



White Tiger
QIGONG

Presents

Organ Medical Qigong



4 Key Qigong Exercises To Achieve
Optimal Health and Everlasting

Organ Medical Qigong



About the Author

At the age of 7 years old Tevia Feng's parents had him begin his Qigong, martial arts and meditation training. Since then he has been a lifelong dedicated practitioner and teacher. He has personally taught hundreds of students from around the world, and has taught in all across Asia to the US.

He has studied Qigong with masters such as, Zhang Yuxuan, Master Luo Pin Cho, Dr. Ming Wu, Dr. Yang Jwing-Ming and Master Liang Shou-Yu, Master Yuan Xiu Gang, Master and more. He has travelled throughout China from Beijing to Taiwan studying in Xing Yi Quan, Baguazhang, and rare Qigong. While in China he also studied at several Daoist monasteries with various martial arts masters, hermits and Daoist masters, studying Golden Elixir Qigong, Medical Qigong, Esoteric Baguazhang and more.

In 2008, Medical Qigong teacher and practitioner Dr. Ming Wu certified Tevia. Dr. Ming Wu also trained and certified Tevia in Tui Na (a medical Qigong acupressure therapy), fire cupping, and magnetic cupping therapy. He has since worked in Dr. Wu's Chinese

Medicine clinic in Guangdong Province, China, practicing Tui Na and teaching Medical Qigong to physically handicapped and terminally ill cancer patients.

He currently offers Qigong, Medical Qigong, Internal Martial Arts workshops, classes and retreats worldwide. He has dedicated his life to spreading this profound knowledge to others with a desire to learn and receive. For more information please see his website whitetigerqigong.com

"I have been to China to train Qigong and Kungfu, but Tevia's training was so much more detailed and thorough explanations that I never got before. I learned more in one day with him than 1 month in China. It was exactly what I was looking for. I will definitely come back to train with Tevia again!"

Julie Francotte/Belgium
Belgacom

What is Qigong

The word “Qi” (chee) means air, or energy, while the word “Gong” means work. Qi is defined as the circulating life force. In traditional Chinese culture, qì (also chi or ch'i) is an active principle forming a part of any living thing. Qi is frequently translated as "life energy," "life force," or "energy flow." Qi is the central underlying principle in traditional Chinese medicine and martial arts. The literal translation of "qi" is "breath", "air," or "gas." On a more profound level, Qigong is connected with the Dao, (or Tao) which is the universal energy that comes from infinity and lives in infinity. It is the harmonizing of yourself between heaven and earth.

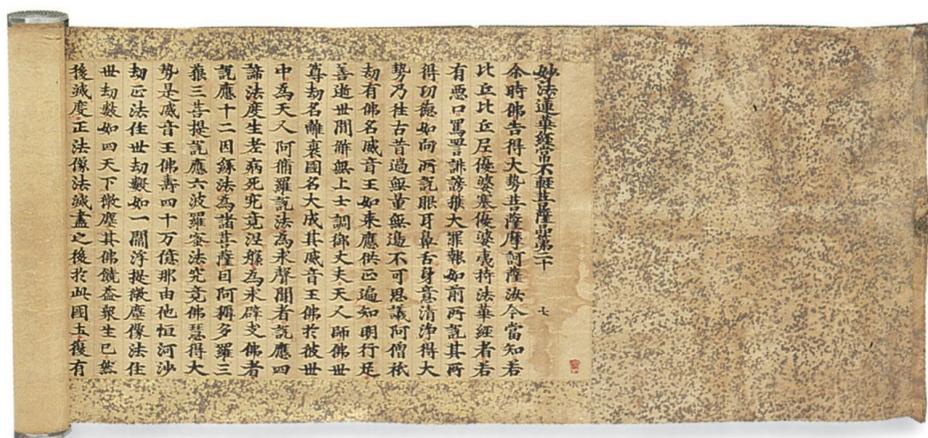
The word “medical” is self-explanatory. When you put them all together, Medical Qigong refers to the systematic application of energy in the body for health and wellness purposes.

The use of Qigong as a medical therapy has been documented way back as far as the ancient beginnings of Traditional Chinese Medicine (TCM). The branch of Qigong that is guided by TCM theory is known as Medical Qigong.

Medical Qigong is a modality of TCM. It is practiced in conjunction with acupuncture and herbal treatment, or strictly by itself. It is a method of moving Qi or energy through the meridians and organs of the body.

One type of Medical Qigong is Outgoing Qigong Therapy, in which the practitioner emits Qi to the patient to move stagnant energy and or move Qi through the meridians and the organs. It is also often used in conjunction with acupuncture and herbs. To become a practitioner of Outgoing Medical Qigong Therapy, one must have a solid history of dedicated practice in Qigong and Medical Qigong theory to be able to generate the correct kind of Qi and direct it with precision. One of my Medical Qigong teacher's prerequisite for Medical Qigong was five years of prior Qigong experience. Outgoing Medical Qigong Therapy, however, is beyond the scope of this book. There are some basic Outgoing practices outlined at the end of the book, but this book is exclusively for a self-healing practice only.

