

# **Qigong Round the World**

**Being, Becoming, Belonging  
Qi-ful Perspectives for Children**



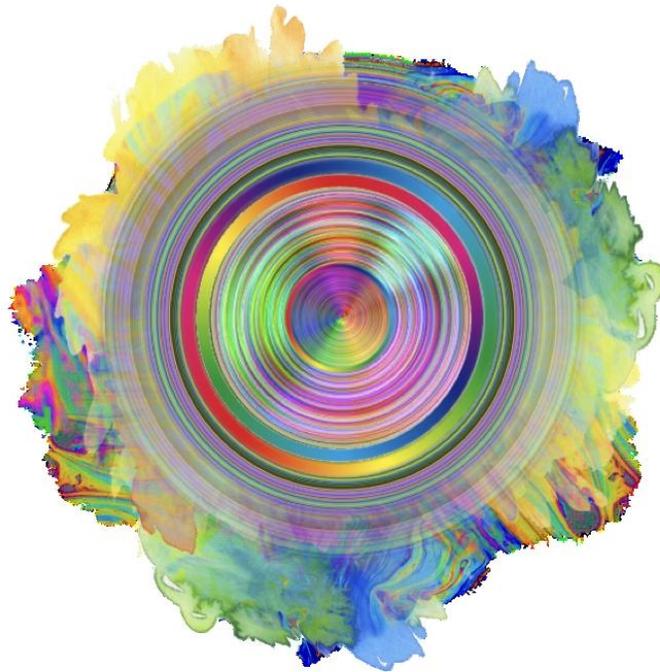
# **Qigong Round the World**

## **Being, Becoming, Belonging**

### **Qi-ful Perspectives for Children**

By

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and illustrator  
Jerry Wellik, Spring Forest Qigong™ Master



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## Dedication

This book is dedicated with great love and humility to the memory of Spring Forest Qigong™ Master Jennie Trotter and Spring Forest Qigong™ Certified Instructor Deborah Cheney, both great inspirations to the Spring Forest Qigong™ family and both dedicated to supporting and educating the children of our world.

### **DISCLAIMERS:**

This handbook was created by Spring Forest Qigong™ practitioners Nancy Havera, Siu-Ling Bisogno Hau and Jerry Wellik as a helpful resource for students, teachers, and children. The content herein does not necessarily reflect or represent the teachings or policies held by Spring Forest Qigong™.

This material is for personal teaching use only. The handbook and all Spring Forest Qigong™ teaching and learning materials are intended for your education of healthy living practices. The handbook and other learning materials are not intended as a replacement for any medical treatment or therapy by a physician or other licensed health care provider. Rather, the handbook and the other learning materials are intended to help you broaden your understanding of health and wellness and help you make informed choices of healthy options. Any application of the information in this handbook and the other learning material is at the user's discretion and sole responsibility.

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# Introduction

## **History of Grand Master Chunyi Lin:**

In 1995 Grand Master Chunyi Lin founded Spring Forest Qigong™ in Minneapolis, Minnesota. Spring: season of renewing, refreshing, and restoring. Forest: a place of trees of infinite varieties that live together in harmony and support of one another. Qigong: the ancient Chinese science of the study of energy in everything in the Universe. Qi: Intelligent energy. Gong: to work, to cultivate, to practice. The mission of Spring Forest Qigong™ is “A healer in every home. A world without pain and suffering.”

Master Lin also teaches that each of us is born a healer. We carry within us a medicine cabinet because every cell of our body holds Qi, or intelligent energy. Qi guides our digestion, the flow of blood, our hair growing, inhaling and exhaling, detoxifying, etc. Qi also naturally heals us from paper cuts and the common colds and many other physical challenges. Qi helps humans bring into balance the energies of their bodies, their emotions, their minds, and their spirits. Working with and practicing Spring Forest Qigong™ helps us to be healthy physically, mentally, emotionally and spiritually. Deeper understanding of Master Lin’s teaching can be found in classes offered by certified trainers and instructors and listed at [www.springforestqigong.com](http://www.springforestqigong.com).

Master Lin has taught his philosophy for almost three decades to thousands of people around the world. The authors of this handbook, within Spring Forest Qigong™, are dedicated practitioners, practice group leaders, trainers, instructors, and healers. We have also learned from Master Lin the vision of teachers teaching teachers teaching teachers teaching teachers.

## **Intention of Handbook:**

The intention of this handbook is to reach anyone around the world who is in contact with children and willing to guide, help, and love them. As we present these lessons for children of all ages, the hope is that the children will then teach other children and maybe even adults. In this manner the teaching, perspectives, and philosophies of Spring Forest Qigong™ will come to encircle the world through a diversity of cultures, societies, locations, and generations. As we the authors humbly present our material, we want to make clear that the content does not necessarily reflect or represent the exact teachings or policies held by Spring Forest Qigong™. We are introducing at times our own personal insights and experiences.

## **Who Will Use the Handbook:**

The persons whom we invite to explore and share this material may include, but are not exclusive to:

- Families: parents (biological, adoptive, foster), grandparents, aunts, uncles, cousins, siblings, nannies, alternative caretakers.
- Schools: teachers, aids, administrators, school board members, custodians, counselors, school psychologists, nurses, social workers, cafeteria workers, office staff, crossing guards, bus drivers and monitors, coaches.
- Health care professionals: hospitals, urgent care clinics, emergency rooms, nurses, doctors, private offices, first responders.
- Legal systems: courts, lawyers, judges, social workers, crisis services, probation officers, law enforcement officers.
- Community centers: libraries, museums, activity centers.

We are all born healers. We are all born teachers. We hold within us Qi that opens the doors to infinite possibilities for growth, learning, healing, teaching, and living a full and happy life. Dear readers, you will discover others with whom to share the material. You will help us all to make the world a better place to live, to be of service, and to celebrate the opportunities to play and have fun. You will help create a world without pain and suffering. Thank you to all who explore this handbook with open hearts and open minds!

**Handbook Title:**

Qigong teaches us that a sphere radiates the Qi (intelligent energy) of balance and harmony equally into all directions, inviting us to experience hopeful, healing, and happy perspectives. Spheres can also protect who we are, who we become, and where we belong.

All of the illustrations are round in shape to promote these messages.

Master Jerry Wellik, and author, explains some of these perspectives in a poem.

Someone asked why  
'Qi-gong Round the World'  
instead of 'Qi-gong Around  
the World' (grammatically  
correct)

I say 'cause I like to play  
like a kid or a poet  
spinning around like a  
round ball'

fun Being happy, joyful,  
peaceful, content, grateful  
spinning free and easy  
rolling (a)round like a ball

Jerry Wellik, Spring Forest Qigong™, © September 2022

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Jerry Wellik, Spring Forest Qigong™ Master



# What is the purpose of this handbook?

## Lessons that are:

- Short purposeful activities to be inserted whenever and wherever needed.
- Flexible and easily adapted to the personality and experiences of both teacher and learners.
- Invitations to play, have fun, enjoy, explore, and be surprised in the present moment.
- Created with the intention of developing self-love, self-respect, forgiveness, kindness, compassion, and flexibility.
- Free flowing.
- Heart-based and filled with smiles and love (the most powerful form of energy in the Universe).
- Easy to remember and practice at any time.
- For all ages in all places at all times, including kids, parents, teachers, caregivers, all humans.
- Based on the outlook of “Good, better, best always. No right or wrong. The worst you can do is ‘GOOD’ which is really excellent!”
- Encouragements to pause, to re-set, and to fine-tune ourselves as energy beings in a world of energy.
- Invitations to open our minds and our hearts and to be curious.
- Shifts in perspectives which allow us to handle in a positive way the energies of feeling overwhelmed and challenged.

## Possible perspectives are:

- Fun, play, enjoyment of the present moment.
- Imagination expansion.
- Loving kindness, starting with ourselves.
- Self-regulation.
- Discovery of where our curiosity leads us.
- Synchronization of ourselves as energy beings physically, mentally, emotionally, and spiritually with Nature, in our world, and in the Universe.
- Unique self-expression of each individual.
- 10,000 or more ways to express ourselves as Qi Beings in a Qi-filled Universe.

## Understanding Lesson Purpose:

Are you ready to have fun, to play, to be silly, to relax, to be YOU?

Are you ready to feel better, lighter, happier, more peaceful?

Are you ready to feel that you are part of a greater whole in which you are loved, you are intelligent, and you are important?

Are you ready to see all participants as curious learners, sharing equally?

Are you ready to be joyfully surprised by what the kids of all ages share as they play and grow?



## How to Use this Handbook

This handbook is designed to empower all teachers and anyone who works with children to trust the inner heart wisdom that each already possesses. The techniques and exercises of the book are intended to help teachers refine and fine-tune the abilities and talents that they already possess as they open their hearts to experience Qigong. Children are extremely intuitive and pick up on this process within their teachers and caretakers and then respond accordingly.

Use each exercise based on your own understanding. It's OK if this understanding changes. There is no right or wrong way of practice. It is always "good, better, best." Trust yourself, trust the children, and trust your playfulness and curiosity.

The information of the sections--including the Introduction, What is the Purpose of this Handbook?, How to Use the Handbook, Understanding Qi and How to Play with It, and Playtime Begins with Foundation Exercises--offers core material that, once understood, can be used at any time. The invitation is to present these options in short Qi Breaks whenever needed to shift the energy, perspectives, and focus in the room, house, or building.

One of the goals of this handbook is to transform the practice of Qigong into a lifelong habit. Anyone using this information then has an internal guidebook to consult that helps move through challenges and chaotic times.

All of the exercises are intended to be used for children of all ages, from newborn to 101.

Each section presents:

- What is the purpose of this lesson?
- A development of perspectives through questions and activities.
- Expanding Perspectives.

There are divider icons between each activity, and, then at the end of each chapter, there is a larger divider.

Users are encouraged to employ the background information and foundation exercises of the first sections as often as needed. All of the other material is to be explored as the teacher sees fit. This is like a cook book. Look up what you feel is needed and play with it. You do not need to go through the book from the first page to the end. You have a toolbox. Select the tools (or recipes) that are appealing and apply when your heart guides you. None of the activities are meant to last more than 5 minutes and many are shorter, which is perfect for a Qi Break. You take the break and then resume your regular schedule, noticing, perhaps, any shifts in perspectives that have occurred. You are beginning the first step in a life-long journey. Bon voyage!



# Understanding Qi and How to Play with It



## Understanding Qi and How to Play with It:

**What is the purpose of this lesson?** 20 minutes

This lesson introduces the language and vocabulary used throughout this handbook. The intention is to open our minds and hearts and to be ready to let our energies flow freely within a bigger picture. Although this material can be approached in a serious manner, we can also relax, trust, and allow ourselves to feel the energy. We can play, be curious, and have fun!

### Key Terms:

- Qigong
- Qi
- Mindfulness
- Qi Beings

**Introduction:** (15 minutes)

**VOCABULARY:** Participants will be learning new vocabulary, some in English and some in Chinese.

**QIGONG** is the ancient Chinese science which studies everything in the Universe as various and diverse forms of energy. Some people feel that Qigong can be traced back as far as 15,000 years.

**“Qi”** means energy, breath, life force. Unlike the energy of a light bulb, Qi is intelligent. Within our bodies, Qi tells our stomachs to digest, our hair to grow, and a paper cut to heal. Qi in the Universe governs the formation of stars and planets and galaxies and all that is found within them. Qi is a powerful and wonderful force.

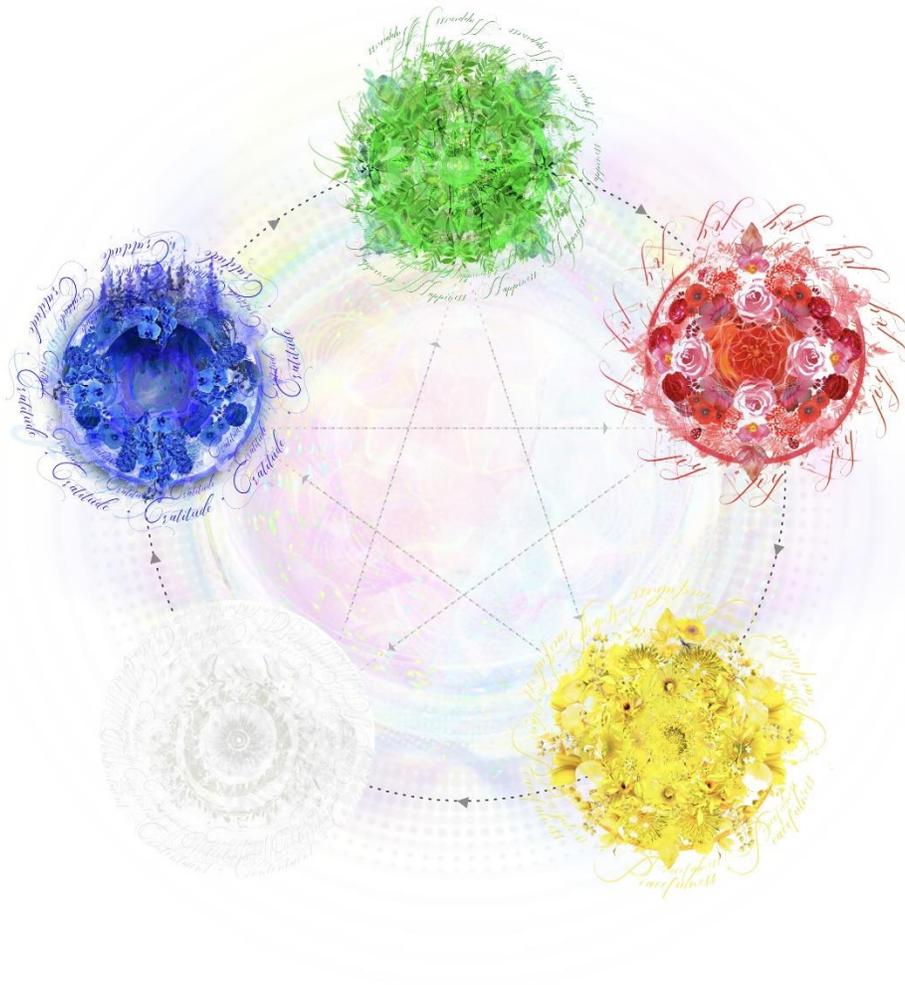
**MINDFULNESS** is being able to step back and observe yourself both deep inside and outside in the world around you. It is being like a scientist objectively observing yourself and the world with no judgement and with the intention of learning and being a better person.

