



ZEN 2 WELLNESS

ON A LIFE-TIME JOURNEY

Self-Care

Self-Care is the greatest practice one can do for themselves:

- Breathing(pranayama)
- Qi Gong
- Meditation

Awakening The Soul Qi Gong

Preparing The Body For Meditation with Essential Oils

Frankincense during meditation for grounding and purpose. Applying this oil topically may help smooth the appearance of healthy-looking skin, and is excellent to use for massage after activity.



Awakening The Soul Qi Gong

Preparing The Body For Meditation with Herbs

Reishi

- General tonic to maintain overall resistance, mental tranquility and physical vitality.
- Immune enhancing, Antitumor.
- High Blood Pressure, Recovery from heart attack or stroke, Palpitations, angina.
- Arthritis, inflamed joints
- Hepatitis
- Altitude sickness



Pranayama: Breathing Exercises

Change your Breathing, Change your Life

1. Alternating nostril breathing: balances both hemispheres of the brain and relaxes the nervous system.
2. Bellows breathing – cultivating prana / qi in the lungs
3. Close your eyes, create your bondas or locks lifting the energy from your root and abdomen to the 3rd eye area.

Sit quiet and meditate for a moment

Awakening The Soul Qi Gong

Through the practice of **Awakening The Soul**, may all people experience the opening of the heart, the freshness of returning to the beginning, and the simplicity of once again becoming one with nature and the universe. Then, all can experience true love, understand life, and enjoy life fully – body and soul.

Awakening The Soul Qi Gong

Zhongtian:

Symbolizes the cleansing of the hands, face and the heart. Its deeper meaning is to connect to heaven and earth and to merge with the universe. You feel your body pure and one with the universe.

1. Sit comfortable on edge of chair
2. Raise both hands cupped and facing each other
3. Gently blow into space between palms
4. Separate hands move right hand to slightly below navel
5. Left hand sweeps up face from chin to forehead
6. Move left hand downward in front of face and torso to rest on palm of right hand
7. Hands face up with thumbs forming heart-shaped space



Awakening The Soul Qi Gong

Opening The Heart

Quiet your mind; relax your body; feel the qi from your body expand. You are merged with the universe. You are one with the universe.

1. While inhaling, slowly raise both arms.
2. At chest level open hands diagonally outwards and upwards until head level.
3. Palms facing body, wrists are relaxed.
4. Same time, lean back; tilting head back.
5. Turn up toes and rest feet on heels.
6. While exhaling, shift body slightly forward
7. Moving hands inward palms facing each other until about head-width apart at face level, while raising heels.
8. Head and torso inline, naturally contract chest and relax.
9. Prepare to open again, Exhale and repeat many times.
10. To finish, exhale, body becomes erect and hands in prayer position at heart.

Awakening The Soul Qi Gong



Awakening The Soul Qi Gong

Points to remember

- Synchronize body movement with breath. Breathe deeply from the chest. When you inhale and open your arms imagine the chest is open and expanding to the universe. The more relaxed the breathing, the slower the movement.
- Forget yourself.

Awakening The Soul Qi Gong

Love Descends On Me

1. Exhale, allow hands to go down and gradually separate heels of hands
2. Inhale, Straighten the body.
3. Raising upper arms, hands follow and move upwards.
4. Backs of fingers gently touch. Wrists are relaxed.
5. Continue to raise hands above head, raising chin while gradually opening the arms towards sides, wrist becoming straight and palms face upwards.
6. Hold arms about face level as long as you can.

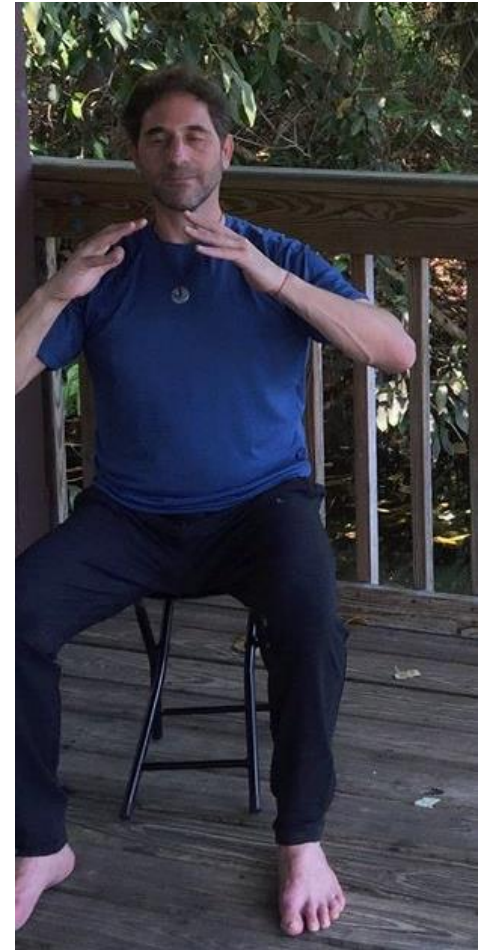
Points to remember:

- Imagine your body and hands open to the universe to invite more Qi and Love into the body.

Awakening The Soul Qi Gong

Unraveling The Heart

1. Gradually raise arms and move hands in an arc upwards towards each other.
2. Let arms gradually descend so hands end up in front of chest about head-width apart.
3. Hold this position for some time.



Awakening The Soul Qi Gong

Suddenly Lifting The Veil

1. While arching the spine, lift the chin, bring elbows closer and move hands apart.
2. Hands diagonally point up, out and forwards, opening the chest.
3. With some force, extend and separate fingers while slightly leaning back.
4. At the same time, move thighs apart, lift toes, pointing them outwards.
5. Hold for some time.

Points to remember

- Feel that your heart and body are completely open. You are happy and content.



Awakening The Soul Qi Gong

Holding The Heavens Grounded On Earth

1. Gradually move hands backwards and upwards, rotating them inwards, opening elbows.
2. Feet return to flat and natural position.
3. Continue to rotate hands, extend arms up and hands push with some force.
4. Palms face up; fingers separated almost pointing each other, elbows slightly bent.
5. Keep chin naturally lifted.
6. Hold this position.



Awakening The Soul Qi Gong

Freeing Oneself To Become A Saint

1. Move elbows inwards rotating hands gradually lowering them, bringing heels of the hands together in front of chest.
2. Thumbs and small fingers touch, other fingers are spread apart, like a lotus flower.
3. Hold this position.



Awakening The Soul Qi Gong

Walk To The Center Of Heaven

1. While inhaling, slowly raise hands higher than head.
2. Exhaling, bring hands slightly backward and slowly downward.
3. Rest base of hands gently on top of crown of head.
4. Hold this position.



Awakening The Soul Qi Gong

Return To The Origin

1. Naturally raise hands, palms gradually come together.
2. Lower hands to prayer position at heart.
3. Hold for a long time.
4. Think of nothing.
5. Return to nothingness



Awakening The Soul Qi Gong

Closing

1. To end, while inhaling, relax hands and separate them to shoulder width apart.
2. Exhale and drop elbows allowing arm to fall until hands rest with palms down on thighs.

Awakening The Soul Qi Gong

Zhongtian

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