

## Qi Gong Exercises for Hashimoto's

### Warm Up, The Golden 8 and Completion

**Note: The following exercises can be done as an entire workout on it's own or each part and exercise can be done separately all by itself.**

**The entire workout takes from 30 minutes to 1 hour depending on how many times you do each exercise and on which exercises you do.**

**In each section there is a description of the various exercises and some discussion on how they benefit issues related to Hashimoto's.**

#### Warm-Up

The warm-up is Very important prior to starting the Golden 8 movements, because it activates the flow of *chi* in all parts of the body, and is also good for relieving stress. The Warm-Up may also be done by itself to promote energy circulation at any time during the day.

The Warm-Up starts in the *dan tien*. "Dan tien" is the term for the energy centers of the body. The lower *tan tien* is located on the abdomen, about two inches below the navel. It is very important in the Golden 8, and when you see a reference to "dan tien" it means the lower tan tien unless indicate otherwise. Also of some importance are the middle *tan tien*, located at the "heart center" or in the center of the chest, and the upper tan tien between the eyebrows.

The Warm-Up also focuses on the kidney area, slightly above waist on both sides of the spine.

#### 1. Awakening *Chi* in the Channels

These warm-up movements help to awaken or activate *chi* in the energy channels of the body. The tapping is also very helpful for promoting the flow of lymph fluid through the lymphatic system. Many people with Hashimoto's have chronically inflamed lymph glands.

##### 1.A Tapping the trunk

Start with the feet shoulder-width apart. Let your arms hang down at the sides of the body. Relax your body, especially the neck and shoulders muscles. Initiate a turning movement by shifting your weight from side to side, turning the waist and pelvic area to cause your arms to swing. With loose fists, gently tap the area below your waist (slightly below the level of your navel) in front and back, which is called the lower *tan tien*. the gentle weight shift or rocking from side to side helps give momentum to your arm wings.

Continue tapping the trunk lightly, gradually moving the fists up the chest in a "V" pattern to your shoulders.

Gradually down the same path, returning to the lower *tan tien*. Repeat a few times.

BREATHING: Breathe deeply and naturally.

### **1.B Tapping the trunk and arms**

Start with feet shoulder-width apart. Make a loose fist with the right hand, lift and extend the left arm, and tap from the level of the navel to under the arm, up the shoulder to the neck, down the shoulder, down the inside of the arm to the palm, back up outside of the arm, and in along the shoulder to the neck.

Repeat on the other side with the left hand and right arm.

BREATHING: Breathe deeply and naturally.

### **1.C Tapping the back and legs**

Start with the feet wide apart (the width of the horse stance, but with legs straight). Making loose fists with the hands, bend forward at the waist and tap with the backs of the fists in circles over the kidneys, moving up the spine, circling a few times.

Continue tapping with the insides of the fists along the sides of the buttocks, down the outside of the legs to the ankles, switch to the inside of the ankles and tap up the inside of the legs to the connection of the legs to the trunk (the ligaments on each side of the crotch).

Bring the feet into shoulder-width apart, and tap with the inside of the loose fists against the connection of the legs to the trunk, alternating with legs straight and legs bent a few times, giving an up and down motion while tapping.

BREATHING: Deep and natural.

### **1.D Swinging the arms back and jumping up**

Start with feet shoulder-width apart. Freely swing the arms from front to back until you find the point of natural resistance in back, and then let them swing to the front again.

After several swings, to enhance the movement, bend the knees slightly and lift the heels as the arms swing back and up.

After several more swings, jump up as the arms swing back and up. Feel as though the momentum of your arms swinging back carries you up. Repeat, going progressively higher each time.

Then, gradually jump less and less high, slow down and gradually stop swinging the arms, bending the knees and lifting the heels, and return to a normal standing position.

BREATHING: Inhale when arms swing back and up.

## **2. Loosening and opening up the joints**

These warm-up movements loosen and open up the major joints of the body, allowing chi to pass through them more easily. When done as part of the Golden 8, these movements work with the chi in your channels and therefore have more specific benefits, as described later. Several optional movements are also included in the Warm-Up to open up the remaining joints of the body.

### **2.A Turning the neck**

Start with heels together and hands together. Men place right hand underneath left hand, women place left hand underneath right hand. Place the thumb of the upper hand inside the thumb of the lower hand, and the first joint of one of the fingers of the upper hand over the side of the big knuckle of the little finger on the lower hand.

Keeping the neck relaxed, slightly bend the upper body and shoulders to allow gravity to roll the head gently and slowly to the left, back to the right, and front in a circle, repeating several times.

Reverse direction when the head is bent forward, and repeat.

BREATHING: Inhale as your head circles to the back, exhale as it circles to the front.

**Some of the turning warm ups are optional, but are very helpful if you have joint pain and joint related issues. If this is the case, do them slowly and gently.**

### **2.B (optional) Turning the shoulders**

Keeping the arms relaxed, lift the left shoulder and turn the waist to roll the shoulder from front to back, repeating a few times. Reverse, lifting the shoulder back to front, repeating a few more times.

Repeat on the other side.

NOTE: As an alternative, big shoulder rotations can be done. Lift the arm on the left side straight up above the shoulder and rotate it down in front and up in back, circling a few times. Reverse direction, circling a few more times. Repeat on the other side.

BREATHING: Inhale when circling up and exhale when circling down.

### **2.C (optional) Turning the elbows**

Place the right hand over the elbow area in front of the left arm hanging down at the side. Keeping the hand loosely over the elbow are, bend the left arm at the elbow, turning it up toward the body on the inside of the right arm, and then circle the left forearm back down away from the body. Repeat a few times.

Reverse direction, bending the left arm at the elbow and turning it up away from the body and back down towards the body to circle inside the right arm.

Repeat on the other side.

BREATHING: Inhale when circling up and exhale when circling down.

### **2.D (optional) Turning the wrists**

Keeping the arms relaxed and hanging down at the sides, turn the hands around the wrist on each side, a few times toward the trunk in front, then reverse for a few more times away from the trunk in front.

Gently shake the hands, then the hands and lower arms, then the hands and lower and upper arms.

NOTE: As an alternative, clasp the hands with fingers interlaced and trace a “figure eight” in front of the body. Try to get a full range of motion when turning and bending the wrists. After repeating a few times, reverse direction for a few more times.

BREATHING: Breathe deeply and naturally.

### **2.E (optional) Turning the waist**

Start with feet wide apart (the width of a horse stance, but with legs straight). Place the hands on the waist on each side, and bend forward at the waist. Keeping the hands in place and turning at the waist, circle the upper body around to the left, lean back, to the right, and bend forward again, repeating a few times. When bent forward, reverse direction and repeat a few more times, then straighten up.

BREATHING: Inhale when circling to the back, exhale when circling to the front.

### **2.F Turning the hips**

Start with heels together, or farther apart if necessary for balance. Place the palms of the hands over the kidneys and rub them a few times to warm them up.

Keeping the palms over the kidneys, and the head upright and over the feet, push the hips forward, then to the left, back, to the right, and forward to make a complete rotation. Repeat several times.

