

Qigong Exercises for Maintaining Ear Function and Relieving Ear Ailments

Practice these exercises to prevent and relieve ear ailments, improve hearing and aid the kidney function. Do once or twice daily to maintain health, two or four times daily to relieve ailments

Preparation: Spend a few minutes sitting or standing with your mouth and eyes closed. Breathe naturally with Return to Childhood breathing.

1. **Striking the Heavenly Drum.** (From the Sitting Eight Pieces of Brocade) Place your palms over your ears with the Lao Gong points over the ear openings and your fingers raised so that they are not touching your head. Place your index fingers on top of your middle fingers and then snap them onto the back of your skull 24 times to make a drumming sound.
2. **Pressing and pop the ears.** (From the Sitting Eight Pieces of Brocade) Place your palms over your ear openings as above then press and release them gently 24 times to create a popping effect. Pressing should be tight and release rapid, but still done gently.
3. **Massaging the outer ears.** Pinch the tops of your outer ears gently between your thumbs and index fingers and massage them from the top downward at least 24 times until they are warm.

For tinnitus and deafness, do these exercises along with kidney replenishing exercises such as Taking Black Qi, Massaging the Kidneys, and massaging the Yongquan cavities.