

Qigong Secrets

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

Week Twenty

Green Dragon Presenting Claws

This weeks pattern is introduced. Hardest pattern of the 18? You decide. Beneficial those who feel fearful, anxious or worried as it enhances the nervous system

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Form

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

Page 3



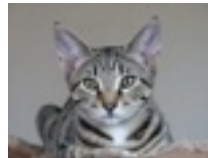
A Picture Paints A 1000 Words...

Visual instructions for practicing this weeks pattern

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Why You Might Practice....

Discover what benefits this weeks pattern has to offer



Page 5

The Antidote To Worry...

There really is a step by step antidote to worry, the only problem is it requires you to take inspired action. Find out what that is on

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Homework & Coming Up Next Week....

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

Page 9

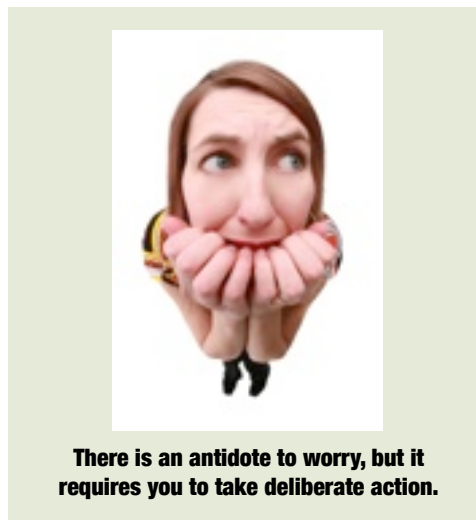


Welcome!



Welcome to week 20 of the home study course.

This weeks pattern: Green Dragon Separating Water, hardest pattern of the 18? I'll let you decide, but I give this a 9 on the TOM scale as there's a lot to get to grips with and it can be quite physically demanding.



This pattern enhances the nervous system and so is beneficial for those who often feel worried, anxious or nervous. It also benefits the kidneys and the pancreas.

Theory wise I'll present to you the 'Antidote To Worry'.

There is a flaw with this antidote though, it requires you to take action. Now if you are currently being 'consumed' by worry then it can be very difficult to summon up the resourcefulness to take this action.

But please believe me when I say there is a solution to worry and that it requires you to do something other than feed it with your attention.

Worry is like a fire that can quickly and easily get out of control the more fuel you give it. And that fuel is your attention. So be careful.

Let's get started....

Green Dragon Presenting Claws

青龍獻爪

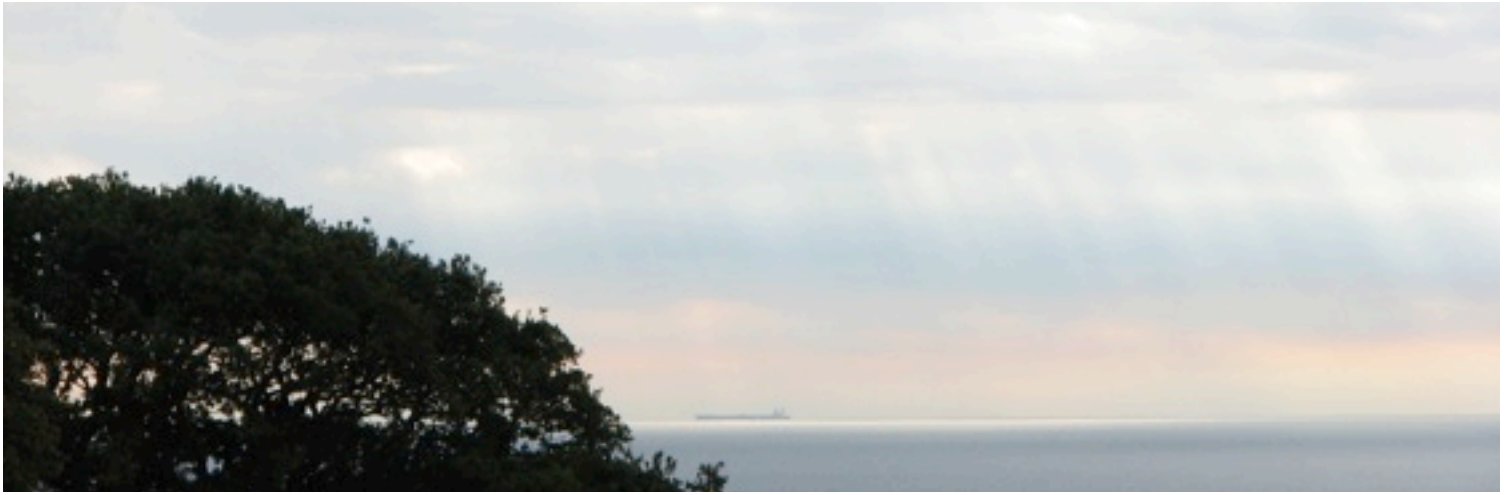
Chinese: Qing Long Xian Zhua



Also Known As: Presenting Claws

At A Glance:

Beneficial for those with Diabetes
Overcome Digestive Disorders
Overcome Worry and Anxiety



Form “Green Dragon Presenting Claws”:

1. Start from Wuji Stance (fig. 1).
2. Bring your hands up to shoulder level and make dragon claws (fig. 2).
3. Step your right leg out three to four shoulder widths apart (fig. 3).
4. Keeping your feet parallel “sit” down into Horse Riding Stance. Imagine you are carrying a giant pearl in each hand at about shoulder height (fig. 4).
5. Pivoting on the balls of your feet turn into Right Bow Arrow Stance (fig. 5), then stretch your left arm out in front of you as far as you can and at the same time reach backwards with your right arm. Your hands still hold the giant pearls. Turn your head to look at your left heel (fig. 6 and fig. 6a which shows the side profile of this pattern).
6. Pivoting on the balls of your feet again turn back to Horse Riding Stance, holding the giant pearls in your hands at shoulder height (fig. 7).
7. Pivoting on the balls of your feet turn into Left Bow Arrow Stance. Stretch your right arm out in front of you as far as you can and at the same time reach backwards with your left arm. Turn your head to look at your right heel.
8. Pivot on the balls of your feet back into Horse Riding Stance (fig. 7).
9. Repeat steps 5, 6, 7 and 8 five to 10 times.
10. On your final repetition step up from Horse Stance back to Wuji Stance (fig. 8).
11. Lower your arms back to your sides (fig. 9).

Green Dragon Presenting Claws

青龍獻爪

Chinese: Qing Long Xian Zhua



fig.1



fig.2



fig.3



fig.4



fig.5



fig.6



fig.6a



fig.7



fig.8



fig.9



detail



Important notes:

Before practising this form, make certain you can easily move from horse riding stance into right bow arrow, back into horse riding then into left bow arrow and back into horse riding. Make certain you can make these transitions smoothly.

To make “Dragon Claws” form one of your hands into a fist and clasp the other hand around it; this will give you one dragon claw, then make the fist hand a copy of the dragon claw hand. Make sure you keep your dragon claws relaxed throughout the pattern (see detail).

Breathing

1. Breathe gently out through your mouth when you turn into Right or Left Bow Arrow Stance and stretch your arms out.
2. Breathe gently in through your nose when you pivot back into Horse Riding Stance.
3. Repeat this procedure for the desired number of repetitions to each side.
4. Breathe gently out through your mouth as you step up into Wuji Stance and lower your arms (fig 9).

Why you may choose to practise Fierce Tiger Pushing Mountains

This pattern is of great benefit to the kidneys and pancreas. It is also good for the limbs of the upper and lower body. Those who suffer from arthritis, rheumatism, diabetes or have trouble with their digestive system will find this pattern useful. If you often feel worried and anxious can use this exercise to overcome the problem as it enhances the nervous system.

This pattern is also used by Shaolin Kung Fu students to develop “Dragon Claw Force” which is invaluable in applying Qin-na techniques. (Qin-na is the Art of holds, locks and specifically gripping in a very special way that incapacitates an opponent without permanently harming them.)



The Antidote To Worry

Pack up your troubles in your old kit bag

And Smile, Smile, Smile

... ..

What's the use of worrying?

It never was worthwhile, so

Pack up your troubles in your old kit bag

And Smile, Smile, Smile

(World War 1 March Song published in 1915 and written by Geroge Henry Powell)

I have found one rather interesting "problem" of my Qigong practice. It's this: The quality of my thoughts has increased significantly! It is quite common for me now to discover elegant solutions to current life challenges in the middle of my practice. And sometimes I get ideas that are so "juicy" that I have to temporarily pause my practice whilst I run into the house and commit the thought, idea, insight or solution to tape or paper. The material of this article is a perfect example.

I was in my garden one morning practicing "Big Universe" when without warning I suddenly knew the "Antidote to Worry". I quickly let go of the thought, but it began "snow balling" getting bigger and bigger. I realised I'd got a hot one here, so I brought my attention to my dan tien, and ran into my office. The rest of this article (slightly polished) is what I recorded on my trusty dictaphone before returning back to the garden to finish my practice

First of all I'd like you to consider why do we worry? Please take a moment, stop reading and spend 30 seconds considering what is the positive reason for worrying about anything?

