

### Breast Massage ©

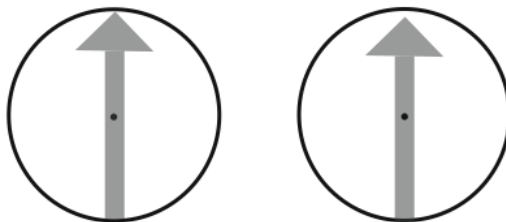
1. Hold the breast by using the middle of the palms to touch the nipples.
2. Close your eyes. Smile. Focus your mind on your heart.
3. Move your hands gently inward in a circular motion 36 times.



4. Then move your hands gently outward in a circular motion 36 times.



5. Then, with your nipples still in the center of your palms, gently move your breasts upward while taking three deep breaths.



Do this massage daily. The best times are early morning or later afternoon. In the morning, the lung channels are open. In the late afternoon, the kidney channels are open.

(continue on back)





When you massage the breast at these times, it helps not only the breasts, but also the lungs and the kidneys. The breast massage also helps clear blockages in the breasts, reproductive organs, bladder, and strengthens kidney energy.

As with all Spring Forest Qigong Exercises there is no wrong way to do this exercise, only good, better and best.

**Notice:**

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