

TURTLE BREATHING

Stage 1

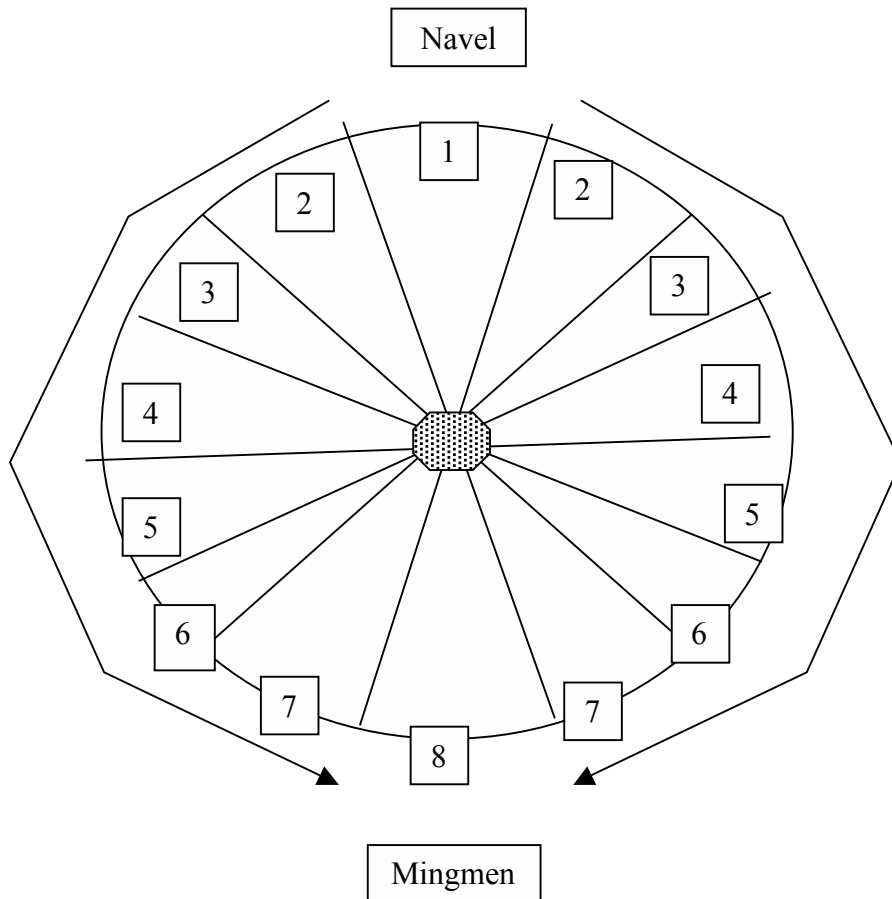
1. Draw energy from navel to anal sphincter.
2. Draw energy from Mingmen to anal sphincter

Stage 2

1. Divide body into 8 equal sections (like an orange) top to bottom, vertically. Starting with the navel as the 1st section and Mingmen as the 8th.
2. Draw the energy down to the anal sphincter, starting at the navel and drawing down in paired strips of energy from the belt line to the anal sphincter. Do this in 1 breath divided into 8 sections. Simplify this into 3 sections, front, sides and back.
3. During exhale feel the energy release like a belt from the back to the navel.

Stage 3

1. Draw the energy from the navel to Mingmen in one smooth breath. Drawing all the energy towards the anal sphincter.
2. During exhale feel the energy release like a belt from the back to the navel. But not release the energy from the lower dantian.
3. Do the same but peel down from entire body to anal sphincter.



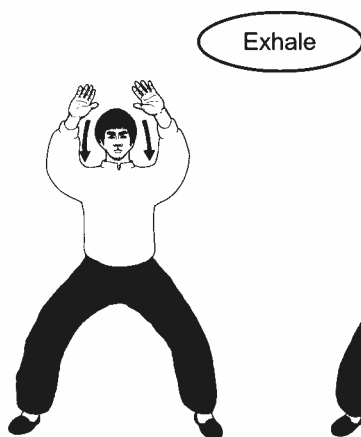


Figure 44.55. Preparation for the Closing of the Daoist Five Yin Organ Exercise (a).

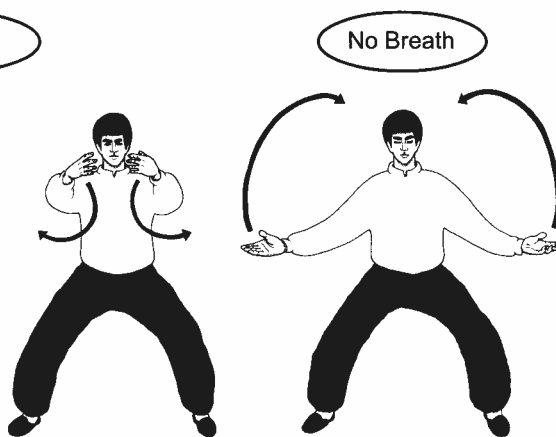


Figure 44.56. Preparation for the Closing of the Daoist Five Yin Organ Exercise (b).

