

STRESS DEFENSE®



Rei Qong

Ron NaVarre

www.stressdefense.com

The song of Rei Qong

Soften, smile, breathe and flow

The intention of Rei Qong

To Respond Gracefully

The goal of Rei Qong

Balance through Integrity

The path to integrity is practice and grace

Contents

Introduction

Part I:

<i>PART I: Rei Qong Concepts & Principles</i>	6
Stress.....	8
Fragmentation.....	8
What is healing?.....	9
Understanding power.....	10
The Power of Breath.....	13
The Power of Focus.....	14
The Power of Chakra Charging.....	15
The Power of Reiki.....	16
The Power of Qi Qong.....	17
PART II: TECHNIQUE & PRACTICE	19
FOCUS: INNER SMILE	19
The Inner-smile Technique.....	20
NINE BREATH RULE	21
The Nine Breath Technique: 3 x 3 x 3.....	22
TUI NA ENERGY ACTIVATION MASSAGE	24
CHAKRA CHARGING	25
Chakra Charging Technique.....	26
WATERFALL CLEANSING TECHNIQUE	34
Technique.....	35
REIKI: UNIVERSAL LIFE ENERGY	37
Reiki Technique.....	37
JOINT OPENING QI QONG	38
STANDING QI QONG	39
Qi Qong Technique.....	40
PART III: BUILDING A PRACTICE	41

Introduction

Everyone has the potential to respond to life with a sense of grace and command—to embrace life without fear, to heal effectively, and to realize his or her full potential. All it takes is a little training! Just as we train our bodies to become strong and flexible and our minds to acquire knowledge, we can train our entire self to respond effectively to any task or challenge with less stress, more energy, and greater success. This is a level of being that anyone can attain.

One of the most direct and effective ways of achieving this is the practice of *Rei Qong*. *Rei Qong* | *ray gong* | is a system of personal transformation developed by **Ron NaVarre**, Tai Chi and Reiki master, energy healer, martial artist, teacher and founder of Stress Defense, Inc. *Rei Qong* is a powerful Self healing practice that will enable you to take greater command of your energy, your health and your life by training you to:

- Neutralize stress and anxiety
- Activate rapid healing
- Integrate and balance mind-body-spirit
- Unlock and generate greater energy for health, healing and performance.

Central to the concept of *Rei Qong* is the notion of **personal integrity**—integrity in the sense of wholeness, of being complete and undivided. When you create personal integrity, no force or energy will succeed in posing a serious threat to your health and well-being. When your heart and mind are clear, centered, and grounded, you can deal with any challenge more effectively. You can also adapt to rapidly changing conditions and neutralize stress as it occurs.

The goal of *Rei Qong* is to activate and exercise one's energy and natural healing response and to align one's mind-body-spirit energy with the intention of becoming balanced, sound and whole. Its universal principles are not specific to any religion, social affiliation, or culture, and requires no drugs or supplements, and no exertion or special equipment.

Rei Qong is a modular practice; it consists of seven powerful modalities that you can use individually as needed, or combined to create a more complete and fluid practice. *Rei Qong* can be applied as a stand-alone practice or integrated into your existing routine of exercise, relaxation, or meditation.

Rei Qong's seven modalities are:

- Nine Breath Rule
- Tui Na Energy-Activation Massage
- Chakra Charging Technique
- Waterfall Cleansing Technique
- Reiki Energy Healing Practice
- Qi Qong Joint Opening
- Qi Qong Grounding and Centering Practice

The entire practice can be performed in as little as ten minutes, or for as long as forty-five minutes, as needed. The information, tools and techniques contained within this book will help you become a more grounded, centered, energized and powerful person. In learning and practicing this system, hundreds of my students have experienced a radical shift in their ability to heal more effectively and alleviate anxiety and fatigue.

Rei Qong was initially designed to serve the needs of cancer patients and pre and post-surgical patients who were too weak or unable to engage in conventional exercise. Over the course of ten years Rei Qong has been taught to all types of people, young and old, healthy and infirm, who have found the benefits to be universal. Everyone who has practiced Rei Qong has experienced an immediate and powerful shift in their energy and state of being. When one takes the time to soften, smile, breathe and connect to one's innermost core with a gentle focus and a kind heart, transformation occurs. The effects are undeniable and profound.

Part I of this book will briefly cover the background, concepts and principles of the Rei Qong practice. **Part II** will cover each technique in detail. **Part III** will address how to use the tools and techniques to create a personalized practice that best serves your individual needs.

Pronunciation guide:

Rei Qong |ray gong|

Tui Na |twee na|

Reiki |rAY-key|

Qi Qong |chee gong|

PART I: Rei Qong Concepts & Principles

The Power of Rei Qong to Heal

The integrated techniques and practices of Rei Qong begin with breathing, softening, and smiling techniques to awaken and focus the life force and healing capacity in your body. The waterfall meditation and tui na massage practice will help you access and activate your personal energy. Chakra charging and Reiki hand positions will expand and direct your energy in empowering ways, and, finally, Qi Qong will enable you to establish grounded, fluid *qi* (energy), providing a foundation of ease and freedom to all your thoughts, feelings and actions

Regular practice of Rei Qong aids in the body's absorption and metabolism of energy at the cellular level. The combination of energy absorption and integration of mind-body-spirit makes Rei Qong a powerful healing practice and the perfect supplement to any medical treatment or therapy.

The goal is to be able to access your energy and power at will for the purpose of becoming whole and fully present. To do that, you need to understand what personal power is and how to cultivate it. And that begins with understanding stress.

STRESS

Stress is a combination of external pressure and internal reaction.

External pressure is the force exerted upon you by the world at large, the everyday tedium of pollution, aggressive people, job deadlines, noise, workload, constant and unexpected change and the multitude of things over which you have little or no control. Pressure itself is not a bad thing, and often serves to strengthen both our physical body and mental resilience. *Pressure becomes stressful when it exceeds our capacity to convert the force of pressure into power.*

Internal reaction is how you habitually deal with and process external pressure, and it entails the force of your own thoughts, feelings, and physical sensations. The force of your reactions can be mild to dramatic, depending on the meaning and intensity you assign to each situation.

Positive reactions such as excitement, joy, happiness, acceptance and love create a form of positive energy that supports health and healing.

Negative reactions such as anger, fear, anxiety, jealousy and rage create a negative energy that can become toxic to both body and mind.

Intense reactions on either side of the positive/negative scale can be stressful, just as too much of a good thing can become overwhelming, and too much of a bad thing can become poisonous. **The key is to become mindful of our habitual reactions and to learn how to balance our energies through the Rei Qong practice of grounding and centering.**

In addition to positive and negative, the most common form of internal reaction to be aware of is **defensive reaction**. Defensive reactions are protective in nature; they are designed to armor and defend against a threat of injury or attack. They also serve our immune system by mobilizing internal energy to ward off illness and disease.

But, defensive reactions also create resistance and resistance creates tension, (mentally and physically), and tension is the symptom we most commonly associate with being stressed. When a defensive-reaction is triggered and not consciously acknowledged or expressed, it turns inward. Instead of attacking our boss we attack ourselves, which manifests as the symptoms we associate with stress: muscular tension, pressure, resistance, head and backaches, stomach upset, high blood pressure, insomnia, anxiety, depression, worry, anger, and confusion.

What exactly is a reaction?

In physics, reaction is defined as “repulsion or resistance” to the impact or pressure of another body or force. The key word here is resistance: *to oppose something with effort, to try and stop a force with force and to avoid that force influencing or affecting you in some way*. Therefore, **reaction is essentially a defensive action**, an attempt to protect oneself with the force of resistance. Reaction is also defined as “habitual action”—a reflexive action without thought or awareness. If we put these two definitions together, we understand reaction as **a habitual attempt to defend oneself without thought or awareness**.

Once our defensive energy is activated—set into (e)motion—our natural response is to convert the energy and feelings into physical action for self-defense, what is often referred to as the fight-or-flight response. Fight-or-flight often manifests as a surge of **anger, fear and anxiety**— three very powerful emotional energies.

A defensive-reaction **is an emotional reaction mobilized to take immediate action**. If action is taken, the energy is discharged and equilibrium is restored. If action is not taken the energy is resisted and held in the nervous system as a **static charge**, a force of energy held in containment through resistance. Any unexpressed emotional feeling, positive or negative, can turn into a static charge when resisted.

