

Daisy Lee - Radiant Lotus Qigong for Women 2023

In this 7-week course, you'll:

- **Become a confident, proactive participant in your own healing — instead of solely relying on doctors or practitioners to heal you**
- Cultivate stable “lead energy” that strengthens your body and harmonizes your emotions with a Qigong movement to **vertically align your body between Earth and Sky**
- Wash away the residues of stress and calm the overstimulated mind with the Showering Qi movement
- **Open joints and releases stress** with the Lotus Rises movement... a poetic, flowing signature movement of Radiant Lotus Women's Qigong
- Explore how to **release stagnant and trapped energetic debris** in the body's tissues with a Qi activation routine called Shaking & Cupping
- Discover how a **Tibetan sound-healing practice can empower your voice** — as well as cellular rejuvenation throughout the body
- Gently clear Qi stagnations around the abdomen with the **Swimming Dragon movement**
- Move Qi through the **energetic pathways of your body** with soothing self-massage, lymph massage, and dry skin brushing
- Examine the past through a compassionate lens — for **gentle release and acceptance** — using Qigong movements for restoration and strength
- Recognize the profound healing of movement — and identify how to **create a new blueprint for growth and lasting change** using Radiant Lotus Qigong
- And much more...

As Daisy will explain, the exquisite movements of **Radiant Lotus Qigong** address health concerns unique to women. The techniques you'll learn have been known to break up stagnations in the breasts and uterus, including benign tumors, cysts, and fibroids.

Throughout the ages, the lotus flower has given rise to all manner of poetry, prose, paintings and art... as well as inspiring centuries of spiritual and philosophic thought throughout Asia and beyond. Living and growing in turbid, stagnant waters, one can hardly imagine the pure and pristine blossom of the lotus that will break through the heavy mud and into the light.

It is through this illustrative perspective that Daisy founded Radiant Lotus Qigong to support others in overcoming what may seem like insurmountable conditions. We can use the metaphor of a radiant lotus rising through muddy, murky water to draw inspiration for how to live and persist through times of hardship and difficulty.

The symbol of the Radiant Lotus is of particular significance to Daisy as her given name, Yim Lin, means “Radiant Lotus” in her native Toisanese-Chinese language.

Daisy is a celebrated Qigong teacher and mentor across diverse student populations spanning all genders and ages — from Olympic athletes and martial artists to those with PTSD and serious health conditions.

With nearly 30 years of teaching experience — through leading workshops and her work in prominent medical institutions such as Johns Hopkins Medicine, Mount Sinai Health System, and Women's College Hospital — Daisy has supported the health and wellbeing of thousands of women worldwide.

“I am reminded of the joy of being...”

The sessions with Daisy have been extraordinary. Her explanations about the movements, their functions, and the interplay of energy, mind, emotions, and body are many. Her voice has a full, warm resonance that sounds like music and helps me feel the flow. I am reminded of the joy of being... the wonderful miracle of existence.

— **Leinani Springer**, opera singer, Kauai, Hawaii

What You'll Discover in These 7 Weeks

In this 7-week transformational intensive, Daisy will guide you through the fundamental skills and competencies you'll need to harness the power of *Radiant Lotus Qigong for Women* for empowerment, healing, and balance.

Module 1: Three Movements to Gain Peace, Balance & Strength in Your Physical, Mental & Emotional Bodies (April 12)



Daisy will begin the course by sharing three key Qigong movements: Showering Qi... Flying Phoenix... and Lotus Rises Through the Water.

You'll practice the first two during the opening session — and prepare to incorporate Lotus Rises Through the Water during the second week.

Daisy will also guide you in foundational concepts such as Vertical Alignment, how to be in Neutral Compassion, and how to cultivate stable “lead energy” so that the life you live is one of presence, clarity, and discernment.

Showering Qi calms the over-stimulated mind, helps release stress, and can help you decompress before bed. It has also proven helpful in regaining balance after stressful encounters such as interactions with a family member, friend, or co-worker in an agitated situation.

Another versatile movement — Flying Phoenix — can help balance the right and left brain hemispheres... bring clarity to decision-making... and assist in overcoming grief, sadness, and disappointment.

In this opening module, you’ll explore:

- The stress-relieving **Showering Qi** movement that helps decompress built-up tensions in the body, mind, and spirit... including support for menopausal **hot flashes**
- How the “showering” movement can help calm hyperactivity in children
- The **Flying Phoenix** movement for emotional healing and redefining boundaries
- How the Flying Phoenix movement **reinforces the energy** at the middle dantien (one of three energy centers in the body) to create strength and balance in the heart center
- How to cultivate stable “lead energy” by aligning with the powerful forces of the Earth and Sky

Module 2: Embodying the Lotus to Experience Your Empowered Strength, Resilience & Beauty (April 19)



Through Daisy’s skillful guidance, you’ll add the Lotus Rises Through the Water movement to the Radiant Lotus Women’s Qigong practice you’re building...

Just as the lotus flower rises up from its roots in the mud through the movement of water, Qigong can help you open to and blossom into your authentic Self — all while opening your joints, breaking old patterns, and grounding you in your natural grace and presence.

As you'll discover, Daisy views the pristine lotus blossom rising up through stagnant, murky waters as a symbol of your ability to overcome your deepest challenges by gently letting go of the past — and embracing the light within.

