

## Life Energy in Our Hands and Breath

by Ed Long

16234 NE 29th, Bellevue, WA 98009, USA.

Phone: 425-885-1993 -- website: edlongdance.com/energy.htm

Our seven trillion body cells are largely composed of water and air. In a healthy body **Oxygen** concentration is three times that of air. **Oxygen** content was once 20% of the air people breathed -- now, in some areas, it is down to less than 15%. It is the one thing that vital elements in our body have in common:

*Protein* (nitrogen, carbon, hydrogen, **oxygen**).

*Carbohydrates* (carbon, hydrogen, **oxygen**).

*Water* (33% **oxygen**).

The Lungs rule the *Heart* - the Heart controls the mind. One basis of Qi Gong (the Science of Vitality) is to help strengthen the *Life Force* (Chi -- Ki) by directing the breath throughout the body with *concentration* and *slow movement*. Qi (translating as air energy) can *reduce pain*, help *prevent energy loss* and *stimulate the immune system*. This covers a vast territory in integration of inner/outer *body energy*. SOoo, visualize each breath reaching **every** cell in your body and an integral part of **every** movement.

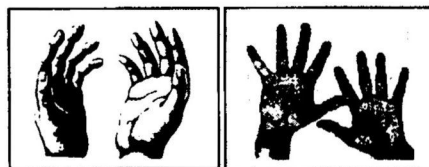
### DAILY BREATH ENHANCEMENT

(Ct 1 inhale, tongue to rugae. Cts.2,3,4 exhale, tongue lowers).

1. **Tap Lung Alarm Points** - (Lu-1), holding exhale for 15 to 30 seconds.
2. **Sound** "SSS Q". Trace **Lung Meridian** shoulder to thumb. Squeeze thumbs.
3. Hold **Neuro-Vascular**-4, 9L, 11. Emotions - "*Humble*"- *Tolerant* - *Self Regulation*".
4. Rub **Neuro-Lymphatics** - Ribs 3, 4 - right T-10 - down on sternum.
5. **Olfactory** activation. Eyes looking downward, say "*Pleasant - Vitality*".
- 6.. **Heart** -Close R nostril, inhale. Close L nostril, exhale thru half-closed R nostril.
7. **Posture/ Muscle** - Clasp hands in front -(activating Deltoids/Coraco//Serratus)
8. **Stretch** increase - reach further toward opposite foot with each exhale. Then, forward to toe touch - (hold NV-10, then NV-11) - lower further each exhale.
9. **Energy** Bow - Lean forward. \* Pull outward on clasped hands. Straighten visualizing **Yin** energy going up to inverted palms pressed overhead. Twist & bend sideward to activate the diaphragm. Then, press hands together and bow forward visualizing **yang** energy going down the back. Repeat 3 times from \*.

**Bonus** - To increase **lymph flow** - **Inhale 7 cts. Hold 28 cts. Exhale 14 cts.**  
(If needed, do 10 repetitions, 3 times a day)

## HANDS



*Lifelines indicate energy and longevity.*

HAND	Hemisphere	Polarity	Pole	Effect
Right	L	positive	S	outgoing - <i>tonify</i> - strengthen
Left	R	negative	N	incoming - <i>sedate</i> - healing

1. *Energy enters L ( - ) and internally exits R ( + ) - Externally it goes R to L.*  
(When handling metal, poison or chemicals, use R hand.)
2. *Tonify* with R palm and back of L hand. *Sedate* with L palm and back of R hand.
3. Place *healing* L palm on the *pain* - place the *drawing* R palm on opposite side.  
(Remove R hand first when both hands are touching).
4. Electrics & Metals (watches, bracelets, rings) stress that hand's brain hemisphere.

		<i>structure</i>	<i>nutritional</i>	<i>emotions</i>	<i>electrics</i>
FINGERS	Thumb	Index	Mid	Ring	Little
	LU	LG	CS	TW	HT SM
R hand	neutral	+	-	+	-
L hand	neutral	-	+	-	+
Emotion	<i>Tolerant</i>	<i>Worthy</i>	<i>Beaming</i>	<i>Buoyant</i>	<i>Secure</i>
Sound	Q	M	J	R	S V

## Hand Preparation (The dominant hemisphere processes 85% of digital function)

1. Wring hands - Rub palms & fgrs - Shake & Clap - Press wrist - Twist each finger
2. Pinch quicks (Lu-Lg-Cs-Tw-Ht-Sm) - Clasp & stretch fgrs - "Ki" Knuckles
3. Lg 4 & "Chi" Pt. - Knuckle Thrust - Exhale into RH - (Look at LH to *sedate*)
4. WING CHUNG - (Shoulder Taps - Wrist Flips - Thumb Twist - Sparkling)
5. MICRO-MERIDIAN BALANCE - (*encircle Base of Thunb & little finger 2nd knuckle*)
6. GENERATOR - RH CW - fgrtips twd & away - Index to ears - L Mid to L eye
7. ADRENALS - R over L - R-L (*Energy balance*) - BSR (*LH rub C 6, RH pube*)
9. ANCHOR - Cone Ears - Hold Pecs - Clasp Wrists - Tent hands

