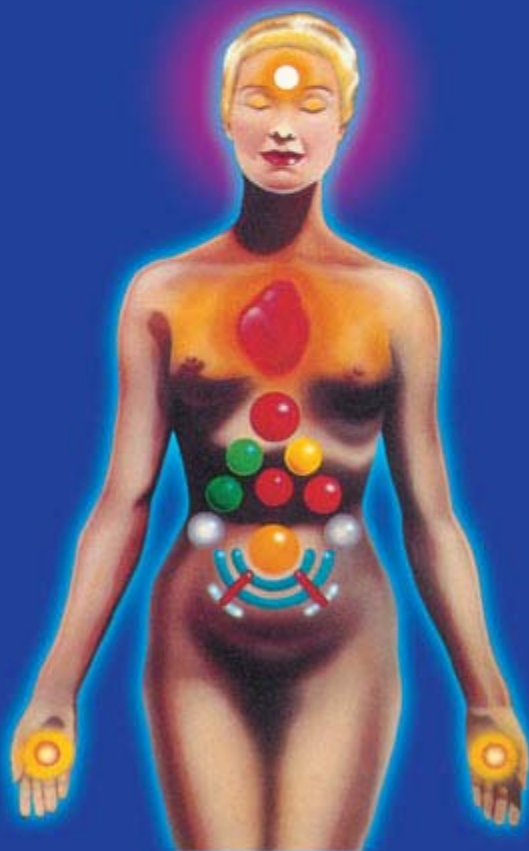


Chi Nei Tsang I

Internal Organs Chi Massage

Mantak Chia



Chi Nei Tsang I

Internal Organ Chi Massage

Mantak Chia

Edited by:

Valerie Meszaros, David Flatley

Editor: Judith Stein

Contributing Writers: Chuck Soupios, Michaels Winn,
Mackenzie Stewart, Valerie Meszaros

Illustrations: Juan Li, Udon Jandee

Computer Graphics: Saisunee Yongyod

Layout: Siriporn Chaimongkol

Revised Editing: Jean Chilton

Production Manager: Saniam Chaisarn

Project Manager: W.U. Wei

© ***North Star Trust***

First published in 2003 by:

Universal Tao Publications

274 Moo 7, Luang Nua,

Doi Saket, Chiang Mai 50220 Thailand

Tel: (66)(53) 495-596 Fax: 495-853

Email: universaltao@universal-tao.com

Web Site: universal-tao.com

Manufactured in Thailand

ISBN: 0-935621-56-3

All rights reserved. No part of this booklet may be used or reproduced in any manner whatsoever without the express written permission from the author, with the exception of brief quotations embodied in critical articles and reviews. Anyone who undertakes these practices on the basis of this booklet alone, does so entirely at his or her own risk.

Contents

Performing the Healing Hands Meditation	1
Meditating to Expand the Aura	1
Channeling the Force through the Palms	2
Growing the Right Fingers' Auras	3
Growing the Left Fingers' Auras	4
Open the Wind Gates	7
Wind Gate Chart	8
Flushing the Blood at the Groin	9
Opening the Gate to the Sea of Winds	10
Shape of the Navel	14
Skin Detoxification	17
Small Intestine.....	21
Open the Large Intestine	26
Relaxing the Diaphragm	27
Hand Techniques for the Lungs.....	30
Liver Hand Techniques	32
<i>Pancreas Massage Technique.....</i>	
	34
<i>Lymphatic System.....</i>	39
<i>Psoas Muscle.....</i>	44
<i>Prostate.....</i>	50

The meditations, practices and techniques described herein are **not** intended to be used as an alternative or substitute for professional medical treatment and care. If any readers are suffering from illnesses based on mental or emotional disorders, an appropriate professional health care practitioner or therapist should be consulted. Such problems should be corrected before you start training. This booklet does not attempt to give any medical diagnosis, treatment, prescription, or remedial recommendation in relation to any human disease, ailment, suffering or physical condition whatsoever.

Performing the Healing Hands Meditation

The more you are aware of your sources of energy, the more that energy will come to you from those sources. According to the wisdom of the ancient Taoists, the energy that you receive from meditating is superior to the energy that you obtain from food.

The Healing Hands Meditation will help to grow and strengthen the energy in your hands and fingers. Your hands will develop sensitivity and you will be able to feel the energy in your own and your student's organs and abdomen. You will find this to be very useful.

Meditating to Expand the Aura

- a. Practice the Inner Smile down to the organs and glands.
- b. Bring the energy to your Navel Center and practice the Fusion Meditations.
 - (1) Form the four pakuas and the collection points.
 - (2) Clean out negative emotions by transforming them into positive, healing forces.
 - (3) Form their energies into a pearl.
- c. Circulate the energy in the Microcosmic Orbit faster and faster until it expands outward from your body.
- d. Feel the energy expanding outward from your navel as you visualize the sun shining in that area. Feel the energy filling your aura with a warm, pleasant sensation.
- e. Be aware of the North Star and Big Dipper above you and absorb their respective violet and red lights, the golden light of the Cosmic Particles and the blue force of the Earth into the navel.
- f. When you feel your aura has expanded, maintain a distance of at least two square feet away from other people. If their auras are stronger than yours at this time, your aura may be squeezed and you will experience discomfort. After you have felt the outer forces strongly, proceed with the following meditation.

Channeling the Force through the Palms

a. Hold both of your hands in front of your eyes and gaze at both palms.

b. Focus on the middle of your palms by using the corners of both eyes to gaze at the palms' centers. The corners of the eyes have special cells that can see in very dim light. Using your eyes to focus this way will help you develop the ability to see auras and movements in the dark. Using the combined power of the mind and the eyes, you can cause the aura of each palm to grow and expand. The Chi can feel like it is contracting and absorbing, and the sensation can be of drawing the forces into the palms, or an expansion of the palms. You might see a ball of Chi or a ball of color between the palms through the corners of your eyes.

c. Be aware of the fingers. Feel your fingertips pulsing. Use your mind and eyes to absorb the Cosmic Chi into the right palm. Send the Chi from the right palm and fingers across to the left palm and fingers. Repeat nine times.

d. Next move the fingers of both hands until they nearly touch each other: thumb to thumb, index finger to index finger, etc. You can feel sensations like electric sparks traveling across from one fingertip to the other. Some can feel pain, swelling, or simply expansion in their fingertips.

e. Gradually spread the hands apart, but not so far that you permit the Chi connection to diminish or break. If this happens, stop moving them and project more energy with the mind to re-establish the connection. Spread the hands from nine to eighteen times.

This practice will increase your sensitivity to energy and your healing ability. Transforming the Universal and Cosmic Particle Forces for immediate use will prevent drainage of your life-force. The energy can feel warm and pleasant.

Growing the Right Fingers' Auras

When your palms feel full of Chi, start to grow more Chi in the right hands' fingers.

a. With both hands' fingertips still raised in front of your eyes, begin by gazing at the right hand's fingers.

b. Use the corners of both eyes to gaze at the tips of the fingers. Focus on the tip of the index finger. Using the energy of your eyes, cause the aura of the index fingertip to grow and expand. Feel that fingertip pulsing. Make the energy cool and pleasant.

c. Next grow the middle finger, thumb, fourth finger, and pinky finger auras.

d. Choose your main healing finger(s) by observing and feeling which finger most noticeably permit(s) the energy to be absorbed in and passed out. Choose by comparing the length of the aura of each finger by the intensity of a tingling sensation or by any method that feels comfortable to you. Don't neglect the finger(s) that you do not select. Continue to practice with them as well.



Fig. 1 Focus on the right hand's index finger and let the Aura grow.

Growing the Left Fingers' Auras

- a. Inhale energy into the left hand and fingers.
- b. Grow the thumb aura beginning with the tip.
- c. Next, grow and absorb the auras of the index, middle, fourth, and little fingers. Receive and feel the Universal and Cosmic Particle Energies.



Fig. 2 Grow the aura of the left thumb.



Fig. 3 Grow and expand the auras of the left hand's index, middle, ring, and little fingers.

d. Select the finger on the left hand with the strongest energy. Press that fingertip with the tip of the thumb, forming a circle. Keep the other fingers straight. Rest the left hand on your lap. This circle is the best way to receive Universe and Cosmic Particle Energies.

e. Curl the pinky and fourth fingers of the right hand and press them with the tip of the thumb, again forming a circle. Keep the index and middle fingers straight.



Fig. 4 Choose which finger in the left hand has the strongest energy. Join the thumb with the strong finger, and place the left hand on the lap. Curve and join the right hand's little finger and ring finger with the thumb. Keep the other fingers straight.

f. Form these circles and use your mind and eyes to absorb the external Cosmic Particle Force through the fingers of the left hand. Send it up through the left hand, outside the left arm and the left shoulder, to the back side of the left ear, and across the crown. Blend this energy with the Universal Force entering through the crown. Then send their combined energy down to the right ear, the right shoulder, the outside right of the right arm, and the right hand to its index and middle fingers. Send it out through these fingers and receive it again through the extended fingers of the left hand. Continue this practice for nine, eighteen, or 36 cycles.



Fig. 5 Absorb the Human Plane (Cosmic Particle) Energy through the left fingers and circulate it blend it with the Universal Force at the crown. Then circulate the energies down the right arm, out thought the index and the middle fingers, and back to the left fingers.

Open the Wind Gates

It is important to master and clear out the winds at beginning of every session. This will help to activate the abdominal energy and loosen the tightness and tension in that area. Some persons will have abdomens that are too painful to bear the pressure of this procedure. In such cases, first do gentle skin detoxification.

