

Heart Health Qigong

Important aspects of Qigong – Qi, Intention, Breath and Body Awareness

- Qi. Life force energy. The power of nature to inspire.
- The Intention to foster a healthy loving heart. Using visualisations that draw Qi into the heart and then send out heart energy. Inter-dependence, Gaia.
- Focus on breath and body awareness because this has the power to bring attention and mindfulness.



The Heart in Chinese philosophy.

- Fire / Heart, S. Intestine, Pericardium, Triple Heater / Summer
- Spirit. Seat of Soul- Houses the Shen (mind spirit). Joy, Love
- Sovereign Fire
 - Yang - image fire shining bright like the sun, coming directly from heaven
 - Yin - imagine a fire in the form of a candle, torch or forest fire.
- Ministerial Fire
 - Yang - provides the thrust, direction, timing and appropriateness of your expression.
 - Yin - the thread that links you to other people in a way that allows you to communicate and grow as a spiritual being.

“People considered the heart as the seat of the soul (consciousness) since ancient times: the spark of your life, the twinkle in your eye. You may immediately hear your heart beating loudly during a sudden intense situation, during that gap between trying to absorb the information, and just before you respond to it. When your Fire element is calm and strong, this yin period of absorption is the short gap between heartbeats, the gap between you absorbing the information accurately, and you acting with the correct response. The correct response always contains an element of heartfelt compassion, rather than just acting out of fear, anger or hate.” (matt sincock. (TCM teacher))

Practice.

1. Grounding and loosening body scan. Come into the body. Put down external concerns.
2. Five Treasures practice. (<https://www.nqa.org/five-treasures>)
 - Breathing Ocean Qi.
 - Gathering Earth Qi.
 - Gathering Starlight Qi.
 - Dwelling in Heart Qi.
 - Gathering Heavenly Qi.
3. The Lotus Qigong (AATC)

Gently settle yourself, standing upright, knees off lock, face soft, shoulders soft and feet soft, breathing into a softening belly. Picture yourself watching the sun rising over a warm green valley. The soft light reveals a stream and you see a turtle swimming gently. On the river bank a snow rabbit digs in the soft earth. A maiden gathers water from the stream and waters her Lotus garden. The water and the warmth of the sun warm the garden and the Lotus open and bloom. A gentle breeze blows across the valley, over the stream and garden. You give thanks to the heavens and connect to the earth. As you watch a crane, standing on a rock in the stream, stretches its wings in the sun. On the river bank a snow rabbit digs in the soft earth. Breathing slowly you watch the sun slowly sink behind the western mountains. In the soft warm quiet evening you breathe gently.

4. Expanding Heart Meditation