**BREATH HAND POSITIONS** – (*help the brain's respiratory center direct the breath and increase lung capacity*).

1. a) Sit straight – feet flat on floor.  
b) Inhale (ct. 1 - tongue to rugae) – Exhale (cts. 2,3,4 tongue lowers)
2. **Positions** - (*palms on upper thighs*)



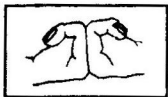
- a) Thumb pad to index nail, 3 straight fingers together  
Breath to **diaphragm** (BL-K) (LU-LG) (Ht-SM)



- b) Fold fingers into the palm  
Breath goes to **ribcage** (GB-Liv) (St-SP)



- c) Squeeze thumb with 4 fingers  
Breath to **upper lobes** (C-Gov) (TW-CS)



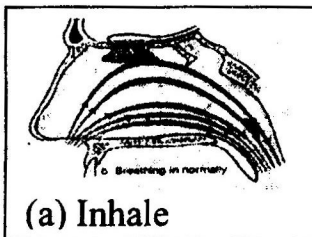
- d) Turn hands over – place knuckles together under Ht A.Pt.  
A complete breath to **all lung segments**  
(Thymus - Skin- Pituitary - Pineal - Hypothalamus)

3) **TWENTY BREATHS**

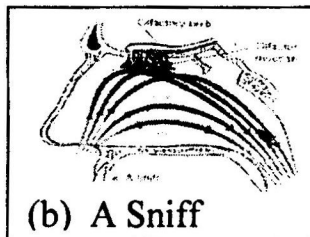
Five full breaths in each position - emphasize each fifth breath.

**A SNIFF** brings air current up to bombard olfactory membrane with odor molecules. On exhale, turbulent air reaching membrane sustains the odor perception

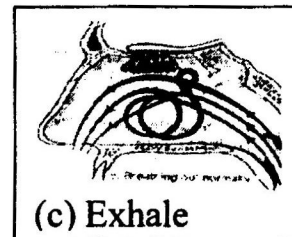
(*The nose is the most erotogenic organ in the body*).



(a) Inhale



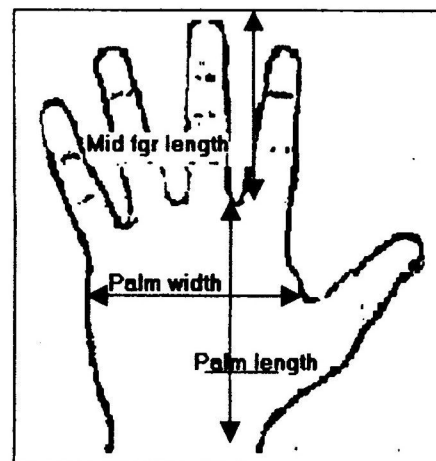
(b) A Sniff



(c) Exhale

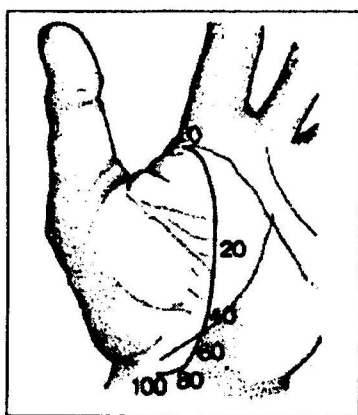
## FOUR MAIN HAND SHAPES CAN REVEAL YOUR PERSONALITY

- 1) **Earth** - **Fingers short. Palm square** – (same width & length).  
*Solid – practical – resists change – reliable – fair – creative – outwardly passive – reacts strongly if goaded.*
- 2) **Fire** - **Fingers short. Palm long.**  
*Easily bored - produces ideas - starts new projects before completing the old ones.*
- 3) **Air** - **Fingers long. Palm square.**  
*Independent- intellectual- eager- organized.*
- 4) **Water** - **Fingers long. Palm long.**  
*Normally quiet - reserved - placid, but is mentally active - needs care and protection.*



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## A LONG LIFELINE EQUALS LONG LIFE



The hands so-called *Life Line* represents the *respiratory* and *digestive* systems. The Lung meridian ends at the thumb - Large Intestine meridian begins at the index finger. The fleshy mound at LG-4 is an important acupuncture point – (the palm side emits "Chi"). Age 20 is the midline. The junction is about age 43.

Jagged, and even broken lines, can be improved and changed through *hand stimulation*, improved *breathing* and a healthy *diet*.