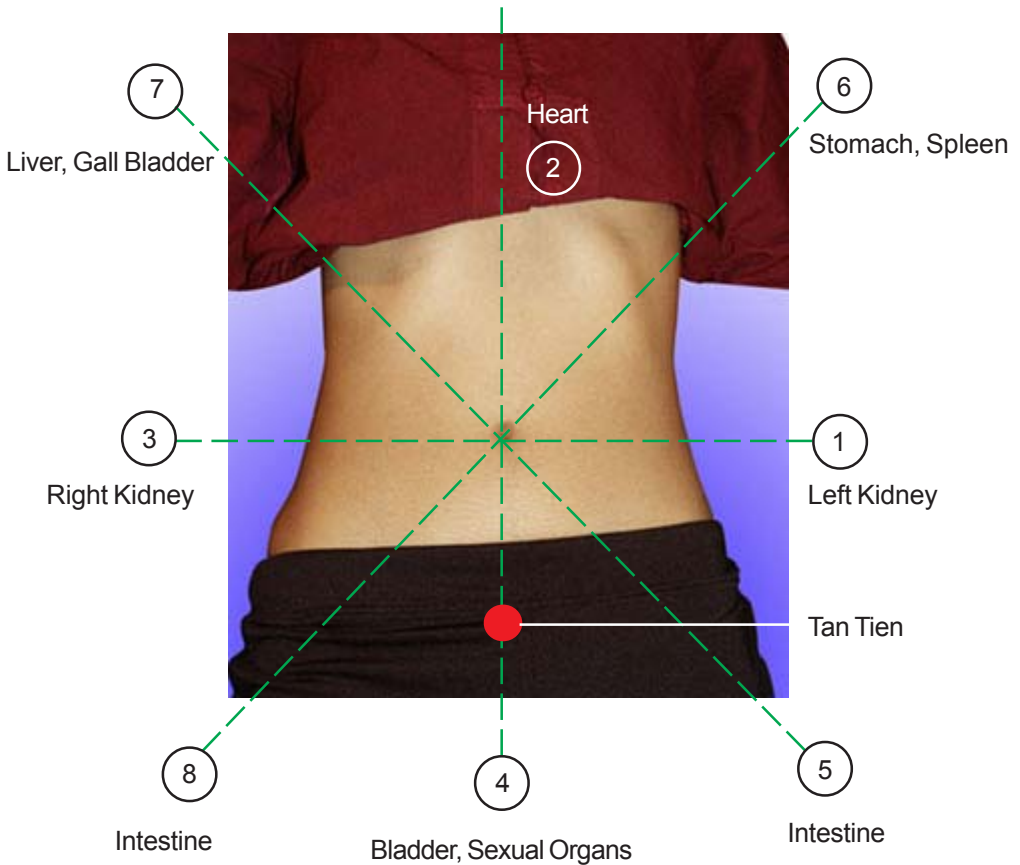


Fig. 6 Pressure Points Around the Navel. Number one to eight list the sequence to follow and indicate the organs you will affect.

Wind Gate Chart

a. Open the winds gates in the order listed. Visualize the Tai Chi symbol as the navel.

b. Follow the navel center guides 1-8 and use the thumb or elbow to press at the point indicated. For example, after you do the groin gates and the Gate to the Sea of Winds (Tan Tien), go to point 1 and notice that on Monday the pulse is held for eight beats of the pulse. If it were Tuesday, you would hold the pulse for seventeen counts, on Wednesday nineteen counts, on Thursday 21 counts, and so on, through the end of the week.

c. Then go to point 2. The point in that area would be held for seventeen counts Monday, nineteen counts Tuesday, and so on.

d. You will travel all round the navel opening the gates. After each point pause to let the effect take place and the energy settle. The daily number guide is traditional in the Taoist numerology practice for opening the Wind Gates.

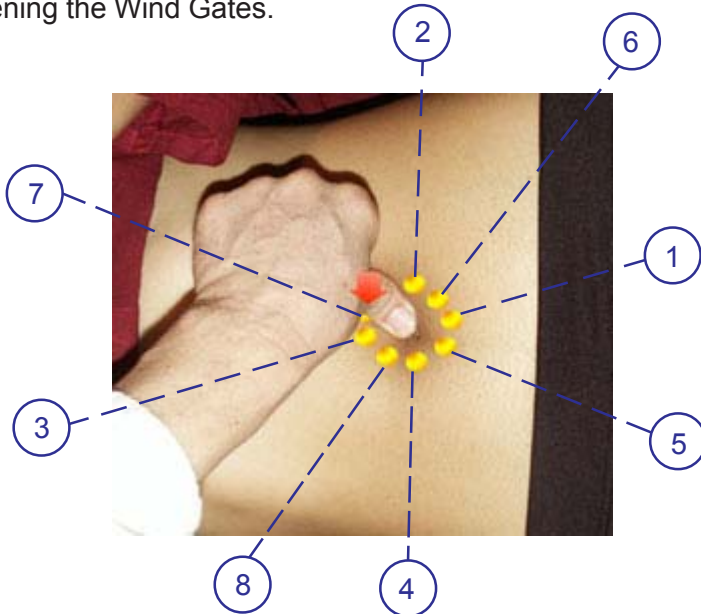


Fig. 7 Wind Gate points are on the sides of the navel and not in the navel.

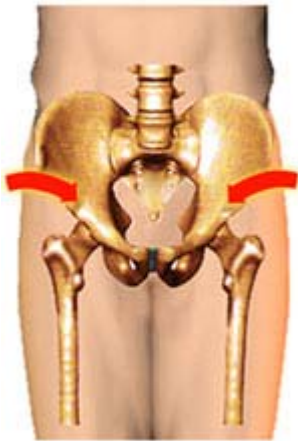
Flushing the Blood at the Groin

a. Stand or kneel beside the student (unless the person is very large, in which case it is best to kneel between his or her legs.) Press the edge of each palm into the femoral artery pulse at the crease of each leg in the groin area.

b. One pulse will probably feel stronger than the other. In that case, press down on the pulse that is strongest. This will help bring more blood and Chi to the weaker pulse. You should feel them equalize.

c. Hold the pulse for 36 or 72 counts to stimulate the circulation in the lower abdomen and legs and break up obstructions. Some winds will exit through the legs. This procedure will open the passageways.

Note: Do not practice this technique on someone in danger of, or afflicted with, thrombosis or a severe case of varicose veins.



a



b

Fig. 8 a. Pressure Points for Opening the Groin

b. Opening the Wind Gates of the Groin

Opening the Gate to the Sea of Winds

You may remain between the student's legs, or move to the side of the body

a. Locate the Tan Tien pulse (the Gate to the Sea of Winds) in a depression approximately one and a half inches below the navel at six o'clock.

b. Press down until you feel the pulse. Usually a thumb is used; if you are working on someone who is very fat or very muscular, you may use your elbow to find a pulse. Whether you use your finger or elbow, be gentle and don't slip. Sometimes you cannot find a pulse; in that case, all you can do is slowly count out the number for that day (one thousand, two thousand, three thousand, and so on.)

c. Fig. out the number of pulse counts you will hold for that day. Consult the chart under "Tan Tien." On a Monday you would hold for fifteen counts, Tuesday eight counts, Wednesday seventeen counts, and so on.

d. Release the pressure after the required number of counts has expired. The student should feel energy flowing down to the lower part of the body.

e. To gain experience you should do all the points or gates on yourself as well.



Fig. 9 Opening the Gate to the Sea of Winds

Opening the Wind Gate to the Left Kidney - the Western Gate

- a. Check point 1 on the chart to note the daily count.
- b. Press the point just to the left of the navel at three o'clock until you feel the pulse.
- c. Hold for the count.
- d. Just before you release, direct the energy to the left kidney by using your mind and intention. The student may feel warmth and comfort spread to that area.

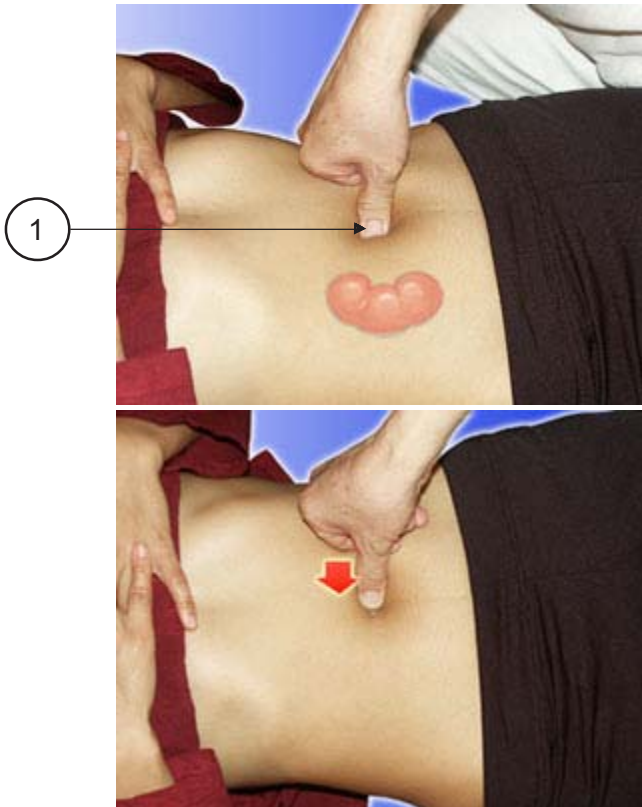


Fig. 10 Opening the Gate to the Left Kidney

Opening the Wind Gate to the Heart - the Southern Gate

- a. Check the chart for point 2 and note the daily count.
- b. Press the point above the navel at twelve o'clock.
- c. Hold the count with moderate pressure.
- d. Before you release, direct the energy toward the sternum. The student may feel warmth and comfort spread to the chest and heart area.



Fig. 11 Opening the Gate to the Heart

Opening the Wind Gate to the Right Kidney - the Eastern Gate

- a. Get the daily pulse count from the chart for point 3 and press at nine o'clock.
- b. Send the energy to the right kidney just before releasing.

