

CONTENTS

Preparatory Forms	1
Measurement of the Location of Acupoints	3
Chapter I The Cerebral and Cardio Vascular System	4
1. The Exercise for Invigorating the Function of the Brain and Developing Intelligence	4
2. The Exercise of Pressing the Head Repeatedly	6
3. The Exercise for Visualising the Acupoints of the Temples	6
4. The Exercise for Visualising the Acupoints of Yuzhen	6
5. The Exercise of Pressing and Moxibustion of the Toes	8
6. The Exercise for Nourishing Blood and Tranquilizing the Heart	8
7. The Exercise of Standing to Discharge Rheumatism	8
8. The Exercise for Visualising the Acupoint of Danzhong	10
9. The Exercise for Visualising the Acupoints of Laogong	10
10. The Exercise for Visualising the Acupoint of Dazhui	10
11. The Exercise for Visualising the Acupoints of Quchi	12
Chapter II Hypertension and Hypotension	13
1. The Exercise for Lowering Hypertension	13
2. The Exercise for Visualising and Acupoints of Yongquan	14
3. The Exercise for Curing Hypotension	14
Chapter III The Nervous System	17
1. The Exercise for Relaxing and Entering into Quiescence	17
2. The Exercise for Channelling Qi Through the Chest	17
3. The Exercise for Visualising the Acupoint of Baihui	18

4. The Exercise of Pressing the Acupoint of Tianxin	18
5. The Exercise for Channelling Qi to Cure Isomnia	18
6. The Exercise of Sitting Cross-Legged to Channel the Qi	21
7. The Exercise of Clenching Fists to Channel the Qi	23

Chapter IV The Kidney and the Internal Secretion System

	25
1. The Exercise for Curing Diabetes	25
2. The Exercise for Channelling Qi by Horizontally Circling the Arms	27
3. The Exercise of Rubbing the Kidneys and Drawing Water	28
4. The Exercise for Visualising the Acupoint of Mingmen	28
5. The Exercise for Strengthening the Kidneys	28

Chapter V The Liver and Gallbladder System

	32
1. The Exercise of Therapy in the Field of the Qi	32
2. The Exercise for Irradiating the Liver and the Gallbladder with the Qi	32
3. The Exercise for Visualising the Acupoint of Dantian	33
4. The Exercise of Massaging the Acupoints of Zhangmen	34
5. The Exercise for Producing Sound to Channel the Qi	35

Chapter VI The Gastroenteric System

	37
1. The Exercise of the Six-Circle Movement	37
2. The Exercise for Invigorating the Function of the Spleen and the Stomach	39
3. The Exercise for Irradiating the Acupoint of Danzhong with the Qi	42
4. The Exercise of Moxibustion at the Acupoint of Shishang	43
5. The Exercise of Massaging the Abdomen and the Feet	43
6. The Exercise of Irradiating the Stomach and Moving the Toes	44

7. The Exercise for Channelling the Qi Through the Acupoints of Danshu	44
8. The Exercise of Lying on the Back to Channel the Qi	44
9. The Exercise for Visualising the Fingers in Standing Form	47
10. The Exercise of Breathing While Bending the Neck Backwards to Channel the Qi	47
11. The Exercise of Breathing to Channel the Qi	47
12. The Exercise of Rubbing the Feet to Conserve Health	49
13. The Exercise of Moxibustion at the Point Below the Navel	49
14. The Exercise of Visualising the Acupoint of Zhangmen	51
15. The Exercise of Visualizing the Acupoint of Qihai	51
16. The Exercise for Inhibiting Over-Frequent Urination	52
17. The Exercise for Curing Constipation	52
18. The Exercise of Rubbing the Ribs to Channel the Qi	53
19. The Exercise of Breathing Like a Tortoise While Lying on the Back	53
20. The Exercise of Moving the Toes to Channel the Qi	53
Chapter VII The Respiratory System	57
1. The Exercise of Holding the Breath to Channel the Qi	57
2. The Exercise of Exhaling by Coughing to Channel the Qi	57
3. The Exercise of Regulating the Breath to Induce Perspiration	57
4. The Exercise of Massaging by a Dry Rubdown	59
5. The Exercise of Pressing the Palms	59
6. The Exercise of Regulating the Breath to Allay Fever	59
7. The Exercise of Rubbing and Moxibustion on the Abdomen	61
Chapter VIII The Central and Peripheral Nervous System	63
1. The Exercise of Moving the Vertebra	63

2. The Exercise of Massaging the Acupoints of Xinshe	63
3. The Exercise of Turning the Arms to Regulate the Breath	63
4. The Exercise of Visualising the Acupoints of Jianjing	65
5. The Exercise of Relaxing the Shoulders, Elbows and the Wrists	65
6. The Exercise of Raising the Arms to Regulate the Breath	69
7. The Exercise of Irradiating the Acupoints of Jienue with the Qi	73
8. The Exercise of Bending the Trunk Forward and Backward	73
9. The Exercise of Turning the Waist to Move the Qi	75
10. The Exercise of Holding the Knees to Channel the Qi	80
11. The Exercise of Channelling the Qi Through the Legs	80
12. The Exercise of Massaging the Feet	81
13. The Exercise of Channelling the Qi Through the Waist	82
14. The Exercise of Visualising the Acupoints of Weizhong	82
15. The Exercise of Relaxing the Knees and Ankles	82
16. The Exercise of Patting the Acupoints of Zhangmen	84
17. The Exercise of Breathing to Allay a Fever	84
18. The Exercise of Turning the Trunk to Channel the Qi	86

Chapter IX The Five Sense Organs (Eyes, Teeth, Ears, Nose, and Throat) 88

1. The Exercise of Lying on the Stomach to Channel the Qi	88
2. The Exercise of Irradiating and Pressing the Eyes	88
3. The Exercise of Rubbing the Acupoints of Upper Yingxiang	89
4. The Exercise of Pressing the Lower End of the Nasal Septum	89
5. The Exercise of Pressing the Acupoint of Muming	90
6. The Exercise of Visualising the Acupoint of Yintang	90
7. The Exercise of Irradiating and Turning the Eyeballs	90