



***QIGONG ~ MASTERING
YOUR OWN
PRACTICE GROUP***

*Simple Methods to Start, Build,
and Host a Qigong Practice Group*

GoldenPhi Press, LLC

Minnesota

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“The National Expert Meeting on Qi Gong and Tai Chi identified the need for experienced practice leaders to disseminate Qigong in communities throughout the U.S.

Cormican’s book is a **timely instruction manual which addresses this need by providing a wealth of information based on his own experience that people can use to start and maintain their own Qigong practice groups.**”

Tom Rogers

President and CEO

The Qigong Institute

www.QigongInstitute.org

"This guide **contains valuable tools and information for getting your practice group off the ground** and running for many years to come"

Brian Trzaskos

PT LMT CSCS CMP MI-C

Institute for Rehabilitative Qigong & Tai Chi

www.IRQTC.org



“The information presented in Jim Cormican’s new book “Qigong – Mastering Your Own Practice Group” helps guide and empower the new as well as the experienced teacher with valuable tools and insights on how to start their own group. I have had a good look at it and passed it around to a few of my senior students.

We are all impressed with the work you have put in and the attention to detail. **It really is a complete guide on how to start and run a successful Qigong group. Some of this information my teachers shared with me and some I worked out over the last twenty five years of my teaching career.** Thank you for putting this information together, I think we all can benefit by providing a secure, nurturing professional environment allowing our students to connect with their Qi and improve their quality of life.”

Simon Blow

Author, Publisher and Producer

Classes, Workshops/Retreats and China Qigong Study Tours

25th Generation Dragon Gate Daoism

29th Generation Da Yan - Wild Goose Qigong

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This book is dedicated to...

**My Lovely Wife Maureen, to Whom I Thank for all the Wonderful Years of Support and Experiences, for Showing me the Deeper Understanding of the Meaning of the word Family, and Increasing the Number of Relatives in our Family.
Many Whom I Love Dearly.**

My Friends Rich Muller, John Grozik, and Cliff Allen, in their Support for Many Years Past in Helping me Get to Where I am Today, along with the Great Journeys we Have Shared.

My Raelyn Rose – The One Who Makes My Heart Soar like an Eagle Every Time I See Her.

Mr. Dog, for his Many Years of Dedicated Service to the Family, for Being a Great Trooper, and Someone Who Will be a Treasured Memory. He Will be Greatly Missed.

All Those Who Practice Qigong.



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by Jim Cormican**

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MasterQigongGroups@GoldenPhiPress.com



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THANK YOU

There is so much involved in writing a book. Research, planning, putting your thoughts on paper, cover designing, tons of rewrites, organizing, editing, and then trying to read chicken scratch notes weeks or months later, wondering what you were trying to say. This little project took about four years. But during this time, it brought some wonderful people with great talent and wisdom into my life. So I would like to give thanks to those around me who took the time to help me in my venture to bring my thoughts and vision to full fruition. I would deeply like to thank those who contributed in looking over my notes, provided wordsmithing, encouragement, and looked at things from a different perspective to eliminate confusion with my readers. Here are those who helped make it possible for you to enjoy this book. Without them, this would have not been in your hands.

My wife Maureen for the many long hours she contributed correcting the grammatical errors and rewording my thoughts so others can understand my thinking process. She is very talented and gifted in this area where I am not. She's the best in the business and I learned a lot from her. With her busy schedule, along with taking care of our granddaughter, she multi-tasked to keep the data dust from collecting on my work.

My best friend and mentor, Rich Muller, who has been there for me during the days of one of my companies, from startup to reaching the heavens and sharing that joy with me. A very good friend for many years who took the time to review my first draft and made suggestions in organizing it and provided me with very useful advice in marketing.

My good friend Barb Palmer, who took the time from her adventurous trips to Arizona (experiencing those wonderful energy vortexes), read



my book cover to cover and consulted me in the areas of Qigong to make sure the information was accurate. She provided great insight on things that I did not know and helped me eliminate some of the confusion. She was my first teacher, and I continue to learn from her to this day.

And to those whom took time out of their busy schedules and allowed me to interview them about their experiences for this book. Barb, Arda, Gadu and Bruce. Thank you for allowing me the pleasure to hear your wonderful stories and letting me share them with my readers. You all provided some great insight into your world of Qigong and your practice groups. I know your stories will inspire, educate and provide ideas to those who are currently leading or thinking about starting a practice group.

I would also like to say thank you to Pathways Minneapolis for providing tools in helping my family cope with the many unexpected changes in our lives. They are some wonderful people along with those that attend. We've made some great friends there.

I would like to say many thanks to all of you in making this dream become a reality, continuing the spirit of Qigong, and helping others.





Dear Qigonger,

This book is not designed to teach you how to do Qigong, or talk about the type of Qigong that I have learned and practiced over the years, but a guide to help you build, facilitate, and grow your own Qigong practice group. Or if you have become a master yourself of Qigong and you are looking for ways to bring success to your student's practice groups, this would be an indispensable guide for them. This manual has been written to be used for any form of Qigong that you practice and teach others. You may even use some of the information presented here for other arts that you may teach like Tai Chi or Yoga. The information contained within these pages are an excellent baseline to get you started, but applying your imagination can bring great results for you and your group.

I have incorporated tips and techniques that I have learned while I have been teaching, along with advice from others who run their own practice groups. I will also share some of their stories and experiences with you. There is also a web link that accompanies this book so you can download documents to help grow your Qigong practice group. There will be more information in the back of this book on how to do this and also what is available.