The fact is our nervous systems are not designed to contain these powerful defensive reactions for long periods. Holding emotional energy in stasis does not allow us to feel and sense them clearly. **It is only through the expression (movement) of a feeling, that it can be clearly understood.**

Emotional energy is created through judgment and reaction, and is either held internally or discharged and expressed. This energy can be discharged through breath, movement and sound, consciously and unconsciously. Unconscious discharge can manifest as twitching limbs, pacing, rapid breathing, anxious behavior and movements associated with "nervousness", as well as emotional outbursts, temper tantrums, and unwarranted aggression. Unconscious discharge can lead to irrational behavior such as "acting out" or being inappropriately dramatic, and an apparent loss of impulse control.

Conscious discharge helps one clear the body and mind of unwanted or unhealthy energies. And this is the crucial role Rei Qong plays in eliminating stress in one's life.

Discharge can be accomplished through any form of movement as long as clear focus and direction and active breathing accompany it. I find it more effective to set the energies into motion first through active breathing and conscious acknowledgment of the general feeling present (see Nine Breath Rule pg. 21). Once the energies begin to move, the feeling/feelings become more clear and easier to acknowledge, allow and discharge.

The intention to activate energy through breath, movement and sound will effectively activate all emotional energy held in stasis. The initial sense of this movement is often experienced as the opening of a floodgate, a rush of many feelings all at once. This is where grounding is most important! The ability to stay firmly connected and rooted (qi gong) will enable you to endure the temporary intensity of the first wave of feeling. Once the first wave passes, the intensity lessens and your ability to stay connected with your feelings becomes much easier to tolerate.

It is important to understand, there is no feeling you cannot endure. **If you can hold it in, you are strong enough to let it out.** In fact, it takes infinitely more strength to hold the energies in containment than it does to let them flow and let them go. As you practice Rei Qong, be open to, and gently command yourself to let energy flow.

Fragmentation

Now, you know that holding on to unexpressed emotion creates internal pressure in the form of a static charge. When that pressure becomes too great, a thing called fragmentation occurs.

Fragmentation is a defense mechanism where the mental and physical bodies separate out of fear. Fragmentation is a natural survival reflex that triggers in times of shock, trauma or great stress. It is an effective way to diminish pain and to prevent an overwhelming experience from paralyzing the nervous system. As a defensive reaction, fragmentation is instinctive to all animals. In humans, it is well known and has been studied in war veterans and accident victims. A person suffering from severe fragmentation, like a shell-shocked soldier, can appear numb, unresponsive and frozen.

Fragmentation of mind from body is the attempt to mentally escape from any threat or discomfort that we cannot move away from physically. It is not always possible to physically escape a threat or painful experience; however, it is possible to move away from any experience mentally by projecting the mind out of, and away from the body.

The mental body is not subject to the same rules and laws as the physical body, and as such can easily move through space and time. Focusing on past or future not only takes us out of the present, it takes our awareness out of our physical body as well. This is what we commonly refer to as an “out of body” experience or a disembodied state.

A mild degree of fragmentation creates attention deficit, which affects retention and memory recall. A severe degree of fragmentation creates paralysis and is often described as feeling stuck or frozen, unable to move forward, and hinders our ability to make clear decisions.

The cycle of stress, fragmentation, separation and freezing is endemic in our modern society and often creates a form of separation anxiety. Without the mind to guide the body with clear intention and direction, the body reacts with symptoms of anxiety, such as physical tension, shallow breathing, and undefined fear. Many people suffer and struggle with these ailments but cannot clearly identify or define their cause. Generalized anxiety disorder is the term used for this pattern, and it is commonly treated with tranquilizers and antidepressants. The problem with this approach is that it treats the symptom, not the root issue (how to restore the mind-body connection).

Integrity

The solution to fragmentation and separation anxiety is to heal the body-mind through integrity. This is a key goal of Rei Qong, to achieve personal integrity!

Integrity is a unified state of mind-body-spirit and is achieved through the Rei Qong practices of grounding, centering and breathing. Bringing the mind back and firmly anchoring it into the physical body is the core of our Rei Qong practice. Grounding and centering restore and strengthen the mind-body connection and effectively heal the wound of fragmentation.

What Is Healing, and How Does It Occur?

Healing is the innate process of becoming whole, a natural progression from fragmentation to integrity. When we think of healing, we often picture the body repairing itself after an illness or injury, or we conceive of the body and mind reintegrating after the fragmentation of shock or trauma. Both of these concepts are true. Healing is a transformative progression from a state of chaos and fragmentation to one of balance and integrity.

Many people associate healing with medicine or “cures,” yet there is a fundamental difference between healing and curing. Healing is a unified state of connection and

balance; curing is just the removal of a specific ailment. To heal is to integrate and become whole; to cure is to overcome a condition with power or force. When a person looks to a cure with the expectation of becoming whole, they typically are disappointed in the result.

When we rely on cures to make us whole, we abdicate our innate personal power to heal and balance ourselves. That power is inherent within each and every one of us. I have witnessed it many times in my work with surgical patients and cancer survivors. Granted, Western medicine and technology have dramatically transformed the quality of our lives, but we should always remember the importance of our natural ability to heal and strive to incorporate that capability with our treatments and cures. There is another component that makes a huge difference in the healing process: power.

Understanding Power

Power is energy and intention working in unison. That bears repeating out loud: power is energy and intention working in unison.

Energy, is the foundation of all life and physical reality, it is also the currency of abundant health and healing. The body needs sufficient energy in order to repair itself and to maintain a relative state of health. Similarly, the mind requires clear focus and intention to command the body's energy, to bring together all the parts of self, to become whole. When we focus and command energy with clear and specific intention, we harness our innate power.

Some people do not heal even though they possess a positive attitude simply because they lack sufficient energy. Others do not heal well even though their energy is strong simply because their intention to heal is not clear or is in conflict with another agenda.

A person, who does not heal, despite having all the positive indicators for successful healing, fails because they lack sufficient power—either insufficient energy or fragmented intention. The following two case studies will demonstrate these situations.

Insufficient Energy

I first met Herman two months after he had surgery to remove a portion of cancerous tissue from his lower back and hip. He had a seven-inch open incision above his left hip that was not healing despite the many medicines he was taking. He wore a portable drainage pump that drained fluids from the open wound, and he complained of pain in his back and of being frustrated that the wound showed no improvement. After talking with Herman for several minutes, I saw that he had a positive attitude and clearly wished to heal in order to get on with his life. It was clear that Herman lacked the necessary energy to heal. His voice was weak, his breathing was shallow, and he could not stand without assistance. He admitted having little appetite and not eating adequately.

I shared my observations with Herman and explained that he needed to build his energy before his body could heal. Furthermore, as breath is our primary energy source, I taught him how to breathe correctly. Using the Rei Qong modality of the Nine Breath Rule, I worked with Herman for an hour, three times a week. After three sessions of breathing practice, I added some basic Qi Qong arm movements that he could perform while sitting in his wheelchair.

After each breathing session, his appetite increased, and he ate more. After two weeks, his energy doubled, and he began to stand by himself. As his energy increased the pain in his back lessened, and his wound finally began to heal. Freed from the portable drainage pump after three weeks, Herman made a full recovery from the surgery within six weeks.

This is a clear example of the intention to heal lacking the energy to make it happen.

Fragmented Intention

I met Kate in the hospital three days after major surgery to remove a large portion of cancerous lymph nodes from her abdomen, resulting in an incision that ran from the bottom of her ribcage to the top of her left hip. Complicating the lymphatic cancer, Kate also suffered from multiple sclerosis (MS) and was severely allergic to narcotic pain medicine. She was hooked up to an epidural spinal block to control her pain, she had not slept since the surgery, and an eye patch over her left eye countered the effect of double vision, a symptom of her MS.

I asked Kate to remove her eye patch and close her eyes. I then guided her through twenty minutes of breathing and visualization, with the intention to soften, smile, breathe, and direct a fluid stream of energy through her body from her head to her feet. This is my Rei Qong waterfall technique.

Kate fell asleep for thirty minutes. Awaking, she reported being free of pain and also free of the double vision that required the eye patch. What was my magic, she wanted to know? I explained that I did nothing other than guide her through the process of moving her own energy with a clear and specific intention.

Kate then shared with me her doctors' prognosis: four to six months of life before the lymphoma would kill her. She asked if I would work with her on a regular basis, and I began to see Kate twice a week for ninety minutes each time.

After our fourth session I asked, "Do you agree with your doctors' prognosis for your life expectancy?" She seemed confused by the question, so I rephrased it: "Do you want to live longer than four to six months?" She had never considered the possibility, having accepted the authority of her doctors as absolute. Kate believed she was on schedule to expire according to her doctors' timetable. I affirmed that she did indeed have a choice, did not have to accept anyone else's agenda for her life, and I left her to ponder that till our next session.

