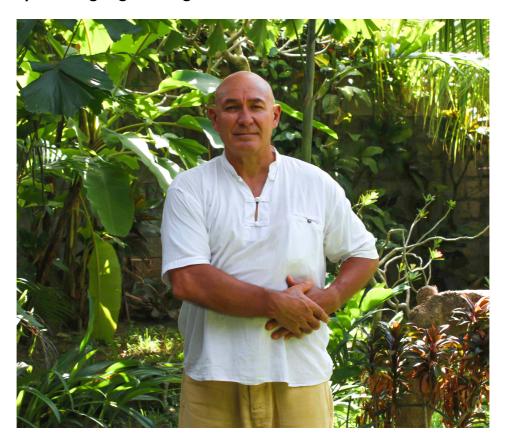# 11. Dao Yin Zang Fu Qigong

2.   Spleen Qigong massage.

2.1. Explanation

2.1.1. These exercises can be performed either in the standing or sitting position.

2.1.2. They can be performed in a sequence one after another or as individual exercises.

2.1.3. If performed as a sequence, start and finish these Zang fu Qigong exercises by preforming the three Opening and Closing exercises. (1. The Relaxed & Quiescent form in standing position, 2. The Three Deep Exhaling & Inhaling form, and 3. The Three Opening & Closing form.) If only one or a couple of exercises are to be practised, start and finish that exercise with the Opening and Closing forms.

2.1.4. Start this exercise by placing the left hand gently on the Spleen organ region on the rib cage on the left side & place the right hand on top of the left hand.(For females place right hand first with the left hand on top.)

2.1.5. Massage by moving the hands in anti-clockwise circles twelve times (you are the clock). (Note: start from the top 12 o'clock, then move your hands to the right, then the bottom, then the left, then the top.) Then perform twelve circles in the opposite direction. (Top, Left, bottom, right, then top.) The number of circles can be increase or decrease in multiples of six.

2.1.6. Then do 'Point Respiration' three times.
Which is: press the hands inwards and breath out, which will release any negative or perverse Qi out of the organs, then release the hands and breathe all the good Qi back into the organ.

2.1.7. The mind should be focused on the circulation of blood and dispersing any blood stasis and Qi blockages in the spleen region.

2.1.8. Do this massage three times.

2.1.9. Perform the three Opening and Closing forms in reverse order at the end. (The Three Opening & Closing form, The Three Deep Exhaling & Inhaling form and The Relaxed & Quiescent form.)

2.2. Functions

2.2.1. For Splenomegaly & Dyspepsia.

2.2.2. In TCM this exercise increases the transportation and transformation function of the spleen.