

Ji Practice

Jigong:

Standing Jo
 Posture & Breath
 Head Massage
 Neck
 Gather Ji

Roll down to standing forward bend

Roll up
 Walk the Path
 Knocking on the Door of Life
 Chi Massage

Buddha holding up the Earth

Tiger
 Fountain
 Mountain
 Earth
 Buddha Palm
 Arm Centering
 Bamboo in the Wind

Notes:

Calming
 Awareness
 w/Ears
 Add Shoulder Shrugs
 w/ Center Prayer Position

One vertebrae at a time

Gather Ji and Center Prayer Position
 End w/Light Steps
 Lower back, chest/lungs, neck
 Shake it Out Afterwards

Breathe in going up-Hold, out going down.
 End w/Side Stretches w/Spiral Arms

Breathe in and reach up.
 Breath out and crouch down
 Up and around with rippled spine
 Add pushing
 Add Scoop & Ball and Pour Over Top
 Feel the Chi
 Balance, Stability
 Rock and Sway, Relax

The primary focus of the Journeyman's walk, is the cultivation of Ji. This encompasses both consumption of energy (breath, water, food, temperature, light, knowledge, joy, inspiration etc.) but also the practices that enable the flow of the Ji energy in all 5 domains (Spiritual, Intellectual, Emotional, Physical and Social).

As the Ji flows, health follows. Consume Ji and dance with God. Free the Ji that is in and around you. You are a conduit knowing that you are a part of the whole.

There is only Ji. The 5 domains are built from Ji.

If Ji is blocked, pain and illness follow. Work to let go of all that binds the Ji.

Forgiveness is the act of freeing the social Ji that has become stuck

Joy is pure emotional Ji. Wisdom is intellectual Ji that is free to flow. Wisdom is built from knowledge. Joy and Wisdom make up the Ji of the Mind. The Spirit is composed of pure Ji.

Jigong: Effortless Movement. Move like water (soft and gentle but has great power)

What about when still? Can we sit effortlessly? That is harder than it seems.

The perceived need to generate Ji in order to overcome these pains and burning muscles may be incorrect. The Jigong may be helpful in freeing those blockages and allowing contentment. In other words, it isn't about an increasing positive push but is instead the elimination of the negative drag.

This is the difference between Jigong and Jigong Healing. I need to work on healing the flow of the Ji within all aspects of me before I can work on increasing it. The legs are a particular trouble point for me. In the past they have burned so badly that I panicked. Now, this is mild in comparison. The second area is the gut. I have a sore area (ulcer?) that flares up under stress. I have also noticed neck and shoulder tension that needs to be worked through. Finally, the feet are sore often. This may be helped with new shoes and/or insoles.

Intake is as important as maintaining flow. I have just eaten a flavorful but detrimental meal for lunch. It has introduced energy blockages within me. All this for a quick treat.

What works better than fried food and baked potato with too much sour cream? Rice, fish, vegetables. Even limited dairy has been helpful. Restrict wheat if possible.

McD
Moe's
Panera's
Wendy's
Burger King
Taco Bell
Fazoli's
Subway
JJ