

Chi Nei Tsang and Microcurrent Therapy

Energy Massage for Pain Relief,
Self-Healing, and Rejuvenation



MANTAK CHIA & AISHA SIEBURTH

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Putting Chi Nei Tsang and Microcurrent Therapy into Practice

The information presented in this book is based on the authors' personal experience and knowledge of Chi Nei Tsang used in conjunction with microcurrent therapy. Many of the practices described in this book have been used successfully for thousands of years by Taoists trained by means of personalized instruction. Readers should not undertake these practices without receiving personal transmission and training, including training in the use of the Chi Nei Tsang microcurrent generator, from a certified instructor of the Universal Healing Tao, since certain of these practices, if done improperly, may cause injury or result in health problems. This book is intended to supplement individual training by the Universal Healing Tao and to serve as a reference guide for these practices. Anyone who undertakes these practices on the basis of this book alone does so entirely at his or her own risk.

The meditations, practices, and techniques described herein are not intended to be used as an alternative or substitute for professional medical treatment and care. If any readers are suffering from illnesses based on physical, mental, or emotional disorders, an appropriate professional health care practitioner or therapist should be consulted. Such problems should be corrected before you start Universal Healing Tao training.

Neither the Universal Healing Tao nor its staff and instructors can be responsible for the consequences of any practice or misuse of the information contained in this book. If the reader undertakes any exercise without strictly following the instructions, notes, and warnings, the responsibility must lie solely with the reader.

This book does not attempt to give any medical diagnosis, treatment, prescription, or remedial recommendation in relation to any human disease, ailment, suffering, or physical condition whatsoever.

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Introduction

Chi Nei Tsang and Microcurrent Healing Technique

The Taoist sages of ancient China observed that energy blockages in the internal organs often result in knots and tangles in the abdomen. These obstructions occur at the center of the body's vital functions, and they constrict the flow of chi (energy), our life force. The negative emotions of fear, anger, anxiety, depression, and worry cause the most damage. The Taoists realized that these negative emotions cause serious damage to your health, impairing both physical and spiritual functions. They understood that each human emotion is an expression of energy and that certain emotions could indicate the negative energy behind many physical ailments. They also identified a specific cycle of relationships between the emotions and the organs. For example, the sensation of a knot in your stomach indicates the presence of worry, the negative emotion that accumulates in the stomach and spleen.

When obstructed, the internal organs store unhealthy energies that can overflow into other bodily systems and surface as sickness. Always in search of an outlet, the negative emotions and toxic energies create a perpetual cycle of negativity and stress. If the negative emotions can't find an outlet, they fester in the organs or move into the abdomen, the body's "garbage dump." The abdomen can process some emotional garbage, but more often than not it can't keep up with the flow. As a result, the energetic center of the body located at the navel becomes congested and cut off from the rest of the body.

The Taoists discovered that most maladies could be healed once the underlying toxins and negative forces were released from the body. They developed the practice Chi Nei Tsang—chi abdominal massage of the vital

organs—to recycle and transform negative energies that obstruct the internal organs and cause knots in the abdomen. Chi Nei Tsang clears out the toxins, bad emotions, and excessive heat or heat deficiencies that cause the organs to malfunction. A typical full Chi Nei Tsang massage begins with the spine and the back of the body, proceeds to the organs in the front of the body, and concludes with attention to the head, neck, shoulders, and arms.

As an art and a science, Chi Nei Tsang complements reflexology, psychology, Reiki, Shiatsu, Swedish massage, and similar therapies. However, unlike most practices that use indirect methods to contact the internal organs, Chi Nei Tsang directly massages the internal organs. Chi Nei Tsang is also the most comprehensive approach to energizing, strengthening, and detoxifying the internal system. It clears out negative influences and is particularly useful in relieving intestinal blockages, cramps, knots, lumps, scar tissue, headaches, menstrual cramps, poor blood circulation, back pain, infertility, impotence, and many other problems. In fact, when combined with other disciplines, Chi Nei Tsang may even help eliminate the need for surgery.

Other Universal Tao practices are useful for maintaining personal energy as well, and complement Chi Nei Tsang beautifully. Meditations such as the Inner Smile, the Microcosmic Orbit, and the Fusion of the Five Elements open channels and enable the flow of chi to energize and cleanse the organs. Exercises such as the Six Healing Sounds prevent overheating and help balance the internal system. For a review of these meditations, refer to other books by Mantak Chia, including *Healing Light of the Tao*, *The Inner Smile*, *The Six Healing Sounds*, and *Fusion of the Five Elements*.

WHAT IS CHI NEI TSANG MICROCURRENT THERAPY?

Chi Nei Tsang (CNT) microcurrent therapy is a powerful and innovative healing technique developed by Master Mantak Chia in Tao Garden, Thailand, in 2016. A state-of-the-art combination of microcurrent electrical therapy and ancient Taoist Chi Nei Tsang energy massage, this unique, holistic combination of ancient knowledge and modern technology brings a whole new dimension to energy medicine and is fast emerging as a new frontier of healing.

Combining microcurrent technology and ancient Chi Nei Tsang abdominal massage techniques that work directly on the organs themselves allows one to penetrate even more effectively into the deep tissues and nerve plexuses of the spine, tendons, fascia, and organs, to mobilize deep energy blockages, release nerve tangles and tension, decongest lymphatic fluids, and restore optimum blood flow.

