

2015 New SFQ Healing Movements

Based on (Spirit Inside): The 7 Dimensions Technique & 5 Elements (with Emotions)

Preparation Nines:

- Bounce 1 min. (Hands down, hands up, back down; turning side-to-side)
- Tap stomach meridian (below eyes) 9x
- Tap bladder points (inner eyebrows) 9x
- Cup base of head 9x
- Rub C7 (bump on base of neck) 9x
- Clap hands, elbow insides, & armpits 9x each
- Tap Tailbone 9 seconds
- Pound Hips 9 seconds
- Cup knees (front, back, sides) 9x each
- Focus on Lower Dantian 10 seconds.
- Make a prayer; ask God/Master to send energy to you, balancing specific blockage (1 min.)
- Say the Password.
- Visualize column of light in your torso.

1) Beginning of Life Moving of Yin & Yang (LIVER - HAPPINESS) Everything starts from 'YES.'

2) Breathing of the Universe (HEART-JOY) Inhale & bend knees, exhale & straighten 7-10 sec./breath

3) Connect Heaven & Earth - (TRIPLE HEATER - PEACE in spirit/GROUNDEDNESS in heart) Raise energy 'beach ball' as high as you can, for 5 minutes ~ Inhale & bend knees, exhale & straighten.

4) Contentment - Hands in Heart Posture - enough pressure to hold paper. (LUNGS - CONTENTMENT) Step right foot out 1/2 a step. Inhale & move 70% of weight to left leg, Pause 3 sec., Exhale & Move 70% of weight to right leg. Repeat slowly, feeling so contented, so satisfied.

5) Prayer Hands Bowing (KIDNEYS - THANKFULNESS) Focus on your lower dantian. Inhale & bow 15-35°, and then exhale & straighten, slowly.

GOOD, BETTER, BEST! Always smile & FEEL IT; how good you feel, how very happy, joyful, peaceful, contented, and grateful you are. Do each movement 5+ minutes. Gentle activity gently massages qi more deeply. These movements take 30 days to 'cement in your system' - much faster than the 100 days for the original active exercises. The new movements are simpler and deeper, to activate and cultivate qi, for more benefit in less time. Each one is good for the entire body. It is okay to simply pick one. Note: Aging starts in the legs. 50% muscles & nerves are in legs; strengthen legs to reverse aging.

Simplified Harvesting: Rub hands, massage face 9x, comb scalp, cup top of head 9x, cup base of head, massage C7, massage ears w/tug, cup arms, torso, and sides. Massage stomach, cup kidneys, massage kidneys 2 ways, hold kidneys, dolphin neck & spine. Tap tailbone & hips. Cup knees 4 ways. 9 Heel drops.

BENEFITS OF SFQ SIMPLIFIED PREPARATIONS & HEALING MOVEMENTS

Preparations

- Bouncing with arms down and up: Clears energy in the head
- Eye points: Stomach: detoxification (garbage can) & Bladder: gain energy
- Cup top of head: Six male energy channels meet and 'party' there
- Base of head: Heals allergies, sinus, migraine, eyes, speech, jaw, hearing
- Massage C7: (Intersection between the brain & body.) Lungs, heart, cough, diabetes, cold, flu, fever
- Clap Hands: Three most important elements in hands: Water/inform, Fire/Activate, and Earth/Shapes message. Four energy channels are Heart/Fire: middle, ring, & little fingers.
- Cup Elbows: Heals lungs, heart, congestion
- Cup Armpits: Heart energy channel (life saving point on left only; pull hard 30-50 times)
- Tailbone Tap: Tailbone is gateway to vitality. Tap a lot, and tap often!
- Hip Tap/Cup: Transition (prompts better communication) between torso & legs
- Knee Cupping: Twelve energy channels stimulated & balanced

Healing Movements

- Moving of Yin & Yang + Happiness: Activates front & back channels; fertility & heart
- Breathing of Universe + legs + Joy: Heals breathing energy system (skin, lungs, large intestine, etc., allergies, asthma, cough, cold, sadness or grief). Leg movements help ligaments, cartilage and tendons. Deeper knee bend helps to release excess weight.
- Connect Heaven & Earth + Peace: Helps 3 heaters & detoxifies body. (Energy ball size of beach ball.) Triple heater is switchboard/control panel/distribution center.
- Side-to-Side with Heart + Contentment: Stimulates life force & healing. Left to right movement builds stability, balance and prevents falls
- Prayer Hands Bowing + Thankfulness: 10 energy points with direct line to GV1. Fingertips connect heart and brain directly. Massages spine & develops flexibility. Heals head, memory, upper lungs, neck, back, shoulders, elbows, heart, kidneys, sacrum, ligaments, joints and triple heater; extends life!

Notes respectfully submitted by Master Healer and Instructor Rhonda Battisto, based on demonstration and lectures by Master Chunyi Lin. Handout provided as a service of Wonder Horse, LLC. For more information, please visit: www.TheWonderHorse.Biz



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