

BERNADETT GERA QIGONG

FINGER QIGONG PRACTICE

Exercise 1 (page 54): Finger Bending

Do the individual movements described below in quick succession and only stretch out the mentioned fingers.

Your thumb holds down your other fingers or stays on your palm as you stretch your fingers. Your fingers stay touching each other with no space between fingers.

Place your hands in front of your body and stretch your index fingers up (1), stretch your middle fingers up (2), stretch your ring fingers up (3), stretch your pinky fingers up (4), and stretch your thumbs up (5).

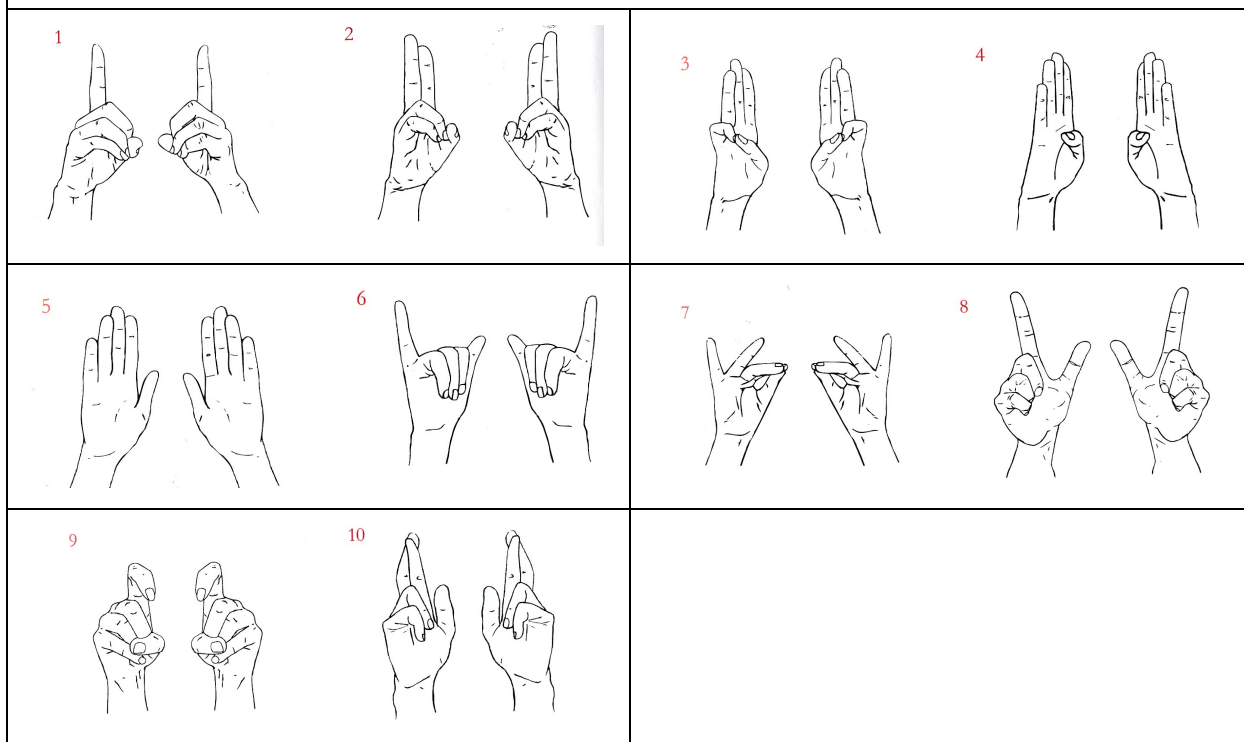
Holding your index, middle, and ring fingers down, stretch your pinky fingers and thumbs up (6).

Touch your index and middle fingers to your thumb while holding your ring and pinky fingers up (7).

Bend your middle fingers, ring fingers, and pinky fingers as you stretch your index fingers and thumbs (8).

Hold your middle fingers, ring fingers, and pinky fingers down with your thumbs as you bend your index fingers at the first and second knuckles (9).

Wrap your middle fingers around your index fingers (10).



Exercise 2 (page 56): The Butterfly

Hands in front of your body, palms together.

Bend your pinky fingers over, placing your right pinky finger on the outside of your left pinky finger and then placing your left pinky finger on the outside of your right pinky finger.

Repeat 36 times.

Repeat with your ring fingers, middle fingers, index fingers, and thumbs.

Hands in front of your body, palms together.

Repeat each movement 36 times.

Bend your pinky fingers and your ring fingers, then your middle fingers, then index fingers, and then your thumbs.

Bend your ring fingers and your middle fingers, then index fingers, and then your thumbs.

Bend your middle fingers and your index fingers and then your thumbs.

Bend your index fingers and your thumbs.

Hands in front of your body, palms together.

Repeat each movement 36 times.

Bend your pinky fingers, ring fingers, and middle fingers.

Bend your pinky fingers, middle fingers, and index fingers.

Bend your pinky fingers, index fingers, and thumbs.

Hands in front of your body, palms together.

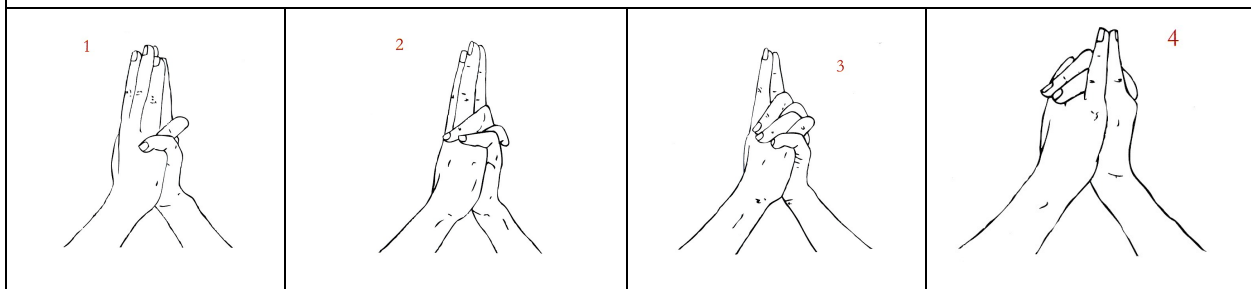
Keep your pinky fingers straight as you bend your ring, middle, and index fingers and thumbs.

