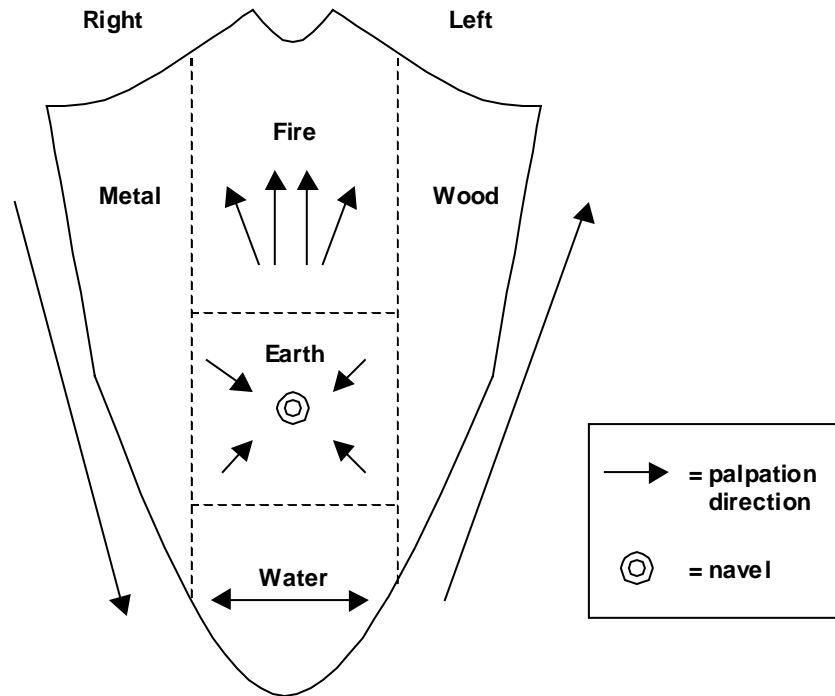


# Abdominal Massage

## I) Abdominal Massage

- 1) Most Tui-Na work addresses the wei/surface level of the body
  - Tendino/muscular problems
  - Extremities
  - Sinew meridians that run from the extremities to the head
  
  - This is the level of relaxation and instinct
  
- 2) Abdominal massage addresses the Ying/Blood level
  - This level centers around the abdomen
  - This level is of cognition and consciousness (thoughts and emotions)
  - This is also known as the gut (instinct) level
  
- 3) Abdomen...
  - A.k.a. – the Sea of Blood
  - A.k.a. – the Sea of Emotion
  
- 4) Some thoughts and emotions are forbidden by society
  - These thoughts are subsequently consciously suppressed
  - ...or subconsciously repressed (shot down before they reach the level of consciousness)
  
  - The abdomen is a holding place for a lot of deep-seated issues
  
  - Taoists believe that while it's not necessary to express your feelings, it is necessary to acknowledge them
    - ...so that you can accept them, then release them
    - If this is not done, Blood issues arise:
      - menstrual issues
      - anemia
      - stomach ulcers
      - stasis → nodules → tumors
  
- 5) Abdominal massage affects emotion
  - It's not just technique
  - It's about the level of cognitive awareness of both practitioner and patient
    - Especially of the boundaries and connections between the two of you
    - Emphasis is placed on being able to recognize each other
    - Emphasis is on that you two are working together – not you working “on” them
  
  - Synchronicity is the key – synchronicity of the breath, as this tunes both your vibrational energies to each other

- 6) Abdominal massage areas according to the Nan Jing (which contains the earliest abdominal reflex map)



- Palpation sequence = Earth → Fire, according to the Generation Cycle
- In palpation, look for:
  - 1) Excess/Deficiency
  - 2) Distension
  - 3) Sensitivity
  - 4) Nodules
  - 5) Heat vs. Cold
  - 6) Tight vs. flaccid
  - 7) Compare surface to deep
    - If surface soft – Deficiency
    - If surface hard – Excess
  - 8) Face color (can change during palpation)
    - If Red – Heat moving upward
    - If Pale – Qi moving downward
  - 9) In palpation, you're looking for lumps and bumps

## II) Treatment

### A) To Relax Abdomen and Diaphragm

- 1) With the patient in the prone position, Tui Back Shu points (do outer Bladder line if condition is chronic, and for psycho-emotional issues that might present)
  - Fish Pole spine (make like you're holding a fish pole and push down spaces beneath spinous processes with the proximal phalanges of your fingers)
  - Tui in a circular motion with hands moving up when they're proximal to the spine to DISPERSE
  - Tui in a circular motion with hands moving downwards when they're proximal to the spine to TONIFY

#### OR

- Instead of the above, Dim Back Shu points to stabilize
    - To tonify, inhale on Dim
- 2) Place one hand at Du-14, and the other at Du-1 to get patient to recognize their spine, and to help with their proprioception
  - 3) Have patient flip over; their knees should not be bent
  - 4) Look at the ribs
    - If they're relatively close together, it indicates Wei-Qi is pulled in to protect the self of the person
    - If they're relatively wide-spread, it indicates the person invites the world in
    - Ribs that are set low indicate there's more room for the Lungs
    - Ribs that are set high indicate there's more room for the stomach and intestines
  - 5) An abdomen in the Ren-12 – Ren-14 area, pressing in on the first half of the patient's exhale, and letting up on the second half of the exhale
  - 6) Look for nodules on chest and palpate Mu points
  - 7) With fingers, move along underside of ribcage, from sternum to floating ribs
  - 8) If the face gets red, it means Qi has risen to the face
    - In this case, repeat steps 5 and 7

### B) Massage path of Chong Mai

- 1) Dim Sp-4, the opening point of Chong Mai, which opens up the abdomen
- 2) Na Chong-Mai pathway – from Ki-21 (6 cun above the navel) to Ki-11
  - Na from St-30 to the dorsum of the foot
  - Na Lr-3, Lr-2 and Lr-1
- 3) An the alternate Kidney Jing-well point in the depression just anterior to the heel to anchor energy and to help convert Jing into Blood,

- 4) With a stiff thumb and much pressure, Cha Sp-10 towards foot to release abdomen, moving Qi away from the navel (the product of Blood)
- 5) Pinch up (Nie) abdominal erectus from St-24 to sternum to get at Chong Mai
- 6) Nie area beneath navel to move Qi of Kidneys upwards
  - Nie He-sea/elbow points and Yuan-source points at wrist
  - Nie Bl-1; St-30; Lr-12 and Spleen area to treat Damp-Phlegm