

Incense Qigong

This system can be done by anyone regardless of physical capacity. It can be done lying down, sitting, kneeling, and standing. Begin gently, check your body, and discover how these movements make changes in your body energy. After observing how the qi moves you can use your mind to assist the qi movement.

The first two open/strengthen/improve flexibility, coordination and strength of the spine, primarily in flexion and lateral bending. With variations, extension and rotation can be included.

Numbers 3 -5 open the three jiao. Jiao, "burning space," or "cauldron" is the name given to the upper, middle, and lower regions of the torso. The upper jiao is "like a mist," and is associated with the lungs and the heart. It has the function of dispersing the qi to the skin and flesh. The middle jiao is "like a foam," and is associated with the spleen and stomach; it has the function of transforming food and drink into nutritive qi, and transporting it to the appropriate places in the body. The lower jiao is "like drainage ditches", and is associated with the kidneys, liver, bladder, and intestines. The lower jiao has the function of excreting waste, and ensuring the smooth flow of qi, blood, and bodily fluids. The first five open the central axis plus the three jiao, forming a complete set in themselves.

Next comes Wind Blows the Lotus Leaves, and Turning Heaven and Earth Together, to the left and to the right. These work with opening the movement of qi laterally within the body. Rowing the Boat Across the Ocean builds hand strength and improves the connection between the meridians and channels of the hands and the internal organs. Prayer Wheel Turning Forever integrates the previous movements, and further serves to stir up stagnant qi so that it can be transformed and/or eliminated.

Da Mo Rocks the Boat improves the function of the lateral muscles, ribs, liver, and lateral channels of the body. Double Wind Blows in the Ears, and Golden Light Shines in the Eyes are scanning techniques that allow one to use the mind and qi to clear out stagnant qi, and connect the internal channels more completely.

The marrow of the bones, and the "sea of marrow" or brain are encased in bone. To activate them gently jiggle the body as in Separate Palms. Hands Close

Together is an integrative movement, and it has the function of bringing one closer connection with the heavenly, human and earthly spheres of influence. Standing Straight allows one to come to greater awareness of the channels of the body, now that they've been opened and cleared.

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Golden Dragon Shakes His Tail

Palms together out in front of center, like the dragon's tail. Tilt side to side, opening the sides of the spine. At each side the top palm rests on the underside palm, then when returning, the bottom palm switches to become the top. Move from side to side.

Jade Phoenix Nods Her Head

Palms together in front of chest, lift up, pulling the pelvic floor, pulling in the abdomen, opening the back of the spine as you bend forward. Then return back to straight along the same path.

Bring in Sweet Aroma

In the upward position the arms are like the Chinese number 8 (^), with the index finger of each hand pointing to the nose. In the downward position fingers point down and to the sides.

Play the Zither With Both Hands

Palms flat, directing into the abdomen, and incidentally stretching the small intestine meridian. As this is done the abdomen tries to "run away" from the fingers, trying to touch the spine with the front of the abdomen. Then drawing out, pointing the fingers around to the back, incidentally stretching the large intestine meridian.

Wood Fish Separates to Both Sides

Reach up spreading the arms upward like tree branches reaching to the sky, opening the front of the body. Then like a tree, funneling in energy from the sky down through the trunk/body, into the ground and back up again. In the arms downward position, open the back of the body. Open the front and back of body, through flexion and extension of spine.

Wind Blows the Lotus Leaves

Hold the hands parallel in front of the body at center. Shift from side to side as you shift the body weight from one foot to the other.

Left Side Turning the Sky & Earth Around

Arms extended, move in counterclockwise direction, closing on the left side then opening on the right as you make a large, circular motion. This alternately compresses the spleen and opens the tissues around the liver.

Right Side Turning the Sky & Earth Around

Arms extended, move in clockwise direction, closing on the right side then opening on the left as you make a large, circular motion. This alternately compresses the liver and opens the tissues around the spleen.

Rowing the Boat Across the Ocean

Squeeze hands into fists while pulling up, then open them while pushing out, as if rowing an Asian style rowing boat.

Prayer Wheel Turning Forever

One hand comes up while the other goes down. The feeling is one of turning a wheel inside the body.

Da Mo Rocks the Boat

Fingertips touching, or nearly so, with palms downward in front of center. Swing to one side slowly, one elbow pointing to opposite foot while the other points to the sky as you look up at it.

Double Wind Blows in the Ear

Mentally reach down into the ground, and out to the horizons at your sides, gather the *qi* of heaven and direct it with your hands in a broad scanning of the entire body, top to bottom.

Golden Light Shines in the Eyes

Mentally reach forward along the ground, while extending arms/hands forward to shoulder level. Then draw in with the eyes, fingertips coming together, scan the body as if with a narrow laser beam, clearing out stagnant *qi* and connecting the channels bit by bit.

Separate Palms

Swing the arms out slowly to the sides while lifting one foot. Drop the foot and arms. Swing the arms again lifting other foot, then drop foot and arms.

Hands Close Together

Arms to sides, palms down. Turn the palms up while gently raising the hands to meet over the head. Bring hands down slowly in prayer position to forehead, to chest, then cross hands over lower abdomen.

Meditation Position

Standing straight, feet together, palms on sides of thighs at mid line. Align body.

As taught and prepared by Jamie Cobb, D.C.