There is also a website called Qigong with Jim & Friends (www.QigongWithJim.com) that was created as a tool for you so that you can post your own Qigong Practice Groups, send out announcements to your own members, find other practice groups, have people RSVP for your events, mingle with others who also teach, ask questions from others to help further your own group(s), share your own stories, and much more. It is a website built on much love with the focus on socialization to connect people from around the world to help each other, build relationships, and bring knowledge to you in building your practice group(s). You can also find additional material that was not be mentioned in this book, but posted by me or other Qigongers who participate on the website.



A blog has been created as a continuation of this book, you can find it online at Blog.QigongWithJim.com where you can grab more tools and techniques on leading your Qigong practice groups.

You can start anywhere inside this book. It was written so that you can quickly find the information you need and not overload you with content that is fluffy, unrelated, or filler to add more pages. It contains short chapters that are straight to the point to get you the content you need so you can be on your way to building a successful practice group. This is a guide that you can read in hours and not spend several days on. My objective is to keep things simple, use real life experiences, and give you something that you can apply.

There are pointers and tips while performing Qigong – preparing you before your first class, with bonus materials that will make you look like a professional teacher. My goal is to make you look like you have been doing this for a very long time before you start your very first session. You'll be more organized, more prepared, and definitely more confidence than you did before. I am sharing with you my experiences from when I first started teaching, giving you the basics (and some gold nuggets from the pros), so that you can run a thriving group.

Remember, when you reach the top of the mountain, keep climbing!!

Thank you for purchasing this book. I hope it will be very helpful to you and your group(s).

Cheers!!

Jim Cormican

Author and Qigong Practitioner





INTRODUCTION

Welcome to the first ever published practical guide to help you start your own Qigong practice group. Just reading the title “Qigong ~ Mastering Your Own Practice Group” sounds very exciting. Just imagine leading your own Qigong group helping others to learn this wonderful ancient art. This is a great opportunity for you to help guide people in their lives by providing them with simple tools to balance their energy, and remove energy blockages in their body.

To provide such a service in your community, honestly it’s going to take some time and effort on your part. It’s not going to be magical that one day your group will grow to about 20 people in just a few sessions. If you are patient, you can grow your group to any size you want. It will take some hard work on your part, but I am going to share a secret with you that can make all the difference in the world.... “*Your Heart is the Window to the Journey of your Life.*”

Think about that statement and let it sink in. I asked myself a question one day on how I would accomplish starting and running a Qigong practice group. And that profound statement came to me. I don’t know where it came from; but it sounded like a pretty good nugget of advice. In reading this statement it tells me if you’re going to be successful at what you do, listen to your heart. It’s the gateway to your soul, and it should be directing you on your journey through life. I have been following that nugget of advice, and it has taken me on some very interesting journeys.

Since you have an interest in Qigong, your heart has helped you in taking your first steps in learning a wonderful art in not just healing, but learning more about yourself and your surroundings. Since you picked up this book your inner self may be directing you towards starting your own practice group or fine-tuning the current one(s) you have. So go with all your heart. Listen to it. And feel it!



So ask yourself, why did you pick up this book? Are you currently at a Qigong event and having the time of your life? Maybe the title of this book excited you and deep down you wanted to learn how to start your own practice group? Are the things that you have experienced lately telling you that there is more to this? Do you think that starting your own practice group may lead you down a path that will provide you more answers to this mysterious art called Qigong? Is the universe telling you something? Could this be a signpost of things to come?

Remember.....picking up this book is just the first step in opening the door. The key to starting and mastering your own practice group.... You have to walk through that door that has opened up for you. It sounds scary at first, but I hope reading this book will empower you to at least try it, and see what opportunities await you on the other side.

So how do you start your own Qigong practice group? How much is involved? Is it complicated? Where do you begin? Can anyone do it?

These are some of top questions asked by people like you who have an interest in starting their own practice group. So how do you start and master your own Qigong sessions? Read on.....

This book is to help you get over the many challenges that instructors and myself have gone through. Think of it as a compilation of the successes from the many mistakes that were made. Then fine-tuned for better results, and sharing those successes with you so that you too can quickly become a professional in facilitating a Qigong practice group.

This is a quick reference guide for those who practice any form of Qigong in a group environment with recurring practice sessions. The information provided is more focused on the people and not the style of Qigong I've learned. Some of my background and experience also comes from the many years of creating, running, and growing **Special Interest Groups (SIG)** in the business world. I decided to use these skills that I learned in creating social groups and apply it towards my first Qigong practice group since I noticed that there were several similarities between them. I wanted to see what can be used in not just



starting a group, but organizing it and providing something tangible so that others can start using this information right away and not end up reinventing the wheel.

And while in the process of doing this, giving you useful information so that you can start applying it right away to start your first group and others if you so desire. This process is sometimes referred to as the cookie-cutter method.

What steps must you take to prepare yourself for such a new journey, a path that you have never walked down before?

The best thing to do is study and learn as much as you can. Visit websites, talk to others, ask questions from the Masters, and get involved. When I was new to Qigong and practicing, I deeply wanted to share with others what I recently learned. You may also feel the same way. You experienced something or noticed others getting results and you wanted to learn as much as you can and teach it to others.

I was a newborn in an old and mysterious world of Qigong, and I knew I had a lot to learn. I decided to get more involved and sign up for classes. When I did, I had the great opportunity to be trained. Later on I found out how to qualify in starting a practice group and I furthered my studies by emerging myself in books and videos on Qigong. After I was trained, the universe moved me away from my family and friends and landed me in Wisconsin.

