

## FIVE ELEMENT QIGONG

**A Meditative practice involving the five major elements :-**

<b>EARTH</b>	<b>METAL</b>	<b>WATER</b>	<b>WOOD</b>	<b>FIRE</b>
<b>Spleen Stomach</b>	<b>Lung large Intestine</b>	<b>Kidney Bladder</b>	<b>Liver Gall Bladder</b>	<b>Heart Small intestine</b>
<b>Yellow/ Brown</b>	<b>White/ Gold</b>	<b>Blue/ Black</b>	<b>Green</b>	<b>Red/ Orange</b>
<b>Centre</b>	<b>West</b>	<b>North</b>	<b>East</b>	<b>South</b>
<b>Long Summer</b>	<b>Autumn</b>	<b>Winter</b>	<b>Spring</b>	<b>Summer</b>

### **Earth Position**

**Stand relaxed lau gong ( centre of palm facing towards dan tien)  
breathing in and out quietly**

Circle hands to over top of head coming down to dan tien

### **Metal Position**

Bring hands up to chest height with fingers pointing upwards,  
expand hands to shoulder width (breathing in and imagining  
magnetic pull) bring hands back close together - not  
touching(breathe out) . Do 3 times. Back to earth

### **Water**

Bend knees slightly (breathe out) stand up (breathe in) 3 times

### **Back to earth**

### **WOOD**

**Circle hand - as though running hands around trunk of tree -  
do three times and then bring hands down centre line of  
body. Back to earth**

### **Fire**

On Right hand side of body - right hand on top palm down - left  
hand under palm face up - top hand goes up lower hand goes  
down do three times. Change to other side - left hand on top right  
underneath - do 3 times breathing in and out. Back to earth

CIRCLE HANDS TO OVER TOP OF HEAD - BRINGING ENERGY  
DOWN TO ALL PARTS OF BODY. MASSAGE KIDNEY AREA