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Integral Qigong

Seven Precious Gestures

Fall Weekly Intensive

At The Kula Center for the Movement Arts

Thursdays 7:15 – 8:30 pm
October 12 – December 14, 2006

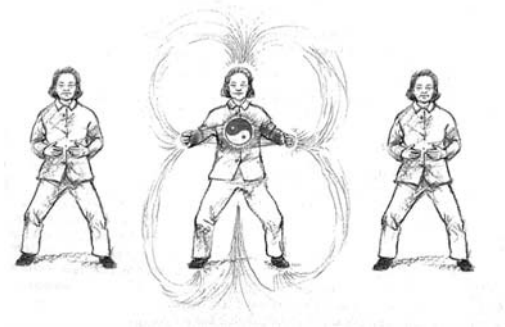
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www.enchanted-journeys.org



The Seven Precious Gestures (*Integral Qigong*)

With an estimated 10,000 forms of Qigong, where does one start? Start with what attracts you and what is available. If you enjoy the presence of a particular Master or teacher, study with them. If you do not enjoy a particular Master or teacher's presence, do not spend time with them. Also, specific forms speak to different people with different constitutions, body types, and so on. What attracts you is what you are going to learn from best, but do not limit yourself. Get out of your comfort zone and try a different form now and then. You will be surprised what you learn.

Integral Qigong has emerged from the Santa Barbara School of Oriental Medicine, under the auspices of the Institute for Integral Qigong & Tai Chi (IIQTC). The founder of the school and IIQTC, Dr. Roger Jahnke, is a Cincinnati-born teacher and practitioner who teaches and practices around the world. Integral Qigong concentrates on the most profound principles of Qi cultivation from medical, Taoist, and Buddhist Qigong traditions, wrapping them into comprehensive and easy to follow instructional systems. Integral Qigong consists of classic and simple Qigong forms, including the four essential components: posture alignment and gentle movement; breathe practice; self-applied massage; and, relaxation and meditation techniques. This fall we will be learning and reviewing the Integral Qigong form known as *The Seven Precious Gestures*.

The Seven Precious Gestures is a sequence of (surprise!) seven movements (plus opening and closing) that was developed by contemporary as well as traditional Qigong Masters associated with the Santa Barbara School of Oriental Medicine. The movements reflect the ancient Taoist internal art of Dao Yin via deepening through meditated movement, relaxed breathing, and posture alignment. The particular sequence of movements is intended to induce a relaxed healing state. The evolution of *The Seven Precious Gestures* is rooted in ancient Qigong isolations that are integral to many of the various Qigong and Tai Chi forms that are known in the world today.

The Seven Precious Gestures is a unique sequence of qigong exercises that you can not only take home with you and practice whenever you find the opportunity, but it also provides a template to cultivate a deeper internal dialogue. *The Seven Precious Gestures* speaks to many levels of being within the framework of body, mind, and spirit. The simple sequence of movements (nine total movements: opening, 7 movements, & closing) contains many Taoist secrets waiting to be discovered in your pursuit of wellness. In essence, *The Seven Precious Gestures* can become a tool to help you in your journey for deepening your practice of the cultivation of Qi within and around. And further still, *The Seven Precious Gestures* can become a tool for developing a deeper relationship with the Spirit of the Tao and your eternal nature.

