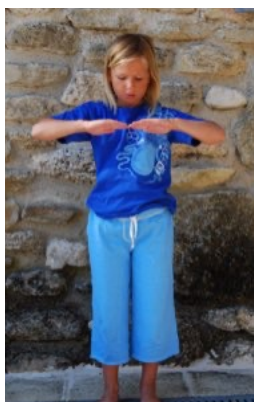


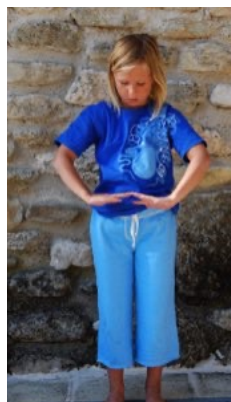
When the arms are level with the shoulders, turn the hands forwards, and bring the hands forwards in a quarter circle, as before.



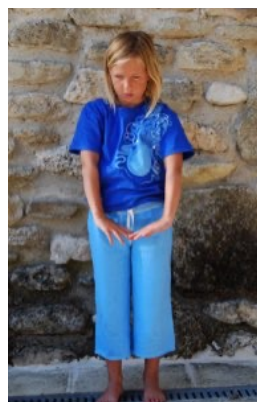
As before, visualise a ball of energy, and then draw this energy towards the chest.



This time, once the hands have reached the chest, instead of pointing them upwards, point them down, and



Push any excess energy down towards the lower abdomen.



Stand there with the hands over the lower abdomen for a moment.

This completes the cycle, which should be repeated at least 5 times.

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Qigong

Exercises for the chest

The exercises described here are good for all lung conditions. They are good for all ages, but especially the young (between 7 and 14 years). The exercises are pleasant to do, and have the effect of helping the child (or adult) to sit up straight and breathe better. It just seems to happen spontaneously. No amount of nagging will make any difference to a child's posture, but these exercises do seem to help for most children.

When to do the exercises

The best time to do them is first thing in the morning, just after getting out of bed, and at about 4pm, on coming back from school (or a bit later for adults coming back from work). For most people (especially school children) getting out of bed a few minutes early can be a struggle at first, but it is well worth doing.

How fast?

Each cycle should last about $\frac{3}{4}$ minute to 1 minute.

Position

Stand up as straight as possible without straining, with the feet shoulder width apart, firmly on the ground, aware of the ground beneath. The arms hang down.

How long?

3 to 5 minutes is usually enough. At first do a cycle of 5, then gradually increase to 10.

The Exercises

Start by turning the hands outward



then slowly raise the arms to shoulder height . . .

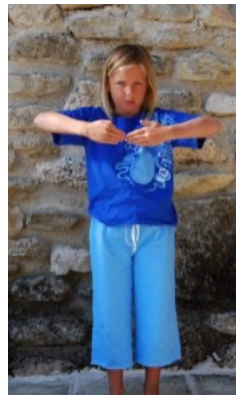


. . . so that they are outstretched, with the hands now pointing upwards.



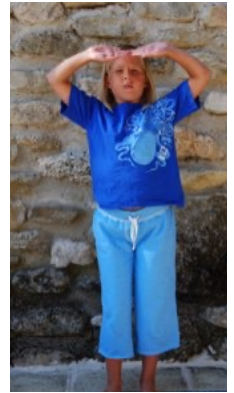
Turn the hands forward, and with the arms still outstretched, bring them forward in a quarter circle so that they point forward.

Stop when the hands are about a foot (30cms) apart, and pause for a moment. This pause is to give time to visualise a ball of energy building up between the hands.



Now turn the hands forward, and draw the hands towards the chest, thinking of drawing the energy ball into the chest.

When the hands nearly reach the chest, pause for a moment, then turn them outwards and upwards, with the fingertips more or less touching, and push the hands upwards as far as you can.



At the uppermost point, pause momentarily and then draw the hands, with arms outstretched, down sideways . . .

. . . until they are level with the shoulder. While doing this, think of drawing qi from the sky downwards.

