



VUIM™

Qigong TB320
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VIRGINIA UNIVERSITY OF INTEGRATIVE MEDICINE

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Class goals:

- Discussion of various types of Qigong in the book that are used in Clinical practice.
- Qigong practice
- Partner up and treat each other.

Shanghai College of Traditional Chinese Medicine lists

8 Static Qigongs:

Relaxation QiGong
Inner nourishing qigong
Roborant qigong
Heavenly circuit qigong
Heavenly circuit self rotation qigong
Reversing Yang qigong
Gathering sun and moon qigong
6 character formula

23 Dynamic qigongs

Head and face qigong	Regulating heart qigong
Eye Qigong	Regulating Spleen qigong
Nose and Teeth qigong	Regulating Lung qigong
Ear qigong	Regulating Liver qigong
Neck and Nape qigong	Regulating Kidney qigong
Shoulder and arm qigong	Recuperating Life qigong
Sternocoastal qigong	Iron crotch qigong
Abdominal qigong	Soothing Liver Improve eye qigong
Waist qigong	Opening Ren and Du qigong
Lower Limb qigong	Lift and lower Yin and Yang qigong
	Yijinjing Qigong
	6 section Brocade
	8 section Brocade

12 Emission of external qi (waiqi)

Conduct qi Closing pals oscillating
Conduct qi in one finger meditation style
Conduct qi in pushing and pulling palms
Conduct qi of pull three points in one line
Conduct qi forming a circle out of 3 points
Conduct qi in bursting style
Conduct qi in a spiral style
Conduct qi in Cold or hot style
Emitting qi hand forms
Emitting qi manipulations
Qi patterns in the emission of qi.
Line, dot, spiral.

Taoist Qigongs

Longevity/Immortality
Tao Retreat

1. Jing-Qi-Shen
2. Internal Elixir- Kan and Li
3. Microcosmic Orbit
4. 6 Healing sounds
5. Neigong
6. 8 Extraordinary
7. 12 channels.
8. Dragon Spine and Spiraling and coiling.
9. Longevity gong
10. Relaxation gong

Buddhist Qigong

Enlightenment, Nirvana,
Higher rebirth

1. Pranayama
2. Vipassana: watching mind.
3. Mantra: chants
4. Pure Land: Amitabha.
5. Zhi- one point concentration- object like candle or image/mandala.
6. Guan: reflection. Mind reflecting unjudgemental like a mirror.
7. Bodhichitta: mind of enlightenment: compassion and wisdom.

Confucious Qigong

Order and society.
Tao to humanity

Anything related to the public teaching for society:

1. Liang gong Shir ba fa
2. 18 Taiji Qigong
3. Goulin Qigong
4. Simplified Taijiquan
5. Medical Qigongs
6. Standardized

Martial Qigong

Waigong-external (Shaolin)
Neigong- internal (Wudang)

1. Post standing (ma bu)
 - a. Wuji/wu chi
 - b. Taiji ma bu
2. Ba Dua Jin- 8 brocade.
3. Yi Jin Jing (Muscle/Sinew change classic).
4. Taijiquan
5. Baguazhang
6. Xingyiquan
7. Iron Shirt/Golden Bell
8. Breaking skills

Buddhism Basics

Pre-buddhist India

Vedic traditions, long before buddhism.
Hinduism. Upandishads: Atman and Brahman. Siddhas, yogis, Shivites, seeking unification "Yoga Sutras" of Patanjali.
Hatha yoga, Sanskrit language, Ayurvedic traditions, asceticism, fasting, breathwork, bhandhas, bindu, chakras, elements, kundalini, etc.
Mudras, Mantras, Tantra
A-U-M, 3 channels: ida, pingala, Sushuma.

