

Meditation Menu

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All 'Menu Items' refer to audio-visual files posted on the OHSU Student Health & Wellness Center website

Appetizers-

Self-Acupressure: Head

For clearing the head of tension, stress or pain, this short sequence is a great way to transition into a meditative state. A top choice for stress or insomnia.

Sitting Meditation Basics

This gives essential information on posture and structural awareness as a foundation for meditation. One should not be overly distracted by physical discomforts that can be greatly minimized through the findings. If you feel relaxed and in a good place, it is not necessary to go beyond the basics.

Preliminary Relaxation

A relaxation sequence that essential bridge into any meditative practice. With practice, you can quicken the pace.

It is done with more depth as 'body scanning' in several developed schools of meditation. For that, whether laying down, sitting or standing, just focus your awareness in a relaxed way from head to foot, then reversing the direction back and forth. This can be repeated if desired for become a main event.

Main Meals-

Micro-Orbit Meditation

Called the 'Microcosmic Orbit,' this is both simple and versatile. Good for clearing acute stress, yet also energizing, integrating and literally centering.

It is a mainstay of many schools of yoga and qigong: an essential step for physical and emotional balancing that is built-in to many forms

One school had students meditate on specific points for hours or weeks at a time, so feel free to linger on a point.

Organ Meditation

Deeply calming yet nourishing, this can be done while under peak stress.

Any organ can be meditated upon anytime. This uses one of the two most commonly taught sequences in Chinese Qigong, one that is nourishing.

Since the emotional life in Chinese medicine is posited to be located in the organs and their associated networks, this works quickly and is thought to work directly on emotional balance. The strength and weakness of each aspect is integrated.

Use this prior to bed until sleepy, or anytime for emotional balancing.

Standing Meditations

A great way to start the day. It is designed to 'get your Qi moving.' Standing forms are often the starting point in contemporary Chinese Qigong training. They are designed to clear the acupuncture channels, and are particularly suited to physical and emotional enhancement.

CNS Stress Release Meditation

This form was recommended for office workers to counteract the effect of sitting and also mental stress. It is perfect for lunch-breaks or ending the day.

Sitting with Breath

Simply focusing on the breath is a time-honored practice. It quickly adjusts the mind.

Two simple breath meditations are provided from a specific lineage, *Gui Gong* of the Wang Family:

1. Balancing and awakening by pulling Qi through major acupoints
2. Energizing by contracting the perineum (a type of 'kegel').

Note: A few students with a history of asthma found some chest discomfort from the 2nd, so discontinue any of these practices if anything uncomfortable emerges.

Self-Acupressure

Self-massage is one of the fastest ways to adjust one Qi or bio-energy. It can be used prior to meditation to transition into a deeper state more readily, or used after any practice to deepen its effects. The history of its use is that it can be used as a stand-alone practice with good effects. It is also extremely safe, making it applicable for pediatrics and extreme stress—where stability is primary consideration.

The advantages of professional bodywork can be realized and deepened by the frequency of this practice. There are always several acupoints that are discovered during acupuncture or bodywork that can be worked upon by oneself to continue and deepen the treatment.

Chef's Special-

Turtle Qigong

A gift from 18 generations of Wang family in Beijing, who encouraged the teaching of this form. There are 3 parts:

1. A simple standing form (listed as Turtle Standing Qigong- 1)
2. A more complex 7-movement sequence (Turtle Standing Qigong- 2)
3. Sitting meditations- comprised on our site in 3 separate files:
 1. Organ Meditation

2. Sitting with Breath
3. Turtle Breathing & Exchanging (audio file)

One may sample and use any of these components, eventually practicing any part that suits one's needs.

Standing forms of all types are a great way to energize one's day, while sitting is especially useful to relax after work or transition to sleep. Find what works for you.

Desserts-

Finishing Form

This is built-in to the end of every meditation form listed here. Although optional, it is highly recommended after 5+ minutes of a qigong practice. It is designed to put more healing effect into the brain.

(Traditional finishing forms are modified here to follow 2020 CDC recommendations that avoid touching the mouth, nose or eyes.)

Percussive Self-Massage

(Found in the Self-Acupressure Section,) this was the universal choice in Nanjing, China after any meditative practice. You can start with dessert: This can be done by itself as a worthy practice for stress. It could be ideal for transitioning to home life after work, or starting one's day.