

The Body Mind Method Movements & Their Benefits

Movement	Part of Body/System Benefited
1. Crane's Neck and Dragon's Horns	Brain, spine, lymph, nervous system, neck, ears, eyes
2. Draw in shoulders and shorten neck	Heart, lungs, upper limbs
3. Erect palms and separate fingers to open meridians	Circulatory system, nervous system, digestive system
4. Qi and mind thrust to strengthen arms and ribs	Ribs, liver, gallbladder, intestines
5. Bend body to open governor channel	Spine, nervous system, relieves back pain
6. Rotate hips to open gua and gather Qi in lower dantien	Reproductive organs, low back, urinary tract
7. Straighten feet to open gua	Legs, knees, kidneys
8. Knees down to the feet to connect three joints	Arthritis, bone density
9. Stretch legs, erect feet and draw circles with feet	Joints, muscles, blood pressure
10. Collect and unite qi from heaven and earth	Heavenly gate (baihui) to lower dantian and bubbling spring (yongquan) to lower dantian