



Emei Qigong

WUJI GONG

Part 1 - Self vibration

Beginning of Chaos 3-5 min
Yin Yang distinction of TaiChi 3-5 min

Part 2: Self regeneration

Heaven

Shoulder Drop Alternating starting left, 18X
Shoulder Rotation Alternating 3x left, 3x right, for 3 times; Both shoulders 9 times
Giant Rotation Together up, open, down 6X; Reverse 6X
Hands Overhead Visualize white healing lights, 3X

Earth

Knee Rotation Left knee 9X inward, 9x outward; repeat right knee; both knees clockwise 9X, reverse 9X
Tree in the wind Alternating starting left, 18X
Ready Position Visualize purple healing lights, 3X

Humanity

Hip Rotation Alternating starting clockwise 9X, reverse 9X
Bending Arm Raising Alternating starting left, 18X
Diagonal Arm Raising Alternating starting left, 18X

Part 3: Self Wuji

Become One 15 min

Closing

Circle arms 3X; rub palms, cover eyes, & remove; massage face & comb scalp 9X; pat body
Gratitude and respect to the universal qi and teachers
Put your palms together in front of your chest, fill your heart with happiness and gratitude
Bow and say

Xie Xie Zhong Shi (thank you lineage holders)

Xie Xie Lao Shi (thank you teachers)

Send your kind and respectful energy to the universe