

Qigong Point Healing and Massage Therapy

CMQT Chapter 41 page 698-708

1.) Wash the Face – Stimulate skin and facial muscles

Begin in wuji.

Vigorously shake the hands to remove any toxic qi.

Slap hands and rub together until hot.

Place over eyes and inhale absorbing qi into upper dantian and taiji pole.

Exhale energy down to lower dantian.

3 Times

Place hands on face and wash in (inhale) an upward circular motion, up nose, eyes and forehead, down (exhale) temples, cheeks and across chin and mouth.

9 Times

Shake off hands

2.) Massage Head – Ten Dragons run through the forest.

Stimulates and balances the meridians of the cranium

Guide all ten fingers over head and down the back of the neck.

3.) Beating the Heavenly Drum – Balances air pressure in the inner ears

Relieves tinnitus, prevents vertigo, relaxes the mind, improves hearing, releases qi stagnation at the base of the skull, stimulates pineal gland and promotes kidney qi.

Creates a relaxed in-utero state of consciousness.

Place hands on head with palms covering and compressing the ears.

The index fingers of each hand should thump the Jade Pillow at the back of the occiput on Bl 9, 36 times, with the rhythm of the heartbeat.

Clench the teeth, close the mouth, exhale as you bend the body forward to bring the head between the legs.

Inhale as you straighten the legs, relax waist and buttocks, and open the eyes to look straight back holding the breath.

Inhale as you slowly role the body back up to standing. 9 times

4.) Pressing the Ears - to enhance hearing, stimulate mental energy and promote kidney qi.

Use Laogong points of the center of the palms to compress the ears like a plunger.

Repeat 9 times

Place left hand on LDT, right hand goes behind head and pull the left ear towards the back.

Hold 9 breaths and repeat on other side.

5.) Rubbing the eyes #1 – Improves vision, good for glaucoma and eye diseases,

relieves eye strain and stimulates liver qi.

Thumbs resting on cheekbones and making soft fists, use the ends of the index knuckle to massage above the eyelids from nose to end of orb and back, alternating with under eye orb out and back.

18 times

6.) Rubbing the eyes #2 –

Massage the cardinal points each 9 times inward and up and 9 times opposite.

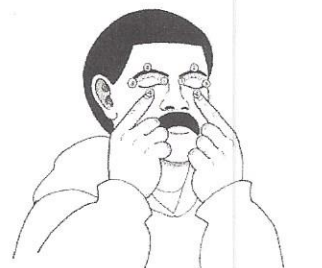
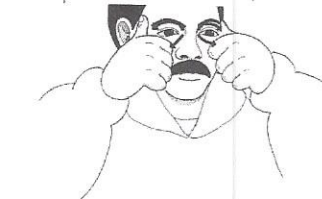
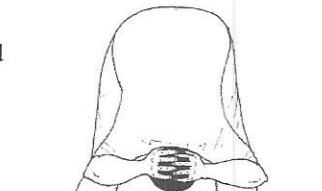
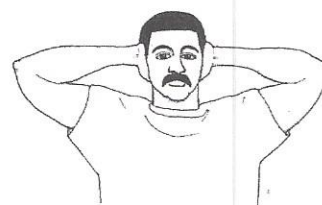
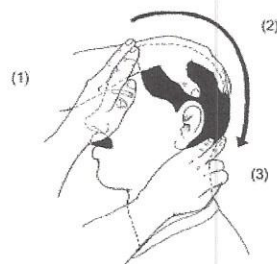
Bladder 1, Yu Yao, Gb 1 and St 1

7.) Massaging the nose – to treat colds, relieve sinuses, release mucus from airways, stimulate sinus nerves and open nasal passages, stimulate lung qi.

Make soft fists and use sides of thumbs to massage sides of nose at LI 20 in an up and down motion 9 times, first inwards and then outwards.

Use the index fingers to press LI 20 for 10 seconds.

Then massage points for 18 circles.



Repeat for Bitong midway up sides of nose.

Repeat for Shanggen

8.) Clicking the teeth – to strengthen teeth and gums, tonify jaw muscles, heal gum
Clamp teeth together.

Click teeth 36 times.

9.) **Wagging the tongue** – stimulates saliva and activates heart qi.

Swish tongue around outside of teeth 18 times one direction and then reverse.

Swish from lower mouth up past teeth to back of palate and back down to front 18 times.

Press tongue 18 times against the back of the teeth.

10.) **Swallowing the saliva** – for digestive enzymes, sometimes called Immortal's water of Juice of Jade. When energized through meditation it is said to contain healing properties.

Tuck chin slightly and swallow saliva with a big gulp 3 times, using the breath as a bubble to seal it.

Imagine sending it down the conception vessel to bathe the 5 yin organs and ending at the LDT.

11.) **Whirling the nape of the neck** – to massage thyroid and larynx and relax neck and cervical area. Place backs of hands on the kidneys.

