

Medical Qigong to Help Prevent Breast Cancer

Exercises Do six to 12 repetitions of each of the exercises. The exercises should be done at least several times a week, and daily practice is best. Breathing should be long, slow, deep, and even, coordinated with the movements as described below. The mind should be focused on the movements and the breathing, except for no. 1.

Stand with feet shoulder width apart while doing the exercises.

1. **Swing Arms Forward and Backward.** While doing normal abdominal breathing, swing both arms loosely to the front and back making a large arc but not lifting the hands higher than the shoulders. After a minute or so, change the angle to swing the arms out to the sides and rotate the palms up when you move your arms backward and palms down when you move your arms forward. This change expands the range of the muscles being worked in the chest. Raise the arms to horizontal, but no higher because that will tense the shoulder muscles. It's a good habit to do this exercise for 15-20 minutes when you are watching TV. You should also turn your torso to the sides while swinging the arms.
2. **Feudal Lord Pulls the Bow.** With hands in front of your face, forearms upper arms parallel to the ground, exhale while drawing the elbows to each side, stretching the chest, flexing the upper back and shoulder muscles, and clenching the fists. While maintaining this extended position, do a full breath cycle (inhale and exhale). Then during inhalation, return to the starting position allowing the fingers to relax and straighten as you go. Feel the Qi flow into the hands and fingers as you unclench them. Change the angle of the upper arms and elbows as you pull the arms back to work different parts of the chest and breasts. Pulling the elbows down as you pull the arms back is especially important in breast cancer prevention because 70 percent of breast cancers start in the area of the nipples or above.

Turn the torso to the sides in each part of this exercise (elbows level and elbows down). When turning to the sides, return to the front position before the final inhalation and return to the starting position.

3. **Immortal Pushes the Stone Tablet.** Begin with hands in front of the chest a little lower than shoulder height. During exhalation, push the left hand forward and sink the wrist as though striking with the edge of the hand. At the same time, move the right elbow backwards creating a strong stretch of the chest and shoulder muscles both forwards and backwards, and turn the head to look in the direction of the right elbow. Hold this stretched position for one breath cycle. Inhale while returning the hands to the starting position. Repeat to the opposite side.
4. **Baby Bird Begs for Food** (cool down exercise) Having generated local Qi in the chest and breast areas with the previous two exercises, we use the next two

exercises to cool down and lead the Qi out the meridians that run along the arms. With palms facing down and fingers pointed toward the centerline, inhale and raise the hands upward to shoulder height and gently arc the chest forward. Then exhale while lowering the hands down to hip height and gently arc the chest backward. Pause for one or two seconds in this relaxed position and try to feel the Qi flowing from the chest and out the fingertips. Repeat.

5. **White Crane Loosens Its Wings** (cool down exercise) Try to move the body like a coiling snake from the bottoms of the feet to the tips of the fingers in a slow, soft wave. Inhale as you move the lower abdomen forward and the upper chest backward, arcing the chest gently forward (the shoulders going backward).. Then exhale as you move the lower abdomen backward and the upper chest forward, arcing the chest backward (shoulders moving forward). Imagine that you are inhaling pure, clean, healing, heavenly Qi into the center of the chest and that as you exhale, this Qi spreads out across the chest and breasts, shoulders, down the arms and out the fingertips. Feel that every cell in the chest is being flushed clean with this healing Qi. You might imagine that you are spraying Qi out the fingertips as you inhale. Visualize that the spray starts as ugly-colored stale and toxic energy and gradually transforms into clear, pure energy.
6. **Meditation.** Cease movements and stand for several minutes continuing the visualization begun in the previous exercise. You may feel that your arms are growing longer as you stand in stillness and that your fingertips are growing down and rooting into the earth.
7. **Physical Massage.** Use the tips of the fingers to massage the spaces between the ribs along the mammillary line running from the nipple up to the collar bone. (This is the Stomach meridian). Make small circles on each of the points using the following pattern: Move in the bottom, up the center, out the top, and down the side. Repeat on the opposite side.
8. **Qi Massage.** Then using the Laogong gate in the center of the palm of the opposite hand, massage the each side of the chest using the same circular pattern mentioned above in number 8. After several repetitions, run the palm across the shoulder, down the inside of the arm, and out the fingertips. Repeat several times. Then massage the other side of the chest.