A large number of Qigong documents have been discovered in ancient TCM classics such as the Yellow Emperor's Internal Classic, Huang Di Nei Jing. It is interesting to note that during the Sui Dynasty, Chao Yuan Fang, a



well-known imperial physician wrote a book on Medical Qigong, General Treatise on Etiology and Symptomology of Various Diseases, which only prescribes Qigong therapy for all diseases, instead of herbs.

Modern Medical Qigong is an assimilation of ancient Qigong methods. For example, Buddhists, Daoists and Confucianists all have their own healing Qigong methods. The modern methods are a synthesis of these methods for the purpose of healing and nurturing a healthy life, rather than for the purpose of spiritual enlightenment. What distinguishes Medical Qigong from the others is its special attention to the meridians and organs. There is also a considerable amount of Medical Qigong adapted from martial Qigong, such as Eight Pieces of Brocade (Ba Duan Jin), which was created by Yue Fei, the creator of the internal martial art Xing Yi Quan. The Eight Pieces of Brocade has been a popular basic Medical Qigong set around China and the U.S. due to the fact that the movements are easy to learn, but it is far from being most profound. There are sets of Medical Qigong that go much deeper into the body and stretch the body much significantly. It does not mean one is superior to another, but it is important to realize that Medical Qigong has many different levels.

General Concepts of Qigong

Dan Tian

The Lower Dan Tian, otherwise known as the Xia Dan Tian, is translated as “elixir field,” which is three finger-widths below your navel and two finger-widths behind your navel, then directly to the center of your body from there. There are two other Dan Tians, which are located at your third eye (upper dan tian) area in the middle of your forehead, and your heart (lower dan tian) area. In Chinese, the Dan Tian is the center and battery storage area of your life force. Many types of Daoist and Buddhist meditations and Qigong instruct the student to bring their attention or awareness to the Dan Tian, as it is believed to quiet the mind.

Yin Yang

Yin and yang rests on the belief that wholeness is composed in the union of opposites. They are both complementary and interdependent. Nothing is either all yin or all yang. Where is light there is dark. Look at the



Yin and Yang symbol, and you will see each side is an inseparable part of the whole, while each contains part of the other. They create a continuous flow, following each other. In order to bring your body into balance you must balance your body's Yin and Yang. Yin and Yang principles will be discussed more thoroughly later in this book.

Three Treasures

In Chinese Medicine and Qigong there are three treasures that are to be guarded.

Jing

Jing is our life essence. It corresponds to the physical self and the Earth. It determines how long you will live and it is your life force. It is associated with our genetics.

Our Jing can be depleted by life itself, or overwork, stress, and excessive emotions. It can be replenished through certain types of Qigong and herbs.

There are two types of Jing Qi: Yin Qi and Yang Qi. Thus, within Qigong there is Yin Qigong and Yang Qigong. Life depletes Yin Qi, so someone who is aging may need more Yin Qigong (this is later discussed on the chapter on Water and Fire Methods).

Yang Qigong is deeply empowering. It can rekindle your fire where you have spent it too much, deeply invigorating you. Yang Qigong is used to build creative power, will power, athletic ability, sexual energy.

Qi

Qi is translated as vitality, although it is more complex than that. Qi was already described earlier in the book so I won't go further into it here, but it is important to know that it is regarded as one of the Three Treasures.

Shen

Shen is translated as the Spirit. When we practice Qigong, we are also training the Shen or the mind. The practice of Qigong can calm the mind and spirit. It is said that a person with a strong Shen is intelligent, clear, centered, strong minded, calm and at peace.

Qigong training will naturally calm and concentrate your mind and spirit. In Qigong we also have specific Shen training to train the spirit that is outside the scope of this book, and will be discussed in a future book. Regular Qigong practice can have profound effects on our mind and spirit.

The reason Qigong is so important is because it preserves, protects, replenished and supplies the Three Treasures. The Jing, Qi and Shen work together, synchronized to produce the substances needed to stay youthful. The Jing is always controlled by the Qi;

therefore, it is crucial to guard the Qi. The Shen is the ruler of the Jing and Qi, as it is the basis of the physical body and the foundation of the length of our life.

What Medical Qigong Can Treat

Medical Qigong has been used in both ancient and modern day China to treat a wide variety of illnesses and diseases. It is often used in adjunct with Chinese Medicinal herbs, and in Western medicine. It is even used as a method of psychotherapy. Qigong, like psychotherapy, adjusts the patient's mental state. Going beyond this, Qigong also adjusts the body and breath.

Medical Qigong in China has been used for thousands of years, even until today, to treat various disorders such as:

- Cancer (all types)
- Sports Injuries
- Gastrointestinal disorders
- Orthopedic Disorders
- Broken Bones
- Sprains
- Strains
- Common Colds
- Arthritis
- Flu
- Depression
- ADHD
- Bipolar disorder
- Fybromyalgia
- Blood pressure

“Tevia is one of the best teachers I met. I had several classes a week with him during July-August, 2013. He is very talented as a teacher (and I know what I'm talking about;). And he is an amazing openhearted person. Every time after his class my body and soul were vibrating and pouring with unconditional love, health and strength! I'm very grateful for his profound work with me. Even after I stopped my classes and went to Moscow and was sucked into day-to-day life and didn't practice Qigong for almost 6 moths - EVERYTHING he taught me came back to me as soon as I started.”