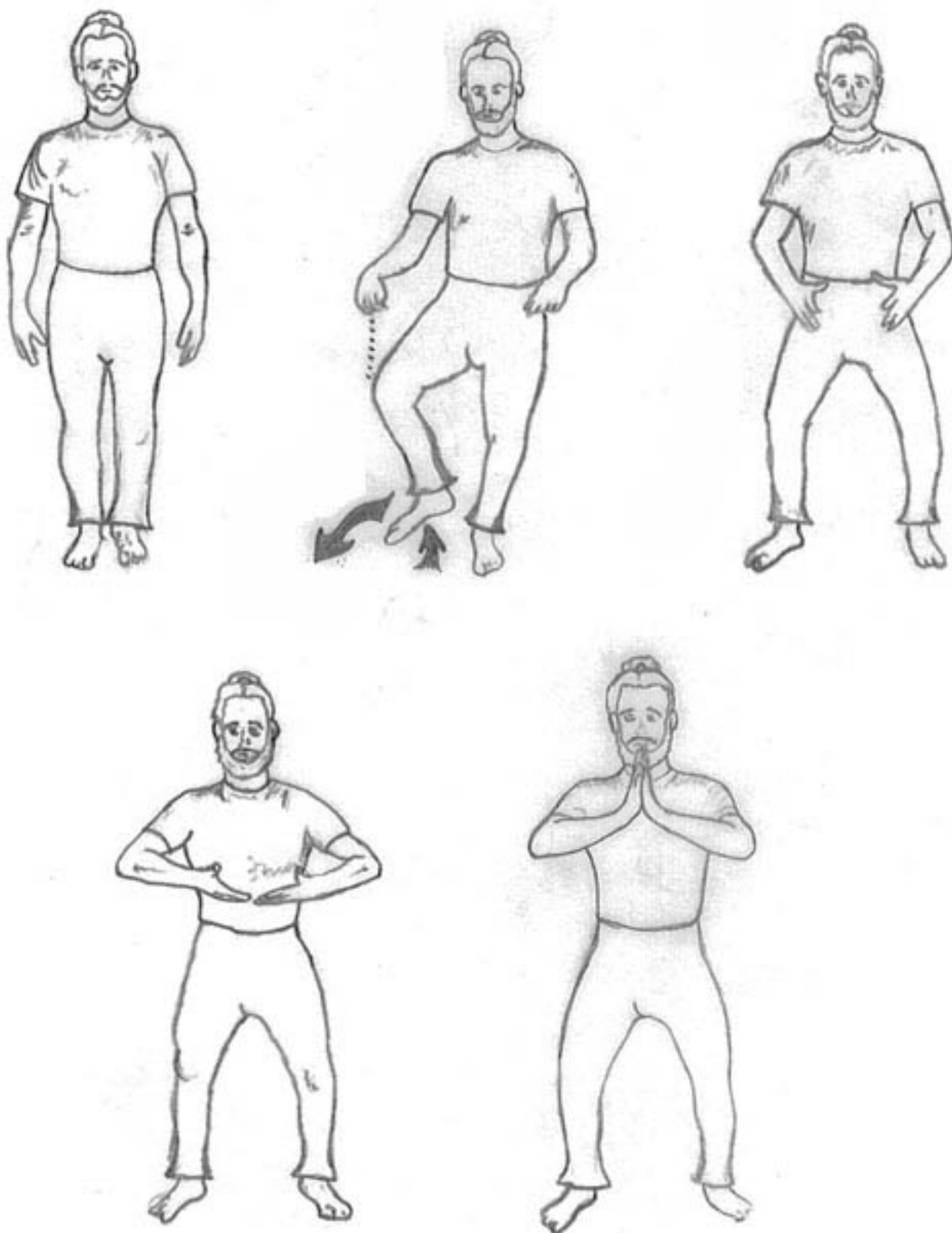
I really hope that you enjoy your time in practice and play with *The Seven Precious Gestures*. Please do not hesitate to ask any questions after class. My contact information is listed on the front page to this course booklet.

Live long and eat well!

