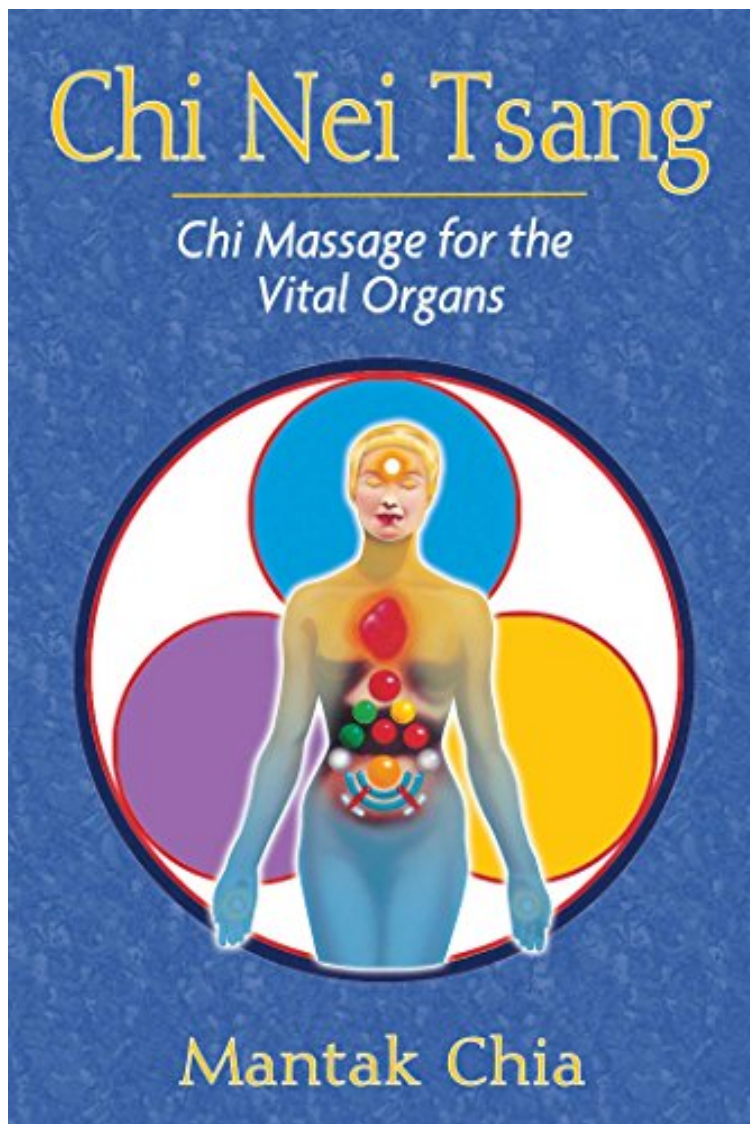


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Chi Nei Tsang: Chi Massage for the Vital Organs (English Edition)



Par Mantak Chia
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Dtails sur le produit Rang parmi les ventes : #221173 dans eBooksPubli le: 2006-12-26Sorti le: 2006-12-26Format: Ebook Kindle 1.32 livres

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Description :

Prsentation de l'diteurAn ancient Taoist system for detoxifying and rejuvenating the internal organs Presents techniques to clear blockages in the bodys energy flow Includes illustrated exercises to relieve common ailments, revitalize the organs, and enable readers to take charge of their own health and well-being Focuses on the navel center, where negative emotions, stress, and illness accumulate The techniques of Chi Nei Tsang evolved in Asia during an era when few physicians were available and people had to know how to heal themselves. Many people today have symptoms that modern medicine is not able to cure because a physical source for the problem is not easily found. The energies of negative emotions, stress, and tension--

all common in modern life--and the weight of past illness accumulate in the abdominal center, causing energy blockages and congestion. When this occurs, all vital functions stagnate and myriad problems arise. By practicing the techniques of Chi Nei Tsang, this stagnation is removed and the vital organs surrounding the navel center are detoxified and rejuvenated. Master Chia teaches readers how to avoid absorbing negative energies from others and take full charge of their health through the self-healing techniques of Chi Nei Tsang. He offers fully illustrated exercises that show how to detoxify the internal organs and clear the energy (chi) channels throughout the body. He also presents methods for balancing emotions, managing stress, and observing the body in order to recognize, ameliorate, and prevent maladies before they become a problem.