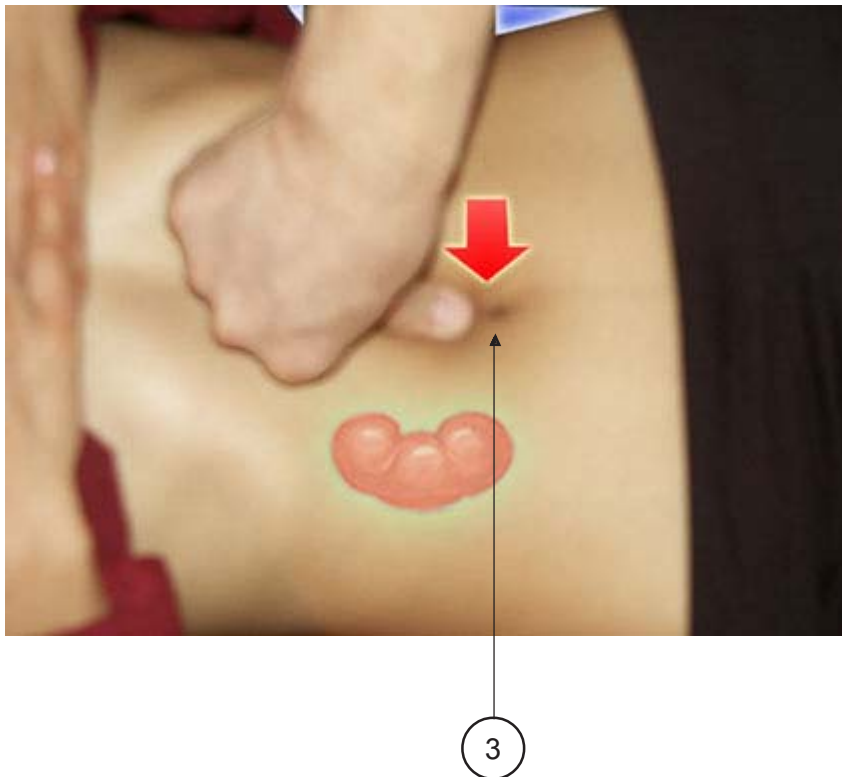


Fig. 12 Opening the Gate to the Right Kidney

Shape of the Navel

The Taoists learned by observing the most obvious things. They learned that it is possible to know a great deal about the condition of the abdominal area and organs just from examining the shape of the navel.

1. Examination of the Navel

Always note the shape and position of the navel before beginning a session. The navel is similar to a funnel, and it divides into three parts: the rim, the sidewall, and the bottom. The navel should be round, centered, and symmetrical. It should be firm and springy, not hard and tight, or soft and weak. The sidewalls should be symmetrical. The floor or bottom should be in the center of a circular rim.

The rim can be misshapen and off-center. The sidewall, and sometimes the rim, can be puffy, curved, high angled, or pulled in one or more directions.

The floor of the navel can be puffy and congested, or it may be very deep. It may be twisted or pulled, and may or may not include the sidewall and rim. The navel may be pulled in one or more directions. It may be vertical, horizontal, diagonal, teardropped, collapsed, blown out, or turned clockwise or counterclockwise.

With some practice, you will find that by reading the three parts of the navel, you can determine which way or ways it is being pulled. Distortion of the navel indicates the direction and location of tight, congested areas and blockages. Sometimes this will show which organs or systems are involved and at what depth.

2. Different Navel Pulls and their Effects

Imagine a pie six inches in diameter placed on the navel. Now divide that pie into eight sections. Note where the navel is pushing or pulling according to the eight directions. Notice if the navel is pulling in one or more directions simultaneously. When you learn which organs

are in each pie piece and can associate them with the distortion of the navel, you will have a very good means of determining what imbalances are present in the body.

The pulling may only affect the superficial tissues or a specific organ or system. Usually the pulling affects the body's center, both superficial and deep, and involves more than one organ or system. Remember that any pulling distorts the body's center and the first system to be influenced is the Navel Center Chi system. When the Chi system is off-center, the physical body is also off-center, creating an imbalance in the emotions, systems, and organs.

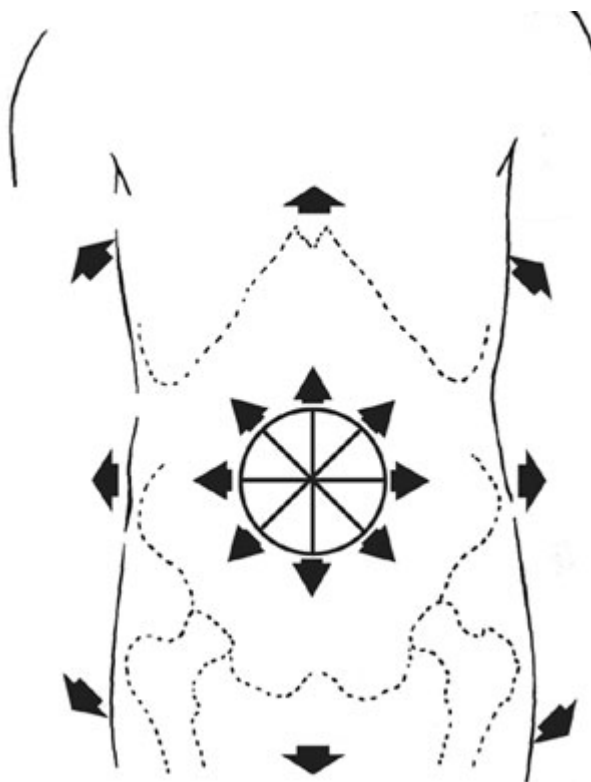


Fig. 13 Chart for Reading Navel Pulls

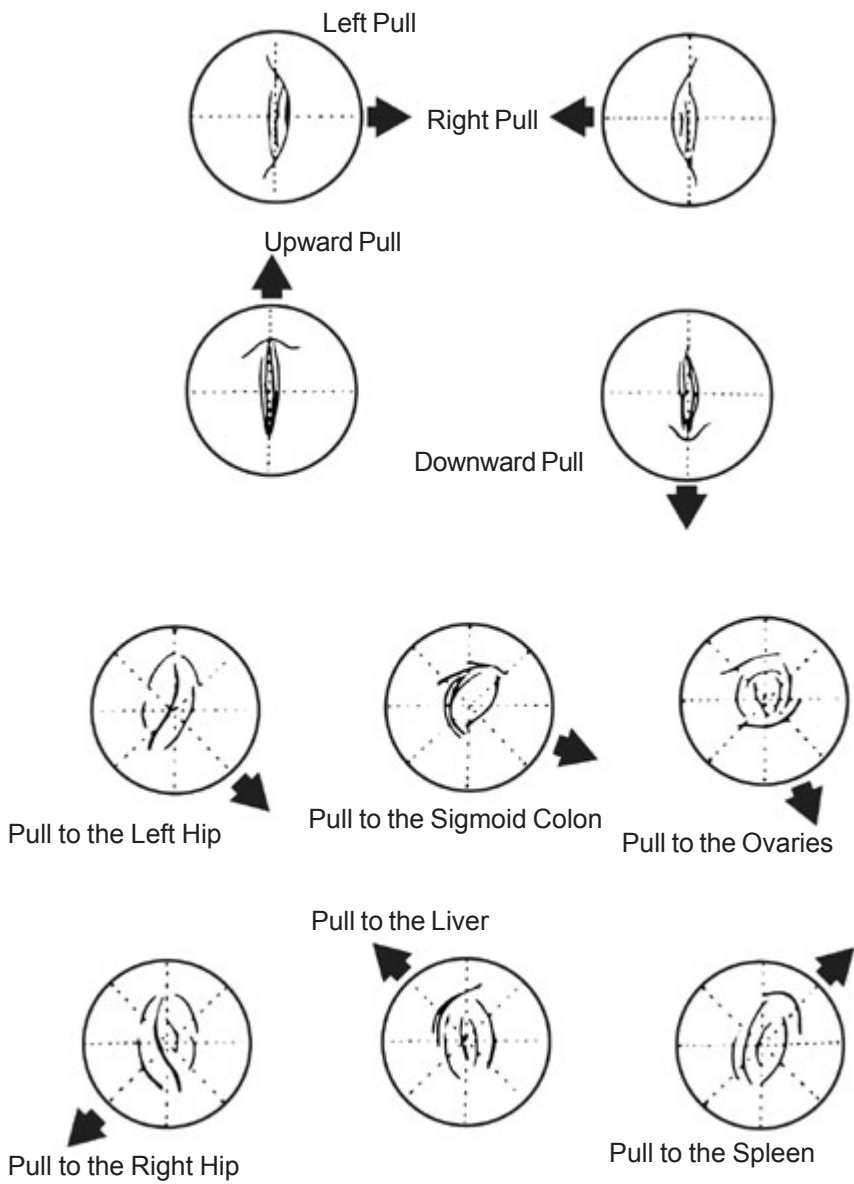


Fig. 14 Navel Pulls

Skin Detoxification

In CNT we treat the skin of the abdomen, starting at the navel. This is where the umbilicus of the fetus received nutrition and eliminated toxicity. As the original center of the body, the navel is still connected with all the organs. Whatever toxins the organs cannot process, they store in the navel for later detoxification.

By massaging the skin lightly and stimulating its surface, you can draw the pressure and toxicity from deep within all parts of the body to the surface. It is easier to reach the toxins on the skin to break them down. The longer you work on the skin, the easier it will be to work deeper later. The skin is a storage space for whatever extra toxicity the organs have. When you release the toxins stored in the skin, you create an open area on the skin. The organs can now release more toxins to the new storage space just made available. Instead of clearing, sometimes the skin may swell. This is because more toxins have been released from the organs to the skin. Once cleared, the skin will recover its balance.

The toxins, tightness, and tension in the abdomen also block the flow of energy from the vital Navel Center or Tan Tien. When you clear the area, the pre-natal Chi can begin to flow through the body more forcefully.

