

Barefoot Doctor's
QIGONGO
Companion Notes



Set 6



QIGONGO – THE FORM

Set 6

Alignment

Monkeying Around

Self Massage

Closing

This section comprises the more semi-acrobatic aspect of the sequence and requires at two stages stretching the hamstrings and abductor muscles of the legs. It's imperative you don't bounce or force yourself lower than comes easily.

Daily practice grants exponential increase of suppleness in the fullness of time. This must not be rushed if unnecessary mishap or injury is to be avoided. If in doubt perform the moves as if you're a frail old person. If you actually are a frail old person keep doing it as you'd do it anyway and before you know it you'll no longer be frail or feel old, at which point do these as if you're still a frail old person. At least at first until your body's had time to learn to feel safe in the moves.

Stances for this section range from narrow stance through forwards stance, through scissor stance, through extended squat stance, through wide horse stance, to narrow horse stance, so lots of stance variation to enjoy.

The extended squat is particularly good for strengthening and reducing and/or preventing pain in the lower back.

The abdominal core strengthening move deploys reverse breathing, so look out for that.

The monkey doing push-ups move is not only strengthening for upper body, and loosening for hips, it's also there primarily to enjoy (like a monkey). At first you may find it challenging bending your arms much. If so don't bend them much but each day bend them a tiny bit more until before you know it you'll be bending them like a ninja.

And when you stand up from the squat at the end of the set do so slowly and expect to feel a momentary mild dizziness.



Give your lower back a moment to straighten itself out before moving into the next position (narrow stance).

When in the first standing position, as with the extended squat, feel free to repeat the affirmation I always repeat with it myself – obviously substitute your own words if you feel like – the sentiment is what counts here.

For the first standing position, repeat, 'I have the vision, I have the will, I have the power, I have the skill – I know what I want, I can pull off this stunt, and everyone and everything helps me do so.'

And when in the extended squat, 'I'm always in the right place, at the right time, doing the right thing, in the right way, with the right people, and the result result'.

These are actually both part of a set of spoken word for the dance-floor I've used for years but they fit the need for both regulating how long you remain in the posture and for establishing the relevant tone for the respective positions.

This last part consists of a self-massage routine, worthy of a whole training in itself, lightly run through here but thoroughly enough so. This must be done with respect towards yourself rather than at all brutally (obviously). And for pleasure. You'll feel like you've had an internal shower afterwards and prepared for the final standing meditation.

These are performed in narrow stance.

Similarly, standing for a moment after the massage, start by repeating the Waterwheel nine to eighteen times as you did at the start and take note of how different it feels having completed the intervening sequence.

Then visualize a cocoon of light circling your entire body on the lateral plane in an anti-clockwise (counterclockwise) direction accelerating more with every breath, cleansing your system and energy field of all energetic, psychic and physical detritus, and then (once you feel clean enough), spinning it the other way (clockwise) to build up fresh chi and protection.



Then repeat this except on the vertical plane, by visualizing the cocoon spinning over your head and body, up the front and down the back, cleansing you as before, then spinning it the other way, down the front and up the back to build up fresh chi and protection.

As with all these contemplations, sometimes you feel them sometimes you're just going through the motions and imagining you can feel them. That's fine – the key is to practice every day without fail, as this facilitates an increasing frequency of feeling it for real, which can't be facilitated as reliably in any other way.

Narrow horse stance is adopted for this standing 'holding your imaginary friend in your arms' (my nomenclature, not traditional) meditation. Some would say the whole point of the preceding sets is to arrive here. I might myself occasionally except that's a linear view and therefore narrow. The whole point of every moment, no matter what you're doing in it, is to let it please you, to enjoy it in other words. But it's true to say that this fabled meditation is a great opportunity for feeling your innate joy simply to be.

There are some lineages that prescribe standing like this for 40 minutes or more at a time. And while that can be hugely beneficial when in the extremely rare mood to do such a thing, this should in no way preclude you reaping the enormous benefits of standing like that for just a moment. For in reality just a moment is enough to grant you access to the eternal moment that lies behind all moments, and is far more practical in any case for the majority of us who have tasks and obligations to perform on a daily basis, or simply have better things to do than stand around doing nothing for 40 minutes. However if you ever do find yourself with time and inclination for such endeavors don't hold back.

But do hold back in another sense, however long or short a time you choose to stand there for.

For the main benefit of this aside from its supremely stabilizing effect on both body and mind, is the opportunity it affords you for holding yourself in your back.



With your arms held out as if embracing your beloved, who's just a bit too large to allow your hands to meet, use the arms as a ballast against which you drop back inside.

While standing there, the first thing to attain to is a moment of absolute non-thought, not even the thought of 'here I am standing with no-thought'. This is both incredibly challenging and incredibly simple at the same time. Once you're in, you can't imagine how you ever found it difficult. But getting to that moment may take many moments and indeed many practice sessions. Once you get the knack however, it's easy as pie and makes you feel instantly high. But when I say high, I mean the kind of high you can only achieve by going deep.

It's the weight being fully sunk into the lower parts and legs, which allows the upper part to be free and airy – head as high as the sky, feet firmly on the ground.

Then with you in the back of you (body and brain), the front of you is quiet and in quiescence comes acquiescence – acquiescence to what is: this ineffable miracle of being alive regardless of the habitual drama generation in the front, regardless of all external factors.

In this surrendered state make clear to yourself how you intend the day to unfold – not in terms of details as that's tantamount to mere spiritual materialism, which drive depletes rather than builds your chi.

Intend the day and your life henceforth to unfold with supreme elegance and leave the details to the Tao.

Then focus on the chi coursing through your joints, your limbs, your organs, your blood, your nerves, your skin, your hair, your clothes, your surrounding field, the world all about you, and to the furthest reaches of the infinite cosmos.

Then dedicate this fruit, this sensation of wellbeing to whomever or whatever you feel to in the moment – it doesn't matter what as long as you recall that every manifest phenomenon is merely a material expression of the Tao



informing it, hence your dedication is ultimately to the Tao.

The transition from standing to moving into your life must be undertaken cognitively, seamlessly and contiguously. So it's not a matter of going, 'right, done my practice, now lets forget this superhuman state and return to being a slave' – instead intend to continue enjoying your superhuman state throughout the day and to share the joy it affords you freely with one and all.

And if that doesn't do it for you, you want some pleasing.

Again I iterate from the depths of my heart, may this serve you fully and well.

Post-finally, and why **QIGONGO**? It makes me smile, it's funny, it makes me think of dance music and dance and it came walking in Boulder, Colorado, marveling at American linguistic nimbleness and facility for coming up with names and copy for ads, going past a sushi takeaway joint called Japango and thinking, 'Qigongo, I must remember that for the qigong training'. It implies you take the qigong away and make it yours, or vice versa, it inspires a bit of get up and go, and it stops the whole thing getting too serious for its own good (yet another factor distinguishing **QIGONGO** from other trainings).

And may it serve you damn well