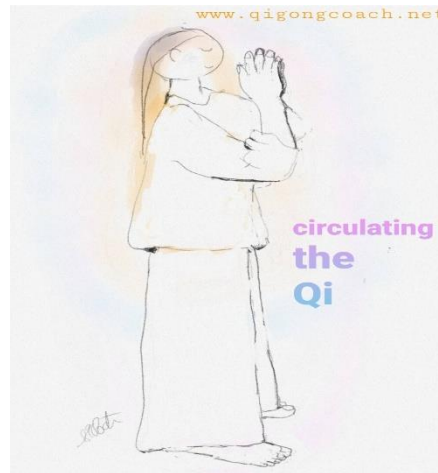


Qigong

5 Elements and the Oriental

Day Clock



The Extraordinary Ordinary Art of Having Better Days

Sally Dawn Ibbotson

Seasons of the Day. The Extraordinary Ordinary Art of Having Better Days

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*To everything there is a season,
A time for every purpose under heaven:*

*A time to be born,
And a time to die;
A time to plant,
And a time to pluck what is planted;*

*A time to kill,
And a time to heal;
A time to break down,
And a time to build up;*

*A time to weep,
And a time to laugh;
A time to mourn,
And a time to dance;*

*A time to cast away stones,
And a time to gather stones;
A time to embrace,
And a time to refrain from embracing;*

*A time to gain,
And a time to lose;
A time to keep,
And a time to throw away;*

*A time to tear,
And a time to sew;
A time to keep silence,
And a time to speak;*

*A time to love,
And a time to hate;
A time of war,
And a time of peace.*

Ecclesiastes 3:1-8 [NKJV]

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Introduction

I am a Qigong Teacher.

Qigong is a moving meditation, like Tai Chi. Throughout this book you will find Qigong illustrations with embedded QR codes taking you to videos where I show you the Qigong moves.

Opening the Chest Qigong is the first of these Qigong tasters!



1. Opening the Chest Qigong

More about Qigong later!



In September 2022, I wanted an expensive pair of shoes and felt I couldn't afford them. As I went to sleep, I gently wondered what I might offer to raise some money.

Before lockdown, I loved to run Qigong retreats and hadn't quite figured out how to replicate that online. The next morning, I woke up with a full plan to offer online day retreats based around the Oriental Day Clock.

I call them 'Extraordinary Ordinary Days' and I run the retreats, for small groups, on a monthly basis. This book is a record of what we discovered and an invitation to have fun discovering, for yourself, how best to live your days and to embody the extraordinary ordinary art of having better days.



Often, we have been told - or told ourselves - what is best for us: the best time to eat; the best to write; the best time to exercise, to walk; even the best time to meditate. Ultimately, it's up to us to decide since we all have our own rhythms. Often, they are intimately connected to the rhythms of nature with very individual responses to nature's subtle – and sometimes not so subtle - changes.

This book explores how best we can live our days connecting with, and drawing on, the huge gifts and bountiful resources of nature and the universe.

We will be using the Oriental Day Clock which is both ancient and unchanged. This serves to give us a structure for our explorations and discoveries.

I hope this book gives you access to the parts of yourself that might not have been given permission or allowed the space for the slow discernment that supports the unravelling and welcoming of your own wisdom.

Embracing your very own wisdom means that there are no right answers unless they are yours! Throughout the book the golden rule is that there are no prescriptions, no rules or truths unless they are you. Even the wisdom of Oriental Medicine should come under your internal microscope.

Use the book to find out what is best for you! And make it your very own extraordinary ordinary guide to a having better days.

I wish you a warm welcome to your Extraordinary Ordinary Days.

