



The Rising Lotus QiGong

Newsletter

www.TheRisingLotus.com

March/April 2009

Qigong Calendar

May 16

Qigong-Daoist Retreat

with DaoShi Michael Rinaldini
Sebastopol, CA [more info....](#)

June 26-28

NQA Conference

Pacific Grove, CA [more info](#)

September 11-13

Qigong – Daoist Retreat

with DaoShi Michael Rinaldini
Sebastopol, CA [more info....](#)

Wood Element: Spring, A Time for Renewal

Yin Organ	Liver
Yang Organ	Gall Bladder
Virtues	Benevolence/Generosity
Emotions	Anger/Irritation
Nurtures	Heart
Controls	Spleen
Element	Wood
Color	Blue/Green
Orifice	Eyes
Sound	Shu (shouting)
Flavor	Sour

energy and are best limited during spring. Our body is best supported by consuming foods that nourish our liver. Some good examples of these are young plants, fresh greens, sprouts. Cook foods quickly and at a higher temperature, like sautéing or light steaming. This is the best time of year for cleansing the body or fasting or adopting raw food diets.

The Spring season corresponds to the **Wood element** and the Liver/Gall Bladder organs and channels. Spring is the time to rise early with the Sun. During this time our spirit begins to rise with Yang energy and spread out. It is the time for growth and expansion. It's a great time for brisk walks and "yang" type activities which emulate the rising and active energy of Spring. In Spring we naturally eat less and even fast, to cleanse the body of the fats and heavy foods of winter. Salty foods such as soy sauce, miso and sodium rich meats all have a strong component of sinking

Symptoms of Liver Imbalance:

- Nervous system disorders
- Menstrual irregularities
- Many skin toxicity conditions (eczema, acne, boils, acidosis, some allergies)
- Tendon problems (easily torn or tight)
- Eye problems (Glaucoma, Macular degeneration, chronic red eyes, cataracts)
- Lumps, goiters, cysts
- excessive anger, resentment, depression, moodiness
- Liver stores the Blood, so many blood related disorders also



Greetings!

It's been a while since we've connected and it's time for our next newsletter. Spring is here and we should already be feeling that spark of energy getting us ready to bloom and renew our foliage. So as you admire the little sprouts of new flowers & leaves on the trees remember to focus on eating fresh greens and take advantage of this time to start that detox program.

Life on the East Coast is treating me well so far. We actually had snow recently! Walking outside in the quiet blanket of serenity was refreshing. I've also started taking classes in Bagua, XingYi and Shaolin KungFu. The classes are challenging yet so rewarding.

Overall, this time of deep spiritual work and internal reflection has been revealing deep parts of my soul that needed attention. I'm asking the Dao for more help in several areas and trust that Kuan Yin has me in her loving hands.

I do miss all of you: clients, students, friends and look forward to the day that our paths cross again.

Many Blessings, Christina

The Wood element is perfect for relating to Osteoporosis, after all we want bones like Snakewood (the hardest wood) not like little saplings. Green leafy foods like collard greens, bok choy, turnip greens and spinach are high in calcium, perfect for producing bone cells. Foods to avoid are excessive salt, sugar, caffeine, and alcohol.

Qigong for Osteoporosis



The basic concept of how to improve the resilience and strength of your bones is "pounding". Each time you step, vibration is sent through your bones sending the signal for creating bone mass. So naturally, the more you walk or create vibration the stronger/more dense your bones will become. Qigong is a safe way to create bone density as it counts on the minute flex/relax of the muscles closest to the bones. These muscles create a piezoelectric charge which mimics the pounding signal.

"Dropping Post Qigong" aka "Tapping"

1. stand in wuji posture feet slightly closer than shoulder width apart, always keep a bend in the knees and the waist relaxed, tuck the tail bone under just a little. Your body should be loose, just enough structure to keep you from falling down.
2. Rise up on to your toes and begin to tap the heels **lightly** on the ground. It would look like you're bouncing up and down. Remember that the bounce is just slight, please avoid the "Pogo-stick" effect! The toes always remain on the floor and weight is distributed equally between the two legs. Waist is always relaxed.
3. After 15 taps, rise up as far as you can on your toes, push your palms towards the wall behind you for stability. Then sink down bending the knees (like a squat), hands come up in front for stability Repeat for 3 sets of 15 taps each. Smile!