



elemental
resonance

Qi Gong

Learn the secrets of...

A person is silhouetted against a bright sunset, performing a Qi Gong pose on the deck of a sailboat. The sun is low on the horizon, creating a strong lens flare and illuminating the scene. The sailboat's mast and rigging are visible, and the ocean is in the foreground. The text 'Content' is overlaid on the right side of the image.

Content

History and Lineage

Benefits of Qi Gong

The Five Elements

Daily Practise

The Organs

Foods that Heal

氣功

Qi Gong Philosophy

Life Energy Cultivation.

The Co-ordination of body movement,
breath work & meditation for health and
balance.

"Health is the
greatest
possession"

- Lao Tzu Proverb

“


Think about it

YOUR OUTER LIFE REFLECTS
THE QUALITY OF YOUR QI.
WHEN YOU GLOW INSIDE ,
THE WHOLE WORLD SHINES.

ROBERT PENG

Energy of the Universe

Qi/Chi is energy. The vital force of life in the Universe. Qi travels from the stars, planets and nature through the subtle bodies and animates the physical plane. When we work with Qi and feel its' energy running through our physical body, we know from experience the substance of the Universe. As we develop our own energy, we form a link with a deeper greater connection with ourselves.

The background of the slide features a person in a white traditional Chinese robe, captured in a graceful Tai Chi pose. Their hands are positioned in front of them, palms facing each other. A large, vibrant green leaf is prominently displayed in the lower-left foreground, partially obscuring the person's lower body. The overall lighting is soft and natural, creating a serene and balanced atmosphere.

'Qi' means Energy, Vitality or Life.
'Gong' means working, developing or
cultivating. Working with Qi Gong we develop
VITALITY!

This knowledge was held in secrecy in China and was initially only reserved for the aristocracy, monks, doctors, martial artists or those who were privileged and only taught by word of mouth. Only the elite were practised and it was a source of power and authority. Now Qi Gong is readily available to many which is a complete change. The world is now ready to experience this knowledge.

Benefits of Qi Gong



Research is....

still taking place but the following list states the most impressive benefits from the research studies so far.

- Lower Blood Pressure
- Stronger Immune System
- Improved quality of sleep
- Helps with anxiety
- Helps with depression
- Improved muscle strength
- Improved balance

Source: US National Library of Medicine and the National Institutes of Health.

Main Principles of Qi Gong

- Breath
- Posture
- Movement
- Relaxation
- Concentration

The more energy you cultivate with the movements the more effective your Qi Gong Practise will be. There are many styles of Qi Gong and different methods out there. This method, the *Dao Yin Fa Series* empowers the Chi of the organs by stretching the twelve acupuncture meridians. The synthesis of the colour, movement and sound wakes up and redirects Chi within the body.

Five Element Theory



Yin Organs

The function of the **Yin organs** are to produce, transform, regulate and store fundamental substances such as blood and body fluids. In general Yin organs do not have empty cavities. Chinese medicine sees the human body as a whole, imbalance of the Yin and Yang accounts for the development of illness and disease. Hence so much effort is put on the harmony and balance of the organs. Good communication between all of the elements happens in a cycle, this is called the '**Shen Cycle**' - which means to nurture, support, enhance.

Yin Organs: Heart, Pericardium, Spleen, Lungs, Kidneys, Liver

Yang Organs

The **Yang organs** are responsible for digesting food and transmitting nutrients to the body. Usually, Yang organs are organs with empty cavities as opposed to Yin organs which do not have empty cavities. In TCM (Traditional Chinese Medicine) the physiological functions of the body are based on harmonious relationships between Yin and Yang organs.

Yang Organs: Small Intestine, Triple Warmer, Stomach, Large Intestine, Bladder, Gallbladder.