When I next saw Kate, she was unable to get out of bed or to stand up—according to her, a consequence of her MS acting up in response to the stress she felt. I used the opportunity to guide Kate through a meditation in which we examined her intention to live, and she reached a transitional point where she saw herself making a clear choice to live, followed by an immediate surge of energy unlike anything she had ever experienced before. Kate opened her eyes and popped out of bed as spry as a teenager, announcing, “I’m going for a walk in Central Park, doctors be damned.”

Two weeks later I arrived to find Kate with a profound look of amazement and papers in hand. “I want you to look at the results of my CAT scan,” she said, handing me the report.

“What am I looking for?” I asked, skimming paragraphs of medical jargon.

She grabbed the papers, threw them into the air, and gleefully sang out, “My cancer is gone!”

Kate’s cancer had vanished and was nowhere to be found. Needless to say, I was overjoyed. I asked her how her doctors explained this miraculous recovery. “They have no idea. They think it was probably the chemo.”

“And what do you think?” I asked.

“I took back the power I gave to my doctors,” she said. “I decided to use my power for myself.”

I believe Kate would have expired on schedule had she not made the conscious choice to activate her personal authority and innate power to take command.

Kate is a clear example of energy and intention coming together as power, in this instance, the power to heal, to make whole and sound. Kate’s power was always there but not accessible. Through meditation, Kate made a connection to her power, fusing energy and intention to activate her healing response. Kate did this—not I.

The power to heal is too often delegated to some other person or authority. People will come to me with the expectation that I, as the “healer,” will do the work while they sit passively and receive the healing. This is a misconception of what and who a healer is. As a healer, I teach others how to heal themselves with the inherent power they already possess. I guide them to make the essential connections that allow them to receive and cultivate energy with the intention for healing. In essence, we are all healers. Some of us know how to heal instinctively, and others need to be trained.

Personal Power

To attain integrity, one must be able to summon and manage personal power. Power is energy and intention working in unison. **Personal power** is the ability to consciously respond to life *with a sense of authority and command*.

To **respond** is to act consciously, not habitually. Conscious action is an act of authority and an exercise of ones power of conscious choice. This is the essence of responsibility, or to put it another way, to *respond with your full ability*. As a technique, Rei Qong is designed to help you cultivate your inner resources by gently guiding your attention to your core awareness on a daily basis. Connecting to your inner core through breath, feeling and focus is an exercise of personal power in and of itself. It is a daily ritual of self-acknowledgment and self-nurturing and the essence of spiritual growth.

Mastering your energy – THE POWER OF BREATH

Rei Qong's techniques and practices in Part II of this book will help you learn how to master your energy. Fundamental to reaching this goal, is understanding the importance and power of *breathing*, the foundation of Rei Qong.

Life is energy in motion, and the most essential motion of life is *breathing*. **Breath is your primary source of energy, expression, and power.** Everything is connected to the breath; awareness, physical sensation, metabolism, energy and emotion. Breathing is our most essential life function and the foundation of all sentient life. Consider this; the human body can survive for weeks without food, and several days without water but only three to eight minutes without breathing. Breath is your primary source of energy and energy is the currency of life. **To master energy, you must master breathing first.**

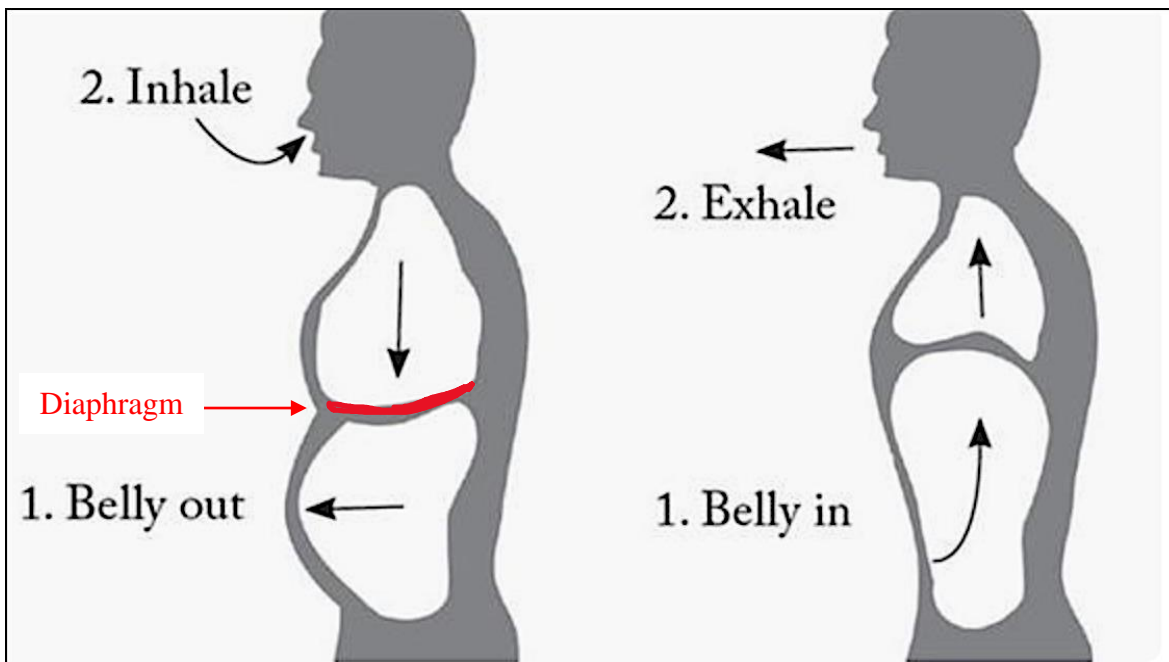
Breathing consciously harmonizes the energy of mind and body. Conscious breathing can energize or sedate the physical body, and calm the mind. Focused breathing can increase strength, and regulate heart rate and blood pressure. Awareness of breath helps center ones attention in the present moment, and increases emotional sensitivity through subtle feeling. Breathing is also essential for grounding and discharging excess emotional energy. These are but a few examples of the power and function of breathing. In order to harness the power of breath, you need to know how to breathe correctly, something few people actually do well.

Breath

There are two main types of breathing pattern: diaphragmatic and thoracic.

Thoracic breathing, also known as chest breathing, occurs when the diaphragm contracts with the inhale, the chest expands, and the belly tightens (pulls inward). Thoracic breathing limits the amount of energy and air to the lungs and is associated with anxiety and stress.

Diaphragmatic breathing is the natural breath pattern. Diaphragmatic breathing, also known as belly breathing, occurs when the diaphragm drops with the inhale. As the diaphragm drops, the belly softens and inflates like a balloon as the lungs expand. Diaphragmatic breathing allows the lungs to expand and take in more energy and air than occurs during thoracic breathing and is associated with meditation and has been proven to increase oxygen absorption and calm the nervous system.



Diaphragmatic breathing is the basis for all the breathing techniques you will learn for Rei Qong.

THE POWER OF FOCUS

One of the key principles of Stress Defense is that your focus determines your reality. What you choose to focus on and how you focus, influence your moment-to-moment experience. This seems simple but has some powerful effects – both good and bad.

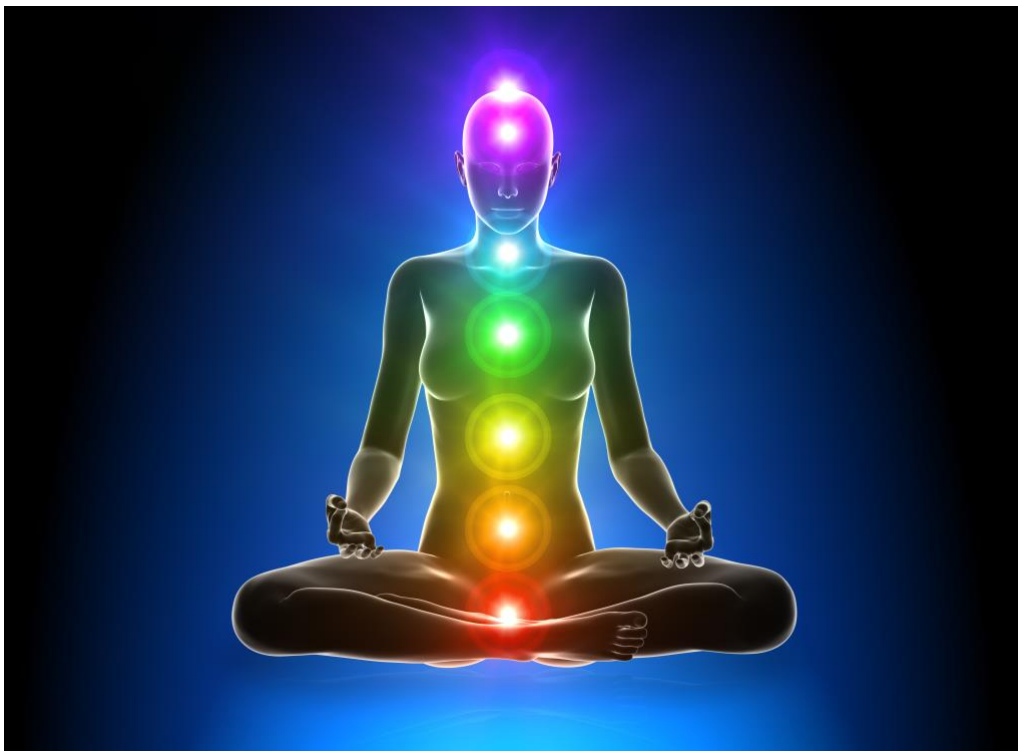
As your focus shifts, so does your moment-to-moment experience. Focus on fear and you experience fear, shift your focus to the scent of a flower and you experience the flower, shift your focus again to the sensation of breathing and you experience your breath. This is how focus determines your personal reality.



