

Qigong Secrets

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

Week Ten

Big Turn of the Cosmos

This weeks pattern is introduced. Great if you need an energy boost, massages the internal organs and useful against rheumatism, indigestion and diabetes

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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

Page 4

Part 2 of Route of the Masters - Your Plan Aims and Objectives



Page 6

SMART

Make your practice SMARTER and get the benefits of Qigong quicker and easier.

Page 8

Homework & Coming Up Next Week....

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

Page 10

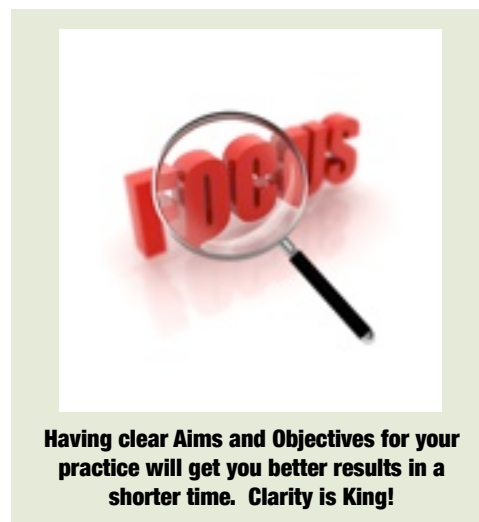


Welcome!



Welcome to week 10 of the home study course.

This weeks pattern: Big Turn of the Cosmos is one of the harder patterns of the 18 Lohan Hands, but it gives a lot of benefits that are worth having.



Having clear Aims and Objectives for your practice will get you better results in a shorter time. Clarity is King!

I've used it before on long drives, pulling over and doing a few repetitions is a great way to refresh and energise. I've heard of one business man who uses it to really get into a 'peak' state before important meetings. It really is that good.

Make sure you take it easy though, because this pattern will use parts of your body that you're probably not used to. If you feel stiffness around your lower rib cage the day after - you over did it. Take it easy.

We'll also explore the importance and the difference between Aims and Objectives for creating your plan to get the most out of your practice.

Next week we'll be finishing of the Route of the Masters by pulling it all together and creating your blueprint for success with your Qigong practice.

Let's get started....

Big Turn of the Cosmos

大轉乾坤

Chinese: Da Zhuan Qian Kun



Also Known As: Merry Go Round

At A Glance:

Revitalises – forget Caffeine!

Massages Internal Organs

Useful Against Rheumatism, Diabetes or Indigestion





Form “Big Turn Of The Cosmos”:

1. From Wuji Stance (fig. 1).
2. Make your hands into fists and place them at the side of your body, just above your hips (fig. 2).
3. Step your right leg out about three shoulder widths (fig. 3).
4. Sit down gently into horse riding stance (fig. 4).
5. Lean forward at the waist and clasp your hands together in front of you (fig 5).
6. Move your arms over to the right and upwards (fig. 5).
7. Continue moving your arms around and above your head, leaning backwards slightly. (fig. 5a).
8. Bring your arms over to your left (fig. 5).
9. Complete the circuit by bringing your arms back to hanging in front of you (fig 5.).
10. Pause for a moment.
11. Continue steps 6 -10 for 10 repetitions, all in the same direction.
12. Now complete 10 repetitions in the OPPOSITE direction (fig. 6).
13. Unclasp your hands (fig. 7).
14. Jump up and bring both feet together, arms in front of your chest (fig. 8).
15. Lower your hands slowly and gently down the centre of your body (fig. 9).
16. End (fig. 10).

