

6. Explanation vs. Exploration, the Boundaries in Space and Time, by Yvonne Agazarian, Handout

7. 3 Questions for Anxiety etc. by Yvonne Agazarian, Handout

8. Radiant Body Qi Gong, by Michael Robbins

9. Six Healing Sounds, by Mantak Chia

Schedule

A weekend retreat offers us the opportunity to work deeply together in a way that is impossible given the smaller container of an evening meeting. So these times are approximate and I will be tuning into the rhythm of the group (as I hope you will be too!) and responding to that as we work. My sincere hope is that the weekend helps each member, the subgroups and the group as a whole to evolve and transform to a greater level of complexity, self understanding, and inner truth. May you soar high, dive deep, and find each other! Enjoy!

Friday

7:30 - 9:45 Experiential group

9:45 - 10:15 Developing the observing ego of the group, Surprises & Learnings and Force Field Analysis

Saturday

7:30 - 8:30 Radiant Body Qi Gong & Meditation

8:30 - 9:30 Breakfast

9:30 - 10:00 Review and Going Deeper with SCT theory

10:00 - 1:00 Experiential Group (with Breaks)

1:00 - 1:30 Art Project

1:30 -2:30 Lunch

2:30 - 4:00 Explore, Nap, Swim, or continue work on Art Project

4:00 - 6:00 Experiential Group

6:00 - 6:30 Continuing to Develop the Observing Self: Surprises and Learnings and Force Field Analysis

6:30 - 7 :30 Dinner

7:30 - 9:30 Six Healing Sounds or Experiential Group, or both or Something Totally Unexpected

Sunday

7:30 - 8:30 Radiant Body Qi Gong and Meditation

8:30 - 9:30 Breakfast

9:30 - 12:00 Experiential Group

12:00 - 12:30 Group as a Whole Art Project

12:30 - 1:30 Lunch

1:30 - 2:00 Process Art Project

2:00 - 3:00 Last Experiential Group, Unfinished Business and Surprises and Learnings from the Whole Weekend

Happy trails!

Group Retreat

in Sharon, Mass.

May 14 - 16, 1999

Facilitated by Michael Robbins

Opening to the 6 Directions (Another version)

Possible warm-ups

- 1. Shaking and sighing**
- 2. Spinal cord breathing**
- 3. "True Breath" (skin breathing)**
- 4. Inner Smile**

The Set

- 1. Standing Meditation - Dissolving Practice - Return your physical body into an energetic state. (2-10 minutes or more)**
- 2. Palms face the earth, exchange energy with the earth through "5 gates", palms, feet and perineum.**
- 3. Palms face the navel - Light the navel fire (Lower Dan Tien)**
- 4. Palms face the Kidneys - Open the Kidneys with 'chi fingers'**
- 5. Finger tips point towards the arm pits - Open the Lungs and the Heart**
- 6. Bring hands into prayer position in front of the Heart - connect with universal chi field with your intention, can also do 'True Breath'**
- 7. Grow the compassionate energy of the Heart - pulse**
- 8. Extend the Heart's energy forward by bringing the hands in front of the body with palms facing forward. Open the gates of the heart - pulse**

9. Turn 'chi fingers' toward the third eye. Open the third eye.
10. Push 'chi ball out to the horizon and then pull it back into the body. Old, stagnant chi leaves the body, fresh, vital chi returns.
11. Open your chi field to both sides by extending your arms to both sides. Push and pull two chi balls to left and right.
12. Turn palms backwards and open your chi field to the back.
13. Turn chi fingers toward the back of the heart and open the back of the heart.
14. Hands return to left and right side of the body, palms up, visualize large bowl and gather in the Green chi of the forest and the plants.
15. Gather forest Green chi into a ball at the top of your head.
16. Pull the healing Green vibration of the plants into the top of your crown. Feel it washing through your brain and down through your body.
17. Open the arms again, visualize your crown opening. Attune to the healing Blue vibration of water. Fill the bowl with Blue.
18. Pull the Blue light into a sphere and then down into your crown. Feel it washing through your body.
19. Open again. Visualize Lavender/Purple light pouring into your bowl from the stars. Visualize the Big Dipper filled with Lavender/Purple light tipping and pouring into your bowl. Coalesce this chi into a star above your head. Ask to be aligned with your spiritual purpose. Connect your personal star to the North star.
20. Pull the light from your personal star down into your crown. Feel its energy washing down your body.
21. Point chi fingers toward your third eye. Awaken your wisdom mind. Feel chi fingers reaching through the brain all the way back to the occiput.
22. Point chi fingers toward the throat. Feel the energy reaching to the back of the throat. (Relax, allow, no effort)
23. Hold radiant chi ball in front of the Heart. Grow the compassionate energy of the heart. Feel the radiance reaching to the back.
24. Hold a small sun at the level of the solar plexus. Visualize the rays from this sun radiating throughout your physical body and aura. Particularly to the adrenals and kidneys.
25. Point chi fingers towards the navel, feel them reaching all the way back to the Ming Men point. (between kidneys)
26. Point chi fingers toward the ovarian or sperm palace at the top of the pubic bone. Feel the energy reaching your sacrum.
27. Touch the top of your femur and feel your bone marrow as vital and alive.
28. Brush down the backs of your legs. Bring palms to heels

and then around to the toes. Pulse up and down in your legs. Feel your chi reaching out your feet through the planet into space.

29. Roll up slowly, brushing up the insides of your legs.

30. Optional: Wash open the central channel beginning from either the testicles or the ovaries. May be more effective after you have done the Fusion Meditation. Widen stance to shoulder width.

31. Open your luminous egg by moving hands up the center of the body and to either side. Smooth out the energy.

32. Reverse the direction of your hand movements.

33. Stand and abide in the Radiance.

34. Gather the energy back into the navel and store it. / Or

35. Sit and do the Microcosmic Orbit Meditation or Wu Chi Meditation (Emptiness practice - like Zen sitting)

36. End your practice with self massage.