

# Qigong 氣功 Practice Class Series

## Five Element Qi Gong

Instructor: Sue Vanags

7:30AM-8:30AM, Saturday Mornings, October 5 through December 28, 2024

**Five Elements/ Five Phases** 五行 is the way in which classic Chinese medicine views the makings and evolving of the universe. They are also known as the five processes of energy.

As above, so below. The forces that regulate nature and the cosmos also regulate our bodies and minds. Just as Western scientists have discovered after exploring the far horizons of our galaxies and far beyond, that we are made of star dusts, Taoists observed that the universe is made of five elements – water, wood, fire, earth and metal. They are manifested in our body as the Five Organ pair systems, with the energetic pathways known as Meridians connecting all parts of us together, body, mind, heart and spirit. “The five elemental energies combine and recombine in innumerable ways to produce and manifest existence. All things contain the five elemental energies in various proportions”, the Yellow Emperor’s Classic of Internal Medicine states.

Each of the Five elements has numerous associations and interactions. Wood element represents expanding energy and is associated with spring, the Liver organ, color of green, kindness, vision and the principle of resiliency. Fire element symbolizes energy activation and is associated with summer, the heart, color of red. love and speech. The Earth element represents stabilizing energy, centering, late summer, the spleen, color of yellow, open-mindedness, and taste. The Metal element is associated with solidifying energy, the season of autumn, the lungs, color of white, courage, and breath. The Water element represents sinking or resting energy, the season of winter, the kidneys, color of blue, inner peace and listening.

There are two primary transformational cycles whereby these elemental energies create and counterbalance one another to sustain homeostasis. Five Element Qi Gong practice provides a system to guide and balance these five elemental energies in restoring normal balance and maintain natural equilibrium among the vital energies that govern the internal organs and regulate their related functions and tissues.

Five Element Flow is at the core of Five Element Qigong. These movements more correlate with the primary five yin organs –Lung, Kidney, Liver, Heart, Spleen, and their corresponding meridians. They are designed to circulate Qi and remove stagnant energy from these organs. Five Element Qigong has become a physical formula for greater health and longevity.

In addition to the Five Elements flow exercise that showcases the characteristic quality of Water Element, you will learn and practice basic Chinese Five Element pattern:

- Metal Element: Breathing techniques that bring Qi to either energize or sedate both the mental and physical bodies.
- Fire Element: Warm-up exercises that move the blood, loosen the joints, and prepare the body for greater Qi transformation.
- Wood Element: stretching exercises that open the meridian lines, allowing greater Qi flow.
- Earth Element: standing poses that align the body for greater fluidity, energy, and circulation.

Daoist masters designed these movements to work in concert and complement one another.

Our practice classes typically consist of standing postures, activations, warm-ups, stretches and flow. Standing postures is to tune-in, for stillness and energy building. Activations wake up energy points. Warm-ups warm up the body to prepare for stretches and flow. Stretches stretch out stagnations and blockages manifesting as various pains, tensions, tightness, stress, and discomforts, and flow is where we experience sustained awareness in the present moment. With practice, this sustained present moment awareness will show up in all areas of our life, allowing us to receive PRESENTs in the eternal NOW HERE.

Our previous and current class practitioners have experienced anything from feeling relaxed, energized, lighter, tingling warm sensation, alive, more open, to released shoulder pain, headache gone, clearer in the head, to even unashamed! There are cases of more than 10-years of chronic shoulder pain healed and long-term vertigo severe migraine headache disipated.

*Chinese Medicine says that strong life force energy is the cure of all disease. Come*, let's practice together and experience the healing power of Qi Gong!!! Let's do the things we have control over with, exercise our power and become the master of our energy🙏.