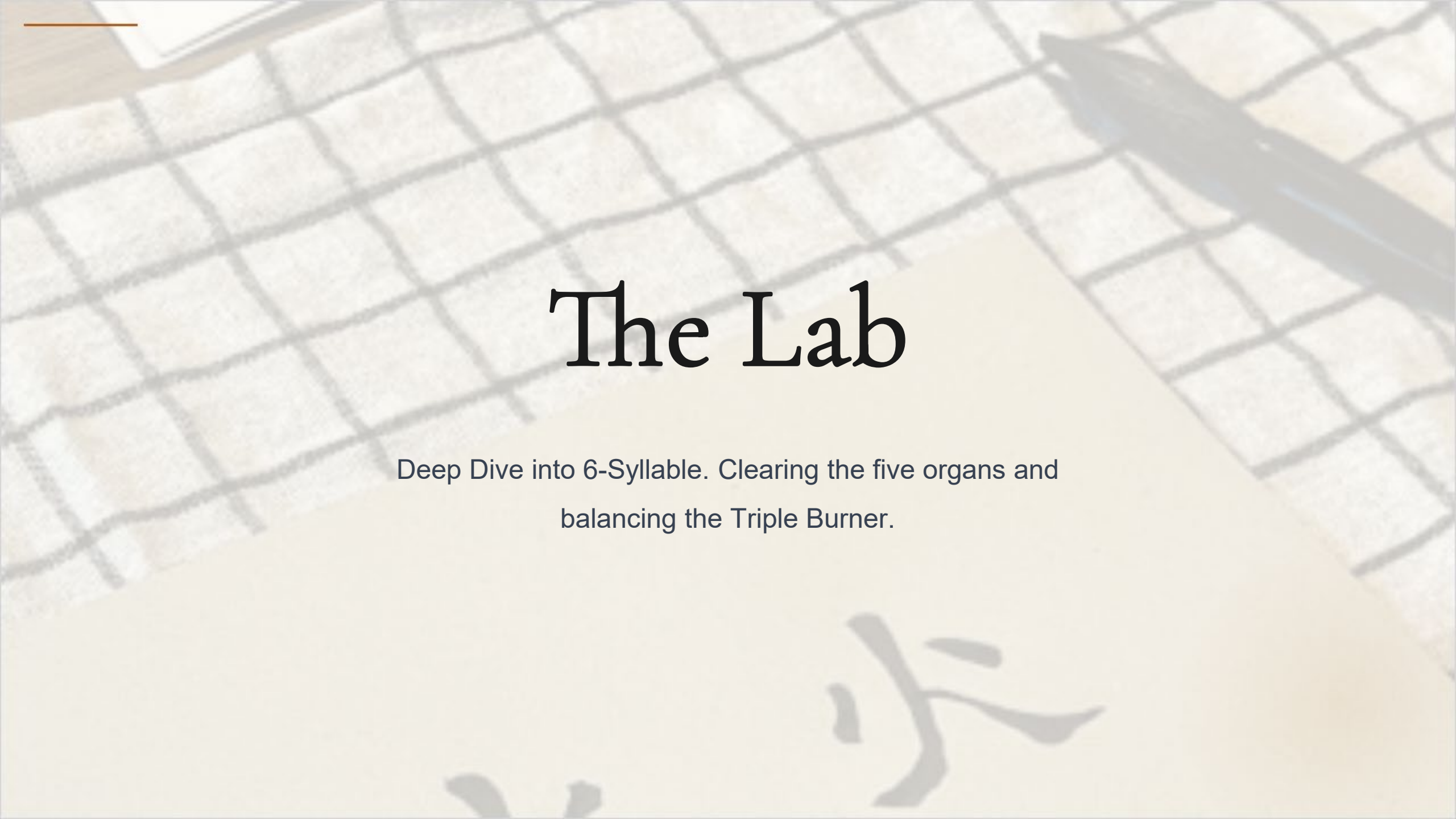

Dropping the Armor

An Intro to Qigong & Nervous System Regulation

RACHEL SCHUTT

Metal Sculptor & Qigong Practitioner

The background of the slide is a light beige color with a faint, large-scale grid pattern, resembling graph paper. In the upper right corner, there is a faint, dark grey illustration of a pen or pencil. At the bottom of the slide, there are faint, stylized grey characters that appear to be '火' (fire) and '水' (water), likely related to the 'Triple Burner' mentioned in the text.

