

# Spring Forest Qigong

# Chunyi Lin

*To strengthen your physical energy. To help you open all the energy channels in the body. To help you bring your Yin and Yang energy back into balance. To help you get rid of energy blockages. To help you develop your spiritual energy so that you heal yourself, mentally and spiritually at the same time*

Do the Active Exercises at least once daily. You can do any combination of the individual exercises for any amount of time. There are no maximum time limits You may want to take a break on sessions lasting longer than two hours. You can practice this exercise by standing, sitting, or laying down *The Active Exercises opens all energy channels by using your mind and moving your hands, feet and body.*

This series consists of the following exercises, which are described in detail:

- 1 - *Beginning of the Universe*
- 2 - *Forming of Yin and Yang*
- 3 - *Moving of Yin and Yang*
- 4 - *Breathing of the Universe*
- 5 - *Joining of the Yin and Yang*
- 6 - *Harmony of Universal Energy*
- 7 - *Seven Steps of New Life*
- 8 - *Ending-Harvesting Qi*



## 1 - Beginning of the Universe

*Bring your focus back in your body and wake up the internal energy*

**Time to do on your own: 2 - 3 minutes**

The energy channels in the feet and the hands wake up. You may notice tingly sensations in *your fingers and feet*. There are many energy channels in the body. but the most important ones are the front channel and the back channel. The front channel runs in the front and middle of the body; the back channel runs along the spine to the head. **All the other channels work around these two channels.** A blockage in these two channels will result in a problem in the body. When you practice this exercise, place your tongue against the roof of your mouth. Your tongue acts as a switch connecting the two channels.

- When doing this exercise standing, stand straight. Toes point forward.
- Set your feet a little more than shoulder width apart for good balance.
- Eyes look forward. Wear a smile on your face to relax every part of the body and stimulate the brain to produce endorphins.
- Draw your chin back a little to straighten the entire spine. Energy travels up and down the spine in the governing channel more easily when the spine is straight.
- Open your fingers. Drop the shoulders. Move the elbows outward a little.
- Slowly take a deep, silent, and gentle breath through your **nose**. As you breathe in, draw

the lower part of your stomach in a little. As you breathe out let your stomach out.

- Imagine using your whole body to breathe. Visualize the universal energy coming into every cell of your body and collecting in the lower Dantian. This is the body's primary energy center located deep behind the navel.
- When you exhale visualize any pain or sickness changing into smoke and shooting out from every cell of your body to the end of the universe.
- Gently close your eyes and lips, and say in your mind, **"I am in the universe. The universe is in my body. The universe and I combine together. "**
- Feel the emptiness, the quietness, the stillness of the universe.



## 2 - Forming of Yin & Yang

The upper part of the torso, above the navel belongs to Yang. The lower part of the torso under the navel belongs to Yin. One of the reasons people get sick is because the Yin and Yang energies scatter and are not in good balance. Hold this posture to rebalance the energy.

**Time to do on your own: 3 to 5 minutes**

You will feel tingly sensations in your hands and warmth in the chest and lower stomach, which are areas faced by your palms. You may also feel a current running in the middle of the torso or along the spine, which are the energy channels opening

- Slowly raise your right hand, the Yang male energy, to the upper chest, the Yin female energy to the lower stomach. Your palms face your body, without touching, to create a sensation of emptiness.
- Visualize a transparent energy column in the middle of your torso shining with beautiful colors. It runs from the head to the bottom of the torso. Its size depends on your visualization.
- Continue to feel the emptiness of the universe as you remain in this position. When you hold your hands in this posture, drop your elbows. Stand still; do not move your body so that energy flows uninterrupted.



## 3 - Moving of Yin & Yang

*To heal internal organs*

Time to on your own: 10 to 60 minutes.

It depends on how many movements you are going to do and how much time you have. *Through the guidance of our mind and the movement of our hands, the heart energy and the kidney energy join. Blockages open.*

- Your right hand moves out and down to the bottom of the torso while your left hand moves in and up to your face. Your hands continue moving in this circular pattern.

