Spring Forest Qigong

FIVE ELEMENT
QIGONG HEALING MOVEMENTS
For Self-Healing

“These Healing Movements are Simple but Revolutionary for Healing Your Body, Mind, and Soul.”

-- Chunyi Lin

www.springforestqigong.com
SPRING FOREST QIGONG

FIVE ELEMENT QIGONG MOVEMENTS FOR SELF-HEALING

with Chunyi Lin
Welcome

Hello, my dear friend,

Welcome to Spring Forest Qigong.

YOU WERE BORN A HEALER!

Each and every one of us is born with the ability to heal ourselves physically, mentally, emotionally and spiritually. And the most powerful healing energy is unconditional love. This is the simple, yet powerful message of Spring Forest Qigong.

The Five Element Healing Movements will open a door for you to begin experiencing the profoundly simple and powerful self-healing art of Spring Forest Qigong.

This manual will help you to deepen your understanding of the Five Element Healing Movements. When you practice these healing movements, you will find my energy and the love energy of the universe with you. It is my hope that as you learn and practice Spring Forest Qigong you will come to experience the greatest joy and healing possible.

Blessings always,

Chunyi Lin
The Founder and Creator of Spring Forest Qigong
The Five Element Healing Movements:Awaking the Intelligence of Your Physical Body and the Power of Your Heart

In the past 20 years of studying and teaching Qigong, I’ve discovered that whether your goal is to stay healthy and balanced or to heal your body faster and more completely, you must pay equal attention to the intelligence of the physical body and the power of the heart to receive the greatest benefits. If you only pay attention to one and ignore the other, you are unable to heal your challenges as quickly and completely as you could.

Spring Forest Qigong Five Element Healing Movements can awaken both the intelligence of the physical body and the power of heart to achieve optimal healing.

Your Physical Body

We have 12 major channels in our physical body, which connect to our internal organs. In these 12 channels, six start or end in the hands, and the other six start or end in the feet. These energy channels work together as a team. In addition to these 12 major channels, the body has two more very important channels; the front and back energy channels, which govern all these 12 channels.

If there is a blockage in any energy channel, this blockage can grow bigger and eventually make the body sick. It can also cause energy blockages in another part of the body, too. But certain movements of your physical body can help remove these blockages.

The physical body has intelligence for healing itself because it was designed that way. The Five Element Healing Movements can activate this intelligence.
Just by moving your hands in the way of Moving of Yin and Yang, you can help strengthen the front energy channel. If you visualize the image of column of light inside in the middle of torso at the same time, you can balance the connections of all the internal organs.

I’ve discovered that by moving your hands to the sides as in Breathing of the Universe you can strengthen or heal the lungs even faster. I’ve also discovered that by moving your hands above your head as you do in the Connecting with Heaven & Earth movement you can open up the Triple Heaters channel, which is very important to heal and strengthen the gland and lymph systems.

By connecting your fingertips together and holding a heart shape in front of your naval for a certain length of time as you do in Connecting with your Body’s Energy you can activate the channels connecting to your heart and lungs. In addition, it will strengthen the muscles and channels in the chest, spine, shoulders, and diaphragm. I’ve also discovered that if you move your body from side to side gently while holding the heart shape with your fingers in front of the naval you can help increase the balance of your brain energy as well as your physical body.

By repeatedly bending your back slightly forward slowly and then straightening it as in Connecting with your Heart’s Energy, I’ve discovered you can strengthen your spine and back muscles, while opening or keeping your back energy channel open.

Combining these movements with effective breathing will keep the energy channels in the body open, helping energy to flow freely and keeping the body in balance.
The Five Elements

In order to keep the body healthy and functioning at its best, we need to keep the physical body and the heart energy in balance. Through thousands of years of observations, our ancestors discovered a powerful way to understand the connection between our physical body and the heart energy. This is called the Five Elements theory.

The Five Elements theory is a cornerstone of Chinese medicine. Understanding these elements helps us to understand the formation of the energy in the body and in the universe.

There are emotions and organ systems that are associated with each of the elements. When you focus on the positive emotion for a specific element you can literally transform the energy in that associated system as you will see and practice in the Five Element Healing Movements. Each emotion has its special signature and special frequency, and each frequency matches a certain part of the system, powerfully impacting the organs in your body. This creates a beautiful complete healing.

As you can see in Figure 1, the five elements are: Wood, Fire, Earth, Metal, and Water. Each of the five elements is also associated with an organ system in the human body.

- Wood represents the liver energy system.
- Fire represents the heart energy system.
- Earth represents the spleen energy system.
- Metal represents the lung energy system.
- Water represents the kidney energy system.
When the energy in your body is in balance and flowing smoothly, you will be healthy and happy. It is when the energy in your body is not in balance that your body experiences challenges and energy blockages.