Warning and Caution: If there are any warts or moles very close to the rim of the navel, do not work on the student. This suggests that there is a serious viral problem and a doctor should be consulted. You can, however, teach the student to work on himself or herself.

1. Spiraling Technique

The Spiraling Technique is the main technique for skin detoxification. Gently use both hands on the abdomen to loosen the tissues. Begin by massaging with the thumbs, finger, or fingers together in small, tight, clockwise circular motions around the navel. The sequence for each point is to press in, spiral, and loosen the skin. Continue to

create tight, clockwise circles outward from the previous points you have worked on. This will create a large spiral, extending from the navel to the outer edges of the abdomen. Although this procedure mainly influences the small intestine, the clockwise direction also follows the path and motion of the large intestine, the body's "great eliminator." With this movement toxins are encouraged to pass from the body. This technique is especially powerful for breaking up a constipated large intestine.

Conversely, if your student has diarrhea problems, you should teach him or her how to spiral in a counterclockwise direction. This will encourage the watery waste to slow its exit, until it has formed into normal stool consistency.

If your student's abdomen is tense, nervous, hot, hard, and too Yang, this means there is excessive energy and you should drain some off. Spiral counterclockwise to withdraw the energy. Use your concentration. Ask the energy to leave. Direct it into the Microcosmic Orbit, where it can be circulated and stored safely in the Navel Center. You can also direct it to go into the Navel Center.

If the abdomen is cold, soft, weak, sick, and too Yin, this means that there is deficient energy. Spiral clockwise to add energy. Concentrate to direct some of your energy to pass from your fingertips into the student's abdomen, to help warm the area. .

When you finish the finger spiraling technique, apply the following hand techniques. You will become very familiar with these techniques, for they are used repeatedly in CNT.

2. Scooping Technique

With your fingers together, press inwardly and scoop in, or press downward and scoop out. There are many variations to the direction and use of this technique.



a. Use Two Thumbs



b. Use Four Fingers



c. Use a Single Finger

Fig. 15 *Spiraling Technique: Use the (a) thumbs, (b) fingers, or (c) finger to press in, spiral, and loosen the toxins locked in the skin.*

3. Rocking Technique

Use all the fingers to hold the abdominal muscles while rocking forward and back. Spread your fingers to cover the ascending and descending colon, or change the width and cover the small intestines.

4. Kneading Technique

Use all the fingers of both hands to scoop the intestine into the navel and central area. Follow by pressing with the heels of the palms into the navel and the central area as though you were kneading a loaf of bread.

5. Shaking Technique

Use either the index or middle finger to press on the knot or problem area. Move the finger quickly up and down or from side to side. Use two or three fingers to cover a larger area.

6. Patting Technique

Pat around the navel and the entire abdominal area with the fingers and with a soft, open palm. (Patting is generally used to finish a CNT session.)

7. Elbow Press

Remember, if you are working on someone who is very large or very muscular, sometimes the only way you can have an effect is to use you elbow. Press straight down or spiral with your elbow.

Small Intestine

The small intestine is the digestive tract between the stomach and the cecum. It is in charge of absorption and digestion. The small intestine divides into the duodenum, jejunum, and ileum. The small intestine is about twenty feet long and fills up the central space of the abdomen. Its main role is the absorption of food. It allows the digested food to go through its lining to the liver via the portal vein system, where the food is further processed before reaching the rest of the body.

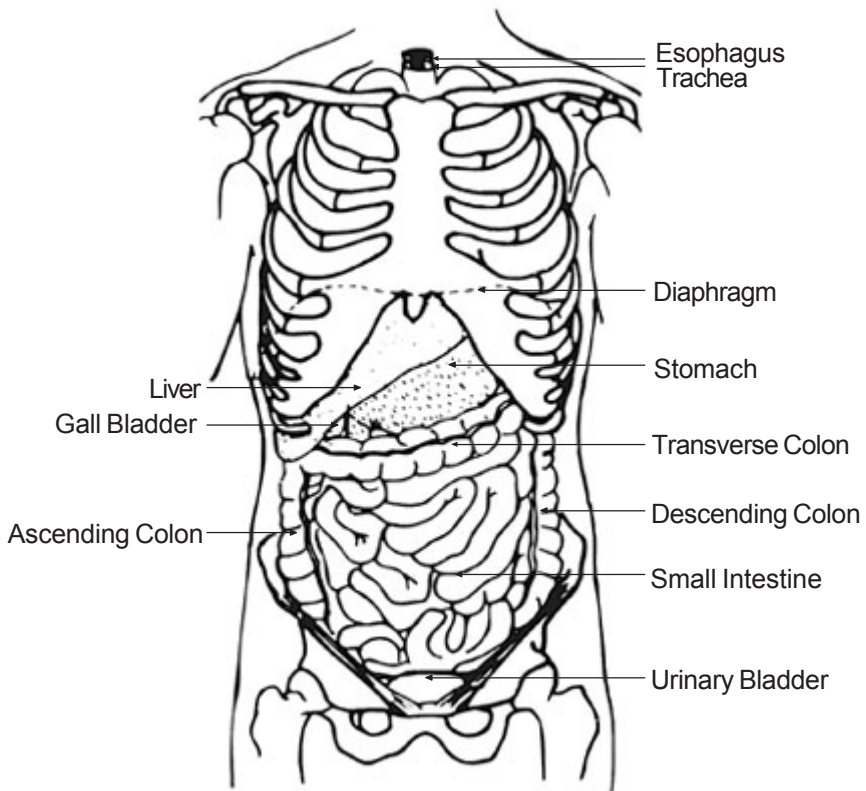


Fig. 16 Small Intestine and Neighbors

1. Abdominal Brain

The small intestine is in charge of digesting emotions as well as food. Different contractions of this intestine correspond to undigested emotions. In Chinese medicine it is called the abdominal brain. All negative emotions are expressed in the small intestine by contraction and circumvolutions. Anger contracts the right side of the intestine near the liver. Worry affects the upper left side near the spleen. Impatience and anxiety affect the top. Sadness affects both lower lateral sides. Fear affects the deeper and lower abdominal areas.

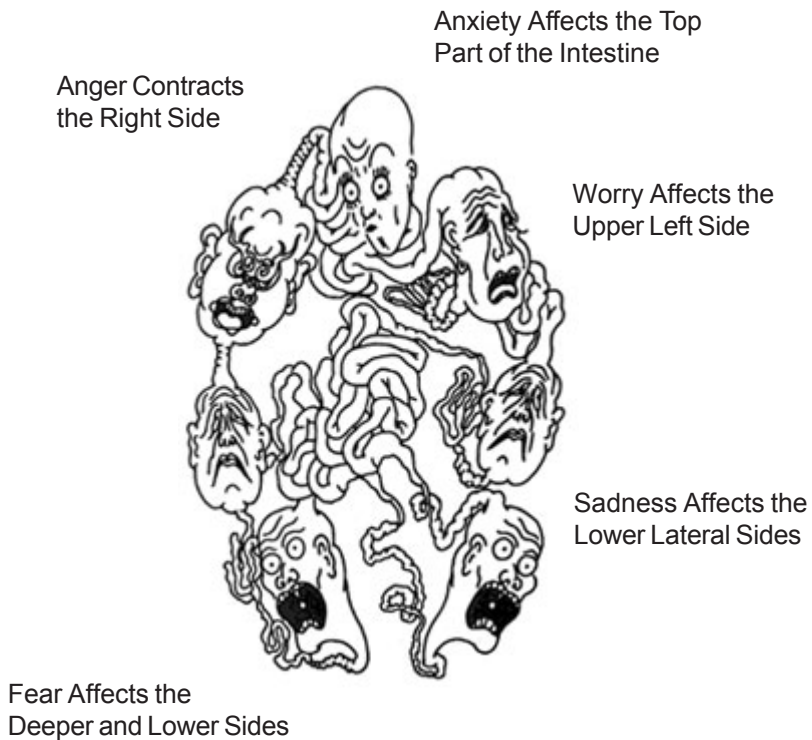


Fig. 17 Effect of Negative Emotions on the Small Intestine

2. Toxins in the Small Intestine

Toxins travelling inside the intestines are still outside the body, since they do not penetrate the membranes of the digestive system. They are on their way to being eliminated. These are toxins that have not been digested or broken down by the stomach and its digestive juices into particles small enough to go through the digestive membrane and into the blood system. When the intestines become too crowded with toxins the speed of digestion will slow down and the absorption function of the small intestine will be impaired. The intestine will become congested and cannot perform all its physiological functions. Though you may eat well, you may be undernourished.

3. Healthy Small Intestine

A healthy small intestine can be covered with one spread hand. When touched, it should feel even and soft. It should move easily, painlessly, and give way to the fingers without creating any muscle reflex reaction. It will move back to its normal position after releasing the pressure. A light small intestine will be firm when touched and will often allow you to feel the pulse of the aorta very strongly. A loose and weak small intestine will be unevenly shaped and filled with bubbles gas and fluid. Often some parts are too tight and others too loose.



Fig. 18 A healthy small intestine can be covered with a spread hand and should feel soft and even.

