

LYING QI GONG

Beginner Level

Standing position:

Feet centerline, knees bent, pelvic tilt forward, shoulders down and relaxed, arms at your side, eyes on a focal point centerline, feet rooted.

Assume a lying position on your back.

Re-establish your standing position sets while lying.

Feet centerline, knees slightly bent, pelvic tilt slightly forward, shoulders down and relaxed, arms at your side palms down, eyes on a focal point centerline, feet rooted at the heels.

Breathing:

Inhaling and exhaling relaxed and peaceful. Rooting to Mother Earth at all points touching the ground, heels, calves, back of hip triggers, coccyx, shoulder blades, back of head, arms, elbows, base of palms and fingers.

Establish a triangle with the base going from shoulder to shoulder and the sides of the triangle converging at the top of your head (Crown Chakra).

Establish a triangle with the base going from hip to hip with the sides of the triangle converging at the top of your head (Crown Chakra).

Establish a triangle with the base of the triangle going from ankle to ankle and the sides of the triangle converging at a point centerline below your heels.

Establish a triangle with the base going from knee to knee and the sides converging at a point centerline below your heels.

Establish a triangle with the base going from hip to hip and the sides converging at a point centerline below your heels.

Concentrate on rooting to Mother Earth. Continue your breathing, relaxed and peaceful, while maintaining a strong centerline focal point and a strong awareness to your triangles.

Return to your standing position. Release and relax.

Intermediate Level

Standing position:

Feet centerline, knees slightly bent, pelvic tilt forward and up, shoulders down and relaxed, arms at your side, eyes on focal point centerline, strong awareness of connection of trigger points (knees-hips-shoulders), feet rooted to Mother Earth.

Assume a lying position on your back.

Re-establish your standing position sets while lying.

Feet centerline, knees slightly bent, pelvic tilt forward and up, shoulders down and relaxed, arms at your side palms down, eyes on focal point centerline, strong awareness of connection of trigger points (knees-hips-shoulders), feet rooted at the heels to Mother Earth.

Breathing:

Inhaling thru your nose into your Hara, exhaling out your mouth relaxed and peaceful. Rooting to Mother Earth at all points touching the ground, heels, calves, back of hip triggers, coccyx, shoulder blades, back of head, arms, elbows, base of palms and fingers.

Establish a triangle with the base going from shoulder to shoulder and the sides of the triangle converging at the top of your head (Crown Chakra).

Establish a triangle with the base going from hip to hip with the sides of the triangle converging at the top of your head (Crown Chakra).

Establish a triangle with the base of the triangle going from ankle to ankle and the sides of the triangle converging at a point centerline below your heels.

Establish a triangle with the base going from knee to knee and the sides converging at a point centerline below your heels.

Establish a triangle with the base going from hip to hip and the sides converging at a point centerline below your heels.

Concentrate on rooting to Mother Earth. The heavier the bottom of your body to Mother Earth, the lighter the top of your body to Father Universe.

Establish a Yin & Yang resting on your Hara with Eagles rotating round the outside of the Yin & Yang in opposite directions.

Slide your feet along the floor up to your coccyx.

Perform an internal organ body check using the Eagles to carry Chi to break thru any blockages.

Slide your feet along the floor back to your starting position.

Flush from Hara down left and right lower extremities out your heels.

During flushing increase the intensity of your breathing.

After flushing resume your gentle relaxed breathing.

Return to your standing position. Release and relax.

Advanced level

Standing position:

Feet centerline, knees slightly bent, pelvic tilt forward and up, shoulders down and relaxed, arms at your side, eyes centerline on focal point and beyond, strong awareness of connection of trigger points (knees-hips-shoulders), steel cable connections to Father Universe front and rear from knees-hips-shoulders, steel cable connection from coccyx to Mother Earth, feet rooted heavily to Mother Earth at the heels.

While inhaling deeply into your Hara and exhaling slowly and controlled from deep in your Hara up to your throat and out your mouth which is slightly open with the tip of your tongue touching the back of your upper front teeth, Dragon Root to your lying position rotating your hands and arms from your shoulder triggers in and up and out to centerline while moving your Hara back which will cause your body to lower to Mother Earth.

Go as low as you can before allowing your body to roll back into your lying position.

Re-establish your standing position while lying down.

Feet centerline, knees slightly bent, pelvic tilt forward and up, shoulders down and relaxed, arms at your side palms down, eyes centerline on focal point and beyond, strong awareness of connection of trigger points (knees-hips-shoulders), steel cable connections to Father Universe front and rear from knees-hips-shoulders, steel cable connection from coccyx to Mother Earth, feet rooted heavily to Mother Earth at the heels.

Continue breathing inhaling thru your nose deeply into your Hara, exhaling slowly and controlled from deep in your Hara up to your throat and out your mouth which is slightly open with the tip of your tongue touching the back of your upper front teeth relaxed and peaceful.

Strong heavy rooting to Mother Earth at all points touching the ground, heels, calves, back of hip triggers, coccyx, shoulder blades, back of head, arms, elbows, base of palms and fingers.

The stronger the pull on the bottom to mother earth the lighter the pull to the top to Father Universe.

Establish a triangle with the base going from shoulder to shoulder and the sides of the triangle converging at the top of your head (Crown Chakra).