I ended up with a new job, living in a small town, in a neighborhood of around 30 people or less and surrounded by forest. It was a great place of peace and tranquility, and a lot of wilderness animals to entertain the dog and myself. It was a place of Zen, sharing it with only three chairs and a table – the only furniture I had. This was where this book was first created and the journey began practicing Qigong and running practice groups.

This book was written from my own experience as a Qigong practitioner. The information here was gathered while forming my own Qigong practice groups, and extracted from the many notes I took during the process. While looking back at my entries (during my first year), I spent over 400 hours in one year practicing and I don't think that I have even scratched the surface yet.



With any new routine you start, especially doing it daily, can be a struggle since you have to carve out an hour or so per day to practice. This is a big commitment. I know 400 looks like a large number, but if you do it daily for a year, plus teach classes it starts to add up. It was very difficult in the beginning for me - starting a new routine with a new job, living in another state away from my family, trying to stretch the dollars to support more than one household, and supporting a family member with a severe illness from a distance..... My world was much different than what I was used to. My surroundings were different, including the culture, cheese curds, the devoted Green Bay Packer fans.....so I had to adapt quickly.

Plus, starting my first Qigong Practice Group in an area where no one else was teaching or even heard of Qigong; Alone, I was breaking new ground in an unfamiliar place. So I had to map things out on where to start, who my participants would be, and when should I start it.

With all the craziness in my life, and trying to teach Qigong, it was taking a toll after a while, especially struggling with depression. A voice deep down inside me told me to keep going, that this would all change, and that this is just temporary. After several months of practicing and teaching, I was on the brink of quitting Qigong. I was seeing results, but they were just minor.

I expected big changes, especially practicing daily for many months, but this was not happening. Things started to get frustrating at work also. The work atmosphere had changed, and the morale of the place was plummeting quickly. There were many changes also going on at home.

I realize now, that I brought a different type of energy to the workplace, one with love and compassion for those I worked with, and it was a very strong catalyst that started to shake things up in a very toxic environment. It was complete chaos on a daily basis.

With the many pressures of work and home, I didn't know what to do. I needed something to carry me through these difficult days. Then one day, I received a very different dream in my sleep, it was one of those very powerful dreams that you are very conscious of your surroundings, and it no longer felt like a dream, but it was.



You have this very strong awareness, and you feel you have complete control of your surroundings. Everything feels very real, and events continue going on around you, they feel like they are orchestrated and not important or even influenced by your presence. It's like your dream is playing on without you while you are the observer.

I felt a very strong presence next to me in my dream, and when I tried to look at them, they would not show their face. They would always turn away. They had a conversation with me and I was given some advice. They told me in a very booming voice “The master is within you.” This voice was powerful and booming...it shook the world around me. When I awoke, I could still feel their presence around me, and for some time after. I believe that this was a very strong message, so I continued to press on in learning and teaching Qigong.

I don't completely understand the message, but it is not something to think about and try to analyze, it was a message of something that I believe that must be felt deep down inside, but I am sure it will reveal itself to me someday. It was a strong enough message to keep me going for the many months to come. I realized at that point that Qigong had now become a staple of my diet and part of my life. I have worked so hard over the many months and devoted many hours and I know it will pay off in the long run – Physically, Emotionally, Mentally, and Spiritually.

With all the madness around me, I believe practicing Qigong got me through some difficult moments in my life and it was just the beginning of a chapter in my life. Where will it lead? I don't know, but I await patiently for what is to come, and I am very optimistic about the results.

My goal when I first started was to do at least an hour a day, not missing one single day, and keep going no matter what happens. I adopted this rule that Dan Millman wrote in his book *“Everyday Enlightenment: The Twelve Gateways to Personal Growth”*. The rule is, if I miss a day of practicing an exercise, I would start over. If I reach 100, and skip a day, I start back to day one. I thought that this was a good rule to follow, something to help me discipline myself, and continuing the practice of Qigong. I created my own spreadsheets marking the days as they passed (a



sample spreadsheet is on our website that companions this book), with what I had completed.

After several months, I noticed I had created a new habit, one that would stick with me for several years. This was my motivation and still is to this day, to check off every day of the accomplishment I had reached. At the point of starting Qigong, I was already following Dan Millman's daily "Peaceful Warrior Workout" (out of his Everyday Enlightenment book) for over 2 years, never missing a single day. So I decided to adopt this rule for practicing Qigong. I would highly recommend his book as part of your own personal growth in Qigong. You can really learn a lot about yourself and get some very useful tips from Dan, which can be applied towards your practice with a life of living Qigong. His book is not on Qigong, but a book, like many of his others, will change your life and inspire you.

Two of his other books that are my favorite and have been very inspirational to me... "Way of the Peaceful Warrior" and "The Journey of Socrates". Read these, and if you enjoy them, add them to your arsenal.

You've read this far and if the idea still appeals to you, let's continue this journey together. On a personal note, between you and me, I would like to thank you for picking up this book. One of the main reasons I sat down and wrote this was to put useful information into your hands. To help guide you in a process that may seem scary at first, since you may feel like you're walking into the unknown alone.

So having a companion can help alleviate some of those fears, and help put the pieces of the puzzle together, and create a picture that will become familiar to you. I am here to help guide you, and remove some of those barriers so you can become successful at starting a group, but remember, along the way your true guides will be love, compassion, and forgiveness. You will be making some mistakes along the way, so don't forget to apply forgiveness, love and compassion towards yourself. Yes, you are that important.