The Lab

Deep Dive into 6-Syllable. Clearing the five organs and
balancing the Triple Burner.

The 6-Syllable Exercise

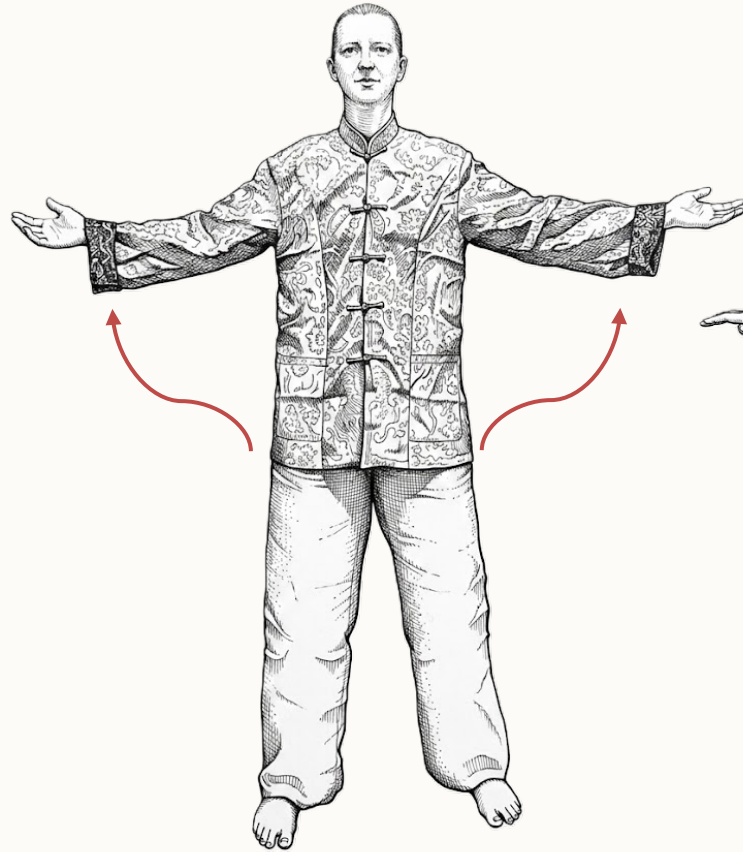
- Things to remember
 - Avoid eating at least 30 minutes before and after the exercise.
 - Avoid getting wet, washing hands and drinking liquids 30 minutes after.
 - Avoid wearing hats and electronic devices during the exercise.
 - Avoid using the restroom for at least 30 minutes after.



