

Standing Like a Post and Seven Stars Chi Kung

Post: Stand Like a post--advanced Chi topics

*Wu-chi = emptiness -like important part of a vase or pitcher,
the empty/useful middle

*energy = should rise

*tongue = tongue at the roof of mouth
teeth not touching

**Keep one point.
Relax Completely.**

--breathing at stomach level

Keep the weight under side.

*Yin & Yang = movement/interaction
--includes thinking

Extend the Chi.

Jan Zhuang Cycle

relax;

two minutes each posture

1. stand like a post
2. hugging a tree
3. hold up sky
4. beach balls
5. Buddha gut
6. same as one

Seven Stars Chi Kung thoughts

Need to do each exercise 9 times; breathe In and out deeply relaxed, but not forced to extreme.

Push self to limit of balance, edge of feeling off, loss of balance

And then recover ... this is the point of growing awareness. (1-4-05)

Chi = ebb and flow(3-19-05)

Seven Stars Chi Kung Exercises

(3-19-05, 1-4-5, 7-11-6)

1. a. **"Stretching Taffy"**
(pull up front, lift up on toes--parenthetical notes following from 1-4-05)
b. Side wings, **"Vulture"**("Wings" 7/11/06)
(push out to very end of reach to each side before letting go
and loop back; push out with elbows, hands out to extend on sides)
c. **Lotus**
head up through water lilies, flower at sunrise
(hands, palm up, raise head above wave; **"Daisy"**-7/11/06 or sun flower)
d. **Ganges: 3rd eye**
(prayer hands, above head (eyes closed), then at 3rd eye,
lower to solar plexis, then to tanjun and rotate 9 times one direction, then other)
2. **"Dragon Breathing"Swimming** --reverse breast stroke. 7/11/6
push out, and harvest "chi" back in
--off balance to forward edge; use circles and figure 8s; ebb and flow/slow/feel it
flow doesn't start till ebb is finished; --keep pull in at shoulders level
(scoop in to self, loop and push out to limit of balances/reach, and recover and pull in)
3. **"Repulsing Monkey" or "Bow and Arrow"**
--draw back figure 8 at hip and reach out forward, zero friction is key--left, then
right.
4. **"Piano Player"Moebius Loops:** down, then up. 7/11/6
hands "push" down breath in, figure 8 /moebius, up release breath
same as prior, but raise hands/breathe going up
(like repulsing monkey) move hands to full extent of flow,
float/let energy drip off tip of fingers
5. **"Butterfly" "Dive"** 7/11/6
Vulture out, butterfly with back of hand in --stretch elbow ligaments
And down past ankles, lift to starting position almost like "stretching taffy".
6. **"Shiva" or "Crane" "Windmill"** 7/11/6 (left foot first)
--sunrise with arms, circle outward with one leg (floats up and circle)--then other
7. **"Ganges," 3rd eye again**