



SATORI METHOD
mind • body • one

6-STEP QIGONG BLUEPRINT



Naturally Super-Charge
Your Life-Force, In 10 Minutes!



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GOOD MORNING QIGONG

There are Three Specific Qigong Steps in the Morning
that Cultivate Your Energy to its Highest Level!



Step 1. Awaken Your Chi...

There are some very special points on the human body, when tapped correctly create an awakening of **your life force energy**.

Qigong tapping has long been proven to open clogged channels and release impediments found along the energy pathways (meridians), which are connected to all the major organs of the body.

Once these electromagnetic channels are opened and freed of obstructions, the mysterious energy called Qi (Chi) will awaken. Our Qigong Blueprint shows you exactly where these points are and how to stimulate them to super-charge your mind and body.



“The journey of a thousand miles begins with one step.” ~Lao Tzu



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Step 2. Build Your Chi...

The latent Qi that was waiting to be awakened, when it comes to life, causes a very *pleasant buzz* all around your body.

This is your life force energy that you are feeling. Similar to working out and strengthening your muscles, now we are ready to build the Qi.

At this stage the Blueprint incorporates three ancient Qigong techniques that cultivate your life force using rhythmic breaths, controlled postures and fluid movements. Instantly your energy grows stronger and stronger; you can feel the Qi becoming more solid every time you do these specific Qi building secrets.



“Perceive that which cannot be seen with the eye.” ~Miyamoto Mushashi



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Step 3. Store Your Chi...

Step three is where you super charge your battery with the extra energy *cultivated* in step two and now store it in your body to use throughout the day.

The exercises at this stage use gathering movements, with your hands, to guide the energy into a special area in the lower belly.

This area is known as the lower Dan Tien in Chinese (the Hara in Japanese). Storing allows the invisible force field of Qi to drift into your body's battery, giving you an energetic resilience that prevents burnout, while making you incredibly productive throughout the day!



"Empty your mind, be formless, shapeless - like water" ~ Bruce Lee



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GOOD EVENING QIGONG

There are three Specific Qigong Steps in the Evening that
Return Your Energy to A Natural & Balanced Level



Step 4. Cleanse Your Chi...

Most people are completely unaware of their energy blockages or how to release them throughout the day.

This is why they often feel so sluggish, especially if they have been in a heightened emotional state or around negative people.

When we experience stress, be it physical or emotional, it creates a type of static electricity that clings to the skin and the tiny hair follicles and blocks the flow of healthy Qi, thus bringing on fatigue or tiredness. This is why cleansing the Qi in the evening is so vital and why this step has three specific moves that quickly wash away fatigue and stress.



“If you correct your mind the rest of your life will fall into place.” ~Lao Tzu



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Step 5. Calm Your Chi...

During this phase in the Qigong Blueprint it is time to calm the Qi so that a relaxing and peaceful evening will follow.

If your system is stressed out or overly energized at night, your sleep is apt to be restless and easily interrupted.

Poor sleep disrupts the secretion of HGH and all the other hormones essential for health and vitality. This is why Qigong techniques for evening time must be done just right; the last thing you want to do when working with energy is to build it up when you should calm it down. The Good Evening Qigong exercises ensure that you feel relaxed, yet rejuvenated!



“Tension is who you think you should be. Relaxation is who you are.”

~Chinese Proverb



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Step 6. Accumulate Your Chi...

At this stage in the Blueprint we are setting your energy system on autopilot to recharge while you sleep.

Qigong's ancient rejuvenating secrets are deceptively powerful, and yet this is why such techniques have borne the test of time.

They produce not only a sense of well-being, but actual internal changes resulting in greater health, more energy, more personal magnetism, increased intuition AND deeper restful sleep. We look forward to sharing with you the full version of this spectacular, natural and easy way to practice Qigong, in just 10 minutes a session.



"A jug fills drop by drop" ~Buddha



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Thank You...

Thank you so much for joining us for this Qigong Presentation. To access a sneak peek of the complete Good Morning Good Evening Qigong Course please visit:

www.filledwithchi.com/live

To your highest vibration!

Tristan & Peter



p.s. To get updates on our latest adventures, stay connected and learn more about how to Super-Charge your energy levels naturally please visit:



To learn more about our Qigong Blueprint please visit:

www.filledwithchi.com/freetraining.php



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