



### **Mitch's Yoga & Tai Chi**

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### **Body, Mind & Soul**

*More than just Yoga. Qigong is Yoga for the Soul!*

NV Business Services, LLC

# Mitch's Yoga, Tai Chi & Meditation

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# Mitch's Yoga, Tai Chi & Meditation

## THE SECRET TO HEALING

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BY **MITCH MENIK - MASTER INSTRUCTOR**

In my experience, I have come to realize that the “secret to healing” is to relax. The art of relaxation is what I explain and demonstrate to my students:

The body naturally repairs and restores itself - if you give it a chance. Energy goes where the mind is. The body is right there with the mind - on a high state of alert in readiness to follow the mind's will and not rest until the mind is still. When the mind is still, the body is still and relaxes, thereby releasing tension. When there is no tension, the oxygen carried by the blood circulating throughout the body can effectively penetrate the cells. Pressure serves as a guardian to the cell and closes its “door.” Any blockage impairs the body's self-healing or natural restoration process. Oxygen carries “Life Particles” that do the work of washing each cell and then depositing fresh energy within the cell.

Here is how I further explain my understanding of the following process to my students:

We still the mind by directing its focus to the task at hand. Exercise causes the 366 energy centers to open. Open pathways allow “Chi Energy” to pass through the body's 12 Meridian Channels. If there is a blockage, disease and illness can take a foothold. Regular exercise keeps things flowing, and brief relaxation periods after the exercise give the body a chance to repair and restore itself - back to its state of perfect health - and you are perfect - in every way!

Moving meditation exercises help the body to heal, repair, and restore itself. I lead a relaxation period at the end of every moving meditation class, using various visualizations as relaxation techniques. Currently, I am using guided imagery with the “Life Particles” (mentioned above) as the object of focus through the “Mind's Eye.”

Some of my students relate to angels, so I often employ the following analogy when leading a guided meditation/relaxation:

Close your eyes and use your mind's eye to imagine “Life Particles” of healing energy that are all around you. Life particles are the same energy throughout the Universe, allowing the Sun to shine and the Earth rotate around the Sun. When you inhale, soften the top of your head to open your “Crown Chakra.” Then, draw the “Life Particles” of healing energy through your face, neck, chest, solar plexus, and let it accumulate into the 2<sup>nd</sup> Chakra. You can find your 2<sup>nd</sup> Chakra two inches below the belly button and two inches deep. When you exhale, feel your body completely relaxing, as if it is melting, dissolving into the Earth. Then, think of the Earth's Energy rising through your body. Earth's energy is the same energy that grows plants, trees, and all living things.

“Life Particles” are Energy. Energy has no time or physical restraints - it just is! When you draw the “Life Particles” into your body, you have angels waiting to gather them. The angels carry tiny brooms, dustpans, and mops. They also carry a knapsack on their back to store the “Life Particles” they gather into their knapsack and proceed to flow throughout your body, washing and rinsing every cell, depositing a “Life Particle” deep within the cell. A “Life Particle” is like a tiny bit of light powder. The “Life Particle” begins to shine brightly from deep within the cell, radiating throughout your body. You have billions of cells throughout your body,

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and they are collectively shining together. Your collective Life Particles are what creates the Aura of Energy around your body. Your energy body is more extensive than your physical body. You are like a bright shining star, shining brightly throughout the Universe. You can visualize with your Mind's Eye that your body is shining brightly, radiating, and filled with light. Light chases away the Darkness, which cannot stand in the presence of light. Darkness is illness and disease. Your bright light eradicates the Darkness, allowing your body restoration to its state of perfect health - and you are perfect - in every way!

It is interesting to note the ease my students have connecting with the "Life Particle" experience. The testimonials from my students are abundant and impressive. They testify:

"I was finally able to begin getting a good night's sleep after the class last week!"

"The pain in my shoulder is still there but is much less and almost gone!"

"My headache went away!"

"I had an upset stomach earlier and almost did not come to class. But now it is gone, and I am so happy I came!"

"... the peace that the class brings me is fantastic!"

"... the long-time pain in my shoulder is gone. Thank you for guiding me through such a deep rejuvenating meditation."

### QI GONG 8-FORM

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#### Breathing and other Basic Guidelines:

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Always inhale at the beginning of the form, and exhale when completing the movement. Inhale is tension, and Exhale is relaxation.

#### Diaphragmatic Breathing

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When inhaling, expand, or push out your abdomen. When exhaling, tuck in your waist (as far as you can).

Please click [here](#) to view the introduction to the class instruction manual.

#### First Form: The Beginning

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Starting with your feet together and your palms face up in front of your abdomen. Inhale (*extend your belly at the same pace as you are breathing*) while extending your arms straight out to the side of your body and then exhale to stretch. Inhale as you lift your arms over your head, looking up toward your palms. Then, exhaling as you bring your palms down in front of your chest.

