

Push Mountain Lift Sky

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Full instructions for
this medicinal qigong
exercise

PUSH MOUNTAIN LIFT SKY

This was one of the first shaolin qigong exercises I was taught when I travelled to Spain in August 2000 to learn qigong from forth

generation shaolin grandmaster Wong Kiew Kit. He explained that this qigong exercise was very beneficial for overcoming illness. The more experienced

among you will notice straight away that this pattern is a combination of Fierce Tiger Pushing Mountains and Both Hands Lift the Sky. Hence the name...

Before we look at the pattern *Push Mountain Lift Sky* we need to zoom out and take a 'big picture' look at what a qigong practice session looks like from start to finish. Because if we just learn the form *Push Mountains Lift Sky* - then we will only be able to practice qigong form and we can do better than that.

We're going to be using an acronym I discovered years ago whilst teaching my first few students. **PERFECT** is a series of 7 steps that takes you from the start of your qigong session all the way to the end - **easily**. It is useful because it allows you to quickly remember 'what comes next', so you can focus more on practicing qigong and less on remembering what to do. With **PERFECT** students find they can start getting the results of qigong quicker. Why? Because having to stop and think 'what comes next?' really breaks up your practice. It's a bit like slamming the brakes on in a car.

Here's a quick overview of the 7 steps to **PERFECT** practice.

7 Steps To PERFECT Qigong Practice

P **Preparation.** Walk around briskly for about 30 paces, it's like a signal to your body that you are about to begin your practice. Find a safe spot to practice (i.e. where there are no sudden drops etc). Then stand up right with feet close together. Nose points to 'figurative' heart points to belly button. Weight evenly distributed 50% in the left leg, 50% in the right. And weight falls evenly between the balls and the heels of the feet.

E **Enter a qigong state of mind.** In a nutshell we want to relax physically, emotionally, mentally and spiritually - this is what we call a qigong state of mind [QSOM]. To relax physically, start at the top of your head and work systematically down through the body making sure every part of your physical body is relaxed. To relax emotionally let go of any worries, anxieties or sadness. Be calm. Easier said than done, but that's why we need to practice, practice, practice. To relax mentally let go of any thoughts. Gently tell yourself that for the rest of your practice time you're going to focus only on your practice. To relax spiritually the easiest way is to...

R Really smile from your heart. Don't think about how to do this, just do it. Smile from your heart. Feel the joy of life flowing through you. Put a cheesy grin on your face, imagine a beautiful flower blossoming inside your - don't think, do!

F **Form.** The form we will be using today is '*Push Mountain Lift Sky*' and we'll be learning it shortly.

E **Energy flow.** After performing 10-15 repetitions of *Push Mountain Lift Sky*, as you lower your arms let go and do nothing. Simple as that. Energy flow or 'Flowing Breeze Swaying Willows' as it is more poetically known has been one of the most closely guarded secrets of Qigong. Let whatever is your experience be fine. If you feel nothing but a pleasantness in the body - great, if you find your body naturally gently swaying - great. If you feel absolutely nothing - great. Just let go and enjoy your energy flow - however it turns up. **Note:** if you energy flow is too vigorous, just command your body to slow down and it will.

C **Cosmic balance.** Energy flow is Yang - movement. So now we need the Yin - stillness. Gently bring your awareness to your *dan tien* (the energy point located about an inch below your belly button). And let your movements come to a complete gentle stop. Cosmic balance is all about *standing meditation*. The key is to 'think of nothing'. Now if you're like 99% of the population, you might find this difficult. So you can use 1 thought to overcome the 10 000 thoughts. And that thought is to say to yourself the word 'IN' when you breath in through your nose, and the word 'out', to yourself, when you breathe out through your mouth. After standing meditation gently bring your awareness back to your dan tien and complete with step 7...

T **Time to complete.** It is important to finish your qigong practice correctly. You never just stop after *cosmic balance* and go off on your day. You rub your hands together briskly and when they are warm you dab them gently on your eyes. Nourishing your eyes. Then you do the facial massage by making small circles around the eyes with the fingers. Gradually make the circles bigger and bigger until you are massaging your whole head and face. Next you can do the point massage if you know it. Then we 'bang the heavenly drum' 24 times. (See diagram below). To complete we walk around briskly for at least another 30 paces. Ready to get on with the rest of the day.

