

Chi Self-Massage

Taoist Way of Rejuvenation

Mantak Chia



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of Rejuvenation***

Mantak Chia

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I have come upon Master Chia's Taoist practice in my old age and find it the most satisfying and enriching practice of all those I have encountered in a long life of seeking and practicing.

Felix Morrow, Senior Publisher

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About the Author



Mantak Chia

Master Mantak Chia is the creator of the Universal Tao System and is the director of the Universal Tao Center and Tao Garden Health Resort and Training Center in the beautiful northern countryside of Thailand. Since childhood he has been studying the Taoist approach to life. His mastery of this ancient knowledge, enhanced by his study of other disciplines, has resulted in the development of the Universal Tao System which is now being taught throughout the world.

Mantak Chia was born in Thailand to Chinese parents in 1944. When he was six years old, Buddhist monks taught him how to sit and “still the mind”. While still a grammar school student, he learned traditional Thai boxing. He was then taught Tai Chi Chuan by Master Lu, who soon introduced him to Aikido, Yoga and broader levels of Tai Chi.

Years later, when he was a student in Hong Kong excelling in track and field events, a senior classmate named Cheng Sue-Sue

introduced him to his first esoteric teacher and Taoist Master, Master Yi Eng (I Yun). At this point, Master Chia began his studies of the Taoist way of life in earnest. He learned how to circulate energy through the Microcosmic Orbit and, through the practice of Fusion of the Five Elements, how to open the other Six Special Channels. As he studied Inner Alchemy further, he learned the Enlightenment of the Kan and Li, Sealing of the Five Senses, Congress of Heaven and Earth and Reunion of Heaven and Man. It was Master Yi Eng who authorized Master Chia to teach and heal.

When Mantak Chia was in his early twenties he studied with Master Meugi in Singapore, who taught him Kundalini, Taoist Yoga and the Buddha Palm. He was soon able to clear blockages to the flow of energy within his own body. He learned to pass the life force energy through his hands also, so that he could heal Master Meugi's patients. He then learned Chi Nei Tsang from Dr. Mui Yimwattana in Thailand.

A while later, he studied with Master Cheng Yao-Lun who taught him the Shao-Lin Method of Internal Power. He learned the closely guarded secret of the organs, glands and bone marrow exercise known as Bone Marrow Nei Kung and the exercise known as Strengthening and Renewal of the Tendons. Master Cheng Yao-Lun's system combined Thai boxing and Kung Fu. Master Chia also studied at this time with Master Pan Yu, whose system combined Taoist, Buddhist and Zen teachings. Master Pan Yu also taught him about the exchange of Yin and Yang power between men and women, and how to develop the Steel Body.

To understand the mechanisms behind healing energy better, Master Chia studied Western anatomy and medical science for two years. While pursuing his studies, he managed the Gestetner Company, a manufacturer of office equipment and became well acquainted with the technology of offset printing and copying machines.

Using his knowledge of Taoism, combined with the other disciplines, Master Chia began teaching the Universal Tao System. He eventually trained other Instructors to communicate this knowledge and he established the Natural Healing Center in Thailand. Five years later, he decided to move to New York, where in 1979, he opened the Universal Tao Center. During his years in America, Master Chia continued his studies in the Wu system of Tai Chi with Edward Yee in New York.

Since then, Master Chia has taught tens of thousands of students throughout the world. He has trained and certified over 1,500 instructors and practitioners from all over the world. Living Tao Centers, Chi Nei Tsang Institutes, Cosmic Healing Forums and Immortal Tao Mountain Sanctuaries have opened in many locations in North America, South America, Europe, Asia, Africa and Australia.

In 1994, Master Chia moved back to Thailand, where he had begun construction of Tao Garden and the Universal Tao Training Center fifteen miles outside of Chiang Mai.

Master Chia is a warm, friendly and helpful man who views himself primarily as a teacher. He presents the Universal Tao System in a straightforward and practical manner, while always expanding his knowledge and approach to teaching.

Master Chia estimates that it will take thirty five books to convey the full Universal Tao System. In June 1990, Master Chia was honored by the International Congress of Chinese Medicine and Qi Gong (Chi Kung), who named him the Qi gong Master of the Year. He is the first recipient of this annual award.

In December 2000, the Tao Garden Health Resort and Universal Tao Training Center was completed with two Meditation Halls, two open air Simple Chi Kung Pavilions, indoor Tai Chi, Tao Yin and Chi Nei Tsang Hall, Tai Chi Natural Swimming Pool, Pakua Communications Center with a complete Taoist Library, Internal World Class Weight Lifting Hall and complete 8 Court Recreational Facilities.

In February 2002, the Immortal Tao practices will be held at Tao Garden for the first time using Dark Room technology, creating a complete environment for the higher level Taoist practices.

Master Mantak Chia has previously written and published these Universal Tao books:

Awaken Healing Energy of the Tao - 1983

Taoist Secrets of Love: Cultivating Male Sexual Energy
co-authored with Michael Winn - 1984.

Taoist Ways to Transform Stress into Vitality -1985

Chi Self-Massage: the Tao of Rejuvenation - 1986

Iron Shirt Chi Kung I - 1986

Healing Love Through the Tao: Cultivating Female Sexual Energy - 1986

Bone Marrow Nei Kung - 1989

Fusion of the Five Elements I - 1990

Chi Nei Tsang: Internal Organ Chi Massage - 1990

Awaken Healing Light of the Tao - 1993

The Inner Structure of Tai Chi co-authored with Juan Li - 1996

Multi-Orgasmic Man co-authored with Douglas Abrams 1996 - published by Harper Collins

Tao Yin - 1999

Chi Nei Tsang II - 2000

Multi-Orgasmic Couple co-authored with Douglas Abrams 2000 - published by Harper Collins

Cosmic Healing I - 2001

Cosmic Healing II co-authored with Dirk Oellibrandt - 2001

Door of All Wonders co-authored with Tao Haung - 2001

Sexual Reflexology co-authored with W. U. Wei - 2002

Elixir Chi Kung - 2002

Many of the books above are available in the following foreign languages:

Arabia, Bulgarian, Czech, Danish, Dutch, English, French, German, Greek, Hebrew, Hungarian, Indonesian, Italian, Japanese, Korean, Lithuanian, Malaysian, Polish, Portuguese, Romania, Russian, Serbo-Croatian, Slovenian, Spanish, & Turkish editions are available from the Foreign Publishers listed in the Universal Tao System Overview in the back of this book.

Acknowledgments

I thank foremost those Taoist Masters who were kind enough to share their knowledge with me never imagining it would eventually be taught to Westerners. I acknowledge special thanks to Dena Saxer for seeing the need for this book to be published and for her encouragement and hard work on the initial manuscript.

I thank the many contributors essential to the book's final form: Dena Saxer, for writing a portion of this book, especially the basic step-by-step instructions, and for choosing the title; the artist, Juan Li, for spending many hours drawing and making illustrations of the body's internal functions and for his cover illustration; Gunther Weil, Rylin Malone, and many of my students for their feedback; Jo Ann Cutreria, our secretary for making so many contacts and working endlessly, Daniel Bobek for long hours at the computer: John-Robert Zielinski for helping with the new, computer system and for rearranging the files and programs to speed up the new process; Adam Sacks, our computer consultant, who assisted in solving computer problems as they arose during the final stages of production; Helen Stites for entering the text on the computer and for editing and proofreading; Valerie Meszaros for editing and for organizing the text into book form on the computer, proofreading and typesetting specification; and Cathy Umphress for design and paste ups. Special thanks are extended to Michael Winn for general editing; David Miller for design and overseeing production; and Felix Morrow for his valuable advice and help in producing the book. Felix Morrow has agreed to be the original publisher of Universal Tao Publications.

Without my son, Max, the book would have been academic for his gifts, my gratitude and love.

Words of Caution

The practices described in this book have been used successfully for thousands of years by Taoists trained by personal instruction. Readers should not undertake the practice without receiving personal transmission and training from a certified instructor of the Universal Tao, since certain of these practices, if done improperly, may cause injury or result in health problems. This book is intended to supplement individual training by the Universal Tao and to serve as a reference guide for these practices. Anyone who undertakes these practices on the basis of this book alone, does so entirely at his or her own risk.

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.

Neither the Universal Tao nor its staff and instructors can be responsible for the consequences of any practice or misuse of the information contained in this book. If the reader undertakes any exercise without strictly following the instructions, notes and warnings, the responsibility must lie solely with the reader.

This book 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.

Author's Note

In the last pages of this book, the reader will find descriptions of the courses and workshops offered by our Universal Tao Centers. This material is also in effect a comprehensive description of the whole Taoist system. All of my books together will be a composite of this Taoist world-view. Each of my books is thus an exposition of one important part of this system. Each sets forth a method of healing and life-enrichment which can be studied and practiced by itself, if the reader so chooses. Certainly each is comprehensible by itself, but in the Taoist System, each of these methods implies the others and is best practiced in combination with the others. Thus, the foundation of all of them, the practice of the meditation of the Microcosmic Orbit, which is the way to circulate the Chi energy throughout our body, is involved in all the other practices. My book that is basically concerned with the Microcosmic Orbit is *Awaken Healing Energy* and *Awaken Healing Light*.

Two practices that follow are the meditation of the Inner Smile and the Six Healing Sounds. These, too, are also constantly emphasized. They are set forth in my book, *Taoist Ways to Transform Stress into Vitality*. The present book follows from all that has gone before it, but you can begin with this book and learn from it the full range of Chi self-massage. I do believe that once you begin to practice this network of Taoist Rejuvenation, it will create in you the desire to master the others that I have named. You will then be in a position to benefit fully from my book, *Taoist Secrets of Love: Cultivating Male Sexual Energy*. That is as far as my books have come. Concerning the others that will follow I refer you again to the description of our courses and workshops.

Mantak Chia
Founder
Universal Tao System

Chapter I

Benefits and Theory

From ancient times to the present, Taoist Masters have been remarkably youthful, appearing and functioning at least twenty years younger than their actual ages. One source of their vitality has been the practice of Taoist Self-Massage Rejuvenation: using one's internal energy, or Chi, to strengthen and rejuvenate the sense organs (eyes, ears, nose, tongue teeth, skin) and the inner organs. These techniques are about five thousand years old and until now were closely guarded secrets passed on from one Master to a small group of students. Even so, each Master often knew only part of the method. Based on my studies with a number of different Taoist Masters, I have pieced together the entire method and organized the material into a logical routine. By practicing this routine five to ten minutes daily, you can improve many things, including your complexion, vision, hearing, sinuses, gums, teeth, tongue, and general stamina.

I. Senses can help control Negative Emotions

Self-Massage Rejuvenation works by clearing blockages from the meridians, or energy channels, of the various senses and vital organs. This is done by the unique Taoist practice of bringing energy or Chi, up from the sexual organs and anus to the face, hands and senses, and then directing it to specific areas. The senses are connected with the organs, and the organs are believed to store and generate positive and negative emotions. By strengthening the senses, we help to control negative emotions. Senses are the first to receive the influences of the outside world, such as tension, anger and fear; and, in turn, these outside negative influences affect the organs and the nervous system. Strong senses will help to prevent an overload of outside influences that can negatively affect us.

II. Healthy Organs can help to change Emotional and Personal Characteristics.

In my ten years of teaching this simple self-massage, I have seen people use it to improve their emotional, personal and social lives. One of my students had strong fears which easily brought on anger. This resulted in moodiness, irritability and pain in his stomach. Feeling this way, a person is unlikely to be sociable, friendly or easy to communicate with. After a few weeks of practicing the Inner Smile, Liver Sound, and massaging the liver and stomach, this person's disposition improved, the moodiness decreased and he became friendlier. He says that since he began studying with me, the greatest benefit has been in his family life, especially his relationship with his children. Now he no longer needs to use the alcohol he relied upon to cover up his pain and forget the stress which previously affected him. His employer and co-workers also notice the change, and he has sent other workers to study the system.

I have a secretary who once paid for one of her co-workers to study with us, wanting her co-worker to find a way to better cope with stress on the job. This woman told me that it was the best investment she had ever made, because she no longer had to be victimized by her co-worker's emotional swings when they worked together.

Chapter II

Anus is connected to Organ Energy

In Tao Rejuvenation the Chi flow is very important. Without bringing Chi circulation to the part that you massage, it is just a simple, normal touch or massage. The Inner Smile and Microcosmic Orbit Meditation are very important also. They are the best ways to increase the life-force in the senses and organs.

I. Perineum Power

The perineum (Hin-yin) region includes the anus and sexual organs. The anus region is divided into various sections which are closely linked to the Chi of corresponding organs. The Chinese term Hin-yin (perineum) means the collection point of all the Yin energy, or the lowest abdominal energy collection point. It is also known as the gate of death and life. This point lies between the two main gates. One we call the front gate (the sexual organ) which is the big life-force opening. Here the life-force energy can easily leak out and deplete the organ's function. The second gate, or back gate, is the anus. This gate can also easily lose life-force when not sealed or closed tight. In the Tao practices, especially in the Tao Secrets of Love, Healing Love and Iron Shirt, the perineum's power to tighten, close and draw the life-force back up the spine is an important practice. Otherwise, our life-force and sexual energy can become a "river of no return"; they will flow out and will not recycle back.

II. The Anus Region is divided into Five Parts.

The anus is divided into five regions: (A) Middle, (B) Front, (C) Back, (D) Left and (E) Right. (Fig. 2.1)

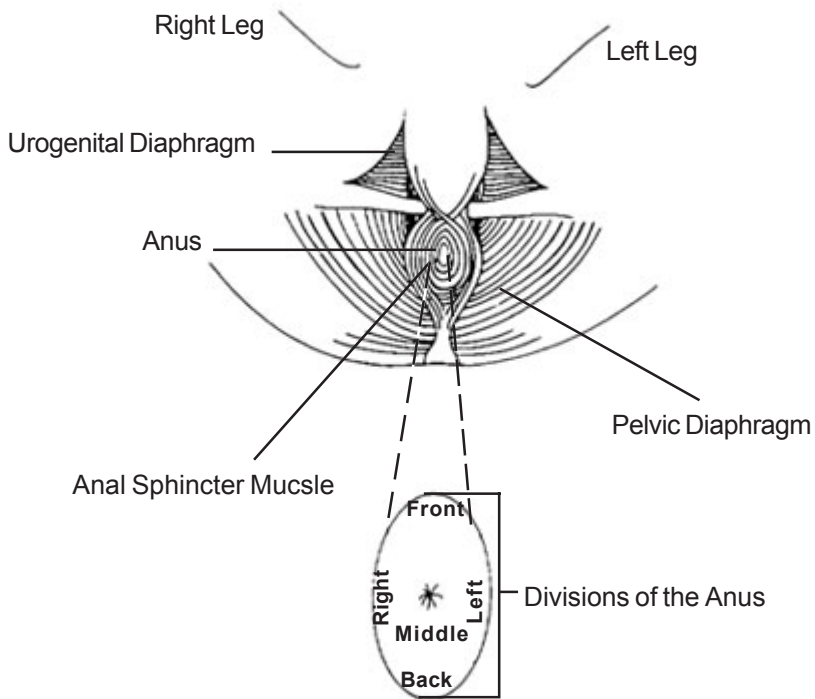


Fig.2.1 Anus is divided into five regions.

A. Middle Part

The middle of the anus Chi is connected with the organs as follows: the vagina-uterus, the aorta and vena cava, stomach, heart, thyroid and parathyroid glands, pituitary gland, pineal gland and the top of the head. (Figs. 2.2 and 2.3)

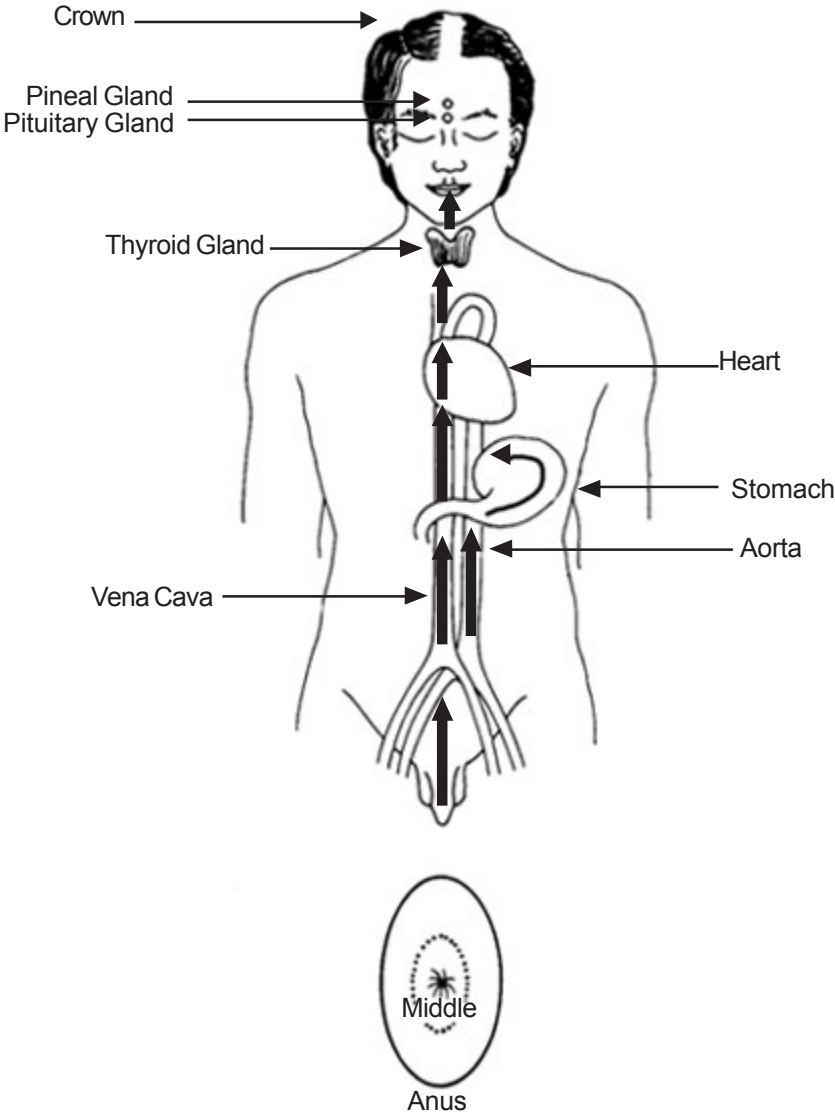


Fig. 2.2 Middle Part

B. Front Part

The front of the anus Chi is connected with the following organs: the prostate gland, bladder, small intestine, stomach, thymus gland, and front part of the brain. (Fig.2.4)

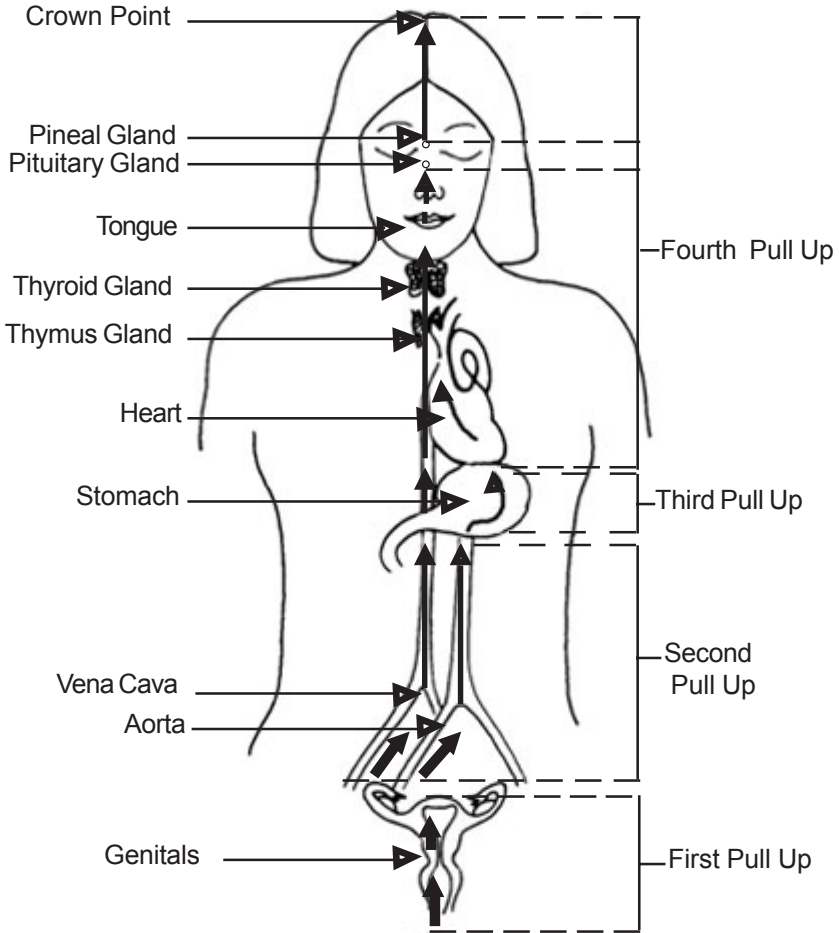


Fig. 2.2 Middle Part.

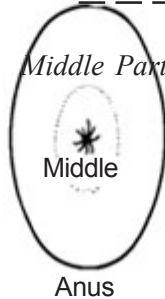


Fig. 2.3 Left Part

C. Back Part

The back part of the anus Chi is connected with the organ energies of: the sacrum, lower lumbar, the twelve thoracic vertebrae, the seven cervical vertebrae, and the small brain (cerebellum). (Fig. 2.5)

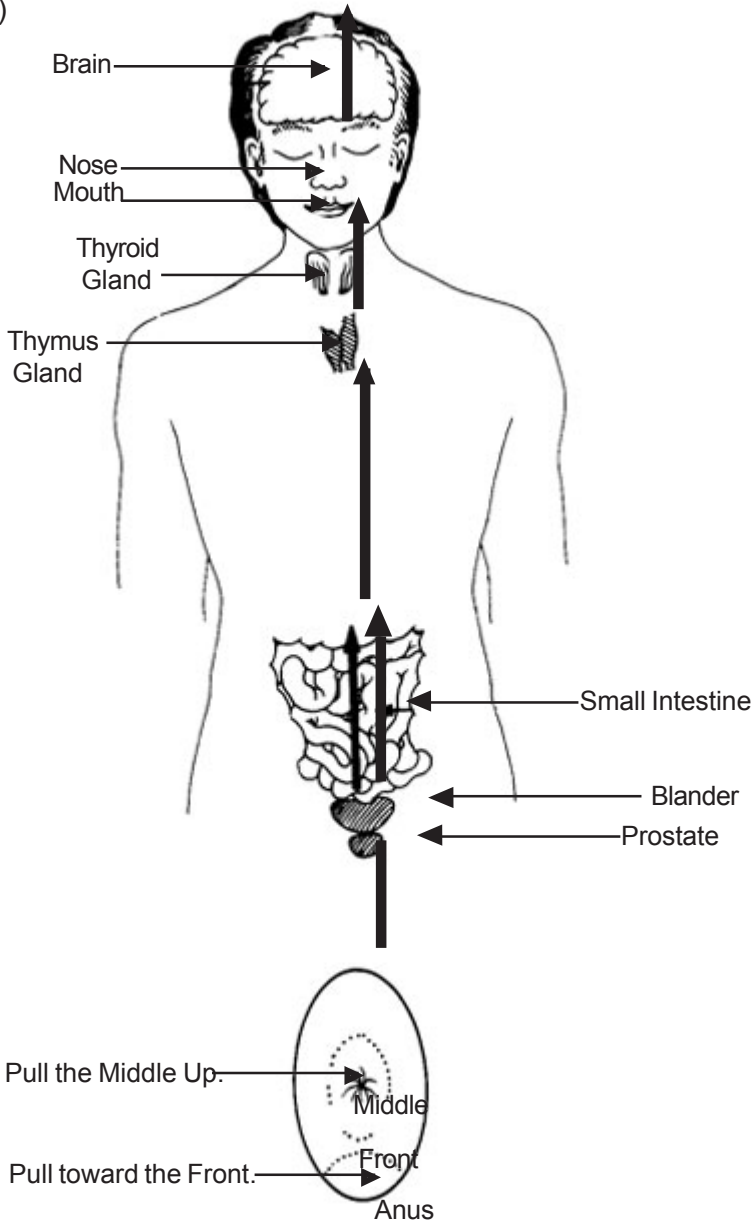
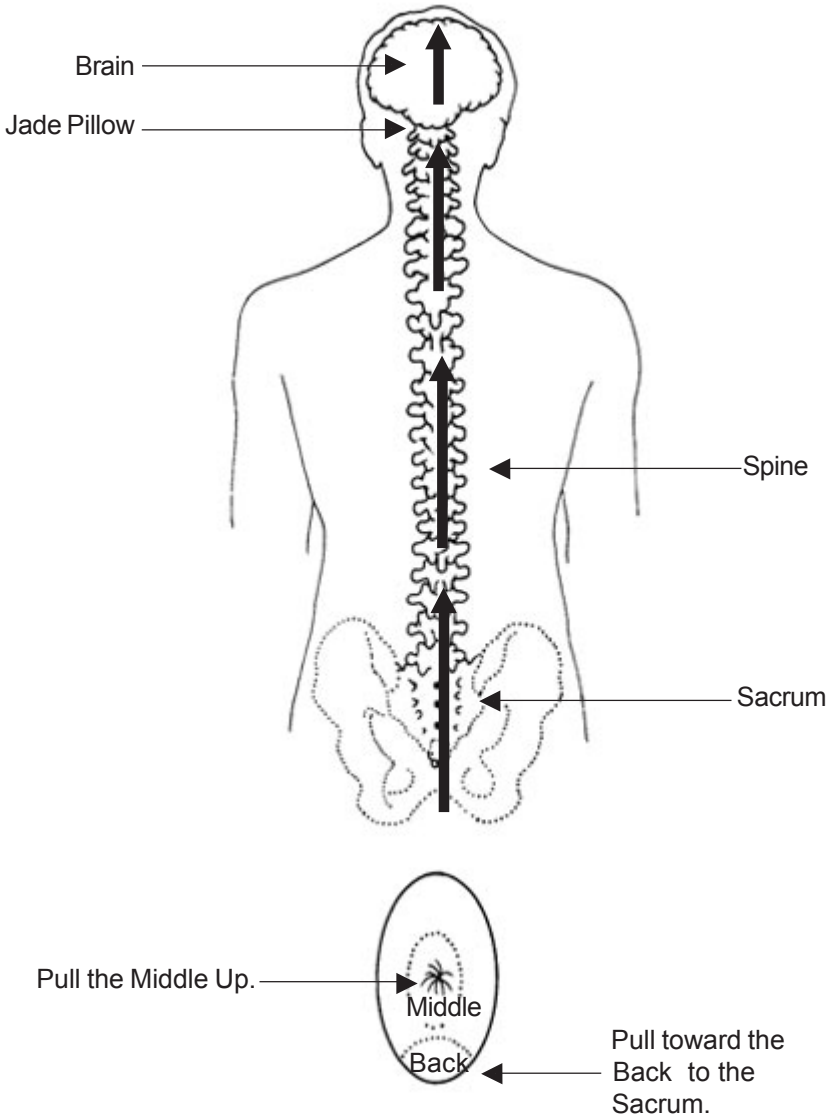


