



KATIE BRINDLE

Qi Bank Guide

Understanding and taking care of your qi



What is a Qi Bank Account?

We all know that for the body to remain well it needs a sufficient amount of qi, or life force, that vital energy that underpins our physical, emotional, and spiritual health and wellbeing – the stronger the qi, the better we will feel. It is in our own interest to nurture, strengthen and grow our qi balance every day – so take control, open a “Qi Bank Account”, and start saving!

Why?

When we have sufficient qi, we feel that we can face the day’s challenges with energy and enthusiasm, whatever life throws our way. We will awaken refreshed, feel healthy and strong, our immune systems will be sound, we will have reserves of vitality that will keep us going, staving off viruses and illnesses, and our minds will be clear and happy. However, if we don’t continuously replenish this qi, it will run out: our Qi Bank Account will become overdrawn if we spend but never save, and we will be in energy debt. When our levels of qi are compromised, whether by levels running low, blockages, or deficiencies we can experience a range of low-level symptoms, including:

- Poor sleep and concentration
- Day time fatigue
- Aching and stiff joints
- Thinning hair, dull skin, and visible signs of aging
- Poor digestion, bloating and weight gain, and inability to lose weight
- Low mood and high levels of stress
- Coughs and colds easily caught and hard to shift

@katie_brindle

katiebrindle.com

info@katiebrindle.com



So how does our Qi Bank Account work?

Imagine we have a daily bank statement: ideally, we would always have funds in our account so that whatever we need to spend that day we never go overdrawn and there is always something in reserve. We know that calorie-counting is hard work, it feels like a chore and a deprivation, and we usually end up failing. But qi-counting is all pleasure, all gain, it's really easy, and the only thing increasing is our stockpile of qi energy!

If we imagine that the qi available to us each day comes in the form of energy units, we might feel that on an average day we need to spend 10 units, an easy day 5, a challenging day 15 and a particularly stressful day, perhaps 20 units. Whatever we spend, we need to make sure that we top up our bank account by at least the same amount so that we don't have to dip into our overdraft to make up the shortfall. If we do, we will be using up our constitutional qi – that life force that we are born with, and which will eventually run down during the natural course of our life.

So, we need to have more energy coming in than we have going out, and as soon as we do that the excess will be stored in our internal Qi Bank – the infinite capacity of our cells – and those cells will become stronger as our Qi Bank balance grows.

We will feel vital, rejuvenated, and youthful, with a sculpted, contoured exterior and boundless energy, which will slow down the aging process and allow us the time and wisdom to become true Wise Elders. This really works. For everyone. You just need to know what to do and decide how qi-countable you want to be!

@katie_brindle

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What can you do to help yourself?

Adding to your Qi Savings Account is easy

Level 1 – add one energy unit every time you do one of the following:

- Gua sha. Face, upper chest, and body gua sha each day will very quickly become a great habit to clear inflammation, aches and pains, and boost circulation.
- Foot-bathing. Each evening before bed soak the feet and give them a quick massage. Even a couple of minutes in the bathroom sink will help to detox the body, unblock energy channels, and prepare for effective sleep.
- Ear massage. Adding in a moment or two to massage all around the ears, including the lobe, helix and behind the ear will help not only the kidney energy, but all 12 meridians.
- Healing sounds. Do the healing sounds all around the body every day to nurture and soothe the organs.
- Tapping. Tapping all over the body, including the head and feet, ideally for 10 minutes each day, will encourage the free flow of blood and qi. Bonus point if you use two tappers!

@katie_brindle

katiebrindle.com

info@katiebrindle.com



- Laughter Qigong. One minute of laughter will strengthen the immune system for 24 hours, so regularly watching funny films, comedy shows and laughing and telling jokes with friends will massively boost your qi and sense of wellbeing.
- Top up with tiny qi-drops. Mini quick wins could include twisting at the waist or Shaking the Tree while you wait for the kettle to boil; a minute spent tapping each time you get up from your desk to go the loo; a few heel raises while you're waiting for the bus; a minute doing the Rescue Breath; or jotting down a few notes in your gratitude journal.

