

10 Day Gong: 20 minutes a day

Dr. Carl Totton

A1. Mind: every day practice simply observing your mind without any judgments about it. Just notice. *(2 minutes)*

A2. Mind: Look around yourself and say about everything you see, “this has no name, it’s just an object”, avoid labeling anything for a time. *(2 minutes)*

B1. Body: Pay attention to a physical feeling in your body, starting with your feet. Tell yourself that this physical sensation is actually a wave of relaxed energy which will move to wherever you send it. Send it from your feet slowly up to your head, then slowly back down until you're back to your feet, having gently touched your whole body with a moving wave of relaxation
(2 minutes)

B2. Body: Feel what it’s like to actually be inside of your body, just pay attention to how it/you feel as a physical being. *(2 minutes)*

C1. Emotions: Just notice your emotional state for a while. What are you feeling? Don’t judge it, just notice and feel it. *(2 minutes)*

C2. Emotions: In your mind’s eye, see a happy smiling face appear on each of your internal organs, on your heart, lungs, liver, kidneys, stomach, spleen, intestines, etc. Feel that happy smile all over your whole body. Laugh, grin, and feel good. *(2 minutes)*

D1. Energy: Sit comfortably, practice some yogic breathing, imagine a balloon in your stomach that expands as you inhale and deflates as you exhale, keep the tip of your tongue curled up towards the roof of your mouth and your back straight, feel the energy in your body; it might feel warm, cool, light, heavy, tingling, etc. Just be aware of it. *(2 minutes)*

D2. Energy: Place your palms facing each other about six inches apart. Now notice what you’re feeling in your hands as you slowly rotate them around each other. That’s your qi or ch’i energy, the energy of life itself! *(2 minutes)*

E1. Spirit: Close your eyes, tip of tongue at the roof of your mouth, deep low, slow belly breathe, in nose, out nose. Just imagining that any thoughts or sensations you notice are suddenly inside of a bubble and they just float up into the air and disappear as the bubble pops! Continue... *(2 minutes)* *(Variant: Put all distracting thoughts into an imaginary box in front of you, then push that box out of the way behind your back; i.e. what Bob Monroe called “an energy conversion box”)*

E2. Spirit: Imagine that from a position outside of or above your body that you are simply aware of and noticing your physical body but from the position of a pure spirit that can see it, but from a near distance. Just watch and notice what this new sense of spiritual awareness is like, again without any judgments or expectations. Just Be Here Now... (*2 minutes*). That's it, finished!

Write down on a note or chart when you've completed each day. The rule for a gong is simple: you do it every day for a period of time, in this case 10 days. But, if you miss a day, you go back to the first day and start all over again. That's it!

At the conclusion of the 10 days, you might decide to do it again for another 10 days, or extend it for a Full Gong which is 100 Days! At the end of the time period you might just repeat it for another 10 -100 days, or switch up parts of it by adding some other elements to the practice. It's up to you, and of course it's great if you have a teacher or coach to help you with this.

Note:

We are all creatures of habit. What we have been doing we tend to continue doing because we identify with it and we have internal patterns and external behaviors which after a time become conditioned responses. So, the only real way to change is to change our habits, change our trajectory. Then, after a time, without "effort" (wu-wei) we simply become that which we practice as it moves along with what has become natural for us. In the Book of Five Rings by the noted samurai Musashi, he says "the way is in the training". So by practicing or training we discover our way as it aligns with the way of nature, the way of the Tao. It takes attention to each of our "aspects": Mind, Body, Emotions, Energy, and Spirit. So a 10 Day Practice or Gong might look like this: