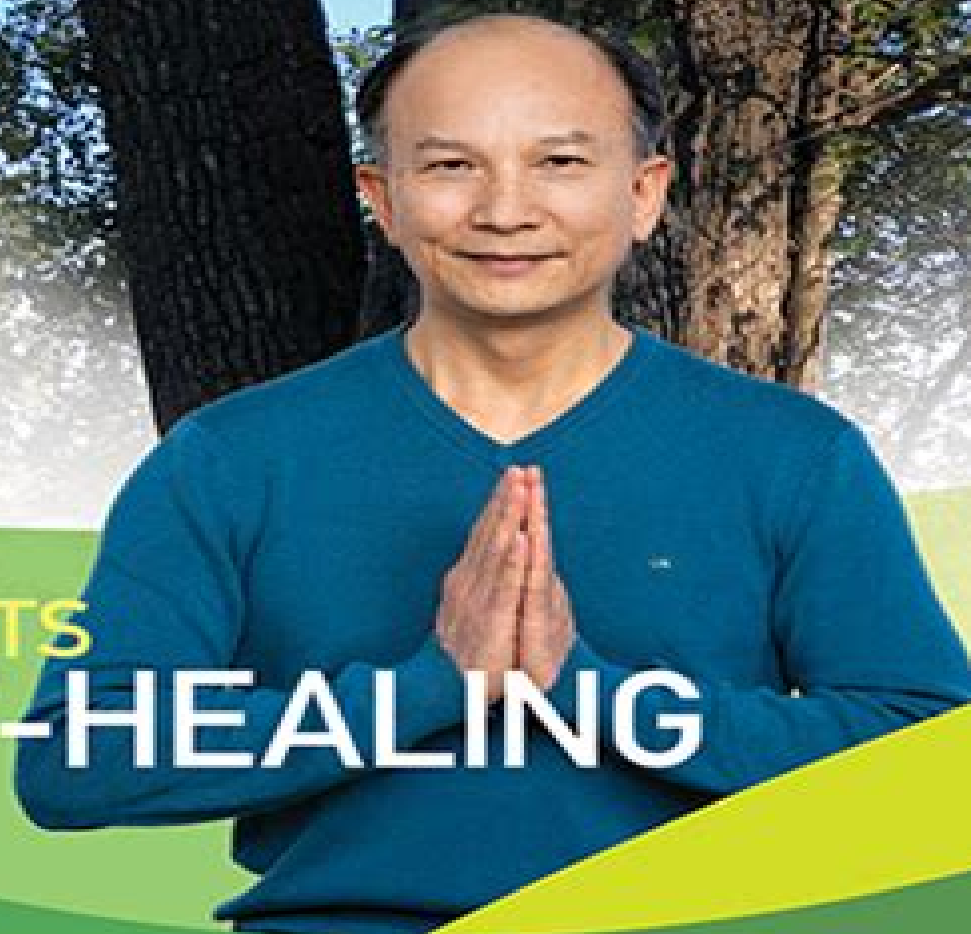


S P R I N G F O R E S T Q I G O N G



FIVE
ELEMENTS
SELF-HEALING



🕒 Learning Strategies

CHUNYI LIN

Spring Forest Qigong Level 2 Manual

Rose Arny



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the Course The Five Elements are extended on those covered in Level 1 to include Lungs Kidneys and Spleen and also all the Yang organs and Meridians The book also provides the encouragement and inspiration offered in Open Sky Qigong Workshops and Classes Level 2 focuses on relationship with Self other and the environment The book has a significant section on using Qigong Practices to balance develop and deepen relationship Motivational messages and light hearted inspirations are included throughout making this a delightful dip book as well as an extensive Training Manual This Manual together with the DVD and Meditation CDs provides a comprehensive Qigong Program suitable for all ages abilities and levels of Meditation experience whether learning individually or in groups OpenSky Qigong offers a comprehensive multi level Training Program to assist people to live happy healthy vital lives Based on ancient Chinese theory and Practices OpenSky Qigong is designed to suit people living in our modern era OpenSky Qigong encourages the use of simple Energetic Practices which integrate easily into daily life Courses are offered in regular weekend Workshops weekly Classes or a combination of both Levels 1 and 2 may be learnt at home using Living in Awareness Level 1 and Deepening Connection Level 2 Written by Marg Wyatt Program Facilitator OpenSky Qigong Guiding Principles of the Internal Arts Lyn Dilbeck, 2013-09-30 In the first instructional manual of this series Starting Your Practice you developed the physical skills needed for the etheric practice of Qi Gong This manual now presents the Guiding Principles of Qi Gong and will instruct you in how to apply these principles in the primary levels of existence physical energetic Etheric feeling emotional Astral and mental Causal It is through the application of these principles to your experiences on every level of existence that you realize the unbinding of your consciousness from the Qi of Creation and from the reflections of the beliefs of separation and limitation you are choosing to experience within Her The spiritual theory of Qi Gong becomes a method for living through the Keys for the Transformation of Human Consciousness These four keys were explained in the book Experiencing God's Reflection The Role Qi Gong Plays in the Transformation of Consciousness But as you will soon experience these transformational keys become the Guiding Principles as they play out through the energetic centers through your body your tan tiens In your spiritual life the Guiding Principles are where the rubber meets the road These principles help you as consciousness relate to and interact with the Qi of energy emotion and thought They show you how to experience all levels of Creation without attaching your consciousness to Her through your acts of judgment control and manipulation The manual opens with The Spinal Series chapter 2 an ingenious exercise set that both empowers your core pumps and deepens your awareness of how and where the energy of movement manifests within you You first experience The Guiding Principles by way of the Unity Form a beautiful Qi Gong set composed of 18 movements Chapter 3 gives you precise and easy to follow instructions for learning this form Chapter 4 is the heart of the manual Here the seven Guiding Principles are explained then each one is clearly demonstrated through specific movements chosen from the forms and exercises you have learned As you embody these principles as you understand feel and do them you will experience how they allow two natural processes to

occur in and around you the process of balance and the process of integration Balance and integration are the reflections within Creation of the love and oneness of your Soul It is only you through your perceived needs to judge control and manipulate Qi and what you experience within Her that disrupts these processes Meditation is an essential piece of Qi Gong Practice The Qi Gong Meditation of Three Levels is shared in chapter 5 And though this meditation is experienced on all three levels of your being what it most clearly reveals is the causal or mental practice of Qi Gong At this level of the practice you see that your consciousness Who You Are does not come from the continuous interplay of comparative or complementary expressions of causal Qi your thoughts The manual ends with the astral or feeling emotional practice of Qi Gong This last chapter shows you that your emotions too are a duality of yin and yang and that how you choose to relate to these forces also binds your consciousness to the experience of separation and a limited ability to express love and power As you live your life through the Guiding Principles you are literally remembering how to experience vibrational existence Creation on all levels while at the same time knowing you are the Consciousness of God You remember that you are not defined or limited by any of the experiences you are now having **Merging East and West** Frances Veronica Gaik,2005

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