The quality of focus in Rei Qong is soft and light, a quality best described as **the inner smile** focus. The inner smile focus is perhaps the most subtle and without a doubt, the most powerful tool and skill to master. Focus on breathing into your center with an inner smile and you will transform resistance and tension into acceptance and fluidity. This is the essence of healing through transformation. Understanding the power of focus will help you neutralize reactive-stress and master your energy as well. I will discuss the inner smile and softening in more detail in the technique section of chapter II.

THE POWER OF CHAKRA CHARGING

Critical to understanding energy and personal power is the Rei Qong practice of *chakra charging*. Chakra is a Sanskrit word that means "spinning wheel" and refers to the seven main energy centers located within the body. The chakras are the energy batteries of the body-mind-spirit and like a battery the chakras can become depleted and need to be recharged on a daily basis. Charging is the process of consciously feeding each chakra with high quality source energy. The technique is simple and can be performed frequently throughout your day as needed.

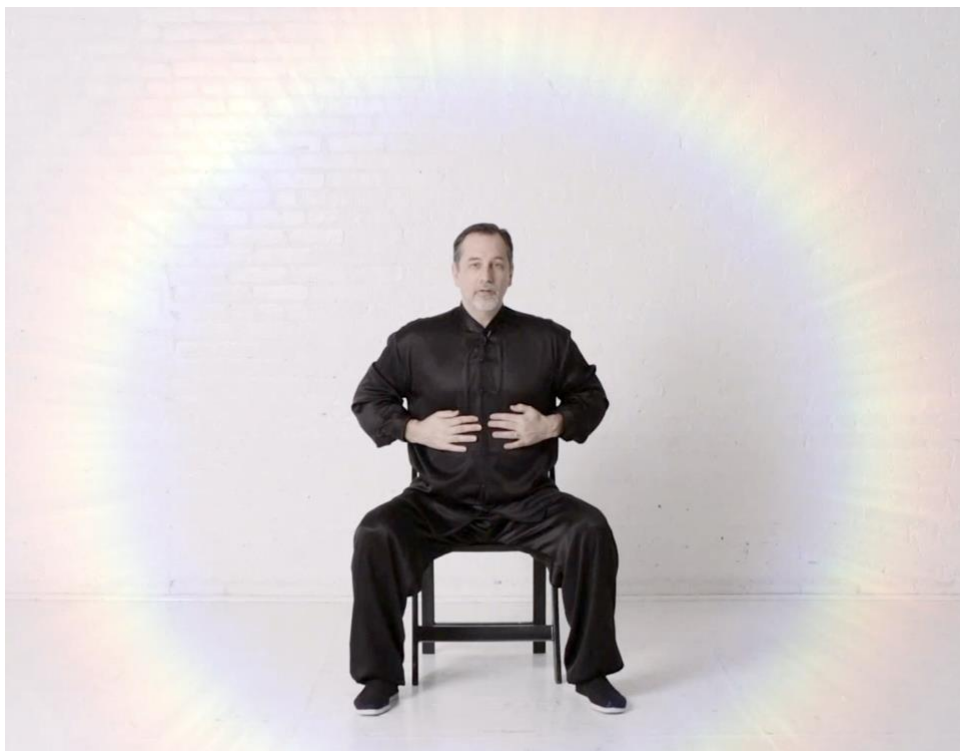


The chakras are also a part of our sensory faculty, we sense and feel with our chakras as well as give and receive energy from them. The three main chakras that most people are aware of are the head, the heart and the gut. The head corresponds to the intellect, the heart to conscious awareness and the gut to instinct. These three comprise the core of our inner guidance system. When we tune in, listen and feel through our head, heart and gut we become more aware of what we are experiencing and what is happening in our environment. With training it is possible to become more aware of the other four chakras as well, the crown, the throat, the solar plexus and the root chakra.

The chakra charging technique in Part II is an effective way to connect to your core energy and to cultivate a deeper internal connection. Healing at this level serves as a powerful awakening of consciousness and spirit that has a profound impact on one's sense of personal identity. The experience of this awakening is one of becoming clearer in one's sense of self and stronger in one's sense of personal power.

THE POWER OF REIKI

Connection is the foundation of all relationship. As children we are nurtured and grow through our connection to our parents, family, and loved ones. Throughout our lives we continue to seek connection with others as a way to define our sense of self and to seek a deeper sense of spiritual fulfillment. Relationship cannot exist without connection. Our relationship and connection to ourselves, however, is often overlooked and undervalued. The relationship to self is our primary relationship in life and the connection to self is the means to develop that relationship. The intention to connect and align mind-body-spirit creates a state of integrity and union, this is the act of self-nurturing and self-cultivation.



The power of loving connection is also the essence of healing; to mend and to become wholly connected within oneself. When in pain, it is instinctive to place our hands on our body in an attempt to soothe and balance our energy. As a hands-on healing practice, Reiki takes that instinctive gesture to a much deeper level by consciously connecting to every part of the body with loving intention and a gentle touch.

The Reiki technique in Part II will show you how to nurture and energize your whole body with conscious breath, gentle focus and the systematic application of self-touch.

THE POWER OF QI QONG

Based on the principle of internal energy cultivation, Qi Qong | *chee gong* | has been taught as part of Traditional Chinese Medicine and as an aid in healing and strengthening the body, harmonizing the emotions, and calming the mind.

The purpose of Qi Qong is to activate, circulate, and channel qi/*chi* (energy), which underlies and is inherent in all things.



Qi is akin to the unifying force described in quantum physics. Within every human being there are aspects of Qi energy associated with thoughts, feelings, and the physical body. There are two main properties of Qi that pertain to the quality of health and well-being of every person. These properties are described as STATIC QI and FLUID QI.

Static Qi is energy without movement. It is like a frozen river. When our energy freezes it affects how we think, feel and behave and we often describe ourselves as feeling "stuck". Some of the symptoms of static Qi are physical tension, anxiety, and the inability to see and think clearly and effectively. Static Qi can also be described as a static charge, a buildup of

energy without movement. One form of static charge occurs when emotional reactions are held within the body as unexpressed feelings. Another form of static charge occurs when the energy of shock or fear paralyze the mind within the body.

When the intensity of a static charge builds within the body it creates pressure and resistance that can overwhelm the nervous system like an overcharged electrical circuit. This is a common form of system overload that often manifests as a healing crisis in the form of a nervous breakdown or system crash. Qi Qong helps prevent system overload by transforming static Qi into fluid Qi.

Fluid qi is energy in motion; it is like a flowing stream. Our experience of fluid qi is vastly different than static qi. When our qi/energy is flowing freely we feel clear-headed, responsive, energized and emotionally balanced. We feel more present and connected to our internal experience and to the world around us and there is a relative sense of freedom and ease to our movement and actions. Integral to achieving a state of fluidity is the practice of grounding energy, by directing qi/energy downward into the earth. Grounding mind, body and energy is one of the hallmarks of Qi Qong. Without sufficient grounding, energy cannot move freely and easily. Grounding also provides an orderly direction for the expression of energy and feeling as it flows through the body. Without grounding, energy becomes chaotic and is often expressed as erratic behavior and emotional outbursts. An outburst is the result of a static charge being expressed upward and outward like a mini explosion. This type of behavior is common among people who do not know how to ground themselves or how to channel and express their energy fluidly.

As a stand-alone practice, Qi Qong is a complete exercise system that offers innumerable benefits. Incorporating Qi Qong into Rei Qong empowers the practitioner with a more physical approach to activating internal energy as well as a safe avenue of expression in the form of grounding.

