Thriving Together

The Thriving Foundation

Dancing Qigong:

Healing Your Kidneys & Bladder System, Healing Our Oceans with Love

Dancing Qigong for Healing the Kidneys & Bladder System is in semi-free form. You do not have to follow the movements of the teacher exactly like you normally do in other Qigong practices, or count the number or the length of each movement, as long as you incorporate the following key movements that are especially beneficial for the Kidneys & Bladder System into your dance. Please feel free to dance to the music in your own style. The healing sounds and messages have been integrated into the music. You may dance solo, with a partner, or in a community.

1) To begin, put your **hands on your heart area** with loving thoughts to your heart and then **raise your arms all the way up towards the sky** as you swing your body slowly to the music, while connecting with the Divine Beings and visualizing the Purple Light from Planet Mercury shining upon you. Turn your body slowly in a circle while collecting the energy from Planet Mercury. Then slowly bring your hands towards each other and allow the bases of the palms of your hands to meet, with the hands open like **a lotus flower**. Sway your arms slowly downwards in a continuous **S shape** in front of you while moving your hips with the music. Put your hands back on your heart again with the healing energy from the Divine Beings and Planet Mercury. Now offer the loving energy with your hands and arms opening up to humanity, to the collective Water Body on the planet, and all life.

2) Dance with your hand gently touching along part of the Circulation Sex Meridian Channel on your opposite arm. Start with your right hand at the left shoulder, brushing along the inside of your left arm, out through the middle finger of the left hand. Do the same to the opposite side.

3) Dance like a beautiful **swan**. Open your arms and spread them to your sides, gently dancing with your arms undulating, like a swan.

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4) Put the back of your left hand on your Ming Men acupuncture point, located right between your two kidneys. Bend your knees and scoop the energy water from the Earth with your right hand. Then turn the back of your right hand to your face, and slowly move your right hand to the right with your eyes gazing on the back of your right hand. Imagine the Energy Water coming down from your arms and going all the way down into your kidneys. Do this 3 times as you turn your body to the left. Offer love to the collective Water Body on the planet including the Oceans. Switch hands and do the same movement 3 times as you turn your body to the right.

5) Dance backwards with your hand on the top of your head as if you were combing your hair along the upper part of your Bladder Meridian Channel on your head and back. Do the same with your other hand.

6) Dance along the lower part of your Bladder Meridian Channel downwards and then upwards along your Kidney Meridian Chanel. Start with the back of your right hand on your Ming Men acupuncture point (between your two kidneys), the heel of your left foot on the floor and the toes pointing upward, while bending the knee of your right leg with the right foot flat on the floor. Put the palm of your left hand on your left buttock and press downwards along the back side of your left leg all the way down and then the outer side of your left foot. Move your left hand to the inner side of your left foot and press along the inner side of your left leg upwards while gradually raising your upper body to the starting position. Move your right foot forward and do the same to the right leg with the back of your left hand on your Ming Men and the right hand pressing downwards along the lower part of your Bladder Meridian Channel and then upwards along the lower part of your Kidney Meridian Channel.

7) With the heel of your left foot on the floor and the toes pointing upward, stretch the back of your left leg, while bending the knee of your right leg with the right foot flat on the floor and your hands together in fists in front of your chest. Now open your hands like a lotus flower, then raise and straighten your arms and hands together, stretching your back and torso, first with your feet planted on the

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floor, then lift your right foot and stand on the ball of the right foot. Move your right foot forward and do the same to the right side.

8) Lift your left foot upwards in the back and touch heel of your left foot with your right hand while lifting your left arm. Then lift your right foot upward in the back and touch the heel of your right foot with your left hand while lifting your right arm.

Note 1: Swaying your hips from side to side is very beneficial for your Kidney System. Sway your hips with the rhythm of the music as you please.

Note 2: Foot position: Shifting between your heel (which is connected to your reproductive organs) and the ball of your foot (where the Yong Quan acupuncture point is located) strengthens the Kidneys & Bladder System.

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