

Using Qigong to Heal from a Stroke

by Master Chunyi Lin

(from YouTube - <https://youtu.be/3Rsdz3cGVDo>)

I'm going to share with you a technique you can help yourself or help others to heal from a stroke.

Start from the left hand, because in that way you can help to activate the healing energy much faster and more completely.

Use your fingernail to press the tip of the **middle finger first**.

Press it deep until you (or your friends or anyone) feel pain, for three seconds and then you let go.

Then to the **index finger** in the same way press the tip of the finger down with the fingernail until you feel pain for three seconds, and then let go.

Then do the **ring finger**, the tip the fingers until you feel the pressure, the pain for three seconds and then let go.

Then the **thumb** the same way for three seconds.

Then the **little finger** the same way, three seconds.

When you finish the left hand and **do the right hand**.

If you can **do the toes** in this way too, that's even better.

You can help yourself to make the connection between your brain and the rest of the body and help the nerves to grow and help the energy to flow and you can gain the balance back very quickly.