Reverse direction and repeat several more times in the opposite direction, then straighten up.

BREATHING: Exhale as the hips circle forward, inhale back.

## **2.G Turning the knees**

Start with feet together. Bend forward at the waist and rest the hands on the knees. Lightly rub the knees to warm them. Make a circle by bending the knees to the left, then in front and to the right, and then straighten them. Repeat several times. Reverse the direction of the circle and repeat several more times.

Next, make circles by bending the knees forward and separating them, moving them out to each side, and circling back as you straighten them. Repeat several more times.

Reverse the direction of the circles and repeat.

BREATHING: Exhale when knees bend down, inhale when straightening up.

## **2.H Turning the ankles**

Lift the left foot. Rotate it at the ankle several times on one direction, then in the other. Alternate pointing and flexing the foot, then shake it to loosen the ankle joint. Repeat for the other foot.

NOTE: An alternative to loosen the ankle joint is to place the left foot at an angle behind you, ball of the foot on the ground and heel in the air. Turn that foot's ankle in big circles, then reverse the direction of the circles. Repeat on the other side.

BREATHING: Deep and natural.

## **The Golden 8**

**The Golden 8 was first taught to me by Merle Morgan –Drennan in a Medical Qi Gong class at Emperor's College in Santa Monica, CA. Merle is a student of Master Hong Liu who taught her the form. He is a Qi Gong master and his story is chronicled in the book, The Healing Art of Qi Gong.**

**I know and practice many different qi gong forms and exercises, but I like the Golden 8 because of it's simplicity and it is quite easy to learn.**

**As a general recommendation, I suggest doing the exercises a minimum of 3 times once per day. If you have issues in a particular area, it is recommended that you increase the number to 2 or 3 times a day.**

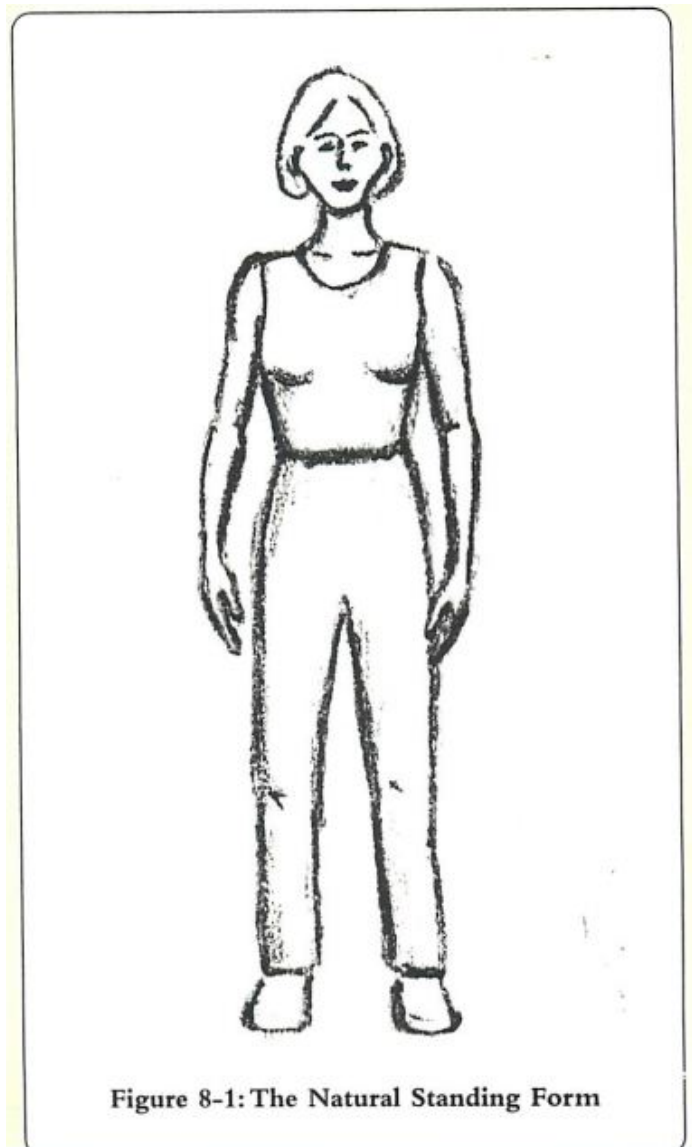
## The Golden 8

To Begin: The Natural Standing Form:

Each form of the Golden 8 begins with the Natural Standing Form. To do this stand with your feet shoulder width apart and your back straight and lengthened slightly as if someone were pulling up on a string at the top of your head. Keep your tongue lightly pressed against the roof of your mouth, and your chin slightly tucked in. Breathe into your lower Dan Tien.

For more advanced practice, put your focus at the top most point of your head (Du 20) and slowly bring your focus down the front of your face and torso, and down your legs and out the tips of your toes.

Visualize the energy descending and taking with it any negative thoughts or feelings you might have. Repeat this down the back of your head and body and out your heels. Finally, do it again down the sides of your body in three segments. Firstly, down the side of your head, the sides of your arms and out your fingers. Then down the inside of your arm and out your fingers. Lastly, beginning at your armpits and down the sides of your body and out your toes.



From  
The Healing Art of Qi Gong  
By Master Hong Liu

## The Golden 8

### Form #1 Reach for Happiness

*“After a night of sleep, people should get up early... They should loosen their hair and slow down their movements. By these means they can fulfill their wish to live healthfully.”*

**Purpose and Effect:** In Chinese medicine, the lungs are the most important organs for creating and sustaining vitality. When we inhale, we take in oxygen and Qi, both of which are vital to our existence. That is why the lung exercise come first in Qi Gong practice. This exercise has its origin in a famous Bhudda statue, he is portrayed with his arms above his head, just as in the exercise.

The lungs and the large intestines in Chinese medicine comprise the metal element. They are paired organs. The one thing unifying them is the immune system. Both the lungs and the large intestines have an enormous number of lymph glands and immune tissue and cells in and around them.

Working on healing these areas can have tremendous benefit for calming, regulating and balancing the immune system. This is very important for people with Hashimoto’s.

This exercise is also good for digestive problems; heart, lung, spine, or back problems; and a stiff neck and eye problems. It benefits all three Jiaos.

It exercises the entire body through stretching and breathing, also bringing oxygen to the brain for greater alertness. Scientific experiments have shown that breathing with arms above the head increases lung volume. This exercise decreases the pressure of the internal organs on the heart and increases venous circulation and blood flow back to the heart. It also massages and tones the internal organs.

When you lock your fingers and push upward, it adjusts and balances your muscles, tendons, skeletal system, nerves, and spine. When you lower your hands and exhale, you are expelling waste energy and relieving fatigue, at the same time, the abdominal muscles and the diaphragm relax, improving circulation to the abdominal area.

**How to Begin:** from the Natural Standing Form, move your left foot out so that your feet are shoulder-width apart, hands hang relaxed at your sides (a).

