Self Massage

1) With your middle finger over your index, **Tui** from SI-18 up to your temple, around the eye and down the bridge of the nose back to SI-18

2) Pak Yin Tang; then Du-26; then Ren-24

3) From LI-20, **Tui** up to Yin Tang or center of anterior hairline

4) Rub infra- and supra-orbital ridges with knuckles

5) Warm hands by rubbing P-8 together, thereby opening the Heart to the self
   - Cup eyes with palms and “breath Qi” into your eyes

6) Grab up the skin at SI-18 between your thumb and index finger and pull it out, ending in a snap
   - Repeat this procedure (**Nie**) above and below lips
   - **Nie** up and down mastoid process

7) Make the Vulcan “Live Long and Prosper” sign with your hands, and place your eyes between the middle and ring fingers
   - **Tui** downwards several times

8) Lace your fingers (as in prayer) and place your palms behind your neck, then squeeze your hands together

9) **Tui** around neck from GB-20/Bl-10 to the St-12 on the opposite side from which you started

10) **Tui** from Du-14 to Ren-22

11) **Tui** from GB-21 to Ren-22

12) **Tui** from Ren-23 to Ren-22

13) **Nie** Ren-23 to stimulate saliva

14) **Zhuang** (rotate) shoulders using opposite hand to do the moving, holding onto the other arm’s elbow

15) **Tui** down Yin aspect of arms, and up Yang aspect of arms

16) **Tui** from shoulder to opposite Anterior Superior Iliac Spine (ASIS)

17) **Tui** up left (Liver) side of chest, down right (Stomach) side of chest
   - Reverse this if you have constrained Liver-Qi

18) With laced fingers, **Tui** the abdomen from the 11th rib to opposite ASIS
   - **Tui** in a circular motion around the navel
   - **Tui** from the navel to the pubic symphysis
– **Pak** Ren-6 to just below navel

19) Make fists, then rub Kidneys first in a ⬜️ ⬝️ direction, then in the opposite direction so that the fists descend when completing the circle proximal to the spine
   – **Tui** from Kidney area over hips

20) **Tui** down lateral, then up medial side of head
   – **Pak** this area in the same direction

21) Place your hands at the back of your head so that the tips of your middle fingers touch and your palms cover your ears
   – Using your middle finger as a fulcrum, snap your index fingers onto GB-20
   – This stimulates the Shen