



Transforming in Turbulent Times: From Surviving to Thriving with Qigong

Qigong can help sustain us during turbulent times – leading to increased energy, enhanced well-being and a greater capacity for courage. In this presentation, we focus on moving from the sympathetic nervous system or “fight or flight” to the parasympathetic nervous system, also known as “rest and digest.” To move from “fight or flight” to flow, we engage in a variety of experiential practices focused on conserving, replenishing, and transforming kidney energy, including the following:

- Guided Meditation/Setting the Chi field
- Mindfulness Moments: Yi Dao, Qi Dao
- Shaking and Bouncing
- Rubbing the Kidneys
- Hip Rotations
- Massaging Kidney 1 point
- Zhineng Qigong Kidney Sound Healing

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Kidney Energy System

Element: Water

Colors: Blue or Black

Season: Winter

Emotions: (+) Cautious, Alert, Determined, Mindful

(-) Excessive Fear, Rigidity

Qigong kidney practices are beneficial for:

- Adrenals
- Bladder
- Reproductive system
- Skeletal system (i.e., bones, teeth, ligaments and tendons)
- Ear ringing and some forms of hearing loss
- Premature hair loss
- Idiopathic chronic ailments
- Brain conditions
- Bone marrow conditions

Zhineng Qigong Kidney Sounds:

- Eh (Physical) – Awakens energy
- Eu (Emotional) – Circulates energy
- Ying (Spiritual) – Moves energy upwards

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