Allow head to relax and hang naturally. Rotate up to left and right 9 times.

Head suspended slowly turn to the right and left 9 times, focus on the LDT and K1.

12.) **Massaging the chest and abdomen** – To disperse excess qi and balance upper torso with the lower torso.

Focus on the Laogong points (center palms). Brush chest downwards from collar bone to pubic bone.

9 times

13.) **Massage tapping the hands** – to stimulate LI-4 Hegu

Extend arms in front of the body and allow hands with thumbs dropped, to collide along outer edge. 9 times

14.) **Massage tapping the forearms** – Stimulate Pc-6

Located 3 fingers above wrist

15.) **Massage tapping the elbows** – stimulate LI-11

Located at upper end of elbow crease.

Form hollow fist and tap 9 times

Repeat on other side.

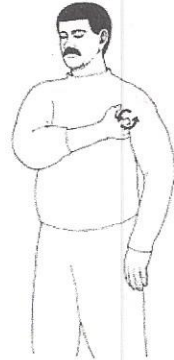
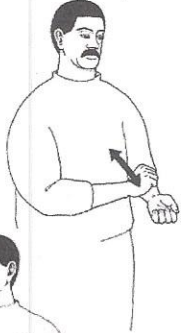
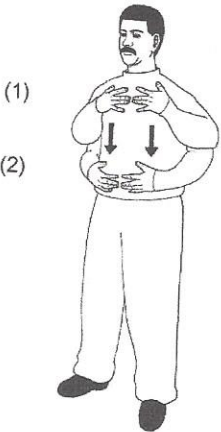
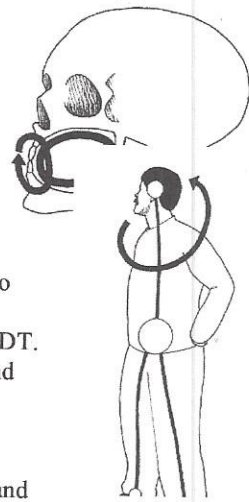
16.) **Massaging under arms** – stimulate Ht-1

Reach under arm pit and circle massage 9 times.

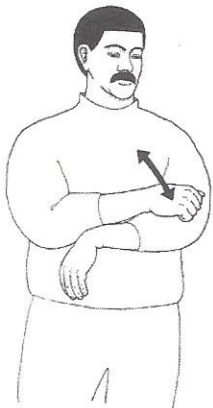
Repeat on other side.

the upper wells GB-21 Point, the shoulders.
palm and tap one

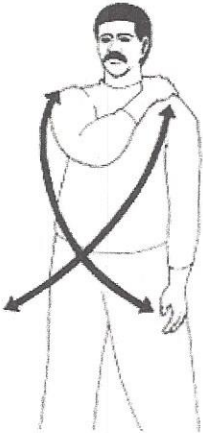
tissue, enhance kidney qi.



Form hollow fist and tap 9 times
Repeat on other side.



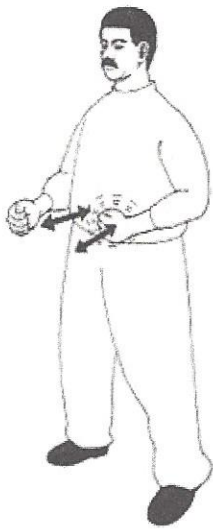
17.) **Massage tapping**
To stimulate shoulder neck where neck meets
Form hollow fist or flat



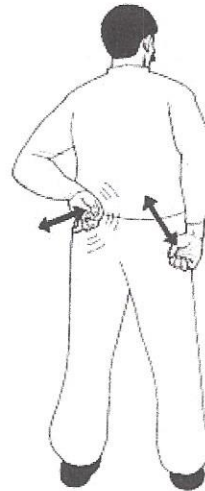
shoulders
located at the base of
side and then the other

Repeat 9 times.

18.) **Massaging the arms** – stimulates the 6 channels of the arms
 Place right palm on inside of left shoulder.
 Exhale and rub down arm to fingers.
 Inhale and rub up outside of arm
 Continue for 18 breaths and repeat on other side.



19.) **Massage tapping LDT** –
 then stroke down chest to gather qi
 Use soft fists, palms or fingers, tap

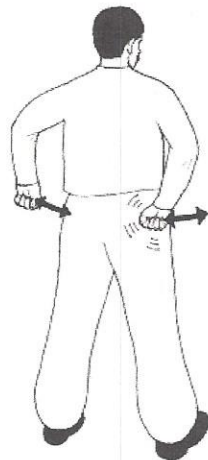


Stimulates CV-6,
 in LDT
 LDT for 3 breaths.

