



Naturally Super-Charge Your Life-Force, in Just 10 Minutes!

QIGONG

GOOD MORNING

GOOD EVENING

TRANSCRIPTS & WORKSHEETS

QI MANUAL

NATURALLY SUPER-CHARGE
YOUR LIFE-FORCE, IN 10-MINUTES!

GOOD MORNING GOOD EVENING QIGONG TRANSCRIPTS & WORKSHEETS

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**GOOD
MORNING
QIGONG**

GOOD MORNING QIGONG - WEEK 1

Welcome & Fundamental Principles

Tristan Truscott: Welcome to the program. Good Morning and Good Evening Qigong. We are so thrilled to have you going through this journey with us because over the next 4 weeks you're going to completely transform your mind and your body. We're going to teach you how to build amazing levels of energy in your system, how to maximize the healing potential of your mind and your body and create a magnetic presence that you feel in your body ... and that everybody else feels there is around you. My name is Tristan Truscott and this is my dear friend Peter Ragnar. We want to welcome you.

Peter Ragnar: It's really an honor to be with you.

Tristan Truscott: This is a course unlike any other and we say that because we've brought a lot to it. We spent a lot of time working on a very, very specific recipe. It's a six-step recipe that is put together in a very specific order to take you through a journey of cultivating your energy.

Peter Ragnar: And it's like with any recipe, there are specific ingredients in specific proportions in a particular order. And we've outlined this entire course just for you so you'll be able to grasp it and easily follow along.

Tristan Truscott: Peter and I have been having a really great time training together, working on the principles of meditation and energy work such as Qigong and as we've learned more about what we do, we realized we're on the same page. Peter has close to 60 years of experience in this arts and martial arts. That's a long time.

Peter Ragnar: It's a blink of an eye.

Tristan Truscott: But that's some serious dedication. I bring 30 years to the table of my martial art practice and many, many years of meditation and healing. So putting this fusion together and creating this recipe, we feel very privileged to take all that we've learned and pay it forward. And we really want you to take this and make it your own... and change your entire life so

that people come into your world and look and they go, 'what are you doing? What's changed for you?' When I first met Peter and I realized his age, I was like, 'What are you doing? You look so healthy. You're so vibrant.' And it's because he walks the talk. He practices these arts. I practice every day and it doesn't have to take a long time and we'll show you how you can do that. This will be so simple for you to feel incredibly vibrant and healthy.

Now in order to take you through the course, we need to teach you a few of the fundamental principles behind Qigong so that you have an extremely successful practice. And we also need to explain to you that this four-week journey is a roadmap to get you to a point where you have a 10-minute practice in the morning and a 10-minute practice at night that is so easy to bring your energy up so that you can conquer your day.

You'll have so much energy to be so productive, you'll be focused, you'll be present and when you come home, we're going to teach you how to calm down to clear the stress and walk into that house and whoever is there, whether you be by yourself or with your children, your family, your wife, your husband - you're with them. You're present. You feel incredible. You're vibrating.

Peter Ragnar: Absolutely. The benefits that you're going to accrue in this program, they're going to become yours. In other words, this is going to be your life experience that you're going to be able to share with people as long as you choose to stay alive.

Tristan Truscott: Well put. Okay, let's get into the five principles. The first principle... we would love for you to practice these with us right now, so if you're sitting down, if you can stand up and join us... you're going to put your feet together. And you're going to just be here. You're going to be present. You're going to be focused. Because that's the essence of Qigong as it brings you into the present moment. It enables you to ground yourself and feel your body. And feel the earth underneath your feet. Can you feel the earth? Perhaps you're standing on concrete. We do have tennis shoes on today but we recommend when you can, if you got a nice area out in your garden, take those shoes off and go put your feet in the grass and rub them around a little bit. And that'll help them ground, right?

Peter Ragnar: Absolutely. And that's one of the focus points. When you realize that you're standing on something that is supporting your entire body. And your connection with the earth is a very electromagnetic experience and this is what we want you to experience as you go along with the program.

Tristan Truscott: So now that you're in this position of presence and focus, you'll open your legs about shoulder width apart. And you'll just sink down a little. Bend your knees. Relax your tailbone. So you're not going to squeeze your stomach muscles and try to tilt your body at all. You're going to feel like there's an anchor dropping down into the water and your tailbone and your back just relaxes. And as that relaxes, you feel like your spine grows tall. And now, pick your arms up for a moment and let them float down and just keep a little space under your arms and open your fingers and relax your thumbs and just stand. Now, we want you to be aware of what we call the five bows and Peter will show those to you.

Peter Ragnar: Right the five bows are the circular form of this arm, that's one. That's two. The same thing with the leg, takes a bow because he's bending at the knees and that's three and this is four. And then the body itself has somewhat of a bow. So that's the five bows. And the reason for this, the reason this is important is because energy travels in a circular fashion. And to get the most efficient use of the energy available to you, we want to have this posture and you will experience this. This is something rather phenomenal if you've never been exposed to this kind of energy.

Tristan Truscott: It's amazingly wonderful how something so simple can make such a difference. Think of your garden hose and when it's got a bend or crease in it, how the water can't flow through it as well. Well, when your body's bound up with tension or your arms and legs are locked or bent when you're doing this specific practice, the energy that we call Chi, the life force, cannot flow as well. And Peter's exactly right. The energy moves in circles, around the body, around the body, through the arms and with the breath. So that's the five bows. Let's do a quick review. This is ready position. Wu Chi. Focus. Principle 1. Principle number 2: Posture. The five bows. The relaxed body. Let's talk about the Dan Tiens, Peter.

Peter Ragnar: The three Dan Tiens. There are three energy centers in the body that the ancients understood and they had an in-depth knowledge of this. One is the center, well if you take your navel and you take three fingers

and you put that below there and then put your finger there. That's called the lower Dan Tien. This is a rooting center that brings balance to your life and helps your posture. The second Dan Tien is up here. It's called the heart center or heart-mind center. This center here is responsible for your relationship with other people. How you interact. And how you're capable of expressing compassion and empathy for those around you. As you move up to the area that is commonly called the third eye, the pineal gland is back behind there which has been actually pointed to by scientist as a light receptor. When this section of your body or this upper Dan Tien is vitalized and stimulated, your power of perception is greatly enhanced as well as your ability to be intuitive, getting intuitive, creative flashes. Do you think this might be of a benefit to you?

Tristan Truscott: I do.

Tristan Truscott: So you've got this posture. And we're talking about the internal areas that are part of the posture. It's an awareness of what's going on in the body and you will start to feel as you practice, a flow or a movement or tingling of energy. Sometimes Chi feels very warm. Other times it feels like it's cooling. You'll feel tingling in your palms through your arms. You'll feel this area start to open and move. And this point right here, it can throb and open. It's beautiful. So let's do a quick review then. We've got your focus position, getting your mind present and your body present. Wu Chi. Then your natural stance with a rounded legs, rounded arms and gently round through the back. You're aware of these beautiful energy centers that Peter's talking about and your arms and your body are like rivers that energy flow through. We also want you to feel as if you're a giant oak tree because this is such a beautiful way to approach Qigong. If you think of a tree, you know that it has roots that go deep into the ground that pull the nutrition, the minerals and the water from the earth. We want you to think of the earth as earth Chi and the tree grows tall and the branches reach towards the light so they absorb the energy of the light. And you can absorb energy. It's Chi, right? If I was holding this posture, what's happening?

Peter Ragnar: Energy is flowing downward. It's being absorbed right into the body, right down through the leaves, through the main structure of this tree, right down to the trunk and then down into the earth itself where it's firmly rooted and balanced. So you're going to feel like a tree and a tree has no mind. A big tree doesn't look at the little tree and say, "I'm so much bigger

than you.” Or little tree say, “Why are you so big? You’re blocking the light.” There’s no ego. You’re just going to feel like you’re one with nature. The next principle is your mindset. Your mindset - here are you coming from when you’re practicing? What do you want to get from your practice? Do you want more energy? Well, great! When you’re practicing, you’re going to feel like you’re building the energy in this program. Do you want calmer, soothing feeling in your body? You’ve had a long stressful day? This program is going to teach you how to calm down and cleanse yourself. So your mindset will have a specific intention in each step of the program. We also want you to now be aware of principle number 4, your breath. You want to breathe not here, shallow in your chest like many of us have done for a long time, I want you to place one hand here for a moment and place the other right on your lower tummy. Just around where the lower Dan Tien was shown. I want you to feel this area expanding like a balloon.

So look at Peter’s stomach for a moment and it’s breathing in. There’s a gentle expansion as he breathes out. He relaxes back down. Breathing in and out. Just like you breathe when you were a baby. Or if you have a cat or dog and you watch them when they’re sleeping, their little tummy goes up and down. That’s natural breathing and that’s the way to really rejuvenate your body. So the breath is rooted and grounded. You feel like that oak tree. You’re present.

The last principle is let go. Just be here. Be in the state of playfulness. Qigong means to play with the energy. Okay. So those are your principles. That’s what we want you to be aware of as we get started with the good morning Qigong.

REVIEW: The Qigong Fundamental Principles

Principle #1 – Focus (Wu Chi & Presence)

Principle #2 – Breath (5 Bows & 3 Dan Tiens)

Principle #3 – Mindset (Intention for Practice)

Principle #4 – Breath (Diaphragmatic Breath)

Principle #5 – Let Go (State of Playfulness)

GOOD MORNING QIGONG - WEEK 1

Private Lesson - Awakening Your Chi

Tristan Truscott: Welcome to Good Morning Qigong - week One, Awakening your Chi. In this private lesson, we're going to guide you through three sequential exercises so that you can fully awaken the energy in your body and activate your Chi. Now to get you started and get you going through the program, Peter and I are going to break down every single move. We're going to break down all of the techniques, all of the mini details and the nuances so you can get the most out of this program. As you're learning, all of these nuances is going to help you so much when you're doing the five-minute follow along with us. Let's get started.

We're going to begin in your beginning Wu Chi position. It's the position of no mind, the position of focus and presence...and just take a moment. Come on join us. Stand up, get in this position and just be here. Be here with us.

Now, to activate the Chi, we're going to tap. We're going to tap along the energy points in the body. You're going to go up and down your arm. First, tap up the inside and then down the top. And we'll do this on both arms. And get the back of your hands and you can really tap hard if you want. Or lightly, we're doing it a little light right now today. And get the back of your shoulders on both sides. Because there are energy centers that run down the neck, in the back of the neck.

Peter Ragnar: What Tristan is doing now is hitting the organ areas to stimulate the Chi in those organs. He goes up and down the arms. Comes back down around the side. And down the side. Just imagine this ribcage being a drum and you know how those vibrations are going in the drum. Now, he's doing ringing the temple bell. And just imagine the sound, the vibration filling the entire body. He's also hitting the kidneys in the back. Hitting those kidney points. Now, there's a special reason for him doing that because this is going to stimulate red blood cells to hold more oxygen in the body giving you far more cardiovascular endurance and very interesting, don't underestimate the simplicity of this exercise because this will absolutely increase that aspect of your health.

Tristan Truscott: Now, we're going to awaken the energy in the meridians of the legs. So we'll tap especially behind the ankles and around the knees, on both legs, up and down. Get your gluts a little bit. And now we're going to go through some very special points on the body to activate an affirmation. The affirmation that you're saying right now is "I am now balanced in mind, body and spirit." Now let us teach you these points.

The first one is at the very top of the head. So just take all four fingers and tap lightly. Breathe. The next one is right where your eyebrows start on the inside. Tap lightly, five or seven times. The outside of your eyes on the bone, tapping. Now some of you may be looking at this and you're having a light bulb moment. Hey! That looks familiar. I learned this stuff called EFT – emotional freedom technique. Well, what you're doing is you're stimulating those points because those are right out of acupuncture in Qigong practice. And what we're doing is we're incorporating them into awakening the Chi, but as we're doing the tapping, we're saying that specific affirmation so we're embedding it into the mind and the body.

