

Nov. 28, 2010 Enhancing Kidney Qi

The environmental influence that most effects the Kidney is cold so keeping warm in the winter is a must. Many use electric blankets and heating pads. DO NOT DO THAT!! The body is made up entirely of minerals which are positively and negatively charged. Everything in the body occurs because of a difference and or change in electrical potential. When you run 60 cycles of negative electrical energy over your body it actually disrupts biological systems and weakens you. Use heated bean bags, hot water bottles or quilts, anything but electric blankets. You can warm the bed with the blanket but then turn it off or better yet unplug it before you get into bed. Eat warming things like soups. Too many many raw cold things and cold drinks compromises the digestive fire. Think about it, when you eat or drink cold things the body has to expend energy or fire just to raise the temp. of the food or drink before it can digest anything. The Kidney yang is what gives rise to the Spleen yang which is the digestive fire. This is especially important with the children since their digestive fire is not developed yet. That is what gave rise to the runny noses and earaches. The digestive fire is dampened and mucus and phlegm is the result. Every morning or anytime throughout the day take a minute to warm the Kidneys. Bend over slightly, place the palm of your hands on the Kidneys which are in the back just about at the place where the ribs end on either side of the spine. If you cannot get your palms on the Kidneys then use the back of your hands. Now gently massage the Kidneys imagining that your hands are inside the Kidneys warming every nook and cranny as you perceive it to be. You can actually feel the warmth in the area very quickly. This is simple and easy, do it often. Focusing your attention on the Lower Dan Tien and watching your breath go in and out of that area is another great way to gather and store Kidney energy. Be an observer. Watch your body breath. When the body breaths in imagine that the area is filling and when the body breathes out imagine that the area is emptying. You can facilitate you concentration if you will gentle and slightly move your hands or fingers out when you breathe out and move them in when you breathe in. We call this exercise "opening and closing hands". Do it as much as you can. This is a simple form of Qi Gong. The more you do it the more benefit you get. Qi is energy and Gong is exercise or Training. So train often and get the benefit.