

## 5. Five Element Qigong

### 五行氣功

Wǔháng Qìgōng

#### 5.4 Exercise 4. Fire Element

Meridians: Heart, Small intestine, Pericardium (Xin bao) and San jiao

Color: Red/ Orange

Sound: Herrrrrr (He)



##### 5.4.1. Explanation

- 5.4.1.1. Hold your thumb and index fingers together with your palms facing the ground in front of the Dantian.
- 5.4.1.2. Breathe in and turn to the right lifting the right hand above Shen ting (Du 24) and push the left hand out with the palm aspect facing away from the body in line with the left shoulder.
- 5.4.1.3. Breathe out and turn the body back to the center, at the same time stroke the right arm with the left hand and finishing by brushing the 4th and 5th fingers and returning to the starting position.
- 5.4.1.4. Repeat this 9 times on both sides of the body.

#### 5.4.2. **Exercise Functions**

5.4.2.1. **TCM Functions:** This exercise promotes blood and Qi circulation, aids in dispersing blood stasis and dredges the channel and collaterals. It also aids in housing the Shen.

5.4.2.2. **Western Medicine Functions:** This exercise helps in treating insomnia, palpitations and shortness of breath.

5.4.2.3. **Physical Aspects:** This exercise relieves tension in the shoulders and waist.