Foods that Support the Liver

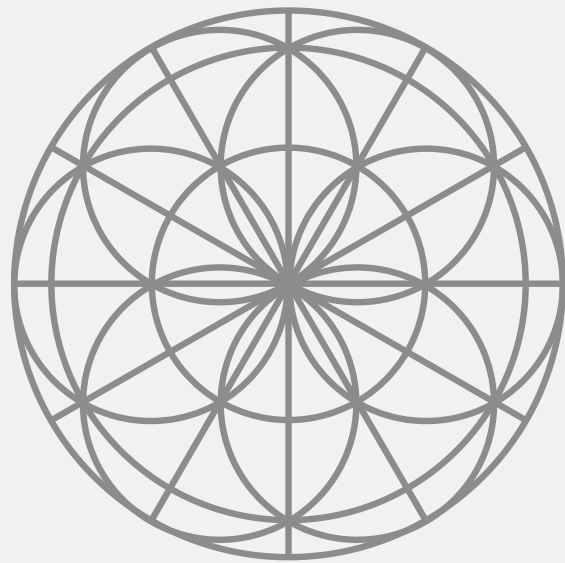
FRESH // GREEN // SOUR

Alfalfa, Algae, Asparagus, Basil, Broccoli, Celery, Citrus (esp, the peels) Cucumber, Fennel, Fermented Food, Ginger, Kale, Lettuces, Radishes and their leaves, Seaweed, Small amounts of vinegar, sour pickles, spirulina, sprouts (beans, seeds, grains) watercress, wheatgrass

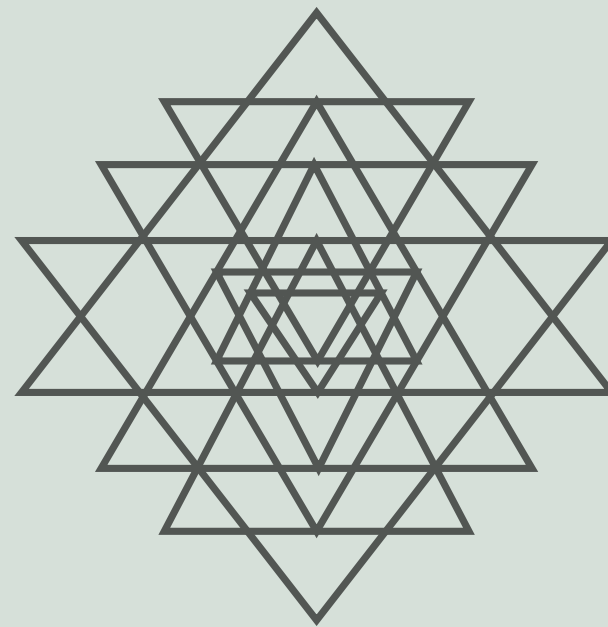
Nourish Yourself...

BY WORKING WITH THESE QI GONG TECHNIQUES
WE ARE SETTING UP A SYSTEM TO
COMMUNICATE WITH OUR BODY USING SOUND,
MOVEMENT AND COLOUR. THIS SYSTEM ASSISTS
WITH THE CYCLE OF CLEARING AND DISPELLING
UNWANTED ENERGY/EMOTIONS AND THEREFORE
CREATES A BETTER, HEALTHIER ENVIRONMENT FOR
OUR PHYSICAL, EMOTIONAL BODY AND MENTAL
HEALTH. REINFORCING WHY CULTIVATING A
DAILY PRACTISE IS SO CRUCIAL TO NOURISHING
OURSELVES FROM THE INSIDE OUT.

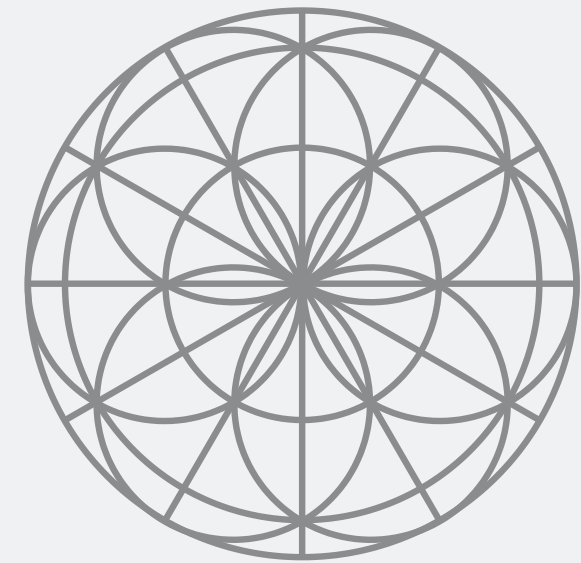
Cultivate a Daily Practise



Apply yourself to a
DAILY practise



Wake Up the vital Qi in
your body



Activate using specific
toning techniques

HIGHER VIBRATIONAL BEING

QI GONG & MEDITATION ONLINE COURSES



BREEZE

...into Meditation with easy to follow steps to drop into the Zone.



DIVE

.....into a morning practise to wake up your vital energy and start your day feeling energised!



LEARN

....the 5 Pillars and some key tool to living in a more Higher Vibrational Way.