Fig. 2.5 Back Part

D. Left Part

The left part of the anus Chi is connected with the organ energies of: the left ovary, the large intestine, left kidney, adrenal gland, spleen, left lung and left hemisphere of the brain. (Figs. 2.6 and 2.7)



D. Left Part

The left part of the anus Chi is connected with the organ energies of: the left ovary, the large intestine, left kidney, adrenal gland, spleen, left lung and left hemisphere of the brain. (Figs. 2.6 and 2.7)

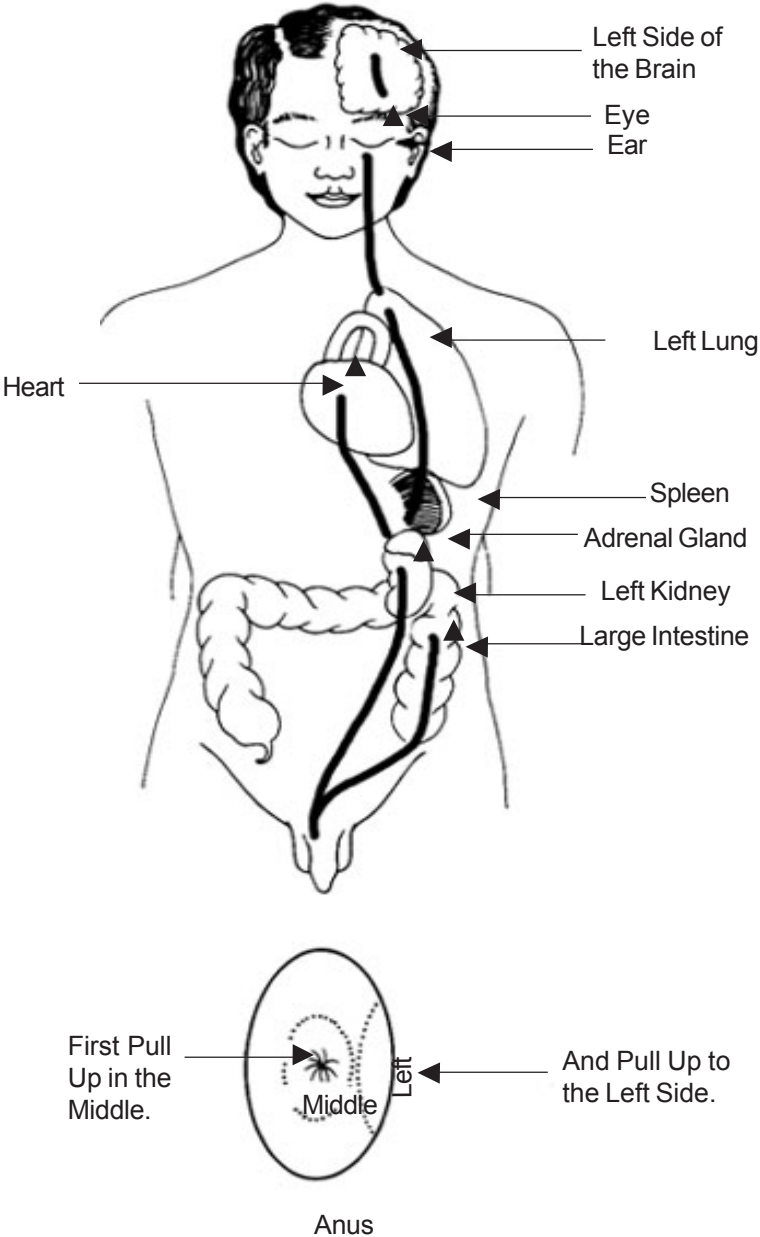


Fig. 2.6 Left Part In the Male

Anus is connected to Organ Energy

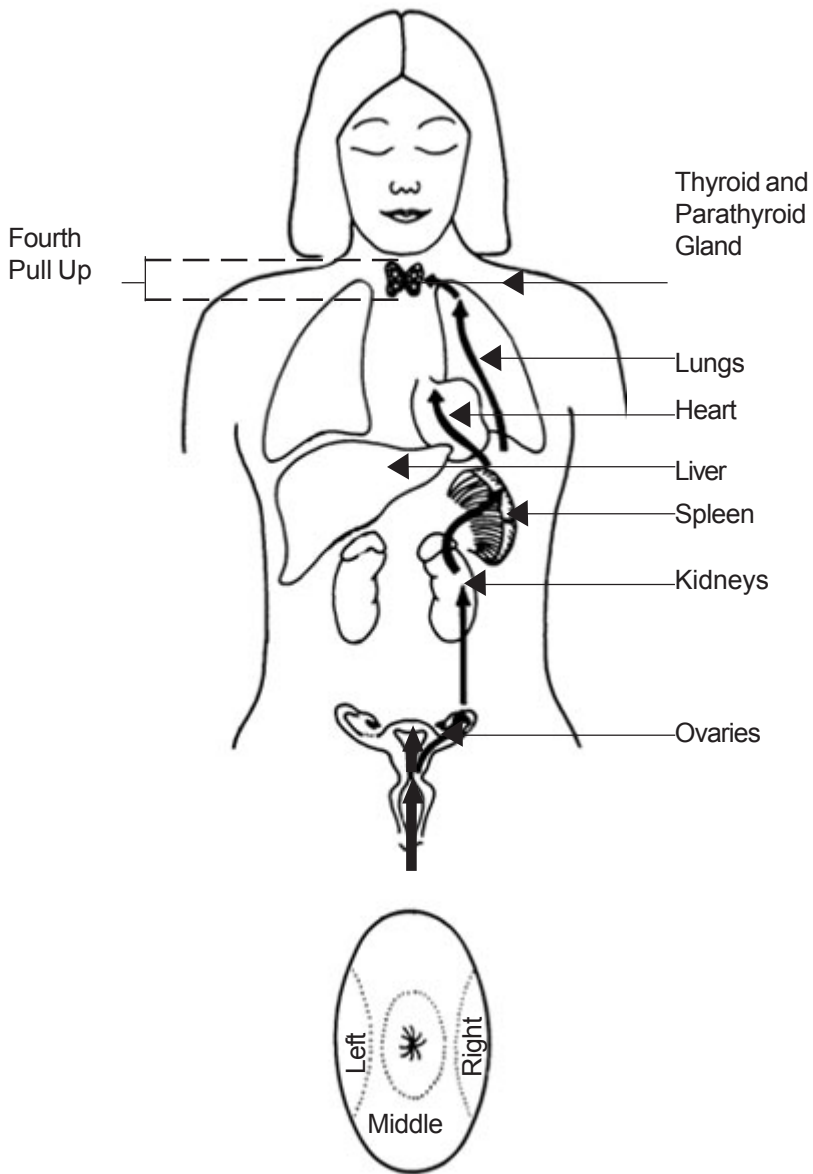


Fig.2.7 Left Part in the Female

E. Right Part

The right part of the anus Chi is connected with the organ energies as follows: the right ovary the large intestine, right kidney, adrenal gland, liver, gall bladder, right lung and right hemisphere of the brain. (Fig

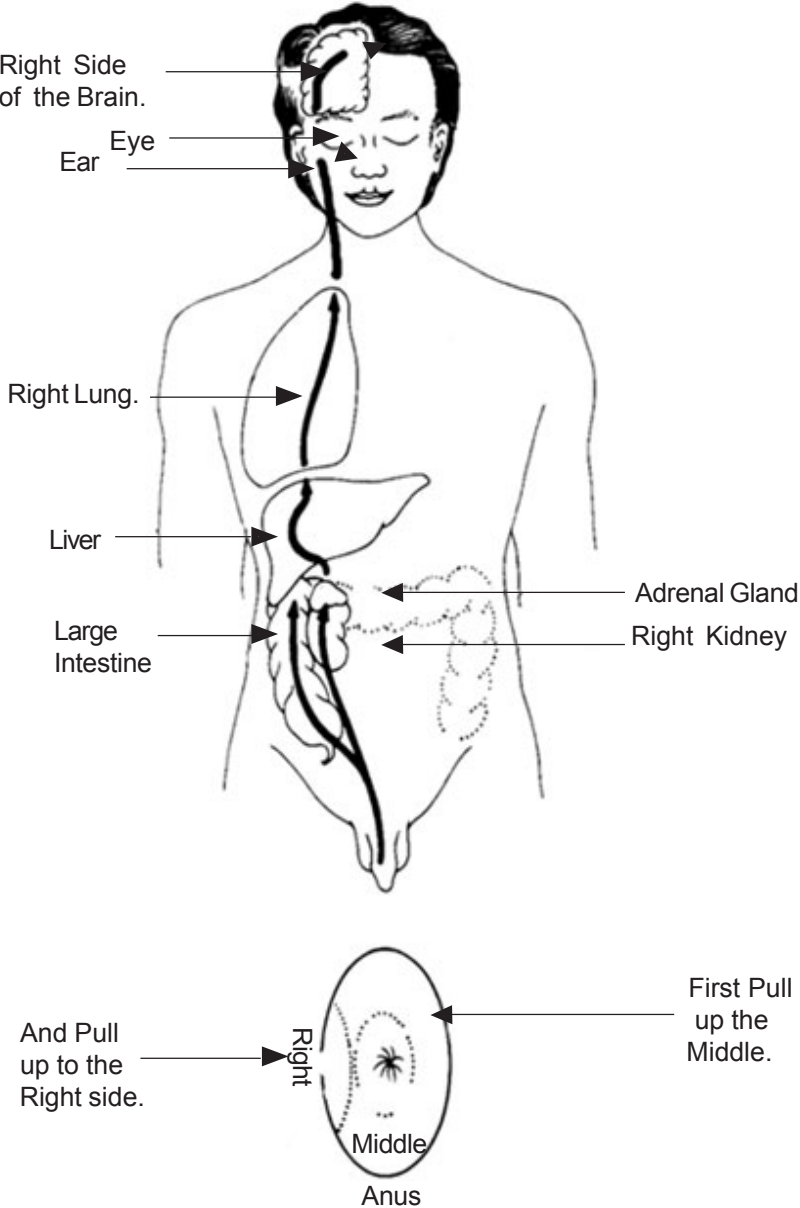


Fig.2.8 Right Part in the Male

Anus is connected to Organ Energy

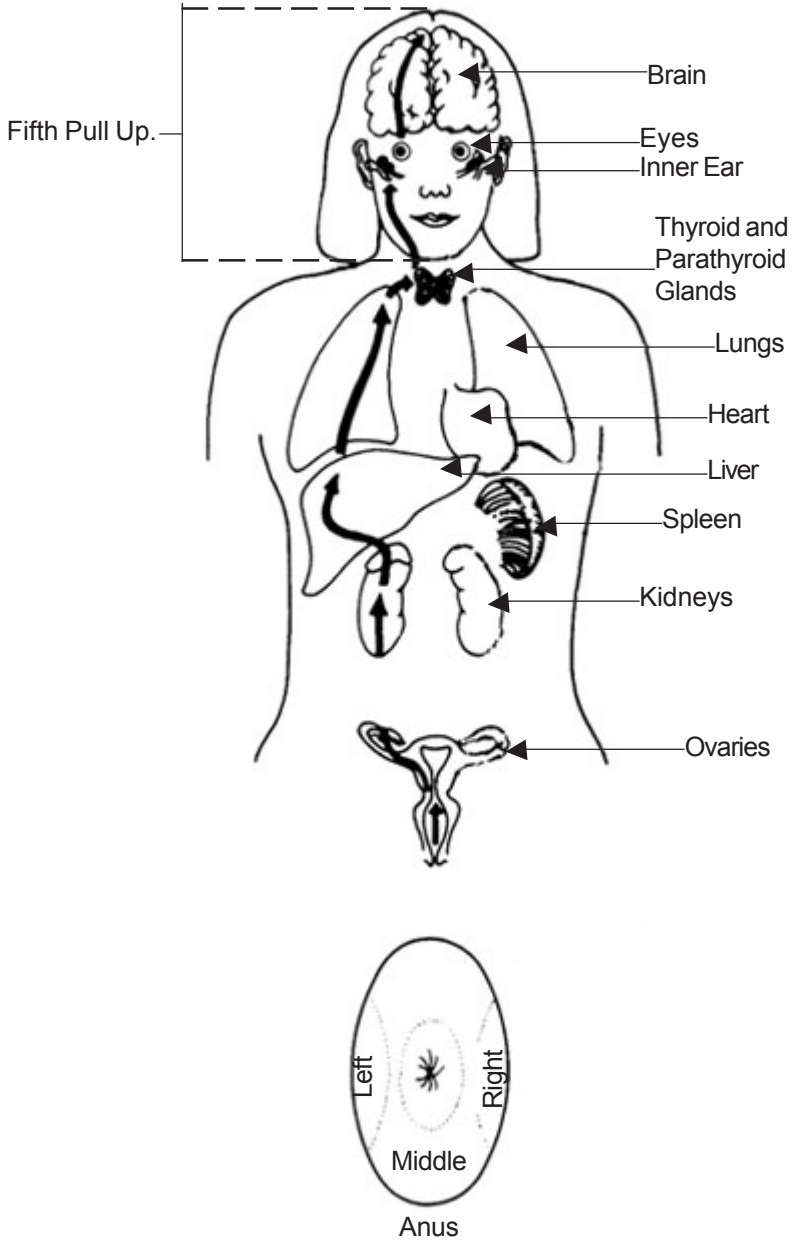


Fig.2.9 *Right Part in the Female*

By contracting the different parts of the anus, you can bring more Chi to the organs and glands, and the effects of the massage will increase. (Figs. 2.9 and 2.10)

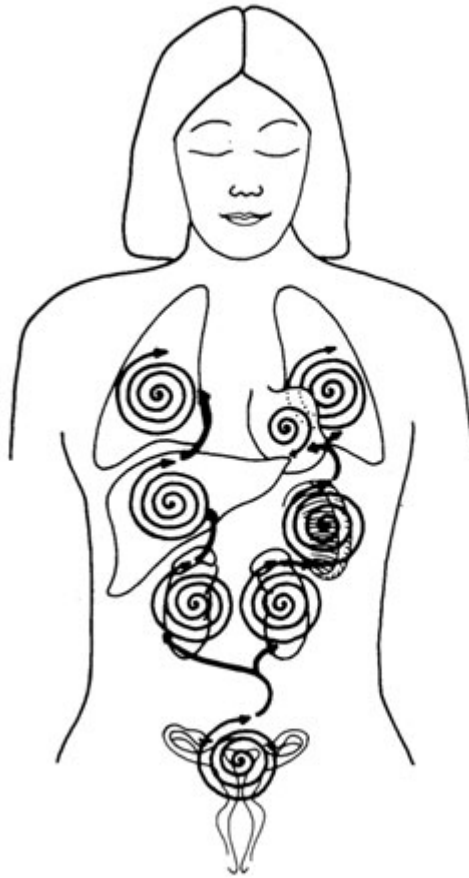


Fig. 2.10 Drop and circle the energy around the organs.

Chapter 3

Healing Hand

Humans can build all kinds of sophisticated instruments because of the magnificence of the hands and the fingers. Another higher function of the hands is the power of healing. Knowing the major points of the hands and fingers will enable you to stimulate and maintain the organs in good function.

I. Palms

The palms are where all major energies of Chi join. The palm can be the place from which the life-force is sent out to heal others or yourself. The palm also is the place where energy can be received and enter into the bone structure and into the major organs.

II. Pericardium

The pericardium (P-8) is the main place of energy concentration. You can collect the energy in this point and transmit stronger energy from this point. (Fig. 3.1)

III. Large Intestine

The large intestine (LI-4) is the major point which controls all the pain in the body, especially in the sense organs (eyes, ears, nose) and headaches. (Fig. 3.2)

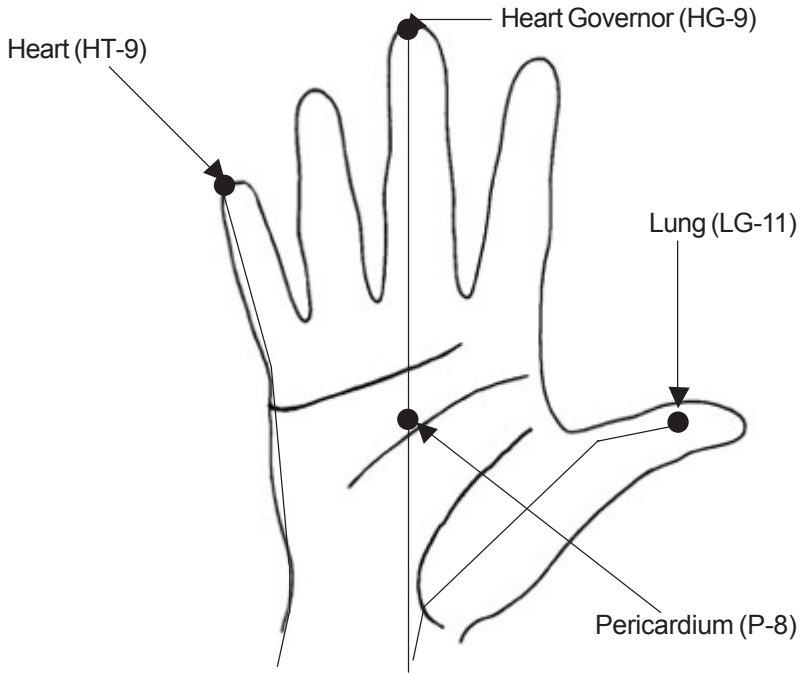


Fig. 3.1 Pericardium

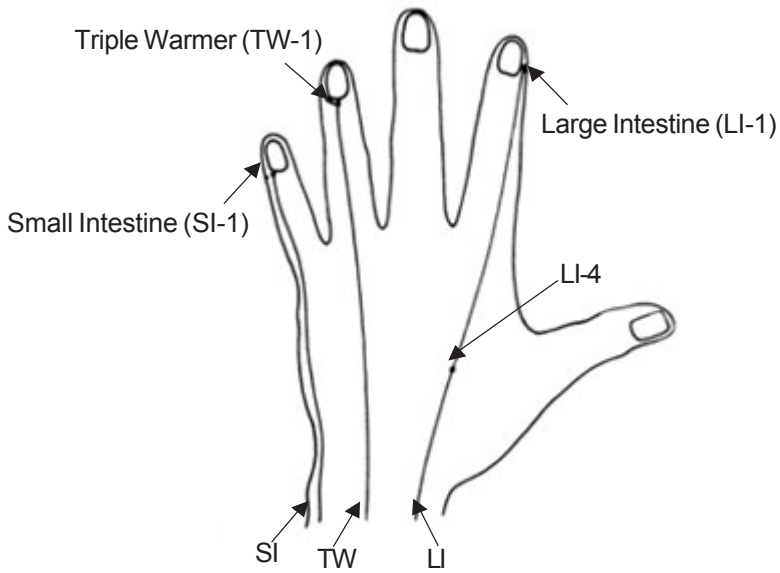


Fig. 3.2 Large Intestine

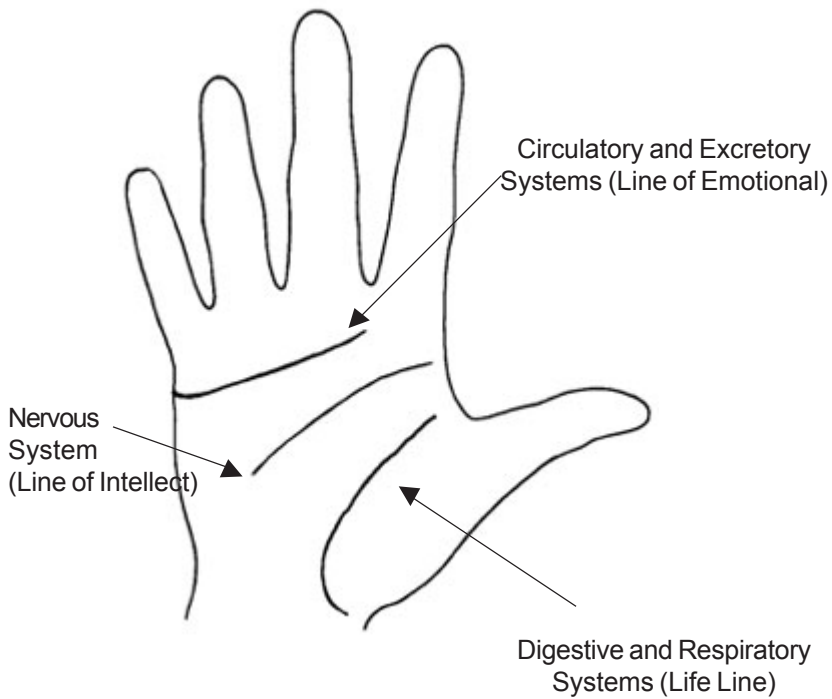


Fig 3.3 Three Major Palm Lines

IV. Major Palm Lines

The three major palm lines are the Life Line, the Line of Intellect and the Line of Emotion. (Fig. 3.3)

V. Fingers have corresponding Bodily Functions

The fingers are connected to the organs' meridians. (Fig. 3.4) The joints of the finger bones are also related to parts of the organs and their corresponding senses and emotions.