Extrait from Chapter 6 Balancing Emotions and Tonifying Organs

Websters Medical Dictionary defines tonicity as Tonus; a state of normal tension of the tissues by virtue of which the parts are ready to function in response to a suitable stimulus. This describes the state in which you want to leave the persons body: Its systems are balanced and ready for whatever happens next. Achieving this state may involve flushing out stagnant emotional blocks, stale winds, and other decaying energies.

Tonifying the Organs and Releasing Emotional Energy

Tonifying the organs begins to happen automatically right after they have been detoxified. The energy spent by the organs in storing and processing the toxicity is now available for beneficial use by the organs. In Chi Nei Tsang, points on the energy channels of those organs are also stimulated. Tonification is very soothing, and you may easily cause the person to fall asleep.

Lungs

1. One hand holds the lung point, Lung-1, on the chest, while the other hand is massaging the lung area marked on the Chi Nei Tsang chart. Massage the point on both sides, starting on the left.

2. While you are pressing the points, the person being massaged should inhale through your hands. When exhaling, he or she should softly make the Lungs Sound (Ssssssss) and visualize the color white. Both of you may feel sadness coming out, or a heavy sigh. After the lungs energy has been cleared of negative influences, try to sense whether it is strong, healthy, cool, and dry. Be aware of your particular methods of sensing. You may be very good at noticing emotional response, or better at determining subtle changes in organ temperatures. You might have your own method or strong intuitive feelings. Sometimes the change in energy is dramatic, but at times it can be subtle.

3. If more energy is required, stimulate Large Intestine-4 (LI-4) in the web of the thumb and forefinger.

4. Monitor the lungs pulse on the wrist.

All the organs can be tonified similarly, but do not fear that a lot of unpredictable emotional energy is going to come your way. Usually one emotion will release, and this will help to relax the tension in the neighboring organs according to the Laws of the Five Phases of Energy. You can work together to forestall or lessen the impact of the emotional release. If your client loses a positive state of mind, teach him or her how to recapture it, or the negative emotion that is released could be transferred to you. If you can determine what negative emotions are predominant, both of you should focus on the opposite positive emotion as you begin the emotional release. Both of you should do the Inner Smile as well.

Heart

When a person is impatient, anxious, hasty, and/or feels hatred, the heart area will be congested, tight, painful, and blocked. Breathing can be difficult. To release the tension and tightness and increase self-esteem and confidence, massage the sternum close to the heart.

1. Use the one finger technique, starting from the top of the sternum working down in small spirals to the tip of the sternum. If you find painful parts, work slowly and gently, but spend time on it. Look at the persons face. If it shows pain, just hold the point at the tip of the sternum and HT-7 for a while. Massage the tip of the sternum gently and carefully since it is soft. Work thoroughly as you massage from the top of the sternum down to its tip.

2. Massage in between the ribs and the places at which they are joined to the sternum. Work specifically in the area below the collarbone. Here you will find painful spots on most people.

3. If there is a lot of pain, ask the student to make the Hearts Sound (Hawwwwww) and visualize the color red as he/she is massaged.

Tonifying the Navel Center Chi and Reducing Stress

This is an exercise to reduce stress and recharge Navel Center Chi.

1. Place the right thumb on the right hipbone and spread the fingers over the kidney. The middle finger should be on the sacrum with the other fingers lying along the spine. If you have small hands and are working on someone very big, just be sure to cover the kidney with your hand. Use the hand to send energy to the kidney. A strong kidney can nourish the whole body. It is especially beneficial for the lower abdomen, since it can release lower back pain and tension.

2. Place the left palm above the navel, just below the sternum. Press down with the left palm in a counterclockwise circular motion. Press up with the right hand. Gradually, move the left palm lower toward the navel.

3. Practice nine, eighteen, or 36 times. Rest and concentrate on the navel for a while. Feel the Chi energy start to move in the navel and collect at the Navel Center.

4. Switch hands and do the same on the left side. Place your right hand on the navel and your left hand on the hip and kidney. Use the right heel, palm, and fingers to massage the Chi of the navel in

clockwise movements gradually descending from the sternum area toward the navel. You can do this nine, eighteen, or thirty-six times. *Revue de presse*. . . an excellent guide with clear explanations." (Diane C. Donovan, *California Bookwatch*, March 2007)"The system works to address conditions and symptoms modern medicine is often unable to cure because a physical source for the problems cannot easily be found."
(*Massage Magazine*, Feb 2008)