

two simple meditations to help your kidney-adrenals

Qi Gong Standing

1. Stand with feet parallel, shoulder-width apart
2. Bend knees and waist **slightly** as if about to sit on an invisible chair
3. Lift top of head to elongate spine, tuck chin and shift weight forward **slightly** until weight is over centre of feet
4. Keep eyes half-closed and directed toward the ground ~2 feet in front of you.
5. Relax whole body; only tension should be in front of thighs and spine to hold you up. Relax the rest, and let body weight sink.
6. (optional) Raise arms as if hugging a tree (keep shoulders relaxed)
7. Let thoughts go, focus on breathing in and out of your 'dantian' (2 inches below the navel, between the front and back of your body). Observe any sensations you feel in the dantian area.



Picture credit: http://www.luohan.com/html_uk/ukqg_zhan.html

Notes: If your legs shake, take a break. You can gradually do this for longer. This exercise has many many health benefits. Look up “standing on stake” (there are different variations).

Waking up your Kidneys

8. Assume same standing posture as above.
9. Relax your hands into a half-fist.
10. Gently knock on your back with both hands to 'wake up your kidneys' (at base of the ribcage).
11. Let yourself groan while you do this.
12. Rub hands together (in front of you) to warm and put energy in them.
13. Cover lower back with your hands and breathe the energy into your kidneys.
14. Repeat 6 or 9 times. Best in the mornings!

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'Care for caregivers and changemakers' using acupuncture, nutrition, massage, and meditation.