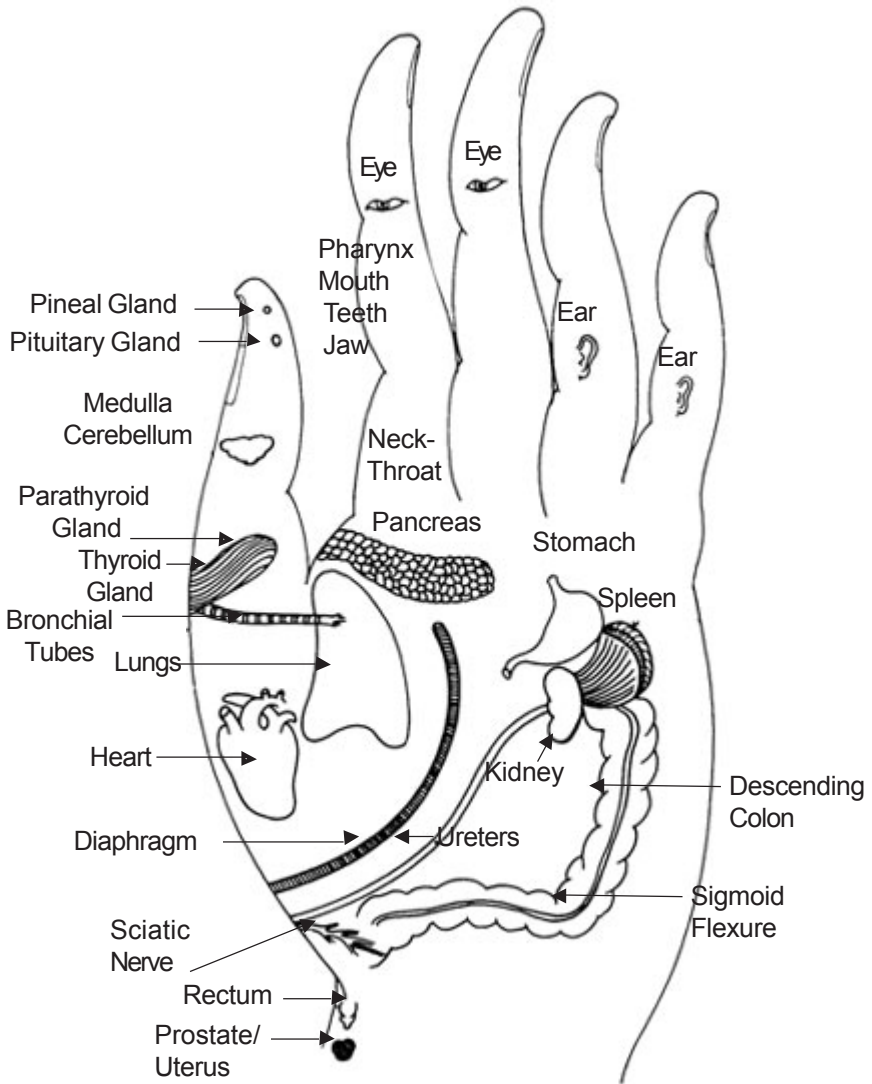


Fig. 3.4 *Fingers and Their Corresponding Bodily Functions Through the Organs' Meridians.*

VI. Strengthen the Extremities

Strengthening the ends of the extremities will help to stimulate the organs. The tips of the fingers have many tiny veins and arteries. (Fig. 3.5) When we get old and do not exercise enough the Chi does not flow well and its circulation becomes stuck. This can affect blood circulation, and the veins and arteries will become hardened. When we feel cool, the first places to feel cool are the hands. If you want to warm up quickly, you have to warm up the hands and feet first.

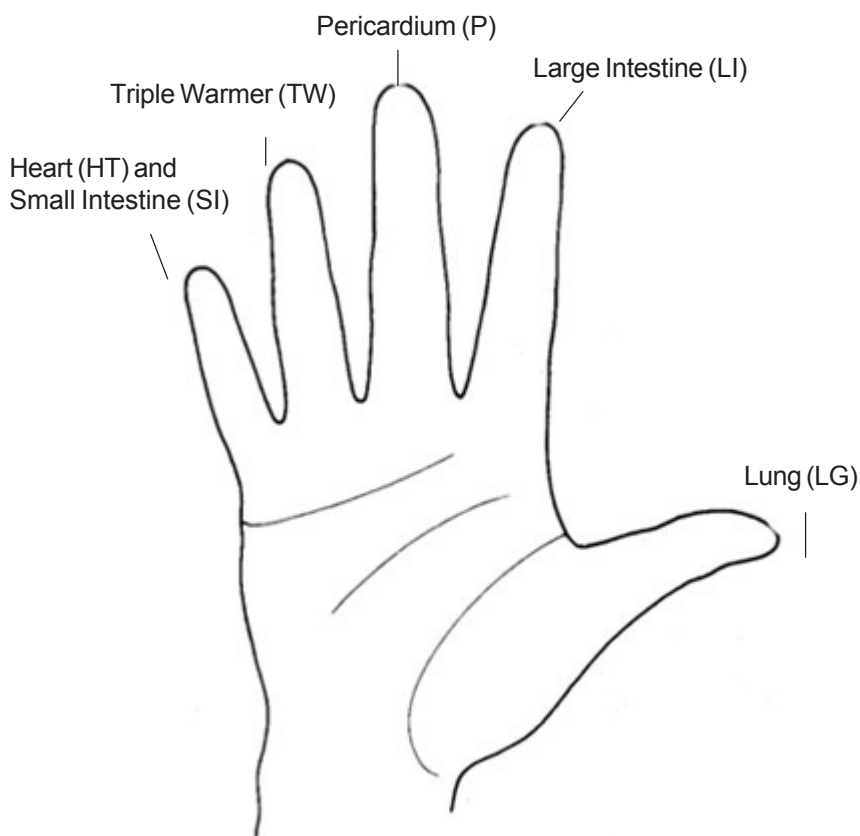


Fig. 3.5 Strengthening the ends of the extremities will help to stimulate the organ.

VII. Massage the Hands to increase the Flow of Chi.

Massaging the hands and palms will help to increase the flow of Chi along the related meridians and will result in a harmonious increase of the functions of respiration, circulation and digestion.

VIII. Preparation

A. Wait at least an hour after eating.

B. Try this practice immediately after doing the Inner Smile or Six Healing Sounds, *For the best results, if you have already learned the Microcosmic Orbit or Fusion Meditations, try this technique after practicing these as well.

C. Sit comfortably on your sitting bones at the edge of a chair. Make sure that your legs are grounded.

D. In general, massage each area six to nine times. Massage problem areas more.

E. Those people who cannot get out of bed can practice the routine there.

For a complete exposition of the Inner Smile and the Six Healing Sounds, see the author's preceding book, *Taoist Way to Transform Stress Into Vitality*.

IX. Practice

A. Bring Chi energy to the hands. (Fig. 3.6)

1. Inhale, contract your vagina or testicles, your buttocks, and also the part of the anus which is named—that is, the front, back, right, left, middle, or entire anus. At first you may not be sensitive to these distinctions, but eventually you will be. In general, the part of the anus which is contracted corresponds to the location of the area to be massaged. For example, you contract the left side of the anus when massaging the left lung.

2. Hold your breath and hold the contractions, clench your teeth together, and press your tongue to the roof of your mouth, as you rub your hands together vigorously. This stimulates the twelve meridians in the hands.

3. Continue to rub your hands while holding your breath and contracting your anus. Feel your face getting hot. Then, mentally picture energy flowing to your hands.

4. When your face and hands are hot, direct your attention to the appropriate area and massage that part until you are out of breath. Exhale and breathe normally. Smile and become aware of the part that is being massaged. Feel that the area is exceptionally warm and that energies are flowing.

5. Repeat this entire procedure for each area to be massaged or whenever your hands become cool. Your hands must always be very warm for self-massage. Cold hands will have very little effect on the massage.

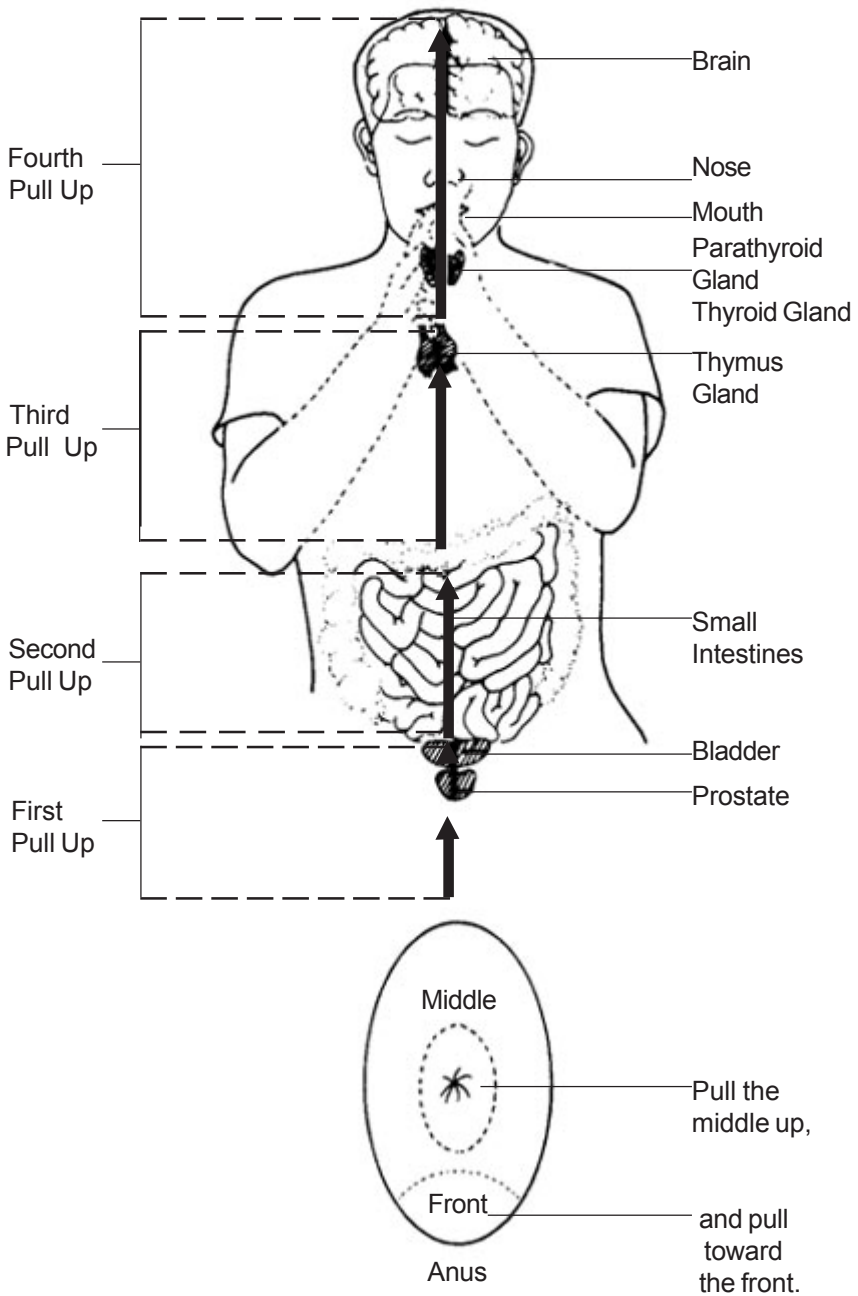


Fig. 3.6 Bringing Chi Energy to the Hands.

B. Massage the hands.

Always start by rubbing your hands until they are warm.

1. Massage the pericardium (P-8). Use the thumb to press the middle of the palm with a circular motion. (Fig. 3.7)

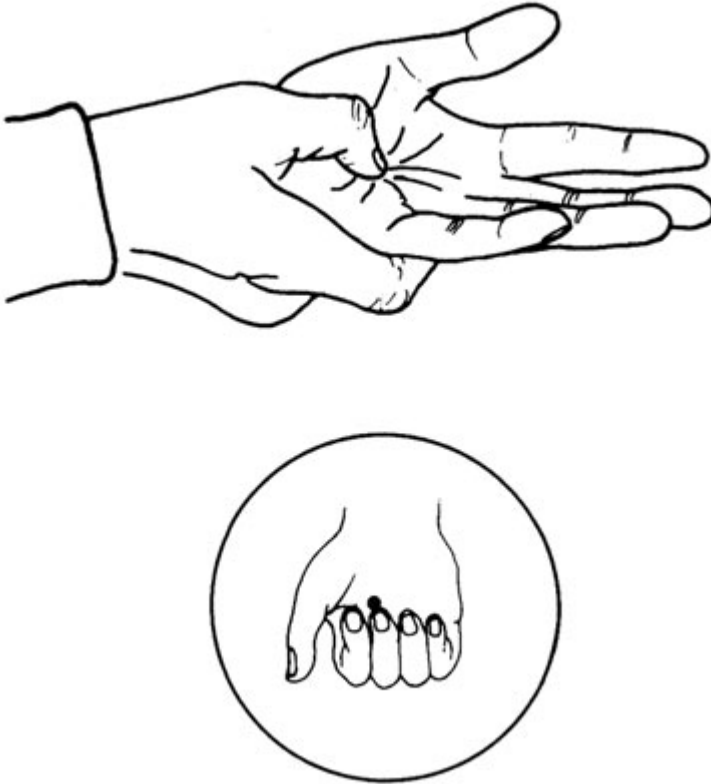


Fig. 3.7 *Massaging the Pericardium with fingers cupped in the palm in a half-fist, the pericardium is the point at the tip of the middle finger.*

2. Massage the hegu (LI-14). Press the thumb around the point in a circular motion, and press more at the index finger bone. Find the pain point and massage it away. (Fig. 3.8)

Large Intestine Point (LI-14)

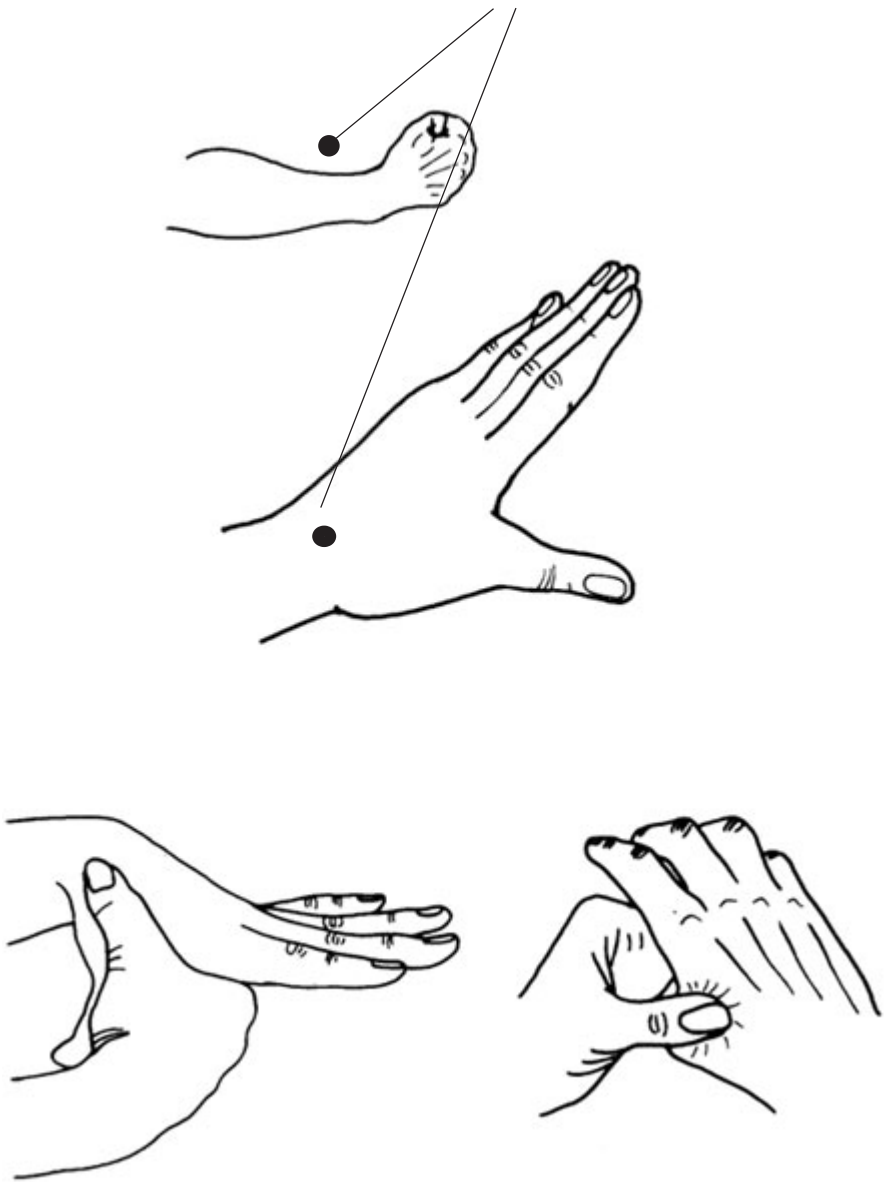


Fig.3.8 Massaging LI-14.

3. Massage the major palm lines. Use the thumb to massage along the palm lines. Massage more towards the thumb bone and along that bone. When a lot of emotion is held inside, find the sore point and massage it. (Fig. 3.9)

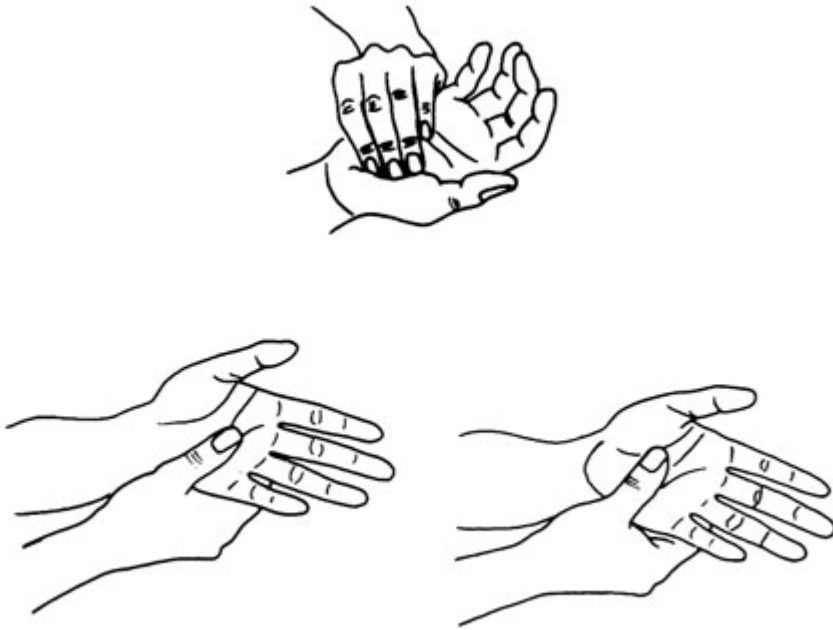


Fig. 3.9 *Massaging the Palm Lines.*

4. Massage the back of the hand. Use the thumb to press along the bones on the back of the hand. When you find a tender spot, take more time to work on it. (Figure 3-10)

5. Massage the fingers. Always rub your hands until warm. Use the right hand's fingers to wrap around the left thumb, and then, one by one, squeeze, hold and release each finger on the left hand three to six times. Start with the left hand and continue to the right hand's fingers, according to the elements of the finger. This will greatly help to control emotions. (Figure 3-11)



Fig. 3.10 Massage the back of the hand.

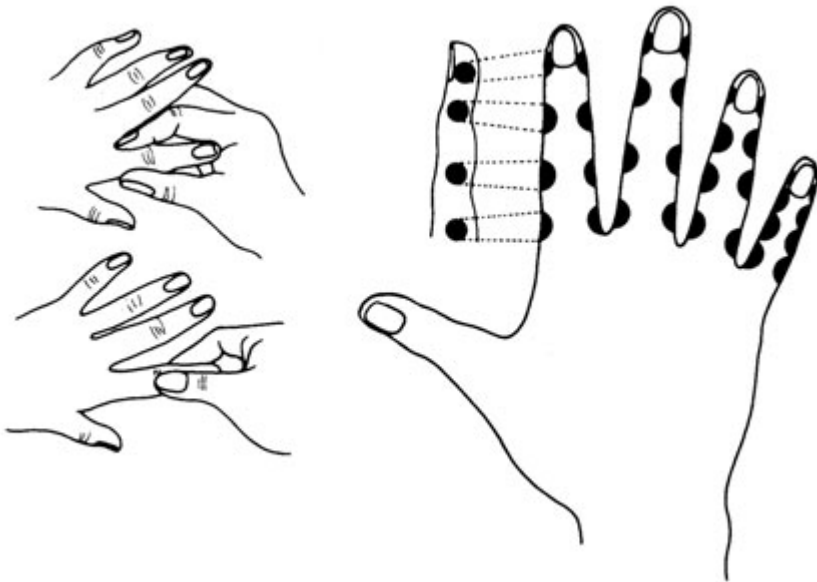


Fig. 3.11 Massage the fingers.

For example, if at any time you are frightened or fearful, you can wrap your fingers around the little finger, starting with the left side and moving to the right side. This can be a great help when you are in a difficult situation, such as talking before a group of people, going on an interview, or meeting important people. Practicing the Heart and Kidney Sounds in conjunction with the finger wrapping may also help. The ring finger controls anger; when you are going to get angry, try to wrap it a few times to see if you still get angry.

Daily practice of the Inner Smile and the Six Healing Sounds is the best way to gain control of negative emotions. Many students are addicted to smoking, drugs or alcohol. The toxic elements found in these substances settle in the organs and nervous system, stimulating them into over-activity, and in a short period of time make people high. When the effect is over, the users will start to feel low key energy, becoming emotional and nervous. In this situation, they can use the Inner Smile and Microcosmic Orbit circulation while holding the fingers, especially the ring finger. This will calm them down. Many people use this simple way to avoid the use of drugs, smoking and alcohol. The Tao practice will give to the disciple the strength and power to clean out accumulated toxins in the system, eliminating bad habits.

X. Fingers Correspond to Emotions, Elements and Organs.

A. Thumb corresponds to the element earth and is associated with the stomach. The corresponding emotion is worry.

B. Index finger corresponds to the element of metal and is associated with the lungs and large intestine. It links with the emotions of sadness, grief and depression.

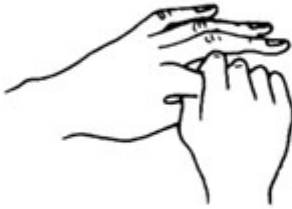
C. Middle finger corresponds with the element of fire and is associated with the heart, small intestine, circulatory system and the respiratory system. It links with the emotions of impatience and hastiness.

D. Ring finger corresponds to the wood element and is associated with the liver, gall bladder and the nervous system; it corresponds to the anger emotion.

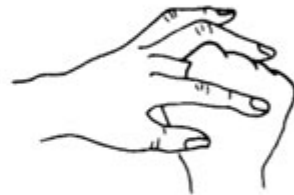
E. Pinky finger corresponds to the water element; it is associated with the kidneys, and corresponds with the emotion of fear.



Worry



Sadness



Impatience



Anger



Fear

Fig. 3.12 Fingers' corresponding emotions, elements and organs.

Chapter 4

Head Massage

The head massage is for headaches, nervousness, and an imbalance of Chi energy in the brain. The causes of headaches and nervousness are very complex. The head is the place in which all the nerves are seated and is the central control of the whole system. Nowadays you see a lot of young people who are very nervous. This nervousness causes insomnia, loss of appetite, faster heart beat, difficulty in breathing, tiredness, laziness, etc. It seems that all of this is not symptomatic, but it greatly affects the efficiency of work and gradually is considered mental disease.

The skull massage will strengthen the nervous system. With the tongue touching the roof of the mouth as it is during the massage, and the eyes moving up to the left and then across to the right, you can feel the stimulation of the Chi energy from left to right. This balances the left and right hemispheres of the brain and will result in strengthening the glands, senses and organs.

The head and skull massage will increase the blood circulation and will increase the nutrition of the skull and hair. We have students whose white hair grew black and students whose falling hair became denser as more hair grew back. The hair also grows softer. In the morning and at night before sleeping, you should brush your hair at least 25-50 times. Find a good brush, and be careful of the scalp. Do not scratch the skull, which might result in a headache or sense of pain.

I. Head

A. Crown Point (Fig. 4.1)

This is located in the center of the crown; in the fontanelle area of an infant's skull there may still be a slight depression. The crown point is the junction of one hundred channels through which the energy of the body passes. Massage this area with both your middle fingers. This will relieve dizziness and headaches, which result from too much energy in the head. It also relieves high blood pressure and stimulates the nervous system.



Fig. 4.1 Crown Point is the junction point of one hundred energy channels.

B. Bring Chi Energy to the Hands and Face.

Inhale, contract the sexual organ, buttocks, and middle of the anus. Rub the hands, clench the teeth, and put the tongue to the roof of the mouth. When the face, head, and hands are hot, breathe normally and begin to massage.

C. Knock the Head (Fig. 4.2)

Hit the head with the knuckles of the hand, knocking all around the head. Knocking the head lightly can help to clear your head, eliminate stubbornness and make your thinking sharper. Many of our students use this knocking of the head to release the pressures that they have from today's life of fast, advanced technology and the feeling of always having to keep up. This is especially true of those graduate students who feel a great deal of pressure and stress in keeping up with their studies. Each year students commit suicide because the pressures and stress accumulate too much in their heads, making them unable to think clearly: they start to feel everything in their society as too much pressure, which leads to worry, fear, sadness, and many, mixed emotions. The simple knocking of the head can release pressure and stress that accumulate there.



Fig.4.2 Knocking the head.

D. Hold your Breath to increase Chi flow.

Holding your breath will increase the Chi flow to the face. The head has many channels that join in the skull, especially in the crown point.

E. Scalp (Fig. 4.3)

Prepare your hands, head and scalp by warming up. Using both hands like a comb, press hard and move slowly, massage the scalp, going straight back from the hairline to the base of the skull. As you do this, mentally direct your energy from the back of the skull to your feet. Repeat 6-9 times. Massage more in any places in which you feel pain, until the pain goes away.



Fig.4.3 Massaging the scalp.

