

The Body Mind Method (BMM) of Zhineng Qigong

The Body Mind Method of Zhineng Qigong focuses on the mind penetrating deep into the body. During the 10 movements, qi unites the body and mind to open the entire body including skin, muscles, tendons, meridians and bones. Often considered more strenuous than other practices of Zhineng Qigong, this practice facilitates the true body and mind connection. Where the mind goes, qi follows.

The 10 Body Mind Method movements and their benefits:

Movement	Part of Body/System Benefited
1. Crane's Neck and Dragon's Horns	Brain, spine, lymph, nervous system, neck, ears, eyes
2. Draw in shoulders and shorten neck	Heart, lungs, upper limbs
3. Erect palms and separate fingers to open meridians	Circulatory system, nervous system, digestive system
4. Qi and mind thrust to strengthen arms and ribs	Ribs, liver, gallbladder, intestines
5. Bend body to open governor channel	Spine, nervous system, relieves back pain
6. Rotate hips to open gua and gather Qi in lower dantien	Reproductive organs, low back, urinary tract
7. Straighten feet to open gua	Legs, knees, kidneys
8. Knees down to the feet to connect three joints	Arthritis, bone density
9. Stretch legs, erect feet and draw circles with feet	Joints, muscles, blood pressure
10. Collect and unite qi from heaven and earth	Collects and unites qi from all directions, opens heavenly gate

For written description and drawings of each movement go to:

<http://www.zhinengqigong.org/Methods/level2.html>