

Qigong Secrets

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

Week Thirteen

Reverse Hands Bend Waist

This weeks pattern is introduced. Excellent for improving the intellect and for overcoming virtually anything of a sexual nature.

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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

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Why You May Choose To Practice This Pattern

Discover more...



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Evolution

An overview of how your 15 minute practice changes over time.

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Homework & Coming Up Next Week....

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

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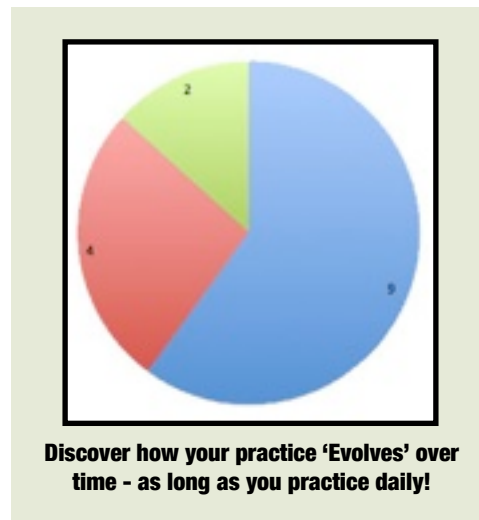


Welcome!



Welcome to week 13 of the home study course.

This weeks pattern: Reverse Hands Bend Waist, or Nourishing Kidneys as it is more commonly known is a very powerful pattern and I give it a 5 on the TOM Scale.



From the TCM view point the Kidneys are linked to the functioning and health of anything to do with sex.

Virtually any sexual problem can be linked to poor functioning of the Kidney system.

A sub branch of the Kidney meridian goes to the brain and this pattern can also be of benefit to the 'intellect'.

Nourishing Kidneys also completes the first 8 patterns of the Shaolin 18 Lohan Hands, which are also known as the Ba Duan Jin, or 8 Pieces Brocade. The Ba Duan Jin is one of the most common forms of Qigong in the world and there are many different versions of it!

We'll also look at how the time you spend on each aspect of PERFECT changes over time as your practice evolves.

Let's get started....

Reverse Hands Bend Waist

攀足固腰

Chinese: Pan Zu Gu Yao



Also Known As: Nourish Kidney

At A Glance:

Important for Sexual Health and Functioning
Enhances the Intellect
Increases Vitality





In order to execute “Reverse Hands Bend Waist” correctly you need to be able to touch your toes. For many people this is not immediately possible and the preparatory exercise “Drumming Kidneys” is used to acquire this skill. You can either perform Drumming Kidneys followed by Reverse Hands Bend Waist, or if you need more time to get your body used to being able to touch your toes then practice Drumming Kidneys on its own for as long as necessary.

Form “Drumming Kidneys”:

1. Start from Wuji Stance (fig. 1). Step out 2 to 3 shoulder widths with your right leg (fig. 2).
2. Bend forwards at the waist and touch your fingers to the floor. Straighten your body up slightly so your fingers are about 10 cm above the floor and then touch your fingers to the floor again. Repeat this 4 or 5 times (fig. 3).
3. Still leaning forwards make your hands into fists and gently pummel backs of your hands against your kidneys (fig. 4).
4. Still leaning forwards, bring your feet closer together and “dab” the floor with your fingertips 4 or 5 times (fig. 5).
5. Still leaning forwards make your hands into fists and gently pummel the backs of your hands against your kidneys (fig. 6).
6. Still leaning forwards bring your feet even closer together and dab the floor with your fingertips 4 or 5 times (fig. 7).
7. Still leaning forwards make your hands into first and gently pummel the backs of your hands against your kidneys (fig. 8).
8. Now bring your feet together and dab the floor with your finger tips 4 or 5 times (fig. 9).
9. Slowly straighten yourself to stand upright (fig. 10). You can now continue to practice Reverse Hands Bend Waist or end the exercise.