F. Crest (Fig. 4.4)

Using your thumbs, massage the crest (the edge) at the base of the skull until you feel no pain there. (Fig. 4.5) This will help you reduce headaches and eye aches and will increase vision. This place in Tao tradition is called the Pool of Wind which tends to collect the “evil wind”, the major cause of all the pain in the senses.



Fengchi Point (GB-20)

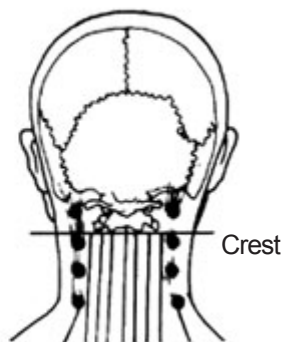


Fig. 4.4 Crest, the edge of the skull.

Fig. 4.5 Go straight back from the hairline to the base of the skull.

II. Face (Figs. 4.6, 4.8 and 4.9)

A. Natural Beauty

Massaging your face with Chi is a far more effective beauty treatment than the most expensive cream or cosmetic, (Fig. 4.10) Your skin will glow brightly and eventually become less wrinkled. There are many meridians passing through or ending at the face. When blocked, they result in reduced flow of Chi energy and circulation. The face is the first impression imprinted in other people’s minds. Chi circulation provides it with attractive personal energy.

B. Bring Chi Energy to the Face.

Inhale, contract your sexual organ, buttocks, and middle and front of the anus. Hold your breath, rub your hands together, clench your teeth, and put your tongue to the roof of your mouth. When your face feels hot, picture energy flowing to your hands. When your hands are very warm, bring your attention to your face and hold your breath until your face gets hot.

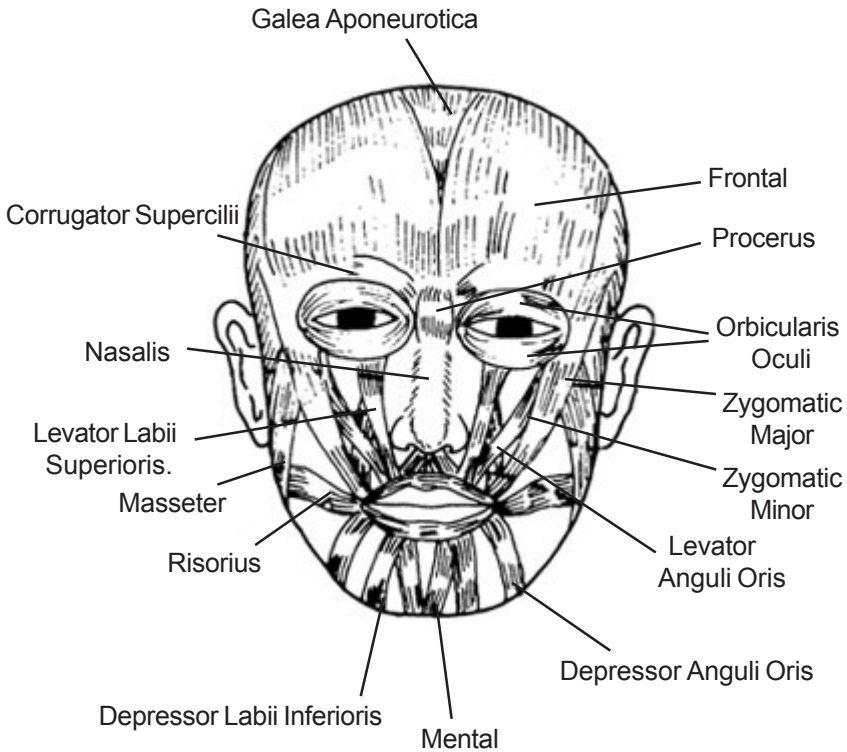


Fig. 4.6 Facial Muscles

C. Forehead (Fig. 4.7)

Using alternate hands, wipe your forehead from one side to the other six to nine times.

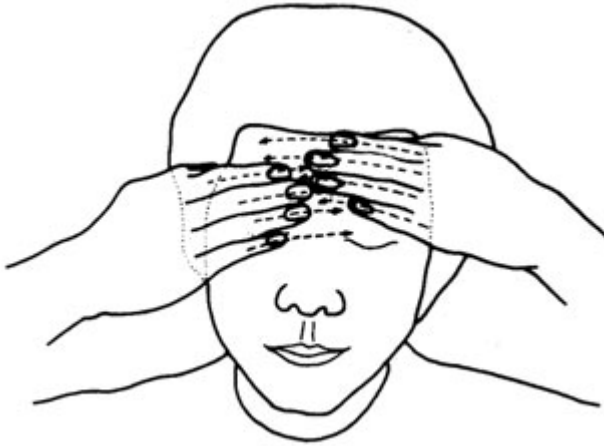


Fig. 4.7 Wiping your forehead.

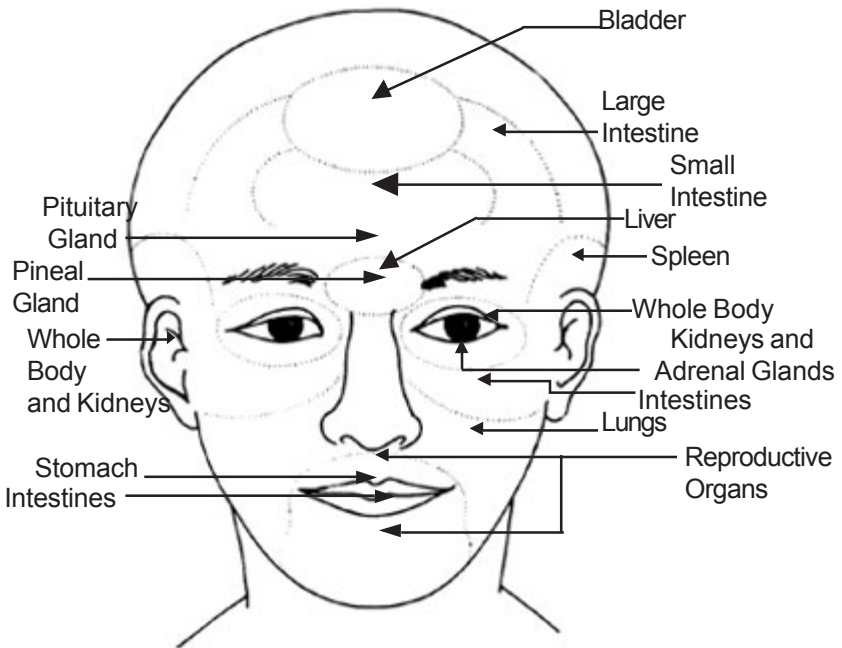


Fig.4.8 Diagrams of the Face Corresponding to the Organs.

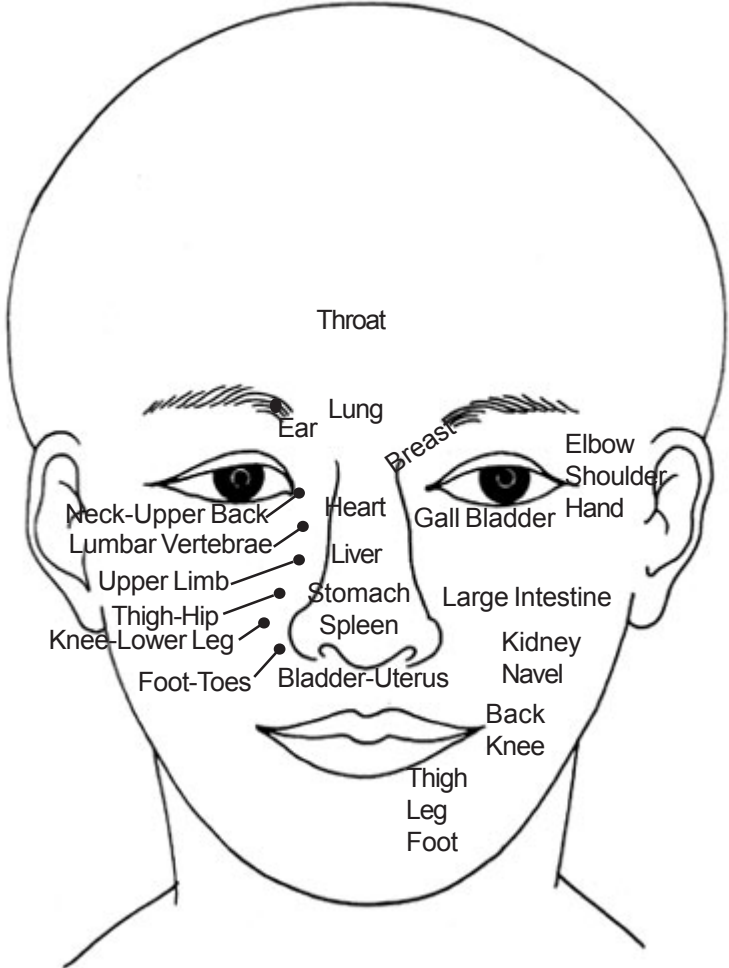


Fig. 4.9 Head and Face.

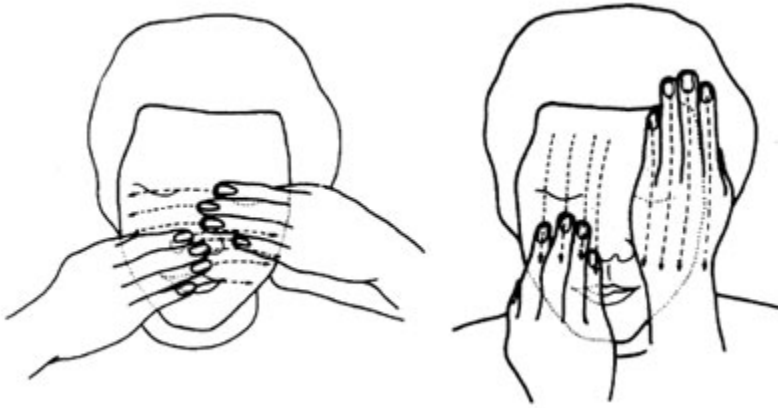


Fig. 4.10 Your own Chi energy is the best cosmetic.

D. Mid-Face

Wipe the middle section of the face, from the eyebrows to the tip of your nose.

E. Lower Face

Repeat for the lower section of the face, below the nose to your chin.

F. Whole Face

Repeat the procedure for bringing energy to your hands. Inhale, cover your whole face with your palms and massage it. (Fig. 4.11) Use an upward motion to reduce wrinkles. Exhale and relax your face. Rest and smile to your face until you can feel it tingle with warmth.

G. Mid-Forehead

Use the second joint of alternate index fingers to massage the middle of the forehead, from the center to the temple. (Fig. 4.12)



Fig. 4.11 Massage the whole face.

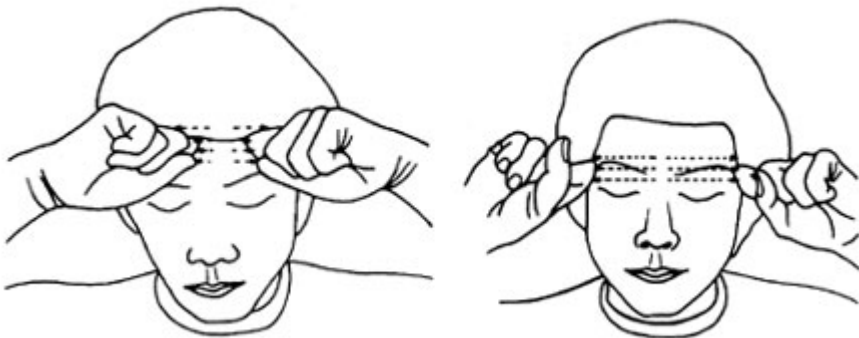


Fig. 4.12 Massage the mid-forehead.

III. Temples

Use your index fingers to massage the temples in a circular motion, first clockwise, then counterclockwise. Massage the forehead and the temples; use the knuckle rub from the middle of the forehead all the way to the temples ten to twenty times. (Fig. 4.13) These exercises will reduce headaches in the front and in the temples. Find the painful point and massage it until the pain is gone.



Fig. 4.13 Massage the temples.

IV. Mouth

Depression makes the corners of the mouth drop. Looking cheerful, delightful, more attractive and happy are dependent so much on the eyes and the corners of the mouth. When the muscles of the mouth are loose because of stress, depression, or sadness, the corners of the mouth drop and the energy system is depressed and in low key. No one likes to look at a sad face or a depressed face; it makes other people feel sad and depressed, too.

The flow of energy in the body and the expression of the face are the main attractive powers of a person. Massaging the mouth muscles up will help to lift the corners of the mouth. The Inner Smile and lifting up the corners of the mouth are very important to building up attractive energy.

A. Beautify the Mouth Massage

Using the thumb and the index finger of the right hand, touch both corners of the mouth and feel the Chi from the thumb and index finger pass to the corners of the mouth. Slowly press and push up about one inch, release and start again at the corners, pressing up ten to twenty times each day. (Fig. 4.14)

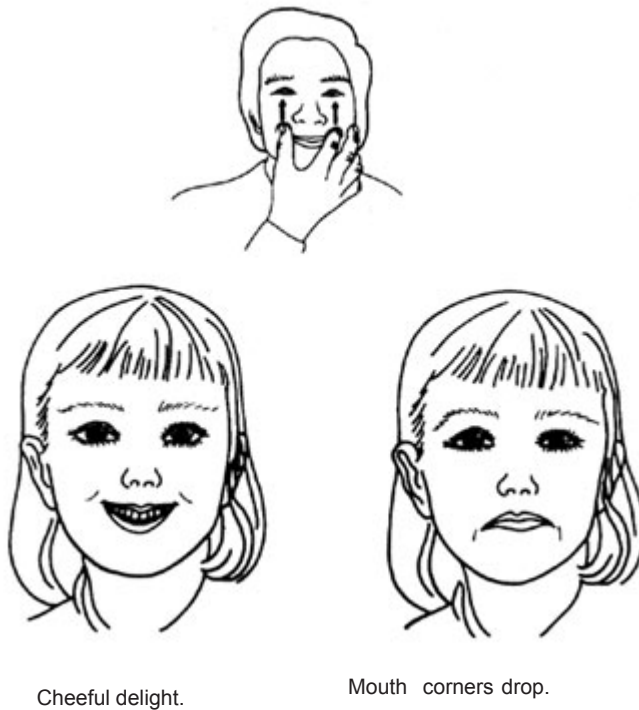


Fig. 4.14 Beautifying the mouth massage.

V. Eyes

The eyes are the windows of the spirit. (Fig. 4.15) In Taoism we regard the eyes as Yang energy which will guide all Chi flow in the body. The eyes can greatly affect your personality. Some people are born with a lot of white in their eyes--three portions of white to one portion of iris--sometimes called "thief eyes" or "danger attack eyes." Such eyes can result in a suspicious look, portending unpleasant things. Through the exercises, you can gradually correct the white portion of the eyes.

Since the eyes are connected to the entire nervous system, they have a special importance. The eyes reveal the health of your entire body. Through the eyes we can tell which organs are weak and/or toxic. Massaging the eyes will remove stress from the vital organs. Nowadays people use their eyes much more than in the

past to read, watch television, and work with computers, electronics and microscopes. This strains them a great deal and makes the openings of the organs loose, so that much of the organ energy is drained out.

In Taoism, we regard the eyes as the doorways to the soul as well as the opening of the liver. (Fig. 4.16)

When rubbing near the corners of the eyes, do not rub too hard, because you can make the corners of the eyes drop down. Continue rubbing the corners of the eyes upward.

A. Bring Chi Energy to the Hands and Eyes.

Repeat the procedure for bringing energy to the hands by inhaling; holding the breath; and contracting the sexual organ, buttocks and middle of the anus and both the left and right sides of the anus. Direct the Chi to both eyes. Rub the hands, clench the teeth, place the tongue on the roof of your mouth. Direct the energy to the face and then the hands. When your hands are hot, focus on your eyes until you feel them filled with energy.

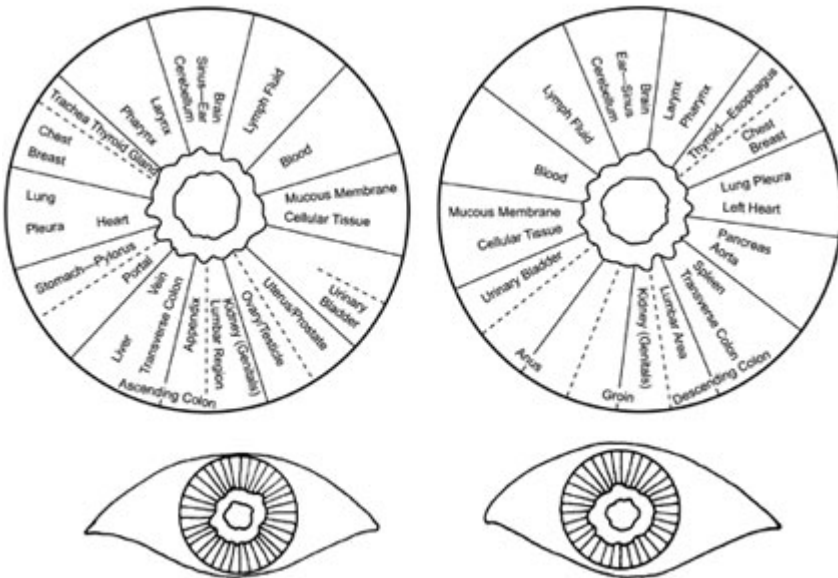


Fig.4.15 Eyes are the windows of the spirit.

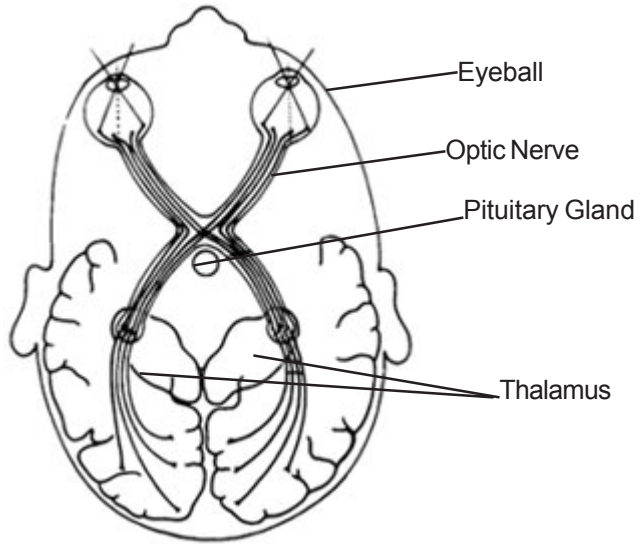


Fig. 4.16 Eyes are the doorways to the soul.



Fig.4.17 Use the fingertips to gently massage the eyeballs.

B. For the Eyeballs and Surrounding Area

Close your eyes. Use your fingertips to gently massage your eyeballs through your closed eyelids, six to nine times clockwise, then six to nine times counterclockwise. Then gently massage the area around the lids the same number of times. (Fig. 4.17) Be aware of painful spots and massage those places until the pain goes away. Pay special attention to the inner and outer corners of the eyes. These are points of the gall bladder meridian and will relieve eye ailments if massaged.

C. Pull up the Eyelids

Pulling up the eyelids will increase the fluid. Use the thumb and index finger to pinch, pull up and release the eyelids six to nine times. (Fig. 4.18)



Fig. 4-18 Pull up the eyelids.

D. For the Eye Sockets

Bend your index fingers and use the lower section (second phalanx) of each thumb to rub the upper and lower bones of the eye sockets six to nine times. (Fig. 4.19)

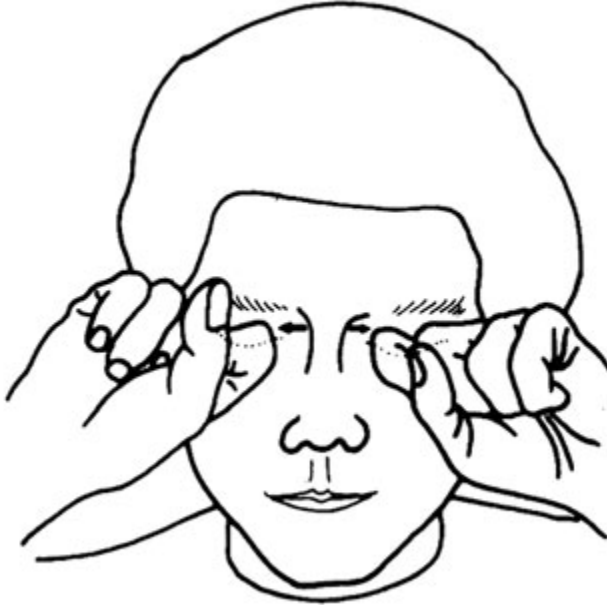


Fig.4.19 Massage the eye sockets.

E. For getting a Tear out

Hold an index finger up about eight inches from the eyes, or put a dot on the wall five or six feet away from you. Stare at it intently without blinking your eyes until you feel like a fire is burning in them. (Fig. 4.20) The Taoists believe that the toxins will burn out of the body through the eyes. They will begin to tear. Do this to strengthen your eyes. Then, rub your hands until warm; close your eyes and cover your eye sockets with your palms. Feel the Chi from the hands absorbed into the eyes. (Fig. 4.21) Rotate your eyes six to nine times, first in a clockwise direction, then counterclockwise.

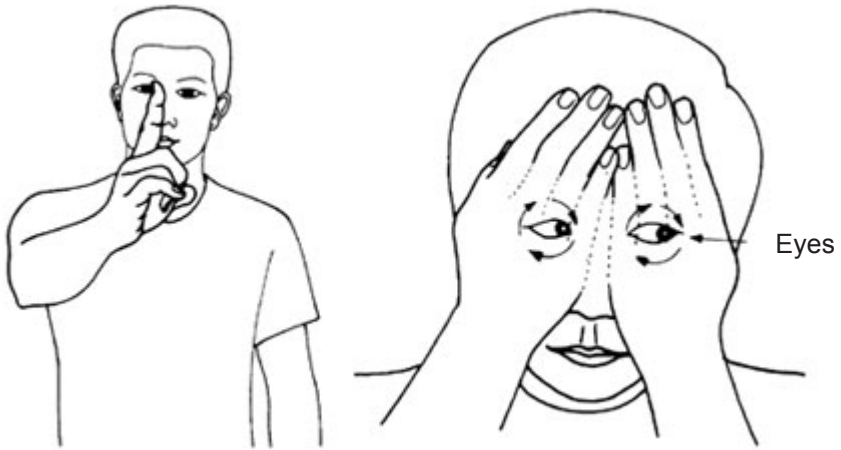


Fig. 4.20 Getting a tear out. **Fig. 4.21** Absorbing the Chi into the eyes.

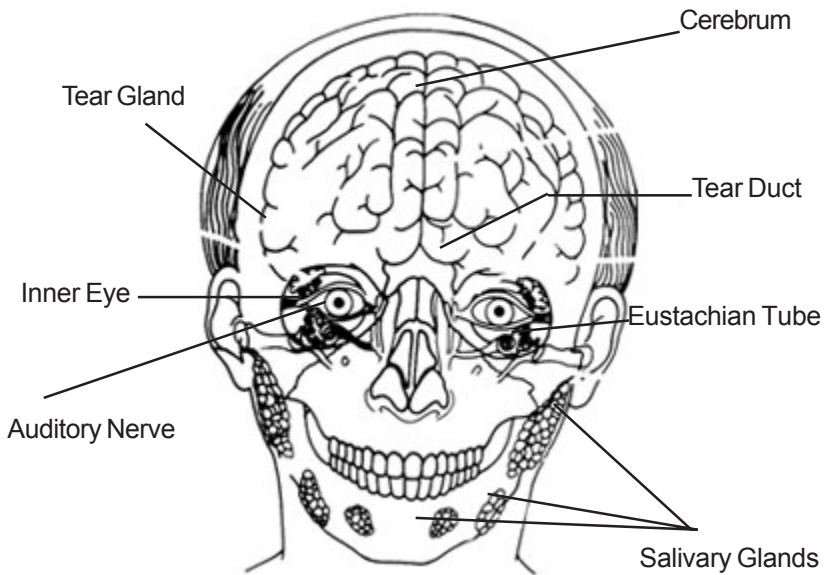


Fig. 4.22 The parts of the eyes connect with senses and brain.

F. Pull in the Eyeballs.

The eyes are divided into five parts. Each part is closely connected with the organs and nerves. (Fig. 4.22) Become aware of the eyes. (Fig. 4.23)

Pulling and pressing the eyeballs will exercise the organs, sense, glands and the brain. (Fig. 4.24) This is also the best exercise for the eye muscles. The eyes have many muscles which we do not exercise very much and, thus, they become weak, contributing to poor eyesight.

1. With the eyes still closed and cupped by the palms, inhale, contract the anus and sexual organ, and pull the eyeballs back into the sockets.