- Keep your fingers open to receive energy. Your energy channels close when your fingers close. Tip: Do not move your spine from side to side, even when you feel tired, because that movement stops your energy from going to the emptiness level. Moving of *Yin & Yang is the basic movement of the Active Exercise*.
- Visualize a transparent energy column of beautiful colors running from the top of the head to the bottom of the torso. While moving the hands, visualize the energy moving up and down the transparent column. Visualize the channels in the torso opening completely
- Use your elbows to guide the movements and use your hands to feel the energy.
- Your hands move at a rate of 3 to 5 circles per minute.



## 4 - Breathing of the Universe

*To heal the lungs and skin, and to balance energy inside and outside of the body.*

**Time to do on your own: 6 minutes to 30 minutes**

By moving your hands out and in and combining the breathing technique, you open blockages in the whole body, especially the lungs.

- As you finish the moving of Yin and Yang, both hands slowly stop at lower Dantian position. For men, put your left hand in and right hand out; for women, right hand in and left hand out.
- There is a space between the body and the hands and between both hands. In this way you can keep the feeling of emptiness.
- Focus in your lower Dantian. Take three deep breaths.
- Then, as you inhale, move your hands open to the sides; exhale as you close your hands.
- Use your whole body to breathe. When you open your hands, try to feel the energy expanding in the space between your hands.
- When you close your hands, try to feel the energy compressing in the space between your hands. Your hands do not touch each other.
- Use your hands and body to feel the energy while you use the elbows to guide the action.
- While you inhale, visualize the pure universal energy flowing into your body from every part of the body and gathering in the lower Dantian.
- While you exhale, imagine any sickness or pain turning into air or smoke and shooting out from every part of the body to the end of the universe.
- Do not move your neck from side to side. Stay still and relaxed. Wear a smile. Always keep your tongue against the roof of your mouth.



## 5 - Joining of Yin & Yang

*To balance your body's energy*

## **Time to do on your own: 6 minutes to 30 minutes**

*You build energy in the lower DanTian.*

- As you finish the breathing of the Universe. Imagine your hands coming together around a ball of energy about the size of a volleyball. Keep your fingers open so the energy can flow. Your palms face each other
- Start rolling the ball by moving your hands continuously from top to bottom and from bottom to top. Imagine your body's energy is in the ball and is being totally renewed.



## **6- Harmony of Universal Energy**

*To open blockages and heal body. To balance the energy in the left brain and right brain. To advance your spiritual energy to a higher level*

### **Time to do on your own: 15 to 30 minutes, or longer**

By moving hands and body, you open blockages in the lungs, breasts, liver spine, shoulders, lower back and hips. When you do this movement with your eyes closed, you may see more colors. People who practice Spring Forest Qigong say that this part of exercise is very useful for waking the body after a restful night's sleep

1. Receive energy from the universe with your hands.
- 2) As you inhale, raise the energy ball up in front of you and over your head. Open your hands and arms above your head. palms up. head slightly up.
- 3) Hold your breath as you bring your hands together. Bring the energy down with your hands to cover your head without touching your head. Hold for three seconds
- 4) Exhale and bring your hands down passing the face. As you reach the chin, bring your hands together, palms in, and continue moving your hands down until you come to your lower stomach
- 5) Inhale; open your hands wide to the sides - as you did in "Breathing of the Universe." Use your elbows to guide the movement and your hands to feel the energy.
- 6) Exhale as you bring your hands in, collecting more energy
- 7) Keep closing your hands until they pass each other and reach to each other's elbow area with your right hand on top first and left hand at the bottom. Your palms face down; hands do not touch the elbows.
- 8) inhale, lower your head down and lean forward to the right .. until your head is over the right elbow without touching the elbow. Your head turns slightly to the left. Remain in this as you exhale.