Nadia Isaenko/ Moscow, Russia

- Nervous system imbalance
- Emotional Disorders

Who Can Learn Medical Qigong?

There are neither laws nor regulations on Medical Qigong. Anyone can practice Medical Qigong. Only recently has China created a standardized Medical Qigong curriculum, but it is limited in scope, and does not include many ancient Medical Qigong forms and exercises. Complete study would be almost impossible, due to the amount of Qigong taught throughout history.

The Medical Qigong principle rests on the fundamental belief that all illness arises from imbalance and stagnation in the “meridians,” or energetic patterns in the body (see below for more on meridians). It is a preventative medicine used to treat various disorders by restoring and adjusting energetic balances, breaking through stagnation, and bringing unimpeded flow and circulation back to the body.

Medical Qigong is becoming extremely important as healthcare costs continue to rise and economies shrink. People all over the world are waking up to the fact they need to find alternative preventative medicine as a defense against the increasingly prohibitive cost of conventional medical care.

Medical Qigong is practiced by healthy people as well as people with severe illnesses and diseases including cancer, sexual dysfunction, physical injury and even common colds.

Who can Benefit From this Qigong

Anyone can benefit from this Qigong. You don't have to have an illness, disease, or any physical problems to benefit from this Qigong. This Qigong will improve performance for athletes, dancers, yoga students and martial artists. For these types of practitioners it can help improve recovery times, heal muscle fascia, increase flexibility and more.

General Categories of Medical Qigong

The general categories of medical Qigong include Outgoing Qigong Therapy and Medical Qigong Exercises.

Outgoing Qigong Therapy



Outgoing Qigong Therapy requires a giver and a recipient. The recipient is someone who is suffering from an illness or chronic disease, while the practitioner is the healer. The person administering the therapy infuses the receiver with healing Qi, or energy.

The practitioner can use various healing sounds and/or light visualizations depending which conditions they are treating. Tui Na can be considered a type of Outgoing Qigong Therapy.

Tui Na is a Qigong Acupressure therapeutic massage, a recognized form of therapy for a wide range of health problems. Focusing on an “injection” of Qi from the practitioner’s fingers into the patient’s acupuncture points, it also uses wave-like motions and rhythms to loosen joints, nourish muscles, and encourage the flow of Qi. Tui (push) and Na (grasp) are characterized by skillful strokes of gliding or rolling hand and arm movements. Gentle shaking, joint rotations, and stretching compliment this vigorous style. Also known as meridian massage, it opens stagnant acupressure channels and encourages the flow of Qi to any deficient areas. It improves mobility and fluidity, and works from a place of bringing balance and optimal functioning to the body, mind and spirit.

Psychotherapy

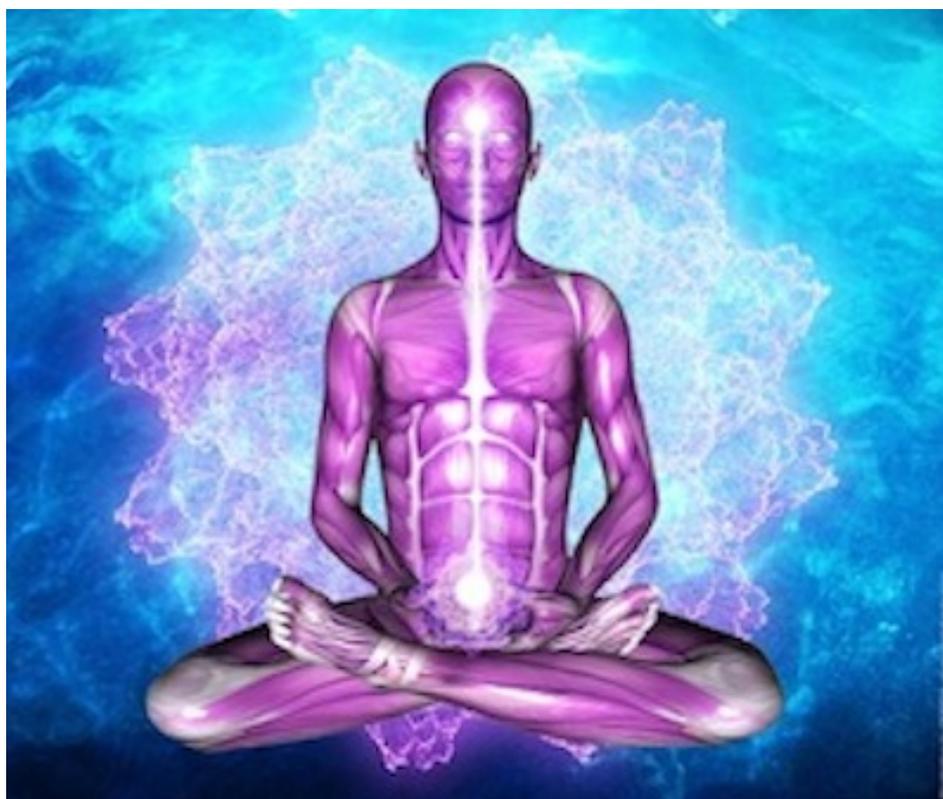
As mentioned above, Medical Qigong can be used to regulate the mental state. This is done on a deeper level through the Three Adjustments. In Chinese Qigong, it is believed that the emotions can be regulated through regulating the body, breath, and mind. This concept will be explained in more details in the next few chapters.

