

Shamanic 28 Lunar Mansions Qigong 1-14

- 1. Opening** - Stand with your fingers pointed to the ground - relax your wrists and shoulders - imagine your feet have roots going deep into the ground. The top of your head reaches to the sky. Tuck your chin in slightly, relax. Allow your breath to become slow, smooth, deep and even.
- 2. Wild Goose takes flight.** Step out to the right. Begin raising your arms in a slow circular motion. the arms bend from the shoulders, elbows and wrists. When your arms are to the sides, slowly bend down and continue the flapping motion with your arms. Then come back up so that your arms are at your sides again as you continue the rotating motion.
- 3. Wild Goose dives into the water.** Bring your hands up above your head. Back of your hands facing each other above the crown of the head, elbows bent. With knees straight, bend down, relax the knees, then open the arms and raise up to the beginning posture with hands above head.
- 4. Lift the Iron bar with inner force** - palms of the hands face forward. With knees bent reach down as though lifting a 10,000 pound iron bar. Lift up with arms straight and elbows locked in front of the body to shoulder height.
- 5. Expand the Forest** - Open the hands and relax the arms. Bring the hands in toward your chest, then expand them out to the sides and then to the front of the body. Repeat the motion of bringing the hands in toward your chest, then expand them out to the sides.
- 6. Double hands support Heaven.** - Allow your hands to float down in front of the body. Turn your hands palm up and slowly raise hands in front of the body. Turn the hands over when they reach the face. Continue rising up, palms facing heavens, fingers pointed toward each other.
- 7. Double fists penetrate qi into ears** - Allow your hands to float down in front of your body. Turn the hands over in front of your face. Bring the hands down in front of the body. Allow your hands to float out to sides, and form fists with the hands. Bend the elbows, bringing your fists in toward your ears.

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- 8. Carry the mountains** - relax and open your hands. Turn the hands over so they are now face up and at chest level. Form fists with the hands. Raise the fists up toward the face and bring the elbows together. Open the hands, and then turn the palms out to the sides of the body and press out to the sides.
- 9. Flex the bamboo** - With elbows straight, bring hands in front of the body, facing forward. Relax the hands and bring them in toward the body. Bend forward slightly reaching hands out in front of the body. Then gently lean back bringing hands toward the body.
- 10. Wash the brain** - Bring the hands over the top of the head. Rotate wrists and fingers above the head. Fingers fan closed and open as they turn.
- 11. Store the treasure under the mountain** - Turn the back of the hands together and stretch your hands and arms above your head. Turn your hands facing each other, turn your fingers down toward the ground, and allow your hands to come straight down the sides of the body; all the way down.
- 12. Go 10,000 miles and return home** - Bring your arms out to your sides with palms up, elbow straight. Then make fists, bend down and bring your hands between your legs, back of the fists facing up and arms bowed into a circle. Open your fists and return to starting position.
- 13. Ignite the Lamp**- Open your fists with palms up, arms out to sides. Bring the left palm in to face the heart, the right palm in front of the face. Quickly snap the wrists so that the back of the top hand faces the top of the head, lower palm faces floor. Slowly reverse position of the hands, bringing lower hand up inside, upper hand down outside. Snap the wrists again when hands reach their positions. End with left hand above, right below.
- 14. Hold the Beam and Change the Pillar**- Bring your left hand down to your side, palm facing earth, and your right hand up on the inside with palm up. When the right hand reaches the level of your face, continue raising it while slowly pronating (twisting) the hand around above your head until fingers point to the left, still palm up. The eyes follow the hand as it goes up. Slowly reverse the positions of the hands, lower hand passes inside.