



“100 Day Gong” – with Mingtong Gu Wisdom Healing Qigong You Tube Video

<https://www.youtube.com/watch?v=Oj0ewBvr6zM>

- 00:00 Going right into **Hip Rotations**, ending with hands circling forward to Dantien
- 4:56 All about awakening Energy ... allowing it to manifest ... to benefit all of life, physical, mental, emotional and spiritual, all of who we are as human beings
- 5:15 Introducing **Chen Chi** ... arms to side at 45* angle, palms angled up, shoulder blades kissing and releasing, awakening, opening, releasing strong energy, the power of life awakening, releasing blockages, tension, the cause of all disease
- 7:28 Transition to **Spinal Bone Marrow** ... feet together, spine straight, arms shoulder height in front, hands holding a ball of energy, arms encircling a column of energy, rotating repeatedly to left and then repeatedly to right side, gently releasing towards the front each time ... ending with bringing hands in to chest, connecting with inner heart space. Opening and gathering to the heart, relaxing
- 12:01 Introduces **Kai Hui** chant with hands opening and gathering energy in front of body, elbows touching ribs ... opening (**Kai**) and expanding (**Hui**) ... gathering inwardly, nourishing inwardly, connecting inwardly (Words on screen)
- 13:46 **Lift Chi Up Pour Chi Down** – with spine straight and gaze forward, gently, gradually, lowering hands down to sides in a scooping motion and gathering energy upward while slowly raising hands high over your head, pausing with palms facing down ... relaxing downward and connecting with Earth Energy, connecting with the Energy of the brain, Energy of the Universe ... with all of life
- 14:49 Introducing **Lachi** – hands gently expanding and gathering energy in at brain level while chanting Kai Hui ... smiling inwardly to entire body ... then lowering hands to front, connecting with heart, then gathering into Dantian... then bringing energy/mindfulness down to hips/thigh/knees/legs/feet ... connecting inwardly, connecting with Earth beneath, with all life Energy within ... and all around you
- 18:00 Focusing, gathering deeper into body, into this Energy body, into this Home, into your navel ... into Dantian inside the navel
- 18:30 Hands on navel, gathering, centering, feeling inner connection, inner life, inner well-being. Feeling the Earth beneath, feeling your feet, gently opening your eyes, moving freely, noticing how entire body feels ... Haola! (Haola means “All is well and getting better!”)

Haola!

“Where the mind goes, Energy flows!”