9) inhale, drawing the right hand up and to the right until your arm is straight. The fingers of the right hand continue pointing to the left with the palm facing down. At the same time, your left hand moves out pressing down to the left.

10) Fingers point to the right with the palm down (this opens all of the six channels in your hands. If you turn your fingers outward only three channels open.) Lean forward to the right as you raise your left heel up pointing the toes. (Moving the heels up and down can help open the six channels in the feet.)

11) Exhale as you open the right hand, turn it facing down and smoothly move it down in a circle, as the left hand moves in until you are holding the energy ball between your hands once again. Repeat the cycle.



## **7 - Seven Steps of New life**

*To improve your balance and heal the body, especially for arthritis, cold hands, and cold feet.*

**Time to do on your own: 10 to 30 minutes**

*This is the "plunger" technique. Like a bellows, you draw energy into the body. collect it in your lower Dantian, and pump it throughout the entire body. It opens and clears all of the body's energy channels.*

- Starting with your left leg. imagine using your whole body as a bellows for moving energy to seven levels:

- 1 . *navel*
2. *heart*
- 3 . *shoulders*
4. *throat*
- 5 - *nose*
6. *forehead*
- 7 . *top of the head*

- Inhale and visualize universal energy flowing into your body through every cell and collecting in the first level behind the navel.
- Exhale, pushing the energy down to the toes.
- Inhale again, drawing the energy from the toes up to the second level, the heart level.
- Exhale. pushing the energy down to the toes.
- Repeat this process multiple times through all of the levels.



- 9) Massage the stomach by interlacing your fingers and massage right to left in a clockwise direction.
- 10) Bend over at the waist. Cup your hands again and pat the kidney area. Then, use the back of your hands to massage the kidneys several more times.
11. Support your kidneys by covering them with your hands and slowly straighten the body by lifting the back and shoulders. Lift your head last.
- 12) Use your chin to draw a horizontal circle from left to right six times. Repeat in the other direction.
- 13) Dolphin the neck by moving the head slightly forward and up, then down and back, This is the same as crawling a vertical circle. Do this six times.
- 14) Support the kidney area with your hands and dolphin the whole spine. Move the upper part of the body forward first, bend the knees and move the knees forward and extend the stomach, the chest, and the head, Do this six times
- 15) Straighten the body. Lift your hands up in front of your chest with your palms down and your elbows slightly higher than the shoulders. Look forward. Lead with the elbows and swing your arms from left to right, keeping your head and hips facing forward. Do this six times
- 16) Then, lower the elbows to the stomach level and repeat the swinging motion six times. (Be gentle if you have severe lower back problems.)
- 17) Put your hands down. Lift your body up by stretching the heels up (that is, standing on your toes, and dropping the heels down six times (Pregnant women should skip this exercise)



## **Further explanation**

*In the Ending exercise we have movements that involve the spine and massaging and patting the body. Let's explore why we do these exercises.*

### **Massage the hands**

There are six main channels starting from the fingers. For instance, two heart channels start from the middle and the little fingers, the lung channel starts from the thumb, and the large intestine channels starts from the Index finger. When you massage the hands and fingers, you wake up the Qi in those channels and it will go into the internal organs

### **Massage the face and ears**

The face and ears have all the points linking to all energy channels and all parts of the body. When you massage your face and ears, you massage your whole body. If you feel pain when you massage your ears, you have a blockage in the relative part or organ in the body. Keep

massaging that point on your ear until the pain is totally gone-the blockage in the body will disappear.

### **Massage the kidneys**

Kidney energy is the most important energy in our life. If we use up the kidney energy faster, our lives will end sooner. A man's kidney energy goes down after age 40; and a woman's after age 35. Our legs are the first parts of the body to indicate we *are* aging. When we feel our legs are not as strong as before, our kidney energy is getting low. In Tao meditation, Chinese medicine, and longevity exercises, the kidney energy is always number one in our attention.

### **Cupping exercise**

The areas to be cupped have almost all of the energy channels. Cupping wakes up and moves the energy in those channels and clears away blockages. If you catch a cold, cup your arms to help stop coughing, because the lung, heart, and large intestine channels run through the arms.

