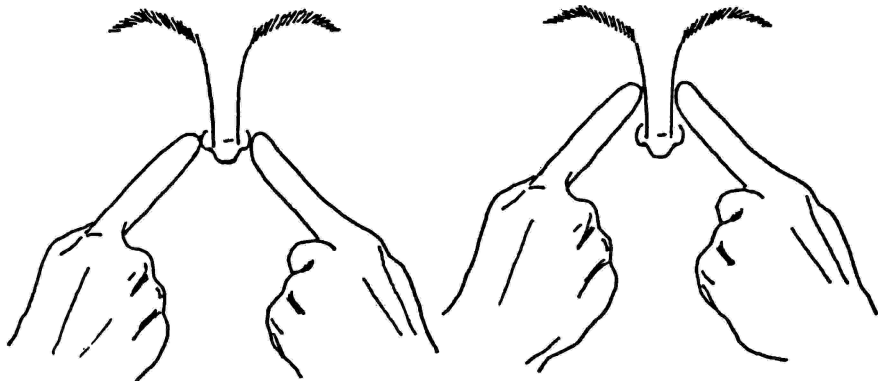


THE NOSE EXERCISE

The nose is the opening to the lungs. Symptoms such as allergies, runny nose, and blocked sinuses are the manifestations of weakness within the lungs. To strengthen the lungs, one should perform the Crane Exercise, which directs a flow of energy that helps restore any degenerative conditions within the pulmonary system. We can also help keep the lungs strong, as well as keep the sinuses healthy, by stimulating certain points around the nose. These are spots which open up into the meridians that supply the nose and surrounding areas with energy. By pressing these points, we insure a continual flow of energy through the nasal and sinus passages.

The exercise can be done several times throughout the day, as many times as necessary to help correct sinus or nasal problems. But if time does not allow it, doing the exercise once, after the Eye Exercise, with the aid of a healing herbal cream will suffice.

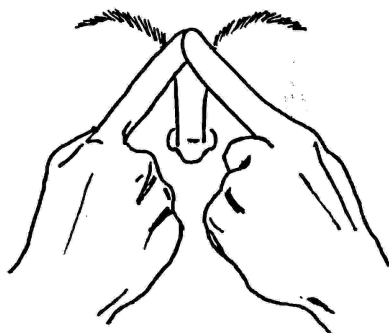
1. Using the tip of the index or the second fingers of each hand, press down with heavy pressure on the three points as described below.
2. Begin at the base of the nose and press these points for about ten seconds. Then rub these points briefly.
3. Next, press the points midway up on either side of the nose for about ten seconds. Then rub briefly.



a.

b.

The Internal Exercises



c.

Figures 57a—57c. Nose Exercise.

4. Press the point midway between the eyebrows (the third eye) with both fingers. Then rub briefly.
5. Repeat this progression three times, always beginning with the lower points and ending by pressing the point corresponding to the third eye.
6. Rub in a continual flowing motion, starting at the lowest point, passing through the second and third points, then continuing up through the middle of the forehead. Repeat this movement for a total of three times.

Throughout the exercise, the pressure exerted should be penetrating and deep. Often when just beginning, the points will be sensitive or slightly painful. This is an indication of weakness or blockages within the meridian. Continue to perform this exercise daily and the pain will disappear in time. You may notice that you will acquire fewer colds, allergies, and sinus conditions.