

# THE REMEDY ROUTINES

## Remedy Routine One: Discharging Turbid Substances from the Liver

### Part 1. Preparation.

Stand with your feet as wide apart as your shoulders and pointing straight ahead, knees slightly bent. Let your shoulders relax. Allow your hands to fall at your sides naturally. Place the tip of your tongue on your upper palate, just behind your teeth. Relax the root of your tongue. Smile slightly. Keep your eyes level and open thinking of nothing.

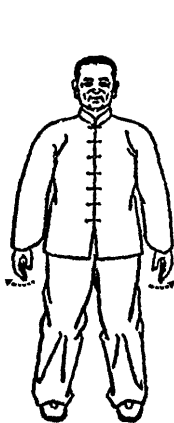
Use your mind to relax your head, your neck, your shoulders, your elbows, your wrist, your fingers, your chest, your stomach, your back, your waist, your hips, your knees, your ankles, your feet, and your toes. Gather qi into your lower *dan tian*. Concentrate your mind on your lower *dan tian* for a little while.

Direct qi from your lower *dan tian* down to *hui yin* (sea bottom) and back up and along *du mai* (governing channel) to *da zhui*. At this point split the qi into two streams and direct it through the middle of the shoulders, down through the arms to *lao gong*.

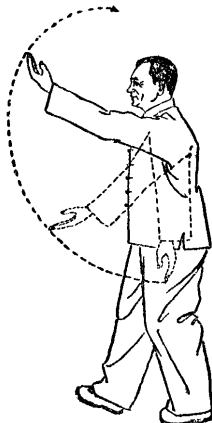
Shift your body weight onto your left leg and place your right foot a half step forward with the heel on the ground and toes up pointing to a tree, some wood, or wooden furniture.

### Part 2. Taking back the qi

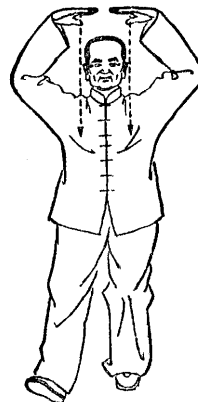
Turn your palms forward and using your shoulders as pivot, raise your arms while holding a ball of outer qi, and then beam it into *bai hui*. Open your chest by spreading out your elbows. With palms down and fingertips pointing at each other, let your hands descend in front of your body guiding qi through your middle channel into *shan zhong* (see figures 214, 215, 216).



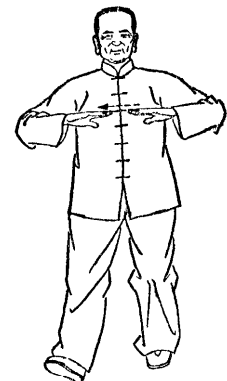
214. Palms forward



215. Beam qi into *bai hui*



216. Open chest, palms down

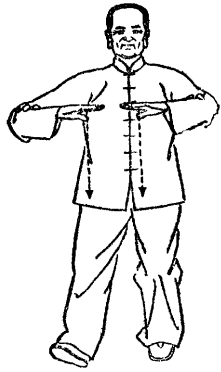


217. Hands move to right chest

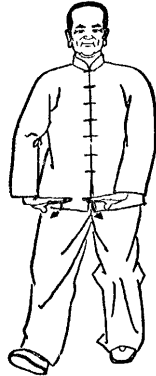
### Part 3. Discharging turbid substance from the liver.

Move your hands parallel to your right chest and then descend along your right side thinking that you are guiding the turbid substance (spent qi) from your liver through the inner side of your right leg. Discharge it out of your body from *da dun* at the inner side of your right big toe to the tree, wood, or wooden furniture. When your hands have descended and become straight, turn your palms facing the tree, wood or wooden furniture thinking the spent qi has been pushed into it. Then allow your arms to fall naturally at your sides (Figures 217 through 221).

## The Remedy Routines



218. Descend along right side



219. Push out turbid qi



220. Palms facing tree



221. Arms fall naturally

If you do it continuously, you should separate your two hands instead of allowing them down, and then push your hands out a bit to draw an arc and raise your hands along your hips and then turn your palms forward and start to do it again.

Note: this routine is designed for those who have hepatitis or liver cancer when they are beginning to learn qigong. If you suffer from a feeling of oppression or your chest is suffocated with qi, you can also use this supplementary method. You may do it continuously from nine times to thirty times until you feel your liver area comfortable. It all depends on the need of the individual, but you cannot do it too many times.