Thriving Together

The Thriving Foundation

Instructions: Thriving Qi Gong for the Kidneys & Bladder System

Before Beginning the Practice

- Please put a **chair** right behind you.
- **Stand** comfortably with your **feet shoulder width apart**.
- Bring the **palms of your hands together** in front of your chest, fingers pointing upward, in a universal prayer position.
- Gently **close your eyes**.
- **Smile** from deep within and connect to a feeling of **serenity** and **relaxation**.
- Think lightly of connecting to **Planet Mercury** and the **Medical Masters** with **love** and **gratitude**.
- Send love and well wishes to Mother Earth, Humanity, all beings, and the collective body of water, for health, beauty, happiness, peace, and harmony.

1st Movement – Singing HU to Connect with the Divine to **Best Prepare for the Qi Gong for the Kidneys & Bladder System**

First, **sit down slowly** in the chair behind you.

HU is an ancient name for God. It is a word people from many lands use to address the Originator of life. Singing HU draws us closer in our state of consciousness to the Divine.

Now close your eyes and take a few deep breaths. Breathe in through your nose, out through your mouth. Breathe in, breathe out; Breathe in, breathe out; Breathe in, breathe out. Next, gently place the palms of your hands on your kidneys (with the right hand on the right kidney and the left hand on the left kidney), with fingers pointing downward. Lightly put your attention to the entire Kidneys and Bladder System by thinking of your kidneys, your bladder, your ears, your hair, each one of your reproductive organs one by one, all of your bones from head to toe including your teeth, and some of your body fluids including your saliva, your mucus, your urine, your semen if you are a man, or your vaginal fluids if you are a woman (basically all of your body fluids except the blood). With your eyes closed, sing HU (pronounced like the word *hue*) as a song of Divine Love. You may notice a feeling of peace, warmth, and comfort. You may also perceive the inner Light and Sound. The Light may appear as bright colors on your inner visual screen. The Sound may be musical or the sounds of nature, such as the wind or the ocean. As you sing HU, the bindings and bands that constrain your Soul may begin to unwind.

Sing HU for 5 to 10 minutes.
Bring the palms of your hands together in front of your chest in a universal prayer position to finish this movement**.**

2nd Movement – Harmonizing Water and Fire (2-3 minutes)

Stand up slowly with your feet shoulder width apart. With the palms of your hands together in front of your chest, fingers pointing upward, slowly turn your trunk back toward the left to its maximum limit. Then slowly turn your trunk back to the center facing forward. Now slowly turn your trunk back toward the right to its maximum limit. Then slowly turn your trunk back to the center facing forward. It is important to keep your hands together and your entire feet on the ground at all times (without lifting your heels).

Repeat this set of movements (from the center to the left, back to the center, then to the right, and back to the center) for a total of 18 sets.

Finish this movement with the palms of your hands together in front of your chest in a universal prayer position, facing forward.

3rd Movement – Cultivating the Kidneys Qi with the Healing Sound "Treeeeeee" (2-3 minutes)

Remain standing. Place the palm of your left hand on your left kidney and the palm of your right hand on your right kidney with your fingers pointing downward. Stroke both kidney areas with a firm but gentle downward motion while loudly making the healing sound "treeeeee". Gently send loving energy to both kidneys and visualize the kidneys getting fuller. Repeat this for 2 to 3 minutes.

Bring the palms of your hands together in front of your chest in a universal prayer position to finish this movement.

4th Movement – Nourishing the Kidneys Qi (3 parts)

First, familiarize yourself with the following acupuncture points: **Bai Hui** is on the top of your head right at the center, **Shi Xuan are 10 acupuncture points** on your 10 fingertips, and **Yong Quan** is on the sole of your foot (at 1/3 of the length of your foot from the toe, right on the centerline). You have one on each foot.

Part 1 (3 minutes)

Remain standing with your arms hanging naturally by your sides. Use a gentle thought to open the **Bai Hui** acupuncture point located on the top of your head. Reverently ask the Ascended Medical Masters to bring the **Celestial Water from Planet Mercury** to this opening. Allow it to flow through your entire body from your head to your neck, your upper body, especially your kidneys, flushing out all toxins, pollutants, and fear downward through your legs, out through the bottoms of your feet, and down into the Earth. **Thank Mother Earth** for taking your

negative Qi, including negative emotions such as fear, and transmuting them into positive energy and emotions such as courage and confidence. Please **do the above only once**.

