

Liver Qigong

The liver stores and regulates the distribution of blood, governs the functioning of the tendons and is responsible for maintaining eyesight. Since anger is the emotion associated with the liver, avoid generating and holding anger. Moderate your consumption of alcohol and balance work and rest.

Qigong for Easing the Liver

Preparation. The exercise can be done standing or sitting, but is best done standing. Stand with feet shoulder width apart, arms hanging relaxed at your sides and your eyes gently closed. Focus your mind inside your body. Breathe long, slow, deep and even breaths using normal abdominal breathing and inhaling through the nose and exhaling through the mouth. After a few minutes, place your palms on your lower abdomen. Focus your mind on your real lower dan tian. Make the Xu (shu) healing sound for the liver as you exhale. Imagine that your liver is very relaxed and the Qi is flowing freely up and down the liver channel.

First Movement: Move your hands out in front of your abdomen palms facing each other as if holding a large ball. Raise your arms up above your head and point the palms toward the Bai Hui gate on the top of the head so that the Laogong gates in the center of your palms (PC 8) connect energetically with the Bai Hui. Imagine healing energy flowing into your body through the Bai Hui. Then lower your arms slowly downward, paying attention as the palms pass by the eyes and the St 12 points. Place your palms on your liver 14 points (Qimen).

Second Movement: Place palms on the Qimen points and massage the points with your palms six times in each direction. Place your mind under your palms. Then while continuing to hold your palms on the Qimen points bend your body four times to each side.

Third Movement: Slide your palms down to place them on the liver 13 (Zhangmen) points and again massage six circles in each direction over the points with your mind under your palms.

Fourth Movement: Move palms to your lower abdomen. Inhale and bend slightly backward so that you stretch the area of your liver and spleen. Then exhale and bend your body forward to a 90 degree bend. Repeat three times for a total of four.

Fifth Movement: At the end of your fourth forward bend, separate your hands and while exhaling rub your palms down the liver channels on the inside of your legs. End with your middle finger pointing toward but not touching your liver 1 (Dadun) points. Hold for ten seconds, then bend your knees, return to an upright position and repeat the exercise starting with the first movement.

Repeat movements two through five three to ten times.

The Xu (Shu) Sound to Calm the Liver

Starting Position: Stand with feet shoulder width apart and palms placed on top the lower abdomen eyes gently closed.

Step one: During inhalation use your mind to lead the Qi from the liver 1 points up the liver channel to liver 13 and then liver 14 points.

Step two: During exhalation open your eyes wide, place your mind in your liver and make the Xu sound as you lean slightly forward, lift up the pelvic floor gently and draw in your abdomen. Imagine that you are squeezing all the impurities out of your liver.

Repeat steps one and two six times.