



## 22. Transport Qi into Bai Hui

**Benefits:** Dredges blood vessels in the brain; promotes the proliferation of brain cells and capillaries; keeps the brain clear and sharp; prevents headaches, strokes, and dementia; improves depression; and stimulates the secretion of hormones from the pituitary and pineal glands.

**Minimum time of Practice:** 1 time.

The Bai Hui is the acupoint located slightly behind the top of the head, half-way between your ears. Many meridians converge at this point.



- Sit and raise your arms and inhale to your dan tian. Lower your hands to your knees, roll your shoulders slightly forward, and transport the qi to the Gao Huang (as you learned earlier).
- Inhale a second time to fill the dan tian.
- Take a third inhale to fill your lungs.

- Cross your arms in front of your chest and feel the qi travel up to the Bai Hui. Close your eyes if you like.
- Hold for at least 10 seconds, then bring your fists to your shoulders and punch down with an exhale.
- Finish with Breath Neutralization.

