Medical Qi Gong – for Health & Vitality

(Breathing into the abdomen, deeply, tucking your hips as Urkel in Family Matters and dangling as if a puppet, with the puppet master connecting to your head, all maximize the effects of these movements. Additionally, bending the knees and deepening horse stance will amplify the movements even more. All breaths shall be into your lower abdomen, known as Daan Tien, & depending whether you have a deficiency condition, you breathe through your mouth and allow air to leave passively out your nose- if excess condition breathe through your nose & sigh breath out your mouth.)

Lungs (White) Kidney Liver Heart Spleen

1. Breathing to stomach, hands over abdomen & practice noticing hands rising - falling with breath. ***All Exercises!***
2. Rubbing Hands together – trying to start a fire concept – wakens up the capillaries, the nerve endings & Chinese meridian points in the hand and begins stimulating lymph movement.
3. Take warmed hands – massage and warm the neck, up and down – side to side, massage neck really well do to major lymph nodes in the neck, also once neck is warm, rub the top of the head, the face, the ears and especially the nasal passages beside the nose, as the location of Nitric Oxide Synthase with is an enzyme to support production of Nitric Oxide, one of the most important gasotransmitters. Nitric Oxide is major vaso dilator among other beneficial activities.
4. Place your palms over your ears and strumming your fingers, do the "Heavenly Drum" again stimulating Lymph.
5. Neck turning to one side, as far as you can look, for six to eight breaths. Your body will naturally gravitate toward one of the other. Remember to do both sides turning to the other side. If your head rotates 360 degrees and smell sulfur please see a priest.
6. Bending neck as if touching one's shoulder, six to eight deep breaths, then bend to the other side.
7. Bend neck touching chin to chest, six or eight breaths.
8. Look up pointing chin to ceiling – six or eight breaths.
9. Next Build a Square in front of you, lower to one side for six to eight breaths, upper corner to same side for six to eight breaths, upper corner on other side for six or eight breaths, then finally, lower corner on other side for six or eight breaths,
10. In the square created with your chin pointing, paint the square with your chin, exhaling on up stroke, inhaling on down stroke. Match the painting to your breath, and the slower the better. Sign your name with your Chin.
11. Shoulder rolls, rotate shoulders forward first, and then rotate backwards second. Rotate till either extremely loose or muscles tired plus one.
12. Make x's with arms hitting shoulder blades if possible. Alternating which arm on top! Rub top of arm, each arm
13. Swimming forward, breathing in as you bring your arms together, exhale when you stroke through the air.
14. Palms up and palms down, rotating arms as if you are tracing around a beach ball, six to eight breaths. Picking flowers, smelling flowers, inviting others to smell flowers
15. Clearing the arm channels, percussive massage down outside of one arm, then beating up the inner arm, then smoothing the outer arm down, and inner arm up. Best to exhale as you go away from the body and inhale when coming to the body. Do six or eight breaths on each arm.
16. Clearing the leg channels, percussive massage down outside of both legs, then beating up the inner of both legs, then smoothing the outer of both legs down, and inner of both legs up. Best to exhale as you go away from the body and inhale when coming toward the middle the body. Do six or eight breaths down the legs. This final exercise since the beginning ends the specific lung Qi Gong and the stimulation of lymph system.
17. Swami Arms or Up & Down – in Bent knees horse stance, arms straight down in front of you, lifting them upwards to 90 degrees on inhale. Breathing up on your toes and collapsing onto heals with sighing exhale.
18. Windsock Man Collapse on exhale – Straighten up on Inhale.
19. 3 Immortals Crossing the Ocean, leaning forward as if Superman making cape with mantis hands and arms back.
20. Washing machine – three levels of this exercise, simply swinging the arms forward and back hitting the bck in the area of the kidneys. More advanced, twisting the hips to have your arms simply be moved by the torso moving, and even directing to have the hand other than the kidney to beat the top of your shoulder to stimulate the gall bladder

channel. The most advanced is bending the knees and shifting the weight while turning and to lower you can bend, the healthier your kidney's are. Washing machine begins stimulating the kidney channel.