Working to efficiently regenerate the central nervous system and its various branches that support the major energy meridians of the body, CNT microcurrent therapy addresses the most important communication systems of the body and brain to increase energy levels and circulation, relieve pain, and restore optimum health. A remarkably effective healing treatment for the body and mind, it brings a deeply relaxing yet energizing experience that regenerates the entire nervous system, supports muscle-tendon recuperation, and enhances blood flow, while eliminating toxins and reducing inflammation along with acute or chronic pain. Working closely with the autonomic nervous system in the brain and spine, it gently restores microcirculation of the vessels, tissues, and cells, regenerating the nerves and organs. It also balances hormonal function and the pH of the blood. This is a uniquely modern Universal Healing Tao signature treatment, a highly efficient technique for all people looking for a better understanding of energy medicine self-healing methods, and for practitioners looking to learn new tools for improving effectiveness in their work.

HOW CNT MICROCURRENT WORKS

Microcurrent is a low-amperage, pulsating current of electricity with a frequency just above the levels of bioelectricity produced in the cells of the human body. Since this frequency is very similar to the electrical level of the body's cells, microcurrent is easily absorbed and used by the body to boost its own healing process.

Optimizing the body's own innate regeneration capacity, the technology of microcurrent is combined with classical CNT massage techniques to send low bioelectrical frequencies through the hands of the practitioner; this enhances the effects of the massage within the nerves and circulatory systems of the tissues. The result is increased relaxation, reduction of pain,

reduced inflammation, and improved nerve, immune, and circulation function.

When cells are damaged they become electrically imbalanced. Applying microcurrent helps to rebalance the cells' electricity, restoring healthy, normal frequencies within the cells, thereby returning damaged cells to a normal state of cellular activity in order to stimulate and accelerate healing.

Each cell, tissue, and organ is animated by a highly organized, sensitive, intelligent bioenergy whose coherent signals coordinate specific activities. Microcurrent can be used as an electrical healing current measured at 0.5 Hz—the same as the human bioelectricity produced by the brain and sent through the nervous system. Microcurrent waves create a harmonic resonance, activating the electrons in the cells to stimulate their bioelectric frequencies in the tissues and the functions of the brain and body.

According to standards established by the U.S. Food and Drug Administration, electrical nerve stimulation can vary between units in the milliamp (mA) range (one thousandth of an amp), such as used in TENS (transcutaneous electrical nerve stimulation), down to the range of a microampere (μ A), one millionth of an amp, as is used in microcurrent devices. The difference between typical TENS units and microcurrent units is that the use of milliamperes in TENS blocks pain signals to the brain, whereas the microamperes used in microcurrent units stimulate healing in the tissues. Microcurrents are in the same range as the brain waves sent through the body tissues to stimulate the nerves, muscles, and fluids.

CURRENT SCALE

CURRENT	SYMBOL	MULTIPLICATION FACTOR	DESCRIPTION
Amp	A	1	Stuns human nerve sheath
Milliamp	mA	10^{-3}	Stuns human nerve sheath
Microamp	μ A	10^{-6}	Just above human range
Nano (Millimicro)	nA	10^{-9}	Human body range
Pico (Micromicro)	pA	10^{-12}	Human body range

Microcurrent applied to the brain is known as *cranial electrotherapy stimulation*, or CES. The lower midbrain is where the central nerve centers perceive and process pain. This is where the central glands, which produce

and store the “well-being hormones” such as enkephalins and endorphins, balance messages coming from the nerve signals. Sending microcurrent to specific areas of the brain relaxes the nerves while stimulating the glands to increase levels of hormones that have been depleted, helping to balance anxiety, depression, insomnia, fatigue, and stress.

BENEFITS OF CHI NEI TSANG MICROCURRENT

CNT microcurrent has many benefits. It improves nerve function in the tissues of the organs and muscles as it sends signals directly through the nerves, stimulating movement in surrounding tissues to release deep tension and the tangles and knots found in the vessels and joints. It impressively penetrates into deep tissue, greatly enhancing the effectiveness of CNT massage without pain or discomfort. Enhanced microcirculation of blood flow decreases inflammation, reduces pain and muscle spasms, and increases range of motion in the joints. As well, increasing the production of ATP (adenosine triphosphate, a coenzyme used as an energy carrier in the cells of all known organisms, an integral part of the process by which energy is moved throughout the cell) improves all biochemical functions in the body, such as healing in the tissues and protein synthesis necessary for tissue repair.

CNT microcurrent therapy accomplishes the following:

- Repairs nerves and brings about healing without scar tissue
- Increases ATP production up to 500 percent
- Increases excretion of fluids through the kidneys
- Improves circulation and dilates blood vessels
- Increases the amount of red blood cells
- Stimulates lymphatic circulation
- Detoxifies and eliminates wastes and toxins
- Improves circulation and nutrition to joints
- Softens scar tissue
- Drains water retention
- Speeds up the formation of new collagen in injured tendons

- Accelerates the healing of ligaments and increases tendon healing by over 250 percent
- Lengthens the connective tissue, reducing or preventing formation of adhesion, and reducing the danger of fibrosis
- Heals nonunion fractures (when a fractured bone fails to heal after an extended recovery period) in half the time
- Relieves painful areas

Conditions that can be treated with CNT microcurrent therapy include:

- Nerve pain
- Inflammation
- Arthritis
- Back pain
- Neck pain
- Headaches
- Neuropathy
- Sports injuries
- Tendon and ligament pain
- Sciatica
- Virus such as herpes
- Fibromyalgia
- Shingles
- Slow-healing wounds
- Diabetic ulcers

A CHI NEI TSANG AND MICROCURRENT SESSION

The session begins by checking the spine through manual massage techniques (described in chapter 3). Then microcurrent is sent through the practitioner's hands into the body of the person being treated, into specific energy meridians and points, to enhance the CNT massage effects. A full

Chi Nei Tsang microcurrent massage progresses from the spine to the back of the body, then to the front of the body, and ends with the head, neck, shoulders, and arms.

