

NEUROPATHY GROUP MEETING

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QIGONG

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WARM UP

1. Waving Arms – 3 minutes to better health
2. Raising Palms to Heaven – to regulate Triple Burner
3. Swinging Arms -- Tap at waist level, front and back, looking over your shoulder as you turn. Let front hand tap in the heart and lung area, still looking over your shoulder as you turn.

Set One: Neck and Shoulder

Set Two: Back and Waist

Set Three: Hips and Legs

Set Four: Joints

Set Five: Tendons

Set Six: Organs

SELF MASSAGE

SIX HEALING SOUNDS

CLOSING

What is Qigong?

Qigong is a self-healing art that combines gentle movement with meditation, visualization, and breathing techniques. “Gong” means “work” in Chinese, and “Qi” (pronounced Chee) is the energy that circulates within the body, so Qigong means the cultivation of the body’s energy. Qigong is one of the oldest branches of Traditional Chinese Medicine. In Chinese medicine, harmony and balance are considered essential for health – with the body seen as a self-regulating whole that will naturally move toward balance if allowed to do so. This self-healing practice has been used by the Chinese people for thousands of years – to improve and maintain health as well as develop greater power for the martial arts. There is not one style or school of qigong, but rather many thousands.

Why practice Qigong?

Qigong is famous in China for treating chronic disease and promoting health. It combines the benefits of meditation with the benefits of physical exercise. If practiced correctly, it has no side effects and works well with other healing modalities. For example, a Chinese MD and practitioner of Western medicine might prescribe surgery, medication, and qigong for cancer. Qigong can and should be practiced – in addition to- rather than instead of – any present medical treatment you are now receiving.

Why are the Qigong movements performed so slowly? Why not just speed up and get it over with?

Performing the soft, slow movements allows our autonomic nervous system to switch from the chronically overactive sympathetic mode (the fight or flight response) to the restorative parasympathetic mode. It is during the parasympathetic mode that our body secretes many of the hormones and neurochemicals that are necessary to maintain health and boost immunity.