### **QI BEINGS:**

- All of us are **human beings**. We make mistakes and learn. We get sick and learn. We have injuries and learn. Sometimes we have big challenges and learn. We learn from small problems as well.
- Qigong teaches us that in the Universe we are **energy beings**. We are filled with and connected to all sorts of amazing energies that are physical, emotional, psychological, intellectual, and spiritual.
- If we look at ourselves from the perspective of Qigong, we see that Qi means energy, so as energy beings, we are actually **Qi Beings**.
- As **Qi Beings** who also live mindfully moment to moment to moment, we see that we are not defined by our limitations or challenges. We actually are capable of infinite possibilities and amazing experiences.
- Each moment of the day offers us opportunities to mindfully notice ourselves as Qi Beings in a Universe filled with Qi.



# Qi of The Five Elements



## Qi of the Five Elements:

**What is the purpose of this lesson?**

(Background information, mostly for teachers)

Spring Forest Qigong™ practices the theory of the Five Elements. The Five Elements show us how we function in both good and bad health physically, emotionally, mentally, and spiritually. The Five Elements work with body systems, colors, emotions, seasons, and much more. As you learn this approach, maintain a curious and open mind.

**Key Term:**

- The theory of Five Elements

**Introduction:**

- We will be exploring the Qi of some aspects of the Five Elements.
- We will be mindful of ourselves as Qi Beings as we do so.
- The Five Elements can be studied more in depth through Spring Forest Qigong™ as a self-study class or with a Certified SFQ Professional who teaches either on-line or in-person the class called Qi Activation. (see [www.springforestqigong.com](http://www.springforestqigong.com))
- The next few sections of this handbook will be structured around the Five Elements, with additional supporting activities at the end.
- The Qi of each of the Five Elements will have four activities based on
  - A positive emotion.
  - A color related to that emotion.
  - A movement or exercise.
  - An ancient sound.
- The information presented here is meant to be easy to understand.
- The information in more advanced courses goes into much more depth and participants are encouraged to study on these levels.
- The lessons are short and easy to remember.
- Participants are encouraged to teach what they learn to others.
- Participants are encouraged to include what they learn as part of a daily practice that becomes a good habit.

**Expanding Perspectives:** The practices can be found in the following sections: the Qi of Happiness, the Qi of Joy, the Qi of Peace, the Qi of Contentment, and the Qi of Thankfulness. Are you ready to smile, explore, and have fun? Are you ready to be surprised by what you learn?



# Playtime Begins with Foundation Exercises



**What is the purpose of this section?** Below are several foundation exercises what will recur throughout the handbook. They can each be used as often as you wish. They can be used independently or as support to other exercises. This section provides you with an easy and quick reference to these core exercises.

## **EXERCISE 1: CLAP. STOMP. SMILE. LAUGH.**

**What is the purpose of this activity?**

We can learn to feel Qi. This is an activity of fun and exploration. Let's be curious and open to learning!

### **Clap. Stomp. Smile. Laugh. (Guided Practice) 2-5 minutes**

- **Clap your hand hard three times.**
  - How does this feel?
  - Do you feel the tingling? This is Qi.
- **Stomp your feet hard three times.**
  - Do you feel a vibration going up from the bottom of your feet through to the top of your head? This is Qi.
  - You might even feel the floor vibrating as you stomp. This is Qi as well.

- **Smile.**
  - **S.M.I.L.E.** means “start my internal love engine.”
  - How do you feel when you smile?
  - What happens when you smile at someone?
  - What happens when someone smiles at you?
  - Smiling is a very powerful way to wake up the Qi in your body.
- **Laugh hard and loudly. Be silly.**
  - How does it feel when you laugh?
  - You just gave all your internal organs (liver, heart, stomach, lungs, kidneys, and more) a very nice massage.
  - Have you ever had someone rub your back? That is what laughing does for your insides.
  - You woke up the Qi in your entire body.

**Expanding Perspectives:** 2-5 minutes

- What did you notice?
- How do feel when you begin to work with Qigong?
- What is Qi? How does Qi make you feel?
- What does Qi feel like to you? What does it look like, taste like, smell like, sound like?  
Explore these possibilities with your imagination and open heart.
- How can we have fun and be playful exploring Qigong and Qi?
- When will you use this information to help yourself as a Qi Being and to help other Qi Beings?  
How do you think that you will feel?
- What surprised you in this lesson?



**EXERCISE 2: THINK AND LISTEN**

**What is the purpose of this activity?** To learn to listen with 100% attention and with love and respect. This activity can be used at any time throughout the handbook.

**Think and Listen** 3-5 minutes

- Get into pairs. One person is Person A and the other person is Person B.
- When you hear a bell ring (or other prompt), Person A talks for 1 minute non-stop describing what they have learned and experienced and felt with the lesson.
- Person B listens with every cell of his/her body and gives no verbal feedback but can gesture politely or nod the head, acknowledging what has been heard.
- Then Person A and Person B switch roles.
- Pause and silently notice how you are feeling after this activity.

**Expanding Perspectives:** (1-2 minutes)

What did you notice?

How is this exercise mindful?



### EXERCISE 3: SOUND OF A BELL

**What is the purpose of this activity?** The sound of the bell invites us to pause, focus our attention, and relax.

- Begin with the sound of a bell to remind everyone of wisdom, connection, and technique.
- When you hear the bell, pause, breathe deeply, and prepare to participate.
  - Wisdom is part of knowing that there are many choices and selecting the best.
  - Connection is remembering that we are all in the Universe.
  - Technique is the actual activity being practiced.

**Expanding Perspectives:** What did you notice? How does the sound make you feel? How is it mindful?



### EXERCISE 4: CLAP AND FEEL QI

**What is the purpose of this activity?** Qigong is working with energy. Qi Beings are energy beings. A single clap invites us to feel the energy of vibration in our entire bodies.

- Clap your hands. Feel the Qi beginning to vibrate from your hands all through your body.
- Smile. Relax. Enjoy. Play. Have fun as a Qi Being.

**Expanding Perspectives:** What did you notice as a Qi Being? It is fine if you felt nothing, but notice what you feel or do not feel. How is this activity mindful?



### EXERCISE 5: THE PASSWORD

**What is the purpose of this activity?** Saying a password silently invites us to shift our perspectives and to view ourselves in the context of a bigger picture offering infinite possibilities.

#### **PASSWORD:**

- Spring Forest Qigong™ teaches us, each time we practice the exercises, to say a **password** that opens our hearts and minds to ourselves as Qi Beings:  
"I am in the Universe. The Universe is in my body. The Universe and I combine together."
- In this amazing Universe, we learn that we are **loved**, we are **intelligent** (we are filled with and surrounded by Qi), and we are **significant** (we are here right now every day for a very important and positive reason).
- As Qi Beings we are never alone because we are all always connected to all the Qi in the Universe. This idea might take some time to explore and understand, but practicing Qigong is all about taking this time in a slow and mindful way.

**Expanding Perspectives:** What did you notice? How is this simple exercise mindful?



## **EXERCISE 6: CALLING ON A GUIDE**

**What is the purpose of this activity?** One way that we can remind ourselves that we are never alone is, before we begin practices, to call on the energy (or Qi) of a Guide.

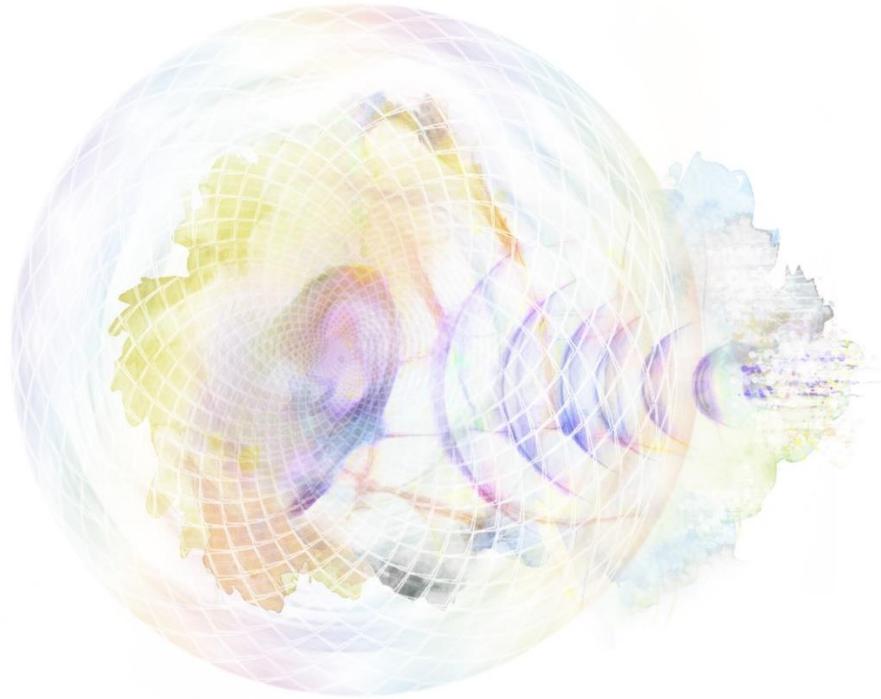
### **CALLING ON GUIDES OR MASTERS:**

- In Spring Forest Qigong™ the guide is called a Master.
- A Master in anyone or anything that inspires us and teaches us and encourages us to learn about ourselves as Qi Beings physically, mentally, emotionally, and spiritually.
- A Master is constantly loving, kind, compassionate, and helpful.
- Calling on the Guide or Master always makes us feel better.
- We continuously feel great respect and love for a Master.
- A Master can include a beloved pet, a beautiful tree, a flower, the sun, the moon, a grandma or grandpa, a spiritual figure, a teacher, the Universe, a star, and many other possibilities.
- We always thank the Master for coming to help us. Being thankful is part of being Qi-ful and Mindful.

**Expanding Perspectives:** What do you notice? How does it feel to ask for help and support? How is this mindful?



## Qi of Habits



### Qi of Habits:

#### What is the purpose of this lesson?

All human beings have habits. As Qi Beings, it is good to understand the energy of habits and also the energy of wise choices. Spring Forest Qigong™ encourages us to develop the habits of loving ourselves and of being kind, compassionate, and forgiving. As we explore our habits, we become more aware of who we are and why we are here. This is another way of being open to discoveries and surprises and to having fun and laughing. Let's be curious and explore!

#### **Habits and Wise Choices (Guided Practice) 5 minutes**

- Begin with the sound of a bell to remind everyone of wisdom, connection, and technique. When you hear the bell, pause, breathe deeply, and prepare to participate.
  - Wisdom is part of knowing that there are many choices and selecting the best.
  - Connection is remembering that we are all in the Universe.
  - Technique is the actual activity being practiced.
- Clap your hands. Feel the Qi beginning to vibrate from your hands all through your body.

- What are habits? It has been said that we are what we repeatedly do.
  - Habits would be little actions and choices, both good and bad, that we make every day as we go through the day.
- What we practice every day adds up to show what kind of person we really are.
- What are some good habits? Explore with open discussion.
- What are some bad habits? Explore with open discussion.
- Do you want to be healthy? Do you want to be happy? Do you want to be helpful to others?
- If the answer is “yes,” then choosing to make your practices of Qigong and Mindfulness into daily habits can define you as healthy, happy, and helpful. These habits can also show you that you are loved, intelligent, and important.
- What do you think is the best choice for you as a Qi Being?

### **Expanding Perspectives:**

All of the lessons in this handbook are designed to be developed into daily habits. Participants have vast choices. They can practice one or two, several more, or all of them. It’s all about being aware of what is available, choosing, and then having fun. Ask yourself as you build positive habits, “What does my body need? What do my feelings need? How do I know that I need something?”



**What is the purpose of this activity?** To learn to listen with 100% attention and with love and respect. This activity can be used at any time throughout the handbook.

### **Think and Listen** 3-5 minutes

- Get into pairs. One person is Person A and the other person is Person B.
- When you hear a bell ring (or other prompt), Person A talks for 1 minute non-stop describing what they have learned and experienced and felt with the lesson.
- Person B listens with every cell of his/her body and gives no verbal feedback but can gesture politely or nod the head, acknowledging what has been heard.
- Then Person A and Person B switch roles.
- Pause and silently notice how you are feeling after this activity.



# Qi of Smiles



## Qi of Smiles:

**What is the purpose of this lesson?** Everyone smiles. It is a good habit to develop. Smiling automatically starts chemicals flowing in our bodies that make us feel good. As Qi Beings, we learn to notice that there are different ways of smiling. We smile on the inside, and it shows on the outside. We smile on the outside and it goes inside. We can smile and expand the energy far beyond us. Let's take a smile break and play! Are you curious about what we will discover?

### **Send your Smile Around the World** 1-5 minutes

- Begin with the sound of a bell to remind everyone of wisdom, connection, and technique. When you hear the bell, pause, breathe deeply, and prepare to participate.
  - Wisdom is part of knowing that there are many choices and selecting the best.
  - Connection is remembering that we are all in the Universe.
  - Technique is the actual activity being practiced.
- Clap your hands. Feel the Qi beginning to vibrate from your hands all through your body.
- Sit or stand comfortably.
- Smile. Start my internal love engine.
- Drop your shoulders.