Dynamic Qigong Exercises

There are three main kinds of Qigong: Dynamic, Standing, and Sitting Qigong. Dynamic is simply Qigong in movement. It can be simple, or complicated movements with deep twists, stances and stretches. Standing and Sitting Qigong, on the other hand, are considered more Yin. Sitting is the most Yin practice. Dynamic is the most Yang. Within each practice there is always a way to adjust your Yin and Yang. In any complete system of Qigong, all three are studied and practiced.

Inner Alchemy

Inner alchemy is the deep internal work that happens. A good school of Qigong will start the student at a basic level of inner alchemy and gradually move them to more and more advanced practices. This work can then eventually be integrated with the more dynamic practices to produce a multi-dimensional, multi-layered Qigong skill that works from the surface of the body to the core, all the way to the spirit.



Yin comes from stillness; Yang comes from motion. Yin excess with Yang deficiency is best treated with more Dynamic Qigong, while Yang excess with Yin deficiency is best treated by practicing more Static Qigong. When motion reaches its extreme, Yin is produced. When Yang reaches its extreme, Yin is produced.

Finding the proper balance between Dynamic and Static Qigong are one of the keys to balancing Yin and Yang.

During periods of menstruation, when women need less Yang and more Yin, practices which produce Yang will encourage more blood flow, which is unnecessary in that situation.

Meridian Medical Qigong exercises are designed to open up the meridian channels. The levels of Dynamic Medical Qigong Exercises include:

1st level - Meridian Qigong, or Jingluo Gong

2nd level - Organ Qigong, or Nei Zang Gong

3rd level - Bone Qigong, or Gu Tou Gong

In the first level of Medical Qigong, the practitioner needs to open the Meridian Channels of the body. Once you have opened the rivers (meridians), the next stage is to go deeper into the organs with Organ Qigong. Once you have opened and massaged the organs and meridians of the body, your body will be ready to go to a deeper level of Qigong with Bone Qigong. Bone Qigong requires a lot of flexibility and strength, as it has many deep stances and postures. The Taoists believe that in order to obtain longevity we must be able to guide the Qi deep throughout the entire body and into the bone marrow. See below for more information.

Meridian Qigong

In our Level 1 Medical Qigong course, we teach Meridian Qigong. Meridian Qigong exercises specifically designed to open all the meridian pathways. This is a great foundation to any Medical Qigong or Qigong practice. Many practitioners use it as a warm-up preceding the more difficult Organ and Bone Qigong sets. Each exercise stretches and moves the Qi through one or more meridian pathway away. These exercises will increase your flexibility, strength, and balance. Most exercises within the set harmonize breath with movement. Each movement has a rhythm you must explore to find. It is suggested that you practice each exercise in the prescribed order to reach maximum benefit, but you can focus on particular exercises to work out stagnation in specifically related meridians.

For more information on Meridian Qigong and more see our online course [White Tiger Qigong Online Course](#)

Organ Qigong

After opening the meridian pathways with the Meridian Qigong exercises, the next step is to massage the internal organs with Organ Qigong. We have several Organ Qigong forms including 5 Element Qigong, White Tiger Qigong and Bagua Organ Qigong. These Qigong forms gently massage your internal organs in multiple ways and angles through various stretching movements coupled with compression and expansion of the body.

Note: Once you experience this Qigong, you will likely want to do it every day at least once. Personally, it really wakes my body up and gives me good feelings all over.

Advanced Medical Qigong (Bone Qigong)

After you have studied the Organ Qigong forms, the next stage is to guide the Qi into the bone marrow, tendons and ligaments. This is an advanced stage of Medical Qigong which is more challenging than either Meridian or Organ Qigong, as it requires deep stances coupled with deep twisting movements.

Why is Bone Qigong so important? According to Taoist theory, if you can guide the Qi into the bone marrow you will be able to obtain longevity and optimal health. According to Chinese Medicine theory, the bone marrow is related to the immune system and the kidneys. By strengthening the bone marrow you will strengthen your immune system greatly to ward off disease and illness. According to western, modern medical research we can actually increase the density of the bone marrow through specific exercises. As we age we are more prone to develop things like osteoporosis where the bones become weak and more brittle. Having strong bones is an obvious reason for optimal health and longevity.

The Qi feelings you will derive from each of these sets feel different. If practiced together, you have the opportunity for maximum Qi development with this preventative medicine program that is free and can be practiced whenever and wherever you want.