Keep your ring fingers straight as you bend your pinky, middle, and index fingers and thumbs.

Keep your middle fingers straight as you bend your pinky, ring, and index fingers and thumbs.

Keep your index fingers straight as you bend your pinky, ring, and middle fingers and thumbs.

Keep your thumbs straight as you bend your pinky, ring, middle, and index fingers.



Exercise 3 (page 57): Palm Press

Hands in front of your body, palms together, fingers upward, with forearms horizontal to the ground.

Exhale: Press palms together.

Inhale: Release the tension.

Repeat for a total of nine times.

Exercise 4 (page 58): Raise Fingers

With this movement, try to only move the specified finger. Keep all other fingers straight and touching the fingers next to them. This will create friction between your moving finger and the fingers next to it.

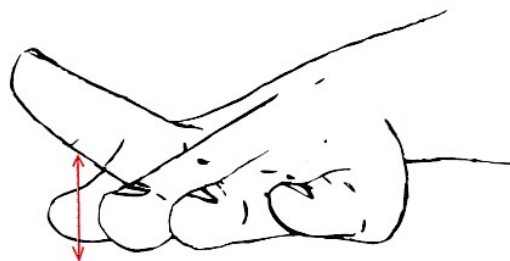
Place your hands palms down on a flat surface, fingers next to each other.

Move your thumb up and down for a few minutes, rubbing it along your index finger. This helps with concentration and restlessness and has a positive effect on your stomach and intestines.

Move your index finger up and down for a few minutes, rubbing it along your middle finger. This movement helps with anger and has a positive effect on your brain, liver, and gall bladder

Move your middle finger up and down for a few minutes, rubbing it along your ring finger. This help with sadness and has a positive effect on your spleen.

Move your ring finger up and down for a few minutes, rubbing it along your pinky finger. This helps with sleep and coughs and has a positive effect on your lungs.



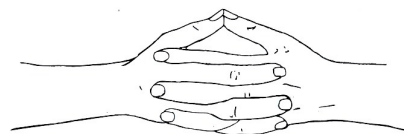
Exercise 5 (page 58): Cross Fingers

Round your arms in front of your body at chest level with fingers interlocked, thumbs pointed upward with thumb tips touching.

Exhale: Press your thumbs tightly together, feeling tension in your arms and upper body.

Inhale: Relax your thumbs without losing contact with your thumb tips.

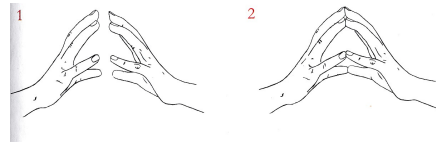
Repeat a total of nine times.



Exercise 6 (page 59): The Rubber Ball

Round your arms in front of your body at chest level with your fingertips touching.

Tap your fingertips together 36 times.



Exercise 7 (page 59): Circle Your Thumb

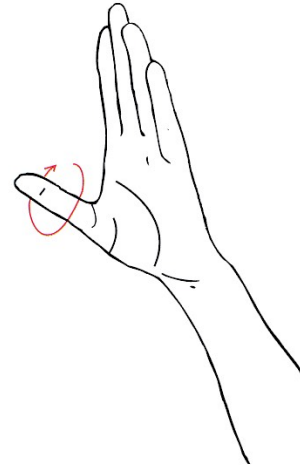
Hold your hands in front of your body, palms facing, fingers upward.

Circle your thumb from outside to inside.

Repeat for a total of 49 times for men and 36 times for women.

Circle your thumb from inside to outside.

Repeat for a total of 49 times for men and 36 times for women.



Exercise 8 (page 60): Three Servant Lower Their Heads

This movement is good for strengthening your cardiovascular system.

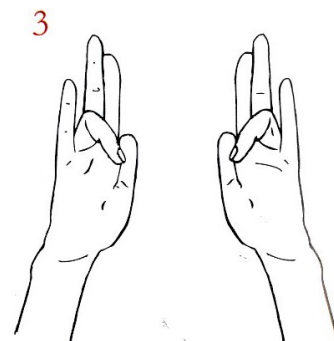
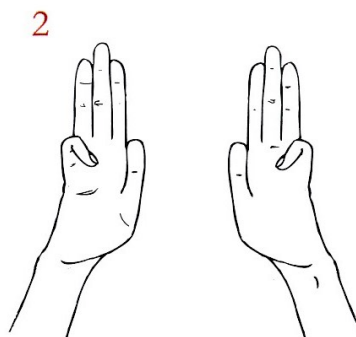
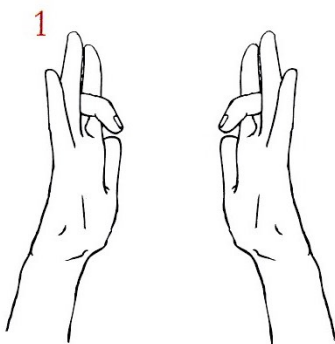
Hold your hands in front of your body, palms facing, fingers upward.

Bend your middle finger at the second knuckle and then straighten.

Bend your pinky finger at the second knuckle and then straighten.

Bend your ring finger at the second knuckle and then straighten.

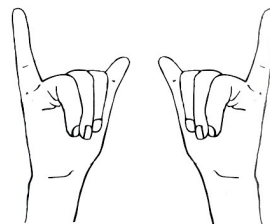
Repeat for a total of 49 times for men and 36 times for women.



Exercise 9 (page 60): Sniffing Deer

Bend your index, middle, and ring fingers at the same time.

Repeat for a total of 49 times for men and 36 times for women.



Exercise 10 (page 60): Massage Middle Finger

This movement is good for circulatory problems.

