

ANIMAL FROLICS FOR BREATHING AND GOOD HEALTH

This is a quote from a Qigong master of old

“Breathing in and out in various manners, spitting out in the old and taking in the new, walking like a bear and stretching their neck like a bird to achieve longevity - this is what such practitioners of Daoyin, cultivators of the body and all those searching for long life like Ancestor Peng, enjoy.

1. Chuang-tzu, circa 300 BCE (1)

We will breathe and walk like a CRANE. This animal is associated with the heat, lungs, well-being and longevity, and the summer season.

After imitating the Crane we will hug in energy and a breath and press it down to our feet.

We will move and breathe like a TIGER. This animal is associated with the lungs and Autumn. The tiger moves with stealth and is fluid and strong.

We will move and breathe like a BEAR.
This animal is associated with the kidneys and Winter. The bear is playful while also being courageous.

After imitating the bear, we will gather energy up through the earth and allow it to flow down through our entire body.

