

Qigong Secrets

Secrets of the Ancient Energy Masters - 22 Week Home Study Course

Week Twelve

Look Back To Carry The Moon

This weeks pattern is introduced. Outstanding for cleansing and promoting youthfulness..

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Form

Here are the written instructions for the form. Make sure you watch the video as well! Much easier.

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A Picture Paints A 1000 Words...

Visual instructions for practicing this weeks pattern

Page 4

Important Notes:

Keep these in mind whilst practicing this pattern



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Quotes from Students

Discover what other practitioners of this pattern have to say about their experiences of practicing Carrying the Moon

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Homework & Coming Up Next Week....

Whatever you do, make sure you complete your progress tracker!!

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Welcome!



Welcome to week 12 of the home study course.

This weeks pattern: Look Back To Carry the Moon is a 6 on the TOM scale. It is excellent for promoting youthfulness, enhancing the nervous system, giving the spine a gentle 'workout'.



Practiced at a high skill level practitioners of Carrying the moon report feeling 'vital energy' showering down inside them, cleansing them from head to toe.

But, despite all of these wonderful benefits, the number one benefit that elevates this pattern into super star status is that it is brilliant at cleansing.

This is the pattern that I practice the most out of all the Qigong patterns I know?

Why? Because I like to cleanse blockages from my meridians and this is perhaps the best pattern for the job.

I'm excited to be teaching this pattern to you this week and I hope it will become one of your favourites too.

No theory this week, so the lesson is a little shorter than usual.

Let's get started....

Look Back to Carry the Moon

回頭抱月

Chinese: Hui Tou Bao Yue



Also Known As: Carrying the Moon

At A Glance:

Promotes Youthfulness
Beneficial for the Spine
Enhances the Nervous System





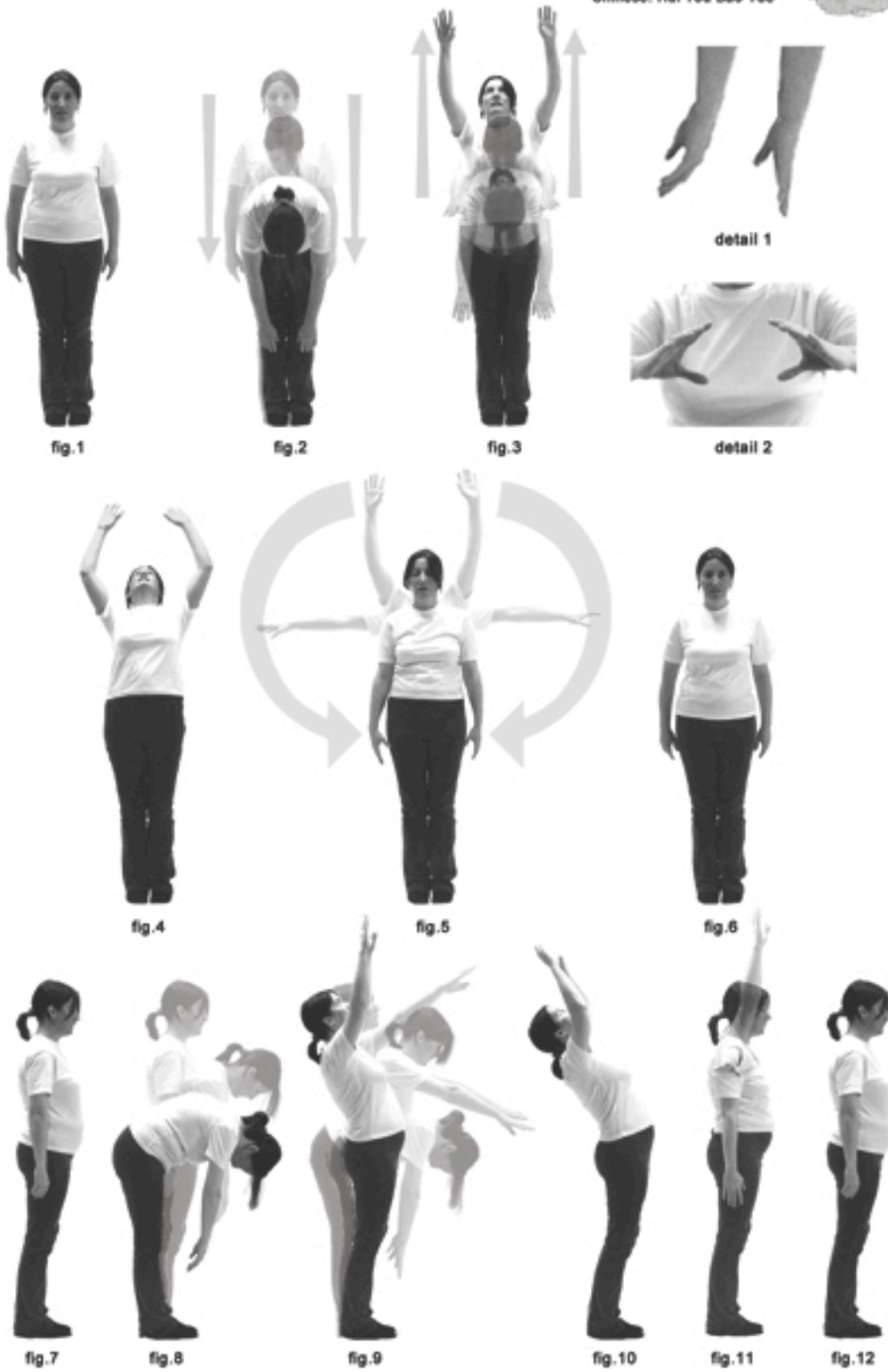
Form “Look Back to Carry the Moon”:

