

Taoist Qi Gong
Presented by Sabrina N'Diaye, Phd, LCSW-C
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Three Key Elements:

Intention – Shen (Spirit)
 Breath – Qi (Energy)
 Posture – Jin (Physical Body)

Our Organs Speak...

	Lungs	Kidney	Liver	Heart	Stomach/Spleen
Element	Metal	Water	Wood	Fire	Earth
Color	White	Blue	Green	Red	Yellow
Season	Fall	Winter	Spring	Summer	Late Summer
Acquired Emotions	Grief Sorrow Shame Loss Despair Depression	Fear Anxiety Insecurity Lack of Confidence	Resentment Anger Judgment Jealousy Envy	Anger Overexcitement Chaos Hysteria Agitation	Worry Regret Rumination Self-Doubt
Congenital Emotions	Integrity Dignity Courage Valiance Righteousness	Willpower Courage Confidence Wisdom	Kindness Benevolence Compassion	Order Peace Tranquility	Trust Acceptance Openness Balance

Three change agents for cellular memory:

Imagination

Visualization

Affirmation

Three main hurts:

Abandonment

Betrayal

Rejection

Where the Mind goes, the qi goes....