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 navel, 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.

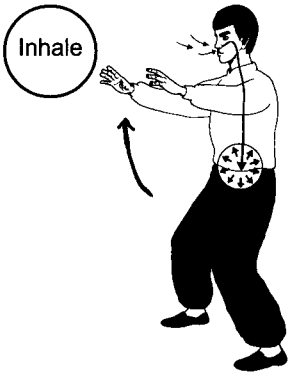

Figure 44.2. Inhale and draw the Qi into the Lower Dantian while swinging the hands forward.

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

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

and vagus nerve carry all of the information to supply the digestive system with impulses to stimulate peristaltic contraction. At the lower end of the digestive system, the sigmoid colon, rectum, Urinary Bladder, and Uterus are controlled by nerve fibers coming from the first, second, and third sacral foramina. The primary function of the cranial-sacral division of the parasympathetic nervous system is to stimulate peristaltic action (hence, the movement of nutrients through the digestive system).

DAOIST FIVE YIN ORGAN PRESCRIPTION EXERCISES

Each of the following exercises are designed to stimulate a specific internal Yin organ, as well as the paths of energy that flow along the channels of that organ. Since the Yin organs have the responsibility of storing energy, each exercise is named for the organ it tonifies.

The Yin exercises are performed in the sequence shown below without pausing between exercises. Unless specifically prescribed as a therapeutic modality, each exercise should flow directly into the next. The transitions are very important for the continuity of energy flow. This particular Five Yin Organ series begins with an opening exercise and ends with a closing exercise.

BENEFITS OF THE DAOIST FIVE YIN ORGAN "OPENING" EXERCISE

This "Opening" exercise is designed to stretch and loosen the spinal vertebrae and to facilitate the energy flow through the patient's Governing Vessel. The spinal stretch also stimulates the flow of fluids and electrical impulses in the central nervous system (brain and spinal cord), which is nurtured by the cerebrospinal fluid. When the cerebrospinal fluid starts to move, it awakens the nervous system, causing more nutrients to enter the cellular structure of the nerves. The stretching, compressing, and pumping action of the spinal cord stimulates the movement receptors located in the ligaments and fascia, energizing the body's entire proprioceptor mechanism.

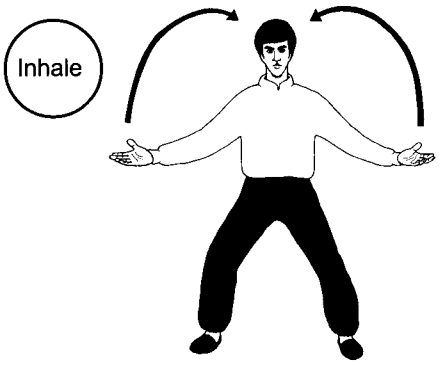

Figure 44.4. The Daoist Five Yin Organ "Opening" exercise begins by stretching the arms above the head.

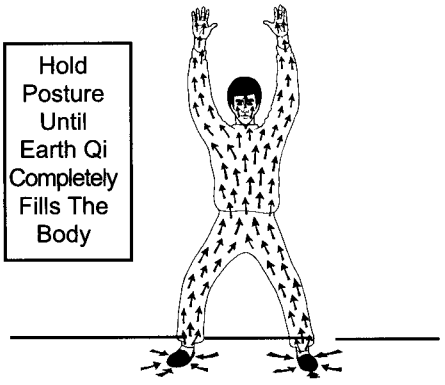

Figure 44.5. Inhale and imagine the Earth Qi like water filling the entire body.

The "Opening" exercise is also designed to stretch the connective tissue, warm the body's intercellular tissues, stimulate the somatic system, free adhesions, and enhance the elasticity and compressibility of the ligamentous structure.

THE "OPENING"

1. After finishing the Daoist Five Yang Organ exercise, return both hands to the Lower Dantian. Next, raise both hands above the head as you inhale (Figure 44.4).
2. Imagine energy (like a rushing river) flowing up from the feet, filling the legs, hips, waist, chest, arms, and head. The entire body absorbs this Earth energy. When the entire body is completely saturated with the Earth energy, the hands should still be positioned above the head (Figure 44.5).

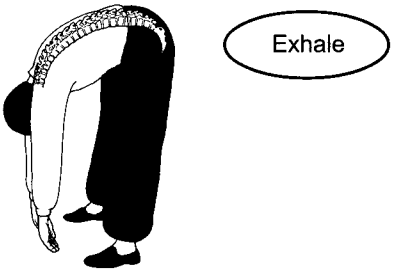

Figure 44.6. Exhale, bend the body and imagine any tension melting out the body into the Earth.

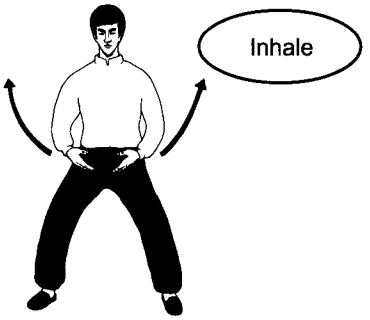

Figure 44.7. Inhale, bend the knees and slowly stand up.

3. Begin to exhale and feel the hands getting very heavy. The heaviness pulls the hands forward and then slowly starts to pull the torso downwards. Slowly bend the head forward and feel the cervical vertebrae stretch. Let the hands pull the arms, which in turn pull the shoulders and torso, followed by bending at the waist. The purpose of this movement is to feel each vertebra of the spine stretch sequentially so that a rippling effect descends along the spine. This will facilitate a maximum stretch of the spine. While bending over, exhale and imagine the energy melting away from the entire body (like ice melting into water) slowly dissolving and rushing down through the feet and out into the ground (Figure 44.6).
4. Once completely bent over, imagine picking up a ball. Bend the knees and slowly stand up. While standing up, reverse the rippling of the spine from the coccyx, sacrum, and lower lumbar vertebrae to the base of the skull. Repeat these movements five times. Remember to inhale while raising the body and bringing both arms over your head (Figure 44.7), and exhale as the body descends.

BENEFITS OF THE LUNG PRESCRIPTION EXERCISE

The Lung prescription exercise is designed to massage the Lungs' tissues and nerves, and to tonify the entire Lung organs and their associated channel systems (Figure 44.8). Clinically, this exercise can be prescribed in order to treat specific Lung diseases, such as: asthma, bronchitis, emphysema, allergies, Lung tumors and Lung cancer.

In the Lung exercise, both the sympathetic and parasympathetic divisions of the autonomic nervous system are stimulated. The compression and release action of the scapulae and thoracic vertebrae stimulates the nerves, arteries, veins, and capillary system in the thoracic region.

The compressing and releasing of the muscles and Blood Vessels in the back and chest areas stimulates the transformation of the Qi and Blood and enhances the health of the individual tissue cells. The compression and release of the thorax also increases the stimulation of the nervous system in the Lung area and stimulates the "release and return" action of the lymphatic system. All of the major lymphatic ducts are located in the posterior portion of the thoracic wall.

Patients can practice this exercise to strengthen their respiratory system, as well as to increase the production of their Wei Qi and enhance their body's immune system. The compression and release of the second, third, and fourth thoracic vertebrae stimulates the sympathetic preganglionic fibers from the spinal cord, which in turn stimulate the postganglionic fibers and the sympathetic outflow to the Lungs and bronchi (Figure 44.9).

