

SHAMANIC TIGER QIGONG

1. Return to the Great Primordial Qi

Movement: stand with your feet together and your toes grabbing the Earth. Straighten your back, open your chest, straighten your neck. Open your hands with fingers straight, put tip of tongue on the tooth ridge behind your teeth.

Benefits: Awakens original life force and open the body to Qi

2. Sleeping Tiger Wakes Up

Form claws with your fingers, and move and undulate your whole body, including your legs, feeling the power of the tiger.

Benefits: Releases Qi stagnation and strengthens the liver function and flexibility

3. Tiger Wags it's Tail

Step to the right into a wide horse stance. Bring your left hand up in front of your body as your right hand swings behind you. Straighten your arms, making sure they are in the centerline of your body. Focus on your tailbone. Breath out and shake your tailbone. Repeat 5 times, switch arms, and repeat 5 times on other side, ending with right hand in front of you.

Benefits: Harmonizes the body, builds Earth energy to heal digestive problems

4. Tiger Emerges from Cave

While pivoting to the left, bring your right hand and arm, with palm down, to a 90 degree angle at your side. Simultaneously, bring your left arm around from behind, with left palm down. Turn your right palm up as you allow the right arm to pass over the left arm, ending with the left hand, palm down, under the right elbow.

Benefits: Opens the four spiritual gates of the body: the two hips and two shoulders, also strengthens the heart

5. Tiger Displays Martial Power

Slowly pivot back to the right, suddenly snapping your right wrist so that your right palm is slightly higher than eye level. Allow your left hand to move down to the lower dantien. Twist and undulate your arms and legs

Benefits: Excellent at dispersing Qi stagnation in the body, also strengthens Kidney and Liver Qi.

6. Spiritual Sword Kills the Demon

Keeping your left foot immobile, slowly pivot on the ball of your right foot as your right hand floats up above your head. Your left hand remains a level of dantien. Once your body turns to the left, reposition your left foot so that the toes face left. Then, slice your right hand down to below your waist as your left hand come up to your chin, palm out, to protect the face.

Benefits: Helps release frozen shoulder or other shoulder conditions, helps drive off disease.

7. Qi Transforms the Three Layers

Rotate back to center, bringing your right arm up as you turn the palm down and turn your left palm up until they meet at head level with your left hand resting under your right elbow. Feel yourself holding a Qi ball with your palms. Rotate left and right with your arms, turning your palms over with each shift in direction. Rotate once across upper body (head), middle (heart), and lower body(stomach)

Benefits: Balances the three burners: Heart and lung, Gastrointestinal and Kidneys, also strengthens the ability to transmit external Qi for healing.

8. Connect With Heaven and Penetrate Earth

After finishing lower body layer, shift your body back to the center. Quickly snap you right wrist out and upward with palm up to heaven, as you snap your left hand with palm down at the level of the lower dantien. Move your hands in a slightly rotational movement, connecting with heaven and earth Qi.

Benefits: Strengthens ability to connect with universal energy. Also enhances sensation of fingers and Laogong (palm).

9. Embrace the Sun and Moon

Deepen your horse stance. Turn your arms, bringing your right palm face up at the level of the lower dantien, and raising you left hand at the level of the middle dantien with palm facing down. Open your arms out as if holding a large Qi ball, and bring them back toward the center again.

Benefits: Strengthens the heart and lung functions

10. Tiger Climbs the Mountain

Pivot back to the right with your left palm connected to the inside of your right elbow. Snap you hands forward and form tiger claws with your fingers, the right hand is at chest level, left at lower dantien. Move your hands up and down with the whole body moving in a climbing motion.

Benefits: Strengthens life force and tendons, opens all the meridians and joints. Especially good for kidney problems.

11. Ride the Wind Down the Mountain (modified)

Pivot on your right foot to the left, keeping your left foot immobile. Your left hand stays below at the level of the dantien while your right hand floats up to gently stir Heavenly Qi. Crouch down as far as possible, while the right hand jabs down in front of the right shoulder, down toward the ground, while the left hand goes up to the right cheek, palm out.

Benefits: Strengthens kidney Qi, benefits the 12 joints: shoulders, elbows, wrists, hips, knees, and ankles

12. Remain in the Dao Qi

Open your arms out from each other again, turn both palms up toward heaven and bring feet together as you raise your hands up above the head, turn palms down, draw them down the center of the body, coming to rest on the lower dantien in taichi mudra position.

Benefits: Maintains physical well being and creates state of tranquility. Awakens within the Eternal Dao.