



## Preserving and Strengthening

Preserve/Awaken → Unblock/Dredge/Cleanse →  
Tone/Energize/Gather → Raise/Strengthen



‘Buddhist’ qi gong:

Preserve, nurture energy flow around internal organs and lower elixir field. Balance fire and water energy flows. Steady emotions, calm mind, open heart, warm belly. Unblock imbalances.

‘Daoist’ qi gong:

Consciously manage energy flows. Raise energy up to middle and upper elixir fields. Strengthen reserves. Use mind-intention to move energy through nerves, circulatory system, spinal fluid, muscles, tendons, bones. Generate an external qi field.

### Preserve/ Awaken

- Ring the Temple Bell, and then Big Windmills
- The full “Martha Graham”, followed by heel raises and toe taps
- Activate hands: rubbing, clapping, massaging
- Waist rotation with hands on kidneys; strive for full range of motion
- Big 3-part squats using horse stance and lifting qi up: slow flying
- Slow, full motion punching and pulling from horse stance
- Hands on kidneys, forward and back bends with healing sounds “ha” and “ho”
- Full range of motion, free-style ball of qi: Embrace the cosmos
- Nurture qi at abdomen (lower elixir field) and deep breathing

### Unblock/Dredge/Cleanse

- Qi dredging: top to bottom, then bottom to top
- Tap on top of head, at top of spine, shoulders, upper chest
- Hands over groin, raise forward/up, cross horizontal. Look left. Repeat, look right.
- Hands circle around from lower back to abdomen, lift/raise up, circle vertically.
- Massage palms, face, shoulders, then comb the hair
- Nurture qi at abdomen (lower elixir field) and deep breathing

### Tone/Energize/Gather

- Eight Treasures
- Pull qi down from the heavens
- Pull qi from the sky and earth/ocean; Dragon breathing

### Raise/Strengthen

- Bounce the qi: circulate down through legs, springing up/out to arms
- Seven Stars practice: empty arm/leg, full arm/leg, both, all connections
- Big steps: 3 times with toe, heel, sole; left, then right; breathing out
- San ti shi (three powers): with movement, without movement; with steps