Hinyana

Elder path
Follow Buddha
4 Noble truths
8 fold path
Sutras
1. generosity, giving
2. virtue, morality,
3. renunciation
4. wisdom, insight
5. diligence, effort
6. patience, tolerance
7. truthfulness, honesty
8. determination, resolution
9. friendliness, loving-kindness
10. equanimity, serenity

Theravadan

Hinyana
Southeast Asia
4 Noble truths
8 fold path
Sutras
3 Jewels:
Buddha, Dharma, Sangha
Refuge and prostrations, offerings, vipassana, etc.
Vinaya: monk rules
Sutra: buddha's sermons.
Abhidharma: philosophy/psychology

Mahayana

Greater Path
Bodichitta-the Bodhisattva vows.
Later teachings of future buddhas and bodhisattvas.
Diety yoga, Other aspects of buddha dieties:, compassion, wisdom, medicine, yidams and dakini.
"Om Ah Hum"

Mantrayana

Mahayana method of calling up various dieties by chant of repeated sounds.
Counting with mala beads, visualization, permission to use is by tranmission and empowerment by qualified monk.
"Om Ma Ni Pad Ma Hum"

Vajrayana

Diamond Path
Tantric path of buddhism.
This is non-sexual celibacy or sexual layman channels, postures and various yogas like yantra yoga, Tummo, mahayoga, mahamudra. buddhas like samanthabhadra, Kalichakra.
3 bodies:
Nirmanakaya
Sambgakaya
Dharmakaya

Chan or Zen

Buddhism that evolved in China, Korea, and Japan. Heavy use of quiet sitting, walking, sutra, use of Koans and other lessons.
Dhyana: meditation
Samadhi: meditative consciousness or contemplation.
Shunyata: void/open
Satori: sudden enlightenment.
Diamond Sutra
Lotus Sutra
Guanyin

Pure land

Buddhism that chants Amitaba to the western pure land paradise Buddha.
Chanting Amitaba is used to liberation from the wheel of existance of 6 realms.
Infinite light sutra
"Amitabha"

Dzogchen

Shamanic tantric methods of the Bon (prebuddhist Tibet) and Nygma traditions of Tibretan Buddhism.
Heavy use of channels, guru yoga, powa, Tummo, trekchö for togal "leap over" into total realization.
Base: essence nature, energy.
Path: view and conduct.
Fruit: realizaiton

Five Animal Frolics

- Pioneer form of Qigong that uses Daoyin aka breathing and movement combined.
- Imitation of animal movements.
- Bear, Crane, Monkey, Deer, and Tiger.
- Bear: winter, to warm, heavy and fearless.
- Crane: Summer, to cool, light, and gentle.
- Seasonal method.

6 Healing sounds/6 Syllable formula

- **Xu/Shuuu for Liver**

- May aid: hyperactivity of liver fire, liver vacuity, hepatomegaly, poor appetite, indigestion, dry eyes, vertigo.

- **Hee for Heart**

- May aid: Palpitations, angina pectoris, insomnia, forgetfulness, profuse sweating, tongue erosion, stiff tongue, aphasia.

- **Huuu for Stomach/Spleen**

- May aid: Spleen Qi Def, diarrhea, abdominal distention, edema, muscle atrophy, SP/ST disharmony, indigestion, poor appetite, hematochezia (bloody stool), irregular menstruation, fatigue.

- **Siii for Lung**

- May aid: Common cold, fever and cough, SOB, phlegm accumulation, backache, aversion to cold, frequent scanty urine.

- **Chui for Kidney**

- May aid: weakness or pain in loin and legs, dry eyes, forgetfulness, tidal fever (low grade that comes and goes), night sweating, vertigo, tinnitus, spermatorrhea, impotence, cold womb, teeth or hair loss in women.

- **Xi for Triple burner/Sanjiao**

- May Aid: tinnitus, vertigo, sore throat, stiffness in chest, abdominal distention, urinary disorders.

Yijin Jing Muscle/tendon Classic

- Developed by Indian Buddhist monk Bodhidharma at Shaolin temple to help the monk meditate better. They were too weak or fatigued to sit for long periods of time.
- Dynamic Qigong, invigorates the 12 channels, Ren and Du mai.

8 Piece Brocade

- The main qigong of this class. Previous lectures this was discussed.

