

# Standing Meditation

IIQTC 2019 reunion – David Lehman





I have heard that in ancient times there were the so-called Spiritual Beings

They stood between Heaven and Earth connecting the Universe

They understood and were able to control both Yin and Yang, the two fundamental principles of nature

*The Yellow Emperor's Classic of Internal Medicine*

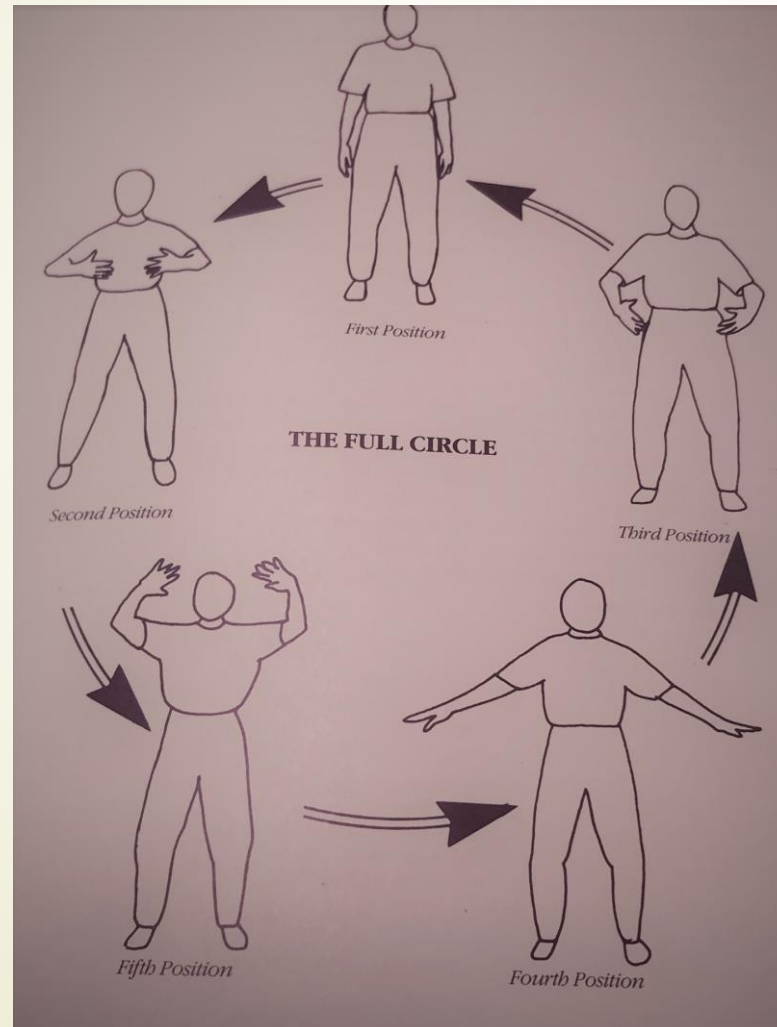


# Guidelines for Teaching and Practice 'The Ordinary is Extraordinary'

- ▶ Standing within Integral practice
- ▶ Start with Wujiji posture
  - ▶ The lower the hand position the less 'qi/flow' pressure on your system
- ▶ Build up standing time slowly
- ▶ Start with Three Treasures adjustment
- ▶ Always be gentle with yourself
- ▶ **Stop - sharp persistent pain of any kind**
- ▶ Practice like a tree
- ▶ Practice mind boxing
- ▶ Work with your knots
- ▶ Massage the bottoms of your feet
- ▶ Balance Yin and Yang in each session
- ▶ Benefits and signs of progress:
  - ▶ Sensations feel better
  - ▶ Tranquil mind/equanimity
  - ▶ Better listening
  - ▶ Strong core and legs
  - ▶ All other qigong benefits



# A YiQuan (Mind boxing) Cycle for Health



**For more information search:**

YiQuan,  
Zhan Zhuang  
Standing meditation  
Wang Xiang Zhai  
Lam Kam Chuen  
Kenneth Cohen  
The Way of Energy  
The Way of Qigong  
Literally 1000's of postures  
and ways to practice