Level 2 – add five energy units:

- Qigong . Regular, gentle qigong practice such as our free morning class, which works with the energetic pathways and corresponding organs, will help to bring the whole body back into balance.
- Scalp and body combing. Working across the scalp with the Jade Comb each night before bed will help to keep the meridians clear. Using in the shower each morning, all around the Dai Mai, down the stomach and sides of the torso, and down the outside of the legs, will clear stagnation and toxicity.
- Walking. A daily walk, ideally in nature, will help to calm the mind and reduce stress levels. Add in some qi walking and breathwork too.
- Meditation. 20 minutes of meditation is as beneficial as 4-5 hours of deep sleep and will help to keep stress levels down, which will have a knock-on effect of controlling heat and inflammation in the body – essential for all the organs.

@katie_brindle

katiebrindle.com

info@katiebrindle.com



- Journaling and transcending emotions. Write down everything that has hurt you and that you want to release, identify which organ it points to and focus on the positive emotions of that organ as well as following the advice in my Organ Guides. Learn from your pain and gain wisdom from it. You will then be able to transcend it and move forward. (add hyperlink to organ guides for now and then to Journaling Guide when it is done) corresponding organs, will help to bring the whole body back into balance.

Level 3 – add ten energy units:

- Healing Hour. For a deeper qigong practice, incorporating powerful movements and targeted energy work for the five key organs, as well as working in line with the natural influences of the seasons, join my Healing Hour classes on Hayo'Fit.

Join Hayo'uFit

@katie_brindle

katiebrindle.com

info@katiebrindle.com



Why do we suggest these Yang Sheng techniques?

There are many techniques rooted in Chinese Wisdom that can help to nurture, strengthen, and grow our qi energy, alleviating imbalances in our organs. If we do not achieve this and develop further qi blockages or deficiencies our health will suffer. From a Chinese Medicine perspective, these qi imbalances can affect each of the organs in different ways, for example:

- Spleen/stomach imbalances can include low or abnormal appetite, abdominal discomfort, tiredness, weak, cold, or swollen limbs or loose stools. You may struggle to think clearly and find yourself worrying or overthinking.
- Lung qi imbalances can present as lack of energy, shortness of breath with a weak or hoarse voice, low immunity, and poor circulation. Blocked lung qi can prevent you from processing and releasing grief.
- Heart imbalances can cause palpitations, shortness of breath, sweating, tiredness, poor memory, or dizziness. You may lack enthusiasm and fail to find the joy in anything.
- Kidney imbalances can be the cause of thinning hair and sagging skin around the jaw and chin, dizziness, tinnitus, memory loss, night sweats, back pain, urinary issues, and sexual dysfunction. You may feel fearful or unduly nervous.
- Liver qi imbalances can include a lack of energy, neck and shoulder pain or stiffness, insomnia or vivid dreams, red, dry or itchy eyes, period pains, sciatica, or acid reflux. You may feel frustrated, irritable, or angry.

By following the recommendations above you will be giving yourself the best chance of ensuring you keep your qi energy high, your organs well balanced, and your health and wellbeing strong.

@katie_brindle

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Want to know more?

We will be delighted to support you as you continue along your Yang Sheng journey. The following will get you started:

'Yang Sheng: The Art of Chinese Self-Healing' available on Amazon, Waterstone and www.hayoumethod.com

Buy Yang Sheng Book

Qigong Healing classes (3 x each week) for a more in-depth and healing practice – full details on www.hayoufit.com

Free Masterclass "[Master Your Health](#)" – understand the 3- step plan for preventative health. Find more Qigong Masterclasses [here](#).

[KBL Cellulite and Stubborn Fat Masterclass](#)

Free self-care weekly content [@katiebrindle](#) on Instagram, Facebook and YouTube.

Free regular gua sha demonstrations on [@thehayoumethod](#) Instagram & the opportunity to purchase the accompanying tools from www.hayoumethod.com

DISCLAIMER:

Please note that any of these Yang Sheng techniques are designed to support your overall self-care and wellbeing and should not be used as a substitute for any Western medical advice or treatment that you may be receiving. You should not use the information in this Guide or on our website for diagnosing or treating a health problem or disease and must always consult your doctor if you have any health concerns. Additionally, please note that there are a few contraindications to Yang Sheng techniques, so please visit www.hayoumethod.com to view our comprehensive FAQs.

[@katie_brindle](#)
katiebrindle.com
info@katiebrindle.com