- Notice, be mindful of, how you are feeling.
- Hold your hands, palms together, fingers pointed up in front of your chest.
- Now it's time to play, pretend, and have fun.
- Imagine that there is a beautiful ball of light between your palms.
- Notice the color.
- Notice the size. It is small but powerful.
- Notice how the ball of light feels.
- Are your hands warm? Are they tingling? If not, no worries. Just pretend.
- Put in the ball all the smiles that you have ever given and received.
- Now, put in the ball all the love you can imagine.
  - Your love.
  - Your parents' love.
  - Your grandparents' love.
  - Your pets' love.
  - Your teachers' love.
  - The love of flowers.
  - The love of trees where you live.
  - The love of ponds, streams, rivers, and oceans.
  - The love of the planet Earth.
  - The love of the sun, the moon, the stars.
- Raise your arms above your head.
- Open your hands and let all the smiles and love pour out.
- Imagine the smiles and love circling the entire planet.
- Imagine every person and every animal and every tree and plant and every bird and fish being touched by the smiles and love.
- Notice how you feel.
- Bring your arms down and say thank you to all the smiles and love that helped the world.
- You can do this exercise as often as you want. You can practice for 1 minute or 5, 10 or even 20 minutes.
- You are helping yourself, your family, your friends, your communities and the whole world by doing this.

### **Expanding Perspectives:**

How do you feel when you smile?

Where in the world did your smile go?

How did your smile change the energy of the place it was sent?



**What is the purpose of this activity? (optional)** To learn to listen with 100% attention and with love and respect. This activity can be used at any time throughout the handbook.

**Think and Listen** 3-5 minutes

- Get into pairs. One person is Person A and the other person is Person B.
- When you hear a bell ring (or other prompt), Person A talks for 1 minute non-stop describing what they have learned and experienced and felt with the lesson.
- Person B listens with every cell of his/her body and gives no verbal feedback but can gesture politely or nod the head, acknowledging what has been heard.
- Then Person A and Person B switch roles.
- Pause and silently notice how you are feeling after this activity.



# Qi of Breathing



## Qi of Breathing:

### What is the purpose of this lesson?

Learning to breathe in a controlled and mindful way helps us to be calmer, healthier, and happier. Focused breathing is an ancient practice for helping us to live longer and more meaningful lives. These breathing techniques can be used with all the activities described in this handbook: warm ups, cool downs, active exercises, and meditations. They can also be used in everyday living. Observe yourself as a curious Qi Being and notice what you discover.

### **Full-body breathing** (Guided Practice) 1-5 minutes

- Begin with the sound of a bell to remind everyone of wisdom, connection, and technique. When you hear the sound, pause, breathe deeply, and prepare to participate.
  - Wisdom is part of knowing that there are many choices and selecting the best.
  - Connection is remembering that we are all in the Universe.
  - Technique is the actual activity being practiced.
- Clap your hands. Feel the Qi beginning to vibrate from your hands all through your body.
- Smile. Start my internal love engine. Relax. Enjoy. Play. Have fun.
- Breathe in and out through your nose.
- Imagine that you are also breathing in and out through every pore of your body.
- Breathe in through every pore into your belly button.

- Breathe out through every pore from your belly button.
- Now imagine that there is a soft, gentle light deep inside you, behind your belly button.
  - As you breathe in tuck in your belly slightly (1 mm) and send the light up into your chest. Your chest expands 1 mm.
  - As you breathe out send the light back down to the belly button area. The chest comes in about 1 mm and the belly goes out 1 mm.
  - This is very subtle.
  - This exercise helps your abilities to imagine and to pretend and also to focus on your breathing.
- Notice how you are feeling right now in this moment as the Qi of breathing works in your body, in your emotions, in your thoughts, and in your spirit.



### **Turtle Breathing (Guided Practice) 1-5 minutes**

- Begin with the sound of a bell to remind everyone of wisdom, connection, and technique.
  - Wisdom is part of knowing that there are many choices and selecting the best.
  - Connection is remembering that we are all in the Universe.
  - Technique is the actual activity being practiced.
- Clap your hands. Feel the Qi beginning to vibrate from your hands all through your body.
- Smile. Relax. Enjoy. Play. Have fun.
- Focus on SLOW, gentle, deep breathing as you inhale and exhale in and out through your nose.
- Remember what turtles represent:
  - They move and breathe slowly and mindfully.
  - Turtles can live a long time, maybe even 1,000 years.
  - Turtles focus on and live in the present moment.
- Like a turtle, breathe in to the bottom of your lungs. Use your imagination. There is no right or wrong way of doing this.
- Like a turtle, breathe out from the bottom of the lungs, then from the middle, then from the top. This is energizing and life-giving. Again, use your imagination, relax and enjoy breathing.
- Feel the Qi going to the brain and re-charging you. You are re-setting the flow of energy in your body.
- Notice, be mindful of, how you feel calm and grounded.

### **Expanding Perspectives:**

- Breathing means life. Without breathing, we cannot live long. Mindful and focused Qi breathing can connect us to the Universal Life Force.
- How do you feel after one of these breathing exercises?
- When can you practice them?
- Who will you teach these exercises to?



## Qi of “Good, Better, Best”



### Qi of “Good, Better, Best”:

#### What is the purpose of this lesson?

Before practicing any of the activities in this handbook it is best to warm up the body and mind by activating the flow of Qi. At the end of any exercises it is best to cool down, or collect and store the Qi. With practicing Qigong, it is always “good, better, best.” There is no right or wrong way to practice. We just do our best at any given moment. We relax and have fun in the process. Make a mistake? No worries! Mistakes make our hearts and mind grow bigger. Be curious and have fun!

### **Warm Ups (Guided Practice) 1-2 minutes**

- Begin with the sound of a bell to remind everyone of wisdom, connection, and technique. When you hear the bell, pause, breathe deeply, and prepare to participate.
  - Wisdom is part of knowing that there are many choices and selecting the best.
  - Connection is remembering that we are all in the Universe.
  - Technique is the actual activity being practiced.
- Clap your hands. Feel the Qi beginning to vibrate from your hands all through your body.
- Bounce.
  - Bounce slowly and gently from the knees only.
  - First, keep arms down loosely at your sides.
  - Next, bring arms up with hands above your head. Let hands flop at the wrists.
  - Breathe out through mouth and in through nose.
  - This clears a lot of junk from our bodies and connects us to Earth.
- Cup the top of the head (3X).
  - Form your hand into a cup, as if you were scooping water to drink.
  - Cupping is the best method instead of slapping with an open hand.
- Massage C7 at the base of the neck in a circular motion (3X).
- Cup the kidney area on the back just above the waist (3X).
- Tap the hip joints (3X).
- Cup the knees: Front, back, sides left, and sides right (3X each area).



### **Cool Downs (Guided Practice) 1-2 minutes**

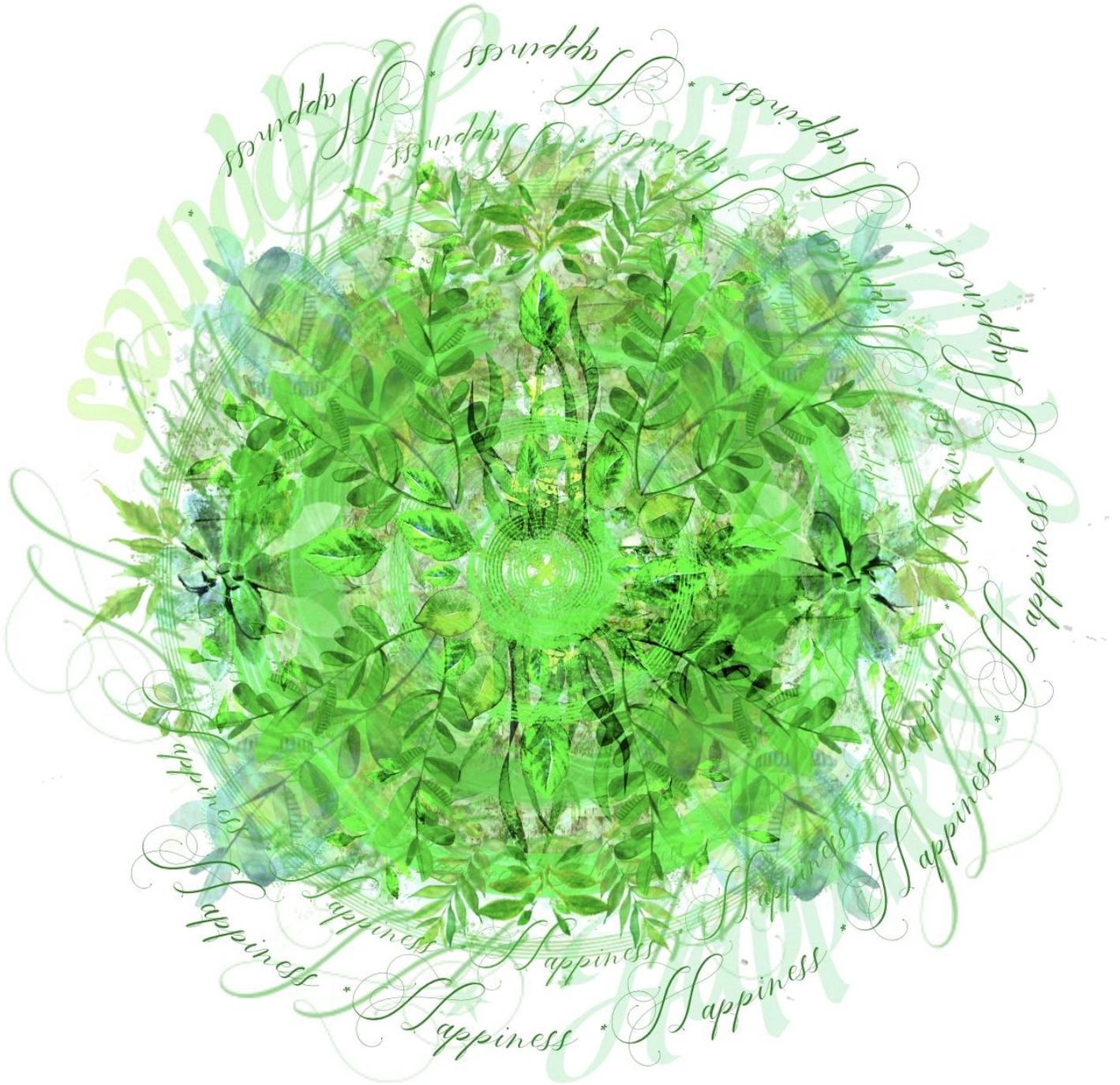
- Begin with the sound of a bell to remind everyone of wisdom, connection, and technique. When you hear the bell, pause, breathe deeply and prepare to participate.
  - Wisdom is part of knowing that there are many choices and selecting the best.
  - Connection is remembering that we are all in the Universe.
  - Technique is the actual activity being practiced.
- Rub hands together and massage the face (3X).
- Massage the ears, top to bottom, pulling on the ear lobe to end (3X).
- Cup the kidney area (3X).
- Dolphin the neck (6X).
- Cup the knees (3X each area).
- Come up gently on the toes and lower the heels, slowly and gently, to the floor (6X).

### **Expanding Perspectives:**

Notice how you feel before both the warm ups and the cool downs. Notice how you feel after each practice. Feel the flow of Qi in your body. Are you thinking more clearly? Do you feel happier? Do you feel more connected to the Earth and the world around you? Notice and observe as a mindful Qi Being.



## Qi of Happiness





**Be silly. Be fun. Be happy. Be you! Life it too short for anything else.**

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## **Qi of Happiness :**

### **Lesson Perspectives:**

- All of these activities are associated with waking up the Qi of Happiness in our bodies, minds, feelings, and spirits.
- Participants will be guided to be more aware and mindful of the color green in their lives.

- Participants will learn a short, guided meditation which can be practiced anywhere at any time as needed.
- Participants will learn a Qigong movement.
- Participants will learn a healing sound.

**What is the purpose of this activity?** Let's explore what the color green means to you. In this exploration we may find messages and information that have been around as long as the Universe has existed. Let's open our minds and hearts to limitless possibilities as we notice how the color green makes us feel and what it has to tell us. Let's be curious and explore.

### **The Color GREEN (Guided Practice) 5-10 minutes**

- Begin with the sound of a bell to remind everyone of wisdom, connection, and technique. When you hear the bell, pause, breathe deeply, and prepare to participate.
  - Wisdom is part of knowing that there are many choices and selecting the best.
  - Connection is remembering that we are all in the Universe.
  - Technique is the actual activity being practiced.
- Clap your hands. Feel the Qi beginning to vibrate from your hands all through your body.
- The color green may be associated with the feelings of hope, healing, harmony, and happiness. What other positive feelings can you add to this list?
- Where can we find this color in nature?
  - Grass in yards and parks and fields.
  - Trees in forests.
  - Ocean water close to shore.
  - Rocks and stones.
  - Bird feathers—hummingbirds, parrots, finches.
- Fun Qigong fact: Just looking at the color green in nature can strengthen your eyesight.
- How do you feel when you are near the color green?
  - Happy?
  - Calm?
  - Grateful?
- What if you cannot go outside and see green?
  - Look at pictures on the internet or in books.
  - Find crayons, markers, colored pencils, paint and draw your own picture.
- How can you share the energy of this color with others?
  - Wear the color green sometimes.
  - Invite someone to go for a walk with you.
  - Draw a picture with lots of green.
  - Talk about how the color green makes you feel better.
- The color green is Qi-ful. It is intelligent. How would you describe this to someone else?

### **Expanding Perspectives:**

- There is so much green in nature that it seems like the Universe wants us to be happy. What do you think about this idea?
- How does the color green make you feel?
- When are you happy?

- Where are you happy?



**What is the purpose of this activity?** Green is all around us, especially with grass. Let's be curious and explore what information a small blade of grass can share with us!