PART II: TECHNIQUE & PRACTICE

As you begin the Rei Qong video, remember that the use of breathing, softening, and smiling, techniques awaken and focus the life force and healing capacity in your body. The waterfall meditation and tui na massage practices will help you activate and access your personal energy. Chakra charging and Reiki hand positions will increase and direct your energy in empowering ways, and qi qong will enable you to establish grounded, fluid *chi* (energy), providing a foundation of ease and freedom to all your thoughts, feelings and actions.

These Rei Qong modalities are invaluable tools for enabling your personal power through loving connection, providing greater depth and dimension to an already powerful healing practice, and reinforcing the practice and principle of integration. The more you practice connecting with self, nurturing self, and integrating all the parts and pieces of self as a whole person, the more integrated, healthy, and powerful you will become.

FOCUS: INNER SMILE

Deeply integrated into breathing is the technique of the inner-smile. The intention to soften and smile with the breath creates a specific neuro-physical response that aids in releasing tension. Like releasing a clenched fist, energy will expand and flow with less resistance.

Smiling and softening without breathing will produce a mild effect; smiling and softening *with the breath* amplifies the positive effect. When your body and mind are soft and your energy is flowing freely, it is difficult to remain tense. Also, an open, fluid state is more responsive to adaptation and change.

Softening begins with focus. The meditation module has helped you to focus, but it is important to know that *how you focus* is just as important as the *object of your focus*.

The quality of focus in your eyes determines the quality of your effort and energy. Focusing hard, concentrating too hard, creates physical tension and internal resistance that make any task or effort more difficult. Focusing softly promotes fluidity and the ability to respond and adapt with minimal resistance. Focusing softly neutralizes tension and helps conserve energy by using less effort.

Imagine looking into the eyes of a newborn infant who has no agenda or judgment; the feeling of connection is profound, innocent, and immediate. A natural softening occurs within your heart and mind that flows through your eyes as you connect with this pure, uncorrupted consciousness. I have watched hardened men soften and melt in the

presence of a child's eyes. The transformation from hard and defensive to soft and accepting is dramatic and undeniable.

The same softening effect occurs when your focus is directed internally and applied to yourself. By softening the focus in your eyes with *gentleness and kindness*, your nervous system responds in kind by softening and opening. This is the power of the **inner-smile**, and it can be felt throughout your body as **muscular tension fades, your breath drops deeper into your body, and the feeling of internal pressure subsides and vanishes.**

The inner-smile is a way to soften. It represents the intention to open your heart and mind as you focus your attention through your eyes. The inner-smile is not a social smile—it is a genuine expression of love and acceptance, the feeling you have when connecting with someone you love unconditionally.

The Inner-smile Technique

To create the inner smile, begin by looking straight ahead and focus on a single point or object. Without moving your eyes, become aware of your surroundings with your peripheral awareness. Shifting from a narrow focus to a wide peripheral awareness will soften your focus by fifty to seventy percent. Once you have widened and softened your focus imagine looking into the eyes of someone you love unconditionally. This can also be your pet. When you look with unconditional acceptance you open your heart to receive without judgment or expectation. This is the essence of the inner smile. It is the intention to acknowledge, accept and allow with integrity and grace.

The inner smile is subtle and elusive as we are all conditioned to concentrate too hard. Your inner smile may fluctuate frequently as you are learning how to incorporate it into your practice. If you lose it, don't judge yourself harshly, just bring your attention back to your intention to soften, smile and breathe again, and again.

- Play with the inner-smile; become familiar with its expression in your mind and heart. Observe changes in your body as you practice.
- Integrate softening with your breathing. Soften, smile, and breathe for one to five minutes at a time, gradually increasing the time to ten minutes.
- Practice the inner smile as your primary focus during meditation.

The Inner-smile is subtle and profound. Begin practicing your inner-smile as a stand-alone exercise, then incorporate the technique into breathing, meditation, and any task or effort.

With repetition, the inner-smile will become second nature and can be applied at will, at any moment, regardless of what is happening or what you are feeling. I have used the inner-smile with great success to lesson anxiety, pain, and fatigue and to promote emotional and physical fluidity.

NINE BREATH RULE

Breathing is the foundation of Rei Qong and the most important technique and tool. It activates and amplifies internal energy, moves energy through the body, and replenishes depleted energy. The Nine Breath Rule (NBR) is, essentially, breathing consciously. It is your first choice in stress reduction as well as your first response to any effort or attempt to shift focus and change feeling, including breaking cycles of negativity.

“Take a deep breath” is not just a catch phrase we tell others when they are upset, it is the master key to connection and command. Before you react, before you judge, before you even think, *breathe*. When you take a deep breath, you make a connection to your center, your emotional body, and your nervous system all in one fluid move. When you take a *conscious deep breath* and give that breath your full attention, you integrate your mind, body, and awareness. You make whole what was fragmented. Being whole is essential to being powerful.

First response is a mantra I repeat to myself all the time. I say the words “first response” as I take a deep breath and focus my full attention on what my breath feels like, as well as what I am feeling physically and emotionally. Every time I do this, I realign my energies and strengthen my integrity. Every time I do this, I take conscious command of my energy and my actions. Every time I do this, I exercise my power of conscious choice instead of unconscious reaction. Taking a deep breath is your preparation before you launch your energy and intention into action.

The NBR consists of nine successive breaths divided into three sets of three, which are described in detail below. This technique can be used as a stand-alone exercise or in combination with the other modalities in this workbook.

Use the Nine-Breath Rule to:

- Center your mind and calm your emotional body in sixty to seventy seconds;
- Interrupt and neutralize anxious or obsessive thoughts that lead to overreacting;
or
- Prepare yourself before undertaking any task.

The ultimate goal of the Nine Breath Rule is to become fully present and connected, to bring yourself to a state of neutral acceptance before beginning the task at hand. Taking command of your breath is the act of taking command of your focus, your energy and your personal experience.

The Nine Breath Technique: 3 x 3 x 3

Intending to breathe consciously with an awareness of feeling is the first step.

The second step, is increasing the duration of your inhalation. It's the act of shifting focus from thinking and reacting to being and doing.

The third step, softening your inhalation and exhalation, is transformative and takes you from a state of holding and resistance to a state of softness and fluidity.

The first set of three breaths is used to acknowledge your present state of being—whatever you are feeling in the moment.

Acknowledge, accept, and allow.

- Breathe in through the nose and out through the mouth. Breathe in deeply without straining or forcing, and fill your belly and chest with breath.
- To exhale, drop and open your jaw and soften the back of your tongue. Release your breath freely as if you were sighing. The sound the breath makes as it leaves your body is a breathy *HAWW*.
- Use the first breath to *acknowledge* your current state of being. Use the second breath to *accept* what ever you are feeling and experiencing, and use the third breath to *allow* all feeling and sensation to flow moment to moment, breath to breath.

The second set of three breaths is used to shift your focus from reacting to commanding.

Shift your focus from what you were feeling to what you are doing and intending. Intend to slow down and lengthen each successive breath.

- Begin to slow down and lengthen your inhale on the next three breaths. Each successive breath will take a little longer than the previous breath.
- Continue to exhale with the breathy *HAWW* sound. Do not attempt to control your exhale in any way. Simply release it.
- Count each full breath (in and out) silently as breath 1, breath 2 and breath 3.

The third set of three breaths is used to soften the body and promote fluidity.

Soften your focus, breath, and body. Release any holding pattern in the body and mind, and allow your internal energy to soften and flow.

- Soften the inhale and the exhale. Soften your focus with a gentle inner-smile.
- Breathe in softly as if you were breathing in through your eyes and nose, and exhale softly through your mouth for three more breaths.
- Count each breath as breath 1, breath 2, and breath 3.

Now that you have all three sets, do one set of the nine breaths and then observe your state of being. Notice how you feel. Listen, breathe, and observe without judgment. There is no right or wrong feeling.

After completing the NBR, a different feeling can be noticed: the feeling of being more connected and in command of your energy and of your focus. If you feel you need to do another set of nine, then **start your next set from your new state of being and awareness.**

Always start from where you are in the moment, not from a state of expectation or denial. It is important that you **accept and allow** with as little resistance as possible.

It is important to understand that any intention you hold in your mind will grow stronger and more intense as you breathe, because breathing amplifies energy. If you employ conscious breathing without this awareness, you run the risk of amplifying negative feelings or intentions inadvertently. Negative feelings such as anger, fear, and anxiety can quickly expand and overwhelm in a matter of moments simply by breathing into them. This is why many people unconsciously diminish their breath as an attempt to avoid feeling or amplifying unpleasant feelings.