4. Small Intestine Techniques

Working on the small intestine is of primary importance to the practice of CNT. Any congestion, toxification, or stagnation, including trapped emotions, will inhibit the Navel Center from supplying the rest of the body. These are not only techniques; they involve using your personality and spirit. When you push in to massage and spiral your student's stomach, you may feel your stomach being massaged and spiraled as well. You attach the spirit of your intestine to his or her intestine and connect your healing energy as well. It will take some time before you can do this well, but start trying immediately. The small intestine work is very much like playing and should be approached with a bubbling kind of joy. If you are tight, it is transmitted to the student. Therefore, you have to be very grounded, safe, comfortable, relaxed, and spontaneous.

a. If the student's abdomen is very hard and so painful that you can hardly touch it, you will have to be softer and more patient. Your fingers can only skim over and lightly touch them with a feathery pressure. You can lay the whole surface of the palm or the heel of the palm on the skin and gently spiral it. After some time it will start to soften. The harder the abdomen, the softer your finger should be. If you want to go in deeply, your fingers must also be soft.

b. Practice deep skin detoxification and use the Wave Technique.

c. When doing the Wave Technique, your fingers may feel one area of the intestines is tighter than another, or you may feel knots. This could be chronic contraction of the involuntary muscles within the tissues of the intestine, a diverticulum (a pouch or sac), or a hernia. As long as it is not a painful spot, massaging this area will progressively alleviate the problem.

d. The small intestine has a serpentine or S-shaped design, with one curve of it lying on top of the other. When you detoxify the intestine, use the basic spiraling techniques of the fingers, but try to feel and follow its sinuous design. When your fingers come to a "switchback," shake it until it feels loose. This will help to move the food (chyme) and activate the intestine.

e. Work with short, bubbling bursts, back and forth, counterclockwise and clockwise half spirals. You can use a left-right-left-right, one, two, three, four motion or longer sets. Always end by pulling the fingers and energy toward the cecum, which is where the contents of the small intestine flow into the large intestine.

f. Keep working until you have stimulated the entire small intestine.

g. Cover the small intestine with your hands and have the student breathe into your hands. Both of you do the Inner Smile. Breathe with the student. Fill yourself with light and exhale through your hand into the student as he or she inhales. Teach the student deep abdominal breathing.

h. A good time to work on your own small intestine (and all other areas) is when sitting on the toilet. You can bend over, lean into your finger, and probe deeply.



Work in clockwise and counterclockwise half spirals.
Always end by pulling the energy toward the cecum.



Fig. 19 Working on the Small Intestine

Open the Large Intestine

Many of the problems with the large intestine occur at the cecum/ ileocecal valve or at the sigmoid colon. Your palpation of these areas should indicate the problem. If the problem is in the sigmoid area, don't start there but work around it. Never work directly on a painful area (in the large intestine or anywhere else); prepare a place for the pain and congestion to go. To release the congestion in the large intestine, start at the left side of the rib cage at the splenic bend. This will release congestion there and make room for more congestion coming from the problem area.

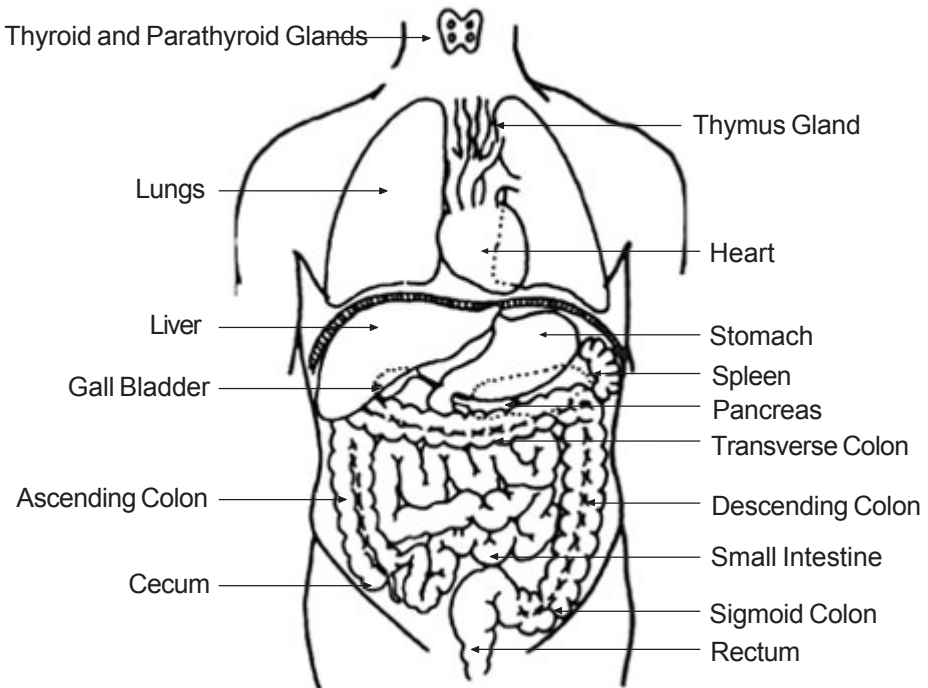
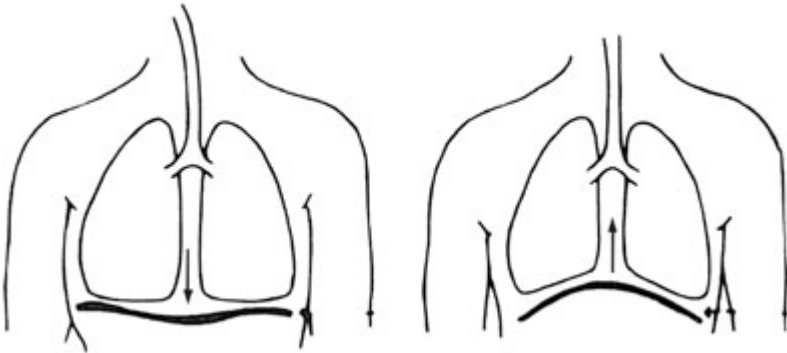


Fig. 20 Large Intestine and the Viscera

Relaxing the Diaphragm

The diaphragm is a breathing muscle attached to the lower portion of the rib cage and anchored to the spine in the lumbar region. It is shaped like a dome and projects up against the heart and lungs. Upon inhalation it pushes down against the abdomen, creates a vacuum in the chest, and allows air and Chi to fill the lungs. If the diaphragm becomes tense or stiff, which it often does when one feels inhibited, it interferes with the ability of the lungs to breathe fully and deeply.

The lungs are called the Sea of Chi. Chi in the lungs drawn from the air mixes with Chi derived from food (by the stomach and spleen). Together they form the blood and nutritious Chi which service all the functions of the body. A deep breath also draws Chi to the lower organs, to the kidneys and bladder, and especially to the large intestine. The large intestine gets energized this way. If it does not have energy, it will not be able to do its elimination work.



During inhalation, the diaphragm goes down. When exhaling, the diaphragm goes up.

Fig. 21 Front View of the Diaphragm

1. Abdominal Breathing Exercise

a. To practice abdominal breathing, keep the chest very relaxed. This may be difficult at first, but it is important.

Begin by breathing in and drawing the air into the abdomen. It may help you to imagine that you are first breathing into the coccyx, then the sacrum, and then up each vertebrae of the spinal column.

b. Make the chest hollow and drop the diaphragm down. You will feel pressure inside the abdomen which will begin to protrude on all sides in a rounded shape. Do not expand the stomach only. With the diaphragm lowered and the abdomen filled with air, the space containing the abdominal organs is minimized, and the organs massage themselves.

c. Expel the breath by drawing the abdomen up, squeezing in on all sides of the abdomen, and forcing the breath out of the nose.

2. Technique for Releasing the Diaphragm: Creating a Space

a. As in every CNT session, start massaging around the navel to loosen the tightness. This will prepare a place for the breathing when the abdomen does start to expand. Sometimes you will encounter an abdomen that is contracted and full of toxins and tension. Your student will hardly let you touch the abdomen; it hurts too much. Imagine what his or her breathing pattern is like. There is no way they can do deep abdominal breathing, even if they knew how. It's too painful. This is common. If you meet a student with an abdomen in this condition, you can be sure that you will need to do diaphragm work. This is a worst-case scenario. Even when you work on diaphragms paired with healthier abdomens nearly every one will need some work.

b. When the large intestine is full or constipated, it will push up into the diaphragm, lungs, and heart. Release the intestine, starting from the lower left side of the rib cage, along the descending colon, near the splenic bend. Then start working across the transverse

colon, under the right side of the rib cage, loosening the area. Be conscious that you want to work back toward the beginning of the large intestine, which is at the ileocecal valve.

c. Place one hand on the left side of the rib cage, while the other penetrates under the ribs to lift them while breathing in.

d. The hand on top of the rib cage will be pushing down while the student is exhaling. The range of motion of the ribs will be increased, because you will be progressively releasing the tensions in the inter costal muscles. If the tension is severe, you may have to use the technique for loosening the rib cage described for asthma treatment .

f. Work on the right side.

g. Start at the lower left rib cage and work your way to the lower right rib cage. Use your fingers to press down all along the edge of the rib cage.



Fig. 22 Releasing the Diaphragm Using Both Hands

Hand Techniques for the Lungs

a. Working with the Left Lung First

Always start by removing any congestion in the splenic bend under the left rib cage. Use the Figure Five Technique outlined in Chapter Five.

b. Lung Detoxification

Reach progressively under the left rib cage to stimulate the lung area. Then hold the left LU-1 or LU-2 on the Lungs' Channel below the clavicle. Press in firmly and stimulate it with your fingertips. Have the student breathe the Lungs' Sound (**Sssssss**) into your finger a few times, until you feel the lungs' energy activate on the meridian. When it is activated, you can feel a pulsing in LU-1.



Fig. 23 Lung Detoxification—Exhalation Phase

c. Exhalation Phase

(1) Place one hand on the upper rib cage and the other hand on the lower rib cage. When working on a woman, place one hand above and the other hand below the breast.

(2) The student inhales using deep abdominal breathing. When the lungs are full, rock the rib cage. Upon exhalation push the rib cage toward the opposite side.

(3) Upon completion, hold and press momentarily. Then follow the inhalation with a gentle, but firm pressure of the hands. Return to the starting position and begin again to rock and shake.

(4) Repeat for three to five breaths. Note that you may also rock the rib cage on the complete exhalation as well.

d. Inhalation Phase

(1) Begin this phase with the same hand position. This time start in the full exhalation position. Rock the exhaled rib cage and ask the student to do deep inhalations.