**A Blade of Grass (Guided Practice) 5-10 minutes**

- Begin with the sound of a bell to remind everyone of wisdom, connection, and technique. When you hear the bell, pause, breathe deeply, and prepare to participate.
  - Wisdom is part of knowing that there are many choices and selecting the best.
  - Connection is remembering that we are all in the Universe.
  - Technique is the actual activity being practiced.
- Clap your hands. Feel the Qi beginning to vibrate from your hands all through your body.
- Drop your shoulders. Smile. Start my internal love engine.
- Say the password: "I am in the Universe. The Universe is in me. The Universe and I come together."
- Call on your Master's energy to guide and support you.
- Grass is GREEN: a color of hope, of renewal, and of happiness.
- Grass continually grows and renews.
  - It is the first to appear in the spring.
  - It is the last to leave in winter.
  - It even appears in the middle of the coldest weather in winter.
  - It is mowed and mowed and mowed and grows and grows and grows.
- In one blade of grass, we can find: sunlight, moonlight, starlight, wind, rain, soil, bird song, flower fragrances. One blade of grass can hold the entire Universe.
- One blade of grass is never alone. If you move around, you can see millions, billions, and trillions of blades of grass together all over the planet.
- Grass has Qi and is Qi-ful.
- People are like blades of grass.
- We have Qi and are Qi-ful.
- We can feel happiness and hope every day.
- We can grow and be renewed through practicing Qigong and living good lives. We can do good deeds, think good thoughts, and help ourselves and others.
- We each hold sunlight, moonlight, starlight, wind, rain, earth, bird song, flower fragrances, our parents, our grandparents, our siblings, our friends, our teachers, our pets. We each hold the entire Universe.
- We are never alone. We have families, friends, our community, our school, our world.
- We are all Qi Beings.

**Expanding Perspectives:**

- How did this meditation make you feel?
- What new perspectives or ways of thinking did a blade of grass give you?
- When can you use this meditation?
- Teach it to someone else and ask how it makes them feel.
- Enjoy. Play. Have fun!



**What is the purpose of this activity?** Movement is very important for Qi Beings to remain healthy and happy and helpful to others. One intention of this movement is to help us focus on and feel happiness. This opens up the flow of Qi in our bodies, in our feelings, in our thoughts, and in our spirits and makes us feel better. Let's open our hearts and be curious.

### **Moving the Qi in Your Body--Active Exercise or Moving Meditation (Guided Practice) 5 minutes**

- Begin with the sound of a bell to remind everyone of wisdom, connection, and technique. When you hear the bell, pause, breathe deeply, and prepare to participate.
  - Wisdom is part of knowing that there are many choices and selecting the best.
  - Connection is remembering that we are all in the Universe.
  - Technique is the actual activity being practiced.
- Clap your hands. Feel the Qi beginning to vibrate from your hands all through your body.
- Practice the Warm Ups.
- SMILE. Start my internal love engine.
- Say the Password.
- Call on your Master.
- Think good, better, best.
- Stand straight and relaxed. Or you can sit or even lie down.
- Bend your knees slightly.
- Drop your shoulders.
- Imagine that a beautiful column of light runs from the bottom of the torso to the top of your head. For now see it as green.
- Place your right hand in front of your chest. Fingers are opened and relaxed.
- Place your left hand in front of your belly button. Fingers are open and relaxed.
- Close your eyes or lower them.
- As you breathe in slowly and gently, move your right hand down to the bottom of your body and move the left hand up to the forehead.
- As you breathe out slowly and gently, move your left hand down and the right hand up.
- Move like you think a turtle would move—slowly and mindfully.
- Notice, observe, be mindful of any Qi you feel moving in your body.
- Are your hands warm and tingling?
- Are your feet tingling?
- What does your torso feel like?
- What does your back feel like?
- What about the top of your head, your face, your lips?
- Imagine standing on the color green. How does it make you feel?

- Say “I am happy!!”
- What does happiness feel like?
- What does happiness look like?
- Where do you feel happiness in your body?
- End with Cool Down: Rub your hands together and then massage your face, starting with the fingertips at the chin and moving up the sides of your nose and then down the sides of your face back to your chin. You are tracing a heart shape and bringing your energy into your heart center. (This is best but can be adjusted as needed.) All the Cool Downs can be included, if desired.

**Expanding Perspectives:**

- How did the Qi feel moving in your body?
- Where did you feel the Qi?
- How does happiness feel? Where do you feel happiness in your body?
- Teach this exercise to someone else.



**What is the purpose of this activity? (optional)** To learn to listen with 100% attention and with love and respect. This activity can be used at any time throughout the handbook. (3-5 minutes)

**Think and Listen:**

- Get into pairs. One person is Person A and the other person is Person B.
- When you hear a bell ring (or other prompt), Person A talks for 1 minute non-stop describing what they have learned and experienced and felt with the lesson.
- Person B listens with every cell of his/her body and gives no verbal feedback but can gesture politely or nod the head, acknowledging what has been heard.
- Then Person A and Person B switch roles.
- Pause and silently notice how you are feeling after this activity.





**What is the purpose of this activity?** Chanting and singing are very ancient ways of working with Qi. The chant in this section supports the energy of happiness and also helps release anger. This chant is excellent for maintaining healthy eyes. Be curious about what you will feel.

**The sound SHEEE (Guided Practice) 1-2 minutes**

### **Why does this work?**

- Inside the mouth there are more than 80 energy points.
- The face has many energy points, including points on the lips, cheeks, chin, around the eyes, around the ears, and the jaws.
- Any sound from the mouth is close to the brain, which is the headquarters of the body.

### **General guidelines for making each sound:**

- Chant gently so that only you can hear, or even chant silently.
- Smile, drop your shoulders, keep your spine straight, and relax.
- As you make each sound, focus on the vibration in your mouth, tingly sensations anywhere else in your body, and the warmth of the air passing across your lips and tongue.
- Chant the sounds with deep appreciation and gratitude in your heart for the masters who learned about the sounds and for the Universe that created them.
- Enjoy the sound and the moment of being in the sound.
- Chant when convenient. It should be fun and not a burden. Chant when cooking or walking or reading or playing.
- Breathe gently and evenly, observing each inhale and exhale.
- It is always “good, better, best” when you practice.

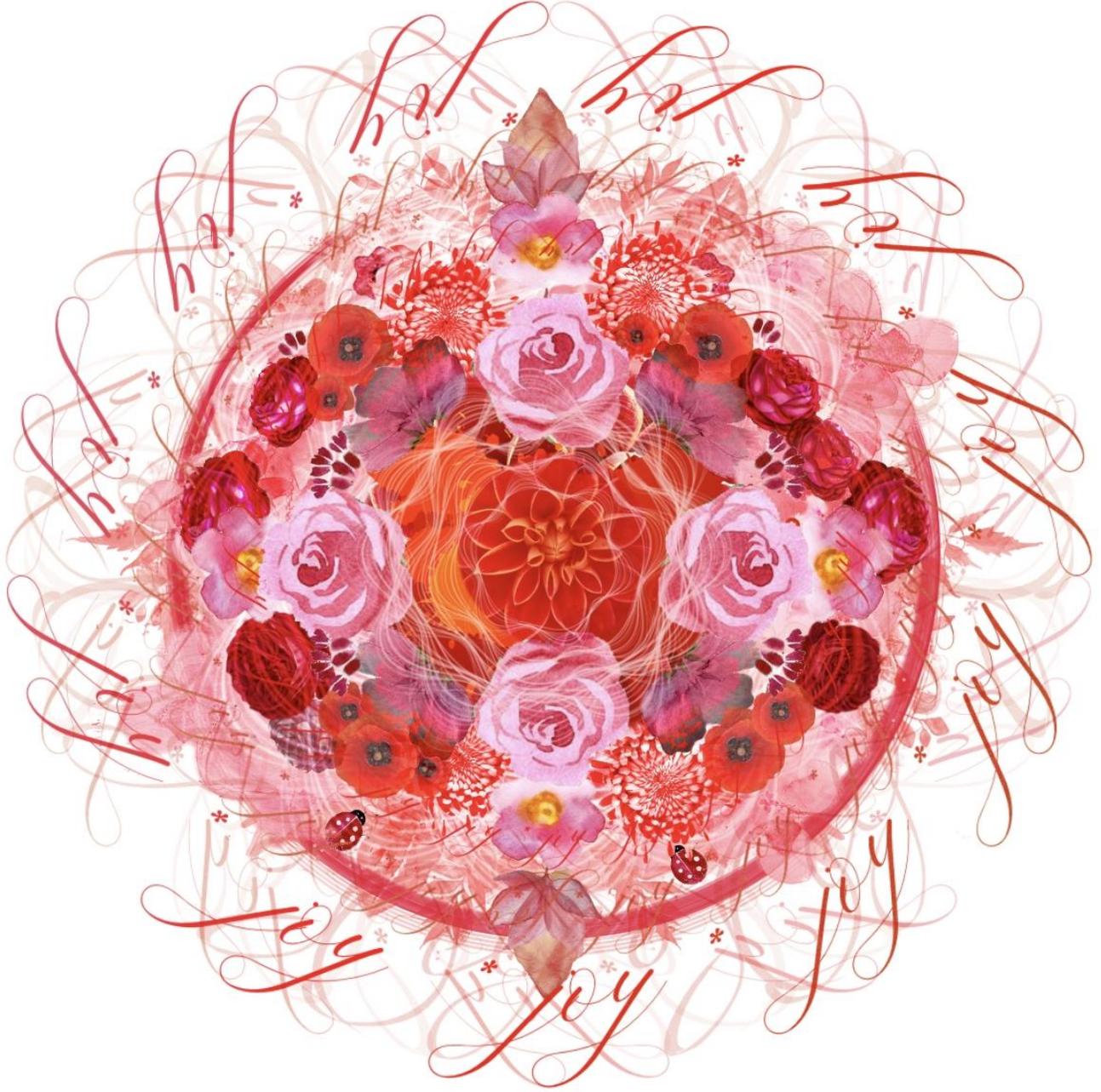
### **SHEEE:**

- Pronounced like the English word “she” but the lips are rounded, as if you were going to whistle.
- As you chant focus on the feeling of happiness.
- This sound boosts your liver energy and helps with challenges with the eyes.
- The sound helps manage and transform anger and frustration.

**Expanding Perspectives:** Where do you feel the Qi in your body when you chant? What does it feel like? When would be a good time to chant this sound? Teach it to someone else, especially if they are feeling angry or frustrated.



# Qi of Joy



## Qi of Joy:

### Lesson Perspectives:

- All of these activities are associated with waking up the Qi of Joy in our bodies, minds, feelings, and spirits.
- Participants will be guided to be more aware and mindful of the color red in their lives.
- Participants will learn a short, guided meditation which can be practiced anywhere at any time as needed.
- Participants will learn a Qigong movement.
- Participants will learn a healing sound.

**What is the purpose of this activity?** The color RED is ancient. It carries information and messages that can help us to feel better about ourselves in the world in which we live. The Qi of Red is associated with the positive emotion of joy. Exploring different aspects of the color red can bring us into joy. Let's smile, be curious, and have fun as we explore and discover!

### The color RED (Guided Practice) 5 minutes

- Begin with the sound of a bell to remind everyone of wisdom, connection, and technique. When you hear the bell, pause, breathe deeply, and prepare to participate.
  - Wisdom is part of knowing that there are many choices and selecting the best.
  - Connection is remembering that we are all in the Universe.
  - Technique is the actual activity being practiced.
- Clap your hands. Feel the Qi beginning to vibrate from your hands all through your body.
- With the Five Elements the color RED is associated with JOY.
- There might even be 10,000 Qi-ful ways to explore the color red.
- What does it feel like to you to be with the color RED?
- How would you best express your feeling of joy to a friend?
- We can write short poems to help remember different feelings and experiences.
- Here is one for RED and JOY:

A cardinal song  
Expands within my body and into the Universe.  
Red notes of pure joy!  
by Nancy Havera, SFQ Certified Trainer

- Each time you see or hear a cardinal bird, you might actually feel the energy of the words of this poem.
- Writing a poem can bring joy but sharing it with other people creates even more joy.
- What things that are red make you feel joyful? A sunrise? A sunset? Red in the rainbows? A bird? A flower? A tree? A strawberry, cherry, or apple? Maybe a car or truck or bicycle? A ball? A balloon? There are so many possibilities!
- Write your own poem, tell a story, or to draw a picture.
- If you feel comfortable share your creation with someone else. Remember, anything that comes from your heart is a beautiful gift!

**Expanding Perspectives:** How does the color red make you feel? When are you joyful? What brings you joy? How can you share joy with others?



**What is the purpose of this activity?** We are often caught up in challenges and disappointments. As Qi Beings, we learn to understand that the Qi of Red and the Qi of Joy never leave us, no matter what happens. When we shift to the perspective of being able to be surprised by joy, what we feel and think about our challenges changes as well.

### **Be Surprised by Joy (Guided Practice) 2-5 minutes**

- Each year has challenges for everyone around the world.
- Sometimes when we, as individuals, have challenges, we are unable to see or feel joy anywhere.
- As Qi Beings, we learn that, no matter what situation we are in or what events surround us, the Qi of Joy and the color red stay with us, whether we feel them or not.
- We can practice the active exercise associated with Joy, say the password, and call on our guides. We can thank the Qi of Joy for being with us.
- Simply giving thanks for Joy, opens our hearts and minds and strengthens us as Qi Beings.
- With open hearts and minds we can learn to BE SURPRISED BY JOY.
- Even in the most challenging of days, we can look for joy.
  - It may be in a smile or a hug.
  - It may be in a sunset or sunrise.
  - It may be in a rainbow.
  - It may be in a bird song.
  - It may be in the flowers blooming in gardens, parks, or along the roadside.
- The joy is always there, supporting us and loving us.
- As mindful Qi Beings who practice Qigong, we learn to look for it.
- We can learn to share this energy with others.