Microcurrent is circulated into the client's body from two positive pole electrodes attached at the heels, which polarize with the negative pole electrode pad the practitioner stands on. Very low amperage current is then directed through the hands of the therapist, sending a warm, vibrating sensation through the client's meridians, acupuncture points, nervous system, and organs. Warm coconut oil is applied using Chi Nei Tsang massage techniques to help conduct the microcurrent through the body tissues.

One- to seven-day follow-up sessions may be recommended to achieve best results and to obtain lasting effects. These sessions are greatly enhanced by incorporating Chi Kung and meditation practices such as the Inner Smile meditation, the Six Healing Sounds meditation, the Microcosmic Orbit meditation, and the Fusion practices.

CHI NEI TSANG MICROCURRENT SIDE EFFECTS AND COUNTERINDICATIONS

As an electronic invention microcurrent technology itself is safe, FDA-approved, and has no significant adverse effects. Applied through an apparatus, it has been used safely for seventy-five years for healing the body and the brain in a variety of fields, including sports medicine, physiotherapy, and general pain-reduction methods. It is Master Chia's innovation to combine this modern technology with traditional Chi Nei Tsang massage techniques by sending the microcurrent through the hands of the practitioner. This combination of electronic technology and traditional Taoist techniques improves the experience of receiving a treatment and optimizes therapeutic results.

Important Precautions

- Do not use on persons with pacemakers or in the case of pregnancy. Be cautious in the case of a spinal hernia, as the current may temporarily amplify swelling as the hernia heals itself. As metal is highly

conductive and amplifies electrical current, any metal implants in the body should be signaled and worked around carefully, and if there are metal fillings in the teeth, avoid the jaw area.

- Microcurrent is very low amperage but can cause shocklike sensations in the case of a major blockage in the tissues, and if the current intensity is set too high it can cause the current to jump back through the practitioner's hands. It is therefore important to keep the current intensity low when working on blocked areas to avoid shock or spasms in the muscles. Work with gentle current intensity until the tissues are free of tension, then higher intensity can be used to stimulate deeper circulation. Gradual treatments with several sessions over time bring the best results and lasting benefits.
- For practitioners, as the current passes directly through your body, avoid overly extended use, which can desensitize the nerves, numbing sensation in your fingers, hands, and arms especially. Use short, specific applications of the current where needed. Do not exceed one to two hours maximum of continuous use in one day.
- CNT microcurrent may induce detoxification effects especially in the liver, which treats the byproducts eliminated by the muscles into the lymph and returns blood. Proper hydration will greatly help to make detoxing more comfortable. Clients should drink one to two liters (or quarts) of dynamized^{*1} purified water before and after the treatment.

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The Nervous System

The nervous system is the body's electrical wiring system. It communicates within a highly complex network of neurons—nerve cells—that transmit signals of electromagnetic energy into every cell of the brain and the body (fig. 1.1). These signals convey messages that regulate the vital functions of the brain, spinal cord, and every nerve, tissue, and cell, to help the body balance internal functions while adapting to its environment. Constantly active, each neuron coordinates vastly intricate messages through billions of synapses, the structures that allow neurons to pass signals to other neurons. The brain alone contains approximately 100 trillion synapses that receive information and send out signals that inform other cells to regulate thinking, movement, hormonal secretion, blood flow, etc., as the body continually adapts and interacts with the outside world. By absorbing sensory information, the nerve cells process cell-to-cell communication virtually instantaneously, triggering instant reactions in muscular movement or sensations such as comfort or pain, as well as the inner workings of the body such as digestion, immunity, circulation, hormonal balance, etc. This capacity to regulate information and response in a minutely localized area while transmitting simultaneously throughout the entire body shows the key role of the unified nervous system. Each neural pathway creates the link between the thoughts, ideas, and emotions that connect with all the vital systems of the body to maintain the dynamic balance of the whole organism.

