

Basic Treatment Protocol

General Notes:

This protocol is a general protocol that has not been customized for a specific condition or disease. In general, it works for nearly everyone and is good for supporting their general well-being. That said, there are some contraindications and adjustments may need to be made. First, as a general rule, we don't work on pregnant women. Second, we don't tonify people with cancer and so the tonification portion of this protocol is not appropriate for them. You should probably be using protocols specific for their type of cancer instead of this basic protocol. Finally, menstruating women are already purging significantly so they should not receive a strong purge during the session.

Opening:

In this treatment, "dropping a grounding chord from the coccyx" is included for both the patient and yourself. This chord is not needed for distance healing but it is helpful when in-person. If the patient releases a lot of toxic energy, you want to ground them into the earth. This helps with preventing energetic shock. We also do it for ourselves so, as we walk around, we get a sense of being grounded.

Diagnosis:

There are multiple techniques for performing a diagnostic on a patient. Two are outlined here as part of the protocol but you can use whatever is best suited to your sensibilities.

When understanding the patient's conditions, you may have some informative experiences when performing the Flat Palm diagnosis. When you feel an area that is sticky and pushing back at you, it is an area of stagnant excess where there is an obstruction and the energy is not moving. There may be some swelling in that area or inflammation. Areas that are sticky or cloudy that are not pushing against your palm are places that are not receiving energy. If your hands are "sinking in", it means the area is a turbid, obstructed, empty space.

Purging:

Purging is the reduction and removal of excess Qi contained within the body's organs, tissues, and channels. Dredging is a purging activity that specifically digs out pathogenic energies in order to clean out the patient's energetic fields and channels. The purging techniques listed here use this dredging method. Just as a note, we are dredging the tendino-muscular channels and not strictly the channels. This is left to the reader to explore more fully.

As you are dredging and purging, you can sense and diagnose the patient's various energetic fields. As you do this, you can continually change the depth of the energetic penetration by extending your intention deeper into the tissues.

During deep internal purging, the patient may experience emotional discharges, flashes of light, patterns of color, see visions, or even relive past traumas. You may want to note that with the left side relates to various experiences surrounding their mother, while the right side is responsible for storing emotions that relates to the father. Additionally, fresh and cool energy enters the body after purging and some people can feel cold as a result. You may want to offer them a cover if this is the case. When the patient really relaxes and goes into deep relaxation, this is when the fresh energy is coming in.

Tonification:

Diseased areas of the patient's body must be thoroughly purged of toxic Qi before any kind of tonification or energizing method is performed. It is analogous to cleaning a wound before operating. If this is not done, the patient could suffer an adverse reaction when the practitioner's clean energy fuses with the patient's toxic turbid energy.

Modifications

- For patients with excess conditions or for a shorter treatment, just do Parts 0 and 1.
- For patients with deficient conditions do Parts 0 and 2
- For children, make the session briefer and lighter than for adults and use only pastel colors. Additionally, their Microcosmic Orbit follows the Water Cycle so guide their energy up their front and down their back when running the orbits in the torso.

Setup:

Perform the 1-10 meditation and the 3 invocations opening. Using the Sword Fingers Hand Seal, drop a grounding cord into the earth from your patient's coccyx and then from your coccyx.

PART 0: Initial Purging and Diagnosis

1. Comb (V3, p.388-9)

This step is an initial clearing of the patient's fields that both clears toxic energy and creates flow. This is a gentle way to comb out the "tangles" in their external protective Wei Qi fields. These fields are more Yang and Yang fields tend to flow downward.

- Use the Extended Fan Palm technique. With this technique, the palms emit Qi that is like steam and you are "steaming through the field". Starting on the patient's right side, comb down their body from head to toe. Imagine moving smoke coming from the patient's body. The two hands work together as a unit. You can also use the Tiger Kneading Palm technique where the fingers are separated and curled into combs.
- Breathe in as you gather the turbid Qi and exhale as you send the toxic Qi into the vortex.
- Repeat on left side.
- Stand at the patient's feet and comb from head to feet down through the fields and release toxic Qi into the vortex. When your "comb" gets to the feet, both hands act as unit and the Qi is released into the vortex on one side of your body (i.e. don't split your hands and release Qi with your hands on each side of your body.)

2. Energetic Diagnosis (V3, p. 389-90)

- Use the Flat Palm or Extended Fan Palm to diagnose the patient's body. It may be helpful before you start to rub your hands together to enliven them. With both hands working together, start at the head