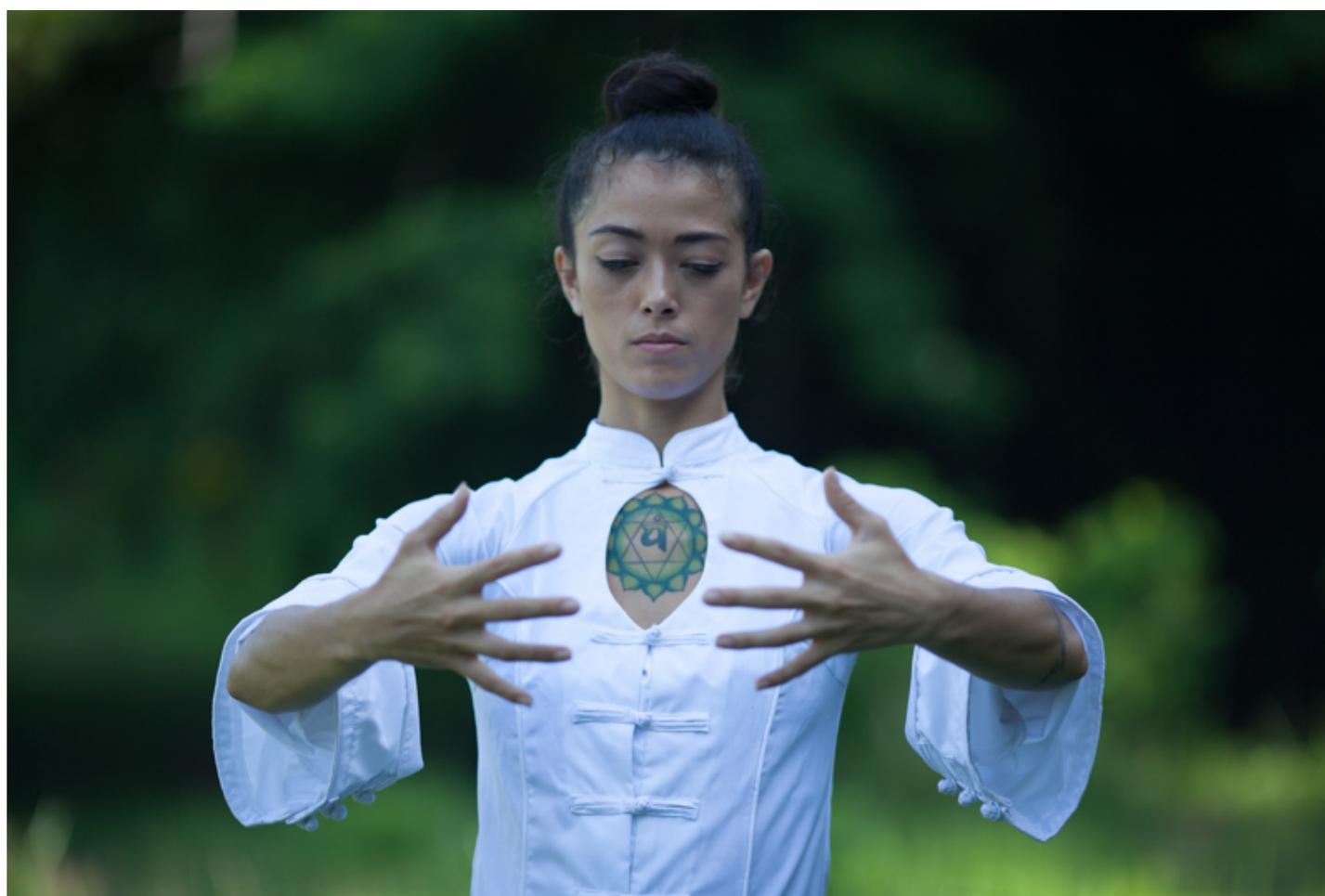


Sitting Medical Qigong (Jing Zuo) and Internal Alchemy Practices

Most beginners will begin their internal alchemy practices doing sitting Qigong or standing Qigong. Sitting Qigong practices, such as Primordial Breathing with the Golden Elixir Breath, are used to treat a variety of gastrointestinal disorders, stress and other illnesses. In traditional Qigong, the saliva is considered the Golden Elixir of health and vitality. The Daoists believe it has very powerful healing benefits.

With *Golden Elixir Qigong*, you generate saliva in your mouth through chattering the teeth multiple times and then swirling your tongue around your mouth multiple times. Then you swallow a small portion of it, coordinated with the inhalation and exhalation. It can aid in problems such as digestive issues, excessive heat, and much more.

Standing Medical Qigong (Zhan Zhuang)



Zhan Zhuang, or Standing Medical Qigong, is literally translated as “standing like a post.” This Qigong training routine is sometimes translated also as “standing-on-stake,” “standing Qigong,” “standing like a tree,” “post-standing,” and “pile-standing.” The Standing Medical Qigong is used in both martial and medical Qigong to help balance the central nervous system. There are many kinds of Zhan Zhuang, the most common posture of which is where the feet are placed about shoulder-width apart, the knees slightly bent, and the sacrum tucked in. There are several hand postures. Zhan Zhuang can also be used with various animal postures for different effects on the different meridians and organs. One of the main goals of most of its styles is centering the body between heaven and earth. Rooting into the earth through the feet and connecting into the heaven through the crown point of the head, your spine lengthens and your place is found between heaven and earth. Standing Medical Qigong also helps you in practicing the proper back posture before going into dynamic exercises. Despite having no recognizable external movements, this type of Qigong is a highly energetic exercise system. Zhan Zhuang, unlike other methods, develops the internal energy efficiently instead of consuming it.

Those unfamiliar with this Medical Qigong can experience severe muscle fatigue and subsequent trembling at first. But once sufficient stamina and strength have been developed, the practitioner can now work on developing "Zhong ding" or the central equilibrium and sensitivity to specific areas of tension in the body.

Meridian System

What are Meridians?