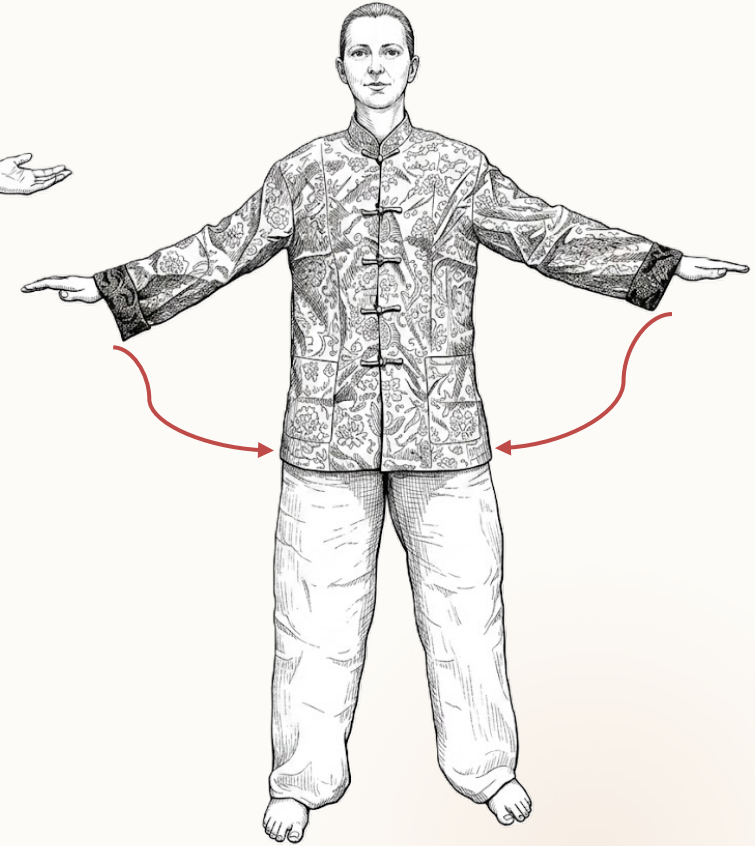
The 6-Syllable Exercise

— Syllable 1

- Sound is Xu (“Hu” as in human)
- Organ is liver and gall bladder
- Element is wood
- Color is bright emerald green



