

Dao Yin for Sleep

from Tom Bisio & New York Internal Arts LLC

Make sure you are ready for to go to bed and sleep.

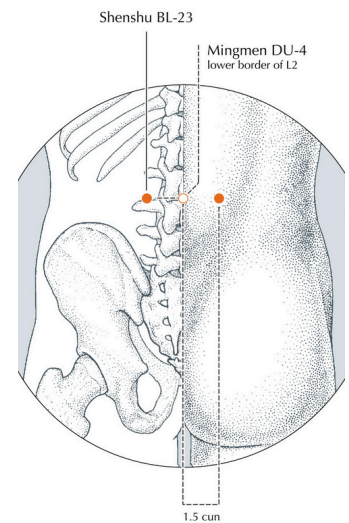
Sit quietly on the edge of the bed with your feet on flat on the floor.

Perform Abdominal/Kidney Breathing for a minute or two, focusing on the breath and feeling the entire area of the abdomen & lower back expand and contract with each breath.

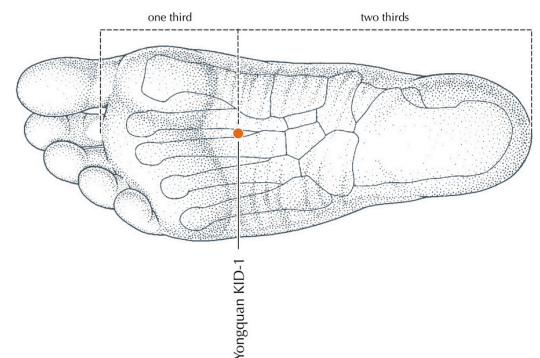
Let the mind become calm by letting by focusing solely on the breath. Let any other thoughts move away like clouds floating across the sky.

Massage the Kidneys 36 Times with the Palms or (More) Until They Are Warm

Massage BL 23 with the Tips of the Middle Fingers 24 Times, or more, until warm



Massage KD 1 with the Palm Center 100 Times Clockwise and 100 Times Counterclockwise



Sit Quietly & Perform Abdominal/Kidney Breathing for a Minute or Two Before Going to Sleep

Dao Yin for Sleep

from Tom Bisio & New York Internal Arts LLC