

Qi Gong Hand Energy Practice -A Simple Self-Care Technique

Anyone Can Do

Qi Gong (pronounced *chee-gong*) is a gentle practice that works with **Qi**, the body's natural life energy. This is a **self-care and relaxation practice** meant to support well-being. It does not replace medical care and may be used alongside other therapies. No experience is needed. There is no “right” or “wrong” way to feel energy.

1. Get Comfortable

- Sit or stand comfortably with your feet on the floor.
- Take a few slow, deep breaths.
- Let your shoulders and jaw relax.

2. Wake Up the Hands - This helps activate nerve endings and energy awareness.

- Rub your palms together for **10–20 seconds**.
- Notice warmth or sensation building in your hands.

3. Feel the Energy - All experiences are normal!

- Slowly separate your palms about **2–6 inches apart**.
- Move them gently closer together and farther apart.
- You may notice warmth, tingling, pressure, a magnetic or “spongy” feeling, or very subtle sensations.

4. Use the Energy - Rest the hands gently for 1–5 minutes while breathing slowly. Place one or both hands on:

- An area of pain or tension
- The heart and/or the abdomen
- Anywhere that feels supportive

5. Finish

- Lower your hands and take one final breath.
- Give gratitude to yourself for this practice.
- Notice how your body feels.

Helpful Reminders

- You do not need to *try* to make anything happen, quiet awareness is enough.
- Sensation may increase with practice