Big Turn of the Cosmos

大轉乾坤

Chinese: Da Zhuan Qian Kun



fig.1



fig.2



fig.3



fig.4



fig.5



fig.5a



fig.6



fig.7



fig.8



fig.9



fig.10

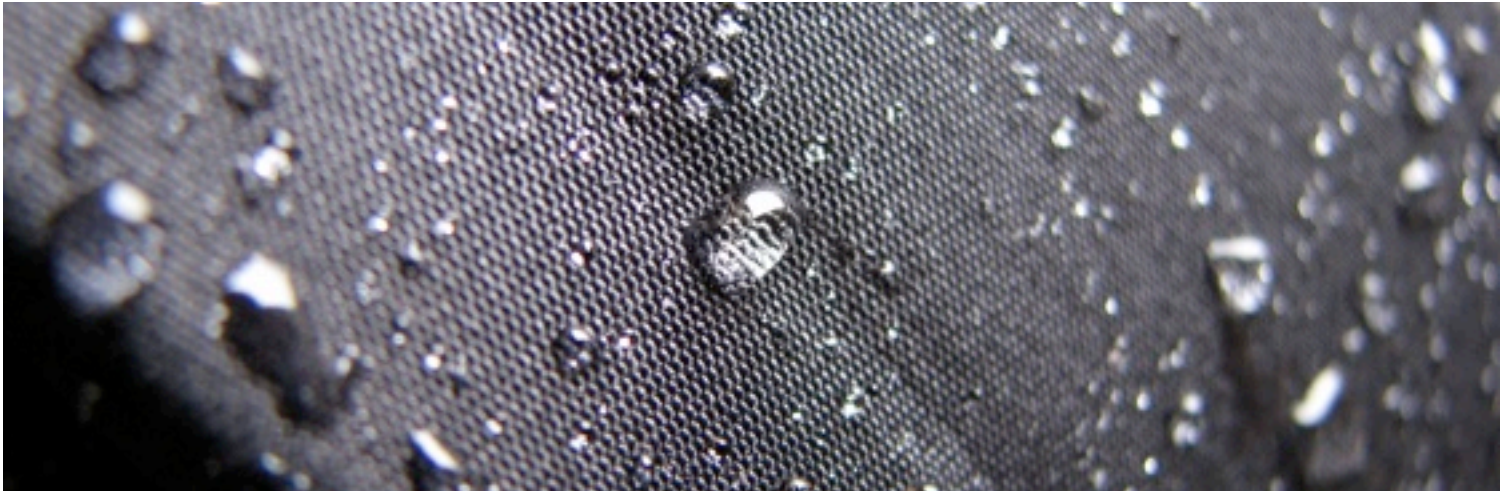


Important Notes:

- As you move from fig. 3 and sit down into Horse Riding Stance (fig. 4) make sure you avoid leaning forwards or backwards. Just lower your body by bending your legs at the knees. Keep your feet parallel and aim for your knees to be pointing outwards. Avoid the knees sagging inwards. Make certain that your buttocks, thighs, knees and feet do not move. Only your upper body moves during Merry Go Round. Or, to put it another way, your lower body stays in Horse Riding Stance.
- Remember this is Merry Go Round, not Ferris wheel. So as your arms come around and over your head, lean your upper body backwards. You can maintain your balance by making sure that you do not “rise up” from your Horse Riding Stance.
- Eyes follow the hands. When you are more advanced and practising the pattern with eyes closed, you still track the movement of your hands. Work within your body’s own limits. Remember if it is uncomfortable, you’re probably trying too hard. Relax. Take it easy the first few times you do this pattern as it is quite demanding physically. If you feel stiffness around the rib cage the next day, you overdid it!

Breathing

1. There are two major points on the circuit that makes up the movement of the arms. The first one is with hands clasped, arms hanging downwards. We’ll call this Point 1 (See fig 5). The second point is when your arms are directly above your head. We’ll call this Point 2 (See fig 5).
2. When raising your arms from Point 1 to Point 2, breathe in gently through your nose.