Apply a slight pressure from the fingertip of your middle finger to your palm using your thumb and index finger of the opposite hand. For people with high blood pressure, massage from the palm to the fingertip.

Massage the middle finger of each hand 81 times.



Exercise 11 (page 61): Bend Fingers and Toes

Bend your ring and pinky fingers and squeeze your toes.

Repeat 60 times.

Exercise 12 (page 61): Play Elephant Trunk

This movement is good for strengthening the liver.

Hold your hands in front of your body, palms facing, fingers upward.

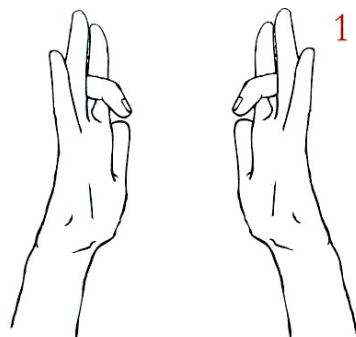
Bend your middle finger for a total of 49 times for men and 36 times for women.

Raise your hands to chest level and hook your middle fingers. Men do left over right and women do right over left.

Inhale: Pull your arms outward.

Exhale: Relax your arms back inward.

Repeat a total of 49 times for men and 36 times for women.



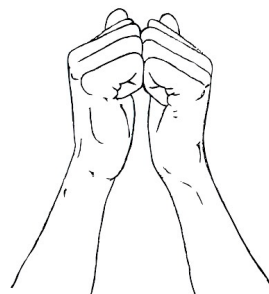
Exercise 13 (page 62): Knock Fingers

This movement is good for strengthening the Triple Warmer.

Hold your fists together in front of your body, middle knuckles touching, thumb side by side on index fingers.

Lightly knock the middle knuckles together.

Repeat a total of 36 times.



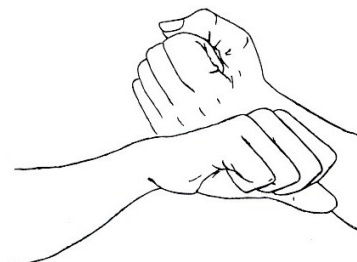
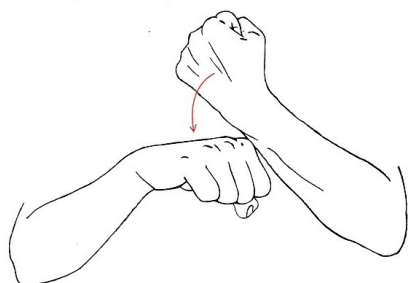
Exercise 14 (page 62): Knock Back of Hands

This movement stimulates the energy points, which helps arthritis. It also strengthens the Triple Warmer meridian.

Make loose fists and knock the back of your hands together.

Repeat for a total of 36 times.

Repeat with the other hand on top.

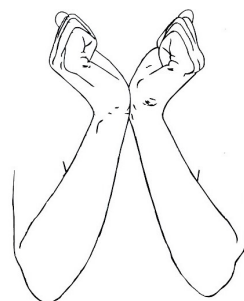
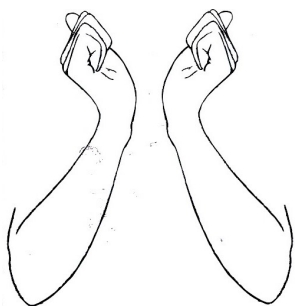


Exercise 15 (page 63): Knock and Rub Wrists

Make loose fists and knock the insides of your wrists together, both hands upward.

Repeat a total of 36 times.

Rub your wrist together for a few minutes by moving your hands in opposite directions, both hands upward.



Exercise 16 (page 63): Fist Exercise

Make a loose fist and place your thumb over the ring finger of the same hand.

Hold for about 15 minutes, three times a day.

For negative emotions, breathe out as you tighten your fists and breathe in as you loosen your fists. Do this ten times and then gently shake out your hands.

Exercise 17 (page 64): Knock Lao Gong Point

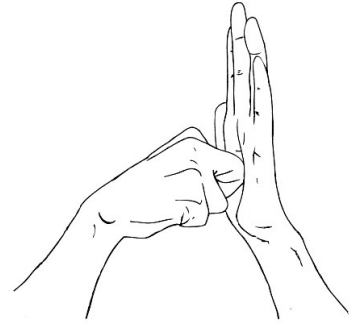
This movement stimulates and strengthens the heart and circulatory system.

Form a fist with one hand and knock into the middle of your other hand with the second knuckle of your middle finger.

Repeat for a total of 36 times.

Repeat for other hand.

Press the thumb of one hand into the middle of your other palm at Pericardium 8, Lao Gong, for a few minutes. Repeat for other hand.

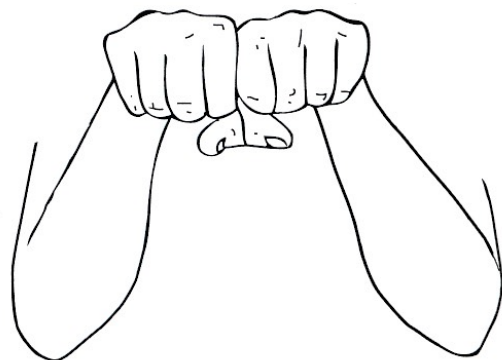
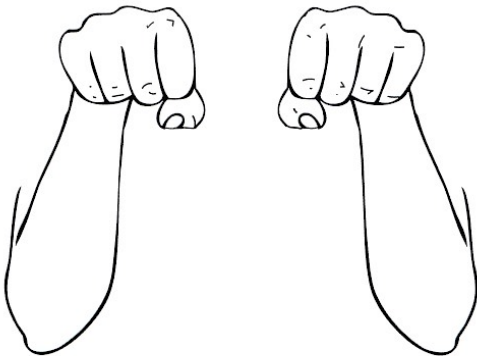


Exercise 18 (page 64): Knock the Rim of the Cup

This movement has a positive effect on the lungs and large intestines. The lung meridian is stimulated with this movement. It also stimulates energy points Lung 10, Lung 11, and Large Intestine 1.