Fundamentals
Banging Heavenly Drum



One of the most powerful aspects of PERFECT is how re-usable it is. 6 of the 7 steps stay the same *whichever* qigong exercise you are practicing. It is only step 4 - The Form that changes.

Remember Qigong is a composite of Form, Energy (breathing) and Mind.

Form - easy to learn from a video, harder, but not impossible from a book. The least important part of Qigong, but still important to perform the qigong exercise correctly.

Breathing - easy to learn from a video, harder but not impossible to learn from a book. This is of greater importance than form and it is vital that your breathing is relaxed and gentle. It is also vital that as you practice *Push Mountain Lift Sky* you breathe **IN** through your **nose** and **OUT** through your **mouth**. No exceptions.

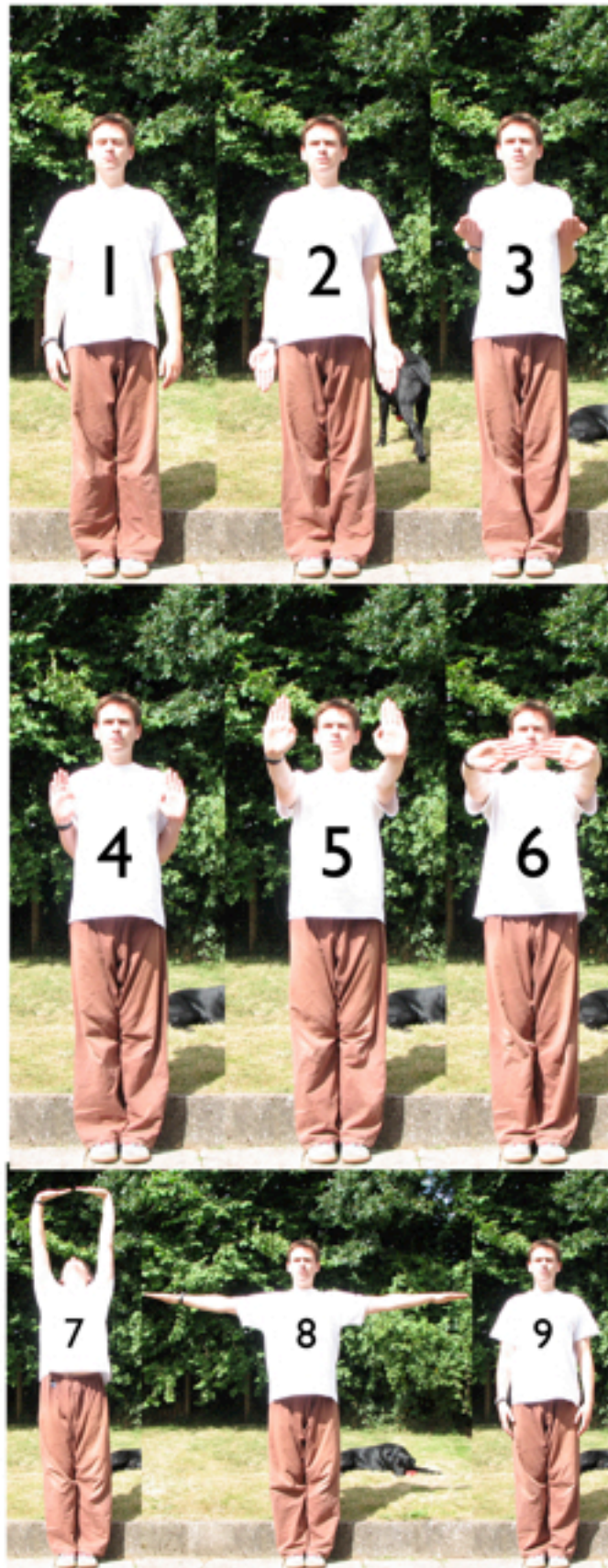
Mind - really difficult to learn from a video and impossible to learn from a book. Mind is the most important aspect of Qigong. Without a good, strong, powerful Qigong state of mind, the benefits you get from your qigong practice are tiny when compared to what you can achieve through the practice of Qigong. And that's why if you can, *you should learn qigong from a suitably qualified instructor*. But I know that's not always possible.