### **Spine exercise**

Most human ailments relate to blockages In the spine: Mental problems and other sickness in the head relate to the neck; sickness in the major organs relate to the back spine; and reproductive organ problems relate to the lower back and the tailbone. I recommend that women over 35 spend several minutes patting the tailbone area every day to prevent the blockages in the female organs.

### **Heel exercise**

When you move the heels up and down, you open the energy channels In your feet including the liver and kidney channels. This exercise is very good for constipation as well as cold feet and hands in the wintertime.



## ***Six Factors that Block Qi***

### **1) Emotion**

**Unbalanced emotion is the biggest cause of the blockages in the body.** Chinese medicine tells us that overexcitement and excessive happiness causes damage to the **heart** energy. Anger and anxiety damages the liver energy. Fears damage the kidneys. Sadness and depression damage the lung energy Too much thinking and mental work damages the stomach and pancreas.

When a person gets angry, for example, the automatic chemical activities of the body cause energy to collect in the liver. If this energy is not removed from the liver, a blockage gradually forms and our liver becomes sick.

Let's look at how over-happiness would cause damage to the heart. When a person is very excited, the energy heats the heart first. Excess energy travels up to the brain. Once the energy gets into the brain, it is not easy to get it out, because the channel between the torso and the head is very narrow: Just like an overfilled balloon, an energy explosion could result in a stroke or heart attack.

Our ancient wisdom asks us to stay calm all the time to keep the Yin and Yang energy in a good balance.

## **2) Nutrition**

Food has Qi.

Every day we eat two or three meals plus snacks. When we do not eat healthily our body's energy gets out of balance. Additionally, spicy food is not good for the liver, acidic food is not good for the stomach, and sweet food is not good for the heart.

Try to eat things locally produced, because the body and nature are one. We live on land with the plants. The plants grow well because of the harmony between their energy and the energy of the land. When we can food produced locally, our body ingests the optimal Qi we need to live on this land.

## **3) Changes of the Weather and the Seasons**

The earth rotates as it revolves around the sun to give us days, nights, and different seasons. When the weather or the seasons change, the energy frequency of our body may not be in harmony with the frequency of the weather or season. That's why we see:

- As spring comes, many people get liver problems
- As summer comes, many people get heart problems
- As fall comes, many people get lung problems
- As winter comes, many people get kidney problems

Through practicing Qigong we automatically adjust our energy to the changes of the weather before a blockage occurs.

## **4) Environment**

Environment, of course, is very important to our health. This includes influences such as pollution and Feng Shui, a study of energy from the earth, sun, and moon. We must manage those influences harmoniously to make a good and healthy place for Living. Feng Shui shows us how different parts of a building have different energy. Each object has its own magnetic field and energy frequency that positively or adversely influences our body's energy. We adjust by arranging furniture in an optimal location and direction so that the frequency of the energy from these objects meets the frequency of our body's energy. As an example, it is best not to place a mirror facing your bed. because the mirror's energy is too invasive and will affect your sleeping quality.

We can change the energy of our house and environment by practicing Qigong, which strengthens our body's magnetic fields. If your body's magnetic field is stronger than that of your house or other aspects of your environment, nothing can affect your energy. Instead your energy will affect everything and everyone around YOU. Your family will benefit by your energy as will your pets - animals are sensitive to energy. Even at work, different people will be attracted to you, because they feel safe being with you. They need your love energy. and because your energy is so comforting, they will not make trouble for you.

## **5) Wrong Medication**

Medication helps many people with their sufferings. At the same time, other problems related to wrong prescriptions, side effects, and inaccurate diagnoses often develop. Side effects, alone, can be deadly, The Journal of the American Medical Association reported that in a recent year 105,000 patients died in hospitals from correctly prescribed and properly administered medication.

