

Qi Gong Meditation: Small Universe

In this meditation, the intention is to open and nourish two of the main meridians in the body: The Governing Vessel (midline on the back of the torso - spine and skull) and the Conception Vessel (midline on the front of the torso)

Sit in a comfortable position, spine straight. Calm your mind, take some deep breaths, relax your shoulders, smile with your eyes. Have your tongue touching the roof of your mouth, just behind the front teeth.

Take 3 deep breaths into your Lower Dan Tien – your energy centre about 2 inches behind your navel – gathering energy (Qi) from the universe into a ball.

On the next in-breath, gather energy into the ball once more. On the out-breath, move the ball from your Dan Tien to your perineum – between genitals and anus.

Take a breath here, gathering energy from the universe into your perineum. On the out-breath, move the ball along to the tip of your tailbone and so on.

Proceed in this manner up the spine and down the front, gathering energy in each location while inhaling, and moving the ball of energy to the next location while exhaling. The locations are as follows:

Lower Dan Tien

Perineum

Tailbone

Lower back – opposite the navel

Upper back – base of the neck

Back of the head – occiput

Top of the head

Third eye – between eyebrows

- it helps to swallow when moving the ball from the head to the chest

Centre of the chest – centre of the sternum

Lower Dan Tien

If you have any particular areas of concern, feel free to add or remove points along the pathways of the meridian. Do what feels right.

Repeat the cycle at least 3 times, and ideally in multiples of 3. Don't worry if you can't feel anything at first. Initially, Qi follows the mind. Eventually, the mind follows the Qi.

End at the Lower Dan Tien, place both hands on top of each other on the abdomen and rub in a circular motion clockwise around your navel to store the Qi you have gathered.