

Bodymind Healing Qigong

20 Minute Practice Routine

by Michael Mayer

1. Standing Meditation Qigong
 - A. Standing like a Tree
 - B. The Circle that Arises from Stillness
 - C. Holding Golden Balls in the Waters of Life
 - D. Finding your own Stance- Opening the Golden Ball of the Heart,
2. Dispersing Stagnant Chi
3. Ocean Wave Breathing
4. Tai Chi Ruler
 - (A) Change Fingers into Straws in the Garden of Eden and (B) Pouring Honey
5. Moving a Snake through your Joints, Dipping your Hands into the Waters of Life, Opening your Heart to the Heavens
6. Crane Walking and Flying
7. Yi Chuan Walking Meditation Qigong
8. Wuji Standing Meditation Qigong

* These practices are described and illustrated in *Secrets to Living Younger Longer: The Self-healing Path of Qigong, Standing Meditation and Tai Chi* (Mayer, Bodymind Healing Publications, 2004), and in *Energy Psychology: Self-Healing Practices for Bodymind Health* (Mayer, North Atlantic/Random House, 2009). This abbreviated 20 minute set comes from the whole 10 system set illustrated in the *Bodymind Healing Qigong DVD*. For information contact drmichael@bodymindhealing.com. Available at www.bodymindhealing.com