2. Contract the middle of the anus and the middles of the eyeballs.

3. Contract the front of the anus and the tops of the eyeballs.

4. Contract the back of the anus and the bottoms of the eyeballs.

5. Contract the right side of the anus and the right sides of the eyeballs.

6. Contract the left side of the anus and the left sides of the eyeballs. This exercise not only strengthens the eyes but also the pituitary and pineal glands and the inner ear including the ear drum and canals. When you pull the eyeballs in and upward and look toward the crown, you are exercising the upper muscles and stimulating the pituitary gland and pineal gland.

When you contract and pull in the middle of your eyeballs, you are exercising the back of the eye muscles and the inner ear.

When pulling in the outer corners of the eyes, you are strengthening the side eye muscles as well as the ear canals and the ear drums.

When pulling in the inner corners of the eyes, you are strengthening the inner side muscles, the tear ducts and the nose.

When pulling in the lower parts of the eyes, you are pressing the lower part of the ear canals and the nervous system.



Fig. 4.23 Awareness of the eyes.



(1) Pressing into the inner ear.



(2) Left eye pressing into the ear canal. Right eye pressing into the eustachian tube.



(3) Pressing into the pituitary gland.



(4) Right eye pressing into the ear canal. Left eye pressing into the eustachian tube.



(5) Pressing into the eustachian tube.

Fig. 4.24 Moving the Eyes.

A. Bring Chi energy to the hands

Repeat the procedure for bringing energy to your hands, contracting the front part of the anus.

B. Nostrils

Widen the nostrils. (Fig. 4.25) Using the thumb and index finger stick them into the nostrils and move them to the left and the right and up and down for ten to twenty times. This will widen the passage of air into the lungs. This can help your sinus problems and correct the smelling sense.

C. Bridge

For the bridge, use your thumb and index finger and massage the bridge of your nose by repeatedly pinching it. As you do this, inhale slowly and imagine you are breathing in clean air; exhale slowly and imagine you are exhaling dirty air. Do this nine to thirty-six times. (Fig. 4.26) This is effective for blocked sinuses.



Fig. 4.25 Widen the nostrils.



Fig. 4.26 Massage the bridge.



Fig. 4.27 Massage the mid-nose.

D. Mid-Nose

For the mid-nose, place your thumb and third finger on either side of your nose, right on the bone which runs perpendicular to the nose. Place your index finger on the bridge. Inhale and press in gently. Exhale and relax. (Fig. 4.27) Feel and absorb the heat from your fingers into the nose. This can increase your concentration and calm your mind.

E. Sides of the Nose

On the sides of the nose, use your index fingers, massage slowly and gradually increase up and down the sides of your nose nine to thirty-six times. (Fig. 4.28) This also helps blocked sinuses and stuffy noses. Do not do it too hard in the beginning because the sensitive tissues there are very tender and easily infected. Rub the sides of your nose up and down until you feel warm; this will help you in the cold winter and every morning when you get up.

F. Lower Nose

On the lower nose, massage slowly and gradually increase the pressure when you are sure you will not hurt yourself. Massage vigorously back and forth, using an index finger at a right angle to the nose immediately under it. (Fig. 4-29) This helps blocked sinuses and stuffy, runny noses.



Fig.4.28 Massage the sides of the nose.



Fig.4.29 Massage the lower nose.

VII. Ears

In China we believe that a person with thick, long ears will have a long, healthy life and that the personality will be more attractive. The following exercises can prevent hearing loss which occurs gradually as we age. The ears are acupuncture maps of the whole body, containing 120 points. Many acupuncturists now use only the ear points to cure many ailments as well as for weight control.

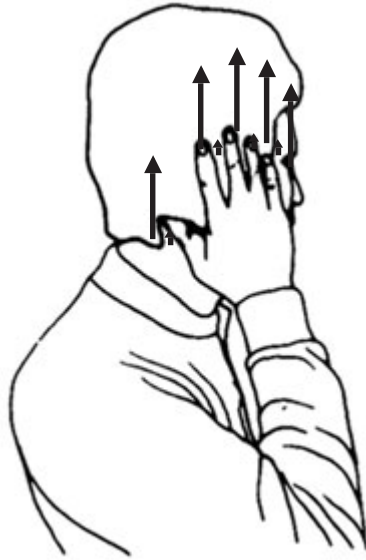
A. Outer Ear

Repeat the method for bringing energy to the hands, contracting the left and right sides of the anus.

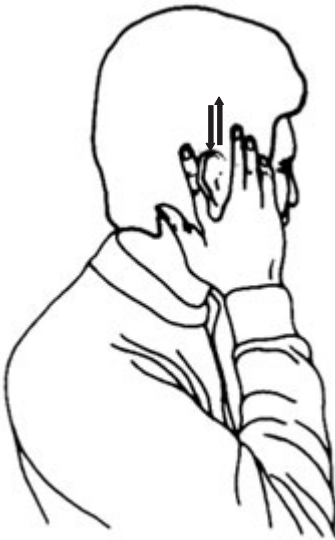
1. Front and back: Make a space between your index and ring fingers and simultaneously rub in front and in back of the ears. (Fig. 4.30(1))

2. Ear shells: Rub the ear shells with all your fingers. This will stimulate the autonomic nervous system and warm up your whole body, especially in the cold weather. (Fig. 4.30(2))

3. Ear lobes: Using your thumb and index finger, pull down on the ear lobes. (Fig. 4.30(3))



(1) Rub in front and back of ears.



(2) Rub the ear shells.



(3) Pull down on the ear lobes.

Fig. 4.30 Rubbing the Ear.

4. Ear drum exercises: For the outer ear drum, repeat the method for bringing energy to the hands, contracting the left and right sides of the anus. Inhale and then exhale completely. Put your index fingers in your ears; it should feel as if there is a vacuum in the ears. If it does not, then exhale more. Move your index fingers back and forth six to nine times at your own pace until you can feel that the insides of the ears are moving, and pull out the fingers with a quick movement. (Fig. 4.31) You should hear a “pop” sound, and you will feel that you can hear better and that your mind is clearer.

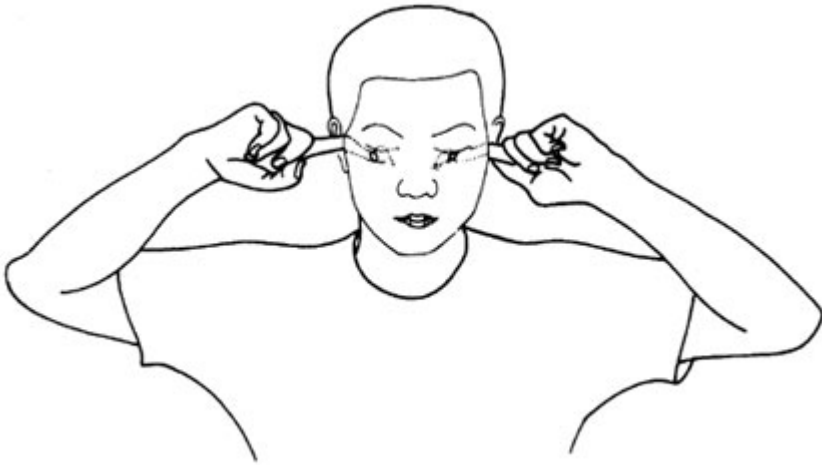


Fig. 4.31 *Outer ear drum exercise.*

B. Inner Ear (Fig. 4.32)

Repeat the method for bringing energy to the hands, contracting the left and right sides of the anus.

The inside of the inner ear, being inaccessible, is usually not exercised and grows weaker with age. These two exercises use air pressure and vibrations to strengthen the inner ear. The ear canals, the nose canal, and the mouth are connected together, so in this exercise we are using the pressure that builds in the lungs and bringing it back up to the mouth, thus adding pressure to the inner ear drums. This is how to exercise the inner ear drums.

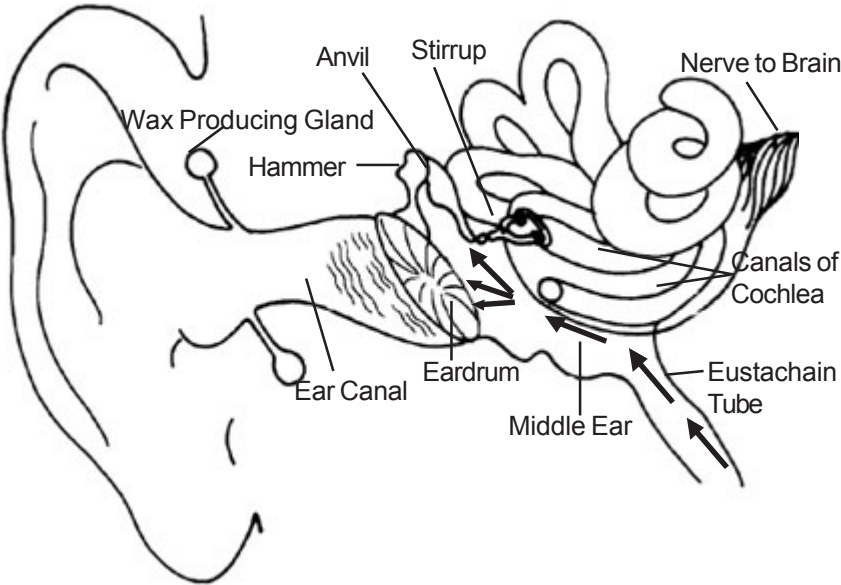


Fig. 4.32 Diagram of Inner Ear Drum.

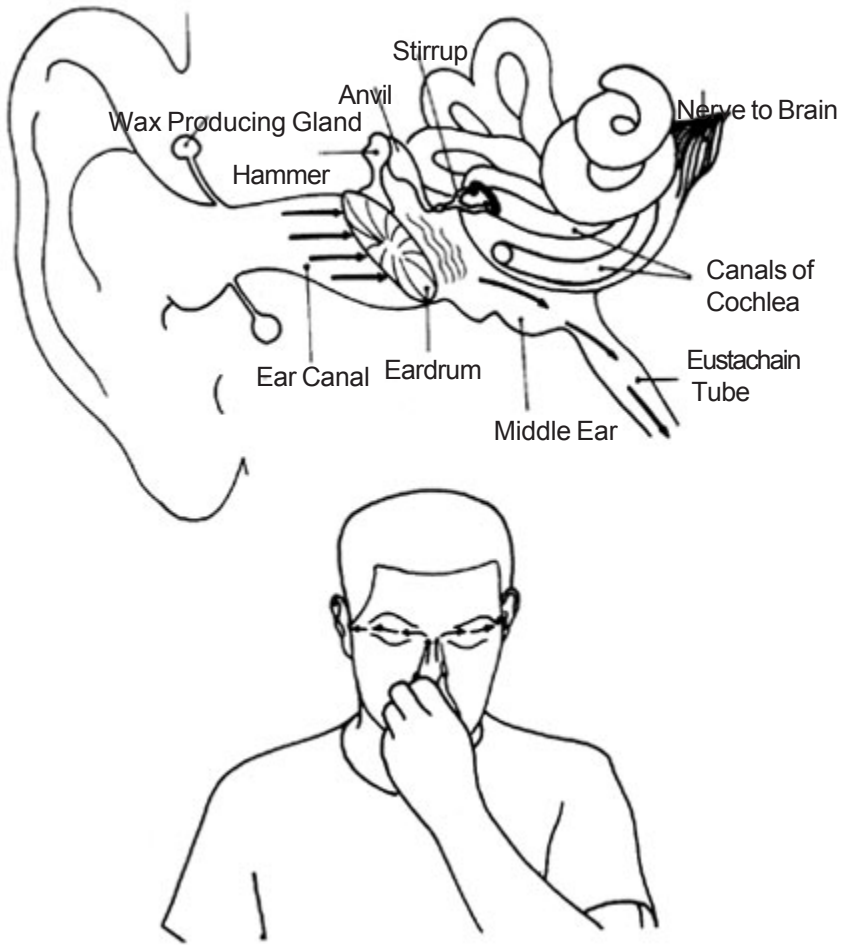


Fig. 4.33 Inner ear drum exercise.

1. Blowing exercise: Inhale, fill your lungs and nasal cavity with air; close your mouth and pinch your nostrils shut with your index finger and thumb. Blow slowly out through your closed nostrils and then swallow air. You should feel your ear drums popping. Repeat two to three times. (Fig. 4.33) Do not blow too hard; they can get hurt. You must do every exercise gently for the most benefit.

2. Ear nervous system exercise: hitting the ear drum. Cover your ears with your palms, fingers pointing toward the back of your head. In this position, flick your index fingers against your third fingers so that the index fingers drum on the lower edge, or occipital bone of the skull. This will sound quite loud. The flicking of the finger that hits the bones will vibrate and stimulate the nervous system, the ears and the inner ears' mechanism. Repeat nine or more times. (Fig. 4.34) The activity of the ear will be balanced and the mastoid sinus improved by this exercise.

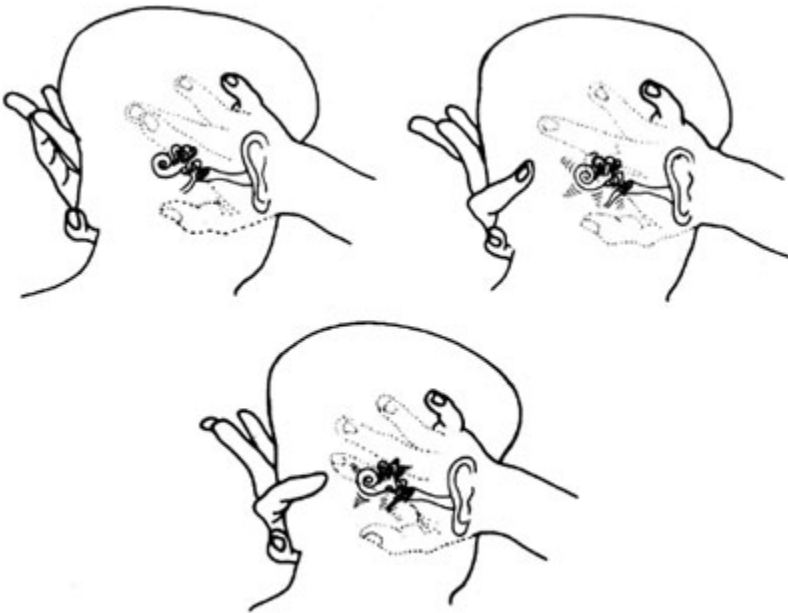


Fig. 4.34 Hitting the ear drum.

VIII. Gums, Tongue, Teeth

Healthy teeth require healthy gums as their foundation. These exercises will strengthen both the gums and teeth. Teeth are the excess energy of the bones, and when the teeth get stronger, so do the bones. When the teeth and tongue are strong, your breath improves as well, eliminating bad breath.

We regard saliva as an essential form of energy which can lubricate the organs and digestive system. The tongue is the opening of the heart, and both are made of similar tissue. A healthy and clean tongue will strengthen the organs, especially the heart. You should clean your tongue twice a day with a brush or scrape it with a tongue scraper, and massage your tongue with a tongue depressor or a clean finger. Find the painful spots and massage there until the pain goes away.

A. Bring Chi Energy to the Hands.

Repeat the procedure for bringing energy to the hands, contracting the middle of the anus.

B. Gums

Open your mouth and stretch your lips tautly over your teeth. Use three fingertips (index, middle, and ring fingers) to tap the skin around the upper and lower gums. Hit around until you feel warmth in the area. (Fig. 4.35)

C. Gums and Tongue

Massage your upper and lower gums with your tongue. Then suck in some saliva, press your tongue tightly against the roof of your mouth, and try to exercise the tongue. When you strengthen your tongue, you are strengthening your heart. Press around. Press the tongue to the roof of your mouth, tighten your neck muscles and swallow the saliva. This lubricates the digestive glands and organs.

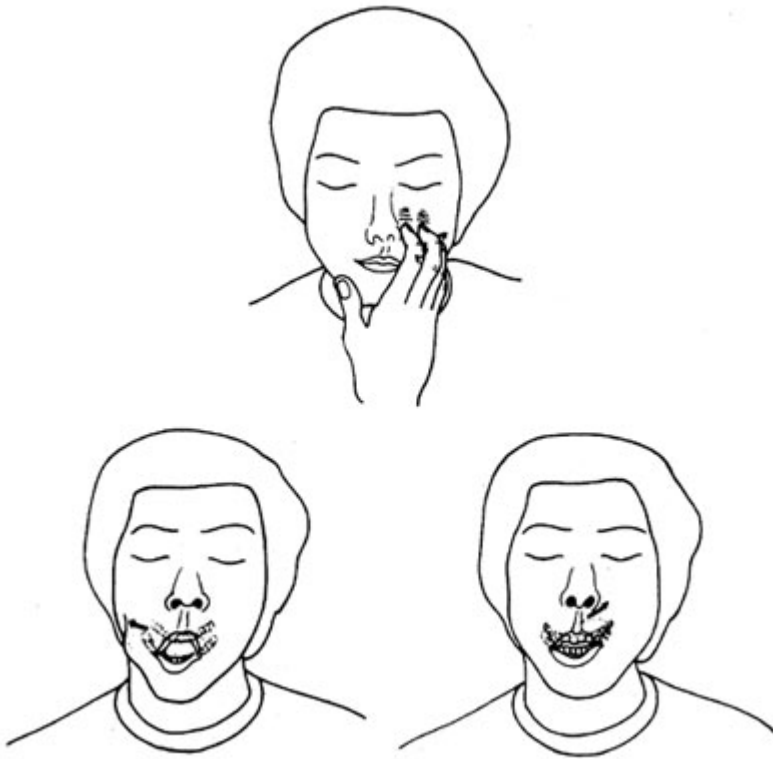


Fig. 4.35 Hitting the gums exercise. Using the tongue, massage the upper and lower gums.

D. Tongue (Fig. 4.36 and 4.37)

In a sitting position place the hands on the knees, palms down. Exhale and straighten the arms, spreading the fingers apart and keeping the hands on the knees. Open the mouth as wide as possible and thrust the tongue out and down, focused on the throat. With the tongue out as far possible, gaze at the tip of the nose. The whole body should be tense. Hold the breath for as long as you feel comfortable. Relax with inhalation and regulate the breath. This will help to strengthen the throat, the tongue and the power of speech. These exercises will help to improve foul breath and to clarify speech.

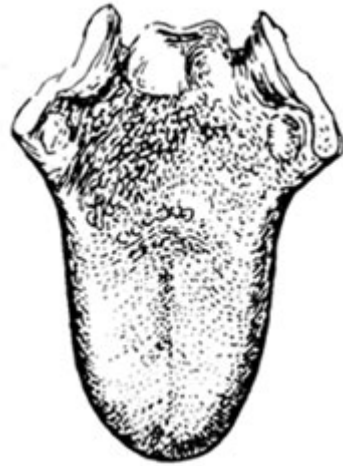
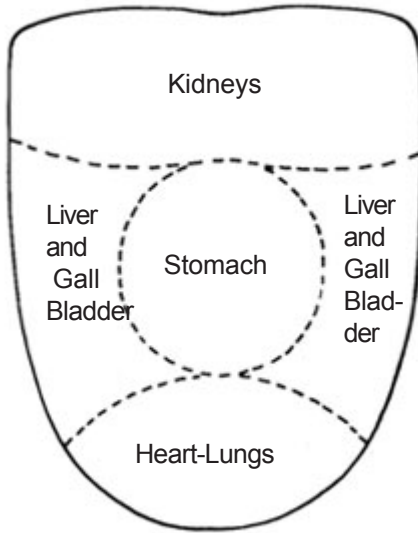


Fig. 4.37 Tongue



Fig. 4.38 Press tongue to the roof of the mouth.

Inhale, then exhale as you press your tongue out and down as far as you can. Follow by pulling the tongue in and curling it. Press your tongue to the roof of your mouth as hard as you can, contracting the middle of the anus and the esophagus to help the tongue. (Fig. 4.38) With more practice you will know how to use the inside force, the force from the organs, to press your tongue up. Even though the tongue has no bones to exert force, you will still be able to exercise the tongue well.

E. Teeth Clenching

Relax your lips. Click the teeth together lightly (Fig. 4.39) and then clench them hard (Fig. 4.40), as you inhale and pull up the middle of the anus. Do this six to nine times. Move your tongue and mouth to create a lot of saliva. The technique of swallowing the saliva is to put the tongue up to the palate and swallow quickly with a hard gulp, sending the saliva down the esophagus to your stomach.

F. Energy to Teeth

Close your mouth and let your teeth touch lightly. Direct the energy to your teeth. Gradually feel the electrical flow of energy there.



Fig. 4.39 Click the teeth together lightly.

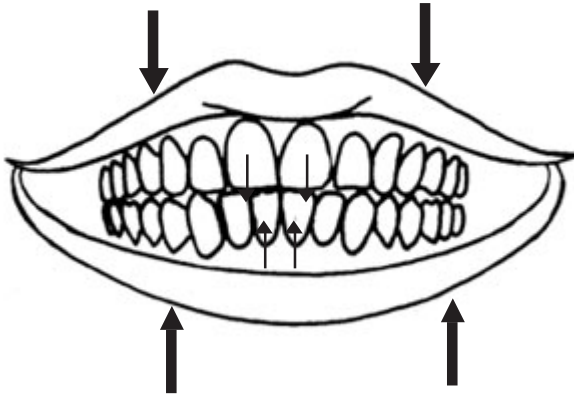


Fig. 4.40 Clench the teeth together hard.

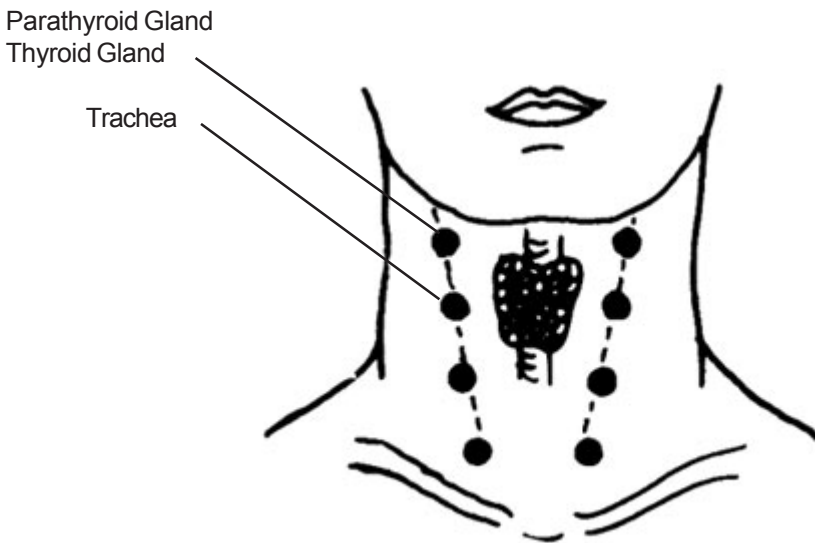


Fig. 4.41 Throat Glands

IX. Neck

A. Thyroid and Parathyroid: Site of Courage, the Power of Speech (Fig. 4.41)

The neck carries the busiest traffic in the body and is the seat of the thyroid and parathyroid glands. (Fig. 4.42) When you massage here, you increase the body's metabolism. Neck tension can also be caused by emotional imbalance. When we are tense and nervous, we are responding to negative emotions, such as anger, fear and sadness. The neck is similar to a traffic bottleneck. All of the signals, as well as the emotions, have to pass through it. When under stress and under emotional strain, the neck starts to accumulate and jam the tension. Unconsciously, the neck muscles tighten, attempting to block out pain. Keeping the neck soft will help Chi flow to the higher center that is located in the brain, keeping the mind and body in harmony together.

Tension in the neck can make you less courageous. When the neck is tense, it will block self expression in the throat. With proper flow of Chi energy, we can express ourselves appropriately at the proper time, place, and in a proper way.

The neck is the passageway of many meridians and is the channel of the Chi energy of the organs. In the middle is the Governor meridian. On the sides are the bladder meridian, the triple warmer meridian and the large intestine meridian. The emotions passing through the meridians of the neck may tense and jam up there.

Emotion:	Organ/Associate Organ:
Anger	Liver/Gall Bladder
Fear	Bladder/Kidneys
Grief	Large Intestine/Lungs
Hastiness	Heart/Small Intestine/Triple Warmer
Worry	Spleen/Stomach/Pancreas

B. Bring Chi Energy to the Hands.

Do the procedure for bringing energy to the hands and contract the front of the anus.

C. Whole Neck

Spread your thumbs apart from your other fingers. Alternating hands, rapidly wipe the neck from the chin to the base nine to thirty-six times. (Fig. 4.42)

D. Middle Neck

Alternating hands, use the middle three fingers to rapidly wipe down the middle of the neck from the chin to the base nine to thirty-six times. The thyroid and parathyroid glands are in the front section of the neck. Use your thumb and the three other fingers to massage these glands. Find the painful points and massage them until you feel them open. Massaging this area will help to increase metabolism and the power of speaking.



