

Qi Gong Exercises for the Lungs

Lung Sound: SSSsssshhhh

Disorders: colds, lu, toothache, asthma, emphysema, depression

1. Start by sitting down, your back straight, hands resting on your thighs, palms up.
2. Slowly raise your arms in front of you, following your hands with your eyes and slowly turning your arms so that the palms end up facing the ceiling. The fingers do not touch.
3. Inhale as you raise your head and look up at the backs of your hands.
4. Exhale as you push your palms toward the ceiling: “SSSssshhhh.” When your breath is fully exhaled, bring your arms slowly down in front of your shoulders, resting them on your thighs, palms up.
5. Breathe normally, close your eyes, and concentrate on your lungs. Repeat the exercise at least three to six times, more if needed.

SSSssshhhh



Emotions: (Metal) Courage, Braveness, Righteousness, Galantry, Clean, Being Able to Hold a Space Without Apologizing, High Self Esteem, Assertiveness

