

Urinary Bladder, and Gall Bladder) release waste and Turbid Qi; therefore, it is important to keep the Yang organs strong and functioning smoothly (Figure 44.1).

The rhythmic swinging of the arms throughout the exercise stimulates the nerves and Qi channels of the shoulder joints. This swaying action of the arms also increases the Qi and Blood circulation within the arm channels (which are connected to the different internal organs).

The Beating and Drumming the Qi Breath Regulation (expand the abdomen as you inhale, contract the abdomen as you exhale and roll the Qi from the sacrum towards the navel) is beneficial for those patients who suffer from digestive disorders (spastic colon, chronic diarrhea, irritable bowel syndrome, candidiasis, etc.), and is therefore incorporated in the Daoist Five Yang Organ exercise.

Although this exercise is simple, it is very effective in strengthening the body's peristaltic action and treating digestive illnesses. The patient, therefore, is cautioned not to eat prior to practicing this exercise.

#### THE YANG ORGAN PRESCRIPTION EXERCISE

When practicing the Daoist Five Yang organ exercise, it is important to tighten the anal sphincter. By tightening the anal sphincter and compressing and releasing the urogenital diaphragm, the reproductive organs (e.g., the uterus, prostate, ovaries, urethra, and testicles) are stimulated.

1. When practicing the Daoist Five Yang Organ prescription exercise, assume a wide stance with the arms suspended by the sides of the body.
2. While inhaling, swing the arms upward straight out in front of the body (Figure 44.2); then bring the hands in close to the body by the chest (resting by the armpits). Expand the abdomen, focusing the mind's intention on filling the lower abdomen with Qi.
3. When exhaling, swing the hands from the chest area outward and behind the body, while compressing the abdomen down and inward. Direct the Qi to flow from the lower perineum, imagine and feel the energy circulating back into the sacral area, then to the na-

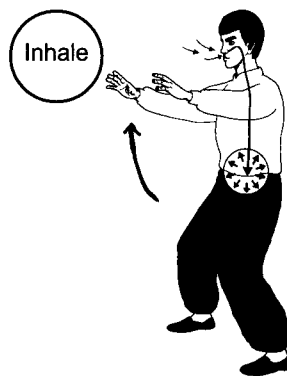


Figure 44.2. Inhale and draw the Qi into the Lower Dantian while swinging the hands forward.

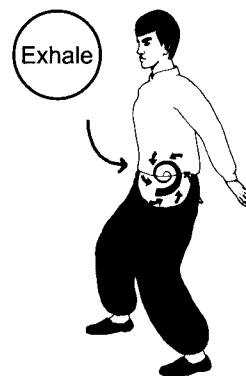


Figure 44.3. Exhale and compress the abdomen, allowing the hands to swing behind the body.

vel, and finally back downward towards the perineum (Figure 44.3).

4. Continue to swing the arms back and forth at a pace that feels comfortable while using Natural Breathing and the Beating and Drumming the Qi method. The abdomen should expand and contract without forcing the respiration. The patient must have the anal sphincter closed throughout the entire exercise.
5. Continue this repetition for at least 50 breaths. Try to work up to 250 breaths or more for chronic conditions of abdominal obstruction and Qi stagnation within the digestive system.

#### STIMULATING THE AUTONOMIC NERVOUS SYSTEM

The pressing and releasing action of the abdomen stimulates the energetic functions of the autonomic nervous system. The autonomic nervous system has two divisions:

1. **The fight, flight or freeze mechanism of the sympathetic division:** This shuts down the digestive system due to the production of adrenaline or norepinephrine and redirects Qi and blood flow to the brain and skeletal muscles.
2. **The vegetative, renewal mechanism of the parasympathetic division:** This draws Qi and blood from the brain into the digestive system.

The centers for neuronal control of the autonomic nervous system and also for the control of digestion and tubal contraction are located in the cranium and in the sacrum. The accessory nerve