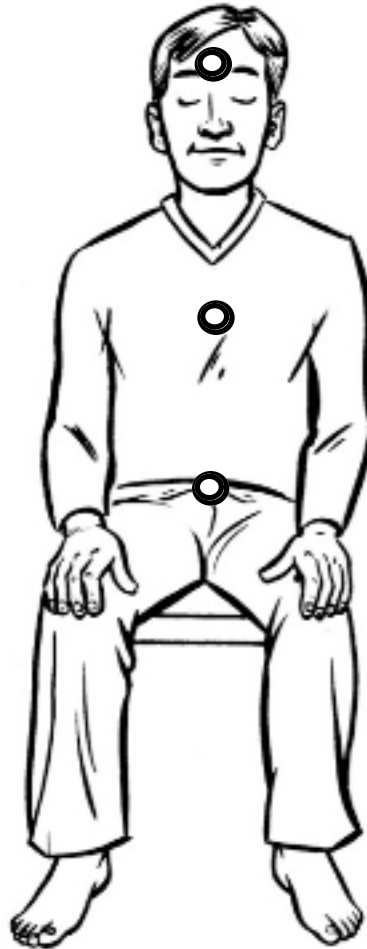


Three Centre Qigong Meditation

This Qigong is useful for focussing the mind and building Qi in the body. Like with any meditation, find a place and time where you will not be disturbed for the duration of the meditation. Do not meditate if you are angry, tense, have overeaten or are hungry and be sure to wear comfortable, nonrestrictive clothes. Remain tranquil throughout your practice, even if there are unexpected interruptions and avoid rushing the completion of your meditation session.

The Three Line Qigong meditation focuses the mind on three areas on the body. Each area is where Qi collects in the body.



The first centre is where the Yuan (Original) Qi which acts like a reserve for the body is stored. The second centre is where the Zong (Gathering) Qi which powers our Heart and Lungs is collected. The third centre is where the Shen (consciousness) is housed.

In Qi Gong practice there is a saying, “Qi follows intention.” By focussing on these centres in a calm, relaxed and attentive way, this meditation aims to strengthen our reserves, our body and our mental-emotional capacity.

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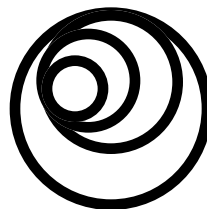
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Disclaimer

This factsheet is not intended to treat, diagnose or prescribe. The information provided is not to be considered a substitute for consultation with a qualified health care practitioner.

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