

CHI MESSAGES AFTER MEDITATION

Head Exercises

1. Rub the ridge of the brow beginning at the nose; hands go up and across your forehead until they pass the temple.
2. Place hands underneath the eyes and rub across your cheeks.
3. Place the thumbs in front of the ears then move the thumbs down to your chin.
4. Place the fingers about an inch away from each side of the centerline of your skull and move the scalp back and forth lightly. Keeping the same line, move the fingers a little further toward the back of the skull and repeat. Keep doing this until you get to the back of the skull.
5. Place the thumbs at the base of your skull and rub the neck downward with the hands.

For the Hands:

Vigorously rub your palms together, then rub the center of your palm with the opposite thumb. Repeat for the other palm.

For the Kidneys:

Make fists with both hands. Place the tops of the fists on your kidneys and rub them with a circular motion.

For the Knees:

Use your open hands to rub around the knees, relieving any stiffness you may have.

For the Feet:

Rub the middle of the bottom of your foot with your thumb, then massage the entire bottom of the foot.

Stretching While Sitting:

1. Turn just the head from side to side.
2. Slowly turn your torso from side to side.
3. Clasp your hands behind your back and thrust your chest as far forward as you can.
4. Rotate your shoulders forward and backward.
5. Intertwine your fingers, palms out; stretch your arms in front of you, then over your head.
6. Release your legs then grasp your feet, stretching the legs.