1. Start from Wuji Stance (fig. 1 and side profile fig. 7).
2. Bend forward allowing your straight arms to drop forwards and tuck your head in by putting your chin on your chest (fig. 2 and fig. 8).
3. Straighten up, tracing a large arc with your fingertips eyes looking at the hands. (fig. 3 and fig. 9).
4. When your arms are directly above your head bend them slightly at the elbows and with your hands make the “Carry the Moon” hand form (see detail 2).
5. Allow your arms to continue their journey over your head until you are leaning back gently, looking up through the gap in your hands (fig. 4 and fig. 10).
6. Pause
7. Straighten your spine so you are stood upright; allow your head to look forward and lower your arms back to your side (fig. 5 and fig. 11).
8. Pause (fig. 6 and fig. 12).
9. Repeat steps 2-8 for 10-15 repetitions.

Look Back to Carry the Moon

回頭抱月

Chinese: Hui Tou Bao Yue



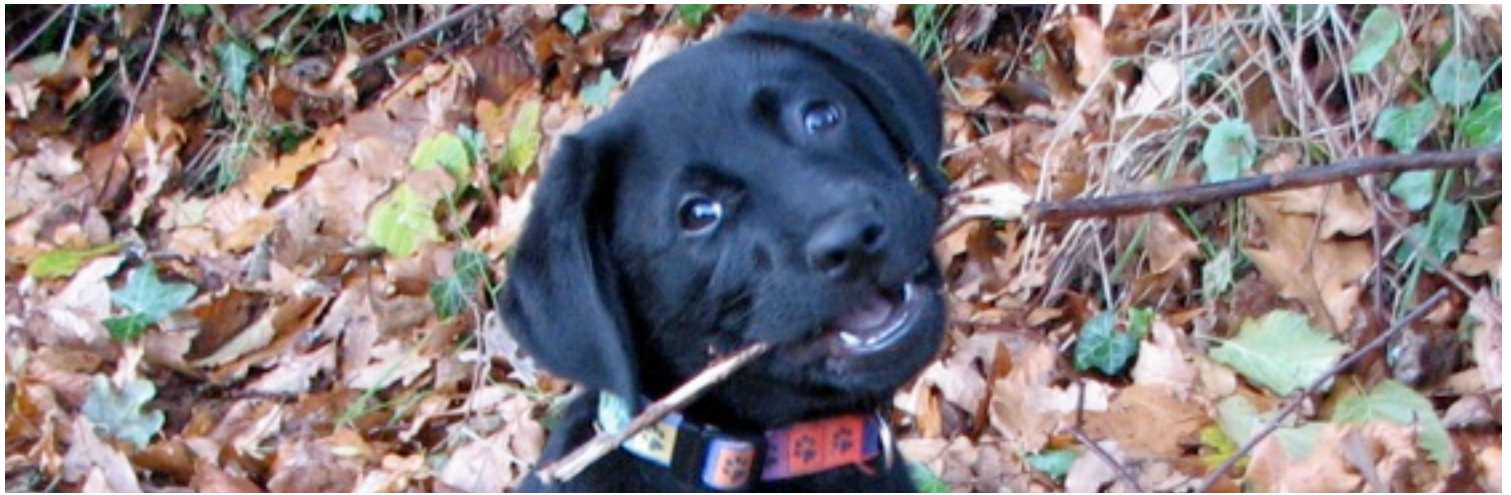


Important Notes:

