

10-minute Qigong meditation script

1. Preparation (1 minute)

- Find a comfortable, quiet space where you won't be disturbed.
- Stand with your feet shoulder-width apart, knees slightly bent.
- Relax your shoulders and let your arms hang naturally by your sides.
- Take a few deep breaths, inhaling through your nose and exhaling through your mouth to calm your mind.

2. Centering and Grounding (2 minutes)

- Close your eyes and focus on your breath.
- Visualize roots extending from the soles of your feet deep into the earth.
- As you inhale, imagine drawing up energy from the earth. As you exhale, let go of any tension or stress.

3. Gentle Arm Movement (2 minutes)

- Begin with slow, gentle movements of your arms. Raise your arms to shoulder height with palms facing up as you inhale.
- Slowly lower your arms, palms facing down, as you exhale.
- Repeat this movement, coordinating your breath with the movement, for 2 minutes.

4. Qi Ball Visualization (2 minutes)

- Bring your hands together in front of your chest, palms facing each other, as if holding a ball of energy.
- Imagine a warm, glowing ball of light between your hands.
- Slowly move your hands apart and back together, feeling the energy ball growing and shrinking with your breath.
- Maintain a smooth and steady breathing rhythm.

5. Gentle Twisting (2 minutes)

- Place your hands on your waist and gently twist your torso from side to side.

- Allow your head and eyes to follow the direction of your twist.
- Breathe deeply and rhythmically with each twist, letting go of any stiffness in your back and shoulders.

6. Closing (1 minute)

- Return to standing with your arms relaxed at your sides.
- Take a few deep breaths, focusing on the sensations in your body and the energy flowing through you.
- When you're ready, gently open your eyes and bring your awareness back to your surroundings.

7. Reflection (30 seconds)

- Take a moment to notice how you feel after the practice.
- Appreciate the calm and energy you've cultivated.