

## **Guo Lin walking Qigong and the standing Guo Lin Qigong practices.**

These are the forms used by Guo Lin to treat her own cancer, and used to treat the cancer of many others. If you have cancer, please consult with your primary health care professional before adding this to your treatment plan.

### **The Guo Lin Walking QiGong:**

Starting position: From a normal standing position, place your right leg back one step.

1. Inhale twice with two half-steps, left hand's Laogong point in front of dantien:

Place your left hand's Laogong point in front of your dantien. Keep the right arm hanging at your side. Move your right leg even with the left and pause, resting it on the ball of the foot. While the leg is moving, inhale halfway and pause the breath and foot briefly. Then take another half-step forward with the right leg, filling your lungs as you do. Pause briefly and hold your breath. Keep your left palm in front of your dantien.

2. Exhale with one full step and switch arms:

Now take the next step, a full step, with your left leg, landing your foot normally, ahead of the right. Exhale as you step. As you move your leg, switch your arms easily and normally, placing your right hand in front of your dantien, and the left arm by your side.

3. Inhale twice with two half-steps, right hand's Laogong point in front of dantien:

Move your right leg even with the left and pause, resting it on the ball of the foot. While the leg is moving, inhale halfway and pause the breath and foot briefly. Then take another half-step forward with the right leg, filling your lungs as you do. Pause and hold your breath. Keep your right palm in front of your dantien.

4. Exhale with one full step and switch arms:

Now take the next step, a full step, with your left leg, landing your foot normally, ahead of the right. Exhale as you step. As you move your leg, switch your arms easily and normally, placing your left hand in front of your dantien, and the right arm by your side.

Continue this ( 1 through 4 ) in a gentle easy rhythm. You will find it easier as you practice. You may walk in a slow, medium or fast speed. You may walk for some time; hours even. About 1/2 way through your walk, switch legs, doing the half-step step with the left leg.

Practice this for up to 2 hours a day.

### **Guo Lin Gong:**

### **Three breathing and three openings and closings**

Stand straight with arms relaxed. Inhale through your nose and exhale through your mouth three times. Bring your hands, palms facing each other, in front of your dantien. Then imagine there is an energy field between the hands. When inhaling, imagine the energy field expands and pushes your hands apart. When exhaling, imagine the energy field collapses and your hands go back to the original position. Do this three times.

### **Rising and lowering with openings and closings**

Stand with feet about one leg's length apart with arms hanging down on both sides. Then hold your hands up in front of your chest, palms facing. Hold them apart about shoulders' width. When inhaling, imagine there is an energy field between your hands and the energy pushes your hands apart. Bend your knees to lower the stance. When exhaling, imagine that the energy field collapses. The hands go back to the original position (down to your sides). Straighten your legs. Repeat three times.

Next take one step forward with your right foot. Hold your hands up in front of your chest at shoulders' width apart, palms facing. When inhaling, imagine there is an energy field between your hands and the energy pushes the hands apart. When exhaling, imagine that the energy field collapses; drop your hands and bend the knees. Repeat three times.

Next take one step forward with your left foot. Hold your hands up in front of your chest at shoulders' width apart, palms facing. When inhaling, imagine there is an energy field between your hands and the energy pushes the hands apart. When exhaling, imagine that the energy field collapses; drop your hands and bend the knees. Repeat three times.

### **Loosening the waist**

Moving the arms and waist

Stand with feet apart about shoulders' width. Place the right hand over the point (Sea of Qi) at one and one-half inches below the navel. Place the left hand at the back with the back of the hand resting on the acupoint Shenshu. (Shenshu points are one and one-half inches on the left and the right from the acupoint Ming Men. When inhaling, raise the front arm (right arm) in the front of the body all the way over your head. Then exhale and lower the arm by continuing to move in a large curve to the back and end up at the right Shenshu. Repeat with the other arm. Repeat three times.

### **Turning with bow-arrow stance**

Place both hands on your back with the backs of your hands resting on Shenshu points. Step forward with your left leg and bend your left knee until you cannot see your toes. The right leg is straight. The width of the stance is about one leg's length. Hold the position for the duration of six or nine counts. Repeat with the other side. Repeat six times.

### **Tilting forward**

Place both hands on your back with the back of your hands resting on Shenshu points.