Roll your fingers into fists and knock the insides of your fists together along your index finger and thumb.

Repeat for a total of 36 times.



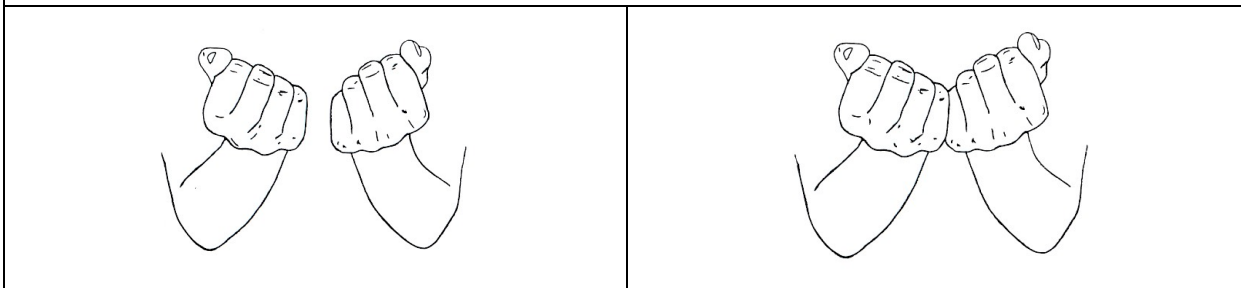
Exercise 19 (page 65): Knock the Bottom of the Cup

This movement stimulates the Du Mai meridian. The Du Mai meridian is one of the first three meridians that are formed in the fetus and it is the most Yang. The stimulation applies especially to the first three energy points of the meridian. The first point establishes a connection to the Rei Mai meridian. The third point is effective in yang-dominated conditions such as hyperactivity.

This movement also stimulates the first seven points along the small intestine meridian which helps back pain, inflammation of the coccyx, and poor digestive health. It also stimulates the energy point Heart 8 which helps with memory and poor sleep.

Roll your fingers into fists and knock the outsides of your fists together along your pinky fingers.

Repeat for a total of 36 times.



Exercise 20 (page 66): A Window Made Up of Four Fingers

Place the tip of your right index finger on the tip of your left thumb and the tip of your left index finger on the tip of your right thumb. Your index fingers and thumbs spread out in a L-shape forming a rectangle with your thumbs along the top and bottom and your index fingers along the sides, right thumb on top.

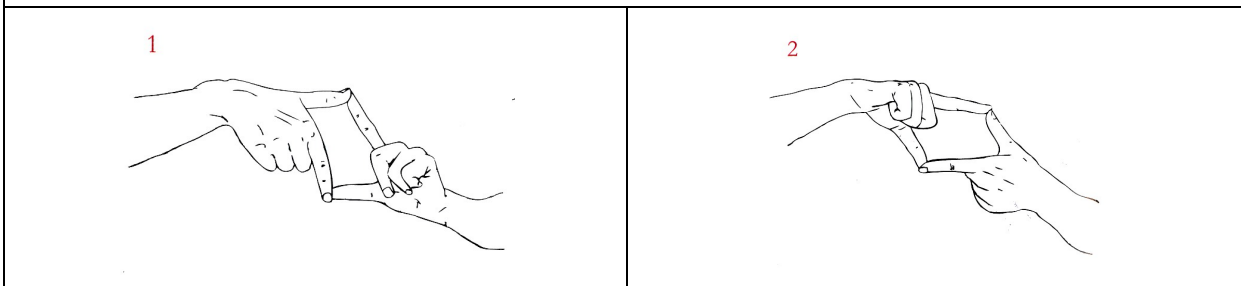
Spread your hands apart and rotate your wrists 180 degrees, ending with your index fingers and thumbs spread out in a L-shape forming a rectangle with your index fingers along the top and bottom and your thumbs along the sides, right index finger on top.

Repeat quickly for a total of 36 times.

Repeat with middle fingers and thumbs.

Repeat with ring fingers and thumbs.

Repeat with pinky fingers and thumbs.



Exercise 21 (page 66): Circling Middle Fingers

In TCM, the middle finger is often associated with sexual energy. This movement can be used to strengthen genital organs and stimulate sexual strength and circulation.

Circle your middle fingers individually or together nine times clockwise and six times counterclockwise. Can be increased to 36 times clockwise and 24 times counterclockwise.

Pull on each of your fingers, keeping the other fingers loosely stretched.

Exercise 22 (page 67): Start Game

Spread your fingers and fold your hands so that your fingertips touch each other, thumb to thumb, index finger to index finger, middle finger to middle finger, ring finger to ring finger, and pinky finger to pinky finger.

Circle your pinky fingers around each other ten times inward and then ten times outward. Do not let your other fingers move.

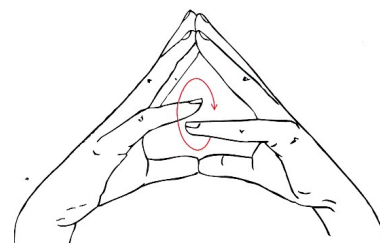
Repeat circling ring fingers.

Repeat circling middle fingers.

Repeat circling index fingers.

Repeat circling thumbs.

Repeat whole sequence two more times.



Exercise 23 (page 67): Press Your Fingers

This movement helps with concentration.

Spread your fingers and fold your hands so that your fingertips touch each other, thumb to thumb, index finger to index finger, middle finger to middle finger, ring finger to ring finger, and pinky finger to pinky finger.

Exhale: Press your fingers together tightly.

Inhale: Relax your fingers without losing fingertip contact.

Repeat for a total of 36 times.



Exercise 24 (page 68): Bend Fingers

This movement is great for strengthening the brain and improving concentration.