(2) While the student is inhaling, hold the pressure on the rib cage and ask him or her to breathe into your hands.

(3) When the student reaches full inhalation, keep rocking and maintaining pressure. Follow the exhalation to the starting point of inhalation, repeat for three to five breaths.

(4) On the last inhalation, ask the student to inhale deeply and quickly. When the student reaches full inhalation, remove the pressure, but not the contact of the hands from the chest. Allow the chest and lungs to overfill with air.

(5) Use this technique for the right lung as well.

Liver Hand Techniques

Liver work starts with making space by releasing the congestion of the large intestine. The large intestine, which runs over the liver at the liver bend, needs to be clear, or you will not be able to work on the liver without pain. Clear the large intestine from the ileocecal valve to the sigmoid colon. This is important for clearing the flow of the liver meridian that runs right through the ileocecal valve around the testicles and the ovaries. This is the only way to affect the part of this channel that runs deep and is not accessible to acupuncture needles.

a. Make small, circular motions with your fingertips on the liver, searching for the hardened spots. These hard places are areas where there are accumulations of toxins. As these toxins leave, the liver has more room and energy, allowing it to function more efficiently, and the health improves.

b. When you find a place that is unyielding, spend more time there, working until it becomes softer. Remember not to release too many toxins at once. Ask for feedback from the student. Talk, and watch the eyes for signs of pain. If the student falls asleep, listen for groans and moans.

c. To work on and drain the lower part of the liver, switch from using the fingertips to using both thumbs together or side by side. Place them underneath the lower right side of your student's rib cage. Let your fingers rest gently on top of the ribs.

d. Press in and rock up with both thumbs under the right rib cage reaching into the liver. Scoop in and down with both thumbs releasing the lower edge of the liver and creating a pumping action as you work. Move along the lower border of the rib cage. Proceed slowly and be gentle. Make small circles in a spiral motion, working upward toward the common bile duct. Move slowly, but go deep enough to meet the liver tissue. Loosen any knots or tightness. Have your student do the Liver's Healing Sound (**Shhhhhhhh**) and breath directly into the tension. Remember to be gentle.

You will be working further up the liver, underneath the rib cage. Whenever you can, change the angle of your thumbs so that you can contact more of the liver tissue. Again, be cautious and go slowly. You can go over the area several times, adding more pressure and going deeper each time. Work until you reach the gall bladder.

e. To work the upper part of the liver, start with your hands positioned to the right of the xiphoid process.

f. Use one hand on top of the other for guidance and support.

g. Use the fingertips to move underneath the rib cage, sweeping toward the gall bladder. Working this area will activate the heart. The upper lobe is just beneath the heart and right on the heart reflex point. When the liver overheats, it will heat up the heart. Make sure you do not stimulate too much heat in this area.

h. Have the student do the Liver's Healing Sound through the whole process, but when you work near the heart reflex, practice the Heart's Sound (**Hawwwwww**). This will counteract the tendency to overheat this area.

i. When finished ask the student to push your fingers out with his or her liver and Chi.

Liver Pumping Technique

The liver is like a sponge, since all of its cells either filter or store. When you use the pumping technique, you work its sponginess and help the liver in its work. The Liver Pumping Technique is as follows:

a. The right hand is stationary. It is positioned with the right thumb under the lower portion of the rib cage and the index finger pointing toward the sternum.

b. The left hand is placed on top of the right ribs over the liver and does the pumping action. This is a gentle downward motion toward the navel or the left hip.

c. Pump several times, coordinating with the exhaling breath. This technique is very relaxing. Remember to follow the rhythm of your student, rocking your body to create the movement.

d. Keep your body and hands relaxed throughout.

Pancreas Massage Technique

a. Place the fleshy, knife edge of the palm on the head of the pancreas at the centerline, and press deeply into it. Apply as much pressure as the student can take. If possible, apply extra weight with the other hand resting on the working hand. If you are working on a sugar addict or alcoholic, the area will be very painful. Remember the rule is to be gentle and to go slowly. The harder the pancreas is, the softer the massage should be.

b. Apply a rolling pressure with the edge of the palm and fingers. (Caution: Pump toward the body's midline so that stones or crystals do not enter the spleen.) As you get to the narrow end of the pancreas near the lower left rib cage (where the mass of the pancreas decreases), the pressure you are exerting will decrease as the tips of your fingers tail off.

c. Together you should do the Spleen's Sound (**Whoooooo**) during the massage.

d. When working on yourself, use the basic two-handed spiraling technique. If you are sitting and leaning into your fingers, you can apply pressure.



Fig. 24 Working on your own Pancreas and Stomach



Fig. 25 Spleen Detoxification—Spiraling with the Thumb

Hand Techniques for the Spleen

a. First remove any congestion in the large intestine at the splenic bend.

b. Use your thumbs or fingers to spiral in the spleen area. The spleen is deep so add weight by pressing down on the thumb or fingers using the other hand.

c. As you reach the level of the spleen under the left rib cage, you should not encounter any hardness because the spleen is soft tissue. It is unlikely that you will be able to feel it. However, you should take time to work at length on it to improve its natural function and increase its pumping action. Massaging the spleen will help it to pump blood in and out and thus increase its cleansing effect on the blood. The massage will also increase the energy level in the spleen/pancreas meridian system and spread its benefits to the entire lymphatic system.

d. Have the student push away your fingers with his or her spleen and Chi.

e. Use the Baking Technique with one hand on top of the spleen and the other beneath it (on the back).

Hand Techniques for the Heart

Massage the heart area with one hand while pressing Heart-7 on the wrist with the other hand. This will sedate and slow down the heart.

Hand Techniques for the Heart Controller

Massage the heart controller area with one hand while pressing Heart Controller-6 with the other hand. This will relax the diaphragm and stimulate the appetite.

Hand Techniques for the Triple Warmer

Massage the Triple Warmer area with one hand while pressing the Triple Warmer-5 with the other hand to calm the nerves.



Triple Warmer-5 Point



Triple Warmer-5 Point (On Both Arms)

Fig. 26 Hand Technique for the Triple Warmer

Kidneys Hand Techniques

a. To work on the right kidney have the student lay on the back and then twist the pelvic area over to the right so that the right hip is pointing straight up and the right knee is drawn toward the chest. Place a cushion behind the right knee to support it and keep it in position, or kneel behind the student and use your knee to support the raised hip. Ask the student to relax the shoulders.

b. Look at the area where the kidney should be. Look for an indentation or slight depression on the skin surface.

c. Use both hands and eight fingers to go into this area. You won't use all eight fingers to massage the kidney. Usually you will use just your two middle fingers with the others for support.

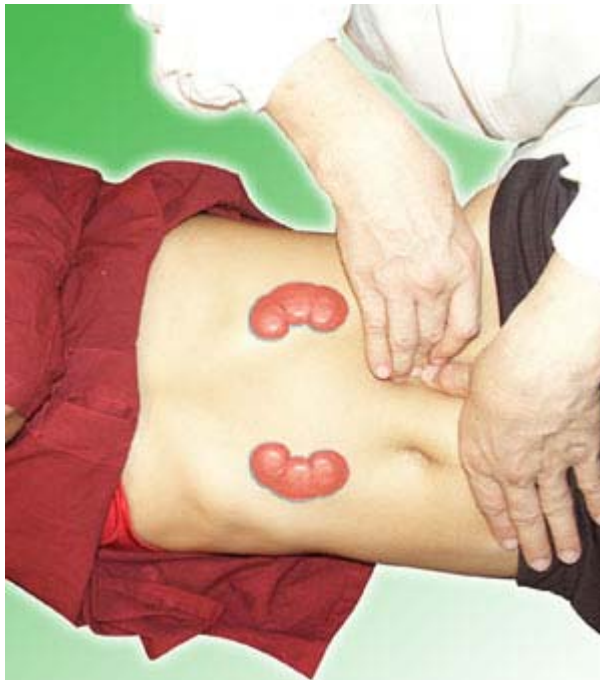


Fig. 27 Working from the Side to Gain Better Access to the Kidneys

d. Every kidney is different. If the kidney is normal and is not situated too low, you will only be able to feel the bottom of it. If it is in good shape, it might have the texture of a marshmallow or be just a little firmer. Inhale air to make your cheeks round and puffy. Feel the surface of your skin to feel what a healthy kidney feels like. It feels soft and gentle, but with a slight surface tension.

e. Use your student's assistance in finding the kidney. The student can guide you to the kidney and you may hear such comments as, "That just feels like your finger nail," or, "That feels like your just pushing against my skin." When you hear, "I feel something in my back," or "You are touching it now," you can start massaging in small spirals.

f. An unhealthy kidney will feel uneven with alternating soft and hard spots. At times it is painful, and you may not be able to work on it for long. Sometimes you can't reach the kidneys because the tissue surrounding it has become very hard. In that case, gently massage this area until the congestion dissolves and you can reach the kidneys. Assign homework.

g. When you begin to use a spiraling massage with your fingers, have the student continuously use the Kidneys' Sound every time he or she exhales. Massage very gently.

h. On the average you can spend one or two minutes on each kidney, but do not spend more than five minutes maximum.

i. The question of how long this procedure should take permits us to introduce an advanced healing technique developed by a woman who is very talented CNT practitioner. You may attempt it when your energy is highly developed, and you are sure of your ability to recover and protect yourself. In a meditative state, she works organ to organ by uniting the energy field of her organ to that of her student. By doing this she knows when her fingers have reached the kidneys because she feels "something very respectful and valuable." If she finds a sick kidney, then her kidney also feels sick; if the kidney she is working on hurts, then hers hurts. When she begins to spiral her fingers, she can feel fingers spiraling in her kidney. She is constantly sending good kidney energy from her kidney to that of her student while constantly doing the Kidneys' sound with

her student. She determines when she will stop the massage and the healing process by evaluating the feeling in her kidney. When her kidney feels well again, then she knows she has helped her student to restore her own kidney to full functioning and a healthier state. The practitioner approaches each of the organs in this manner.

j. The release technique is very important. When you have finished the massage, have the student push your fingers out of her kidney with her energy and Chi.

k. After you have finished the massage, blow warm air into the Kidney. This is an early shamanistic Taoist practice adopted by Chinese healers when they started applying burning moxa on a cold area that needed heat.