As you inhale, gracefully sweep your hands out to your sides, to the front, and then let them settle somewhat in front of the top of your lower Dan Tien, which is located just below your navel. Your palms should be facing up, with the fingers of each hand pointing toward each other (b). As you sweep your hands, imagine that you are gathering up energy and creating a delicate yet powerful ball of energy. Make sure your armpits are open the entire time so the energy flow is not impeded.

Raise your hands, lifting the energy ball very lightly and steadily up the front of your heart (c). Move slowly, as through the ball could pop or blow away if you are not gentle and steady in guiding it.

Your chest is full and open. (Be careful not to have your hands too close to your body or your arms and chest will be constricted.)

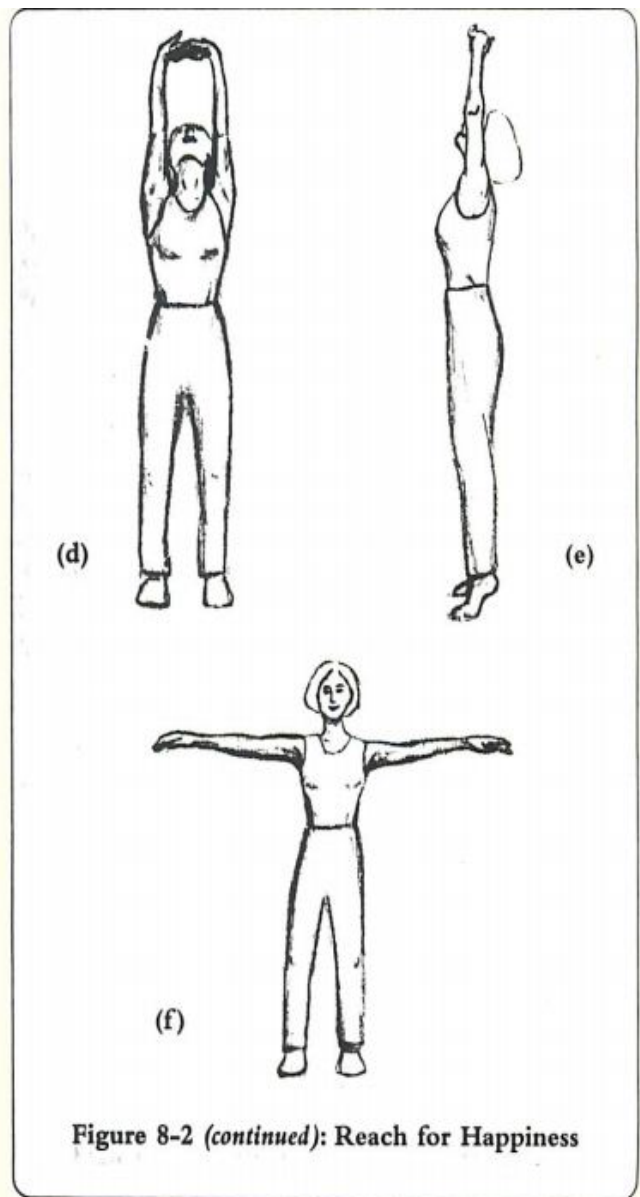
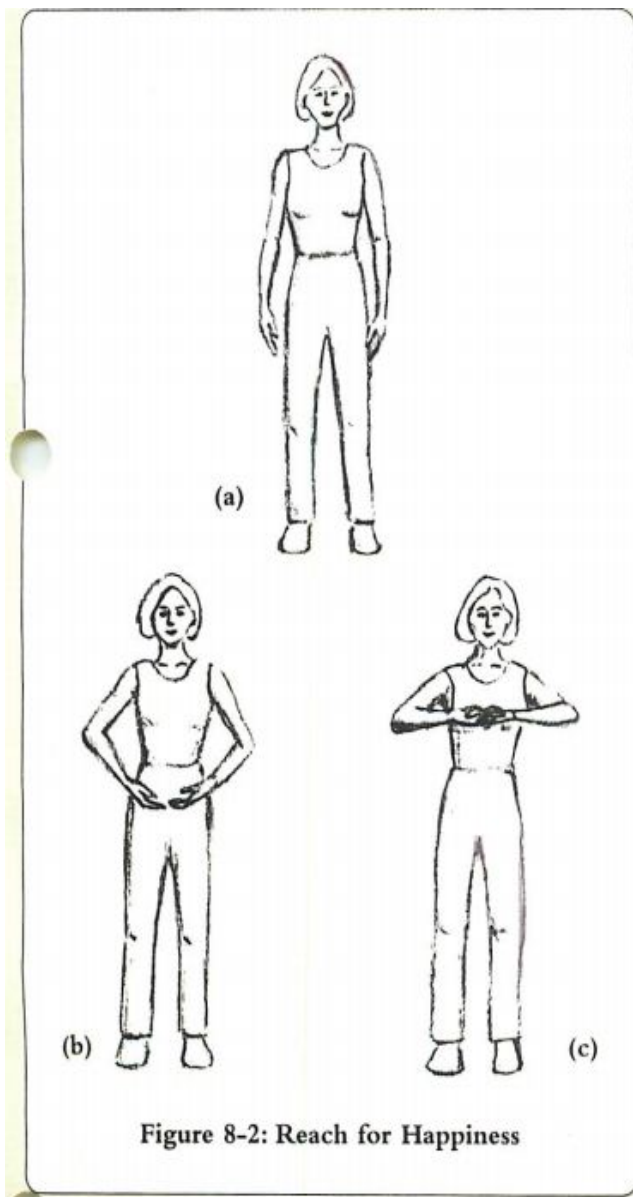
Turn your palms down, thumbs rotating inward. Gently interlace the fingers of your opposite hands and lock them together.

As you exhale, with your eyes and head following your hands, raise and rotate your hands (from palms out front to palms up until they are stretched above your head) (d).

Press the ball of energy toward the sky, stretching your arms as far as they can go while keeping your fingers interlocked. Imagine pushing the ball of energy to the far limits of the sky, raising on your toes as far as your balance allows (e). Remain mentally grounded, however, seeing yourself rooted like a tree. Push upward for one second as you fully exhale. Then inhale as deeply as is comfortable.

As you exhale, unlock your fingers and return your head and eyes to a forward position. Let your arms float outward as if gently pushing down 2 very large balloons (f). Repeat 3 times once or twice a day. When finished consciously maintain the height and fully chested position you have just achieved.

