

CHI-LEL™ QIGONG: HEALING CIRCLE FORMAT

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1. SMALL HEALING CIRCLE (10 OR LESS)

- Healers stand in a circle facing center
- Healee stands or sits in center of circle
- Ask Healee what he/she wants to heal:
Physically and/or
Emotionally
- Ask Healee what makes he/she happy

Note: Be very specific:

EX: "I feel pain in my neck"

- where exactly is the pain?
- what does it feel like?
- Sharp? Dull? Throb? Ache? Steady? Intermittent?

EX "Walking on the beach makes me happy."

- which beach?
- what season?
- what time of day?
- Alone or with someone?
- How does the Healee see the pain change?
 - "It feels like sharp needles"
 - "It becomes soft like a cotton ball"

The Healee's visualization and command are most effective because this is his/her body memory experience and so truth.

- Sing Happy Birthday to the Healee.
- Instruct Healee to relax and go into the happy moment.
- Then Chi Leader leads Tong Chi Clearing:
 - All Healers raise arms, palms forward to above head
 - Say "toooooong" out loud as you lower arms straight in front of you until arms are at your sides.
 - As you lower arms imagine white light pouring thru the top of your head down to your feet, clearing your whole body.
- Then the Chi Leader creates the Gathering of the Chi Field;
 - Recite slowly, deeply, clearly to put all into a trance:
 - "Feet stand on Earth"
 - "Head touches Sky"
 - "Body relaxes. Mind expands"
 - "See blue sky above below and all around you"
 - "See the blue sky deep inside the belly area"
 - "See the Healing Loving Chi Field, ten million people, above, below and all around you"
 - "Feel the love of ten million people deep inside"
 - "I am you. You are me."

- “ We are all One and harmonized with Chi.”
- “Harmonized with Chi”
- “Raise hands”
- Then all Healer raise palms facing center and wave towards Healee
While walking slowly, stepping sideways and facing Healee, moving counter clockwise around the circle.
 - Say HAO (how) as you wave palms away from Healee
 - Say LA when you wave palms towards the Healee
 - Walk around 3 times
- Then the Chi Leader speaks the First Command:
- “All Meridians Open!”
- All Healers echo in one voice the last word 3 times: “Open!Open!Open!”
- Then all return to one voice saying “HAO-LA” while walking around the circle 3 times.
- Do the same with the 3 following Commands:
 - “Chi and Blood are Plentiful!
 - “All illnesses disappear Now!
 - “All functions return to Normal and Strengthen”

Note: Use Healee’s specific healing visualizations and commands
Instead of “All Illnesses Disappear Now!”

Name the specific area:

EX:” All sharp pains in the neck soften like cotton NOW!”

And while saying this all visualize soft cotton and how it feels.

The last command can also be specific;

EX: “ Neck muscles relax and return to NORMAL.”

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- Then wave hands faster and imagine hundreds of hands:
All saying together “ Ten Million Hands!”
 - Then to close, raise all hands above Healee’s head
and wave down towards head repeatedly saying
“ Bluuuuuuue Skyyyyy!” 3 times
 - And then the Chi Leader says: (Healee does this too)
“Place hands upon navel, Man left hand first, Woman right hand first
And be calm and nourish Chi, nourish Chi”
 - Then after a minute or so of silence, Chi Leader says:
“Open your eyes and put a big smile on your face!”
And everyone puts hands together in praying position
And bows towards each other saying “ HAO-LA!”