“How do our bodies' energy channels get out of balance?” You may ask.

There are many ways our bodies' energy channels could get out of balance, including unhealthy foods, poor environmental conditions one lives in, or accidents, etc. But one of the main reasons our bodies’ energy channels get out of balance is due to unbalanced emotions.
The ancient wisdom of the Five Elements theory teaches us that anger causes damage to the liver energy system; hatred damages the heart energy system; anxiety damages the spleen energy system; sadness damages the lung energy system, and fear damages the kidney energy system. (See Figure 2)

![5 Elements ~ Negative Emotion Flow](image)

**Figure 2**

The Five Elements theory also helps us understand how to open these blockages and return the body to balance and harmony. Positive emotions can help to heal the body.

It teaches us that happiness can heal the liver energy system; joy can heal the heart energy system; peace can heal the spleen energy system; contentment can heal the lung energy system, and thankfulness can heal the kidney energy system. (See Figure 3)
Spring Forest Qigong Five Element Healing Movements incorporates the philosophy of the five elements and the five positive emotions to create energy balance in our organs and energy channels very quickly.

Your body's energy has the intelligence to help itself heal. Practicing the Five Element Healing movements can help you to unlock this healing intelligence and activate your healing power that you already possess in a very short time. Practicing these five gentle healing movements breaks away from negative and unbalanced emotions, removes energy blockages in your body, prevents energy blockages from forming in your body, and helps you experience optimal health.
Spring Forest Qigong – Awaking Your Natural Self-Healing Ability

Qigong is a study of energy. Since everything in the universe is a form of energy, Qigong is a study of the whole universe. Qigong has been practiced in China for thousands of years and there are thousands of different styles of Qigong that are taught and practiced for a variety of purposes. Spring Forest Qigong focuses on the use of qigong for self-healing and healing others.

“Qi” (pronounced chee) means energy, air or breath, vitality, or the universal force of life. “Gong” means to work, use, practice, transform, cultivate or refine. Put simply, Qigong means using this vital life energy to create a healthy mind and body. Through Qigong we can heal not only physically, but also emotionally, mentally and spiritually as well.

I created Spring Forest Qigong so that everyone could activate their healing intelligence and experience the extraordinary healing power of Qigong. The name “Spring Forest Qigong” is very meaningful. Imagine a forest in springtime that is nourished by spring water. Spring is the season of awakening from the cold, dormant period of winter, a time of new life and rebirth. A spring is also a natural source of water that nourishes the world. A forest is a beautiful place with trees, other plants and many animals, a natural haven where diverse living things thrive in harmony.

However, one tree does not make a forest. A forest is made with many, many trees. This is how I see Spring Forest Qigong. It offers everyone a simple yet very powerful way to awaken their natural healing ability. Spring Forest Qigong works in harmony with other practitioners of all kinds who use their techniques to help people to become free of pain and sickness and to live the richest, most rewarding life possible.
Spring Forest Qigong puts the power back in our hands. It was created to help everyone to realize that we are born with the natural ability to heal ourselves, to detect energy blockages in the body, and to use our Qi to help others to heal themselves.

After being completely healed of pain myself, resulting from severe injury and depression that went along with it, I knew that there was something special in Qigong, so I searched for ways to share and help others with it. Qigong healing techniques have traditionally been very complex, difficult and cloaked in mystery. Through many years of research and practice, I have revised and simplified qigong movements and principles so they are easy to learn and fit into our daily lives.

Spring Forest Qigong makes the healing power of Qigong simple, powerful and accessible to all of us.

**Spring Forest Qigong Five Element Healing Movements**

- Preparation
- Movement One: Moving of Yin and Yang
- Movement Two: Breathing of the Universe
- Movement Three: Connecting with Heaven & Earth
- Movement Four: Connecting with Your Body’s Energy
- Movement Five: Connecting with Your Heart’s Energy
- The Ending: Harvesting of Qi
Spring Forest Qigong
Five Element Healing Movements for Self-Healing

Preparation
These first movements I call preparation because that’s the purpose they serve. Think of these movements as warming up your body’s energy so you will receive the greatest benefit from each of the movements to come. These preparation movements will help you activate the key energy points in your body so you can feel the energy faster, get your energy channels open faster and heal your body faster. You can do these movements standing, sitting or lying down, but please do them standing if you can. Stand with your feet about shoulder width apart. To get the greatest benefit from your Spring Forest Qigong practice, there are two simple things you should do at the beginning.