While making mistakes, like many others, don't be embarrassed. Just smile, acknowledge it in the moment, and



continue on. Your students will not hold it against you. We are all human after all.



BOOKS PURPOSE

This manual is a guide in helping you facilitate, organize, and teach a Qigong practice group. I am very excited for you since running your own practice group is very exhilarating. Maybe you've started your own practice group, or perhaps you belong to one and wanted to teach a group for yourself. Possibly you watched a DVD and felt deep down inside that your path is to share what you learned with others, or you just took a class on Qigong, and like me, you were jazzed up and wanted more. Whatever your reasons, you are taking the first steps in sharing what you learned in helping others on their path of change and growth in their lives.

If you want to run your own Qigong practice group, then this is the book for you. I try to keep things very simple with methods and techniques that can be applied with great results. I thought that some type of book was needed to teach others on how to start and improve a Qigong practice group. I searched, but could not find anything out there. Qigong is very new to the United States and throughout other parts of today's world, even though it has been around for thousands of years.

So what do you do when you want to teach a group of people? How do you get the word out? After meeting the qualifications in starting a group, what do you do and where do you go? What are the first steps? These were the thoughts that have gone through minds of many people, and starting a group can take a lot of time and great effort. You can end up struggling with it, it can be frustrating at times, and you may decide to hang it up and dissolve the group. You may not be able to find others who can help you, and calling the corporate HQ can also be limiting at times even

though they are doing their very best in helping you, but it may not be enough in your circumstance.

So I decided to write this book to share experiences in starting and building a Qigong practice group, and helping with eliminating a lot of the struggles. I have also included many of my documents that I used over the years including a two-hour presentation for those who want to teach people the basics of Qigong as an overview, before people start joining practice groups. I have listed many of the documents that I have created in the back of this book. My website will contain any updates or additions that I have made or been shared by others.

I try to keep things straight to the point and not long winded since I think it is very important that you get your nugget of information and try it right away. The purpose of this book is to also help others who want to start a group, to improve it, and hopefully help those who may be struggling. The information has been tried and tested and I have taken much information from my notes from over the years when I started getting involved with Qigong. I have spent many hours writing down my experiences, noting what works and what doesn't, and making changes to my documents to make improvements.

I hope this information will be very useful to you so you can walk away with some great ideas to help you launch or improve your social group of Qigongers. Please visit our website and share your thoughts with us on how your group is doing and post questions if you need any help.





CHAPTER ONE
The Prep Work

“That Which You Are Seeking is Causing You to Seek”
– Cheri Huber

WHAT WILL YOU NEED?

Starting anything new may take some time to set up. With strong perseverance, and a lot of patience, over time you'll become an expert.

When that very first day arrives when you will be setting up for your practice group, what will you bring? Will you be prepared? Think of it as going on a trip. What do you do to prepare for that destination that will be far from home? What will you need to make it through the day to avoid any headaches? Are you going to need a bag to carry your items in? Do you have a backup plan, like when it may rain on your trip? Would you be ready for any changes?

Expect the unexpected. As you well know, what you envision in your head doesn't manifest in a way that you think it will. You can't prepare for everything in life since it has no instruction manual, plus anything can happen. But you do the best you can and that's what we'll do here. To help you on your trip to your practice group, I have put together a laundry list to prepare you for your session.

***Note:** Some of the information focuses on the Qigong that I learned, but can be adapted to any style you have learned.*

To begin, here is what I recommend before starting your first group:

- **Intro DVD/Video to Qigong)** Depending on the organization that produced the DVD/Video for your training, watch this video over and over again. Take notes, practice it daily and get to know it. Even create some flash cards and quiz yourself on it to help retain the information. Do the exercises out of sequence and see if you can name them. The DVD may also come with a book. Read it from cover to cover several times over and take notes. Build your knowledge of Qigong by practicing it daily. Ask questions if you don't understand something. There are people to help support your efforts in learning Qigong.



- **Find a Practice Group:** I would suggest finding an active group in your area. See how others are doing it. Learn a few pointers from the instructor. Pick their brain on their experiences of teaching a class. Join a class and learn how the instructor interacts with their students. See how long the class is. Talk with those who attend and get their feedback before and after class. What is it that they like, or dislike? How long have they been attending? If there is no practice group in your area, watch the Qigong DVD/Video and start practicing with that.
- **This Book and our Website:** Read this book from cover to cover, mark it up with your notes, and also go through our website. The website will contain very useful information and customizable documentation along with a two hour presentation that can be edited and used for teaching an overview class. There will also be handouts for your students, fliers to use for marketing, business card templates, waivers, and other documents to help you get started before your first day of class.
- **Pressure Points:** I am not endorsing or recommending anyone's book here, but there are some great self-healing manuals by some of the great Qigong Masters that are out there. Just search online or talk to another practice group leader. Use this as a bonus for you students. Pick out a healing method and teach it before the end of class. I use one self-healing technique per Qigong practice session, and there are plenty in some of these books for one year if you are doing just a weekly session.
- **Practice 100 days Straight:** Before starting my practice group, I did Qigong daily, and sometimes twice daily. Get familiar with the exercises. For 100 days, I got to know each exercise, what order to do it in, their names, how long it took to complete, and along the way I made a lot of mistakes and got these out of the way before teaching my first class. This was very helpful in the learning process. I would question myself during the exercises to get a better understanding of what the movements are doing. I would ask myself, "What is the meaning behind this particular exercise? What does it do for my body?" Asking many questions and researching it will help you find your answers, ones that your students may also ask you one day since you shared the same curiosity.



