

COMPASSIONATE BUDDHA QIGONG

By Michael Rinaldini

Compassionate Buddha Qigong is a form of Qigong that came to me intuitively one summer evening back in September of 1999. I had decided to go for a walk in my neighborhood and I remember being filled with energy and walking for the sake of just walking. After walking for about a half-hour, I was ready for some stationary activity. I stood with arms relaxed at my sides, feet firmly planted on the ground and with no expectations of what would come next. I felt a great aliveness and a desire to expand more and more into this openness of energy and life. Instinctively, I began to move and my movements consisted of circular motions using my arms and hands, and bending the legs to move my body up and down. It then occurred to me that this was more than just energy, I could give it all sorts of names, but it all boils down to the realization that at a fundamental level of reality, there is a profound love and compassion permeating all of existence. The following is what happened, and if you want to follow along, here is what I suggest you do...

Start with your hands at your lower abdominal area, palms turned upwards and fingertips pointing toward each other.

Slowly raise them in front of the body as if lifting an object. At approximately head level, turn the palms outwards, so that the backs of your hands are facing you. Continue moving your hands upwards and outwards in a large circular direction. Your hands and arms move out to the sides and then return to the starting position.

Next, we'll look at the up and down movements. To begin with, stand with your feet shoulder width apart, or slightly more. At the start of the movements, bend at the knees only a couple of inches. Sometimes you may squat all the way to the floor, but only do so if you can keep your back fairly straight, and your feet flat on the floor. The movements of the arms, hands, and legs are coordinated so that you are moving downwards when the hands are descending, and you are moving upwards when the hands are being lifted up and expanding outwards.

The other basic element of this practice is that the speed of moving the arms and hands changes throughout the session. You start at a slow-moderate pace and as you progress, the movements become slower and eventually all movement stops. COMPLETELY. Actually, it is this feature of the form that is its uniqueness. Every time you practice Compassionate Buddha Qigong, it will be different. After you gain some experience with the technique, go ahead and make up your own rhythms of up-down, slow-fast, stationary, standing.

Healing Meditation

Start practicing the form in the usual manner. Visualize that you have a cosmic body and are suspended in deep space. Feel energy flowing into your crown chakra and

throughout the rest of your body. The light energy exits through the soles of your feet. Remain with this image throughout the exercise.

As you progress in the movements, keep on imagining your cosmic body expanding. Become completely absorbed in your cosmic body. After awhile, think of hindrances in your life that are holding you back, e.g., an illness, an emotional blockage, a past injury. Returning to your cosmic body, visualize these hindrances released through the soles of your feet. Let go completely.

Your movements are becoming slower and slower. Gradually the movements come to a full stop. Stay in this stationary position for as long as you are able. You'll know when it's time to begin moving again. Make the transition back to moving very slow. There is no hurry.

When you are moving at your original pace, it's time to begin to close the exercise. First, visualize that your cosmic body is shrinking to the size of your physical body, and become aware of the room you are in and your immediate surroundings. Next, affirm to yourself that you are full of Universal Qi and Universal Compassion. All your previous hindrances have been released. Believe that you are healed: physically, emotionally and spiritually.

Close by placing your hands on your navel-dantian. Nourish the healing resources deep in your body. Rest for a few moments in inner peace, happiness and love. Lower your hands to your sides.

Smile. Enjoy life.

Michael can be contacted at:
healing @ap.net