**S.M.I.L.E.**

First, put a smile on your face. The simple act of smiling immediately helps your body to relax and sends a message to your brain to produce endorphins - the body’s natural feel-good hormone. And, most importantly, by smiling you open your connection to the unconditional love in your heart. S.M.I.L.E. means: **Start My Internal Love Engine.**

A simple smile helps you open your heart.

**Focus on Your Heart**

Now, focus on your heart. Visualize the light of a brilliant, golden sun, coming from the center of the universe and flowing directly into your body, collecting in your heart. Feel the warmth of this perfect light filling you up, filling you with joy, filling you with perfect
peace, and filling you with what Gandhi called, “The most powerful force the world possesses” - The power of unconditional love.

You are feeling the limitless, healing love of the universe - a love of perfect purity and perfect peace. Feel how wonderful this love feels, flowing into you and throughout your body.

In this love, in this golden light, you are always connected to the infinite source, to the limitless healing energy of the universe. And, it is always there for you to drawn upon at any time.

**Bouncing**

**Bounce with hands down for 1 minute**
Now with your feet flat on the floor start bouncing your body for one minute. Inhale through your noise and exhale through your mouth. This helps to expel extra energy from your lungs. Bounce your body gently from your knees.

Bouncing helps to warm up your body’s energy and get it flowing. It loosens up the joints and muscles and wakes up the energy in the internal organs. It pumps energy up from the feet.

As you bounce you bring your focus to your body, forgetting your worries or concerns.

**Bounce with hands up for 1 minute**
After one minute, continue bouncing as you raise your hands up over your head and keep bouncing for another minute.
Keep your wrists loose and just let your hands and arms bounce with your body. Raising your hands over your head helps clear and balance the energy in the head, and keeps those energy channels open.

It also helps to open the lymph system, the immune system, the lungs and the triple heaters.

After a minute, lower your arms and bring your hands down to your sides.

**Tapping Stomach Channel Points**

Now we are going to continue activating your body’s energy by tapping 4 key energy points to help detoxify your body. The first two are stomach channel points. I find it easiest to use my middle fingers to tap.

The first two points are on your cheekbones, directly below the center of your eyes. Tap these points with your fingertips nine times. Tap them firmly to the level that feels good to you.

These points are good for healing blockages in the eyes, jaws, thyroid, throat, lymph nodes in the neck, breast, lungs, liver, stomach, digestion, intestines, front of thigh, front of knee, front of leg, ankles and for diabetes.

Tap them nine times.
Tapping Bladder Channel Points:
Now tap the two bladder channel points. They are located where your eyebrows begin. These points are good for healing eye blockages, headaches, neck, shoulders, back, spine, lower back, sciatic nerve, reproductive organs, back of thighs, back of knees, back of legs, and ankles.

Again, tap them nine times.

Cupping the Top of Head
Now form your hand into a cup and cup or pat the top of your head, right in the middle. This is called the Bai Hui point. All the Yang (male) energy channels in charge of healing gather here. This helps to send energy to the internal organs.

Cup it firmly to the level you feel comfortable nine times.
Cupping the Base of Head
Next you cup the base of your head – the area where your skull connects with your neck spine.

This helps wake up the central nervous system in the brain. It is good for the eyes, hearing, voice, vocal ability, elbows and hands, armpits, and wakes up the energy to the heart, which helps the internal organs and the entire body. Again, you cup it nine times.

Massaging C7 Vertebrae
Move down the neck to the C7 Vertebra where your neck connects with your thoracic vertebra. It’s the bony point right at the base of your neck.

Instead of cupping, you massage this area. Just use your fingers to massage the C7 area firmly but comfortably.

The C7 is the intersection between the brain and the rest of the body. This is good for healing neck blockages, colds, fevers, infections, headaches, high blood pressure, diabetes, and heart and lung issues.

Massage in a circular way nine times.
**Clapping the Hands**
Now you clap your hands together nine times.

This helps stimulate the energy point in your palms which is connected to the heart. The heart is the fire which transforms energy. It also stimulates energy to the channels that run through your fingers.

**Cupping Elbows and Armpits**
Next, we do more cupping.

Extend your left arm and cup the inside of your left elbow nine times. This helps stimulate energy in the heart, lungs and digestive system.

Now extend your right arm and cup inside of your right elbow nine times.

Next, you raise your left hand and place it behind your head. There is a key energy point for strengthening your heart that is located right in the middle of your armpit.

Now you cup your left armpit nine times. This helps stimulate energy in the heart.
Now raise your right hand and place it behind your head and cup your right armpit nine times.

**Tapping the Tailbone**

Bend over slightly at the waist. Form your hands into a soft fist and tap your tailbone for nine seconds.

The tailbone is the gate of vitality in your body. Tapping the tailbone strengthens the kidney energy and balances energy that helps with weight control, reproductive problems, fertility, headaches and memory.

