

AUNG VITAL ENERGY MEDICAL QI GONG ' Pearls of Wisdom'

LET'S TRANSFORM YOUR HOME INTO A HEALING PLACE

In these times of the COVID-19 pandemic, I'd like to provide a small gift to you. I have created a sequence of Aung Vital Energy Medical Qi Gong exercises for you to enhance your own well-being. I have often said, "Qi Gong is acupuncture without needles, healing from the 'inside out'." These treasures of Qi Gong can be done by yourself at home to naturally build your immunity and strength.

So far, there are limited therapies to reduce the impact of COVID-19. I believe Qi Gong, can go a long way to support your own well-being and successfully enhance each and every breath. Every breath counts with a respiratory virus like COVID-19. Qi Gong is a source of healing energy you can safely use now because it can be implemented in isolation and without touching another human being. My intention is to share these healing disciplines with metta (loving kindness), karuna (compassion), mudditta (empathy), saydana (selflessness) and upekkha (serenity and equanimity) with you so you can be empowered and do the same.

The following protocol of Aung Vital Energy Medical Qi Gong exercise is based on the holistic medical treatment and healing treasures of Qi Gong that I have been sharpening for more than 40 years, working in trust with my patients at my medical clinic in Edmonton, Alberta, Canada.

Practice all eight of the following exercises in each session and repeat twice a day. The entire protocol will take from 45 minutes to two hours a day ... it is worth the time ... and now is when we do have time.

The eight recommended exercises to enhance your practice during the COVID-19 pandemic follow.

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| 1. Kai Gong | Open up the Body Vital Qi Energy |
| 2. Breathing | The Initiation of Vital Qi Energy |
| 3. Colour visualization | Re-enforce Healing (Part A & B) |
| 4. Chakra Sounds | Re-alignment of Body Vital Qi Energy |
| 5. Laughing Qi Gong | Opening Joy and Spiritual Vital Qi Energy |

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| 6. Walking Qi Gong | Movement in Healing -Balancing and Grounding Body, Mind, Spirit |
| 7. Sho Gong | Tidy Up the Balanced Vital Qi Energy |
| 8. Blessing | Increase Spiritual Healing Vital Qi Energy |

Exercise 1. KAI GONG

OPEN UP THE BODY VITAL QI ENERGY

Kai Gong is a yin/yang opening exercise for Aung Vital Energy Medical Qi Gong. It is both relaxing and energizing and should be used at the beginning of Qi Gong. Start standing in horse riding position with feet apart. Breathe into the middle of the chest, hold it, breath down to the Dan Tien or CV6, breath out slowly ... this is breathing exercise #3. Do this for 5 minutes. Remember to position your hands at Dan Tian, right hand under left for females, left hand under right for males. Close by rubbing your palms together clockwise.

As the COVID-19 virus spreads on our hands, for your own safety please do not bring your hands to your face or the back of your neck, keep your hands in prayer position to end the exercise.

Exercise 2.

AUNG VITAL ENERGY MEDICAL QI GONG

THE INITIATION of the VITAL QI ENERGY

Aung Vital Energy Medical Qi Gong is a way to initiate breathing to protect and counter the impact of COVID-19. Stand in the horse-riding position, in the center of a quiet room and begin gently moving your breath. Simply take a few

moments to let go of stress and get centered in a mind-body-spirit connection. Do one exercise at a time.

I have selected two Aung Vital Energy Medical Qi Gong breathing exercises to use during the COVID-19 outbreak. Focus on the breath and allow your awareness to deepen and let all of your concerns fade away. Soften and let your breath flow gently.

1. **Morning breathing exercise # 1**, Yin. Breathe in and move the breath from the nose down to the Dan Tian and hold your breath, breathe out from the Dan Tien. When you exhale, make a loud, continuous **Sheeeeeee** sound. Make a sharp E sound at the end.

2. **Evening breathing exercise #4**, Yang. Breathe in from the nose to the Dan Tien, breathe out slowly at the Dan Tien and hold it, breathe out slowly again, then repeat. Make an extended **wOOOOOO** sound on the final breath out. Raise the tone at the end of the sound and make a sharp O sound.

Repeat for 20 Minutes. Complete the exercise with palms together at the heart chakra in prayer position. If it seems difficult, you need more practice, so do it for 20 more minutes.

