

Rewilding Your Sacred Self with 5-Animal Qigong for Vitality, Joy, Empowerment & Confidence


Module 5 – The Crane

**Fly above life's stress with
the Crane!**



The Way of the Crane





China has long been inspired
by Cranes as they represent:

- Peace
 - Love
 - Honour
 - Devotion
 - Longevity
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The Perfect Match

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- Cranes are monogamous and mate for life once they find their “significant other”
 - This happens from the ages of 2-7 years old
 - Cranes live from 20-40+ years depending on the species



Cranes that play together stay together. During migration, flocks can be as large as 10,000
Cranes!



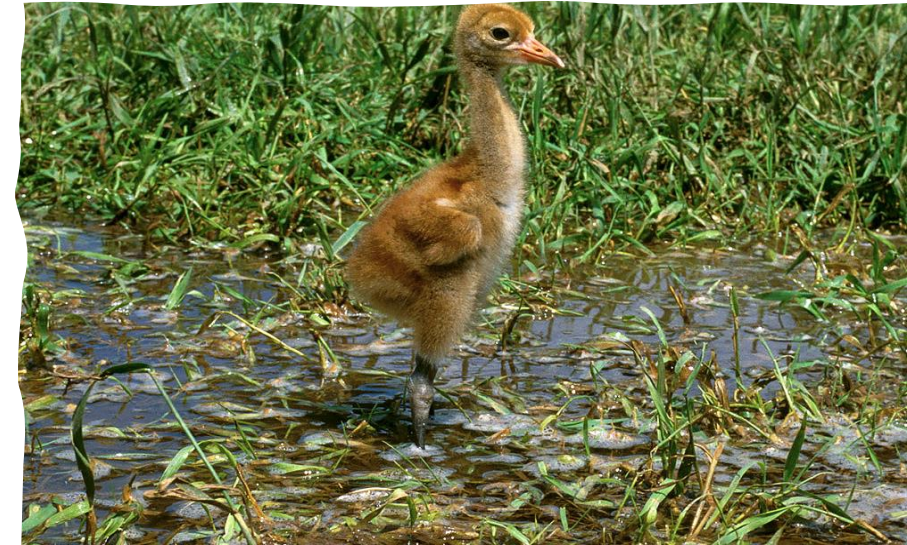
Family Life

- Both parents raise their young, but often the male feeds the young first
- Most clutches contain 2 eggs



Standing On One Leg!

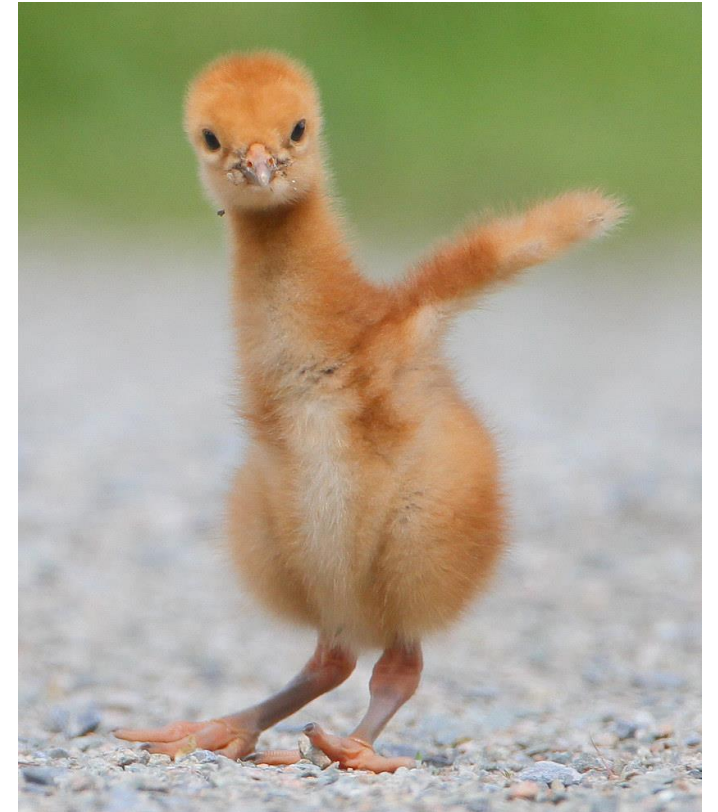
- A chick learning to “Stand on One Leg” from a parent
- Tucking in one leg helps cranes stay warm during times of cold
- It is also a resting and roosting position



Learning to Fly!