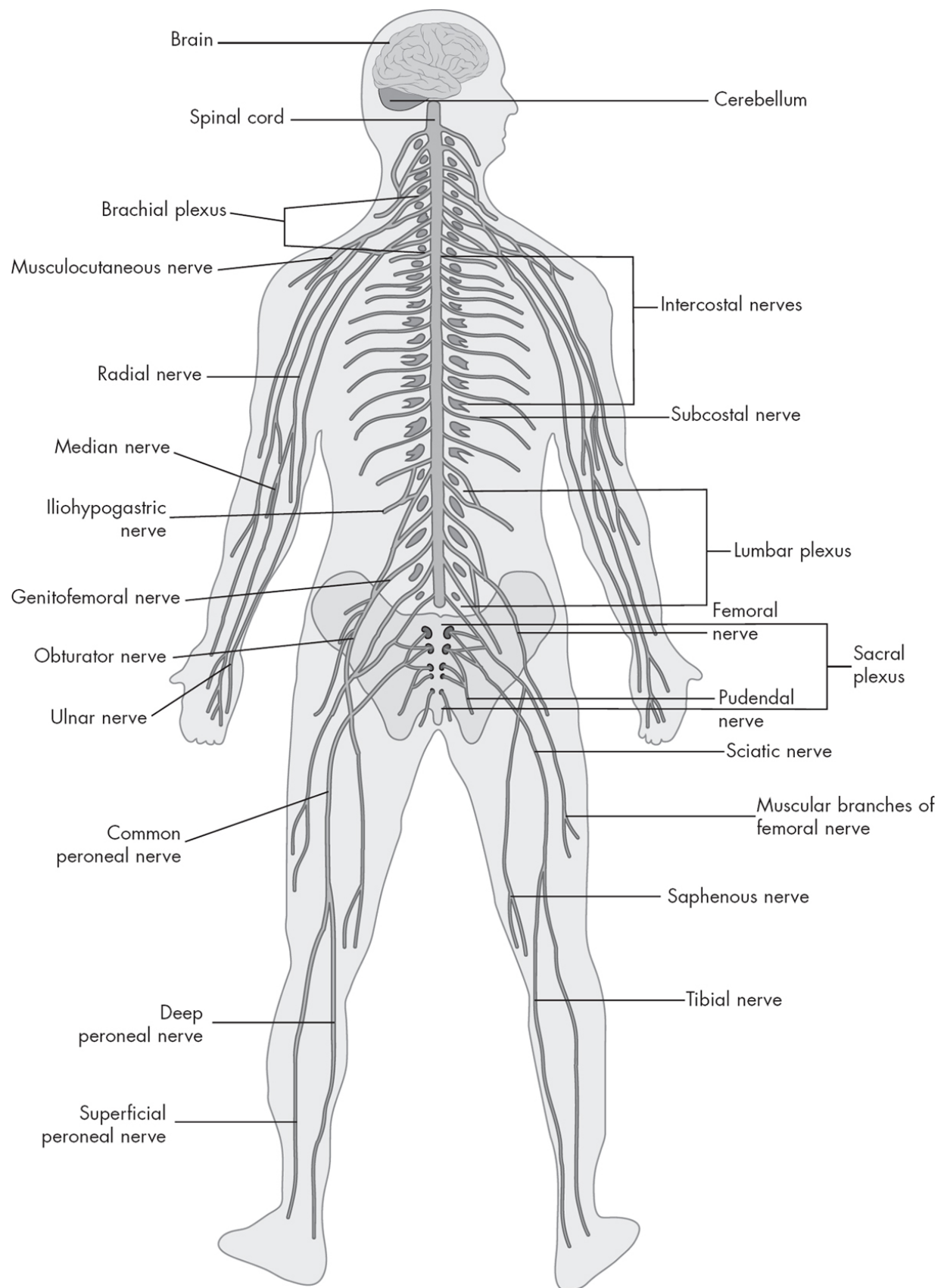


Fig. 1.1. The nervous system

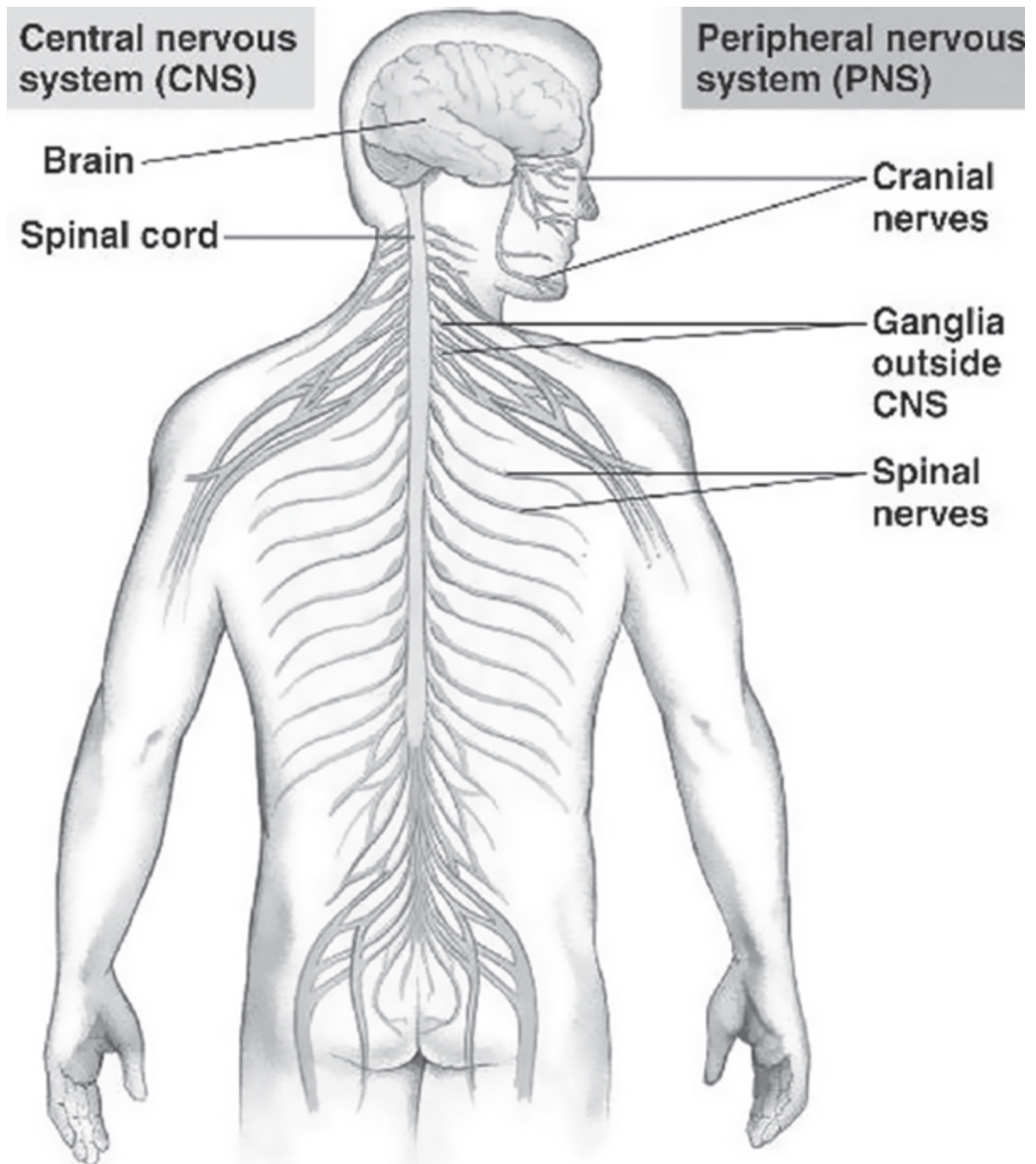


Fig. 1.2. The central and peripheral nervous systems

The unified nervous system is divided into two main systems that work together, the central nervous system and the peripheral nervous system (fig. 1.2). The central nervous system (CNS) consists of the brain and spinal

cord, and integrates information it receives from, and coordinates and influences the activity of, all parts of the body. Both the brain and the spinal cord are integrally linked, protected, and nourished with cerebrospinal fluid.

