

Qigong Secrets

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

Week Twenty Two

Divine Crane Rotates Knees...

This weeks pattern is introduced. Brilliant for the knees, even if practiced just as form

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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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This Course Is A Great Start...

An introduction as to what you might want to do next...



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Next Steps...

Now that this course has come to an end here's some advice on what to do now.

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Homework & Finally.

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

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Welcome!



Welcome to week 22, the final week of the home study course!

Wow, I can't believe that this is the last week of the Qigong Secrets Home Study Course. I know a lot has changed in my life since we started this journey together, how about you? Did you manage to complete



It's goodbye from me and it's goodbye from him

each week of the Progress Tracker?

This lesson I present the last pattern of the 18 Lohan Hands - Divine Crane Rotates Knees. This pattern is brilliant for knees and I mean really brilliant for the knees. If you have knee

problems, this is the pattern for you.

Theory wise we'll explore what happens next and I'll give you some guidance as to possible next steps, now that this course has come to a close.

Feel free to stay in touch and let me know how you are getting on with your practice.

It's been a pleasure presenting this material to you and I hope that it has been of great benefit to you.

Let's get started....

Divine Crane Rotates Knees

仙鶴轉膝

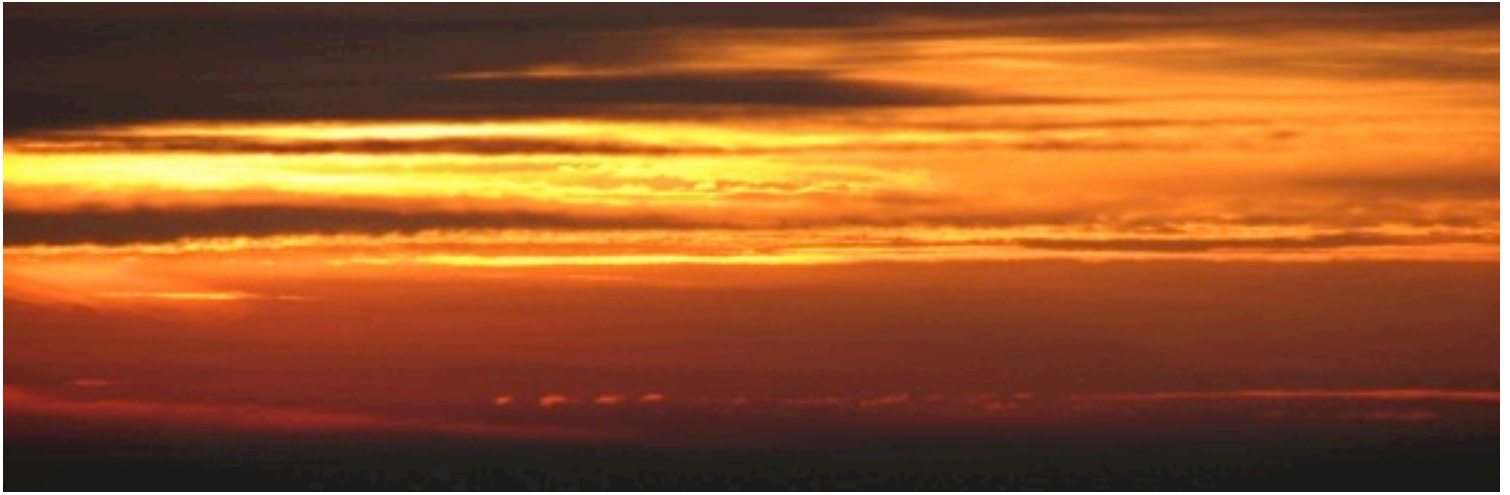
Chinese: Xian He Zhuan Xi



Also Known As: Rotating Knees

At A Glance:

Enhance Sexual Performance and Enjoyment
Excellent for those with Knee Pain



Form “Divine Crane Rotates Knees”:

1. Start from Wuji Stance (fig. 1).
2. Rub your hands together vigorously, making sure they are nice and warm (fig. 2).
3. Place your palms onto your knee caps and bend your knees (fig. 3)
4. Rotate your knees in a circle to your right for 10 repetitions (fig. 4 and top drawing in diagram 1).
5. Pause (fig. 5).
6. Circularly rotate your knees around to your left for 10 repetitions (fig. 6 and bottom drawing in diagram 1).
7. Pause (fig. 7).
8. Open your legs and rotate forwards, outwards and back together for 10 repetitions (figs. 8, 9 and top drawing in diagram 2).
9. Pause (fig. 10).
10. Close your legs and rotate backwards, outwards and back together for 10 repetitions (fig. 12 and bottom drawing in diagram 2)).
11. Stand up straight (fig. 9).
12. End.