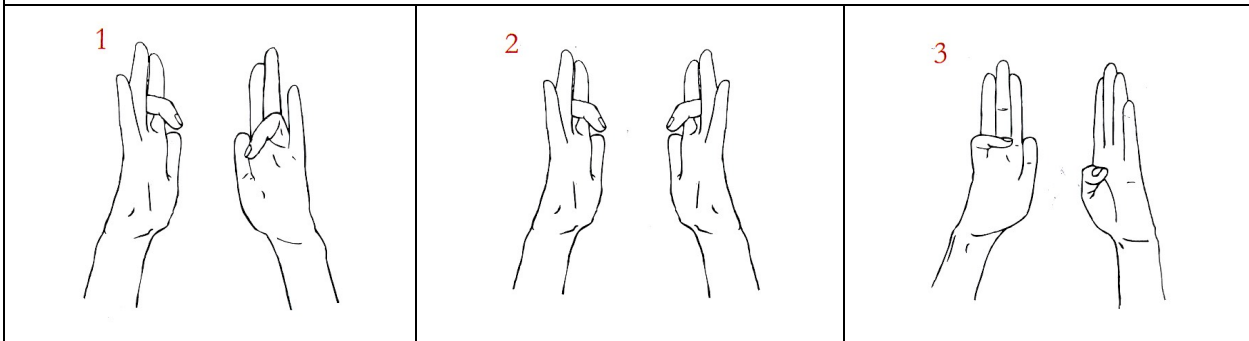
This movement is different for men and women. Corrections for men are given in the parentheses.

Bend your left (right) ring finger and right (left) middle finger and then straighten both fingers.

Bend the middle fingers of both hands and then straighten both fingers.

Bend your left (right) ring finger and right (left) middle finger and then straighten both fingers.

Bend your left (right) thumb and right (left) pinky finger and then straighten both fingers.



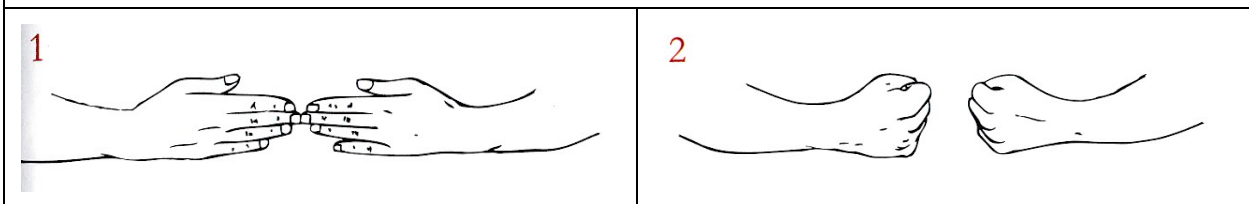
Exercise 25 (page 68): Flap Your Wings

This movement is good for the cardiovascular system and can be combined with Exercise 17.

Round arms in front of body at chest level, palms inward, middle fingertips touching.

Exhale: Keeping hands at the same height, form fists so that your middle fingers press slightly into your palms.

Inhale: Open your hands so middle fingers touch again.

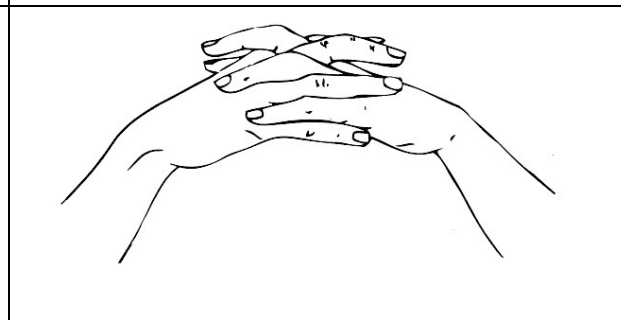


Exercise 26 (page 69): Clasp Hands

This movement stimulates the energy points of the eyes and ears.

Interlock your hands together.

Repeat for a total of 36 times.



Exercise 27 (page 69): Tiger Mouth Kiss

This movement has a strengthening effect on the lungs and large intestine. Do not do if pregnant.

Tiger Mouth is the area between the thumb and the index finger. Women start this movement with the right hand on top and men start this exercise with the left hand on top.

Knock your Tiger Mouth areas together.

Repeat for a total of 36 times.

Repeat, switching which hand is on the top and which hand is on the bottom.



Exercise 28 (page 70): Press Tiger Mouth

This movement is good to do right before going to bed if you have trouble going to sleep. It is also helpful for colds, asthma, hay fever, sinus complaints, gas, and pain. Do not do if pregnant.

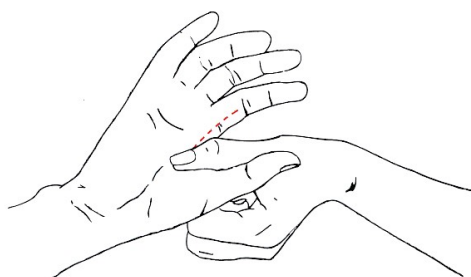
Pain in this area indicate a problem with your large intestine. Hold the point for up to 10 minutes. For acute pain in this area, make small circles.

Imagine a continuation of the outside centerline of your left index finger and grasp it with your right index finger and thumb between your left index finger and thumb, thumb on top.

Exhale when you exert pressure and inhale when you let go.

Repeat with your other hand.

Repeat with index finger on top.



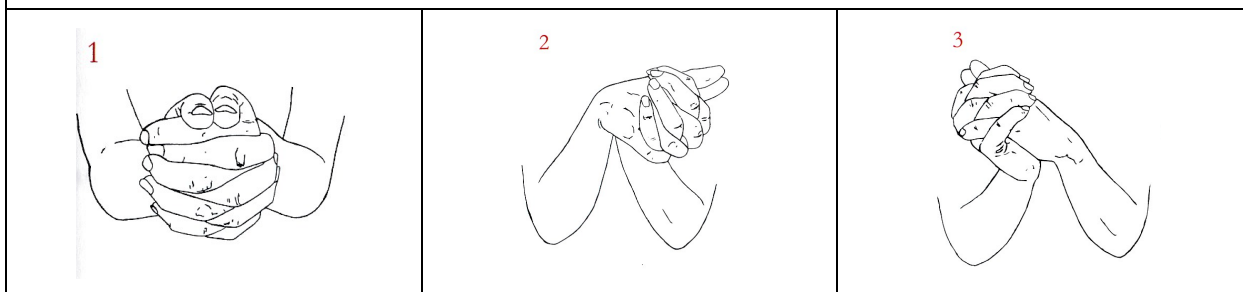
Exercise 29 (page 71): Circle Wrists

This movement opens the wrists and allows energy to pass through the meridians in this area. It also stimulates energy points Heart 6 and 7, Pericardium 7, and Triple Warmer 4.