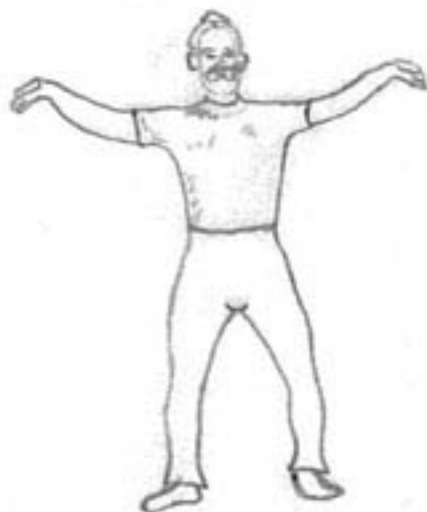
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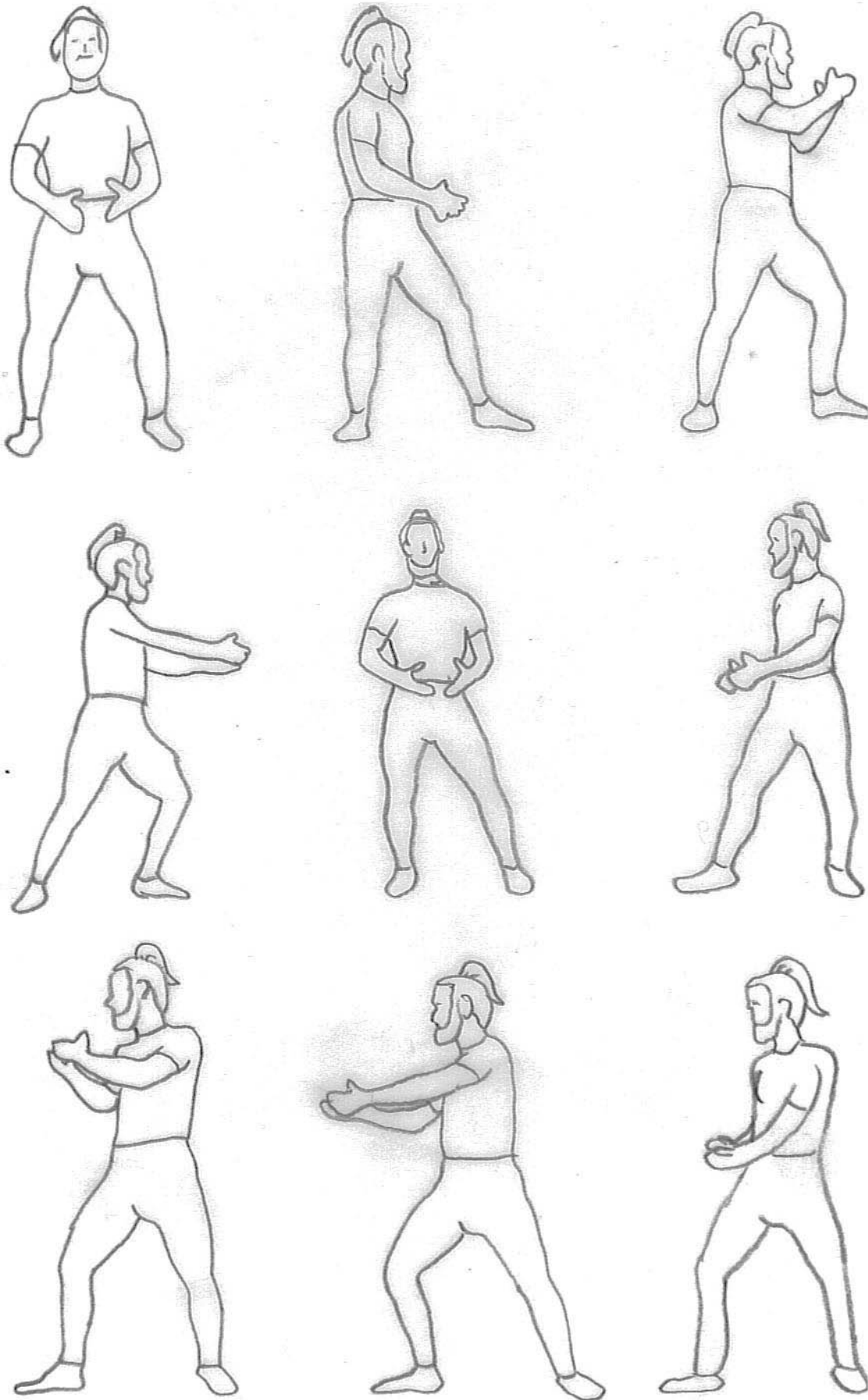
1. IIQTC Opening Form



