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Increase Energy Exercises

These are some simple exercises to help you increase your energy & help your health & wellbeing.

Massage Kidney points:

The dots shown below, are kidney points that you can massage or lightly tap. They are the areas near & under the collar bones, on both sides. You can also massage the middle of the bottom of your foot with your hand or a small ball, like a tennis ball. Massage these points several times a day to help you gain energy, endurance and to open the kidney channel. You may find yourself naturally doing this if you are standing in place & getting tired, feeling drained, or standing in line for a while.

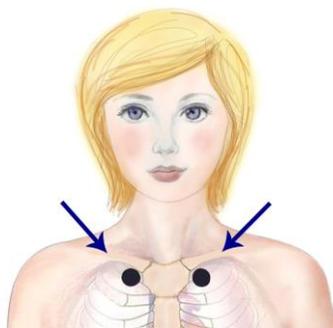


Image created by Colleáyn Klaibourne

Cupping Kidney Exercise.

This is a great exercise to do to help increase energy, strength, and stamina and to keep the energy in your body open & moving. This is great to do when you get tired mid-day. If you are at work, you can do this during a bathroom break. To help give you energy for the evening, after a long day at work, gently cup your kidneys when you get home. Weak kidney energy affects the entire body & can lead to long physical illness. Your legs may feel tired and heavy, you may feel tired throughout the day, and not have the stamina to do all the things you wish to do.

Stand with your legs shoulder width apart, then slightly bend over from the waist. Cup your hands as if you are holding a bit of warm water, then gently cup your kidney area.

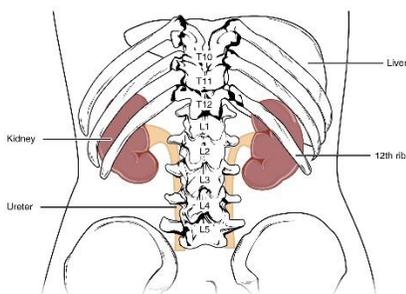


Image source: <http://philschatz.com/anatomy-book/contents/m46429.html>

This is the area around your mid back, under the rib cage and to each of the sides of your spine. Gently cup or massage this area about 25 times. After you are done cupping the area, massage this area with the back of your hands about 10 times. Flip your hands over and massage your

kidney area with the palms of your hands 10 more times. Slowly straighten your body while supporting your kidneys by covering them with your hands. Do twice a day.

Bouncing Exercise.

This will keep the energy in your body open & moving, increases energy and helps digestion & circulation. Stand with your legs shoulder width apart, with knees slightly bent. Simply bounce while keeping your feet flat on the floor. Drop your arms to the side and gently bounce mainly from your knees and hips. Start doing this a few minutes a day then gradually increase up to about 6-10 minutes over time. Do this 1-2 times per day. You can even add this to a daily routine while brushing your teeth or standing in line. This is great to do before you meditate to open your channels and prepare for meditation.

Cup Tailbone

This will keep the energy in your body open and moving. It strengthens one's kidney energy, as well as helps with weight loss, bringing energy into the body, promoting clarity of mind, and reducing mental fatigue. Cupping your tailbone opens the bottom half of the body. This can open the reproductive channels to assist with reproductive wellness, and the healing of prostate cancer and fibrous tumors in the ovaries. It also opens the channels of the lower back, hips, & pelvis.

Stand with your legs shoulder width apart, with knees slightly bent. Bend over from the waist slightly (about 6"). Lean your head and neck forward so there is a slight curve to your spine. Hold your hands in a loose, open fist and pretend you are holding a carrot. While in your bent posture, gently pat your tailbone with an open fist or with cupped hands. Do this several minutes a day.

Cup Sides of Hips

Bend over slightly (as above) & hold your hands in a loose fist with your thumbs tucked into your hands. Cup the sides of your hips for about 30 seconds. This opens the hips, pelvis, legs, etc. and is very detoxifying to enhance your system.

Ear Massage

Gently massage your ears from the top of the ear down to the earlobe several times. This opens the channels in your body, helps to increase energy, and is a great picker upper. This is great to do at a stop sign while driving, taking classes, and to keep you alert in meetings or conferences.

Connect Energy Points

This creates a connection between your front and back channels. This is very balancing, centering and increases coordination.

Put your middle finger in your belly button. (On the outside of your clothes.) Put your other middle finger between eye brows & above the bridge of your nose. Gently press into your skin and pull up until you take several nice deep and gentle breaths. Hold for about 15-20 seconds.

Notice: This information sheet and all learning materials are intended for your education of healthful practices. This information sheet and other learning materials are not intended as a replacement for any medical treatment or therapy by a physician or other licensed health care provider. Rather, this information sheet and other learning materials are intended to broaden your understating of health and wellness and help you to make informed choices of health options. Any application of the information contained in our learning materials is at the readers/student's discretion and sole responsibility.