



Linda's T'ai Chi Weekly Handout

February 20, 2022

Primordial Qigong

In the last few weeks, I have opened each class leading the first 4 postures of a qigong routine called "Primordial Qigong" To assist in the understanding and learning of Primordial Qigong I have taken some license in the number of repetitions and orientation. But all that will come in time.

The aim of Qigong is **to promote the movement of Qi (energy) in the body**; this is done by opening certain gates (energy points) and stretching and turning energy channels. A key point in Qigong practice is relaxation and deep breathing, both of which are prerequisites to allow Qi to flow. Qi is the essence of life and is the root of the human body.

Primordial qigong, primordial meaning existing at or from the beginning of time, reflects the belief of how the universe was formed. Primordial qigong merges the earth and the heavens. The earth is yin and is represented by soil and water while the heavens (sky) is yang and is represented by the cosmic influences of the stars and moons.

Just as there is life force in nature there is life force in our mind, body and spirit. Primordial qigong honors the merging of the two. Eventually, we will perform this qigong on all faces of the compass, East, North, West and South. But to begin, we face one direction, our East and perform the following postures. In class, I will take some license as a teaching strategy.

1. **Breath (chi) of Earth Rises.** Arms drift to chest level (palms down).

Breath of Heaven Descends. Arms sink down. Shift weight to Left foot - Form small chi ball, RIGHT palm below.

2 **Yin/Yang separates to honor Yin.** Look at R palm as Right arm, sweeps Right (palm up) Left palm presses left (palm down)

Yin/Yang separates to honor Yang. Look at L palm as Left arm, sweeps Left (palm up) Right palm presses right (palm down)

3 Circulate chi in orbit. Palms face each other, circle up to crown, out & down to perineum, back up to heart, extend out.4x

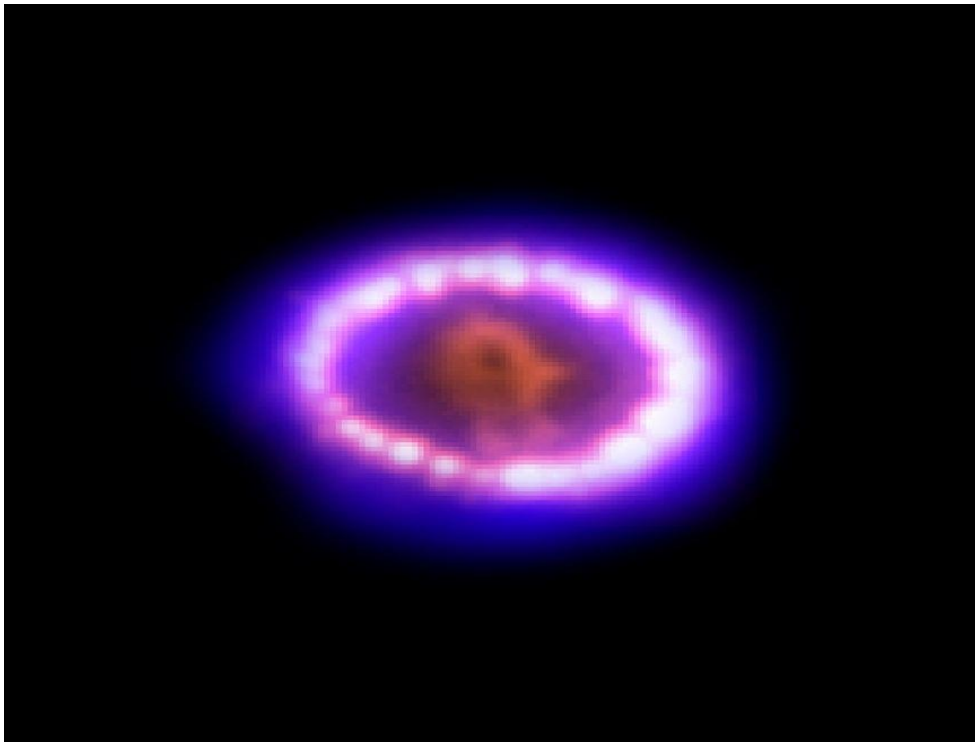
4 Heart opens to the right Rotate waist & arms with large gathering to Right

Heart opens to the left). Rotate waist & arms with large gathering to Left

Heart opens to the right Rotate waist & arms with large gathering to Right

4. Gather chi from East. Right hand drops below, rotate chi ball inward, top to bottom.

As we perform these opening postures, we focus on connecting our mind, body and spirit, quieting our eyes, softening our bodies and imaging the merging of the earth and sky. One World One Breath May you enjoy these images as representation of the merging of earth and sky.



February 24, 1987, observers in the southern hemisphere saw a new object in a nearby galaxy called the Large Magellanic Cloud. This was one of the brightest supernova explosions in centuries and soon became known as Supernova 1987A (SN 87A).



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Peace,

Linda