Breathing (continued)

3. When lowering your arms from Point 2 to Point 1, breathe out gently through your mouth making an audible “Haaaaa” sound.
4. Pause, i.e. no breathing in or breathing out, before starting your next circuit.
5. **Bring Qi to the Dan Tian:** When you have completed 10 repetitions on both sides and are ready to complete the exercise, unclasp the hands and move your hands out towards your knees (fig 7).
6. As you jump up breathe in (fig 8).
7. As you lower your arms gently and slowly down your front, breathe out (fig 9). This is known as “Bringing Qi to the Dan Tian” and completes the exercise.

Why you may choose to practise Rotating Winch

This pattern is good for problems involving stomach, pancreas, spleen, kidneys, back and back pain. Those who are worried or anxious will also gain benefit from this pattern. It is good for the ears and overcomes tinnitus.

This pattern is great for a revitalising pick you up. If you have a long drive or an important meeting and you start to feel tired, pull over the car or clear some space in your office and practise Big Turning of the Cosmos. You'll soon be feeling alert, focused and relaxed. This pattern is great for massaging your internal organs and very good for those with rheumatism, diabetes or indigestion.



Route of the Masters Part 2

Your plan

The two most useful tools for creating a powerful plan are Aims and Objectives.

AIMS

Aims are long term and non-specific. Shaolin Qigong is the art of developing energy for:

1. Health and Vitality
2. Longevity
3. Internal Force
4. Mind Expansion
5. Spiritual Cultivation

These are also aims that you might choose for your practice, or you may have others that are personal to you.

OBJECTIVES

Objectives are specific and short term. Usually you expect to see good results in six months or less. For example, you may have asthma and want to practice Qigong to overcome it, or you may wake each morning feeling like you went 10 rounds with a boxer during the night and want to use Qigong to wake each morning feeling refreshed and “good to go”.

The following are some common objectives that Qigong students have:



1. Cure a particular illness
2. Increase stamina so as to enjoy games
3. Enhance martial art abilities
4. Improve concentration and endurance at work
5. Enhance mental freshness, perception and creativity
6. Improve sexual performance
7. Increase or reduce weight
8. Manage stress
9. Increase knowledge of and ability in Qigong

Be S.M.A.R.T.

To make your objectives even more achievable you will find it beneficial to make your objectives S.M.A.R.T. This is a useful tool that I first came across whilst working in schools and is universally used for goal-setting by companies and individuals. S.M.A.R.T. Objectives are:

- **Specific:** do your objectives say exactly what it is you need to do?
- **Measurable:** can you show proof that you have achieved your objective?
- **Achievable:** can you achieve your objective in the time you've given yourself?
- **Relevant:** is your objective in line with your Aim?
- **Time related:** is your objective set within a time frame?



Can you see the difference between these two objectives?

1. I want to feel better
2. After 3 months of practicing Lifting the Sky daily, I want to feel more alert and excited about the day ahead when I awake in the morning.

Make certain that your objectives are S.M.A.R.T!

Give some thought as to what your Aims and Objectives are for your practice. Next week we'll be getting super clear on why you want what you want and the importance of Action in achieving your Aims and Objectives.

We'll finish off by completing the Route Of The Masters Work Sheet so that you have everything written down in one place. This will allow you to work smarter instead of harder!



Homework

1. Complete your progress tracker for Week 9 - **VITAL**, why not do it right now?
2. Last lesson you were practicing Rotating Winch when you came to the F (form) in PERFECT. This week substitute with Big Turn Of The Cosmos.
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.
3. Give some thought to your Aims and Objectives, we'll be completing our exploration of the Route of the Masters next week.

Coming Up Next Week....

Next week we'll be learning and practicing the pattern called Punching With Wide Eyes - I give this a 6 on the TOM scale, it's great! It's also the reason why I created this home study course.

This pattern is excellent for massaging and strengthening the Heart System which means it is a great pattern for those suffering from depression or who need to get rid of pent up anger and frustration. It is also of benefit to the intestines, the eyes and for developing powerful punches in martial arts.

We will also be looking at the final part of the 'Route of the Masters' and bringing everything together as you develop your own route.

See you next lesson.

Marcus James Santer