LUNG PRESCRIPTION EXERCISE

1. Upon completion of the Opening exercise, the patient brings the hands above the head and places them in front of the torso at shoulder level while exhaling. The patient's palms should be facing downward, parallel with the floor (Figure 44.10).
2. Inhale and bring the arms straight out to the sides (both hands should not go any higher than the shoulders) (Figure 44.11).

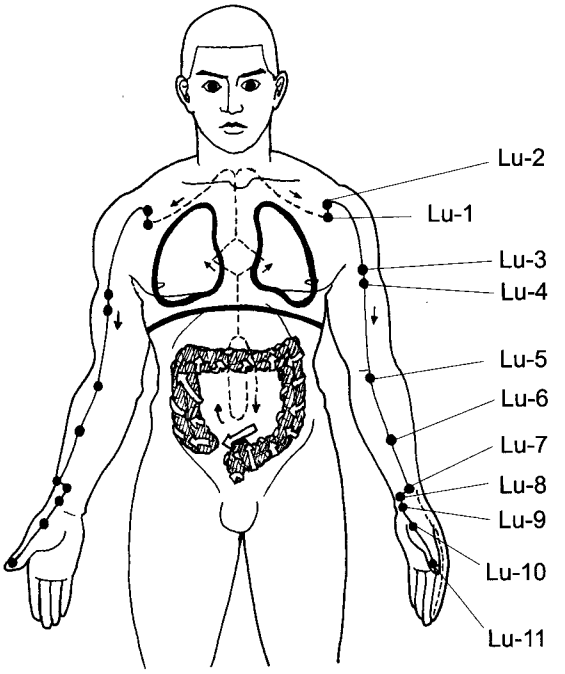

Figure 44.8. The Internal and External Qi Flow of the Lung (Lu) Channels

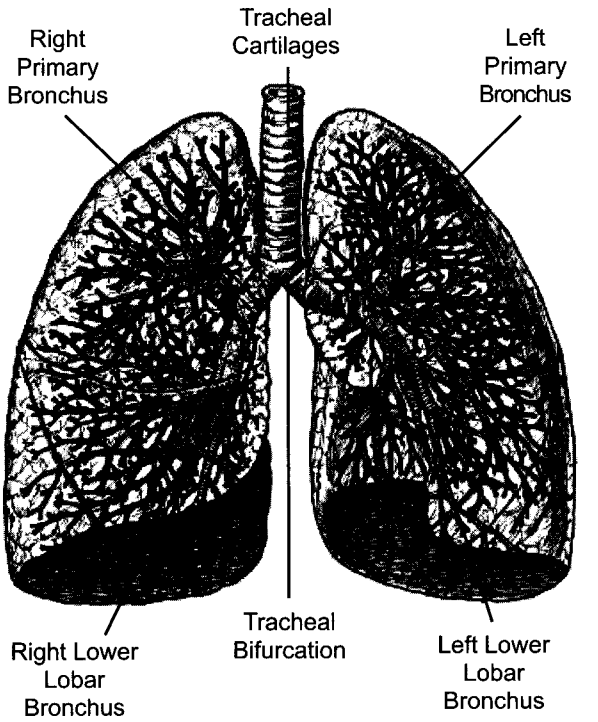

Figure 44.9. The Lung (Lu) Organ

3. As the arms reach the sides of the body, rotate the palms until they face upward. Keep the shoulders stable and relaxed (Figure 44.12).
4. While exhaling, bring the arms straight out in front of the body returning to the beginning posture (Figure 44.13).
5. Allow the scapulae to gently push the arms forward. The sternum at this point is pushed inward so as to hollow the chest. Once the hands are aligned in the front of the shoulders, rotate the arms and inhale to begin again. Repeat 20 times.

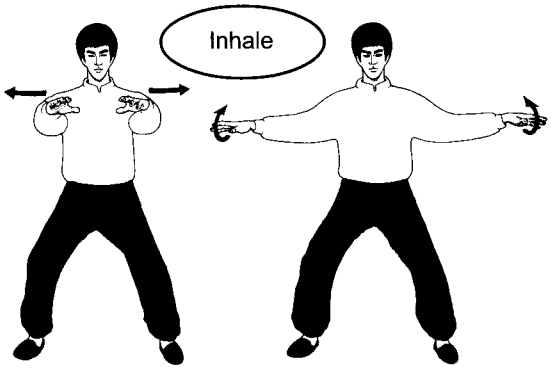

Figure 44.10. The Lung Exercise: inhale as the hands separate

Figure 44.11. Separate the hands, then turn the palms upward.

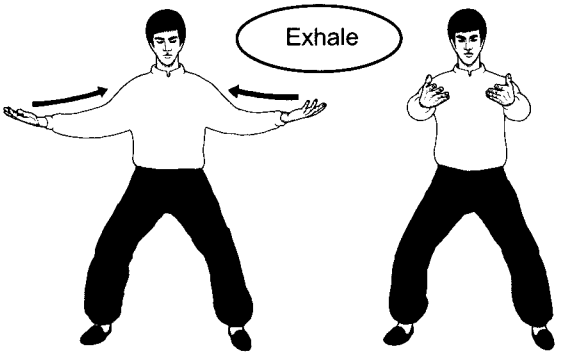

Figure 44.12. Exhale as you bring the arms toward each other.

Figure 44.13. Draw the hands towards each other and turn the palms to face the Earth.

6. Do not let the hands touch when bringing the arms back together towards the center line of the body. If the hands touch, the body can short circuit itself, resulting in a mild shock or a sick feeling inside the thorax by the Heart.

EMOTIONAL RELEASE

As the Lungs begin to strengthen, the tissues will naturally begin to detoxify, thus purging and releasing toxic emotions (e.g., grief, sorrow, sadness, and disappointment) trapped within the Lung Orb. This normal adjustment period can cause the patient to feel and experience these emotions as they leave the patient's body.

TONIFYING THE LUNGS

By combining specific Dao Yin techniques (posture, respiration pattern, and mental imagery), the Qigong doctor can alter the Daoist Lung exercise to further strengthen the patient's Lungs and Large Intestine. The following Tonification methods are used to generate and gather more Metal Element Qi into the body. The Metal Element Qi is responsible for tonifying the Lungs and the Large Intestine (the Lungs' paired organ).

- Place the tongue in the Metal Element Tongue position (located between the maxilla and mandible bones), suspended behind the teeth (Figure 44.14).
- Inhale and imagine divine white light energy flowing into the Lungs; Exhale, imagine and feel the Lungs completely full, resonating with divine white light energy.

PURGING THE LUNGS

By combining specific Dao Yin techniques (posture, respiration pattern, and mental imagery), the Qigong doctor can alter the exercise in order to purge stagnation existing in or around the patient's Lungs and Large Intestine. In order to utilize the Daoist Lung exercise for Purgation, the Qigong doctor can instruct the patient to add the following Healing Sound methods for dispersing Qi stagnations. At a certain level of training, the vibrations emitted from the Lung tissues can turn a solid tissue mass (Jing) into a liquid (Qi) or gas (Shen), allowing for energetic clusters and stagnations to disperse.

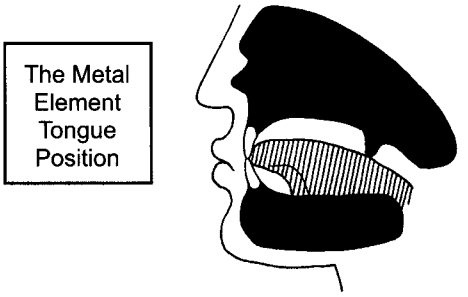

Figure 44.14. For the Metal position, which is related to the Lungs, the tongue is placed between the maxilla and mandible bones, suspended behind the teeth.