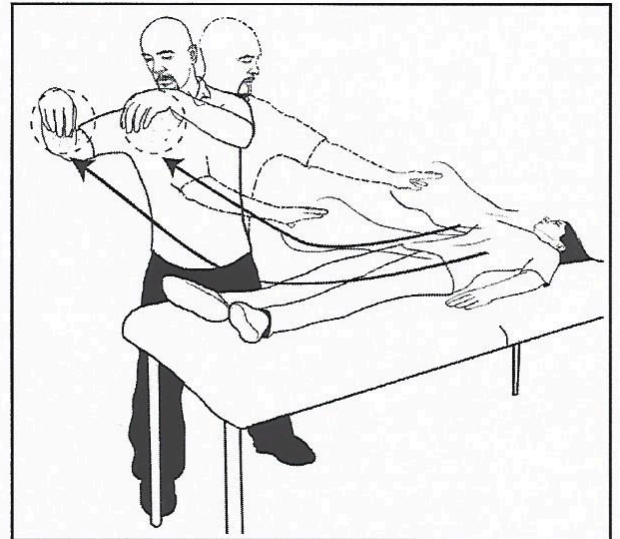


Figure 29.33. Purging the Patient's Body Standing at the Right Side of the Treatment Table

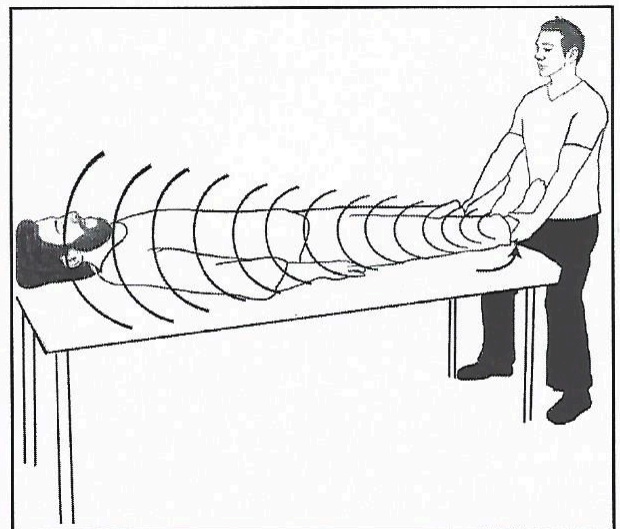


Figure 29.35. Stand at the foot of the Table And softly lift the patient's heels

and work down to the toes on the patient's right side. R

- b. Perform the Pulling the Silk diagnosis method. Cradle the person's heels in your palms (one in each hand), apply subtle traction, and connect with the patient's inner fascia of the entire body. Then, send a ripple of Qi up to the top of their head. Feel the energetic pulse moving through the patient's various internal organs and tissues. As this energy "ripples" up the body, listen for any internal obstructions, energetic clusters, or energetic deviations occurring within the patient's energetic fields, channels, and tissues. Diagnose their energy by feeling where the Qi deviates or does not flow properly. Which leg does your awareness travel up more easily? Is it the same on both sides of the pelvis? This is similar to a ship's sonar which emits sound and listens for echoes. It can also be understood as being similar to closing your eyes and pulling gently on the end of a silk table cloth in order to find and locate an item that was placed somewhere on top of the table cloth.

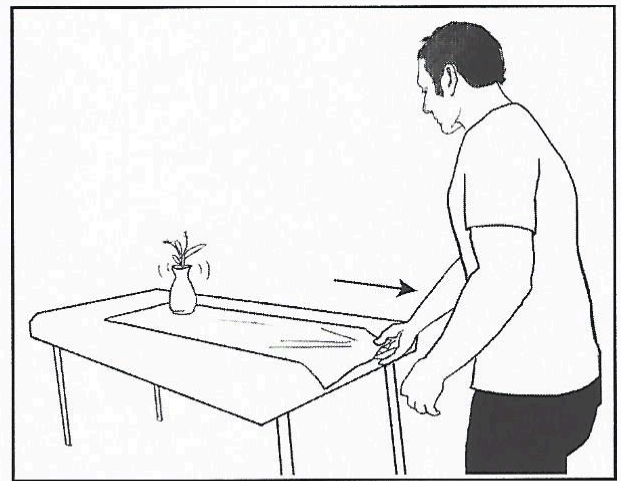


Figure 29.36. Like softly pulling on the end of a silk table cloth in order to find and locate an item that was placed somewhere on the top of the table cloth

- c. If you determine the patient is constitutionally weak go to Part 2.

PART 1: Clinical Protocol Used for Regulating the Three Bodies – V3, page 404-8

According to the most recent JAJ's books, Part 1 is the "**General Treatment Protocol**" which does not technically include Part 2. Wendy and John consider both Parts 1 and 2 to be the General Treatment Protocol based on guidance by earlier versions of JAJ's books and/or teachings. The General Treatment Protocol is commonly used in the clinic to treat patients that come in for an "energetic tune-up". It is also used as the beginning treatment protocol for many serious diseased conditions. Please note that the techniques in the book are sufficiently different than that outlined here but appears to have the same intention as the techniques below. The book protocol is not outlined here and left to the reader to explore.

If you use Part 1 as a stand-alone protocol or as an "introduction" to a disease-specific protocol, make sure you purge the toxic Qi from the patient's external energetic fields in the aforementioned combing step. When treating a patient's internal organs, it is usual to purge and cleanse the patient's lungs and liver organ systems before beginning to cleanse and regulate the spleen and kidney organs.

When performing the steps in Part 1, always turn your head and exhale whenever you encounter an energetic cluster. This will prevent you from ingesting the pathogens as they are energetically released from the patient's tissues.