Let's learn Push Mountain Lift Sky:

FORM - Push Mountain Lift Sky

1. Standing upright and balanced - Picture 1
2. Turn the palms to face towards me - Picture 2
3. Raise the arms up the sides of the body. As you raise your arms keep your elbows as close together as possible. This opens the chest up nicely and is very beneficial in it's own right. Just make sure you don't use too much muscular force. It's chest open, not 'Sergeant Major'! - Picture 3
4. Turn the palms to face me again - Picture 4
5. Push the arms out. Keep the arms parallel to the floor - Picture 5
6. Turn the hands through 90 degrees so the fingers point to each other - Picture 6
7. Raise the arms above your head, the eyes follow the hands. So when you finish you are looking at the hands facing towards the sky. Pause for a second or two, then press your palms to the sky - Picture 7
8. Lower the arms gently to the sides of the body - Picture 8 to Picture 9
9. Pause for a second or two - Picture 9
10. Repeat from step 1.

Push Mountains Lift Sky



Breathing

1. Breathe in gently through your nose as you raise the hands up the sides of the body - from Picture 2 to Picture 3.
2. Breathe out gently through your mouth as you push the hands out - from Picture 4 to Picture 5.
3. Breathe in gently through your nose as you raise the hands above your head - from Picture 6 to Picture 7.
4. Pause
5. Breathe out gently through your mouth as you lower the hands back to the side of the body - from Picture 7, through Picture 8, to Picture 9.
6. Pause
7. Repeat from step 1

Points to note

- Breathing is relaxed and gentle.
- Movements are relaxed and gentle.
- Only use enough 'muscular' effort as required to do the movement and no more.
- Avoid any unnecessary tension, especially in the legs - keep them relaxed.

Why you may choose to practice Push Mountain Lift Sky:

This was one of the first Shaolin qigong exercises I learned. It is very good for overcoming health problems. In fact if you wanted to categorise this qigong exercise it belongs to the group known as 'medicinal qigong'.

Good notes on how to practice:

Practice in a clean, quiet and safe environment.

- Avoid bins, electric generators, rubbish, cemeteries, sudden drops and breakable objects like your partners favourite bit of object d'art.
- Preferably out doors if you can.
- Keep your practice regular and consistent. Aim to practice at least once a day.

Avoid practicing at noon or in direct sunlight.

Wear comfortable loose clothing and flat soled shoes.

- Avoid practicing bare foot, especially outdoors.

Breathe **IN** through the **NOSE** and **OUT** through the **MOUTH** when practicing any of the qigong exercises you learn from me.

Remember you can watch a video series of instructions on my blog at:
<http://qigong15.com/blog/qigong-exercises/push-mountain-lift-sky/>

From start to finish your qigong practice should only take you a maximum of 15 minutes. Do not do more than 15 minutes in one session. If you want to do more, practice twice a day. Once in the morning and once in the evening.

Here's some guidelines on how long you want to be spending on each of the 7 steps of PERFECT. Remember they're guidelines, so don't get your stop watch out and start timing yourself! Learn from my mistakes =)

Beginners:

Spent 5 minutes on **P**reparation, **E**ntering a QSOM and **R**eally Smiling from the heart.

Spent 5 minutes on **F**orm

Spent 5 minutes on **E**nergy flow, **C**osmic Balance and **T**ime to complete.

Intermediate:

Spent 3 minutes on **P**, **E** and **R**.

Spent 3 minutes on **F**

Spent 9 minutes on **E**, **C**, **T**.

Advanced:

Spent 1 minute on **P**, **E** and **R**.

Spent 2 minutes on **F**

Spent 12 minutes on **E**, **C**, **T**.

Remember these are guidelines only. But you can see the pattern. As you get better at practicing qigong exercises, it takes you less time to Prepare, Enter a QSOM etc, it takes fewer repetitions for you to feel your qi flowing. Which means you can spend longer in Energy flow and Cosmic Balance - which is where the healing, restorative, brilliance of qigong is found.

Last word

I really have only scratched the surface in this document, so don't expect miracles! As I keep saying if you want the very best qigong has to offer you must learn it directly from a good teacher. But I hope I've whetted your appetite as to the potential of qigong. For further Qigong information and tips please visit my blog: <http://qigong15.com> It's updated daily and with over 440 posts, there's bound to be something of value.

<http://qigong15.com/blog> - the home of qigong goodness on the Internet...