

Transcript The Meaning of Open & Close by teacher Ning

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I was Zhineng Qigong teacher for many years. After that I followed other traditional Qigong forms like Wudang Qigong, TCM Qigong and Medical Qigong.

I am going to explain to you about how to understand Open and Close. In Zhineng Qigong we do LQUPQD. Actually the purest part is open and close. When you gather energy, you send energy in into body and it will work for the whole body. Many people get benefit from practicing LQUPQD or practice open and close.

I give you an example. There was a man with a heart condition. At that moment he already learned about Zhineng Qigong. When he did not want to do the entire form, he practiced just open and close using his mind. He had been suffering from a severe heart condition. He got some benefit of his practice but not so much. One day he was very tired and got a heart attack. When he felt something not right was going on, he immediately started to do open and close using his mind. Shortly after he got a major heart attack: the main artery was blocked. He was brought to hospital. Normally someone with this severe condition dies. But the doctors found that the macro circulation was working very well and the man did not die. So he survived the heart attack. He believes that doing open and close in his heart at the moment of the attack helped him to survive.

Another man had an artery inflammation in his legs. This is a dangerous situation. The doctor advised him to amputate the legs because this inflammation could move up to the other organs. But the man asked to wait for a few days. He learned from his teachers that he could try Qigong practice. He did practice by sitting on the side of the bed and sending energy in into the legs, close, and open letting energy out. After a few days the situation was getting better and an operation was not needed. He continued his practice. After one year he almost completely recovered.

Through these examples we learn that open-close can help people, even from severe conditions. It made Zhineng Qigong very popular in China.

Most of us do not have these serious conditions. How can we apply open close for the conditions in our body to help ourselves? I would like to do it like this. First do open - and then close to gather energy in between your hands for a while. Then sending energy in the body where it is needed, to melt the energy blockage there. Maybe the energy blockage is in your breast or in the stomach or in the abdomen. Where ever the condition is. Then you melt the energy blockage with the energy you gathered. After that release and open there, to let the energy flow freely again. After this you end your practice by concentrating your mind on your hands, feet and tailbone to let the energy flow freely in the body. This is an entire healing session by using external energy from the universe.

So let's do it. Place hands in front of your body. The hands are holding a Qi ball. Open, expand, close, open, close, open, close..... open – think of blue sky, close - think of the space in between your hands, open, close, open, close..... For 5 minutes.

Turn your hands facing your physical body. Bring the energy to where it needs healing. Sending the energy in. Hands circling clockwise (left side down, right side up) leading the energy to melt the inner blockage of some physical condition. Circling clockwise. The energy penetrates there and melts the energy blockage. Do this circling for some minutes. After a while release and relax your hands, put your hands on the sides. The mind focuses on the hands, feet and tailbone. The mind focuses on these five places so that the energy will flow freely. Do this for some minutes. At the end place your

hands on Qi Hai point, three/four fingers under your navel. Separate your hands and open the eyes. This is an entire healing session applying open and close using external energy to work for yourself. At the end we focus on the hands, feet and tailbone. Not the head. We should not focus on the head. In this way the energy blockage will melt and flow away from there. Energy will flow freely again.

In this way we did not use release energy out or do pull energy out. We just let energy flow freely again in this method.

Some people think they need only sending energy in because of lack of energy. But actually many people have an energy blockage and we have to melt it so energy can flow freely again. Then the function of the body will change.

If you do healing for others. During the healing the patient should focus on their hands, feet and tailbone. They do not need to focus on where you are doing the healing.

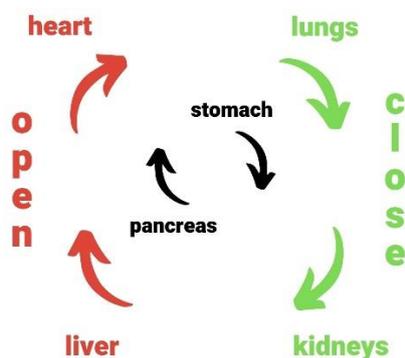
This is my idea of how to use external energy for yourself.

Dr Pang mentioned in his teachings that before you start with LQUPQD, you can do Open – Close for three months. Actually many Zhineng Qigong practitioners in China do not do LQUPQD but they only do the simple way.

So we just learned about how to use external Qi by open and close to help yourself.

But when we work with our internal energy there is a different meaning/understanding of open and close. In the energy flow of the body, some organs are related to energy closing. Some organs are related with energy opening. This is a different level than level 1 in Zhineng Qigong because there we use external, universal energy. But when we focus on the internal energy circulation we must know which organ is related to energy closing and which organs are related to energy opening.

open and close of internal energy



In the middle of the body is stomach and the pancreas. The lungs and the kidneys are associated with energy closing. The liver and the heart are associated with the energy opening. The stomach joins the group of the lungs and kidneys. The pancreas joins the group of the liver and the heart.

The lungs have the function of collecting energy and bringing the energy downwards. The kidneys save the energy. This is why the lungs and the kidneys are related with energy closing.

The liver and the heart are related with energy opening, energy expanding.

In a year the lungs are related with autumn and the kidneys are related with winter. So in nature the energy stays under the ground in the seasons of autumn and winter.

