

**Positive emotions:** *love, joy and happiness*

**Sound:** *HAWWWWWWWWW*

**Stagnant chi color:** *brown*

**Healthy chi color:** *ruby or rose red*

**Position:** Become aware of the heart. Take a deep breath and assume the same position as in the Liver exercise, but tilt slightly to the right. Exhale the sound, "HAWWWWW". Imagine the stagnant chi (murky color) exiting the heart. Expel any negative feeling sensation. When you have exhaled completely, return hands to rest in lap with palms facing up. Close your eyes and smile down to the heart. Visualize a deep ruby red color and the feelings of love, joy and happiness filling your heart. Do this 3 to 6 times.

## **5. SPLEEN EXERCISE**

**Negative emotions:** *worry, unbalanced, self-pity, insecurity*

**Positive emotions:** *balance, safety, centeredness and self-acceptance*

**Sound:** *WHOOOOOOOOOOO (like wind whistling through the eaves or an owl hooting with a slight whistle)*

**Stagnant chi color:** *milky brown* **Healthy chi color:** *sunshine yellow*

**Position:** Become aware of the spleen. Take a deep breath and exhale with a "WHOOOO" as you imagine all the stagnant chi (milky brown color) exiting the spleen. When you have exhaled completely, close your eyes and smile down to the spleen, pancreas and stomach. Visualize a bright happy sunshine yellow color, the feelings of balance, safety, centeredness and self-acceptance filling your spleen. Do this 3 to 6 times.

## **6. BLENDING THE ENERGY FROM ALL ORGANS THROUGHOUT BODY**

**Sound:** *HEEEEEEEEEE*

**Position:** Sit with feet flat on the floor and relax deeply. Raise both arms and hold hands palms down above the head towards the back, fingers almost touching. With eyes closed take a deep breath and softly exhale the sound "HEEEEEEEE". Slowly bring your hands, still close together, in a slow sweeping motion over your head towards the front of it and then slowly descend them down before your face, throat, chest, torso in a wave as if gently pushing the energy in your body down towards your feet. You don't need to lean forward to push down your legs. Just put mental energy flowing from your hands down to your feet as you hold them above your legs at waist height. Do this 3 to 6 times. Excellent cure for insomnia and can be done before falling asleep

Please note: We suggest that you learn Exercise #1 first and when you can do it without thinking about it, progress to #2 a few days later. Continue in this manner, adding the next exercise only when you can do the preceding ones from memory. At the end of a week you should be able to do them all without referring to these notes