

Lao Tzu Shao Dan Meditation Qigong Exercises

1. Old sage cultivates his pearl (Lao Tzu Shao Dan)



1.1. Explanation

- 1.1.1. This exercise can be done standing or sitting. Start with hands on the Dantian (2 inches under the umbilicus) Females right over left and males left over right on your lower abdomen.
- 1.1.2. Circle your hands up and bring the palms into a lotus flower in front of your chest.
- 1.1.3. Now breathe out very slowly and draw the thumbs down so they point towards each other, take a pause breathe in and out when the thumbs are facing each other, then bring the thumbs back up on the in breath, while they are facing each other feel for the Qi between them. Now draw the middle fingers down until the fingers are facing each other pause, breathe in then out then move it up breathing in pause do the same breath sequence three times. Follow the sequence described below.

Thumb	Once (Lung Meridian)
Middle finger	Three times (Pericardium)
Little finger	Five times (Heart and Small intestines)
Index finger	Seven times (Large Intestines)
Ring finger	Nine times (San Jiao/triple warmer)

- 1.1.4. After completing this sequence spend some time pressing the palms in and out slowly and feel the intensity of Qi that this exercise has created between your palms.
- 1.1.5. Take the Qi energy that is created by this exercise and bring it back to the heart and then down to the Dantian.
- 1.1.6. Perform whole sequence once only.

1.2. Functions

1.2.1. To build Qi (energy) transmission between the two hands.

- 1.2.1.1. There are 6 meridians that travel through each hand, three Yin meridians and three Yang. The Yin meridians travel down the inside of the arm to the palms and finish on the tips of the thumb, middle and small fingers. The three Yang meridians start at the tip of the index, ring and small fingers and travel up the top side of the hands and arms.
- 1.2.1.2. The three hand Yang meridians are the Large intestines, San Jiao (Triple warmer/triple burner) and the Small intestines, the three Yin hand meridians are the Heart, Pericardium and Lungs. (Check the Meridian diagrams 1-6 to see exact positions of each of the meridians.)
- 1.2.1.3. The Qi (energy) during this exercise from each of the fingers merges together with the Qi of the same meridian on the other hand. This energy field is a collation of the yin and yang aspect of each of the individual meridians. For example the Yin and Yang Qi of the Heart meridian on the right hand small finger merges with the Yin and Yang Qi of the heart of the left hands hearts meridian in the small finger.
- 1.2.1.4. Then the Qi of the Yin meridian of both hands merge together and then Yang qi of both hands merge together.
- 1.2.1.5. Then the Yin and Yang Qi of one hand merges which the Yin and Yang Qi of the other.
- 1.2.1.6. Then finally the Qi of the Yin hand which is the right hand merges with the Qi of the Yang hand which is the left hand (Even though right arm is the Yang arm and the yang side of the body in TCM the right hands is the yin hand)

1.2.2. Activate and can open the energy from the 6 Well points on both hands.

- 1.2.2.1. The well points are situated on the start and the ends of the meridian that travel to and from the hands and feet, They are

classically indicated for disorders such as coma, fainting and collapse, and are pricked and bled for collapse from windstroke or high fever. They are also used for fullness below the heart and diseases of the zang.(read 'Notes' on 'Well points' on the bottom of this document)

1.2.2.2. With the except for Zuqiaoyin GB-44, Zhiyin BL-67 and Guanchong SJ-1 which are not use for these conditions

1.2.2.3. The well points on the hands are: Shaoshang LU-11, Shangyang LI-1, Zhongchong PC-9, Guanchong SJ-1, Shaochong HE-9, Shaoze SI-1, (See on Diagrams 1-6)

1.2.2.4. The well points on the feet are: Lidui ST-45, Yinbai SP-1, Zhiyin BL-67, Yongquan KD-1, Zuqiaoyin GB-44, Dadun LV-1.