Peter Ragnar: Right. Just imagine that the entire physical body now has electromagnetic cloud of energy around it. And every time you think something and say something, it vibrates within that cloud. What happens is it embeds itself into the energy field, itself. And that makes it very, very powerful. It's like wearing the jacket of your own affirmation.

Tristan Truscott: So the affirmation again is "I am now balanced in mind, body and spirit." And sometimes if it doesn't feel that you're balanced right now, try saying it anyway and allow that in or say I am choosing to be balanced in mind, body and spirit.

Peter Ragnar: Remember the body has to obey the mind. The mind when you say something, you embed that also into the subconscious. The subconscious then once again directs the body. The body can do nothing but obey that. So you're giving the body the command to do this.

Tristan Truscott: And what a great way to begin your day in that kind of affirmation. What kind of day do you think you're going to have? So after we've gone through the tapping and you've done the arms, and down the

waist, in the back of the shoulders and all through the legs and you've hit the special points, you're going to be in this posture. Feet are as wide as the shoulders, following the principles that you learned in posture. And you're going to begin to bounce. We're continuing to awaken the Chi right now. So as we're bouncing, Peter, what is this doing to the energy body?

Peter Ragnar: This is shaking the energy body. If you had anything that is stagnant in there, it's re-awakening it. It's waking everything up.

Tristan Truscott: Now you can begin to breathe. Deep and fast. And pause. And just feel the energy flowing through your body. Can you feel it? I bet Peter – stay on it.

Peter Ragnar: Boy, this could be...you just to start to buzz and remember you've activated so many different parts of your body – the lymphatic system, your blood vessels, the nervous system, but mainly the meridians and their vibrating Chi.

Tristan Truscott: And you'll feel a tingling sensation flowing down your arms and even if you don't feel it right away, eventually, it's going to open and build. So as the muscles in your body relax, it clears way for the energy to flow through those meridians. Remember the meridians are like pathways of that magnetic energy flows through like water. And you'll feel it moving through your arms and your core and your body and your legs. And they'll tingle in your hands.

Peter Ragnar: Right, that electrical feel – it's electromagnetism but it's more than electromagnetism. And as you go along in this program, you're going to learn more about exactly what Chi is and when you do, you're going to be astounded. You'll be astounded at what you discover.

Tristan Truscott: Now, there's something else that's happening at this phase, which is really awesome. I feel like that oak tree we talked about earlier, I'm rooted in the ground. This is the morning, so I'm drawing the power of the earth. I'm drawing the energy from beneath me. We call this the earth Chi and I feel it coming up through my feet into my legs. I feel like coming up through my hands.

Peter Ragnar: One thing very important to remember is that you have the sun above; you've got the earth below. Well, they're attracted to each other as opposite magnetic poles. Same thing right here with Tristan. The earth below, and the sun above. They're being drawn together so these energies are coming up from the ground, coming down from above and they tend to meet right here at the heart center. And this is a very important center because this balances your emotional state. Tremendous benefits. Tremendous.

Tristan Truscott: Don't underestimate the simplicity of these movements. They look so simple but they are so powerful, they've stood the test of time. They've been passed down for around 6 thousand years by the ancient martial art masters and they've been used to build this vitality and healing. So they definitely work if you give them the chance. So in the beginning, even though, this may seem very new and different to some of you, be open-minded. Just be here and just allow the receptivity of your body to open up. Keep your mind clear. Do that breathing as you're standing here, I'm breathing into my lower area, the lower Dan Tien. It feels so good. And you'll hold this posture with us in the follow along for a little while, longer than you might think. But it is truly activating and drawing energy into your body. So this awakening the Chi.

Let's do a very quick review, you're going to tap every meridian, every channel through your body to activate and awaken those channels. Okay? Now you're going to after that move into the tapping points. All those points we just showed you, watch through again very carefully. They're very specific where they are. Okay? And after you've done the points. Get that embedded affirmation. So you feel as you're standing in this posture next and you're starting to balance, "I am balanced in mind, body and spirit. I'm going for this. I'm changing my life. I'm done with feeling fatigued and tired. I'm done with the old way. I'm moving into a new me. This is a brand new me." This is a brand new you. Join us in this experience. You're going to – when you finish with the grounding and drawing the earth Chi, let's do this together. We'll bring our feet in. Do this with us. Allow your hand to float up and float down back into Wu Chi, ready to embrace the day. And here you go.

GOOD MORNING QIGONG - WEEK 1

Follow Along - Awakening Your Chi

Tristan Truscott: Beginning in the Wu Chi position, the position of no mind. No stress. Totally present to the moment. Feel this moment right now and as you begin to move your body into position finding a natural stance, grounded, you begin to awaken the Chi with a tapping. Vigorously tapping up and down the arms moving to both sides, feel your life force energy awakening, embracing the day. Tapping the points along the back of the shoulders and then begin to move down the waistline, clearing all blocked and stagnant energy, clearing the sleepy mind and the sleepy body – ringing the temple bell from side to side. Feel that inner joy – that smile – that gratitude for life. You're here now embracing your day, awakening the Chi.

Begin to move up and down the legs creating more and more circulation all the way down into your ankles. All the way down to your very toes. Your whole body filled with Chi. Let's begin the affirmation, "I am now balanced in mind, body and spirit...I am now balanced in mind, body and spirit...I am now balanced in mind, body and spirit." Begin to breathe deep and fast. Clear the stagnant blocked energy. Relax into your feet. Relax your knees. And draw the life force now from the earth...breathing deep and fast. Opening the channels...opening the gates for the life force energy. You're one with this earth. You're drawing this life force Chi up in through the legs, into the body breathing deep and fast. Creating more space, more room for more Chi.

And now really ground, feel that stable stance you're balanced, rooted in this earth. You're here in the world preparing yourself for an amazing day. A day filled with presence and energy. What an amazing way to begin the day. Look around. Take in the beauty of your life. Today is your day. You have another day. And you're awake, filled with Chi. Find your breath. The breath is the pump that circulates this life force naturally for you and today you will stay rooted in this breath with this current of energy. Remember to check in throughout the day and feel this moment that you're feeling right now. This is the real you...the present you. The breath is breathing you. You're one with this energy. Come to center back to Wu Chi. No mind total presence.

Worksheet Notes:

GOOD MORNING QIGONG - WEEK 2

Private Lesson - Building Your Chi

Tristan Truscott: Welcome back, friends, to good morning Qigong. This is Week 2 and we are building the Chi. Now in this private lesson, Peter and I, are going to take you three more sequential exercises. These exercises are going to open up the channels in your body so that you feel a vital vibration in every cell of your body. It's very, very important that you understand these movements and get them into your system and starts working with them because in week 3, we're going to take what you're learning right now to an even higher level but it's so important that you get this week under your belt so to speak.

So we'll break down every single move for you and there are some very specific nuances and there's some very interesting understanding of principle of how energy works that is going to become very clear to you in this particular series.

So, please join us. Come on, get up. Feet together. As always beginning in Wu Chi, position of being totally present. No mind. Feel your breath. Your mind is open. Your body is open and you're ready to learn and grow and build your Chi.

So we'll start in the position that we ended in, last week you've been practicing, right? So this is awakening, right? You've been awakening your Chi and you were right here drawing the earth Chi up into your hands and your feet. So now we start to cultivate this Chi with a slow and gentle and outward motion. It's a very interesting experience happening here. It feels like two magnets in my hands, Peter.

Peter Ragnar: Yes, this is exactly what you're going to feel that magnetic attraction and repulsion. And just think the energy between two magnets, take two opposing magnets, try to push them together. What do you have? That space. But you can't get them together. It's that strong. That's what you're going to start experiencing as you play with this particular form. And this is life force. This is invisible force.

Tristan Truscott: Yeah, when we talk about this energy, at first, you may not feel it but over time this is why we call it to cultivate and build the Chi, you will get there. You probably are feeling it already. I feel it specifically right in the center of my palms, that point that we call the Lao Gong that you can stretch and open and you can use the fingers to help activate that point. But I'm focusing those two – those are like the little magnets right at each other. So my hands aren't all over the place. They're very focused. And I'm also visualizing. Just like there's a luminous golden white light between my hands. And like Peter said, this is your life force.

Peter Ragnar: Yes, as you identify your life force. This is a barometer of your vitality and this is so interesting because you can measure your own vitality each day by this simple exercise. When it's strong, you get up in the morning and this is very, very strong, your day is going to be so energized because all the cells in the body are. Now, if it isn't that strong, you'll just do this exercise a little bit more and be more conscious and you build that Chi and then you're ready to go.

Tristan Truscott: What's also very interesting is we have this energy in our body that we're born with. Let's call it your original Chi, think of it like your car with a full tank of gas or a battery that's fully charged. Now, as you use that energy, that life force, it depletes. It ends up being used up. So what's interesting about what Peter's saying is, we can build more of that Chi, so that we can extend our life.

Peter Ragnar: Right. It's just like we came into this life with a battery just like what Tristan said. And that battery has so much life. In other words, its life is already regulated for that size of the battery and this genetically we all have a battery that we come into life with. Now, what we do with that – do we recharge it? Or do we deplete it? This is recharging it. What Tristan is doing here, he's recharging that battery keeping it powerful and strong and hence extending the life force of that battery. Now, you're going to learn a lot more about how this all works and how to really intensify the power of Chi. But we don't want to overwhelm you right now because you've got to build your body to accept the tremendous voltage that you're going to be receiving.

Tristan Truscott: Absolutely. Now, as my hands are going in and out, I'm using the rhythm of my breath. So I'm breathing in and filling the space between my palms with that golden white luminous energy and then I'm

slowly bringing them together and I want to feel that gentle pressure. Sometimes, you'll need to start a lot closer and as the Chi feel builds, you'll be able to open wider and still feel the electromagnetic energy. And what we're doing is we're working at this center first. That physical power. And then after we've done this, we'll lift the energy up and we'll work at the heart center. For three times. You're welcome to practice this longer. We always recommend you do things in three's, six or nine. And then we're going to take it all the way up to the upper Dan Tien and build the energy here. So it's important to remember that you have those three centers. Now, we're going to build on this.

Peter Ragnar: Just think of this, when you raise it up from your lower Dan Tien, the vitality center, and you get it up to the heart level. What characterizes the heart? Number 1 people have heart monitors and things, measuring the electrical electromagnetic pulse of the heart.

Well, what you're doing – you're recharging your heart and basically what benefit does this do? It keeps your heart in great shape. I mean nobody wants to die of a heart attack. This charges the heart. Now, when you bring it up here to the upper Dan Tien, who wants to lose their mind? Who wants to lose their memory? Who wants to not be able to mentally function or focus? Focus and balance, all up here. So you're recharging that.

Tristan Truscott: Your Qigong is working on so many levels. So a quick review, we started in Wu Chi. We went into that ending position of awakening the Chi and then we're starting to build and cultivate the Chi. Three times, we'll lift it up to the heart center. Three times. Then we're going to lift it up upper Dan Tien, three times. Now, this is where it gets very interesting because we're spinning the hands. It's called polishing the golden ball. And as you are doing this, look at what's happening, you're creating this friction and you're building – can you explain to this to our friends?

Peter Ragnar: A good way for you to understand this – and this is something that you've done. I bet you've done this as a child. When you get on a carpet and you shuffle your feet on the carpet and you go and you touch something, what happens? You go, "what! It's a shock." Well, why do you get shocked. What is that? That's electricity. Now, we call it static electricity there. This is far more vital than any static electricity. Far supersedes that by a long shot and that's exactly what you're doing. So this simple exercise of going like that

is just like shuffling your feet, except far more powerful and then what do you do with the energy? Well, Tristan is going to explain what you do with all of this power.

Tristan Truscott: There's so much power going on between palms that we're going to take all of this massive amount of energy that we're building and we're going to start to pack into the body and your squeezing right now, you're squeezing this energy inside deep, deep down to the layer of the bones. Now, this is another very important principle to understand and that is that your bones in your body serve as batteries. This is where the Chi that we're building is going to be stored. So Peter I'm moving and I'm squeezing for nine. And then this building and building and then I release.

Peter Ragnar: Right.