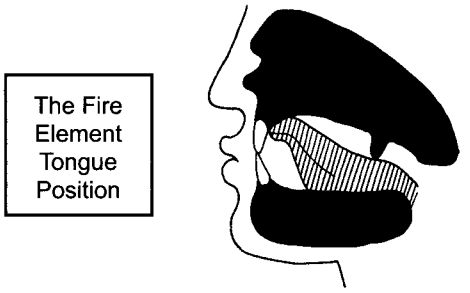

Figure 44.15. For the Fire position, which is related to the Heart, the tongue is placed on the front of the upper palate, behind the teeth and gum line.

- Place the tongue in the Fire Element position, located up behind the teeth on the hard palate (Figure 44.15).
- Inhale and imagine divine white light energy flowing into the Lung tissues. Exhale the healing sound "Shh," "Sss," or "Shang." Feel the Lungs begin to vibrate and imagine stagnations within the Lung tissues dispersing. Imagine and feel the Toxic Qi flowing out of the Lung tissues, flowing out the arms, and simultaneously being released out the mouth.

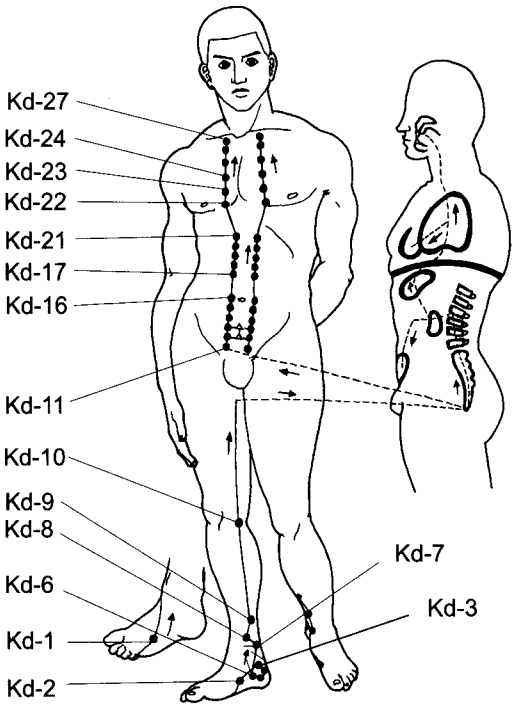

Figure 44.16. The Internal and External Qi Flow of the Kidney (Kd) Channels

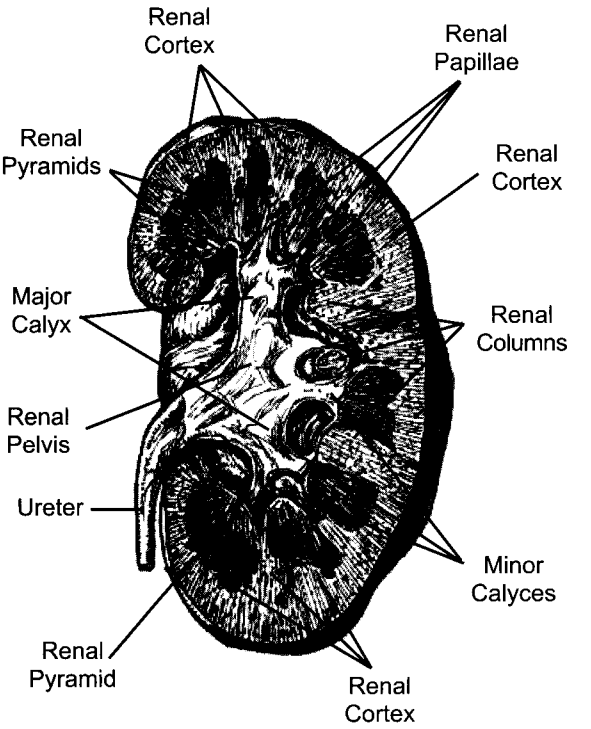

Figure 44.17. The Kidney (Kd) Organ

BENEFITS OF THE KIDNEY PRESCRIPTION EXERCISE

The Kidney prescription exercise is designed to massage the Kidneys' tissues and nerves, and to tonify the entire Kidney organs and their associated channel systems (Figure 44.16). Patients practice this exercise in order to Tonify the Sea of Marrow, balance the pH and blood temperature, strengthen the spine and lower back, strengthen immune functions, strengthen the reproductive system, and increase the production of Jing. The Kidney exercise can also help balance the body's general energy and can be used to treat sexual disorders. Clinically, this exercise can be prescribed in order to treat Kidney diseases, such as: kidney stones, impotence, premature ejaculation, and immune dysfunctions.

According to Western physiology, the Kidneys maintain the chemical pH (potential of hydrogen), and temperature balance of the blood. The Kidneys function like a rheostat, changing the body's ability to absorb, retain, or release water according to the condition of the internal environment.

The twisting, back and forth pumping action of this exercise stimulates, squeezes, and causes an opening and closing action within the Kidney organs. The Kidneys receive the major blood supply from the abdominal aorta. In the Kidney exercise, the action of raising the torso upwards will literally suck Qi and Blood into the Kidney area (Figure 44.17).

KIDNEY PRESCRIPTION EXERCISE

1. Upon completing the Lung exercise, both arms are extending outward in front of the body (Figure 44.18).
2. Inhale, drop the elbows, and bring the hands down in front of the Lower Dantian (Figure 44.19).
3. Exhale and shift the weight to the left. As the left outer palm wraps around the back, resting

Figure 44.18. After completing the Lung exercise, center the body to prepare for the Kidney exercise

Figure 44.19. Preparation for the Kidney exercise

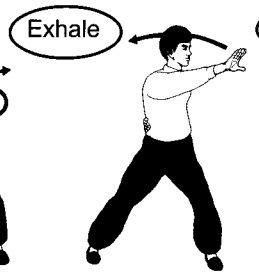

Figure 44.20. Kidney exercise (right side): Exhale as the left outside palm wraps around the right Kidney, and the right palm extends outward in a left direction

Figure 44.21. Begin to inhale as the right palm circles upwards, turns outward at eye level and begins to descend

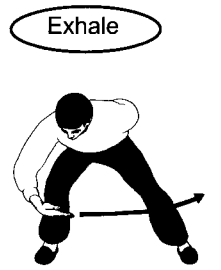

Figure 44.22. Exhale as you bend over from the waist. Once your head sinks below your hips, allow your right palm to circle downward to the left

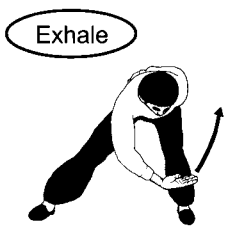

Figure 44.23. Continue exhaling as your weight shifts to the other foot and imagine the palm scooping up water as the body begins to circle upward

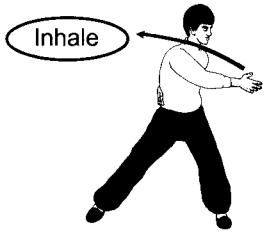

Figure 44.24. As the torso begins to arch upwards, allow the right arm to follow the body's movement. As the arm reaches the chest level, turn the outer palm towards the face and begin inhaling. Repeat 10 Times

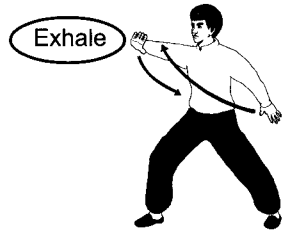

Figure 44.25. Preparation to switch hand positions: Shift the body's weight onto the right leg as the right arm begins to move to the back left Kidney and the left arm leaves the right Kidney to move forward. Exhale

Figure 44.26. Kidney Exercise (Left Side): Begin to inhale as the left palm circles upwards and turns outward at eye level and begins to descend to the left

itself on the right Kidney, the right palm extends towards the left direction (Figure 44.20).