Lymphatic System

1. Feeling a Lymph Node

Since maintaining the activity of the body's immune system, much of which concerns lymphocyte production and distribution, is central to the practice of Chi Nei Tsang, acquaint yourself with the lymphatic system. Note where the many lymph nodes are and where the main ducts are commonly found.

To acquaint yourself with the feel of a lymph node, you can find one under the armpit or, since the armpit can be a very delicate area; it may be easier to find a superficial node in the groin area.

a. Locate the large nerve under the artery; it will feel like a nylon cord soaked in oil. Be gentle.

b. Next find the vein; it will feel hollow, like a water hose. You can feel the blood flowing through the vein, though there is no pulse, and the pressure is lower than in the artery.

c. Behind the vein is the artery. Here you can feel the definite pulsations of the blood.

d. Finally locate a lymph node along the artery. Practice until you can find and distinguish all four things, but take care not to massage a swollen lymph node in the armpit. (The abdomen is the only area in which swollen lymph nodes can be massaged.)

2. Concentration of Lymph Nodes in the Abdomen

The largest lymph nodes are near the navel. These become very clogged because the blood has picked up toxins from the body. When a lot of toxins accumulate in this area, cells can become so toxic that they begin to die. The first step in healing is to detoxify the body.

The nodes in the abdomen are positioned in two layers. The shallow group is just below the fatty layer under the skin and the other major concentration is very deep, around the kidneys and just above the backbone. There is a tendency for more lymph nodes to be concentrated and congested in the lower abdomen than in the upper abdomen.

3. Lymph Drainage

The lymph drainage system covers the whole body. The lymph from the abdomen, lower body, and legs drains into the cisterna chyli (in the lower abdomen in front of the first two lumbar vertebrae) and from there into the thoracic duct. There it is joined by the lymph from the left side of the head, neck, and chest. The right lymphatic duct drains lymph from the upper right side of the body and from the right side of the head and neck.

Eventually, the thoracic duct empties all of its lymph into the left subclavian vein and the right lymphatic duct empties all of its lymph into the right subclavian vein. Together they drain the lymph into the heart and into the blood, and the cycle repeats itself.

4. Detoxifying the Lymphatic System

As you massage the abdomen, the lymph glands will automatically be stimulated by the motion given to the tissues. This stimulation is increased by working directly and gently on the lymph nodes.

Lightly stimulating the lymph in the abdomen will help to decongest the lymph nodes in this area. The abdominal lymph nodes and system are important because of their close connection with the intestines and digestive system and the detoxification system of the liver. Generally, eating loads everyone up with lymphatic waste (animal proteins, fats, milk). Bad eating habits damage the intestines and then the whole system. The remedy is a good diet and Chi Nei Tsang lymph massage.

Once you begin the process of draining the lymph, the body continues the process. It is not always necessary to continue working on a particular lymph node until it is completely clear. You may observe, in a following session, how that node has continued to soften, and how the entire lymph flow has improved. It is beneficial to point this out to your student, emphasizing the remarkable healing properties of the body and noting that the body likes a little encouragement.

a. Hand Techniques to Release Toxins from the Deep Abdominal Lymph

(1) Detoxification of the lymph toxins in the abdominal area begins by massaging the navel, first clockwise, and then counterclockwise.

(2) Do the Wave Technique until you can clear and reach deep into the abdomen. Feel for lymph nodes along the midline. They are smaller than knots or tangles. If you can feel them, then they are congested. Massage them lightly with your fingertips.

(3) Continue searching for nodes in this area especially around the aorta and vena cava close to the spine. Massage any that you find.

b. Working on the Rest of the Body's Lymph

(1) Begin by place your hands flat on the navel. Ask him/her to breathe against them while you press down. When the student exhales press down a little more, thereby activating the lymph flow into the thoracic duct.

(2) Clear the superficial lymph system in the skin by stroking the ribs. Move your hands to the lower ribs at the level of the liver. Place your thumbs underneath, pushing up from the sides in a forward motion toward the centerline. Stroke (do not rub) the skin very gently. Gradually move your way up toward the sternum.

(3) Go to the spaces between the ribs on the left side of the sternum. Place the fingertips of all eight Fingers into the spaces and, with a circular and downward pressing motion, push the lymph into the body toward the thoracic duct. Work the lower ribs first and gradually move up to upper ribs just below the collarbone. Repeat on the right side.

(4) Drain the areas above the collarbone and again direct the lymph down into the body. Place your middle and index fingers above each side of the collarbone into the hollow spaces and make a circular motion into the body, thereby draining the lymph into the vena cava.

(5) Stand at the head of your student, and turn the head to the left.

When you turn the head, cradle it in your left hand and support it so that the student relaxes. Lay the head down just before you move the lymph down from the right collarbone. It is very important to use a light, feathery touch in this area since it is very delicate. Use the fingers to drain lymph vessels from below the jaw and ear, down the side of the neck.

Drain it into the space above the right collarbone. (Do not work on anyone with a thyroid problem since this procedure can be very uncomfortable for this person.)

(6) When the lymph nodes under the armpit and around the neck are enlarged and painful, do not massage them. Wait until the pain is gone. These lymph nodes are close to the heart drainage area. Massaging them could push the infection into the bloodstream, thereby spreading it throughout the body.

The lymph nodes in the abdomen are large and numerous. Since they are far from the heart drainage area, the lymph system has a chance to deal with them. Massaging the lymph nodes in the abdomen can help improve the overall immune system.

(7) Next, turn the head to the right, cradle the head, and repeat the massage on the left side.

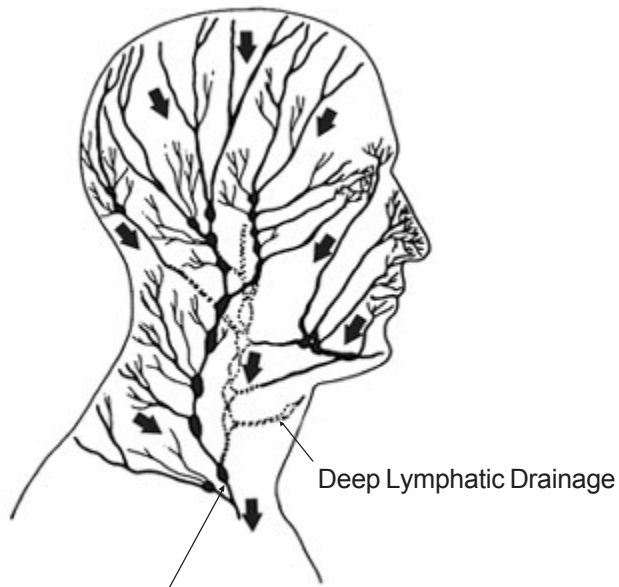
You can work both sides simultaneously by placing one hand on each side of the neck (with the fingertips on the back of the neck).

Make a circular motion downward, without rubbing the skin. If your hands are small, you might have to place them a little lower and do the movement a second time to work the whole neck.

(8) Using your flattened hand press the lymph nodes in the left armpit downward into the body. Repeat for the right side.

(9) Press the groin nodes towards the lower abdomen collect point near lumbar-2, also with your flattened hands or fingers.

(10) You may end by placing the students' hands over the navel and allowing rest. Thank the lymph nodes for letting you work on and disturb them.



Superficial Lymphatic Drainage of the Head and Neck.

Fig. 28 Superficial and Deep Lymphatic Drainage of the Head and Neck and Direction of the Flow

Psoas Muscles

1. Releasing Sciatic Pains by Working on the Psoas Muscles and the Lumbar Sacral Plexus

Work on the iliopsoas muscles and the sciatic nerves goes together because they can influence one another. The accumulation of toxins and tensions in the abdomen presses against the nerves, muscles, and tendons that are coming out from the spine. This impairs communication between nerves. Tension in the muscles goes on unnoticed and the muscles don't receive the message to relax. To restore the nerves to their function of controlling the muscles, the pressure has to be relieved.

Major psoas muscles originate along the twelfth thoracic to the fifth lumbar vertebrae bones, descend through the pelvic region, and attach to the top part of the femur (thigh) bone. They form part of the posterior wall of the abdomen and help support the organs in the abdomen. They are also the flexors of the thigh. On some the psoas muscles do not descend to the thighbone, but anchor to the lower brim of the pelvis.



Fig. 29 Psoas Muscles

2. Techniques for Releasing the Psoas Muscles

a. While the student is lying down, look at the legs and feet. One leg may be shorter than the other. This indicates tension in the psoas muscle on the short side. One foot may be naturally turned out while the other is pointing straight up. The tense leg and foot indicates tension in the psoas muscle and sciatic nerves on that side.

b. Work in the lower abdomen and pelvic area and loosen any knots or tangles.

c. Press all your fingers into the area of the psoas. The psoas is very deep, and you will need the student's help to find it. Help the student to raise the knee closest to you and pull it toward the chest. Have him or her take over and rotate it, moving it back and forth while you search for the psoas. The psoas muscle is engaged by this movement of the knee and leg. You can feel it moving. This is a simple way to find it, since it is so deep. When you feel it moving, lock in on it with all your fingers lined up in a row along its length.

d. Press down and hold your fingers still. Shake your body sideways, right and left. Be vigorous; keep the fingers on the muscle so that they can massage it. If you are working on yourself, elevate and rest your feet on armchair and use however many fingers you are comfortable with. Use a standard spiraling motion up and down its length.