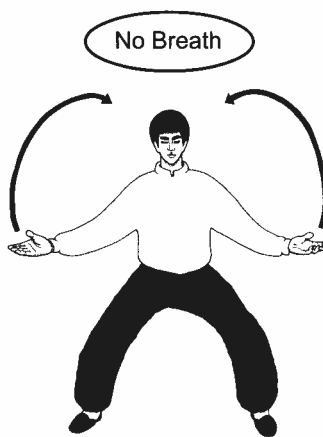


Figure 44.57. Preparation for the Closing of the Daoist Five Yin Organ Exercise (c).



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

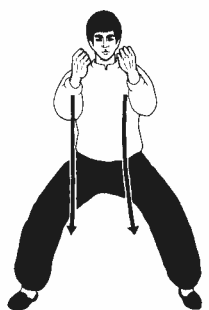


Figure 44.59. Exhale and form loose fists with the hands.

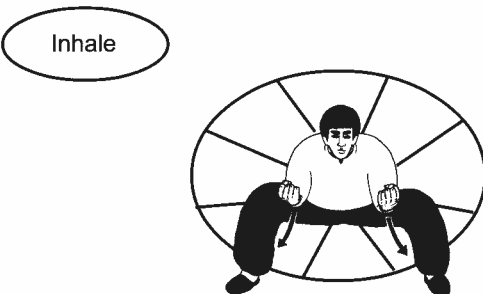


Figure 44.60. Slowly begin squatting, forming a Turtle Posture.

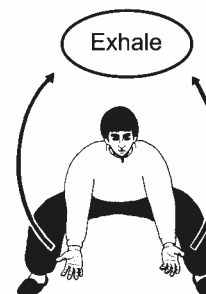


Figure 44.61. Exhale and slowly begin to raise the body.

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 con-

dition, 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

Breathing method requires slow respiration, and it stimulates the center hub of the Belt Vessel.

THE "CLOSING"

1. Upon completion of the Spleen exercise, exhale and start to separate both hands (as if embracing a ball) (Figure 44.55 and 42.56).
2. While still exhaling, bring both hands down to waist level and separate the arms, moving the hands away from the center of the body (Figure 44.57). Raise both arms up over the head. Each hand is placed above the head as if embracing a ball (Figure 44.58).
3. Form two loose fists with the hands (Figure 44.59).
4. While bending forward from the waist, slowly turn the soft fists so that the curled fingers face the body and begin squatting, forming a Turtle Posture. Begin using the Turtle Breathing method to gather Qi into the Lower Dantian through 5 separate inhalations. Slowly, turn both fists so that the curled fingers face the upward and begin squatting to

form the Turtle Posture (Figure 44.60).

5. Exhale and slowly begin to raise the body upward while storing and absorbing Qi into the Lower Dantian (Figure 44.61). Opening both fists and allow the hands to return back to their original position at the sides of the body. Repeat five times and end in the Wuji posture.
6. When practicing the Turtle Breathing method, the mind's intention and respiration should be focused onto the Lower Dantian, navel, and Mingmen areas of the body.

UTILIZING THE "TURTLE BREATHING" TECHNIQUE FOR GATHERING QI

For purposes of gathering and storing energy, the Lower Dantian can be divided into five sections (see Figure 44.62). Each section is numbered, beginning with the front of the Lower Dantian at the navel area "1," increasing in number as one continues from the navel to the sides of the waist "3," ending at the Mingmen area "5."