- **Storage for Your Belongings:** Find yourself a backpack, duffle bag, or tote bag, something to carry your Qigong stuff (like handouts, maybe speakers for playing music, books for reference, etc.). You will be using this to teach your class. It's like a portable filing cabinet for your signup sheets, handouts, and other things you can think of that you would be using in class.
- **MP3 Player:** I use a smart phone during my sessions. I plug it into my docking station that has speakers. I will use it for meditation or music during practice. You can download streaming music apps to your smartphone or MP3 player to use in class. Try to avoid the ones that do advertising if you decide to use their service for background music.



Here is my Gear for Playing Music and Meditation. I use my Smartphone, Speakers, and a Remote Control to Regulate the Volume, Pause, or Shut it off From a Distance. It has Been Very Useful for Many of my Practice Sessions.

You may have to pay a subscription, but as long as you don't get advertising announced over your speakers while you're teaching, you should be ok. Within that app, you can do a search for Yoga music, Dao, Tao, Reiki music, Zen, meditation, spirit, music of India, etc. and add it into your collection. You should be able to create your own stations and play a variety of soft meditative music, or find a CD that uses a self-guided meditation.

Don't forget to put your phone in airplane mode so you won't receive calls, or text messages during your session. I use to get calendar alerts during my session, so I also took care of this, especially if I use my phone for presentations. My personal life kept popping up on the screen (reminder – pick up groceries after class, walk the dog, birthday announcements, etc.) and text messages from family members. Yep, it could be embarrassing and entertaining to your audience. So make sure that these are shut off.

PRACTICE WHAT YOU PREACH

I am a firm believer if that if you're going to teach something, you should practice it yourself before sharing it with others. There are so many who spread their words of wisdom, but have had no experience in what they are talking about. What's important is not spew things out to people if you really don't know it. It may sound really good, but if the information is incorrect, things will get complicated later. Learn how to do it first, and get some experience around it. Ask questions yourself if you don't know.

Practice and learn, you'll get good at what you do and it will reflect in how you teach. Doing so will also build a lot of trust and confidence with those you work with. If you're also going to preach some sort of wisdom to your audience on Qigong, I would hope that you're following your own advice. Let me give an example.

I've attended many seminars over the years while I was a business owner, made many connections, and have become good friends with several other business owners. They would share their advice with the audience, and present their great ideas to help others become successful. Some of the advice was so simple and basic (sort of common sense) to follow that it could make their business grow and increase revenue for their attendees. I also noticed that some of these owners struggled and struggled with their own business. They doled out some really awesome information, but in the end, they were not practicing their own advice. They were so tied up in trying to grow their own business,



they too forgot the basics for themselves. I have seen too many of these people fail at what they do, and continue to struggle over and over again because they didn't listen to themselves.

If you're going to teach a group of people on how to do Qigong, you're going to have to immerse yourself in it. Be a part of it, incorporate it into your daily routine and your life. This is how you'll become very skillful in this practice and get much better at teaching it to others because you're sharing your experience. You're practicing what you preach, and at the same time, becoming an expert in what you do. Follow your own advice especially when given to others. Keep to the basics and you will grow, become successful at what you do, and also see your group mirror your accomplishments.

DIFFERENT EXPERIENCES

As a practitioner, you are going to have different sensations and experiences than others in your group. Just keep this in mind. You can share your experience with others, but don't set the expectation that they will experience the same results as you. Everyone is different in how their body works with energy. We are all unique in who we are and with that, experiences are also going to be unique as well. You will also have people who will have no experiences at all, which is okay. Explain this to the group as well so people aren't looking for the same similarities as you and get lost and lose interest or caught up in something that may never happen. If they think they should have one and don't, they will be discouraged and will feel like they are not part of something special, drop out, and have a bad experience with Qigong.

Have this conversation before starting your first class. You can also do this during the Qigong Overview presentation if you decide to do one. There is a section in the power point presentation (downloadable from our website) that lists the types of experiences that people may have, and also mention that people may not have any experience at all.

Energy has intelligence behind it and will go where it is needed. There are some who do healing on themselves and never



feel anything (like heat, cold, tingling sensations, etc.), but the healing energy vibration they give to others can be felt. I have talked to others who have experienced this and even though they do get results with themselves, they continue to look for something. Not to worry, energy consists of frequencies/vibrations, and just imagine that the energy that you are receiving is at the same frequency/vibration as your body. Since they are the same, you may not feel anything. So just think of it that you are in tune with yourself. Everyone is going to be different, so don't go looking for something. The universe will provide and it is usually not what you expect.

When I was doing a healing session on an individual during a group meditation, we ran out of time and another scheduled group had just arrived for their stretching session given by another instructor. I told the individual that I was sorry that we ran out of time and didn't get to work on her. She said that while I was sending energy to the person next to her, she felt it. To her it came as a slight breeze, and it was warming her. I was curious since I didn't feel any breeze, and we were in a closed room, and I did not see any ventilation near us. I did not share this same experience as she did, nor the person I was working with. So remember, everyone is going to have different experiences, and sometimes similar ones.