Drumming Kidneys

Preparation Exercise



fig.1



fig.2



fig.3



fig.4



fig.5



fig.6



fig.7



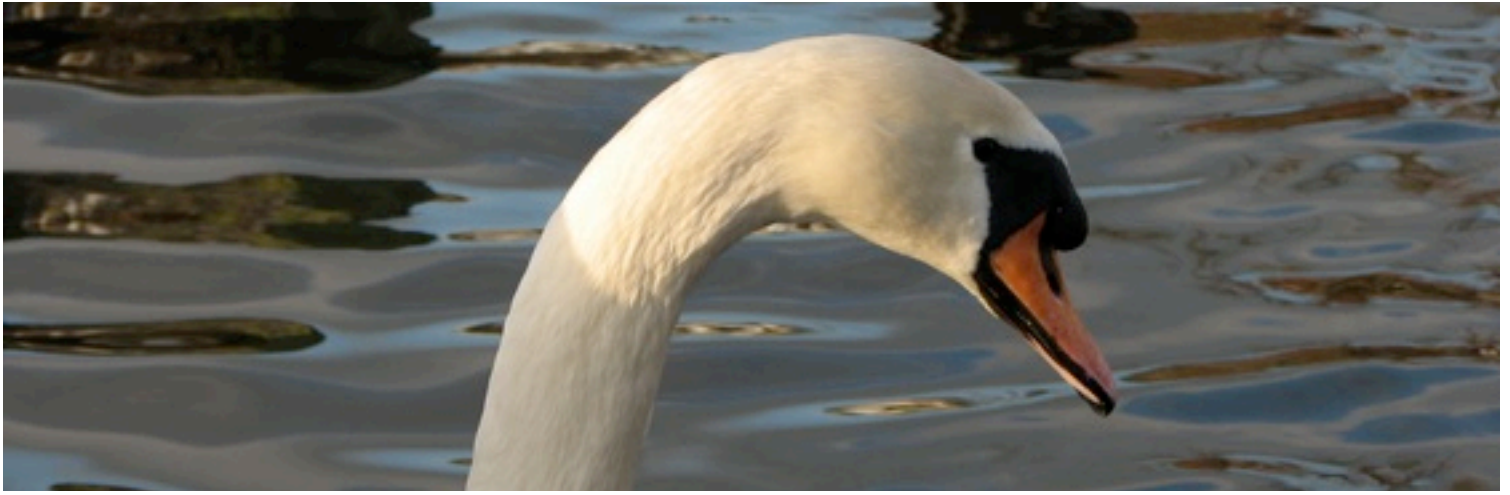
fig.8



fig.9



fig.10



Notes: In the instructions above I have taken four steps for you to touch your toes. You can take as many steps as you like. The aim is to bring your feet closer and closer together until your feet are touching. The breathing in this preparatory pattern is spontaneous, i.e. breathe in when you need to breathe in and breathe out when you need to breathe out.

Form “Reverse Hands Bend Waist”:

1. Start from Wuji Stance (fig. 1 and side profile fig. 8).
2. Bend forward and touch your toes, making sure to tuck your chin into your chest (fig. 2 and side profile fig. 9).
3. Slowly straighten your body and when standing upright bring your hands up to your back, placing your palms on your kidneys (figs. 3 and 4, side profile 10 and 11).
4. With your hands on your kidneys gently arch your upper body backwards with your face pointing towards the sky (fig. 5, side profile fig 12 and detail photograph).
5. With your mouth open and teeth together - PAUSE
6. Straighten upright back into Wuji stance, allowing your hands to drop down to your sides (figs 6 and 7 and side profile figs. 13 and 14).
7. PAUSE
8. Repeat steps 2 to 7, 10 – 15 times.

Important notes:

If you are unable to touch your toes comfortably, practise the preparatory exercise “Drumming Kidneys” first. Remember always operate within the boundaries of your body’s current abilities, whilst ‘playing your edge’ each time.

Reverse Hands Bend Waist

攀足固腰

Chinese: Pan Zu Gu Yao



fig.1



fig.2



fig.3



fig.4



fig.5



detail



fig.6



fig.7



fig.8



fig.9



fig.10



fig.11



fig.12



fig.13



fig.14



Breathing

1. From Wuji stance gently hold your breath as you lean forward i.e. no breathing in and no breathing out (fig. 2 and side profile fig. 9).
2. Breathe in gently through your nose as you straighten up (figs. 3 – 5 and side profile figs. 10 – 12).
3. Whilst PAUSING in your movements (Step 5 of the form and fig. 4) gently clench your teeth together and make a “shhhhhhssss” sound for a count of 6.
4. As you straighten up and lower your hands back to the sides of your body (figs. 6 and 7 and side profile figs. 13 and 14) gently breathe out fully through your mouth.
5. PAUSE (no breathing in, no breathing out)
6. As you lean forward to touch your toes (fig. 2) continue to PAUSE in your breathing i.e. no breathing in and no breathing out.
7. Repeat from step 2.

