

Energy Play Qigong

Animal Forms

The Qigong Animal forms are some of the most expressive and profound. They are arguably the oldest style of Qigong and over the millennia of evolution and development, a large variety of these forms have come into existence.

Animal imagery provides a powerful idea with which to explore movement. We can understand this better if we consider specific animal movements: a bear form will typically embody softness and effortless power, a tiger form will almost certainly have a more predatory feel and Monkey will be more playful and mischievous.

Different systems of Qigong link different intentions to different animals but the nature of the animal stays constant between the forms. Whether we are using a Deer form to explore aspect of Five Element Theory, the Taoist practice of Internal Alchemy or the spontaneous nature of movement, there is a common theme that has the potential to provide us with a large range of information.

Energy Play sessions draws on a variety of animal forms depending on the emphasis that is required within a group. Some typical examples would be:

On a physical basis:

Simple animal forms can help us unlock the potential of different types of movement. Whether it's the elegant lightness of the bird or the playful freedom of a monkey we can explore the way the body, and the mind respond to new forms of movement.

Working with Health Issues:

Traditional Chinese Medicine works to balance our emotional and physical body. The aspects that we balance within this system can be accessed using specific animal forms. For example, within the Primal Animal system Deer form encourages kidney function while Bear form helps with Stomach issues.

As part of a Spiritual Practice:

Many spiritual practices emphasise the ability to calm the mind. Using the image of an animal movement to take the focus away from the physical detail of the movement helps us calm the mind and gain perspective in the resulting stillness.

Whichever type of animal work you are interested in, Energy Play has classes, workshops and One to One session that will help you explore further.