Symptom	Exercise and sound	Time	Benefit
Anxiety, tension, stress	Breathing #1 Sheeeeeeee	Morning 20 min	calm, peaceful
Low energy, fatigue	Breathing #4 wOOOOOO	Evening 20 min	energy exchange immune boost

Exercise 3. **COLOUR VISUALIZATION**
RE-ENFORCE HEALING
Part A and Part B

PART A: COLOURS FOR ORGANS
SEEING IS BELIEVING

Colour visualization is a bright and simple Aung Vital Energy Medical Qi Gong exercise to adjust your emotional state and increase healing power. When you face COVID-19 challenges or need a boost in protection or after being out in public, visualize colour.

You will be less troubled and will experience calm even in the face of frightening news and statistics that shock you.

Practice with closed eyes, breathing in and out slowly. The colours stimulate the organs, making them stronger to protect against attack by the COVID-19 virus and enhance your emotional health. If you are someone who does not visualize colour, you can softly open your eyes and look at colored pieces of paper. Focus on each color for 5 minutes each, for a total of 20 minutes.

<i>Colour</i>	<i>Organ</i>	<i>Benefit</i>	<i>Release</i>
Pink	Heart	Spiritual energy, love	Tension, Anxiety
Yellow	Spleen	Immunity	Worry
White	Lungs	Purification	Sadness
Blue	Kidney	Willpower, healing	Fear

PART B: BLUE AND WHITE PROTECTION AND SELF HEALING

This colour visualization amplifies the body's resistance and allows you to completely relax. This Aung Vital Energy Medical Qi Gong exercise for self-clearing and self-purification. It is best done lying down or resting in a comfortable seated position. You can expect to have less fear and more happiness and will later sleep better as you open your ability to transform your belief that you must panic at this time.

**Breathe in *white* light, breathe out *blue* light.
Then breathe in *blue* light, breathe out *white* light. Repeat slowly.**

Blue light is for healing; white light, for cleansing. The exercise can be used if you are ill and if you want to be preventative. Do the breathing with closed eyes if you can visualize colours or, equally as good, by looking at blue and white colours, like the sky and white clouds or coloured papers.

Please relax and breathe slowly and concentrate for 20 minutes.

Exercise 4.

CHAKRA SOUNDS

RE-ALIGNMENT OF BODY VITAL QI ENERGY

CROWN CHAKRA HARMONIZATION and ROOT CHAKRA GROUNDING

This Aung Vital Energy Medical Qi Gong exercise of spiraling cycles of sound and breath centers and opens the flow of vital Qi energy. It aligns the body, mind and spirit, to successfully move through your circumstances if you become despondent, depressed or stressed. You can expect harmonization followed by confidence, stability and grounding.

Do this exercise for 20 minutes in a standing or seated position. It is a spiraling downward movement, starting with a clockwise circle at the top of the head. Tap 5 times at the crown chakra with your middle finger and make the AAAAAAAAA sound. Move the breath, while visualizing a clockwise spiral of white light going from the crown chakra down the spine to the anus. Then tighten the anus three times, getting tighter each time. After the final release, make the LMMMMM sound as you move the breath and light back up the spine in a counter-clockwise spiral to the crown chakra. Repeat as many as you can.

Sounds should be long and extended for as long as your exhale. Use breathing exercise #1. It's valuable to do this for more than 20 minutes.

Chakra	Sound	Benefit
Crown Chakra	AAAAAAAAA	Harmony/Balance
Root Chakra	LMMMMM	Healing/Grounding

Exercise 5. LAUGHING QI GONG

OPENING JOY and SPIRITUAL VITAL QI ENERGY

Allow yourself to laugh with this Aung Vital Energy Medical Qi Gong exercise. Laughter stabilizes the spirit and connects us with the continuous vibration of universal energy and vital Qi energy. After a long, sobering day inside by yourself and when the sound vibrations of our physical and spiritual bodies are out of harmony, you may feel empty and slow. Laughter shifts away negative energy.

Laughing Qi Gong sounds will open your heart, increase your spiritual vital Qi energy and make you happy. It effectively reduces anxiety when you are lonely during these days of physical distancing. Laughing is a type of sacred chant that alters your vibration and clears blockages. It's like open heart surgery without a knife.

Please ensure your feet are touching the ground as you make the sounds. Like a chain reaction, make the sounds louder and louder and louder as you repeat the sequence below as many times as you can. Do this for a full 20 minutes for maximum benefit.