**Tapping the Hip Points**

Next, you want to tap energy points on the sides of your hips.

It’s in the area where you’ll find a dimple or indentation on the side of the buttocks. Tap both sides at the same time for nine seconds.

These hip points are very important and powerful energy points connecting the upper torso and the legs. Any hip problems or problems with cartilage or tendons in the hips, joints, or knees, all have something to do with this energy point.
Cupping the Knees

Now we’re going to cup the knees, which are very important vitality centers. Cupping here can help with longevity, anemia, knees, joint problems and the stomach energy channels, which run through this area.

Cup both knees at the same time. You start by cupping the top of the knees nine times.

Next, you cup the back of the knees nine times.

Now cup the sides of your left knee nine times.
And finally cup the sides of your right knee nine times.

Prayer
When you finish cupping your knees, stand up straight and place your hands together palm to palm in a prayer position.

Say a prayer inviting the Universe, your God, or your Master, to come and help you to heal your specific health challenges or whatever it is you most want their help with at this time.

You can say your prayer out loud or you can simply say it in your mind. You can change this request every time you practice if you wish. That is up to you. Say “Master, please help me with my health challenges” or whatever it is you most want their help with at this time.

Password
Once you make your prayer you say the password:
“I am in the universe. The universe is in my body. The universe and I combine together.” Saying the password helps you to connect with the limitless love, wisdom and healing energy of the universe.
Spring Forest Qigong
Five Element Healing Movement for Self-Healing

Movement One:
Moving of Yin and Yang
(Practice for 5 Minutes)
This movement helps to activate the healing energy of yin and yang moving together in perfect harmony and balance. It helps heal the internal organs, opens the heart and aligns the spine.

**Movement**

Slowly raise your right hand to the upper chest and your left hand to the lower stomach. The palms face the body. Your hands do not touch your body.

Visualize a column of light in the center of your torso. This light helps to balance the internal organs.

Place your tongue against the roof of your mouth. This connects your front and back energy channels, which are the most important energy channels for the entire body.

Bend your knees. This helps to wake up and strengthen your kidney and liver channels, which are in charge of everything in the body. It also helps to strengthen you stomach and bladder channels, which are in charge of detoxification of your body.

Now you start moving the yin and yang energies in the following way: Your right hand moves out and down while your left hand moves in and up. The right hand moves down to the bottom of the torso while the left hand moves up to the face. Your hands continue moving in this elliptical pattern.
Use your elbows to guide the movement and use your hands to feel the energy.

Your hands move at the rate of 3 to 5 cycles per minute.

Make sure when you do this movement your fingers stay open. When your fingers are open you receive energy; when your fingers close you close your energy channels.

As you inhale energy comes in. Slowly take a deep breath through your nose. As you breathe in, draw your stomach in a little. As you breathe out, let your stomach out. When you breathe, imagine using your whole body to breathe.

As you inhale visualize the universal energy coming into your entire body. Now visualize the energy collecting in the Lower Dantian, an energy center which is deep in behind the navel.

When you exhale, visualize the extra energy in your body, any pain or sickness, changing into smoke and shooting out from every part of your body to the end of the universe.

Now you bring in the power of your positive emotions.
Happiness

Happiness is the emotion I want you to associate with this movement. Bring happiness energy into your body in the way that is most helpful for you.

You can say, “I feel happy” or visualize Happiness energy is flowing into you and filling you up. Say it out loud or say it in your mind and know it is happening. Feel the energy of happiness flowing into you.

Feel happiness in every breath. Feel happiness in every thought. Feel happiness in your soul. This happiness energy will automatically help to heal your liver, which is such a vital organ.

You can direct the happiness energy to flow into every cell of your body. You can direct this happiness energy to flow into any area where you have a special need or challenge. You know this happiness energy is helping you to heal. You know you are healing right now. Healing faster and more completely.

Think of something that makes you smile. Think of anything that makes you feel happy. You can think of something that happened today. Maybe you felt the sun shining on your face today and that made you feel so good, so happy. Whatever it is, think of anything that makes you feel happy.

Or simply know that there is limitless happiness energy all around you. Continue to feel it flowing into you and filling you up.
After 5 Minutes of the Moving of Yin and Yang, bring your hands slowly to a stop at the Lower Dantian position. There is a space between your body and hands and there is a space between both hands. For men, left hand in and right hand out; for women, right hand in and left hand out.

Focus on your Lower Dantian, take a deep breath three times.
Spring Forest Qigong
Five Element Healing Movement for Self-Healing

Movement Two:
Breathing of the Universe
(Practice for 5 Minutes)
This movement heals the lungs and skin and balances the energy inside and outside of the body. The movement of your hands combined with the breathing technique helps to open blockages in the whole body, especially the lungs.

