



## Wall Squats 'Challenge'

### Feedbacks:

*Success story :) I started at 30 squats being tough last week and now today I am at 90.*

*I will be at 100 tomorrow this is a great success for me.*

*Feeling inspired and looking forward to feeling ease and grace while doing them :)*

*Still my form is feet shoulder width apart and arms outstretched to balance but this is progress never the less.*

*I look forward to hearing all of the squatting stories on Sunday.*

*Embracing 5 Xin and sending from that state.*

*Thank you, Susan.*

*I have been preparing for the challenge and connecting with the qi-field ever since you first wrote the email.*

*I have incrementally increased the time, starting with 20 minutes, then 40, 60 and today I did one and a half hour. It was when i did the 40 minutes and the hour that I noticed the biggest changes, mostly by feeling soooo healthy and strong afterwards. I do it very relaxed and calm and don't get tired doing it. I noticed that doing Ren yuan has become easier after having worked so hard at the squats. Today, after doing the One and a half hour I noticed that it was difficult to keep my focus on lower dantian breathing afterwards. I had also noticed that during the last 20 minutes although it was not difficult to do I was perspiring which I see as a positive healing reaction.*

*From tomorrow i will go back to just one hour each time and I hope to see you on sunday.*

*Thank you for organising this.*

*Marianne*

*Wall squats are one of the simplest ways for me to adjust when something has disturbed my Shen and I have not been able to catch it soon enough. The simplicity and the slowness of the physical practice helps me to unify with my body and deepen that unification. In the process of the practice, qi will inevitably calm and flow more smoothly. The relative calmness and clarity of this state then makes it possible for me to work more effectively with whatever I need to.*

*Dana*

*On the squat front: did 25 yesterday (slowly with extra breaths in between). When I went to bed I could feel the energy moving in my lower dantian and mingmen; with every outbreath qi moved halfway up my spine.*

*And my head was strangely empty which was truly pleasant to experience. It lasted maybe a couple of minutes because I fell asleep very fast. Wondering where this will lead me!*

*Warmly, Maria*

*Lovely to hear how worthwhile this "challenge" practice has been already, personally my squats have become more relaxed and effortless, generally I do 75, but have done three consecutive practices of 100 (about 40 min practice) and felt I could just keep on going if I had the time.*

*The challenge for me is to keep my mind focussed on the squats and the Qi movement; and I had a realisation today that I should stop counting them and use a timer instead to let me know when to finish this practice. I feel counting is a distraction.*

*On a couple of occasions I have been too busy to do squats before my Ren Yuan practice, and I noticed that the Qi sensation throughout that RY practice was noticeably diminished.*

*I experience Ren Yuan as a hugely beneficial practice, noticeably strengthened by practicing at least 40 -60 squats beforehand; I'm curious now as to the effect on my RY practice of doing 100 squats first.*

*This 'wall squats challenge' is a fantastic idea, and is already bearing fruit, thanks very much Vlado.*

*Yea, squats!! Nick*

*I started about 2 years ago doing squats, I'm still young but I was unable to do 10 squats with the legs quite open (more than shoulder with), and of course without facing the wall. Probably I have done too much western style exercise and bad posture habits. At that point I decided that i will stop all exercise until I could do the squats properly.*

*Until now I keep practicing squats. Before just a few every day and; last months every time I work more intensely. I do 1 hour every day. Still not able to do a squat facing the wall but i'm improving little by little!*

*Hector*

*Strictly speaking I learned about squats about fifteen years ago, and eight years ago I once did a 100 day 100 GONG, but got precious little out of it as I suppose I had not received proper training. I resumed wall squats last year under your guidance and that made a difference as I pointed out to you. In the past few years I had a bout of arthritis in my knees, and I do experience even today a certain amount of pain (it is slight but it is there) when practicing squats. I do them almost every day regardless of the slight pain.*

*Oriel*

## **Questions:**

1. Did you start your wall squats with your feet apart?
2. What were some of the patterns that you found linked down at this lowest part of the body to overcome?
3. I have heard you say before something to the effect that it is not how far down we go in the squat that matters but that we do the squats in good form, stay in a qigong state and with practice with ease and without strain. Can you elaborate more on this. I could do many more squats if I only went halfway down and I am not certain where to concentrate my efforts for the best growth and healing.
4. What information would you put into the Qi field before you start squats to help clear the pattern of it being very hard and not something to enjoy:). For me I started squats many years before 9 years yet always with big weights on my shoulders. Now I realize these were indicative of the baggage I was carrying around. I struck me the other day when you offered this class in perfect heart to heart timing for me I must add that I was now ready to dismantle that it was too hard as I had stopped doing regular squats close to two years ago now. The pattern that has shown itself through starting these once more is the belief not that the squats were too hard but that my life has always been a struggle and hard. So I take this new challenge and incorporate it into my life so I can master and break through this old pattern with ease and grace. I thank you for offering it at this time in my life. I feel very grateful for this challenge. There is also a connection to it being a challenge I see, more on that later as the dismantling progresses. Namaste.

5. How do I do the preparation for the squats and if I have to do some stretching when I finish them
6. Why can some people squat easily and others not? What physical restrictions occur in people who can't do wall squats? Do you know of other restrictions occurring in those who can't do wall squats?
7. A question that does arise for me is in the area of mind activity. The simple instruction is to think lower dantian when going down and upper dantian when standing. This can feel confining and I am wondering if it is possible to allow it to be more general like top of the head and bottom of the feet or even beyond the upper and lower boundaries or the body.
8. To do the squats we need to work relax but when I try to improve the squats ( feet more near in my case, or lift less the arms to balance ) is less relaxed. Few weeks ago I was able to do 100 squats with the feet almost together, just 10 centimetres, but I was quite far to be relaxed. All my arms was with a lot of tensions an also my legs. Now I do it relaxed, much slower, but i do it with the feet at the shoulder level, and I just can't do 50 in 1 hour. How I should work it? practice with the feet as much close is possible until my body little by little relax, or work like now, more relaxed and little by little try to close?
9. There is some other exercises to help the people we can't do squats? To release the hips or loose the back.

