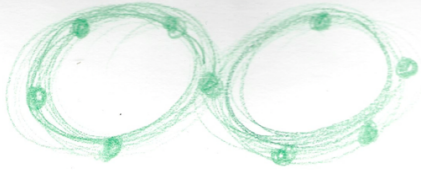
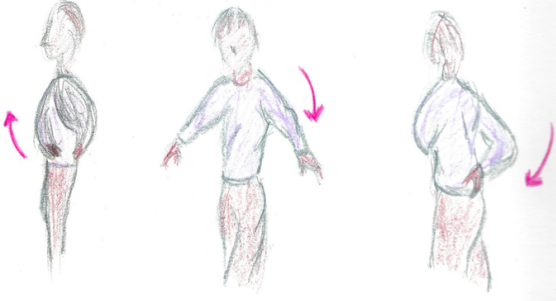
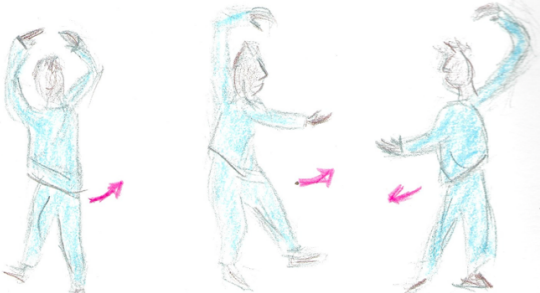


Spinal Harmony and Balance (Part 1)

Welcome. As we meet as a public group, please share only general information. Remember: The methods presented here are for harmony and balance of our body and mind and are not a substitute for medical attention. Please consult your medical provider(s) for medical conditions and prior to doing these methods if you have an existing medical condition.

Stretch: movement from Tai Chi/Qigong. For further reference see listed sources.

All of these movements (like other forms of exercise) move chi, or qi (life force energy) and help to regulate and improve our circulatory systems, thus invigorating body and mind, helping to prevent muscle tension and soreness.


	<p>Figure 8 Walk: for coordination and balance.</p> <p>Walk in a circular figure 8, with arms raised and exaggerated leg and arm movements as if skating around in small circles. (1)</p>
	<p>Winding the belt channel: for back pain or period pain (lower back)</p> <p>Feet shoulder width apart, knees slightly bent. Allow hands to float as if on water. Turn from the waist with raised arms that gently float around your body, in small and then larger circles then return to original position. Repeat a few times from each side. (2)</p>
	<p>Rainbow Dance: Upper back and shoulder posture, lower back pain</p> <p>Feet shoulder width apart, straight legs, turn to left empty stance, raise right arm overhead palm down, lowering right arm to chest height as if holding a giant balloon. Pivot to the other side and alternate arms.</p>

Sources: (1) Davis, Deborah. 2008. *Women's Qigong for Health & Longevity*. Shambhala Publications Inc. (p. 85-86)

(2) Barea, Christina J. 2011. *Qigong Illustrated*. Human Kinetics (p. 117-120)

(3) Chaline, Eric. 1998. *Tai Chi for Body, Mind & Spirit*. Quarto Inc. (p. 27)

Hold positions from Jin Shin Jyutsu

<p>Hold each big toe. “Have no preferences. BE the no: Worry FEAR Anger Sadness Try To’s” (4)</p>	<p>Jin Shin Jyutsu (JSJ) Safety Energy Lock (SEL) # 7, at the Big Toe is called “Victory” for being in the body and holding our life’s power, which includes energy that runs through our spine and our entire body. It is used for shock, trauma and to aid development or completion of a cycle. (4, 5)</p>
	<p>Back Harmony, JSJ hand position #8.</p> <p>Touch the Left and Right middle fingernails together.</p> <p>Aid back tension/stress and the well-being of the whole body, encouraging calmness. Encourage easier inhaling of the purified Breath of Life. (6)</p>
<p>Hold the left outer elbow (SEL #19) and the opposite forehead (SEL # 20) just above the eyebrow.</p>	<p>Associated with the Umbilicus Function Energy (4), which harmonizes physical, emotional and spiritual alignment (including the spine), also associated with ancestral energy flows and the energy flows of the Creator</p>

Qigong Balancer

“Knocking on the Door of Life.” Promotes circulation in the lower back, kidneys, and adrenal glands.

Put your feet shoulder width apart, turn at the waist, back and forth, allowing your arms to swing gently and tap at your lower back and abdomen. (7)

Sources, Continued: (4) Burmeister, Mary. 1981. *Jin Shin Jyutsu Is, Self-Help Book 2*, Jin Shin Jyutsu, Inc. (p. 24)

(5) Burmeister, Alice and Tom Monte. 1997. *The Touch of Healing*, Bantam Books (p. 68-69, 122-124)

(6) Burmeister, Mary. 1985. *Jin Shin Jyutsu Is, Self-Help Book 3, Fun with Fingers and Toes*, Jin Shin Jyutsu, Inc. (p. 16)

(7) Holden, Lee. 2007. *7 Minutes of Magic: Recharge Your Body Each Day with Qi Gong*, Avery, Penguin Group (p. 68)