

# Qigong Secrets

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

## Week Nineteen

### Green Dragon Separating Water

*This weeks pattern is introduced. A very powerful pattern of great benefit to those suffering from depression.*

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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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### An Important Little Exercise

*Change your perception of what it means to get older....*



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### Speed Up Your Healing Process...

*When I first discovered this simple technique it seemed so obvious. And when I applied it I was amazed by its power. Try it for yourself....*

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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 19 of the home study course.

This weeks pattern: Green Dragon Separating Water is a seriously powerful pattern - but only if done correctly, so please follow the instructions to the very best of your ability! Warranting a 7 on the TOM scale this pattern is



brilliant for working on the heart and the lung meridians and as a result it is very beneficial for those suffering from depression.

It also helps to improve posture, helps to overcome nervousness, fear, can raise self confidence and helps women to develop a firm bust! What a pattern =)

Theory wise there's a simple little exercise I'd like you to do that I hope will help you to make a small, yet important shift in a vital area of your life.

If the main focus of your practice is on overcoming pain, illness or disease then there is a simple technique I'd like to share with you that will help you to 'turbo charge' your efforts.

Let's get started....

## Green Dragon Separating Water

青龍分水

Chinese: Qing Long Fen Shui



Also Known As: Separating Water

At A Glance:

Overcomes Depression

Beneficial to the Heart and Lung Systems

Helps Ladies to develop a "Lovely Bust"





### Form “Green Dragon Separating Water”:

1. Start from Wuji Stance (fig. 1).
2. Turn your palms to face outwards and raise your hands up the side of your body (fig. 2).
3. Turn your hands so they face away from you (fig. 3).
4. Push your arms gently forward (fig. 3a).
5. Turn your palms so that your fingers point towards each other (fig. 4).
6. Open up your arms, keeping them parallel with the floor and with your hands at right angles to your wrists (fig. 5 and diagram 1).
7. Return your arms back to the start position (fig. 6 and diagram 2).
8. Repeat steps six and seven 10-20 times.
9. On your last opening up of your arms, keep your arms where they are and turn your palms to face the floor (fig. 7).
10. Gently lower your arms back to the sides of your body (fig. 8).
11. End.

### Important notes:

This is a powerful exercise. Make sure that your shoulders and arms are as relaxed as you can make them. Only open your arms as wide as is comfortable. You will feel a stretch in your arms and hands. This is fine, don't over do it and once your arms or shoulders are no longer relaxed, complete the exercise. As soon as the shoulders start to feel uncomfortable, it's time for your last repetition. Build up your repetitions gradually and remember you are practicing Qigong, not going for the burn in the gym!

## Green Dragon Separating Water

青龍分水

Chinese: Qing Long Fen Shui



fig.1



fig.2



fig.3



fig.3a



fig.4



fig.5



diagram 1



fig.6



diagram 2



fig.7



fig.8



fig.9





## Breathing

1. Breathe gently in through your nose as you raise your arms up the sides of your body (fig. 2).
2. Breathe gently out through your mouth as you push your arms forward (fig. 3a).
3. Breathe gently in through your nose as you open your arms (fig 5. and diagram 1).
4. Breathe gently out through your mouth as you bring your arms back together (fig. 6 and diagram 2).
5. Repeat steps three and four 10-20 times.
6. Breathe gently in through your nose on your last opening up (fig. 7).
7. Breathe gently out through your mouth as you lower your arms back to the sides of your body (fig. 8).

## Why you may choose to practise Fierce Tiger Pushing Mountains

It is important that this pattern is done correctly because it is very powerful. It opens the chest and improves heart and lung problems. As a result it is very beneficial for anyone affected with depression. This exercise also brings benefit to those with a poor posture and those who are nervous, fearful or lacking confidence. If you are already healthy and want to develop a lot of energy to play games or pursue martial arts this is a good exercise to choose.

## Quotes from students about this pattern

*"This is my favourite pattern because it works on so many levels, opening the chest and heart, lifting the spirit and clearing any stuck emotions. It's impossible not to feel happy after practising this pattern, which leaves me feeling like my chest is full of golden light!" - Fleur, UK.*



### An important little exercise

I'd like you to close your eyes and picture a 70-year-old man, if you're a man or a 70-year-old woman, if you're a woman. Really get a picture of them.

What do they look like? What state of health are they in? What are they wearing? How do they smell? What does their skin and hair look like? What do they do? How do they spend their time? I want you to really get a detailed picture of the 70-year-old man or woman in your mind's eye. Spend at least 2 minutes on this.

Got it? Good, now remember this picture.

I came across this exercise many years ago and am unable to attribute it to its original creator. If you know please tell me and I'll put the relevant credit with it.

The point of it?

Well the image you created of the 70 year old in your mind's eye, is what you think 70 year olds are like. Inevitably it is who you will become when you are 70. Did you like what you saw? Fortunately when I first did this exercise I had already had a reality check on this issue. I had witnessed a number of 60+ year old martial arts masters perform incredible physical feats and my view of old age was changed for ever.