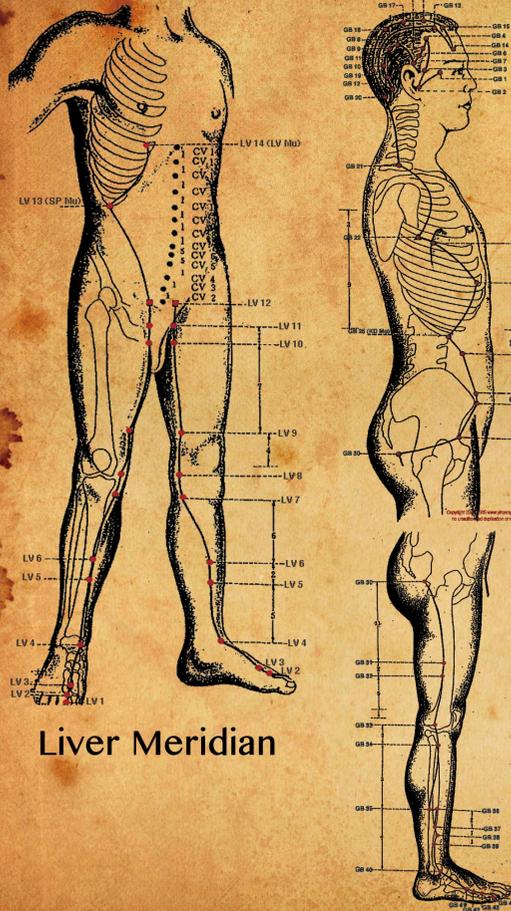
Meridians are invisible channels of energy that run through the human body, through which Qi and blood circulate in the body. The twelve primary meridians, also known as the Twelve Channels, correspond to the twelve internal organs of the body. These meridians are a complex matrix of “energy highways” in the body and organs through which Qi energy flows.

Each of these meridians or channels are linked to a specific organ or organ system, resulting in a unified whole. As pathways of energy, meridians serve as lines of communication throughout the organs and the body, as well as maintain the ebb and flow of vital energy in the body, helping to maintain a balance of yin and yang. The acupuncture points run along these meridian pathways. The meridian pathways all end in the feet and hands, which are therefore called the Four Gates.

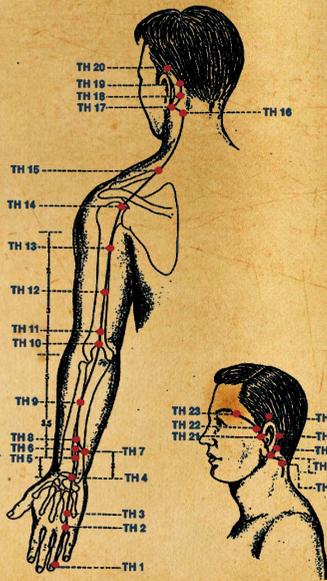
There are twelve meridian channels in the body, corresponding to different body systems. There are also two additional meridians—the Ren and Du channels—otherwise known as the Governing and Conception Vessels—making a total of Fourteen meridians.

Meridian diagrams show only the surface pathways of the meridians. Inside the body, each meridian is connected to its associated organ. Because the meridians flow through different parts of the body along with their associated organ, a deranged energy pattern in an organ is easily transmitted to other body parts along the course of the same meridian.

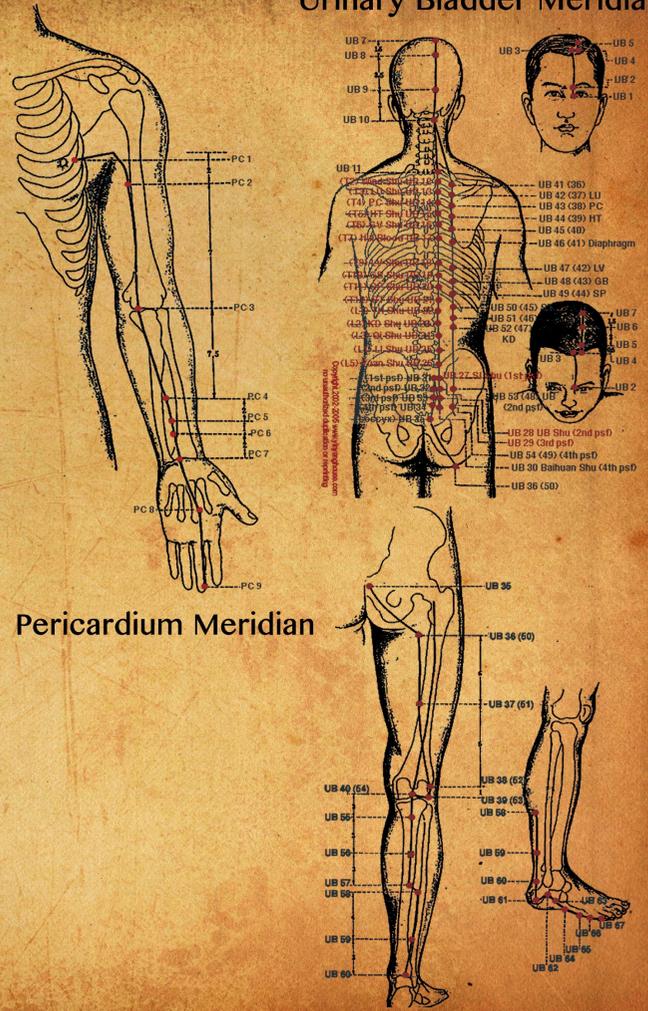
Gall Bladder Meridian



Triple Heater Meridian



Urinary Bladder Meridian



Liver Meridian

Pericardium Meridian

Organ Qigong Theory and Principles

While it is necessary to regularly move all areas of the body through a full range of motion to maintain optimum health, there are two areas of primary importance when practicing this Qigong. These are, the joints of the body and the internal organs. The internal organs are responsible for the production, storage, and distribution of energy in the body. If the internal organs are not free to move as they were designed to move, they will not function properly.

