

Barefoot Doctor's
QIGONGO
Companion Notes



Set 4



QIGONGO – THE FORM

Set 4

Surrender

Upper Body

Core Strength

This section works on your arms and upper body and abdominal core muscles, bringing an instant increase of strength and resilience – and tone.

A quick but pertinent aside here about vanity, as in the desire to look trim: though vanity is one of the seven deadly sins, in the sense of sin from the original Greek meaning distance between where your arrow lands and the bullseye, as in missing the mark when it comes to being fully present as opposed to stuck up your own backside imagining everyone's concerned with how good you look, rather than be in denial about it, use it to your advantage.

Everyone wants to look good. Looking good is one of the big drivers of human society. You naturally want to look your best as well as feel your best (the two go hand in hand anyway), so if you notice the drive to look good is prevalent at any time use it to fuel your practice. Because there's no doubt this practice makes you look good. For as soon as you start the moves, the feeling good aspect instantly takes over anyway and so organically does away with the narcissistic tendency without the need for self-flagellation. This is an example of turning everything to your advantage – a basic axiom of Taoist practice in general. You might even wish to state this to yourself while performing the moves, 'I turn everything to my advantage.'

When performing the first three moves, which focus on the arms and upper body, imagine you're pushing (and pulling) against an intractable weight. Don't strain but deploy all the tensile strength you can muster. Strengthening arms and upper body respectively increases your dexterity at handling things (literally), and stabilizes your emotional state, whatever state that is at the time.



In the latter part of this wee set, you're focusing on strengthening your abdominal muscles. The first of the three focuses on the entire abdomen, The second on the lower abdomen and the third on the upper abdomen and diaphragm, while also increasing the space around the top of the lungs.

These are the equivalent of doing sit-ups, but rather than be dangerous for the lower back as sit-ups tend to be, these strengthen your lower back.

When performing these three, the abdomen is pulled back using tensile strength on each exhalation, and then relaxed in the inhalation. Practicing these will help you retrain your breathing pattern in general.