Inhale

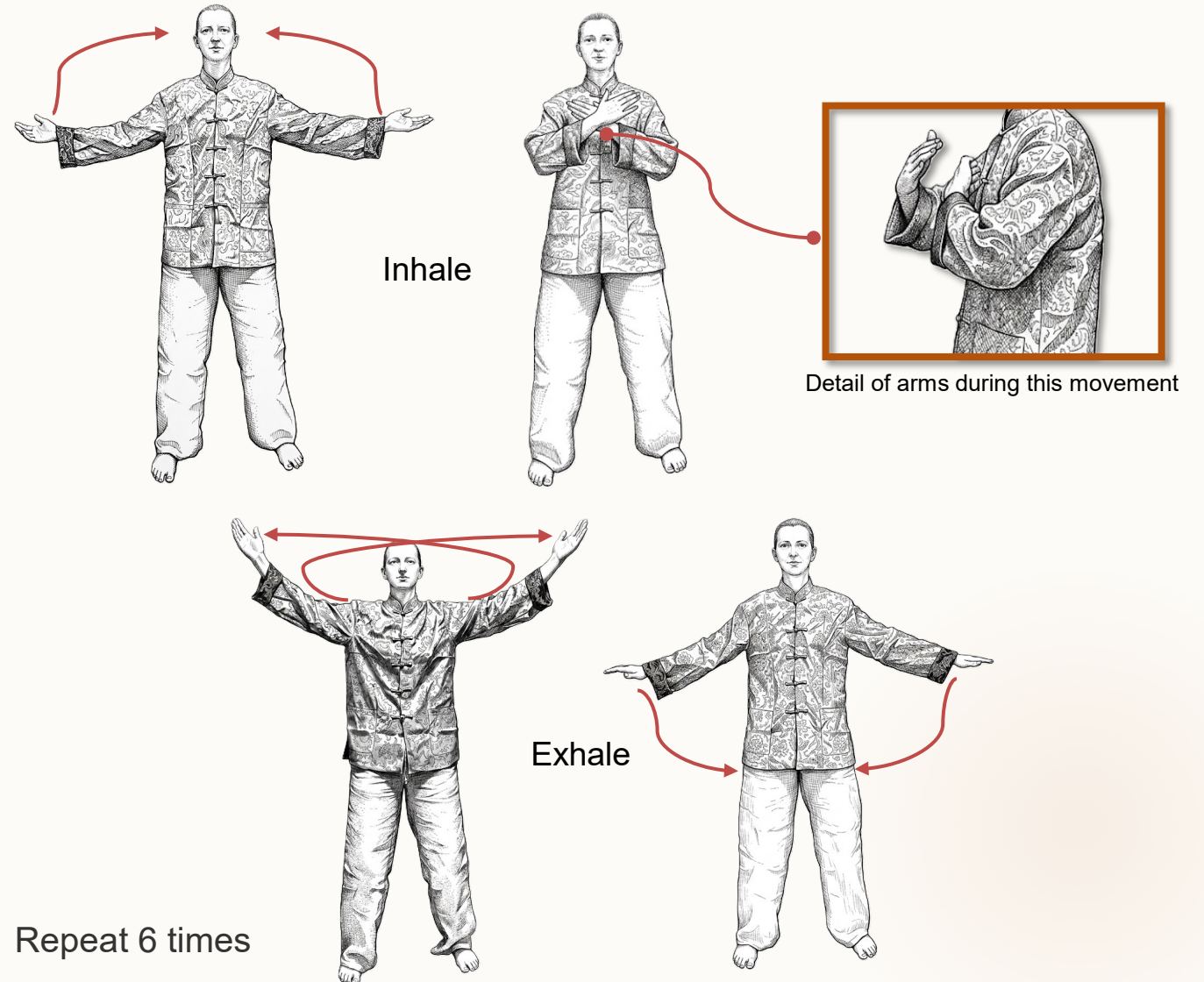


Exhale

Repeat 6 times

The 6-Syllable Exercise

- Syllable 2
- Sound is Ha (“Haahhh”)
- Organ is heart and small intestine
- Element is fire
- Color is pink



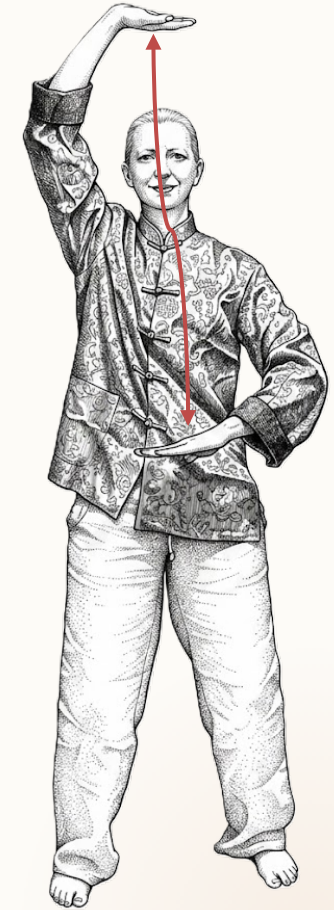
The 6-Syllable Exercise

— Syllable 3

- Sound is Hu (“Who”)
- Organ is spleen/pancreas and stomach
- Element is earth
- Color is golden yellow



(Beginning) Inhale



Exhale

Repeat 6 times

Inhale while bringing the hands back together at the Solar Plexus.

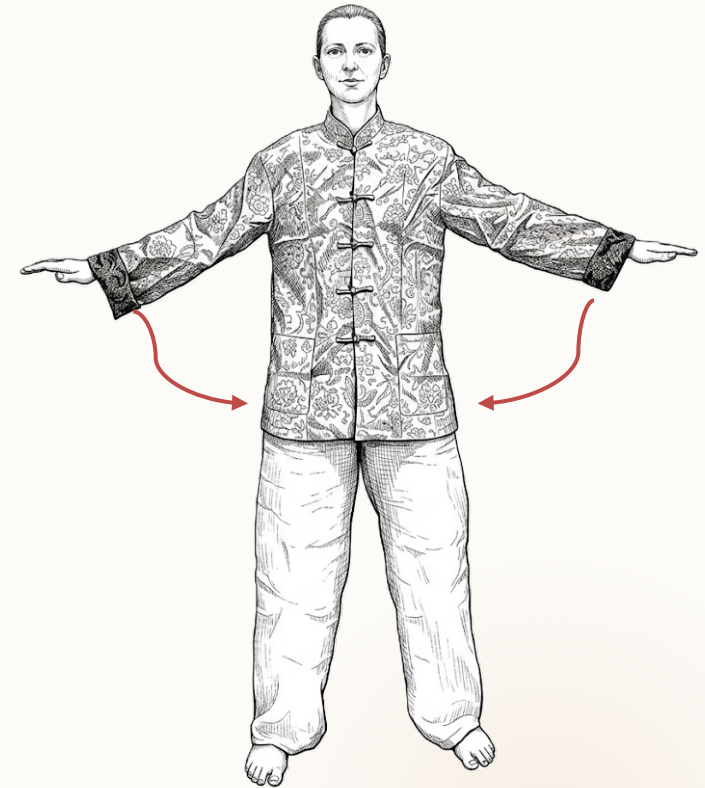
The 6-Syllable Exercise

— Syllable 4

- Sound is Sss (like air coming out of a tire)
- Organ is lungs and large intestine
- Element is metal
- Color is white



