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## **Daoist Five Zang-Fu Qigong**

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### **Daoist Five Zang-Fu Qigong Outline**

#### **Purging Exercises**

Qi Scattering

Dropping Post

Trembling Horse

(Dredging Yin and Yan Channels)

#### **Tonifying Exercises**

Fu Organ Exercise

Stretching the Spine

Lung Organ Exercise

Kidney Organ Exercise

Liver Organ Exercise

Heart Organ Exercise

Spleen Organ Exercise

#### **Regulating Exercise**

The Golden Ball

## Daoist Five Zang-Fu Qigong Notes

### Section 1: Purging

**Qi Scattering**                      Wakes the body, clears stagnant qi from Qi/channels

Starting with the arms down by the sides. INHALE, lift the arms to about shoulder height, filling your body with qi pulled up from the earth. EXHALE, twist one way and swing one arm in front of the body while the other swings behind. Think: “filling and tossing” or “as you cross, toss.” Repeat 6 times. Finish by doing one Pulling Down Heavens (PDH) to ground and root.

**Dropping Post**                      Releases stagnant qi to earth, clears bone level Qi

Bring the feet together with a fist distance between the feet. Start bouncing gently. Relax and release from the ankles, knees, waist, shoulders, and arms. INHALE, lift up on to the toes while the hands come partially up center line to balance. EXHALE and drop into the heels 3 times (if okay for the spine and low back), also releasing the hands. Repeat three times each. Pulling Down Heavens (PDH) to ground and root.

**Trembling Horse**                      Releases trauma, clears stagnant Qi from muscle level

With arms out and down, INHALE as you begin to shake and loosen the arms, wrists, shoulders. EXHALE and release down the spine, torso and hips, like a horse shedding water and settle into the legs and feet with the sound of a horse blowing through its lips, hands flat with palms down towards the earth. Repeat 3-6 times. Pulling Down Heavens (PDH) to ground and root.

### **(Alternate Purging Exercise)**

**Dredging Yin and Yang Channels** Wakes up the body and clears qi from channels

Start with hands on outside of the opposite wrists. INHALE the hands up the opposite outside of the arm, over the head, down the back and down the back of

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each leg to the outside of the foot, ending at this pinky toe. Stand up and EXHALE while shaking out the hands, releasing any stuck qi collected from the channels. Bend forward, INHALE up the inside of the legs beginning at the big toe, cross arms to go to armpits, tracing down the inside of each arm to the wrists. Stop at the wrists. EXHALE and shake out the hands.

## **Section 2: Tonifying**

### **Fu Organ Exercise**

Improves Digestion, Increases Peristalsis of LI

INHALE to expand as you bring the hands up to the side, elbows down, palms horizontal. Extend the belly. EXHALE, swing the hands down, palms still horizontal, bringing them slightly behind the body. Do this smoothly and continuously for several repetitions.

Transition: Finish with the hands down and back, then bring the hands up as if to do a Pulling Down Heavens and begin the first dive of Stretching the Spine.

### **Stretching the Spine**

Mobilizes the spine, brings more energy to the brain

INHALE bring the hands overhead arcing out to the sides, EXHALE hands over head and bend forward to dive down into the waterfall. At the bottom, bring the elbows toward each other and hand spread out to the side as you INHALE and begin to come up. Bend the knees as you come up slowly, bringing earth energy up the legs, the spine and into the brain. The head comes up last and the hands reach up and over to repeat several times.

Transition: Finish the top, come directly into position for Lung Organ Exercise.

## **Lung Organ Exercise**

Color: White

Stand with palms down resting at collar bone height, thumbs and index fingers touching and elbows slightly below the wrist. INHALE to bring the elbows back by squeezing the shoulder blades together, spreading the hands out wide. EXHALE, turn the hands palms up and bring the hands forward, keeping them at collar bone height. Turn the palms face down and repeat.

Transition: Finish when hands are forward in the middle, outstretched, turn palms down to face the earth, draw the hands in towards the chest, parallel to the earth and down in front of the body.

## **Kidney Organ Exercise**

Color: Dark Blue

Bring the left hand up in front of the forehead, palm out. The right hand rests in back between the kidneys at the bottom of the ribs or across the back over the left kidney organ. Twist the torso to the left. EXHALE and drop the hand down and with scooping motion with the palm up, move that hand low across the body and below the knees across to the other side. INHALE hand up the forehead, palm out and draw the hand back across the body at forehead level.

After several repetitions, with the left hand up at the forehead, exchange hand positions at the point before scooping, turn the other direction and repeat on the other side for an equal number of repetitions.

Transition: End with upper hand at the center of the forehead, drop it down below the navel, palm up. Bring the other hand from the back to the LV 13 area on the side of the ribs.

## **Liver Organ Exercise**

Color: Green

Move the back hand forward to meet the hand in the center and raise that hand to chest level. Bring the palm that was resting back to the side rib area. Bring the forward hand back to below the navel and switch. INHALE and EXHALE naturally and deeply as you pump the hands back and forth.

Transition: Finish with one hand extended. Bring the other hand out to it and “bring its friend home” and bring the two palms facing down to the body and form a ball in front of the belly.

## **Heart Organ Exercise**

Color: Red/Pink

Hold one hand over the other, palms facing one another as if holding a ball. INHALE bring the bottom hand up to the side, rising up like a crane neck. EXHALE, bring the other hand through the heart to meet the top hand before pushing both hands to that side as if leaning against a wall. The top hand is at a 45 degree angle and the top hand is perpendicular to the ground. Spread the fingers as the hands push out. INHALE to draw fresh energy into the palms. Repeat on the other side, this time the bottom hand coming down below the navel ending in the high position. Bring the other hand through the heart and absorb that fresh energy into the heart. EXHALE and push the hands together outward.

End this movement by dropping both hands down to the sides, completing a Pulling Down Heavens and turning the fingertips inward, pinky fingers forward to seal that energy into the Heart Channel.

Transition: Bring both hands forward to the centerline forming a triangle in front of the lower dan tien.

## **Spleen Organ Exercise**

Color: Yellow

INHALE and bring the hands up in front and above the head, triangle horizontal or parallel to the ceiling, elbows bent as needed, relax the shoulders back and down and look up through the triangle as is possible and comfortable for the neck. EXHALE twist and sink into one side while looking up through the triangle. INHALE as you come back to center raising the hands up in front of the body. EXHALE, twist and sink to the other side and repeat.

Transition: End with the hands up at the center position, face the hands towards you and drop both hands down together. Pulling Down Heavens to transition to the next phase of the form.

## **Regulating:**

### **The Golden Ball**

Gather	Inhale
Raise	Exhale
Expand	Inhale
Contract	Exhale
Flow In	Inhale
Flow Out	Exhale
Lower	Inhale
Disperse	Exhale

## **Additional Notes:**

- All exercises are to be done a minimum of three times each, preferably 6-12-18 times each. Be aware of your own limitations and honor them. Adjust positions, range of motion and number of repetitions as needed.
- All exercises are done with regular abdominal breathing.