4. The right palm, facing outward towards the left direction, begins to circle upwards in front of the face at eye level. As the palm begins to move, the eyes watch the back of the right palm (Figure 44.21).
5. Shift the weight towards the right side of the body and begin leaning towards the right direction. The eyes continue to follow the right palm as it begins to circle downwards in front of the body. Exhale while shifting the weight towards the left (Figure 44.22).
6. As the weight shifts, bend the knees, and begin to lean over. While continuing to exhale, imagine scooping water with the right palm. Bend at the waist and scoop with the right arm. Keep the back relaxed and straight (Figure 44.23).
7. Allowing the right arm to follow the motion of the body, begin rising up slightly while turning, forming an arc in front of the torso. As the palm raises, imagine the energy (which has been scooped into the arm) draining down the right arm across the shoulders and down the left arm into the right Kidney. Repeat the exercise on this side for ten breaths (Figure 44.24).

8. After completing 10 breaths switch directions by shifting the weight onto the right leg (Figure 44.25).
9. The right hand wraps the torso ending at the left Kidney and Mingmen area while the left palm is positioned in front of the face (Figure 44.26). Begin to inhale and repeat 10 times on the opposite side.

EMOTIONAL RELEASE

As the Kidneys begin to strengthen, the tissues will naturally begin to purge, thus releasing the toxic emotions (fear, loneliness, and insecurity) stored within the Kidney Orb. This adjustment period can cause the patient to feel and experience these emotions as they leave the patient's body.

TONIFYING THE KIDNEYS

By combining specific Dao Yin techniques (posture, respiration pattern, and mental imagery), the Qigong doctor can alter the Daoist Kidney exercise in order to further strengthen the patient's Kidneys, Mingmen Fire and Urinary Bladder. The following Tonification methods are used to generate and gather more Water Element Qi into the body, overflowing from the Kidneys into the Urinary Bladder (the Kidneys' paired organ), described as follows:

- Place the tongue in the Water Element Tongue position, located behind the teeth on the soft palate at the back of the upper palate (Figure 44.27).
- Inhale and imagine dark blue light energy flowing into the Kidneys. Exhale, imagine and feel the Kidneys completely full, resonating with dark blue light energy.

PURGING THE KIDNEYS

By combining specific Dao Yin techniques (posture, respiration pattern, and mental imagery), the Qigong doctor can alter the exercise in order to Purge stagnation existing in or around the patient's Kidneys, lower back, and Urinary Bladder areas. At a certain level of training, the vibrations emitted from the Kidney tissues can turn a solid tissue mass (Jing) into a liquid (Qi) or gas (Shen), allowing for energetic clusters and stagnations to disperse. In order to utilize the Daoist Kidney exercise for Purgation, the Qigong doctor can instruct the patient to add the following Healing Sound methods, described as follows:

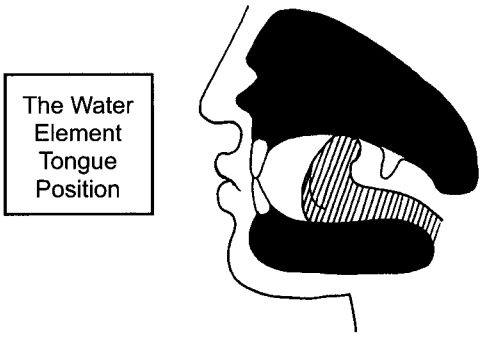

Figure 44.27. For the Water position, which is related to the Kidneys, the tongue is placed on the soft palate at the back of the upper palate.

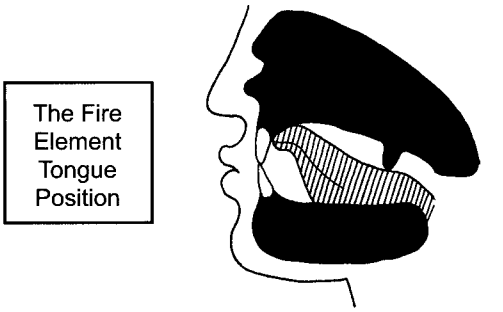

Figure 44.28. For the Fire position, which is related to the Heart, the tongue is placed on the front of the upper palate, behind the teeth and gum line.

- Place the tongue in the Fire Element position, located up behind the teeth on the hard pallet (Figure 44.28).
- Inhale and imagine dark blue Light energy flowing into the Kidney tissues; Exhale the healing sound "Chree," "Fuu," or "Yu." Feel the Kidneys begin to vibrate and imagine stagnations within the Kidney tissues dispersing. Imagine and feel the Toxic Qi flowing out of the lower back, melting down the legs, and simultaneously releasing out the mouth.

BENEFITS OF THE LIVER TONIFICATION AND REGULATION EXERCISE

The Liver Tonification and Regulation exercise is designed to massage the Liver's tissues and nerves, and to tonify the entire Liver organ and its associated channel systems (Figure 44.29).

According to Western physiology, the Liver is the body's master filter, collecting all of the nutrients that are being absorbed from the digestive system via the hepatic portal vein. The Liver functions like a series of channels; the cells of the channels are considered the filtering factory for the entire body. If the body has a need for a particular nutrient, the Liver will create the specific enzymes needed in order to break down stored nutrients into components that the body needs; or conversely, it may also transform and store nutrients that the body does not currently need. The Liver stores glycogen and releases glucose into the body as needed. The Liver is also responsible for detoxifying, producing antibodies, and creating new cells to handle foreign substances absorbed by the body (e.g., storing substances of which it has no need).

The compression and release action of the torso causes a physical compression within the Liver organ itself, flushing Qi and Blood from the digestive system through the Liver and into the Gall Bladder where bile is stored (Figure 44.30).

Clinically, this exercise can be prescribed in order to strengthen the tendons and ligaments, aid in digestion, and help regulate the patient's emotional state, or to treat specific Liver diseases, such as: cirrhosis, gall stones, hepatitis, visual impairments.

