

Breathing Exercises, The Head Circulating Massage Method and Yang Qi

Practice	Method	Functions and Benefits
ETQF	Sit comfortably, upright with feet about shoulder width apart. Lift the crown of the head (bai hui), tuck chin, turn your vision inward (eyes close slowly), spine is gently reaching upwards, relax entire body from head to toes. Expand your awareness out in all directions, connecting with the still ocean of pure energy all around and inside you. Continue for several minutes: relaxing and expanding your awareness, letting go of distracting thoughts, coming into the present moment. Connecting with intention, gratitude, forgiveness, acceptance & joy.	Opens mind and heart, is deeply relaxing, one becomes centered, grounded and more connected with nature inside and all around you. Promotes overall wellness by reducing stress and making space to embrace possibilities for increased wellness and happiness.
BE 1	The mudra: With palms facing up, interlace fingers, except for index finger, which remain straight. Close palms so that base of palms is together, thumbs are tucked under crossed middle fingers. Bring palms up so that index fingers are at nose level, shoulders are relaxed and down. Block left nostril (inside) with left index finger while the right index finger gently presses on center of philtrum*. Inhale into lower dantian [†] as belly and mind expand, switch sides with fingers and exhale (belly gently contracts), inhale from same side, switch and exhale, inhale, switch, continue at your own pace.	Awakens the micro-circulatory system of the body thereby promoting qi penetration throughout entire body. Stimulates and balances lung and brain activities. Enhances all functions of the body. Activates opening of lower dantian and storage of abundant qi.
THCMM	<p>#1) Place pads of fingers (not tips) next to head with index fingers touching where the top of the ears meets the head. With fingers together massage head in a circular motion over the scalp, around the ears down to the 7th cervical vertebrae. Repeat 9x's or as directed.</p> <p>#2) Place pads of fingers on temples with little fingers at the midpoint of eyebrows. With fingers together massage head in a circular motion over temples and scalp, down to the 7th cervical vertebrae. Repeat 9x's or as directed.</p> <p>#3) With little fingers next to each other and pads of fingers resting above eyebrows, massage forehead to crown of head, down to the 7th cervical vertebrae. Repeat 9x's or as directed.</p> <p>#4) With right middle finger at bridge of nose draw finger over the center line of the head to the back of the neck, at the 7th cervical vertebrae. Exchange hands and repeat 9x's for each hand.</p>	Activates all meridians in the head and boosts qi and blood circulation to balance qi through the whole body. Activates the nerves of the scalp and the key acupoints on the head, promotes qi to nourish the brain's nerve cells. Practiced with BE, it is highly beneficial. Can also be practiced alone (without BE).

BE 2	Place right palm over navel while thumb and index finger of left hand gently pinch and push up on both sides of the nose, release fingers and inhale into lower dantian. While inhaling left palm moves up to face yintang. Upon completion of the inhale begin exhaling and moving left palm down (facing body). When left palm reaches navel level, right hand begins moving up and left hand rests on top of navel. Right hand gently pinches nostrils. Repeat steps above, exchanging hands.	Activates and creates a connection with the 3 main energy centers: upper, middle and lower dantian. Circulates qi between brain and lower dantian and increases vitality.
THCMM	Same as above	
BE 3	Use the same mudra as in BE 1 (with fingers interlaced, etc). Instead of long slow inhalations and exhalations, now inhale with 3-5 short breaths, then exhale with 3-5 short breaths. Go at your own pace.	Massages the five major organs through the up and down movement of the diaphragm. Awakens qi in organs and enhances qi in lower dantian.
THCMM	Same as above	
YQ	Sit comfortably, eyes closed and relax even more deeply. Place the center of both palms so they are aligned over navel (right hand rests against navel for women, left hand for men). Begin breathing in the belly, with each inhalation belly gently expands, and with each exhalation belly gently contracts. You may chant the mantra “Hun Yuan Ling Tong” to yourself as you breathe. As belly expands, mind expands out, as belly contracts qi returns home into lower dantian. YQ can be done at anytime, such as before falling asleep & upon awakening.	Gathers, condenses and stores qi in lower dantian which was cultivated during your BE & THCMM practice. The more time spent doing YQ the faster your dantian will fill with abundant qi, which will help to enhance your wellness and balance emotions.

* The philtrum is the midline groove in the upper lip that runs from the top of the lip to the nose.

† The upper, middle and lower dantians are the main energy centers where qi is gathered, stored and transformed.

It is suggested that when first learning these practices, the different components are done in the order shown above. However, it is fine to adjust the order to suit your needs. As a beginner you can start with the schedule below. To increase wellness at a faster rate, practice longer.

3-5 minutes of BE 1; 9 repetitions of each of THCMM;
3-5 minutes of BE 2; 9 repetitions of each of THCMM;
3-5 minutes of BE 3; 9 repetitions of each of THCMM,
8-12 minutes of YQ to finish your practice.

ETQF – Establish The Qi Field; BE –Breathing Exercise; THCMM – The Head Circulation Massage Method; YQ – Yang Qi (Conserving Qi)