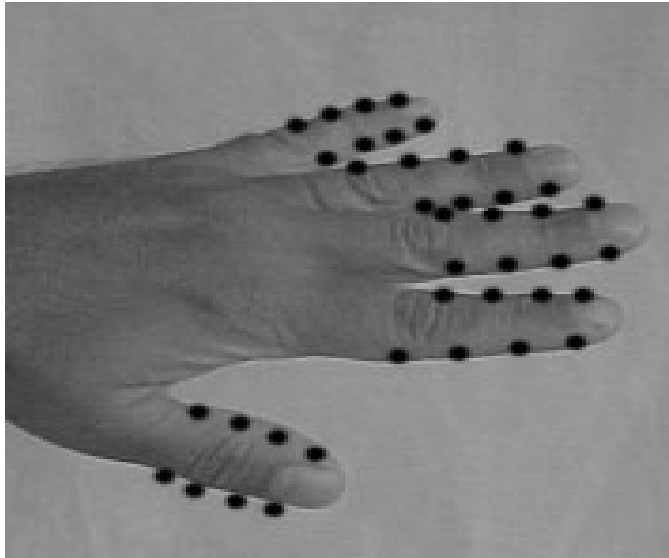


## **Qi Gong Exercise**

**FIGHT  
WORRY  
DEPRESSION  
IMPATIENCE  
ANGER  
FEAR**



This is a Qi Gong exercise that I learned a long time ago. This Mudra can be done anywhere as there is no preparation needed and it can be done discreetly.

Your fingers correspond to the five elements (fire, water, earth metal, and wood) but they also correspond to emotions and the major organs. On the outside and inside (not top and bottom!) of your fingers run the meridians and there are several acupuncture points located here. These are represented by the black dots on the first picture.

By pressing or squeezing the sides of the fingers, according to your needs, you can affect both the emotion and the corresponding organ. This is how the fingers work:

- **The thumb** represents the element earth, the stomach and **worry**.
- **The index finger** represents the element metal, the lungs, the large intestine and the emotions **depression, sadness and grief**.
- **The middle finger** is the element fire, the heart, small intestine, circulatory and respiratory systems, the emotions are **impatience and hastiness**.
- **The ring finger** is the element wood and is connected to the liver, gall bladder, nervous system and corresponds to **anger**.
- **The little finger** corresponds to water, the kidneys and **fear**.

So if you are overwhelmed by an emotion, just squeeze the corresponding finger a few times and you will feel better. It works!