Note: Many beginners find the PAUSING of breath in steps 5 and 6 above uncomfortable. If you find yourself needing to breathe in then do so. Never struggle with your breathing. If you encounter this situation you will can either make the pause between Step 7 of the form and leaning forward to touch your toes (Step 1 fig. 2) shorter, take a breath in before leaning forward to touch your toes and exhale as you bend forwards.

Either way, do your best to use the correct breathing method outlined in the box above as soon as you can - comfortably!

SPECIAL NOTE: After 10-15 repetitions you let go and enjoy STEP 5 of P.E.R.F.E.C.T. – Energy Flow. In all of the other patterns from the 18 Lohan Hands when you finish your energy flow you gently focus on your Dan Tian and bring your movements to a slow and graceful stop. Reverse Hands Bend Waist is slightly different. Instead of focusing on the Dan Tian you focus on a point called the Ming Meng (located on your spine, opposite your belly button), as you bring your energy flow to a slow and gradual stop. Then you start STEP 6 (Cosmic Balance – standing meditation).



Why you may choose to practice Reverse Hands Bend Waist

This pattern can bring great relief to those who suffer feeling fearful for no clear reason. It also is of great benefit to those with sexual problems. From the Traditional Chinese Medicine model the Kidneys are linked to all aspects of sexual health, fertility, impotence and lack of sexual performance.

A sub meridian of the Kidney meridian goes to the brain and this pattern can enhance the intellect which is why it is a great exercise for students who cannot concentrate on their studies. This pattern also benefits the pituitary gland (or Mud Pearl as it is known in Chinese). This exercise can overcome emotional and psychological problems, increase confidence (as it is connected to the gall bladder). Kidney energy is good for the bones and this exercise is also good for chronic lower back pain, sciatica and can overcome incontinence.

This pattern is great for athletes as it increases energy, strength, mental clarity, will and determination. Competition at high levels is more a matter of fine tuning and Reverse Hands Bend Waist is excellent for giving you the edge over your competitors.

This exercise can even help your hair to grow! On page 69 of Sifu's "The Art of Chi Kung" Sifu writes: "If your aim is to prevent baldness, focus your chi at your baihui"

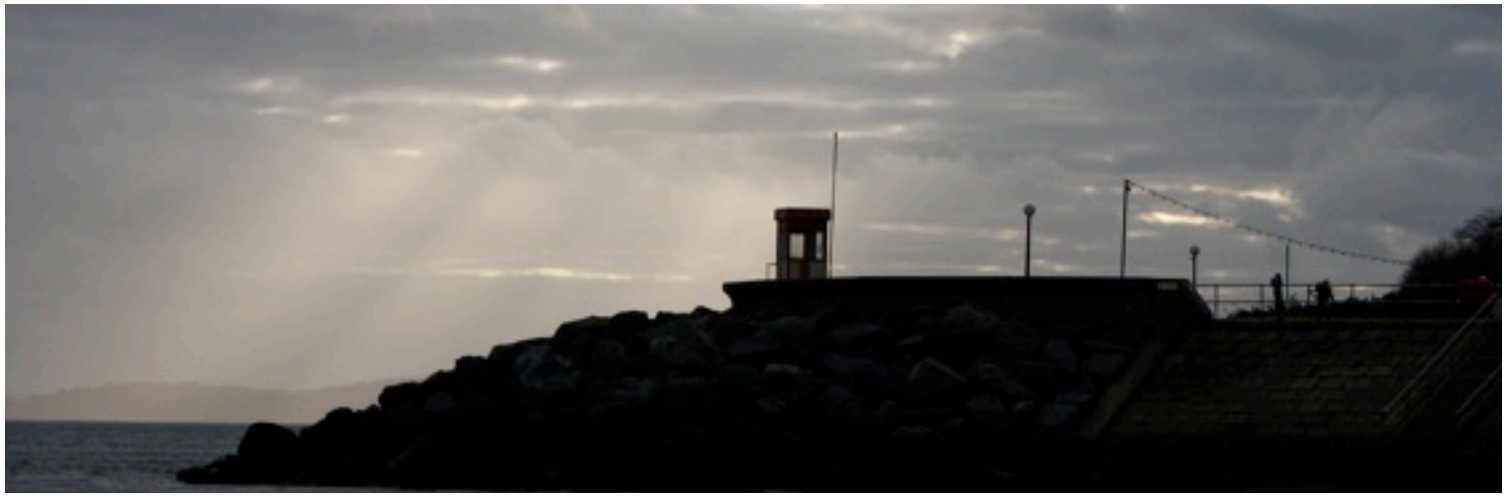
If you want to incorporate this into your practise add it to step 2 of the form instructions, when you touch your toes gently focus your attention on the baihui point (on the top of your head) for two seconds before continuing the exercise.