Tristan Truscott: What's happening when we do this – we're doing that, the Chi is not moving, it's locked. We're holding it. And as we turn it, we're concentrating it – concentrating it – concentrating it. And now, on the moment of release, the pores of the skin open up and it's just like a dry sponge, it sucks in all of the Chi. The Chi goes right into the bone, into the bone marrow and it's in the bone marrow that your red blood cells are being made. That's what oxygenates your body. And that's where every single cell from your skin cells, your hair cells, your nerve cells; every part of your body is build out of stem cells that the bone marrow produces. So we're charging the bone marrow and it is like Tristan said, it's a battery. Feels amazing. And that Chi is moving through your whole system. Even though you're squeezing from here, this is where we're working with the Chi and building it. So right there, and then it just goes "whoooo..." through your whole system. Now, think about the amount of energy that you're going to have in your body as you built this. It's so easy in the day to just get out there and get things done. Because I know what it's like to work long hours and to work on the computer and build websites and running the errands and teaching and training. I can get very depleted and I don't want just be grabbing red bulls and drinking coffee or eating more food to try to get energy. I use my Qigong to build that and so I'm not gaining weight because I'm not reaching for food all the time. I'm actually thriving on my own life force and that feels incredible.

When you're done with this move right here, you're going to move into this posture. This is what we call the cauldron. It's like a big giant bowl and it's filling, filling, filling with that energy and all of the Chi has been filled through

the body and it's right here. We're taking that Chi and we're lifting it up, up, up, up, up, up and around and back down. And I'll show you from the side. Peter will explain what we're doing here.

Peter Ragnar: He's bringing it up here, coming right over the head. Right on down the front of the body. These are two main energy channels that feed every organ in your body, your nervous system, the arms, the legs, all of your flesh. And he's circulating that right on around. And what you're going to do, you're going to start feeling a buzz coming up your spine and down, down over your face and down the front of your body cavity.

Tristan Truscott: So all that Chi that we've been building and generating, and now moving through this microcosmic orbit, this circle, this cycle of Chi. And as Peter is saying, it's stimulating and feeding every organ in the body -in your body. So as you're doing this, it's cumulative. Over time, your reservoir of energy just goes up, up, up. Now you might use some energy during the day, right? We're all going to use energy, you're going to have more energy to get more stuff done. And then at the end of the day, you won't be as depleted if and only if you're consistent with Qigong. Think of a car. If a car has a certain amount of energy in the battery, and you don't have what's called an alternator in the car, that battery is going to go dead over a period of time. That's what we're talking about like this life force – this original Chi.

But if you build the energy on a daily basis, the battery's always charged. And with Qigong, you get a bigger battery and a bigger battery and a bigger battery and you just feel everything goes up, up, up, up, up, up and your spirit goes up, up, up, up, up and your energy and your feelings go up, up, up, up. And you're working on these emotional centers. So you start to feel more joy. You are appreciative of life. You put joy into what you do because action without joy is not so good, right? You know that. When you don't have energy, it's not fun. You're dragging. You're trying to get it done. But with Qigong, you're like, "What can I do now? What's next? I'm so excited to play." And it becomes – life become play with this training.

So let's do a quick review. We started. Position. Present. We went into the end of awakening the Chi and then we started to cultivate and build the Chi at three centers. And you pick that Chi up and then you move it the heart center and then you pick that Chi up and you use it at the mental clarity and spiritual center. And then you generate even more energy and you work your way

down. And you hold it at the heart center. And you work your way down. You hold it at the lower Dan Tien and then it becomes this packing of the Chi into the bones – into the whole body, squeezing for nine sessions and just release and feel it flow. And fill the cauldron and now fill every organ in the body and we're going to take you through this in the flow series. And you'll do it with us and you'll feel amazing.

Peter Ragnar: Absolutely.

Worksheet Notes:

GOOD MORNING QIGONG - WEEK 2

Follow Along - Awakening & Building Your Chi

Tristan Truscott: Beginning in the Wu Chi position. The position of no mind. No stress. Totally present to the moment. Feel this moment right now and as you begin to move your body into position, finding a natural stance, grounded, you begin to awaken the Chi with a tapping. Vigorously tapping up and down the arms, moving to both sides. Feel your life force energy awakening, embracing the day. Tapping the points along the back of the shoulders and then begin to move down the waistline. Clearing all blocked and stagnant energy. Clearing the sleepy mind and the sleepy body. Ringing the temple bell from side to side. Feel that inner joy, that smile, that gratitude for life. You're here now, embracing your day. Awakening the Chi. Begin to move up and down the legs. Creating more and more circulation, all the way down into your ankles. All the way down to your very toes. Your whole body filled with Chi.

Let's begin the affirmation, "I am now balanced in mind, body and spirit...I am now balanced in mind, body and spirit...I am now balanced in mind, body and spirit."

Begin to breathe deep and fast, clear the stagnant blocked energy. Relax into your feet. Relax your knees and draw the life force now from the earth. Breathing deep and fast. Opening the channels. Opening the gates for the life force energy. You're one with this earth. You're drawing this life force chi up in through the legs into the body. Breathing deep and fast. Creating more space, more room for more Chi. And now really ground. Feel that stable stance you're balanced, rooted in this earth. You're here in the world preparing yourself for an amazing day. A day filled with presence and energy. What an amazing way to begin the day. Look around. Take in the beauty of your life. Today is your day. You have another day. And you're awake, filled with Chi. Find your breath. The breath is the pump that circulates this life force naturally for you. And today, you will stay rooted in this breath with this current of energy. Remember to check in throughout the day and feel this moment that you're feeling right now. This is the real you. The present you. The breath is breathing you. You're one with this energy.

And now let's begin to build the Chi. As you gently wave the hands, in and out, feel as if you're cultivating an electromagnetic field of energy between the palms. There's a natural rhythm of breath breathing in on the way out, exhaling on the way in. And now take the energy and lift it up to the heart center and continue to cultivate the Chi at the middle Dan Tien. You may feel the beautiful tingling sensation in the fingers, in the center of your palms, that's your life force. Building the Chi. Now take the Chi and lift it up in front of the forehead. The upper Dan Tien is opening and there's energy right at that point above the bridge of the nose. And you're helping to activate and open that point.

And now we begin to polish the ball and there's an internal sensation of Chi even inside the forehead. Slowly cultivating the Chi, bring it down to the heart center and now down to the lower body center, you're moving the life force, building and building the energy.

Let's begin by reeling the iron. Packing the Chi inside the arms down into the bone marrow. Squeezing the Chi into the body and then you're going to just release. Let your hands float. Let the Chi flow throughout your whole body. And let's go, let's build the Chi. Squeeze the Chi into the bones. Reel that iron around those forearms. And get ready to release the hands and feel the rushing flow of energy that goes up into the shoulders, fills your entire torso.

Let's do it again. We're going to reel the iron, squeeze, packing the Chi. Keep going. Keep going. Yes! And release. The energy knows where to go. It naturally flows. You have just helped to magnify the flow of Chi through your whole body. Now hold position, the energy at the lower center. Lifting up in this bowl of Chi. And bring your hands slowly above your head and out and down. We are spinning the orbit. The life force flows up your spine and stimulating every organ in your body. Creating this circle and cycle of Chi.

Breathing in. Breathing out. Stay present. Draw the energy up the Chong Mai channel. Relax down into the body. It's a beautiful feeling to be so connected to your energy. Draw the energy up and sink the Chi down into the legs, into the core. Flowing down. Hold this space. Notice the sensation in your arms, let it come to center. Feel your body filled with vitality. A beautiful, beautiful feeling. Ready to embrace the day.

Worksheet Notes:

GOOD MORNING QIGONG - WEEK 3

Private Lesson - Storing Your Chi

Tristan Truscott: Hey, welcome back to Good Morning Qigong. You're on week 3. You're storing the Chi this week. And we really want to congratulate you for staying in the course. This is awesome that you're still here with us. There are people that they start something new and they fall off because they just didn't have that inner desire to really change but you've got that desire and we love that about you and we're going to give you something really special in this series.

So now that we're on week 3, we want to take the next 3 exercises. Put them together in a sequential fashion during this private lesson and break it all down. Now, listen you've been building this Chi, right? You were working on this all last week and you've been getting it inside your body and stimulating the organ system and understanding and feeling the Chi. Now, we're going to store the Chi. This is something special. This is where you really start to charge the battery at a core level. So are you, Peter?

Peter Ragnar: I'm ready.

Tristan Truscott: Let's deliver. We're going to really deliver for you guys here. Again, as always, get in that ready position. No mind. Totally read to learn. Now, you remember we were in this stance and this was your last posture and you had drawn the energy up and brought it down and we talked about how it was stimulating your whole organ system? This move is awesome. You're going to be feeling the Chi building right here and here's what you do. You're going to lift it up this center of the body. It's almost like the Chi, you can feel it in the middle. It's called the Chong Mai vessel and it comes up, up, and then you pour the Chi inside yourself. You just pour it right in the top of your head. So it's like the bowl is filled with liquid Chi. And here it goes.

Peter Ragnar: If you'd just imagine that golden elixir pouring down into the soft spot at the top of the head and what it's doing is filling the area between the two hemispheres of the brain. What the ancients called the spirit valley or Shen valley. Now, what happens when that energy comes down in there? There are inactivated brain cells that the ancients believed would be

reactivated by this simple movement. You're pouring energy Chi down in between the two hemispheres of the brain. You're reactivating or initially reactivating some dormant brain cells and what that does, that creates a light. And that light, is seen in the eyes and also it can be emanated even as a glow right over the area of the third eye. And this is because there are certain oxygen molecules that are activated by the Chi energy that cause that glow and this is what they call the aura.

Tristan Truscott: You know, Peter, one time I walked into a Chinese restaurant and there was a statue of Buddha. And he was like this but they'd stuck a flowerpot right in his hands. I thought that's an interesting looking flowerpot. And then learning about this ancient principles, I was like "That's not for a flower. Buddha was doing Qigong, man, what were they thinking?"

Peter Ragnar: Well, maybe the posture helped the plant to grow.

Tristan Truscott: I think so. So as you pour that in. you'll feel in the top of your head tingle. It kind of opens up and it's like you're feeling the whole system with the Chi. That's how you to start to store it in your being and your body. So you'll be practicing this with us nine times. Nine times to really blast your system.

Now, here's what's pretty cool. So you've got all of this Chi inside you and you're getting ready to go out into the day and get a lot done. And sometimes people say to me, Tristan I just feel like things drain my energy and people, they're like energy vampires, they suck the energy out of me or certain spaces and environments you go to. Do you ever feel that way? Where the environment is sucking the life out of you? Well, not anymore. Because what you're going to do from here is you're going to put an electromagnetic protective field all around your body. Right?

Peter Ragnar: This is like a huge egg. A huge egg-shape that encompasses the whole body and basically what you're doing is you're living in rarified atmosphere. You hear about many things that block electromagnetic pollution, well imagine going around with your own electromagnetic pollution shield all day long. Not only do you block the electromagnetic pollution that we get from cell phones, computers and all of the other electronic equipment but you're also protecting yourself from what Tristan was just using the term...

Tristan Truscott: Energy vampires.

Peter Ragnar: ...energy vampires. They can't get through the shield.

Tristan Truscott: That's right and so that's what helps store the energy inside. It's protected, right? If you had a gas tank with a hole in it, it would leak out. So we're protecting and storing the Chi with that movement and protecting those negative forces from trying to steal our energy. Sometimes, I look at people like, "Don't try to suck my Chi. Who moved my Chi? No, no more moving my Chi. I know where my Chi is. It's right here."

Tristan Truscott: Okay. So here's what happens. We go ahead and we create that last move and as the hands come down, and we're going to do this move three times to create the field, the hands are going to flow backwards. And there is a very, very powerful river, a current. The first time that I experienced this, it blew my mind. I put my hands back and they were moving and I was like, "There's a waterfall here of energy." And I felt like I washing my hands inside it. And my hands were filling, filling, filling, filling, and filling. I'm just going to let go of my hands, what's going to happen and my hands just go "Whoooo" No muscles, none. I didn't use any muscles and they're just floating and that's when you feel that Chi is doing the work for you. You are being moved by the Chi. This is why this guy over here can lift so many freaking pounds of weight. He's got a bench press for your legs with this bar – he's got all the way, you can't get another weight on it. And then he put another bar on it. He wielded another bar and put...you're crazy.