3. Activating the Taiji Pole

This step not only activates and tonifies the patient's energetic system, it also breaks up some of the stagnancy that can be removed in the following purging steps.

- a. Stand behind the patient's head.
- b. Lift hands to connect to the Divine (as you would do in Pulling Down the Heavens), bring down a cord of Divine white light, and let it fill your Taiji Pole and lower dantian. The energy collected in your lower dantian will ascend pathways in your torso and arms to supply the energy exiting your hands.

- c. Place your left palm above the patient's third eye (hover, don't touch) with the intention to ground the energy that is entering the patient's body. The right hand makes the Sword Fingers Hand Seal to guide and direct the Qi through the Baihau point and into the Taiji Pole to activate all three dantians.

- d. Get a sense of white light filling their Taiji Pole and splitting off into colors for the organs:

- white light filling the Lungs
- white, pink, or red light filling the Heart
- green light filling the Liver
- golden yellow light filling the Spleen
- blue light filling the Kidneys

- e. Get a sense of these organs glowing with these colors and the Taiji Pole becoming more vibrant. When it seems that the Taiji pole is shining and all the colors are emanating from the organs, move to the next step.

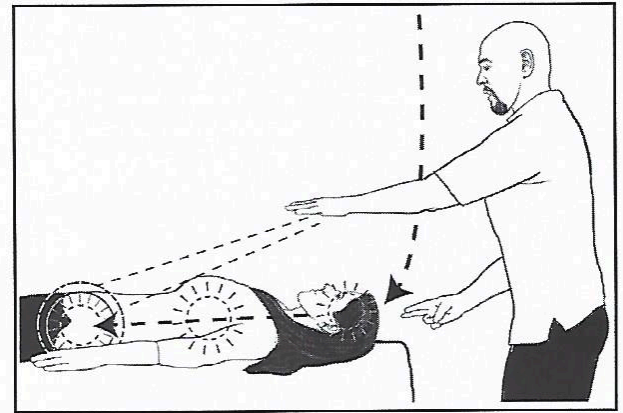
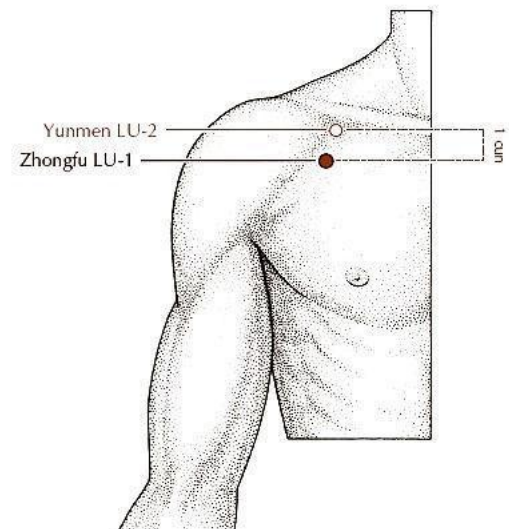


Figure 29.53. Energetically Root the Divine Qi Inside the patient's Lower Dantian

Note: This image has discrepancies from the description. This image from the book shows the upper hand rooting the Qi in the lower dantian and the chord of white light going in directly to the patient.

4. Clearing the Head, Throat, and Lungs

- a. Move to the right side of the patient.
- b. Clear both sides of the head by combing down from the crown to the chin, pulling the toxic Qi off the chin/neck area. It is helpful to bring this energy downwards because we don't want energy getting stuck in the head.
- c. Place your left hand under the neck and hover your right hand above the throat (do not touch the top of the throat). Send energy from the left hand, through the throat, to the right hand. As the toxic Qi bubbles up out of the throat, clear the toxic Qi with the right hand using the Dragon's Mouth Palm technique. Inhale and collect the toxic Qi; exhale and release into the vortex.
- d. Use your right hand (2nd round: left hand) to reach across to the opposite shoulder. Using Kneading Tiger Palm technique, purge/dredge toxic Qi from the left (right) side of the patient's neck area (the "Home of Evil Winds", back of the neck, base of the skull, and shoulder area). Do not touch the body for this. When pulling the toxic Qi across the patient's body, lift your hand high above them and don't drag it across their heart. Lift up before you get to the midline of the body. You can also release the toxic Qi into the vortex on the same side you pull it from if you wish. Where the neck intersects with the skull is the place of "Evil Wind" and this part of the body often gets blocked.
- e. Using the right (left) hand, grasp above Lung-1 point on the opposite side of the body with a Dragon's Mouth Palm technique and walk around body to "unscrew" the "plug" over