## **6) Injury**

All injuries block Qi including cuts, carpal tunnel syndrome, sprained ankles, torn muscles, broken arms, and contusions.



## ***Three Secrets of Practicing Qigong Effectively***

### **1) Go into the emptiness**

Countless different Qigong and meditation exercises exist. All teach the basic idea of using consciousness to go into the emptiness where thoughts ultimately cease or greatly diminish and sensory connections to our bodies fade. We and everything in our world are all from the emptiness and will go back to the emptiness. It is a state of pure energy where we are one with the universe.

Our bodies naturally direct us to the emptiness. When we get sick, for example, the first place we go is not to the hospital, but to bed. When we sleep, we feel relaxed and peaceful. We bring our mind and body into the emptiness. Everybody does this automatic meditation without noticing it during sleep and periods of deep relaxation. Most of our daily energy blockages are opened and resolved in this way. The deeper you go into the emptiness, the faster your body will heal. By practicing Qigong we go into the emptiness where we effortlessly balance the Yin and Yang, the female and male energy. As the balance of energy comes back, the body heals.

### **2) Keep it simple**

My masters told me the most powerful is usually the simplest.

Many Qigong exercises are too complicated and cloaked with mystery. Qigong, in its fundamental form, is very simple. For instance, it is very easy to open energy channels. When you open your fingers, all the energy channels in the hands open. When you move your heels up and down, you open all six energy channels in the feet. It is not necessary to learn complicated movements to open channels and release blocks.

### **3) Use your consciousness**

When doing Qigong exercise, we use sensation of the body to feel the moving Qi. How we use our mind influences the flow of Qi. Positive thoughts, for example, encourage you to gain back your health and instantaneously direct Qi in optimal ways. Negative thoughts, on the other hand, discourage you from fulfilling your task, block energy, and create sickness.

These mental activities as well as prayer and willpower belong to consciousness. **Mental power is more powerful than physical power.**



## ***Three Vital Elements of Qigong Exercise***

### **1) Breathing technique**

Deep and long breathing has always been vital in all forms of Qigong. Medical science shows that people with fewer breaths per minute are on the whole healthier than those who breathe more rapidly.

One of the most important systems in our bodies is our nervous system, which controls the messages and information traveling in the body. blockages in the nervous system prevent messages from being delivered, creating problems.

The nervous system is formed from two parts-the parasympathetic nervous system and the sympathetic nervous system. When we inhale, energy goes to the sympathetic nervous system: when we exhale, energy reaches to the parasympathetic nervous system. When we take longer breaths, we get more energy into both nervous systems. That is why people who practice Tai Chi, Qigong, Yoga, or meditation usually enjoy a good long life, ,and why people with chronic sicknesses often find relief through deep, gentle breaths.

### **2) Postures of the body**

Posture and movements are important when practicing Qigong because they help open the body's energy channels. Simply opening the hands, for example, opens six main channels that begin in the hands. These include lung and large intestine channels, which begin in the thumb, and heart channels, which begin in the middle and little fingers.

Some postures can give immediate and noticeable benefit. When you have a headache, cough, or stuffy nose, for example. hold both hands above your head for five minutes. Or, when you have a bloody nose in your right nostril, raise your left hand above the head for a minute. Those postures work because raising your hands opens the lung channels, heart channels, and stomach channels. many of which run through the nose area. Replenish energy in these channels and symptoms disappear.

### **3) The mind**

Our brain is very powerful: yet we use only a very small portion-some say 10 percent; others say 2 percent. If we can apply one or two additional percent to the health of our bodies, we will see miracles.

Here is a game you can play that demonstrates the power of your brain. You will grow the length of one of your fingers right before your eyes. Do not worry, because everything will go back to normal when you are finished.

- Find the bottom lines in both of your hands where the wrists and the hands join.
- Put these two lines together and compare your fingers to see which hand has the longer fingers.
- Put the hand with the longer fingers down and raise the other hand with your fingers gently stretched open. (If the fingers in both hands are the same size, just put either

of your hands up and put the other one down.)