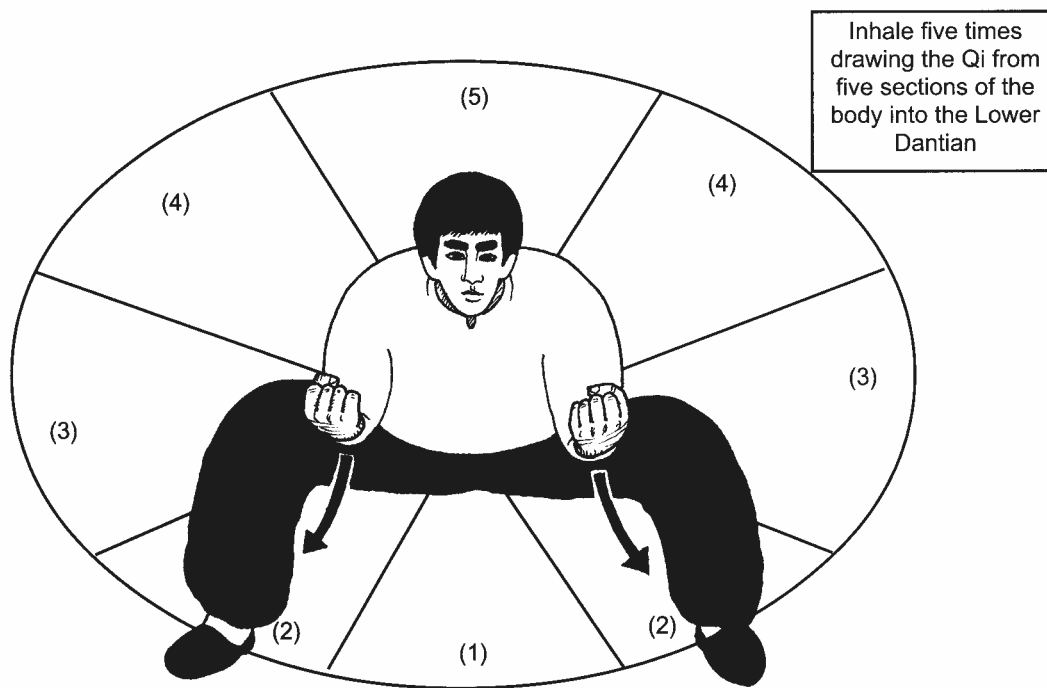


Figure 44.62. Squatting to complete the form of the Turtle Posture.