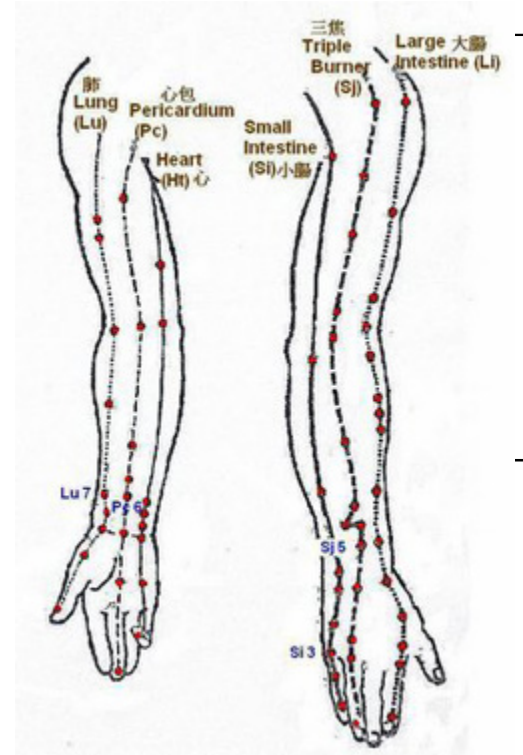
the point. Slowly pull out the “Qi thread” from the lung channel, gather it, and send it into the vortex. This clears the lung channel of “old” Qi. The Lung-1 point is under the collarbone on the shoulder side. When one folds their arm over their torso, there is an indentation at that point. You can feel the energetic thread. It feels like a spider’s web but it is thicker than a spider’s web. Once this is done, the lung channel will fill with fresh energy.

- f. Place your right (left) hand under the patient’s left (right) scapula. Use the left (right) palm to apply pressure in order to roll the patient’s shoulder back. This energetically opens the lung, allowing you to facilitate a deep energetic purging and release of the lung. Rub across the chest just above the breast and below the clavicle and pull the toxic Qi off the tip of the shoulder. This draws toxic Qi (sadness and grief) from the lung and the breast area. The movement is up and out of the lung and off the shoulder tip. This time you are touching the body.



Figure 29.55. Roll the patient’s left shoulder back
To energetically drain the Lungs of Toxic Qi

- g. Using your left (right) hand, hold the patient’s left (right) arm by the front and back of the wrist with your thumb holding both the Pericardium-6 point (Inner Gateway, about 3 finger-widths above the wrist) and the index finger holding the Triple Burner-5 points and apply slight traction. The Pc-6 opens the Yin channels on the inside of the arm. The back one is not specifically important for this application; it is a good holding spot and it is also balancing. Use Kneading Tiger Palm technique to dredge down the Yin channels of the patient’s upper arm, including the underarm. Swipe from the corner of the patient’s chest, across the front of the shoulder, down the arm, off at the wrist, and into the vortex. Also, clear down Yang channels on the back of the arm. You are dredging the inner arm Yin channels (lung, pericardium, and heart) and outer arm Yang channels (triple burner and large and small intestine). Note, we don’t tend to purge the heart so you are not clearing the heart directly, just the channel! You are not touching the patient’s body with the hand that is dredging the arm. We do not pull the toxic Qi off the hand area because the Laogong point in the middle of the palm is absorptive and you don’t want that which you are purging to get absorbed back into the hand. So, don’t pull that energy across the palm; the hand is purged separately because of this.



- h. Dredging the energy from the wrist to the finger tips. You may or may not choose to switch the hand holding the arm points in order to clear the palm. Do this 3 times. While dredging, you may perform a “hand diagnosis” by focusing on the micro-pulsations currently manifesting within the patient’s hand.
- i. If you would like, you can tug on the patient’s arm to open the flow in those arm channels a little more. To do this, continue to hold the patient’s wrist, hold the patient’s shoulder with the other hand, and give a gentle tug to stretch the arm.

j. Repeat steps d – h for the patient's opposite (right) side.

5. Regulate the Heart

- a. Standing on the right side of the patient, lift the patient's right shoulder and softly slide your left hand down the spine between the neck and shoulder area (between the scapula and the neck) to place it on the spine behind the heart at the Shendao (GV-11). Send Qi up through the heart with the left hand. On spectrum from white to red, imagine using the appropriate color intensity that the heart guides you to use. Place the right hand 3 to 6 inches above the heart at the Shanzhong (CV-17). Gently emit the colored Qi/light from the left hand into the heart like a fountain and purge with the right hand. You may experience the feeling of "cappuccino foam" or "froth" coming from the top of the heart into the hovering hand. It may feel like something is coming up and tickling your palm. Gently scoop this away and send it into the vortex. Be gentle with the heart!