21. Wringing out the dish rag. Placing your hands palm down, index fingers pointing at each other, turn to one side looking as far back as you can, for six, eight or even sixteen breaths. Then turn to the other side do the same for the second side. Again the lower your horse stance, the longer you hold the horse stance, the more the legs draw blood to the lower body, and therefore help the kidney's get nourished. In Western society, sitting so much our legs often don't get as much circulation and then reduce nourishment to kidneys.
22. Swimming dragon's tail. With a figure eight movement with your palms together- imitate a dragon's tail. First level is simply using your arms, second level, bending more at the waist, doing best to go high at the outside and in the middle as forward as possible. Third level is shifting your weight, bending your knees, twisting your hips with the above bent waist movement. More powerful when you coordinate with your breath, and inhale when going to center, exhale when moving outward.
23. Look behind cure 1000 diseases – turn and hold
24. Bow stance deep knee bend, holding bow as archer might for 16 breaths. Archer stance both sides.
25. Clever Monkey cleaning the channels – holding hands over Daan Tien, three breaths, then on exhale part the hands and push down front of legs, inhale pushing on back of legs up to lower back. Holding your breath bend over, and massage the kidney area, and then exhale pushing down the back of the legs, inhale pushing up the front of the legs returning to Daan Tien. Do this breathing motion pattern for six or eight cycles.
26. Pushing walls out – Second liver specific exercise, arms straight out to the side, parallel to the ground, bring arms into the body on the inhale, and arms push out the walls with palms pushing hard on the walls.
27. Wind shakes the tree – start with shaking your hands, then hands and elbows, then hands, elbows and shoulders. As those areas loosen, then shake your knees, ankles, then especially the hips. Shaking really supports the liver, and sighing breath for this exercise helps release liver excess common in the West.
28. Horse stance to punch forward with yell.
29. Six gun hip rotation – with your hips tucked, do a figure eight with the six guns pointing direction.
30. Inhale making heart moving arms to top of head, then exhale when bringing arms down in front of body.
31. Bicycling in the sky and one the earth, arms up to the sky slowly, then bicycling with your arms and also moving the legs in coordinated similar movement, do this until arms are tired, then add one. Bring arms down slowly and closing eyes, feel the pulse, in your hands, in your legs, see where you feel your pulse. If you have high blood pressure or hyper tension please use sighing breaths with this exercise and number 22.
32. Smiling Buddha Pose -Holding arms up, index fingers pointing to each other palms up, bending backwards. Breathing up on your toes and collapsing onto heals with sighing exhale. Smile and even laugh!
33. Up down, alternating bent arms, breathing in when bringing hands together out when switching arms.
34. Blossoming Lotus – with a bow stance, as if you are an archer, with one foot behind 90 degrees askew from pointing forward front foot, hands begin down, as if pushing down on table top, then inhaling, bring hands together moving the hands up, bring forearms and eventually elbows together as the hands move up all during the inhale, once elbows touch, then open hands as if closed hands were a bud and opening hands, the arms move up and create a circle, reaching high with both hands and returning the hands to the table. The first level is simply moving the hands, second level of effectiveness includes, shifting weight, and third level adds twisting hips and bending knees to the above movements. Do 12 to 16 on each side.
35. Tummy Massage or Burping Monkey – Rubbing tummy in circular motion, 18, 36 or 72 one direction and then the same amount in other direction. This stimulates peristalsis, circulation, enervation of intestines, improves digestion and elimination, and creation of beneficial micro flora.

This daily 60 minutes spent is the best possible "Quality of Life Insurance" for me & possibly everyone. It may be the ONLY "Quality of Life Insurance!" Are you willing to give yourself, a tangible Quality of Life?

Thank you Dr. & Sifu Andy Miles, Dr. Lan Miles, Sifu Nic Baker and Khoo Wellness

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