(Beginning) Inhale



Exhale

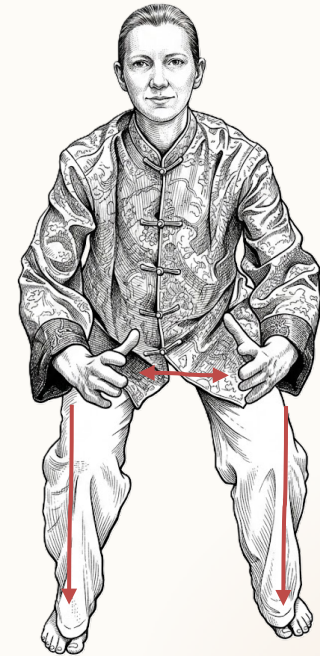
Repeat 6 times

The 6-Syllable Exercise

- Syllable 5
 - Sound is Chway (“Ch-waaay”)
 - Organ is kidneys and bladder
 - Element is water
 - Color is deep blue



Inhale

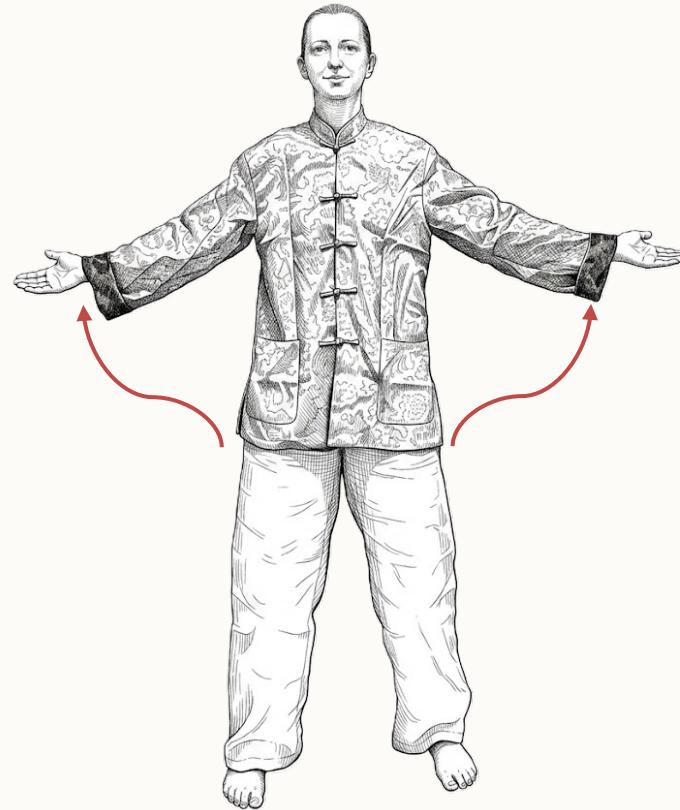


Exhale

Repeat 6 times

The 6-Syllable Exercise

- Syllable 6
 - Sound is Xi (“Sheee”)
 - Organ is triple burner
 - Element is fire
 - Color is rainbow



Inhale



Exhale

Repeat 6 times

The 6-Syllable Exercise

— Closing

- Inhale bringing arms from side over head down center of body. Hands meet; males right hand over left and females left hand over right.
- Hands rest about an inch below the navel. Males circle clockwise, females circle counterclockwise nine times, then reverse. Proceed to go the opposite way nine times following the first set.
- Push into the belly three times.
- Rub hands together, then gently tap the kidneys
- Rub hands together and brush off the residual qi from head to toe.



Honoring the Lineage

The Transmission of Qi

Honoring my mentor, Craig, for his unwavering guidance, patience, and teaching of these foundational mechanics.

I started working with Craig in June of 2025 and thanks to him I'm able to bring you the gift of Qigong to you today!



Craig Cooke, Doctor of Chinese Energetic Medicine

Integration & Inquiry

Questions?

Rachel Schutt | Sculptor & Qigong Practitioner

Take the armor off. Let the system breathe.