Now, **sit down slowly** in the chair behind you, with your feet shoulder width apart. Maintain a 90º angle between your thigh and your calf. **Rest your hands on your thighs with the palms facing upward.** Use a gentle thought to allow the **Purple Light from Planet Mercury** to enter your **Bai Hui** point, shining through your head, neck, and upper body, including your kidneys. Store the Purple Light in your kidneys for nourishment. Again, guide the **Purple Light from Planet Mercury** to enter your **Bai Hui** point, shining through your head, neck and upper body, including your kidneys. Store the Purple Light in your kidneys for nourishment. Continue with this for 2 to 3 minutes.

Part 2 (3-5 minutes)

Remain in the same **sitting position**. Think lightly about opening up the **Shi Xuan** acupuncture points on your 10 fingertips. With a single gentle and fleeting thought, guide the **Celestial Water from Planet Mercury** into your body through these 10 points, let it go **up your arms and down your back into your kidneys.** Once it is inside your kidneys, you may feel the circulation of the energy water. Without any mind guidance, allow the range, speed, and direction of this circular movement to take its natural course. Again, guide the **Celestial Water from Planet Mercury** into your body through these 10 points, then allow it to go **up your arms and down your back into your kidneys.** Go through this process for 3 to 5 minutes.

Part 3 (3-5 minutes)

Remain in the same **sitting position.** Think lightly about opening both of your **Yong Quan** acupuncture points located on the soles of your feet. Use a gentle thought to draw the "**energy water" up from the center of the Earth** right into these two acupuncture points. With a single fleeting thought, guide this "energy water" up into your kidneys. You may feel the energy "water" moving in a circular motion inside the kidneys, without mind guidance. Allow the range, speed, and direction of this circular movement to take its natural course. Go through this process for 3 to 5 minutes.

Bring the palms of your hands together in front of your chest in a universal prayer position to finish this movement.

5th Movement – Enhancing Communication between the Heart and the Kidneys (5 minutes)

First, familiarize yourself with the following acupuncture points: **outer Lao Gong** and **inner Lao Gong** on each hand**.** If you fold your middle finger towards the palm of the same hand, the

point where the tip of your middle finger touches the palm is called the Inner Lao Gong. The point on the back of the same hand, directly on the other side of your Inner Lao Gong, is called the Outer Lao Gong.

Remain **sitting.** Gently put your left hand with the **outer Lao Gong** acupuncture point on the back of your **left hand** on your **kidney area**. Simultaneously put your right hand with the **inner Lao Gong** acupuncture point on the palm of your **right hand** on **the heart center**.

Repeat the following four phrases of Universal Love either loudly or silently for 2 to 3 minutes: **"I love you. I am sorry. Please forgive me. Thank you."**

Now **switch hands** (with the back of your right hand on your kidney area and the palm of your left hand on your heart center). Gently close your eyes and relax the mind to nourish your Shen (Spirit). Breathe deeply, slowly, and evenly.

Allow your mind to be completely empty for 2 to 3 minutes.

Bring the palms of your hands together in front of your chest in a universal prayer position to finish this movement.

Closing the Practice - Gather the Qi and return it to your lower Dan Tian:

Stand up slowly. With a gentle thought of gathering the Universal Energy for storage in the lower Dan Tian (in the lower abdomen), extend both arms, with your palms open, bring your arms upward, then inward and downward, and place your hands on your lower Dan Tian below your navel. For men, place your left hand on the bottom; for women, place your right hand on the bottom. Then rub your lower Dan Tian in circular movements 9 times in each direction, clockwise and counterclockwise.

Now rub your palms together until they are fairly warm. **Dry wash your face for 18 times.**

Bring the palms of your hands together in front of your chest in a universal prayer position. Send deep love and gratitude to the Universe, Planet Earth, Planet Mercury, the Medical Masters, and all Divine Beings for the Energy Healing Transmission. Humbly ask the Universal Grand Masters to help you send the negative energy released from this practice to the black hole of the Universe for purification, recycling, and proper management, and to replenish your space, body, mind, heart and soul, with positive energy, light of Great Love, and Righteous Qi.

Thank you! Thank you! Thank you!

Note: Anytime the term "think" or "connect" is used, use only a single gentle thought and then relax your mind for the remainder of the movement.

If standing is challenging to you, you may practice all the movements in a sitting position or visualize doing the practice without making the movements physically.

Updated 1/1/2025