

5 Element Qigong

(= Roots & Branches)

Better Regulation of Energy / Emotions

Mike Jan 2025

Natural in Summer

(+) = Joy / Excitement

(-) = [Being] Joyless / 'Flat' / Depressed

'Make Sparks' (= Press)

'Lion Dance' (= Elbow Strike)

Natural in Spring

(+) = Purpose / Determination

(-) = Anger / Frustration

'Don't Lose Your Head' (= Push)

[move aka 'Growing Bamboo']

'Back Off & Try Again' (= Brush Knee)

[walk aka 'Stalking Fox']

'Vision walk' (= Lift Kicks)

Natural at Harvest time

(+) = Love / Nurture

(-) = Disgust / Judgement
or Shame / Self-disgust

'Hold A Baby' (= Lifting Hands)

'Offer A Gift' (= Slantingly Flying)

[walk aka 'Sowing Seeds']

Natural in Winter

(+) = Gathering Energy / Strength

(-) = Anxiety / Fear

'Relax Under A Warm Shower' (= Ward Off Left)

'Fill With Power Of Fountain' (= Ward Off Right)

'Dragon Walk' (= Punch)

Natural in Autumn

(+) = Inspiration / Release ['Letting go']

(-) = Grieving / Unemotional (Numb)

'Process Your Stuff' (= White Crane)

'Cut Away Past Baggage' (= Astride Tiger)

[walk aka 'Jade Walk']

