

Chinese Five Elements: Wood, Fire, Earth, Metal, Water
Cosmic Energies, Transformations, Phases, Elements, Powers, Forces, Movers

Five Elements Qigong and Internal Training Methods

Qigong Routine I, Yin Style: Quiet, Peaceful, Soft, Gentle, Internal, Contemplative

Prepared by Mike Garofalo, Instructor, Valley Spirit Qigong, Red Bluff, CA, 2011

1. Wood Energy Matrix

For all five exercises stand comfortably with your feet about shoulder width apart, knees slightly bent, with an upright torso. Use reverse abdominal deep breathing for all five of the exercises, i.e., on the inhale, tighten the abdominal muscles, squeeze the muscles of the perineum (anus), and thrust the *kua* open; then, relax these areas on the exhale. The range of movement possible will depend on the individual's health and conditioning. Smile, relax, and be very gentle. For each exercise do 5-8 very deliberate repetitions along with deep coordinated reverse abdominal breathing; then return to *Wuji*.

For the first exercise, raise both hands up to chest level, palms up, sword fingers mudra, and with the index fingers pointing towards each other. Begin to turn to the left at the waist, exhaling and make the healing sound "shhhhh," while lifting the left arm up and back and pointing to sky behind you, while the right arm points down and forward to the earth with the palm up. Inhale as you return both arms to chest. Repeat on the right side.

Wood Matrix Correspondences: Generating, Sprouting, Rising, Spring, Green, East, Wind, New Yang; Liver, Gall Bladder, Eyes, Sinews, Metabolism, Hormones; Celestial Blue Dragon, Deer Frolics; Plants, Food, Farming, Gardening, Trees; Kindness (*Ren*), Calmness, Peacefulness, Childlike.

2. Fire Energy Matrix

Bring arms up to chest level, palms face in. Inhale and open both arms upward and out to the sides, with the palms facing forward and upward. Look up and lean back slightly. Exhale as arms return to chest as you make the healing sound "hhhhhaaaaa."

Fire Matrix Correspondences: Expanding, Blooming, Scattering, Summer, Red, South, Heat, Full Yang; Heart, Small Intestine, Tongue, Blood Vessels, Cardiovascular, Brain; Celestial Red Phoenix, Crane Frolics; Sun, Fireplace, Candle, Electricity; Order (*Li*), Organization, Enthusiasm, Youth.

3. Earth Energy Matrix

As you inhale, palms facing up, bring both arms upward while close to the body stopping at the upper chest level. Turn palms to face down, slowly exhale, make the healing sound "aaaauuummm," and lower the arms to waist level.

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Earth Matrix Correspondences: Stabilizing, Ripening, Knotting, Summer Harvest, Yellow, Center, Damp, Yin-Yang Balance; Stomach, Spleen, Legs, Mouth, Muscles, Digestion; Celestial Yellow Lion, Monkey Frolics; Earth, Soil, Ground, Mountains, Valleys, Rocks; Trust (*Xin*), Fruition, Fulfillment, Middle Aged Parents.

4. Metal Energy Matrix

As you inhale, palms facing up, bring both arms up the sides of the body to chest level. Turn palms to face forward and make a soft fist with hands. As you exhale, making the healing sound “ssssiiii,” press both hands forward, rotating the fists to palms out. At full extension of arms, then turn palms outward, and inhale deeply as you draw both arms backwards to your sides at shoulder level, then lower your arms to the side of your body.

Metal Energy Correspondences: Contracting, Withering, Constriction, Autumn, White, West, Dry, New Yin; Large Intestine, Lung, Nose, Skin, Respiratory, Immune System; Celestial White Tiger, Tiger Frolics; Rare metals, Ores, Tools, Machines, Human Creativity, Art; Integrity (*Yi*), Poise, Maturity, Old Persons.

5. Water Energy Matrix

Rub both hands together 36 times, then place both hands over lower abdomen (*Dan Tien*). Women place left hand over the right hand; men do the reverse. Inhale as you bend backwards. Exhale as you bend forward, making the healing sound “oohhhhh,” while pressing both hands into the abdomen.

Water Energy Correspondences: Flowing, Dormancy, Dropping, Winter, Dark Blue/Black, North, Cold, Full Yin; Bladder, Kidney, Ears, Bone, Reproductive, Urinary; Celestial Blue Turtle, Dragon, Bear Animal Frolics; Rain, Snow, Streams, Rivers, Lakes, Clouds; Wisdom (*Zi*), Equanimity, Completion, Passing Away.

Recommended Reading:

“Secrets of the Dragon Gate: Ancient Taoist Practices for Health, Wealth, and the Art of Sexual Yoga” by Dr. Steven Liu and Jonathan Blank, Tarcher/Penguin, 2011. The Five Element Exercises, Routine I, as briefly outlined above, are explained in detail with illustrations on pp. 94-122 of this book.

“Qigong Energy Healing: Five Elements Rejuvenation Therapy” by Madame Masters Gao Yun and Bai Yin, Lotus Press, 2001.

“Five Elements Qigong” Webpage: <http://www.egreenway.com/qigong/fiveelements.htm>

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