YOUR 100 DAY SELF-PRACTICE

Before I started my first practice session, I did a 100 day self-practice of doing Qigong and a meditation. Before you begin teaching your first class, set out and do the 100 straight days of Qigong. Get to know and gain the experience in what you'll be teaching to others. By doing so, this will help you in preparing before your first session with your students. It will take you that long to learn the exercises, organize your thoughts, and put yourself into the shoes of those who would be in your practice group. When I practiced during the first 100 days, I read anything I could on the style of Qigong I learned; I took the necessary classes, organized my notes and was even part of a weekly and monthly group sessions to learn from other Qigong practitioners.

This also gave me the time to write down my thoughts, research, contact the Headquarters where I learned Qigong to get answers to my questions, and chat with other instructors. I also purchased the DVDs that was offered, read the books that came with it several times, which helped me better understand the movements and learn more about Qigong.

Note: *It is very important that when you are seeking answers, ask the organization that taught you (or the people within). If there is a lack of support, I would suggest looking for another group that will be there for you. You are investing your time and hard earned money into something that you should get support and if it's not available, there is no way for you to support those you teach or advance yourself. If this is the case, you may have to look deep inside yourself and make that hard decision to consider looking elsewhere.*

You want to do your research while you are practicing, this will help build up your confidence and improve your knowledge before you teach. During my studies, I also noted key words (the language used in Qigong) so that I communicated the correct messages to my group. Like any environment you work in, there is a lingo associated with that particular profession and learning the language/glossary will help further yourself and your students. It will also help those who want to advance to higher levels in Qigong, so they don't end up struggling because they learned the incorrect words and their meanings.

If you use a different lingo other than the one taught to you in Qigong, they will end up confused with information that is different than their Qigong training offered by certified instructors. Keep it simple and use common language that was taught to you when you went through the training. If you are uncertain with something, please contact those who trained you. They will be very happy to assist and help you with something you don't understand.

I AM NOT READY TO TEACH

You've done 100 days straight of Qigong and meditation, you've read the books over and over, took a lot of notes, but you feel that you're quite not ready yet. So now what? That's perfectly okay. Not all of us can learn something and jump right in, especially teaching it right away. We all have different styles and different times when we feel when we are ready. If it is the fear of teaching in front of a group of strangers, I can completely understand.

When I started doing presentations in front of an audience of people I was a natural and could present in front of a crowd of 50 to a couple of hundred people - no problem. But when it came down to a small group, a strange fear came over me. I had problems presenting and trouble getting the right words to form and I felt I was doing a real miserable job in not delivering my message as clear as I wanted to. I could not understand why I had such difficulties. How can I present in front of hundreds but not to a handful of people. I was baffled, I was consumed with some sort of nervousness, and ended up heated and sweaty when I was done. I should have felt comfortable during my presentation, but felt sick and full of fear.

I brought this problem to a friend of mine who was a professional public speaker and I was stumped as to why I got so nervous in front of a small crowd of people. I was told that when I am in front of a large audience, there is no single person I focus on, it's just a sea of bobbing heads, and no real identity associated with them. But when I am in front of just a few people, I felt that there was a trust-relationship since it is more of a one-on-one, and that it was more on a personal level. Like having a face to the name. This made perfect sense to me and my nervousness went away after a while.

If you think you'll be nervous, don't worry. Once you start getting into the groove of things, it'll pass. To get yourself going, I would highly recommend that you put pen to paper and start writing out a schedule. Get yourself motivated on what day you will begin your first class, and beyond. Lock yourself in on a date and time you will start your first class. Give yourself an agenda of

what you will be teaching in class. Visualize on how you will do it. Practice in an empty room if necessary to familiarize yourself in how you will teach it.

Once you get people attending and you feel like you are still not ready, grab your Qigong DVD and play it for your group (some Qigong organizations have a DVD to learn from). Have that person in the video lead your group for you until you feel you are up to speed and ready to teach. Just continue using the DVD until you get to the point where you feel comfortable. After doing a few sessions, you may surprise yourself and start taking over. Take a leap of faith and guess what? You'll amaze yourself. You'll make mistakes along the way (we all do) while not using the DVD, but remember, that's okay.

We've all done it. Just do your very best. I myself have made plenty of mistakes. I have skipped one of steps in one of the Qigong exercises and several times I have forgotten my left from my right when starting an exercise. I have also found myself repeating the same side. So, is it okay to make mistakes? Absolutely, you have everyone's blessing, including your students.

I have even forgotten what the next step was in the exercise. Did I panic? Sure did, but I progressed and moved onto the next step. About 99% of the time, your students will not notice, they are new to Qigong. I'll bet any one of your Qigong Masters were also nervous and made several mistakes when they taught their first class. Remember, your students are also there to support you, and they want to make you successful in what you do, plus you can't forget that the universe and all its energy is in your corner. With all that, you have a really good chance of being an excellent instructor, even if you don't think so in the very beginning. After a while you will start to surprise and amaze yourself.

If you make a mistake, keep going. You will take a mental note of it, beat yourself up over it in your mind. Remember it the next time and learn from your mistakes. So in other words, it is okay to make mistakes. I find myself an hour later thinking, "Oh my, I just remember I forget a step in my teachings", or it comes to me while meditating the very next day. Don't let it get you down. We all learn from our mistakes, so you will make them



along the way, guaranteed. Correct them the next time around. Even doing the exercises a hundred times in a row, I sometimes find myself goofing. I have also asked others who teach and they also do the same. Why? We are all human and allowed to make mistakes.

Whatever you decide to do in your delivery method of teaching, remember everyone is learning and experiencing the wonders of Qigong.