On average it takes about one minute to take nine full breaths, and in the space of this single minute, you can shift your focus and dramatically transform the way you feel. As a stand-alone practice this is invaluable as it can be applied to any situation at any time in your day. Of all the modalities contained within the Rei Qong practice, the NBR is the most mobile and versatile. I use this practice at home, while riding the subway, at work, or in any situation where I need a quick adjustment.

Click on the picture to view the Video



TUI NA ENERGY ACTIVATION MASSAGE

This next practice, tui na, will help you access and activate your personal energy. Tui Na is a form of Chinese massage therapy often used in conjunction with acupuncture, herbalism, tai chi, and qi qong. The origins of tui na date back to approximately 700 CE and it has become an integral part of traditional Chinese medicine. The pattern used in tui na is specific and closely correlates to the meridian system of acupuncture.

Tui na will help you access and activate your personal energy. A tui na session can be practiced on another person or, in the case of Rei Qong, on oneself. It activates and circulates internal energy, by gently brushing the surface of the body. Breathing, softening, and tuning in to the pattern and feeling of brushing the body from head to toe helps to bring the mind into focus and anchor the mental body into the physical body.

It is a great way to wake up in the morning and go to bed at night. All too often, our minds are preoccupied with issues and agendas that lead to fragmentation of mind from body, making sleep difficult and waking up refreshed an unlikely occurrence. I use tui na as part of my physical warm up before any workout and before any healing session.

Tui Na can be stimulating or sedating depending on the intention, speed, and pressure applied. Brushing slowly and softly with a gentle breath is sedating. Brushing quickly, vigorously, and with a deeper breath is stimulating. Regardless of the intention, tui na should always be practiced with the breath and with the inner-smile.

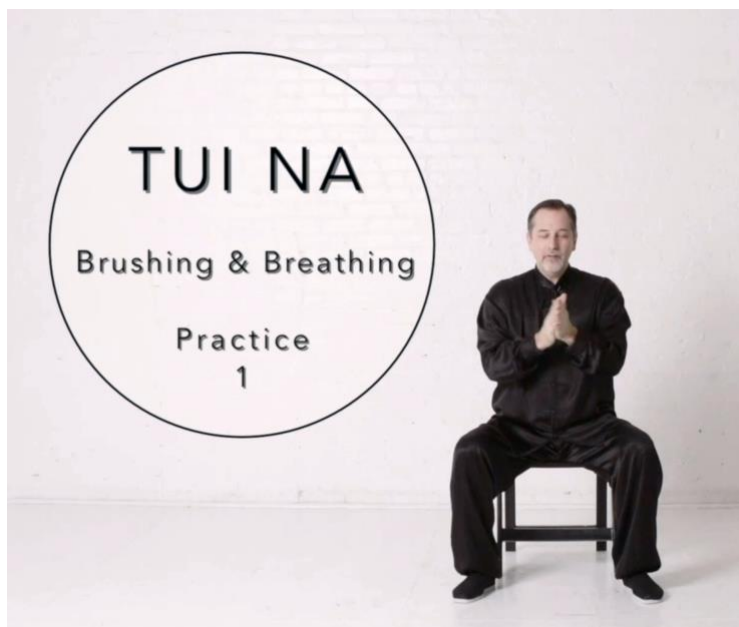
It is most effective when used in combination with meditation, so always begin and end tui na with the Waterfall Meditation. Then follow the sequence starting with the forehead and working your way down through the legs.

Tui Na Brushing Technique

Sit in a natural position with your feet flat on the floor and legs comfortably parted. Brush lightly with your fingertips in the direction indicated in the video, starting at the forehead and working your way down through the legs, three to six times over each area.

It is important to employ a gentle touch when brushing the body. The lighter the touch, the more responsive the nervous system will become. Always remember to soften, smile, and breathe as you brush. *IN THE EVENT OF AN INJURY OR ABRASION TO THE SKIN, SIMPLY PASS OVER THE AFFECTED AREA AT A DISTANCE OF TWO TO FOUR INCHES ABOVE THE SURFACE OF YOUR BODY.*

Click on the Picture to View Video



CHAKRA CHARGING

Chakra charging is the practice of awakening and nurturing each of the seven chakras, or energy centers, through conscious connection and breath. Mind leads energy, so as you focus internally, the mind will draw and focus energy to the object of your attention, and energy will build on any given point within your body as you breathe and maintain your focus and intention. This is a nurturing process that encourages growth and expansion of your personal power.

The quality of your focus and intention has a direct effect on the chakra. Focusing rigidly or aggressively will trigger a defensive response and cause the chakra to contract, so it is important to monitor your intention during practice of the chakra charging. Focusing softly with a loving, nurturing intention will encourage the chakra to open and expand.

The goal, therefore, is to soften, smile, breathe, connect, and nurture each energy center with your hands.

This gentle approach is subtle and deceptively powerful. As each chakra opens and expands, its function grows stronger, self-awareness increases, development accelerates, and the potential power that was once dormant and frozen is unleashed.

Chakra Charging Technique

Following is a detailed description of each chakra, its location, color, function, corresponding body part, and associated experiences and issues. Begin this practice at the top of the head with the highest chakra and move downward.

In each position:

- Hold your hands—left resting on right—over each chakra for a span of three, six, or nine breaths.
- Focus gently with an inner-smile when connecting to your energy centers. (or focusing anywhere internally).
- Imagine each chakra as a luminous ball of light or as a radiant star. Visualizing the corresponding color will help your mind stay connected and centered while breathing.



Seventh Chakra

Located at the top of the head
The color is gold

The function of the seventh chakra is connection to the divine consciousness and higher soul self. The seventh chakra corresponds to the soul body. The experience is astral

traveling and inspiration. The fear associated with the seventh chakra is of giving up control and of submission to one's higher self and soul plan. Issues include mentally leaving the physical body, blocking the divine connection, and lack of grounding. Nurturing the seventh chakra creates a greater connection to one's higher self and to the universe.

The power of the seventh chakra is *inspiration*.



Sixth Chakra (also known as the "third eye" chakra)

Located in the center of the forehead, just above the eyebrows

The color is violet

The function is spiritual insight and the ability to see beyond the physical realm. The sixth chakra corresponds to the brain and the pineal gland. The experience is wisdom. The fear associated with the sixth chakra is of right and wrong. Issues include over-intellectualizing, over-concentrating, losing focus, viewing reality in absolute terms, and being disconnected from one's emotions and physical body. Nurturing the sixth chakra creates greater mental clarity and the ability to perceive truth.

The power of the sixth chakra is *insight*.



Fifth Chakra

Located in the throat

The color is blue

The function is communication, expression, and creativity. The fifth chakra corresponds to the mouth, throat, neck, and thyroid gland. The experience is of creating one's personal reality through expression. The fear associated with the fifth chakra is retaliation for speaking and expressing one's truth. Issues include trouble-swallowing, inability to communicate clearly, inability to fulfill one's dreams and desires, and losing one's voice. Nurturing the fifth chakra opens the throat and creates a greater sense of ease and freedom of expression and creativity.

The power of the fifth chakra is *command*.



Fourth Chakra (also known as the “heart” chakra)

Located in the center of the chest

The color is green

The function is awareness of and connection to humanity. The fourth chakra corresponds to the heart and lungs. The heart chakra is the center of consciousness and, in Chinese medicine, is referred to as the center of the “heart-mind” or the center of knowing. The experience is of acceptance, love, and connection without judgment. The fear associated with the fourth chakra is isolation. Issues associated include hatred, judgment, and the inability to give and receive in balance. Nurturing the fourth chakra creates the courage to open and expand one’s heart-mind.

The power of the fourth chakra is *willingness* and acceptance.



Third Chakra

Located in the solar plexus, just below the bottom of the sternum
The color is yellow

The third chakra is often referred to as the seat of the lower mental body. The function is digestion and assimilation of emotional experience. The third chakra corresponds to the stomach, spleen, liver, gall bladder, and diaphragm. The experience is of personal power and identity. The fear associated with the third chakra is of deprivation and loss. Issues associated with the third chakra include indigestion, worry, self-criticism, anxiety, humiliation, and poor self-esteem. Nurturing the third chakra creates a clearer sense of personal identity and personal power.

The power of the third chakra is establishing clear *boundaries*.



Second Chakra

Located around the navel

The color is orange

The function is awareness of basic emotional feelings and physical needs. The second chakra corresponds to the intestines and umbilicus. The experience is often associated with the lower intuition or “gut feeling” as it relates to safety and survival. The fear associated with this energy center is the fear of personal inadequacy. Issues associated include lack of trust, guilt or shame about feelings, and attachment to others. Nurturing the second chakra will create greater awareness and acceptance of feelings and intuition.

The power of the second chakra is *trust* in oneself.



