

Qigong Sequence for Organ Vitality
(From the work of Dr. Jerry Alan Johnson)

Opening: Connect Heaven and Earth
Three Mindful Intentions: breath, posture, calm focus

Three Aspects of the Practice: **Purging, Tonifying, and Harmonizing**

1. Purging:

- a. Qi Scattering- Shake stagnant energy off the whole Body, starting at the wrists. Repeat 3 times, with moment of stillness in between.
- b. Dredging the Channels
- c. Pendulum Swing/Rotation

2. Tonifying:

- a. Five Yang Organs -
Bellows Breathing with Back and Forth Sway

- b. Five Yin Organs-

Lungs: Arms float to 90 degrees in front of you: inhale opening chest and shoulders (arms follow) *White Light*; exhale bring arms back in front of you *Gray Smoke*

Kidney: With your right hand behind your back touching your kidney bend down to your left side with your left hand; imagine scooping up *Clear Blue Water* then as you rise to your right, turn your hand to see the backside as you glide/pivot back to your left, ready to begin again. Repeat each side 5 to 7 times.

Liver: "Wring out the Sponge" rotate torso inhale, bringing in lush green; then exhale, "pushing out the muck."

Heart: Imagine holding a sphere of fiery energy in front of your heart, with your right hand on top, and your left hand below. Turn to your right, opening and extending your right hand toward the right, and with your left hand pushing toward the right, releasing excess energy or negative emotions. Then move back to center as you switch your left hand over your right, gathering the positive you want to invite into your heart. Repeat on other side.

Spleen: Bring your hands down by your hips and rotate them so that your palms face forward and your thumbs reach toward the back. Then bring your thumbs and index fingers together in front of your body, forming a . Raise your hands and your gaze to the sky, and imagine yellow light entering that space and reaching down to your spleen, as you gently rotate from left to right.

3. Harmonizing - Trace the Microscopic Orbit

Finish with free spontaneous movement, and resting in stillness.