

Spring Forest Qigong – Kidney Energy Daily Care Handout

In Spring Forest Qigong, the kidneys are the **foundation of vitality, willpower, and longevity**. The kidney energy system oversees the kidneys, bladder, adrenal glands, bone marrow, bones, spine, brain and anus. When kidney energy is strong, we feel grounded, calm, and resilient. These simple daily practices help nourish kidney Qi, calm excess fire energy, and support the bladder and lower back.

Morning Practices (Upon Waking)

1. Gratitude Bow (Facing East)

- When you wake up, sit or stand facing **east**.
- Bring your hands to your heart.
- Gently bow forward in gratitude.
- Silently thank your body, kidneys, and life force for supporting you.
- This aligns you with the rising Yang energy of the day and awakens kidney Qi with intention.

Kidney Activation Practices

2. Cupping the Kidneys

- Place your palms over your kidneys (lower back, on either side of the spine).
- Gently cup or rub the area 36–100 times.
- Feel warmth building and imagine fresh energy flowing into the kidneys.
- Excellent for fatigue, fear, and lower back tension.

3. Bubbling Spring Point Massage (Kidney 1)

- Locate the Bubbling Spring point in the center of the sole of the foot.
- Massage **left foot first**, then the right.
- Use circular pressure for 1–2 minutes per foot.
- This grounds excess energy, calms the mind, and draws Qi down into the kidneys.

Note: You can also massage the whole left foot and then the right. Also, foot soak in warm water is also good for kidney energy system and helps sleep too.

Nourishing Kidney Qi Through Lifestyle

4. Drink Warm Water

- Sip **Yin Yang water** throughout the day. (half hot/half room temperature)
- Avoid iced drinks, which weaken kidney and digestive energy.

Best times:

- **7–9 AM** – Supports the digestive system and overall Qi flow.
- **5 pm and then 9 PM** – Helps calm excess fire energy and prepare the body for rest.



Bladder & Prostate Support (Especially for Men)

5. Gentle Teeth Clenching when urinating

- Gently clench the teeth 9–36 times.
- Keep the jaw relaxed—this is not forceful.
- This practice stimulates bladder energy and supports prostate health in men.



Evening Practices

6. Kidney Sound Healing

- Sit comfortably and place hands on the kidneys.
- Gently exhale with the sound “**CHUEEEE**” (soft and long).
- Imagine fear releasing and wisdom filling the kidneys.
- Repeat 6–9 times.

7. Lower Back Warmth

- Keep the lower back covered and warm, especially in colder months.
- A heating pad or warm hands over the kidneys before bed is very nourishing.

Note: You can also add journaling of 10 things you are grateful for and pick 5 items a day to say “bless you – I love you – I appreciate you.”



Emotional & Energetic Support

8. Transform Fear into Wisdom

- In Qigong, fear is linked to the kidneys.
- When fear arises, place your hands on your kidneys and breathe slowly.
- Affirm silently: “*I am safe. I appreciate all you do for me.*”



Simple Daily Kidney Affirmations

- *My kidney energy is strong and balanced.*
- *I feel grounded, calm, and supported.*
- *I trust my inner strength and wisdom.*

Consistency Over Intensity

Even **5–10 minutes daily** makes a difference. Gentle, loving attention builds kidney energy over time and supports long-term health, emotional balance, and spiritual grounding.

Spring Forest Qigong teaches that healing happens naturally when we relax, smile inwardly, and allow energy to flow.