Tristan Truscott: But it's the Chi. There's no other way, right? So your hands are going to go back into this Chi field and you're just going to float them. Like waves in the water. In and out for nine times and then you'll feel that Chi build and "Wooo-ha." It's going to float up in the air and then you're going to embrace that Chi and store it and pack it. And you start bringing it in to this core area. We're going to do this nine times. So what am I doing here, Peter? I'm packing the Chi.

Peter Ragnar: As you start feeling it, you're pushing it, pushing it, pushing it, pushing it and it's being absorbed right into the lower Dan Tien, which is the reservoir or your battery. You're packing that. It's just coming in, coming in. And this is so vitalizing. In other words, it's just like you had an energy meal, which is exactly what it is. You're having an energy meal, a banquet.

Tristan Truscott: I think the flies are having a banquet. You know what's also beautiful about Qigong, we're going to be honest for a moment. There are a lot of flies flying around us. But have you noticed us being distracted by them? I can hear them, there's one in my ear right now. But the beauty of ...I'm not kidding, there's a fly in my ear right now. In fact, I'm going to ask him to leave. Goodbye. We are present, right? We're here. Are the flies bothering you?

Peter Ragnar: No.

Tristan Truscott: No. And now during your day, there are going to be flies. Flies are your thoughts. Your negative thoughts, right? And they're also negative people or negative circumstances. And you just let them be. And you know what? The flies are gone. Just the fact that I brought it up and now they're gone. I love that. That's the beauty of energy. Because you're magnetic and you have a magnetic presence and it's going to affect your whole life.

Alright, so when you're done with this and you stored this and you filled like Peter said that lower Dan Tien battery. We'll come back to center and bring it all down. And here you are. And that's your morning. And so we're going to take those three sections now: Awakening your Chi, Building your Chi and Storing your Chi. We're going to flow it all together into a beautiful flow. It just takes 10 minutes in the morning. It's so easy. So you'll be doing that in the following week. This week. Let's really get this in your system. Again, we are so happy that you're staying in the course. Because you're one of the ones that's going to be spreading the good Chi – like good cheer in the world. So thank you.

Peter Ragnar: Thank you.

GOOD MORNING QIGONG - WEEK 3

Private Lesson - Awakening, Building & Storing Your Chi

Tristan Truscott: Beginning in the Wu Chi position. It's the position of no mind. No stress. Totally present to the moment. Feel this moment right now and as you begin to move your body into position, finding a natural stance, grounded, you begin to awaken the Chi with a tapping. Vigorously tapping up and down the arms, moving to both sides. Feel your life force energy awakening, embracing the day. Tapping the points along the back of the shoulders and then begin to move down the waistline. Clearing all blocked and stagnant energy. Clearing the sleepy mind and the sleepy body. Ringing the temple bell from side to side. Feel that inner joy, the smile, that gratitude for life. You're here now, embracing your day. Awakening the Chi. Begin to move up and down the legs. Creating more and more circulation, all the way down into your ankles. All the way down to your very toes. Your whole body filled with Chi.

Let's begin the affirmation, "I am now balanced in mind, body and spirit...I am now balanced in mind, body and spirit...I am now balanced in mind, body and spirit."

Begin to breathe deep and fast, clear the stagnant blocked energy. Relax into your feet. Relax your knees and draw the life force now from the earth. Breathing deep and fast. Opening the channels. Opening the gates for the life force energy. You're one with this earth. You're drawing this life force chi up in through the legs into the body. Breathing deep and fast. Creating more space, more room for more Chi. And now really ground. Feel that stable stance you're balanced, rooted in this earth. You're here in the world preparing yourself for an amazing day. A day filled with presence and energy. What an amazing way to begin the day. Look around. Take in the beauty of your life. Today is your day. You have another day. And you're awake, filled with Chi. Find your breath. The breath is the pump that circulates this life force naturally for you. And today, you will stay rooted in this breath with this current of energy. Remember to check in throughout the day and feel this moment that you're feeling right now. This is the real you. The present you. The breath is breathing you. You're one with this energy.

And now let's begin to build the Chi. As you gently wave the hands, in and out, feel as if you're cultivating an electromagnetic field of energy between the palms. There's a natural rhythm of breath breathing in on the way out, exhaling on the way in. And now take the energy and lift it up to the heart center and continue to cultivate the Chi at the middle Dan Tien. You may feel the beautiful tingling sensation in the fingers, in the center of your palms, that's your life force. Building the Chi. Now take the Chi and lift it up in front of the forehead. The upper Dan Tien is opening and there's energy right at that point above the bridge of the nose. And you're helping to activate and open that point.

And now we begin to polish the ball and there's an internal sensation of Chi even inside the forehead. Slowly cultivating the Chi, bring it down to the heart center and now down to the lower body center, you're moving the life force, building and building the energy.

Let's begin by reeling the iron. Packing the Chi inside the arms down into the bone marrow. Squeezing the Chi into the body and then you're going to just release. Let your hands float. Let the Chi flow throughout your whole body. And let's go, let's build the Chi. Squeeze the Chi into the bones. Reel that iron around those forearms. And get ready to release the hands and feel the rushing flow of energy that goes up into the shoulders, fills your entire torso.

Let's do it again. We're going to reel the iron, squeeze, packing the Chi. Keep going. Keep going. Yes! And release. The energy knows where to go. It naturally flows. You have just helped to magnify the flow of Chi through your whole body. Now hold position, the energy at the lower center. Lifting up in this bowl of Chi. And bring your hands slowly above your head and out and down. We are spinning the orbit. The life force flows up your spine and stimulating every organ in your body. Creating this circle and cycle of Chi.

Breathing in. Breathing out. Stay present. Draw the energy up the Chong Mai channel. Relax down into the body. It's a beautiful feeling to be so connected to your energy. Draw the energy up and sink the Chi down into the legs, into the core.

Flowing down. Hold this space. Notice the sensation in your arms. From this grounded position, take this Chi and draw it up the body and pour and store the energy inside of yourself. Lifting the Chi from the lower belly breathing in, breathing out. You're sinking the Chi and now lifting as you pour it in to spirit

valley. The point at the top of the head. And as your hands come down the body, you'll collect more of this energy. And you'll be pouring it inside yourself and it floats down and it lives in the belly. It's like you're filling your tank with incredible amounts of energy to sustain your level of activity today. So that you can have such a wonderfully productive day. A tireless day.

Gradually, the body begins to overflow with energy. With every new pass, you're literally pouring more and more Chi inside yourself filling your tank, charging your battery. Now draw the Chi up and create a protective field around your body. This is your energy body.

It prevents all of the energy vampires from stealing your Chi. You can walk with confidence and certainty as you move throughout your different environments and now floating the hands like waves and water. Preparing to complete the storing process. Notice that there's a current of energy building behind you. It's like a waterfall. And you'll be tapping into this waterfall, filling your hands and allowing your arms to gradually float on the wave of Chi.

Now, press the hands back all the way into the waterfall, feel that energy flowing down and into the arms as they float up naturally without any effort. That's your life force right there. Now embrace the Chi and gradually direct it into the lower Dan Tien. This is where we complete the storing process. Filled to the brim with your own life force energy. Gradually pack the Chi down into the belly with every breath, your hands come a little closer to the body and you start to feel that powerful energy that magnetic pulse between the belly and the palms. That's your power. You're grounded now. You're battery is fully charged. You're in a space of pure vitality. Feel that inner smile. Let it come to the surface. You know the secret to your energy. You now know the secret on how to live a big life.

Just sense the presence now. The presence of energy as it flow through every cell in your body completely charged, super charged. Come to center. Settle the body and the energy body in this moment. And recognize and acknowledge what a beautiful day today is.

**GOOD
EVENING
QIGONG**

GOOD EVENING QIGONG – WEEK 1

Private Lesson – Cleansing Your Chi

Tristan Truscott: Welcome to good evening Qigong, week 1, Cleansing your Chi. Now, in this private lesson, Peter and I are going to walk you through three sequential exercises. They're going to help you clear stagnant energy from your body and balance the Chi at the end of a busy, busy day. Now to do this, we're going to break down each movement, piece by piece, detail by detail, really sharing with you the nuances that you want to know because they make such a difference in the way your body feels. This is also so important when you're going through the five-minute follow along series, your understanding what you're doing and why you're doing it. Now you may notice that we've got no shoes on for this. At the end of the day, you want to take those shoes off, kick them off, get your socks off and get grounded. Get into the floor. So we're ready. We're grounded.

You're going to start with your feet together. Remember, ready position. Present. Wu Chi. Now, here's now what we're doing. We're going to release the tension from our muscles and when you release the tension through squeezing, we'll show you how, you're going to open up at the end and the channels are going to open so that all the Chi, all the energy starts to flow through that water hose and then we're going to show you how to clear it off your body. So here's how we begin. The hands come up and they squeeze in. See how Peter's flexing right now? He's flexing every muscle. We're flexing our core, our feet are together. So we're flexing our glutes, our quads, everything. Even your face if you want to. And just squeeze and hold this for a little while. You might laugh and then relax your hands down. Take your time. And just breathe. Do you feel that?

Join along if you're not already. Come on. Let's do this together. Let's practice that one again. So the hands come up, we're going to squeeze. Your hands turn in. You flex your forearms and then pull down and squeeze sometimes your face – laugh, sometimes you “brrrrr...” and work out the stress. “Arrrrr...” Maybe it was a crazy day. I don't know and then feel your face lighten up. Can you feel that? It feels so good. Yeah.

Now, there's four exercises to do this. So that was the first one. Peter can you show us the next one that's going out to the side. I want to point something.

Peter Ragnar: We take our arms and just push out to the side.

Tristan Truscott: Yeah. See how he's flexing through the arms and forearms. And he's pulling the wrist up?

Peter Ragnar: You can turn the wrist also downward like that.

Tristan Truscott: This is opening channels in his arms.

Peter Ragnar: Both of those will open the channels especially the meridians of the pericardium in the heart. And you'll see that one's running down right through here. And so you're stimulating a lot of – you hold it, hold it, hold it, hold it, hold it, hold it, hold it, hold it...and...

Tristan Truscott: Just shake it out. And take a deep breath. Now, you're squeezing every muscle again. So you're seeing Peter's arms but he's also squeezing every muscle – sometimes you'll even feel your feet squeezing the floor. Now, what this is doing is in your day, you're building tension through your body. Right? Over time. Over the years, we're building so much tension. We're not even aware that we're carrying around tension. So this squeezing and relaxing, this dynamic exercise helps to reset the brain and the body so you return to your natural relaxed state.

Peter Ragnar: There's a lot of times that people will experience what therapist call frozen energy – frozen energy or frozen memories, a lot of things that you don't even recall that go back to your distant past. Your childhood traumas. Conflicts. What happens they're held as tightened tissue that pulls together and when we tense, we bring to the surface and then we release and what we end up doing layer by layer, we're releasing those mental traumas and this is a benefit that perhaps many people don't realize exists within the realm of Qigong.

Tristan Truscott: Now can you see how I'm opening my mouth? I'm making a sound. [Inhales and exhales] and that's clearing the stagnant Chi and the

sound is telling my brain, a part of my brain, the amygdala to relax or to release and flip on the relaxation response. So it's turning off the stress response and turning on the relaxation so that sound [Inhales and exhales] really listen to it.

Peter Ragnar: Interesting too that you can associate that sound with the release of cortisol, the stress hormone, it's amazing how just [Inhales and Exhales] just imagine a very, very powerful – the steam generator in you that is just steaming out, steam cleaning your internal body and the mental debris that we want to blow out.

Tristan Truscott: And you're releasing chemicals from your brain that go down into the body and attach to receptor sites on your cells that just make you feel great. It's the positive hormones that we want to release. Not the cortisol stress but the happy hormones.

