

THE TEN POINTS INTERNAL QIGONG

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As taught by John Fey

1 – FUN

The Taoist “Secret of the Inner Smile”. Place a smile on the lips, and an even bigger smile in the imagination, using two to three breaths to build the smile (exaggerated). On the next exhale, allow the imaginary smile to break off and run down through the body, relaxing everything it touches. Smiles are used on the front of the body, the rear, and the center.

2 – SHOE

Specifically, your feet inside your shoes. Blur the distinction between where the feet end and the ground begins, as if standing in very thick mud.

3 – TREE

Picture the body as a tree, the arms are branches, the fingers are leaves, the body and legs are the trunk. Extend roots down into the Earth at least twice your height, growing deeper with every exhale.

4 – CORE

The lower Tan T’ien. Picture a heavy object, a steel ball, the center of the Earth contains a giant electro-magnet which is turned on exerting enormous pull on the Core.

5 – ALIVE

Extend Chi. Extend a tube from the lower Tan T’ien up the central core of the body to the sternum where it splits and goes down both arms. Extend another tube down to the perineum where it splits and goes down each leg. The feet and hands are high pressure nozzles. Extend massive amounts of Chi, unchained to the breathing.

#6 – THICK

Imagine standing in a thick liquid (i.e. motor oil). Causing one’s movements to be slow and deliberate, thus developing Ch’ien or subtle strength.

7 – HEAVEN

A golden thread dangles from the heavens, connected to the crown of the head, pulling upward tucking the chin in slightly, also tucking in the pelvis and aligning the posture.

8 – GATE

Refers to acupuncture entry points along the upper back and spine. During an inhale, the holes or gates open up and allow energy to enter the body. During an exhale, the gates close off keeping the energy inside, nourishing the vital organs.

9 – SHINE

Like a giant light bulb. Inhale and draw in energy, the light bulb dims. Exhale and extend energy, the light bulb brightens.

*Alternative image: Inhale and draw silver and gold threads into every pore of the body. Exhale and extend the threads back out in all directions.

#10 – SPIN

Spin #'s 1 through 9 continuously, focusing on one image for a breath or a movement, then moving on to another (not necessarily in order).