

# Qigong Secrets

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

## Week Fourteen

### Three Levels To Ground

*This weeks pattern is introduced. Strengthens the heart, increases vitality and is good for generating energy flow*

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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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### How to live to 120...

*It is widely accepted that the human body was designed to last for 120 years, so why don't more of us do this?*

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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 14 of the home study course.

This weeks pattern: Three Levels to ground will be very familiar to Shaolin Kung Fu students of the Wahnam school, because it forms part of your 'Flexible Legs' Qigong and I give it a 6 on the TOM Scale.



**The Human body is designed to last for 120 Years - Happy Birthday!**

It is very useful for strengthening the Heart system, increasing vitality and generating Qi flow.

But, if you have a known heart condition then **DON'T** practice this pattern, practice last weeks pattern Nourishing Kidneys again.

This lesson we'll also be taking a look at why you can live to 120, if you want to and how the practice of Qigong can help you to achieve that.

I'll also share one of my many treasured stories encountered during my travels with my teacher.

Last weeks lesson was quite a long one, so I've deliberately made this lesson a shorter one to compensate.

Let's get started....

## Three Levels Down to Ground

# 三盆落地

Chinese: San Pen Luo Di



Also Known As: Three Levels to Earth

At A Glance:

Strengthens the Heart System  
Generate better Energy Flow  
Increases Vitality





Remember: If you have any known heart condition, for safety, do not practice this pattern. Practice last weeks pattern Nourishing Kidneys instead for another week.

### **Form “Three Levels Down To Ground”:**

1. Start in Wuji Stance (fig 1).
2. Step your Right Leg out about one shoulder width (fig 2) and raise your arms parallel to the floor (fig 3).
3. Bend your knees and squat your body down (Fig 4)
4. Straighten back up (fig 3) keeping your arms parallel to the floor.
5. Repeat this squatting movement 10 – 15 times.
6. Then lower your arms (fig 5) and step your right leg back up to the left (fig 6).

### **Important notes:**

- Only bend your knees and lower your body as far as is comfortable.
- Make sure your movements are slow, controlled and smooth.
- Pay attention to examples 1-3 and be certain to avoid lowering your upper body by bending at the waist.

## Three Levels Down to Ground

三盆落地

Chinese: San Pen Luo Di



fig.1



fig.2



fig.3



fig.4



fig.5



fig.6



example 1



example 2



example 3



### Breathing:

1. Breathe in gently through your nose as you step out (fig 2) and raise your arms (fig 3).
2. Breathe gently out through your mouth as you squat down (fig 4).
3. Breathe gently in through your nose as you raise back up (fig 3)
4. After 10 – 15 repetitions breathe out as you lower your arms (fig 5) and step your legs back together (fig 6).

### Important notes:

Keep your breathing relaxed and gentle. Remember this is not a test of endurance!

### Why you may choose to practise Three Levels Down to Ground

As well as being one of the patterns from the “Art of Flexible Legs” practised by Shaolin Kung Fu students, this pattern helps to strengthen the heart. However, please avoid this pattern if you have any known heart problems. You must make sure that you are not out of breath, tired or feeling giddy when practising this exercise.

This exercise is beneficial for the knees and feels lovely after a long Golden Bridge session. (Golden Bridge is a static form of Qigong referred to as Zhang Zhuang and is used usually by martial artists to increase internal force.

This exercise also benefits the Small Universe chi flow (the Small Universe is achieved when Qi flows harmoniously through the Ren and the Du meridians of the body. There is a saying that when a person achieves the breakthrough of the Small Universe they will be free from illness and full of vitality).

### Quotes from students about this pattern

*“This is my favourite pattern because it seems to act as a sort of Qi pump. It feels like it’s filling me up with Qi and making me strong. As I move up and down I feel my arms getting stronger, as if they’re being filled up by Qi, like a long balloon filling up and straightening out. It really does generate a lot of Qi and makes me feel really strong and full of energy.” – Piers, England*



### How to live for 120 years!

Our bodies were designed to last for 120 years and there are many references to back this statement up. My favourite is Dr. Walter M. Bortz of Stanford University, an expert on aging, who writing in his book “Dare to be 100” states:

*“There is now a virtual consensus that the maximum human lifespan is around 120 years, or one million hours.”*

Initially when you practice Shaolin Qigong you may have pain in the legs or soles of your feet for example. This is the toxicity coming out from your internal organs. Many apparently “healthy” people with no sign of illness or dis-ease may wonder why these minor pains are occurring, or even why their practice seems to be bringing no benefits whatsoever. The truth is that our organs are very hardy and can continue to function sufficiently even when not in peak condition. For example, the liver can have up to 80% of its energy blocked before signs of illness begin to manifest. If energy to our internal organs is blocked, we may not show any signs of illness, but it is likely that our vitality and resistance to illness will be affected.