**Movement**

On your 4th breath, when you inhale, bend your knees and drop your body a little as you move your hands open to the sides.

As you exhale, you close your hands and straighten up your body.

Again, as you inhale, drop your body to the level you feel comfortable as you move your hands open to the sides.

As you exhale you bring your hands in and straighten up your body. Use your whole body to breathe.

As you inhale, energy comes in through every cell and collects in the Lower Dantian.

As you exhale, visualize all the extra energy in your body, any pain or sickness, changing into smoke and shooting out of your body to the ends of the universe.
Moving your body up and down in this way helps you to make better use of the muscles as energy pumps to enhance energy circulation in the body. It helps to heal your knees and legs, tendons, ligaments, muscles, reproductive organs and all the internal organs.

Just think of this. 50% of nerves in the body are in the legs. 50% of muscles in the body are in the legs. All the energy channels in charge of gaining and detoxifying are in the legs. This up and down movement activates all of these healing energy channels.

Continue moving in this way for a total of 5 minutes.

Joy
Joy is the emotion I want you to associate with this movement. I define joy as being happy for no reason – and every reason. As you do this movement, tap into the limitless energy of joy in the universe in the way that is most comfortable for you.

You can say, “I am filled with joy” or “Joyful energy is flowing into me and filling me up.” Say it out loud or say it in your mind and know it is happening. Feel the energy of joy flowing into you.

Feel joy in every breath. Feel joy in every thought. Feel joy in your soul. You can direct this joy energy to flow into every cell of your body. You can direct the flow of this joyful energy into any area where you have a special need or challenge. You know this joy energy is helping you to heal. You know you are healing right now. Healing faster and more completely.

It can be something that happened at any time in your life that filled you with joy.
Or you can simply focus on the word joy. Remember, words and thoughts have energy. Positive words create powerful positive energy when you focus on them. If you’ve written “joy” on a piece of paper and you have it in your pocket or somewhere near you, then you know that joyful energy is with you.

You know there is limitless joyful energy all around you.

Continue to feel it flowing into you and filling you up.
Spring Forest Qigong

Five Element Healing Movement for Self-Healing

Movement Three:
Connecting with Heaven & Earth
(Practice for 5 minutes)
This movement can help heal any challenges related to heart, lymph system, lungs, liver, kidneys, and intestines.

Because people nowadays sit so much and are not as active as in the olden days, and because most people don’t move their arms above the head enough, the body doesn’t generate enough heat to help the triple heater to function properly. The triple heater is an energy system that has a lot to do with your glands and lymph system. When this system isn’t working properly lots of serious, chronic energy blockages will form, affecting all of the internal organs. Diabetes, high cholesterol, high and low blood pressure, gall stones, digestive system issues, and tumors are all related to the triple heater not functioning properly. The triple heater is responsible for customizing the energy in the body for specific purposes in different organs.
This movement activates the triple heater system in the best possible way for bringing your entire body into alignment and balance.

**Movement**

As you finish your 5 minutes of Breathing of the Universe, lower your hands to your sides and then move your hands up from both sides while holding your hands above your head like holding a ball.
With your hands above your head, inhale. Bend your knees and lower your body slowly and comfortably. As you exhale, straighten your body. Hold your hands above your head whenever you are doing this movement.

**Grounded-ness and Peace**

As you continue to breathe and move up and down slowly and gently, I want you to feel your connection with heaven and earth. You are a citizen of this planet so you are always connected with Mother Earth. Feel how grounded that makes you feel.

You are also a citizen of the universe, so you are always connected with the energy of heaven. Feel how peaceful that makes you feel. Knowing you are always connected with heaven and earth makes you feel so grounded and peaceful.

Tap into this connection in the way that is most comfortable for you. You can say, “I feel so grounded” or “I feel so connected. I feel so peaceful.” Say it out loud or say it in your mind and know it is happening. Feel the power of this energy flowing through your body.

Feel this grounded-ness, feel this peace in every breath. Feel this grounded-ness, feel this peace in every thought. Feel this grounded-ness, feel this peace in your soul.
You can direct this peaceful, grounding energy to flow into every cell of your body. You can direct the flow of this energy into any area where you have a special need or challenge. You know this energy is helping you to heal. You know you are healing right now, and are healing faster and more completely.

Feel how connected you are with the earth. Feel how connected you are with heaven, with the universe. Focus on those connections and feel the power of that limitless, healing energy owing through you.