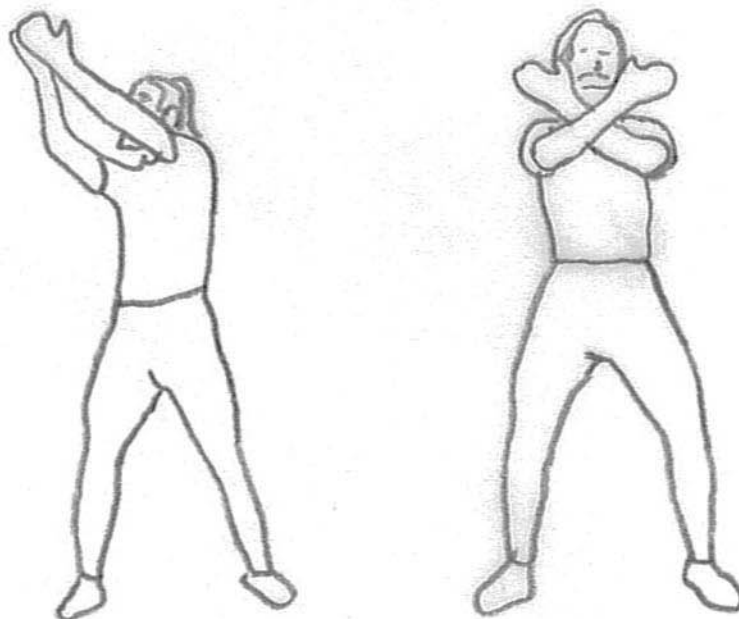
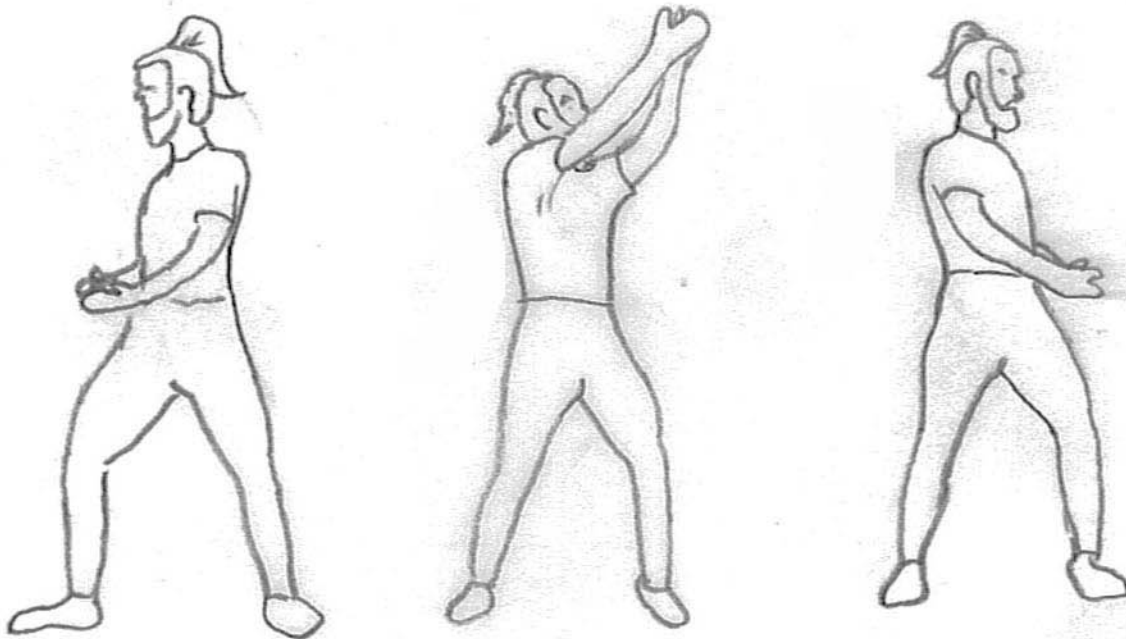
2. Beating the Temple Drum



