

The Five Regulations in QigongDharma

Course Overview: This transformative six-week course delves into the Five Regulations in QigongDharma, encompassing body, breath, mind, qi, and spirit. Each week, we embark on a journey of self-discovery, exploring each regulation through theory and practice. The holistic integration of these elements enhances well-being and deepens our spiritual connection.

The Five Regulations are a branch of Qigong Energy Anatomy.

Week 1: Regulating the Body

Regulating the body is about more than just posture and the physical aspects of standing, sitting and moving. It encompasses our energetic and perceptual states involving alertness, attention, and the nuanced abilities of interoception (sensing internal bodily states), exteroception (sensing external stimuli), and proprioception (sensing body position and movement). QigongDharma embodies natural poised alertness, with neither stress nor excessive effort.

Relaxation is not collapsing. It involves finding a deeper attunement and proper alignment with gravity through the felt-sense perception of structural and energetic activities of the body, such as expansion and contraction, extension and absorption, and lifting and settling.

The spine is upright and open. It is not straight; it has natural curves essential to flexibility and movement.

The elements of alignment in standing, sitting, and moving have some similarities and unique differences. Reference the elements of alignment for the best quality of specific posture features.

Good posture, when practiced with the principles of Qigong, uses gravity to allow the optimal engagement of skeletal and mobilizing muscle features, achieving a sense of balance and poise. This is just one aspect of the holistic nature of QigongDharma, which integrates body, breath, mind, qi, and spirit.

In **Week #1**, practices include:

- Moving in harmony with gravity
- Finding centered alignment.
- Embodying dynamic relaxation to promote health and vitality.

Week 2: Regulating Breath

Breathing is an art and a science that spans automatic functions and has the potential of conscious cultivation (as in practicing with deeper, finer, smoother, and other characteristics) of the breath. This week, we explore Natural Abdominal Breathing (NAB), Interval Breath Training (IBT), and Reverse Abdominal Breathing (RAB). You'll learn about the anatomical and physiological aspects of breathing and practice safe, effective techniques to cultivate your breath. These practices provide a solid foundation for enhancing overall health and deepening your connection to your body, breath, mind, spirit, and the Dao.

Week 3: Regulating Mind

Regulation of the mind is more than 'mental control.' It integrates the ongoing benefits of body and breath cultivation to foster a focused and tranquil mind. This involves recognizing and releasing unhelpful habits and unconscious conditioning. Practices will not only focus on concentration but also on nurturing a healthy mind-brain-nervous system connection. You will gain clarity of awareness, balanced self-perception, and enhanced critical thinking skills through a blend of ancient and modern techniques. True meditation involves letting go of top-down mental interventions and instead fostering a natural, balanced approach.

Practice points include: Stabilizing the mind, engaging with techniques for clarity and balanced self-view, and exploring genuine meditation practices.

Week 4: Regulating Qi

What is Qi? It is more than a definition of what Qi is. Qi is not a product of awareness but changes, develops, and refines with awareness and skillful conscious interaction. Qi may be omnipresent, but it can also be developed and cultivated. The Chinese saying "**Yi Dao Qi Dao**" means, 'where the heart-mind attention goes,

there also goes the qi.' Qi is not just a mentally or intentionally directed substance. Qi has an innate intelligence. This intelligence is called "Li" in some systems of Chinese philosophical understanding. Like the previous 'regulations', regulating Qi is not just a top-down endeavor but a way of connecting and merging with awareness and direct experience of the Dao.

In **Week #4**, regulating Qi becomes an opportunity to feel, sense, and more deeply appreciate Qi and Li as a way of coming into greater harmony with the Dao. Cultivation of qi requires training with subtler, deeper sensing, which results in a greater abundance of qi. These are among the practices we will visit in week #4. Awareness is not always mental and includes direct experiential knowing of qi. Gradually, this dimension of presence becomes second nature. The membrane between conscious, thinking mind, and direct experiential knowing/being becomes more transparent.

Week 5: Regulating Spirit

Spirit is the energetic matrix at the core of all life. Spirit is beyond physical matter yet is intimately linked to it. It is expressed through consciousness, vitality, wisdom, compassion, and insight. Spirit is not consciousness, but it is present in and through consciousness. It is not vitality and alertness but expresses itself in and through vitality and alertness. Spirit is not wisdom, compassion, and insight, yet it is present in the clarity of wisdom, the action of compassion, and the radiance of the Dao – all that is.

Like all the other interrelated 'regulations,' this is not a top-down process but an integral unfolding of the seen and the unseen, the known and the great mystery.

Regulating Spirit (Shen) is the culmination of the regulations process, and it is also at the very beginning of our awakening and realization—an actualization of not just understanding but also of presence.

Presence is a beautiful synonym for Spirit. **Week #5** integrates doing and non-doing, technique, and surrender. It is a way of letting go and deepening appreciation through direct experience. Spirit manifests in vitality and consciousness, contributing to a holistic unfolding of being.

Week 6: Integration and Synthesis

The final week synthesizes the teachings, emphasizing body, breath, mind, qi, and spirit interconnectedness.

In Taiji, we say, “One part moves, all parts move…” In the pathway of the regulations, as one part enters the process of natural harmony (regulation), all parts join in the resonance of becoming, creating a symphony of harmonious interaction. This reveals the essential unity and the ever-present, intrinsic presence of the Dao.

In the teachings of **Liu He Ba Fa** (6 Combinations and 8 Methods) philosophy, the saying goes, “A relaxed body contributes to a relaxed mind; a relaxed mind contributes to a relaxed body.”

This week emphasizes the interconnectedness of body, breath, mind, qi, and spirit, revealing their unity and guiding us towards the Dao—always present and ever-kind. The journey of realization unfolds uniquely for each practitioner, inviting trust in the way.

This enriched curriculum invites participants to engage deeply with each aspect of their being, fostering a holistic integration of QigongDharma principles into daily life and spiritual practice.

