

## Qi Gong – Preparation and Collection

### **Meditation – The Three Relaxes**

**Relax the Body:** Stand with feet shoulder width apart. Let arms rest easily at your sides, with palms gently facing forward. Let your tongue rest lightly behind your upper teeth, and let your jaw be slightly open. Relax your body from the top of your head to the bottoms of your feet. Feel your feet firmly rooted in the ground, and your head suspended from the heavens. The qi flows around you and through you, and supports you as you relax.

**Relax the Breathing:** As your body relaxes, so does your breathing. Let the breaths come slowly and naturally . . . and silently.

**Relax the Mind:** As your body and your breathing relax, so does your mind. Let any stray thoughts pass through; let any stray noises just be out there. Focus instead on your breathing, on the motions you will be making, and on the sound of my voice.

### **Preparation**

We begin Qi Preparation and Collection with palms up.

Rotate your palms in a backward circle and then turn them downward.

Push your palms toward the floor until your arms are fully extended.

Make three forward circles.

Scoop the qi, and bring it to the navel; point to the navel with the middle fingers.

Guide the qi around your waist without touching.

Point to Life Gate (on the spine straight through from the navel) with the middle fingers.

Guide the qi up through your armpits.

Turn your palms upward and fully extend your arms in front of you.

Point with the middle fingers to Third Eye (between the eyebrows).

Turn your palms upward and bring your arms completely outstretched to the sides.

Turn your palms downward.

Scoop the qi, and bring your palms together overhead with your arms straight.

Slowly lower your arms to praying position in front of your body.

### **Qi Collection – Step 1**

Keep palms together, and push them out in front of you until your arms are straight.

Separate your fingers, starting with the little fingers; and stand up your palms.

Grasp qi with your fingers, and pull it toward you.

Stand up your palms, and push the qi away from you, beyond the ends of the universe.

Repeat pulling and pushing a total of three times.

Keep arms extended fully in front of you with palms standing up.

Make three ovals 15 degrees wide, rotating outward and toward the sides.  
With palms still standing up and arms fully extended, outstretch your arms to the sides.  
Pull qi from and push qi toward the sides, three times.  
With arms fully extended and palms standing up, make three ovals upward, 15 degrees.  
Scoop the qi, and bring it overhead, without touching, to Hundred Meeting (crown point).  
Let the qi fill your body through Hundred Meeting.  
With your palms turned toward your face, guide the qi down to the navel (the Tan Tien).  
Touch the navel with your middle fingers, and let the qi fill the Tan Tien.  
Guide the qi around your waist to Life Gate, this time touching with the middle fingers.  
Let the qi fill your body through Life Gate.  
Then guide it down the back of the legs to the feet.  
Rest your palms on the tops of your feet.  
Collect qi by bending your knees to squat, then straighten your knees, three times.  
Collect the qi from the Earth.  
Guide it in cupped hands up the fronts of the legs to the navel as you stand up.  
Touch the navel with the middle fingers, and let the qi fill the Tan Tien.  
Then rest your arms at your sides.

### **Qi Collection – Step 2**

Let your arms rise out to your sides as though pulled up by strings; stand up the palms.  
Pull qi in and push qi out, three times.  
Make three ovals forward; then bring arms straight forward with palms still standing up.  
Pull qi in and push qi out, three times.  
With your arms still straight out in front of you, make three ovals upward.  
Scoop the qi, and bring it overhead to Hundred Meeting, without touching.  
Let the qi fill your body through Hundred Meeting.  
Guide the qi down the back of your head as far as you can comfortably reach.  
Then guide it across the top of your shoulders and under your arms to your spine.  
Guide the qi down your spine with your middle fingers to Life Gate.  
Collect qi into Life Gate.  
Guide the qi around your waist with your middle fingers to the navel.  
Collect qi into the Tan Tien.  
Guide the qi down the front of your legs, and rest your palms on the tops of your feet.  
Collect qi by bending your knees to squat, and straighten, three times.  
Collect the qi from the Earth.  
Bring it in cupped hands up the backs of the legs to Life Gate.  
Guide the qi around your waist with your middle fingers to the navel.  
Collect qi into the Tan Tien.  
Rest your arms at your sides.

### **Qi Collection – Step 3**

Pick up a big ball of qi and bring it to Hundred Meeting.

With palms facing Hundred Meeting, let the qi fill your body.  
Guide the qi down the sides of your head past your ears.  
Stand up your palms in front of your chest.  
Push out with the right palm until your arm is fully extended.  
Turn your palm to face you, making a hook with your arm and hand.  
Sweep your hooked arm across the front of your body, collecting qi.  
As you complete the sweep, close the middle finger and thumb to secure the qi.  
Place your closed middle finger and thumb on Qi Gate (middle of the clavicle).  
Let the qi fill your body through Qi Gate.  
While the qi is filling, push out with the left palm, make a hook, and collect the qi.  
Close the left middle finger and thumb and bring them to Qi Gate on the right.  
Let the qi fill your body through both Qi Gates.  
Release fingers and thumbs from both Qi Gates and open them, leaving wrists crossed.  
Bring your elbows together and line up your forearms against each other.  
Open your palms to face each other, making a lotus flower.  
Close the lotus flower, and bring your palms down in front of you to praying position.

## **Conclusion**

Push your closed palms upward until your arms are fully extended.  
Overstretch your arms and spine upward.  
Open your palms one finger at a time, starting with the little finger.  
With palms facing forward, bring your arms straight out to your sides.  
Turn your palms upward, and bring your arms straight out in front of you.  
Point with your middle fingers to Third Eye.  
Turn your palms upward again.  
With your fingers straight out in front of you, pull the qi toward you.  
Continue pulling the qi through your armpits, turning your palms to face backward.  
With your arms fully extended, bring them out from your body 45 degrees.  
Scoop qi from behind you, and bring it to the navel.  
Women place the right hand on the navel, and then the left hand on the right hand.  
Men place the left hand on the navel, and then the right hand on the left hand.  
Collect qi into the Tan Tien.  
Think slowly to yourself, "Calm, calm, calm."  
Collect qi for as long as you wish.  
Then lower your hands to your sides, and take at least three breaths.  
Slowly come out of the qi state.