Stand with both feet apart about shoulders' width. Tilt forward about 15-20 degrees. Repeat tilting forward three times.

**Closing** with three openings and closings and three breathing (closing means end of the practice).

Stand straight with arms relaxed. Inhale through your nose and exhale through your mouth three times. Bring your hands, palms facing each other, in front of your dantien. Then imagine there is an energy field between the hands. When inhaling, imagine the energy field expands and pushes your hands apart. When exhaling, imagine the energy field collapses and your hands go back to the original position. Do this three times.

**A guided meditation to aid in your treatment.** This is not from Guo Lin's family Qigong.

This can be done standing, sitting or lying down, in addition to the Guo Lin Qigongs and your other treatments.

Begin by doing the Microcosmic orbit.

Once you are able to get the circulation going, imaging or visualize that every time your Qi passes the Mingmen (Life Gate) point at the small of your back, small (tiny) balls of golden Qi begin to circulate with each orbit, in addition to the original. On each orbit they increase in number.

Once you feel you have a good number of golden Qi balls, the next time they pass the Mingmen, they begin to spread out and travel around your body. Every time they find a cancer cell, they burst, killing the cancer cells. You will see a tiny dark light go out, for each cancer cell. The golden light begins to permeate your body.

If you start running out, start the orbit again and create more golden Qi balls.

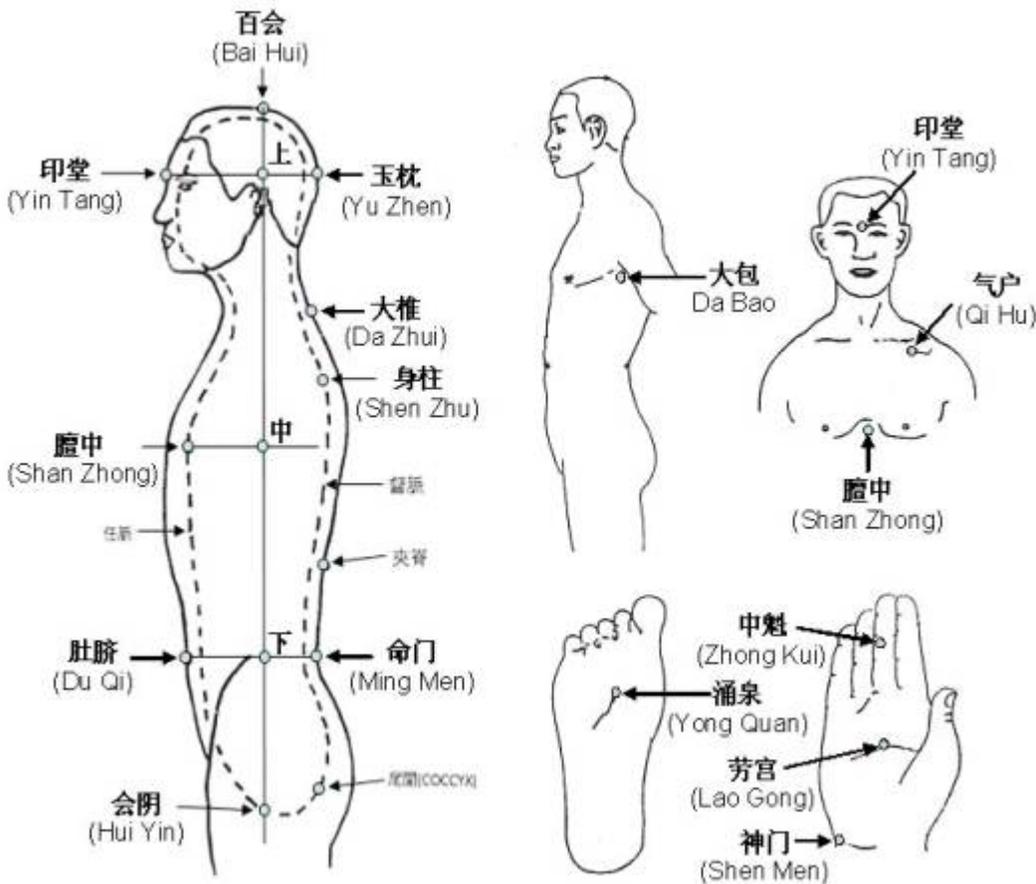
Do this two or three times a day, spread out, for two weeks to a month. After this time has passed, visualize or imagine that there are fewer and fewer cancer cells for the golden Qi balls to find. You will be feeling better, stronger and healthier. At some point between two and six months, visualize or imagine yourself cancer free. The golden Qi balls can't find a single cancer cell to destroy. As you continue to do the Microcosmic orbit, the Qi balls collect in various places in your body to help you stay healthy. These pockets can be your lymph nodes, your intestinal tract, behind your eyes, anywhere you feel is right.