Fig. 4.42 Wipe the neck from the chin to the base.

E. Turtle Neck

Sink your chin down, then out and up. (Fig. 4.43) Feel your spine press down and then expand. This will help loosen the vertebrae and discs of your neck.

F. Crane Neck

Move your chin forward, circling out, then down, then up, and out again. (Fig. 4.44) Feel your spine expand and then contract.

G. Massage the Neck.

Massage the points along the back of the neck and on the back along the cervical vertebrae. Start from the shoulders and go up to the base of the skull. (Fig. 4.45) Use your fist to hit along the neck. (Fig. 4.46) Find any painful spots and any tense spots and massage until they are released. This will greatly help to release the tension of the neck and help to detoxify the toxic accumulations in the neck area, the causes of many headaches.

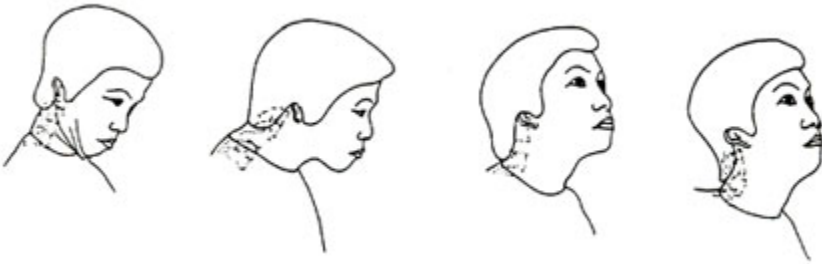


Fig. 4.43 Turtle Neck

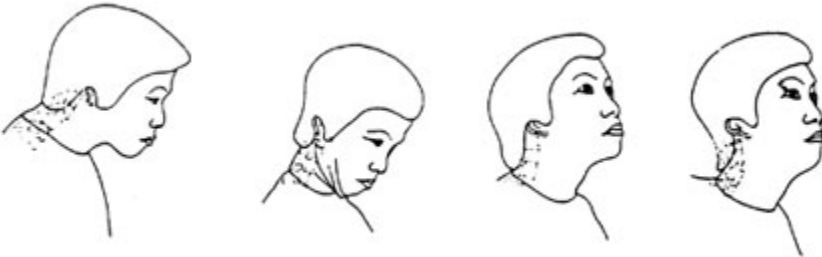


Fig. 4.44 Crane Neck

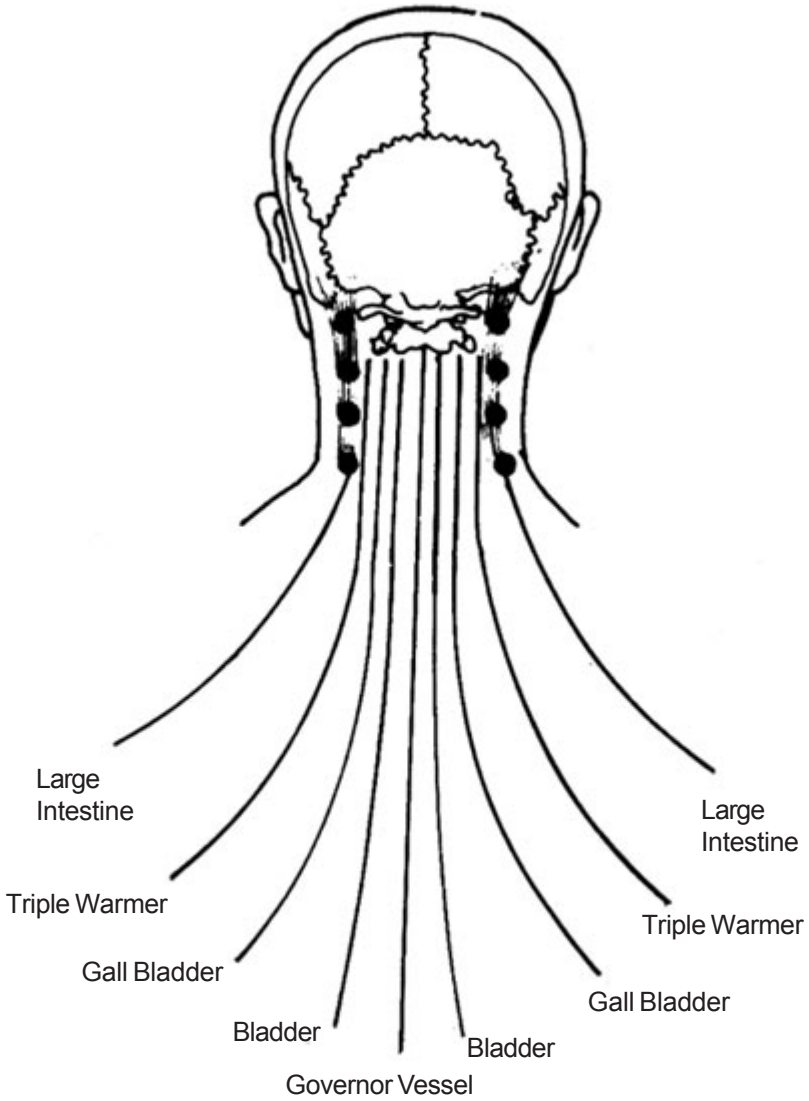


Fig. 4.45 Massage the points along the neck.



Fig. 4.46 Use the fist to hit along the neck.

X. Shoulders

Many people feel tense and worried, and their shoulders are tight and held up. The way to release the tension is by pulling up your shoulders to press against the neck, tightening the muscles of the neck and shoulders. Hold for a while, exhale deeply, and let them drop down, pulled by gravity like a sack of potatoes. (Fig. 4-47) Feel the burden, worry, and stress drop down to the feet and out to the ground. Feel yourself grounded. Do this three to nine times, and the tension and worry will go away.

Relax your shoulders and chest, exhale and release more, until you feel the tenseness gone.

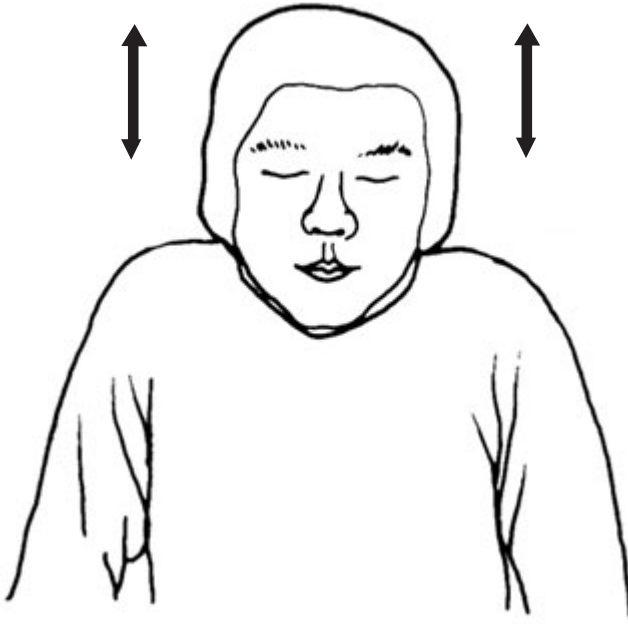


Fig. 4-47 Dropping the shoulders will help to release tension and worry.

Chapter 5

Detoxifying Organs and Glands

Lightly slapping and tapping over the organs and glands help to shock the toxic sediment and increase the circulation and Chi flow to these areas. Our practitioners claim they are able to heal themselves from many chronic illnesses which are very hard to heal by conventional medicine.

I. Thymus Gland

The thymus gland controls the immune system and is related to longevity. (Fig. 5.1) Normally the thymus gland atrophies after childhood. In the higher levels of Taoist practice, the thymus gland can be regrown. This helps maintain health and vitality and supports greater spirituality. Thumbing the thymus gland can help increase the activity and release more hormones.

A. Bring energy to your hands by the usual procedure, contracting the front of the anus and bring the Chi toward the thymus.

B. Make a fist, inhale and thump down the middle of the upper chest from the collar bone to the nipples six to nine times. Do not talk while you are doing this or you might harm yourself.



Fig. 5.1 Hitting the Thymus Gland.

II. Heart

Lightly slapping an organ stimulates the release of toxins, which allows the organ to rebuild and repair itself. In doing these exercises, be aware that the slapping or tapping should be adjusted by you so as not to use excessive force which may be harmful.

A. Do the energy to hands procedure, contracting the left side of the anus and bringing Chi toward the heart.

B. Slap your heart lightly with your palm six to nine times. (Fig. 5.2) Don't speak.

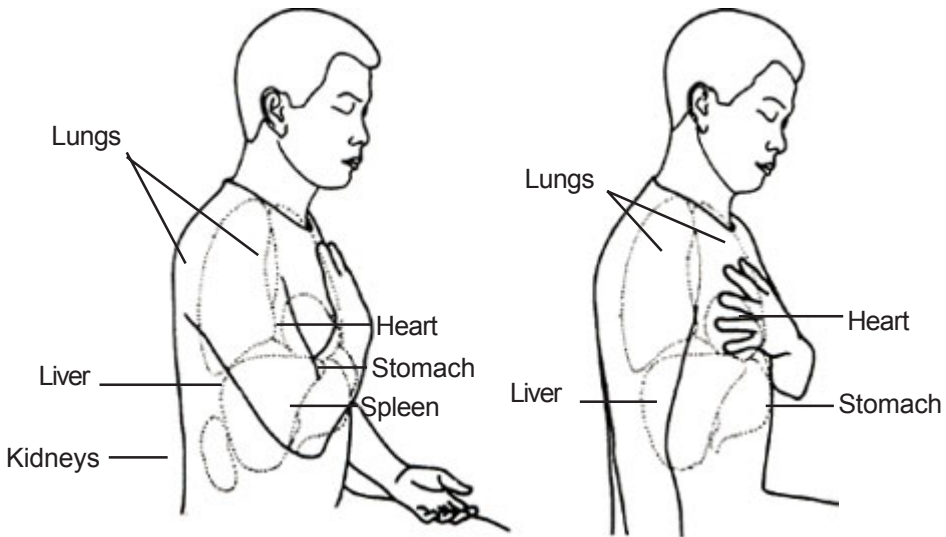


Fig. 5.2 Slap at heart, lungs and liver areas.

III. Lungs

A. Bring energy to your hands, contracting the right side of the anus and bringing Chi to the lungs.

B. Using your palm, slap up and down your right lung, hitting only as hard as is comfortable. (Fig. 5.2) Do not talk. Contract the left side of your anus and slap your left lung. This can help to clean out the mucous and to clean out the lungs.

IV. Liver

A. Bring energy to the hands, contracting the right side of the anus and bringing Chi to the liver.

B. Using your palm, slap below the rib cage on the right side. (Fig. 5.2) Don't speak. This can help to detoxify the liver.

V. Stomach, Spleen, Pancreas

A. Bring energy to your hands, contracting the middle of the anus.

B. Contract the anus at the left side, and slap at the spleen, pancreas and stomach. Place one palm on top of the other and rub below the rib cage, from center to left, then left to center.(Fig. 5.3 and 5.4)

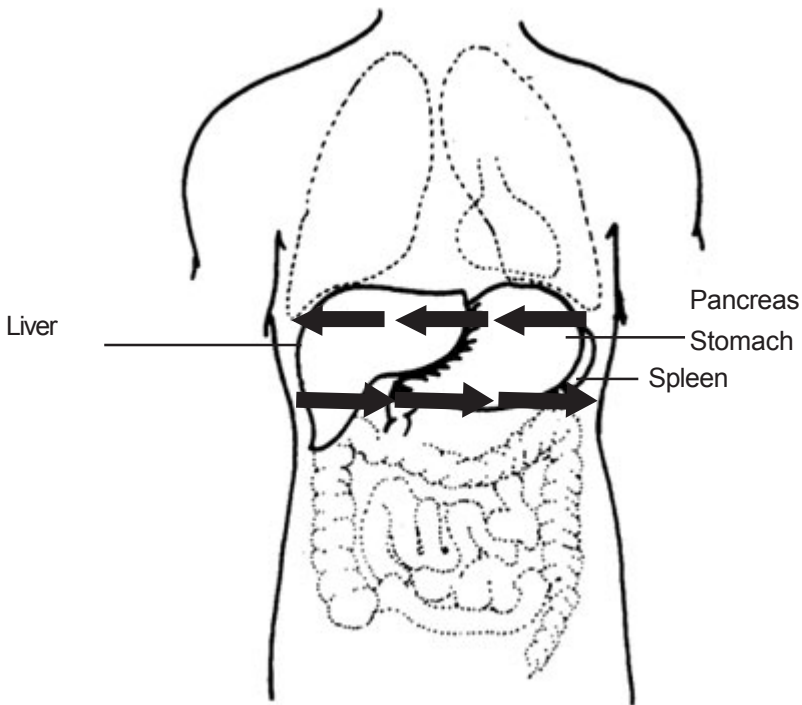


Fig. 5.3 Rub the stomach, spleen and pancreas.



Fig. 5.4 Rub back and forth over the liver, stomach and spleen.



Fig. 5.5 Massage the abdomen.

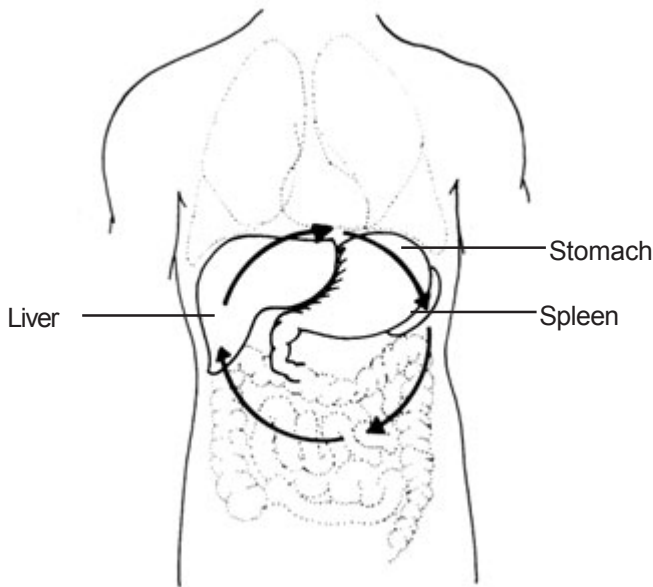


Fig. 5.6 Circling the Energy.

VI. Large and Small Intestines

A. Bring energy to the hands, contracting the entire anus.

B. Small intestine: With palms together, rub a small circle around your navel, first clockwise, then counterclockwise.

The small intestine is one of the longest tubes in the digestive system. A careless diet, too much hot food or dairy products, or too little fibrous food will create mucous that will stick to the walls of the intestine, block the absorption of nutrients and slow down digestion. Once mucous accumulates, it is like a snow ball that will get bigger and bigger, eventually becoming a lump which slows down the traffic of the digestive system.

C. Large intestine: Place one palm on top of the other and rub your abdomen in a large circle. Start on the lower right side and rub up and around in a clockwise direction. (Fig. 5.5 and 5.6) This will move the energy in the intestine and relieve constipation. For diarrhea, rub counterclockwise. If you have normal elimination, rub in both directions. These exercises increase the absorption and dissolve the accumulations that stick to the large intestine's wall.

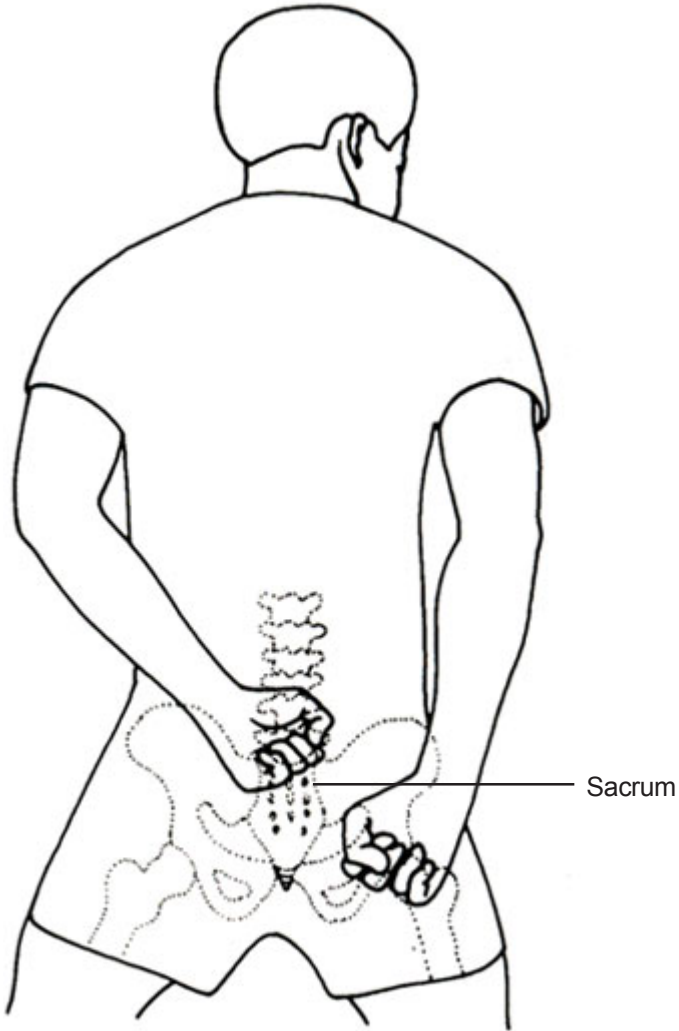


Fig. 5.7 *Hitting the sacrum can help in strengthening the sciatic nerves.*

VII. Kidneys

The kidneys act as helping to filter out waste material from the blood. If there is too much waste in the system, the kidneys cannot filter it all. The waste will tend to collect in the ducts and tubules of the kidneys, impairing their health. By hitting the kidneys' area, we shake out the harmful sediment and help prevent kidney malfunction.

A. Bring energy to the hands, contracting the left and right sides of the anus.

B. Locate the kidneys just above the lowest, or floating, rib in the back on either side of the spine. Make a fist and hit the kidneys with the back of the fist between the wrist and knuckles. (Fig. 5.7) Alternate hands and hit only as hard as is comfortable. This will help to shake loose the sediment, crystals, and uric acid that get caught in the kidneys. This will also strengthen the kidneys and relieve back pain.

C. Rub your hands together to warm them. Then rub your palms up and down over the kidneys until they feel warm.

VIII. Sacrum

In the Taoist system the sacrum is regarded as extremely important. It is a pump which helps to bring spinal fluid and energy (Chi) to the brain. It is also the junction where the sexual organs, rectum, and legs meet. Sciatic pain, which shoots down the legs, originates in the sacrum; therefore, strengthening it will release this intense pain.

A. Bring energy to the hands, contracting the back of the anus to the sacrum.

B. Make a fist and use your knuckles alternately to hit both sides of the sacrum. First hit in the area of the eight sacral holes, and then the hiatus, the depression at the bottom of the sacrum. (Fig. 5.8)

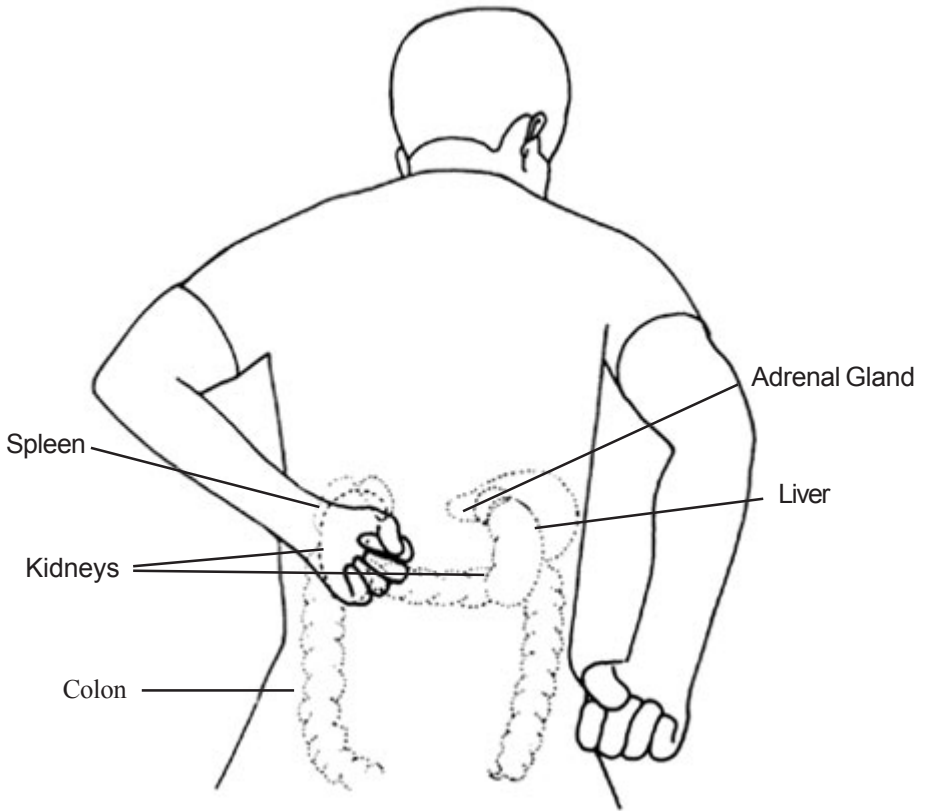


Fig. 5.8 Hitting the kidneys will help to shake out sediment.

Chapter 6

Knees and Feet

I. Knees are Toxin Collectors.

Toxins tend to collect in the lower limbs because of the slowdown of the circulation due to gravity. The most common places are the back parts of the knees. Slapping at these places will break down the toxins. The body will then eliminate the toxins out of the body by urine, bowel movements and sweat.

A. Bring Chi Energy to the Hands.

Bring energy to the hands; do no contractions.

B. Behind the Knees

Prop your leg up on a chair or low table so the knee is straight. Then slap smartly behind the knee nine to eighteen times. (Fig. 6.1) Although it hurts, it is extremely beneficial in releasing toxins which accumulate there. This release may be indicated by the appearance of a purple dot. Use discretion as to how hard you slap, since it can be overdone. Repeat this exercise on the other knee.

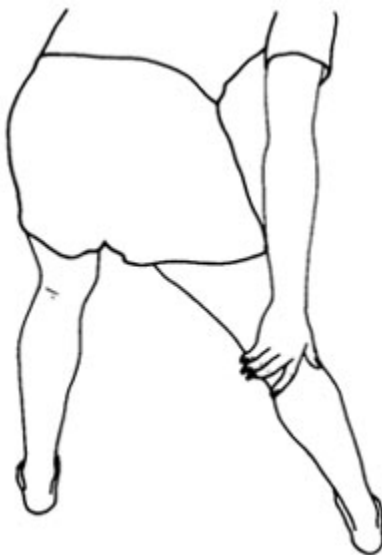


Fig. 6.1 Slapping smartly behind the knee helps to release toxins.

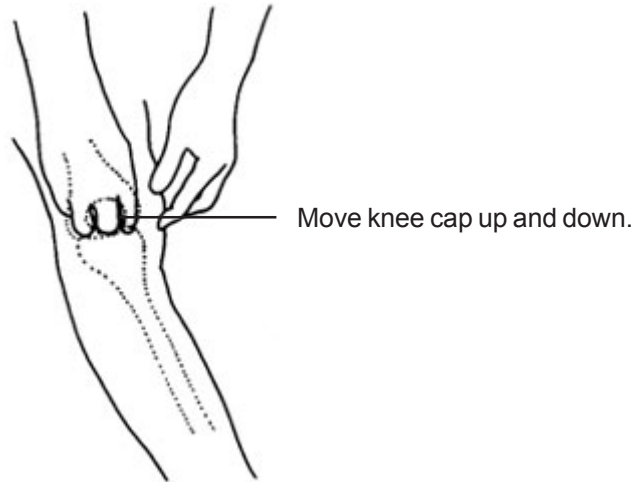


Fig. 6.2 Massaging the Knee Cap.

C. Knee Cap Massage

Massage the knee cap until it is warm, There is very little blood flowing to it and it tends to be quite vulnerable. This practice strengthens it. Massage the other knee cap.

D. Move the Knee Caps.

Relax the knee caps, then move them up and down to the left and right and around both clockwise and counterclockwise. (Fig. 6.2)

E. Massage the Knees.

Falling down is often caused by weak knees. Massaging the knees will improve your stability and flexibility.

II. Feet: Roots of the Body

Strong feet and tendons increase your stability by connecting you to the healing energy of the earth. Feet are the reflexes of the whole body's organs, glands and limbs. (Fig. 6.3) They are like remote controls. Massaging will help to stimulate the organs and glands and increase the circulation.

A. Bring Chi Energy to the Hands.

Bring energy to the hands; do no contractions.