Peter Ragnar: Those are called endorphins. And endorphins have amazing degree of power. Amazing the sedative and calming effect of endorphins, you'll find that it's like taking a powerful drug that is natural to the body and healthy for the body. So there's your natural tranquilizer for the evenings.

Tristan Truscott: So we've done this posture. And we've done this posture. We've got two more for you to open some of the channels. This next one is up over the head. And we're flexing and you can play with the 2 angles that Peter was showing you, either rolling in and up. I'd like to do them both and squeeze every muscle. Hold, hold. Sometimes your body will shake. Let it shake if you want and then relax. Remember to breathe. Your arms will start to feel light. This will be great for when you start getting into the fluid arm move. It's just so effortless.

We've got one more. We're leaning forward a little. You taking the energy. You're drawing it in and you're pushing back and flexing your wrist down. Again, either way, you feel I'm pressing my chest forward. Peter may be a little different. We have slightly different technique. You'll see just so many different years of doing these arts in different ways. But the principles remain the same.

And what's great about that for you is that as you're following along, you're going to find your own way of moving that feels right for your body and your mind. So watch and emulate as much as possible. But if you find something that just feels really incredible, we always tell our students, right, trust that feeling. We want you to listen to your body and trust it.

Peter Ragnar: Because your body has an innate intelligence and especially that's evidenced when you get out of your head. Our thinking is only that much of our intelligent being and you release infinite intelligence.

Tristan Truscott: Yes, so now that you've done this dynamic tension relaxation. Your body should feel really relaxed. And this is the perfect time to move into the next phase where you're wiping now off any stagnant energy that's been pushed to the surface. Do you remember in awakening the Chi, how we were tapping, you're doing the same areas and notice how Peter's flicking. What's going on there, Peter? Why are we flicking?

Peter Ragnar: What's happening here is that stagnant energy is just like static electricity. It's very magnetic and it sticks. And so when you're wiping it down. It's coming on to your hands. You literally have it on your hands and what you want to do is flick it off. Just give it a flick. Like that. And just loosen up. You loosen your wrist. Like that. And off it comes.

Tristan Truscott: Yeah, you can feel it leaving your body. This one take the back of your wrists and place them on the kidney/adrenal area where we were pounding before and just flick. Just flick it away. For your legs, same thing. Go down and flick it or you can this back to the wrist and flick it. Same thing. Wipe off that stagnant energy. And clear the pathways for the Chi to flow. So we were doing one. We did two. We did three and four all with the relaxation in between and then we wipe off the stagnant Chi. That gets us ready for the next posture to ground the Chi.

Now you may recall this posture. From Good Morning Qigong, Awakening the Chi. This is similar, but slightly different. This time as you're moving and bouncing, you're going to be lifting your heels up and lightly tapping them on the floor. That's another reason; it's nice to do this barefoot. So you get that strike. And so we're just, we're bouncing and the heels are lightly tapping and

then we'll pause and just breathe. So, what's going on here, Peter, as we're tapping the heels?

Peter Ragnar: What's happening, when you did that little tapping, the tapping is actually hitting the acu-points that are related to situations that women they have with PMS or men may have with prostate difficulties and what it's doing it's stimulating hormonal balance very, very amazing that the ancients understood this. So when you're tapping those heels, you're stimulating those points. And of course, a lot more is going on here as Tristan is going to indicate.

Tristan Truscott: So I'm bouncing – I'm using my knees, they're relaxed. My boy is feeling this internal up and down. This is affecting the lymphatic system.

Peter Ragnar: This is a crucial point of understanding. That medical theorists have made a connection between clogged lymph nodes – you know when you get that little nodule or very, very painful between that and the accumulation of a lot of toxins and those toxins have been related to the formation of cancer and other debilitating diseases. So what is happening here as Tristan is bouncing, he's moving the lymph. You see the lymph glands have no pump of their own. They have to have movement like this to get the lymph flowing. If you don't get the lymph flowing then that's what happens, it accumulates in the lymph nodes themselves and they become painful and that is the precursor to other diseases. So you can see the benefit of that.

Tristan Truscott: And you'll feel it, my hands are tingling again already. And they're like little gates inside the lymph nodes that open or the lymphatic system that open and allow that fluid to flow. And so when you've had a stressful day and you got that cortisol and the stress in your body, it's dampening your immune system. So what Peter is talking about is rebuilding and boosting the immune. And there had been studies that show the practice of Qigong completely elevates the immune system in a positive way.

Peter Ragnar: In this particular very simple exercise, just imagine if you weren't doing it and all of the acidity of the day's activity is now stored in the body, in the lymph nodes and you go to sleep with that without shaking it out.

Do you think you'll have good dreams or maybe bad dreams?

Tristan Truscott: When your body is blocked, it affects your mind. And that of course is going to affect your deep sleep patterns. So all of this Good Evening Qigong is very well thought out by the ancients to give us that rejuvenating beautiful night sleep. When we're doing this together in the follow along, you'll hear us breathing like we did in Awakening the Chi. So you'll hear the [Inhales and Exhales]. That's beautiful.

Peter Ragnar: Sometimes, you'll find that there's a burning sensation when you are [Inhales and Exhales] that burning sensation or that fire just think of that as a cleansing fire. Burning away toxins. Burning all of the garbage out of your system so keep that visual image in mind. That'll benefit you.

Tristan Truscott: So that's why this section is called Cleansing your Chi. All of these exercises are clearing and cleansing. Now, let us explain the last part of this. When you're holding this posture after you've done the Chi grounding and the rebounding and all of that, in the morning, we had you drawing energy up from the earth. You felt it coming up through your legs and through your palms. Now that this is the evening – the Yin phase...the calming phase...the cleansing phase, we're going to imagine that we're standing under a beautiful cleansing waterfall and the water is just pouring down over Peter. He's visualizing it as a pristine blue color and if you want to visualize golden light coming down, that's fine. Some people say "I don't like water." Water this is safe and soothing and it's just in your imagination. But the blue color, see it as pristine flowing through you and it's flushing out through your hands and your feet. And now because there is stagnant energy in the body, you might even visualize this as a murky color flushing and cleansing out. And stay with this until your image shows the same beautiful blue coming in and then going out your hands and feet. That means the flushing cycle has been completed.

Peter Ragnar: Actually, some people experience this as if a vapor was coming out of the palms of their hands. Other people experience it almost as if the palm of the hand was like a showerhead. And water is coming down pouring out and so it depends on how sensitive you are to the vibration but people who are very highly sensitive to this will literally start to see a murky color at

first which is the toxins and everything being pulled out of the body, and then seeing that stream changing color getting to a blue, a lighter transparent and luminous color. And at that point, you have really purified and cleanse the body. You've cleansed the Chi. The source of your life.

Tristan Truscott: And it's very real like these tissues, the physical body, you can see and touch this but over time, you're going to realize you've got an energy body and everything we're talking about, you'll realize it's not just your imagination. It's real. You feel it. You feel the flow.

Peter Ragnar: A big misconception is that your body ends here. No. Your body actually begins here and it vibrates out. There are layers and layers and layers of that body. And then the infinite connection to everything is the final extension of this but this is why your Qigong practice is so beneficial to you. You're going to start to notice that you're more than the flesh.

Tristan Truscott: Yes. Over time, that energy builds and builds. Your awareness of it builds and the presence of it. So you end up with a very magnetic presence and people when they come closer to you. They feel you. Right. Do you ever hear the saying, "You feel me?" You couldn't have feel this and they're going to feel you.

The last thing we want share with you as you're holding this posture is the power of your breath. The breath is the pump that's helping to circulate the Chi and cleanse the stagnant energy. So Peter if you would please describe this - you do it so well. I'll do the breathing and then you show them what's going on inside.

Peter Ragnar: Well, remember first we're breathing like a baby. We're breathing as we inhale, the abdomen goes out. Now that's the way most people don't want to look. But this is very, very beneficial. When it comes in, now we do something a little special here. when we inhale and we exhale, as we exhale it pulls up against the diaphragm, you're inhaling, you're exhaling and it's stocking up and it pushes the diaphragm upward. Now, what happens here and what the benefit of this is is that it tends to push against the lower parts of the lungs where a lot of times stale air settles in pockets and it pushes all the stale air out of your body. Many people never really have a full breath.

And what happens if you have stale air in there, that stale air was toxic. And don't you think it's of great benefit to be able to breathe like this – to cleanse the lungs completely? It'll serve you well.

Tristan Truscott: Yeah, there's a complete cleanse happening here. So a very quick review. You've done a dynamic tension relaxation in those 4 postures. And then you've cleansed and wiped off the stagnant energy and then you've taken the posture and you're starting to bounce and stimulate the lymphatics and the energy flow and the hormone balance that Peter discussed through the bouncing off the heels. And you can add the breathing [Inhales and Exhales] and then you hold. And you do that for a cycle of three and you'll see that in the follow along. And then you're holding this and you're under the cleansing waterfall. And you're breathing in the pump [Inhales and Exhales]. And you just hold this posture and we'll end with the hands coming slightly together and you'll feel the power of the Chi in your hands and you'll feel very, very cleansed. It's a beautiful feeling.

Last little thing. To help feel this center of the palm. This is called the Lao Gong, you probably started to feel it here or you will. You can take these two fingers and just move them in a circle around your Lao Gong point, and up and down, and you'll feel a little tingling sensation right in there and that means that that channel or that energy center is opening up and that's what we want.

Peter Ragnar: Remember those energy channels, when they open up. They're receptors, they actually suck in energy from outside your body and what is that energy? It's Chi. The life force.

Tristan Truscott: The very ending. After this, we'll come to center so the left foot comes to the right. The hands flow up and back to Wu Chi. And you'll see as we go through the other weeks that you won't need to come to center as we build, you'll go right into the next movements. But you always end the session no matter what session it is with come to center, feel balanced and grounded and you're ready for a great night sleep.

GOOD EVENING QIGONG – WEEK 1

Follow Along – Cleansing Your Chi

Tristan Truscott: It's time to cleanse the stress of the day. Squeezing the body. Squeezing the stagnant energy out of the system and release. Everything calming down... grounding yourself at the end of a long day. Becoming even more present. Bringing the arms in pressing out. Squeeze your core, your legs, and your muscles of the arms. Flex the wrists, tight, tight, tight. Squeeze and release. Notice how your whole body relaxes. All stagnant energy is now clearing away. Draw the arms up and press. Squeeze your core. Release the mind. Release the tension. Notice how your body becomes more alive...more grounded. Again, squeezing and pressing back. Flex the chest. Squeeze the muscles of the forearms. Squeeze your legs and core. And release. Relax your shoulders down. Let your arms and body just float. And now let's wipe off the stagnant energy that's been picked up throughout the day perhaps some negative people, negative places, negative experiences that tried to affect your energy system, wipe it away. Flick it off. That's right. Clear that passage in the back. The gate of life. And flick the blocked energy off the legs. Open the channels so that your flow returns.

And now, just ground into the body. Settle the breath. Breathing now deep and fast. Deep and fast. Breathe, breathe. Clearing, clearing, clearing. And relax. Notice how easy it is to breathe when your body is relaxed. Breathing deep and fast and bouncing grounding the Chi. Grounding, grounding, grounding yourself. Stimulating every part of your lymphatic system. Fresh energy. Invigorating energy yet calm. Again, breathing deep and fast. Bounce the body. Shake it out. Let it go. Let it go. Be here. Be here now. Back in your home base. Feeling yourself centered and present. Cleansed and clear. It feels so good to come back to yourself. And the breath is deep in the belly. You feel so balanced. It's been a wonderful day and no matter what has happened in this moment right now, you're grateful. Grateful for the day. Feel your breath breathing you.

And now begin to embrace the Chi, pulling the palms so they're facing each other and as if the lower belly – the lower Dan Tien, is now building this rejuvenating energy, this grounded sense of self. Cleansed and present.

