

Qigong is "energy practice"

Mix breathing ~ moving ~ attending into one phenomenon

Feel the contact between soft feet and hard floor. Let your skeleton and the floor hold you up. Let gravity and alignment and the major thigh muscles bear your weight. Let your muscles and organs hang from your bones.

As your body expands and contracts (breathing) and sways (balancing), notice the body contacting the floor. Rest your weight again and again.

Notice all 300 joints, one by one and together: knees, ankles, toes, hips, spine, fingers, elbows, shoulders, neck, jaw, skull. Joints are meant to move, not to bear weight. Let them be open, flexing as you breathe.

Use the ever-present exquisite activity of breathing as your major resource. It brings oxygen, awareness, and flexibility to every cell of the body. Learn to let yourself breathe with the whole body by attending to the sensations and movements of comfortable breathing in and out. Let the breath be natural, flowing in and out at its own pace.

Let your movements feel right; notice how movement comes from the waist and legs, spiraling up through the body, inviting every part of the body to move together. Re-member and use all your parts. How do your toes and fingers and hips help you breathe in and breathe out, raise and lower your arms, take a step forward and back?

Let the weight of each exhaling drop down through the torso, legs, and feet into the ground. Let your lower legs and feet be rooted in the ground, and the crown of your head float up into the sky.

Balancing is done by the whole body. Feel the inner ear, the belly, the feet, the ankles, the knees. Use your whole body to notice imbalance and rebalancing as ongoing activity.

Feet contacting floor, weight supported, breathing in and breathing out, let the whole body sway on your feet, side to side and forward and back. Explore.

As you shift weight back and forth from one foot to the other, feel ankles, knees, hips, shoulders, all your joints, flexing to accommodate the shifting weight.

Use breathing as subtle biofeedback to know when you are constricted, tense, or over-extended. Explore the edge of the constriction or tension, gently, to learn about it, how it happens, what triggers it, what releases it. Whenever you go too far, soften and guide your body back to an open, comfortable route where the breath flows freely.

When anywhere in the body resists a movement, don't push through! Go gently toward the edge of resistance, and gently back off. Explore easier, whole-body ways of making that movement. What parts aren't participating? Invite them to join the movement.

Whole body breathing... whole body moving... whole body attending...