Continue to feel it owing into you and filling you up for five minutes.
Spring Forest Qigong
Five Element Healing Movement for Self-Healing

Movement Four:
Connecting with Your Body’s Energy
(Practice for 5 minutes)
This movement helps to direct energy to the Hui Yin point at the bottom of the torso. This is where the female energy channels gather together. It is beneficial for the uterus and reproductive organs in women. It is also beneficial for prostate problems in men.

**Movement**

After 5 minutes of the previous movement, bring both hands down and then connect the tips of your fingers together forming a heart shape which you hold in front of your navel.

Keep pressure on the tips of your fingers – doing so helps to stimulate your heart energy.

Bend your knees, but keep your spine and shoulders straight.

Holding your left foot in place, raise your right foot and move it out a half step farther to the right.
As you inhale, shift your body weight to the left, putting 70% of the weight on your left leg and hold there for three seconds. As you exhale, switch your weight to the right leg, putting 70% of the weight on your right leg and hold there for three seconds.

Again as you inhale, shift your body back to the left, putting 70% of the weight on your left leg and hold there for three seconds.

Continue holding your hands in the heart shape, pressing your fingertips together.

Again as you exhale, switch your weight to the right leg, putting 70% of the weight on your right leg and hold there for three seconds.

You continue moving in this way, shifting your weight from side to side.

**Contentment**

As you do the movement, tap into the limitless energy of contentment in the universe in the way that is most comfortable for you. You can say, “I feel so content” or “I feel the
energy of contentment flowing into my body and filling me up.” Say it out loud or say it in your mind and know it is happening. Feel the energy of contentment flowing through your body.

Feel contentment in every breath. Feel contentment in every thought. Feel contentment in your soul.

You can direct this contentment energy to flow into every cell of your body. You can direct the flow of this energy into any area where you have a special need or challenge.

You know this contentment energy is helping you to heal. You know you are healing right now, and are healing faster and more completely.

Think of something that makes you feel so content, so deeply satisfied. It can be something that happened today or at any time in your life. It can be something as simple as planting a flower and remembering how good, how satisfied, and how content that made you feel.

Focus on anything that makes you feel content. Or you can simply focus on the word contentment. Positive words create very powerful, positive energy you can draw upon just by saying them or focusing on them.

You know there is limitless supply of contentment energy all around you. Continue to feel it owing into you and filling you up.

Continue to move your body in this pattern for 5 minutes.
Spring Forest Qigong
Five Element Healing Movement for Self-Healing

Movement Five:
Connecting with Your Heart’s Energy
(Practice for 5 minutes)
This movement helps to move energy to the Bai Hui point on the top of the head. This is where the male energy channels come together. It also helps to open the heart.

**Movement**

After five minutes of the Connecting with Your Body’s Energy movement, adjust your feet so you are now standing with your feet shoulder width apart.

Put your hands together, palm to palm in front of your chest, putting a little pressure on your fingertips to keep stimulating your heart energy.

As you inhale, slowly bend forward at the waist. As you exhale, straighten back up.

Continue moving in this way slowly and gently for 5 minutes.

*Note: People who have high blood pressure or severe lower back pain, or vertigo should not bend over very much while doing this movement.*
Continue putting some pressure on the tips of your fingers as you press your fingertips together. This posture balances energy in your heart.

**Thankfulness and Gratitude**
The emotion I want you to feel for this movement is gratitude. Tap into the limitless energy of thankfulness and gratitude in the universe in the way that is most comfortable for you. You can say, “I am so thankful” or “The energy of thankfulness and gratitude is flowing into me and filling me up.” Say it out loud or say it in your mind and know it is happening.

Feel the energy of thankfulness and gratitude flowing through your body.

Feel thankfulness in every breath. Feel thankfulness in every thought. Feel thankfulness in your soul.

Feel thankfulness flowing into every cell of your body. You can direct this energy to flow into any area where you have a special need or challenge.

Think of something you are thankful for and express your gratitude.

*I’m so thankful for my friends and family who care so much about me.*
*I’m so thankful for the beautiful planet on which I live.*
*I’m so thankful I have this time to focus on helping myself to heal.*

There are so many things we all have to be grateful for.

*I am so thankful for the water I have to drink.*
*I am so thankful for the sunshine.*
*I am so thankful for the food I am able to eat and for the people who work so hard to grow the food.*
Feel the energy of thankfulness and gratitude flowing into you and filling you up. Feel how powerful this healing energy is.

Continue to feel it flowing into you and filling you up as you continue moving your body in this slow, gentle way for 5 minutes.
Spring Forest Qigong
Five Element Healing Movement for Self-Healing

The Ending: Harvesting of Qi
After 5 minutes of practicing the Connecting with Your Heart’s Energy, we now come to the ending, the Harvesting of Qi.

Rub your hands together, palm to palm.