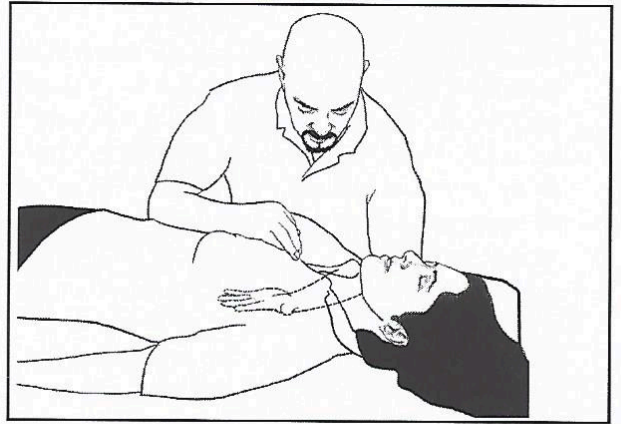
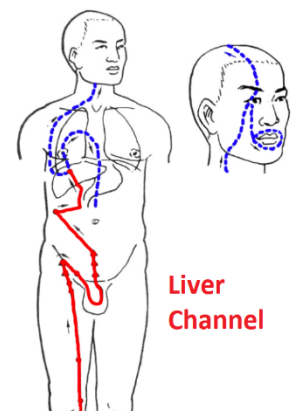
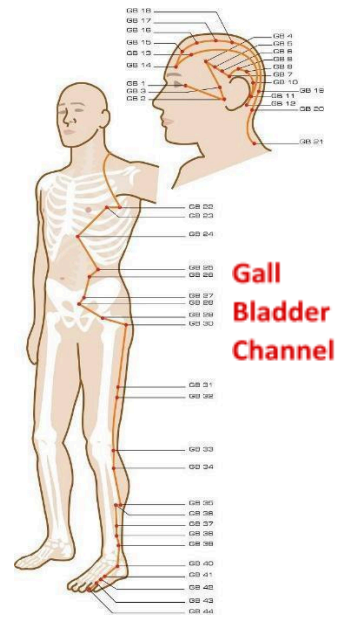


Figure 29.56. Roll the patient's right shoulder back and insert your left palm under their Shendao

6. Clearing the Liver and Gallbladder

- a. Gently slide the right hand out from under the Shendao. Use both hands with the Tiger Kneading Palm technique above the body (not touching the body) to get the Liver energy moving, clearing, and purging the tension, anger, and depression from the liver area. Start soft but increase the action because the liver likes more assertive energy. Knead then gather the toxic Qi and release it into the vortex. You can release it directly from the organ or you can pull it down the outside of the leg and pull it off at the outside of the knee. Make sure to attend to the gall bladder as well. Note: Livers love this deep cleaning. Because it likes "action", there are many different hand/palm techniques you can perform here at the liver including the "extended claws" version called the Tiger Kneading Claw Hooking Palm technique as if you are raking through, breaking up, and turning the soil to aerate it for Spring planting.
- b. Dredge down Gall Bladder channel on the right side starting at the outside of the eye, pulling the energy over the head, down the outside of the body, descending to the 4th toe, and pulling off the toxic Qi to release into the vortex. Do this 3 times. Remember to inhale as you dredge and exhale as you release the energy into the vortex.
- c. Dredge down the Liver channel on the right side 3 times. Start at the base of the ribcage (just below the breast area), down the inside of the leg, and pull the toxic Qi off the lateral aspect of the big toe (i.e. the side facing the other toes).
- d. Move to the left side of the patient and repeat dredging the Gall Bladder and Liver channels on that side.



7. Clearing the Spleen

Spleens more often tend to be weak and typically don't have excess and therefore are only tonified. Spleens tend to get damp so the "purging" that does happen there is related to removing this dampness.

- Raise your hands, connect to the Divine, and bring down a ball of golden yellow light/energy. Intend that it changing into a sponge, absorb any excess turbid dampness from the body, and pop out once it has completed this task. Place the energy sponge into the spleen. Once it is finished absorbing the dampness, it will pop out like bread from a toaster so leave your hand over the spleen to collect the ball when it comes up. You will know it pops up because it is more than a tickle; it pushes your hand upwards. Throw the "sponge" into the vortex.
- Once again, lift your hands up to the Divine to pull down a ball of healing light. This may be white light or warm golden light (the spleen likes warmth). Put the ball into the spleen. You can put your left hand under the person or above the head to pull the ball of light into the organ and secure it in the body. If you put your hand above the head to do this, move the hand away from the head as if your hand is creating suction.

8. Clearing the Yellow Court/Solar Plexus

You could do this step after regulating the heart. It is up to you.

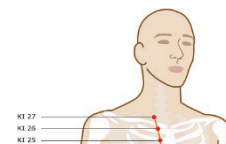
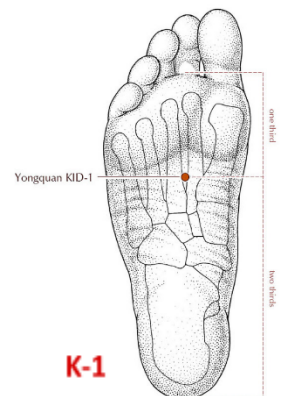
- Return to the right side of the patient. You may or may not choose to put your left hand under the patient's body on the back side of the Solar Plexus or you can put your left hand under Shendao (GV-11). (Note: Technically, the Yellow Court is just below the Solar Plexus.) Purge turbid, toxic energy from the solar plexus area (Juiwei, CV-15), pulling stagnant energy down along the base of the right rib cage and off the body into the vortex. The Yellow Court is a place we hold all of our traumatic emotions and suppressed feelings. Sometimes you may see images of the patient's past as emotional energies of these old traumas are released.