I clearly remember one Master teaching a Chen Style Taijiquan seminar in his mid 60's at the time. It was a crowded seminar and he was concerned that not everyone was able to see each pattern as he demonstrated it. There was a table nearby and he spent the 6 hour seminar jumping up and down onto it so we could get a clear view of the patterns he was teaching.

That day changed for ever my view of what it meant to grow old. I used to think it was inevitable that I would become weak and infirm in my old age. Now I know that it doesn't have to be that way at all. Now you can change your "picture" of a 70 year old and with the practice of Shaolin Qigong you can look forward to a long, healthy and happy life.



### How to really speed up YOUR healing process

I'd like to share this extract from Deepak Chopra M.D.'s book: Quantum Healing 1989 –

*Let us say that a doctor takes a patient's X-ray and discovers a malignant tumor, then a year later another X-ray is taken and the same tumor shows up. The doctor is in fact not accurate in calling this the same cancer, because the cells that showed up the year before have been entirely replaced. What he is really seeing is the result of a memory that has persisted, reincarnating again and again in a new tumor.*

Do you catch the importance of this extract?

It's easy to see physical, visible injuries clearing naturally e.g. you cut yourself, you get a scab, it gets better. But mental imprints may (e.g. telling yourself and everyone who listens that you're an asthmatic) cause the injury to continue long past the time it needs to get better.

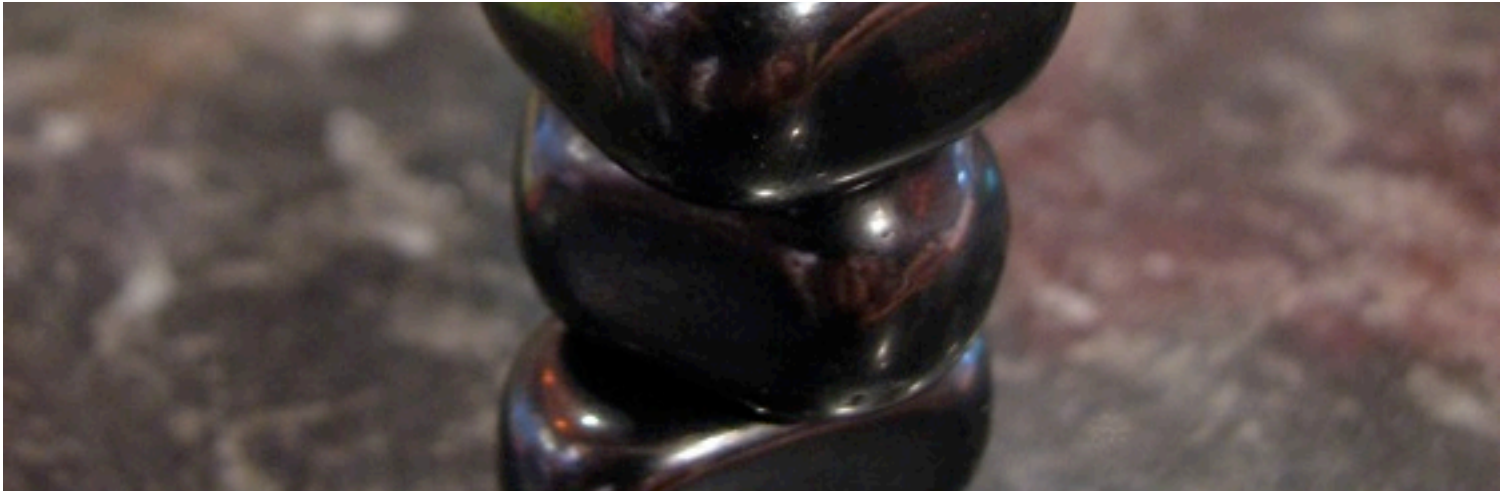
Therefore it is vital when using Shaolin Qigong to overcome illness, that you tell yourself daily that your illness is getting better and better. Avoid using whatever labels you have been given when talking about yourself with others: asthmatic, diabetic, CFS, depression etc, but keep taking any medication. Remind yourself that from the TCM point of view there is only one illness: Yin Yang disharmony.

This will help you to overwrite the mental imprint in your mind and aid your body in healing itself.

This 'telling yourself daily' should be gentle yet authoritative. Good health is your birth right and your daily practice of Qigong is helping your body to heal itself. Just get 'You' out of the way and allow your Qi to do the work.

**Remember: your mind is in every cell of your body.**





### Homework

1. Complete your progress tracker for Week 18
2. Last lesson you were practicing Fierce Tiger Pushing Mountains when you came to the F (form) in PERFECT. This week substitute with Green Dragon Separating Water. Be certain to keep the legs and shoulders relaxed!  
**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 possibly the hardest of the 18 Lohan Hands: Green Dragon Presenting Claws. It gets a 9 out of 10 on the TOM scale.

This pattern is beneficial for those with diabetes, helps in overcoming digestive disorders and is good for overcoming worry and anxiety as it enhances the nervous system.

Theory wise I will share the antidote to Worry with you. Yes that is quite a claim I agree, you'll have to wait 7 days to see for yourself if my claim is valid.

Bye for now

Marcus James Santer