You can use these saved Qi balls to fight any future illness.

## The Microcosmic Orbit.

This is a classic Taoist Meditation method, with its roots in India, for circulating and refining Qi via the circuit formed by the 'Governing Channel' from perineum up to head and the Conception Channel from head back down to perineum.

Practicing the Microcosmic Orbit is a key step that enables more advanced practices.



## The Practice of the Microcosmic Orbit.

1. The first steps are to still the body, calm the mind, and regulate the breath. Sit, stand in Zhan Zhuang or lay on your back, in a quiet place, eyes closed lightly. If you are sitting, you should be upright, with your feet flat on the floor, sitting forward enough so your genitals are off the chair. Advanced practitioners can use many of the different Zhan Zhuang postures.

2. Focus your attention on your Dan Tien (just below your navel and above the Du Qi), and visualize a small ball of energy, a ball of golden or white light, bright and pure. Maintain the attention on the Dan Tien until you feel the energy of the ball. This could be heat, vibration, warmth or just a sensation of its presence.

3. Begin abdominal breathing. This breathing method starts when you inhale through your nose and your abdomen expands, not your chest. It is the way babies breathe. Exhale through your slightly opened mouth, keeping your tongue lightly touching your palate just behind your upper front teeth. When you exhale your abdominal muscles contract lightly to help expel air.

4. Inhale and visualize or imagine this small ball of Qi passing down from the Dan Tien, past the Hui Yin, up through the coccyx. Then visualize or imagine the Qi ball rising up to the Ming Men and then to where the ribs meet the spine, then going through this area and right on up to the back of the head, where it joins the neck.

5. Then visualize or imagine this Qi ball in the center of your brain, taking in healing energy through the Bai Hui point on the top of your head.

6. Next, focus your attention on the Yin Tang point between and just above the eyebrows and draw energy into the ball of Qi from this point as the ball passes and goes to the roof of your mouth. This may cause a tingling or throbbing sensation there. This ends your inhalation.

7. You may wish to stay and work with this Qi for a few minutes, before letting Qi sink down through the palate and tongue (which you still have lightly pressed onto your palate), into the throat to the heart (Shan Zhong point). Taking a breath or two while the Qi is in your mouth can help you focus on the ball. This is OK for beginners.

8. Exhale and send the Qi down to your heart (Shan Zhong Point). From the heart, draw it down through the middle Dan Tien at your solar plexus, past your navel, and down into the lower Dan Tien, where energy gathers, mixes, and is reserved for internal circulation. Then begin another cycle.

Once the Qi is circulating, your breath will naturally become fine. This means it is smooth, not ragged or irregular. You can do this meditation from one to dozens of times.

Qi circulation harmonizes and reforms, so that the vital fluids produced by daily life can produce true vitality.

If you have any physical problems or discomforts in a particular section of your body, while doing the orbit, hold the circulation and focus your Qi at the discomforting point and let it pulse there for a while. This will help heal and rejuvenate and improve the Qi flow.

This meditation may also cause the head to rock or the body to tremble, which, some believe, are signs of progress.

If you have high blood pressure and want to use this meditation as part of your treatment, reverse the flow of the orbit, so that your Qi goes up during the inhale and back and down on the exhale.

The Microcosmic Orbit is a good practice for all Qigong students, and can be used before other meditations. You can use a few orbits in both directions during the day, to reduce stress. You can also do this lying down before sleep. Don't do this while driving or operating machinery!

If you have trouble visualizing or imagining the flow, you can think of a golf ball or ping-pong ball. You can even use one hand to trace the flow when you are sitting or standing.

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