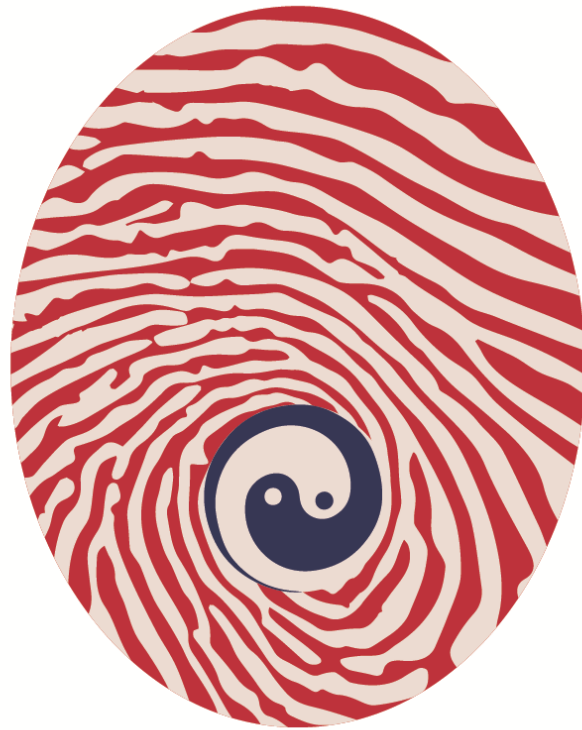


SYLLABUS OF ENERGY WORK

Level I



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Initiating Potentiality

BY

CHRISTOPHER FERNANDES

SYLLABUS OF ENERGY WORK

LEVEL I

I. Emptying the Mind

II. Walk Cycles

- a. One step walk cycle
- b. Two step walk cycle
- c. Three step walk cycle
- d. Equal Breath walk cycle
- e. Lung Tonification walk
- f. Kidney Tonification walk
- g. Liver Tonification walk
- h. Heart Tonification walk
- i. Spleen Tonification Walk
- j. Immune system Tonification walk

III. Basic of Tai Chi form

- a. Tai Chi Walk
- b. Tai Chi Kick
- c. Grasping the Bird's Tail
- d. Brush Knee, Twist, Step aside
- e. Repulse the Monkey
- f. Wave Hands like Clouds
- g. Snake creeps low



IV. Qigong/Chi-kung Walk

- a. Front
- b. Side
- c. Back
- d. Circular

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V. Eight jewels of Tai Chi

1. Propping up the sky
2. Drawing the Bow
3. Raising one arm
4. Twisting the neck
5. Swaying head & buttocks
6. Bending backward & forward
7. Punching the tiger's eye
8. Banging heels

VII. Qi/Chi Harnessing

- 1) Sensing the Chi
- 2) Spread hands to lift the Chi
- 3) Pressing the sky

- 4) Pushing the waves
- 5) Storing the Chi at Dantian/Tantien (Microcosmic orbit)
- 6) Chi Gathering
- 7) Rolling the Chi ball
- 8) Pushing the Kun Lun Mountain
- 9) The Golden Rooster stands on one leg
- 10) Embracing the tree (Bone Marrow Breathing)
- 11) Playing with the Chi Ball
- 12) Yin & Yang palm Breathing

VIII. Six Healing Sounds

1. Lungs/Nose	White metallic	Joy/Sorrow	(SSS....)
2. Kidneys/Ears	Sapphire Blue	Confidence/Fear	(WHUU...)
3. Liver/Eyes	Emerald Green	Peace/Anger	(SHHH.....)
4. Heart/Tongue	Ruby Red	Love/Hatred	(HAAA....)
5. Spleen/Teeth	Golden Yellow	Patience/Anxiety	(HOOO....)
6. Triple Warmer/ Neck	Cool water sucked from earth upto pineal gland & murky water going from <i>Yuan chong</i> point.		(HEEE.....)

IX. Qi/Chi Massage

1. Lungs:

- a) Rubbing index finger from inner eye to base of nose. (36 times)
- b) Pinching the bridge of nose. (18 times)
- c) Circling the beginning of *Ida & Pingala nadi* (below outer edge of each nostril). (36 times)
- d) Circling the beginning of *Sushumna nadi* (area between nostrils) (36 times)
- e) Rubbing full face & rubbing forehead and chin with palms. (36 times)

2. Kidneys:

- a) Rubbing the small ear and pinna with the 'Y' of index and middle finger. (36 times)
- b) Rubbing the full ear. (36 times)
- c) Pulling the ear lobes. (36times)
- d) Banging the Heavenly Drum. (36times)

3. Liver:

- a) Rubbing three fingers on upper ridge of eyes. (36 times)
- b) Rubbing three fingers on lower ridge of eyes. (36 times)
- c) Rubbing the ridge of eyes with knuckles of index finger. (36 times)
- d) Staring at the index finger. (3 minutes)
- e) Circling right eye 36 times clockwise and left eye 24 times anti-clockwise.