GOOD EVENING QIGONG – WEEK 2

Private Lesson – Calming Your Chi

Tristan Truscott: Welcome back to Good Evening Qigong, week 2, Calming the Chi. Now in this private lesson, Peter and I are going to walk you through another three sequential exercises. Now you've been cleansing your body and purifying your Chi for a week now so you're ready for more. You're ready for the next level. We'll break down all the details and then again show you the nuances so you get the most out of this. So come on up, join along. Here's how we get started with calming the Chi.

You're going to begin in this posture. Now, you're also welcome to start from Wu Chi or you can go right into the posture. Your preference. If you really are finding this as helping you to ground and be present, take a moment here first and step in. Now, we had finished cleansing in this posture. And then we had built a little bit of Chi at the end of the day. Now, what you're going to do is you're going to just take your hands and lift them up. And then drop them down. Lift them up and drop them down. And I want you to notice, Peter is being guided like there's a string at the top of his wrist lifting it up and it comes down. There's a bend. Do you see that bend in the elbow right there and then the elbow drops and then the wrist. So it's like a wave. See that.

Now you can also take the hands as they come up and bring them in a little bit. Once you've got the up and down motion working, you'd come up and down. And what we'd like you to do is inside of yourself, I want you to say, "Calm down." You're telling your body and your mind, "Calm down." Can you see the rhythm and hear the rhythm. Breathing in. Breathing out. Excellent.

So what's going on here, Peter? Let's share with our friends.

Peter Ragnar: What's happening is that you're raising the energy and just relaxing it down, in other words, you're calming and you're dropping. Dropping down, dropping down, relaxing. And again, you're not doing anything. The energy is doing it. The energy – it grabs you like – picks you up and allows you to drop. That simple. You're calming, calming, calming

Tristan Truscott: As you get more proficient, so we kind of broke this into three phases for you. Up and down. And then with a little bit of a whip feeling. Once you've got that, now you can drop down into your legs a little. So now you're coordinating upper and lower. Calming the whole body down. Grounding the Chi back into the earth.

Now, I want to make a point, sometimes people think when they're releasing and doing the breathing and sending energy down that they're putting negativity out into the earth and that's not the case. It's naturally recycled. It's just energy.

Peter Ragnar: The whole function of earth is to be a receptacle for negative energy because that's part of its food. It absorbs that as just like plants absorb the carbon dioxide out of the air and reprocess that into oxygen. Very simple, very basic law of nature.

Tristan Truscott: Exactly. Now, remember how I showed you how to open the Lao Gong that point right in the center. You just take that middle finger and drop it right into the middle there. Just right where it is. It's right in the center and you're opening that up. So what am I doing here, I'm spiraling.

Peter Ragnar: What Tristan is doing is what we call, Drilling the Chi. Because you're going to feel the energy coming right out of the tips of your fingers and its drilling energy right into the palm of the hand. Right into that receptacle. And remember that's a reservoir. It's hungry for that energy of Chi. And that's exactly what he's doing. He's feeding it by drilling the Chi.

Tristan Truscott: And you will feel it. You'll feel a gentle throbbing and you'll notice as you move across the center of energy. It'll pulse. It's quite cool.

So what's happening here now is we wanted you to understand this point. We want you to really understand it because after you've done the first pass and you do this nine times, the next time the palms face each other and the two Lao Gongs are speaking to each other. So it's another way for you to feel how you're energy fields are opening – balancing.

The same principle as the wave. It comes up. The elbow drops, then the wrist, then the hand and you drop into your legs if you like. Depending on your level

of fitness and as you drop, you just push your knees out just a little bit. If that is bothering your ankles, you can turn your feet out a little or you can keep them mostly straight, don't turn them out too far. We're not doing ballet.

I'll pull my pants up a little so you can see the ankles. I'm trying not to bend my knees so far forward that I'm pulling on my Achilles heel 'cause that's very uncomfortable. I'm actually sinking my tailbone down. My back is pretty straight. I mean as you get stronger, you can really drop into this stuff. Your legs get really filled with Chi. You could hold these deep postures for very strong powerful legs. But you don't have to go that low in the beginning. So one more time. Palms facing. Knees go slightly out and that's it.

Peter Ragnar: Beautiful.

Tristan Truscott: Now, I love this next one. I call this pushing through the wall. There's a wall of energy. Not a wall that keeps something out but a field of energy. It's your energy body. Your subtle body and it extends out. And as the Chi field, the magnetic field of energy in your body grows. You will notice as you push through something very interesting.

Peter Ragnar: When you're pushing through, remember you have super charged your body. Your auric field, the energy field, the electromagnetic field around your body is extending out several feet now. And this is just the first layer of your invisible body or your invisible skin. And so when we push through the wall, what we're doing, our hands are inside this bubble, it's the edge of the bubble and you push through the bubble and you'll be amazed – here you feel the edge of that aura. And it's a very real sensation and you pull your hand back through it. Push your hand right through it again. You're getting an idea and a concept of just how transcendent you actually are. Amazing! Do you think this might benefit your view of what you are?

Tristan Truscott: I think it's benefiting you, Peter. It's definitely benefiting my body. It's helped with so many healings and there's this strength. I used to think that you shouldn't lift weights and build muscle, but the Chi, when you practice Qigong and you take care of your body, you have so much energy and you can see how the muscle tone just builds and grows. You're going to look incredibly vital and you'll just have that energy to build. Now even though we're calming at the end of the day here, we want you to be aware that you are in fact building your energy body. You're building it because Qigong is about a cumulative process of raising your vibration and your energy level. So

even though you have more energy, you're at higher level of calm and vital.

Peter Ragnar: Exactly. What happens on a physical level is that you develop calm strength. In other words, you're effortless in your power of whatever you want to use as physical vessel for. And you'll surprise yourself at how incredibly strong, you don't have to have big muscles to be very dynamically powerful.

Tristan Truscott: I've seen this man lift incredible amounts of weight. It makes no sense to your mind. None. It's just not possible with the muscle alone. He's tapping the Chi and using the energy to build that calm strength. It's a beautiful practice. So are you with us?

A quick review. What have we been doing? We've come out of this posture that we finished in. Cleansing the Chi, your Chi, and then we moved in to this wave-like motion. This is right out of Tai Chi, it's a Qigong movement. Tai Chi arms. We've done this nine times and then we're going to face the palms. The Lao Gong points will face each other. You can see the side view from Peter – nine times. And then after the ninth one, and remember we're bending a little bit on that, we're pushing through and feeling that energetic subtle body. And we'll do this three times. And take your time with this, even though we're showing you a little bit quickly in the private lesson, really learn to move slowly.

Now, here's the last part of calming the Chi. Your hands are going to turn and face your heart center. The elbows don't block the flow under the arms, there's - around this but you don't engage your shoulder muscles so you feel tense. You relax your shoulders down. Remember the bows. That we learn in the private lesson? In the fundamentals? And there's a little space between each finger and the thumb's relaxed down a little. And we just hold this posture, very, very calming. Very calming.

Breathing and relaxing. Releasing and after this posture, your hands will come down. Your left foot comes in and beautiful. There you go. Calming the Chi.

GOOD EVENING QIGONG – WEEK 2

Follow Along – Cleansing & Calming Your Chi

Tristan Truscott: It's time to cleanse the stress of the day. Squeezing the body. Squeezing the stagnant energy out of the system and release. Everything calming down grounding yourself at the end of a long day. Becoming even more present. Bringing the arms in, pressing out. Squeeze your core, your legs, your muscles of the arms. Flex the wrists, tight, tight, tight. Squeeze and release. Notice how your whole body relaxes. All stagnant energy is now clearing away. Draw the arms up and press. Squeeze your core. Release the mind. Release the tension. Notice how your body becomes more alive...more grounded. Again, squeezing and pressing back. Flex the chest. Squeeze the muscles of the forearms. Squeeze your legs and core. And release. Relax your shoulders down. Let your arms and body just float. And now let's wipe off the stagnant energy that's been picked up throughout the day perhaps some negative people, negative places, negative experiences that tried to affect your energy system, wipe it away. Flick it off. That's right. Clear that passage in the back. The gate of life. And flick the blocked energy off the legs. Open the channels so that your flow returns.

And now, just ground into the body. Settle the breath. Breathing now deep and fast. Deep and fast. Breathe, breathe. Clearing, clearing, clearing. And relax. Notice how easy it is to breathe when your body is relaxed. Breathing deep and fast and bouncing grounding the Chi. Grounding, grounding, grounding yourself. Stimulating every part of your lymphatic system. Fresh energy. Invigorating energy yet calm. Again, breathing deep and fast. Bounce the body. Shake it out. Let it go. Let it go. Be here. Be here now. Back in your home base. Feeling yourself centered and present. Cleansed and clear. It feels so good to come back to yourself. And the breath is deep in the belly. You feel so balanced. It's been a wonderful day and no matter what has happened in this moment right now, you're grateful. Grateful for the day. Feel your breath breathing you.

And now begin to embrace the Chi, pulling the palms so they're facing each other and as if the lower belly – the lower Dan Tien, is now building this rejuvenating energy. Now let's begin to calm the Chi. Using the arms we will float them gently in front and with a rhythm under the breath. They'll go up

and they will float down. Breathing in. Calming down. Sink your body down into the ground. Bend your knees, keep your spine nice and tall. And settle the mind and settle the body back into the earth. Breathing in. Calming down. Allow the elbows to bend and float. Allow the wrists to bend and float. Now face the palms together and we're calming the energy body now. The core. The column of Chi that flows down the front of the body. Breathing in. Breathing out. Grounded and present. You have this beautiful energy flowing through you that can be very alive and also very calm. This is the Yin phase. The relaxed phase. It's evening time and we are calming the Chi.

And now pressing the palms outwards, pressing and pushing the wall. It's as if your arms have entered into the energy field. Feel as if you've pushed through into the energy field. You might even feel the energy around the forearms as you push through. This is your awareness of the energy body and the energy field coming together.

And now holding the space in the center of the body, it's time to calm the heart center. Relax the shoulders, shimmy the body, and allow your body to find its natural balance. Completely relaxed. And in the space between your arms is another giant ball of vital energy. As you close your eyes, become aware of this energy. The heart is Yin. It is soft. It is gentle. It is pure. It is calm. Tap into that state of calm, that state of compassion and know that today was another day of learning. Another day of evolving yourself and refining your energy. In this posture, you are opening that energy even more. It's a feeling of calm presence. An understanding – a knowing of who you are from the inside out. And come to center.

GOOD EVENING QIGONG – WEEK 3

Private Lesson – Accumulating Your Chi

Tristan Truscott: Welcome back to Good Evening Qigong, week 3, Accumulating the Chi. Now in this series, Peter and I are going to break all down for you and we're going to show you how you've been building from week 1 to week 2 now into week 3. You're going to have a total of 15 minutes of training this week but that's because your body and your mind are ready for this level.

So to get us started, we'll do as we always do, we'll break everything down for you. Step by step – move by move. By the end of this, you'll be able to blend all of this together so in week 4, it'll be a bit more condensed. We call it the power session. And it takes just 10 minutes. So you'll have your 10 minutes in the morning series and you'll have your 10 minutes at night.

Alright, now, let's get started. Okay, we've been starting in Wu Chi. Beautiful place to begin this practice. Come on. Join along here. Let's get this into your body.

Alright, to accumulate the Chi. We want you to think of plugging in your phone to charge it at the end of the day, right? The battery's been depleted. Sometimes it's totally spent. But when you plug it in, you can also turn the phone off. And build the battery. So we're calming, we're cleansing in this phase of the Good Evening. When we talk about accumulating it's also very calming. The phone is off. Yet it's charging so while you're sleeping. You're actually building your life force.

Peter Ragnar: What's so beautiful about this is that the energy wants to move together naturally and by that we mean the energy of the lower Dan Tien, the energy of the upper Dan Tien, in other words, heaven and earth are attracted together. Now, the only way this energy – this Chi can come together and accumulate is when you're not stopping it. In other words, you have a nonresistant state of mind and what could be a better nonresistance state of mind than the relaxed state that you're experiencing this tremendous benefit of doing the evening Qigong. So it's setting the groundwork, putting you in a position where you're going to totally recharge by accumulating the Chi. Do you think that might be good for you?

