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## Old Man by the Sea Qi Gong

The essential exercise for health, vitality, and long life

**Dear Friend,**

As we move through our daily lives we can have a tendency to accumulate negative emotions and tension just from the world around us. Negative emotions, just like a poor posture, can negatively affect our bodies.

Exercise, stretching, and proper rest can help us undo some of the stress and tension we accumulate in our bodies, but in today's world time is our greatest commodity. Extra time spent in front of the computer has taken the place of a full night's sleep or a good workout.

Instead of clearing the body of the negative emotion on a natural cycle of physical activity, these tensions build up day after day. Eventually these tensions begin to sap us of our energy and instead of feeling bright and refreshed we feel tired and run down even after we get that one good night of sleep.

I see this all the time in my medical practice, patients come in and the number one complaint is that they feel their energy is off or they just feel "burned out".

I started prescribing this very simple exercise to all my patients and got results immediately with all of them that would practice just a few minutes a day.

Results included:

- Better Sleep
- More Energy
- Greater Breathing Capacity
- Improved Digestion
- Emotional Clarity
- Relieves Stress
- Improved Sexual Function

I also noticed that patients that I was treating for chronic pain or life threatening conditions seemed to start responding better to the treatments I was already giving them.

The secret of this exercise is that it was originally reserved for seasoned Qi Gong practitioners who were working at very deep level to develop their meditation and movement to a super human level. The intensity of their Qi Gong dredges ALL the negative emotion from the body, spirit, and atmosphere and it must be cleared quickly.

This practice is very simple and easy to learn but contained within it are core secrets of Chinese Medicine. The orders the exercises are done in combined with the healing sounds move the blood flow in the body and activate the meridians of the Lungs, Heart, Liver, and Kidneys.

In Chinese Medicine we believe that the emotions, either negative or positive, correspond with the organs of the body. When the organs are healthy the body is happy.

When the organs are sick or overworked due to some unusual stress the body starts to malfunction and the person becomes uncomfortable and unhappy.

The opposite can also be true, if someone is overcome with grief and sadness the organs would store these negative emotions and eventually shut down.

The Old Man by the Sea Qi Gong is especially good for clearing the emotions of sadness, grief, and anxiety. By practicing this exercise you are not only working your physical body you are clearing the emotional body.

As this you practice this exercise you may feel a discharge of emotion or a feeling of being unburdened. This is beneficial and only means that your are clearing these emotions from your body.

As negative emotions are cleared from the body no concern should be given to them, let the natural vibrancy that is you shine through.

When this exercise was originally taught to me it was taught with a little story that helped me remember how the exercise went. I never forgot that story and never forgot the exercise so I'd like to share it with you.

Long ago in Southern China an old man lived by the sea where he collected mollusks and crustaceans from the sea to feed his family.

One full moon night, the old man made his way down to the tide pools. He put down his lantern on the rocks and peered down into the still water; there before him he saw an immense pearl just under the waters surface.

“Incredible” he said to himself that is the largest pearl I have ever seen. If I can get it I will be rich, I will never have to work again. My entire family will be rich.

So he leaned over and reached into the pool splashing his arms trying to grasp the large pearl. To his dismay, he could not retrieve it, somewhat Perplexed; he looked up into the night sky and saw the bright full moon.

Haaaaaaa he said, “It’s the Moon!

Whoooooooooooo he cried out there is No Pearl!

Now let's do the exercise together.



Start by standing placing your feet shoulder width apart. Inhale as you imagine divine healing light filling the lungs. As you inhale spread your arms out to your sides.



Bend over exhaling, and making the sound Shhhhh. At the same time, swing both of your arms swing from side to side, as they crisscross. Imagine that you are pouring negative toxic emotions out your arms.



Next Stand up with your hands over your head as you inhale filling your body with light as you look up to the heavens.



Make two soft fists as if you were holding two small birds in your hands, exhale half of your breath as you bring your hands down to your chest making the sound Haaaa-a-a-a. Releasing Toxic Qi from the heart.



Then continue to bring your arms down to your hips while chanting Who-o-o-o. This will release the toxins from the Liver and Spleen. Repeat steps four and five two more times. This is one set Shhhhhh one time, Haaaaa, Whoooo three times each and ten repeat. I usually start out with three sets two times a day for a week and build up until I get up to 36 sets it will take about ½ hour.

