

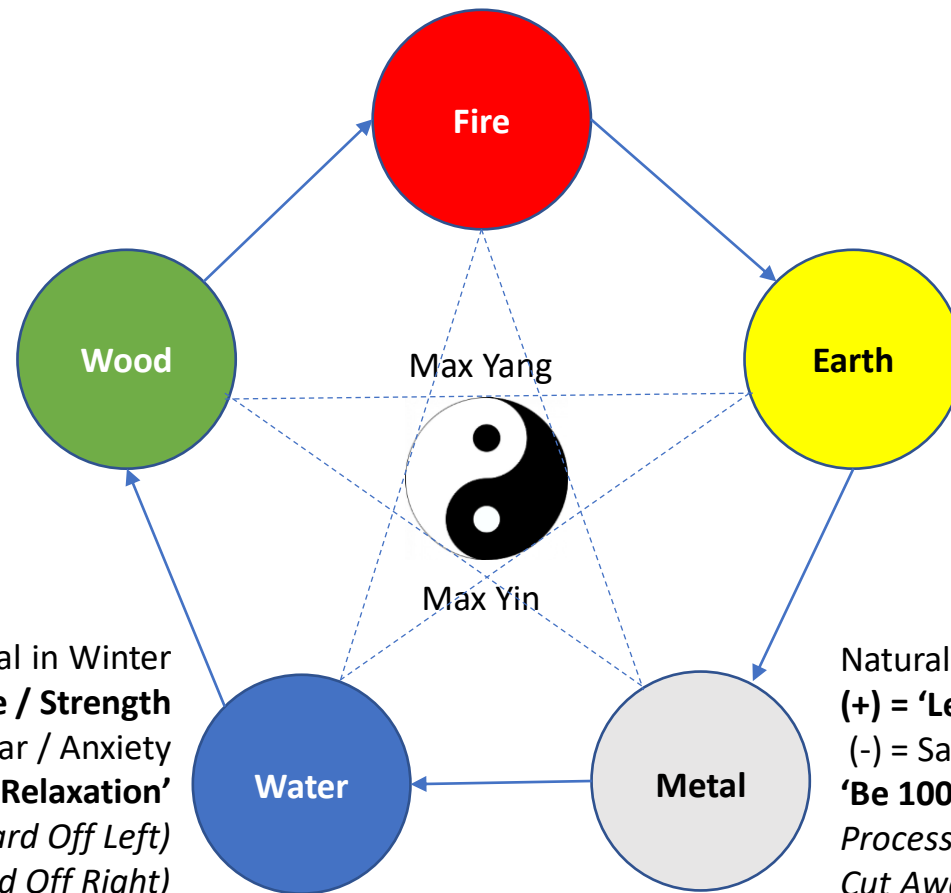
5 Element Qigong for

Better Regulation of Energy / Emotions

Mike July 2023

Natural in Summer
(+) = Joy / Excitement
(-) = [Being] Careless / Reckless / Mindless
'Move from Tan Tien'
Make Sparks (= Press)
'Lion Dance' (= Elbow Strike)

Natural at Harvest time
(+) = Love / Nurture
(-) = Disgust / Judgement
or Shame / Self-disgust
'Beauteous Hands' = Gentle
Hold A Baby (= Lifting Hands)
Offer A Gift (= Slantingly Flying)
[aka 'Sowing Seeds']



Natural in Spring
(+) = Assertion / Determination
(-) = Anger / Frustration
'Uprightness'
Don't Lose Your Head (= Push)
Back Off / Try Again (= Brush Knee)
[aka 'Stalking Fox']

Natural in Autumn
(+) = 'Letting Go' / Being Inspired
(-) = Sadness / Being 'Deflated'
'Be 100% or 0%' / 'Separate Yin & Yang'
Process Your 'Stuff' (= White Crane)
Cut Away Past 'Baggage' (= Astride Tiger)
[aka 'Jade Walk']

Natural in Winter
(+) = Courage / Strength
(-) = Fear / Anxiety
'Relaxation'
Relax Under A Warm Shower (= Ward Off Left)
Fill With Power Of Fountain (= Ward Off Right)
[aka 'Water Wheel' when combined]