

Stem Cell Qigong

Begin with yin yang patting. During the entire practice have your awareness on the stem cells being produced in the hip/pelvis and in the bone marrow. Communicate with your original embryonic stem cells that hold the original blueprint for your body. When you pat the body feel the vibration going into the bones. Intend with your heart-mind that the stem cells in the body are following the original blueprint and not the Xerox copy blueprint that is often used as we age. Your body is the hardware and your conscious intention is the software restoring the code to it's original state of production. When you finish yin yang patting, begin to do sacral breathing connecting the sexual energy at the bottom of the spine [sacrum/tailbone] with the pineal gland. Do this for 1-3 minutes. Next do the hip rotation with the palms on the kidneys. Let the warm chi of your palms give the kidneys a nice soothing warm bath of energy. Smile into the kidneys. Do at least 6 rotations in each direction slowly. While you are doing this movement and the hula hip movement to follow, communicate, speak in your mind, with the stem cell factory in the hip/pelvis/sacrum. Think of yourself as the boss of the stem cell factory, and you have been on vacation for 3 years seeing the world and you come back to the factory and notice that the quality control of making stem cells is not what it should be. Your body has become sloppy due to lack of a proper instruction set to keep stem cell production running at the highest quality. While you are doing the hip rotations talk to the workforce and remind them that quality is paramount. Only use the original blueprint for every new stem cell...the one that was use when you were in the womb. Be kind and smile, thanking everyone for the great teamwork.

Next make a light fist and begin at the left of the navel. Inhale and hold your breath while hitting in an ever increasing spiral around the navel to cover the entire area of the small intestine. Exhale and stop hitting. Only hold your breath for a period that is comfortable. Repeat this 3 times. Then make a fist and follow the pathway of the ascending colon up to the right from the navel area, across the transverse below the diaphragm and down the descending to the left side to the navel. Hold your breath as you do this movement also. While you are doing these 2 movements, speak in your mind, with the newly born stem cells in the abdominal area as the general who is in charge of boot camp training. Make sure all the stem cells are strong and ready for their assignments to become heart valve cells, brain cells, etc.

Next we will place our attention on the Ileocecal Valve. There is a valve on the other side also so we will do both. Place your palms [The valve is located about halfway between the belly button and the hip bone] on the valves and push in and pull up while you inhale and then exhale at the end of the movement. Repeat 3 times.

Finish with spiraling 36 times in each direction at the lower dantian. If you have constipation spiral only right to left. If everything is too loose spiral only left to right.