100 DAY QIGONG – STARTING THE HABIT

Before you take the task on in teaching others, do Qigong for 100 day challenge along with the meditation (if one was provided). Create a daily habit of practicing every day. I have a strict rule to keep me practicing. I will do the exercises daily, keep track of it, and number the days. If I miss a day, I start all over by removing my log and throwing it in the trash. I pull out another spreadsheet and start from day one again. So far I have been doing pretty well. I have so far while writing this book completed 915 days straight in practicing Qigong without missing one single day.

There are several reason why I do this is, but the results are a daily discipline through a routine I stick with. Believe me, there are days I don't feel like getting out of bed, but I do. I have to. It has become a part of my lifestyle now.

I just think about throwing that piece of paper with all my hard work into the trash receptacle. That's a visual that keeps me going in the morning and a reality that I don't want to experience. Goal setting is very important in helping you make accomplishments. By practicing frequently, you are living by example. If you want to seriously train people on the art of Qigong, you have to live, breath, and experience it. Not just do it. This will help you in teaching your class, build confidence in yourself in what you teach, and open up other opportunities.

Set some kind of goal. If it's Qigong daily, every other day, or whatever... Stick with it after you complete your 100 days. I do it daily, and have been for several years. It's really hard, especially when routines start to change.

While doing your 100 day stint, just imagine yourself surrounded by your students and you are giving direction. See yourself doing the moves, speaking out loud on the benefits of Qigong, showing how slow a movement should go, how many repetitions, and so forth. Practicing this daily will get you in the mindset and help build your confidence in teaching to an audience. Speak out loud while you do this. Practice your tone, your pitch, and just visually imagine filling your living room with students as you teach.

I have included on the website that compliments this book, an editable spreadsheet for your Qigong exercises that can be used to keep track of your progress. It is a great way to build a repetition that will maintain a retention, and help form a new daily habit. I give it to those students who want to practice daily and keep track of how they are doing.

***NOTE:** When I started doing the 100 days of Qigong, including a meditation that I would teach in class, I started out fine. But after a while I was getting sleepy during the meditation and lost my place several times. I tried different things to prevent this, but was not getting results. I ended up doing my meditation first, then doing the Qigong exercises. When I did my exercises first, my body became very relaxed, then when I was done I would go into the meditation. At times I was way too relaxed and caught myself dozing off. So if you end up in the same situation, try reversing the process and do your meditation first. See if this makes a difference. Try experimenting to see what works best for you.*

I also tried different positions, like laying down (this at times I would catch myself snoring again), different types of chairs with different backs, sitting up against walls, and even sitting up in bed. If you do the meditation in a place that you usually sleep in (like your bed), this can signal the mind and body that it's time to sleep. It's like a habit that has already been formed and if you try to break this, you may end up having problems sleeping in bed at night.

So avoid anything that can trigger the mind and body thinking that it's sleep time. Make sure you find something that is comfortable for you, but not too comfortable. I use a wooden chair, which is not uncomfortable, but not too comfortable. Also avoid those big lazy boy chairs (American style chairs that can recline and can be wonderfully comfortable that you can even sleep in) for meditation. It's like sleeping in the hands of the Universe, very peaceful with a whole lot of love.

STRUCUTRE & DISCIPLINE

As you grow in learning and teaching Qigong, you will notice some disciplines growing within yourself. For example, you may notice that you are setting expectations with yourself on improving your class, like arriving early before your students, you may find yourself becoming more organized, or you start practicing Qigong daily at 3 am. You may also notice that you start your class on time and end on time. Or life in general, you notice changes about yourself, changes in areas that others are also noticing about you.

Having some sort of structure around your practice group is important. An example would be to arrive to class at least 15 minutes early. As a student, it is important that their instructor is punctual and not chronically late. Being tardy several times for your own class speaks volume to your students of having little discipline or respect. Let your students know ahead of time that showing up late would impact the class and the enjoyment of those who attend. Tell them that it is very much appreciated by all when arriving on time. If they know they will be late, they can also make the next session. They are always welcomed.

You may all be meditating and a door slams, or there is shuffling going on, or whispers as someone walks in late. If you set this expectation of arriving a little earlier before class starts, your students will deeply respect you because this shows that you respect them and value their time. They are there to learn and have taken time from their busy lives to be with you and the group. Some of you I have spoken to allow students to be late, and this is due to the establishment that you teach at.

They have rules set in place to allow this to happen for

purposes that work best for them and their participants, for example - crisis centers, rehabs, hospitals, hospices, etc. Respect your student's time and get them out on time. Don't let it go into overtime. Most people in your class are on a schedule and have to be somewhere after class - like picking up their kids, meeting their significant other, going to work, a doctor appointment, etc.

When I have seen people show up late, this is distracting, annoying, and your students may think this person does not respect you as a teacher. Put a sign on the door (sign provided on our website), that tells them that the class has started and that you will see them at the next practice. If you allow people to just come around at any time, you have lost control of the group, you may lose respect from others, and you will also notice a decline in attendance.

Let people know the guidelines, and if they can't be followed, you can politely ask them to find another group. People do talk after the practice and if they don't like something, they will let others know and if people aren't happy, the next thing you know, you have no one showing up. Try to keep a pulse of what's going on. Engage with them, maybe do a survey, or just talk with them.

Set the tone, tell them you respect their time, and you will have a great group of people who will be attending for years.

WHEN TO PRACTICE BY YOURSELF

For me, the best time starts around 3:30 am (this is due to my current schedule at the time). Too early you think? You're not an early bird?