1.2.3. Activates the Lao gong (PC 8) point in both hands

1.2.3.1. The actions of this point is to: Clears heat from the Pericardium and revives consciousness, clears heat from the Heart and calms the spirit, Harmonizes the Stomach and clears heat from themiddle jiao and it clears the nutritive level and cools blood

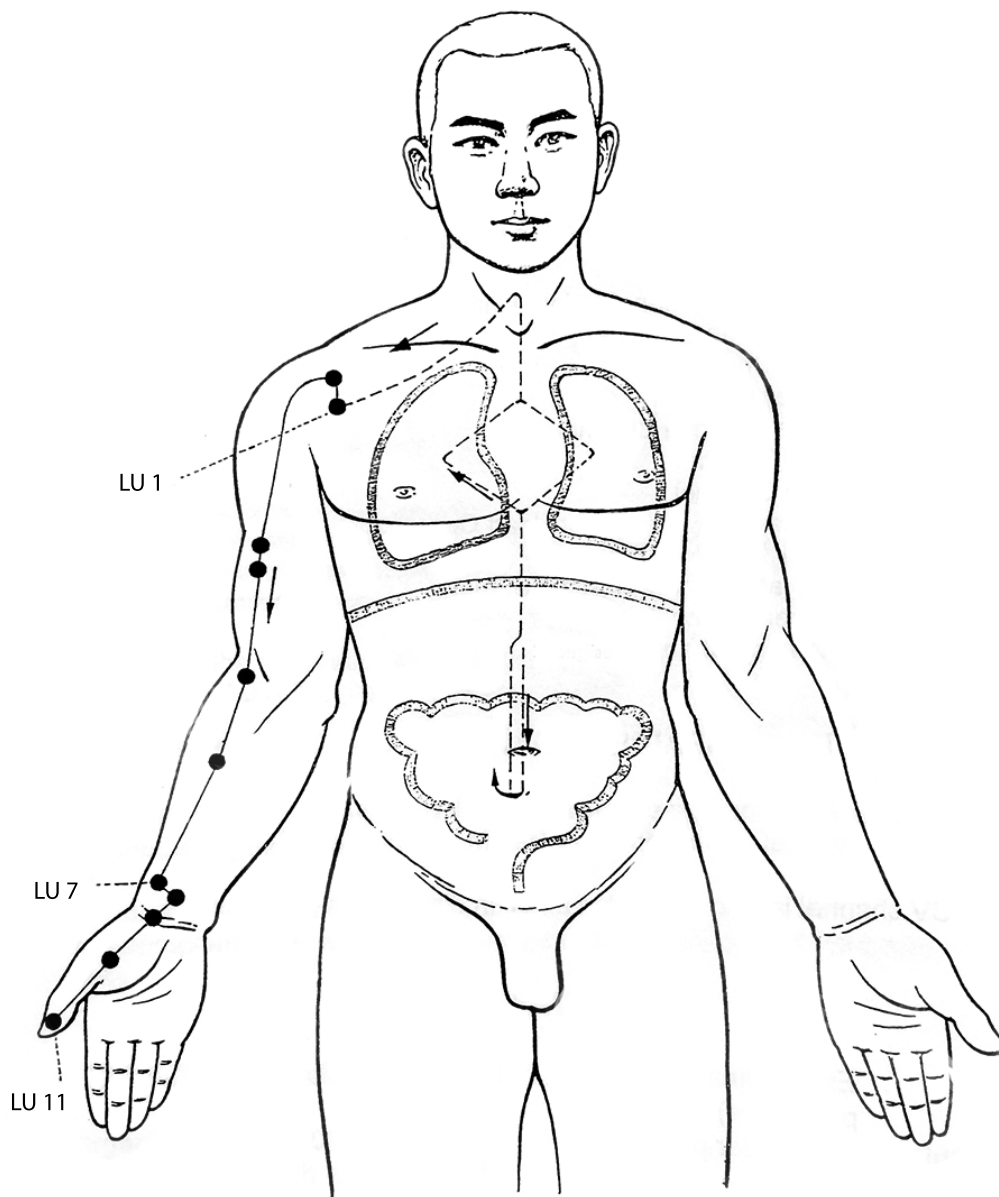
1.2.4. Practises transmitted energy from the PC-8 point in both hands.

