

Shibashi (tai chi) Qigong

18 Harmonizing Movements

<http://taichi18.com/>

1. Mist Rising Off the Lake (Raising the Qi)

Inhale: Raise arms until shoulder level, wrists loose,
palms down

Exhale: Relax elbows, sink down and lower arms to your sides

2. Opening on Top of the Mountain (Opening the Heart to What Is)

Inhale: Raise arms until shoulder level and out to the sides; palms facing each other

Exhale: Bring arms together until width apart, palms facing each other, turn them
down and lower them to the sides while sinking slightly.

3. Swinging the Rainbow

Inhale: Raise arms above heads, palms facing each other

Exhale: Transfer weight to the right leg and bend from the hips to the right; left hand above
head, right hand out to the side at shoulder level.

Inhale: Return to center, palms facing each other

Exhale: Repeat on other side.

Inhale back to center

4. Parting the Clouds

Exhale: squatting down toward ground as far as is comfortable, cross arms at wrists, palms up.

Inhale: Rise up and lift arms above head, palms facing the sky; looking up at hands.

Exhale as you part hands and sweep arms out to side, bringing gaze forward, and squatting
down to repeat.

5. Floating Silk in the Air

Inhale: Arms extended out to sides at shoulder height, palms forward

Exhale: Spiral the whole spine to the right, sweeping left arm across body, right hand
(backhand) and arm lifts up and back.

Inhale: Spiral the spine in opposite direction, sweeping left hand (backhand) and arm and
right arm (forehand)

6. Rowing Across the Big Lake
Inhale: Raise arms in a circular motion back and upwards above shoulder.
Exhale: Sink or squat down and lower arms to the front as if "rowing a boat."

7. Raising the Sun
Inhale: Raise left arm diagonally in front of right shoulder, palm up while shifting weight onto right leg; left heel comes up and turns slightly in.
Exhale: Turn palm down, lower left arm, shift weight back and repeat with right arm.

8. Gazing at the Moon
Inhale: Same as Raising the Sun but with both hands palms up, look between hands (gazing at the moon).
Exhale: Palms down, cross in front of center, palms up to other side.

9. The Wind Rustles Lotus Leaves
Inhale: Arms at center, palms up
Exhale: Right palm pushes out towards left (2/3 of way), right foot sinking into ground.
Inhale: Rotate right hand, make a fist as if grabbing something (lotus leaves), bring right palm back to center and repeat on other side with left palm pushing out as you exhale.

10. Wave Hands Like Clouds
Inhale: Raising right hand in front of face, palm facing you, gaze at palm as you spiral to the right.
Exhale: Spiral to left while lifting left palm to eye level, repeating on other side

11. Scooping the Ocean and Look at the Sky
Inhale: Step forward with left leg
Exhale: Shift weight onto left leg while lunging down, hands cupping to "scoop"
Inhale: Shift weight onto right leg, lift left toes and bring up arms over head, following the arm movement with the eyes and opening the arms to the sides (look at the sky)
Repeat 6 to 8 times on left side, then switch to right side

12. Pushing the Waves
Inhale: Bring hands to shoulder height, palms facing forward
Exhale: Lunge forward on left leg and push out hands in a wave-like motion.

Inhale: Shift weight back on right leg and bring arms back to body.

Repeat 6 to 8 times on left side, then switch to right side

13. Dove Spreads its Wings

Exhale: Raise arms to the side, palms facing each other and circle arms around to front, as you step out on left foot.

Inhale: Shift weight back on right foot and bring in arms in, palms facing the chest.

Repeat 6 to 8 times on left side, then switch to right side

14. Dragon Emerging from the Sea

Inhale: Bring fists up to hips

Exhale: Slowly extend fist forward while sinking slightly in knees

Inhale: Rotate fist and draw in towards the hip.

Repeat with other fist.

15. Flying Wild Goose (Fly Like an Eagle)

Inhale: Raise arms sideways above head, palms out, bring backs of hands to touch overhead, lift heels if you don't wobble.

Exhale: Lower arms and heels and squat down as far as you feel comfortable, palms down.

16. Windmill Turning in the Breeze

Inhale: Raise arms towards the left and above your head in a circular motion.

Exhale: Continue circling the arms towards the right and downwards while bending the waist forward and sink in the knees.

Continue in this direction 3-5 times then switch directions.

17. Walking Through Tall Grass (Stepping out of Samsara)

Inhale: Raise left foot and right arm (palm down) simultaneously.

Exhale: Lower them gently.

Inhale: Raise right foot and left arm (palm down) simultaneously

Exhale: Lower them gently.

18. Gathering the Fragrance of the Earth (Balancing the Qi to Close)

Exhale: Squat down and rise up with palms face up until chest/throat level

Inhale: Turn palms down, lower arms to center and sink slightly.

After finishing the movements, place your palms on your center (Dantien);

Stand still for a minute or as long as you feel comfortable and sense the energy in your Dantien. If you want, you can visualize a pearl in the center of your pelvis, the breath as a silk cloth and the light of awareness shining on it.