

# Daoist Five Yin QiGong

By Dr. Jason Gordon

## Lung Exercise

Inhale the arms out to the side and on exhale let the arms settle out in front wrists at collarbone height. We begin by inhaling, the arms out and exhaling back to the midline. On the inhale the wrists stay at collarbone height, on the exhale palms turn over to face the sky. Return to the midline at the level of the heart. Again, on the inhale the hands turn over palms face the floor and arms separate on the exhale movement is back toward the midline. On the inhale we visualize milky white light filling the lungs and, on the exhale, dark turbid gray Qi being expelled from the lungs.

## Kidney Exercise

Wrap the left arm behind the back, back of the hand touching the right kidney, extend the right arm out and front and off to the side. Step the right foot out for a slightly wider stance. Inhale to bring the arm across the face and down in a circular motion as the hand is below the waist we exhale, as the hand is above the waist we inhale. On the inhale we visualize scooping blue water and on the exhale the water travels down the arm across the back through the other arm and into the kidney. To change sides, swing the arms around to reverse their positions and then on the inhale bring the arm across the face and begin the circular motion. 90% of our weight is shifting from one leg to the other. Weight comes into the left leg and then we fold into the hip, unfold the hip as 90% of the weight moves over into the right leg and we fold into the hip there. Continue incorporating good posture, breath and visualization.

## Liver Exercise

Drop the extended arm in front at the height of the heart, the other hand is at the hip. Step the foot back in until the feet are again at shoulder width apart. One arm moving away from the body and one arm pulling into the body, both moving along the midline. The weight is shifting from leg to leg 90% of the body weight moving from one leg to the other, shifting folding into the hips as the weight lands into one leg and then the other. Each inhale and each exhale are divided into three sips. Each sip corresponds to an arm movement. One full cycle of breath is six arm movements. Each inhale we fill the liver with bright emerald green light. Each exhale we expel dark turbid green Qi from the liver. The arm extending out away from the body is palm down, the palm pulling in and drawing into the body is palm up.

## **Heart Exercise**

Bring the hands to the torso as though we're holding a ball of Qi at the abdomen on an exhale the top hand pushes out past the heart and extends. The bottom hand swings down and rises up just above the height of the head. Inhaling we move toward the midline, exhaling we extend out away from the midline. The weight is shifting from one leg to the other. 90% of our weight moving into one leg and then 90% of the weight shifting to the other. As the weight shifts, we fold into the hips.

Each inhale fills the heart with pink energy. Each exhale as the hand passes in front of the heart sweeps away dark turbid red Qi expelled from the heart. Avoid touching the hands together as you rock the hands down to the lower Dan Tian. Inhale to begin a pulling down the heavens. Once the arms have descended and the hands are by the side, begin drawing energy up the arms and through the shoulders. Rotate the arms, thumbs pointing back to lock the shoulders to keep the energy from coming back down the arms. Inhale it down the body into the earth and then bring the hands together.

## **Spleen Exercise**

The space between the hands creates a triangle, extend the neck, raise the arms overhead and gently drop the head back. Choose a point at the center of the triangle made between the hands. Start rotating around the point, keep the point at the center of the triangle. Inhaling brings us up to the midline, exhale rotating to the side. 60% of our weight coming into the leg on the side we rotate to, inhaling yellow light into the spleen, exhaling dark crusty mustard color yellow out of the spleen as we rotate to the side and bring it out. Exhale the hands down the front of the body, and hands resting by the side.