

WILD GOOSE Qi GONG



Wild Goose Movements 53 to 64

53. FLYING TO THE SIDE

Hands are holding ball at lower dantian. Step forward with left foot and you are stabilised by relaxing and 'sitting down' on the right leg. At same time as stepping forward raise your left hand(/ palm facing body) up to the third eye(forehead) and twist your body to the left- eyes in line with palm. The right palm stays holding the ball at the belly whilst you do this movement. Return back to face forward and lower the palm in front of your right hand to your belly.

Now step forward with your right foot and repeat the same movement with the right hand. The right palm passes up the inside of the left palm as you step forward. Twist your upper body to the right looking at your right palm then return your body and gaze to the front. Drop the right hand down your midline passing in front of the left.

Then step forward with left foot and start next move with left hand.

Continue for a total of seven steps ending up with left foot forward and the left palm facing your brow.

54. TURNING THE BODY

Lift your right hand up to meet the left and stretch both arms out 45 degrees to your left and flutter the wings. Pivot around 180 degrees to face the opposite direction-

55. FLYING UP

the arms stretch all the way up as you turn around. Then lower arms to shoulder height and spread out to each side as you face the opposite direction. Your right foot should be facing forward. (Repeat the stepping movements in this section for total of seven steps).

56. FLYING OVER THE WATER

With the wings stretched out at shoulder height to each side- now twist to your right to face 45 degrees behind you. Step forward with the left foot simultaneously. The hands point in front of you as you twist to the right. Raise the arms slightly to point into the sky 45 degrees behind you. In a swooping style- bend down in an arcing movement whilst you flutter the wings down over your left foot and then all the way upwards 45 degrees up to your front left. You are now pointing your arms into the sky 45 degrees to your left.

Step forward with the right foot , relaxing down on the left leg. At the same time bring the fluttering wings (at the same angle) 45 degrees behind you to your left. Now the flutter the wings down and across your right foot and up to point 45 degrees into the sky on your front right. Repeat the movements from side to side ending up with the left foot facing forward on the seventh step.

57/58. TURN THE BODY/ FLY UP

Repeat the pivoting turn to face the opposite direction. The arms flutter up and back down as in the previous turn but this time we bring them all the way back to hold the ball at the lower dantian(belly).

Continued.

59. **LOOKING FOR THE FOOD**

Step forward onto the right foot and raise the body up/standing tall with the wings stretched out at shoulder height to your sides.

Step the left foot out in front of you, pointing about 25 degrees to the left. As you sit back on the right leg, bring the wings down and scoop qi from the ground and draw it up the left leg, left palm directly over the right palm. Draw it up just past the knee. You are drawing up your upper body at the same time. Now flush the palms down the leg and sweep the hands out to the sides clearing away stale qi, bending and stretching the upper torso back down.

Stand up all the way on to the left leg with your wings at shoulder height and your palms facing the ground. The right leg is empty and in a relaxed pose at the rear.

Now step the right foot out 25 degrees to your right and repeat the move on the opposite side. Continue for a total of seven steps ending up with left foot pointing out to the left and the hands spread out to the sides at waist height.

60. **TURNING THE BODY**

Pivoting around we simply draw the hands in to hold the ball at the lower dantian. The right foot is pointing forward.

61. **LOOKING FOR THE NEST**

Stepping forward with the left leg we lift up the ball with our palms turned up and push it down to our left at about lower hip height. On the next step with the right foot we lift and lower the ball to the front. Next step with left foot, we lift and lower the ball to the right about 45 degrees. On the next right step we lift and lower the ball 180 degrees to our right. Next left step we lift, lower the ball to the centre. Next right step lift, lower the ball to our left. on the seventh step, with the left foot, we bring the ball back to the centre.

62. **TURNING THE BODY TO THE LEFT AND FLUTTERING THE WINGS**

Now we pivot with the left heel, pointing the left toes 90 degrees around to our left and step around with the right foot to stand with parallel feet facing our left. The hands stretch out to the sides and we flutter our hands(wings).

We raise our fluttering wings/hands to heaven and draw qi down the body and into the belly.

63. **SLEEPING PEACEFULLY AND RECOVERING THE QI**

We squat down on to the balls of the feet or sit in a flat footed squat and hold the belly with the fingers spread around the abdomen. We look down to the ground and breathe in a deep, relaxed fashion into the belly for 8-12 breaths.

64. **CLOSING MOVEMENT**

Now stand up slowly(you can feel lightheaded at first when doing this manoeuvre) and draw heavenly qi down the body and through the feet into the ground 3 times. Lastly bring the feet together and draw the qi down the midline by putting one hand over the other(left over right for females and right over left for males). The hands end up pressed against the lower dantian with the thumbs sitting one on top of another. Relax, breathe and be empty!

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