20.) **Massage tapping back of the**
 etc.
 Lean slightly forward.
 Use right and left soft palms or
 tap the back of the waist.
 Continue for 3 breaths

waist GV-4 – Tonify kidneys

hollow fists to

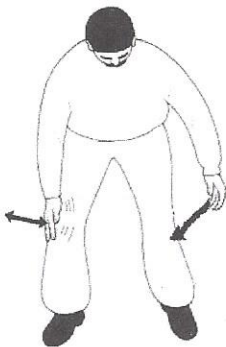
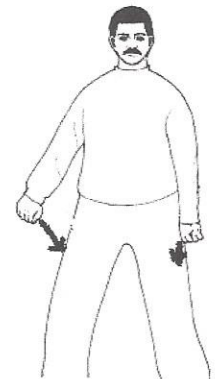


GB-30
 Form hollow fist and tap the hip bones
 Repeat 9 times

21.) **Massage tapping the Hips**

22.) **Massage**
 Form hollow fist
 Repeat 9 times

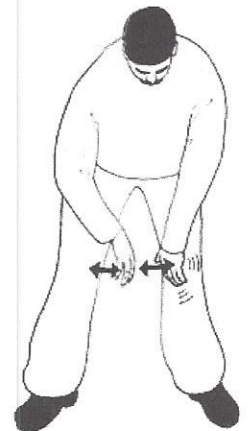
tapping the Thighs **GB-31**
 and tap thigh points where the fingertips hang to



23.) **Massage tapping outside of knees GB-34**

Form hollow fist or soft palms and tap points on the lower outsides of knees
 Repeat 9 times

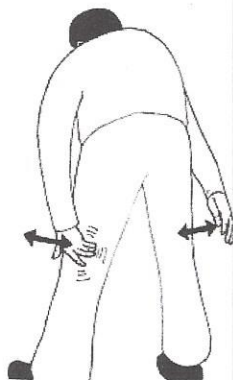
24.) **Massage tapping inside of knees Sp-9**
 Form hollow fist or soft palms and tap points on the lower insides of knees
 Repeat 9 times



Form
 tap the
 Repeat 9

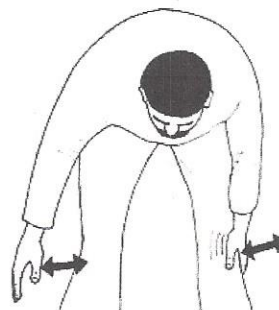
25.) **Massage tapping the back of the knees BL-40**
 hollow fist or
 backs of the
 times

soft palms and
 knees



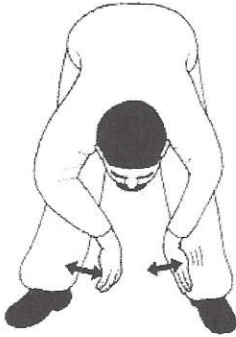
26.) **Massage**
 hollow fist or

tapping below the knees
 soft palms and tap points



St36
 Form

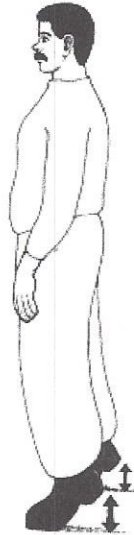
on the front outsides of knees just below the knee caps
Repeat 9 times



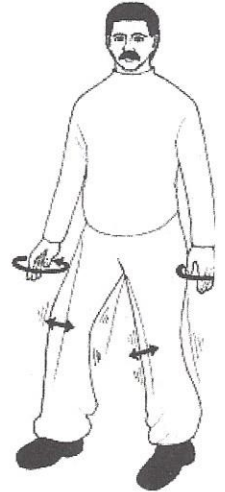
27.) Massage tapping Sp-6, above the inner ankle
Form hollow fist or soft palms and tap points one hand width above the inner ankle
Repeat 9 times

28.) Massage tapping the heels Kd1 – to tonify the kidneys
With knees slightly bent, rise and drop on both heels
Repeat 9 times

29.) Trembling the knees
to relax the perineum
Relax then bend and
Repeat 9 times
Shake knees from side to
body
Repeat 9 times



– To disperse stagnant qi and
straighten the knees.
side to tremble the entire



30.) Circling the
stimulate and enhance
Place center of both
there.

Right hand first for men, Left hand first for women
Rotate the palms around the navel.

36 circles counterclockwise for men, clockwise for women then 24 opposite
Energy is getting larger as you circle initial direction. This releases Yuan qi that has
been collected and gathered and is to avoid any stagnation. It allows the yuan qi to
blend with the essential qi of the 5 yin organs.

The smaller circle in the opposite direction gathers the dispersed qi together in the
LDT. This accumulates and stores organ energy, blending it together with Yuan qi.
Pause for a moment and return to wuji.

31.) Completion

Close the 4 doors (center palms and feet)
Cultivate Qi with stillness, allowing the energy to return to its origin
Remain in wuji for 15 minutes.

Abdomen – to balance LDT qi,
digestion.
palms on the LDT and focus the mind

