

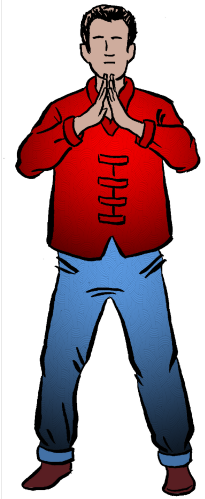
## Closing Movement 4 - Massaging The Laogong

Bring your hands up in front of your chest with your fingertips at the height of your lower jaw. Your palms should face each other.

Keep your wrists separated the width of a fist.

Slowly raise your left hand and lower your right hand. Trace down to your right wrist with your left fingers while simultaneously lowering your stance.

Raise your right hand and lower your left hand. Trace down to your left wrist with your right fingers while simultaneously raising your stance.



Laogong (Pericardium 8) uses in Traditional Chinese Medicine:

Provides cooling in conditions of excessive heat.

Reduces heat in the mouth, assisting in healing tongue ulcers and cold sores from Heart or Stomach Fire.

Cools Ying and blood stage heat. Assists with fevers which damage the Yin.

Cools the blood. Useful for blood in stool or urine, as well as nosebleeds.