

## Energy Arts - 8-Level Instructor Certification System

### Core Qigong Program Criteria

# Heaven and Earth Qigong

**IMPORTANT:** In the Water Tradition, all practice begins with learning how to relax and let go. Try to maintain the spirit of encouragement when working with your body and those of your students. You never want to try to make anything happen by force of will or through pushing the body.

For this reason, all Level 1 certifications in our programs are about developing relaxation. Then you carry and deepen that relaxation throughout the progressive levels. Timeframes for breathing and standing are for certification purposes only and should NOT be presented to students as expectations of performance.

As you progress through the system, each new level includes all the material from the previous.

Basic Concept:

Level 1: Connect arms to spine

Level 2: Connect legs to spine

Level 3: Whole Body motion

Level 4-6: Deeper internal content

## Overview of 8-Level Heaven and Earth Qigong Progression with Former Certification Model Equivalents

Programs: **Blue** = Fundamental, **Green** = Intermediate, **Red** =  
Advanced

**Level 1**

**Level 2 = Physical Movements**

**Level 3**

**Level 4**

**Level 5**

**Level 6**

**Level 7 = Former Level 2 and beyond**

**Level 8 = Lineage Track and Disciples**

## Level 1

### Overview

Basic movements of Heaven and Earth Qigong

### Arms

Fully lengthen the arms (not too straight or slack) so that the fibers of the soft tissues are elongated from spine to fingertips.

Turning forearms out and in

### Legs

Stable - feet parallel

### Spine and Kwa

Tailbone drops vertically on bend, drives forward on stretch

Hook and straighten the neck, crown stays connected to the centerline, keep the integrity of spine

### Breathing

Belly and diaphragm engaged

#### Duration:

No requirement – Do NOT use force

### Neigong

#### Bend and stretch:

Arms connect to the spine.

Sink elbows to bend, release and extend elbows and finger tips to stretch

## Level 2

(Equivalent to former Physical Movements when completed)

### Arms

Turning whole arms out and in, add upper arms and shoulders

### Legs

Fully lengthen the legs (not too straight or slack) so that the fibers of the soft tissues are elongated from spine to toe-tips.

Felt experience is that pelvis/tailbone softly penetrates legs to back of knees

### Spine and Kwa

Tailbone drops vertically on bend, drives forward on stretch.

Hook and straighten the neck, draw back the mid-spine and release forward

### Weight Shift

Natural forward-back-forward weight shift motivated by movement of the kwa and arms (no focused ball-arch-heel shifting)

### Breathing

5-second in- and out-breath with belly, diaphragm and sides engaged (10 seconds total)

### Neigong

Bend and stretch:

Legs connect to spine

Keep space in the kwa on bend

## Level 3

### Arms

Twisting forearms, twist in and release back to neutral

### Legs

Felt experience is that pelvis/ tailbone softly penetrates legs through back of knees to arches of feet

### Whole Body

Fully lengthen the whole body (not too straight or slack) so that the fibers of the soft tissues are elongated through the torso, arms and legs.

### Spine and Kwa

Full C-curve combined with kwa squat, tailbone tucks under on bend, sinks down on stretch

### Weight Shift

Preliminary exercise:

Three-part weight shift, ball-arch-heel

Six-part-weight-shift pattern throughout Heaven and Earth Qigong:

Ball-arch-heel (macrocosmic orbit), ball-heel (microcosmic orbit), arch (neutral)

### Breathing

Duration:

8-second in- and out-breath with belly, diaphragm, sides and lower back engaged (16 seconds total)

Macrocosmic orbit:

Two full breaths

Microcosmic orbit:

One full breath

### Neigong

Bend and stretch:

Whole body, arm and leg tissues connect together through torso,( i.e. whole-body motion)

*Changes from the previous version are highlighted in yellow*

Open and close:

Hands and wrists

Yang-yin soft tissue lengthening:

Arms from spine to fingers (yang tissues) and fingers to chest (yin tissues)

Partner exercise – run hands along arm tissues to move fascia

## Level 4

### Arms

Twisting whole arm, twist in and release back to neutral, add upper arms and shoulders nest and blades

### Legs

Pelvis/Tailbone softly penetrates through arches of feet to bubbling well points

### Breathing

Duration:

10-second in- and out-breath with belly, diaphragm, sides, lower back and mid back engaged (20 seconds total)

### Neigong

Open and close:

All joints of arms and shoulders

Yang-yin soft tissue lengthening:

Add torso, from buttocks to crown (yang tissues) and back to kwa (yin tissues)

Partner exercise – run hands along torso tissues to move fascia toward and away from spine

## Level 5

### Arms

Twisting connects to spine, activates space between shoulder blades, toward and away from spine.