Round your arms in front of your body at chest level and interlock fingers, palms touching, thumbs parallel to each other on index fingers.

Women start in a clockwise circle while men start in a counterclockwise circle.

Circle your interlocked hands 8 times in one direction and then 8 times in the other direction. Can be increased to 36 times with practice.



Exercise 30 (page 72): Turn Twice, Pull Once

This movement is one of the most direct methods for stimulating the meridians in the hands. The heart and small intestine meridians are strengthened by the pinky finger, the Triple Warmer meridian by the ring finger, the pericardium meridian by the middle finger, the large intestine meridian by the ring index finger, and the lung meridian by the thumb. This movement also stimulates the energy points Heart 9, Small Intestine 1 and 2, Lung 11, and Pericardium 9.

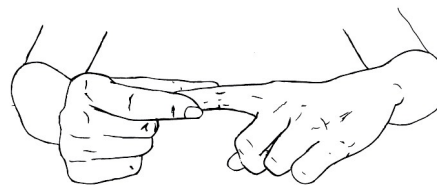
By gently pulling and moving, this movement loosens muscles and joints in the hands. It also relieves tension in the fingers and helps with neck pain, osteoarthritis, and rheumatic diseases.

Grasp your right thumb with your left index finger and thumb and turn it ten times away from your body and ten times towards your body.

Gently pull your right thumb.

Repeat with right index finger, middle finger, ring finger, and pinky finger.

Repeat with left hand.



Exercise 31 (page 73): Hand Massage

Press your left thumb firmly into the middle of your right thumb nail and then into the outer thumb nail fold.

Grasp your right thumb laterally with your left thumb and index finger. Rub the inside edge of your right thumb all the way up to your wrist with your left thumb. Repeat for all your finger of your right hand. Repeat two more times.

Rub along the inside of the first knuckles starting on the inside edge of your thumb to the outside edge of your pinky finger.

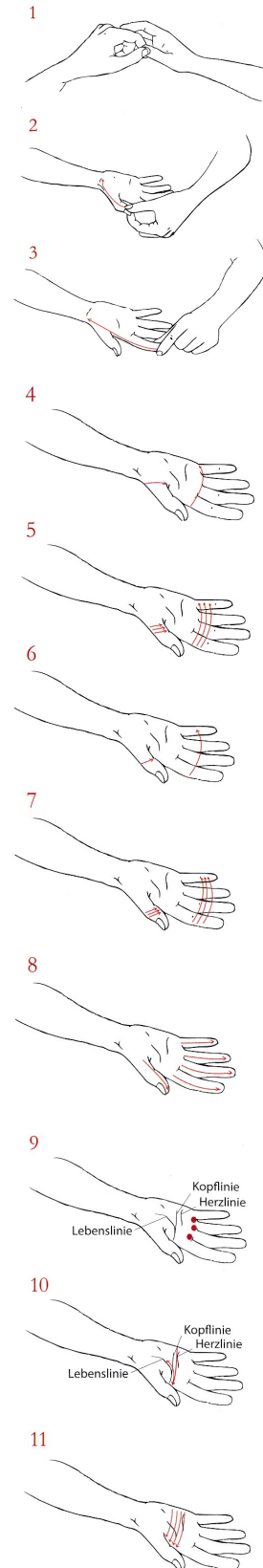
Rub along the bone between the first and second knuckles starting on the inside edge of your thumb to the outside edge of your pinky finger. Rub in three lines to cover the whole area.

Rub along the inside of the second knuckles starting on the inside edge of your thumb to the outside edge of your pinky finger.

Rub along the bone between the second and third knuckles starting on the inside edge of your thumb to the outside edge of your pinky finger. Rub in three lines to cover the whole area. Repeat two more times.

Rub the center of you right thumb from your first knuckle to the fingertip with your left thumb. Repeat for all your finger of your right hand. Repeat going from fingertip to first knuckle.

Pluck the areas between your index finger and middle finger, your middle finger and ring finger, and ring finger and thumb with your left thumb and index finger. Repeat two more times.



Exercise 32 (page 75): Snap Fingers

This movement stimulates the initial and end points of the meridians in the hands.

This movement goes along with Ayurvedic teachings that assigns a certain element to each finger. The thumb is connected to fire, the index finger to air, the middle finger to sky, the ring finger to the Earth, and the pinky finger to water.

Place your index finger on your thumb nail and snap your thumb 36 times.

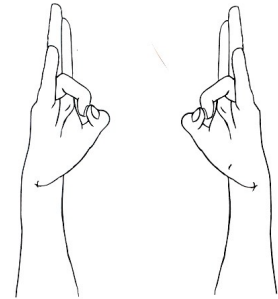
Place your thumb on your index fingernail and snap you index finger 36 times.

Place your thumb on your middle fingernail and snap your middle finger 36 times.

Place your thumb on your ring fingernail and snap you index ring 36 times.

Place your thumb on your pinky fingernail and snap your pinky finger 36 times.

Repeat with other hand.



Exercise 33 (page 77): Thumb Taps on the Fingers

Tap your right index finger tip with your right thumb one time.

Tap your right ring finger with your right thumb two times.

