

Three Line Qigong Meditation

This Qigong is useful for getting into a relaxed, comfortable and natural state. 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, non-restrictive clothes. Remain tranquil throughout your practice, even if there are unexpected interruptions and avoid rushing the completion of your meditation session.

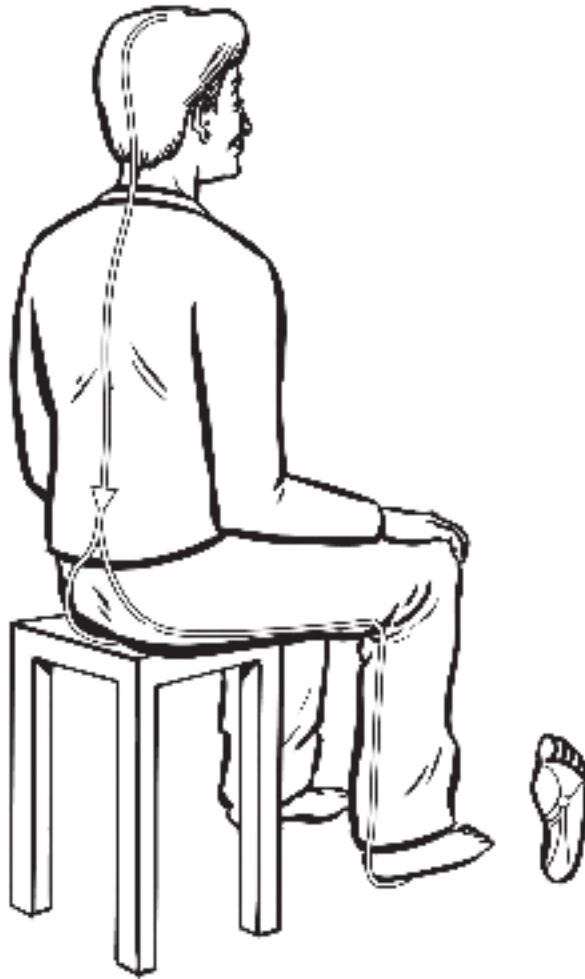
The Three Line Qigong meditation focuses along three areas of the body. Each line starts at the top of the head and moves downward, helping the mind and body to settle.



The first line travels along the sides the head, neck and arms.



The second line travels down the front of the body.



The third line descends along the back of the body ending at the bottom of the feet.

The meditation along the three routes should be smooth and continuous, like a boat being carried along by a stream. It can be repeated several times if time allows.

References:

Bi, Yongshen, et al. Chinese Qigong: A Practical English-Chinese Library of Traditional Chinese Medicine. Shanghai University of Traditional Chinese Medicine: Shanghai. 1990.

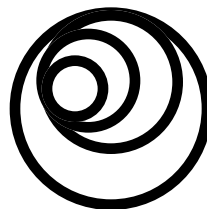
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Yu Gongbao. Chinese Qigong Illustrated. New World Press: Beijing. 1995

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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