Form #1  
Reach for Happiness



From  
The Art of Qi Gong Healing by Master Hong Liu

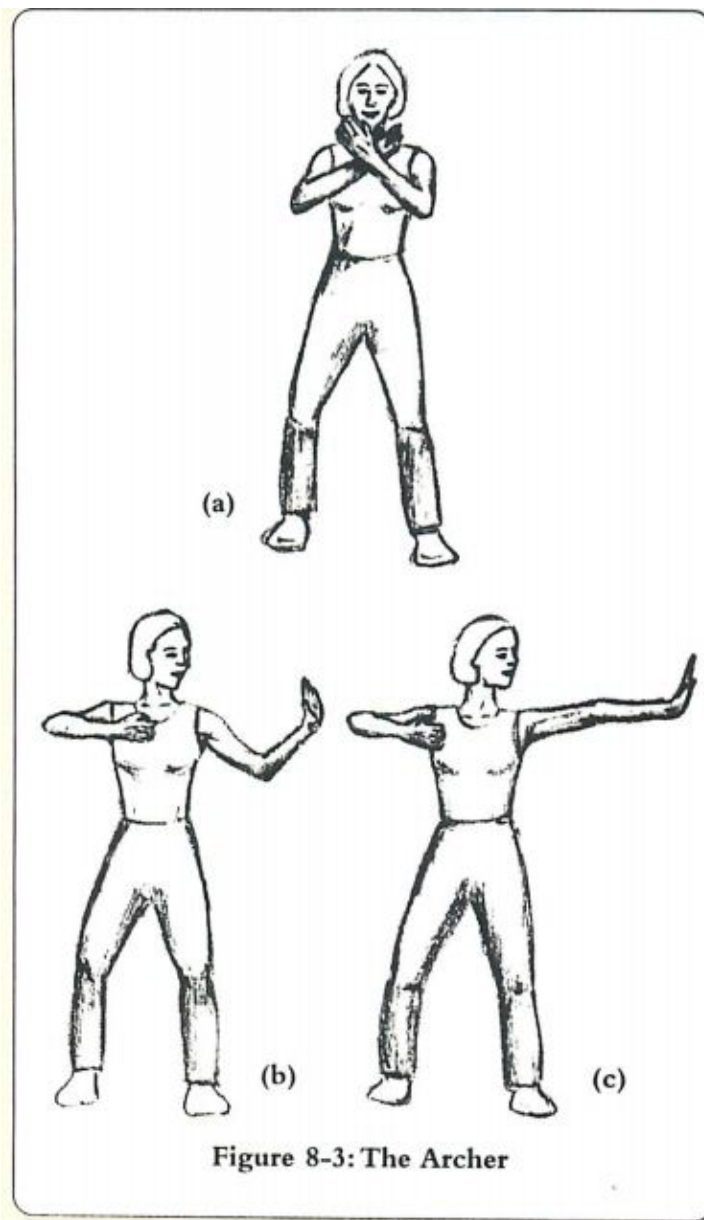
### The Golden 8

Form #2  
The Archer

*"The breath of heaven is pure and light."*

**Purpose and Effect:** Extending your chest and turning your neck and head improves your circulation, especially in your head and neck area. It also improves heart and lung function. By improving posture and balance, it helps prevent both structural and functional disorders associated with poor posture.

**How to Begin:** From the Natural Standing Form, move your left foot out so your feet are wider than shoulder-width apart, with your weight evenly distributed. Bend your knees slightly in a horse stance (a). Keep this same foot and knee position throughout the entire exercise.



From  
The Art of  
Qi Gong Healing



By Master Hong Liu

Form #2  
The Archer

As you inhale, sweep your arms up into crossed position about six inches in front of your heart with the right hand inside, palms facing the body.

As you exhale, look at the wrists where they cross. Concentrate on that spot, thinking you cannot be stopped in your movement. Curl your fingers of your right hand into a loose fist as if you were drawing the string of a bow. Rotate your left hand so the palm faces away from the left side of your body (b). Imagine that you are holding the string in your right hand.

As you inhale, turn your eyes and head to follow the left middle finger while you push the left hand away from the left side of your body until it is fully extended with the hand at a ninety degree angle from the arm. Visualize this as the left hand pushing a mountain. The right fist “pulls” the string back until the right fist is in front of the right shoulder, with the right arm bent parallel to the ground (c). The pulling is done with soft, firm strength – not explosiveness.

Allow the hips to rotate partially toward the left hand (thus allowing further lung stretch), and the knees to straighten somewhat. Don’t twist your chest. As the arms are at full stretch, concentrate on opening your chest as well as your mind.

As you exhale, return hands to crossed position, continuing to exhale. Repeat this exercise with the opposite hands.

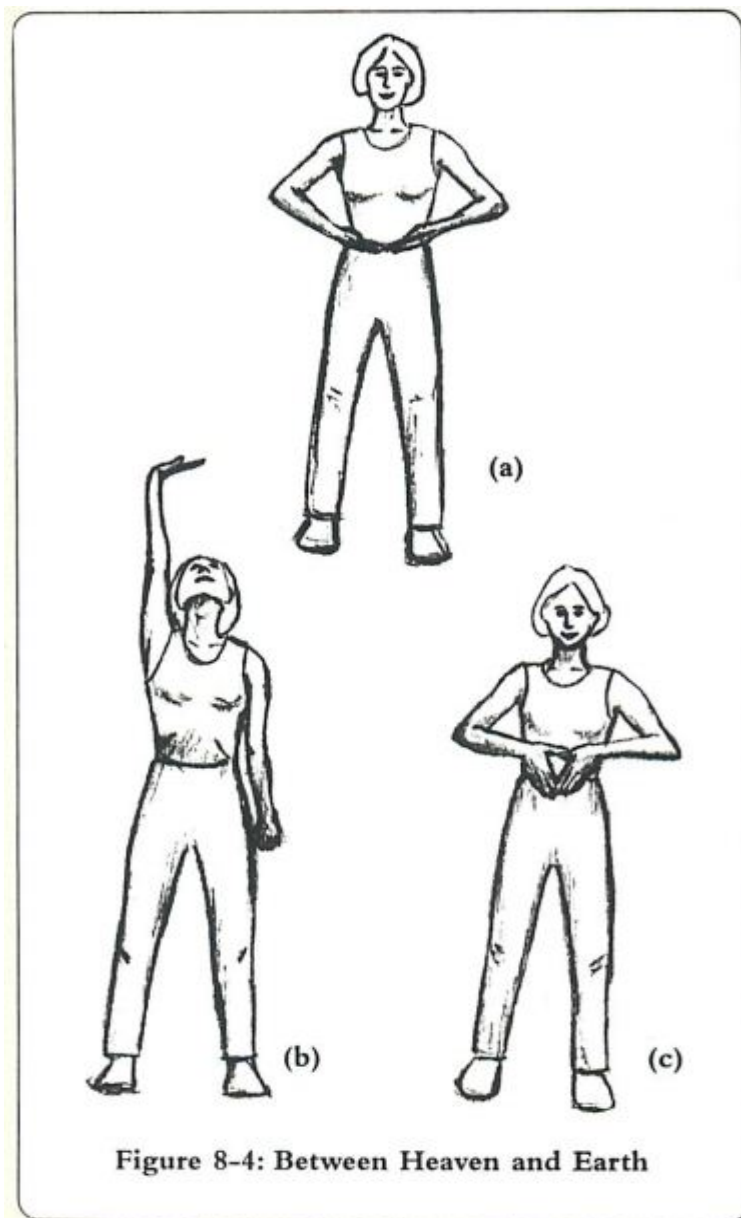
Repeat 3 times in both directions 1 or 2 times per day.