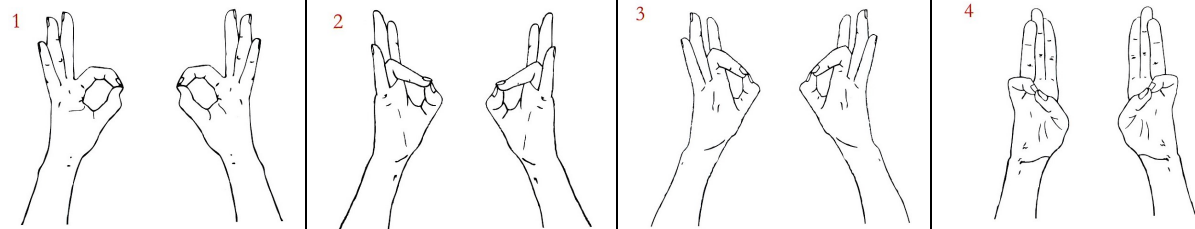
Tap your right middle finger with your right thumb three times.

Tap your right pinky finger with your right thumb four times.

Repeat for a total of 16 times.

Repeat for a total of 8 time with your left hand.

Repeat with end of thumbs touching the middle of your fingers, not the fingertips.



Exercise 34 (page 78): Moving Prayer Posture

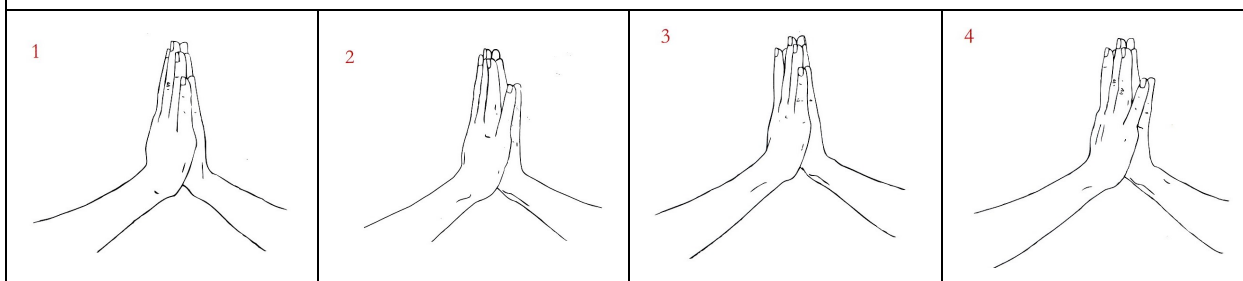
This movement is good for your brain health. It requires the opening of the heart, small intestine, and large intestine meridians. In this movement, there is the idea that a connection is created between your Yin side, your pinky fingers, and your Yang side, your index fingers.

Hold your hands at chest level, palms together, fingers upward, elbow outward.

Move your pinky fingers outward, away from your other fingers without moving your other fingers. Repeat for a total of 36 times.

Move your index fingers towards your body without moving your other fingers. Repeat for a total of 36 times.

Move your pinky fingers outward and index fingers inward without moving your other fingers. Repeat for a total of 36 time.



Exercise 35 (page 79): The Apple Falls from the Trunk

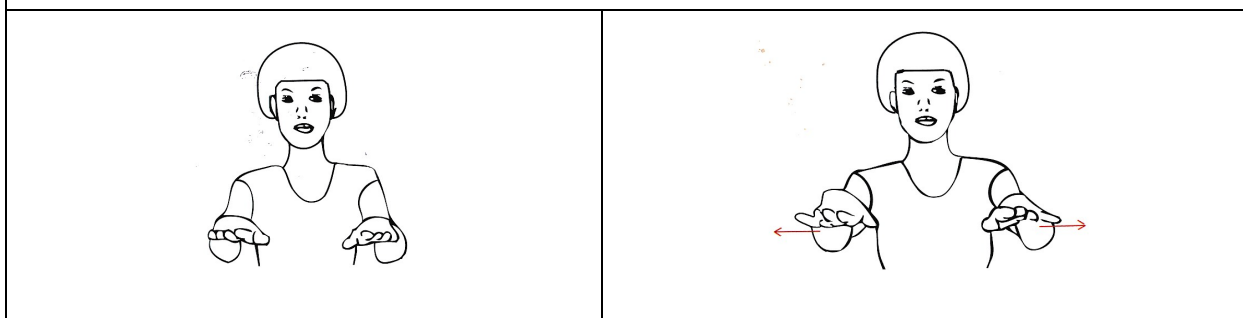
This movement is good for constipation.

Feet shoulder width, hands in front of body at chest level, palms downward, fingers touching.

Bend your knees slightly as you spread your pinky fingers outward.

Straighten your knees as you bring your pinky fingers back to your other fingers.

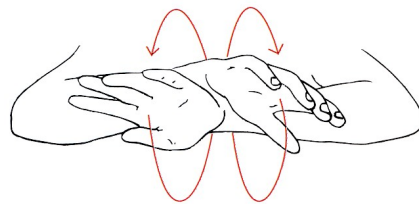
Repeat for a total of 49 times for men and 36 times for women.



Exercise 36 (page 79): The Bird Spreads its Wings

This movement stimulates the heart 6, heart 7, pericardium 7, and triple warmer 4 energy points. It also opens the elbow joints which are energetically connected to the knee joints.

Cross your hands at your wrists and circle your hands 36 times forward and 36 time backwards.



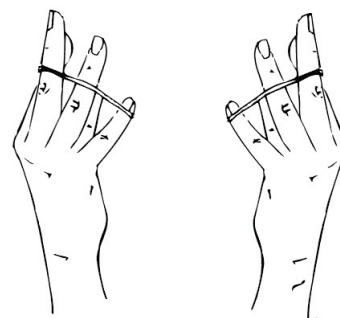
Exercise 37 (page 80): The Blood Opens

This movement supports the strength and flexibility of your fingers and supports the opening of your wrist.

Place a rubber band around all of your fingers of each hand and stretch the rubber band apart. Spread your fingers like a flower and hold the tension for a few seconds.

Start with 3 repetitions and work up to 36 repetitions.

This movement can also be done one hand at a time.



Exercise 38 (page 80): Balance Out Yin and Yang

This movement is great for improving concentration and brain health.

Raise your hands to chest level with your palms facing inward, fingers upward.