**Expanding Perspectives:** Think about a time when you were really challenged. Quiet your heart and mind. Look around and see what you can find surrounding you that brings you joy. How does it make you feel? Where do you find it? Share your story with someone. Notice how it makes them feel.



**What is the purpose of this activity?** As we notice ourselves as Qi Beings who can breathe in energy from the Universe and breathe back out into the Universe, our perspectives begin to shift as we see ourselves as part of a much bigger picture. With the slow, gentle breathing we can also work with exploring the color red and the emotion of joy. This exercise also supports the energy of a healthy heart. Let's be curious about what new perspectives open up.

### **Breathing of the Universe—Active Exercise and Moving Meditation (Guided Practice) 10 minutes to teach, 5 to practice regularly**

- Begin with the sound of a bell to remind everyone of wisdom, connection, and technique. When you hear the bell, pause, breathe deeply, and prepare to participate.
  - Wisdom is part of knowing that there are many choices and selecting the best.
  - Connection is remembering that we are all in the Universe.
  - Technique is the actual activity being practiced.
- Clap your hands. Feel the Qi beginning to vibrate from your hands all through your body.
- Practice the Warm Ups.
- Drop your shoulders. Relax.
- Smile! Start my internal love engine.
- Say the Password. You are breathing in the Universe. You are important, loved, and intelligent.
- Call on your guides. You are not alone. You have help.
- Stand or sit straight. Make sure that your knees are slightly bent.
- Relax your hands so that fingers are apart and open. Relax all over.
- Pretend that you are holding a ball between your hands. It should be the size of volleyball.
- When you breathe in slowly separate your hands and imagine that the ball is getting bigger, like a beach ball.
- Breathe out deeply. Make the ball smaller again.
- Close your eyes feel the energy between your hands. Does it tingle? Is it warm? Are you happy?
- Check yourself that you are smiling. Remind your shoulders to be relaxed. Remind your back to be straight.
- Pretend as you breathe in through your skin that light is coming in.
- Pretend as you breathe out through your skin that anything you don't want is colored smoke and is leaving you, going far, far away. It is now harmless.
- Breathe in calmly. Breathe out easily. Make the ball bigger then smaller. Smile. Relax. Have fun.
- Feel joyful as you practice. Ask the feeling of joy to go into every part of your body. Send it to your heart. Send it to your brain. Send it to your tongue and face and hands. Send it to your whole body. Send it to all your energy.
- You might want to imagine the color red filling your heart and flowing into your body and then out into the world around you.
- Say, "I am joyful." As you practice allow yourself to be surprised by joy. Allow the joy to flow out from your heart and to connect with the entire world or with specific people.
  - What does joy feel like to you?
  - Do you feel as free as a bird?
  - Do you feel as beautiful as a flower?
  - Do you feel as amazing as a rainbow?
- Be mindful of how you are feeling.
- End: Rub your hands together and then massage your face, starting with the fingertips at the chin and moving up the sides of your nose and then down the sides of your face back to your chin. You are tracing a heart shape and bringing your energy back to center. All of the Cool Downs can be included if desired.

**Expanding Perspectives:** How do you feel Qi as you practice this exercise? Does it make you stronger as a Qi Being? When would you practice this exercise? Who will you teach it to?



**What is the purpose of this activity? (optional)** To learn to listen with 100% attention and with love and respect. This activity can be used at any time throughout the handbook. (3-5 minutes)

**Think and Listen:**

- Get into pairs. One person is Person A and the other person is Person B.
- When you hear a bell ring (or other prompt), Person A talks for 1 minute non-stop describing what they have learned and experienced and felt with the lesson.
- Person B listens with every cell of his/her body and gives no verbal feedback but can gesture politely or nod the head, acknowledging what has been heard.
- Then Person A and Person B switch roles.
- Pause and silently notice how you are feeling after this activity.



**What is the purpose of this activity?** Sound has Qi (intelligent energy). By learning to listen to and to chant the sound KERRR, we can work to open our heart energy system and also feel more deeply the emotion of joy. Chanting this sound helps our circulation and helps us to manage extreme emotions. Be curious about what you will experience.

### **The sound KERRR (Guided Practice) 1-5 minutes**

#### **Why does this work?**

- Inside the mouth there are more than 80 energy points.
- The face has many energy points, including points on the lips, cheeks, chin, around the eyes, around the ears, and the jaws.
- Any sound from the mouth is close to the brain, which is the headquarters of the body.

#### **General guidelines for making each sound:**

- Chant gently so that only you can hear, or even chant silently.
- Smile, drop your shoulders, keep your spine straight, and relax.
- As you make each sound, focus on the vibration in your mouth, tingly sensations anywhere else in your body, and the warmth of the air passing across your lips and tongue.
- Chant the sounds with deep appreciation and gratitude in your heart for the masters who learned about the sounds and for the Universe that created them.
- Enjoy the sound and the moment of being in the sound.
- Chant when convenient. It should be fun and not a burden. Chant when playing or cooking or walking or reading.
- Breathe gently and evenly, observing each inhale and exhale.
- It is always “good, better, best” when you practice.

#### **KERRR:**

- Add a “k” sound to the beginning of the word “earth” and lengthen the “rrrr,” while pursing your lips. As you chant focus on the feeling of joy.
- This sound strengthens your heart and improves circulation. It calms nightmares, confusion, frustration, uncertainty, and agitation.
- The sound helps manage hatred and extreme emotions (both positive and negative) that throw us out of balance.

**Expanding Perspectives:** How does this chant make you feel? When will you use it? Teach it to someone else, especially if they are feeling hateful or experiencing over-reaction, either positive or negative, to a situation.



**Qi of Peacefulness**



## Qi of Peacefulness:

### Lesson Perspectives:

- All of these activities are associated with waking up the Qi of Peacefulness in our bodies, minds, feelings, and spirits.
- Participants will be guided to be more aware and mindful of the color yellow in their lives.
- Participants will learn a short, guided meditation which can be practiced anywhere at any time as needed.
- Participants will learn a Qigong movement.
- Participants will learn a healing sound.

**What is the purpose of this activity?** As we interact with colors, we notice that specific colors have information and messages for us. In Qigong, the color yellow helps promote a feeling of peacefulness. We can explore many ways that yellow can help us.

### The color YELLOW (Guided Practice) 1-5 minutes

- Begin with the sound of a bell to remind everyone of wisdom, connection, and technique. When you hear the bell, pause, breathe deeply, and prepare to participate.
  - Wisdom is part of knowing that there are many choices and selecting the best.
  - Connection is remembering that we are all in the Universe.
  - Technique is the actual activity being practiced.
- Clap your hands. Feel the Qi beginning to vibrate from your hands all through your body.
- Every color has characteristics and a personality.
- The color yellow can be associated with warmth, comfort, peacefulness, patience, loyalty, and steadfastness. It can also inspire joy and a brightening of a moment or a day.
- What positive feelings can you add to this list?
- Where can we find yellow in nature?
  - Flowers: daffodils, sunflowers, chrysanthemums.
  - The sun.
  - The moon.
  - Stars.
  - Birds: goldfinch, warblers, parrots, budgies.
  - Fruits and vegetables: tomatoes, corn, apples, pineapple, squash.
  - Rocks and stones.
- How do you feel when you are near the color yellow?
  - Calm?
  - Grounded?
  - Connected?
- Share the energy of yellow with someone else:
  - Wear the color.
  - Prepare food that is this color and share a meal or a snack.
  - Draw a picture with lots of yellow.

**Expanding Perspectives:** How does yellow make you feel better? How can you interact with yellow as a Qi Being to help yourself and to help other people? Be mindful and kind as you think about your Qi and the Qi of others. Where did your curiosity lead you in this activity?



**What is the purpose of this activity?** There are many ways for Qi Beings to strengthen calmness and peacefulness in their hearts, minds, bodies, and spirits. Being calm is actually having a super power. It is a very good habit to develop. Observe yourself as a curious Qi Being as you practice working with this energy.

### **Feeling of Peacefulness (Guided Practice) 1-5 minutes**

- Begin with the sound of a bell to remind everyone of wisdom, connection, and technique. When you hear the bell, pause, breathe deeply, and prepare to participate.
  - Wisdom is part of knowing that there are many choices and selecting the best.
  - Connection is remembering that we are all in the Universe.
  - Technique is the actual activity being practiced.
- Clap your hands. Feel the Qi beginning to vibrate from your hands all through your body.

### **Cupping top of head with peace:**

- Form your hand into a cup as if you were drinking water. Gently and firmly cup the top of your head.
- Imagine a golden light shooting into the top of your head and reaching the middle of your head.
- Imagine or pretend that a healing message in that light “Anxiety and worry gone.” “Peace is present.”

### **Butterfly body scan:**

- Imagine a yellow leaf or a yellow feather or a yellow butterfly. Focus on the image and the energy (Qi).
- Pretend that the leaf or feather or butterfly rests gently on different parts of your body.
- Each place it lands the body feels relaxed and pleasant.
- Forehead, shoulders, back, tummy, hips, legs, feet.
- Take a final breath and let go.
- Be mindful of yourself and of your sensations. Be mindful of your Qi. You are a Qi Being.

**Expanding Perspectives:** Are you beginning to feel the super power of calmness? By practicing these exercises, you are developing this Qi. You think more clearly and feel better. How did you feel practicing cupping your head and doing the body scan? Teach these to someone who is anxious and show them how good it feels.



**What is the purpose of this activity?** With this exercise, Qi Beings can actually feel and notice themselves attached to the planet Earth, while also being connected to the galaxies above us.

This exercise helps us explore more deeply the feeling of being peaceful and grounded. This exercise also supports the energy of a healthy stomach.

**Become a Tree and Connect Heaven and Earth—Active Exercise or Moving Meditation (Guided Practice) 10 minutes to teach, 5 minutes to practice**

- Begin with the sound of a bell to remind everyone of wisdom, connection, and technique. When you hear the bell, pause, breathe deeply, and prepare to participate.
  - Wisdom is part of knowing that there are many choices and selecting the best.
  - Connection is remembering that we are all in the Universe.
  - Technique is the actual activity being practiced.
- Clap your hands. Feel the Qi beginning to vibrate from your hands all through your body.
- Practice Warm ups here.
- Drop your shoulders. Relax.
- Smile! Start my internal love engine.
- Say the Password. You are breathing in the Universe. You are important, loved, and intelligent.
- Call on your guides. You are not alone. You have help.
- Stand or sit straight. Make sure your shoulders remain relaxed.
- Raise your arms to the sky and pretend that you are holding a big beach ball.
- Be mindful that you are smiling.
- Imagine that you are a tree with roots going out of your feet into the Earth.
- Imagine that your arms and hands and fingers are branches reaching into the sky.
- Breathe in slowly. Bend your knees. Bend your fingers very slightly, collecting the energy from the sky.
- Imagine the color yellow coming from the sky and filling you with peacefulness.
- Breathe out deeply. Straighten your knees. Straighten your fingers. Send the Earth energy up through you back into the sky.
- Imagine standing on the color yellow as it flows up through you to the sky.
- Feel warmth moving up from the Earth into your feet into your legs and body up to your hands and head.
- Feel warmth coming from the sky into your hands and head, down to your feet.
- Pretend that you are tall and strong and can bend in the wind. The Earth keeps you anchored. The sky keeps you strong.
- Say thank you to the Earth and the sky for all that they give you.
- Feel happy and grateful. Be mindful of any other thoughts and feelings.
- Feel that you are very, very calm. Nothing can disturb you. In a storm you bend and dance and bow and come back into the sunshine afterwards.
- End: Rub your hands together and then massage your face, starting with the fingertips at the chin and moving up the sides of your nose and then down the sides of your face back to your chin. You are tracing a heart shape and bringing your energy back to center. Include all Cool Downs here, if desired.

**Expanding Perspectives:**

- What is your favorite tree?
- Trees are wonderful examples of being steadfast, calm, and patient.
- How does it feel to be calm and strong like a tree?
- Have fun. Do your best. Admire how beautiful all the trees around you are.
- Later, draw yourself as a tree. Show someone else how to do this exercise.



**What is the purpose of this activity? (optional)** To learn to listen with 100% attention and with love and respect. This activity can be used at any time throughout the handbook. (3-5 minutes)

**Think and Listen:**

- Get into pairs. One person is Person A and the other person is Person B.
- When you hear a bell ring (or other prompt), Person A talks for 1 minute non-stop describing what they have learned and experienced and felt with the lesson.
- Person B listens with every cell of his/her body and gives no verbal feedback but can gesture politely or nod the head, acknowledging what has been heard.
- Then Person A and Person B switch roles.
- Pause and silently notice how you are feeling after this activity.



**What is the purpose of this activity?** Chanting the sound WHOOO helps open our stomach energy system which automatically helps us to reduce anxiety and feel calmer. Develop the habit of exploring with a curious and open heart what this chant offers.

**The sound WHOOO (Guided Practice) 1-5 minutes**

**Why does this work?**

- Inside the mouth there are more than 80 energy points.
- The face has many energy points, including points on the lips, cheeks, chin, around the eyes, around the ears, and the jaws.
- Any sound from the mouth is close to the brain, which is the headquarters of the body.

**General guidelines for making each sound:**

- Chant gently so that only you can hear, or even chant silently.
- Smile, drop your shoulders, keep your spine straight, and relax.
- As you make each sound, focus on the vibration in your mouth, tingly sensations anywhere else in your body, and the warmth of the air passing across your lips and tongue.
- Chant the sounds with deep appreciation and gratitude in your heart for the masters who learned about the sounds and for the Universe that created them.
- Enjoy the sound and the moment of being in the sound.
- Chant when convenient. It should be fun and not a burden. Chant when dancing or cooking or walking or playing.
- Breathe gently and evenly, observing each inhale and exhale.
- It is always “good, better, best” when you practice.

**WHOOO:**

- Pronounced like “who” with the ‘ooo’ lengthened. As you chant focus on the feeling of peacefulness.
- This chant connects to your stomach energy system.
- It also helps with muscle pain, shoulder stress, and tightness in the joints.
- The sound helps reduce anxiety and is balancing if you are involved in too much brain work.