## The Golden 8

### Form #3 Between Heaven and Earth

*"Yin and Yang should be respected to an equal extent."*

Purpose and Effect: The diametrically opposed movements of the hands pull at and uplift the stomach, spleen, liver, and gall bladder. In so doing it balances and coordinates them. It also stimulates peristalsis in the digestive system, aiding the stomach and intestines in digestion.



From The Healing Art of Qi Gong  
By Master Hong Liu

### Form #3

How to Begin: Move your feet to the side so your feet are shoulder-width apart. Sweep your hands out to your sides, to the front, then to the area just below your navel, called the Dan Tien, as though you were gathering energy (a).

As you inhale, bring your hands up in front of your solar plexus (the top part of your stomach, just below your heart).

As you exhale, separate your palms, rotating the right palm upward toward the sky and the left palm downward toward the earth to the side of the body. Go up on your toes if your balance allows. Eyes and head follow the movement of the right palm upward.

Move the palms in opposite directions until the right arm is fully extended above the head with the fingers pointing toward the left and the palm facing the sky. The left hand should be fully extended downward with the fingers toward the front and the palm facing the earth (b). Make sure your hands are fully flat and horizontal. If your arms are not flexible enough, you can angle your upper palm somewhat facing forward and your lower palm at less than a full ninety degree angle from the ground.

Visualize that although the two hands are far apart, they are connected with Qi to both heaven and earth.

As you inhale, return arms to lower rib cage area, placing both palms on the rib cage, fingers facing down (c).

As you exhale, slide both hands down across your abdomen, ending naturally as far as your hands can go (top of legs), directing bad energy down your torso and out the legs and feet. Return your hands to the starting position in front of your abdomen, with the other palm on top. Repeat the steps for the opposite side.

\*Repeat 3 times on each side 1 to 3 times a day.

## **The Golden 8**

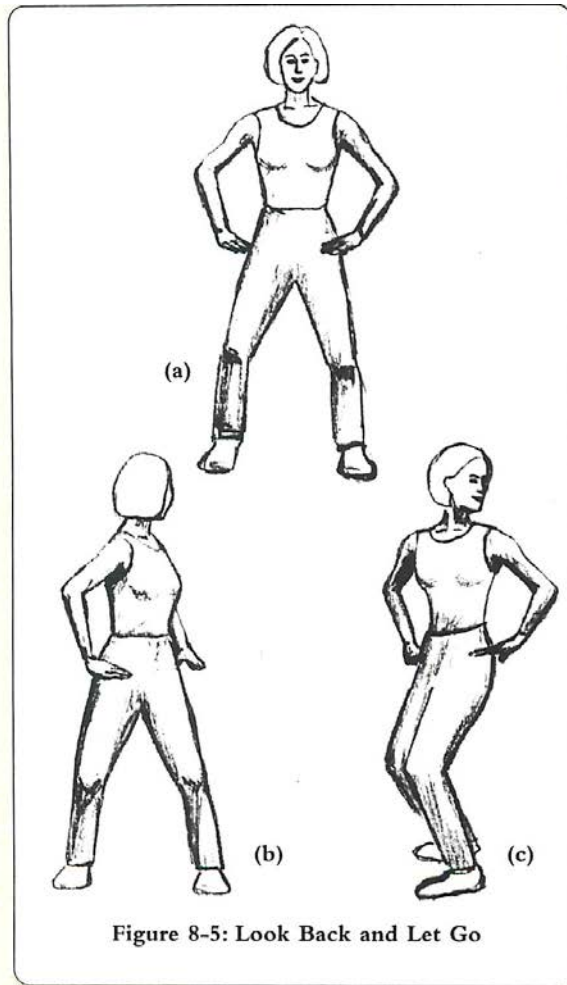
Form #4  
Look Back and Let Go

“They should enable their breath to communicate with the outside world; and they should act as though they loved everything outside.”

Purpose and Effect: This exercise provides relief from stress and stress-related disorders. Stress is a huge trigger for people with Hashimoto's. Practicing this is especially helpful for long-term stress, emotional turmoil, and the effects of aging.

Turning as far as possible stimulates circulation in the body, neck, eyes, head and central nervous system, and prevents high blood pressure and eye and neck problems. Twisting the spine stimulates the internal organs and thighs, and is good for the waist. It also improves blood circulation.

From The Healing Art of Qi Gong  
by Master Hong Liu



#### Form #4

**How to Begin:** From the Natural Standing Form, move your left foot so your feet are wider than shoulder-width apart. Bend your knees in a horse stance.

As you inhale, sweep your hands about five inches out from the side of the waist with the thumbs making a well stretched V and your palms facing down (a).

As you exhale, bend your knees slightly and distribute your weight evenly over both feet. As you bend the knees and exhale, guide your energy to your lower Dan Tien (just below your navel).

As you inhale, rotate your upper body to the left as far as possible. Turn your head to look over your shoulder (b,c). Make sure your shoulder have remained loose. Hold this position for 1 sec.

As you exhale, rotate back to the centerposition. Repeat in the opposite direction to complete one repetition.

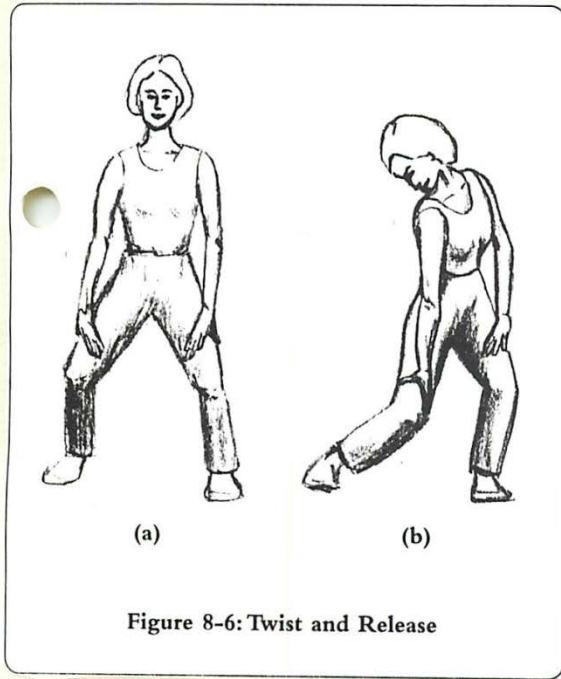
Repeat 3 times 1 or 2 times per day.