Then inhale as you lift your elbows to shoulder height. Then, while exhaling, press downward as you slightly bend your knees. *Visualize pulling Heaven's (or Cosmic) Energy down through each Chakra or Energy Center.*

Click [here](#) to view the video of the 1st form.

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## Second Form: Harmonize with Humanity

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*Having an attitude of love for Heaven, Earth, and Humanity* - Your palms are face down in front of your First Chakra. Begin stepping 45 degrees to the right as you inhale (*extending your abdomen at the same pace as your breathing*) and then exhale as you settle into your posture. Next, inhale while making a large circle rotating your hip and palm (*as if polishing a table, so the palm sweeps level to the Earth*) and exhaling as you complete the process. Your upper body (torso) will follow your hip's rotation (do not lean forward). Your palm returns face down in front of your First Chakra. As you inhale, step back, and exhaling as you put the right foot down next to the left foot (starting position). Then step off to the left side and follow the same pattern as the right side. Repeat two more times.

Click [here](#) to view the video of the 2<sup>nd</sup> form.

## Third Form: Blending with Creation

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Starting your arms from the side of your body, inhale (*extending your abdomen at the same pace as your breathing*), shifting your weight onto your right standing leg, slightly bending the knee, bring your left toes behind your right foot (so you can support standing on one leg). At the same time, your arms flow to the right side with your right arm extended (palm and fingers facing up) and exhale into position (your left palm positions face up in front of your midsection).

Then, sweep both arms, back and forth.

Do the same for the other side.

Repeat two more times.

Click [here](#) to view the video of the 3rd form.

## Fourth Form: Balance the Plate (Single-Hand)

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Inhale (*expanding your abdomen*) as you begin to take a small step 45 degrees to the right, and exhale as you settle in. Both palms will be face up in front of your lower abdomen. Imagine holding plates or cups of water on your palms. Keeping your palms facing up will help you to rotate your joints correctly throughout the movement of this form.

(*Leave your left palm in front of your belly*) Beginning with your right palm, as you inhale (*expanding your abdomen*), bring your right arm and palm stretching behind your back and exhale as you rotate your wrist (*rotating the thumb side forward and around*) so your arm is twisted, reaching back, and your palm is face up once again. Then, as you inhale (*expanding your abdomen*), pull your palm (*keeping the palm face up and lightly brushing your ribs*) under your arm and then, as you exhale, present the upward-facing palm out in front of you (*Remember to leave your left palm in front of your 3<sup>rd</sup> and 4<sup>th</sup> Chakra*). Then, as you inhale (*expanding your abdomen*), make an inside circle (*keep your palm face up*) under your arm and exhale as you extend your palm to the right side of your body. Keeping the arm twisted, the palm face-up, begin your inhale (*expanding your abdomen*) as you bring your arm forward and over your head (*keep your palm face up*). Exhale as you return the palm face-up (*completing a circle*) to rest it in front of your belly.

Repeat the same motion on the other side.

*Do two more sets.*

Click [here](#) to view the video of the 4th form.

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## Fifth Form: Balance the Plate (Both Hands)

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Stand with both palms in front of your belly, face-up (*holding plates*). Inhale (*expanding your abdomen*) and opening your chest, stretch your arms to the side, shoulder height. Then exhale (*contracting your belly*), twisting your arms and wrists (*rotating the thumb side forward and around*), and push your arms behind you. Slightly bend forward 45 degrees, with your head up to keep your back straight, with your palms face-up.

Then, as you inhale (*expanding your abdomen*), pull your arms under your arms (*lightly brushing your ribs, keep your palm face up*) and exhale as you extend both palms out in front of you.

As you inhale (*expanding your abdomen*), lift your elbows. Make a circle under your arms, and then exhale (*contracting your belly*) as you stretch your arms out to the sides of your body, *palms are face up*.

Inhale (*expanding your abdomen and keeping the twist in your arms and your palms face up*) and circle your palms and arms crisscross over your head. Return your arms, exhaling, so the palms are both face up in front of your stomach.

*Repeat to do two more sets.*

Click [here](#) to view the video of the 5th form.

## Sixth Form: Intestine Exercise

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Inhaling (*expanding your abdomen*), step your right foot to the left, placing both feet together, and exhale (*contracting your belly*) as you place your hands in a triangle that begins with your thumbs on your belly button. Then, inhaling (*expanding your abdomen*), *open your palms with your breath*. Return your palms to, once again, cover your belly as you exhale.

*Repeat with two more breaths.*

Click [here](#) to view the video of the 6th form.

