

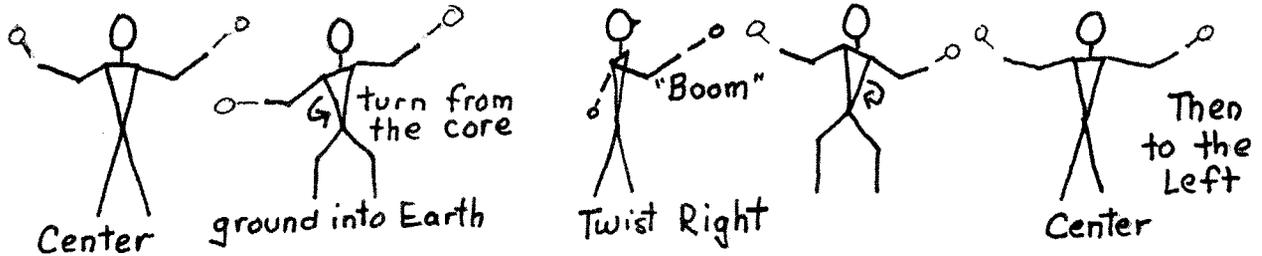
7 Precious Gestures

4 Precious Warm ups and 3 Very Precious Gestures

4 Precious Warm ups

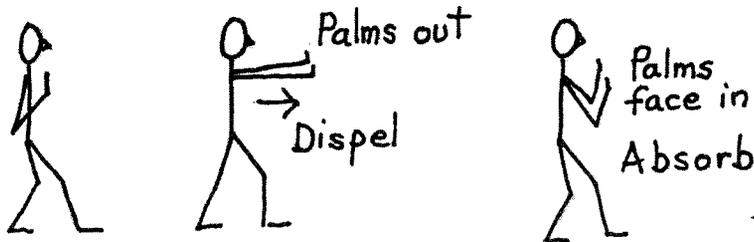
1. Ringing the Gong: In India when entering a Hindu Temple there is a bell to ring as you pass through the gate. The sounds declares "I am here" to God, it also wakes the person up to the soul level, preparing for connection in prayer... I think Qi Gong is almost like going into a prayer state.

[We are realizing that there is something more – we are **Ringing the Temple Gong** – announcing that we are here, and are going to move forward on our journey.]



2. Dispel and Absorb: like "Rivers flowing" from the 9 phases but just moving out and in not down the leg. Also palms turn out as you dispel what you are ready to let go of, palms turn in to absorb what you need, nourishment, the richness of nature

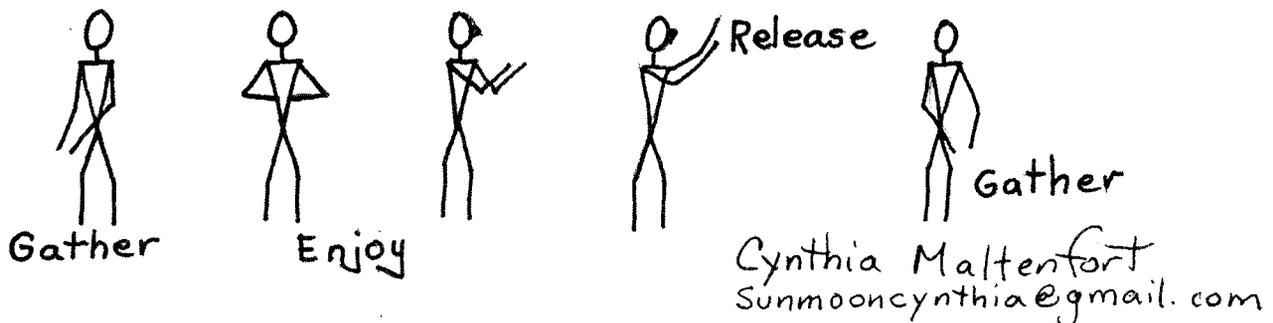
[**Dispel and Absorb** – the dispel (palms out) – remove 'ghosts' from your closet, cast out phantoms that haunt you, let old baggage know that it is safe to move on. The absorb (palms face you) – bring back nourishment, the richness of nature, etc.]