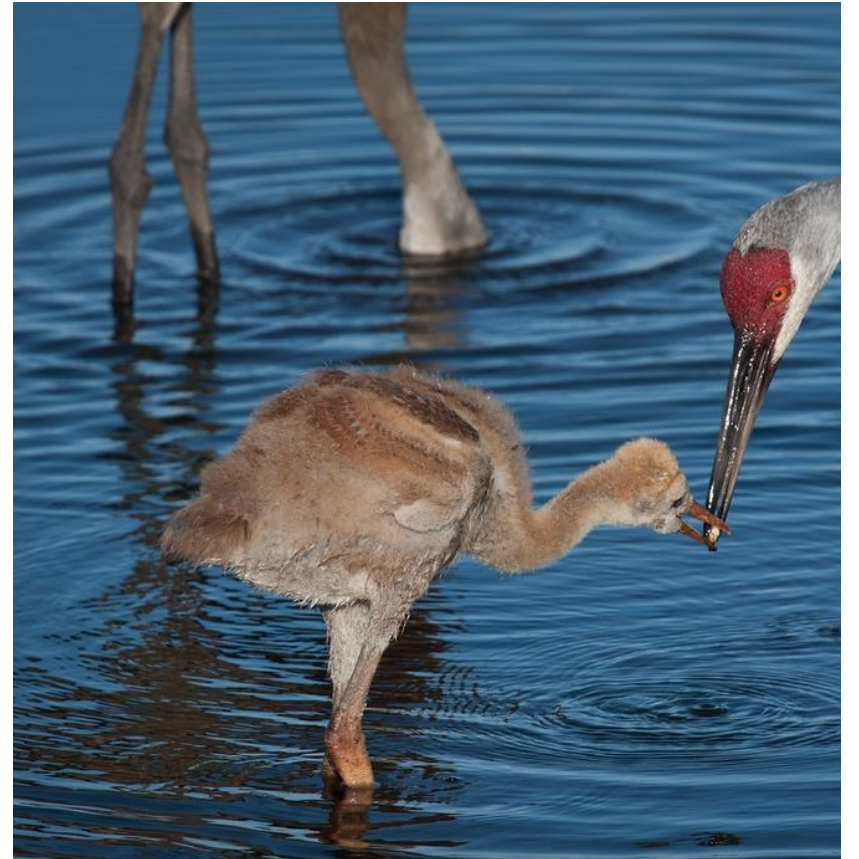


A chick testing out its downy wings at 2-3 months. Their plumage feathers will begin to form, and they will be able to find food on their own. They stay with their parents until about 10-12 months when they can fend for themselves.



Crane Diet

Cranes are omnivorous and eat worms, insects, fruits and berries, seeds, small mammals, reptiles, and amphibians.



Interesting Crane Facts



- Wingspan: 71” – 94” (approx. 6- 8 feet)
- Flight Speed: 25 - 35 mph
- Miles Flown Per Day: 200 – 300 miles per day and up to 500 miles with a good tailwind!
- Altitude: 6000-7000 feet, can go up to 13,000 feet, except for the Demoiselle Crane which flies at 26,000 feet to cross the Himalayas to India
- Species: 15 different ones, with some near extinct

Crane ~ Qualities

- Strength
- Balance
- Poise
- Elegance
- Grandeur
- Birds Eye View



Crane ~ TCM

- Yin Organ: Lungs
- Yang Organ: Large Intestine
- Element: Metal
- Sense Organ: Nose
- Tissues Governed: Skin & Body Hair
- Emotion (Negative): Sadness ~ can transform to
- Emotion (Positive): Release of Grief resulting in Inner Peace
- Colour: White
- Season: Fall



Your in-flight
movement is the
Crane Qigong form!