- Close your eyes.
- Concentrate your mind on the fingers of the hand you have raised and repeat in your mind for one to two minutes, "My fingers are growing longer, longer, longer."
- Open your eyes and compare your fingers by lining up the bottom of your hands just as when you started the game.

Amazingly, the fingers have become longer. The fingers will go back to their original length when you talk to your mind, "My fingers go back to normal."

Now let's try the reverse. Put up the hand with the longer fingers. And talk in your mind, "My fingers are becoming shorter, shorter, shorter," for one minute. Compare. Look to see that the fingers really have become shorter! Talk in your mind once, "My fingers go back to normal. Then compare and find they are back to their original length!"

This game works because we simply put energy into our fingers causing finger joints to open and the fingers to become longer. And now; do *you* see a hint here for healing yourself? We get sick because our channels are not completely open. Energy cannot flow easily to reach the organs that need the energy. Part of the functioning of these organs has shut down. That's why we feel sick.

Since we can use our mind to make our fingers grow in only a couple of minutes, we can use our mind to open up energy channels. especially when combined with breathing and postures of the body Once the channels open, enough energy flows to the organs that need the energy; and all the functions of the organs come back. The sickness will disappear. That is why you can often expect an overnight miracle.



## Six Keys to Success

### 1) Faith

Life can be divided into two parts: material life of our physical body and spiritual life of our soul Ignoring one can make the other meaningless. Most sicknesses start in our spiritual life and manifest physically.

Trust your soul and the universal energy Life cannot go well without faith and trust.

Our body is the number one healer in healing ourselves. When we get sick, healers and doctors are helpers to make the healing happen. **Nobody can heal us, unless we want to be healed.** Our ancient wisdom told us this thousands of years ago. The only thing we need to do is to follow the guidance of the ages, trust this universal energy; and **believe in yourself.**

### 2) Confidence

A trait of the most successful people of the world is unstoppable confidence. The same holds true for the greatest healers. Here are ways to express your confidence:

- Regard your sickness as your teacher and your friend. Ask yourself why you are getting sick. The sickness relates to how you have been conducting your life. Have you been following the principles of nature? Have you been eating well? Have you been doing exercises including Qigong regularly? Have you been a happy person with universal love, kindness, and forgiveness in all situations in your heart?
- Take your sickness as a positive warning. Listen to your inner voice. Follow it to

understand your life, and you will certainly live a happier and healthier life.

- Accept the truth that everybody has the ability to heal himself and help heal others. We are born with these abilities. As you use them, your confidence builds. As your confidence builds, you will become a more powerful healer.

- Hold in your heart that someday, through your continuous practice and with the help of your master's energy, you will get well.

Blockages are not formed in a day. Some blockages have been in the body for a long time. It may take time for you to let go of them. They stay in your body for a while as a teacher, in order to teach you to get back on the right track of life. When you are totally on track, the sickness disappears.

When you are sick, talk to yourself: "I'm going to practice these exercises every day. I am sure I will get well. If not today it will happen tomorrow: If not tomorrow, it will be the day after tomorrow, or the next week, or next month. I will absolutely get well"

### 3) Call upon the master's energy

Before you do Qigong, self-healing, or healing others, call upon your master's energy. Energy healing or spiritual healing is signal healing, informational healing, and message healing. We can pass our energy to help others heal. As an individual, however, we do not have sufficient energy to give. We must draw on energy outside of our body such as the universal energy and the energy of our master.

The master is someone who has very purified energy, who has very good healing energy, and for whom you have very high respect. He or she could be a person many life circles past, someone who lives at present, or someone in the future circle of life. This person could be Jesus, Buddha, Laotzu, your life's spiritual guide, or your grandma or grandpa. Or, you can call upon all of these people's energy together. No matter whose energy you call upon, you must have high respect for them to receive their energy.