The peripheral nervous system (PNS) is made up of the nerves and ganglia outside of the brain and spinal cord, the purpose of which is to connect the central nervous system to the limbs and organs, essentially serving as a relay between the brain and spinal cord and the rest of the body. The peripheral nervous system is further divided into the *somatic nervous system* and the *autonomic nervous system*, and the autonomic nervous system has three branches: the *sympathetic nervous system*, the *parasympathetic nervous system*, and the *enteric nervous system*.

The CNS and the PNS both have voluntary and involuntary functions. Let's review the various components.

THE CENTRAL NERVOUS SYSTEM

The Brain

The brain works like a central computer, processing information it receives from the senses and body, sending messages back to the body. But it is much more than a machine producing conscious thought and experiencing emotions, which are the root of its intelligence.

The brain is roughly the size of two fists and weighs approximately 1.3 to 1.5 kg. From the outside it resembles a walnut in its shell, with folds and crevices that display numerous grooves and bumps, which increase its surface area (fig. 1.3). Brain tissue is made up of about 100 billion nerve cells (i.e., neurons) and one trillion supporting cells that stabilize the tissue. The vast system of neurons in the brain forms the main control center of the body.

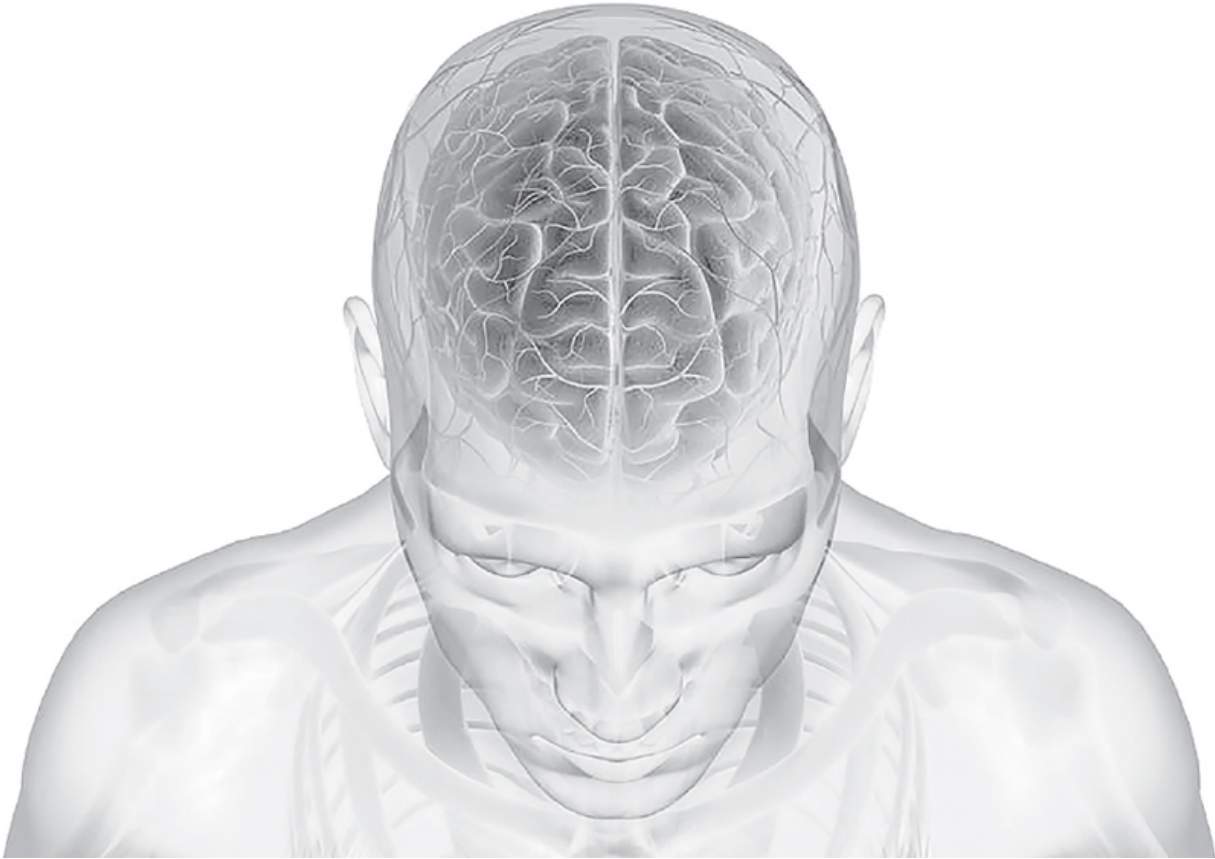


Fig. 1.3. The brain, the center of the nervous system

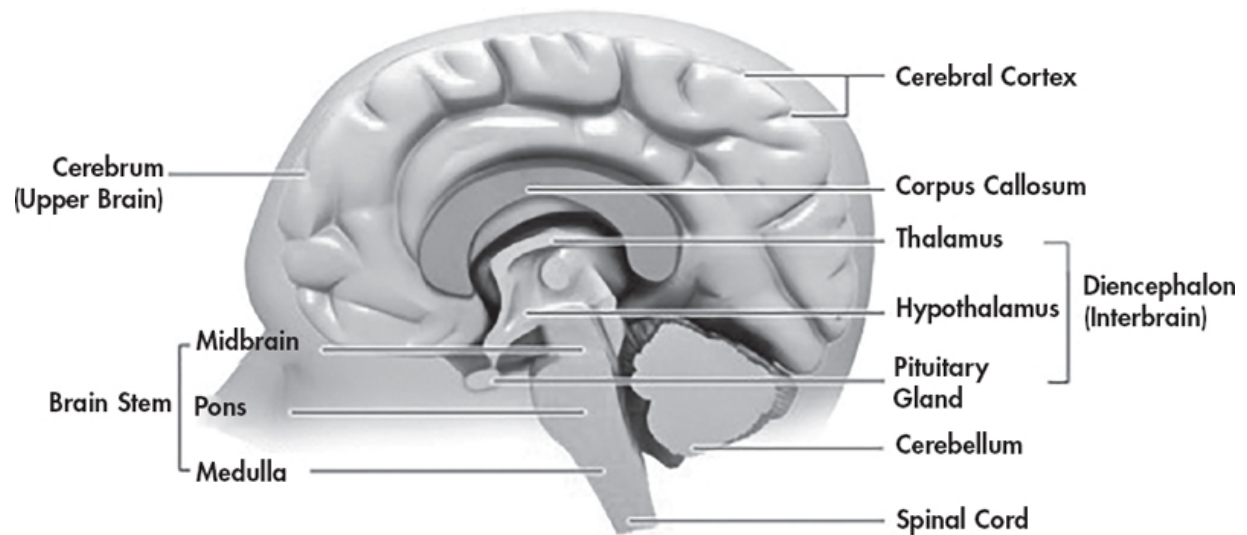


Fig. 1.4. The four main sections of the brain: the cerebrum, diencephalon, brain stem, and cerebellum

