

## **LIFESTREAM QIGONG AND MUSCLE TESTING**

A one and a half day awareness expanding experience with BERKELEY DIGBY who has a special interest in Taoist teachings. Practical tools for improving personal health and vitality, healing self and others will be shared.

The workshop will be structured as follows:

### **Foundation Understanding** - Polarities of Mind and Body

Yang & Yin - Conscious & Subconscious, The Two Nervous Systems – Sympathetic & Parasympathetic, Pituitary & Pineal, Yin and Yang Hormones.

**Qigong loosening up movements** and stretches for aligning spine and major joints

**Awakening awareness of the Qi** with special exercises - tapping and body contacts to open “Energy Gates” & energize Main Qi Channels Head To Toe

**Activating the Life-stream**, Yin, Yang, 3 Centres and Five Spheres  
3 Centers (Tan-Tiens) Qigong – Wisdom (brow), Love (heart) & Will (navel)  
Chong Qi (central Qi); Heaven-star, Earth-star & Three Centers Merge Qigong

**Sharing the Life-stream** – The Heart Torus & Group Consciousness  
Amplifying Qi awareness as a group.

**Energizing & Harmonizing the 5 Vital Organs** & Chakra Centers with Qigong  
Harmonizing mental and emotional fields

**Practice of Eight Qigong Movements**, which activate the five vital organs and harmonize them with each other. Balancing 3 Fires, Dropping 100 diseases

**Introduction to Qi Scanning**, Healing and Alignment  
Balancing the Qi-field of oneself and others

**Muscle Testing for Qi**, 5 Elements and Organ imbalances on each other  
**Muscle Testing Foods** or supplements on each other