Massage your face in this specific way: palms towards your face, use your middle and index fingers to push up along the bridge of your nose until the fingers reach the forehead, then cover the face with your hands together and part your hands as they draw down the face to the chin. Do this nine times.
Comb your head with your fingers from front to the back of your head. The tips of your fingers must touch your skull. Do this nine times.

Form your hands into a cup; now pat your head with your cupped hands from front to back. Do this nine times.
Cup the base of your head. Do this nine times.

Massage your ears from top to bottom.
Massage every part of the ear.

Cup your hands again and pat your arms, first the inside of the arm, then the outside. Do this three or four times.
Then pat the chest and stomach from the top to the bottom. Do this three or four times.

Then pat the underarm area from left to right. Do this five times.

Bend over gently at the waist, bend over only as much as it feels comfortable for you, cup your hands again and pat the kidney area nine times.
Then use the back of your hands to massage the kidneys nine times.

And then turn your hands over and use your palms to massage the kidneys nine times.

**Tapping the Tailbone**

Remain bent over and move your head slightly down. Make a soft, open fist with your hands and tap the tailbone area repeatedly from the lower back sacrum area to the tailbone. Tap your tailbone for nine seconds.
The tailbone is the gate of vitality in the body. Tapping the tailbone strengthens the kidney energy and balances energy that helps with weight control, reproductive problems, fertility, headaches and memory.

**Tapping of Hip points**

Form your hands into soft fists again and tap the hips. The area you want to tap is behind the top of the leg bone and below the pelvic girdle. It’s in the area where you’ll find a dimple or indentation on the side of the buttocks.

This hip point is a very important and powerful energy point connecting the upper torso and the legs. Any hip problems or problems with cartilage or tendons in the hips, joints, or knees, all have something to do with this energy point.
Massage the Stomach
Massage the stomach in this way: Interlace your fingers and massage your stomach from right to left in a clockwise direction nine times.

Dolphin the Neck
Dolphin the neck by moving the head forward and up a little, then down and back. Do this nine times.

Dolphin the Body
Support the kidney area with your hands and dolphin the whole spine by moving the upper part of the body forward first. Then bend the knees and move the knees forward, and then extend the stomach the chest and the head.
Then move the upper part of the body forward again to start another round. Do this nine times.

**Cupping the Knees**

Bend over gently at the waist and cup your knees.

Cup both knees at the same time. You start by cupping the top of the knees nine times.
Next you cup the back of the knees nine times.

Now cup the sides of your left knee nine times.
And finally cup the sides of your right knee nine times.

Slowly straighten up the body.

**Drop your Heels**

Put your hands down. Lift your body up by stretching the heels up and dropping them back down nine times.

**This is the end of the Healing Movements.**
Doing Healing Movements While Sitting or Lying Down

If you are not able to do the Five Element Healing Movements while standing that is okay. Relax. Do not worry about it. You just sit or lie down comfortably and do the best you can do.

Qigong healing is energy healing – signal healing – message healing. So focus on the energy. Focus on what you are able to do. Keep your focus positive. All you have to do is watch the video of me demonstrating the Healing Movements and follow along as best you can.

You can simply visualize, or just say in your mind, that you are me and that you are the one doing the movements. Then relax and focus on feeling the healing energy moving through your body.

Know that my energy is there for you and will help you to heal as you relax and let it flow through you. Remember the key to qigong healing is the healing messages you are sending to your body. So just relax and feel the healing energy flowing through you bringing you a complete and perfect healing.

* Relax * Trust * Feel the Energy

Helpful Tips

I recommend that you do Spring Forest Qigong Five Element Healing Movements at least twice a week for one hour. I strongly recommend that you do the Healing Movements or meditations at least once a day for 100 days. You will receive more benefit if you do it
three times each day, especially for those people who may have severe blockages in the body.

The best time for the Healing Movements and meditation is whenever you can fit them into your schedule. Beyond that we find the best times for doing the Healing Movements are in the morning and early in the evening.

The following are some additional tips for practicing Spring Forest Qigong. However, please keep in mind that there is no right or wrong in Spring Forest Qigong – only “good, better and best.” Trust your inner guidance to show you what is best for you right now, knowing that as long as you continue to practice you will receive benefit.