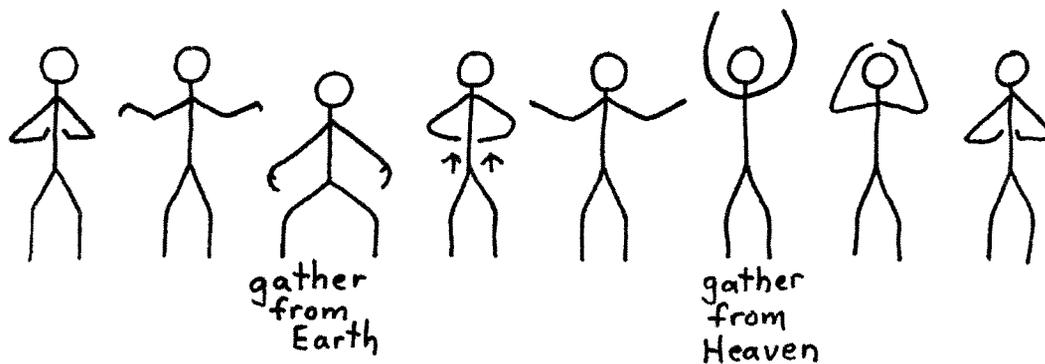
3. Gather and Release: like gathering butterflies, gently lifting them and setting them on their way

stand with arms to one side reach down by knee and gather Qi, twisting gently lift up like a plater holding something precious, move diagonal across the body and up releasing up, like letting butterflies go. Then drop arms down vertically by knee (or thigh), gather from this side, lift and move diagonally across and up twisting and releasing on the other side... continue gather from this side, move across and up release etc...

[take in / gather something precious – enjoy it for a bit, and then share it]



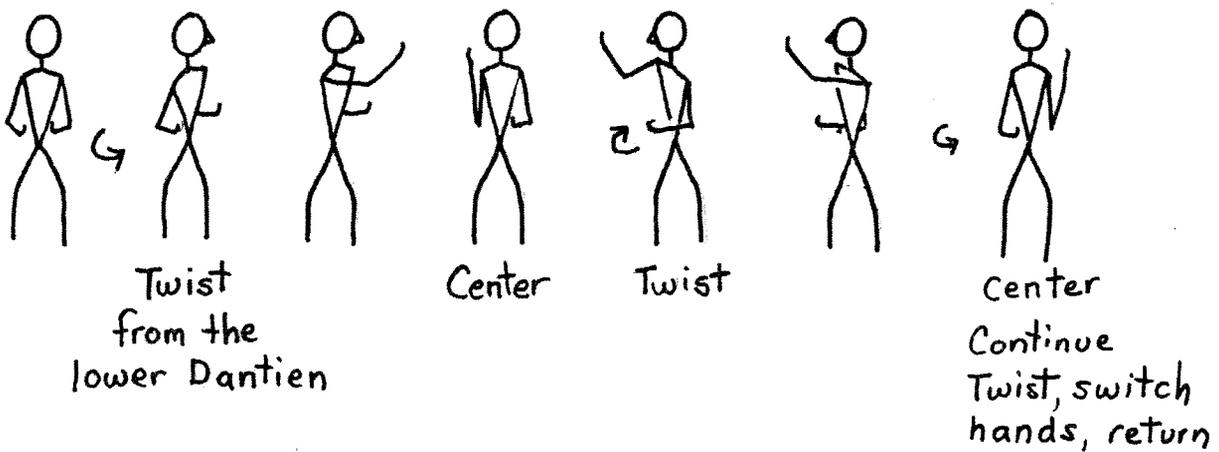
4. Gather Qi from Heaven & Earth: (same # 2 from 9 Phases)



5. 1st of the Very Precious Gestures

Calm at the Center: stand grounded with elbows bent by sides, hands in gentle fists, palms facing up, twist to one side – for example twist Left, right arm extends diagonally to L, palm opens as if you were looking into a mirror, have it a little lower than the eyes so tension doesn't build in shoulders (shoulders down, elbows relaxed), keep looking into your palm (the center is called Lao Gong point – Place of Merit: Qi from the heart moves through the arms into the palm)

- focusing on the palm, as the body turns, and keeping the one precious/important thing. Noticing all the busyness around you – don't get caught up in it – keep what is important, and let the rest take care of itself. Discernment.