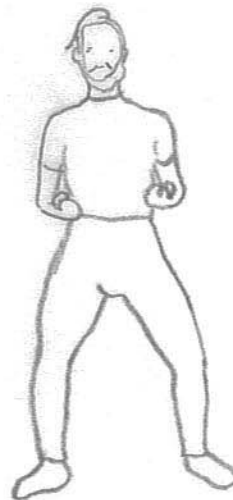
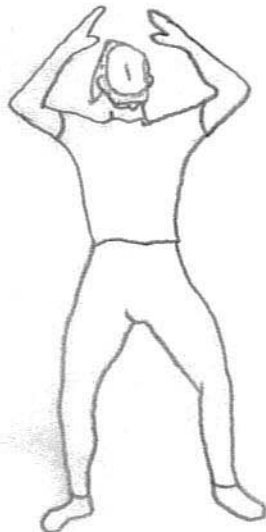
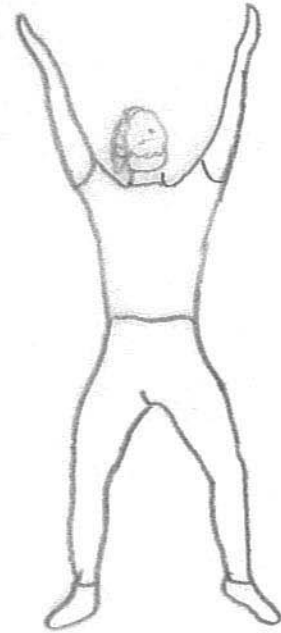
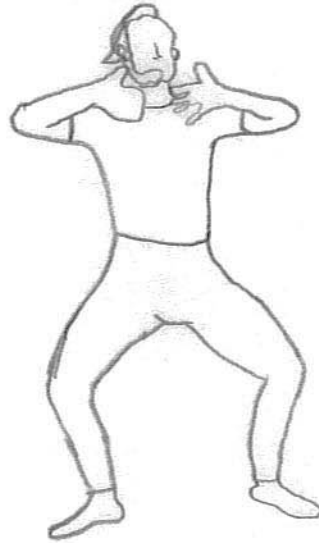
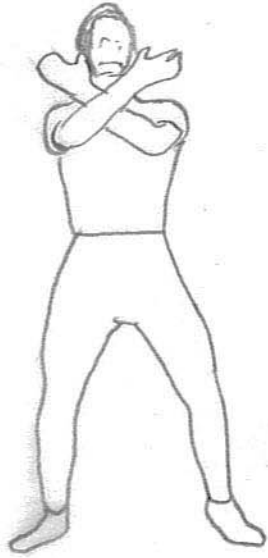
3. Tracing the Drum



