

## Hai Deng's Kidney Chi Exercises

Warm up by turning your torso and letting your arms swing.. or any other chi warm-ups

1. Stand with knees slightly bent and breathe into your dan tien (the navel chakra which is four fingerwidths below your navel, inside your body in front of your spine. You can breathe into it and think as you breathe in, it expands to the size of a Chinese tea cup and as you breathe out it becomes the size of a quarter.. and you are filling it up with chi. The stance and the breathing go on throughout all chi gong exercises.

In this posture, you lift your left arm and circle it over your head and trace your right arm, grab the right hand with the left hand and bend over to the right while lifting the right hand to the middle of your chest and looking to the left up to the sky. Then do the other side.

2. Stand in beginning stance, with hands in vajra fist (thumb closed inside fingers) palm side up at your hips. With your left hand opening, reach across your body out to the right side, with your torso slightly turning, hips remaining facing front, and grab the chi with your left hand, with arm outstretched bring it around your body and as you come to the back, "stuff" the chi into your left kidney (not quite touching the back) and then return to starting position. Repeat on the right.

3. Start in beginning stance. Breathe in and pull the chi up through the soles of your feet as your hands curl up the front of your body, fingertip to fingertip with palms up, when you get to your sternum, turn the hands to face outward, exhale and say MAAA-EEEE as you push the chi out in front of you, open arms out to the side, grab the chi into a fist, bring the fists to the ears and make little circles with your wrists just outside the ears in a circle that starts back at the bottom of the ear. This is all one outbreath, then bring hands back to the sides and start again.

4. Start in beginning stance, feet a bit wider than shoulder width, breathing into dan tien. As you inhale bring both arms up in front of your body, exhale quickly and with hands in fist again, bang the lung points that are just in from your shoulders and below the collarbone. Open up your arms, bend your chest and neck back and stretch open your heart as you lean back and inhale, then, exhale and bend over, with knees slightly bent, reach your hands behind your feet, then as you inhale use your hips as a fulcrum, bend your knees more and come up, putting your right closed hand in the left, come up to standing, the fists are now in front of your brow chakra (third eye) and open up your hands as you clear the clouds around your wisdom eye.

5. Start in beginning stance and start as we did in #2, on the inhale, the left fist reaching around the right side of the body in a circle, bring the back of the hand to the top of the inside of the left thigh. Bend the right knee, and not bending forward but to the side, look up to the left and, exhaling, you bend like you are going to put your left ear on the outside of your left knee. Stretching the right knee out and your bend your body makes a stretch in the kidney and liver. Go down the inside of your thigh as far as you can, (this is all in the exhale). Then with the inhale circle around the ankle or mid leg and with your palm on the outside of the left leg massage up the leg and return to the original stance. Do the same of the right side.

At the end, pat your body up the outside of one arm, over the head, down the outside of the other arm, down the back of the body, down the outside of the legs, up the inside of the legs, up the front of the torso and then again repeat going down the arm. Do this three times. Then put one hand on top of the other at the dan tien and make nine circles clockwise and nine counter clockwise feeling like you are storing all the chi in the dan tien.

The Five Tibetans...(six actually) Remember to start with five or 7 or three and add two every two weeks and gradually build up to 21 of each a day. The sixth one, you do only three times.