## The Golden Rule

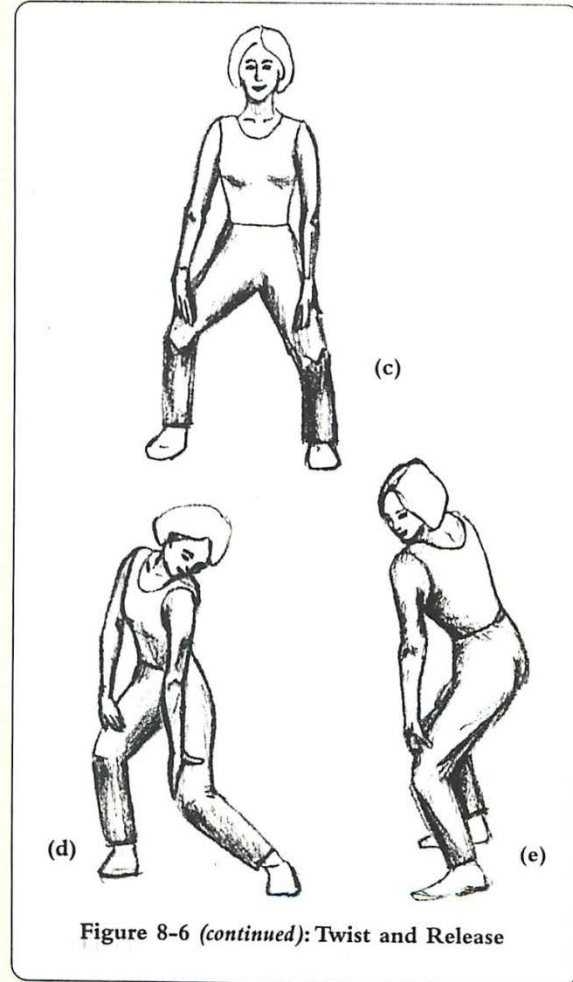
### Form #5 Twist and Release

“The softness can overcome the stiffness,  
The calmness can overcome the agitation.”

**Purpose and Effect:** This exercise has generally positive effect on the whole body and its circulation of energy. It also relieves tension and can lower blood pressure. In traditional Chinese medicine, twisting the waist helps balance the yin and yang energies of the body, calming the heart and increasing breathing capacity. Many credit this exercise with a tremendous release of anger.



From The Healing Art of Qi Gong  
by Master Hong Liu



## Form #5

**How to Begin:** From the Natural Standing Form, move your left foot so your feet are wider than shoulder-width apart and your weight is evenly balance over both feet. Bend the knees slightly in a horse stance. Place your hands on your thighs with the thumbs pointing to the rear, with the V between the thumb and fingers widely stretched (a). If you have the strength, bend the knees enough so that your hands can rest near the knees.

Mentally guide your energy down to the soles of your feet and keep it there. In preparation for the next step, make sure your hips and wrists are loose. It is essential to be relaxed in order to obtain benefit for this exercise.

As you inhale, rotate your torso to the left leading with the left shoulder and looking to the left. Then look to the right and down the right shoulder, searching to see the right foot (b). (The right shoulder can be lowered slightly, and in all other respects the shoulders have naturally followed the shift of the torso-they do not hunch forward or pull backward.) As you shift your attention to the right and back, your torso tilts back slightly as if blown by a wind from the front. Imagine a string pulling up on the top of your head at first, and then when you look over your right shoulder the pull is slightly backward. (This improves your upward energy flow out through your head). Arch your upper back a little for an extra stretch. It is acceptable to lift the heel of your right foot off the ground. Keep both knees bent. Don't lift any of your fingers off yours thighs during the stretch. Hold for one second.

It is very important that the movements be done smoothly, as one long flowing movement. Feel free and flexible throughout, and avoid stiffness in the hips and waist. As you exhale, bend the right knee and return to the standing position, knees bent (c). Repeat on opposite side to complete one repetition (d,e).

\*Repeat 3 times 1 or 2 times per day.

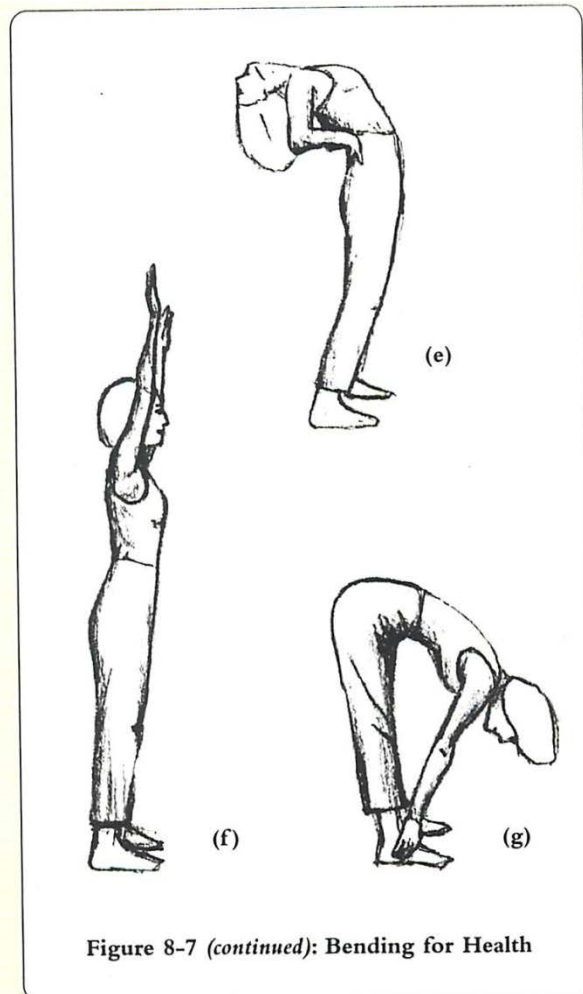
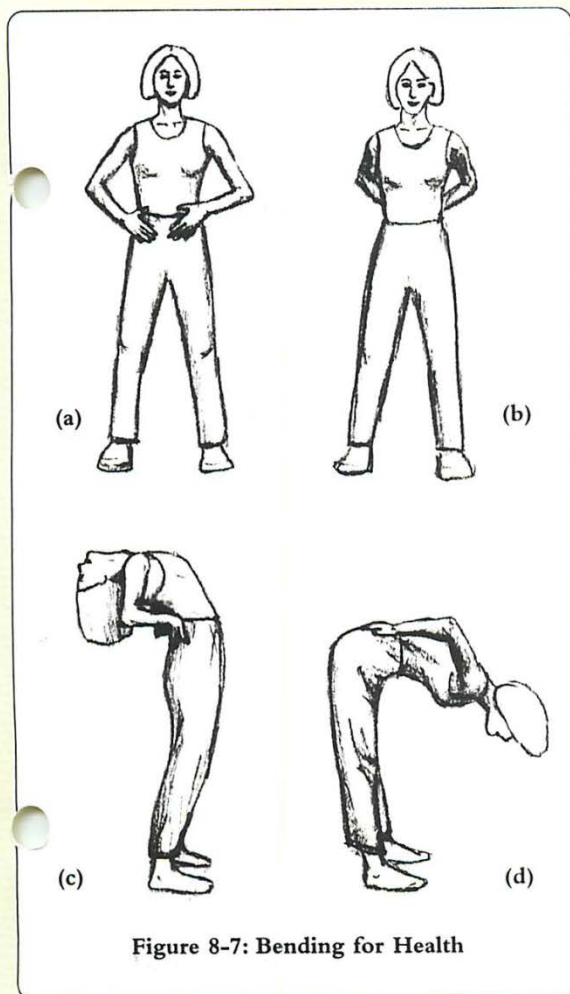
## The Golden 8

### Form #6 Bending for Health

*"When this force does not support life, its foundation will dissolve."*

**Purpose and Effect:** The mind-set during this exercise is that you are gathering the highest-quality energy from heaven and earth as you move. As you gather the best of the best energy, you are nurturing your personal Qi.

