

Spring Forest Qigong Level One: Qi Activation

Active Exercises

Purpose: To stimulate the Qi flow in the body. Practice any element throughout your day. Strive to do the entire set of Active Exercises every time you begin your qigong practice.

Bouncing	Warms up your body's Qi and gets it flowing; loosens joints and muscles. Raising hands over your head helps to clear and balance the Qi in the head.
Tap: Beginning of Eyebrows	Bladder Channel detox points. This helps open channels down your back, including eye blockages, headaches, neck, shoulders, back, spine, lower back, sciatic nerve, reproductive organs, back of thighs, back of knees, back of legs and ankles.
Tap: Between Cheekbone and Nose	Stomach Channel detox points. These points help open channels down your front including blockages in the eyes, jaws, thyroid, throat, lymph in the neck, breast, lungs, liver, stomach, digestion, diabetes, intestines, front of the thighs, front of the knees, front of the legs and ankles.
Cup: Top of head	At the top of the head is the Bai Hui Point, where all the Yang (male) energy channels meet. Cupping this point nourishes the internal organs.
Cup: Base of Your Head	This helps wake up the central nervous system in the brain. It is good for the eyes, hearing, voice, vocal ability, elbows and hands, armpits, and wakes up the energy to the heart, which helps the internal organs and the entire body.
Massage: Base of Neck Vertebrae	The bony point right at the base of the neck is the intersection between the brain and the rest of the body. This is good for healing neck blockages, colds, fever, infection, headaches, high blood pressure, diabetes, and heart and lung issues.
Clap Hands	This helps stimulate energy in your heart.
Cup: Inside of Elbows	Cupping the elbows helps stimulate energy in the heart, lungs, and digestive system.

Cup: Armpits	This is a key point that helps to stimulate energy in the heart.
Tap: Tailbone	The tailbone is the gate of vitality in your body. Tapping the tailbone strengthens the kidney energy and balances energy that helps with weight control, reproductive problems, fertility, headaches, and memory.
Tap: Hip Points	The hip points are powerful energy points connecting the upper torso and the legs. Any hip problems or problems with cartilage or tendons in the hips, joints, or knees all have something to do with this energy point.
Cup: Knees	The knees are important vitality centers; cupping helps with longevity, anemia, knees, joint problems, and the stomach energy channels.

Learn more techniques for tapping and cupping to stimulate healing in your body in the book *Head to Toe Healing* by Master Chunyi Lin. It is a valuable reference!



This handout was created by Wisdom Dances as a helpful resource for students. The content above does not necessarily reflect or represent the teachings or policies held by Spring Forest Qigong.