Getting up early is not favorable amongst most people, and it can be a big change in someone's life, but the purpose of this topic is to find what best fits for you when you chose to practice Qigong. It could be at noon, late morning, or in the evening. Getting up very early is the lifestyle I have chosen which fits into my daily routine, but yours will be totally different from mine. I just wanted to share with you what I do so it can give you some ideas that you may try to adapt for yourself. I have a good reason for getting up very early, I try to get up before anyone else is awake, plus it is the perfect time to be alone, to take notes, to

practice and not be bothered by the starting of the day's activities. When 6 am starts rolling around, most people are up and the chaos begins.

I don't remember how many times that I have gotten that early call when I have to drop everything and focus on the problem at hand, and the rest of my day is shot and I am trying to find the time to practice. "If I only should have gotten up earlier", is the conversation that starts in my mind over and over again as if it is trying to resolve the problem of how to do it better the next time. You feel like your whole day and your routine is ruined, and you try your best to get it back on track, but your day is already in motion. You're hitting the ground running not knowing where your feet are taking you, and it can be late in the evening before you can start practicing, trying to complete your scheduled routine for the day.

Many of us have busy lifestyles, we feel like we don't have enough time in the day. This has happened to me a few times, so I decided, to go to bed early (around 8 – 9 pm), and get up early. You're probably thinking about that new television show that comes on at 9 pm and you don't want to miss it. There's plenty of technology in the world to record it and watch it at a later date. I have eliminated much of my television watching to give myself some extra time for myself and my family.

After a routine of doing this for several months, I have created a healthy habit, get plenty of rest, and I feel less stress in my life. I feel that I am at the helm again, navigating my own ship and it feels like it's on course.

If you have children, and or married, your time really gets absorbed by the needs of others. You are juggling different schedules, like trying to get kids off to school, getting breakfast ready for the family, preparing for work, and end up fighting traffic trying to get to your next destination. It becomes utter chaos. So what do you do with all this craziness? Find yourself a quiet place, away from the family, and practice.

I put a sign on my door (the one I use for my practice groups – found on the website) telling anyone who is walking by to not disturb me. Sometimes it works, depending on the age of the child. You may have to have a conversation with your family

asking not to be disturbed while you are practicing and have others support you by herding the little ones away from your door while the sign is hanging.

So if your family gets up around a particular time, give yourself about 1- 2 hours beforehand. This will give you a little buffer of time when you get out of bed, get dressed, brush your teeth, set up your practice area, and go to your happy place. Once you fine-tune your time, you may find yourself incorporating some additional meditation time. When people in my family get up a little earlier than usual, I can hear them in the kitchen, walking the hallways, turning on the TV, etc. I would wear headphones or ear plugs, so I am not disturbed. Very helpful when you think you're running behind schedule and you go a few minutes over your set time.



*Thank You For Reading
This Sample Book.*

To purchase the full version of this book, please [click here](#)



Pathways Minneapolis

Pathways is a building, a space, and a community. It is a place set aside for exploring ways to come to holistic health through classes, special events, and individual sessions. By participating in the many free services at Pathways, you are supported in taking charge of your healing journey – wherever that may lead.

www.PathWaysMinneapolis.org

To contact Barb Palmer about her Qigong Practice Group at Pathways, email her at BarbQigong@live.com

About the VA Health Care System in Minneapolis:

VA Health Care System (VAHCS) is a teaching hospital providing a full range of patient care services with state-of-the-art technology, as well as education and research. Comprehensive health care is provided through primary care, tertiary care and long-term care in areas of medicine, surgery, psychiatry, physical medicine and rehabilitation, neurology, oncology, dentistry, geriatrics and extended care.

www.Minneapolis.VA.gov

Dayton's Bluff Seniors Living at Home / Block Nurse Program:

A non-profit community based service organization which operates with the financial support of our community; private and public agencies and foundations, local churches, neighbors and friends. We collaborate with community members and organizations to create and maintain resources to help seniors overcome barriers to remain living in their homes.

www.DaytonsBluffSeniors.org

Heart of Tao Resonance Art

A place for everyone to come to heal their body, mind and spirit, a place to practice and cultivate heart of Tao, and a place to express your being and create community of like-hearted people.

www.HotResonanceArt.com

Qigong For Balance

Arda's private healing practice, located in Palo Alto, CA, where he provides individual energy healing sessions and conducts workshops about personal and spiritual growth, negative life patterns and mindfulness. He also offers distant energy healing and mentoring sessions across the world.

Qigong4Balance.com



ABOUT THE AUTHOR

Jim Cormican is an entrepreneur, a business owner, a leader within his community, a visionary and an inspiration to others. After several life-changing events, Qigong found him at a crisis center in Minneapolis, Minnesota. While attending several classes, he was hooked on this ancient Chinese art from the Far East, and was very determined to learn more by seeking and receiving training on this mysterious and interactive therapy.



Mr. Cormican was inspired by many of the stories of people's struggles with dis-eases, and how Qigong has helped them. So Jim set out to meet the requirements to learn Qigong and created his own practice groups. He has reached out to countless people over the years where he has taught people in workshops, in their homes, medical centers, and in group settings. Jim (a disabled military veteran), currently volunteers his time in leading Qigong practice groups at the Veteran Administration Health Care System in Minneapolis, Minnesota. His Qigong practice groups work with military veterans who are at the center due to their illnesses, injuries, and disabilities.

Jim also consults others on their own Qigong practice groups and works with businesses to help improve or implement training programs related to teaching Qigong. You can find Jim online at www.QigongWithJim.com or follow his posts about practice groups at Blog.QigongWithJim.com