

Ba Gua Leading-Guiding Life Nourishing Nei Gong *Ba Gua Dao Yin Yang Sheng Nei Gong* 導
引養生內功

1. Kidney Breathing for 3-9 breaths
2. Click the teeth 36 times
3. Circle the tongue 9; gather saliva and swallow in three parts
4. Warm Hands; massage sides of nose nine times
5. Press the LI 20 (Ying Xiang) acu-points 9 times
6. Use the fingertips to massage around the eyes 9 times
7. Rub palms and use Lao Gong (P 8) point to warm eyes
8. Wash the face with the palms nine times
9. "Comb" the hair nine times
10. Massage the GB 20 (Feng Chi) acu-points 9 times
11. "Beat The Sky Drum" 18 times
12. Press Du 15 and Du 16 (Feng Fu) 9 times
13. Grasp up and down the nape of the neck several times
14. Massage the ears
15. Rub up and down in front of and behind the ear 9 times
16. Massage Du 14 (Da Zhui)
17. Hold GB 21 (Jian Jing)
18. Stroke down the front of your throat nine times
19. Dredge the chest with interlaced fingers and pulling them outward
20. Rub the right side and left sides of the chest 9 times
21. Stroke the arm meridians 9 times
22. Massage the left and right ribs 9 times
23. Massage Ren 12 (Zhong Wan) with two fingers 9 times
24. Stroke up from the lower ribs up to the chest and then down to Dantian 9 times
25. Massage Dantian in a circle 36 times clockwise and then 36 times counterclockwise
26. Massage the sacrum and the tailbone 9 times
27. Warm Palms and stroke upward from the sacrum to the kidneys 18 times. Hold the kidneys and let the heat of the palms penetrate into them.
28. Rub the knees with the palms, circling outward 9 times and inward 9 times.
29. With the palm center (Lao Gong), massage the KID 1 (Yong Quan) acu-point on sole of each foot 81 times
30. Perform Kidney Breathing 3 times
31. Stand and massage leg meridians 9 times
32. Relax and breathe into Dantian