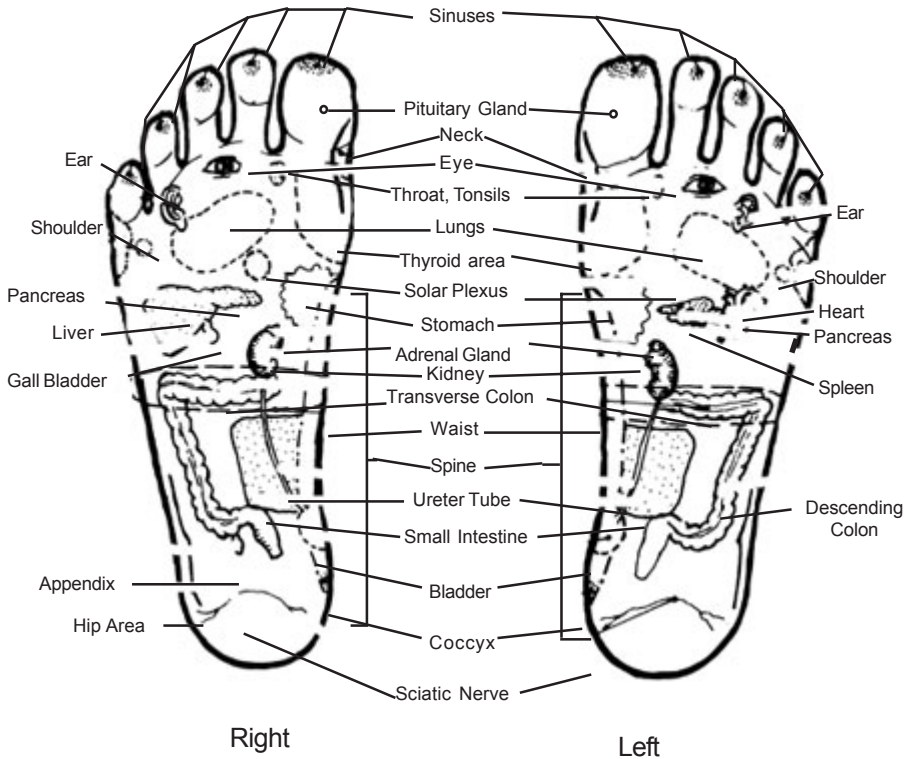


Fig. 6.3 Feet are the reflexes of the whole body's organs, glands and limbs.

B. Massage the Feet.

Take off your shoes and stockings and massage the tops and bottoms of each foot with your thumbs and fingers. Be sure to massage the kidney point, the sore spot in the center between the ball of each foot and the adjoining pad. (Fig. 6.4) If you are in a hurry, massage the whole of each foot once by rubbing the sole of the foot vigorously and carefully across the top of the other foot, going from the heel to the arch to the toes. The soles of the feet have energy meridians to the entire body. Massage the feet, and when you find painful points massage them until the pain goes away. This will help to clear any blockage of Chi channel flow.

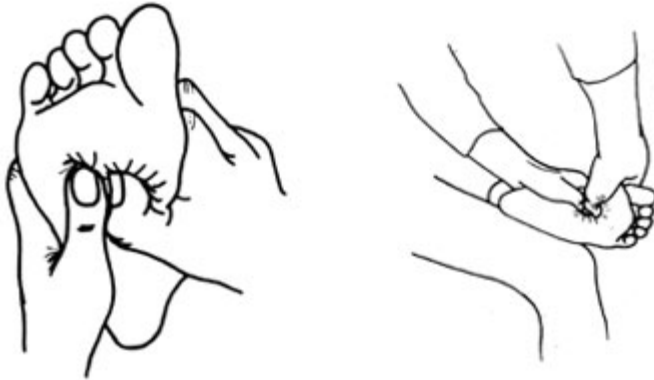
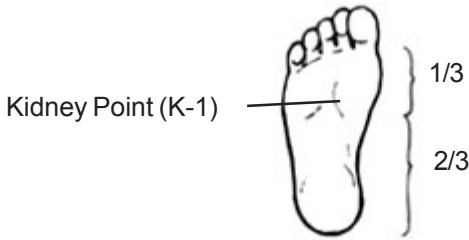


Fig. 6.4 Massage the Kidney Point. (K-1)

C. Spread out the Toes.

Spread out and separate all the toes, especially the little toes, and then release. Repeat six to nine times. This is especially good for the tendons of the feet. (Fig. 6.5)

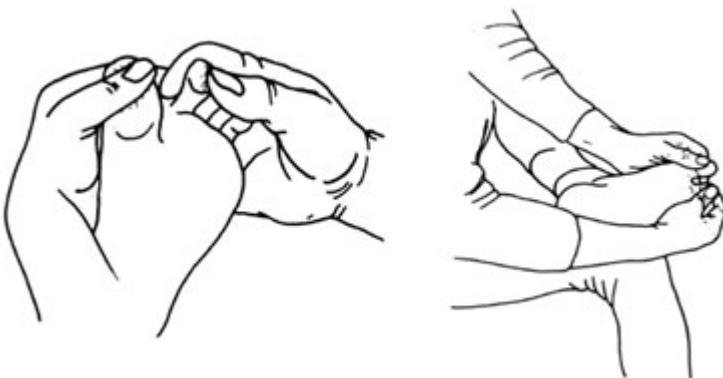


Fig. 6.5 Separate all the toes by spreading them out.

D. Big and Second Toes

Rub the big toes and second toes together rapidly. This a good exercise to do at odd moments during the day.

E. Rub Feet together.

Keep the feet warm by rubbing them together. This will help to stimulate all the body's organs.

Chapter 7

Constipation

I. Major Cause of Stress

Constipation is a major cause of stress. The key to good health is a clean colon. Much of the health field believes that as much as ninety percent of diseases are due to constipation and unhealthy colons.

The modern life that we live in--the concrete jungle, in which we eat refined foods, less fiber, more meat, less greens less fresh fruit and fresh vegetables--causes us to have less Chi. The Chi pressure that moves the fluids and all systems in the body is lessened. Therefore, the stomach does not have enough Chi to digest food; and the small intestine will be slow in absorbing the nutrients; and the large intestine and rectum will not have enough pressure to push the waste material out. When this material stays in the colon, the body reabsorbs toxins from the waste. These reabsorbed toxins first affect the liver which, as it becomes filled with the toxins, produces negative emotions, such as anger, bad moods, and anxiety. The next to be affected is the blood which, as it becomes filled with waste material and toxins, disturbs the other organs' functions, lessening their ability to do their work, and causing stress and nervousness.

II. Constipation causes holding back and lack of Openness.

People who hold back, are stingy and cannot let go always retain all kinds of unnecessary garbage. This type of person keeps problems inside and becomes emotional easily. This can be caused by long term constipation.

The way to overcome this kind of constipation is to try to solve problems every day and speak out in a nice way, so that the Chi that is stuck in the organs can flow. Many people today learn how to speak out but do so in a way that is not nice. This causes more problems and more constipation. Having peace of mind will permit you to solve problems in peace, letting you speak out in a nice way.

III. Constipation makes you age faster.

All toxins that are retained will collect in your body: in your skin, making it coarse, not smooth; in the neck and shoulders area, resulting in headaches and shoulder pain; and in other places. They will cause a hardening of the whole system.

The nice feeling of a clean colon will make Chi flow and will help your whole day to be pleasant, open and happy.

IV. Abdominal Massage—Wonder of Healing

Abdominal massage is one of the best ways to solve constipation. In the beginning you might see black and cloudy colored bowel movements during elimination. This means that long term matter stuck to the walls of the intestines has finally loosened.

When you feel the need to go to the toilet, just go. Many people like to hold back until, after a while, the feeling of the bowel is gone. As a result, they have to hold it for the next time or the next day. It should become a habit to have a bowel movement every day; the morning is the best time.

You can do the abdominal massage right before you go to sleep and right after you get up. Usually shortly after you massage in the morning you will go to the toilet to move out the bowels.

A. Sleep face up.

Sleep face up, pull up your feet and place them your shoulders' width apart.

B. Rub your hands until warm.

Rub your hands until warm, then rub the large intestine and the rectum, starting from the lower end of the left side up and across to the right side and down to the lower right side. (Fig. 7.1) Massage in a clockwise direction for nine to eighteen times. If you feel a painful part or a knot, spend some more time massaging until it softens. Use your mind to help guide the Chi flow according to the movement of the large intestine flow.



Fig.7.1 Massage from the lower end of the left side, up and across to the right side and down to the lower right side.

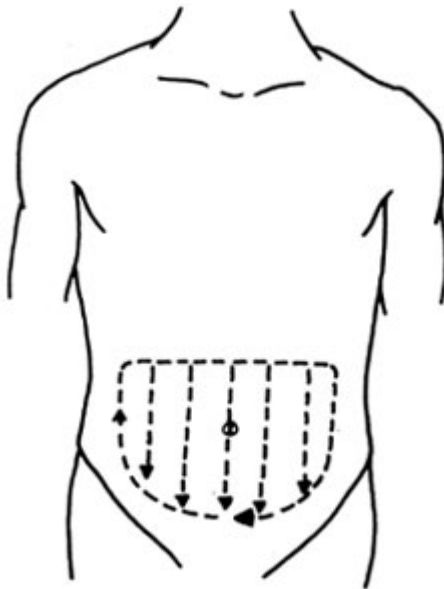


Fig. 7.2 Divide the abdomen into three parts.

C. Massage the Small Intestine.

To massage the small intestine, divide the abdomen into three parts. (Fig. 7.2) Massage from the left line to the right line. Use the middle and index fingers and massage in a circular movement, up, down, and up, and go to the next line. Repeat three to nine times. If you find a painful point or knots, massage clockwise and counterclockwise until the pain or knots are gone. Be cautious if you have had an abdominal operation; do only what you can withstand.

If you find a big lump, put your palm over it and sleep with it there; this will soften the knot and release the pain and will help you to move your bowels more easily the next day.

V. Massage during Bowel Movements.

After you first move the bowels and stop and are waiting for the next movement, you can massage the abdomen to help clean out any “stew” that still is in the ascending colon, by rubbing clockwise at the ileocecal valve at the right side near the hip bone. Massage from the lower end of the right corner up to the rib cage. (Fig. 7.3)

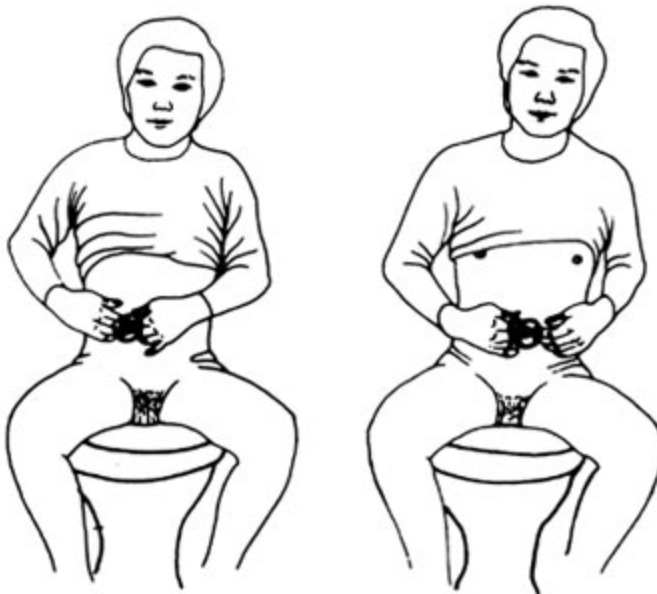


Fig. 7.3 Massage the abdomen during bowel movements.

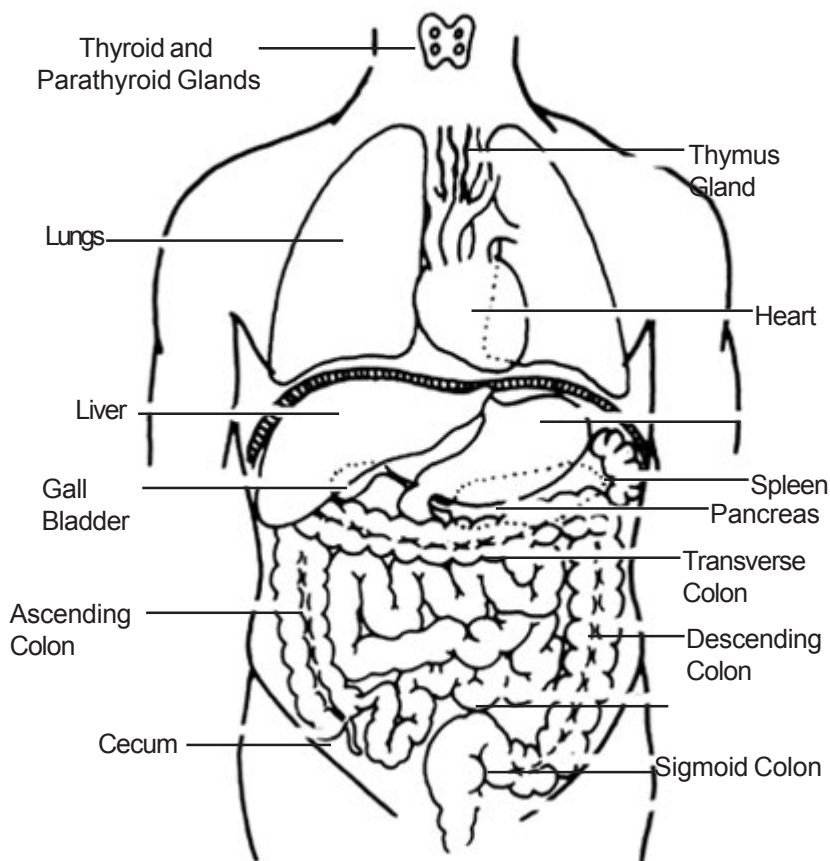


Fig. 7.4 *Massage the sigmoid colon.*

Massage the sigmoid colon at the left side of the pelvis. Massaging this part can help you clear out more of the remaining “stew”. (Fig. 7.4)

In Tao we say that when you move the bowels, in order to be clean you must first urinate and then have the bowel movement. Finally, clean out with more urination and you will feel clean.

Chapter 8

Daily Practice

First line prevention is best. The goal of the Tao principle is to walk through to the end of life without sickness. We see that going to hospitals, entering mental hospitals, and visiting doctors and psychologists are common things. The largest part of our budgets today is for health care. The unusual thing, which can become big news, is when you see a healthy, strong old man or old woman who can walk and do things as he or she wishes, with no need to take pills and no use for Medicare. These healthy old men and women can be every one of us, if we know how to take care of ourselves.

The results of the Tao practice have been proven for many thousands of years. Tao Masters used this practice to maintain a high level of energy. When you transform the negative emotions to positive emotions, you have the power to heal yourself. If you want to get through negative states, you need to make up your own mind to set aside time and make this practice a part of your life. Invest in your own health. Make it a routine to do this every day just like brushing your teeth and eating are necessities in your life. Don't worry about the results, simply keep practicing what you think is right for you. One day you will see the miracle happen. You will seldom catch a cold and you will hardly remember your doctor's name. Your medicine box will be empty. You will be healthier than ever before. You will accomplish more work while becoming less emotional.

I. Warm Up in the Morning

The Taoist tradition says to open your heart first before you open your eyes. (Fig. 8.1) When you wake up, do not jump out of bed and do not open your eyes. In the Taoist system we believe that all organs have souls and spirits. When we are asleep, the souls and spirits are at rest, too. They take a while to be awakened, and if you are too hasty, you can hurt them. As we say, when you are too hasty, you are hurting the energy of the organs. If you have a good morning warm up, the whole day will run smoothly.

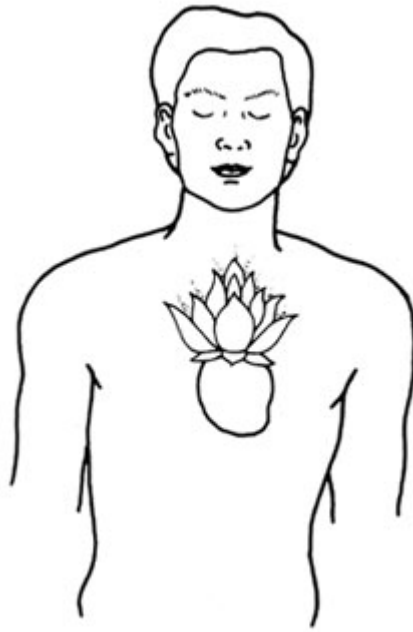


Fig. 8.1 Before you open your eyes, open your heart.



Fig. 8.2 Put your palm on the navel area.

II. Check your Energy Level each Day.

Do not open your eyes. Put your palm on the navel area. (Fig. 8.2) Men, put the right palm on the navel with the left palm over it. Women, put the left palm over the navel and the right palm on top. Concentrate on your navel until you feel it become warm.

III. Start with the Inner Smile (Fig. 8.3)

If you can, get in touch with the Inner Smile; feel the flow of it; and guide the smile all the way down from the face to the neck and through the heart, lungs, liver, kidneys, pancreas, spleen and sex organs.

Smile into the Second Line, the digestive system, and the Third Line, the nervous system and spinal cord. Smile to them and sense when the smile can get through. Keep on smiling until the pain and tension go away. If one day it is hard to get the smile energy flowing, that means your energy levels--physical, emotional, and intellectual--are in a low cycle. Be very careful on that day, because you are in the low cycle of your biorhythm and astrologic charts. When you are too low with energy, you are likely to get yourself into trouble and have accidents. By practicing the Inner Smile and Microcosmic Orbit well, you can eventually overcome the biorhythm and astrologic charts. Spend a little bit more time in practice until you feel your smiling energy increase and flow through the organs faster. That indicates you are raising up your energy level, and the emotions can thus be controlled. Misfortune and accidents can be overcome or avoided.

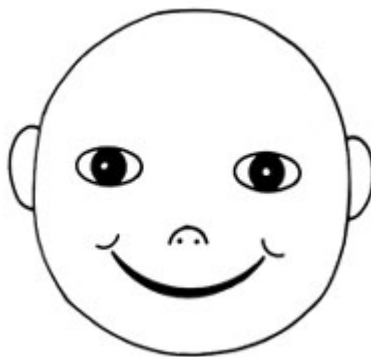


Fig. 8.3 Start your day with the inner smile.

IV. Clean Out the Blocked Energy every Day.

If you smile through the organs and you feel obstructions and blockages in particular organs, take a little more time. Concentrate your awareness by smiling to that place where there is a blockage, until it starts to cleanup. Disease always begins with the blockage of energy flow to an organ or gland major pathway. When the energy has to flow through a major organ or gland but there is blockage, the organ starts to get less energy, less blood flow and less nutrition. Over a long period of time the organ and gland will work less effectively or not at all. No equipment can check you out as accurately as your own flow of Chi energy. When doctors find an illness, at that time an organ may be functioning at only ten percent efficiency. With a daily check-up using the Microcosmic Orbit, you can correct, maintain and strengthen yourself each day without spending, much lime.

V. Clean Out Yesterday's Toxins.

The most important key to keeping healthy is to eliminate tension, worry and toxins every day so that they do not accumulate in the body. (Fig. 8.4) Many people experience getting up in the morning as the hardest thing to do. They feel down, sluggish and in a bad mood with pain and aches all over.

This is the result of the accumulation of too many toxins in the body. Abdominal massage is the best way to clear the toxins out. The abdominal massage can help to release the blockages and break out the sediment every day. In the beginning some people might feel like vomiting when they hit a painful spot. This is because the toxins are starting to clear out and the organ is moving back to the proper place.

People who have had operations on the stomach or intestines have to be very careful in doing the abdominal massage. If you feel pain in the area of the operation, you might have to rub with your palm.

When you massage around the navel area and feel knots or lumps move around (Fig. 8.5), that can be a bowel movement that has hardened and remained in the colon wall. If you massage and move the toxins, they will move out of their position to the rectum. People with weak energy who do not exercise the abdomen do not have enough energy to push the bowel movement up the ascending colon or push down to the rectum.

Constipation is the first thing to block energy flow, leading to back pain, headache, stomach ache and colon cancer.

Some people might not find enough time to do this in the morning, but do as much as you can manage and then massage the rest when you are at the toilet. Also, do some abdominal massage before you go to sleep.

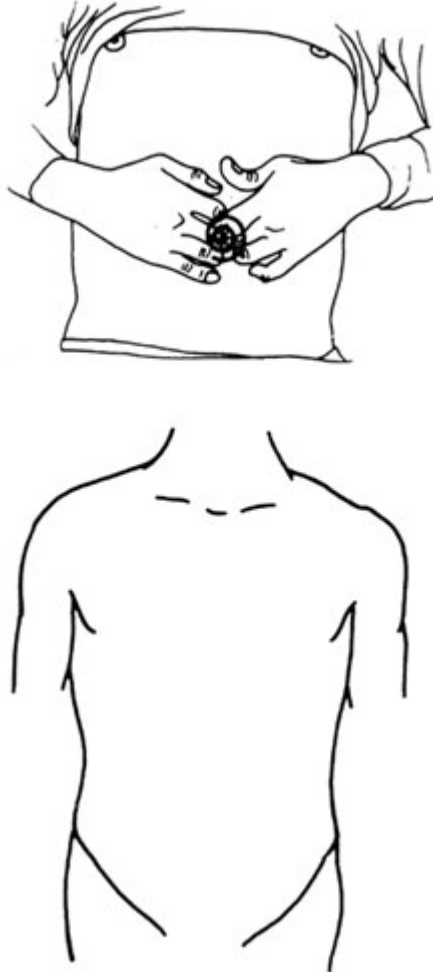


Fig. 8.4 Major key to maintaining good health is to eliminate tension, worry and toxins every day.

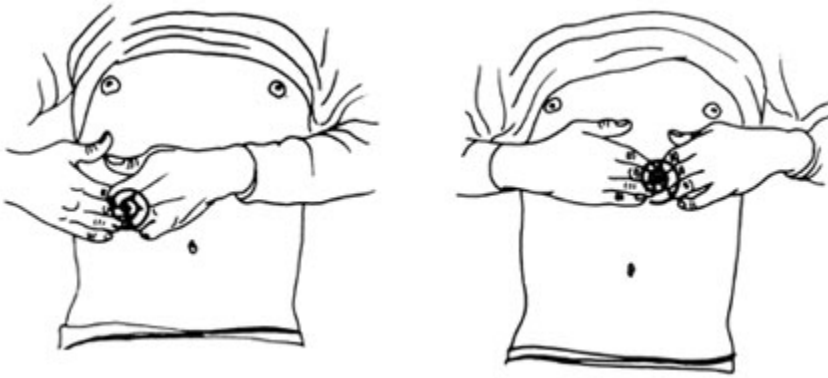


Fig.8.5 Massage around the navel; feel for knots or lumps;massage to move the toxins out.

VI. Increase Lower Limb Circulation

When we are asleep, the circulation slows down, especially in the legs which are the farthest away from the heart, and the toxins start to settle in the legs and feet areas. Massaging these areas can help to clean out the tension, worry, and toxins that accumulated from yesterday.

As we know, the feet are the remote controls of the organs and glands. By massaging the feet, we can stimulate the organs and glands. The toes are the end and beginning of the two meridians. The outer corner of the toes is the liver meridian, which is the major detoxifying organ. When activated it will help to clear out the toxins that accumulate in the limbs and the backs of the knees.

The inside corner is the spleen meridian, which can help the immune system and help in digestion.

Practice: Lying on a bed, rub the big toe and the second toe back and forth against each other, twenty to thirty times, and feel the Chi and circulation increase. (Fig. 8.6) Do it on both feet. This exercise can help to prevent hardening of the veins and arteries.

VII. Activate Vein Circulation (Fig. 8.7)

Veins are the return routes of the blood to the heart. The most common places for blood to clot are the veins of the feet. This can be caused by wearing high heels, wearing tight shoes, or wearing the wrong shoes. These will tend to harden the veins and slow down the entire foot circulation.

Practice:

1. Males: Start with the right foot, then the left foot, with the leg bending the feet inward toward the stomach, and exert force on the heels. Hold for a while and relax.

2. Females: Start with the left foot; then do the right foot.

If you do this exercise and feel cramping, use your fingers to pull the toes and bend them upward, or pull the toes downward until the foot recovers from the cramp.



Fig. 8.6 Move the big toe and the second toe to rub against each other back back and forth.



Fig. 8.7 Activate the vein circulation.

VIII. Stretch the Tendons

When we are asleep, the tendons are at a resting stage, not stretched out. When we get up, our body feels stiff and hard to move or bend. There are thousands of stretches possible; we can spend a lot of time stretching. If you do just a few right, you can stretch all the tendons, save time and prevent yourself from being afraid to do them because you do not have enough time.

The feet, toes, hands and fingers are the ends of the extremities where all the tendons and ligaments join together. When we feel stiff, hardening starts from the extremities. Another area is the spinal cord which may tighten with its connections of many tendons and ligaments.

The extremity, and thus the main connection, of all the tendons is the tongue.

Practice.

