

## 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 11<sup>th</sup> 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