

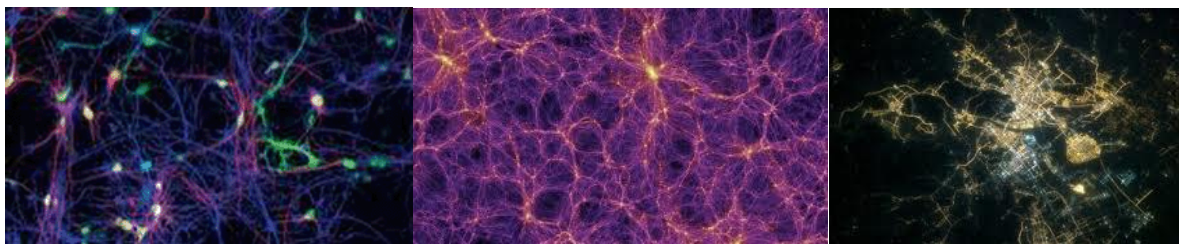
What on Earth Is Qigong?

The missing handbook to modern life

“It was the best of times; it was the worst of times.” – Charles Dickens

The illustration from the **Opening chapter**:-

Can you identify which of these is the web that connects stars, which is Synapses from the Brain, and City lights? – Answers below..



The first is the synapses of a brain, the second is the web that connects stars in space, and the last is city lights from the night sky!

Chapter 2:-

The Yin and Yang symbol..



Chapter Six – Belly Breathing

BELLY BREATHING – STAGE ONE

Find a comfortable sitting position. It's a good idea to try sitting cross-legged, but it certainly doesn't have to be the Full Lotus position used in Yoga by any means. I like to sit on a soft thick mat, with a cushion under my tailbone



The soft mat insulates your ankles from the cold floor and helps stop the blood's passage from being blocked in your legs when they are pressed against the floor; the cushion lifts your spine nice and straight.

To be honest, I needed a treat to help me want to do this, so I invested in a special purple crescent-shaped cushion and a cool, thick, soft, black mat.

Because I didn't used to "fold up" very well, this cushion was essential to:

- a) attract me to the practice and
- b) keep me comfortable for extended times of sitting!

The cushion is plump in the middle and thin at both ends of the crescent, so when you sit atop the cushion, your spine is raised up from the ground, and your legs are supported in a comfortable beanbag way.

It's important to keep the spine straight and, for me, slightly lifted.

I discovered early in my journey that I wasn't too bad at channelling guided information. I was inspired by the works of Sanaya Roman and her guide Orin, and I used her book *Opening to Channel*. (Roman, *Opening to Channel: How to Connect with Your Guide (Birth Into Light)*)

What I discovered through this practice was that getting the correct sitting technique really helped to clear the mind. My ex-teaching partner Caroline Whyman came back from a trip to China with a tip that encompassed all of this:

"While sitting, instead of looking straight ahead, let your eyes drop 30 degrees, pivot your head at the top of your spine; this brings your chin slightly into your neck and directly under your head. Now imagine that it's possible to pull your chin 'up through the centre of your head, and out the top'! Feel the last one third of your spine stretch."

That's exactly the instruction I had been looking for. Those few words reinvigorated my sitting practice – thanks, Caroline!

So, having got yourself comfortable, spine lifted and straight, what's next?

Belly breathing is initially just about watching your breath come in and go out. Allow yourself a minute's gentle breathing to settle and calm.

We were actually born as masters of the Belly Breathing technique.

It's the simplest of techniques in its basic form. While sitting, push your tummy out as you take a long deep breath in through your nose.

As you let your breath out, through your nose, use your tummy muscles to squeeze your belly button inwards towards the spine.

It is easy, but also really important not to get too hung up on the method or worry yourself that you are not doing well enough! It's about relaxing.

When you push your tummy muscles out into a big Santa Claus tummy, it pulls your diaphragm downwards, creating a vacuum that forces your lungs to expand from the very bottom. The net effect is that it draws lovely fresh Qi and oxygen deep into the pit of your lungs, where it rarely gets a chance to circulate. If nothing else, it's a very healthy technique for clarifying your blood and filling you with fresh Qi.

You'll probably find a gentle moment of quiet at the top and bottom of each breath, where for a moment your breathing pauses. It's the moment where momentum stops and begins to turn, like a wave lapping on the shore. Don't force it, just let it occur naturally and be aware of it.