9. Enlivening and Purging the Intestines

- Using the Tiger Kneading Palm technique, hover your hands over the patient's lower abdomen and gently knead the area of the entire lower abdominal area without touching the body. Think of this helping the peristaltic movement in the intestines. This will open up more flow in the small and large intestines.

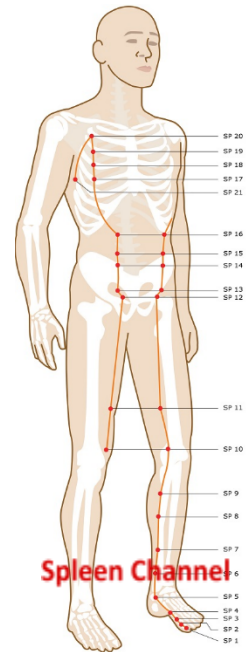
10. Magic Gloves

- Lift your hands slightly above your head and ask the Divine to put gloves of healing energy over your hands, all the way down to your elbows. Get a sense of these gloves directing your Qi.
- Slowly bring your hands over the patient, waiting to see what the gloved hands want to do. Allow them to direct the energy and trust of whatever needs to happen. Let the movement be whatever the Divine directs you to do. You might find your whole body involved in the "dance with the Magic Gloves". Just go with it! If you are not sure, you can go to the areas that you felt during the diagnostic passes. Put your hands over those areas and see what happens.



11. Tonify Kidneys/Sea of Marrow

- a. Stand at the patient's feet and draw blue light energy from the earth. Let this limitless energy fill your lower dantian. Using the Sword Finger Hand Seal on both hands, direct this blue light into the Bubbling Springs point (K1) on the bottom of the feet. Imagine this energy flowing up the inside of the legs (Yin channels: Kidney, Liver, Spleen) to fill the kidneys and lower dantian. Get a sense of the patient's kidneys filling up and becoming more vibrant. Imagine the energy going all way up the channel up to the chest at the top of the kidney channels. As you fill the extended internal kidney channel, you will fill the spinal column and the brain which then fills and overflows into the bones. Maintain this visualization for a few breaths before moving on.



12. If you are ending the session here and not continuing to Part 2: Balance and Regulate

- a. With the left hand on the back of the neck at C7 and the right hand on Mingmen, lead and guide the Qi along the Microcosmic Orbit Fire Cycle to bring balance and harmony to the dantians.
- b. Gather the energy by spiraling 9 times in each direction at the navel.
- c. Go to Part 3

PART 2: Clinical Protocol Used for Tonifying Deficiencies – Vol 3, page 400-3

This is traditionally used for treating patients who are currently experiencing extremely deficient conditions, whose constitution is weak, or their life-force energy is extremely depleted. It is excellent when used for “atrophy” conditions such as Chronic Fatigue, Multiple Sclerosis, Parkinson’s Disease, and diseases corresponding to deficient immune functions. That said, it can be a wonderful treatment for someone who is healthy too. You don’t however want to tonify if the person has cancer.

Please note that you always purge all toxic/excess areas before tonifying. Only after first purging all toxic/excess areas should the practitioner move to tonifying the patient’s deficient internal organ system.

In each of the steps where you are circulating energy through the orbits, connect to the earth and draw blue or white light energy from the earth into your lower dantian. Emit this light Qi into the joint/area of the body. Keep the mind’s intention focused on completely filling that joint for several breaths. Image a ball of light forming between your palms. Hold and fill each position until the area feels full of Qi before proceeding. Use blue light when you are filling the ankles, knees, and hips. Once you move into the torso where you are guiding portions of the Microcosmic Orbit, you can choose to use white or blue light. The blue light balances the warm red of the Microcosmic Orbit if it is needed. If you are not sure, use white light in those “torso” orbits. As you learn more, you may choose other colors for specific healing qualities. The direction of the orbit in each of these steps is always down the outside of the leg (Yang channels), around the toes of the foot, and up the inside of the leg (Yin channels). Guide the orbit for several breaths before moving on. If your hands are placed on two different parts of the leg (e.g. ankle and knee) while guiding the orbits, typically you are sending energy up the orbit from the “lower” hand (e.g. the one on the ankle). That said, you may find that the opposite works best for you (i.e. the upper hand sends the energy downward.) Experiment to determine what works best for you.