Fig. 30 Place all the fingers on the psoas muscle.

Releasing Sciatic Nerve in the Buttocks and Legs

a. With the student on his back, lift the leg closest to you toward the chest and rotate it in the hip socket. This will help set the bones in the pelvic region in their right place. You can also lift both legs at the same time. Keep the knees together and gently rotate both hips in their sockets.

b. Place the student on his or his left side. Feel for an indentation or “hole” between the gluteus medium and gluteus maximum to find the piriformis muscle. Massage and release the contracted piriformis muscle, which is close to the sciatic nerve running through the buttocks. Press straight down with the thumb or elbow. Often this area is very painful if there is a problem. If there is no pain there is no problem. It is important to spend some time working here While it is painful, the massage has a “sweet ache” to it; it hurts but the student starts to feel that he or she is going to get better. Do not forget to use your concentration to send healing energy into this area.

c. Massage down the middle line of the back of the thigh to loosen the muscle there.

d. The next position is behind the knee at the popliteal tendons. Work on both sides of the knee, since the Sciatic nerve branches into two divisions here. Massage with the thumbs on the left and right side and use your fingers to pull the tendons apart. This will stretch the tendons and muscles and release the pressure on the nerves.

e. The third position is under the inner ankle, under the bone. It is very close to Kidney-3. Massage and press it with your finger (s) or thumb.

f. End the procedure by lifting the lower leg and tapping the heel with your fist.

g. Repeat the procedure on the right side.



Fig. 31 Stretch the tendons at the back of the knee apart so that you can reach the nerves.



Fig. 32 massage the nerve area below the ankle bone.

Massaging the Uterus

(1) Place eight fingers to one side of the uterus and the thumbs together on the opposite side. Keep the edges of both hands together and aligned. Apply a deep, probing, kneading motion with this combination. Massage any tangles or twists you find and hold the uterus with both hands for a while in the center.

(2) There are often knots and tangles in the uterus and along the branches of the uterine tubes leading to it. Trapped or excessive heat often causes this. Release the heat using the techniques for removing winds.

(3) Tightness in the muscles and fasciae holding the uterus in position can also cause this problem. This congestion may cause the uterus to be slightly tilted. Use detoxification massage techniques to clear the congestion. Then cup the hands between the ovaries, gently push in, and massage the area above the cervix, removing any congestion. If during ovulation and menstruation the energy flow through this area is disturbed, pain and cramps can occur. This practice also seems to have the very beneficial effect of helping to balance the hormones.

(4) Another technique is to do gentle circular massage on the fallopian tubes.



Fig. 33 *Locating the Uterus and Ovaries*

Ovarian Massage Technique

- a. Have the student pull her knees up. Search for the ovaries.
- b. Use the fingers and heel of the hand in a rocking motion. If working from the right side, the heel of your hand massages the right ovary. As your hand slowly sinks in, the fingers massage the left ovary. You can add your other hand for extra weight, although one hand is heavy by itself. Do this for five minutes (or longer) and many of the conditions listed above will correct themselves. Push and pump. Do a soft rock and roll. Send them energy, talk them back to health. This is very comfortable to the student, and she will feel serene and trusting.
- c. This technique works better if it is done by another person. It is much faster than working on just one side at a time. Nevertheless, you should teach your students to work on themselves at home to maintain the work you have done. If the student doesn't do homework, the ovaries will revert to their old position after a few days. They are used to being in the same place and would like to go back. Its like an old habit. Make them feel comfortable in their new situation.



Fig. 34 Ovarian Self-Massage

Prostate

Blockages near the prostate gland can cause impotence. When these blockages are removed, virility may return. Toxins in that gland are usually another cause of this problem.

The prostate is right above the perineum, between the anus and the testicles, just under the skin. Massage this area as well as the testicles.

More about Headaches

Headaches are a pain. Any pain has to be taken as a warning signal that something is wrong. If you take a pain killer, you are only suppressing the signal (symptoms) and are ignoring the cause of the pain. Your body is alerting you; do not ignore it. In CNT pain is a guide to the source of the problem. Respect this pain and rest. You can save the body's energy which it can then use to strengthen the organs. Of course, people do not want to hear this; they want to keep working or playing, so they take pain killers in the belief they have no time for preventive measures.

Often, the pain is expressing itself along a specific channel when it involves a specific organ. Most channels run through the head. If the head pain is localized, study a chart of the head channels. Then you can figure out the organ that is involved with the problem. The most common causes are heat in the liver, blockage in the gall bladder, and constipation.

Tension and stress are also causes. Fear gets trapped in the kidneys and weakens them and the adrenal glands. This can create tension which causes heat in the heart. The heat rises up and creates tension and pressure in the head.

You can alleviate this pressure as follows:

1. Detoxify the skin.
2. Release the large intestine.
3. Detoxify the liver, gall bladder, and kidneys.
4. Work on the adrenal glands.

Balancing the Pulses

If you find a knot blocking the aortic pulse in the solar plexus, you may assume that the other pulses are out of synchronization. The idea is compare the aortic pulse with the pulses at different places in the body. Using it as a gauge is wise because it reflects the pulse of the heart and the center of the body. Compare the speed and intensity of the pulses with each other and with the aorta. They should be nearly the same, but can be slightly different. If they are different, check the abdominal area for blockages and begin to remove them with small circular motions using both hands. You can adjust the pulses by applying pressure on the aorta with one hand while keeping contact with the unsynchronized pulse using the other hand.

Balancing the pulses and clearing abdominal blockages may take more than one session to accomplish. You may find it easy to balance and clear them in one session, only to find that the student has incurred the problem again between sessions. Give your students homework!

Remember, releasing knots and tangles in the abdominal area has a general effect on the body. Your efforts to undo these tissues induces pressure on the aorta and vena cava simultaneously. Thus, it is easy to affect many systems and organs, either directly or indirectly. For example, if you are working on the stomach at a moderate to deep level and pressure, you are also affecting the aorta, pancreas, transverse colon, and psoas muscle since these organs are aligned in layers next to each other from front to back.

1. Hand Techniques—Practicing on Yourself

a. Check the navel area. Press into it in all directions and observe the sensations. Use your thumb to move your intestines and work your way in. Sometimes you can feel your aortic pulse deep within your abdomen. If it is off-center, try to center it using the navel massage centering technique. It is possible to align everything when you are quiet. Sometimes it may take repeated corrections before

you can center your pulse. Once you feel a satisfactory aorta pulse, follow the techniques listed below and compare, contrast, and balance it with the other pulses in the body.

b. Compare it with the wrist and other pulses. Keep the left hand on the master pulse by the navel and feel the left radial wrist pulse with the fingers of the right hand. Hold the pulse until it synchronizes and beats at the same time as the aortic master pulse. Switch hands and feel the other wrist.



Fig. 35 Searching for Your Own Aortic Pulse

2. Hand Techniques—Working on Another to Balance the Aorta with Other Pulses

First work on the pulses on the left side of the body, and then the right side.

a. Work from the left side of the student's body. First, locate the aortic pulse and maintain your hold on the aorta with your left hand. Then place one or two fingers of the right hand on the left carotid, feel the pulse, and gently hold until the aorta pulse and carotid are synchronized.

***For further information about Universal Tao Centers,
courses, or other resources, contact:***

Universal Tao Instructor Associations

North America Instructors Association (NAIA)

c/o Loretta Robb, Treasurer
13 Plymouth Drive, Newark, Delaware 19713 USA
Tel: (1)(888) 444-7426 (Toll Free) or (1)(212) 330-7876
Email: info@taoinstructors.org Website: <http://taoinstructors.org>

European Instructors Association (EIA)

c/o Zentrum Waldegg
3823 Wengen, SWITZERLAND
Tel: (41)(33) 8554422 Fax: (41)(33) 8555068
Email: info@waldegg.ch Website: www.waldegg.ch

***To order English books, and for your local Instructors use
our Web Sites: www.universal-tao.com and www.tao-garden.com***

Universal Tao World Fulfillment Center

274 Moo 7, Luang Nua, Doi Saket, Chiang Mai, 50220 Thailand
Tel: (66)(53) 495-596 & 865-034 Fax: (66)(53) 495-852
North America Fax (1)(212) 504-8116 Europe Fax (31)(20) 524-1374
Email: universaltao@universal-tao.com or info@tao-garden.com

The Universal Tao is not and cannot be responsible for the consequences of any practice or misuse of the information in this booklet. If the reader undertakes any exercise without strictly following the instructions, notes, and warnings, the responsibility must lie solely with the reader.

\$17.95



Chi Nei Tsang I

Internal Organ Chi Massage

Mantak Chia
Illustrated by Juan Li

New Approach to Healing

In Chi Nei Tsang I Master Mantak Chia, continues to bring the ancient, time-tested wisdom of the Universal Tao System to the Western world. Chi Nei Tsang I presents a whole new understanding and approach to healing with detailed explanations of self-healing techniques and ways to avoid absorbing negative, sick energies from others.

Hands-on Techniques for Detoxifying and Rejuvenating the Vital Organs

Chi Nei Tsang I is full of new ideas and ancient healing techniques gathered from thousands of years of experience. The art evolved in an era when there were few physicians and people had to know how to heal themselves. For many today the situation remains the same. Chi Nei Tsang I teaches people how to take full charge of their health and well-being.

First known Techniques that Apply to Navel Center

In the Navel Center negative emotions, stress, tension and sickness accumulate and congest. When this occurs, all vital functions stagnate. Using Chi Nei Tsang I techniques in and around the area of the navel provides the fastest method of healing and the most permanent results. Many techniques of other systems only work at the body's extremities, far from the Navel Center and the organs. The Chi Nei Tsang techniques taught in this book can be applied to the abdominal center where the Universal, Cosmic Particle and Earth Forces are combined and stored.

ISBN 0-935621-35-0



Universal Tao Publications