

## Qi Gong and High Blood Pressure, Part II

Published in *New Health Digest*, February 2007 issue

Traditional Chinese Medicine looks at hypertension (high blood pressure) as being related to Liver and Heart energy imbalances and stagnation. Diet and exercise can go a long way toward alleviating these issues. In last month's article I discussed diet changes that could be made to reduce stagnation and cleanse and improve the cardiovascular system. This article will cover the specific Qi Gong techniques that work best to help with this.

There are two very effective exercises, the Liver and Heart Sounds, from an ancient form of Qi Gong called the Six Healing Sounds. These exercises date back to the 7<sup>th</sup> century B.C. and improve our health by releasing out stagnant energy as well as stuck emotions from our bodies. Do the Liver Sound first as many times in a row as feels comfortable and then do the Heart Sound next for as many times as feels good. Repeat these two exercises three times per day.

### Liver Sound

Sit on the edge of a chair or your bed. Place your palms facing up on your lap, elbows out slightly and away from your body. Keep your back straight and relaxed and your chin in slightly. You can have your eyes closed or opened slightly.



Begin the posture by bringing your hands out from the sides of the body. Stretch them out as far as they will go while keeping the elbows bent slightly and the shoulders relaxed. Continue to raise the hands up until they meet over the head. Interlock the fingers and turn the palms over to face the ceiling. Stretch slightly up with your right shoulder and lean to the left side. This should allow you to feel a gentle pulling on the right side of your body where your liver is. Look up and **open your eyes wide at this point in the posture.**

Liver Sound  
“Tshhh”  
(lean to left)

Exhale and make the following sound. “Tshhh” like water hitting a very hot frying pan. As you breathe out and make the sound, picture anger coming out of your liver with the sound. When you have finished the sound, relax and inhale. Release your hands, turn them palm down and lower them slowly in front of your body down to your lap and place them palm up on your lap. Relax and imagine kindness growing in your liver as well as a bright green color filling it up. Relax as long as you want and repeat as many times in a row as feels good.

**Lisa B. O’Shea Certified Qi Gong Therapist and Instructor**

Qi Gong Institute of Rochester 595 Blossom Rd. Ste. 307 Rochester, NY 14610  
(585) 377-2044 Toll Free: (877) 346-4017 [www.Qigongrochester.com](http://www.Qigongrochester.com)

## Heart Sound

The Heart Sound posture is almost the same as the Liver Sound, but you will be stretching to the opposite side and you don't have to have your eyes open for the sound.

Start with your palms face up resting on your lap. Begin the posture by bringing your hands out from the sides of the body. Stretch them out as far as they will go while keeping the elbows bent slightly and the shoulders relaxed. Continue to raise the hands up until they meet over the head. Interlock the fingers and turn the palms over to face the ceiling. Bring the left shoulder up and lower the right shoulder, leaning to the right side. This should allow you to feel a gentle pulling on the left side of your body where your heart is in your chest.

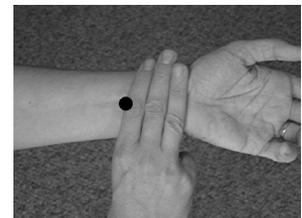
Exhale and make the following sound "Haaaaw" from the back of your throat. The sound is as if you were going to say the word "haw" but you just blow out while your mouth is shaping the word. As you exhale, feel the emotion of hastiness, impatience, anxiety, or cruelty leave your heart. Pick whichever one of these emotional states makes sense for you right at that moment. After you have finished the sound, straighten up and relax. Breathing normally, release your hands, turn them palms down and lower them slowly in front of your body back down to your lap and place them palms up on your lap. Relax and feel the emotion of peace, love, sincerity, or honesty grow in your heart, whichever one you feel most connected to right then. Relax as long as you want and repeat as many times in a row as feels comfortable.



Heart Sound  
"Haaw"  
(lean to the right)

## Blood Pressure Acupoint:

There is a very effective meridian point, called Nei Guan, that is quite useful for helping to regulate blood pressure, whether it is too high or too low. The point is on the inside of the forearm near the wrist. You can find this point by holding the first three fingers of your opposite hand against the crease where the wrist bends. The width of these three fingers away from where the wrist bends is where the point lies in the center of the inside of the arm. The point is on the same place on both arms and you can use either side. Hold the point gently as you breathe slowly and evenly. You may recognize this as the same point that helps with nausea. The point works by improving energy circulation around the heart area. Use this point several times throughout the day, always using a very light touch on the point.



**Lisa B. O'Shea Certified Qi Gong Therapist and Instructor**

Qi Gong Institute of Rochester 595 Blossom Rd. Ste. 307 Rochester, NY 14610

(585) 377-2044 Toll Free: (877) 346-4017 [www.Qigongrochester.com](http://www.Qigongrochester.com)