Once you begin your practice you start the cleansing process. Using your liver as an example, let’s say it has been operating at 30% of its functional capacity (i.e. 70% of its energy is blocked). You begin practicing Qigong and keep practicing regularly. You have no obvious illnesses and wonder if your practice is actually giving you any benefits. But, gradually your liver moves to 40% then 50% of its maximum functional capacity. As you continue your practice so does the cleansing. When all your internal organs are operating at maximum functional capacity not only will you have great health, you’ll have abundant vitality, and great resistance to illness as well. A long and healthy life will be yours.

Think of it like this:

- Smooth Qi flow = Health
- Vigorous Qi flow = Vitality
- Abundant Qi flow = Longevity



### How to live for 120 years!

I clearly remember about 6 months after I first learnt Shaolin Qigong from my teacher, I didn't really feel any noticeable affects other than feeling better at the end of my practice than I did at the start.

Then one day, completely unprompted my wife said: *"I can't put my finger on what it is Marcus, but you're just so much nicer to be around these days, what have you been doing?"*

This is why I use the Progress Tracker sheet with my students, it is a very useful little tool for measuring and noticing results. Remember Qi flow when left alone will always move to where it is needed most (area's of low energy i.e. where the blockages are) and this might not be where you think. What you think is important and what your body knows is important can often be poles apart!

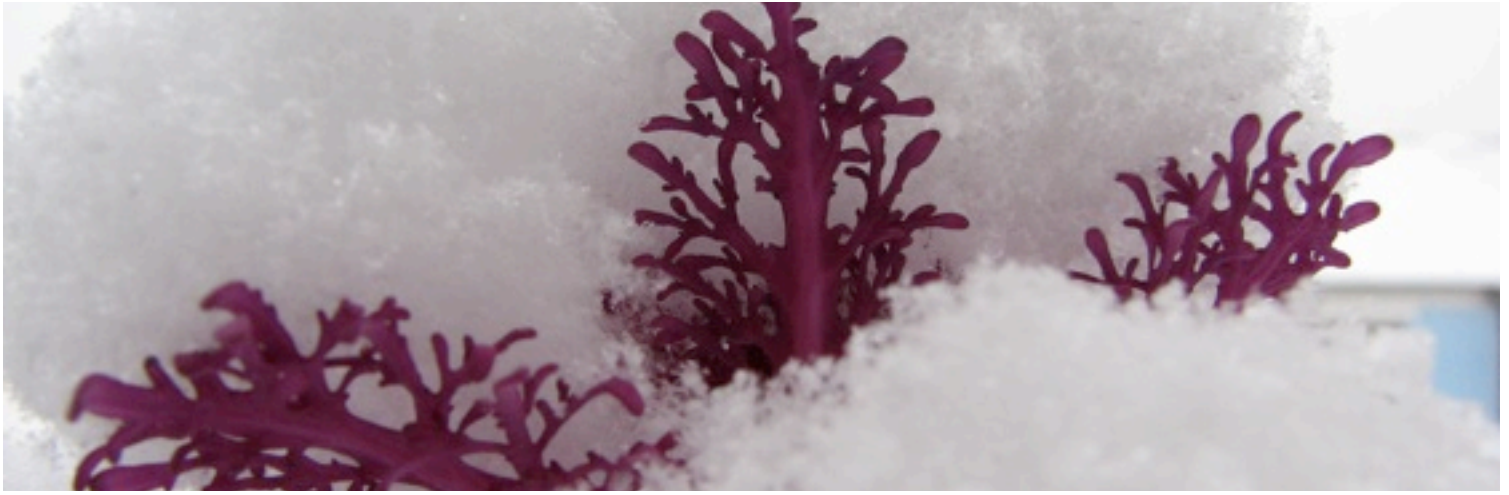
I'd like to finish off with a little story.

I once went with my teacher to visit one of his friends. His friends mother was there and she was a month away from her 100th birthday. I was genuinely surprised when this fact was mentioned to me. Because she had made us all a cup of tea, had made lunch, had been out for a long walk that morning had entertained us with her quick wit and story telling and was planning to do some work in the garden when we left.

Not wanting to miss out on this opportunity, I asked her what she thought the secret was to a long and healthy life? She thought about it for a few minutes, threw up her hands and exclaimed: *"I guess I've just been lucky!"*

My teacher smiled and began laughing. Then he explained that in Chinese the word 'Luck' can also be translated as 'Good circulation of Qi' and that her explanation of how to live a long and healthy life was spot on.

I sincerely believe that the practice of high level Qigong can help you to live a long, healthy, happy and lucky life - but only if you practice it daily!



### Homework

1. Complete your progress tracker for Week 13 - **VITAL**
2. Last lesson you were practicing Nourishing Kidneys when you came to the F (form) in PERFECT. This week substitute with Three Levels to Ground, unless you know you have any kind of heart condition, in which case practice Nourishing Kidneys until next lesson.

**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 Divine Crane Starts Dancing - this pattern is an 8 on the TOM scale, because it is quite physically and technically demanding.

This pattern channels energy to the legs, can help to overcome Kidney stones and a dull intellect.

And I'll share with you the Ultimate trouble shooting guide and I'll also share an e-mail with you that I sent to my teacher 8 years ago, the reply to which will be of great benefit to you.

See you next lesson.



Marcus James Santer