Breathing

The breathing is spontaneous in this pattern. Meaning that you breathe in gently through your nose when you need to breathe in and you breathe out gently through your mouth when you need to breathe out.

Divine Crane Rotates Knees

仙鶴轉膝

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fig.1



fig.2



fig.3



fig.4



fig.5



fig.6



fig.7

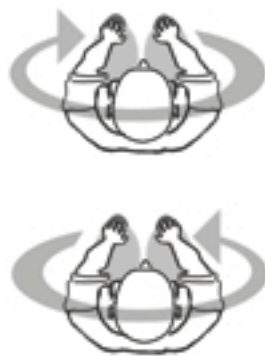


diagram 1



diagram 2



fig.8



fig.9



fig.10



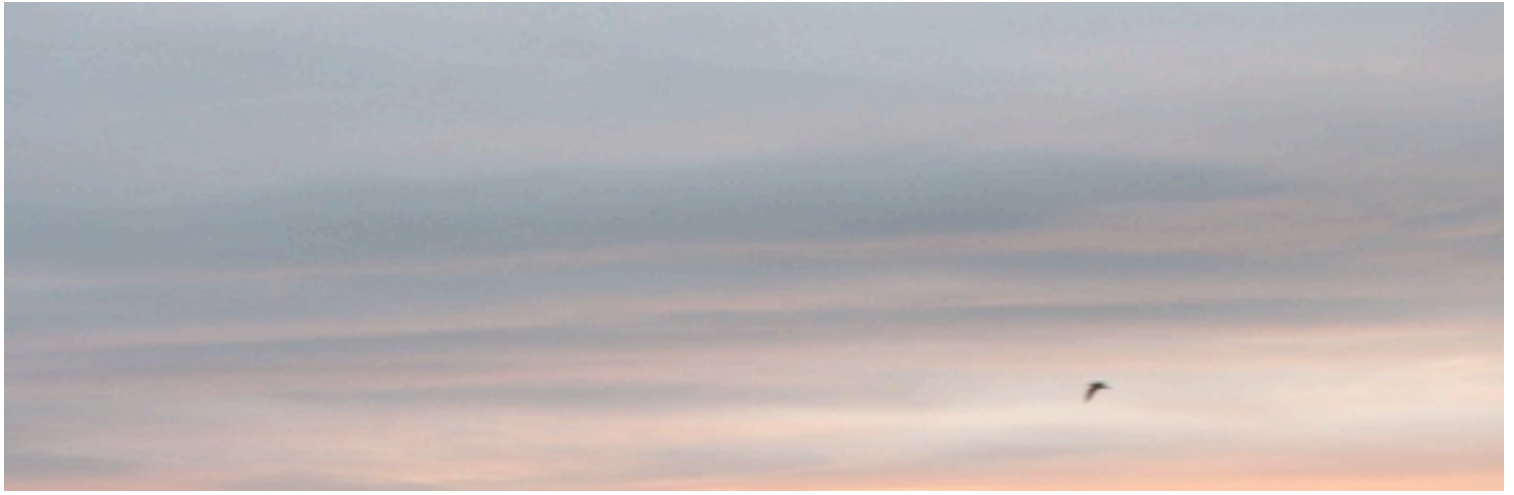
fig.11



fig.12



fig.13



Why you may choose to practise Divine Crane Rotates Knees

This pattern brings great relief to anyone with knee problems. If like many martial artists and Tai chi “players” you suffer from aching knees, this exercise will be of great benefit to you.

You will be amazed to discover that rotating knees can help to overcome sexual problems and enhance sexual performance and enjoyment. But only when practised as Chi Kung. Remember: the form is not the art.

This exercise is even more amazing because it is one of the very few patterns which even practised at the level of form only will still bring benefits and relief from knee pain. Knee problems are usually a symptom of weakness in the kidney functioning.

This Course Is A Great Start...

If you have read the written material, watched the videos over the last 22 weeks, followed the instructions closely and practiced correctly you will experience for yourself the many benefits that Shaolin Qigong has to offer.

Many of my teachers students world wide started by learning Qigong from his books. Every one of them that subsequently went on to learn from him in person or from one of his authorised instructors was absolutely amazed at the differences in experience.

It is much easier to learn the outward forms from a video than from a book. But, what is impossible to learn from a book or a video are the “inner” aspects. Remember: The Form is not the Art. For example, let’s suppose you’ve watched all there is to view about driving a car, but you’ve never actually driven one. If you then try to get in a car and drive, let me know first so I can be safely at home!