In springtime the energy starts to flow upwards and in summer the energy is floating.

Some conditions are caused by disbalance of closing of the energy inside the body. For exemple the symptom of fever. The temperature of the skin is too high. This means the function of closing has a problem. This person needs to work on enery closing in the body by working on the lungs and the kidneys. The temperature of the body will go down and become normal.

In spring and summer season we actually have to work more on lungs and kidneys, to balance the energy going upward in spring time and starting to float in summer time. If people are feeling uncomfortable in spring and summer time they can balance their energy in this way.

In autumn and winter time the temparture is getting low and it can be very cold. In this these times the blood of the body will be effected by the cold weather and will not flow well. We need to balance the energy in our body by opening more, using the practice for liver and heart.

The idea is to make a good balance of energy of the internal organs of the body. When there is too much closing, you make a balance by practicing opening more and vice versa.

Like right now we have spring season and the liver energy will rise up and in summer the energy will be floating. The physical body is more open. So in these seasons we need some more practice of the lungs and kidneys – energy closing - to get a good inner balance. In autumn and winter the energy in the body will be more closing. You can do some practice for the heart and liver – energy opening.

We can also be effected by the energy from outside. Seasoning changes can effect people very strongly. I noticed that people with very bad condition are more effected by the season changes in between autumn and winter and in between spring and summer. The strong power of the universe is effecting them very strongly.

So as Qigong praticioners we have to know about these things to know how to balance our inner energy. When you are very sensitive of Qi you will feel the changes in the energy. For exemple the lunar changes. From the first day of the month the energy of the moon is growing untill the full moon day. The energy of the body is the strongest by that time too. Then the energy of the moon is getting down again. Although you practice very much, still your energy will be getting less and less. This is the effect of the moon on our energy.

So we can regulate our own energy. In spring time the liver energy flows upwards. That is why some people can not get good sleep. That is because the energy flows up too much. You can practice your lungs to balance this and it will give positive effect. Because liver energy flows up and lungs energy contracts and gathers. In summer it is the same.

Maybe some of you are curious of how to practice the inner organs. In Zhineng Qigong level 3, the sounds and movements work on the inner organs. But i teach some other sounds and movement for the inner organs to make the energy flow freely in the organs and in between the organs. Some of you have been following my classes and some of you are new to the teachings of improving energy flow of the inner organs.

In todays class we are talking about two levels. In the first part we used external energy to help ourself. In the second part we talked about how to apply opening and closing for the internal organ energy. Actually the traditional Qigong or the TCM Qigong (Medical Qigong) are emphasizing on

inner energy flowing upwards and downwards, internal energy and external energy exchanging and following your internal energy flow.

So this is a little bit different. And that is why opening and closing from the first part of this lecture is level 1 and working with internal energy is another level. They are not against each other but just another level. We have to further our study.

We can experience a little bit of internal energy flow by a simple method. You can sit down or stand up. Place hands in front of your lungs. Bring your lungs energy downward to the kidneys. This part is about energy flow downwards. Then bring pancreas and spleen energy flow upward. Bring lungs energy downward to the kidneys – this part is about energy closing. Bringing spleen and pancreas energy flow upwards, the heart's energy is floating – this part is energy opening. Continue bringing lungs energy downward to the kidneys, bringing the pancreas energy and spleen energy upwards the heart's energy is floating. Bringing lungs energy downwards to the kidneys and stop there.

So I mentioned if a person has a fever and the skin is very hot, you work on lungs and kidneys to balance this energy. If you feel hands and feet are frozen, not warm, and the body feels cold, then you work on the left side, the spleen and the heart, to open more. The body will be warm again.

In this period some people are affected by Covid and have fever. You can help yourself by bringing lungs energy downward connecting to the kidneys, including the stomach. You focus on bringing the energy downwards on the right side. This will bring the fever down and they will recover sooner. I had a few people with Covid and worked to them like this. It worked very well.

This is about how to apply internal energy, about when to close more or to open more. Sometimes we have to check our symptoms. For example, some people are easy to sweat when they are eating food or do physical work. Those people they need to work on lungs, stomach and kidneys more. When we go deeper and deeper to further your Qigong practice, you have to understand how to regulate your internal energy, your organs energy. If you do not know that and you just follow an entire form, it will work but in some situations it will not give enough improvement from your exercise.

So this is my opinion on open and close. I think there is not another teacher who explains about open and close from this angle. It is a different level of understanding about open and close. We need to know that some people need to work more on closing and some need to work more on opening.

But is not about opening or closing more like we talked about in the first part of this lecture, working on the level of external energy. So it is not about opening more to the universal energy and thinking nothing when closing. Or just only gather from the universe. It is not like that. That is a wrong understanding.

Now we are going to finish this session. We place hands on lower abdomen, on Qi Hai point, three fingers below navel. TCM Qigong believes there is the place of inherent energy. That point has the function to control the energy of the whole body. This is why we end our practice by placing our hands there. So place hands on lower abdomen, on Qi Hai point, whole body is relaxed. Think of our Qifield, think of body inside, think of lower abdomen inside, nourish Qi. Separate the hands and open the eyes.

