

A Simple and Powerful Visualization Exercise:

The following visualization exercise is excerpted from the [Solar Qigong Home Study Course](#). You may apply it before your tai chi, qigong, meditation or yoga practice. This exercise not only helps you get into the qigong mode quickly, it also builds up a strong qi field around you if you practice regularly. Before any practice, you should do an opening visualization which you visualize yourself at a beautiful place.

When choosing your own beautiful place, please consider the following:

- Ideally, it should be somewhere you have been to before
- Close to nature (forest, grassland, lake, stream, mountain, etc.)
- Avoid places with too many man-made buildings or objects.
- It could be your garden or a park nearby
- With nice weather (sunny day)
- Avoid wintertime (should not have any snow on your beautiful place.)
- Spring to midsummer is the most ideal time.
- The place should be tranquil.
- Avoid the seaside with strong waves.
- Avoid any river with strong currents.
- Avoid big waterfalls (a small one is fine)

Now take some time to choose your own beautiful place. Once you have chosen your place, stick with it, do not change places. By visualizing yourself at that beautiful place, you will be able to connect yourself with the qi field of that beautiful place.

Below is the beautiful place I use for opening visualization:



This is a Tibetan village in the Sichuan Province of China which I visited a few years ago. With altitude of about 3000m high, there are many stories about enlightened beings living in this ancient forest. I had a very special experience while meditating here. If you have a hard time choosing your own beautiful place, you may use this as your beautiful place.

Practice Opening Visualization:

1. Close your eyes.
2. Legs shoulder width apart.
3. Slightly bend your knees.
4. Relax your whole body.
5. Palms touch each other at Middle Dan Tian.
6. Visualize you are at the beautiful place (from a first person's perspective)
7. It is a sunny day, the sun is shining all over your body, so you feel warm and relaxed.
8. Smile.
9. Do you hear any sounds from that beautiful place?
10. Do you smell any scents from that beautiful place?
11. Feel the energy from the sun vibrate every cell of your body.
12. Visualize yourself immersed in sunlight and then your whole body gradually becomes the sunlight.



13. You are the sunlight, the sunlight is you.

14. When you can really picture and feel the above, say in your heart “I will start my qigong practice now. If there is any interruption, I will do the closing”.

Try the above exercise for at least 5 minutes. If you have difficulty visualizing the beautiful place, then take a look at the photo of your beautiful place with your eyes open for at least 1 minute, notice all the little details in that photo. Now, close your eyes and you should still be able to retain that scene with your mind’s eye.

You may wonder why we visualize ourselves become the sunlight. Maybe we can get some insight from ancient wisdom. In chapter 7 of Lao Zi’s Tao Te Ching (Dao De Jing), one of the most translated books in the world, he says “Heaven (sun) is long-enduring and earth continues long. The reason why heaven and earth are able to endure and continue thus long is because they do not live of, or for, themselves.”

Think about it, the sun and our mother earth are always giving out energy and resources to support the lives of every living thing on earth. That is why they can endure and continue for so long. So, if you want to live long and full of energy, we should be like the sun, giving out energy all the time, giving our best to serve others. The universe is very fair, once you give your best, it will reward you abundantly!

When you do this visualization often enough, you will gradually build up a strong energy field around you. Not only will this strong energy field act like a shield to protect you from negative energy, but it will charge up the people around you. You will have a positive influence on the physical, emotional and spiritual well being of others.

Think about it. You are like a big magnet and people around you are like pieces of iron. What happens to iron pieces when they get close to a magnet? They get magnetized and become magnets themselves. When your energy field is strong enough, people like your spouse or your children who do not practice qigong will benefit from your qi field.

“... a work colleague who is open to energy, said she could feel my energy being very strong and having a calming effect on her the whole day while we sat working next to each other.” - Mark Collins of UK, Solar Qigong Level II practitioner.