HIGHER VIBRATIONAL BEING I

Air/Fire/ Water Element
Cultivate a DAILY Practise
The Art of Meditation
5 Pillars of Higher Vibrational
Being

HIGHER VIBRATIONAL BEING II

Water/Earth/Wood/Fire
Meridian Portals
Crystals of Qi Movement
Crucible of the Sun
Anchor Point Meditation

HVB ELEMENT MODULES

All Five Elements:
Fire/Earth/Air/Water/Wood
All 12 Meridians
Meditation Techniques
Toning Techniques



The Five Element Modules



MOVEMENT MEDITATION

Your body feels
aligned

GROUND

Feel yourself
connected to the
EARTH

CRYSTALS OF QI EXERCISE

WHAT CAN I
EXPECT TO
LEARN...

ENERGY

Tap into the warmth
of your own vital
Qi/Energy.

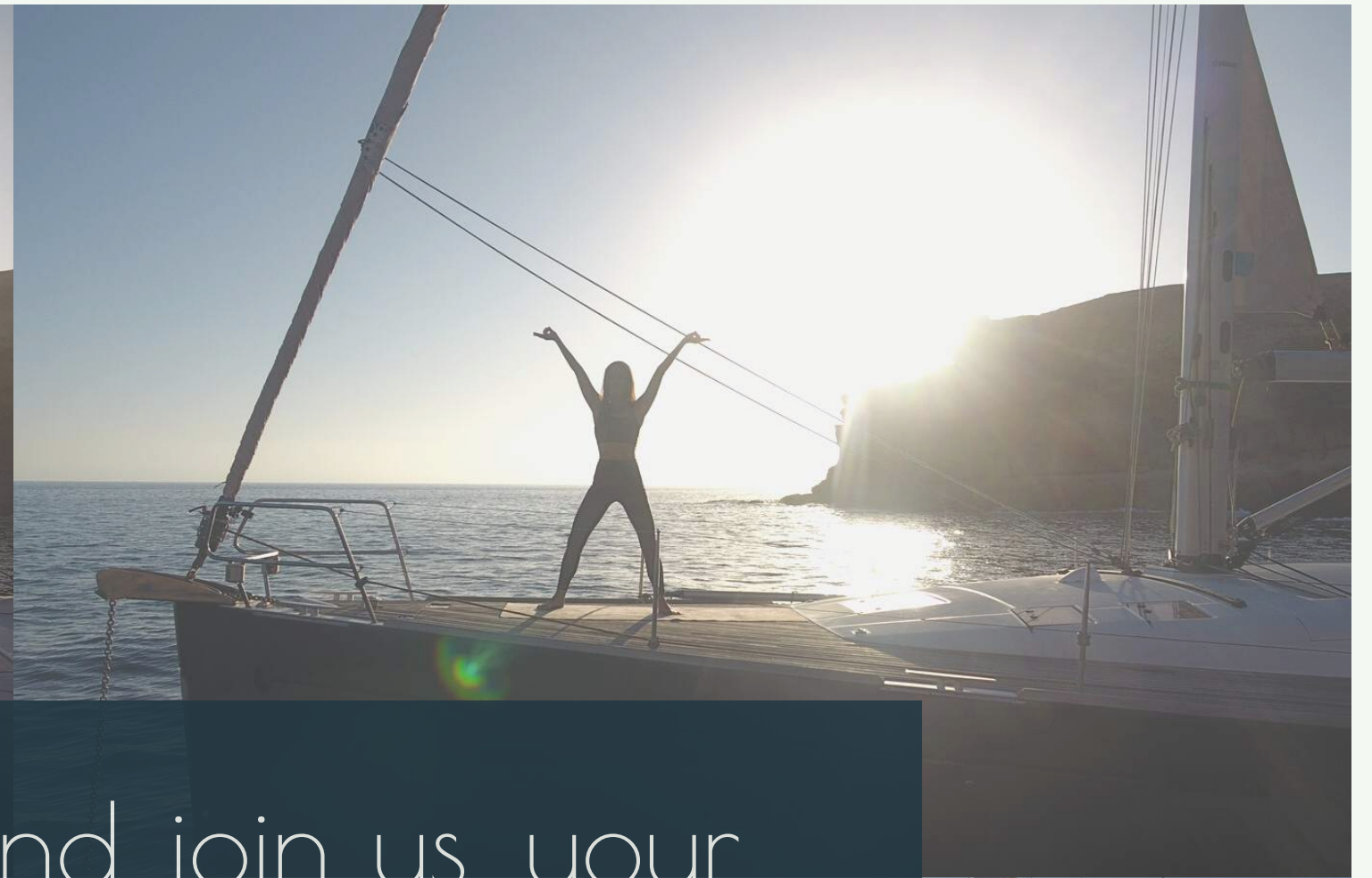
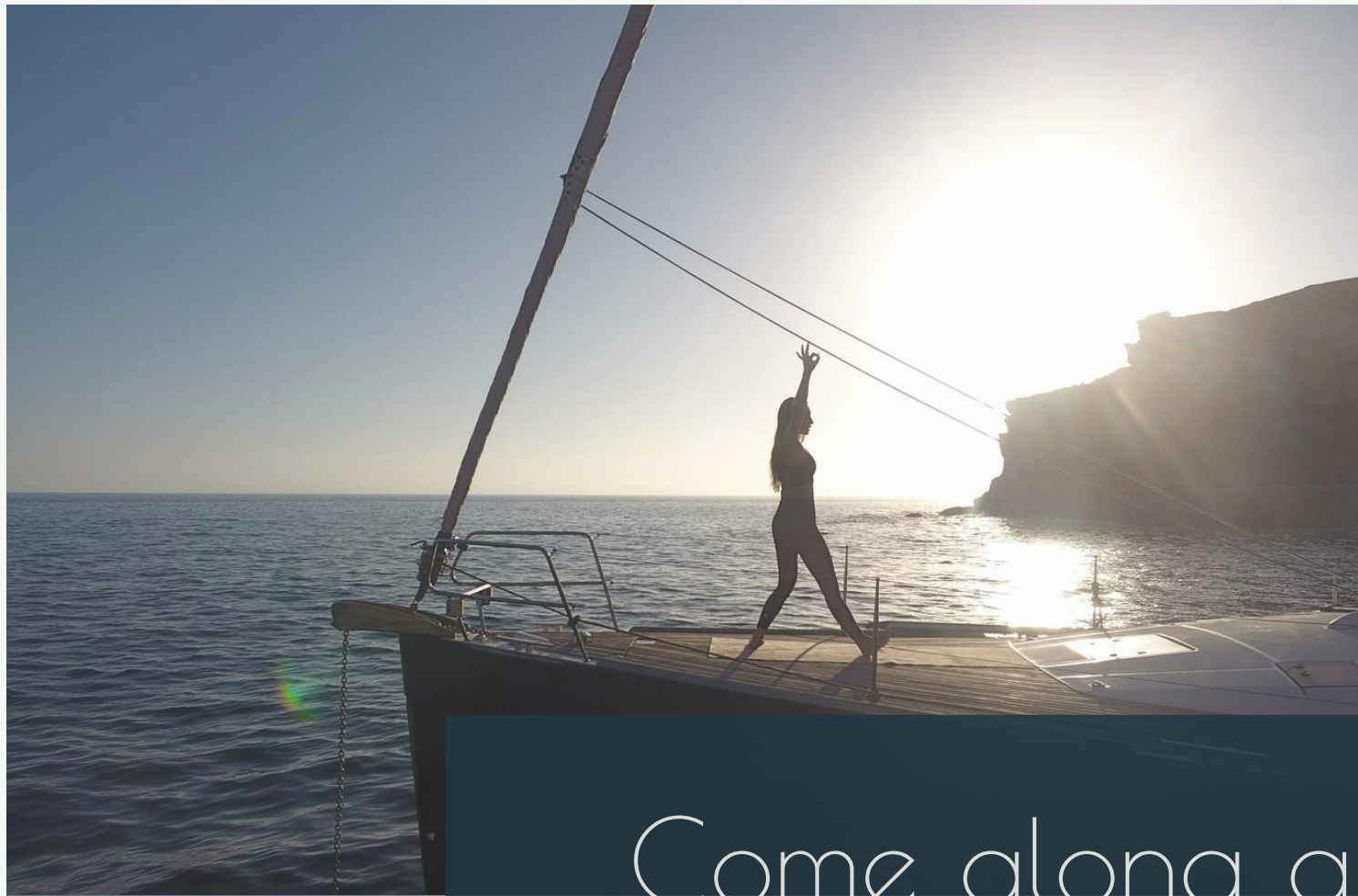
SLOW DOWN

