

Benefits of Harvesting of the Qi

Rubbing Hands

Helps bring you out of meditation - Activates the energy in the hands
Massage palm to palm and interlace fingers - interlacing fingers opens channels on the sides of the fingers

Massaging Face

Helps energy flow in the face - Helps get rid of wrinkles and keeps skin supple

Combing your head

Helps ground energy in the body - Wakes you up from meditation
Make sure your fingers touch your scalp

Cupping your head

Stimulates energy channels in the head
Make sure hand is cupped, NOT flat

Massaging your ears

Stimulates energy in all the channels - Good for fatigue
Ears contain all the energy points corresponding to all channels
Massage entire ear from top to bottom - if you find an area that is sore, continue massaging to help remove the blockage in the corresponding area of your body
Pulling down on ear lobe good for immune system

Cupping your arms

Opens channels in arms, especially the lung channel
Cup from top to bottom, starting first inside the arm, then outside
Cupping & rubbing arms helpful for any breathing and other lung related issues
Note: for elderly, gentle massage vs cupping

Patting (cupping) chest and stomach

Opens all corresponding channels - especially good for lymph system
Cup from top to bottom

Patting (cupping) underarms/sides

Stimulates lung energy points - Helpful for breast health - Benefits lymph system

Massaging your stomach

Stimulates organs in lower abdomen and intestines - Stimulates energy in your Lower Dantian

Patting (cupping) & massaging your kidneys (see note below)

Stimulates energy in the kidneys - Very important: Kidneys are the Life Force energy of the body
Good for tiredness, fatigue, immune system
Bend over slightly to keep energy from going to the head too much and too quickly

Circling your neck

Helps open the C7 - the key to unlocking flow of energy in upper spine and especially the head
Starting left to right, imagine a pencil pointing straight down and draw a circle with your chin. Repeat right to left.
Note: When transitioning from Cupping the Kidneys, support your kidneys with palms of hand, slowly straighten the body and raise head last.

Dolphining your neck

Helps open C7 unlocking flow of energy in upper spine, especially the head
Think of this as drawing a vertical circle with your chin

Dolphining your body

Helps keep spine open and clear of blockages - Benefits internal organs - Subtle stretch of the spine

Swinging arms high, then low

Helps align the spine

Note: Keep head and hips facing forward - do not swing hips or head - Keep palms down.

BE GENTLE if you have back pain, back problems and/or have never done this movement before

Heel Bounces

Helps liver (heels) and kidney (Bubbling Spring) energy - Helpful for cold hands & feet, constipation, insomnia
BE GENTLE and come down SLOWLY & Gently - especially if pregnant or have any back pain, back problems
and/or have never done this movement before.

Tapping of the Tailbone

Strengthens kidney energy - Helps with weight loss - Brings energy into the body - Promotes clarity of mind -
Reduces mental fatigue

This exercise opens the bottom half of the body and can help open the reproductive channels to assist with
pregnancy, healing of prostate cancer and fibrous tumors in the ovaries

Tapping of the hip joints

Helps open reproductive organs

Massaging/Cupping Kidneys

Kidney energy is the most important energy to our life. If we use up kidney energy faster, our lives will end
sooner. Strong kidney energy gives a person strong arms, a strong voice, strong sexual energy and wisdom.
Weak kidney energy affects the entire body and can lead to long physical illness. A man's kidney energy goes
down after age 40; a woman's after age 35. Our legs are the first parts of the body to indicate we are aging.
When we feel our legs are not as strong as before, our kidney energy is getting low. In Tao meditation, Chinese
medicine and longevity exercises, the kidney energy is always number one in our attention. Cupping wakes up
and moves energy and clears away blockages.

Yin-Yang Water (Taoist Medicine Water)

Helps balance the energy in the body - Especially good for the digestive system - Good for diarrhea or
constipation

Yin-Yang Water plus honey is a very good cleansing water. Honey is considered a powerful herbal
pharmaceutical in China - because bees must visit millions of flowers before they can produce a pound of honey.

Take half a glass of spring water and half a glass of boiled water and mix together.
You can add 1 or 2 spoonfuls of honey into the water. - Drink when still warm - first thing in the morning and
throughout the day.

Do not put ice into it or refrigerate it.

Black Sesame Seeds

Help rebuild the kidney energy which can aid in weight loss, improves the body's overall beauty and hair
conditioning. - Can also help heal cancer and kidney diseases

Soak 2 - 3 tablespoons of black sesame seeds in water for 5 minutes.

Discard floating seeds and hulls.

Cook the remaining seeds in a cup of water for 5 minutes

Let stand for 10 minutes

Drink the broth and eat the seeds

Make a large batch and keep in the refrigerator for up to a week.

Drink broth daily. Morning is best.

Alternate method: Pour boiling water over seeds. Let stand to cool. Drink and eat seeds.