



Do you have difficulty keeping your fingers or toes warm? Do your knees feel tight when you get up from using your computer, or first thing in the morning when you move out of bed? Can you bend over slowly and touch your toes or get somewhere near them with your fingers? Maybe you get slightly dizzy when you make a movement quickly?

A 96 year old woman was on television yesterday. Why was she there? She was doing the daily exercise routine she uses to stay well. All the exercises involved keeping her circulation healthy. Prone on the floor she did leg lifts, bicycle legs in the air, fast arm punching and more. She was cheerful and looked as bright and alert as a 60 year old.

You might like to emulate her and also include the tips below.

You rely on your energy to circulate the blood flow through the heart and the body. In Qigong the "Sea of Blood" is energy that flows through channels to the arteries, vessels, capillaries, and the tissues of the major organs. When your energy depletes with stress, emotions, and other ways, the flow of life giving energy, blood and body fluids becomes stagnant. This stagnation means the blood flow is slowing and essential nutrients the blood and fluids need are slowed also. The circulation relies upon the flow from your heart being warm, even, and balanced.

Good energy, blood, and fluid circulation is vital for the healthy functioning of your brain. The brain needs good oxygenated blood to provide its energy and fluid flow. The brain is 2% of your body's weight and needs 20% of available oxygen. Lack of circulation can lead to migraine headaches, seizures, and changes in capacity.

Many studies have shown in Qigong and Traditional Chinese Medicine that the movement of chi (energy) is vital in moving blood, along with the physical movement through the heart and vascular system.

1. Shaking to Energize.

This is a personal favourite of many people and they vouch it gets their day started in a positive way. It clears your upper body including sinuses, nostrils, brain, and lungs. It strengthens the lower half of your body plus balances energy flow through all of your body as it oxygenates blood and muscles.

Best done early morning, and can be done anytime during the day to energise your circulation and other areas.

- *To build and balance you circulation spend several minutes 'shaking'.*
- *Stand with feet apart, knees slight bent and shake your arms as though they were a string of sausages.*
- *Relax and allow your legs to also move in rhythm with your arms.*
- *Breathing: Natural inhale through the nose and gentle exhale through the mouth.*
- *Think or imagine energy coming up from the earth into your arms, legs, and body.*
- *Do for 1-5 minutes.*

2. Body Slapping. Body slapping sounds unpleasant. It isn't. It unblocks any stagnant energy through-out your body. This increases the natural healthy body circulation and encourages it to stay in balance. Body slapping is an invigorating practice.

- *Slightly cup the palms of your hands. Next slap palms firmly and quickly down the outside of your legs and up the insides three times.*
 - *Use one palm to slap from the opposite shoulder down the inside of your arm and off your fingers, Turn arm over and slap from fingers back to shoulder.*
 - *Do three times.*
 - *Continue slapping by raising one arm and slapping from the armhole area down the side of your body.*
 - *Change over hands and slap the opposite side three times each.*
 - *Finally slap from the top to the bottom of your body three times.*
 - *Good to use to help your circulation after exercise or any time after being still for a while.*
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[Pai-Da Therapy](#)

Terminology

Pai: Patting

Da: Slapping

Pai-Da: A Chinese Medical method which utilize patting and slapping of external skin areas to draw out and eliminate poisonous waste in body and restore health by facilitating the smooth flow of Qi throughout the meridians?

Sha: poisonous blood

The principles of Pai-Da

Pai-Da = Elimination of toxicant = Elimination of the poisonous waste in body
Skin is closely related to the meridians, our limbs, five viscera, six entrails and nine apertures (including the eyes, ears, nostrils, mouth, urethra and anus).

Pai-Da will launch one's faith and mental forces, and will stimulate relevant meridians to dredge the Qi. The running Qi will in turn bring out the running of blood. The unobstructed meridians could cure diseases.

The patted and slapped parts on the body will automatically gather Qi and blood, and then accelerate the circulation. As sweepers, the intensified Qi could scan the body and dredge the obstructed meridians. As a result, the body waste, illnesses and even tumors will be cleared.