1.2.4.1. In Qigong exercise practice, Laogong PC-8 mirrors Yongquan KD-1 on the soles of the feet and that it is common practice to 'breathe Qi through' either of these points and to focus on and building the qi in this point. This building up Qi in the Laogong PC-8 point is a pre-requisite for emitting qi in the treatment of disease by Qigong medical therapy.

1.3. Notes:

1.3.1. **Well points**-There two different views of meridian circulation and ways of understanding the movement of Qi in the body. Firstly in the centripetal flow view the theory of the five shu-points is used. Where it is understood that macrocosmic qi is seen as entering the body via the extremities through the Jing well points and then moves to the ying-spring, then shu-stream, then jing-river and he-sea points of the twelve primary channel The Qi or life force travels in and out of the body through these points. Qigong more commonly uses this theory. The Qi moves like a stream, which widens into a river, flows into a broad and deep sea at the elbows and knees and then unites and gathers deep within the body. In the second, and historically later arriving concept is described as Self-contained energy circulation, This view is void of the spiritual concept that Qi enters the body from an external source and focus only on the gathering of Qi from the breathe and food and water. In this self-contained model the qi flows only in a continuous circuit inside the body.

The Lung Meridian



The solid line shows the Meridian
The broken line shows the internal pathway

Diagram 1

