

# Week 10: Kidney Cleansing Exercise

YIN ORGAN: KIDNEY

YANG ORGAN: URINARY BLADDER

COLOR: BLUE OR BLACK

DIRECTION: NORTH

The Kidneys are said to control our overall constitution, health, and longevity. They store the *Jing Essence*, which is derived from the pre-heaven qi at the time of conception. The health and well being of the kidneys sets the foundation for the overall balance of all the other organs. The Kidneys are related to the Water element, and they work together with the Urinary Bladder, skeletal system, reproductive system, including the testes and ovaries, and the endocrine system, including the adrenals, pancreas, hypothalamus, thyroid, pituitary gland, pineal gland, and thymus. This system is most active during the hours of 3 PM — 7 PM (Bladder 3—5 PM; Kidneys 5—7 PM). The kidneys store the negative emotions of fear and shock and the positive virtue of gentleness.

## KIDNEY MERIDIAN:

The Kidney Meridian starts at the inferior aspect of the small toe (Bubbling Spring, KI1), runs across the sole of the foot, then emerges along the arch of the foot where it circles behind the inner ankle and passes through the heel. From there, it ascends the medial side of the lower leg to the medial side of the knee crease, and goes upward along the innermost aspect of the thigh, entering the torso near the base of the spine. One branch connects internally with the kidneys and bladder, and from there emerges to the surface of the abdomen above the pubic bone running upward over the abdomen and chest, ending at the clavicle.

## THE MOVEMENT:

Start with the feet spread a little wider than shoulders' width apart. Roll the tip of the tongue back to the soft palate on the roof of the mouth. Place the back of the left hand on the back, covering the right kidney. Bring the right arm up in front of the face, palm out, about eye level. Gazing at the back of the right hand, inhale, move the arm in a circle to your right, and begin bending at the waist, allowing for a scooping action to take place as the palm moves across in front of the legs, at the lowest point of the circle. Continuing this circular action, inhale again, bringing your palm and body back to the beginning position. Do this exercise several times, then switch and do the left.

