

Shamanic 28 Lunar Mansions Qigong 15-28

15. **Magpies Build the Bridge.** Bring your hands out to the sides, palms facing front. Bring hands in to chest, fingers pointing in. Turn hands over, fingers pointing forward, palms facing out, gently separate hands out to the sides, then turn over, returning to chest. repeat
16. **Connect the 3 layers with calligraphy brushes.** With hands out to sides, form hands into loose fists as if holding a brush. Turn body to the right, and shift weight onto right foot, raising right hand out and at head level, left hand behind you at waist level. Lift left foot off of ground, balancing on right. Rotate both wrists in circles while standing on one foot, (If not able to balance, leave toes of foot on ground). Return to center, both feet on ground, then shift to left, raising right foot, and repeat circular motion with hands. repeat
17. **Powerful person opens the bow** -Stand in horse stance. Bring hands in to chest, loose fists, palms facing out. Form a letter 'L' with right fingers, and separate hands as if opening a bow, eyes follow right hand. Bring hands back to center, then repeat other side. repeat
18. **Lift the Cauldron** - From horse stance, right hand extended out: face front, make fists, then drop the right hand to side, left hand pushes up as if lifting a cauldron. Bring fists back to center, and repeat with right hand above, left hand down. repeat
19. **Fists and Feet find their proper positions** - Extend hands out to sides, open hands, then bend forward, knees straight, and touch fingers to toes (if able). Come back up, making fists, arms out to sides. repeat
20. **Tiger sits in central hall** - From previous bent position, come back up , pulling fists in front of body, elbows down. With fists in front of face, bend from the waist slightly, bringing elbows in, with a 'hung' sound. repeat
21. **Competition with fists** - bring fists out to the sides, then sweep them down and in front of body, touching fists together, then back out to sides. Bend over, touching fists together close to the ground, but still in front of you. Raise up, bringing fists out to the sides. repeat
22. **Golden Turtle submerges into ocean** - Raise up with hands in fists in front of you, then bend down as far as possible, extending hands between legs and behind you. Palms of fists face each other. (This movement is similar to #12 Go 10,000 miles and return home)

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23. **Persevere to do your best** - Bring fists up in front of face, palms facing you. Punch fists behind you on either side of head, leaning back slightly as you punch. repeat
24. **Harvest the Fruit** - Turn to the right, and open the hands, right hand at head level, left at waist level. Rotate hands and arms in circular motions, moving body in a relaxed motion. repeat other side.
25. **Reverse the flow of the waters** - Face forward, arms above head, palms facing in. Turn palms forward, then lean back, extending hands back behind you. repeat
26. **Waters returning to the Ocean** - Bring feet together and hands down in front of chest, elbows out, palms down. Shift weight on to left foot, then kick out right foot while extending arms forward, palms down fingers pointing forward, elbows straight. Repeat other side.
27. **Fishing in the Dao** - Bring hands down, then shift weight onto left foot and step forward with right foot, hands raise up with right hand at head level, left hand palm facing right elbow. (This is like an en garde' position). Knees are bent. Bring hands down and right foot back to center, then repeat other side.
28. **Closing** - Bring hands down to your sides, then straight up in front of body, palms facing you, fingers pointing up. Raise hands above your head as far as possible, then turn the hands over, palms facing front. Lower hands in front of you as if down a wall, then at waist level turns fingers in toward body and extend behind you, circling out and around to front again, ending with palms in front of lower dantien in taiji mudra.