



Qi Gong – Tapping

Tapping is a medical Qi Gong exercise that can be done in the morning and evening, or whenever you need to feel invigorated. The vibration moves the chi so you don't hold on to things. The vibrations go through the body opening channels, joints & releases tension. Softness over comes hardness.

Tap lightly at first with the healing center of your inner palms (laogong) to deliver Qi. This brings up the blood to the surface of your skin and then the Qi follows the blood. This tapping method is the ancient way of acupuncture without needles. You are giving yourself a free acupuncture treatment for your whole body. Over time you can tap harder as your body gets accustomed to the tapping. Do not tap so hard as to cause pain.



LaoGong Point on Hand

	<p>Order of tapping</p> <ol style="list-style-type: none"> 1. Raise arm and tap under the armpit and down the side. Then raise the other arm and tap under the armpit and down the side. This affects the heart, spleen and gall bladder meridians. 2. Tap on area 2. Do one side then the other. This affects the kidney, lung and stomach meridians. 3. Tap on area 3. This affects the conception vessel and the thymus gland. 4. Bend over and with both hands using lightly closed fists, tap on the kidney/sacral area and the buttocks. 5. With both hands, tap the hip area then down the outside of the legs to the ankle. 6. With both hands, tap the inside of the leg from the ankles, up to the crotch. 7. With both hands tap the dan tian area, then the stomach. <p>Note: Area 5-7 affects the meridians that go up and down the legs. They are: Spleen, Liver, Stomach, Kidney, Gall Bladder and Bladder.</p>
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