Thriving Together

The Thriving Foundation

Dancing Qi Gong:

Healing Your Liver & Gallbladder System, Healing Our Plants with Love

Dancing Qi Gong for Healing the Liver & Gallbladder System is in semi-free form. You do not have to follow the movements of the teacher exactly like you normally do in other Qi Gong 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 Liver & Gallbladder System into your dance. Please feel free to dance to the music in your own style. The healing sounds and messages for the Liver & Gallbladder System 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 liver area** and send love to your liver and gallbladder. Then **raise your arms forward and upward** as you swing your body to the rhythm of the music, while connecting with the Divine Beings and visualizing the Green Light from Planet Jupiter shining upon you. Turn your body slowly in a circle. Now bring your hands towards each other and allow the bases of the palms of your hands to meet, with your 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. Then put your **hands on your heart.** Now offer the loving energy to humanity, the collective Plants on Earth, and all life.

2) Open your arms and spread them to your sides with arms at shoulder height. Dance with your hands and fingers fully stretched (**to stretch the tendons**) with your **eyes on one hand** first and then on the other. Put your right leg behind your left leg, and slowly lower your upper body while dancing. Then slowly raise your upper body and straighten your legs while your arms swing like a swan. Do the same on the other side.

3) Similar to Movement #2 of Qi Gong for the Liver & Gallbladder System, bring the palms of your hands towards each other in front of you, fingers pointing upward. Slowly separate your hands and open your arms to the sides. Repeat the movements as if you had an invisible and flexible ball between your hands. Feel the energy being built up between the palms. In your mind, you may imagine yourself **as a beautiful green plant** opening and closing slowly as you open and close your arms.

4) Turn to the left, **dance like a deer**, with your hands on your head above each ear (part of the Gallbladder Meridian Channel), looking back at your "tail". Then dance in a circle.

5) Raise your left arm. Place the palm of your right hand below your left **armpit,** firmly press straightly down along the left side until you reach your hip and then let go of your hand. Then do the same on the other side.

6) **Jump up** with your right hand touching the outer side of the left leg below the knee (on the Gallbladder Meridian Channel), and then with your left hand touching the opposite.

7) **Dance along your Liver/Gallbladder Meridian Channel**: Bend your left leg, with your right leg straightened in front of your left leg and your right heel touching the floor and toes pointing up, while keeping the backsides of your hands on your lower back. Now raise your left arm, stretch it upward, and move your left arm across your face towards the right side. **With your left hand touching your right buttock, slowly press along the Gallbladder Channel on the right side of your leg, all the way down and off your fourth toe. Then press along the inner side of the right leg upwards along the Liver Channel** while **bringing your upper body up.** Raise your left arm with your left hand in an "OM" gesture and bend your upper body slightly backwards with the right hand staying on your back. Do the same on the other side.

8) **Dance backwards with your hand on the top of your head as if you were combing your hair along the Gallbladder Meridian Channel on your head and neck.** Do the same with your other hand. This can also be a transitional move between various dance movements above.

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