

## **Candice Lin**

United States, born 1979

### ***Millifree Work Weary™ Free Video (Qi Gong)***

2021

Digital video; color, sound; 19:45 min.

Walker Art Center, Minneapolis, Gift of the artist and François Ghebaly, 2022

Music: “Sound of Sleeping” from *Peaceful Sounds for Sleep and Relaxation*, 2020; Dengue Fever, “Sleepwalking Through the Mekong” from *Escape from Dragon House*, 2005; Sinn Sisamouth and Ros Sereysothea, “Mou Pei Na” (c. 1960s) from *Sleepwalking Through the Mekong*, 2009

3D animation, modeling, and scanning: Yotam Menda-Levy

Hand-drawn animation, video editing, sound mixing, text: Candice Lin

## **Video Transcript**

[Rumbling and sounds of rock moving.]

[Instrumental music swells.]

Hello and welcome to Millifree Work Weary, where we offer a million ways to be carefree. I’ll be your guide to this new land of unfound peace and inner freedom.

Begin by placing your paws over your lower abdomen, and take in a couple of long, deep breaths, breathing in and out slowly. Feel

your energy and awareness drop down to your lower abdomen, and take your hands up by your shoulders. Inhale, exhale, round your back.

Tuck your tailbone under. Deep breathing into the spine. Exhale as you round your back. Tuck your tailbone under; inhale as you open your chest. This is called spinal cord breathing, and it helps to bring a smooth flow of energy up the spine and into the nervous system.

It's a great way to end your day stress free and reenergized.

Synchronize the breath with the movement. Exhale, round your back; take a deep breath, open your chest. Feel all the joints in the spine moving. Turn to your right and open your chest. Hold as you exhale, then round to the center, and you're gonna turn to your left, take a nice, deep breath. Take another nice, deep breath into the left side of your lungs. Exhale and round to the center; tuck your tailbone under, inhale; and twist to the right, exhale. Another deep breath. Round to the center; feel the spine stretch. As you twist, you're going to open the spine a little bit deeper, as well as take the breath a little deeper into the lungs, recharging your body.

The next movement is called water waves, and it moves the spine in a twisting direction that really helps to enliven the back of the body. So, flow from the hips and waist in the center, relaxing your neck and shoulders, and just let your arms flow in a circular, spiraling motion around the body. The arms don't touch the body.

They circle and spiral just in front and behind the body, creating a rippling of energy that comes from the center—the hips and waist—and moves up the spine and out through the shoulders.

Go ahead and take a couple of deep breaths. Increase the movement; relax the arms even more. Relaxation and moving from the center are key principles of qigong.

Now bring the arms to your sides, and lean a little to your right side, relaxing your neck and shoulders. Go to the left side, relaxing the head, neck, and shoulders.

Start to move in a flowing lateral direction, where you are shifting the weight left and right, moving the hips and waist; move through the rib cage and relax your neck and shoulders and head. This is called dog wagging the tail, and it frees up the flow of energy from the spine into the nervous system, all the way up into the head.

Try to relax all the joints from the hips, the waist, the ribs, the neck, and the shoulders.

The lateral movement of the spine is sometimes the most challenging, and this is where we hold the most tension in our bodies. Feel this waterlike flow moving into the spine, keeping it supple and relaxed, open and clear.

[Soft instrumental music continues.]

Take another deep breath, and slow the movement down. Come to a place of being centered and relaxed, and notice how your body feels.

[Soft instrumental music continues.]

[Computer mouse click.]

[Loud dance music begins.]

[Books falling to the floor. Dish sliding, dish breaking, person shouting.]

[Computer mouse clicks.]

[Birds chirping.]

[Instrumental music with vocals in Khmer begins.]

[Computer mouse clicks.]

[Instrumental music with vocals in Khmer continues.]

[Soft instrumental music resumes.]

The sides of the body are associated with the liver meridian. This meridian line is responsible for the smooth flow of qi in the body and how we process stress.

Lean over to the left and take a nice, deep breath; feel the meridian line on that side open. Also feel connected to the earth through the bottoms of your feet. The hips and the waist open, the ribcage open, the breath deep and full.