Tristan Truscott: You wake up feeling completely refreshed and recharged. Now a lot of these movements, they only became available over time. I mean some of this stuff that we're showing you was pretty sacred and secret, and we've had to kind of dig it out of teachers and develop an understand it ourselves so that we can share it with you. So there's a couple of moves in this series that are really special. They're very, very powerful and we'll break those down for you.

Okay, so remember we were in Wu Chi. Peter, share with us this, this one is so powerful – the Chi cross, I love it. Go for it.

Peter Ragnar: Yeah, what we're doing. We step aside and we reach – grab the energy, always coming up and you notice my right hand is over my left. It's like built in an invisible rod between the two of them and as you start coming down to the energy centers, now I'm in the upper Dan-Tien, that rod think of it as a rod of light that's going right through your hands into the third eye. Now that beam of light is going to come right down the major channel or meridian in the form of the body and we're slowly coming down and you can feel like it's a paint brush filled with light that's brushing a stroke of light right down the center of the chest. Right at the heart, you're feeling the heart filling with energy, filling with vitality. Coming down the solar plexus now sucking the light of the sun. All of the Chi, those photons, the smallest particles of light are being sucked right into your solar plexus coming down brushing down, brushing down pass the navel. We're combing and grooming the Chi, coming down to the lower Dan Tien. Now the lower Dan Tien is really being charged and grounded and we've connected heaven and earth at this point.

Tristan Truscott: So beautiful and then we are going to do it again. We're actually going to do this nine times. Okay. So you're going to be very, very plugged in. You're batteries is going to get charged.

Peter Ragnar: Now, you're going to come down and scoop it again. Grabbing the Chi. Oh yes, you could feel that.

Tristan Truscott: And as Peter is coming down, you'll notice his hands aren't touching. There's a little space between them. His tailbone is dropping down from the basic principles. His shoulders are relaxed. Knees slightly bent so we got the five bows. There are sometimes that your elbows will bend, we

talked about that hose. But we're working on the flow down the front of the body and then it will relax again. The bend actually can help the Chi to build up a little bit like if you were to close the hose off. Remember and then how it squirts really and you let it go and it goes "Whooo..." that's what's happening here. It's like building, building, building, building, building, building, building, whooo... and then you come do it again.

Peter Ragnar: A very important point that – it's sort of a technical point that you want to bear in mind, women are going to use the left hand over the right, men will use the right hand over the left. So that's just a very small distinction but you'll feel the difference in the energy flow as you do that. And the more sensitive you become, the more powerful this is going to be for you because what's happening is your core energy center especially right through the center of the body, is developing almost like you feel like you've developed another body within your body. And that body is an invincible body. It cannot be hurt and never gets sick. Never feels bad and the more you identify with that, you'll never any problems.

Tristan Truscott: So, let's review these energy channels and these energy centers. Peter, if you face me for a moment, I'll just sort of show them that energy is flowing down the front of the body and it's wrapping underneath and then it's coming back up and wrapping around. We call this the microcosmic orbit. It's a big circle. So it's coming down the Ren Channel and then it's swooping and coming up the Du Channel. Now, there's another energy pathway that Peter's describing to you – it goes right down through the middle of the body. The Chong Mai.

Peter Ragnar: A lot of times people get confused when they hear a yoga terminology. And they say, "What about the Kundalini? What about the Chakra? Where does that come into this picture? Well the ancients understood both in various different cultures that there is a center channel, it's a thrusting channel where the energy comes upward and fills the head and at that point and – I'm giving you something here that's really an advanced technique that you'll get into later after you master this segment of the program. But there's a point where you'll actually have the sensation of physical light – a physiological phenomena takes place and that's point where you become very, very illuminated. Now we'll keep that for later but just showing you where you're heading with all of this, this is the start of an amazing journey that – well, that's all I'm going to say right now. It's an

amazing journey.

Tristan Truscott: Yes, it is. And what we're doing for you is we're taking some pretty esoteric stuff and we're making it western friendly digestible for you. Maybe you're having to stretch your mind a little bit and the fact that you're being aware of your physical body and your energy body. We're talking about this energy centers but as you start to feel them, you realize that what we're talking about is very real. It's not pie in the sky talk. And this channel is going down the middle, you know it's bidirectional. You'll learn and you'll feel energy coming up and as we're talking about energy entering the top of the head. You'll feel it going down. You'll feel it going around. You'll feel the Dan Tiens opening up. You'll feel the energy in your palms opening up and you'll feel the flow of the energy through your whole body.

Peter Ragnar: A tremendous benefit of all of this is when there are no impediments in the flow of the energy. There's no blockages. There's no reservation. There's nothing holding that energy back. This is a state of such vibrant luminous health that most people can't even imagine.

Tristan Truscott: It is a powerful thing. You're energy also will shift how you feel. It will change your mood. It will affect your personality. It'll affect the light how it shines through your eyes. You'll have this golden glow. You'll feel this smile coming out of your chest, in your face. You truly transcending the old self and becoming this awakened self. And that's the highest level of Qigong is where you're awakening your consciousness so you're building the body, you're clearing the mind and you're awakening the spirit.

Moving on from the Chi cross, we're going to do a technique that balances the upper and the lower the heaven Chi and the Earth Chi. So from this posture, you've just come down, all you're going to do is you're going to take one hand and place it right over the lower Dan Tien. The next hand is going to swoop up and the palm – and the Lao Gong is going to sit right over that crown point at the very top of the head. The very top. That soft spot. And then the hands are going to switch. One is going to float down, the other is going to float up and they're switching places. So you're connecting the upper and the lower. The heaven and the earth.

Peter Ragnar: Now, what's beautiful about this in the understanding that the ancient's had of Qigong, the upper Dan Tien was considered heaven. The lower Dan Tien was considered earth. And they believe that the magnetism between the two was so strong that under the right conditions, they could reverse each other's position. Now there's a very esoteric reason for this. This is fire up here. This is water down there. They believe that if they took the fire or the spirit and they brought down here to the lower Dan Tien, they would create a cooking vessel that would boil the water. Now, when the water was boiled, the boiling water produces steam. The steam becomes invisible which becomes spirit that spiritualizes your physical body. In other words, you are spiritualizing the cells of your body. Now that's very interesting terminology which we get into in the advance levels beyond this particular course which we invite you to continue with us but the benefits of making your body a luminous chamber that basically wherever you go, you walk into a room, an office building, an auditorium, wherever it is, school. The energy field around you will become so pronounced that you're going to absolutely draw people to you. And good circumstances and favorable conditions because it all comes to the power of this creative force. And you've got it.

Tristan Truscott: And if you're aware of the law of attraction, then this makes complete sense to you because you're magnetizing that energetic field and you're in such a beautiful state of awareness that you're emanating a signal of good nature, of joy, of love, of connectivity and you're pulling that right back to you. And you look around in your world and it's just beautiful. People say - I'm going through this problem. I'm going through that problem and you're like, "I don't really have those problems anymore." But you have a compassion because you know what that's like to be there. And so when you stay consistent with this training and you really follow what we're showing you, embrace it and give it a chance, these things happen. They're magical. Absolutely, magical. Don't just believe us. Find out for yourself by practicing.

Now, as Peter was talking about the upper Dan Tien, we're referencing a couple of things here, we're referencing this area that we've been describing as the upper Dan Tien and this is the Bai Hui. And you're going to find yourself drawn sometimes to the top of the head and sometimes you're going to be drawn right to that energy center for mental clarity and spiritual awakening. And you can explore and you can play with both, but when you do this at the end of the day, you will feel this calming effect take place as you

balance the Yin and the Yang – the male and the female energies within us. Because that is what creates the Yin and the Yang which represents balance. And you want to go into your sleep state, in a state of balance. So when your body and your energies are in that kind of balance. What kind of a night's rest do you think you're going to have? And how do you think you're going to feel when you wake up in the morning? Balanced. Balanced and rejuvenated.

So, let's take a look at that again. We've gone through the Chi cross. We've brought our hands into position and here we are. Again, sometimes you'll feel the hand drawn to the very top and sometimes right to the front. And they both feel incredible. So you should practice them both. And then we switch and the other hand replaces in front of the Dan Tien in the bottom. Remember it's below the belly button, a couple of inches. I usually use three fingers below my belly button, it's right there and I bring my mind with my hand. So in this postures, you're feeling you're inside your body in that beautiful groundedness.

We're going to give you one more way to do this. There's a center and there's an area in the back of the body – the gate of life – the Ming Men. So what's happening here, Peter, 'cause I'm going to put the hand there.

Peter Ragnar: What happens here and this is a very, very powerful point. When you have been focused on your breathing, you're going to notice a sensation, not only in the front of your body that – as you inhale the abdomen goes out, what also goes out is back here at the Ming Men point. In other words, your body is breathing like this. Do you see that? It goes out. So when we're connecting the upper Dan Tien and the Ming Men point, you're again bringing harmony and balance to your body. And this is physically, it's done mentally, it's done spiritually and when they're all aligned and you rest for the evening, you're totally recharged.

Tristan Truscott: So you're imagining the Lao Gong point is now in the back of the hand and that point is resting right up against the lower back. It's a little bit above the sacrum. Can you turn around for a moment, Peter? All the way, thank you. So it's not down on your buttocks and it's not up here on your spine. It's like right around this soft area of tissue and you'll place your hand right there. Okay? So, again a quick review. The top of the head or the upper Dan Tien and on the Ming Men and you'll take your time on this really move slowly. And enjoy the grounding. It's very grounding, very relaxing.

Sometimes before I drift off into sleep, if I've done my Qigong, after work time and maybe it's a little bit earlier, then I've done some more activity, made dinner, maybe watch a show or something and now it's bedtime, and I'm sitting in bed, I love to meditate before falling asleep because I want my mind cleansed and clear so that I don't have weird dreams, I have awakened dreams... beautiful dreams...happy dreams...prosperous dreams. I'll sit in the bed and hold this posture. And I'll just do it a couple of times. And then go to sleep. It's perfect.

Peter Ragnar: Good thing to remember is that you are not moving your arms. The energy is moving your arms. And that requires that you have a surrendered state of mind because you're not bringing the mind into it. You're allowing the already existing power of intention to move your body for you and it becomes effortless and automatic. This is basically the definition of grace, you develop grace, gracefulness. Gracefulness is total surrender on our receptive state - of nonresistant and receptive state of mind and the body moves. It flows up its own.

Tristan Truscott: Now, do you see in the body posture, have you noticed yet? We haven't pointed this out yet but there is a Yin and Yang happening in your body? Look at this. Can you see it? Can you see the balance of the heaven and earth energy? The Yin and the Yang? What do my arms create? What does that look like? It's the Yin and the Yang. It's right there.

The very last thing to close your training, right here. This is the Good Evening Qigong. This we call embracing the moon, the light of the moon. Alright. So you're accumulating right now. You're plugged in. And that Chi is just pouring in. It's running down the arms, if it is pouring into the upper Dan Tien, we want you to explore with here and over the head. They both feel incredible. Go to what you feel drawn to. And hold this - you'll hold this posture for a little while. If the arms get tired, that's okay just let them rest down before you finish and then we'll go into Wu Chi as we always do.

Alright. So there you have accumulating. We're going to go through the Chi cross. You're going to feel there's points as you're going through the Chi cross where you're grooming the Chi. I love that word, Peter. Grooming the Chi and then collecting more and going through that and then you're going to be balancing the Yin and the Yang, and then embracing the moon. Finishing. Alright, I think we got that one covered.

GOOD EVENING QIGONG – WEEK 3

Follow Along – Cleanse, Calm & Accumulate Your Chi

Tristan Truscott: It's time to cleanse the stress of the day. Squeezing the body. Squeezing the stagnant energy out of the system and release. Everything calming down grounding yourself at the end of a long day. Becoming even more present. Bringing the arms in, pressing out. Squeeze your core, your legs, your muscles of the arms. Flex the wrists, tight, tight, tight. Squeeze and release. Notice how your whole body relaxes. All stagnant energy is now clearing away. Draw the arms up and press. Squeeze your core. Release the mind. Release the tension. Notice how your body becomes more alive...more grounded. Again, squeezing and pressing back. Flex the chest. Squeeze the muscles of the forearms. Squeeze your legs and core. And release. Relax your shoulders down. Let your arms and body just float. And now let's wipe off the stagnant energy that's been picked up throughout the day perhaps some negative people, negative places, negative experiences that tried to affect your energy system, wipe it away. Flick it off. That's right. Clear that passage in the back. The gate of life. And flick the blocked energy off the legs. Open the channels so that your flow returns.

