

Windows to the Sky Doorways to the Earth Massage

I) Pathology

- These are European names for the points around the neck and the pelvic region ...or as the Chinese say – at the “hinges” of the torso
- These points affect the upper and lower orifices
 - They also affect the hormonal system
 - ...and thus the emotions
- Treatments work to rebalance, not tonify the body
- In Doorways to the Earth (DTW) / Windows to the Sky (WTS) treatments, there are three aspects of the body/mind that are considered
 - The Head pertains to thought
 - The Back pertains to movement
 - The Anterior of the body pertains to feelings
- The Back and Anterior bring life’s experiences – both tactile and emotional – to the brain
 - If there are conflicts in this process, there will be swelling and nodules – *i.e.*, stagnation
- If there are conflicts between movement and thought – the Head and the Back – there will be stiffness at the posterior neck and at the occiput
- If there are conflicts between feeling and thought – the Head and the Anterior – there will be anterior neck problems like sore throat or tonsillitis

II) Etiology

- Stagnation of Qi at the “hinges” affects hormonal balance and lymph flow
 - It follows that you should clear the “hinges” prior to lymphatic work
 - ...start by draining the pelvic duct via the DTE, then drain the WTS
- Anger and grief affect the DTE and WTS the most
 - Anger causes Qi to go up, affecting the neck
 - Grief, which usually follows anger, makes Qi sink, affecting the pelvic area
- If the Qi gets stuck around the head, that person becomes ridged in thought and deed
 - The person becomes overly serious and can’t really “let loose” – run, play, get stoned and drunk at a party
- If the Qi gets stuck around the pelvis, the exact opposite happens
 - The person is a little too “out,” a little too wild, and even somewhat childish
- Symptoms can manifest internally, causing stagnation issues such as constipation and obsessive, ridged thoughts

- Or they can manifest externally, also causing stagnation issues like fibroids, cysts, a stiff sacrum, and suppressed/repressed feelings/expression

III) Treatment Procedure

DOORWAYS TO THE EARTH MASSAGE

- 1) Have client lie face-up on the table, so that their legs hang off the end
- 2) Take one leg and push it upwards, knee bent, to the chest while simultaneously pressing the back of the knee of the other leg into the table's edge to stimulate Ki-10, Bl-39 & 40
 - ...or you can press your thumb into Bl-40 on the leg that's down
- 3) Then press the knee of the leg that's up laterally towards the shoulder
- 4) Switch legs

- 5) "Strum" the tendons at GB-34 (good treatment for hormonal problems and emotional crisis)
- 6) Press into St-35 and the extra point opposite the patellar ligament (you can also choose to treat the back of the knee at the same time by pushing it into the edge of the table)

- 7) Press the leg up to the chest, knee bent, and rotate it, going from small circles to large in order to find the "sticky" points
 - Change the direction of rotation
 - On the inward rotation, "strum" the tendons at St-30
 - On the outward rotation, "strum" the tendons at GB-30
 - Now do the other leg

- 8) Have patient get fully on table, then find the pubic symphysis with the heel of the hand and pump Ren-2 directionally upwards
- 9) Then pump slowly across the general area above the pubic symphysis, matching the pumping to the patient's breath

- 10) Now have patient push their pelvis off the table
 - Put your hands at their ASIS (anterior superior iliac spine) and give them resistance
 - Press their pelvis down 3 inches, then have press it up another inch
 - Repeat this until they're lying flat
- 11) Have the patient push up with their pelvis as hard as they can against your resistance, then have them drop back down (3 - 4 times)
- 12) Then lift their pelvis for them and let it drop (3 - 4 times)

- 13) Have the patient lie prone and press one leg up towards the back while pressing into the popliteal fossa of the leg that's down to stimulate Ki-10, Bl-39 & 40
- 14) Switch legs
- 15) Take leg and flex knee out laterally while rotating foot medially
 - In the same motion, pull the leg out straight and cross it over the ankle of the opposite leg while rotating the foot laterally
- 16) Find and "strum" GB-30
- 17) Push up both legs, bending them at the knees while pumping the sacral/coccyx area downward

WINDOWS TO THE SKY MASSAGE

- 1) Hold onto Lu-3 and pull arm while rotating it – at least 3 times in each direction
- 2) Hold onto Lu-3 and press arm in towards clavicle while rotating it – at least 3 times in each direction
- 3) Bring elbow into chest so hand touches shoulder, and press arm into socket while rotating it in the same manner as above
- 4) Bring elbow out laterally so that hand is at clavicle, then press arm inward as it is rotated same as above

- 5) Cradle head with hands and rock it up and down so that the chin points to the suprasternal notch
- 6) Slide, with pressure, fingers from Bl-10 to GB-20 & GB-12
- 7) Glide fingers lightly from superior to inferior insertion points of the Sternocleidomastoid several times
- 8) Press in a circular motion upwards at GB-12
– You can also Nie this point
- 9) Glide fingers from SJ-16 to Ren-23 and pump up at this point
- 10) Glide fingers from SI-17 to Ren-22 while lifting head, in order to drain the head
- 11) Hook your fingers under the patient's clavicles and glide thumbs down SCM
- 12) Lightly press in a circular motion St-9, then glide fingers to SI-16

- 13) Tui with thumbs from Yintang to Taiyang
- 14) Tui with thumbs from Bl-2 to SJ-23
- 15) Tui along infraorbital ridge
- 16) Tui from inner canthus to Ren-23
- 17) Tui from SI-18 to Ren-23

- 18) Press downward on clavicles in a pumping motion
- 19) Pump sternum towards feet, keeping time with the patient's breath
- 20) Warm hands by rubbing them and place over eyes for a minute

IV) Windows to the Sky Points

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| 1) Tai-Yang | 4) Chest (Tai-Yin and Jue-Yin) |
| – Bl-10 | – Lu-3 |
| – SI-16 | – P-1 |
| 2) Shao-Yang | 5) Midline, front and back |
| – SI-17 (GB point) | – Ren-22 |
| – SJ-16 | – Du-16 |
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| 3) Yang-Ming | |
| – LI-18 | |
| – St-9 | |

V) **Doorways to the Earth Points**

- 1) Water
 - Bl-40
 - Ki-11
- 2) Wood
 - GB-30
 - Lr-12
- 3) Earth
 - St-30
 - Sp-12
- 4) Pelvis
 - Du-1
 - Du-4
 - Bl-35
 - Ren-1
 - Ren-2
 - Ren-4