1. Lying on your back, bend your back like a bow and stretch your hands and fingers to bend the feet and toes. Spread and stretch out the fingers and toes as far as you can, and begin to do bellows-breathing: exhale and move the stomach until it is flat and touches the spine; inhale until the stomach is inflated. (Fig. 8.8) Gradually increase the speed for about ten to fifteen times. At the final exhale, exhale deeply and stretch out your tongue as long as you can toward the chin. (Fig. 8.9) Direct your eyes to look at the tip of your nose. You can repeat this two to three times. The resting period is very important. Relax your body muscles totally and enjoy the flow of Chi energy throughout the whole body.

2. Bend down; use your thumbs and index fingers to hold the big toes of both feet. This will energize the liver and spleen meridians. Hold the toes and feel the energy from the thumbs go to the lungs meridian and from the index fingers to the large intestine, which is connected to the liver and spleen meridians. (Fig. 8.10 and 8.11) Start to use bellows-breathing; start slowly and gradually increase it until you feel the tendons and the spinal cord get tense, and then release. After you finish you can shake the feet and slap them a few times to loosen them. If you can't touch the feet, you can hold the back of the knees, calves and ankles. This will increase and activate the bladder, lungs and large intestine meridians.

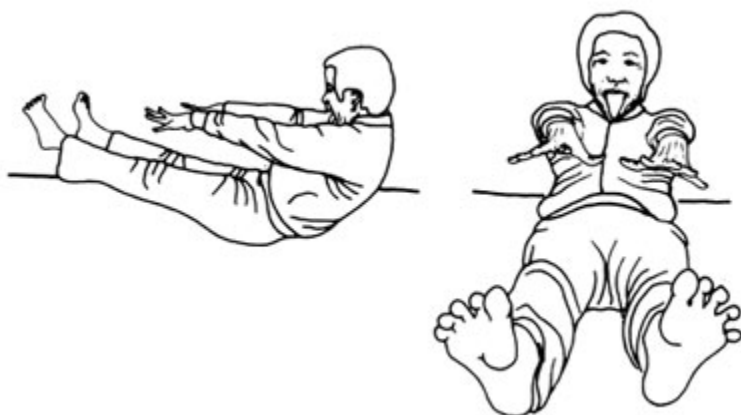


Fig. 8.8 Stretch the whole body.



Fig. 8.9 Stretch the tongue.

When you are more stretched, you can move to the ankles through which the bladder, stomach, liver and spleen meridians pass. Hold your ankles and feel the heat of your hands pass to the meridians.

When you can stretch more, move to touch the toes and the K-1 point, the kidneys meridian.

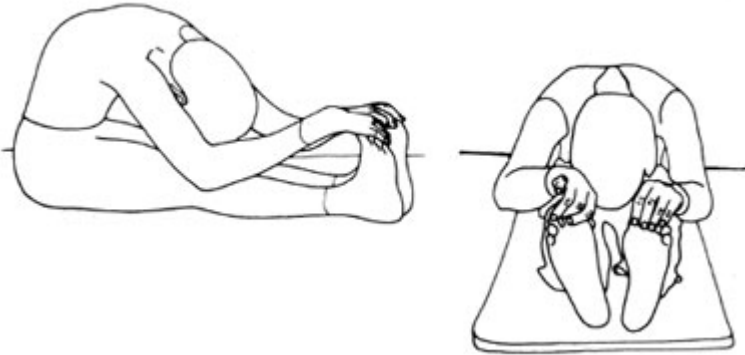


Fig. 8.10 Bend down and hold the toes.

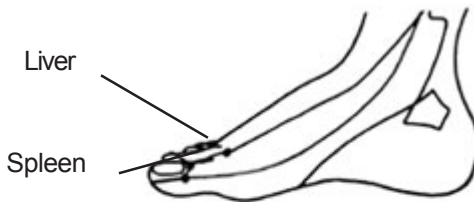


Fig. 8.11 Stretch the tendons exercise.

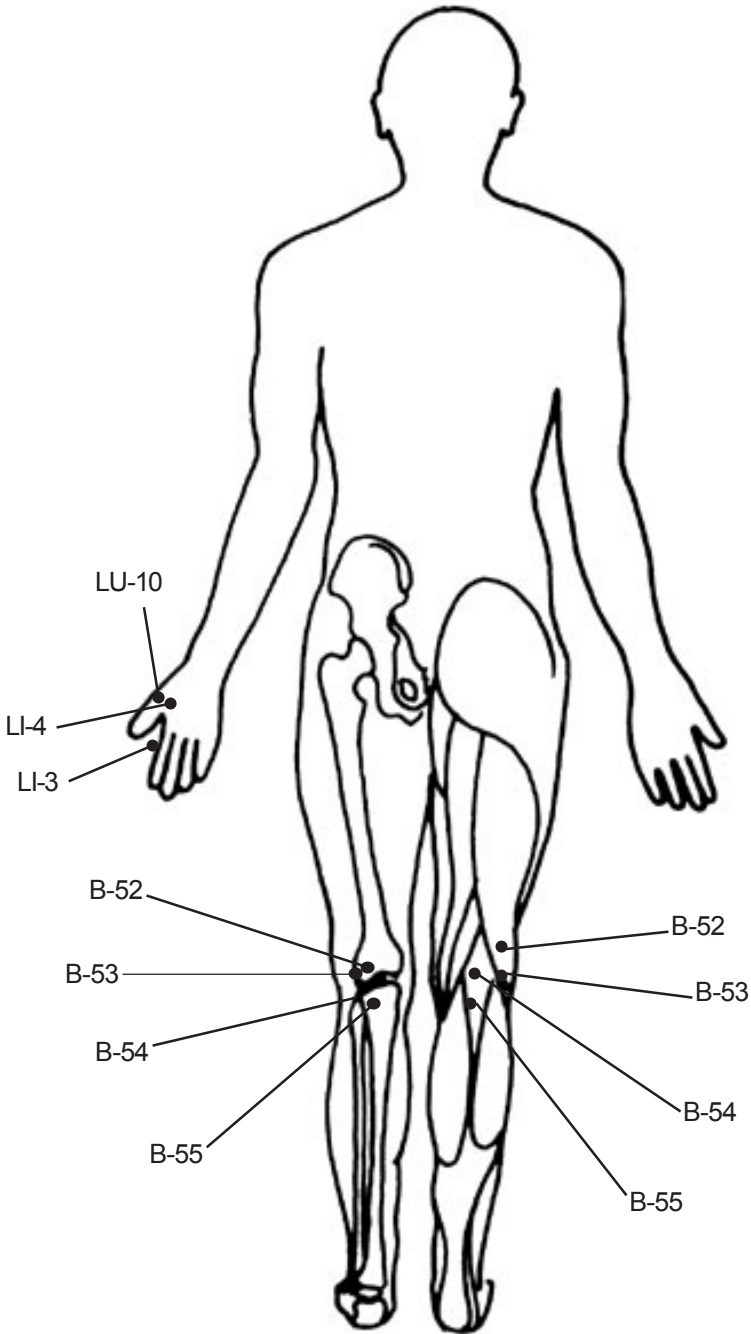


Fig. 8.12 Diagram of meridians on the leg.

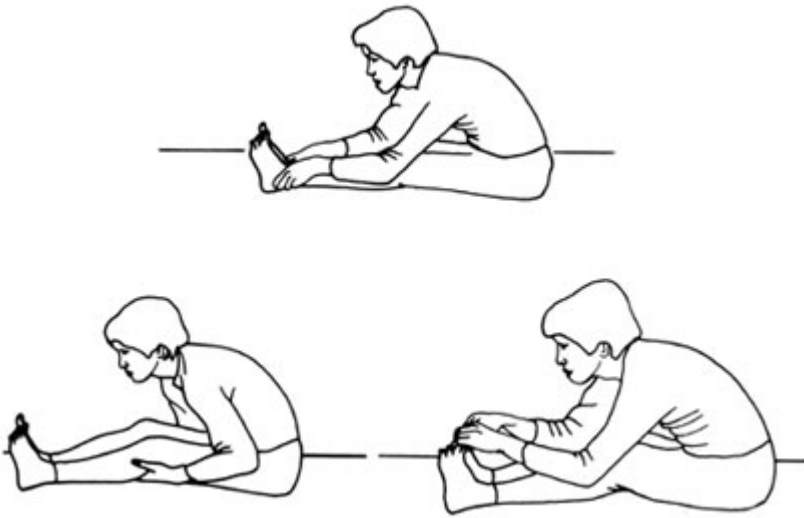


Fig. 8.13 Stretch the neck and spine tendons.

IX. Stretch the Neck and Spine Tendons

To stretch out the neck and the spine, do the same, bending down to touch the feet: but instead of your head touching the knees, you look up to the ceiling and feel the stretching of the whole spine. (Fig. 8.13)

Get up slowly. When you are ready to rise, roll your body slowly to the left side and sit up; then gradually stand up and walk.

X. Clean the Nine Openings

We have many openings in our bodies. Taoists say we have two doors and seven windows, which are the openings that permit us contact with the outside world. These openings are able to let various kinds of pollution enter or block them out.

A. Front Door—Sexual Opening

The sexual organ is regarded as the front door, which is the door of the creative life-force energy. By knowing how to control and seal it tight, the life-force energy will last longer.

B. Back Door - Nutrients Opening

The anus is regarded as the back door, which controls nutrition. Many people are not aware of what to eat and the body cannot absorb their food. They end up losing most of the nutrients to their toilets. The most expensive piece of equipment in your house can end up to be the “golden toilet”.

C. Seven Windows

The two eyes, two ears, two holes of the nose, and one mouth are the seven windows. The windows are important to receive and transmit information. If a window is dirty and not strong, it will not receive information well and will not seal the life-force within.

We regard these windows as the openings of the organs.

The eyes are the opening of the liver.

The ears are the opening of the kidneys.

The nose is the opening of the lungs.

The mouth is the opening of the spleen.

The tongue is the opening of the heart.

The exercises of Tao Rejuvenation in the morning are very important. If you have the time, do more. Use the bathroom if you can, or find room outside of the bathroom to do them.

D. Routine Large Intestine cleaning.

Daily bowel movements are very important in reducing the accumulation of “stew” in the body.

When you finish the bowel movement, use water to clean yourself. If this is inconvenient, use toilet paper that has been wet with water and clean out the anus. Massage the coccyx and around the anus. The anus region has many arteries and veins, which are easily clotted and can become hemorrhoids. Massage the whole region 50-100 times. This is of great help in preventing or healing hemorrhoids, while helping to detoxify any accumulation in the lower region.

Knowing how to move the bowels is equally as important as eating.

XI. Clean Out the Parts of the Face.

A. Eyes

If you have the time, do the Tao Rejuvenation. Of all the senses' exercises, the eye exercises are my favorite.

Daily maintenance is the best prevention. Many times we do not pay much attention to the things that are close to us, like the water and air or our faces and eyes.

Many people wash their faces, but seldom wash their eyes. When working outside all day, very small particles of dust and all kinds of fiber get into the eyes and clot the tear ducts. Be sure to massage the tear ducts.

Wash the eyes with cool, clean or boiled water. Use a bowl in which you can immerse your face.

Open your eyes and move the eyes around. Get all the dirt and particles out. (Fig. 8.14) This will also help you remain more awake.

B. Nose

The nose is the place where the life-force of air enters. A strong and healthy nose is the key to vitality.

Right after you clean the eyes, use another bowl of water, Make sure it is clean; preferably use cooled, boiled water.

Immerse your nose and face into the water, inhale the water into the nostrils just enough, and force it out. In the beginning you might sniff or inhale too deeply which will cause you to cough. When you are well-practiced, the water will enter your nose and come out your mouth.

If you have difficulty handling both nostrils at one time, you can use your finger to close the right nostril while cleaning the left nostril, and then close the left nostril while cleaning the right nostril.

In the beginning you might feel pain or unpleasantness, because the nose is like a chimney—if you never clean out the smoke, it will collect there.

C. Teeth

Massaging the teeth and the gums with coarse salt is very useful. (Fig. 8.15) Using your finger, touch the salt and rub the teeth and gums. Make sure that your finger is clean and the nail not too long. Massage and rub the inside and outside of the gums. Weak gums are the cause of much tooth decay. If you have time, do the teeth and gum exercises.

Massaging the tongue is very important, too. (Fig. 8.16) Please see the section on tongue exercise (Chapter 4).

D. Ears

Cleaning and exercising the ears will make you more alert and prevent hearing loss.

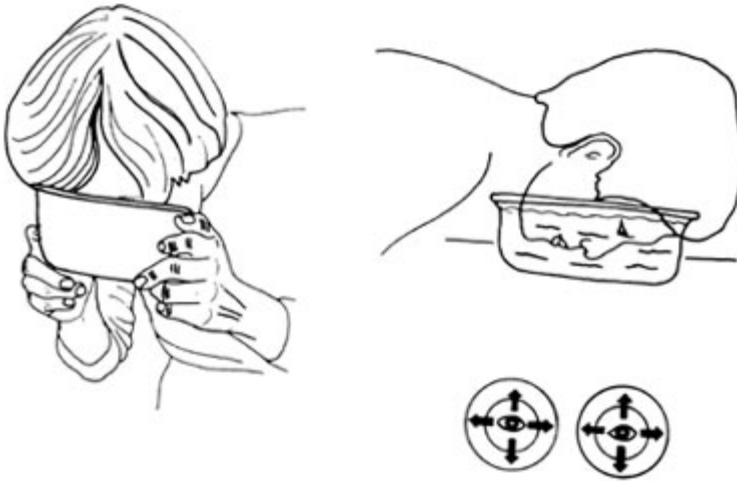


Fig. 8.14 Clean out the eyes, nose and face.



Fig. 8.15 Massage the teeth and gums with coarse salt.



Fig. 8.16 Massage the tongue using a clean finger or tongue depressor.

Use a clean, damp towel; rub and massage the ears, both the shells and the inner ears. See the ear exercises' section (Chapter 4).

E. Neck

Use a clean, damp towel and rub the neck until you feel the heat and Chi flow in the neck. The neck may reveal your age; a wrinkled neck might make you look old.

F. Massage the head and comb the hair.

Take time to massage the head and comb the scalp carefully. This can be an enjoyable moment.

XII. Massage the Feet

Using a towel, rub and massage your feet. Rub until you feel the feet are warm and that the Chi flows.

XIII. Look at yourself in the Mirror.

We know that we need to use a mirror when combing our hair. Women use mirrors most often, for make-up.

In Taoism we use the mirror to look at our own character, personality and the future. We can see what is going to happen today and how we are doing today. To foresee the future is not easy; it takes time to learn. We can see how happy we are, physically and emotionally what is wrong with our organs and what is wrong with our senses. The face and sense organs will reveal what is inside.

If you discover that you are looking old, maybe that will stimulate you to do something for yourself.

Look in the mirror at your face. Is it arrogant, angry, sad, depressed, or fearful? Try to change the expression to a happy, joyful, smiling face.

Watch the corners of your mouth. If dropped down, massage them up. Do the face massage by first warming the hands and then massaging.

XIV. Clean Water is a Cleanser.

Drinking water in the morning one to two hours before breakfast is the best for clearing out the system and providing prevention. Water can help you clean out the dirt and toxins that remain in your digestive tract. Morning is the best time to clean out.

Drink clean water. In some places you might need to boil it. Drink two to four glasses. In the beginning it might be hard to drink a lot of water. After you drink, you need to move, either walking, jogging or jumping. After that you have to do the abdominal massage to move the water around to rinse and clean out the toxins and mucous, which can move out as a bowel movement and urine.

Do not drink after a meal or before you sleep. If you drink at night, it will make you get up.

XV. Utilize your Time.

A. Find time to practice.

Once the basic routine is learned, it should take only ten minutes. If you're rushed, do a few exercises, especially combing the scalp, getting a tear out, wiping the face and neck, hitting the thymus and kidneys, slapping behind the knees, and the foot rubbing massage.

You will discover that you can find a lot of free time in your day in which to practice Tao Rejuvenation. You can do hand and finger massages when you have free time, such as standing in line, waiting for people, sitting in a car, driving or reading a magazine or newspaper. You will find that these Taoist exercises will greatly help you in improving you health.

B. Sleepiness while driving.

If you feel sleepy while driving a car, use the knocking the teeth exercise, which is very helpful in making the sleepiness go away. Moving the shoulders up to tighten the neck pulling up the anus to vitalize the kidneys, and using the pinky finger to hold the steering wheel tight to increase circulation can make you more awake while you are driving. These exercises are sure to keep you from falling asleep when you are driving a long distance.

C. Computer Operators and Desk Workers

For people who work at a desk or do computer work exercising the eyes, neck and kidneys is so important. We hope companies will adopt a system in which they give all employees ten minutes to do the Inner Smile and Tao Rejuvenation. They will see work results increase.

If you sit and watch a video screen too long, it will make your eyes tired, so every one to two hours close your eyes and massage the eyeballs and move the eyeballs around until you feel good.

If you sit too long, hit the kidneys and the sacrum areas. This is an excellent exercise for you.

D. Watching television.

Many people spend a lot of time watching television. You can utilize that watching time by doing Chi massage. Massage the hands and feet.

E. Boots

People tend to wear boots nowadays more often, which makes it difficult for the feet to breathe. Since no fresh air is circulated, find some time to take them off and massage the feet.

F. Evening Practice

In the evening before you fall asleep, find time to soak your feet in hot water for five to ten minutes and wipe them dry. Rub them hot, and do the Six Healing Sounds. Do each one three times, according to the sequence for the Six Healing Sounds described in *Taoist Ways To Transform Stress Into Vitality*.

XVI. Commuting Exercise

Increasingly, more and more of our time is spent in transportation--cars, buses, airplanes, subways, trains, etc.--as well as waiting for transportation. You can use this time to do exercises and refresh yourself.

A. If you are driving, be very careful; use your own good judgment. Do not do any exercise that will disturb your eyesight or attention on the road.

B. The neck is usually the most tense and can cause nervous tension. Do the exercises while you are driving or riding or anywhere else, when you feel tight. Inhale, pull up your shoulders to the neck, pressing into the sides of the neck, and follow by pulling your scapulae together in your back; tense the spine and scapular muscles for only a few seconds, then exhale and drop your shoulders.

C. With your hands holding the seat, pull the spine in toward the stomach and imitate a "bowl", with the chin touching the chest, and the pelvis and sacrum tucked in. Tense the back muscles for a few seconds, especially the muscles around the kidneys, and release; you will feel the nice fresh energy rise to the top and circulate down the front. Always keep your spine loose and relaxed. Let the Chi flow without obstruction.

D. Sitting on both hands, palms up, will give you a general revitalization of the whole body. Feel the Chi energy from the palms

and fingers steam up through your bottom to the base of the spine. You will feel the Chi flow, and you will feel refreshed in a short time.

E. Holding the fingers will help you rid yourself of negative emotions such as worry, fear, anger, etc. Please see the section on Finger Massages.

F. Cleansing and knocking the teeth are extremely helpful in clearing your mind. When you feel dull, sleepy or cannot think right, cleaning the teeth will help. Please see the section on Teeth.

G. Pulling up the different parts of the anus will stimulate the organs. When you feel tired or fatigued, contract the left and right sides of the anus and wrap the Chi around the kidneys. You will help to increase the kidneys' function to clean out the toxins and give you more life-force energy.

Contract the right side of the anus to stimulate the liver. This will help give you vitality and make decisions more easily. Contract both sides of the anus and wrap the Chi around the lungs.

XVII. Sleep Position

A. If you feel constipated, do some abdominal massage for a while before sleeping.

B. If you like to lie on your back, lie with your hands and legs straight, and lightly hold your thumb in your fingers.

C. If you sleep on your side, try to sleep on your right side with your spine straight, your left leg bent, your right leg straight. your right hand's palm on your head but not covering your ear, and your left hand on your navel.

D. You can also lie on your side with your spine straight, curving your two legs in, and put both hands in between the legs.

E. Do not wear tight clothes. Choose a good pillow. There are many good pillows now that support the neck, not just the head, which leaves the neck hanging high in the middle.

F. Flowers in the sleeping room can make you sleep well, but do not use overly fragrant ones because they can cause you to have a lot of dreams.

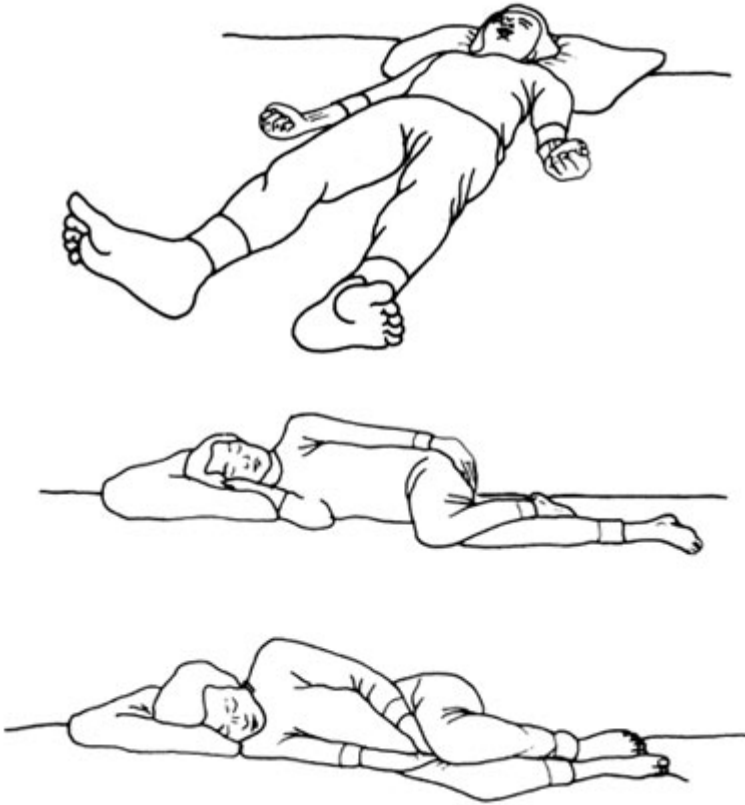


Fig. 8.17 Sleeping Postions

XVIII. “Oh, No! Not another Obligation!”

The crux of any self-improvement program is continued practice. Of course, it takes a certain amount of inner discipline to practice the exercises in this book on a regular basis, preferably every day. Yet, a basic tenet of Taoism is flexibility, accommodating natural circumstances. So, be flexible with your exercise program; make it suit your individual schedule. Do as much of the routines as you have time for. If you only have time for the Lung and Kidney Sounds, do just those (but not before bed time--they are energizing when done individually). If you only have two minutes for the Inner Smile, do a quick “waterfall of smiling energy” through all the lines. Most important, try to integrate the practices into your daily life, smiling down whenever you think of it and doing the Healing Sounds when

you need to relax, to deal with a particular symptom, or before bed time. Use the eye exercises after reading, writing or other close work. Get rid of a headache by doing the crown exercise, the temple massage, and bridge of the nose pinching.

The exercises are marvelous tools for relaxation and well-being, not another burdensome task to feel resentful or guilty about. Play with them and use your creativity to incorporate them into your personal life style. Make them yours. Enjoy feeling, looking, and functioning as a happier, calmer more vital and attractive person.

\$11.95



Chi Self-Massage **Taoist Way of Rejuvenation**

Mantak Chia

Profusely Illustrated by Juan Li

Virtually all Western massage is massage primarily of the muscles. Whatever its virtues, Western massage is altogether different from Chi Massage. Tao Rejuvenation employs one's own internal energy, Chi energy, to strengthen and rejuvenate the sense organs—eyes, ears, nose, tongue, teeth and skin—and the inner organs. The techniques used by Taoists are some five thousand years old and, until very recently, were closely guarded secrets passed on from a Master to a small group of students. Often, too, each Master knew only a small part. Now Master Chia has pieced together the entire system of Chi Massage in a logical sequence in such a way that once you have it shown to you, you need only five or ten minutes of practice daily. In short order you will note improvement in complexion, taste, vision, hearing, sinuses, gums, teeth, tongue, the internal organs and general stamina.

Master Mantak Chia, born in Thailand, comes from the ancient lineage of Taoist Masters, extirpated in China and now existing in dwindling numbers among the Overseas Chinese. He also has a Western education in anatomy and physiology. Now in the Northern Thailand, he has developed a clear and practical way of teaching this ancient wisdom, much of it hitherto kept secret. He is also the author of *Awakening Healing Energy* and *Taoist Secrets of Love* and *Taoist Ways to Transform Stress into Vitality*.

Master Mantak Chia's healing work is being presented in the New York metropolitan community by a number of practitioners trained by Master Chia. They are Lawrence Young, M.D., internist and attending physician, New York Infirmary Beekman Downtown Hospital; C. Y Hsu, M.D., physician-in-charge of the Acupuncture and Nerve Block Clinic, Albert Einstein College of Medicine; Stephen Pan, Ph.D., Director of East Asian Research Institute; Harry Brown, M.D., psychiatrist.

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