And now, just ground into the body. Settle the breath. Breathing now deep and fast. Deep and fast. Breathe, breathe. Clearing, clearing, clearing. And relax. Notice how easy it is to breathe when your body is relaxed. Breathing deep and fast and bouncing grounding the Chi. Grounding, grounding, grounding yourself. Stimulating every part of your lymphatic system. Fresh energy. Invigorating energy yet calm. Again, breathing deep and fast. Bounce the body. Shake it out. Let it go. Let it go. Be here. Be here now. Back in your home base. Feeling yourself centered and present. Cleansed and clear. It feels so good to come back to yourself. And the breath is deep in the belly. You feel so balanced. It's been a wonderful day and no matter what has happened in this moment right now, you're grateful. Grateful for the day. Feel your breath breathing you.

And now begin to embrace the Chi, pulling the palms so they're facing each other and as if the lower belly – the lower Dan Tien, is now building this rejuvenating energy. Now let's begin to calm the Chi. Using the arms we will

float them gently in front and with a rhythm under the breath. They'll go up and they will float down. Breathing in. Calming down. Sink your body down into the ground. Bend your knees, keep your spine nice and tall. And settle the mind and settle the body back into the earth. Breathing in. Calming down. Allow the elbows to bend and float. Allow the wrists to bend and float. Now face the palms together and we're calming the energy body now. The core. The column of Chi that flows down the front of the body. Breathing in. Breathing out. Grounded and present. You have this beautiful energy flowing through you that can be very alive and also very calm. This is the Yin phase. The relaxed phase. It's evening time and we are calming the Chi.

And now pressing the palms outwards, pressing and pushing the wall. It's as if your arms have entered into the energy field. Feel as if you've pushed through into the energy field. You might even feel the energy around the forearms as you push through. This is your awareness of the energy body and the energy field coming together.

And now holding the space in the center of the body, it's time to calm the heart center. Relax the shoulders, shimmy the body, and allow your body to find its natural balance. Completely relaxed. And in the space between your arms is another giant ball of vital energy. As you close your eyes, become aware of this energy. The heart is Yin. It is soft. It is gentle. It is pure. It is calm. Tap into that state of calm, that state of compassion and know that today was another day of learning. Another day of evolving yourself and refining your energy. In this posture, you are opening that energy even more. It's a feeling of calm presence. An understanding – a knowing of who you are from the inside out.

Know who you are. We'll now begin to accumulate the Chi. Using the Chi cross, we will gather the earth Chi, draw that Chi all the way up from the floor to the upper Dan Tien as the hands float down, notice the energy field of your body and you're clearing and opening the channel down the front so that as you rest tonight, your body will accumulate energy as you rest.

Breathing in. Using the Chi cross to open the channel connecting the upper, middle and lower Dan Tien, putting the body in a phase of rejuvenation, accumulation. It's like you're tapped back in to the current of life force energy

and as you sleep tonight, your whole system will rejuvenate. And all of the Chi that has been spent today can be replenished.

Just feel the flow of your palms and if you notice any area that feels stuck, just gently guide the hands into posture and through the stuck area until the Chi flows naturally. The more you practice, the more awareness you have of this energy field. And over time, you will naturally be accumulating Chi. So present and tapped in.

And now to balance the top and bottom of the body using the Yin and Yang posture, allow the arms to float from side to side, moving them from the top of the head over the forehead now. Always grounding one hand at the lower belly and now place your hand on the back. And ground the top of that.

And from the back of the body, the other hand faces the forehead. Your arms are like conduits that attach all of the energy centers and allow the Chi to flow between them. Feel the Chi from this beautiful posture of embracing the moon begin quality, feel the Chi pouring into your head. Accumulate the Chi. Your breath takes that Chi and circulates it throughout your system. Coming to center. Completely present. Calm and in a state of rejuvenation.

MORNING POWER SESSION – WEEK 4

Good Morning Qigong - Power Session

And from the natural Wu Chi position, opening the legs, and step into a grounded stance, we are awakening the chi tapping vigorously up and down the arms and then moving into the shoulders opening all the channels for the life force and down the waist, on both sides and ringing the temple bell, opening the gate of life, opening yourself to this beautiful flow of energy inside of you and all around you.

And now to create circulation tapping through the legs all the way up and down on both sides. Feel that energy begin to flow now up to the top of the head tapping and repeat “I am now balanced in mind, body, and spirit” as you move through the points on the face. “I am now balanced in mind, body, and spirit” and tapping through the hands and bring yourself into a standing meditation, breathing deep and fast, deep and fast, awakening the chi and just feel the energy as it’s beginning to flow through your arms and your legs. And breathing deep and fast, deep and fast, clearing the sleepy mind, clearing the sleepy body energy. You can feel this life force growing inside of you. More and more present, breathing deep and fast, fully awake, and alive.

And now ground and draw the energy from the earth, the earth chi flowing up through your legs and your palms. Your whole body totally awake ready to embrace the day. Slowly as you move your hands, in and out, begin to build your chi at the lower Dan Tien and then draw the energy up to the heart center opening slowly for the middle Dan Tien. All the way up and activating the upper spiritual center, the upper Dan Tien. And to create the electromagnetic energy, you’re polishing the golden ball gradually moving your arms downwards to the heart center and all the way down to the lower Dan Tien. And now let’s build the chi by reeling the iron. Pack the chi, squeeze the energy inside of the bone marrow deep, deep within. Generate that energy and now float. Allow the arms to float on the energy.

And again, squeezing the chi inside of the arms reeling the iron, pack that chi, draw it in to the tissues and now as you release, feel the tourniquet effect as the chi flows through your arms and shoulders and torso. And one more time squeezing the arms, reeling the iron...strong, strong and now relax. Just notice

that effortless flow, that's your life force. That's your energy.

Drawing the palms now to the lower belly, as they face up, lift your hands, and drop them outwards. You're spinning the orbit, breathe out on the way down, draw the energy up the Chong Mai, the center channel, and down stimulating all of the organs in the body. Spinning the orbit. Flowing with your breath. Gently bending your knees. Beautiful circle and a cycle of this energy through your whole system and now hold the palms, the lower Dan Tien and notice the energy flowing down into your fingertips. Now lifting the chi and pouring the energy into spirit valley and gently float the arms down and encapsulate more chi and draw it up the center channel and just feel that energy pouring into the top of your head. Drawing the hands down and gathering of this wonderful life force and filling yourself up, building and cultivating your natural life force.

What a wonderful way to play with the energy. Stay in an open mind, creating an open body and again, pour the energy inside of yourself. You're like a filling station with your practice, you cultivate this energy, this life force and you build the chi within yourself. This is true energy work. Notice the joy bubbling up within just knowing that you have access to this energy whenever you want -you're your healing, for your strength and your longevity and your clarity of mind. Just flowing with the movements. Flowing with life and now begin to create a protective field around your body to prevent anyone or anything from trying to steal your vibration. You're safe inside of this wonderful cocoon of energy. And now begin to float your hands like waves in the water gently floating on the energy and you'll be able to notice a thickness as if your hands are moving through water. And there's a channel of energy building behind your body like a waterfall of energy. Slowly press your hands backwards into that energy and notice that flow, feel it rushing over your palms and now allow your arms to float on the energy, that's your energy body and now embrace the chi and slowly draw it towards our middle Dan Tien and the lower Dan Tien and begin to pack the chi right in the center of your body all the way inside where you'll store this beautiful force and you'll be able to use this energy all day long to have an incredible flow, a productive day where you're present every moment and everything that comes your way because you're here now, grounded with vital energy. It's flowing from the top of your head all the way down to your toes. You're balanced between

heaven and earth. You're awake and present. As you come to center back to Wu Chi, settle into yourself feel your body, look around and enjoy this beautiful life and share this beautiful love with everyone.

Ready to face the day. Look at that. It's so beautiful and the sun has come up.

Worksheet Notes:

EVENING POWER SESSION - WEEK 4

Good Evening Qigong - Power Session

From Wu Chi position of presence, let's clear and cleanse the body of tension squeezing through the forearms, and the chest, the legs, and release. Stagnant energy that's been building up is now going to be cleared from your body as you squeeze the arms out to the sides and your legs and your core. Hold the breath, squeeze, and release. We're opening the channels of the body by using these dynamic tension relaxation movements above the head, squeeze strong, flex the wrists, squeeze the legs, and relax. You're opening the channels so all the stagnant energy can clear.

And now to the back. Flex your chest. Squeeze through the shoulders, arms, and legs. Hold it tight, flex the wrists and completely relax. Now, we're wiping off stagnant, blocked energy. Chi gets blocked and we clear the pathways wiping away, flick it off your body. If you've been around negative environments or negative people, you just flick that negative energy away, cleansing your system so that you can reconnect to the deeper level of chi that is already here.

And now more cleansing, breathing deep, and fast. Deep and fast, deep and fast, and bounce and clear. Now settle in, notice how your body grounds itself into the earth. Breathing deep and fast, deep and fast, clearing the blockages, releasing the stress. You can sense the natural you is coming back to the surface, feels good to come home.

One more time, breathing deep and fast. Let's clear, let's go. Let it go. Like an energy detox. Let it go. Notice the flow now. You're back in your flow state. It's running from the top of the head all the way down to the feet. Feel the breath. And let's move into your standing meditation at the lower Dan Tien. Hold your space and now begin to calm the system like tai chi arms flowing up and down inwardly, say calm down. From the mind tell the body through this flowing energy to calm down. Whatever may have been troubling you today, any cares and worries of the day are now gone and you're calming down. It feels so good to move back into flow. Calming down and clear inwardly and mentally as the palms face each other let your energy system guide you into a

deep state of peace. Your body is listening now. It can hear you and you're feeding the subconscious layer the information it needs to put you into the perfect state to renew your life force. Feel the energy filled around you as you push through to the wall. Remember, you're more than your physical body. You can feel the shield of energy that's been around you. Run your forearms through that energy field. Notice the chi field. It's nice to know that it's there. It's been protecting you today

And now moving in to the heart center, returning to the heart. Your body will shake off any residual tension and you can settle back in to the compassion and the gratitude for life. This is a good life and the lessons of the day are being absorbed and clarity is coming forth. And you can now see more what is needed to be understood. And now gather the chi, creating the chi cross. Balance your body and begin to accumulate energy. Every day, we can renew the life force and build our battery, our chi, more than the day before using these ancient movements, this ancient practice that you now know. Collecting the earth chi bringing it to the upper Dan Tien and moving the chi cross down, down the front channel so wonderful to know how to heal yourself and how to rebuild yourself, how to increase the longevity of your life with a vibrant health, abundant energy. This is a calm state, a relaxed evening, the perfect way to wind down from a full, busy day. Feel yourself. Feel your energy body. It's very real. It's very much a part of you.

You're bringing yourself now into perfect balance for a deep restful sleep. By balancing the lower Dan Tien and the top of the head, the Bai Hui, the yin and yang arm positions help to create connection between these centers in front of the forehead and the belly like conduits that connect yourself and now to the back of the body and the top of the head. Balancing the gate of life and the Bai Hui, these postures bring you in to perfect alignment for a deep restful sleep and the ability to accumulate energy. It's like plugging yourself in before you rest so that while you sleep you actually accumulate more Chi. It's easy for the body to sleep in this state but you will hit the deepest rejuvenation state from these postures. Filling the upper Dan Tien by embracing the moon and bringing your mind into a state of perfect clarity so that when you dream, you dream of the potential and the purpose that fulfills your life, this is a path for great awakening. This is an ancient practice that has been passed down throughout time and it has reached you coming to center and ready to completely rejuvenate as you rest.

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