



MONDAY TEA & TALK GUIDELINES FOR PRACTICING QIGONG

Qigong as a practice, requires our presence. Wherever our mind goes, our Qi flows. If we are busy contemplating the grocery list, who to pick up when, what bill is due, etc., we will not receive the intended benefits of our practice.

It is important not to practice when you are angry or highly emotional. In this state, our Qi is unsettled thus making it almost impossible to settle our mind. Try going for a brisk walk in nature at such times. The energy of the earth, the plants and sky will help to calm your energy. Breathe deeply and slowly, making the effort to draw the breath deep into the body. Remind yourself that everything changes with time. Whatever is disturbing you is a memory of an event or a concern about what 'might' happen.

Make certain you have a peaceful environment to train in. Unless you have super powers of the mind which allow you to completely tune out to noise and disruption around you, will find yourself distracted throughout your training which will diffuse your Qi.

Do not practice facing the wind as this will disperse and potentially aggravate your Qi.

Ensure your clothing is comfortable and loose. It is best not to wear anything too tight as this may restrict your movement and the flow of your energy.



Make sure you are adequately warm or cool, depending on the weather. Do not train in excessively hot conditions or if you are cold. Natural fabrics are best to wear as they allow your skin to breathe. Fabrics such as polyester, viscose and acrylic act as barriers to Qi flow.

Be well hydrated. 95% of our population is 100% of the time dehydrated. Drink fresh, clean water. Much of our dehydration is a derivative of poor water quality. Try your best not to drink out of plastic containers.

If possible, have your bare feet connected to the earth. This will ground your energy as well as allow the energy of the earth to move up through your feet into your body, acting as a grounding agent. This is most beneficial to your wellbeing.



Do not overeat prior to practice nor allow yourself to be hungry. We do not wish to be distracted by our stomachs during practice. You will be uncomfortable with food to digest and unable to focus if you are suffering from hunger pangs.

Dedicate time each day to practice. This may require you to get up earlier than you typically do. It will be worth it. Discipline is the root of freedom. Learn to dedicate time each day to yourself. Creating time in your busy world to enhance your life will serve you and all those who know you well. Life is better when you feel good! A touch of discipline can transform your entire world for the better.

Define a place in your home for practice. Ensure this is kept neat, clean and tidy. This will remind you that you are a sacred BEing and that life itself, is precious.

Take your time during practice. Do not rush through forms in an attempt to get it 'over with'. This is your time for you to come back into alignment and right relationship with yourself.

Do not practice when you are exhausted or unwell. Allow your body to rest and recuperate. Learn to slow down and r e l a x.

Do not do vitality increasing practices at night. Evenings are for winding down and coming into a state of relaxation. We want to encourage our minds and bodies into a peaceful and calm state so that when we go to bed we can actually sleep. There are specific forms and practices for evening. These will help to calm your mind, body and spirit so that you sleep well, waking feeling refreshed and ready for the day.

Enjoy your training. It is for you. The better care you offer yourself, the more alive and inspired you will be. This will enable you to create the life you really want to live.

Everything is up to you. When you learn to manage your energy, you empower your life. This is true for everyone. You are capable of far more than you realise.