The Large Intestine Meridian

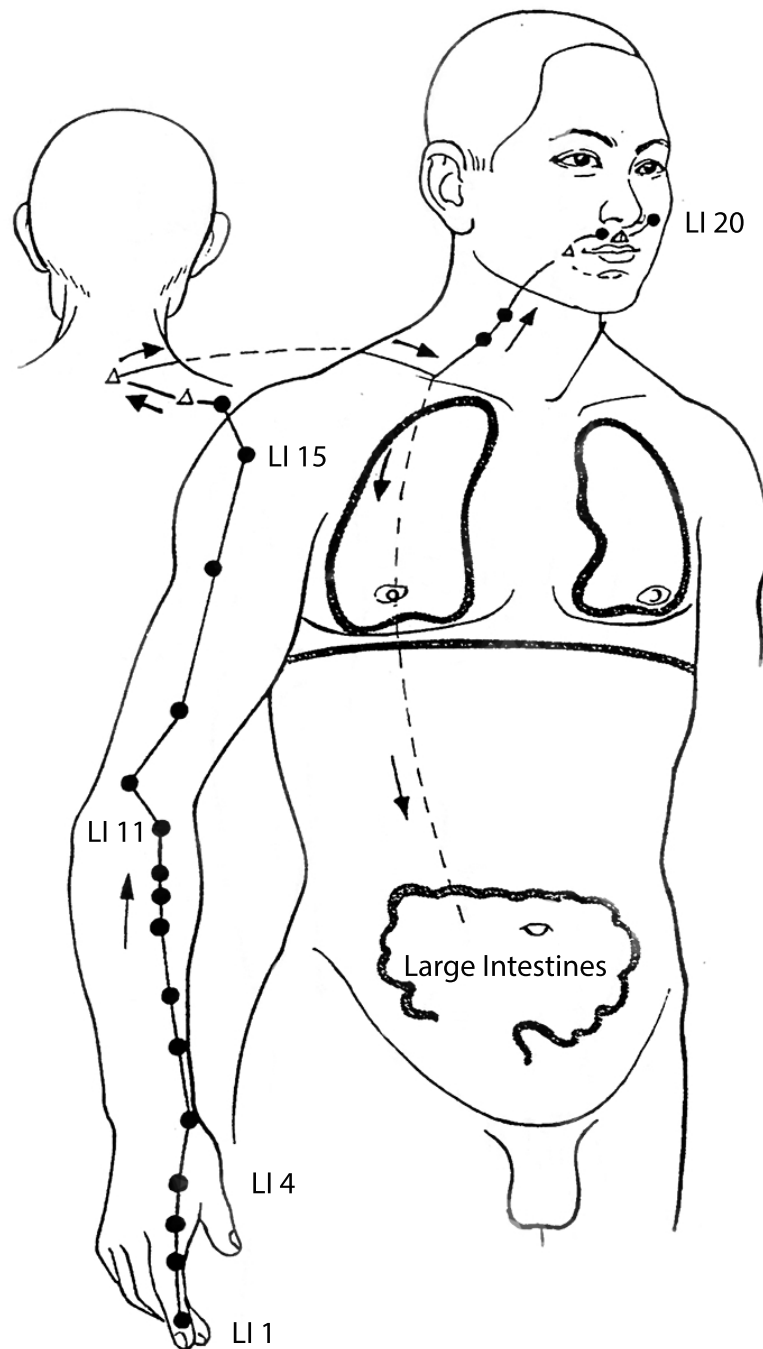


Diagram 2

The Pericardium Meridian

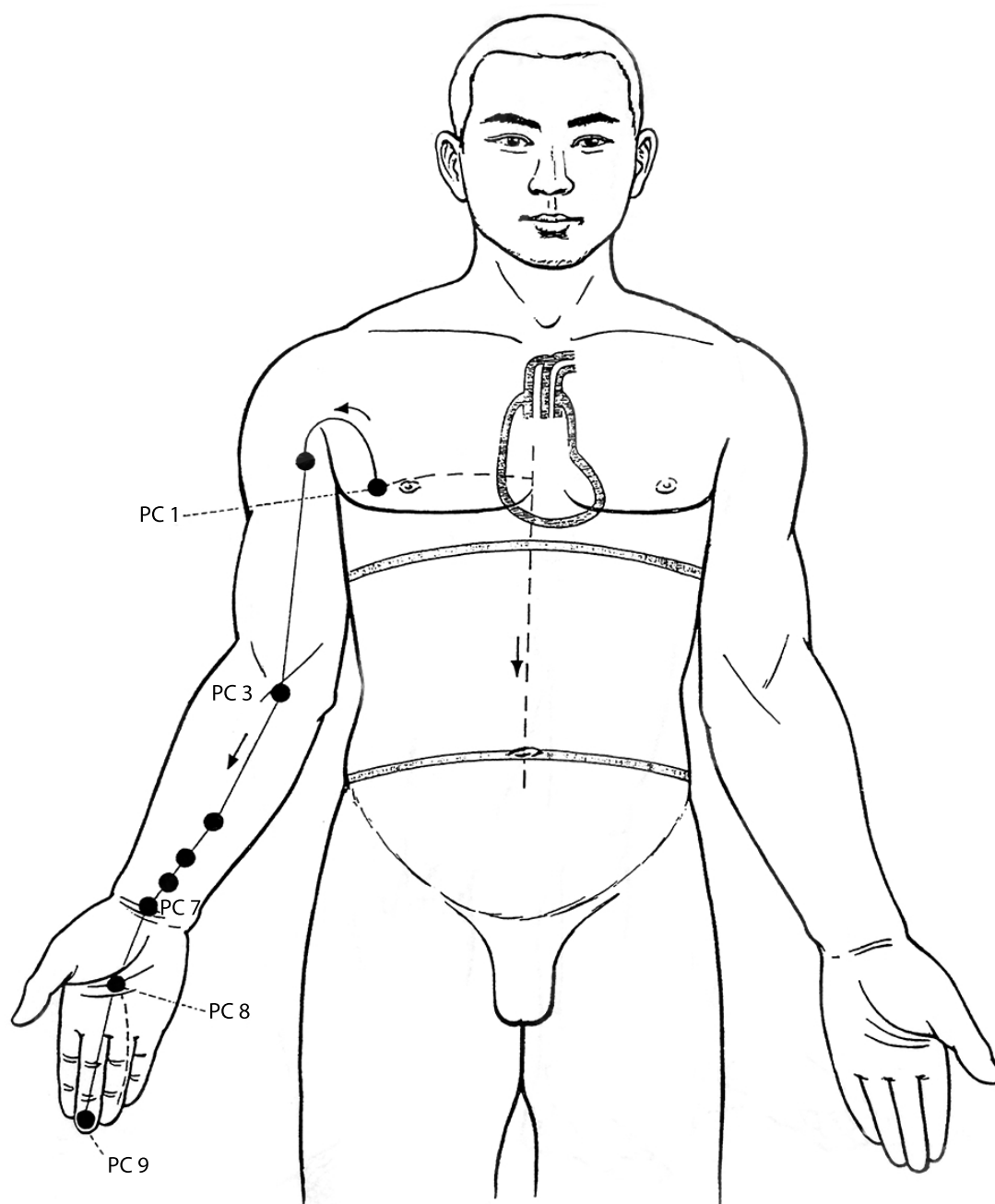


Diagram 3

The San jiao Meridian

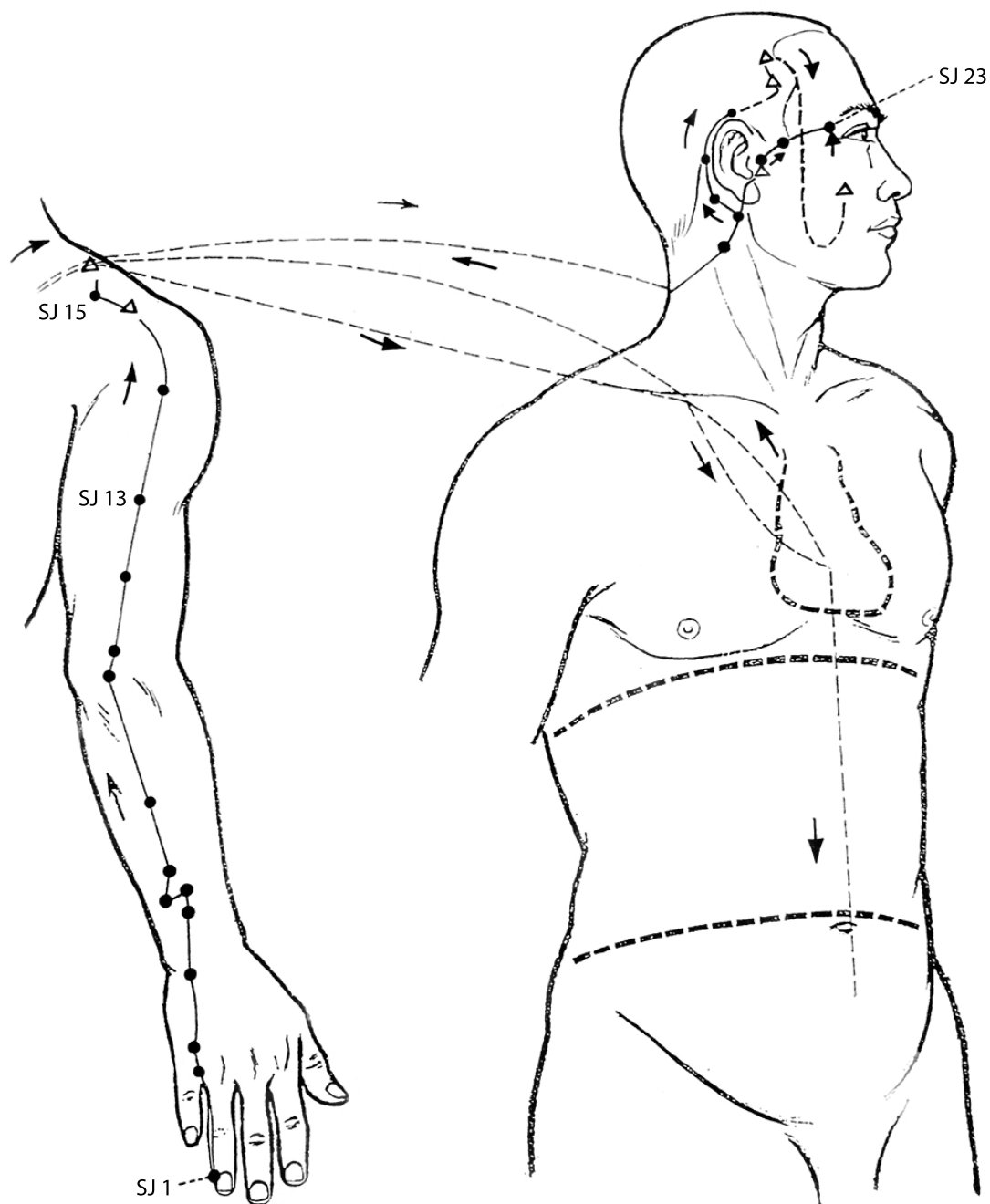


Diagram 4

The Heart Meridian

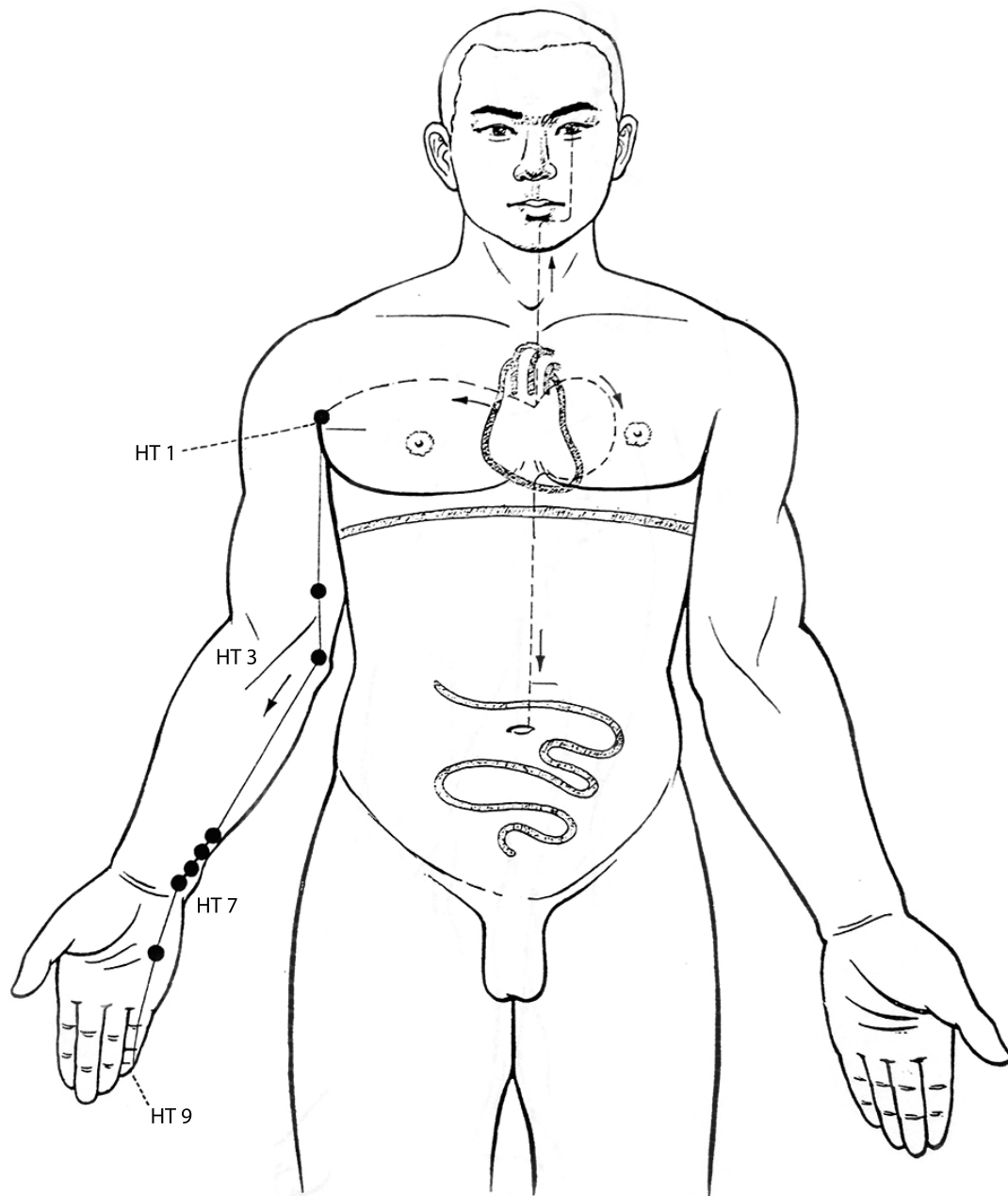


Diagram 5

The Small Intestines

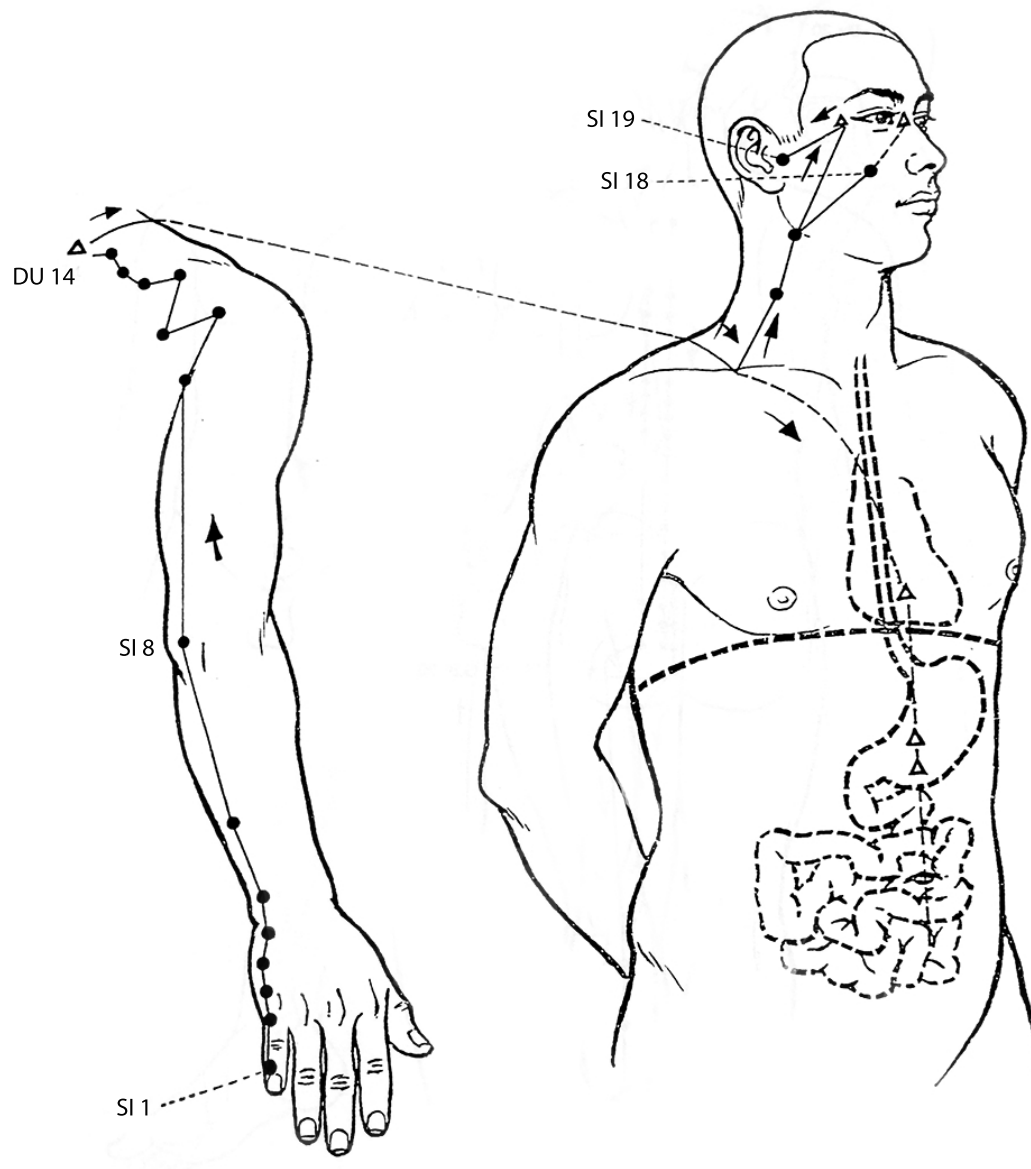


Diagram 6