Continue to breathe in and out, slowly and deeply.

After a while, you may be aware of a warmth in the pit of your stomach in your Dantian (energy field) – this practice helps build up a lovely stock of Qi there. As you just quietly observe your breath going in and out (try to keep the breathing quiet to help calm the Qi), you'll find that a lovely calm comes over the whole of you, too.

This is a great gateway into a meditative state.

BELLY BREATHING – STAGE TWO

To increase the effectiveness of the practice, there's one last step to add, after practicing for a little while.

When you breathe in, tighten your anal muscle; when you breathe out, relax it.

So, imagine pulling up with your anal sphincter – slightly squeezing the buttocks around that area, rounding the tummy and breathing in – then breathing out while relaxing the lower muscles and pulling the tummy in. This is a little more complex to co-ordinate, so if you try it straight away, you might be put off.

We have the habit of thinking, "Come on, I'm an adult, I can do two things at once!" The net result will be that you'll try it all at once and get frustrated straight away. Why not adhere to a little advice here and do this in two stages, so that the belly breathing becomes second nature, and after a few weeks, when you can do it without a second thought, move to stage two?

Just think of *breathing in* and *pulling up* almost like breathing in through your anus and nostrils at the same time (sorry for this image!) and breathing out in the reverse of that slightly bizarre image!

Chapter 7

The Five Organs / Seasons / Phases / Elements diagram



Chapter 8

STANDING POSTURE

OK, let's get into some real Qigong.

First, you often hear Qigong teachers say "Take up a standing posture!"

What does it mean?

We are hoping that you'll find a position that's sustainable for the length of a class.

Sometimes when you first start standing (also known as *Jam Jong*, or *Standing like a Post* – but maybe it's better translated as *Standing like a Tree*, which allows for natural gentle movement and swaying. It turns out *Static Qigong* isn't actually that static at all.)

When I first started *Medical Qigong*, we learned the "Eighteen Points of a Good Standing Posture."

After working through them all, most students looked like a gnarled tree stump.

There's a diagram below that should help.

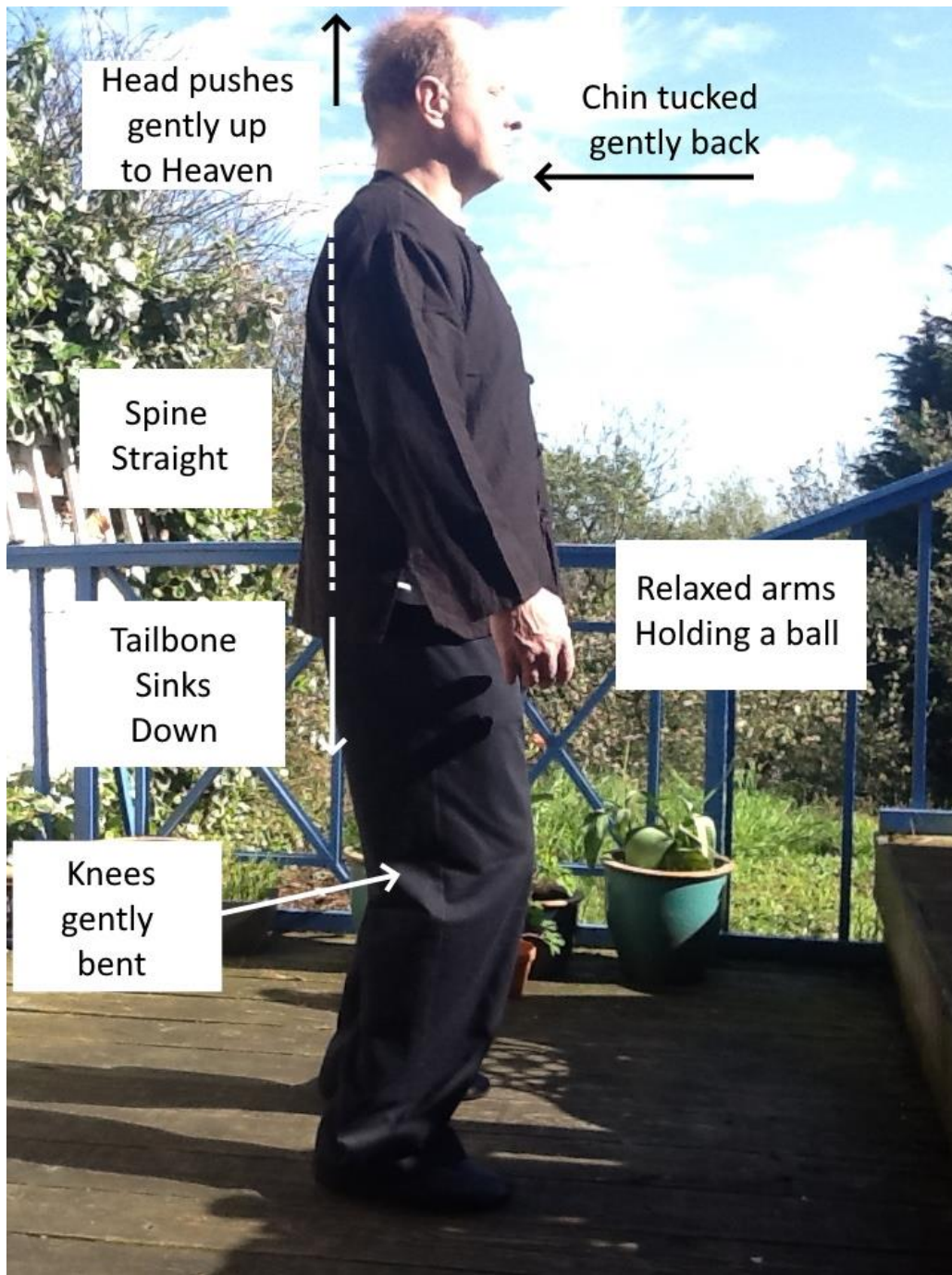
The principles are:

