

Neidan Qigong

Neidan qigong means “inner elixir energy practice”. This form purifies and tonifies the three dantian and circulates qi to nourish the natural process of internal alchemy. This practice should be coupled with daily zuowang meditation (sitting & forgetting) and a healthy, moderate lifestyle including a balanced diet, regular sleep, and not too much stress or agitation. Relax and trust the natural process...

Purging and Cleansing

Stand comfortably, feet under hips or together, arms, legs, and spine relaxed, breathing naturally into the belly, arms relaxed to sides, mind empty and calm. Let the tongue rest against the upper palate. Just stand like this for awhile until you feel settled and ready to proceed.

Inhale, letting arms float up to sides, palms up, feeling qi rise up the back, until arms are above head, palms facing one another, embracing the qi of heaven.

Exhale, dropping elbows, bring arms down in front of body, palms facing inward/down toward upper, then middle, then lower dantian and/or spine and internal organs, sending qi inward to bathe the dantian, organs, blood, marrow, specific injured areas or the entire body, letting everything settle downward, until arms rest down at sides.

Repeat 3, 6, or 9 times

Gathering Qi into the Dantian

Inhale, drawing hands inward to touch lower belly, gathering the qi of earth into the lower dantian. You can visualize earth qi entering from below (legs, perineum) or cosmic qi entering from 10 directions into lower dantian, forming a single point of light. Natural, not forced, just like breathing air or swallowing food. Gathering has an inward focus; the senses and attention all turn inward. The skin softens and the belly fills. Exhale, relax arms out and down as feels natural. Repeat 3, 6, or 9 times.

Inhale, drawing hands inward to touch the center of the chest, gathering the qi of all living things into your heart, the middle dantian. On exhale, relax hands forward and out to sides, palms forward, opening your heart to the world. Repeat 3, 6, or 9 times.

Inhale, drawing hands inward to touch the top of the head, gathering the pure qi of illumination and bliss into the upper dantian. On exhale, relax hands upward and out to sides, palms up like a flower opening to the sun. Repeat 3, 6, or 9 times.

Mixing Qi in the Taiji Channel

Inhale, draw hands toward one another above head, perhaps six inches apart, as feels natural. Exhale, relax hands down and forward in front of body, down to the level of the perineum (base of spine). Inhale, draw hands upward near body, palms facing one another, arriving at top of head at peak of inhalation. Repeat 3, 6, or 9 times. Focus more on the feeling of qi mixing between the dantians rather than on physical form. Finish with exhale, hands down.

Storing Qi in the Bone Marrow and Lower Dantian

Inhale, draw hands inward to touch lower belly, one hand over the other to align laogong points in palm, gathering qi into lower dantian. Breathe naturally for awhile, keeping hands on lower belly. Turn the senses inward, let the three dantian interpenetrate, let the bone marrow become full and bright.

Let the cultivated qi begin digesting. Modestly swallow the sweet saliva. Let the three dantian lose their distinction as you dissolve into primordial chaos. Relax into the self-existing stillness underlying all phenomena. Forget the distinction between self and nature. Drop body and mind and experience Great Rest.

At some point you will feel inspired to move. The practice is complete.