

OPENING OF THE GOLDEN LOTUS

A unique blend of Eastern mystic traditions, this rare qigong is designed to balance mind and body. Working with both the chakra and meridian systems, its flowing movements stretch and open the many layers of oneself to create harmony.

1. Step out

The universe separates into yin and yang and returns to wushi. It is generated from stillness, so take time settling into the earth before beginning.

2. Movement of the small heavenly circle

This simple movement opens and guides the flow of chi around your whole being, from the feet to the hands, crown, heart, lower dantien and feet.

3. Turtle treads water

Using the hands ('flippers') to connect to the heart meridian, round out the back into a bow-shape. Stretching from the crown to the feet opens up the qiao mai channel on the back outside edge of the legs, up the back and along the back of the arms. The turtle symbolises longevity and endurance.

4. Lift hands

Close the circuit. Left arm rests on right wrist.

5. Snow rabbit pushes from burrow

Connect the middle fingers of the pericardium meridian, focus up through the centre line of the body and heart, holding the hands in a reverse lotus mudra.

6. Fair lady sieves water

Guiding the chi up the stomach meridian to the chest, turn the hands palms upwards and form the spine 'bow'. On release, the arms spring out and reach to gather the chi of heaven.

7. Ringing the temple bells

Connect the thumbs over the middle fingers to form an open fist. This mudra is connected to healing through the liver. Here the chakra of the pituitary gland is emphasised.

8. Pushing up the lotus

This is a fire posture which brings our awareness to the crown chakra, the thousand petalled lotus, as chi is distributed through the etheric body.

9. Push to the left

Stroke up the meridians of the inner left arm, spiralling through the spine to activate the belt (girdle) meridian.

10. Push to the right

Stroking up the meridians of the inner right arm, spiralling through the spine to activate the belt (girdle) meridian.

- 11. Lift the rock**
Hand chakras connected, raise to the heart chakra, then down to the lower dantien.
- 12. Baby turtle finds the pearl**
Squat down to open the lower spine and heel meridians (similar to 'Turtle treads water'). Pearls symbolise wisdom in Chinese culture, are yang energy in nature and the attainment of truth or enlightenment.
- 13. Press the sky**
Squeezing and releasing the belt meridian to stimulate chi flow in the opening side channels of the body.
- 14. Sickle cuts the rice**
Return to the start of the 'Press the sky' sequence.
- 15. Press the sky**
As 13.
- 16. Sickle cuts the rice**
As 14.
- 17. Lift hands**
Right arm rests on left wrist.
- 18. Snow rabbit pushes from burrow**
Connect the middle fingers of the pericardium meridian, focus up through the centre line of the body and heart, holding the hands in a reverse lotus mudra.
- 19. Bringing down the fire**
Reaching to the sky again similar to 'Ringing temple bells'), bringing the chi of heaven through the body to the lower dantien
- 20. Scoop and drink from the stream**
Connect the hand chakras again, rising up the body to the throat chakra. Breathe in through the mouth and swallow.
- 21. Movement of the small heavenly circle**
As 2 to close.
- 22. Close**
Return to starting position.

Chakras and their Connections to the Eight Extraordinary Vessels

Chakras are centres of energy, i.e., spaces where life force is concentrated. At the same time they are centres of consciousness, of awareness. For example the heart chakra is a space in the chest, where love is centred. In our energy field, the third chakra is the space where personal vitality and power resides. Chakras are also openings of the energy field, where we receive and send out life force. In the centre of each chakra we have important acupuncture points, which can help to "open" the chakras.

The eight extraordinary vessels *Qi Jing Ba Mai* also called irregular, marvellous or curious vessels are a system of channels, which acts as a *reservoir* into which excess energy of the main channels can be drained. On the other side from their storage they can replenish any deficiency in the main channels. So the eight extraordinary vessels serve as storage of Qi, "filling and emptying" in response the various patterns of energy distribution and disturbances, exerting a regulatory effect.