**Expanding Perspectives:** Where do you feel the Qi in your body when you chant? What does it feel like? When would be a good time to chant this sound? Teach it to someone else, especially if they are worried.



# QI of Contentment



## Qi of Contentment:

### Lesson Perspectives:

- All of these activities are associated with waking up the Qi of Contentment in our bodies, minds, feelings, and spirits.
- Participants will be guided to be more aware and mindful of the color white in their lives.
- Participants will learn a short, guided meditation which can be practiced anywhere at any time as needed.
- Participants will learn a Qigong movement.
- Participants will learn a healing sound.

**What is the purpose of this activity?** White, like the other colors we have explored in this handbook, is Qi-ful and offers many ways to help us feel better as Qi Beings. White is associated with the emotion of contentment, which means that we are satisfied with ourselves exactly as we are in this moment, right now. Explore the color white with curiosity and a smile.

### **The Color WHITE (Guided Practice) 5 minutes**

- Begin with the sound of a bell to remind everyone of wisdom, connection, and technique. When you hear the bell, pause, breathe deeply, and prepare to participate.
  - Wisdom is part of knowing that there are many choices and selecting the best.
  - Connection is remembering that we are all in the Universe.
  - Technique is the actual activity being practiced.
- Clap your hands. Feel the Qi beginning to vibrate from your hands all through your body.
- Imagine three white items: **a puffy cloud, a single snowflake, and a swan feather.**
- What are some other things that are white? Let's play "I spy with my little eye" and pick a few. Listen to what the children have to share.
- Each has Qi. Each holds intelligence, has a reason for being, and is loved in a bigger picture.
- Each is unique and beautiful.
- None of these items complains, criticizes, or compares itself to others.
- Each is completely content with themselves exactly as they are.
- Each contains all the information of the entire Universe.
- Each is part of a greater whole:
  - The cloud is part of the sky and all the other clouds that come and go, appear and disappear, connect and separate.
  - The snowflake is part of a weather system that may encircle the entire globe.
  - The feather is part of the largest waterfowl on Earth and contributes to its ability to fly, to live, and to prosper.
- Smile. Start my internal love engine.
- Drop your shoulders and relax. Prepare to use your imagination and to play.
- Imagine this single feather floating in front of you being gently carried by a breeze from place to place.
- Imagine the breeze taking the feather to the top of the cloud where it rests. The feather and the cloud connect as Qi Beings. They are content.
- Imagine the breeze carrying the feather over a snowy landscape until it rests in the snow on top of a tall pine tree. The snowflakes and the feather connect as Qi Beings. They are content.
- Watch the feather drift slowly and gently from place to place and feel content.

- The feather and the cloud and the snowflake all notice the green needles of the pine trees and feel content.
- In the pine tree the feather, the cloud, and the snowflake see cardinals and blue jays and juncos and feel content.
- The feather, the cloud, and the snowflake see yellow sunbeams warming the Earth. They feel content.
- The feather, the cloud, and the snowflake connect with each other and with you and feel content.
- You feel content. You have everything you need.
- It doesn't get any better than this. You are content.

**Expanding Perspectives:** Think about what it is like to feel content. Draw a picture or write a story about you and a cloud or a feather or a snowflake or all three. Share with someone else.



**What is the purpose of this activity?** When we set our intentions to understand that Qi Beings are enough exactly as they are right now, we shift our perspectives. We become more content with who we are and what we are and even why we are. Let's explore the feeling of contentment with curiosity:

### **Being enough (Guided Practice) 1-5 minutes**

- Begin with the sound of a bell to remind everyone of wisdom, connection, and technique. When you hear the bell, pause, breathe deeply, and prepare to participate.
  - Wisdom is part of knowing that there are many choices and selecting the best.
  - Connection is remembering that we are all in the Universe.
  - Technique is the actual activity being practiced.
- Clap your hands. Feel the Qi beginning to vibrate from your hands all through your body.

What does it feel like to be content?

- Smile. Start my internal love engine. Drop your shoulders and relax.
- In the moment, I have everything I need. I have enough.
- I smile. I breathe. I move gently and mindfully. I am a Qi Being.
- I imagine. I visualize. I open my mind to infinite possibilities. I am a Qi Being.
- I am loved. I am blessed. I am a Qi Being.
- I am loving. I am blessing. I am a Qi Being.
- I am here in the present moment. I am a Qi Being.
- I feel sensations moment to moment to moment. They come, grow, and fade away. I am a Qi Being.
- I observe my thoughts moment to moment. They come, grow, and fade away. I am a Qi Being.
- I am enough exactly as I am right now, in this moment. I am a Qi Being. I am content.

**Expanding Perspectives:** How does it feel to explore being content? How does it feel to be aware that you are a Qi Being?



**What is the purpose of this activity?** As we practice with the posture described below, we bring all the energies of our bodies into balance with each other. This helps us to feel content. This exercise also helps us to have healthier lungs and to breathe more easily. Be curious about how it feels to be in balance with your Qi and with the Qi of the Universe.

**Bringing Your Body into Balance—Active Exercise or Moving Meditation (Guided Practice)**  
**10 minutes to teach, 5 to practice regularly**

- Begin with the sound of a bell to remind everyone of wisdom, connection, and technique. When you hear the bell, pause, breathe deeply, and prepare to participate.
  - Wisdom is part of knowing that there are many choices and selecting the best.
  - Connection is remembering that we are all in the Universe.
  - Technique is the actual activity being practiced.
- Clap your hands. Feel the Qi beginning to vibrate from your hands all through your body.
- Practice Warm Ups here.
- Smile. Start my internal love engine.
- Say the Password.
- Call on your Master.
- Think good, better, best.
- Stand straight and relaxed. Or you can sit or even lie down.
- Bend your knees slightly.
- Drop your shoulders.
- Connect the tips of the fingers of your hands together forming a heart shape which you hold in front of your navel.
- This posture alone brings the energies of our bodies into balance.
- Keep pressure on the tips of your fingers.
- Bend your knees but keep your spine and shoulders straight.
- Holding your left foot in place. Raise your right foot and move it out a half step farther to the right.
- As you inhale, shift your body weight to the left, putting 70% of the weight of your body on your left foot and hold.
- As you exhale, switch your weight to the right leg putting 70% of the weight of your body on your right foot and hold.
- You continue moving in this way shifting your weight from side to side.
- Imagine a wave flowing through you. As you move to the left, the wave rises up. As you move to the center, the wave crests. As you move to the right, the wave gently goes back into the ocean. Feel the flow of Qi.
- Imagine that you are standing on the color white. It flows up your feet into your entire body to the top of your head. Feel the energy. Feel the color.
- The Qi of white holds contentment. Feel the Qi of contentment filling you up and flowing out of you.
- As you practice the movement and the posture, notice how it feels to be content.
- Say “I am content. I am enough. I have enough. I am a Qi Being.”
- End: Rub your hands together and then massage your face, starting with the fingertips at the chin and moving up the sides of your nose and then down the sides of your face back to your

chin. You are tracing a heart shape and bringing your energy into your heart center. Include all Cool Downs here, if desired.

**Expanding Perspectives:** How did this exercise make you feel? Can you feel the Qi flowing in your body? How does it feel to have the color white moving in and all around you? How does it feel to be content?



**What is the purpose of this activity? (optional)** To learn to listen with 100% attention and with love and respect. This activity can be used at any time throughout the handbook. (3-5 minutes)

**Think and Listen:**

- Get into pairs. One person is Person A and the other person is Person B.
- When you hear a bell ring (or other prompt), Person A talks for 1 minute non-stop describing what they have learned and experienced and felt with the lesson.
- Person B listens with every cell of his/her body and gives no verbal feedback but can gesture politely or nod the head, acknowledging what has been heard.
- Then Person A and Person B switch roles.
- Pause and silently notice how you are feeling after this activity.



**What is the purpose of this activity?** By chanting the sound SEEE, we can open up our lungs, breathe more easily, and feel relaxed and content. Be curious about how this feels to you as a Qi Being.

**The sound SEEE (Guided Practice) 1-5 minutes**

**Why does this work?**

- Inside the mouth there are more than 80 energy points.
- The face has many energy points, including points on the lips, cheeks, chin, around the eyes, around the ears, and the jaws.
- Any sound from the mouth is close to the brain, which is the headquarters of the body.

**General guidelines for making each sound:**

- Chant gently so that only you can hear, or even chant silently.
- Smile, drop your shoulders, keep your spine straight, and relax.
- As you make each sound, focus on the vibration in your mouth, tingly sensations anywhere else in your body, and the warmth of the air passing across your lips and tongue.
- Chant the sounds with deep appreciation and gratitude in your heart for the masters who learned about the sounds and for the Universe that created them.
- Enjoy the sound and the moment of being in the sound.
- Chant when convenient. It should be fun and not a burden. Chant when playing or cooking or walking or watching TV.
- Breathe gently and evenly, observing each inhale and exhale.
- It is always “good, better, best” when you practice.

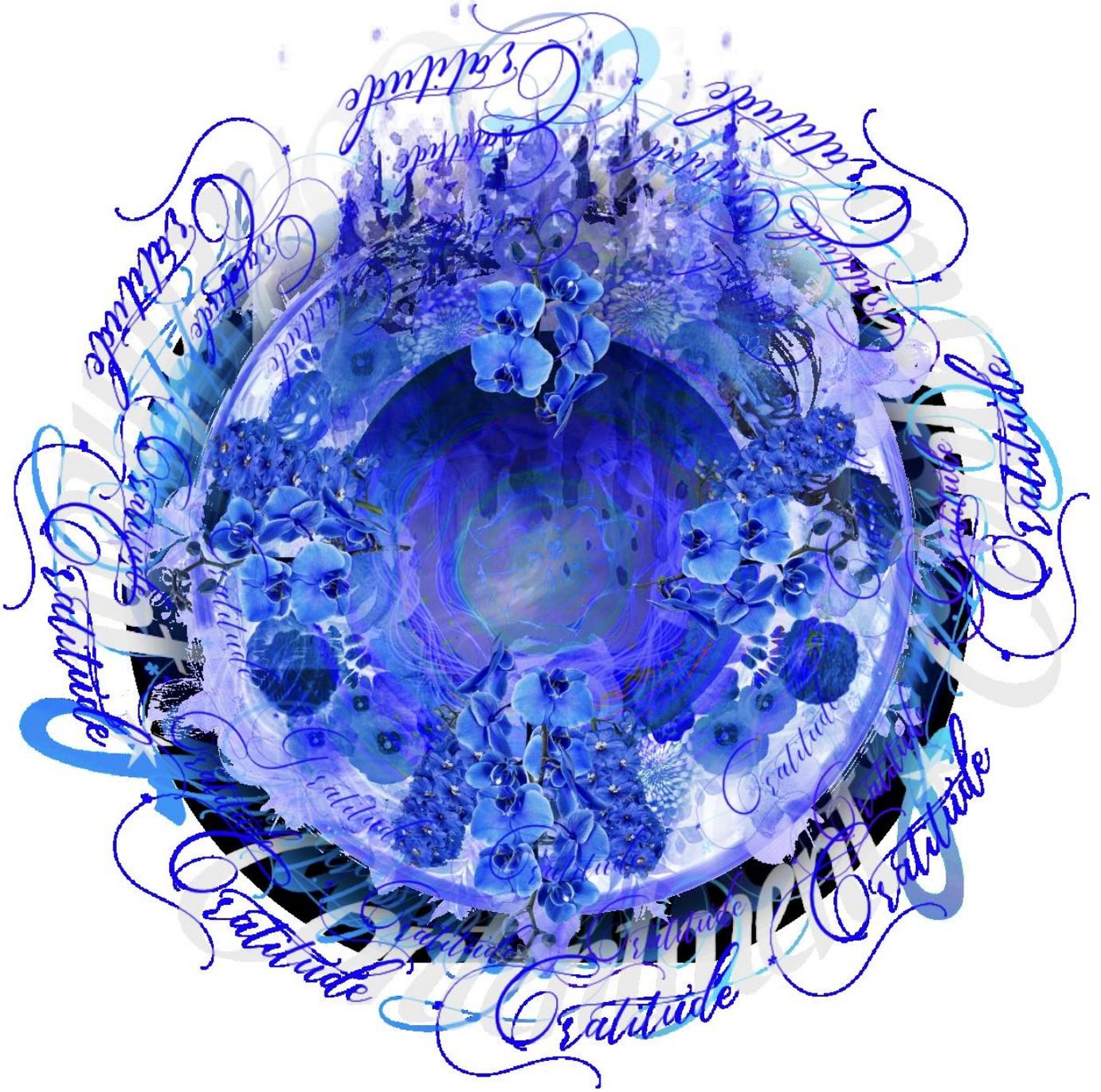
**SEEE:**

- Pronounced like the word “see” with the “ee” lengthened. As you say this sound put the tip of your tongue behind the back of your upper teeth and smile.
- Focus on the feeling of contentment.
- This sound helps relieve asthma, allergies, runny nose, coughing, and skin problems.
- It supports the lung energy system.
- It helps reduce sadness, crying, and depression.

**Expanding Perspectives:** Where do you feel the Qi in your body as you chant? What does it feel like? When would be a good time to chant this sound? Teach it to someone else, especially if that person is sad, crying, or depressed.



# Qi of Gratitude



## Qi of Gratitude:

### Lesson Perspectives:

- All of these activities are associated with waking up the Qi of Gratitude in our bodies, minds, feelings, and spirits.
- Participants will be guided to be more aware and mindful of the color deep blue or deep purple in their lives.
- Participants will learn a short, guided meditation which can be practiced anywhere at any time as needed.
- Participants will learn a Qigong movement.
- Participants will learn a healing sound.