You need an instructor to show you. Book and video learning is not useless but you’ll have to invest more effort in learning and you’ll get lower results than you would learning directly from an instructor.

An instructor can also help you with the Aims and Objectives for your practice. Suppose your Aim is “Peace of Mind, no matter what experiences come my way”. An instructor can help you to choose and set the most appropriate Objectives to help you achieve your Aim.

What is so special about learning Qigong from an instructor? When learning directly from a Master or experienced instructor “Heart to Heart” transmission takes place. I will let my teacher explain this concept in detail (note the word ‘chi’ is another way of writing ‘Qi’):

Many people, including myself in my young days, would think that if a teacher gave complete and clear instructions to his students and they follow the instructions correctly, they would succeed in their learning. Later I discovered from personal experiences, both in learning as well as in teaching, that this was not so, especially in advanced arts.

There are many other aspects to learning and teaching besides the instructions. One important category of these aspects may be generalized as heart to heart transmission. This heart to heart transmission often happens when the teacher and the student are face to face, but it is not just face to face instruction, and may sometimes occur even when they are separated by a considerable distance. It is certainly not just correcting a student’s physical form to prevent harm. In fact, often in such a heart to heart transmission, the teacher may ignore physical mistakes.

Heart to heart transmissions have some common factors. All heart to heart transmissions operate at a heightened state of consciousness, also called meditative state of mind or chi kung state of mind, where there is no intellectualisation or reasoning, but only being.

Hence, masters ask their students to follow instructions without questions, because once they start to question, they would come out of this meditative state of mind into their ordinary, everyday reasoning mind.

Those who think that following a master’s instructions without questions is subservient or silly simply have no inkling of what heart to heart transmission is.



Another common factor is that the students have complete trust in their masters. This trust is not blind or subservient but intelligent and due to deep respect, and is normally not demanded by the masters but volunteered by the students themselves. Without this trust and the deep respect for their masters, the students would be unable to receive the profound teaching transmitted by the masters, not because the masters did not want to transmit but because the students' doubt and arrogance block the transmission itself.

A third factor is that although words are often used in the transmission, the heart to heart transmission itself is beyond verbalization. A mediocre instructor using exactly the same words even spoken at the same time would be unable to transmit the intended techniques, skills or wisdom. Besides the tone, the authority and sincerity of the master's teaching, which are crucial, there is also an inexplicable transference of experience and ability in the form of energy and mind from the master to the students. Therefore, a teacher who does not have direct experience of what he teaches will be unable to transmit that teaching to his students.

Heart to heart transmissions can be of different types and of vastly different levels. At the lowest and prosaic level, they may occur in an instructor teaching a student how to drive a car elegantly or how to kick a football skillfully into a goal.

Hence, one may read all the instructions from a manual about driving or football kicking yet be unable to attain the desired skills. Similarly, in kungfu training one may learn the required techniques from a book or a video, but without the heart to heart transmission of skills from a caring instructor, he may still be unable to marshal internal force to break a brick or execute a seemingly effortless defense against a strong, massive opponent.

But it is in advanced arts and spiritual cultivation that heart to heart transmissions are most heard of but little understood.

A brief description of how I taught students to direct chi to massage their stomach, lungs or kidneys, may give some idea of heart to heart transmission. The instructions are simple and straight-forward.

Basically they consist of the following. "Relax. Generate your chi flow. Direct the chi to your lungs (or other internal organs) and massage them."



You may learn for years the techniques of relaxation, of generating chi flow, and of directing chi to massage internal organs from books, videos or instructors who themselves do not have such skills, yet to no avail. But students who attended my chi kung course on “Massaging Internal Organs” successfully acquired these skills in just one day! Some grateful students remarked that this could not be anything else but heart to heart transmission.

How did I do it? By transmitting the required skills beyond the verbal instructions I used, but sometimes by transference of energy and mind, I got the students to relax, then helped them to start their energy flow, then led them to direct their chi to massage their organs. Would the students be able to massage their organs on their own without my help? Yes, after they have been led by my heart to heart transmission to acquire the skills, they can do so on their own by following appropriate techniques. This was what my Sifu, Sifu Ho Fatt Nam, meant when he said, “Yiat lei thong, pak lei meng” (Cantonese), which means “Once you can walk a mile, you can walk a hundred miles”

The highest level and best known of heart to heart transmissions is found in Zen. A proverbial example was the heart to heart transmission from the Buddha to Kasyapa, the First Patriarch of Indian Zen Buddhism. At Vulture Peak, the Buddha showed a kambara flower to thousands of followers. Nobody else except Kasyapa grasped the non-verbal teaching, and attained Enlightenment instantly. Later, Kasyapa transmitted heart to heart to Ananda, the Second Indian Patriarch. “Take down the banner!” Kasyapa ordered Anannda. Anada grasped the teaching beyond words, and was enlightened instantly.