To call on your master's energy is easy. Stretch open your hands. Call upon your master's energy using the intention of your mind. Your master's energy is with you when you feel tingly in your hands, you feel warmth running throughout your body, you see light or color around you, or you smell something very nice and sweet.

### 4) Visualization

Enhance your meditation and self-healing with visualization. **You might visualize the blockage (kidney/gall stone, bone spur, pain or tumor) changing into air [gray smoke] and coming out of the body.** You might visualize a spur as a bird flying out of the body and going back to nature. Visualize whatever may help you.

**Many years ago there was a gentleman diagnosed with liver cancer. The doctor gave him two months to live. But he said, "I don't want to die. I want to live. I still have so much to do." So he maintained a healthy diet, exercised, and meditated. In his meditation, he visualized hundreds of thousands of dragons flying from the sky and coming into his body. Each dragon took part of the cancer away. Everyday he did this for at least two hours. Two years later, he went back to the hospital. The doctors checked him thoroughly. Eventually they admitted he was cancer-free.**

Visualization is energy. Visualization creates chemical activities in the body. Through those chemical activities we produce the right kind of energy to meet the needs of the body and to help the body open its blockages.

I recommend that you visualize a transparent energy column running up and down the center of the torso to help open the channels in the internal organs. At the same time imagine that with each breath you take, you draw energy into every cell of your body,

expelling unneeded energy on the exhale. Visualize that you are one with the universe and your body expands out, reaching the farthest stars.

## 5) Focus

The focus of meditation is different from that of other tasks. For example, when you focus at your work, you have to concentrate very hard on what you are doing. Meditation focus is different. You bring your energy inside the body. You concentrate on one point, such as your lower Dantian, which is deep inside the belly button. At the same time you use your mind to feel energy moving in all parts of your body. Relax yourself into a state of being so that when you do not focus, you feel something, and that when you do focus, the feeling disappears.

## 6) Consistency

Qigong exercise and meditation should be practiced every day, preferably at the same hour. In this way you will set up a system of regulation that can be very healthy to the body. Practice Qigong at least half an hour a day. The longer you practice, the greater the results. Many people say that they do not have that much time for Qigong. Making time now, however, saves time spent in the doctor's office or at home sick in bed. Qigong practice may also reduce the amount of time needed for sleep.

If you do not have half an hour every day, find twenty minutes, or even ten minutes. You will see its benefit and power. With Spring Forest Qigong, you can even do an exercise while waiting for a traffic light, walking through a park, sitting at a concert, waiting at the bus stop, or sleeping.

Many people in western culture like to window shop Qigong. They attend a Qigong workshop today, practice tomorrow with another master, and then next week participate in another Qigong conference. It seems they learn a lot intellectually but do not enjoy the full benefits of Qigong. This is not the right way to do Qigong. All good masters of Qigong have the same opinion. Choose one Qigong technique or form you like best and stay with it for a long time, maybe even the rest of your life, because you will build up your system. One day when you become very good at this form, explore how other Qigong techniques can benefit you. When you shift often from one technique to another, you change your regulation system, which makes it very difficult to bring your meditation and your energy to a higher level. Of course, if you haven't found a Qigong technique that you like, shop around until you find one.

When you first practice Qigong, you might feel the energy strongly. After a week or so you may not feel anything, other than disappointment. Then you quit, which many people do. After a while, you think you need to pick it up again, but the same thing happens. Why? At the very beginning, your body is like a small energy container: only a little energy will fill it up. After you practice for a while, more energy channels open and your body becomes a bigger container. You need more energy to fill it up. So, when you come to the time you don't feel anything, you have reached the best time to develop your energy further. Your body is collecting more energy and is getting ready to go up to a higher level. If you give up and stop practicing, the already-opened channels will close again.

**Please don't stop. Don't give up.** Practice Qigong daily, and reap the rewards.

This practice is not intended as a replacement for any medical treatment or therapy by a physician or other licensed health care provider. Any application of the materials set forth in this educational document are at the student's discretion and sole responsibility. Ask your physician before starting any qigong practice.