



Written Description for: Section 6, Lesson 3

# Filling the Organs with Qi: A Vital Energy Cultivation Practice

## 1. Preparing the Body and Breath

- Take a comfortable seated position with the spine straight.
- The mouth is closed, so that you are breathing in and out through the nose.

## 2. Directing Qi to the Heart

- Close the eyes. Begin to smile to your heart. Breathe in, smile to your heart, breathe out, feel the heart smiling too.
- Do this for a few breaths.
- Then, while smiling to the heart, breathe in and fill the heart with the lightness of the breath.
- As you exhale, feel that quality of lightness permeating further into the heart.
- Repeat for several breaths.

## 3. Directing Qi to the Lungs

- Then take your attention to your lungs.
- Inhale, smile to the lungs; exhale, feel the lungs smiling back.
- Repeat for a few breaths.
- Then, while smiling to the lungs, breathe in and feel the lightness of the breath filling the lungs, As you exhale, feel the quality of lightness sinking further into the lungs.
- Repeat for several breaths.

## 4. Directing Qi to the Liver

- Then take your attention to your liver.
- Inhale, smiling to the liver; exhale feel the liver smiling back at you.
- Repeat for a few breaths.
- Then, while smiling to the liver, breathe in and feel the lightness of the breath filling the liver; as you exhale, feel the lightness settling deeper into the liver.
- Repeat for a few breaths.



## 5. Directing *Qi* to the Spleen/ Pancreas

- Then take your attention to the spleen and pancreas.
- Inhale, smiling to that part of your body; exhale, feel the spleen and pancreas smiling back.
- Then while maintaining that smile to those organs, breathe in, and feel the lightness of the breath filling those organs.
- As you exhale, feel the breath settling into those organs.
- Repeat for several breaths.

## 6. Directing *Qi* to the Kidneys

- Then take your attention to your kidneys. Inhale, smiling to your kidneys; exhale, feel the kidneys smiling back at you.
- Repeat for several breaths.
- Then, while smiling to the kidneys, breathe in, feel the lightness of the breath filling the kidneys; as you exhale, feel the breath descending further into the kidneys.
- Repeat for several breaths.

## 7. Integrating the Energy

- Once all organs have been filled with *Qi*, take a few deep breaths and bring your attention to your entire body as one unit.
- Inhale, feeling the lightness of the breath expanding throughout the body.
- As you exhale, allow any residual tension or stagnation to dissolve, leaving you feeling light, refreshed, and deeply nourished.
- Repeat for several breaths.

## 8. Closing the Practice

- Gently place your hands over your lower *tan tien* and take a few deep breaths into the *tan tien*.
- Feel the *Qi* settling into your core, storing energy for later use.
- When you feel ready, slowly open your eyes, bringing this sense of vitality and balance with you into your day.