The eight extraordinary vessels function from a deep fundamental level, they distribute the *ancestral*, source or hereditary energy *Yuan Qi* from the pelvic region. They derive their life force from the kidney, from the essence (*Jing*) bringing Yuan Qi into upper parts of the body. So utilizing the eight extraordinary vessels represents a deeper, root level treatment. This is very similar to the treatment using the chakra acupuncture method.

The primary extraordinary channels *Du Mai*, *Ren Mai*, *Chong Mai* and *Dai Mai* originate in the pelvic region, being closely related to the Chinese organ *kidney*, the *source of life*. In the pelvic region we find also the base and the polarity chakra, which connect our life force with the *energy of the earth*, being the mother of all life.

From the perineum the location of the base chakra Du Mai and Ren Mai ascend to the head, to the sixth and seventh chakra from the deepest Yin, Huiyin Ren 1 to the highest Yang, Baihui Du 20. On the course of the Ren Mai are the five frontal openings of the five middle chakras (2, 3, 4, 5, 6) and on the Du Mai we find the backward openings of these chakras. Although Du and Ren connect the lower and higher chakras, the energy between the chakras flows not superficially through the Du and Ren but in the "inner centre line" forming a column shaped vessel connecting Huiyin and Baihui.

The *Chong Mai* which is called also penetrating or *vital vessel* has many important functions, for example to move Qi and blood on deep levels in cases of stagnation, to regulate the uterus and menstruation or help replenish the life force in reduces or weak states of constitution. By opening and activating the first and second chakra with chakra acupuncture, new energy from the earth can flow into the pelvic region, supporting and enhancing the functions of the primary extraordinary channels.

There are some important similarities between using the extraordinary vessels and the chakra system. Both work on a deep essential level of our energy system, the eight extraordinary vessels on a deep body level *essence* and *Yuan Qi* and the chakras on a spiritual level, supporting synergistically each other.

Reference:

http://www.healingpeople.com/index.php?option=com_content&task=view&id=334&Itemid=136

The Eight Extraordinary Vessels: Qi Jing Ba Mai

Qi Jing Ba Mai act as reservoirs for Qi and Blood that overflows from the regular channels. As such, when accessed, they can mobilize great reserves of Qi and Blood for use in healing disease. They are able to absorb excessive qi and blood from the primary channels in the same way that reservoirs take excess water from canals and ditches at times of heavy rain.

Conception vessel (Ren Mai) : Ren Mai is one of the more well known of the extraordinary vessels, learned in most acupuncture schools. It arises in the uterus or lower abdomen and emerges from the body at the perineum then rises to just below the lips. It exerts a powerful influence over the Yin of the entire body. Ren Mai is functionally paired with the Yin Qiao Mai.

Governing vessel (Du Mai) : The Du Mai is a structural pair with Ren Mai - which is to say that they are similarly placed on the body. Ren Mai covers the front of the body and runs up the anterior midline. Du Mai covers the back of the body and runs up the posterior midline. The Du mai is especially good at treating back pain, headaches, dizziness, fevers and all manner of musculoskeletal issues along the back of the body. It is functionally paired with the Yang Qiao Mai and treated together, these channels excel at treating all manner of musculoskeletal complaints as well as various brain disorders.

Yin Motility vessel (Yin Qiao Mai) : The Yin/Yang Qiao and Yin/Yang Wei are less familiar to most folks. The Qiao vessels are sometimes referred to as “motility” vessels as they deal with motion and lack thereof, but they are also referred to as the “heel” vessels as that is where they originate on the body. It originates on the inside of the foot and exerts its influence along the medial leg, through the lower abdomen and up to the mouth and eyes. It is functionally paired with the Ren Mai and used together these points can have a great therapeutic effect on the chest, lungs and throat as that is part of their shared range of influence.

Yang Motility vessel (Yang Qiao Mai) : The Yang Qiao Mai is structurally paired with the Yin Qiao Mai. They treat similar conditions, but on different parts of the body. The Yang Qiao is associated with the outside of the leg, but can also treat conditions like epilepsy, insomnia, and various disorders of the eye and eyelid. It is functionally paired with Du Mai.