Okay, good to have you back. In my previous life as a counsellor I learned that we do everything we do for a reason. Everything we do, we do because we hope to get some positive outcome. Even if what we are doing may seem crazy or "bad" to somebody else. Many drug takers for example, take drugs because doing so transports them instantly out of pain and into pleasure, even though taking drugs ultimately leads to more pain. The point I'm making is that at the root of every activity or thing we do there is a positive reason.

The reason may seem ludicrous to somebody else. We may not even be consciously aware of the reason ourselves. All we know is that it feels better than doing nothing. And the quicker we can feel better, the better. There are many activities that promise instant gratification or release and fortunately (like Qigong) not all of them do more harm than good over the long term.

"It only seems as if you are doing something when you worry"

- Lucy Maud Montgomery (1874-1942)

So what is the positive reason or outcome we hope to achieve by worrying? I believe that when we worry we are looking for a solution to something we perceive to be a problem. Personally I have found worrying to be a very inefficient way of finding solutions. **The appeal of worry is that it tricks us into believing we are busy looking for a solution.** Because it easily consumes the attention of our conscious minds we mistakenly believe that we are doing the best we can.

**"Worry is like a rocking chair - it gives you something to do
but it doesn't get you anywhere"**

- Anon

Worry can be like a flame to dry wood. Very quickly it can get out of control and take over causing a lot of damage to your health, happiness, relationships and spirit and can leave you feeling like a helpless victim.

"There is nothing that wastes the body like worry"

- Mahatma Gandhi (1869 - 1948)

The ultimate solution to worry is to not do it. If you are running towards the edge of a cliff and you don't want to fall, you stop. It's the same with worry. So as soon as you become mindful that you are worrying, acknowledge the fact and stop. Realise that there is a much more effective way to find a solution and follow these steps:

1. **Get Clarity** - clearly identify what is the root cause of your worry? Is it financial debt? Have you been diagnosed with an illness? Is someone you love in trouble? Is an important relationship falling apart? Whatever it is be very clear on what is causing the temptation to worry. Sticking your head in the sand is a great way for things to get worse. They rarely if ever go away on their own.
2. **Become Solution Focused** - Now you know what is causing you to worry focus on as many different solutions to it as you can. Get creative. This is not the time to judge your ideas this is the time to list anything and everything that comes into your awareness as a possible solution. If you get stuck go for a walk, pray for guidance, speak to a friend, contact an expert on the subject, "google" it, search the Internet. Be solution focused. Believe that there is a solution and that you will find it. List as many as you possibly can, no matter how absurd some of them may seem.
3. **Evaluate** - Now is the time to rate your list of possible solutions. Work through your list, some of them will be instantly dismissible, whilst others will bear further investigation. The key here is to single out those you connect with. There will be 1 or 2 that appeal to you as offering the best quality solution for you. Remember you are looking for your solution, not somebody else's!

If there is nothing on your list that inspires you, go back to step 1 and make certain you have identified the root cause of your worry. If you have then brainstorm more possible solutions. If necessary speak to as many experts as you can to discover possible solutions you didn't even know existed.

4. **Take Action** - When you have identified 1 or 2 solutions or courses of action that you feel promise the best outcome for you, take massive, inspired action. Make your plan and then work your plan

Now you know the antidote to worry. Remember though, just knowing the solution won't stop the problem. You have to apply what you know. Knowing how to do something means very little, in fact I'd go so far as to say that if you don't do what you know, then you don't really know it at all.

Nothing diminishes anxiety faster than action

- Walter Anderson (Author)

I acknowledge that some problems may not have a complete solution. In such a situation do all that you can, then accept that you have done all that you can and let go of the problem.

Not everything that is faced can be changed, but nothing can be changed until it is faced.

- James Baldwin (1924 – 1987) Author



Homework

1. Complete your progress tracker for Week 19
2. Last lesson you were practicing Green Dragon Separating Water when you came to the F (form) in PERFECT. This week substitute with Green Dragon Presenting Claws. Don't worry too much about it to start with, just dive in!
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 two patterns: Big Windmill Hand and Lift Heels Bend Knees. 3 and 7 respectively on the TOM scale.

Big windmill benefits the liver and the spleen systems, is beneficial for those with diabetes and is great for martial artists who want to develop internal force.



Lift Heels is good for the knees and can bring relief from arthritis and rheumatism. For those who are ready it promotes Small Universal Qi flow. It is also great for opening up the meridians in the legs which allows negative Qi to be more efficiently drained through the feet and down into the ground.

No theory next week as I think you'll have more than enough to keep you busy learning and practicing two patterns. I'll see you again in 7!

Bye for now

Marcus James Santer