Each of the internal organs are designed to move inside the body cavity in a specific manner. If they do not move as they should, the ligament attachments which hold the organs in place begin to tighten and the organ will either not be able to move freely or will become stuck in an awkward position. Many internal disorders such as kidney stones, bladder infections, poor digestion, the internal organs not being able to move properly inside the body can cause shortness of breath, and high blood pressure. Proper motion can be easily facilitated through a systematic program of exercise.

Internal Organ Massage

There are specific arm, leg, and body motions, which facilitate the movement, massage, or “exercise” of the internal organs of the body. For example, when the arms spread out directly to the sides and the practitioner inhales deeply, the lungs are able to stretch and move properly and thus the heart also has room to move. Similarly, when one hand is raised and the ribs on one side are opened, the lung on that side moves outward and the heart has room to swing slightly over to that side. Alternating left and right raising and lowering of the arms enables the heart to move back and forth in a slight swinging type of movement and this helps the heart’s function. When one or both hands are raised above the head, the ligament attachments of the liver and/or spleen are allowed to stretch and move. Additionally, raising the arms above the head and lowering them back down aids the function of the lymph system. This system does not have its own “pump” as the blood and air systems of the body do and so it relies on body motion to move the fluid. Twisting motions of the torso side to side also aids in exercising the liver and spleen. When the lower back is rounded and then straightened or bowed, the kidneys become mobile within their sphere of movement.

Points of focus in movement with Organ Qigong

- Smooth continuous flowing movements
- Correct, natural alignments
- Use of naturally efficient motion

- Supple and soft movements
- Go to your full range of motion
- Stay rooted and use ground energy by feeling rooted from the feet and legs

The Organ Qigong works by developing supple and loose joints and to allow the organs to move freely within the body. Only once this happens can your Qi begin to reach optimum development.

Each exercise stretches or massages the organs and their associated ligament attachments in different ways. As the body moves and the organs are massaged and manipulated, the organ Qi is strengthened. If you are fatigued after an exercise you can close before the next one.

Additional Benefits of Organ Qigong:

- Each organ is massaged thereby strengthening organ Qi Develop whole body's

- strength

- coordination

- flexibility

- balance

- agility

- mobility

- internal connection

- internal energy

- dilate the meridians

- loosen the joints

- spread Qi from the Dan Tian to all areas of the body

- It is important once you learn the set to try to keep the Qi feeling throughout the entire sequence of exercises.

The organ Qigong set works the spine through every possible rotational angle. It creates a balance of compression and decompression for the vertebrae. It takes it through all the

Tevia is such a gifted Qigong teacher. He walks his talk and knows his art. Whether you are new to Qigong or have been practicing for years, Tevia will meet you where you are and help you to deepen your practice. My wife said I was glowing after every session and in a couple months I was able to learn a few series of movements that will improve my health for a lifetime. This has been a life changing practice and I am now in the best shape of my life!

Jeremy J./ USA

Accountant

spinal ranges of extension and flexion. It will create a supple, elastic spine that is also very flexible.

Inhale should be coupled with expansion of the chest and exhale with the compression.

- When 1 or both hands are raised above the head, the ligaments attached to the liver and spleen can move

 - Alternating left and right raising of the lower arms allows the Heart to swing slightly over to that side. It also aids the function of the lymph system

 - Twisting motions of the torso side to side aids in exercising the liver and spleen
- In each exercise of the organ Qigong set we are dilating the meridians. Each exercise stimulates at least one or more organs and then we move that organ Qi through the meridians to the extremities. Although the focus is on the organs here there is also great benefit to the meridians.

Next we will go into the Organ Qigong exercises.

My initial reasons for wanting to study and practice Qigong were to support my own rehabilitation post-knee surgery, whilst pursuing my desire to train in a dynamic mind-body-centred practice, that had a respected and sound moral code, and which would also provide tools to centre and quieten the mind. Having researched different styles of Qigong, I took a detour on my travels specifically to study - Medical Qigong - under the tutelage of Tevia Feng. The array of positive benefits and enjoyment I experienced on a personal level, led me to extend my stay and train to become an instructor. Tevia is without doubt a gifted master, whose passion and dedication to his chosen path, including his commitment to constantly refine and deepen his practice, is infectious. His knowledge, patience, openness and approachability; combined with his grounded- and humbleness make him, in my opinion, an exceptional teacher who I hold with only the highest regard. I leave our time spent together a more well-rounded individual and I look forward to continuing and developing my studies with him in the future.