**What is the purpose of this activity?** Deep blue or deep purple help us to experience the Qi of gratitude. When we are grateful, we see that we are part of a bigger whole. Yes, we have challenges but we are also rich in blessings which support us and remind us that we are always loved. Working with deep blue and with gratitude is yet another excellent Qi-ful habit to develop. Let's open our curious minds and explore the possibilities.

### **The color DEEP BLUE or DEEP PURPLE (Guided Practice) 5 minutes**

- We find these colors in nature in the deep sea, blueberries and black raspberries, various flowers, in the sky between night and day, in birds, in butterflies, and much more.
- Begin with the sound of a bell to remind everyone of wisdom, connection, and technique. When you hear the bell, pause, breathe deeply, and prepare to participate.
  - Wisdom is part of knowing that there are many choices and selecting the best.
  - Connection is remembering that we are all in the Universe.
  - Technique is the actual activity being practiced.
- Clap your hands. Feel the Qi beginning to vibrate from your hands all through your body.
- Smile. Start my internal love engine.
- Drop your shoulders. Say the password. Call on your Master.
- Imagine that you are outside, standing under the clear night sky that arches over you.
- Because you are a Qi Being, you feel like you are falling up into the middle of this deep blue.
- You see that you are a tiny spark, surrounded by trillions and trillions of other sparks.
- You are each beautiful and unique.
- You come from a fountain of sparks that shoots out of a giant sun in the middle of the universe and spreads over the entire universe.
- You are connected with invisible strings of love to each other and to the sun.
- You feel no fear.
- You are filled with strength, courage, and confidence.
- You see, feel, and know that you are never alone, lost, or isolated.
- You are a Qi Being who is part of a beautiful, big, whole universe. You are connected to and united with all other energy forms.
- You are filled with gratitude and wonder.

**Expanding Perspectives:** How does it feel to connect deeply with the color deep blue and with the feeling of gratitude? You can explore this color and this feeling whenever you want. You can share the meditation with others so that they will feel the power of gratitude as well.



**What is the purpose of these activities?** Developing the habit of regularly giving thanks, for even small and seemingly insignificant items, enlarges our perspectives of who we are as Qi Beings. A raisin is so much more than just a piece of dried fruit, when we explore everything that contributes to its existence. As we practice this exercise, we can do so with curiosity and a readiness to be surprised and to laugh. Any small (or large) item can be substituted in this practice.

**Thank the raisin (Guided Practice) 5 minutes**

- Begin with the sound of a bell to remind everyone of wisdom, connection, and technique. When you hear the bell, pause, breathe deeply, and prepare to participate.
  - Wisdom is part of knowing that there are many choices and selecting the best.
  - Connection is remembering that we are all in the Universe.
  - Technique is the actual activity being practiced.
- Clap your hands. Feel the Qi beginning to vibrate from your hands all through your body.
- Promote awareness of interdependence, kindness, and gratitude.
- Notice how it feels to be grateful!
- Pick up a raisin (or another small food item).
- Look at the raisin and notice what you see. Observe the raisin as a Qi Being.
- Thank the various forms of Qi that brought the raisin to us:
  - Thank the Earth.

- Thank the worms in the Earth.
- Thank the plants that grow the raisin (grapevines).
- Thank the sun and the rain.
- Thank the farmer that planted the seeds and tended the crops.
- Thank those who harvested the grapes.
- Thank those who cleaned the grapes.
- Thank those who processed the grapes into raisins.
- Thank those who packaged the raisins.
- Thank those who transported the raisins to the stores.
- Thank those who put the raisins on the shelf.
- Thank those store workers who took our money.
- Eat the raisins if you wish to. Notice the texture and the taste. Be mindful.
- As Qi Beings, we can take any small item in our lives and give thanks for everything associated with it, including ourselves.



### **Give Thanks—a Habit (Guided Practice) 1-2 minutes**

- Begin with the sound of a bell to remind everyone of wisdom, connection, and technique. When you hear the bell, pause, breathe deeply, and prepare to participate.
  - Wisdom is part of knowing that there are many choices and selecting the best.
  - Connection is remembering that we are all in the Universe.
  - Technique is the actual activity being practiced.
- Clap your hands. Feel the Qi beginning to vibrate from your hands all through your body.
- Pick five items from your life—things, people, places, plants, animals, food, anything.
- Say to each item, one at a time
  - I thank you.
  - I love you.
  - I bless you.
  - Thank you for blessing me.
- This is a good way to start or to end each day.
- You can practice as often as you wish but include this activity at least once a day.

**Expanding Perspectives:** How do you feel when you say thank you? The more grateful we are, the less afraid we are. The more grateful we are, the more we notice that we are connected to an amazing support system. Be thankful. Feel brave and confident and supported.



**What is the purpose of this activity?** Bowing is an ancient practice that shows respect and appreciation, both to what is being bowed to and to the person who is bowing. This particular exercise helps to strengthen our spines, our bones, and our brains. We begin to think more clearly. Explore with curiosity and an open heart everything that you are grateful for. It may be silly, like your shoelaces. It may be more serious like the entire Universe. You are the one who chooses and who learns as a Qi Being.

**Gratitude that Connects Your Heart's Energy—Active Exercise or Moving Meditation**  
**(Guided Practice) 10 minutes to teach, 5 to practice**

- Begin with the sound of a bell to remind everyone of wisdom, connection, and technique. When you hear the bell, pause, breathe deeply, and prepare to participate.
  - Wisdom is part of knowing that there are many choices and selecting the best.
  - Connection is remembering that we are all in the Universe.
  - Technique is the actual activity being practiced.
- Clap your hands. Feel the Qi beginning to vibrate from your hands all through your body.
- Practice Warm-ups here.
- Smile. Start my internal love engine.
- Relax. Drop your shoulders.
- Say the password: I am in the Universe. The Universe is in me. The Universe and I come together.
- Call on your guides or Masters.
- Observe yourself as a Qi Being who is experiencing thankfulness.
- Think good, better, best.
- Imagine that you are standing on the color deep blue or deep purple.
  - Feel the color coming up through your feet going to the top of your head.
  - Feel gratitude as you feel the color.
- Connect your hands, palm to palm, as if you were saying a prayer.
  - Put slight pressure on your fingertips.
  - This posture connects your heart's energy and prepares you to give thanks.
- Inhale slowly and gently and bow forward slightly, or deeply, from the waist. Listen to how your body tells you to bow. Be relaxed.
- Exhale slowly and gently and straighten up.
- With each bow, give thanks for one thing.
  - Say "I thank you. I bless you. I love you. Thank you for blessing me."

- o You can give thanks for something that is sublime (angels), serious (good health), or silly (your shoe laces).
- o Enjoy each bow.
- Bowing is an ancient Chinese tradition for giving thanks.
- Bowing strengthens the spine and the kidneys.
- Giving thanks for five things in the morning and five things in the evening with this exercise can change an entire day.
- End: Rub your hands together and then massage your face, starting with the fingertips at the chin and moving up the sides of your nose and then down the sides of your face back to your chin. You are tracing a heart shape and bringing your energy into your heart center. Include all of the Cool Downs, if desired.

**Expanding Perspectives:** Share with a partner or with the class as a whole how this exercise made you feel. You are a Qi Being so you have infinite possibilities. Play. Have fun!



**What is the purpose of this activity? (optional)** To learn to listen with 100% attention and with love and respect. This activity can be used at any time throughout the handbook. (3-5 minutes)

**Think and Listen:**

- Get into pairs. One person is Person A and the other person is Person B.
- When you hear a bell ring (or other prompt), Person A talks for 1 minute non-stop describing what they have learned and experienced and felt with the lesson.
- Person B listens with every cell of his/her body and gives no verbal feedback but can gesture politely or nod the head, acknowledging what has been heard.
- Then Person A and Person B switch roles.
- Pause and silently notice how you are feeling after this activity.





**What is the purpose of this activity?** The ancient sound CHUEEE promotes the feeling of gratitude, reduces fear, and diminishes any sense of feeling lost or isolated. The chant

strengthens our bones and helps our memories. Let's explore with curiosity and see what delightful Qi we will be playing with!

### **The sound CHUEEEEE (Guided Practice) 1-5 minutes**

#### **Why does this work?**

- Inside the mouth there are more than 80 energy points.
- The face has many energy points, including points on the lips, cheeks, chin, around the eyes, around the ears, and the jaws.
- Any sound from the mouth is close to the brain, which is the headquarters of the body.

#### **General guidelines for making each sound:**

- Chant gently so that only you can hear, or even chant silently.
- Smile, drop your shoulders, keep your spine straight, and relax.
- As you make each sound, focus on the vibration in your mouth, tingly sensations anywhere else in your body, and the warmth of the air passing across your lips and tongue.
- Chant the sounds with deep appreciation and gratitude in your heart for the masters who learned about the sounds and for the Universe that created them.
- Enjoy the sound and the moment of being in the sound.
- Chant when convenient. It should be fun and not a burden. Chant when traveling in a car or cooking or walking or playing.
- Breathe gently and evenly, observing each inhale and exhale.
- It is always "good, better, best" when you practice.

#### **CHUEEE:**

- Pronounced "choo-eee" with the "choo" sound shorter and the accent on the lengthened "eeee." Round lips and then gradually spread them to your ears.
- Focus on being thankful.
- This sound supports the kidney energy system, including the spine, the bones, and the brain.
- It helps improve memory and assists in releasing fear.

**Expanding Perspectives:** How does this make you feel more thankful? Where do you feel the Qi in your body when you chant? What does it feel like? When would be a good time to chant this sound? Teach it to someone, especially if they are afraid.



# Qi of Sounds and Qi Buttons

## What is the purpose of this activity? (1 minute each as often as needed)

We can enlarge our awareness of ourselves as Qi Beings by combining the lessons of the chants with working with specific Qi Buttons, or energy points on our bodies. We can strengthen our abilities to pretend and to focus by imagining light, a specific color, and a message going into the Qi Buttons as we chant and work with the points. Be curious, explore, smile, have fun!

- Begin with the sound of a bell to remind everyone of wisdom, connection, and technique. When you hear the bell, pause, breathe deeply, and prepare to participate.
  - Wisdom is part of knowing that there are many choices and selecting the best.
  - Connection is remembering that we are all in the Universe.
  - Technique is the actual activity being practiced.
- Clap your hands. Feel the Qi beginning to vibrate from your hands all through your body.

### 1. **SHEE**, Happiness, Green

As you chant, clap once and then rub your palms together until warm. Place both warm palms over your eyes. This helps you see better and also helps strengthen the liver system. Send in the color green and the feeling of happiness. Notice the Qi traveling through your entire body.

### 2. **KERRRR**, Joy, Red

As you chant, massage the Lao Gung point in the middle of the hand in alignment with the middle finger. This is very calming and helps your brain to work better. Massage this point with any fingertip, gently then firmly, gently then firmly. Start with the left hand and then go to the right hand. Send in the color red and the feeling of joy as you massage. Notice the Qi going through the entire body.

### 3. **WHOOO**, Peace, Yellow

As you chant, use any fingertip to tap gently but firmly the Qi Button about 1" below the eye on the eye socket bone in alignment with your pupil. This is the beginning of the stomach channel meridian. You can tap the points under both eyes at the same time. Send in the color yellow and the feeling of peace. Notice the Qi flowing through the entire body.

### 4. **SEEEE**, Contentment, White

As you chant, firmly cup the inside of the elbows. Start on the left side then go to the right side. This opens up lung energy. Send in the color white and the feeling of contentment. Feel your breathing system opening up.

### 5. **CHUEEEE**, Gratitude, Deep Blue or Deep Purple

As you chant bring your wrists together. Then turn your hands so your wrists connect at right angles. Tap these two points firmly and gently. This opens up the kidney system, helps clear thinking, and helps Life Force energy. Send in the color deep blue and the feeling of gratitude. Feel the energy flowing through your body, your emotions, your thoughts, and your spirit.

**Expanding Perspectives:** How do these exercises feel to you? Teach one or all to someone else. Have fun and enjoy!

# Qi of Thoughts



## Qi of Thoughts:

**What is the purpose of these activities?** As Qi Beings when we practice Qigong and Mindfulness, it is very important to remember to be responsible. Simply practicing the exercises radiates a certain energy out into the world. It is necessary to be aware of how our choices impact ourselves and others. Qi Beings learn to develop the habit of making responsible and helpful choices. Explore these choices with a curious and open mind.

### **A Helpful Qi Poem (Guided Practice) 1 minute to be repeated as often as necessary**

- Begin with the sound of a bell to remind everyone of wisdom, connection, and technique. When you hear the bell, pause, breathe deeply, and prepare to participate.

- o Wisdom is part of knowing that there are many choices and selecting the best.
- o Connection is remembering that we are all in the Universe.
- o Technique is the actual activity being practiced.
- Clap your hands. Feel the Qi beginning to vibrate from your hands all through your body.

Do good things,  
Think good thoughts,  
Help yourself and others.  
Do bad things,  
Think bad thoughts,  
Hurt yourself and others.  
Take care;

Whatever you do to others comes back to you!



**THINK (Guided Practice)** 1 minute to be repeated as often as necessary

- Begin with the sound of a bell to remind everyone of wisdom, connection, and technique. When you hear the bell, pause, breathe deeply, and prepare to participate.
  - o Wisdom is part of knowing that there are many choices and selecting the best.
  - o Connection is remembering that we are all in the Universe.
  - o Technique is the actual activity being practiced.
- Clap your hands. Feel the Qi beginning to vibrate from your hands all through your body.
- Here is another tip to help you remember to be mindful and loving each time before you speak or do something.
- Ask yourself these questions before you say something or before you take an action.
  - T. Is it True?
  - H. Is it Helpful?
  - I. Is it Inspiring?
  - N. Is it Necessary?
  - K. Is it Kind?
- Ask these questions to your heart.
- Notice how your heart will contract or expand to tell you what the best choice is.
- If you feel a contraction, you are NOT making a good decision.
- If you feel an expansion, you ARE making a good decision.
- This is one way of being a responsible and helpful Qi Being.
- What happens if you make a mistake and make the wrong choice? Your heart and brain grow. You learn. You become a better person and do better the next time. It is always good, better, best.

