



Mindfulness

FOR PARENTS & KIDS

BY

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Hello!

Thank you for joining me on this journey of self discovery, of feeling your qi and most importantly, for entering a healing space with and for your relationship with your child.

The following practices can be done with older children, your partner or for your kids to support their own bond as siblings. As my 6 year old always, always reminds me-everyone can do something...meaning, even the smallest of children can participate with moving their own energy and helping soothe the energy of the household. So, let's get started. For this journey, you will need a yoga matt or a blanket and open heart and comfortable clothes.

We will begin with a bit of theory first off let me introduce myself and tell you a little about myself, my family and my practice. My name is Lisa Borg Anderson and I am a nationally certified Diplomate in Oriental Medicine which includes; acupuncture, traditional Chinese medicine, Tui Na body work (meridian/channel acupressure massage), Qi Gong movement/meditation and traditional food therapy. These are essentially the 5 branches of TCM.

But my story doesn't start here at the certification 13 years ago, but as a child of Transcendental meditators and teachers. Then, my father went on to study Chinese herbal medicine too. So, natural healing is really at my core, who I am. I am a wife, a mother to 2 very energetic boys, a teacher and a healer. My craft is helping those who seek out health find the balance that their bodies innately know. Everyone needs to have the ability to tap into the energy of life and when we practice it regularly, we bring that awareness into our daily lives and to our interactions with our kids, partners and most importantly-ourselves.

My goal is to provide you and your family with two distinct routines that can support bedtime and calming down anytime during the course of the day. We all need time to redirect and center ourselves and these techniques I have taught countless times with great success.

So lets begin...

What is Qi or Energy?

We will begin with the big question-what is Qi or energy? Qi is the vital energy that each being has on our earth; plants, animals have qi.

So, the nature of qi is to move and allow the blood in our bodies to follow that energy. When we get upset or angry our emotions affect our qi's ability to move and we begin to feel stuck or angry or sad. We don't feel right and especially kids don't know what to do about it. They start to act out, move excessively and create patterns to try and right themselves.

It's like the body wants to balance itself but the driver doesn't have the tools yet to direct the flow of that energy. This is compounded by being tired, hungry or not feeling in control. So our bodies begin to feel tight, cannot take a deep breath or feel like it's losing control.

Breath work and meditation with movement can help support the qi to its natural flow. Allowing us to return to a smoother state of mind and physical release of stuck qi. In traditional Chinese medicine (TCM), we believe as other natural healing modalities do that the lack of movement eventually gives rise to dis-ease and pain. This stuck energy that we feel will overtime if not treated will cause your body to cry out for help.

You may have specific patterns of illness or areas where stress shows up and so do your kids. How awesome is it that you are going to pass this technique on to your children who can affect change in their very being and help them get un stuck.

The First Exercise

The first exercise is a qi gong meditation that can be done 2 ways: sitting on a mat or standing with your feet firmly planted.

But before we begin there let us back up and create an opening in the top of our head and allow that center point of our head to open like a camera lens. Allow your breath to help open this area which is called Du 20 or the crown chakra. It allows the pure and clear qi of heaven to enter into our body. It is very important to learn to feel this spot and to allow it to open smoothly and even more important to close it at the end of your practice.

So, lets try that now.

On the next breath, close the top of your head and that the body for connecting to heaven. And what sensation did you feel, ask your kids too. How did you feel that energy-is it warm? Tingly? All of the answers are correct, we all feel energy differently and each time we sit or stand to do qi gong, we are different as the body changes with our experiences and levels of stress.

Okay now for the fun part: QI BALL HANDS!

Now that you have experienced that sensation, we will begin. Let us close the eyes and take a few deep cleansing breaths. Once you begin to feel settled, bring your hands to your heart and place them palms together much like yoga, all these movements will happen with the breath and if you or your child feel fidgety its okay.

In fact, fidgeting will help clear blockages so don't feel like anyone is doing it wrong or not paying attention. Wiggles are always going to happen and then just re-direct back to the breath. Much like a quiet meditation, movement and thoughts will come up and that is a sign that the body is releasing stress-don't worry just go with the flow.

As we stand or sit, notice the breath begin to slow, creating a smooth rhythm. On your next breath feel your hands and as you exhale allow your hands to move apart naturally and when you begin to exhale move the back to center.

We are going to repeat this and as you continue this pattern, notice how your hands begin to move farther and farther apart?

This is because you are beginning to form a denser and more concentrated ball of qi. This is energy. This is who you really are. A soul who has life force running through it.

A-mazing right?