Be able to demonstrate the three primary shoulder blade movements: up and down, forward and back, left and right as warm-up and stretching exercises

### Breathing

Duration:

12-second in- and out-breath with belly, diaphragm, sides, lower back, mid back and upper back engaged (24 seconds total)

### Neigong

Open and close:

Add ribs, feet, and ankles

Yang-yin lengthening:

Add legs from outside edge of foot to buttocks (yang tissues) and down inside of legs to arches of feet (yin tissues)

Wrapping:

Upper torso fascia forward and back

Partner exercises – run hands along leg and torso tissues to move fascia

## Level 6

### Legs

Pelvis/Tailbone connects to and runs along centerlines of feet, and remains connected to feet at all times

### Breathing

#### Duration:

15-second in- and out-breath with belly, diaphragm, sides, lower back, mid and upper back, and apex of lungs (to some degree) engaged (30 seconds total)

### Neigong

#### Open and close:

Add joints of the knees and hips  
Emphasize back of knee joints

#### Yang-yin lengthening, figure-eight loop:

Up yin tissues of legs; up yang of torso, head, arms  
Down yin of head, arms, torso; down yang tissues of legs

#### Wrapping:

All torso fascia

Partner exercise – run hands along torso tissues to move fascia

#### Macro- and microcosmic orbits:

Energetic flows, including all parts of brain cleansing



## Level 7 (NEW)

### Overview

Do the movements precisely with no errors

All movements must be smooth and continuous

Must be able to meet the standing and dissolving requirement of a certified Level 6 Instructor in Energy Gates

### Legs

Pelvis/Tailbone connects to and runs along centerlines of feet, and remains connected to feet at all times.

Ability to do ball/heel work in H&E with tailbone-foot connection and without any weight shift.

Maintain the three nails of both feet as you pressurize the inside and outside edges of the feet to activate the yin and yang meridians.

### Breathing

#### Duration:

15-second in- and out-breath with belly, diaphragm, sides, lower back, mid and upper back, and apex of lungs (to some degree) engaged, as well as physically along the whole spine (30 seconds total)

### Neigong

#### Open and close:

Add opening and closing the pelvis and the jaw.

Open and close all the body's major cavities - Throat notch, Armpits, Solar Plexus, Midriff, Kwa and Back of the Knees

#### Yang-yin lengthening, figure-eight loop:

Up yin tissues of legs; up yang of torso, head, arms, down yin of head, arms, torso; down yang tissues of legs.

Smoother, very relaxed and more continuous than Level 6.

#### Turning/Twisting of Soft Tissue:

Twisting the leg tissues out and in

#### Wrapping:

All torso fascia from C7 to perineum (same as L6) but smoother, very relaxed and more continuous

#### Macro- and microcosmic orbits:

Consciously control the movement of qi through the Macro and Micro- Cosmic Orbits

#### Brain Cleansing

*Changes from the previous version are highlighted in yellow*

Have the etheric energy of the inside of the arms clearly penetrate into the skull.  
Shoulder roll during the Brain Cleansing part of the Macro-Cosmic Orbit.

### Spinal Bowing

Do C-Curve by bending and stretching the posterior and anterior longitudinal ligaments of the spine.

### Energy Projections

Activate the body's etheric field.

Continuously and simultaneously connect your energy to the bottom of your etheric field, three to four feet below you.

Extend three to four feet from the five extremities on opening movements.

Eyes project and absorb energy in coordination with the opening and closing movements.

## **Level 8 - Lineage Track and Disciples**

### **Lineage Track Instruction**

All Necessary Skills to Pass Heaven and Earth Qigong to the Next Generation