Dan Tien

Located 1 ½ inches or 3 centimeters below the naval
The color is white

The Dan Tien [Dahn Tee-En] corresponds to the second chakra and to the *hara*, or center of spirit. Dan Tien is a Chinese term that means “energy center,” and it is often referred to as the “extra” chakra. This energy center does not develop naturally and must be cultivated through meditation. The function is the storage and distribution of vital energy, or *chi*, to the entire body. The experience is vitality and physical power. The fear associated with the Dan Tien is weakness. Issues include lack of energy and physical weakness. Nurturing the Dan Tien will INCREASE PHYSICAL ENERGY AND STAMINA.

The power of the Dan Tien is *physical vitality* and *mental serenity*.



First Chakra (also known as the “root” chakra)
Located at the base of the body,
from the perineum to the top of the pubic bone
The color is red

The function is connection to the earth/physical dimension. The first chakra corresponds to the sexual organs, bladder, and rectum. It is also associated with the Kundalini energy of sexual creation, power, and the passion for life. The experience is of physical safety, security, and survival. The fear associated with this energy center is of “being fully present in the physical body.” Issues include money, sex, power, grounding, stability, and mobility. Nurturing the first chakra will create a greater sense of physical connection, stability and strength.

The power of the first chakra is *grounding*.

Click on the Picture to View Video



WATERFALL CLEANSING TECHNIQUE

We now understand that amplifying energy with the breath—especially in combination with the intention to soften and smile—creates a form of activation, a movement of energy that allows us to release and discharge it. Yet “letting go” in this manner is a great challenge for many people. Why? Because each of us has had the unwelcome experience of being overwhelmed by a feeling.

Discharge without clear direction often leads to chaos and confusion, depending on the energies being discharged. For example, anger, like heat, tends to expand and rise toward the upper body and head. If anger is not grounded, it tends to discharge outwardly in an explosive fashion, to be absorbed by anyone in the vicinity. It is often perceived by those nearby as an attack, which triggers a defensive reaction to bounce the anger back to its source in the form of a counterattack. This is how confrontation quickly escalates into conflict and drama. The cycle of discharge-conflict-drama is common among people who do not understand the value and mechanics of grounding.

The remedy is to focus on the *direction* of the flow of energy, and the image of the waterfall serves to remind us of the proper way to ground oneself and to signal the direction for safely discharging energy and feeling. Like water, a fluid energy state tends

to flow toward the path of least resistance: downward with the force of gravity. The waterfall technique gives your energy a clear and specific direction to follow, downward and outward.

As energy flows downward through your body as a fluid channel, any thought, feeling, or physical sensation can be directed into the stream so it may flow down into the ground with the energy of your waterfall. The earth will absorb the charge you send it easily and effortlessly, regardless of how negative or intense the feeling. As energy flows downward into the ground it becomes neutral. Any thought, feeling, or sensation will also become neutral once the earth absorbs it. To flow, you must set all other agendas aside. There is no need to analyze your feeling, thought, or sensation—simply **acknowledge, accept, and allow** and **direct** the flow through your center and into the ground as you breathe.

Using the image and intention of a stream of energy flowing down through your body and into the ground will help clear your mind, your heart, and your nervous system of unwanted thoughts and feelings as well as negatively charged and or toxic energies. The waterfall meditation is cleansing and energizing. When combined with an inner smile, and conscious breathing, it will reinforce the intention and the experience of safely detaching and letting go.

Technique

The waterfall technique can be employed as a stand-alone practice for grounding and discharging energy and tension. Use the waterfall technique any time you feel tense or overwhelmed. The key to this technique is to soften, smile, breathe, and allow the energy to flow downward naturally – not to force it or “make it” move. The harder you try to force this movement the less you will accomplish, as trying hard only creates tension and resistance.

The waterfall intention can be practiced either by sitting in a chair or standing. Soften, smile, breathe, and direct the flow of energy through your center and into the ground, and observe without judgment or expectation. Do not fixate, grasp, or hold onto any thought, feeling, or sensation. Simply direct the energies downward and outward.

- Sit forward in your chair toward the edge of your seat, with your feet flat on the floor. (Or, stand with your feet shoulder-width apart and your knees slightly bent.)
- Lengthen your spine as if you were intending to touch the ceiling with the top of your head.
- Rest your hands on your thighs and allow your shoulders to drop and your chest to soften. If you are standing, let your arms rest loosely at your side.

- Breathe in through your nose and out through your mouth gently and consistently. As you breathe, imagine sitting under a gentle waterfall of energy and light.
- Soften, smile, breathe, and allow the energy of your waterfall to flow in through the top of your head, down through the center of your body and legs, out your feet, and into the ground.
- As the energy exits your feet, imagine the energy flowing into the ground like the roots of a great tree. Send your roots deep and wide into the ground.
- As you breathe, imagine your waterfall with as much dimension as you can. Give your waterfall color, texture, temperature, sound, and movement. The more detail you imagine, the stronger the sensation will become.
- Listen to the flow. To listen is to observe without judgment or expectation. Listen to the stream of energy as it flows through your body and mind into the ground, without trying to analyze or interpret; simply observe and allow while you breathe.

All energy carries information with it. Information can be perceived as a thought, an image, a feeling, an impulse, or a sensation. As energy flows through your center, it is experienced as a multidimensional stream, a living stream of information and breath, flowing through your body. Connect to the ground and let your mind flow downward. Listen to the feeling, breathe in the stream, and direct the flow through your body and into the ground. Let go and let it flow easily and effortlessly.

Click on the Picture to View Video



REIKI: UNIVERSAL LIFE ENERGY

Reiki is a Japanese energetic healing technique that can be used for stress reduction, meditation, and healing. It will increase and direct your energy in empowering ways. The word *reiki* is comprised of two Japanese words: *Rei* "divine spirit" and *Ki* "breath or life force." Therefore, reiki can be translated to mean "universal life force."

The concept of reiki is simple: by opening your heart and mind, you receive the highest love and light as a form of energy. That energy can be channeled through your body as a radiant force to energize and heal yourself as well as others.

The process of channeling reiki energy is similar to the waterfall technique in which you soften, smile, breathe, and direct a flow of energy. With reiki, you imagine the highest love and light flowing into your body through the top of your head, down through your heart chakra, and out your hands.

As you move your hands over the various parts of your body in the following exercise, the energy you receive and channel is directed through your body, creating a flowing circuit.

Reiki Technique

The experience of connecting to yourself in the described fashion is sensual and nurturing and serves to heighten your sensitivity and awareness through loving connection.

As you begin the Reiki technique in the Rei Qong video, you should follow these essential guidelines:

- Sit forward in your chair toward the edge of your seat, with your feet flat on the floor
- Hold your hands in position for a span of three breaths, unless otherwise noted.
- Focus gently with an inner-smile.

Once the technique and hand patterns become familiar, you can adjust the time spent on each body part. Spending more time in each position will give you an opportunity to make a deeper connection and allow more time for breathing slowly and fully.

Click on the Picture to View Video



JOINT OPENING QI QONG

It's easy to become stiff and inflexible as a result of inactivity, sitting for long periods, stress, illness, aging, and weight gain, to name just a few. If it hurts to move or you find it difficult, it's easy to become less active. And inactivity can lead to a host of problems, including more weight gain, inflammation, arthritis and calcification of the hips, knees, feet, shoulders, hands and spine. The resulting lack of alignment can further result in balance issues.

Fortunately, there is a simple solution. The Qi Qong joint opening sequence is an easy, gentle way to release physical tension and improve the range of motion in your joints. This helps prevent arthritis and calcification of the major joints and spine while preparing the body for optimal alignment and balance.

During this sequence, opening the chest will aid in increasing the lungs capacity and volume of energy and oxygen. Opening the spine will help with overall posture and physical alignment for balance. Opening the pelvis will increase flexibility at the base of the body which is crucial for mobility and one's ability to regain balance quickly and safely. Moving the joints of the extremities with circular motion combined with active breathing serves to loosen and lubricate the joints and reduce inflammation caused from poor alignment and inactivity.

Gently rotating and stretching the limbs and spine is one of healthiest routines to practice on a daily basis. The sequence can be performed sitting in a chair or standing upright. The benefits are felt immediately and are often described as feeling looser, more mobile and less constrained.

This practice can contribute to your overall sense of well being and connectedness to your physical body and general self awareness. It is important to practice joint opening with a soft focus and full breathing, as this will increase circulation of energy and blood flow throughout the whole body.

The combination of these range-of-movement exercises with weight training can increase mobility, flexibility and strength, as well as improve balance.