Let the sequence of these sounds into your physical, mental and spiritual levels. The intention is say each sound four times, then repeat the entire cycle of sounds in order - Haaa, Heee, HAwww, Hooo - for at least 20 minutes, 5 minutes for each sound.

Sound	Organ	Benefit
Haaa Haaa Haaa Haaa	Liver	Less frustration and anger
Heee Heee Heee Heee	Pericardium	Uplifts mood & depression
HAwww HAwww HAwww HAwww	Heart	Relieves anxiety, stress
Hooo Hooo Hooo Hooo	Stomach/Spleen	Calms a worried mind

Exercise 6. **AUNG WALKING VITAL ENERGY
MEDICAL QI GONG**

**MOVEMENT in HEALING
BALANCING and GROUNDING BODY
MIND and SPIRIT**

One of the most valuable ancient healing spiritual practices to ground the body, mind and spirit is Aung Walking Vital Energy Medical Qi Gong, a harmony of physical, mental and spiritual vibration and movement that goes far beyond walking for exercise. Look inside yourself to find your own clear, calm center, be willing to let go of and release fear and worry and discover an inner place of peace. These steps will help you let go, and let feelings of optimism, even now, be possible.

Aung Walking Vital Energy Medical Qi Gong has three key components: physical, demonstrated by the movement and the power of laughing sounds; mental, indicated by your awareness of the movement; and spiritual, revealed by an intensified awareness of the six human senses... all working to create positive healing energy.

The phonation exercises from the previous Aung Vital Energy Medical Qi Gong Laughing exercise are implemented here and enhanced in this exercise. This guide provides the mechanics of the exercise. It is up to you to prepare yourself for the meditation by clearing your mind and setting an intention. Use your breath, be present and practice. Offer your blessings and gratitude when you complete the sequence.

1. Preparation. Preparation is important before you start to move. A beautiful way to prepare for walking is to take five minutes to breathe (breathing method #3) in horse-riding position, with the feet shoulder-width apart. This opens up all the six human senses. Do this slowly with concentration on being present, with good intention and awareness.
2. Standing Posture. Gently bring your feet together and feel the energy rock you three times from heel to the arches to the big toe with hands in prayer position.
3. Walking. You will be moving throughout this meditation. To begin, walk slowly and deliberately with one foot directly in front of the other. Women are 'always right', so females begin with the right foot, males start with the left, moving one foot at a time. As you move forward, the heel of the forward foot touches the toe

of the other. As your foot comes up into a tip toe, switch sides. This vital Qi Gong exercise is meant to be done slowly with the Ha, He, Haw, Ho sounds. Please always connect the heel of one foot to the toe of the other as you step forward. When you find the rhythm of the feet rocking and coming together, it is like 'walking with one foot'. Hands are in prayer position.

4. Sounds. Haaa Haaa Haaa Haaa Heee Heee Heee Heee HAww HAww HAww HAww Hooo Hooo Hooo Hooo. This sequence of sounds is repeated and flows in a continuously cycle. Please repeat. Make a sound with each and every single step as you walk. Sound is projected louder and louder increasing in volume as you practice. The best time to make the sounds is when you are "tip toeing", that is as you have rocked forward and your heel of one foot is touching the toe of the other. As your heel touches down and rolls over the arches going forward into a tip toe, make an energetic Haaaa sound; take the second step with the opposite foot and make the Heeee sound; take the third step and make the HAwww sound and the fourth step will have the Hoooo sound. Repeat again and again.

5. Pattern. Walk 9 cycles around the room clockwise, 9 cycles counter-clockwise. Walk in a circular walking pattern. This can be done in a big room or outside in a yard. Walk for 30 minutes doing this laughing Aung Walking Vital Energy Medical Qi Gong exercise and complete with a Sho Gong exercise and a blessing for health and happiness to the World.

Exercise 7.

SHO GONG

TIDY UP the VITAL QI BALANCED ENERGY

Sho Gong tidies up the practice of Aung Walking Vital Energy Medical Qi Gong. Use breathing method #4. Stand in horse riding position and breathe slowly into the Dan Tien, breathe out slowly and hold, then breathe again, emptying the lungs. Do this for five minutes. When you are relaxed, rub the belly with your right palm of the hand, five times clockwise and then rub the belly with your left palm, five times counter-clockwise, faster, faster, faster, trying to build up the heat. When you feel the heat in your hands, push in with the middle fingers (Pc9) at the DanTien. Bring the hands to prayer position, push the palm together equally and lock in the Qi firmly, three times to activate (Pc 8). On the third push, take a deep breath, exhale and make a sharp, short 'HA' sound.