Establish a triangle with the base going from hip to hip with the sides of the triangle converging at the top of your head (Crown Chakra).

Establish a triangle with the base of the triangle going from ankle to ankle and the sides of the triangle converging at a point centerline below your heels.

Establish a triangle with the base going from knee to knee and the sides converging at a point centerline below your heels.

Establish a triangle with the base going from hip to hip and the sides converging at a point centerline below your heels.

Internal triangles:

Base of the triangle across one hip, sides of that triangle converging at the knee.

Base of the triangle across the same knee, sides converging at the top of the ankle.

Sides of triangle from the top of the ankle, one side to the inside of the heel, the other side to the outside of the heel, the base of the triangle across the heel.

Triangle on the foot: base across the heel, one side from the outside of the heel to the ball under the the little toe down to the inside of the heel, then from the inside of the heel to the ball under the big toe and across to the ball under the little toe.

Establish these triangles left and right sides. (Yin and Yang)

Yin & Yang at 100 feet.

Eagles circle the perimeter of the Yin & Yang in opposite directions.

Eagles brows –one red one blue. Eagles enter into the Yin & Yang thru the thin tails of the Yin & Yang and circle the fish eyes of the Yin & Yang in opposite directions.

The Yin & Yang comes down from 100 feet to rest over your Hara.

Slide your feet toward your coccyx.

Internal organ body check using Chi, red blood, white oxygen, blue blood, clear oxygen carried by the Eagles beak to break thru any blockages, massage, and wrap. When breaking thru blockages use Dragon Breathing.

After internal organ check, flood the coccyx using your Dragon Breath. Return lower extremities to starting position by sliding your feet along the surface.

Lower body check using red blood, white oxygen, blue blood, clear oxygen and Chi carried by the eagles beak to break thru any blockages, massage and wrap starting from the hip triggers to the knees touching all muscle, tendons, ligaments, bone structure and joints.

Then from the knees to the ankles breaking thru any blockages, massaging and wrapping all tendons, muscle, ligaments, bone structure and joints.

Then from the ankles up and over the big toe massaging the ball under the big toe, then across the toes and over the little toe massaging the ball under the little toe, then to the ball at the heel massaging the ball at the heel.

Bring the Eagles back to the Yin & Yang over your Hara.

Flushing:

Starting at the internal organs to your hip triggers to your knees to your ankles and out your heels to Father Universe using and extreme Dragon Breath to flush.

Separate your heels 6 inches and continue to flush. Separate another 6 inches and complete flushing.

Internal triangles upper body:

Base of triangle across one shoulder, sides converging at the elbow, base at the elbow sides converging at the wrist, base at the wrist with sides of triangles converging at each finger tip and thumb tip.

Triangle at the back of the hand with the sides converging at the middle knuckle.

Slowly raise your arms up to father universe moving from your shoulder triggers, maintaining lockout.

Continue to move slowly overhead until your arms are resting on the surface with your palms facing up.

Triangle base at your hip with the sides of the triangle converging at your shoulder trigger.

Base of the triangle at your shoulder, sides of the triangle converging at your elbow.

Base of the triangle at your elbow, sides of the triangle converging at your wrist.

Base of the triangle at your wrist, sides of the triangles converging at each finger tip and thumb tip.

Triangle on your palm with the sides converging at your middle knuckle.

Upper body check using red blood white oxygen, blue blood, clear oxygen and Chi carried by the Eagles beak to break thru any blockages, massage and wrap starting from the Hara to the hip triggers, to and up thru the lungs clearing any blockages, up to the shoulders to the elbows touching all tendons, ligaments, muscles.

From the elbows to the wrist, from the wrist thru the palm, to each finger tip and thumb tip.

Eagles back to the Hara. From the Hara to the hips, to the coccyx, and slowly up thru the spine touching all muscles, tendons, ligaments, discs, vertebrae using red blood, white oxygen, blue blood clear oxygen, and Chi to break thru any blockages, massage, and wrap.

Continue moving up to the base of the neck to GV 16 to the back of the head to Crown Chakra.

Eagles back to Hara. From the Hara to the hips, to the lower stomach up to the middle stomach to the upper stomach to the lower rib cage using the red blood white oxygen, blue blood clear oxygen and carried by the Eagles beak to break thru blockages, massage, and wrap.

Then to the middle rib cage, heart level using Mantra Breathing along with Dragon Breath inhale then exhale flooding the chambers of the heart with blood, then inhale and exhale releasing the flooding of blood from the heart. (Repeat several times)

Continue up to and thru the throat, into and thru the nasal cavities, to the center of the forehead and up and into Crown Chakra.

Flushing upper starting from the Hara and moving up thru the hips and coccyx continuing to move up thru the upper body using Dragon Breathing and releasing thru Crown Chakra and finger and thumb tips.

Maintaining lockout position move your arms down along the surface approximately 12 inches and continue flushing. Move arms another 12 inches down and continue flushing. Move arms another 12 inches down and flop hands palms down and continue flushing.

Flushing complete.

Pelvic rise to Father Universe on one side.
Then pelvic rise to Father Universe on the other side.

Then complete pelvic rise to Father Universe.

While slowly bringing Yin & Yang back to 100 foot level, move feet in 6 inches and the 6 inches again. This will bring your body back to your starting lying position.

Return to your standing position.

Release and relax.