Click on the Picture to View Video



STANDING QI QONG

The standing portion of the Qi Qong set is a simple way to align, center and ground your body-mind-energy. Gently bending the knees and coordinating breath while shifting your weight from side-to-side and front-to-back will help you develop a greater sense of balance through alignment. This simple set is what I commonly teach for developing basic postural awareness and to help strengthen balance for post-surgical joint replacement and age-related balance issues.

In addition to the Qi Qong set included here with the Rei Qong practice, is the **Stress Defense Qi Qong** class. A full thirty-minute class designed to activate your energy and strengthen your balance. The full Qi Qong Class can be found on the STORE PAGE of my website.

Qi Qong Technique

Stand with your feet shoulder width apart and align your head, shoulders, and hips directly over the center of your feet. Breathe in as you straighten your legs and exhale as you bend your knees.

When shifting your weight from side-to-side and front-to-back, be sure to keep your feet flat on the floor and your knees slightly bent.

Look out toward the horizon and not downward on the floor. The tendency is to want to look down at your feet, do not! Looking downward will break your physical alignment and destabilize your balance by tilting your head forward beyond the base of your feet.

Alignment is the key to good balance.

As always, soften, smile and breathe consistently throughout the standing set. It is common to feel a mild strain in the legs from keeping the knees bent. The pressure of keeping your knees bent is how you strengthen your legs and improve your balance. It is a form of weight training using your own body mass and the force of gravity instead of using external weights or machines.

Do not be alarmed if your legs feel a little shaky afterward. This is to be expected and is an indication that you are working properly.

Click on the Picture to View Video



PART III: BUILDING A PRACTICE

Now that you are familiar with Stress Defense and Rei Qong it is time to put your new found knowledge and experience into practice. Practice and repetition are the key to self-mastery, abundant health and peak performance. The more you practice the stronger you become. The more frequently you practice the easier it is to maintain your balance and an optimal state of vibrant health.

There are several ways to incorporate the principles and modalities of Rei Qong into your daily routine. The first and most obvious is to work with the video on a regular basis. Try working with the video every day for one week just to become familiar with the sequence. As you learn the routine through experience you will find the tools easy to recall without having to watch the video.

To develop a greater sense of the effect of the practice, try journaling. Before you begin, take one minute to write down how you feel physically and emotionally and make note of the time of day. After the practice, take another minute or two to note how you feel and any significant changes in your state of being. When you practice with the correct intention, softly, gently and with self-directed kindness, you will feel a shift in your energy and in your psycho-emotional state of being. Just make a note of any changes before and after.

Transforming your physical state

Try using the practice when you feel tired, achy or when you are experiencing some physical discomfort or pain. It is common for most people to feel a significant improvement in their physical state after a practice session. I have had many students describe starting the practice with a headache, muscular tension or significant joint pain, and feeling significantly better or the complete absence of the symptom post session.

Transforming your emotional state

Use the practice when you feel emotionally charged, when you are sad, depressed, angry, confused or anxious. The challenge is to accept how you feel without judgment or expectation before you begin. Here is where the Nine Breath Rule comes into play. Use the breath to acknowledge, accept and allow and then slow down your inner tempo and soften your body, breath and mind. Again, make a note of how you feel before you begin. I find that act of journaling itself to be very helpful for discharging excess emotional energy and for clearing the mind. A good pre-practice tool to employ when feeling highly charged or mentally confused. Note how you feel after the session, what shift did you experience?

Time of day

Experiment with the time of day and how it affects your energy. Try starting your day with the Rei Qong practice and see how you feel throughout the day. Play with your practice and see how it feels to do it in the afternoon or the evening. Make a note of how it affected your daily routine and how it affected your ability to focus and perform your work or a given task.

Tempo

Once you learn the sequence and no longer need to follow the video you are free to play with tempo. Slow down and take more time with each section or repeat a section and see how it feels. The typical time frame for the practice is between thirty and forty-five minutes. Try practicing for an hour or ninety minutes and observe the affect. A slower tempo tends to be more grounding and relaxing. A quicker tempo more stimulating and energizing. The whole set can be performed in as little as ten minutes. When moving through the sequence quickly you may find the tempo of your breath increasing, try to breathe fully with an inner smile regardless of how fast you breathe.

Rei Qong is a modular practice. Each section can be used as a stand-alone technique and incorporated into any exercise routine, task or action. Here's how:

Nine Breath Rule (NBR)

Play with the Nine Breath Rule as a preparation before giving a speech or presentation, before going into a significant meeting or before taking a test. Use the practice to center yourself into the present and to access your inner tools and resources. You can also use the NBR to quickly shift your mental and emotional state in under a minute. It is a great way to make an attitude adjustment on the fly.

Tui Na Self-Massage

I use Tui Na to activate my senses when I feel tired or achy and as a pre-warm up for any physical training session. It is a great way to bring the mental body into alignment with the breath and physical body quickly. Wake up and start your day with Tui Na or use it to prepare for going to bed.

Try using Tui Na before working out at the gym, jogging or any sports training. The sequence can be performed in as little as three minutes. Play with the tempo to sedate (slowly) or energize (quickly). Use Tui Na as a preparation before your meditation practice as a way to gently awaken your senses and focus your mind. Tui Na can also be used to self-examine your body for any unusual skin growths, subdermal tumors or sensitive dermatomes.

Waterfall meditation/intention

The waterfall technique can be incorporated into any task or activity to help ground and center your-self and gently discharge excess or negative energy. When you imagine the flow of energy moving downward through your body with the force of gravity as you breathe, you effectively ground yourself. It is a simple and effective way to empty your vessel and become fluidly present. Play with this image and intention when speaking to anyone who is upset or highly charged and notice how you feel and what effect it has on them. Use this technique (always with the breath) to set your energy into motion when you feel stuck, confused or overwhelmed. This internal technique can be practice frequently throughout your day as a way to stay fluid and to help you adapt to consistently changing circumstances as they unfold.

Chakra Charging

Tune in and nurture your core energy frequently throughout your day. The Chakra charging technique is essential for maintaining abundant, balanced energy and can be practiced and performed in as little as one to three minutes or longer. Play with this as a meditation technique whenever you feel tired or physically tense. I practice when riding the subway/bus on my way to work or when travelling to see clients. Typically, I will charge-up several times a day. The practice can be performed with the hands positioned over each energy center or simply by focusing and imagining each center without the hands. Try incorporating Chakra Charging as a preparation before working out and in your cool down after you're done. This technique is an efficient way to center yourself and to maintain a sense of overall balance.

Reiki

As with every modality in Rei Qong, Reiki is a stand-alone practice. I use Reiki when I need to balance my energy, and practice as soon as I start to feel off balance or at the first sign of sickness. Reiki is the longest sequence in Rei Qong and as such requires the most time to practice. It is not necessary to go through the entire sequence if you are feeling discomfort or pain in an area of your body. If your knee or your stomach or any other part of your body are distressing you, then place your hands on that area with the intention to soften, smile, breathe and love that part of yourself. Be mindful of how the energy and sensation changes and moves and follow it with your hands as you continue to breathe. This spontaneous method of practice is an effective way to address the needs of your body and mind as it becomes apparent. The sooner you respond the easier it will be to affect a positive change.

Qi Qong

There are many forms of Qi Qong and many ways to apply the practice in your daily schedule. I frequently use Qi Qong as my preparation for performance or action or when-ever I need to feel more grounded and centered. The joint opening exercises can be used as needed. Hips and spine feel stiff? Breathe and move gently for a few minutes and you will dissolve the tension and increase your energy and range of motion. Feeling emotionally charged? Stand up and activate your energy with breath and movement and discharge the energy downward into the ground. The important thing is to connect feeling to breath and discharge with a clear direction, downward. Qi Qong can be practiced with the intention to energize, sedate, strengthen, relax or as a meditative practice. The choice is yours to play with and discover how to use this tool. As always, I encourage you to be creative.

As mentioned above, there are two additional resources available in the Stress Defense Store. The full Qi Qong practice and the First Aid Qi Qong form. The full practice is a complete class and training method. The First Aid Form is a simple sequence that can be used to ground, center and discharge energy quickly.

THE VIDEO

Now that you are familiar with the practice and its many applications, you are ready to run the video in its entirety. Find a quiet space and turn off all potential distractions. Sit in a comfortable, supportive chair that will allow you to place your feet flat on the floor and sit forward toward the front edge of the chair. It is best to wear loose, comfortable clothing that you can move and breathe easily in without restriction. Remember, this is training and as such it is best to approach the process with reverence and respect. Have a full experience with as little judgment and expectation as possible. Each time you practice is a new experience and a new opportunity to deepen your understanding and connection to self.

Soften, smile, breathe and listen. Acknowledge, accept and allow.