Penetrating/Surging vessel (Chong Mai) : The Chong Mai is said to link up the 12 regular channels' blood and Qi to a greater degree than the other extraordinary channels. The Chong runs through the core of the body and has a great influence on the menstruation of female bodied people, storing the blood as the cycle progresses towards the monthly flow. It is sometimes called the “Sea of Blood.” It is linked with the Yin Linking Channel (Yin Wei Mai).

Girdling/Belt vessel (Dai Mai) : The Dai Mai is one of the more interesting extraordinary vessels. It's short, encircling the body approximately at the waistline. It is structurally paired with the Chong Mai, so is often discussed when considering women's disorders. The Dai Mai treats the lateral side of the torso, but also can treat problems in the shoulders and lateral side of the neck. The Dai Mai is functionally paired with the Yang Wei Mai.

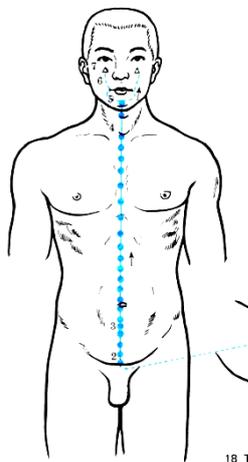
Yin Linking vessel (Yin Wei Mai) : The Yin Wei Mai runs along the inside of the leg, taking its point from the Kidney, Spleen and Liver channels as well as the Ren Mai conception channel. It is sometimes discussed as controlling the tendons and muscles on the inside of the leg as well as influencing the chest and abdomen. Pathological symptoms include heart

pain, stomach pain and fullness in the centre of the diaphragm. The control point of Yin Wei It is functionally paired with the Chong Mai (penetrating/surging vessel). Treated together, Chong and Yin Wei will have a powerful effect on reproductive health, abdominal and chest pains, as well as problems with the Heart and Stomach organs.

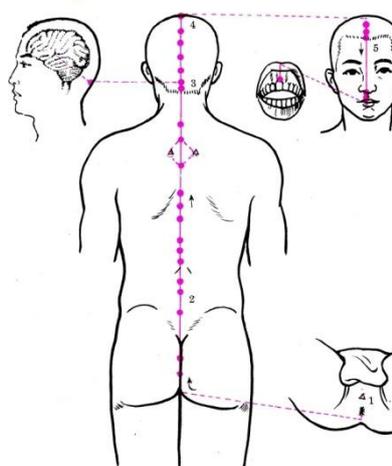
Yang Linking vessel (Yang Wei Mai) : Finally, we come to the Yang Wei Mai. The Yang Wei Mai runs along the outside of the leg, but more posterior to the Yang Qiao Mai. It is particularly good at treating epilepsy and eye diseases, but as the other Wei and Qiao, it treats musculoskeletal disorders along its track. It is functionally paired with the Dai Mai.

Reference source: <http://deepesthealth.com/2008/learning-acupuncture-master-points-of-the-extraordinary-vessels/>

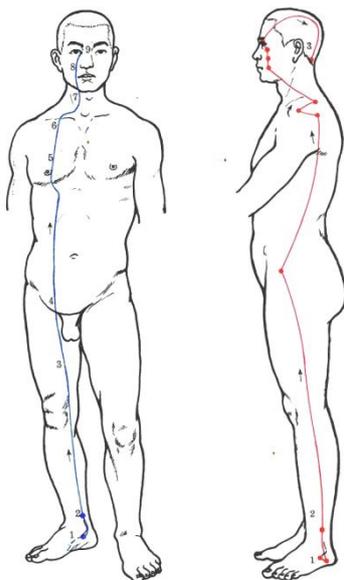
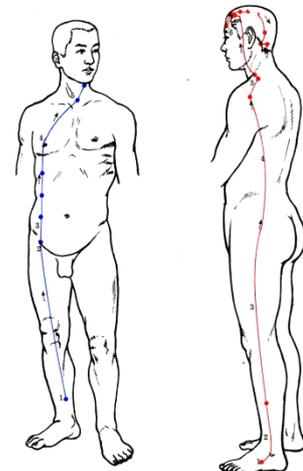
REN



DU



YIN QIAO + YANG QIAO



YIN WEI + YANG WEI



CHONG



DAI