LIVER PRESCRIPTION EXERCISE

1. Upon completing the Kidney exercise, begin to unwind the arm from behind the back and rotate the hips so they face forward (Figure 44.31).
2. Place the right arm straight out in front of the body, shoulder level, palm facing down. Place the left hand by the hip, palm facing up (Figure 44.32).
3. Allow the hips and the compression of the legs to move the arms; simultaneously draw the right hip and palm back and extend the left hip and palm forward while inhaling. The left hand moves forward passing the right hand which is moving backwards (Figure 44.33).
4. The hands continue in this motion extending outward from the center line of the body. Use long, slow inhalation and exhalation, inhaling for three moves and exhaling for three

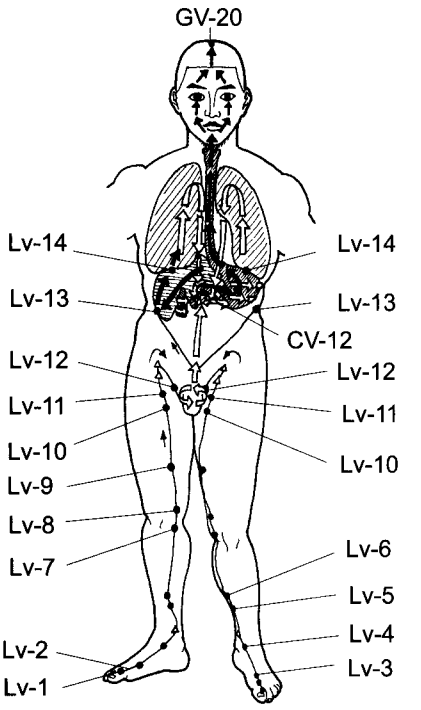

Figure 44.29. The Internal and External Qi Flow of the Liver (Lv) Channels

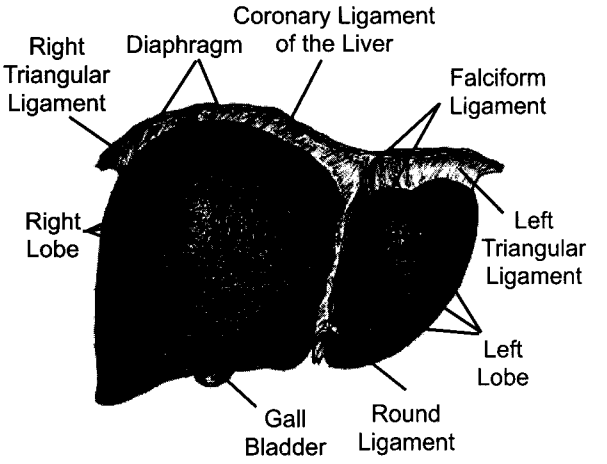

Figure 44.30. The Liver Organ

Figure 44.31. Preparation for the Liver Exercise: Upon completing the Kidney exercise, begin to unwind the arm from behind the back and rotate the hips to face forward

Figure 44.32. Liver Exercise: Place the right arm straight out in front of the body, shoulder level, palm facing down. Place the left hand by the left hip, palm facing up

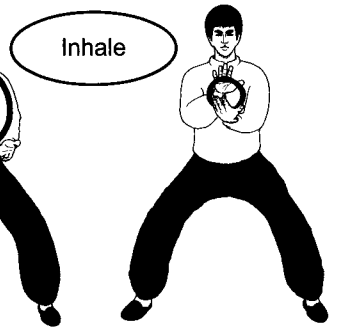

Figure 44.33. Draw the right palm back and extend the left palm forward while inhaling. The left hand moves forward, passing the right hand which is moving backwards

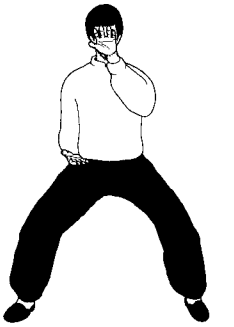

Figure 44.34. Use long, slow inhalation and exhalation, inhaling for three moves and exhaling for three moves. Relax, and feel the legs pump the Earth Qi into the Liver and out the arms via the legs

moves. Relax and continue to repeat this sequence for 20 breaths (Figure 44.34).

EMOTIONAL RELEASE

As the Liver begins to strengthen, the tissues will naturally begin to detoxify, thus purging and releasing toxic emotions (irritability, frustration, blame, rage, resentment and jealousy) trapped within the Liver Orb. This adjustment period can cause the patient to feel and experience these emotions as they leave the patient's body.

TONIFYING THE LIVER

By combining specific Dao Yin techniques (posture, respiration pattern, and mental imagery), the Qigong doctor can alter the Daoist Liver exercise in order to further strengthen the patient's Liver and Gall Bladder. The following Tonification methods are used to generate and gather more Wood Element Qi into the body, overflowing from the Liver into the Gall Bladder (its paired organ), described as follows:

- Place the tongue in the Wood Element Tongue position, located behind the teeth, on the middle of the upper palate at the center of the roof of the mouth (Figure 44.35).
- Inhale and imagine a vibrant green/blue light energy flowing into the Liver and Gall Bladder areas. Exhale, imagine and feel the Liver completely full, resonating with the vibrant green/blue light energy.

The Wood Element Tongue Position

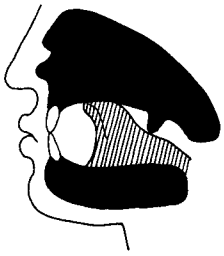

Figure 44.35. For the Wood position, which is related to the Liver, the tongue is placed on the middle of the upper palate at the center of the roof of the mouth.

PURGING THE LIVER

By combining specific Dao Yin techniques (posture, respiration pattern, and mental imagery), the Qigong doctor can alter the exercise in order to Purge stagnation in or around the patient's Liver and Gall Bladder organs. At a certain level of training, the vibrations emitted from the Liver tissue can turn a solid tissue mass (Jing) into a liquid (Qi) or gas (Shen), allowing for energetic clusters and stagnations to disperse. In order to utilize the Daoist Liver exercise for Purgation, the Qigong doctor can instruct the patient to add the following Healing Sound methods, described as follows:

- Place the tongue in the Fire Element position, located up behind the teeth on the hard palate (Figure 44.36)

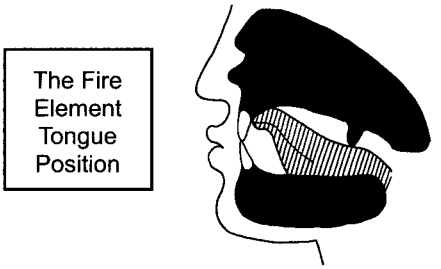

Figure 44.36. For the Fire position, which is related to the Heart, the tongue is placed on the front of the upper palate, behind the teeth and gum line.

- Inhale and imagine a vibrant green/blue light energy flowing into the Liver tissues. Exhale the healing sound "Shu," or "Guo." Feel the Liver begin to vibrate and imagine stagnations within the Liver tissues dispersing. Imagine and feel the Toxic Qi flowing out of the sides of the chest, melting down the legs, and simultaneously being released out the mouth.

BENEFITS OF THE HEART TONIFICATION AND REGULATION EXERCISE

The Heart Tonification and Regulation exercise is designed to massage the Heart's tissues and nerves, and to tonify the entire Heart organ and its associated channel systems (Figure 44.37).

Patients practice this exercise to strengthen their circulatory system, improve emotional boundaries, brighten their spirit, stimulate intellectual activity and mental acuity or clarity. Clinically, this exercise can be prescribed in order to treat Heart diseases, such as: low blood pressure, hypertension, poor circulation and cyanosis.

The compression and release of the skeletal muscles squeezing and releasing the cardiac muscle energetically stimulates the pericardium surrounding the Heart. The twisting movement and compression of the torso also enhances the fluidity of all the connective tissues that are involved with the Heart. Every time the thoracic wall moves, expands, contracts, or twists, the tissues of the Heart are pulled, stretched, and released (Figure 44.38).

