

## 4 - Massaging The Laogong

- a. 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. (CM 4.1)
- b. Keep your wrists separated the width of a fist, with your fingertips lightly touching.
- c. Slowly raise your left hand and lower your right hand as your body sinks.
- d. Slowly lower your left hand and raise your right hand as your body rises.
- e. As you do this, feel the qi, as if it were a magnetic field, between the Laogong (palms) of both hands.



CM 4.1

Repeat as many times as desired.



The laogong points in the center of the palms are thought of as secondary dantians. You can imagine qi flowing in and out of these points.