4. Heart:

- a) Darting the tongue straight out. (36 times)
- b) Hitting with the tongue side to side. (36times)
- c) Scooping tongue upto tip of nose. (36 times)
- d) Circling tongue from right 36 times clockwise and from left 24 times anti-clockwise.
- e) Hard gulp. (9 times)

5. Spleen & Pancreas:

- a) Banging the front teeth. (36 times)
- b) Banging the back teeth (36 times)
- c) Rubbing the thumb and index fingers to the base of lips. (36 times)
- d) Tapping with three fingers to the opening of the mouth. (36 times)

6. Triple Warmer:

- | | |
|--|------------|
| a) Massaging the neck from chin to hollow of throat with both palms. | (36 times) |
| b) Massaging the base of chin with thumb. | (36 times) |
| c) Massage the hollow of throat with index finger. | (36 times) |
| d) Stretching neck out and in like a turtle | (9 times) |
| e) Stretching the upper back. | (3 times) |

X. 24 Steps Combined Beijing Short Form

- | | | |
|---|--------------|-----------------------|
| 1. Opening the form | | 12 o'clock |
| 2. Grasping the Bird's Tail | (1) | 11 o'clock |
| ➤ Grasping the Bird's Tail | (2) | 1 o'clock |
| ➤ Grasping the Bird's Tail | (3) | 11 o'clock |
| 3. White Crane Spreads its Wings | | 11 o'clock |
| 4. Brush knee twist step aside | (1) | 11 o'clock |
| ➤ Brush knee twist step aside | (2) | 1 o'clock |
| ➤ Brush knee twist step aside | (3) | 11 o'clock |
| 5. Hand strums the Lute | | 11 o'clock |
| 6. Repulse the Monkey | (4 times) | 6.25/6.35/6.25/6.35 |
| 7. Grasping the Bird's Tail | (left) | 9 o'clock |
| 8. Grasping the Bird's Tail | (right) | 2 o'clock |
| 9. Single Whip | | 8 o'clock |
| 10. Wave Hands like Clouds | (3 sets) | 8 to 3 o'clock |
| 11. Single Whip | | 9 o'clock |
| 12. Parting the Wild Horse's Mane | | 9 o'clock |
| 13. Right Heel Kick | | 9 o'clock |
| 14. Punching the opponent's ear | | 9 o'clock |
| 15. Left Heel Kick | | 5 o'clock |
| 16. Snake creeps low & Golden Rooster stand on one leg | | Between 1 & 2 o'clock |
| 17. Snake creeps low & Golden Rooster stands on one leg | | Between 4 & 5 o'clock |
| 18. Fair lady works at the Shuttle | (Left side) | Between 4 & 5 o'clock |
| 19. Fair lady works at the Shuttle | (Right side) | Between 1 & 2 o'clock |
| 20. Needle at the bottom of the Sea | | Between 1 & 2 o'clock |
| 21. Oblique Fan | | 9 o'clock |
| 22. Parry and Punch | | 9 o'clock |
| 23. Pushing the Kun lun mountain | | 9 o'clock |
| 24. Closing the Form | | 12 o'clock |

Note:

- I. Do the form in High Frame.
- II. Do the form in Middle Frame.
- III. Do the form in Low Frame.
- IV. Do only the Leg Form.
- V. Do only the Hand Form.
- VI. Do the form with only Right Hand.
- VII. Do the form with only Left Hand.
- VIII. Do the form with only one hand, counting backwards.
- IX. Do the form with regular breathing
- X. Do the form very slowly focusing on the joints (should take about 20 minutes).
- XI. Do the form with Reverse Breathing.

XI. Qi/Chi Cultivation

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|--|---------------|
| a) Long Wave Breathing | 9 breaths |
| b) Ear Breathing | 9 X 3 breaths |
| c) Tai Yin Breathing | |
| ➤ Palms at shoulder level in front | 9 breaths |
| ➤ Palms at shoulder level at side | 9 breaths |
| ➤ Palms behind the back | 9 breaths |
| d) Reverse Breathing
(Embracing the tree) | 9 breaths |
| e) Fire Breathing | 36 breaths |
| f) Wood Cutter Breathing | 9 breaths |
| g) Heel Banging | 9 breaths |



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