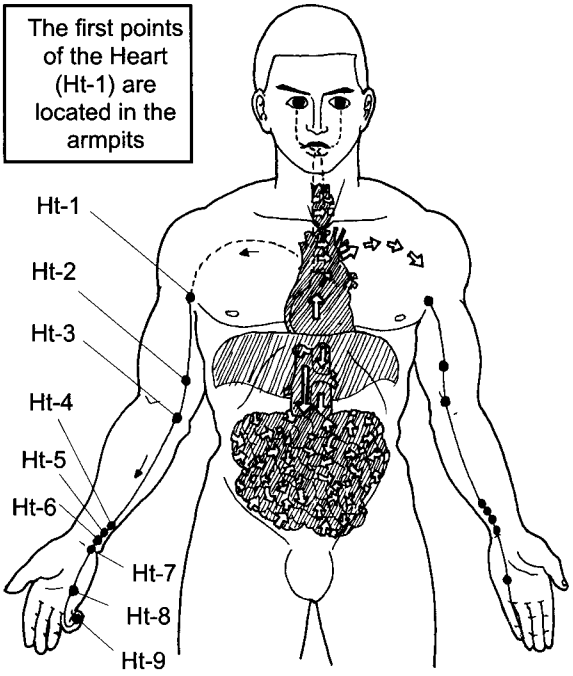

Figure 44.37. The Internal and External Qi Flow of the Heart (Ht) Channels

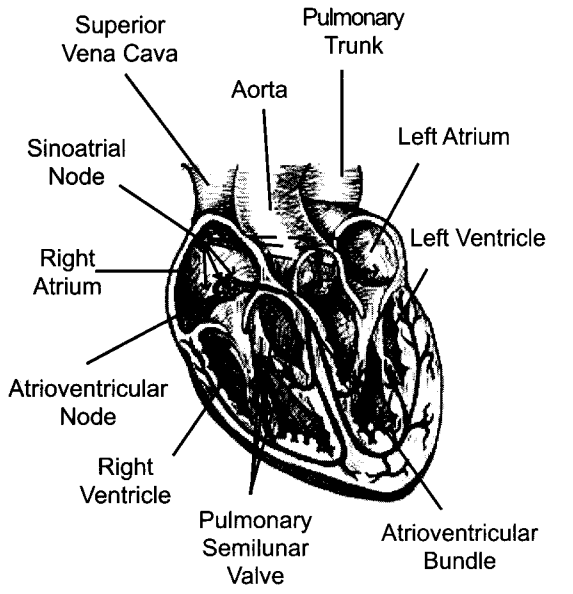

Figure 44.38. The Heart (Ht) Organ

Figure 44.39. Preparation for the Heart Exercise: Upon completing the Liver exercise, allow both hands to sink down in front of the lower abdomen

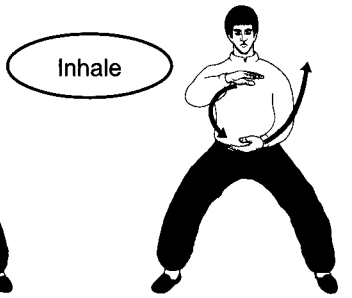

Figure 44.40. Heart Exercise: Imagine the hands embracing a ball. Inhale while holding the ball with the right hand above and the left hand below

Figure 44.41. Exhale and twist the hips to the left while simultaneously raising the left hand over the head and extending the right hand towards the left

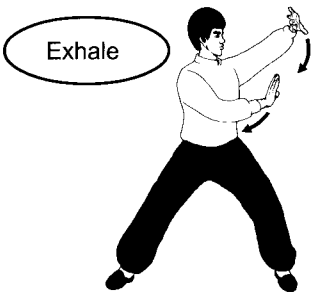

Figure 44.42. Continue pressing until both hands extend to the furthest point

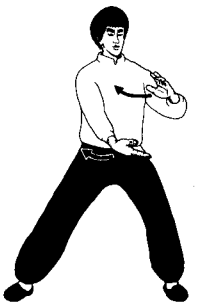

Figure 44.43. Inhale and turn the right palm upwards to face the sky as the body twists back to the center, allowing the right hand to end in front of the navel

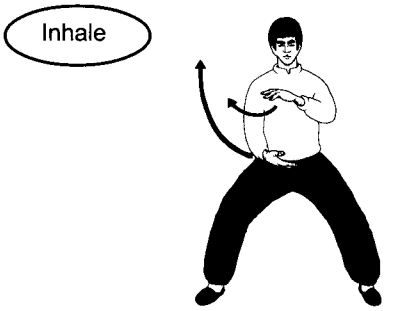

Figure 44.44. The left hand simultaneously turns so that the palm faces the center of the right hand, following it to the center line of the body

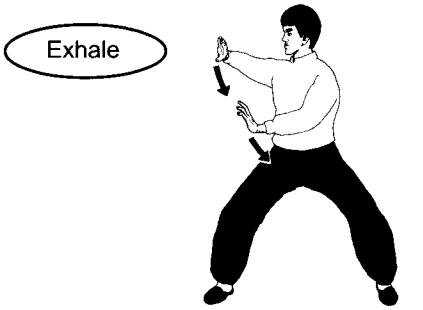

Figure 44.45. As the body reaches the point where it faces forward, twist to the right side and push in the same manner while exhaling

HEART PRESCRIPTION EXERCISE

1. Upon completing the Liver exercise, allow both hands to sink down in front of the lower abdomen (Figure 44.39).
2. Imagine the hands embracing a ball, inhale while placing the right hand on top and the left hand on bottom (Figure 44.40).
3. Exhale and twist the hips to the left, while simultaneously raising the left hand over the head and extending the right hand towards the left (Figure 44.41).
4. Continue pressing until both hands extend to the furthest point (Figure 44.42).
5. Inhale and turn the right palm upwards to face the sky as the body twists back to the center, allowing the right hand to end up in front of the navel (Figure 44.43).
6. The left hand simultaneously turns so that the palm faces the center of the right hand, following it to the center line of the body (Figure 44.44).
7. As the body reaches the point where it faces forward, twist to the right side and push in the same manner while exhaling. Repeat 10 times on each side (Figure 44.45).

EMOTIONAL RELEASE

As the Heart begins to strengthen, the tissues will naturally begin to detoxify, thus purging and releasing toxic emotions (nervousness, anxiety, and excitement) trapped within the Heart Orb. This adjustment period can cause the patient to feel and experience these emotions as they leave the patient's body.

TONIFYING THE HEART

By combining specific Dao Yin techniques (posture, respiration pattern, and mental imagery), the Qigong doctor can alter the Daoist Heart exercise in order to further strengthen the patient's Heart and Small Intestine. The following Tonification methods are used to generate and gather more Fire Element Qi into the body, overflowing from the Heart into the Small Intestine (its paired organ), described as follows:

- Place the tongue in the Fire Element Tongue position, located on the front of the upper palate, behind the teeth and gum line (Figure 44.46).
- Inhale and imagine ruby red light energy flowing into the Heart and Small Intestine area. Exhale, imagine and feel the Heart and Small Intestine completely full, resonating with ruby red light energy.

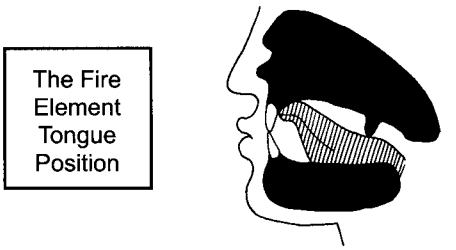

Figure 44.46. For the Fire position, which is related to the Heart, the tongue is placed on the front of the upper palate, behind the teeth and gum line.

