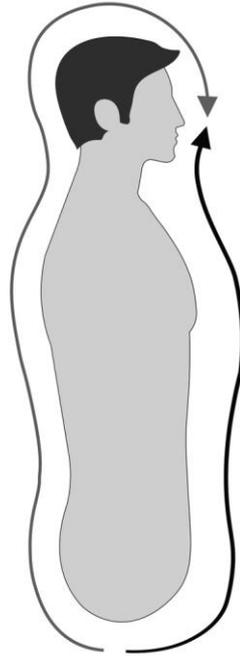


Microcosmic Orbit

It helps to have someone walk you through this process. I urge you to take a class in Qi Gong and to read more about it. Seriously. It's my hope that by including this small, albeit incomplete piece here, you'll explore this system more closely. If you haven't been doing the Inner Smile, you may do that first, although it's not a pre-requisite.



1. Create a relaxed, quiet environment. Wear loose-fitting clothing, especially around your middle. Take off your shoes. Sit with your butt at the edge of a chair. Your back should be straight, and you should be facing straight ahead, with eyes closed. Vigorously rub your hands together for one minute, as if you're washing them with a bar of soap.
2. Collect saliva in your mouth for roughly one minute.
3. Massage Yintang and then Kidney 1 twenty-four times in each direction. Imagine that you're breathing through the soles of your feet.
4. If your hands aren't warm yet, massage PC8 for one minute. Place your palms on your belly, one atop the other. Rotate them around your umbilical area twenty-four times (men clockwise and women counterclockwise) and imagine your belly getting warm.
5. Visualize two clear vessels in your body. One of them begins at your perineum, the dime-sized area between your anus and your genitals and runs up your front of you along the center, past your belly, chest and throat and up to the roof of your mouth. Imagine the other vessel starts at your anus and travels up your spine, over the top of your

Rewired for Sleep

Daniel R. Bernstein, L. Ac., CH

How to Repair
Insomnia and Anxiety,
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head and down to the roof of your mouth. (See the above diagram.)

6. See, or feel, the two vessels meeting at your hard palate, and breathe into the wheel. Once you have connected the front and back vessels, imagine they're an energetic "wheel" rotating through you. This image might come quickly, or it might take time. Everyone is different. Mainly, don't worry that you might not be doing it right. It took me a good month before I began to feel comfortable doing this. You, on the other hand, might "get it" immediately. Like I said, we're all different. The trick is to keep doing it anyway.
7. Imagine the saliva that you've collected in your mouth is honey, and it has healing properties. Swallow it, and feel, or see, the healing energy of your saliva as it goes down your throat, your esophagus, down into your stomach, small intestine, large intestine, and out to your bloodstream to bring nourishment to your body.

*This exercise is from the book *Rewired for Sleep* by Daniel R. Bernstein, L. Ac., CH published by Aconagua Press, 2019.*

Along with other exercises from the book, and many other audio and video resources designed to help you release stress and anxiety, repair insomnia and achieve better sleep naturally, it can be downloaded from Dan Bernstein's website <https://rewiredforsleep.com> where you can also purchase the book.

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