The waist and abdominal area are the focus in this exercise. The purpose is to stimulate the kidneys, adrenaline glands, and arterial and venous circulation of the lower abdomen. In Chinese medicine, affecting the kidneys can aid the teeth, hearing, and urinary system, including water-retention problems. Stimulating the adrenal glands can assist both the urinary and respiratory systems. The solar plexus and lumbar nerve plexus area are also exercised and stimulated.





## Form #6

When you lean backward, you are guiding energy up from your feet and out of your head. In more physical terms, leaning forward and backward affect blood flow to the brain. It strengthens the nervous system, adjust overall body metabolism, and improves coordination of the internal organs. This exercise also tones the abdominals, strengths sexual ability, clears your mind, and brightens your vision. It also helps prostate problems in men and reproductive system problems in women.

**CAUTION:** People with serious illness, especially heart disease or high blood pressure, should do this exercise lightly and should not bend very far forward or backward.

**How to Begin:** Move your left foot out so feet are little wider than shoulder-width apart.

As you inhale, sweep your hands to your sides and out front, bringing them close to the abdomen across from where your kidneys are, palms facing abdomen (a).

As you exhale, place palms on your kidneys (midback), thumbs to the front, fingers pointing to the back (b). Keeping your legs fairly straight and your knees loose. (Note: People with hand problems may place the hands lower on the back or buttocks to relieve pressure on the wrist and finger joints.)

As you inhale, lengthen your spine and lean backward as far as comfortable (c). Try to stretch and bend back all along the spine. Keep in mind that the goal is to straighten and strengthen the spine.

As you exhale, bend forward as far as possible, allowing your head to hang down in front of your body (d). It is important to keep both the waist and the back muscles as soft and relaxed as possible.

As you inhale, return to a standing position with your palms on your kidneys again, lengthen your spine and look up and over, leaning backward as far as is comfortable (e).

As you exhale, straighten up, sweeping your arms slightly above and in front of your head (f). Then bend forward as far as is comfortable, making your hands sweep downward without any arm muscle movement. If possible, hold your toes (g). If you can't reach that far, hold your lower legs or knees.

**Modifications for Low Stamina:** The breathing can be changed so that every step in this exercise involves an inhale and an exhale.

Instead of reaching directly for your toes, place your palms (thumbs on the inside, fingers on the outside) on your thighs and massage downward to your toes (thus massaging the kidney and liver channels).

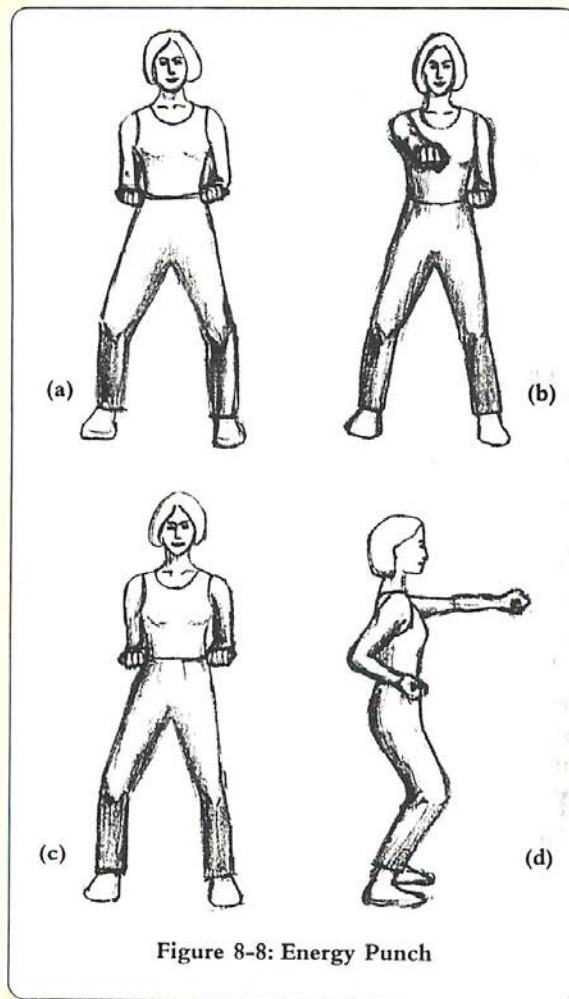
**\*Repeat 3 times 1 or 2 times per day.**

## The Golden 8

### Form #7 Energy Punch

*"Soul and spirit should be gathered together in order to  
make the breath of Fall tranquil."*

**Purpose and Effect:** This is an emotional exercise that adjusts breathing to increase vitality. It stimulates the central nervous system, lungs, and skeletal and muscular systems, as well as promoting Qi and blood circulation.



From The Healing Art of Qi Gong by Master Hong Liu

## Form # 7

How to begin: Move your left foot out so that your feet are a little wider than shoulder-width apart. Do not spread the feet farther apart because you will lose your stable stance. Knees are slightly bent in a horse stance.

As you exhale, relax your fists and bring them, palms upwards, to the sides of your waist (elbows bent behind) (a). Mentally guide your Qi down into your lower Dan Tien (area just below your navel). The fists are placed at the sides of the waist so they can carry Qi from the lower Dan Tien. Imagine an opponent in front of you, and look into his eyes strong, piercing focus.

As you inhale, punch slowly and forcefully forward, rotating left fist clockwise so that when the arm is fully extended, the knuckles are on top (palm facing down) (b,d). As you punch, your fist punches Qi from your body forward. Your mind and Qi should be one. When you reach full extension, "striking" your imagined opponent with force and confidence, visualize your whole body glowing with Qi in every direction. The first strikes in the middle of the solar plexus of your opponent. Keep the left shoulder loose and rotate it slightly forward at full extension.

As you exhale, return your fist to the original position (c). Repeat these steps with the other fist to complete the repetition.

\*Repeat 3 times 1 or 2 times per day.