What does it mean to 'gently focus'? Think of one of your friends, go on do it now. That's a gentle focus, you didn't concern yourself about what they were wearing, where they were, what they were doing etc, that's a gentle focus and it's how you should gently focus on the bahihui point.

And if you have success with this please make sure you let me know!

Quotes from students about this pattern:

"I've had a lower back blockage that used to come and go, and I would use this one to help relieve the pain. It helped a lot, not just to get rid of the pain, but also to help break through the blockage" – Andrew, USA.

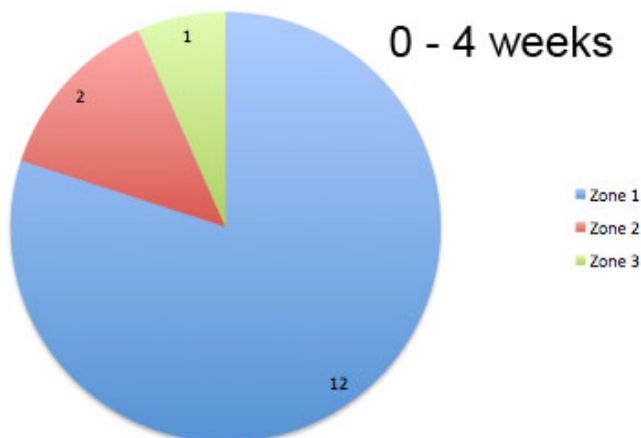


The Evolution of Your Practice Over Time

It's important that you realise that your practice will change over time. More specifically the amount of time you spend in each of the 7 steps of P.E.R.F.E.C.T. will change as your practice progresses. Lets cut PERFECT into 3 Zones:

- **Zone 1** = Preparation+Enter a Qigong State of Mind+Really Smile From Your Heart +Form
- **Zone 2** = Energy Flow
- **Zone 3** = Cosmic Balance+Time to Complete

Now let's see how the time you spend in each Zone changes as your 15 minute practice evolves.



When you begin your practice of Shaolin Qigong, there is a lot of new information to take in, learn and practice.

You will spend most of your time in Zone 1 as you learn how to stand up right and balanced, relax physically, mentally, emotionally and spiritually. Then there's all those patterns to remember how to do.

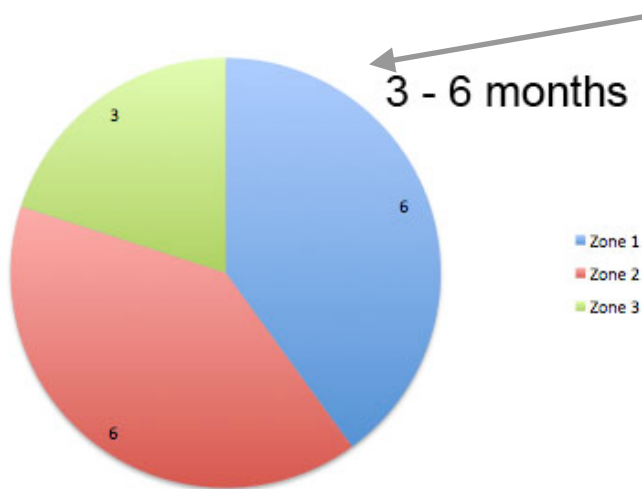
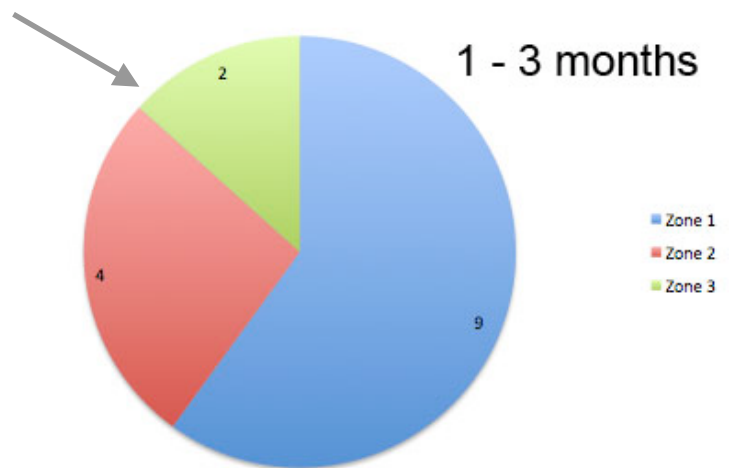
You'll probably spend 12 of your 15 minute session here as you move from conscious competence to conscious competence (remember the 4 steps to mastery?).

