

Fall Qigong/Yoga Options

Context: White, Courage to dispel Sadness & Grief,
Lungs & Lg. Intestine, Nose (smell), Spicy,
Tiger, Metal, Stars, Moon, and Planet(Venus)

Silent Meditation: Use metal gong or cymbals to start and end. Breath in White Light/Courage into dantien, exhaling darkness, sadness, & grief. (Seated or Holding Tree Stance)

Lungs breathing to dispel toxins: Healing Lung Breath, “Sh”ay

Reading: The Tiger, William Blake (Conception in the divine forge, observed by celestial beings)

Energy Massage:

Rub hands together to generate heat and energy. Separate hands and imagine the sun in your right hand and the moon in your left. Begin to expand and contract the space between your hands, feeling the celestial energy and merging the energies of the sun and the moon. Bring this energy up towards your face, pausing just in front of your skin. then gently massage or smooth your face with your own healing touch. As time permits, continue to bring energy to different parts of your scalp, face, ears, and neck, letting go of tension and stress. Repeat most movements 4-6X.

- * Run your fingers along your scalp from your hairline to back of neck.
- * Wipe your forehead with alternate hands, side to side.
- * Curve your index fingers and comb your eyebrows with the flat area between your knuckles. (Sinuses, headaches)
- * With your hands in a loose prayer position in front of your face, rub the edges of your thumbs up and down alongside your nose and vertically across your forehead to stimulate your sinuses.
- * Apply pressure with pinkie to side of nose just above nostrils.
- * Cover eyes and gaze at imaginary planet in distance. Quiet eyes quiet the mind. Then circle the eye balls behind closed lids in both directions several times.

- * With thumbs at jaw joint, slide index fingers along upper and lower lips to stimulate saliva, swallow.
- * Massage and tug on ears. Cover with palms and release.
- * Drum on Heaven's Gate. Cross index finger over middle finger and release, drumming on scull behind ear 21X.
- * Tap on crown of head and back of scull.
- * Massage occiput ridge and drag down neck and across shoulders to below collarbones several times.
- * Massage "Bubbling Spring" or Kidney point in the balls of your feet.

Body Tapping or Joint Opening Warm-up or
Dai Mai Qigong (Belt or Girdle Meridian) - Building a cocoon, identifying with a star or planet.

Jade Tiger or Qigong Flow (below)

White Tiger:

"Hkaa" 5X, Then cross arms and release "HAA!"

"Sh" 5X, "HAA!"

"HKaa" 5X, "HAA!"

Simple Snake: wrapping one arm over head, then other
Shoulder Shrugs

Energy Balls to left and right. Both Yin or Yin and Yang

Infinity Dragon > Tigers serving Tea

Clearing energy to left and right

Yoga Moon Salutation or
Nourishing Woman Qigong - Sun and Moon energy meditation.

Xi Xi Hu walking for the lungs & Healing Breath for the Lungs

Clear Energy: Dispersing 3X, Tonifying 3X (Tonify inwards, towards toes)

Sivasana & Closure: Wild Geese, by Mary Oliver; from *Dream Work*, p.14
"Tell me about despair, yours, and I will tell you mine..."
Have courage.