PURGING THE HEART

By combining specific Dao Yin techniques (posture, respiration pattern, and mental imagery), the Qigong doctor can alter the exercise in order to Purge stagnation in or around the patient's Heart and Small Intestine organs. At a certain level of training, the vibrations emitted from the Heart or Small Intestine tissues can turn a solid tissue mass (Jing) into a liquid (Qi) or gas (Shen), allowing for energetic clusters and stagnations to disperse. In order to utilize the Daoist Heart exercise for Purgation, the Qigong doctor can instruct the patient to add the following Healing Sound methods, described as follows:

- Place the tongue in the Fire Element position. Inhale and imagine red light energy flowing into the Heart tissues; exhale the healing sound "Ha," "Ke," or "Zheng." Feel the Heart begin to vibrate, and imagine stagnations within the Heart or Small Intestine tissues dispersing. Feel the Toxic Qi flowing out of the sides of the arms, melting down the fingers, and simultaneously being released out the mouth.

BENEFITS OF THE SPLEEN TONIFICATION AND REGULATION EXERCISE

The Spleen Tonification and Regulation exercise is designed to massage the Spleen's tissues and nerves, and to tonify the entire Spleen organ and its associated channel systems (Figure 44.47).

Patients practice this exercise to strengthen their digestive systems, as well as to enhance their visual equilibrium and regulate balance. Clinically, this exercise can be prescribed in order to treat Spleen diseases, such as: diabetes, digestive dysfunctions, emaciation, edema, prolapse of the internal organs, lassitude, general weakness, and hemorrhoids.

Raising the arms above the head stretches all of the suspensory ligaments of the Spleen, making the Spleen energetically accessible by the twisting movements of the torso. The compression and release action on the connective tissue and fascia that support the placement of the Spleen allows the internal channels to become dilated, facilitating a greater flow of Qi and Blood into the organ (Figure 44.48).

While looking up and turning to the right, the left brain is stimulated. Similarly, by looking up and turning to the left, the right brain is stimulated. According to Western physiology, light waves come into the eyeballs through the retina stimulating the optic nerve, chiasma, tract, lateral geniculate body (stimulating the thalamus), superior colliculi (in the brain stem where visual reflexes are initiated), optic radiations, cerebral cortex, and occipital (visual) cortex, which integrates both visual and memory impulses responsible for the perception of the image. Half of the information received from the right eye goes to the right side of the brain, while the other half of the information crosses over and stimulates the left brain (Figure 44.49).

SPLEEN PRESCRIPTION EXERCISE

1. Upon completion of the Heart exercise, bring both hands down to the waist level, palms facing downward. Circle them above the head and perform the Pulling Down the Heavens exercise. Next, move the palms towards the outside of the knees while twisting the

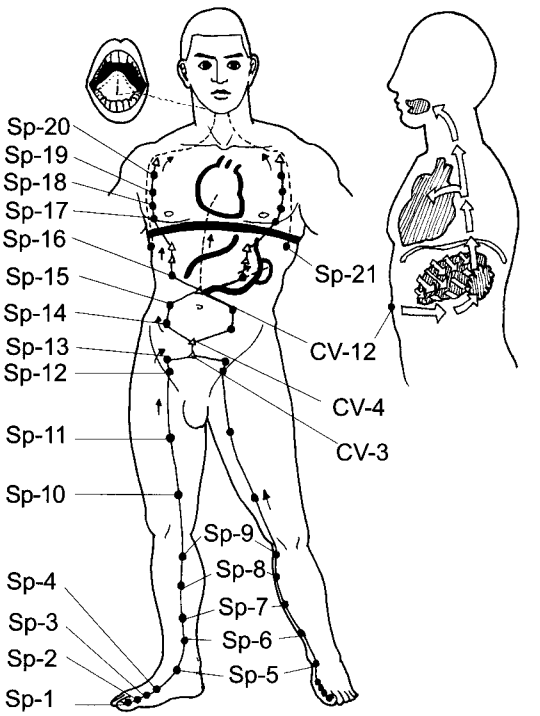

Figure 44.47. The Internal and External Qi Flow of the Spleen (Sp) Channels

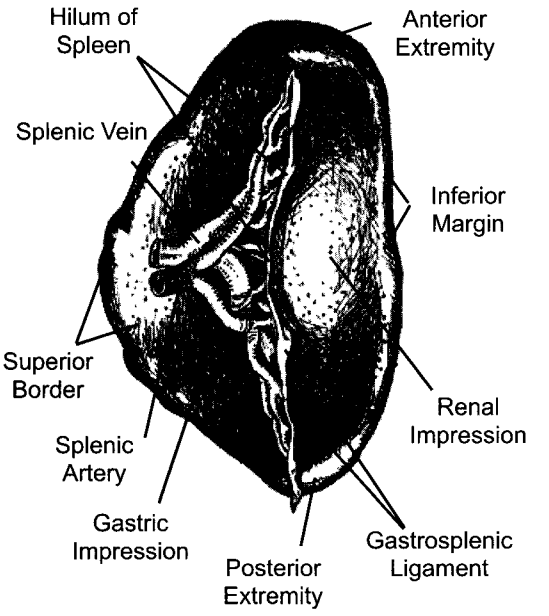

Figure 44.48. The Spleen (Sp) Organ

thumbs to point towards the back of the body (this stimulates the Luo points of the arms and squeezes the Wei Qi of the hands and arms deep into the bones) (Figure 44.50).

2. The thumb and index fingers touch and form a triangle as the hands slowly raise above the head. Relax the shoulders (Figure 44.51).
3. The eyes look through the center of the triangle as the upper torso is turned from side to side. It is important that the hips remain stationary and that the upper torso rotates in order to massage the digestive organs. Inhale in the center. Exhale on each side. Repeat 10 times on each side (Figure 44.52).

EMOTIONAL RELEASE

As the Spleen begins to strengthen, the tissues will naturally begin to detoxify, thus, purging and releasing toxic emotions (worry, remorse, regret, obsessiveness, and self-doubt) trapped within the Spleen Orb. This adjustment period can cause the patient to feel and experience these emotions as they leave the patient's body.

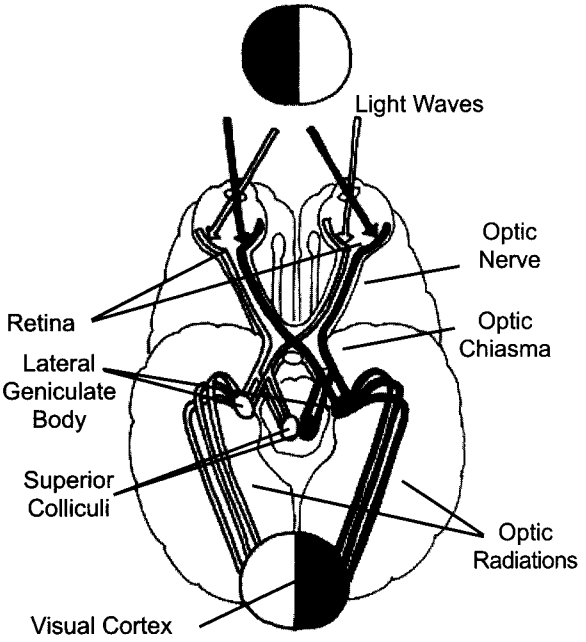

Figure 44.49. The occipital (visual) cortex, which integrates both visual and memory impulses responsible for the perception of the image

Figure 44.50. Preparation for the Spleen Exercise.

