

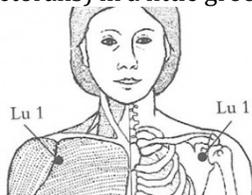


*Qi gong is an ancient form of internal exercise. This particular set of exercises is designed to harmonize the Yin organs (Lung, Kidneys, Liver, Kidneys, and Spleen).
If you are feeling tired and need a boost, make your inhale longer than your exhale while doing these exercises.
If you are feeling aggravated and need to be more grounded, make your exhale longer than your inhale while doing these exercises.*

The Shambhala Center also has a Meridian Touch Japanese Qi Gong group that meets once a week, for anyone interested in developing a regular practice with a group. Please visit <http://www.meetup.com/ChicagoShambhala> for more information. Additionally, Jeanne Steen teaches Qi Gong classes at Tribe Healing Arts. For more information visit www.tribehealingarts.com. Pacific College of Oriental Medicine has a free Kung Fu, Tai chi and Qi gong class every Sunday from 2-4:40pm. You can find more information on their Meetup page at <http://www.meetup.com/Free-Kung-Fu-Tai-Chi-Class/>.

Opening Find a quiet place, ideally free from distractions. Plan to spend at least 10 minutes doing the exercise. You may need to open your eyes periodically to remind yourself what to do next the first few times you perform the exercise, but it is best performed with the eyes closed to increase focus and awareness.

Lungs Begin by placing your thumbs in the “Lung 1” location. This site is between the shoulder muscle (deltoid) and the chest muscle (pectoralis) in a little groove beneath the collarbone (clavicle).



Hold your hands in front of the Lungs, parallel to the collarbone. Concentrate on feeling the breath coming in and out of your chest. Feel the chest rise and fall. Expand your hands slightly away from your chest and hold the space of the lungs. Hold here for a few minutes.

Kidneys Slowly bring your arms down towards your pelvis, maintaining the space between your body and your arms. You can rest your hands on your hips near your groin or on the sides of your hips if this is more comfortable than holding them in front of the pelvis. The Kidney in Asian medicine is responsible for pulling the breath downward into the abdomen, and the Kidneys are supported by the Lungs. Focus on feeling the breath filling the body and the relaxed breathing of the belly as you inhale and exhale. Hold here for a few minutes.

Liver Holding your right arm in place, bring your left arm up across your body and rest it on the edge of your rib cage over your liver and gall bladder area. The Liver is supported by the Kidney and is responsible for the smooth flow of energy and blood throughout the body. Focus on the movement of your blood through your arteries and veins, and the energy and relaxation that this brings to all the cells in your body. Hold here for a few minutes.

Heart Bring your hands up in front of your body to your breast bone. You can hold them out in front of you a little bit, or cross them over your heart/breast bone area. The Liver supports the Heart. Focus on the love, acceptance and peace that fills your Heart as you breathe in and out. Hold here for a few minutes.

Spleen Hold your left hand in front of your breastbone and bring your right hand across the abdomen to the left rib cage. This is the area of the Spleen. Focus on the Spleen’s ability to begin the digestive process and to nourish the body. Hold here for a few minutes.

Finishing You can end by taking a final deep breath and then opening your eyes. You can also complete the exercise by bringing the arms down to the Kidney space as you inhale, and bringing them up to the Heart and Lung space as you exhale; repeat this a few times before stopping. Alternatively, you can raise your hands up to the sky making a “Y” with your arms. If you chose this option, focus on the support that your mind and spirit receive when you nurture your body with this exercise.

Reference Dr. Gabriel Stux, Workshop from AAMA Conference, April 2014



Meditation has been practiced in various forms for over 3,000 years. The biggest gift of a regular meditation practice is not just a feeling of peace and well-being in your day-to-day, but also an enhanced ability to cope with stress and anxiety.

If you are interested in more information, Dr. Paul and Carol Morehead provide an introductory talk on Transcendental Meditation and AyuVeda each Monday at noon in Evanston. Visit the meet-up page for more information <https://www.meetup.com/North-Shore-AyurVeda-Wellness-with-Dr-Paul-Morehead/> Chill Chicago offers guided meditation and yoga classes. Please visit their website for more information <https://www.chillchicago.com/>

Walking Meditation

Whenever possible, walk in a place where you are making a connection with nature. Focus your attention on your breath as you start to walk, noticing where your breath is in your body, and then taking that breath deeper into your lungs. Next, bring awareness to your body by taking notice of your feet making contact with the earth. Pay attention to how the breeze feels on your skin. Now listen, look around you, and observe everything that you see. The simple act of stopping to take notice of everything around you will keep your attention grounded in the present.

Humming Meditation

This form of meditation is exactly what it sounds like, making a hum in the back of the throat with one single note (like a chant of “Om”). Fill the throat and neck with the hum. This is a gentle vibration and will help to relax tight neck and shoulders. Then concentrate on extending the hum up into the top of your head. With each subsequent breath, allow the hum to move down the body, filling your body one area at a time. Take a few breaths to notice the hum vibration gently oscillating your body, and the relaxing effect that this has. If you’re still not relaxed after doing this exercise all the way through, then try changing the “color” of the hum: filling your body with a cool color (blue, green, purple) in the same way that you did the hum.

4-7-8 Meditation

Throughout this meditation, hold the tip of your tongue against the back of your teeth, where your teeth meet your gums. Begin by exhaling sharply through your mouth, then inhale through your nose while counting to 4. Hold your breath to a count of 7, then exhale through your mouth for a count of 8. This is one cycle of the meditation. Repeat this for 4 cycles, inhaling again to a count of 4, holding for 7, and exhaling for 8. It’s best to repeat this meditation at least twice a day, but you can do it as many times as you’d like. It’s especially great for when you find yourself in stressful situations, or sitting in traffic.

Meditation of 100 Breaths

The goal of this meditation is to give your brain something else to do, while you relax and breathe. You can do this sitting or lying down, and, taking full, deep breaths, count 1 for each breath until you reach 100. You can set goals for yourself, such as, “Today I’ll take 10 breaths.” And when you reach 10, you can decide whether you’d like to continue beyond that. The next day maybe you’ll decide to count 15 or 20 breaths. You can also begin counting your breaths in bed at night, and see how high you can count before falling asleep.

Insight Timer

Insight timer is an app that you can download onto any smart phone or mobile device. You can listen to guided meditations or set a timer for a silent meditation or breath work. The app will show you a world map that allows you to see in real time how many people at currently meditating with Insight Timer.