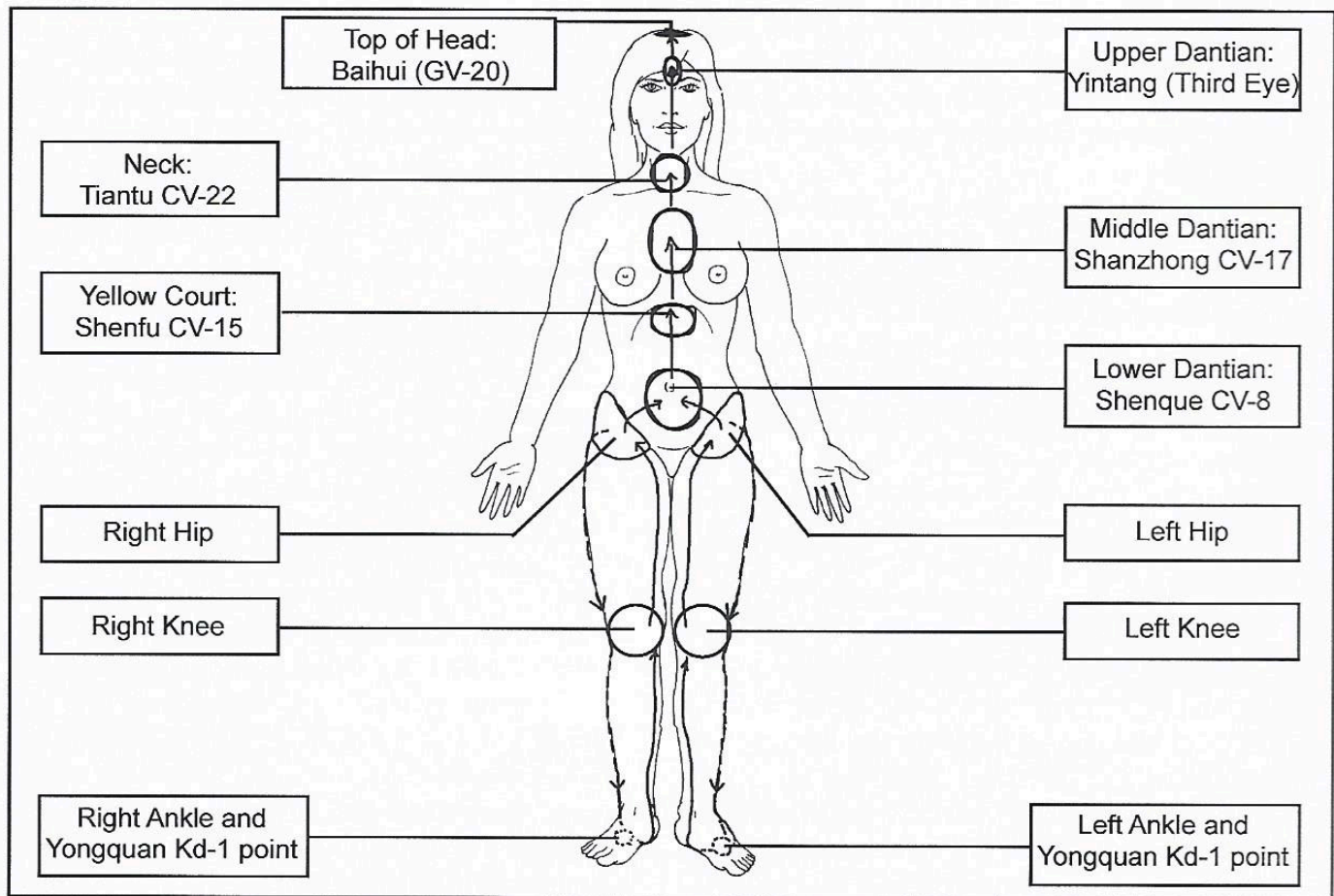


Figure 29.46. Medical Qigong Tonification Treatment

1. If you are beginning the session here and not performing Part 1:
 - a. Perform Part 0 to purge and remove all toxic Qi from the patient's external energy fields.
 - b. Perform the last step in Part 1 above (Tonify Kidneys/Sea of Marrow).
2. Ankles and Feet
 - a. Put your hands alongside the left ankle so that a hand is on each side of the ankle without touching and the fingers point to the patient's head. With this hand configuration, you are covering both the inner Yin meridian area and the outer Yang meridian area. Fill the foot and ankle with blue or white light. "See" a ball of light start to form in the joint.
 - b. Once you get a sense of that area being full, then circulate the Qi around the foot by visualizing it going down the outside of the ankle to the little toe, across the toes to the big toe, back to the heel on the inside of the foot, and around again. Please note that this circulation is not following meridian pathways but is just circulating "meridian free" around the food in general. Maintain the visualization for several breaths.
 - c. Repeat on the right foot.
3. Knees

- a. Staying on the same side of the body put your hands alongside of the right knee in similar fashion as you did with the ankle and fill the area with blue or white light Qi. Keep the intention focused on completely filling the area of the leg for several breaths. Image a ball of light forming in-between both palms.
- b. When that area is full, put your right hand over the inner ankle of the same leg. Continue to emit light into knee and foot and guide the energy in a small orbit down the outside of the leg, around the foot and up the inside of the leg.
- c. Repeat on left knee.

4. Hips

- a. Staying on the same side (left), place the right hand under the ball of the left hip joint until you connect with the sacrum. Place left hand on top of the hip joint with finger tips toward the head. Your two hands will effectively be perpendicular.
- b. Fill hip with blue or white light Qi.
- c. (Optional) Bring left hand to inner knee and circulate the energy down outside of leg, across knee, and up the inside of the leg to the hip.
- d. Bring your top hand over the inside of the ankle and circulate the energy around the entire leg.
- e. Repeat on right hip.