The brain can be divided into four principal parts (fig. 1.4):

Cerebrum: upper brain

Diencephalon (interbrain): including the thalamus, hypothalamus, and pituitary gland

Brain stem: including the midbrain, pons, and medulla

Cerebellum: lower brain

The cerebrum is the main part of the brain, responsible for speech, hearing, intelligence, learning, and memory. It is the center of thought, voluntary movement, language, reasoning, and the imagination. It is also where the perception and processing of sensory information produces conscious and unconscious actions and feelings. It is covered by an outer protective layer of between two and six millimeters of gray matter, called the *cerebral cortex* (the word *cortex* in Latin means “bark” of a tree). Containing the major nerve centers, the cerebrum is divided into two hemispheres, the right and the left, which are connected via a central bundle of nerve fibers called the *corpus callosum*. Each of the two hemispheres has complementary functions to the other: the left hemisphere is responsible for speech and abstract thinking, while the right hemisphere is responsible for spatial thinking, imagery, and body perception (such as where your foot is at any given moment). Each hemisphere controls the opposite side of the body. This means that damage to the left hemisphere due to a stroke, for example, can lead to paralysis on the right side of the body, and vice versa.

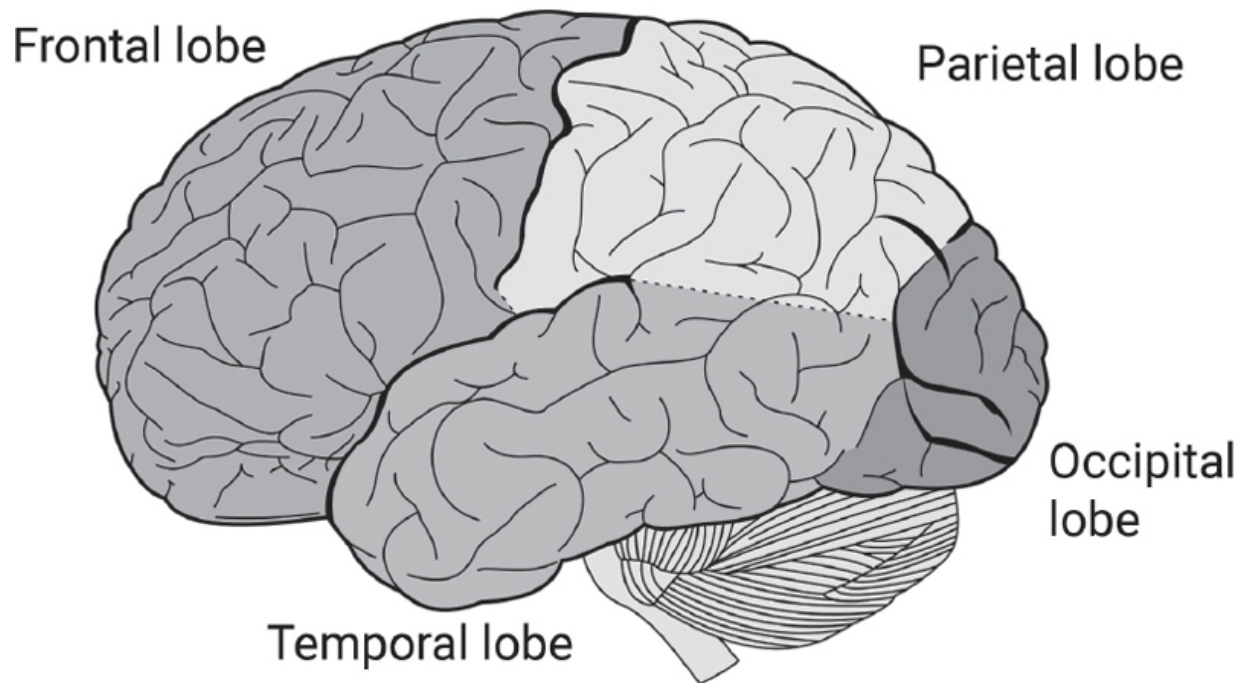


Fig. 1.5. The four lobes of the cerebrum

The cerebral hemispheres are divided into four lobes (fig. 1.5):

