White Butterfly
Self-Healing Qigong for Clearing the lungs, throat, sinuses and other “Lung” issues

Introduction
This technique is a Qigong prescription for a particular set of symptoms. The White Butterfly helps heal problems associated with the Lungs, such as a cold, sinus congestion, asthma, weak breathing etc. If you have active symptoms, perform this prescription several times a day. You will probably begin to notice improvement right away. Many people, for instance, report much clearing of blocked sinuses very quickly. I call it the White Butterfly because your palms have the shape of a butterfly in this prescription, and white is the Five Element color associated with both the Lungs and Large Intestine meridians.

The Points and Meridians
You will be using 3 important acupoints on each Hand: Lung 10, Large Intestine 4, and Pericardium 4. Pericardium 4 is usually called the Laogong point. It is in the center of the palm.
The Posture
You can do this standing or sitting. It also works very well lying down. In fact, lying down you might be able to hold the posture for longer periods without the arms and shoulders getting tired. Lying down or sitting are also good options if you are feeling sick and don’t want to exert yourself too much.

Put your hands in front of 1 of 3 places: the face, the throat or the chest. You can do all three places in succession, or choose the area most needing attention. The hands will be crossed in a particular pattern, one in back of the other. Both palms are open with the fingers spread softly.

Start with the left hand closest to the face. The LU-10 point on the thumb pad (thenar eminence) of the right hand is lined up with the LI-4 point on the back of the left hand (on the second carpal bone). Twist your hands in such a way that the center of each palm—the laogong points (PC-4) are free to send Qi to whatever part of the body you are treating: face, throat, or lungs. The thumbs point pretty much straight up and the fingers of each hand are angled upward to each side. Your hand pattern looks like a butterfly. Be sure and keep the front hand open to not block the rear laogong point. Do let the palms touch, keep them an inch or two apart, to build the magnetic field between them.
The Practice
1A) Relax your shoulders, breathe, and hold this posture for a minute or so. Make sure your arms, elbows, wrists and hands feel floaty and open so the Qi can flow through the meridians, tissues and joints of the arms. What will happen is your right Lung Meridian and left Large Intestine Meridian will start to open and regulate and get into a healthier qi flow. This is very supportive for the Lung function. Simultaneously you will be sending healing Qi from the center of our palms right to the area of need.

1B) Switch hands and hold for a minute or so to regulate both pairs of meridians. You may rest your arms and shoulders in between switching sides if you want.

If more than one area is congested, place the White Butterfly in those areas also, this is , the, face, throat, and lungs. You can also hold the posture over one lung at a time for a more focused effect.