- You only need to lean forwards enough for the palms of your hands to be about level with your kneecaps. The instruction is lean forward, not touch your toes!
- Perform the movements gracefully and flowingly. A common mistake made by beginners is to stop briefly as their arms rise above their heads so they can bend the arms at the elbows and make the “Carry the Moon” form with their hands. The bending of the elbows and forming of the hands should be performed as one movement co-ordinated with the movement of the hands in a large arc (figs. 3 and 4 and figs. 9 and 10).

Breathing

1. Breathe in gently through your nose as you raise your arms above your head and behind you (From fig. 2 to fig. 4 and fig. 8 to 10).
2. PAUSE (no breathing in or breathing out).
3. Straighten up (fig. 5 and fig. 11).
4. Breathe gently out through your mouth as you lower your hands back to your sides.
5. PAUSE (no breathing in or breathing out)
6. Continue to PAUSE your breathing as you lean forward (fig. 2).
7. Repeat from Step 1.



Why you may choose to practise Look Back To Carry The Moon

This pattern really gives your spine a gentle work-out and is beneficial for back and spine problems. If you have serious acute back pain, practise Lifting the Sky first. Carry the Moon enhances the nervous system and generates a shower of vital energy down the body which promotes youthfulness and creates a supple and healthy spine.

A development of this pattern is using it specifically to generate a cosmic shower of vital energy through the body, but this 'Cosmic Shower' technique is an advanced art and can only be learned effectively from a Master or suitably qualified instructor.

Quotes from students about this pattern

"This is my favourite pattern because after a 10 hour day of intense mental activity in the office, it is simply my quickest way to accomplish deep relaxation and standing meditation. I enjoy the Qi flowing towards the top of my head while bending down to touch my feet. Staying there for a while and letting go, I fall into another 'world', while in the Qigong state of mind." - Hwan K., Malaysia

"This is my favourite pattern. When I began Qigong part of me was sceptical... and the rest of me was very sceptical! I didn't really believe in Qi or Qi flow, and I wasn't really able to relax. But I still thought the exercises may have martial benefit so I tried them. I kept practising but I still didn't really relax, and never experienced Qi or Qi flow. Then one day after practising this pattern, all of a sudden I felt very good and very relaxed - and then I exploded into a wild Qi flow - afterwards I felt so happy. This breakthrough was an unforgettable day for me." - Paul, Northern Ireland.

"This is my favourite pattern because it is such a wonderful exercise for the whole body, but specifically because it directly benefits the neck and spine. I first became interested in Shaolin Qigong because I had what I can only describe as low vitality. I had not been diagnosed with any specific pathological condition, but years of office work following on from being a student had weakened my neck and spine and affected my posture. After only a few months practising this pattern I reaped incredible benefits and one year on my posture and overall health is better than at any time since I was a teenager. This exercise always brings a feeling of relaxation, peace and clarity and forms the basis of the more advanced exercise of Cosmic Shower; through which I have experienced the most profound and life-changing level of meditative consciousness! - Andy, Scotland.



Homework

1. Complete your progress tracker for Week 11 - **VITAL**, why not do it right now?
2. Last lesson you were practicing Punching with Wide Eyes when you came to the F (form) in **PERFECT**. This week substitute with Carrying the Moon.
Remember: We don't learn Qigong, we practice Qigong so practice preferably twice a day, once in the morning and once in the evening. But at least once a day.

Coming Up Next Week....

Next week we'll be learning and practicing the pattern called Reverse Hands Bend Waist, or Nourishing Kidneys as it's better known - it's 5 on the TOM scale.

This pattern is excellent increasing vitality, and as a sub branch of the Kidney meridian goes to the brain and as such it is brilliant for the intellect. But perhaps most incredibly is that this pattern is very important for sexual health and functioning. Find out why next week!

In fact when you read the list of benefits this pattern has it's fair to wonder if there is nothing it can't do!

We'll also take a look at the 'evolution' of your Qigong session.

See you next lesson.

Marcus James Santer