Exercise 8.

SEND BLESSINGS

INCREASE SPIRITUAL HEALING and VITAL QI ENERGY

**Without compassion, there is no healing
Without healing, there is no medicine**

This is a continuation, and the final respectful conclusion, after Sho Gong to complete the eight Aung Vital Energy Medical Qi Gong exercises.

Face north and bring your attention to your inner core at the Dan Tien and to the inner reservoir of strength that has been created. Breathe in, then move the breath as you breathe out from the Dan Tien upwards to the third eye and make the **Ommmm** sound. (The OM sound is 50%, the sound of MM is 50%). Repeat this 3 times, slowly and gently.

OMMM OMMM OMMM OMMM OMMM OMMM OMMM OMMM

Allow yourself to receive the feelings of gratitude and love from your practice. Send a blessing to our World to be peaceful with happiness and health. Speak from your heart. Also send a blessing for the COVID-19 virus, that it be less violent and negative. You can visualize people you want to bless. Finally, send blessings to all sentient beings to be safe and sound during this COVID-19 pandemic and practice this chant. Blessing is very important and you can use this chant to intensify the effectiveness of the healing and the exercise you have just completed. Combine the blessing with the Ommm sound. Always finish Aung Vital Energy Medical Qi Gong with this respectful closing:

Sadhu Sadhu Sadhu Amya Amya Amya

AUNG VITAL ENERGY

MEDICAL QI GONG

HOME PRACTICE NOTES

1. Aung Vital Energy Medical Qi Gong practices and integrative medicine modalities are a good practice for individuals in the serious public health threat of COVID-19. It is our job to look out for each other and prepare our mind, body, spirit to weather Mother Nature's storm, to do what it takes to not get sick, and build towards wellness when the calm settles in. Remember, this challenge with the virus is a temporary change in physical, mental and spiritual health. We can rebuild.

2. The basic Aung Vital Energy Medical Qi Gong breathing patterns are:

- #1 IN HOLD OUT
- #2 IN OUT HOLD
- #3 IN HOLD IN OUT
- #4 IN OUT HOLD OUT

3. It is the responsibility of those who know Aung Vital Energy Medical Qi Gong to practice and pass the knowledge on, so I ask you to be in the driver's seat, to begin Aung Vital Energy Medical Qi Gong practices today for yourself and share with the people in your life. We need to practice, practice until practice makes perfect, and creates general wellness. It's not just temporary. The benefit will persist as time goes on. Now, practice every day counts. The more you practice the better you are.

4. Important safety note during COVID-19 pandemic: For your own safety, do not touch and rub your face as we usually do at the end of the exercise. Please always use prayer position for your hands, with hands together, during COVID-19. You are encouraged to try the exercises at home with this guide, however it is recommended that it is best to have knowledge of Level 1 Aung Medical Qi Gong.

6. If you are new to Aung Vital Energy Medical Qi Gong, please join an on-line practice class or watch our introductory video available from the Qi Gong practice session leaders. Please see links for zoom. On-line Aung Vital Energy Medical Qi Gong practice classes are hosted by Edmonton and Calgary Qi Gong instructors. Normally practice sessions are in various cities from Victoria, Vancouver, Calgary, Edmonton, Ottawa to Boston, however during the COVID-19 pandemic, please join the Calgary or Edmonton group on Zoom. (See below.)

EDMONTON

Tuesday Zoom 7:30 pm MDT

https://zoom.us/j/474185620?pwd=Alw_g-6rzKA

Meeting ID: 474 185 620 Password: 015203

Wednesday Morning 10:30am to 12:00 MDT

<https://zoom.us/j/682766346?pwd=iYwB7BVr0bk>

Meeting ID: 682 766 346 Password: 007897

Practice group contacts for Qi Gong Express in Edmonton

qigongexpress@gmail.com

<https://facebook.com/groups/189184494601007>

CALGARY

WEDNESDAY Zoom at 7:00 pm MDT

<https://us02web.zoom.us/j/86243415284?pwd=dIQxbThBVIAvSEc3UjFpY2RnbTNwUT09>

Meeting ID: 862 4341 5284 Password: 653670