

Three Lines Relaxation

This is a static qigong, no hands movements required.

This visualisation is excellent for mind/body relaxation and guides “Chi” away from the head. It is preferable to practice this while sitting or standing, but lying down is also acceptable.

Relax by visualising and feeling the serenity and comfort of a beautiful, sunny place. See the sunlight and feel its warmth flowing like warm water slowly down your entire body. On a hot day, visualise the sunny spot and feel refreshing water flowing down your entire body.

1st Line

- Feel the sunlight shining on the top of your head and gradually flowing down the front of your body all the way down to the feet. In order to slow its descent, feel the warmth going down each specific area: the top of the head, forehead, eyes, nose, mouth, chin, neck, etc. all the way down to the bottom of the feet.

2nd Line

- Again see the sun and feel its warmth on top of your head. This time it divides and flows from the head to ears, neck, shoulders, down both sides of your body; arms to fingertips and simultaneously down the sides of your torso; then legs, and all the way down to the bottom of your feet.

3rd Line

- Now the sun shines on top of the head and flows down the back of the body; from the back of the head and neck, down your back and arms, your bottom, the backs of the legs, all the way down to the bottom of the feet.

Finally,

visualise the sun above shining over your entire body. Feel warmth streaming down all sides at once from your head, all the way down to the bottom of the feet.

Begin by practicing 5 min. If this is ok, then add a couple minutes each day until you can do this comfortably for 15 minutes at a time. Enjoy.