

# *Immune System and Circulation Booster*

## *Qi Gong Ear Procedures*

By Christine Inserra PT

**MOVEMENTWISE**  
**Spring 2012 Article**

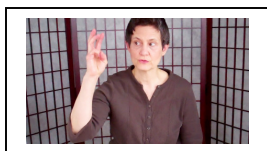
**773 338-5016**

The following 6 procedures are my attempt at sharing with you a quick, simple way to boost your immune system function, improve your whole body circulation and possibly assist you in regulating your blood pressure. These procedures can be found in Dr. Baolin Wu's book, *Qi Gong for Total Wellness*, which I highly recommend for those interested in Qi Gong.

These procedures take me all of 5 minutes as I lie in bed in the morning and can be repeated several times a day if you are not feeling well or if you feel chilled. Keeping your ears warm is very important to keeping the whole of you warm and these procedures do just that.

Performing them daily for two weeks will make your ears less sensitive to the first procedure, which is initially painful. This is one of few situations in which you must endure some pain for final gain. Be sure you don't have your eyeglasses on, as the earpieces interfere and make it even more painful. See accompanying link for a video demonstration.

Give it a try!



1. Scrape your thumb on the top of the fingernail of your pinkie finger, with a kind of flicking off motion. Do the same with each finger till you finish flicking your index finger. Then switch and flick your thumbnail off the bottom of the index finger. Once you can flick all five fingers with good coordination then hit the fleshy top front of your ear rather firmly, starting with the pinkie and ending with the thumb. Repeat this 3 times for a total of 15 flicks! Now practice flicking with your other hand and when you are able do it easily, flick your other ear, all 5 fingers 3 times. I suggest doing one ear at a time, unless you become very coordinated. Your ears should get warm.



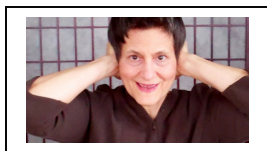
2. Using your fingers like a brush, sweep them forward starting on your scalp behind your ears, bending the whole ear forward quickly and repeatedly. Here it is easy to do both ears at the same time, 18 strokes.



3. Squeeze the rims of your ears, starting at the top where they attach to the scalp. Do both ears at the same time, using your thumb and index finger to pinch repeatedly along the rim until you get to the lobe, then squeeze and pull down. Do this 9 times.



4. Massage as much of your ear as you can starting at the top and work your way down. Working both ears at the same time, put your index finger inside your ear as you grab the base of your ear with your thumb in the back. Massage the ear between your fingers, being sure to pull and bend the ear attachment to your scalp. Don't hold back; pull, bend and make the ears pliable. When you get to the lobes, pull and stretch them down. Do this 9 times.



5. Place the heel of your hands on your ears, fingers facing each other on the back of your head. Gently apply pressure and release the suction. Do this 9 times.



6. The final procedure is done sitting up. It is called *beating the heavenly drum* and has the effect of keeping the area of the first cervical vertebra supple. Keep your hands over your ears and place both middle fingers on the base of the skull. Set each of your index fingers atop the adjacent middle finger and snap them off, simultaneously, onto the soft spot at the first vertebra. Do this 9 times. There you have it!

Do let me know if these procedures are helpful to you or if you have any questions.