In this module, you'll discover:

- The **Lotus Rises Through the Muddy Water** movement — a poetic, flowing signature movement which opens joints and releases stress — while incorporating healing female empowerment
- How to process blocked or difficult emotions by revitalizing Qi to refuel your body, mind, and spirit.
- Techniques to **unlock your sense of empowerment** as a woman through Qigong
- The *message behind the movement* as Daisy explains the lotus as a powerful symbol of your innate strength, resilience, and beauty

Module 3: Qi Activation Practices to Awaken Your Body's Immune System — and Decrease Stagnant Energetic Debris, Stress & Tension (April 26)



Activate your body's immunity with the Shaking & Cupping routine — a Qi activation practice used to release stagnations in the tissues & joints... increase bone density & lymph flow... and support womb & breast health.

Shaking & Cupping benefits different areas of the body in specific ways so Daisy will walk you through each application of the routine... helping you gently detox and open the flow of energy in your body.

This session will conclude with a secondary way to perform the Showering Qi movement to calm and settle your energy after the vigor of the Shaking & Cupping routine.

You'll discover:

- The Qi activation practice of Shaking & Cupping to **release systemic, stagnant energetic debris** in the body's tissues

- Specific modifications for Shaking & Cupping to **support healing** of different conditions, including serious illnesses such as cancer
- A **gentle way to release blockages** in your system and LOVE your body back to health as you practice this routine
- How to increase bone density & lymph flow... and care for the womb & breasts
- An **increase in energy** when you apply the Shaking & Cupping routine
- The power of the Showering Qi movement to wash away stress and tension from the mind & body... helping you **return to calm & balance**

Module 4: Self-Massage & Lymph Massage for Detoxification, Breast & Womb Health (May 3)



Gently move Qi through the energetic pathways of your body by incorporating **self-massage and lymph massage** into your routine.

Daisy will explain how **lymph glands can begin to swell if they are not draining properly** — this can happen when toxins in the body are not flushing out through the proper elimination channels.

The body can then become contaminated as toxins get backed up... resulting in difficulties ranging from constipation to more serious ailments.

Daisy will share massage techniques that incorporate acupressure points — which help to activate the body's detoxification pathways.

Though not required, Daisy recommends you purchase a lymphatic brush for dry (skin) brushing so you can fully participate in this session's instruction and practices.

In this module, you'll explore:

- How to perform a **full self-massage** to support lymph drainage
- **Key pressure points** specifically for women that boost breast & womb health
- The necessity of **pure water and sunshine** (vitamin D) for metabolic health and disease prevention

- The **most effective technique for using a dry (skin) brush** to help move lymph fluids — especially when there are increasing blockages backing up in the body
- How ridding your body of **lymph blockages and buildup** can ease night sweats, address the effects of food and environmental toxins, and even pleasantly impact your natural body odor

Module 5: Tibetan Sound Healing, Part 1 — Tone & Vibrate the Cells for Increasing Your Energy & Vitality (May 10)



In Qigong, sound-healing practices help break down blocked energy in the tissues, bones, and blood... the healing waves are activated by your own voice.

Over the next two class sessions, Daisy will demonstrate **four Tibetan sound-healing tones** specific to women's health for clearing stagnant Qi throughout the body... and liberating your authentic voice.

Healing, invigorating vibrations can break down cells that aren't part of your "optimal blueprint" — releasing stagnations which if not tended to, could later cause disease.

Historically, women have often had their voices suppressed — or chosen to remain silent to avoid conflict and confrontation. Tibetan sound healing not only tones the vocal cords, it can significantly support women in speaking their authentic truth — allowing for greater expression of their voice and needs.

In this module, you'll discover:

- The first two **Tibetan healing sounds** (ONG and AHH) to realign your energy body's "optimal blueprint" — as you tone and vibrate your cells... break down cellular debris... and empower healthy cells with energy and vitality
- How these **lower-body and upper-body** sound practices clear blocked Qi in your bones, tissues, and blood
- A unique way to **clear energy blocks** and empower the thyroid gland that supports women's hormonal balance
- The Swimming Dragon movement to clear your abdomen of Qi stagnations

Module 6: Tibetan Sound Healing, Part 2 — Empowering Vocalizations to More Clearly Express Your Authentic Needs in Support of Breast Health (May 17)



In Qigong, Tibetan sound healing supports your body's return to harmonious balance...

Women's voices are powerful... especially when we're not fearful or anxious. The sound practices you'll learn in this session will clear blocked emotions and reinvigorate your whole body.

A beautiful singing voice isn't necessary for these practices — simply open yourself to the healing possibilities in the many expressions of your authentic voice.

In this module, you'll:

- Explore **two additional Tibetan healing sounds** (LU and MEE) to support breast health — and work on clearing accumulated stagnations in breast tissues that can lead to higher chances of breast disease
- Discover how Tibetan sound healing can **re-energize your voice** and vocalization
- Examine how to **express your needs** in a clear, honest, heart-centered way

Module 7: Refine Your Radiant Lotus Qigong Practice to Feel Grounded & Reaffirm Your Commitment for Better Self-Care So You Can Rise to Meet Life's Challenges (May 24)



As this course concludes, you'll review all the key components of Radiant Lotus Women's Qigong as you move through your full-length practice...

You'll experience The Lotus Meditation that supports a compassionate view of life, even in times of uncertainty. A woman's power center is in the heart and nurturing this center —the middle dantien — is key to creating balance within.

Daisy's guidance through this meditation will help you recognize and reclaim your true strength — supporting you in being more grounded, present, and aligned with your authentic self.

Your Qigong practice will help stabilize you, reaffirm your commitment to self-care, and empower you to rise up and meet whatever challenges come your way.

In this final session with Daisy, you'll:

- Review the key elements of Radiant Lotus Women's Qigong
- **Receive refinements** in your practice of the Lotus Rises movement
- Reaffirm your commitment to **profound self-care**
- Experience a fun **emotional release technique** through sound that you can incorporate into your daily self-care routine
- Discover **potential next steps** on your healing path