5. Kidneys

- a. Standing on the patient's right side, slide your left hand under Mingmen (GV-4, Gate of Destiny) and right hand on top. Fill the Mingmen with blue or white light. Because Mingmen supplies Qi to the kidneys, this will also fill the kidneys. Feel and see the energy filling the kidneys.
- b. Reach across the patient with your top (right) hand and put your middle finger on the Bubbling Springs (Kidney 1) point on the bottom of their opposite (left) foot as your hand cradles the instep of their foot. Feel the connection between Kd-1 and the kidneys. Emit Qi into the bottom of that foot and circulate Qi around up the inside of their left leg, to the Mingmen, and down the outside of the left leg.
- c. Move your right hand to the right foot in a similar fashion and circulate Qi on that leg from foot to Mingmen.

6. Lower Dantian

- a. Keep your left hand on Mingmen and bring the right hand on or hover over the navel (CV-8. Spirit Palace Gate).
- b. Fill the entire lower dantian and guide the Qi along a small Fire cycle of the Microcosmic Orbit: down the front, across the perineum, up the back to Mingmen, and through the body and back to the front. Maintain this flow for a few minutes.

7. Solar Plexus/Yellow Court

- a. Slide your left hand beneath the Solar Plexus (GV-8 Sinew Contraction point) with your right hand on or hovering over the Solar Plexus (CV15, Shenfu, Spirit Storehouse point). Keep the hands horizontal across the patient's diaphragm in order to avoid making contact with the energy of the patient's heart and the center of their sternum. Emit Qi gently into this area.
- b. Create a small Microcosmic Orbit from the Solar Plexus, down the front of the body, around the perineum, and up the back to the Solar Plexus, then through the body between the hands to begin again.

8. Heart/Middle Dantian

- a. Slide your left hand out from behind the patient and insert it on the spine behind the heart by sliding it between the shoulder and neck. Place left hand under Shendao (GV-11, Spirit Path point) and right hand on/above the heart (on CV-17, Shazhong, Center Alter point). If you put your hand on a female patient's body, turn your hand so your fingers point to their head so it falls between their breasts instead of on top of them. Emit Qi gently into the Middle dantian by imagining a ball of white or pink light forming between both palms.
- b. Create a small Microcosmic Orbit down the Conception Vessel on the front of the body to the perineum and back up the Governing Vessel on the back to Shendao.

9. Throat Area – Heaven's Chimney

- a. Place your left hand behind the neck (on GV14 at C7 area, Dazhui, Big Vertebra point) and your right hand over but not touching the throat (over CV22 at the throat notch, Tiantu, Heaven's Chimney point). Emit Qi in to this are by imagining blue or white light forming between your hands.
- b. Let this area fill with Qi and then guide the Qi circulation through the Fire Cycle of the Microcosmic Orbit from the throat to the perineum and back to the throat.

10. Head/Upper Dantian

- a. Walking behind the patient's head, cradle the neck at the base of the skull with the center of the palm of your left hand just below patient's occipital protuberance (GV-16, Fengfu, Wind Palace point). Apply a slight traction. Place your right hand on top of the head so that your middle finger is softly touching the Third Eye (Yin Tang, Hall of Inspiration) and your thumb is touching the Baihui (GV-20, One Hundred Meetings point). Fill the upper dantian with Qi for a few minutes by forming ball of blue or white light between your palms.
- b. Circulate the energy in the upper dantian, flowing down the face and up the back of the head. You may also choose to run the entire Microcosmic Orbit from this position if you wish.

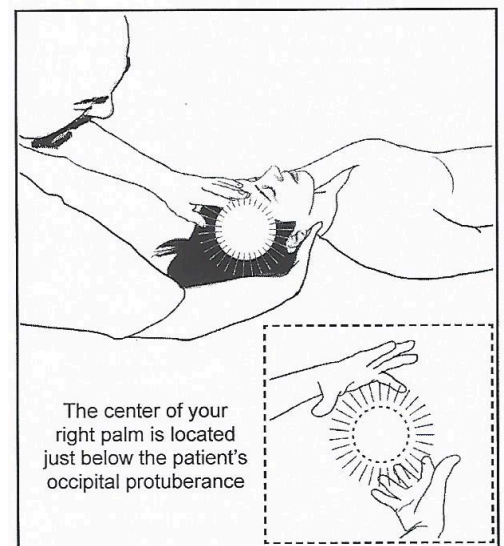


Figure 29.47. Filling the Upper Dantian with Qi

11. Microcosmic Orbit

- a. Return to the patient's right side. Place your right hand under their Mingmen and use your left hand to cradle the base of their

Note: This image has discrepancies from the description. This image from the book uses the opposite hand behind the neck and a different finger for the 3rd eye.

neck. Guide the Qi through the entire Fire Cycle of the Microcosmic Orbit. Direct the energy with your intention and your third eye.

- b. Using your left hand, gather the energy at the navel, 9 time in each direction.

PART 3: Closing

12. Perform the closing procedure.