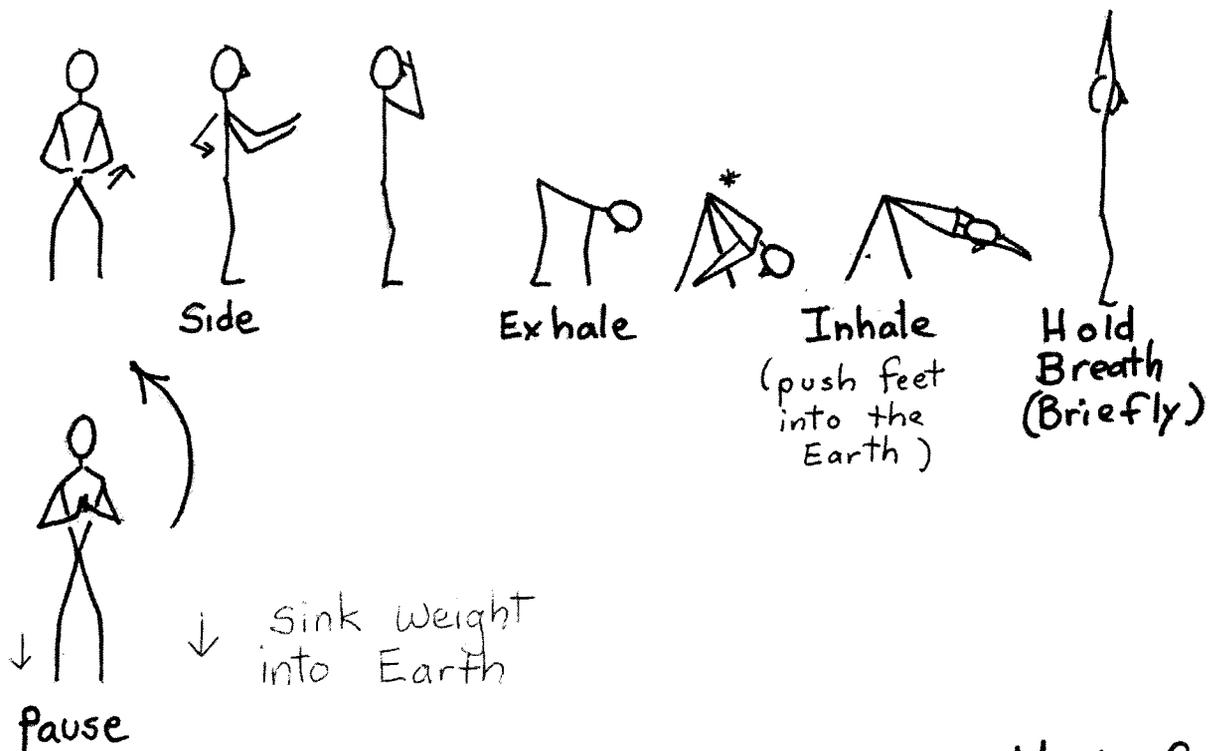
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6. 2nd of the Very Precious Gestures

Waiting at the Temple Gate: Prayer movement holding breath at end.

Stand with elbows bent, palms face up (like you are ready to receive), move elbows out to sides and hands behind you gathering Qi from the back side, scoop energy from the back bring forward in and offering manor (offering yourself), extending out in front (elbows bent by sides), move hands up and bring together in prayer touching the forehead with thumbs, bow forward (hands begin at forehead, letting gravity gently take over when you are in a forward fold so that the arms extend down towards the earth,) swing straight arms (palms together) between and through legs and then back up in front to earline, inhaling continue moving body up to standing with hands extended up (shoulders down, arms relaxed by ears - avoid tensing neck and shoulders - keep space between neck and ears). HOLD breath, arms extended... when it feels right keep palms together as you bend the elbows and lower hands past the face, when you get to the heart level begin to bend the knees sinking weight into the earth.... PAUSE... repeat: Inhale sweeping arms behind you gathering... bringing forward offering... Temple Gate... bowing... steeple (Prayer) moving through Earth back up to Heaven and holding... exhaling palms in prayer move down and pass by head, heart... hold at heart and then sinking weight (bending knees) and awareness back to earth... PAUSE... continue

[**Waiting at the Temple Gate** - Offering all that you are at the temple gate. Waiting to be let in, opening yourself, everything that you are. The journey has led you to understand that the source of peace is within. You are ready to go further, to enter the temple to learn to cultivate even more.



* note: If hamstrings are tight don't go so far down, bend knees slightly, protect lower back.