Knees gently bent. You'll feel the weight shift slightly towards the ball of your foot.

Back straight as possible. This is achieved by dropping the tailbone down to the ground, then tucking it forward just a shade. The chin moves back a tiny bit towards the spine, and the top of the head (we call it *Bai Hui*) pushes gently upwards to the blue sky.

With the tailbone slightly forward and chin slightly backwards, the curves of the spine straighten a little.

With the tailbone down, head up to make the spine feel long, and the knees bent, *Qi* flows easily.



My exercise set (and other interesting vodcasts and exercises) are available as a free videos on my website: <https://quantumqigong.co.uk/resources/>.

My "warm-up set" and you can be found on my Youtube site, too: www.youtube.com/jeremycolledge.

Chapter 20:-

The Om Symbol



Resources Index

My website : www.quantumqigong.co.uk

My YouTube: www.youtube.com/jeremycolledge

My Facebook: www.facebook.com/QuantumQigongHealing

My Instagram: <https://www.instagram.com/colledgejeremy/>

My Twitter: <https://twitter.com/jeremycolledge>

Self Healing Tools

[La Qi Healing Explanation](#) – Jeremy Colledge

[La Qi Audio Download](#) – Dr Pang, with translation

[La Qi Healing Meditation Video](#) – Dr Pang

Videos

[Warmup Exercises](#)

[Beating the Temple Drum](#) – Very quick demo of my favourite exercise!

[Forward & Back Bends](#) – Very quick demo of this useful exercise!

[Lift Qi Up, Pour Qi Down](#) – First Form of Zhineng Qigong – (Quick)

[The Body Mind Form](#) – Second Form of Zhineng Qigong

[Lift Qi Up, Pour Qi Down](#) – Teacher Ling

[Lift Qi Up, Pour Qi Down](#) – Master Pang Ming (very old video!)

[My “Intronaut” Podcast](#) – Jeremy rambles about spirituality, etc.

[Dissolve your mind into the Qi Field visualisation](#) – Animation

[Dissolve yourself into the Universe visualisation](#) – Animation

[Three Monkeys Online Course](#) – Learn Lift Qi Up, Pour Qi Down in the comfort of your own home, with this great course!

