

# Qigong Self-Massage Basics

**Qigong** (pronounced *chee-gong*) is traditional Chinese exercise with a history of over 5,000 years. This energy work was developed to build and enhance the circulation of **qi**\* in the body to optimize its natural capabilities. When qi is blocked or insufficient, we experience illness and pain.

Qigong self-massage is an easy and effective form of qigong that can be performed anywhere a person feels comfortable. As qigong requires no special clothing or accessories, it can be practiced anytime you need a self-care break — before a big meeting, during a bout of pain from an injury, managing daily stress or just for optimal health. Your Chinese medicine practitioner may also prescribe qigong as part of your treatment plan to build on acupuncture, herbs or massage that you are receiving. This self-massage qigong form comes from the Liu family, taught by the highly respected Master Liu He and Dr. Liu Dong.

Here are the first few steps of qigong self-massage to get you started. Feel free to modify as you find necessary. Spend as much time as you would like on each part of the massage.

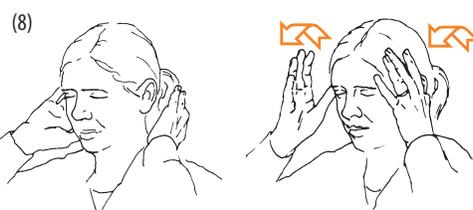
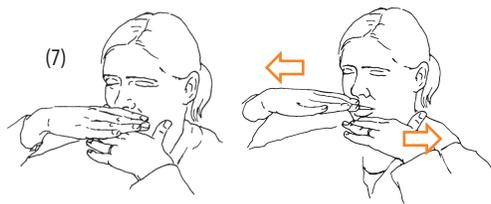
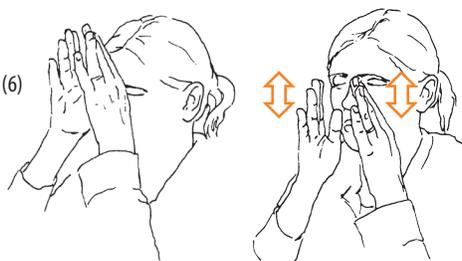
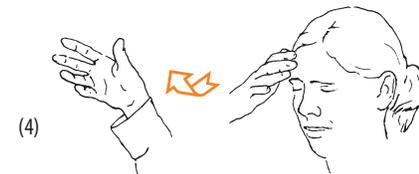
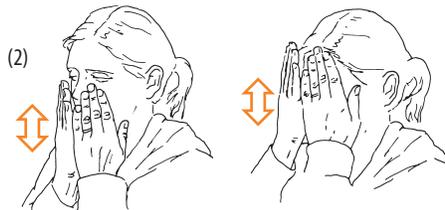
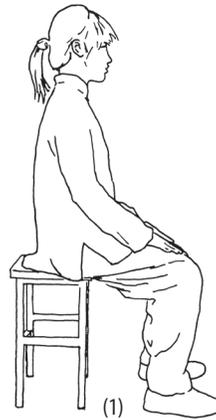
**Each step begins with warming up your hands by rubbing them together to generate qi, and each step will end by shaking off the residual qi to cleanse your hands before starting on a new part of the body.**

(1) In a seated position, begin by noticing your breath. Close your eyes and bring your attention inward. When you feel centered, rub your palms together for a few seconds — this generates qi.

(2) Run your hands over your face as if you were cleansing it. When you feel ready, shake your hands off as if they were wet to release the “used” qi that has built up.

(3) Next, move to the scalp, run your fingers through your hair moving from front to back. Be sure to include the middle, sides, and around the ears. Finish by shaking off.

(4) Warm your hands, then, using your left hand, wipe your forehead moving from right to left and then “discard” what you have collected to the side with the flick of your wrist. Repeat on the opposite side using the right hand. Continue as many times as you like.



(5) Rub your hands together, then include the eyes by simply placing your palms over your eyes, open or closed. Shake off your hands.

(6) Warm your hands again, then, using the outer part of your thumbs, rub along the sides of your nose at the same time.

(7) Next, rub your hands together, then place your index finger sideways above your upper lip. Repeat this on the opposite side as well with the other hand, positioning your index finger sideways below your lower lip. There should be one finger above your mouth and one finger below it. At the same time draw your index fingers back and forth across these spaces to create warmth. Then shake off your hands.

(8) Rub your hands together and hold your hands an inch or two away from your ears. Begin moving them around your ears in a circular motion.

Finally, take a moment to check in with yourself. If you are experiencing pain or tension in your body, “charge” your hands again by rubbing them together and simply place your hands over the affected area, inviting it to relax. Qigong is a playful and subtle practice, enjoy it!

\***Qi** (pronounced *chee*) is an East Asian term whose meaning changes with context. In medicine, qi can mean breath, a substance which flows through the acupuncture meridians, or the vital movements necessary and present in every living system.



Oregon College of Oriental Medicine graduates lead the way in health and healing. For more information about our master's degree program in Portland, Oregon, contact us at [admissions@ocom.edu](mailto:admissions@ocom.edu) or visit us online.

**ocom.edu**

*The science of medicine, the art of healing®*

*The information in this pamphlet is for educational purposes only. It is not intended to be a substitute for professional medical advice. The reader should always consult a primary health care provider with questions regarding a medical condition or treatment plan.*