## Seventh Form: Dragon Looks Up to the Sky

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Inhale (*expanding your abdomen*) raising your palms to just outside the temples of your head, and pinch your first three fingers together, flay the other two. Then, exhale (*contracting your abdomen*), draw your fingers down the front of your body, just behind your back. Inhale (*expanding your stomach*) as you pull your fingers under your armpits. Exhale. Look up to the sky and arch your back, opening your chest as you squeeze your shoulder blades together. Then exhale (*contracting your stomach*) as you relax your palms down the sides of your ribs.

Keep a slight bend in your knees.

*Repeat to do two more sets.*

Click [here](#) to view the video of the 7th form.

## Eighth Form: Finishing

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Keeping your knees bent, inhale (*expanding your belly*) as you lift your arms to shoulder height. Then exhale (*contracting your stomach*) as you return your palms in front of your abdomen while keeping your knees bent.

Click [here](#) to view the video of the 8th form.

## Concluding the Qi Gong Forms

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Bow with the back of your legs straight, keeping your spine straight as you inhale and then exhale. Hold for one more breath and then slowly raise your torso to an upright position with the arms relaxed by your side.

Please click [here](#) to view the 3-minute form. Please click [here](#) to view the 12-minute form.

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## 8-FORM VIDEO LINKS

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[Here](#) is the 8-form shown in silence. The run time is 4-minutes.

[Here](#) the form is shown in two ways.

## PLATE BALANCING FOR FLEXIBILITY & FITNESS

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Please watch this short 4-minute video showing a group of people doing the warm-up exercise called Plate Balancing. It is super easy to do: Click [here](#).

Experience greater flexibility in your joints, mental clarity, and overall happiness in your body with Plate Balancing. Doing this fun and easy exercise for just 10 minutes per day can improve blood circulation, improve digestion, ease lower back and hip pain, and dramatically improve your entire musculoskeletal system!

- Please note that the “Balancing the Plate” exercise is part of Form Four and Five within our 108-breath QiGong forms that we practice in class. Instead of four breaths and four circles, it is two breaths and two loops.

## Chinese New Year at Sun City Aliante Community Center February 8, 2016

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- Teaching 200 people “The Qigong Form” - <http://www.youtube.com/watch?v=awojU0silX0&sns=em>
- “Why You Need to Move Your Body” - <http://www.youtube.com/watch?v=zIORgg27NTo>

## GROUNDING LINKS

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Earthing is a fast-growing movement based upon a significant discovery that connecting to the Earth's natural energy is an essential component of vibrant health. <http://www.earthing.com>

I also like Dr. Laura Konover's presentation: <http://www.intuition-physician.com/>

## 8-FORM BOOK LINK

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Here is a link to purchase a comprehensive book about healing the body and other martial art forms. It contains more information and pictures of the 8-form that I teach. Please click on the following link for more details: [Dahnhak Kigong: Using Your Body to Enlighten Your Mind](#)

If the above link does not work, you can copy and paste this link: <https://www.amazon.com/Dahnhak-Kigong-Using-Your-Enlighten/dp/1935127500>

## CHAKRA NATURE

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7<sup>th</sup> - Crown - Highest Center associated with merging of human with the divine, spiritual Unity and final Liberation from the karmic wheel and earth plane. Governs the Cerebral Cortex, central nervous system, and pineal gland. Colors: Violet, Clear, Opal, White, & Gold. Musical Note: C

6<sup>th</sup> - Third Eye - Center of intuition, insight, devotion to spiritual knowledge, wisdom, and psychic abilities. Governs pituitary, nose, ears & eyes. Color: Indigo Musical Note: A

5<sup>th</sup> - Throat - Center of communication, speech, effect of the spoken word on truth, expansion of consciousness. Governs thyroid, throat, and mouth. Element is Ether. Colors: Blue & Aqua Musical Note: G

4<sup>th</sup> - Heart - Center of compassion, altruism, forgiveness, and acceptance. Governs the heart, circulatory system, arms, lungs, respiratory system & thymus gland. Element is Air. Colors: Green & Pink. Musical Note: F

3<sup>rd</sup> - Solar Plexus - Center of willpower, Self-respect, confidence, physical energy, and self-control. Governs the adrenals, stomach, liver, muscles, nervous system, digestive system, and Pancreas. Element is Fire. Color: Yellow Musical Note: E

2<sup>nd</sup> - Sacral - Center of sexual desire, cravings, family life, harmony, tolerance. Governs reproductive organs and bladder. Element is Water. Color: Orange Musical Note: D

1<sup>st</sup> - Root - Center of the will to survive and function in the material world. Proper balance brings courage, stability, physical health, and stamina. Governs spinal column, adrenals, colon, anus, legs & bones. Element is Earth. Color: Red Musical Note: C