David Wilson/ United Kingdom



Throwing Away The Trash

This exercise acts to cleanse the body and the mind before going into the rest of the set.

Inhale, stretching your fingertips to the sky, going up on your toes, and expanding your rib cage. Imagine you are inhaling the fresh Qi in front of you completely filling your body. When you have reached your maximum, exhale at the same time allow your lungs to collapse and letting go of the arms as you “throw” forward. You come down into a slightly crouching position. This allows the organs in the front of the body to expand on the inhalation and compress on the exhale, which helps expels toxins. You want to imagine that you are throwing away any emotions and toxins inside of you. For at least 6 breaths use one of the 6 healing sounds as you exhale to expel the energy from that organ.

Benefits:

- Heart
- Lungs
- Serves as a warm-up
- “Wakes up” the body
- Opens the fascia around most of the organs
- Expels toxins from the body and clears the mind
- Aids the function of the lungs as the rib cage expands
- Serves to relax the body



The Wave

The Wave is a fundamental exercise of many Qigong systems. It is in Wu Chi Style Tai Chi, Baguazhang, The Dragon System and many others.

The Wave wakes up Dan Tian, stomach, stimulates digestion, creates a supple spine. You can see the Wave in detail in our online course [White Tiger Qigong Immersion](#). Gently thrusting the hips forward, feeling each vertebrae gradually opening, bringing the wave up to your chest, and then drawing a circle with your sacrum, starting all over again. The chest expands at the top with the inhalation reaching it's peak and then gently relaxes and compresses with the exhalation. This exercises prepares you for the next exercise.

Instructions: Start with the feet shoulder width apart and knees slightly bent. Keeping the arms by the sides and elbows slightly bent as if you are holding a ball. Using your feet to

push into the ground as if you are going to jump, begin to gently thrust your pelvis forward, tucking in your tailbone, feeling your lower spine contracting. Keep rolling the spine forward up until you reach the top of your spine. At this point the chest is arched forward and as this happens the tailbone is going backwards as if you were going to sit in a chair.

Keep the movement continuous. Keep the breath natural and relaxed. If you want to learn the breath we suggest you first master the movement. It should feel like a wave is rolling up through your spine. You can feel the kidneys and the intestines getting an internal massage.

Tips:

Move your tailbone in a circle going in a forwards to backwards direction. In the beginning feel as if you are going to jump and at the end feel as if you are going to sit in a chair.

Benefits:

- Kidneys
- Liver
- Digestion
- Increase Sex Drive
- Supple Spine



Dragon Tail Whips Qigong

Instructions: Using the same principles of the Wave for the body mechanics of the back, but adding arm movement.

With the palms facing up at the waist begin the Wave up the spine, turning the palms behind you and rotating the shoulders outward and behind you while inhaling. As you bring your arms around to the front front begin exhaling as the arms come together compressing the lungs and begin again.



Benefits:

- kidneys

- liver
- lungs
- digestive organs
- sexual organs

Same as the previous exercise, but increases the lungs work in the process. This will increase the mobility in the shoulders greatly as it also increases coordination. It will soften and stretch the wrists, shoulders and the joints in the arm. This will help stimulate Qi flow from the core to the arms.

Serving Tea Cups Qigong



There are many variations of this exercise in different systems. White Tiger Qigong teaches over 4 different variations.

Instructions: With the left hand in front facing up and the right by the floating rib cage (palm up) while in horse stance, twist across to the right, bringing the left arm across the body. Come down to your lower dan tian and across, circling to your kidney behind you. Bending forward, bring the palm over and in front all while keeping the palm up. Moving in a circle around to the right, come up with your body and now bending backwards, circle to the left until your arm reaches back to center again. Become aware of spiraling energy in the body as you move; Focus on holding tea cups in both palms and in your and do not spill it. The image of holding tea cups and not spilling the tea helps the practitioner retain an intense focus (intention) on the hands and thus “keep the Qi” in the hands throughout the exercise.



Benefits:

- Liver
- Spleen
- Lungs
- Heart
- Loosens the spine, neck, hips, shoulders, wrists, and elbows opens the chest, gentle lower back and kidney massage, full neck rotation, shoulders, wrists and more
- Stretch the intercostal muscles and rib cage

Gaining an increased degree of suppleness and flexibility around the spine is essential for maintaining optimum health.

These are just 4 Organ Qigong exercises of a set of 8 Organ Qigong exercises. If you are interested in learning more please visit come to take a workshop or visit us online.

How Qigong Is Best Learned

Qigong is best taught face to face with a well-experienced teacher and a serious student. Learning from books and videos is no substitute from the real thing, as a teacher can guide you to correct improper posture, breathing, and other deviations. This could save you years of training mistakes. If you are interested in learning the Fourteen Meridian Qigong Set in person, see our website for our latest workshops and retreats. You can also book a live video Skype session.



2 Special Discounts For Readers

Since you have taken the time to read this Qigong eBook I would like to offer you some special savings and discounts:

25% Off your first Skype Lesson with Tevia Feng



*\$200 Off our next [Qigong Teacher Training](#). When you apply simply let us know you have read this ebook and want the \$200 discount. **Note this cannot be combined with other discounts or promotions.**

To Your Health and Longevity!

Tevia Feng

Founder of

White Tiger Qigong

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