You're also not likely to experience much Qi flow as you start out.

Between **1-3 months** you're likely to be firmly in the conscious competence arena. Your Preparation is 2nd nature to you as is entering a Qigong state of mind. You're confident with most patterns and learn them quicker. But you still need to do quite a lot of repetitions to feel the Qi flowing.

As a result you spend longer in Zone 2 - Qi flow, you can feel sensations in the hands and your body is gently flowing.

You may have had the odd moment of silence in Standing Zen, but predominately the mind is still noisy.



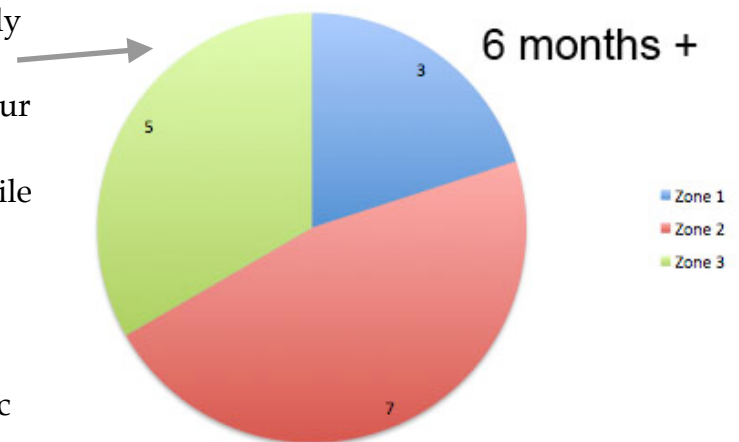
3 to 6 months into your practice and the time in Zone 1 continues to decrease. You can get a Qigong state of mind even quicker and you only need to practice 7-10 repetitions before you can feel your Qi flow starting.

You naturally increase your time in Zone 2 and begin to experience feelings of great joy and bliss. You may notice that whilst your friends and family keep getting annoying coughs and colds - you no longer do.

Your periods of Standing Zen bring great peace and you feel your resistance to stress increasing, all in just 15 minutes!

After **6 months** of daily practice your practice is firmly established. It's no longer something you 'do', it's a part of who you are. You only spend 3 minutes of your 15 minute practice in Zone 1 because you can enter a Qigong state of mind as quickly as it takes you to Smile from your heart and you only need to perform 3 or 4 repetitions before you let go and enjoy your Qi flow. Ecstasy, healing and deep joy are your common experience in Qi flow.

During Standing Zen, you capture glimpses of cosmic reality, mind expansion and wisdom.



Note: - This type of evolution only happens with daily practice and it's not carved in stone, it's for illustration purposes only. Your own times will vary, but it gives you a good overall idea of what happens as your practice progresses.



Homework

1. Complete your progress tracker for Week 12 - **VITAL**
2. Last lesson you were practicing Carrying the Moon when you came to the F (form) in PERFECT. This week substitute with Nourishing Kidneys and make sure you practice Drumming Kidneys if you need to.

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 3 Levels To Ground - it's another 6 on the TOM scale.

This pattern strengthens the heart system which means it brings benefits to those suffering from depression. But it's best to avoid this pattern if you have known heart problems.

And I'll share with you how to live to 120 =)

See you next lesson.

A handwritten signature in blue ink, reading "M. J. Santer".

Marcus James Santer

