

Enhancing Lung Qi 9-19-10

There are several simple ways to enhance the Lung Qi.

To stretching the Lung Meridian or pathway: Standing or sitting extend your arms out to your sides at shoulder level with the thumbs pointing backwards. You should feel a stretch along the inside of your arm on the thumb side from the wrist to the arm pit. You may have to slightly adjust your reach by rotating your wrists so you can feel the stretch. As you lift your arms to go into the stretch, inhale deeply into the lower abdomen. As you exhale bring loose fists to your chest and tap. While you are tapping and exhaling make the sound of SHHHHHHHHHH through your teeth. The resonance or vibration that this sound makes assists the Lung. Repeat this movement and breathing several times a day. The Large Intestine is the Yang partner to the Lung. You can stretch this meridian by clasping your hands behind your back and interlacing your fingers. Bend forward and raise the clasped hands up. You should feel the stretch along the part of the arm that extends from the wrist, between the thumb and forefinger extending up over the outside of the elbow, where the crease ends when you bend your elbow, and up to the shoulder. Daily deep breathing will enhance your energy and assist in detoxification. The Lung is a very important organ for Detox. Sadness and Grief weaken the Lung. There is a technique called EFT (emotional freedom technique). It is simple and easy to learn. EFT can be used for any negative emotion. For free instruction and information go to Emofree.com. In future "Schools in" articles I may be teaching some EFT. The herb Astragalus is very good for the Lung, NOTE: do not use if you have an exterior attack, use only when you DO NOT have cold or flu symptoms. Pungent foods are also good for the Lung. Good posture with the ribs and chest raised opens the chest and frees up the diaphragm for easier breathing.

Please stay tuned: starting Oct. 7th I will be giving free Qi Gong classes at the clinic. I hope to be making a video of the classes and posting on this site.

Breathe Deep and Stay Well