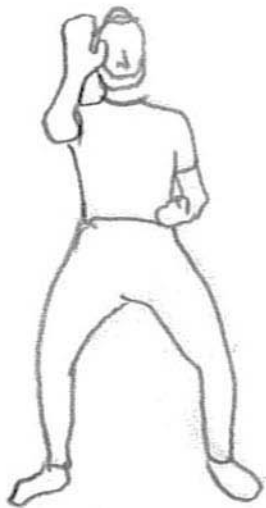
4. Gather & Release



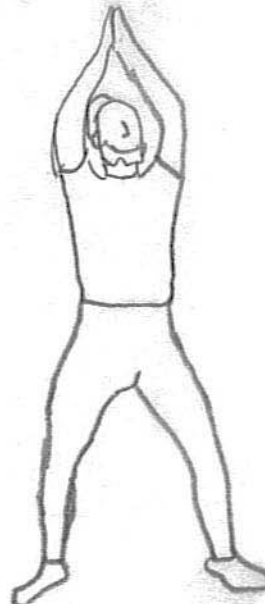
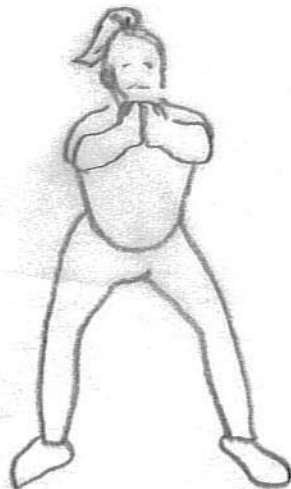
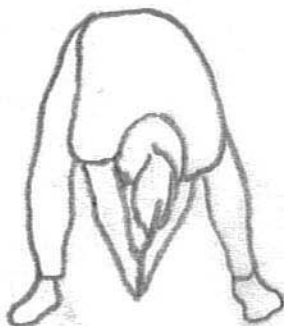
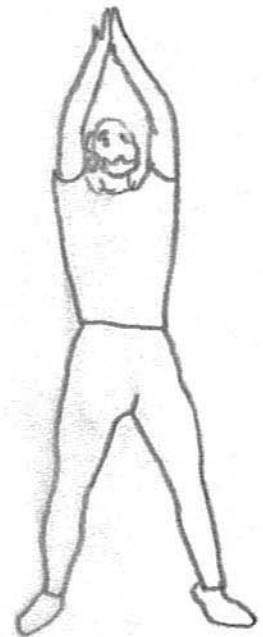
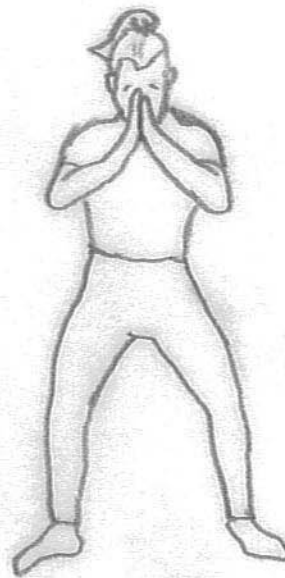
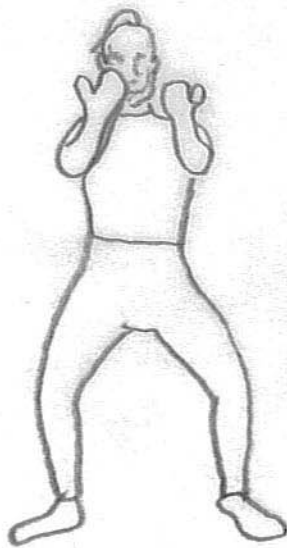
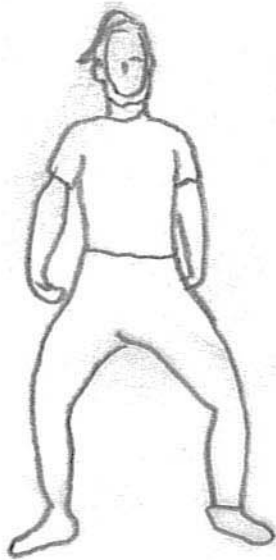
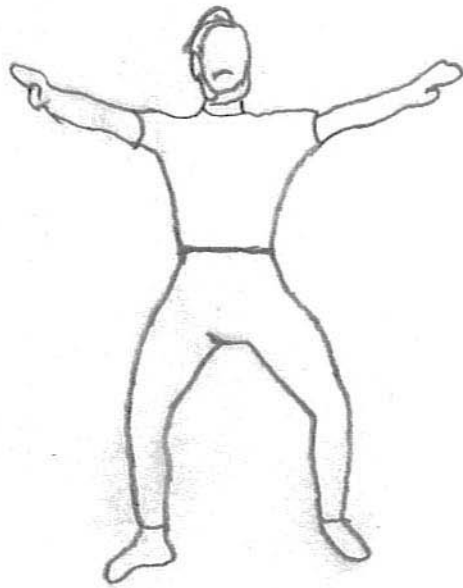
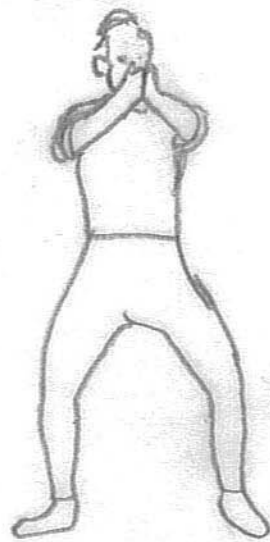
5. Gathering from Earth & Heaven