Frontal lobe: takes the longest to develop; controls planning ahead, focusing on ideas, and expressive language

Temporal lobe: interprets sounds and language; holds memories

Parietal lobe: processes tactile sensory information such as pressure, touch, and pain

Occipital lobe: interprets visual stimuli and information

The diencephalon, or interbrain, is located in the brain's center; it includes the thalamus, hypothalamus, and pituitary gland, where sensory and other impulses regulate temperature, feelings, appetite, and sleep rhythms (see fig. 1.6 below). Located at the center of the brain, the thalamus processes and transmits movement and sensory information. It is essentially a relay station, exchanging sensory information with the cerebral cortex and spinal cord. Closely linked with the limbic system, which includes the amygdala, hippocampus, mammillary bodies, and cingulate gyrus, it helps in controlling the emotional response, producing peptides

that communicate directly with cells in the rest of the brain and body. The hippocampus is also important for learning and memory. Basal ganglia maintain balance and movement and contain structures that support the brain tissues.

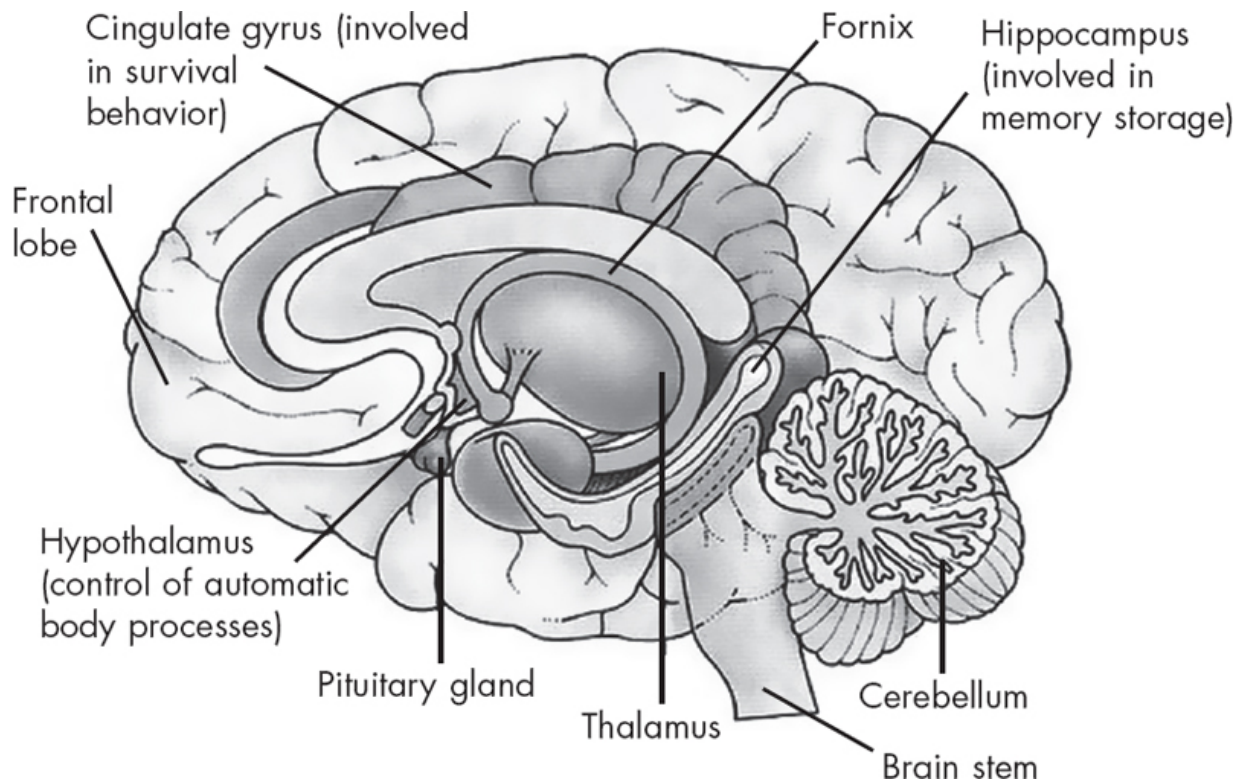


Fig. 1.6. The diencephalon, at the center of the brain: the thalamus, hypothalamus, and pituitary gland regulate the body's important functions.

The hypothalamus is a pea-sized gland that relays information much like a thermostat, by sensing changes in climate conditions and body temperature, integrating sensory and motor information to adjust the warming and cooling response. It interacts closely with the pituitary and many other glands in the body through hormone secretion, which makes it responsible for maintaining homeostasis, the general balance of many important bodily functions, including the control of hunger, thirst, the emotions, body temperature, and circadian rhythm.

The brain stem, or medulla oblongata, is where the brain extends into the spinal cord. Vitally important for relaying information between the brain, the cerebellum, and the spinal cord, the brain stem regulates fundamental functions like breathing, blood pressure, and heartbeat (fig.

1.7). It contains the midbrain, which controls vision, hearing, eye movement, facial expressions, and general body movement. In the midbrain, the pons acts as a pathway to higher structures; it contains conduction pathways between the medulla and higher brain centers. The midbrain provides conduction pathways to and from higher and lower centers. Its darkly pigmented substantia nigra—i.e., the gray matter that contains nerve-cell bodies as well as nerve fibers and has a brownish gray color—contains a large number of dopamine-producing neurons; the degeneration of these neurons is associated with Parkinson's disease.