Viewing from the perspective of the western medicine, Pai-Da is a positive-breaking therapy which will stimulate the central nervous system. Therefore, the inner body systems could be activated and help repair the damaged parts, and finally improve the immunity function of human body.

Order of Pai-Da

Generally speaking, there is an up-down turn as follows:

(Step 1) Pat the head

Pat the top of the head with both hands

Pat the sides of the head with both hands

Pat the back of the head with both hands

Pat the back of the head with one hand (one hand is more convenient, and could nicely cover the head)

(Step 2) Slap the back of the shoulder

Pat the right side with left hand, and the left side with the right hand; remember to pat all sides of the shoulder.

(Step 3) Slap both armpits and the inner sides of the shoulder

Patients with cardiac diseases, lung diseases and breast diseases should do this step more.

(Step 4)? Slap the inner sides of the elbow joints

Including all meridians of the inner sides which include the heart-channel of the inner sides and the lung-channel and the large intestine channel at the rims of the outer sides, as well as the pericardium channel in the middle.

(Step 5) Slap the knees

Pat the fronts of the knees with both hand and make sure that the knee is covered by the whole palm; pat the inner sides, outer sides and the popliteal spaces.

This step could be applied to cure all foot and leg diseases. La-Jin as supplement will bring better results.

(Step 6) Slap the feet

Pat the arches, insteps and the ankles with power. This step can not only cure the foot diseases, but also bring good curative effects for all internal organ diseases.

(Step 7) Slap any body-parts according to the need

After all the six steps above, you may pat any body-parts according to your illness.

What if there is no enough time?? Pat the following important parts.? For most chronic and acute diseases, the elbows, knees, groins and feet are the focus, because these parts have the most toxins, and are the concentrated areas of meridians, blood vessels, nerves and lymph.

How to Pai-Da in a proper way?

Pat and slap attentively

Concentration and faith will increase the positive energy in your body. Distracting thoughts could bring negative effects.

Pat and slap with power, as long as you can endure the pain

It might hurt in the first, but the feeling will be eased after about two minutes.

If you feel the pain of slapping, that means you are on the right way. The pain will eliminate the illness.

Pat and slap with your thought

When slapping the skin, you can imagine that you are injecting fresh Qi into the body and bringing out the turbid Qi out.

Use your palms and fingers in a proper way

When slapping a larger area such as the front of the knees, use both palm and fingers; if the area is relatively small, such as the popliteal space, you could mainly use the fingers with agile movement of the wrist.

Better recite or chant scriptures when slapping

Reciting scriptures will bring a better result; you may choose your favorite scriptures.

The time length of Pai-Da, the frequency of Pai-Da

Pai-Da can be done at any time in a day. You can form a habit of Pai-Da and pat in the morning and at night or you can do this in the morning, afternoon and at night.

For healthy people, you can pat the head, shoulders, armpits, elbows and knees for one to five minutes each time. You should at least do this once or twice a day.

For sub-health cases, besides slapping the parts mentioned above, you can pat the nidus for a longer time. Generally the time length should be between five to thirty minutes for once or twice a day. You can also pat more times each day.

For those who feel under the weather or have obvious nidus should rash-pat the nidus for at least half an hour each time. For example, those who suffer from knee pains, frozen shoulder, cervical spondylosis, headache and insomnia can rash-pat the knees and elbows more frequently for at least once or twice a day.

For those who suffer from serious illnesses, such as people who are unable to lift the shoulders or walk, or suffer from psoriasis, heart disease, high blood pressure, diabetes or cancer should rash-pat top-down from the head to the feet with the focus on the elbows, knees, feet and the nidus for at least one hour and at least three times a day. And the time length of each Pai-Da should be reduced as the disease remises.

After several times of Pai-Da, it is not as easy to have Sha as before but if you continue Pai-Da it can promotes blood circulation, keep you fit and even treat the disease.

The time length and frequency of Pai-Da varies according to individuals. Whether there is Sha or not after Pai-Da, it can be applied everyday to both the sick and the health.

One Pai-Da can also be divided into several times with each time focuses on one certain part of the body.