



# Turtle Chi Gung

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*Part of the  
2010-2014 Teachings for Women  
of Sunyata Saraswati*

Ma Shakti Amrita Saraswati

(Writings and teachings of Master Sunyata Saraswati)

*Turtle Chi Gung*

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Unless indicated as from Amrita, all information in this manual was originally spoken by, written by, or transmitted by Sunyata Saraswati, even if not presented in quotation marks. His words in this manual may be used; please quote from:

“Sunyata Saraswati”.

Thank you.

### **Please read before using this manual and practices**

This manual is a reference guide only. Practices should only be attempted after you have received instruction from a teacher or video, following the directions and cautions.

The exercises and practices in this manual promote well-being and energy and are not data-proven methods. Please use this information with caution, intuition, and common sense, as no outcome is guaranteed.

These practices are not meant to replace competent medical advice. Consult your health practitioner if you are unsure of the suitability of these practices.

Do not force or strain yourself when practicing. If you feel pain, discomfort, dizziness, or anything else unusual, stop practicing immediately. Do not practice after surgery until you are allowed by your health practitioner. Check the *Restrictions* and *Health Concerns* throughout the manual.

Thank you!

For current information, please visit  
[www.spiritenergymovement.com](http://www.spiritenergymovement.com)

To read about the complete system, the *2010-2014 Teachings for Women of Sunyata Saraswati*, please reference the manual *Becoming...*

Sunyata Saraswati's memorial website  
[www.sunyatasaraswati.com](http://www.sunyatasaraswati.com)

May all be safe.  
May all be happy.  
May all grow to their fullest spiritual expression in this lifetime!

## Part 4 - Turtle Chi Gung

*“If you’re at peace with yourself, you’re at peace with everybody.”*  
~ Sunyata Saraswati

The peaceful, slow but steady, and long-lived turtle and tortoise. What if we could enjoy those attributes as well?

*Turtle Chi Gung* utilizes various movements and breathing techniques to slow down the breath and the body, as well as imitates movements of turtles, for benefits such as possible longevity, thyroid stretching, and tonifying kidney energy.

### ***Some possible benefits of Turtle Chi Gung include***

- Longevity (by breathing very slowly like the long-lived turtle)
- Thyroid health (continue working with your health practitioner)

### **Sequence**

1. Foundation Warmup (optional) (please use the *Foundation Warmup* manual)
2. White Crane Salute (Opening Salute)
3. Karana Kriyas
4. Kidney Massage
5. Turtle Chi Gung
6. Clear (Wash the Chi)
7. Scoop and PHAT!
8. White Crane Salute (Closing Salute)
9. Shavāsana (Corpse Pose)

### **Restrictions**

- Menstrual Period - No, cannot practice
- Pregnant - No, cannot practice
- Postpartum - Wait six weeks
- Breastfeeding - No, cannot practice

### **Health Concerns**

#### ***Pregnant***

- If you are pregnant, please do not do this practice

#### ***Postpartum***

- Please wait six weeks before starting practice

#### ***Other***

- No strokes, cardiovascular problems, or heart problems
- If you have high blood pressure, do not hang the head down. Consult your health practitioner before beginning practice.
- If you have low blood pressure, dizziness, hypoglycemia, or other concerns, bring the head back up very slowly

## Part 4 - Turtle Chi Gung

### Full Sequence

1. Foundation Warmup (optional) (please use the *Foundation Warmup* manual)
2. White Crane Salute (Opening Salute) (from the *Salutes* manual)
3. Karana Kriyas (please use the *Preliminary Energy Movers* manual)
  - a. Vertical Stretch
  - b. Lateral Stretch
  - c. Flat Back Stretch
  - d. Half Crescent Moon
  - e. Open the Gate
  - f. Stretching to Heaven
4. Kidney Massage
5. Turtle Chi Gung
  - a. Complete Breath
  - b. Slow Breathing
  - c. Thyroid Massage
  - d. Turtle Movement (Turtle Motion for Air)
  - e. Massage Wind Channel
  - f. Close the Gate
6. Clear (Wash the Chi) (from the *Foundation Warmup* manual)
7. Scoop and PHAT! (from the *Foundation Warmup* manual)
8. White Crane Salute (Closing Salute) (from the *Salutes* manual)
9. Shavāsana (Corpse Pose)



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Before Sunyata Saraswati’s (Gosvāmī, Sifu, affectionately called “Master”, Grandmaster, SiGung, Lao Sui, T’ien-Tao Lung) energy left the body, he told Amrita that she was to document these practices taught in the last four years of his life. This instruction led to the compiling of this manual, which is part of the *2010-2014 Teachings for Women of Sunyata Saraswati*.

May future generations benefit from these teachings.

May all people be happy and be able to grow into their most expanded self in the world.