5 element Palms

- Based on 5 elements/organs, 5 directions and 5 emotions.
- Each exercise is done facing the corresponding direction that is associated with that element and organ.
- Others:
 - -Fire palms: fire/heart.
 - -Hands float on water. Water/kidney.
 - -Tree. Wood/Liver.
 - -Monkey offers peach. Metal/Lungs.
 - -Embrace posture- Earth

Longevity qigong/Heath Preserving Qigong

- 1. Quiet sitting for 50 breaths.
- 2. Nose qigong
- 3. Eye qigong
- 4. Face Rubbing
- 5. Ear Qigong, beat drum
- 6. Mouth qigong: teeth, tongue, swallow pearl.
- 7. Rub the arms

Longevity Qigong continued

- 8. Massage lower back, mingmen, and kidneys.
- 9. Toe touching Qigong.
- 10. Dai mai waist circles.
- 11. Massage Dan tien.
- 12. Massage Knees and ankles.
- 13. Massage KD1- yongquan.

Post standing

- We've already talked about the two main:
- 1. Wuji standing.
- 2. Holding the basket. Earth posture

Relaxation Qigong

- Relaxing every part of body.
- Down front, sides, back. Mentally coaching self to relax from crown of head to feet.
- Color visualization at end.

Internal Nourish Qigong

- Static, uses Du-Na breathing, Ming and Qing dynasty.
- Chronic Digestive and Respiratory issues.
- Method: Inhale-pause-exhale
- Body: Silent and relaxed. Stand, sit, lying down.
- Breath: abdominal
- Mind: visualize center color and spreading out.
- Mid-level method: inhale-pause-exhale (5)
 - 1. Softly (nourish yin): cirrhosis, constipation, hypertension.
 - 2. Hard breathing (nourish yang): gastric ulcers, diarrhea.
 - 3. Tonify yin and yang: inhale, inhale hold, exhale. Digestive and pulmonary issues.
 - 4. Tongue up and down: saliva and digestion, appetite, can be used with method 1,2,3 breathings (soft, hard, yin/yang).
 - 5. Selecting a “silent chant”, word, phrase, affirmation. “Sung” “Relax”.

Roborant (strengthening/restorative effect) Qigong

- Buddhist, Taoist, Confucian in origin.
- Nourish Kidney Qi, Root.
- Sitting postures: cross legged, full lotus, half lotus, standing, Free postures.
- Breathing:
 - 1. Quiet breathing: beginners, elderly, anemia or TB.
 - 2. Deep breathing: abdomen and chest expand and contract, neurasthenia, anemia, constipation, difficult concentration.
 - 3. Reverse breathing: after meals, irregular sympathetic n. system, heart conditions.
- Keeping mind on either:
 - 1. Dan tien/Qi hai (Ren 6) for lower jiao.
 - 2. Danzhong (Ren17) for upper jiao: cardiac/pulmonary w/ anemia, or LBP, or
 - 3. Zhongwan (Ren12) middle jiao: digestive or nervous system, vascular diseases.

Finish Qigong at Dan tien

- Center yourself. (don't be scatter brained or rushing to next moment).
- Grounding yourself. (don't have head in the clouds, come back to earth)
- Clearing your Qi. (release and discharge karmic traces from others)
- Returning to Normal. (coming out from deep meditation).

Mental stages with Qigong

- Yi shou: “keep awareness at” “focus on”.
- Cun xiang “visualization”.
- Ru Jing: “Enter tranquility”.
- A. Relaxed and tranquil- relaxed body, quiet mind.
- B. Pulsations and Senses stage: warmth, light, heaviness, itching, cold, sinking, etc.
- C. Joy and Pleasure: mentally strong and serene, contentment.
- D. Void and Nothingness: loss of self and emotions. Oneness with universe and the infinite.

Practice on each other

- Get chief complaint, ask the 10 questions , tongue and pulse.
- Diagnose and Choose points.
- Try Qigong on those points.

homework

- Continue trying to remember the *Ba Dua Jin 1-4* for *mid-term* and journal Entries.