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 $\rightarrow$ nodules $\rightarrow$ 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-21 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