**Expanding Perspectives:** Open your heart. Be mindful. Be loving and helpful. Do your best. Remember you are a Qi Being. You are loved and loving. You are intelligent. You are here for a very positive purpose. Practice these exercises and notice how you feel. Teach them to someone else.



## Qi of Happy Hands



### Qi of Happy Hands:

**What is the purpose of this activity?** Using the energy of happiness, learn to feel and work with Qi as a Qi Being. Have fun and play! Be curious about what you will feel.

**1 minute as often as needed**

- Begin with the sound of a bell to remind everyone of wisdom, connection, and technique. When you hear the bell, pause, breathe deeply, and prepare to participate.
  - Wisdom is part of knowing that there are many choices and selecting the best.
  - Connection is remembering that we are all in the Universe.
  - Technique is the actual activity being practiced.
- Clap your hands. Feel the Qi beginning to vibrate from your hands all through your body.
- Clap hands again. Feel the energy. Feel the Qi. Be mindful.
- Hold hands in front of you and add between them the energy of Happiness as a thought, as an emotion, as Qi.

- Clap your hands again. Feel the difference.
- This is the voice of your heart, telling your Qi what to do.
- Repeat. Feel. Notice. Observe. Be mindful.
- Repeat. Now place your happy hands on your face.
- Feel the energy, the Qi, going into every part of your head.
- Rub your happy hands together to activate more Qi.
- Hold your happy hands over your Heart Center, the Qi center in the middle of the body just below the physical heart.
- Notice, observe, feel, be mindful of the Qi.
- Rub your happy hands together to activate more Qi.
- Hold your happy hands over your belly button, the Qi center deep inside you behind your navel.
- Notice, observe, feel, be mindful of the Qi.
- You have just given three major energy centers in your body a boost of Qi.
- You can anchor or expand yourself with this exercise.
- You can add any other Qi you want between your hands—joy, peacefulness, contentment, gratitude, kindness, love, healing, compassion, forgiveness. You can add colors. You can add light.
- You can place your happy hands over other parts of your body and see what you feel.
- You can place your happy hands on a plant or a pet and see how they feel.
- If you place your happy hands on another person, ask their permission first and explain what you are doing.
- You are a Qi Being working with your Qi.
- You can teach someone else.
- Have fun and play!!!!

**Expanding Perspectives:** How did this exercise feel to you? When will you use it? Where will you use it?



# House of Qi



## House of Qi:

### What is the purpose of this activity?

We can experience emotions from many different perspectives. Our point of view is even more enlarged as Qi Beings. The Five Elements teach us a lot about the Qi of emotions. This activity builds on these teachings. When we imagine ourselves as houses, with emotions coming and going as visitors, we find that we can more easily become objective observers. We can appreciate the opportunities that each emotion, positive or negative, offers us. We can be more balanced, happier, and healthier in our approach to everyday life. Let's explore with curiosity what our houses look like and who our visitors are.

**You Are a House (Guided Practice)** 5 minutes, as often as emotions are in need of the regulation of a broader perspective

- Begin with the sound of a bell to remind everyone of wisdom, connection, and technique. When you hear the bell, pause, breathe deeply, and prepare to participate.
  - Wisdom is part of knowing that there are many choices and selecting the best.

- o Connection is remembering that we are all in the Universe.
- o Technique is the actual activity being practiced.
- Clap your hands. Feel the Qi beginning to vibrate from your hands all through your body.
- Smile. Start my internal love engine. Relax. Stand or sit as straight as is comfortably possible.
- Say the Password.
- Call on your Master.
- Be ready to play, pretend, imagine and have fun!
- Imagine yourself as a house, a beautiful, strong, amazing house.
- You have a front door and a back door.
- Every day of your life you will have many visitors who come into your house.
- These visitors are your emotions, your feelings.
- Some might be happiness, joy, calmness, contentment, thankfulness, kindness, compassion, love, helpfulness, trust, hope, faith, smiles, laughter.
- Others might be anger, frustrations, meanness, hatefulness, worry, thinking too much, over-excitement, fear, sadness, crying, lack of confidence.
- Welcome each guest equally with enthusiasm and hospitality.
- Each guest is a friend talking to you and only you!
- Let each guest in for a couple of minutes and then let the guest go.
- What does each guest look like? Tall/short? Chubby/thin? Young/older? Bright like the sun/dark like rain clouds?
- How does the guest feel to you? Light and floating like a cloud? Or heavy and huge like a mountain? Soft as a breeze in the leaves or loud as a barking dog? Sharp as rocks in the road or soft as dandelion seeds? Warm/ cold? Sweet like ice cream or sour like lemon?
- Does the guest burst in or is the guest quiet and shy?
- Does the guest rumble and grumble like thunder?
- Where does the guest go in your house? In your tummy? In your throat?
- Is the guest dressed in a specific color or colors? How does that make you feel?
- Each guest brings a special gift for you to learn, to grow, and to become the best person you can be.
- Say thank you to each guest.
- Anger might show you that something is unfair and push you to help correct this for a better world.
- Frustration might teach you to be patient.
- Fear might show you to be careful in a dangerous situation.
- Sadness may help you to pause and then notice your blessings.
- Happiness might bring playfulness and fun.
- Joy may bring freedom.
- Gratitude may take away fear.
- We don't encourage any of the guests to stay permanently. Everything is impermanent. Things come and go and come again.
- This is why we keep the back door open so that the guests can leave easily.
- The front door is always open so that they can come again.
- Remember, happiness is impermanent but can be renewed. A smile is impermanent but can be renewed. Our bodies are impermanent but are continually renewed.
- Welcome each guest and play!!!

### **Expanding Perspectives:**

Share with at least one other person who your guests were, what they looked like, and the gift each one left.

Does this exercise help you to look at yourself as a Qi Being who is also an objective observer?

Do you feel better about noticing your emotions and letting them go?

Who can you help with this exercise?



**What is the purpose of this activity? (optional)** To learn to listen with 100% attention and with love and respect. This activity can be used at any time throughout the handbook. (3-5 minutes)

**Think and Listen:**

- Get into pairs. One person is Person A and the other person is Person B.
- When you hear a bell ring (or other prompt), Person A talks for 1 minute non-stop describing what they have learned and experienced and felt with the lesson.
- Person B listens with every cell of his/her body and gives no verbal feedback but can gesture politely or nod the head, acknowledging what has been heard.
- Then Person A and Person B switch roles.
- Pause and silently notice how you are feeling after this activity.



# Qi of The Grid



## Qi of The Grid:

### What is the purpose of this activity?

As we practice Qigong more and more and become more aware of ourselves as Qi Beings, we notice that we are an important part of a greater whole, of a bigger picture. We can make responsible choices to radiate from us the positive energies of happiness, joy, peace, contentment, and gratitude into the world around us. We can each have a positive and helpful impact in our environment. We begin from the point where we are located in the Universe at this moment. This is like a ripple of energy outward from us. Be curious and willing to learn new perspectives from this activity.

### **The Grid (Guided Practice)** 1 to 5 minutes as often as needed

- Begin with the sound of a bell to remind everyone of wisdom, connection, and technique. When you hear the bell, pause, breathe deeply, and prepare to participate.

- Wisdom is part of knowing that there are many choices and selecting the best.
- Connection is remembering that we are all in the Universe.
- Technique is the actual activity being practiced.
- Clap your hands. Feel the Qi beginning to vibrate from your hands all through your body.
- Smile, relax, breathe slowly and deeply, say the password, call on your Master.
- Imagine that you are sitting on one point of a grid, like on a map or a globe.
  - In a room.
  - In a building.
  - In a neighborhood.
  - In a town.
  - In a country.
  - In a world.
  - In the Universe.
- You know
  - Where you are in the present moment.
  - Who you are—a child of the Earth and a child of the Universe.
  - What you are—an energy being, a Qi Being.
  - Why you are—to do good things; to think good thoughts; to love others; to help others.
- In this moment radiate love from your heart out onto the grid.
- Feel this love expanding from you
  - Into the room.
  - Into the building.
  - Into the neighborhood.
  - Into the town.
  - Into the country.
  - Into the world.
  - Into the Universe.
- Notice, observe, be mindful. Simply feel
  - Yourself as an energy being, a Qi Being.
  - The energy of love radiating from you.
  - The energy of the room, the building, the neighborhood, the town, the country, the world, the Universe.
- Optional ending: Open your eyes, rub your hands together, massage your face. Massage your ears.

**Expanding Perspectives:** Stay in meditation for 30 seconds, 3 minutes, 30 minutes, 3 hours, all day. You make a difference. Love is the most powerful energy in the Universe. A day or so after the meditation, pause and notice how you have made a positive difference. You will see it!



## SOURCES

Thank you for engaging in the lessons of this handbook. None of the information here is new. It all comes from classes, lectures, readings, meditations, and messages from the Universe over hundreds of generations through thousands of people and other Qi Beings. Please enjoy the material and share it with as many others as possible.

*Spring Forest Qigong Level 1 for Health* by Master Chunyi Lin.

*Spring Forest Qigong, Qi Activation, Level 1* by Master Chunyi Lin. On-line or in-person classes.

*Spring Forest Qigong: Five Element Healing Movements* by Master Chunyi Lin.

*Head-to-Toe-Healing: Your Body's Repair Manual* by Master Chunyi Lin.

*Spring Forest Qigong Healing Connection* by Master Chunyi Lin. Weekly informative calls available with subscription through [www.springforestqigong.com](http://www.springforestqigong.com)

*Spring Forest Qigong Every Day Qigong*, presented Monday through Friday by various Spring Forest Qigong Masters, Instructors, Trainers, and Practice Group Leaders.  
<https://www.facebook.com/SpringForestQigong>

*Kids of All Ages Practice Qiful Perspectives of Spring Forest Qigong*, Facebook group administrated by Nancy Havera and Siu-Ling Bisogno Hau.  
<https://www.facebook.com/groups/414295299619697>

*Guiding Qi*, classes and lectures by Master Jim Nance ([www.guidingqi.com](http://www.guidingqi.com))

[www.springforestqigong.com](http://www.springforestqigong.com)

<https://mindfuleducation.com>

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## **In Memory ...**

### **Remember, Receive, Give Thanks**

Remember the greens—

Dew kissed grasses,  
Mosses, ferns, new leaves of the spring forest,  
Waves at the seashore,  
Hummingbird feathers.  
Relax, trust, feel.  
Feel happiness, renewal, hope.  
Remember, receive, give thanks.

Remember the reds—

Cardinals singing red notes of pure joy,  
Sun-warmed strawberries,  
Fragrant rose gardens,  
Sunsets and sunrises  
    Marking beginnings and endings and beginnings.  
Relax, trust, feel.  
Feel joy, transformation, freedom.  
Remember, receive, give thanks.

Remember the yellows—

Beams of sun, moon, and stars  
    That awaken star dust within us,  
Sunflower fields that stretch from horizon to horizon,  
Clouds of yellow butterflies,  
Springtime honey.  
Relax, trust, feel.  
Feel peace, groundedness, unwavering connection between Heaven and Earth.  
Remember, receive, give thanks.

Remember the whites—

Whimsical, puffy clouds,  
Cherry and peach blossoms,  
Snowflakes,  
Swans and egrets, gulls and pelicans.  
Relax, trust, feel.  
Feel contentment, fulfillment, enoughness (in being, doing, having).  
Remember, receive, give thanks.

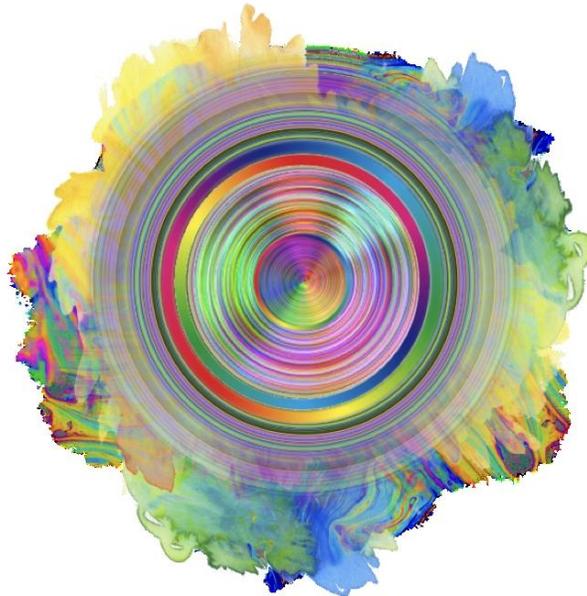
Remember the indigos—the deepest blues—

Blueberries,  
Irises and lobelia and pansies,  
Blue jays and indigo buntings,  
The clear night sky that arches above us  
    Holding trillions and trillions and trillions of pin pricks of light  
    Each connecting to all of us with invisible threads of love.  
Relax, trust, feel.  
Feel gratitude, courage, unity with all that is.  
Remember, receive, give thanks.

Written in memory of Spring Forest Qigong Master Jennie Trotter and Spring Forest Qigong Instructor Deborah Cheney.

By Nancy Havera

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## Authors' Bios



Nancy Havera is a Spring Forest Qigong Certified Practice Group Leader, Certified Trainer, and Legacy Master Healer. She has been teaching for over 50 years children of all ages from kindergarten to college. Her greatest joy is to learn from the people she is teaching.



Siuling Bisogno Hau is a Certified Spring Forest Qigong Trainer , Qigong Healer, Practice group Leader , and illustrator. She has 25 years of experience in the Early Years Education sector and shares her joy of teaching Qigong and Mindfulness to children of all ages.



Jerry Wellik is a Spring Forest Qigong Master, Master Healer and Certified Instructor. He has been teaching students of all ages for fifty years. He enjoys helping everyone discover and develop their unique talents.