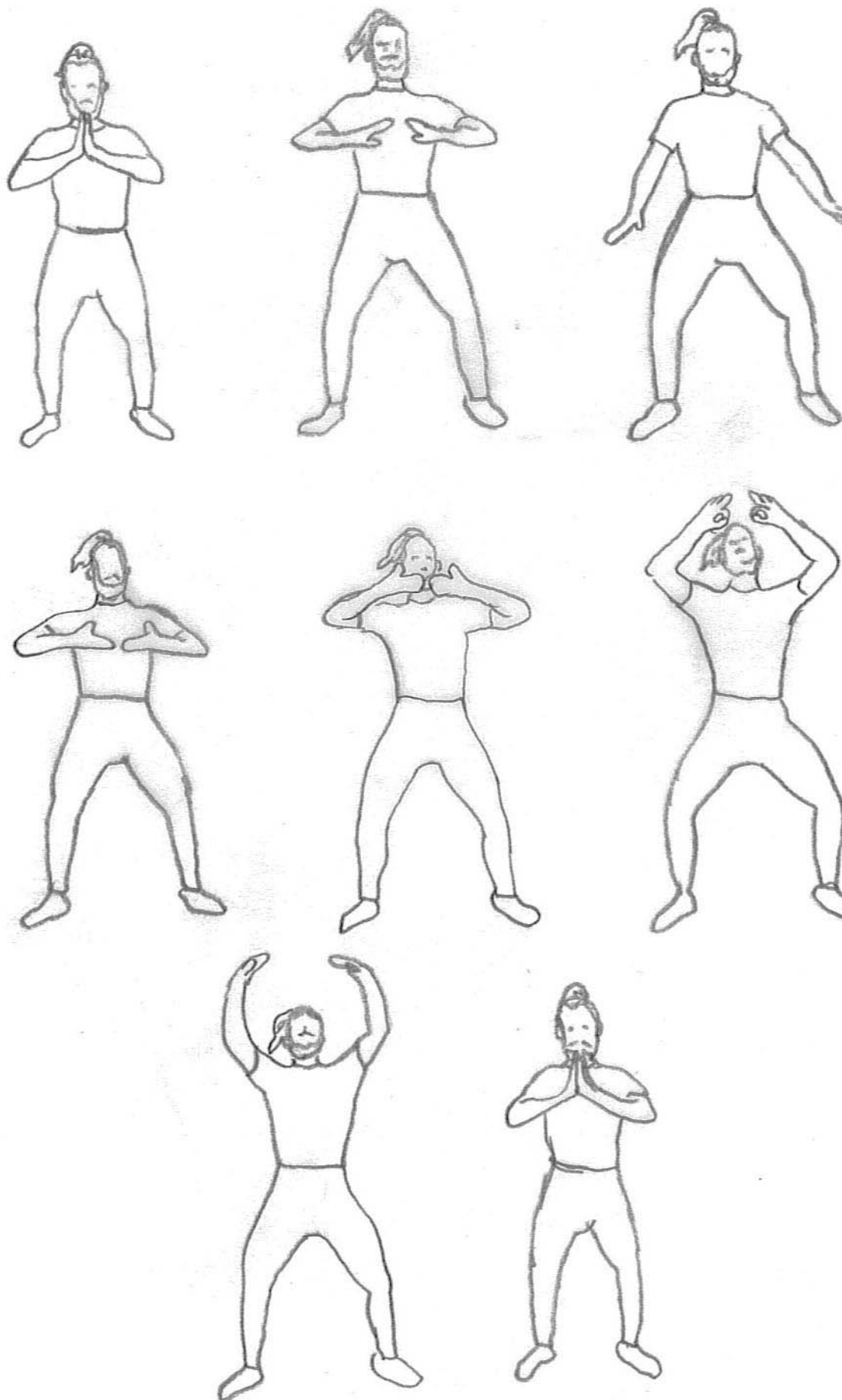
6. Calm at the Center of the Universe



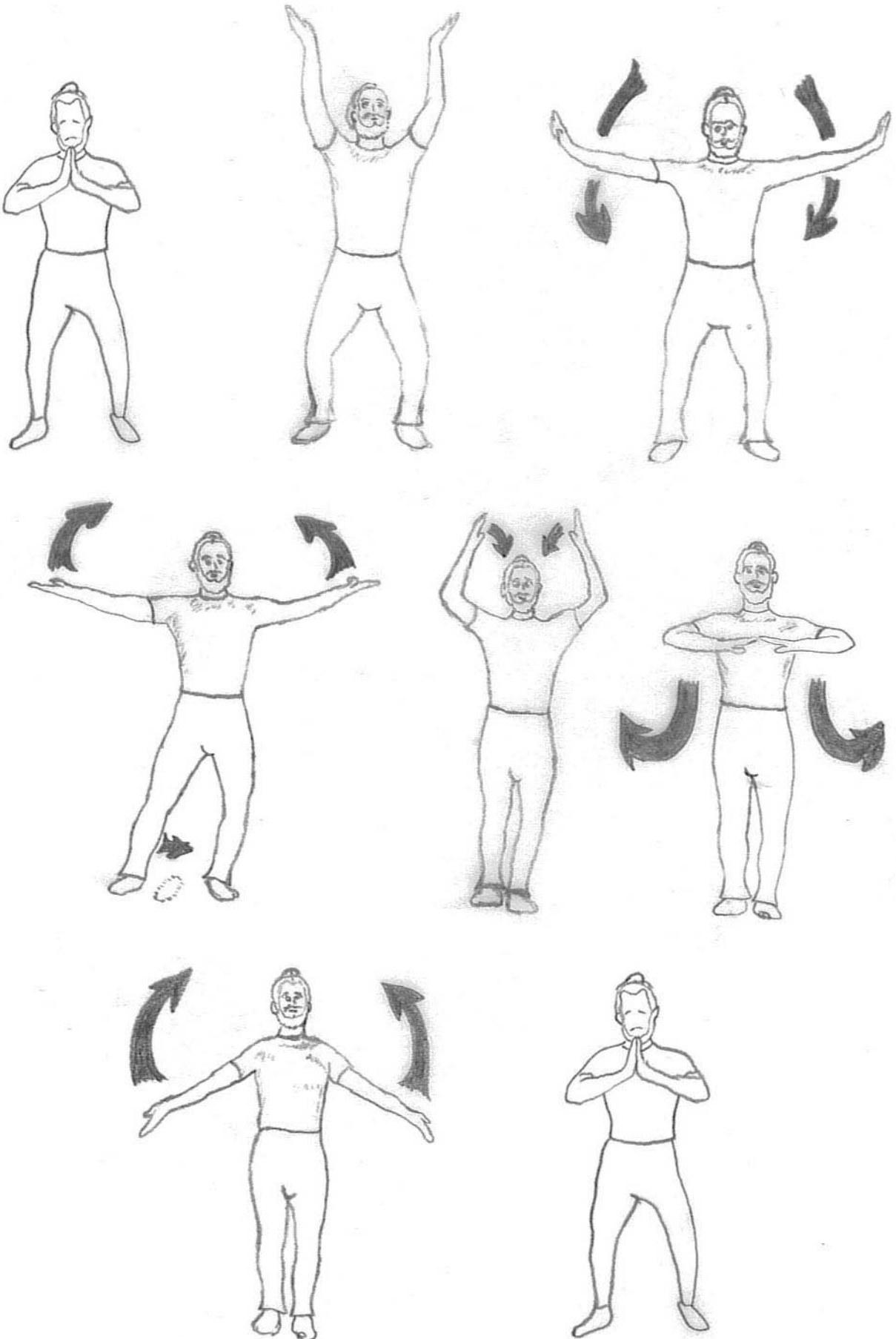
7. Waiting at the Temple Gate



8. Swallowing the Pill of Immortality



9. IIQTC Closing Form



IIQTC's
Seven Precious Gestures

Glossary

<u>Term</u>	<u>Definition</u>
<i>Bai Hui</i>	The Point of Celestial Convergence at the crown of your head, the soft spot of your head when you were born.
<i>Dan Tian</i>	(or Tan Tian) Elixir Fields; there are three elixir fields, or energy centers in the human body including the Lower Elixir Field (near the navel), the Upper Elixir Field (from the Pituitary gland to the crown of the head), converging in the Middle Elixir Field (or the HeartMind at the heart).
<i>Di Dan Tian</i>	Earth Field, or Lower Elixir Field in the body located about 1.5” below the naval; also known as the Ocean of Qi.
<i>Jing</i>	Earth energy; our inherent energy levels; the foundation of our eternal nature; capacity and potential.
<i>Qi</i>	(or Chi) A resource so essential and so fundamental that it is impossible to translate directly into English; energy; life force; essence of the universe.
<i>Qigong</i>	The practice of cultivating the essence of the universe within.
<i>Shen</i>	Heaven energy; spirit; our transcendental nature, non-local, boundless self; eternal nature; merging with the Tao, the One.
<i>Shen Dan Tian</i>	Heaven Field, or Upper Elixir Field.
<i>Tai Chi</i>	Supreme ultimate balance and harmony (of the forces of Yin and Yang).
<i>Tao</i>	(or Dao) the way; the ultimate way that things work; the One; the entire universe all encompassing no bounds and pervasive through all that is.
<i>Wuwei</i>	Non-action; going with the flow; not planning or imposing one's will on a subject, event, or experience.
<i>Xin Dan Tian</i>	Heart Field, or HeartMind; the elixir field of the heart at the center of the alchemical mixing process of balancing Yin and Yang from Earth and Heaven into our humanness

References, Texts, Organizations, & Websites

References & Texts

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Organizations & Websites

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National Qigong Association, USA www.NQA.org

Qigong Institute www.qigonginstitute.org

American Qigong Institute www.eastwestqi.com/aqa

Qigong Association of America www.qi.org

Institute for Integral Qigong www.FeelTheQi.com

International Qigong Alliance www.qigong-alliance.org

Enchanted Journeys Co-Op www.enchanted-journeys.org