Starting with your left pinky finger, slowly roll each of the fingers of your left hand into a light fist.

Rotate your left fist so your knuckles face forward and your wrist faces down.

Starting with your index finger, slowly open each of the fingers of your left hand. Your fingers now point upward with your palm forward.

Rotate your open left hand so your palm faces inward (1).

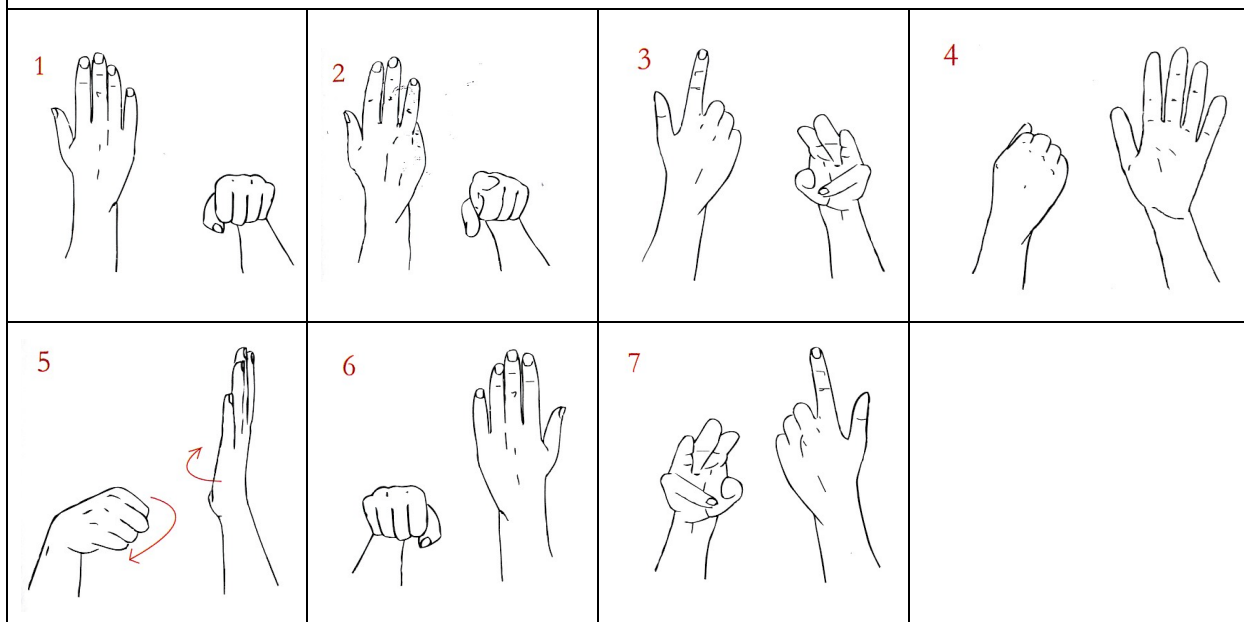
Starting with your left pinky finger, slowly roll each of the fingers of your left hand into a light fist.

Rotate your left fist so your knuckles face forward and your wrist faces down.

Starting with your index finger, slowly open each of the fingers of your left hand as you slowly roll each of the fingers of your right hand into a light fist, starting with your right index finger (2-3). Your left hand should be open, palm outward, fingers upward and your right hand should be in a light fist, knuckles inward (4).

Rotate your right fist so your knuckles face forward and rotate your left hand so your palm faces inward (6-7).

Repeat several times with your hands doing the same movement at different times. Try to go faster and faster.



Exercise 39 (page 81): Spread Fingers

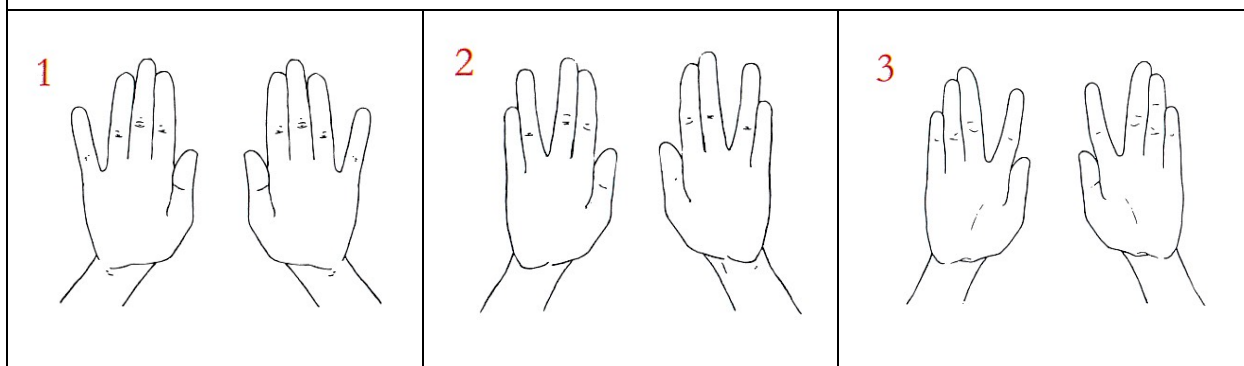
Extend your hands out in front of your body, palms forward, fingers upward and touching.

Spread your pinky fingers out to the sides, keeping all other fingers still. Bring your pinky fingers back in.

Spread your ring fingers and pinky fingers out to the sides, keeping all other fingers still. Bring your ring fingers and pinky fingers back in.

Spread your middle fingers, ring fingers and pinky fingers out to the sides, keeping all other fingers still. Bring your middle fingers, ring fingers and pinky fingers back in.

Repeat a total of 36 times.



Exercise 40 (page 82): The Mole Looks Out of Four Holes

This movement is very good for training reaction and coordination skills. It is also very good for brain health.

Stretch out your right thumb and left index finger.

Stretch out your left thumb and right index finger while lowering your left index finger and right thumb.

Stretch out your right thumb and left index finger while lowering your right index finger and left thumb.

Repeat several times and increase your speed over time.

