

9 Phases Qigong

The Healing Promise of Qi by Roger Janhke

9 Phases Qigong

Warm-Ups (optional)

Opening of Form

Discovering Qi

Gathering Qi

Circulating Qi

Purifying Qi

Directing Qi

Conserving Qi

Storing Qi

Transforming Qi

Dissolving in Qi

Closing of Form



The 9 Phases Mind Focus Affirmations

1. Discovering Qi, I connect deeply with nature and become aware of a powerful new way of perceiving and being.
2. Gathering Qi, I access and purposefully draw upon the forces of nature for healing and empowerment.
3. Circulating Qi, I deliver potent restorative resources to strengthen and fuel my organs, glands, and tissues.
4. Purifying Qi, I restore inner harmony by cleansing and dispelling spent, toxic, and unneeded Qi, and by opening to the inflow of fresh, natural life force and power.
5. Directing Qi, I transmit empowering resources to specific areas to accelerate healing and to restore balance and harmony.
6. Conserving Qi, I protect my inner essence and accumulate the subtle ingredients for refining the inner elixir.
7. Storing Qi, I create, maximize, and sustain an inner reserve of potential to optimize my health, life and being.
8. Transforming Qi, I am changed deeply, expressing my eternal nature and unlimited potential.
9. Dissolving in Qi, I merge with the boundless universal field of being.