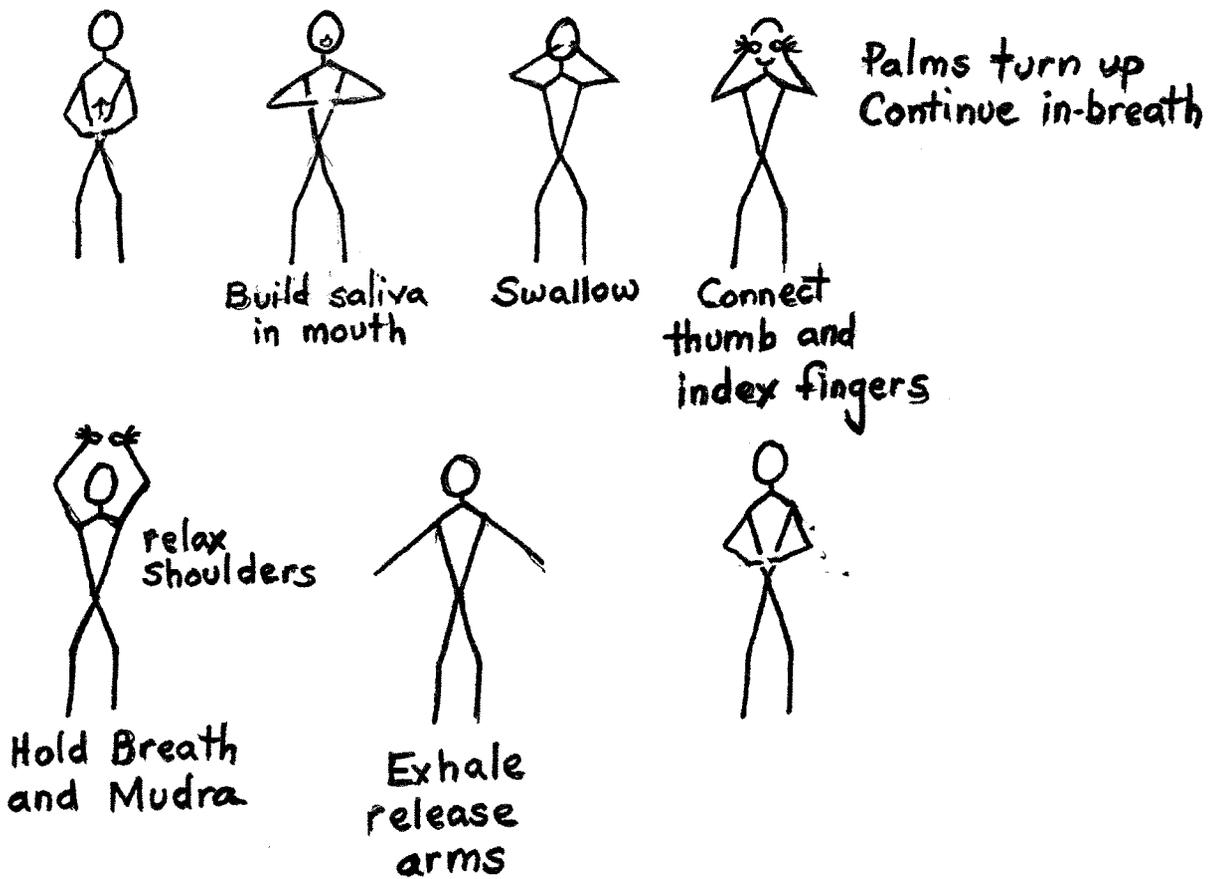
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7. 3rd of the Very Precious Gestures

Swallowing the golden nectar: holding breath connecting to universal consciousness then releasing

Begin standing, hands by lower Dantien palms face up, (as you begin to breath in) begin lifting the palms - raising the Qi, feel the saliva begin to build in the mouth, when you get to the mouth swallow, connect thumb and index fingers (Mudra), turn palms up, continue the in-breath arms relaxed over head (shoulders down) HOLD breath and Mudra exhale release arms down out to the sides back to lower Dantien

[**Swallowing the Golden Elixir** – swallowing the jade nectar, the golden elixir, the medicine brought forth by the alchemy of qigong practice. When holding the mudra – similar idea to Dissolve in Qi from 9 Phases. Contemplate your pure nature, your endlessness, your eternal self.]



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