So as we gather this energy, I want you to begin to move your hands above your head with your palms stretched out towards heaven and scoop up the energy, upon your next breath gently pull your hands down your body as you exhale. Allow, all the areas of your body to feel this new energy as you glide your hands over the whole body. When you reach your feet, place your hands on the earth and carefully stand up and repeat.

Once you have washed over yourself several times, we will return to the standing or sitting position, and return our hands to center and return to qi ball hands return to pulling hands apart and hands together. And when you are ready to end place your hands together, close the top of your head and prepare to clear the energy out of the body.

We will begin this by laying on our stomachs in superman pose with our hands in a triangle position to support the head. Take a deep breath in and out and feel the qi move down the body and out through your feet. Repeat 3 to 5 times and move into Child's pose with the next breath and repeat but this time clear the energy out through your fingertips.

Lay down in shavasana for 3 to 5 minutes, roll onto your right side and sit up.

Face your child/partner and see how that felt for them? For you?

Now for the connection to each other

Do the Qi Ball hands with a buddy sitting on a mat and connect to each other-alternate one person laying down and resting and the other moving qi with their hands over the length of your body. Notice any places that feel stuck or tight and give the energy direction to that location on your next breath and clear it with extra slow breath work...this moves the stuck energy and working with your kiddo or partner allows for their qi to help move it too. Isn't that awesome?

This technique is a great bedtime or end of day cool down with the intention of clearing out negativity and making space for growth and neural connections and healing over night. To add to this bedtime routine I would add the following in this order- we will discuss what the points are good for in a bit.

Bedtime Routine

1 || After qi ball meditation have your parent/kid lay down comfortably on their back and you the acupressure person will sit at the top of their head.

2 || Take your fingers and gently massage the scalp starting at the back of the head and work towards the crown of the head. Make sure to go around the ears and towards the forehead Massage the center point DU 20 with your thumbs.

3 || The technique we will use for acupressure is pressing down with even pressure, with one thumb. You will check in and ask how it feels so that your person is comfortable with the treatment. Press down gently and breath and hold for a count of 5 and repeat 3-5 times.

4 || We always do odd numbers to strengthen and even numbers to release excess energy. So for bedtime adjust if your feeling too much energy do even numbers of pressing and odd numbers to nurture or keep calm.

5 || Once we are done with that point we will take both hands and starting at the center point between the eyebrows gently massage going outward towards the temples, repeat and then we will work on the temples in small circles 3-5 times (Tai Yang).

6 || Next we will work on the ears which is a micro system of acupuncture and that means that it can treat the whole body. Envision a fetus, laying upside down in a womb and this is the ear.

Using both hands we will massage both ears at the same time. It is very relaxing and can be considered a full treatment alone.

Face is the earlobe and we begin there using thumb and index fingers massage and pull very gently the ears out towards the edge of the ear, next we will work on the helix which responds to the spine and vertebrae starting at the bottom nearest the ear lobe is the neck thyroid and voice, going upward the shoulders, back and hips use the thumbs in the front of the ear and the fingers in the back gently massage pulling just a bit this releases tension in the spine and supports the nervous system.

6 Continued || Next we will work on the internal organs.

These are located in the fossa or hollows of the ear. We begin by using our fingertips and I typically use my index fingers to gently press all of the surface of the hollows starting again closest to the earlobe and working through the lower portion is the organs of the upper chest-heart, both lungs and then we will massage the little triangles which represent the brain and assist with balancing sensory and speech.

We will massage them the same way we did the ear lobe and then work on the upper fossa which holds the stomach, intestines, bladder, reproductive organs and kidneys. Then we will do the upper part of the ear which helps with grounding the breath and helping wheezing. There is also a point that helps calm the spirit.

Once you have done this whole piece by piece part go back to the beginning and gently massage the whole ear a couple of times quickly and we will move on to the next area.

7 || The shoulders are next and this is where you will need to if possible sit with your arms out stretched and press on the centers of each shoulder. When your person begins to release tension connect with their breath and firmly press down and hold. Repeat this 3 to 5 times. This is gall bladder 21 and is a great point to descend qi and ground a person.

***IF PREGNANT DO NOT PRESS DOWN ON THIS POINT but instead place hand on the shoulders and allow the breath to slow down.

8 || Moving onto the feet cup the heels in both hands and hold for just a bit

9 || Lastly, hold the big toe with both the thumbs and the fingers on the opposite sides and press.

10 || Allow the person resting to remain so until they are ready to get up. If you are able to do this routine for your children in bed they can go to sleep! Or vice versa.