Learn to work with
breath and
movement
simultaneously

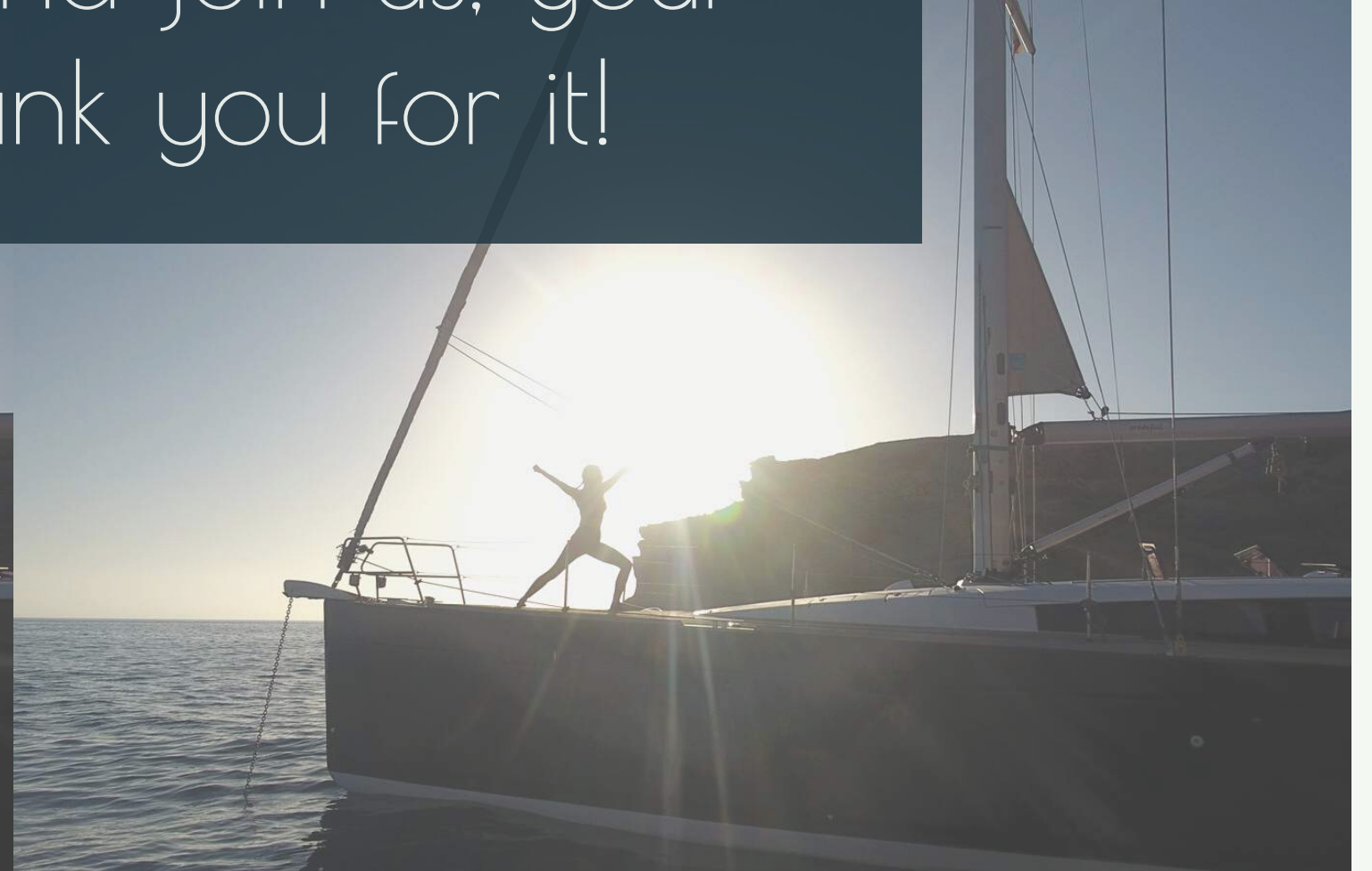
HOW WOULD YOU LIKE TO START YOUR DAY?

Click [here](#) for a 2 min taster
DAILY Toning exercise to help
ground and centre yourself for your
day or to help de-stress or prepare
for an event or meeting that you
might be anxious about.





Come along and join us, your
body will thank you for it!





FOR MORE INFORMATION:

WEBSITE: WWW.ELEMENTALRESONANCE.COM

COURSES: ELEMENTALRESONANCE.THINKIFIC.COM

EMAIL: TRACIE@ELEMENTALRESONANCE.COM