Extract from Sifu’s Question and Answer series November 2003 (part2) please visit my Sifu’s website at www.shaolin.org.

The bottom line? If you’ve enjoyed this course and you want to take your practice to the ‘next level’ then you really have to learn directly from a Qigong master or suitable instructor. The bonus article ‘Qualities of a Great Qigong Teacher’ in week 17’s material will be helpful for this.



Next Steps...

You have now practiced 17 of the patterns from the 18 Lohan Hands. The pattern Divine Crane Rotates Knees in this weeks material completes the set.

Here's my recommendation of what to do next. Choose 1 pattern from the 18 that you really like, that you enjoy practicing, that feels right for you and your current needs. And make it the focus of your practice from this point on.

Feel free to change that pattern at any time if you feel you will gain more benefit from practicing another, but make sure you only practice ONE pattern during each practice session. Trust me, you will get better results that way.

Look here's the big secret of Qigong secrets: you only need one Qigong pattern. And if you practice that pattern with a high level of skill you will get all of the benefits of Qigong: Health, Vitality, Longevity, Internal Force, Mind Expansion and Spiritual Cultivation.

Why?

Because the form is not the art of Qigong. It is performing the form in a Qigong state of mind that allows you to have Qi flow and then consolidating on that Qi flow with Standing Zen that is the art of Qigong. And any form practiced that way will give you the benefits of Qigong. Lifting the Sky practiced by a beginning student is a great pattern for 'medicinal Qigong' i.e. for overcoming illness. But the same pattern practiced by a master can be used for developing internal force, mind expansion and/or spiritual cultivation. So why are there 18 Lohan Hands?

Cost efficiency. If you know that you currently have a problem with your kidneys, then it makes sense to practice to practice a pattern like Nourishing Kidneys to overcome that problem. Or if you are currently suffering from depression then it is a smart decision to practice Green Dragon Separating Water. But if you are already healthy and well then you need to work on cleansing (we've all got some blockages as a result of our 'modern' lifestyles) and then building and any pattern from the 18 Lohan Hands can allow you to do that. So, practice a pattern you enjoy every day, then you will be more likely to continue your practice. Skill is vitally important in Qigong and correct repetition of a pattern is the mother of skill.

So, in a nutshell here's what to do next (see next page)

Homework

1. Choose 1 pattern from the Shaolin 18 Lohan Hands that you enjoy and that meets your immediate objectives and make it the main focus of your practice. Though feel free to practice other favourite patterns during the week. But never practice more than 1 pattern during an individual session. And don't do more than 2 practice sessions a day.
2. Re-read the bonus document from week 17, Qualities of a great master. And have a look around and see what is available in your area.
3. My teacher is 4th Generation Shaolin Grandmaster Wong Kiew Kit of Malaysia. He offers regular regional courses and intensives visit www.shaolin.org to see if there is anything happening near you. On that page you will also find a link to a list of his authorised instructors world wide, I can happily endorse each and every one of them. So if you're lucky to have one of them teaching near you, you'd be crazy not to pay them a visit. Let them know I sent you.

And Finally....

Congratulations for making it this far! I want to acknowledge you for being one of the very few people that starts a course like this and sees it through to the end. You are a rare individual indeed.

I guarantee that if you correctly and daily practice the material in this home study course you will notice improvements in your physical, mental and emotional health. How can I make this guarantee? Because Shaolin Qigong is not my invention. It is the crystallisation of countless past masters. It is their legacy and the countless 1000's of students that have benefited from the practice of Qigong that allows me to make this guarantee.

From the first time I thought of creating this course, to its completion my guiding objective was always to make it of great service to others. It is my hope that I have succeeded. Please send your success stories to me at: goodnews@qigong15.com I'd love to read them.

Finally any praise or merit for this course belongs to my Sifu for his kindness in teaching me the Shaolin Arts, to my wife who always 'kept the faith' in this project and to Louis for being my constant companion during all those videos.

Any faults belong entirely to me.

Thank you for your trust in me and for allowing me to be your virtual Qigong teacher for the last 5 months. I wish you a long, healthy and happy life.

Bye for now



Marcus James Santer