

♥ Qi Heart Health Tips this Summer ♥

Heart Time: **11:00 a.m.–1:00 p.m.**

In Chinese Medicine, we are in the Fire Element in Summer. This is the **Heart's** peak energy time. Nourish your Heart with calm, joy, gratitude and mindful presence.

- **Slow Down at Meals**

Bless your food, chew slowly and enjoy lunch at a relaxed pace. Calm eating supports both your Heart and digestive system.

- **Hydrate Well**

Drink plenty of water throughout the day to nourish your body during the heat of summer.

- **Wash Away Stress**

Take a mindful bath or shower, imagining the water washing away tension and emotional heaviness.

- **Meditate with Water**

Sit beside water or listen to a gentle babbling brook:

https://youtu.be/ldBQy5DdlmE?si=BakTtqh_rD02Giak

- **Quiet Heart Meditation**

Spend a few minutes breathing into your heart. Let your thoughts settle like calm water.

- **Lao Gong (PC-8)**

Massage the centre of each palm (where the middle finger lands) for 30–60 seconds to help calm anxiety and clear excess heat and inflammation. Start on left hand and move to right hand.

- **Invite Joy: Joy is the emotion of the heart in Qigong. Can you let joy be present each day.**

Smile, laugh, sing, enjoy nature and spend time with people who lift your spirit.

- **Protect Your Shen**

Choose restful evenings and nourishing sleep to support your Heart spirit.

- **Heart–Kidney Connection**

Place one hand over your heart and one over your lower abdomen. Breathe slowly for 3–5 minutes.

Daily Heart Affirmation

"My heart is calm, open, joyful, and filled with peaceful Qi."