

Barefoot Doctor's

QIGONGO

Companion Notes



Set 1



QIGONGO – THE FORM

Set 1

The Waterwheel

Twisty-whisty, The Bird, the Taoist Foxtrot, Side Bend

The Waterwheel: standing in narrow stance drawing the hands up the front of the body, over the top of an imaginary waterwheel in front of you, then down the other side, and back in towards you underneath, just like a waterwheel, but rather than circulating water you're circulating chi.

Breathe in as the hands come up and out as they go down. Repeat between nine and eighteen times depending on how long it takes you to let go and feel the chi.

With each passing revolution you'll feel the chi between your hands more clearly. Once you feel it there also attune to it revolving within the body too, up the rear of the spine to the crown of the head on the ascent, and down the front of the spine on the descent. Each ascent increasingly refines and strengthens your essence, each descent progressively increases your capacity for graciously acquiescing to the 'great flow' (Tao).

Let this increase of refinement, strength, and grace be the motivation for your practice now.

This opening section, familiar if you've already done the Tai Chi 'workout', is intended to flop into so no effort is required, however as soon as you start it sharpens you up automatically in true Taoist style and makes you feel crisp and present.

The five exercises comprising the opening section (set 1) take your spine (the central support column of your entire physical self and central to all your other selves too, hence crucial to loosen it up at all times to prevent general rigidity of body and mind) through two planes of movement: lateral twist and side-bend.



This benefits all your internal organs as well, especially the kidneys, root of all vitality, which greatly enjoy the twisting and elongating motion, and to a slightly lesser degree the lungs, which benefit by the expansion afforded the ribcage, and to a slightly lesser extent, yet still significantly, the liver, spleen and heart.

Stance is 'narrow horse', feet at shoulder width, knees lightly bent.

Make all the moves initially from just below the belly button and let the rest of the body follow. So with the twisting exercises your belly button turns from side to side and the rest of you follows. With the side-bend exercise you tilt your belly button to one side or the other and the rest of you follows. Focus on the belly button and let the rest happen by itself.

Keep your breathing natural, flowing and slow for these and otherwise don't pay it too much attention.

Remember to keep your spine elongated, shoulders dropped and broad, muscles soft, and weight sunk down low.

Use the movement as an opportunity to experience sitting in your back. Keep your chest soft and 'open' so your innate inner beauty can freely flow and mingle with the primordial quality of beauty latent or overtly expressed by the world around you. Slightly raise your breastbone to enhance this effect as if rising up to all that is beautiful.

But experience this and the motion and your response to the motion from the back of you – everywhere rear of the side-seams, torso and brain, and notice how this engenders stillness and silence within, as the habitual drama-making noise in the front subsides.

Count 9 repetitions – one repetition comprises a left turn and a right, hence count 'one-one', 'two-two' and so on.