

Week 25: Wrapping the Waist

Wrapping the Waist helps to stimulate the Kidneys and an acupuncture meridian called the Belt Vessel. This meridian is the only horizontal vessel in the body. Beginning at the Ming Men point, this vessel encircles the waist like a belt, dipping down into the abdominal region anteriorly and running across the lumbar region posteriorly. It connects with three Gall Bladder points (GB-26, GB-27, and GB-28), crossing the Conception Vessel at CV-4. Many sources say that it connects with the Zhang Men point (LV-13) on the Liver meridian (below the free ends, between the 11th and 12th ribs). It binds, joins, and controls all the channels of the body, exerting an energetic circulation of the body's Governing and Conception Vessels. Medical Qigong schools teach that the Belt Vessel circle wraps the entire body, like an enveloping cocoon, flowing from the feet to the head. By stimulating the Kidneys with this practice, you help to increase your body's energy.

- From the standing Wu Ji posture, melt down front, back, and center.
- Imagine that the roots from the Bubbling Spring points (KI-1) connect to the center core of the Earth.
- Simultaneously, connect with the Divine from the Crown Point (GV-20).
- Start shifting the weight in the legs back and forth. As this occurs, make sure that the hands and arms are completely relaxed. This will allow for them to swing freely.
- As the arms swing laterally, the knuckles of the hands will pat the Kidneys opposite the navel.
- The hands in the front will stimulate the waist and the channels connecting to the neck and shoulders.
- Finish by Pulling Down the Heavens three times.