- Find a quiet place free of distractions, such as the telephone.
- Wear comfortable clothes that do not constrict the body.
- When practicing the Healing Movements move your hands and legs as slowly as possible. The slower, the better. This will allow you to feel the energy better and more easily experience the emptiness.
- If possible do not eat 30 minutes before or after your qigong practice, because the digestion process may absorb energy that otherwise would be used for healing.
- Try not to have anything cold to drink 30 minutes before and after you practice Qigong, because cold energy can interfere with the flow of Qi.
- Although there are no maximum time limits for any of the Healing Movements, you may want to take a break during sessions lasting more than two hours.
• If you are too excited or too emotional, it is difficult to focus, quiet the mind, and go into the emptiness. Try to settle yourself down before you begin your qigong practice, or wait until you are not so emotional.
• If possible, do not use the bathroom within 30 minutes after practicing Qigong, because this can cause you to lose Qi. (If it is not possible to wait, try bringing your awareness to your heart center and gently lifting your heels up as you use the bathroom. This will help keep the healing energy in the body.)
• Avoid using alcohol before or after practicing qigong because alcohol depletes Qi and affects the mind.
• Avoid practicing during a thunderstorm, because the storm makes it difficult to go into the emptiness. Also, do not practice outside in the rain, wind or snow.
• Avoid washing your hands or face with cold water or taking a bath immediately after your qigong practice because this can deplete Qi and can even make you catch a cold.
• Follow the instructions contained in this manual and video as much as possible.
• Avoid mixing Spring Forest Qigong movements with other energy techniques. This may confuse the energy in your body.
• Finally, please get the advice of a medical doctor before beginning this or any other exercise program. This is particularly important if you have a health concern.

Experiences and sensations while practicing Spring Forest Qigong can include:

• Tingling sensations
• Seeing colors and images
• Itching on your body
• Smelling something sweet like incense or lotus flowers–this is your master’s energy or spiritual energy coming to help you
• The sensation of a breeze
• Sensations of heat or cold inside your body
• A feeling of electricity growing through your body
• Hearing unknown sounds
• Sporadic movements of the body
• Crying or tearing
• Feeling sadness (When this sadness is not for something specific, but is for the whole universe, this means your soul energy has awakened. This is a very powerful healing energy.)
• The pain or the symptoms worsening. (This can happen as we are releasing and rebalancing energy blockages, especially for those who have arthritis or structural damage after accidents. The pain usually does not stay long and is an indication that energy is trying to heal and bring the body to its normal condition. Only ten percent of people who have arthritis or structural problems experience more pain. When this happens, please call your doctor for advice before continuing the healing movements.)

Any or none of those experiences can occur while practicing Spring Forest Qigong; however, it is helpful to take it easy and not be too concerned or go looking for any particular experience during Spring Forest Qigong practice. We can trust that whatever occurs is just what we need to help to release blockages and rebalance our energy at that particular time.
Additional Resources

At Spring Forest Qigong, our mission is to provide you with the knowledge, techniques, support and assistance to awaken the natural healing ability you were born with. We do this by offering:

- Classes and Retreats
- Individual Sessions
- Instructional DVD’s and CD’s
- Meditation CD’s
- Workshops and Conferences

Spring Forest Qigong will help you to achieve optimal health, wellness and fitness, and live a life without pain and suffering.

To learn more about Spring Forest Qigong please visit our website at: www.springforestqigong.com

To learn more about Spring Forest Qigong Institute, please visit our website at: http://springforestqigonginstitute.org

“A healer in every family and a world without pain and suffering”
Chunyi Lin Biography

Chunyi Lin is an internationally recognized Qigong Master with a master’s degree in holistic healing. His fluency in numerous Chinese dialects afforded him the rare opportunity to study with many of the most respected Qigong Masters in his native China.

Chunyi is the founder of Spring Forest Qigong, and coauthor of a #1 Amazon bestseller, “Born A Healer.” He is also coauthor with Dr. Nisha Manek of the Mayo Clinic of a chapter on Qigong in a medical school textbook, “The Textbook of Complementary and Alternative Medicine, Second Edition.”

He is director of the Spring Forest Wellness Center in Eden Prairie, Minnesota, USA, where he works with people from all over the world helping them and empowering them to overcome serious health challenges and return to optimal health, wellness and happiness.

In addition, Chunyi Lin has created a series of home learning materials to share his healing and wellness techniques with everyone through videos, guided audio meditations and reference manuals. He has taught his techniques to more than 300,000 people through classes or home-learning courses.

Chunyi Lin is also a member of the Transformational Leadership Council founded by Jack Canfield. In 2010, the executive committee of the World Qigong Congress named him International Qigong Master of the Year. In 2010 two independent research studies, one
by doctors from the University of Minnesota and one of the leading medical research centers in the United States, found that Lin’s Spring Forest Qigong techniques are helpful in relieving chronic pain.

Chunyi Lin travels around the world to share his teaching and wisdom, in North and South America, Europe, Canada, Australia and Asia.

In 2015, Chunyi founded the non-profit Spring Forest Qigong Institute to help further his vision of “a healer in every family and a world without pain and suffering.”