[Wall Squatting](#) – Teacher Zhu
[Wall Squatting Variations](#) -Teacher Rashev
[Bladder Tumour Healing](#) – Luke Chan
[Chen Qi](#) – Master Pang Ming
[The Eight Phrases](#) – Teacher Wei
[Cloud Hands](#) – Dr Roger Jahnke

Useful Products

[Alkaline Water Jug](#)
[Mega Greens Alkaline Drinking Powder](#)
[pH Drops](#) (to add to your Greens and Water)
[Molecular Hydrogen](#)

Reading List – Zhineng Books

[101 Miracles of Natural Healing](#) – Luke Chan

Features truly inspirational stories of 101 individuals who miraculously recovered from cancer, diabetes, arthritis, heart disease, severe depression, paralysis, systemic lupus and many other chronic illnesses. Learn the Zhineng Qigong self-healing method prescribed by the world's largest medicineless hospital for curing the incurables. Discover the exercise practised daily by eight million people for health, longevity, creativity and mental clarity.

[Basic Theories and Methods of Zhineng Qigong](#) – Yuan Tong Liu (I often have copies of this for sale – email me!)

Zhineng Qigong is the most widely respected and practised qigong in China today for health and healing. Based on the laws of nature, Grandmaster and Dr Pang Ming founded this natural healing system to develop physical, emotional and mental well-being. Master Liu has worked for three years translating Grandmaster Pang's books on Zhineng Qigong in order to present this important information in an accurate translation. In the book, he explains the nine characteristics of Zhineng Qigong that make it different from other forms of Qigong; Yi Yuan Ti theories; how to pull energy information; how to organise the Qi field; as well as information on the forms. Master Liu's book is a needed and wonderful complement to any teacher and student in developing a deeper understanding and practice of Zhineng Qigong.

Reading List – Other Qigong Books

[Chi-gung](#) – Daniel Reid
[The Tao of Health, Sex and Longevity](#) – Daniel Reid
[The Healing Promise of Qi](#) – Roger Jahnke, O.M.D
[Chi Kung: Way of Power](#) – Lam Kan Chuen
[Qigong for Health & Martial Arts](#) – Yang Jwing-Ming
[The Way of Qigong](#) – Kenneth S Cohen
[Eight Simple Qigong Exercises](#) – Yang Jwing-Ming
[The Urban Warrior](#) – The Barefoot Doctor
Reading List – Alkaline, Cancer, others etc
[The Five Elements of Self-healing](#) – Elias/Ketcham
[The Ph Miracle](#) – Dr Robert Young
[The Ph Miracle For Weight Loss](#) – Dr Robert Young
[The Plan Diet](#) – Lyn-Genet Recitas

[The Metabolism Reset Diet](#) – Dr Alan Christianson
[The Untethered Soul](#) – Michael Singer
[Deciphering The Golden Flower \(Book 1\)](#) – JJ Semple
[The Secret of The Golden Flower \(Book 2\)](#) – JJ Semple
[Cancer Is Not a Disease](#) – Andreas Moritz
[The Liver and Bladder Miracle Cleanse](#) – Andreas Moritz
[Recipes for Self Healing](#) – Daverick Leggett
[Medical Medium Liver Rescue](#) – Anthony William
[The Real Meal Revolution](#) – Professor Tim Noakes
[Getting in the Gap](#) – Dr Wayne W. Dyer
[The Four Agreements](#) – Don Miguel Ruiz
[The Tao of Pooh & The Te of Piglet](#) – Benjamin Hoff
[Evolve Your Brain](#) – Dr Joe Dispenza
[The Power of Eight](#) – Lynne McTaggart
[Becoming Supernatural](#) – Dr Joe Dispenza
[The Cosmic Hologram](#) – Jude Currivan Ph.D
[A Brief History of Qi](#) – Zhang Rose
[Qigong Empowerment](#) – Liang and Wu
[The Physics of God](#) – Joseph Selbie
[The Everything Answers Book](#) – Amit Goswami

Further Links

[My Online test](#) – Answer Five elements questions!

www.3monkeysqigong.co.uk – **My School of Qigong**

www.daoqiworld.com – Teachers Lu and Ling's Homepage

www.hexju.com – Jianshe's Retreat Centre in China

www.daohearts.com – Teacher Wei's website

www.chilel.com – Luke Chan's informative site about Zhineng Qigong

www.qigongmedicine.com – The website of The International Institute of Medical Qigong

www.asianhealingarts.org – A friend Dashi's Qigong website

www.abebooks.co.uk – a fantastic book-finding site to find old Qigong Books!

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Roman, S. (n.d.). *Opening to Channel: How to Connect with Your Guide (Birth Into Light)*.

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