## ASCENDING THE YIN AND DESCENDING THE YANG TECHNIQUE

This prescription exercise can be modified in order to target specific internal organs. It is advisable for the patient to perform the Single Ascend the Yin and Descend the Yang Technique first, then practice the Double Ascend the Yin and Descend the Yang Technique.

As a Tonification exercise, this prescription will cultivate Qi in the channels and collaterals of the lower body, aid the free flow of Qi to the Lower Dantian, and strengthen the Kidneys, Spleen, and Stomach, while regulating the Liver and Gall Bladder Qi.

As a Purgation exercise, this prescription can be used in conjunction with the healing sound "Yu" to treat reproductive organ diseases (uterine and ovarian cysts, tumors, and cancer, as well as prostate cancer). The patient should practice a total of one to four hours each day, depending on the severity of the condition.

This is an excellent exercise for pulling up the Earth Qi (Spleen Qi) while sinking the Stomach Qi, and it is good for treating disorders such as irritable bowel syndrome and problems caused from Excess Heat in the Middle and Lower Burners. In order to treat such conditions, the exercise should be performed for twenty minutes, twice a day.

Begin from a Wuji posture and embrace the abdomen (Figure 43.48).

Gather Qi into the Lower Dantian and turn towards the left, both hands move into the Huantiao GB-30 point at the side of the hip (Figure 43.49).

Both hands slowly descend the three Yang channels down the outside of the left leg with a "pushing" action, ending on the outside of the left foot at the Yongquan point (Kd-1) at the bottom of the foot. As both hands reach downward to the foot, stretch the body and allow the waist to follow the descending Qi with a downward crouching movement (Figure 43.50).

Next, shift the hands around to the inside of the foot and begin ascending the three Yin channels with the hands inside the left leg (Figure 43.51). Continue the movement all the way up into the Huiyin point, pubic bone, and Lower Dantian area with a "pulling" and "drawing" action. Pull the anal sphincter upward while drawing the Earth Qi into the body. When both hands raise and gather Qi upward, the body and waist must follow the ascending and rising movements.

Pause for a few seconds and let the Qi settle into the Lower Dantian (Figure 43.52).

Shift the body's weight and repeat the entire sequence on the opposite leg. The turning of the waist should match the movements of the thighs. The toes should naturally grasp the ground and the

**As A Tonification Exercise, This Prescription Can Be Used To:**

- Tonify and Regulate the Lower Burner Qi (Inhale White Light)
- Tonify the Stomach, Spleen, and Pancreas (Inhale Golden Yellow Light)
- Tonify the Kidneys and Urinary Bladder (Inhale Dark Blue Light)
- Tonify the Uterus (Inhale White Light)
- Tonify the Ovaries (Inhale White Light)
- Tonify the Large Intestine (Inhale White Light)
- Tonify the Small Intestine (Inhale Red Light)
- Tonify the Prostate Gland (Inhale Dark Blue Light)
- Tonify the Second Chakra (Inhale Orange Light)

Inhale Color into Tissue Area
Exhale and Vibrate

**As A Purgation Exercise, This Prescription Can Be Used To:**

- Purge Excess Heat in Lower Burner (Exhale Descending "She" Sound)
- Treat Spleen Cancer (Exhale "Gong" Sound)
- Treat Pelvic Inflammatory Disease (PID) (Inhale Blue Light-Exhale "Yu" Sound)
- Treat Uterine Cancer (Exhale "Yu" Sound)
- Treat Ovanian Cancer (Exhale "Yu" Sound)
- Treat Small Intestine Cancer (Exhale "Zheng" Sound)
- Treat Urinary Bladder Disease (Exhale "Yu" Sound)
- Purge Lower Chakra Stagnation (Exhale "Haireem" Sound)

Inhale into Tissue Area
Exhale Sound


Figure 43.48. Ascend the Yin and Descend the Yang Technique (A)

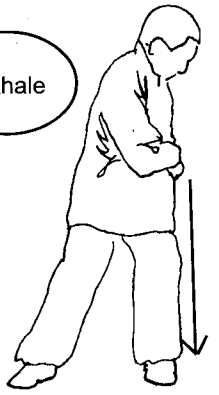

Figure 43.49. Ascend the Yin and Descend the Yang Technique (B)

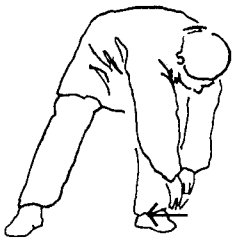

Figure 43.50. Ascend the Yin and Descend the Yang Technique (C)


Figure 43.51. Ascend the Yin and Descend the Yang Technique (D)

Figure 43.52. Ascend the Yin and Descend the Yang Technique (E)

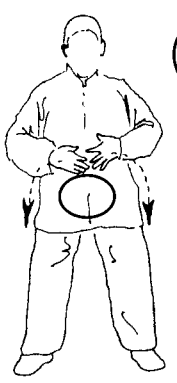


Figure 43.53. Ascend the Yin and Descend the Yang Technique (A)

Figure 43.54. Ascend the Yin and Descend the Yang Technique (C)

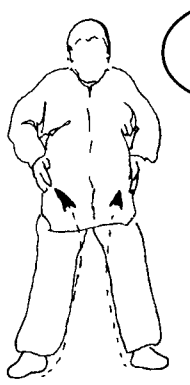


Figure 43.55. Ascend the Yin and Descend the Yang Technique (D)

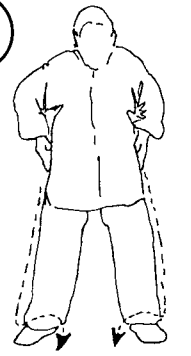

Figure 43.56. Ascend the Yin and Descend the Yang Technique (B)

soles of the feet should feel full of Qi. Repeat nine times on each leg and end in a Wuji posture. End the Single Ascending and Descending the Earth Qi exercise by immediately progressing to the Double Ascend the Yin and Descend the Yang exercise.

Continuing from a Wuji posture, with both hands embracing the Lower Dantian or a specific internal organ, imagine separating the Qi into two balls of energy (Figure 43.53).

Both hands then slowly descend the outside Yang channels of each thigh all the way to the outside of the feet, ending at the Bubbling Well (Kd-1) points (Figure 43.54).

Move the hands along the front of the feet toward the inside of the foot, slowly ascending the inside Yin channels of each thigh all the way up the body into the Huiyin and Lower Dantian areas (Figure 43.55)

Pause and allow the Qi to settle in the Lower Dantian; then begin again (Figure 43.56). Repeat this exercise 18 times; then, return to the Wuji posture and end the exercise.