

QIGONG PARTNER TECHNIQUES

We are offering here a few examples of Qigong partner techniques but there are many others. All single person Qigong breathing techniques can be adapted for use by couples. Both Neidan (inner elixir) and Waidan (outer elixir) techniques work very well in a Rivers of Love setting if each partner is comfortable with doing them alone first. Here are a few useful patterns:

Small Heavenly Circuit for Two

Small Heavenly Circuit can be done while making love from any position. This practice will energize and potentize our lovemaking. We can coordinate the practice with our partner or do it on our own.

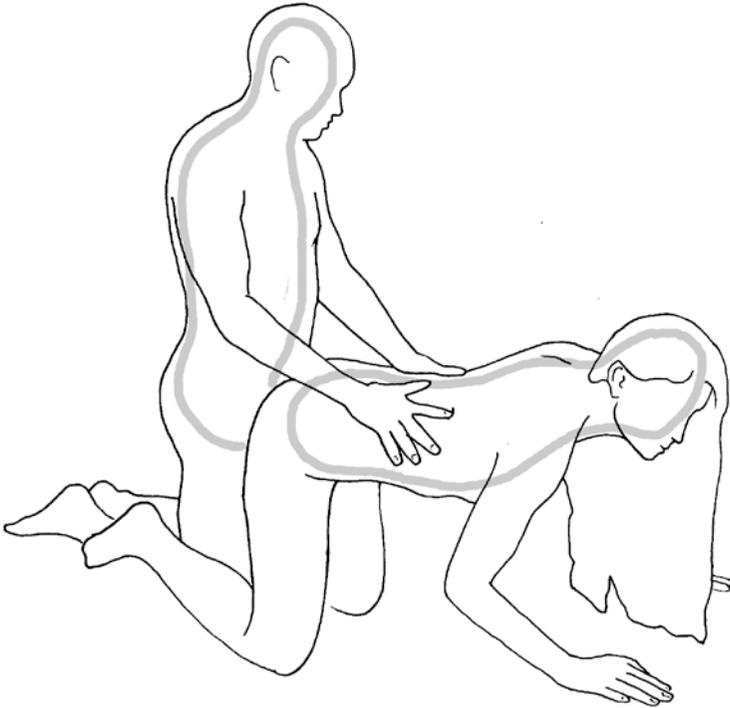


Fig. 7. Small Heavenly Circuit (for Two)



Fig. 8. Larger Heavenly Circuit



Fig. 9. Waterfall Breathing

Larger Heavenly Circuit (for Two)

Larger Heavenly Circuit is Small Heavenly Circuit coordinated as a couple, creating one large circuit between two people. It can go in either direction (up or down either partner's spine) and can be done from any position: Dragon, Tiger, Phoenix, Lotus, or Yin Yang. Another coordinated Qigong practice is called Waterfall Breathing.

Waterfall Breathing

Waterfall Breathing is two people doing Small Heavenly Circuit together but mirroring each other's energy flow. The flow goes up each person's spine then falls over the top of the head and down the front like a waterfall. Waterfall Breathing can be done with a Mirror or a Flow breath. When we have practiced and become very comfortable with Larger Heavenly Circuit and Waterfall Breathing and wish to enhance our intimacy we might try Ribbon Breathing.

Ribbon Breathing

Ribbon Breathing is an energetic weaving technique that weaves energy back and forth between partners. Ribbon Breathing uses a

Flow breath between partners, so as the man is exhaling the woman is inhaling and vice versa.

Ribbon Breathing can take a bit of practice for two people to gain competence in it. Please note that the gender roles can easily be reversed in this practice. It is as follows:

- 1) The man the man withdraws his penis he inhales from the earth through the floor of his pelvis (*acupoint huiyin / ren 1*) or through the bottom of his feet (*acupoint yongquan / kidney 1*), filling the floor of his pelvis with Earth Qi.
- 2) As he thrusts in he then exhales this Qi visualizing energy moving out his genitals and into hers. As he does this, the woman is inhaling and visualizing his energy moving into her yoni.
- 3) As he withdraws she then exhales the Qi out her lower abdomen (*acupoint qihai / ren 6*) as he inhales it into his lower abdomen (*acupoint qihai / ren 6*).
- 4) Thrusting, he then exhales out his chest (*acupoint shanzhong / ren 12*) and she inhales into hers.
- 5) Withdrawing, she exhales out her throat (*acupoint lianquan / ren 23*) and he inhales into his.
- 6) Thrusting into her, he exhales out between his eyebrows (*acupoint yin tang*) and she inhales into hers, filling her head with Qi.
- 7) As he withdraws she exhales out the top of her head (*acupoint baihui / du 20*) and he inhales into his, filling his head with Qi.
- 8) As they both relaxing, he exhales the energy out his body and returning it back into the earth.

They can then repeat the pattern, reverse the flow of energy by having the woman “give” to the man as she thrusts, do something different, or if they are comfortable enough they can slip into Paliuli (see page 183).

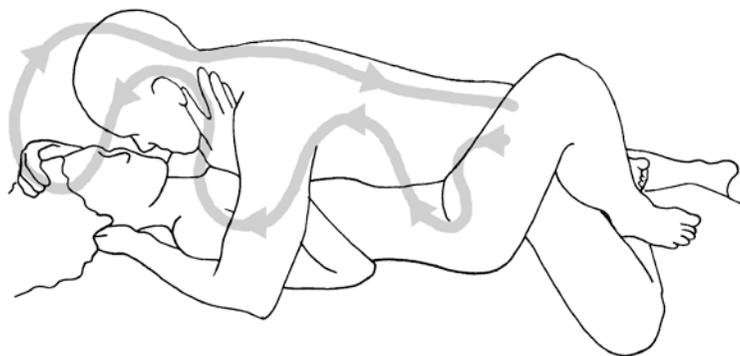


Fig. 10. Ribbon Breathing

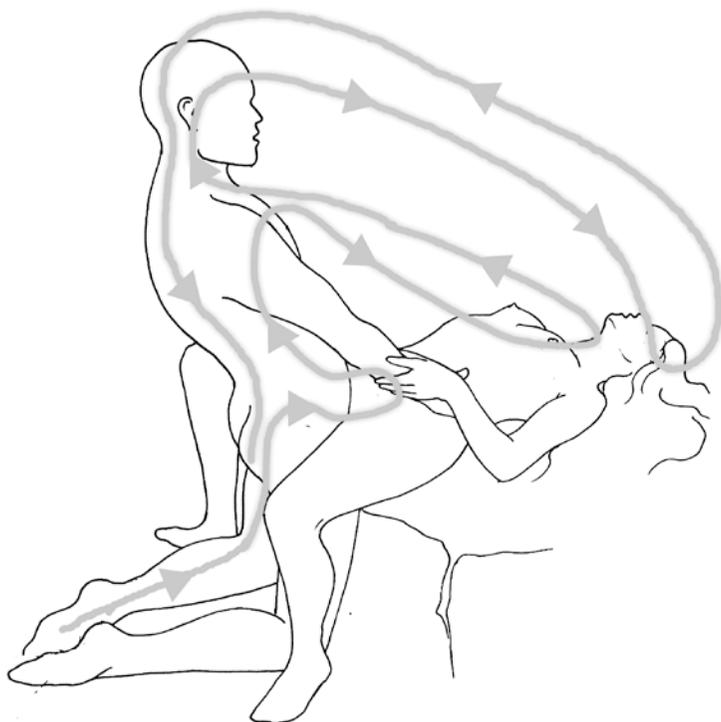


Fig. 11. Modified Ribbon Breathing