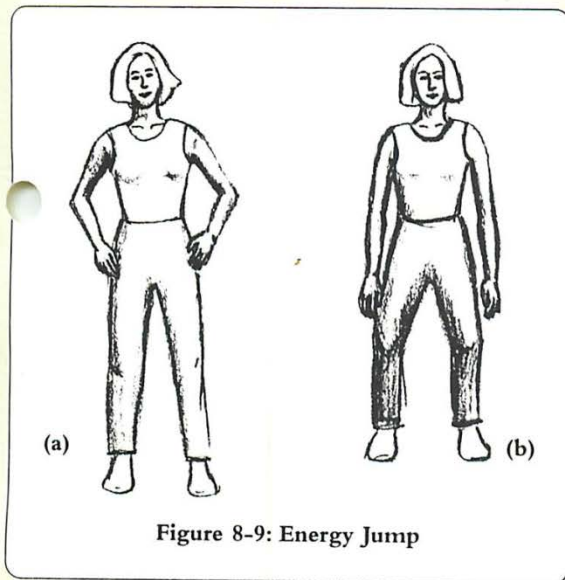
## The Golden 8

### Form #8 Energy Jump

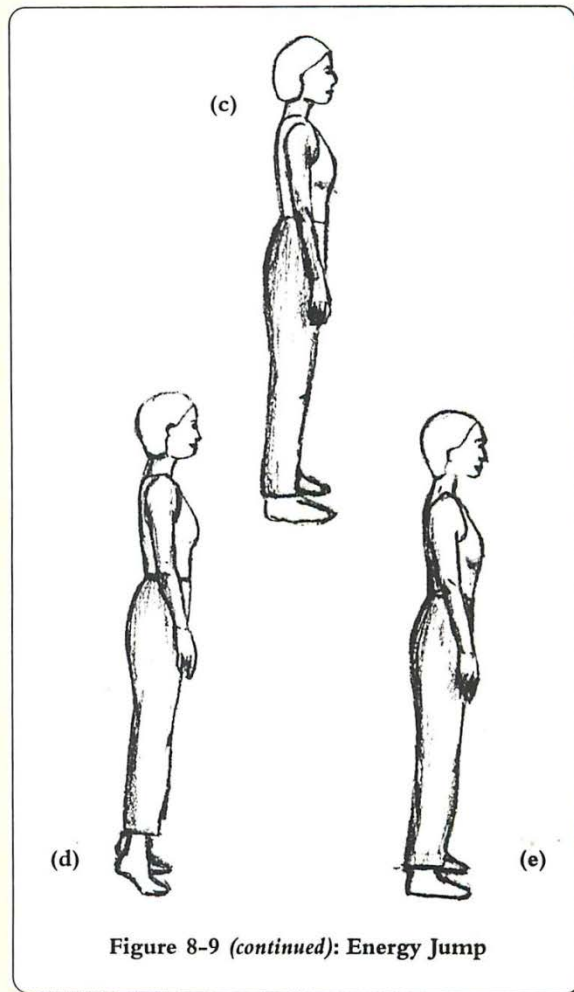
*"Heaven and earth unite to bestow life giving vigor as well as destiny upon man."*

**Purpose and Effects:** The vibrations from the landing on your heels go through your spine, helping you open your meridians, stimulating and energizing the nervous system, skeletal system, and blood circulation. This exercise stimulates all the joints of the spine and has a healing effect on spinal problems. It also stimulates the growth of bone marrow and balance internal organs.

**CAUTION:** Do not perform this exercise if you have any severe back problems such as a herniated disc.



From:  
The Healing  
Art of Qi Gong  
by Master Hong Liu



**How to Begin:** Move your left foot in so your feet are fist-width apart, with your hands at your sides and your back very straight (a). Sweep out your arms to gather energy and then bring your relaxed arms to the sides (b,c).

As you inhale, raise up to your toes, as if pulled by a string, keeping your entire body relaxed like a puppet (d).

As you exhale, imagine that the string is suddenly cut, which makes you drop sharply on your heels (e). Feel the repercussion run through your back and body.

\*Repeat \_\_\_\_\_ times \_\_\_\_\_ times per day.

Breathe naturally as you get up on your toes and bounce eight times up and down without touching your heels to the ground. (Unlike the rest of the exercise done in repetitions of three, the bouncing portion is not repeated.)

Finish by replacing both hands on the lower Dan Tien with total concentration. Women should place their right hand on their abdomen covered by their left. Men should place the left hand on their abdomen with the right on top of the left.

**The Completion is the end of the exercise. These exercises can be done on their own. Many of them have beneficial effects on circulation in the skin and hair on the face and head. Something that may Hashimoto's people often have issues with.**

## COMPLETION

Set your mind to finish. Gradually slow down your movements in preparation to stop.

Rub your hands together until you feel heat between them. This gathers all excess energy into the hands in preparation to perform the following massages.

Parts of the face may be related to the different internal organs. Massaging the face can quickly and effectively send energy to these organs as well as functioning as a facial rejuvenation practice to help smoothe or prevent formation of wrinkles.

1. Wash your face – wipe the face with both hands, starting from the chin, moving up the middle of the face to the forehead, then down the sides of the face. 9 times. This increases the blood circulation to enhance facial beauty and decrease effects of aging.
2. Massage the sides of the nose with the outer edges of the index fingers – up and down. 9 times. Stimulates the respiratory system.
3. Use the tips of your index finger to massage the LI20 in a circular motion 9 times one way than the other way.
4. Place your thumbs on your temples. Using the joints of the index finger massage in arches above the eyes then below the eyes from the centre of the face outwards. 9 times. Helpful for any eye problems and for wrinkles around the eyes.
5. Massage UB1 in a circles, one direction then the other, using the tip of the index finger. 9 times. Helpful for sinus problems and eye problems.
6. Massage the depression in the cheeks directly below the eyes using the joint of the thumbs. 9 times. Helpful for smoothing all facial wrinkles and strengthening the spleen and stomach.
7. Massage REN 24 and DU 26 in circles, one direction then the other, using the tip of the index finger. 9 times.
8. Comb the hair – using your separated finger tips comb through your hair from front to back. Stimulates the brain and the channels running through the head. 9 times. Increases circulation to the scalp thereby preventing hair loss and premature greying.

9. Beating the heavenly drum – Place palm over ears with fingers spread over back of head. Overlap and snap the index and middle fingers over each other. 9 times. Stimulates the brain, prevents stroke, improves memory.
10. Pop the cork – Place the tips of index fingers in your ears, twist and pull out. 9 times. Helpful for tinnitus, deafness and any other ear problems.
11. Monkey face – Place the right arm over your head with fingers on top half of left ear and pull upwards. Simultaneously place the left arm under your chin with fingers on the bottom half of right ear and pull downward. 9 times. Repeat switching hands. The ears are a microsystem and can access the whole body. Increases longevity.
12. Shaving – Take the heel of the right hand all the way through to the finger tips along jaw and chin from one ear lobe to the other. Alternate with the left hand. 9 times. Related to the health of the pelvic area. This area of the face also represents your health late in life therefore massaging this area can help to improve health in later life.
13. Neck massage – Tilt the chin up. Place hand under chin and stroke downwards to your chest, alternating hands. 9 times. Helps to balance the thyroid. Smooths and balances the energy between the head and neck.
14. Abdomen massage – Women place right hand down first and left hand on top on lower dan tien. Men left hand down first and right hand on top. Massage 9 circles from small to large, clockwise, then from large to small, anti-clockwise. Generates energy in the dan tien. Also aids elimination process.

Spend a few moments with hands of the lower dan tien sealing within the body the energy generated during your practice.