

# **Qigong for Stress and Boost Immune System**

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## **Qigong**

An ancient healing art of both stationary and moving meditation that harmonizes:

- Body
- Mind
- Breath/Spirit

## **Qi**

Energy, vital life force

## **Gong**

Cultivating, mastery

## **Key Components of Qigong Practice**

- Mindfulness of Body.  
Movements can help reduce our perception of the stress.
- Mindfulness of Thoughts.  
Positive reframing, letting go, gratitude enhance our sense of well-being.
- Mindfulness of Breathing.  
Our autonomic nervous system can be calmed through focused breathing techniques, tuning into our true spirit, self.

## **Brief History of Qigong and the Forms**

Over 3,000 forms, as opposed to Tai Chi with 3-5 forms.

- Health - originated (4,000yrs. ago) as a way to maintain vibrant health.

- Spirit - expanded to include and weave spiritual practices in particular forms.
- Martial Arts- Tai Chi, Karate, etc.
- Contemporary

### **Components of Qigong**

- Yin and Yang (Darkness, Light. Solid, Fluid. Earth Universe. Lower Body, Upper Body.)
- 5 Elements (Wood, Fire, Earth, Metal, Water)
- Feng Shui (Balance of flow of elements in the spaces you live and work, etc.)
- 3 Treasures (Body, Mind, Spirit)
- Meridians

### **Practicing Qigong**

- Breath awareness
- Connecting body with the moment. Feeling the earth below, and pull of universe above.
- Stretch into those spaces.
- Detoxify with tapping, shaking, and sounds.
- Flow into the practice of a Qigong Form.  
(Enhance with focus on body, mind, and breath/spirit. Picturing colors, listening to random thoughts without judgement, letting go, and relaxing.)
- Conclude with a Stationary Meditation, choosing standing poses, seated, or laying down. Reconnect with body in the moment, feeling connectedness to earth, universe. Enjoy the stillness within the movement.
- Reawaken with self-massage, relaxed breathing, or sounds.

