

**Taoist Qi Gong**  
**Presented by Sabrina N'Diaye, Phd, LCSW-C**  
**Tuerk Conference on Addictions**  
**4/17/15**

**Three Key Elements:**

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

**Our Organs Speak...**

	<b>Lungs</b>	<b>Kidney</b>	<b>Liver</b>	<b>Heart</b>	<b>Stomach/Spleen</b>
<b>Element</b>	Metal	Water	Wood	Fire	Earth
<b>Color</b>	White	Blue	Green	Red	Yellow
<b>Season</b>	Fall	Winter	Spring	Summer	Late Summer
<b>Acquired Emotions</b>	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
<b>Congenital Emotions</b>	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....***