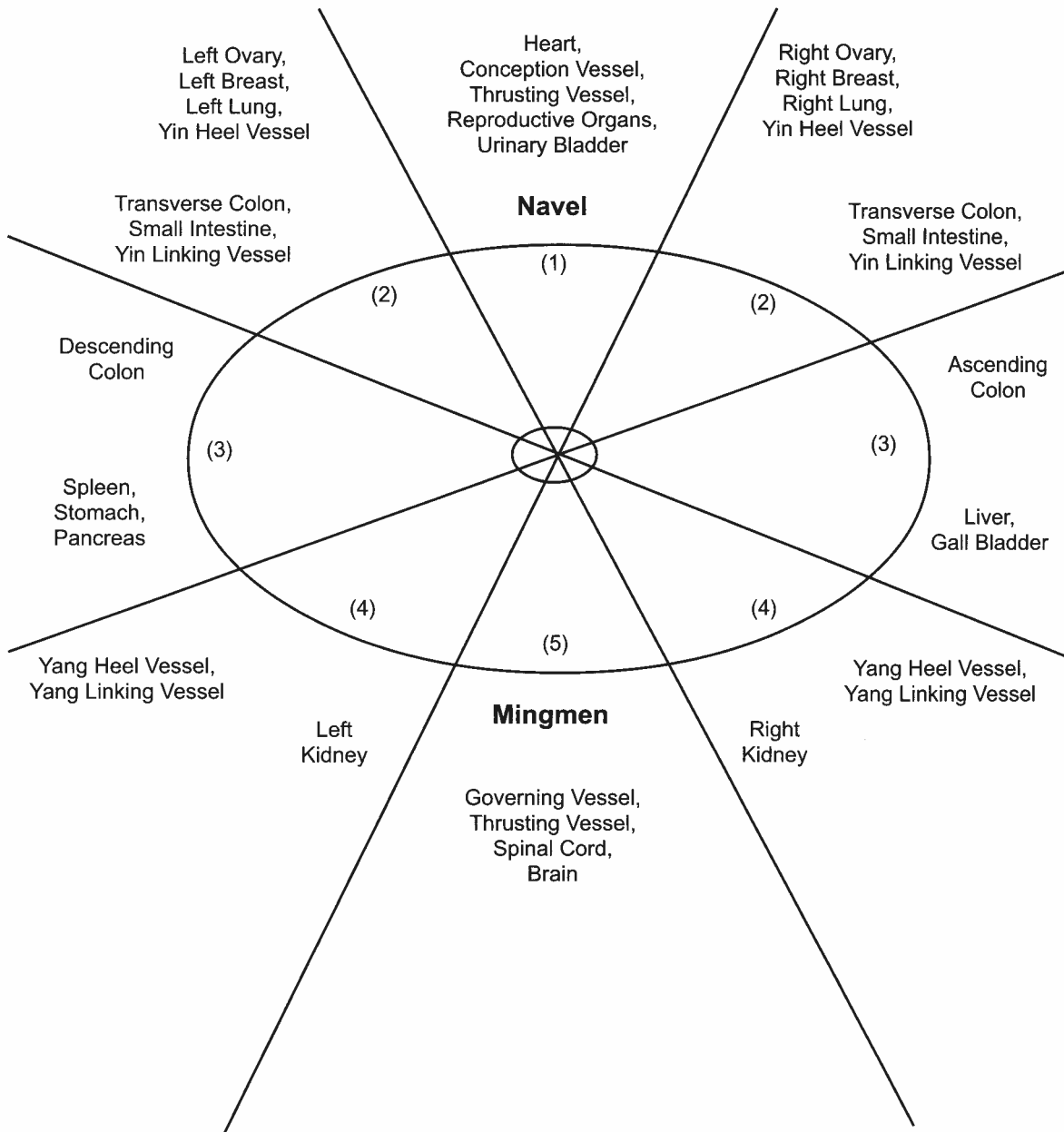


Figure 44.63. When practicing Turtle Breathing, inhale and slowly begin drawing the Qi from the front of the body into the navel area "1," absorbing the energy from the Heart, Conception Vessel, reproductive organs, and Urinary Bladder into the Lower Dantian. This absorbing action is created by pulling upwards on the anal sphincter in the direction of the intended energy. Next, proceed to the sides of the body. In women, the next area "2" will include the excess energy gathered from both the left and right ovaries, as well as the left and right breasts. In men, however, this area "2" is considered general and not specific to certain internal organs or tissues. Continue in the progression of circling the waist until you have reached the Mingmen area "5." Then, reverse the order of the tissue areas ("5," "4," "3," etc.).

Think of the anal sphincter as a great funnel, attached in eight different segments (like canals) which progress up the torso. As you focus your mind on each section (begin with the navel at section 1), allow any excess energy to flow downwards from that particular section to be gathered into the Lower Dantian. With your imagination, direct the breath and Qi from your torso to flow into each of the five areas.

The breath and Qi should be slowly inhaled and guided into the Lower Dantian via the anal sphincter area for an even five counts. By pulling upwards on the anal sphincter and perineal areas, an energetic vacuum is created within the pelvic diaphragm and urogenital diaphragm. This energetic vacuum is used to gather the internal organ's excessive Qi.

Begin with collecting Qi from the front of the body to the navel via the anal sphincter. Hold the Qi in the Lower Dantian area then proceed to the next areas (towards the sides of the body), absorbing the Qi into the Lower Dantian via the anal sphincter. Next, proceed to the sides of the body continuing in progression until you reach the Mingmen area (5).

Then, reverse the progression beginning with the Mingmen and working around the waist until you reach the navel ("5," "4," "3," etc.). Make sure that you pull your anal sphincter towards the direction of the area of the body from which you are absorbing Qi (Figure 44.63).

After perfecting the Turtle Breathing, a practitioner can create the energetic vacuum and initiate the absorption of excess Qi into the Lower Dantian by moving his or her intention from the anal sphincter through the Lower Dantian and torso at an extremely fast speed.

FIVE YIN ORGAN ENERGETIC MANIFESTATIONS

The Five Element energies are manifested within the physical body through five different directions of tissue movement. The Medical Qigong doctor studies the movements and actions of a patient while the patient is in a meditative state (usually a sitting or standing posture). This

observation is used to diagnose the patient's energetic disposition. After being in a meditative state for some time (usually from thirty minutes to an hour), the patient's organs will manifest their energetic imbalances. When the body's internal organ system becomes energized, certain physical reactions are evident that indicate which particular Element is out of balance.

1. Wood or Liver Qi is responsible for the dispersing effect of Qi and manifests through expansive outward movements in all directions causing the body to sway with gentle and soft motions. When the Liver's energy is overabundant, the torso makes a gentle, soft movement like a pine tree swaying in the wind. This is caused by the sprouting and branching manifestation of the Liver Qi's rising warm current (Figure 44.64).
2. When Fire or Heart Qi is overabundant, it is evident through the physical manifestation of the upward ascending actions of the torso caused by the flaring up of Yang Heat. This heat affects the energetic body and is expressed in upward movements and sometimes jerky actions (like a flame crackling in a fire) (Figure 44.65).
3. Earth or Spleen Qi is generally manifested by stable movements. However, when overabundant, it is evident through movements that are both smooth and swift. This allows the body to circle in a limber, flexible, and free moving action (think of the body's movement as being similar to that of a spinning ball) (Figure 44.66).
4. When Metal or Lung Qi is overabundant, it is evident through the twitching actions of the torso and is manifested by contracted, inward movements causing the body to violently jerk from side to side (think of the body as a metal bell being violently struck) (Figure 44.67).
5. When Water or Kidney Qi is overabundant, it is evident through the clumsy, awkward, heavy downward moving action of the torso (think of a waterfall descending onto rocks).
When the patient's body unintentionally or unconsciously rocks or sways gently as a result