Figure 44.51. Spleen Exercise: The thumb and index fingers touch and form a triangle as the hands slowly raise above the head. Inhale completely.

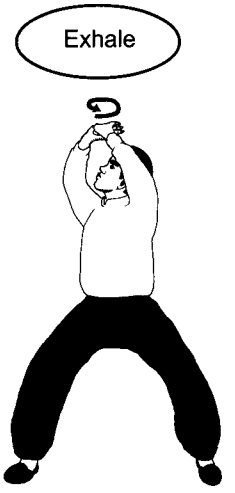

Figure 44.52. The eyes look through the center of the triangle as the upper torso is turned from side to side. Exhale when turning to each side.

TONIFYING THE SPLEEN

By combining specific Dao Yin techniques (posture, respiration pattern, and mental imagery), the Qigong doctor can alter the Daoist Spleen exercise to further strengthen the patient's Spleen and Stomach organs. The following Tonification methods are used to generate and gather more Earth Element Qi into the body, overflowing from the Spleen into the Stomach (its paired organ), described as follows:

- Place the tongue in the Earth Element Tongue position, located on the bottom of the jaw at the base of the lower palate, beneath the teeth and gum line (Figure 44.53).
- Inhale and imagine golden yellow light energy flowing into the Spleen and Stomach areas. Exhale, imagine and feel the Spleen completely full, resonating with golden yellow light energy.

PURGING THE SPLEEN

By combining specific Dao Yin techniques (posture, respiration pattern, and mental imagery), the Qigong doctor can alter the exercise in order to Purge stagnation in or around the patient's Spleen and Stomach areas. At a certain level of training, the vibrations emitted from the Spleen or Stomach tissues can turn a solid tissue mass (Jing) into a liquid (Qi) or gas (Shen), allowing for energetic clusters and stagnations to disperse. In order to utilize the Daoist Spleen exercise for Purgation, the Qigong doctor can instruct the patient to add the following Healing Sound methods, described as follows:

- Place the tongue in the Fire Element position, located up behind the teeth on the hard palate (Figure 44.54).

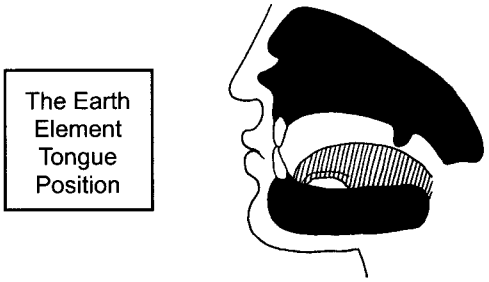

Figure 44.53. For the Earth position, which is related to the Spleen, the tongue is placed on the bottom of the jaw at the base of the lower palate, beneath the teeth and gum line.

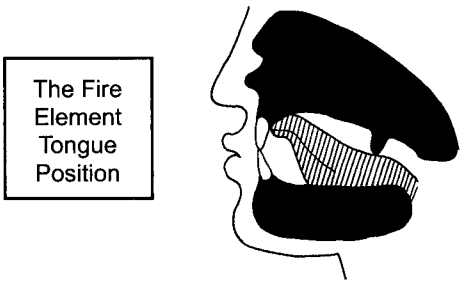

Figure 44.54. For the Fire position, which is related to the Heart, the tongue is placed on the front of the upper palate, behind the teeth and gum line.

- Inhale and imagine golden yellow light energy flowing into the Spleen tissues. Exhale the healing sound "Who" or "Gong." Feel the Spleen begin to vibrate and imagine stagnations within the Spleen tissues dispersing. Imagine and feel the Toxic Qi flowing out of the sides of the chest, melting down the legs, and simultaneously being released out the mouth.

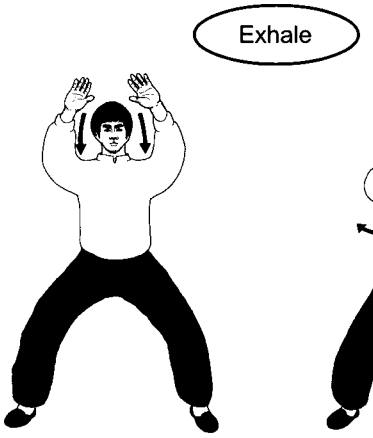

Figure 44.55. Preparation for the Closing of the Daoist Five Yin Organ Exercise (a).

Figure 44.56. Preparation for the Closing of the Daoist Five Yin Organ Exercise (b).

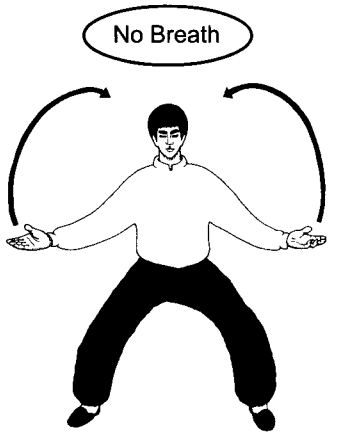

Figure 44.57. Preparation for the Closing of the Daoist Five Yin Organ Exercise (c).

Figure 44.58. The Closing of the Daoist Five Yin Organ Exercise: Each hand is placed above the head as if embracing a ball.

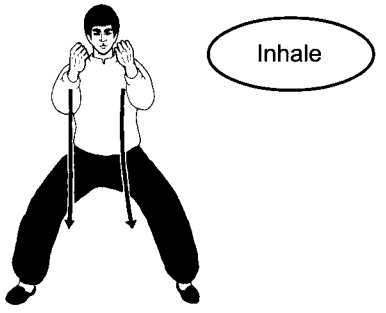

Figure 44.59. Exhale and form loose fists with the hands.

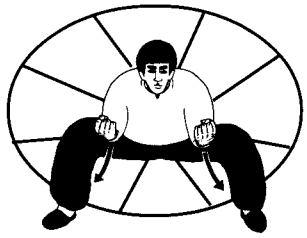

Figure 44.60. Slowly begin squatting, forming a Turtle Posture.

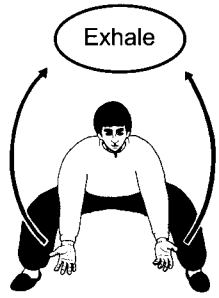

Figure 44.61. Exhale and slowly begin to raise the body.

BENEFITS OF THE DAOIST FIVE YIN ORGAN "CLOSING" EXERCISE

The purpose of the Daoist Five Yin Organ "Closing" is to gather the Qi back into the patient's Lower Dantian, rooting and stabilizing the patient's Qi. This ending exercise is very important, as its initial goal is to gather any excess Qi developed from the potential over-stimulation of the Five Yin Organs and to collect the runoff energy into the Lower Dantian (where it can be absorbed and used by the Eight Extraordinary Vessels). Otherwise, if the individual unknowingly has a pre-existing Excess condition in a particular Yin organ, the additional tonification can exacerbate the organ's condition. To avoid an Excess condition, certain Medical Qigong schools will use external massage and lightly brush the energetic channels to disperse any excess Qi after practicing certain Qigong exercises and meditations.

The soft compression used during the ending exercise increases the partial pressure of oxygen in the Blood as more oxygen passes into the cells. The action of moving oxygen into the cells creates a movement of carbon dioxide out of the cells, increasing the exchange rate and establishing a greater metabolic breakdown.

The breathing initiated for the ending exercise is known as "Turtle Breathing" and incorporates the use of the "Abdominal Breath Holding Method" (see Volume 2, Chapter 17). The Turtle