Great! Now come back to the center; take the arms out to your sides, shoulder height. Press the palms out to both directions, and lean the head over to the right side, ear to the shoulder. Take a deep breath. Come back to the center, and lean your head over to the other side, ear to the shoulder. Take a nice, deep breath and stretch.

Now take your paws and point them behind you; pull the arms back, leaning the head over to the right shoulder. Take a deep breath. Breathing in this one is really important because the tendons are working on lengthening and opening.

Your head to the left side now, breathing into it, feeling the opening down the tendon lines of the arms. Bring the arms down to the sides. Go ahead and shake it out a little bit; get that qi to flow all the way down to the fingertips.

Now you're gonna take the fingers together, pull your claws into a curled position, facing downwards, arms up by the shoulders, head to the right. That will stretch the other side of the arms; the outside of the arms are associated with the yang meridian, and the inside is associated with yin meridian.

Lean the head over to the other side, ear to the shoulder. Take a nice, deep breath. Come back to the center and pull the arms back, bringing the claws so they face forward. Head to the right. Breathe into it. Stretch and strengthen. Take your head to the left, left ear to the left shoulder. Breathe into it. Make sure those arms are shoulder height, pulling back and away to create that length. Go ahead and drop the arms slowly down. Shake them out. Relax the shoulders, wrists, and hands.

Stepping out, feet shoulder width, paws together in prayer position, shift the weight to the right; then take the paws to the left, but turn the head in the opposite direction. Hands go to the right, head goes to the left; then hands go to the left, head goes to the right. This will stretch the spine and open the tendons.

Swimming dragon is said to increase longevity and keep the body youthful and healthy in old age. Shift the weight; turn the head in the opposite direction.

[Soft instrumental music continues.]

Now we'll do it with a wider leg stance; stand a little wider, wider than your shoulders. Shift the weight to the right; then shift the weight to the left. Head goes to the right as you shift the weight to the left. Breathe into it. Shifting the weight one way while turning the head the other is said to help your right and left brain find harmony and balance.

Increase the range in motion, with a bigger shift to the right, bigger shift to the left. Push that arm—the inner arm—all the way through; stretch and open.

Start to swim through the spine, through the neck and shoulders, all the way up and out through the arms.

The energy that moves through the spine is said to move like a snake or serpent.

Start to swim through the spine, up through the neck and shoulders, out through the arms. This movement will unlock tension and unwind the spine. Bring the arms up and over the head and back down as you bend the knees, pulsating and undulating the spine laterally, side to side, coaxing the energy all the way up. And then bring the paws back to the heart and feet together. We'll do the swimming dragon with the feet together, knees slightly bent.

Push the arms out to the right; come back to the center. Push the arms out to the left. We'll go back and forth here, feeling the rib cage, the spine, the shoulders, all the tendons moving, stretching, and opening.

The swimming dragon brings good flow of energy to the internal organs, especially the liver, the gallbladder, the spleen, and the stomach.

Flow back and forth, turning the head in the opposite direction as the paws. Now make a big circle around the body; push out to the left side, back to the center, up by the solar plexus, and down by the abdomen. Up by the throat, and swimming dragon movement, bringing the hips and spine into it. Snakelike movement coming up, all the way up onto your toes, hands over the head, and then hands back to the heart.

Big circle again—feel the energy coming from the lower body to the upper body, rising up, up through the spine. All the way up onto your toes, and then paws back down to your heart.

And big circle again in front of your body—gather qi into your personal space. Then as you do the swimming dragon movement back and forth, it's going to spiral and circulate that energy through the energy centers and meridian pathways of the body.

Swimming up through the arms, unlocking tension. Feel that energy freeing itself and flowing deeper into the body and the joints. Take another big circle and undulate, pulsate the spine, swimming up, up, up. Over the head, up onto your toes, and then bring the paws back to your chest, over your heart.

Drop your arms slowly down to your side, and go ahead and shake it out. Shake out the wrists and paws; shake out the shoulders. Shake out the whole body. Bounce into your heels, allowing the whole body to shake out tension and tightness, relaxing and releasing, and notice how your body feels.

[Soft instrumental music continues.]

Thank you for joining Millifree Work Weary's exclusive program.  
We hope to see you again soon.

It's time for free-form dance.

[Cambodian rock music with vocals begins.]

[Ground rumbles.]