The cerebellum, located at the bottom of the brain, coordinates movement and is responsible for balance, maintenance of movement, and posture. The word *cerebellum* comes from the Latin for “little brain.” This is explained by the fact that the cerebellum makes up only 10 percent of the brain's total size but accounts for more than 50 percent of the total number of neurons located in the entire brain. It receives information from the balance system of the inner ear, the sensory nerves, and the auditory and visual systems. It is involved in memory and cognitive learning and acts as an interface to help control posture, balance, and the coordination of different muscle groups to produce coordinated, fluid, and expressive movement.

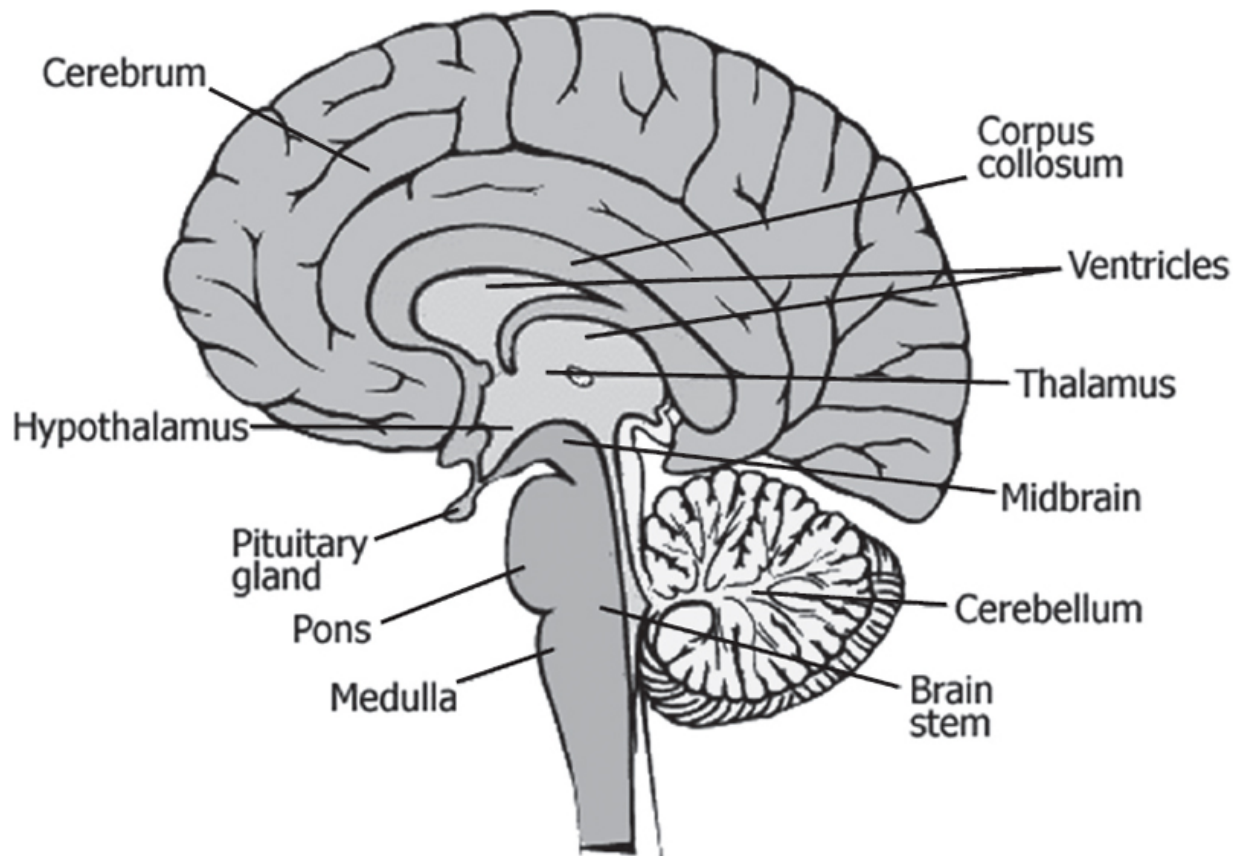


Fig. 1.7. The brain stem and cerebellum control sensory and coordination functions.

The Spinal Cord

The brain extends into the spinal cord, a tube about forty-five centimeters long that stems into the spine (fig. 1.8). The spinal cord has thirty-one spinal segments that branch out in pairs of motor and sensory spinal nerves to innervate the organs and limbs. It is protected within the central canal of the vertebral foramen of the spinal column. The central nervous system sends and receives neural signals to coordinate commands as well as motor and sensory information traveling to and from the brain. It plays a major role in learning and programming reflexes and patterns.

The bulk of the brain and spinal cord is made up of gray matter and white matter. The gray matter receives and stores the impulses of neurons. The white matter is the interface between the gray matter and the rest of the body and is made up of nerve fibers wrapped in a white, fatty insulating myelin sheath that greatly increases signal speed.

In addition, three protective envelopes of connective tissue, called *meninges*, cover the brain and the spinal cord and act as a barrier against bacteria and other microorganisms. The outermost layer is the dura mater. The middle layer is the arachnoid, where cerebrospinal fluid cushions the brain and spinal cord against shock. The innermost layer is the pia mater, which anchors the spinal-cord tissue to the neural roots of the spine. Cerebrospinal fluid collects at the lumbar vertebrae and ends in the dural sac in the sacrum. Originating in the upper lumbar region, the cauda equina (in Latin, “horse’s tail”) of the sacral spinal nerves anchors the spinal cord to the coccyx and from there branches out into the legs (see fig. 1.9 below).

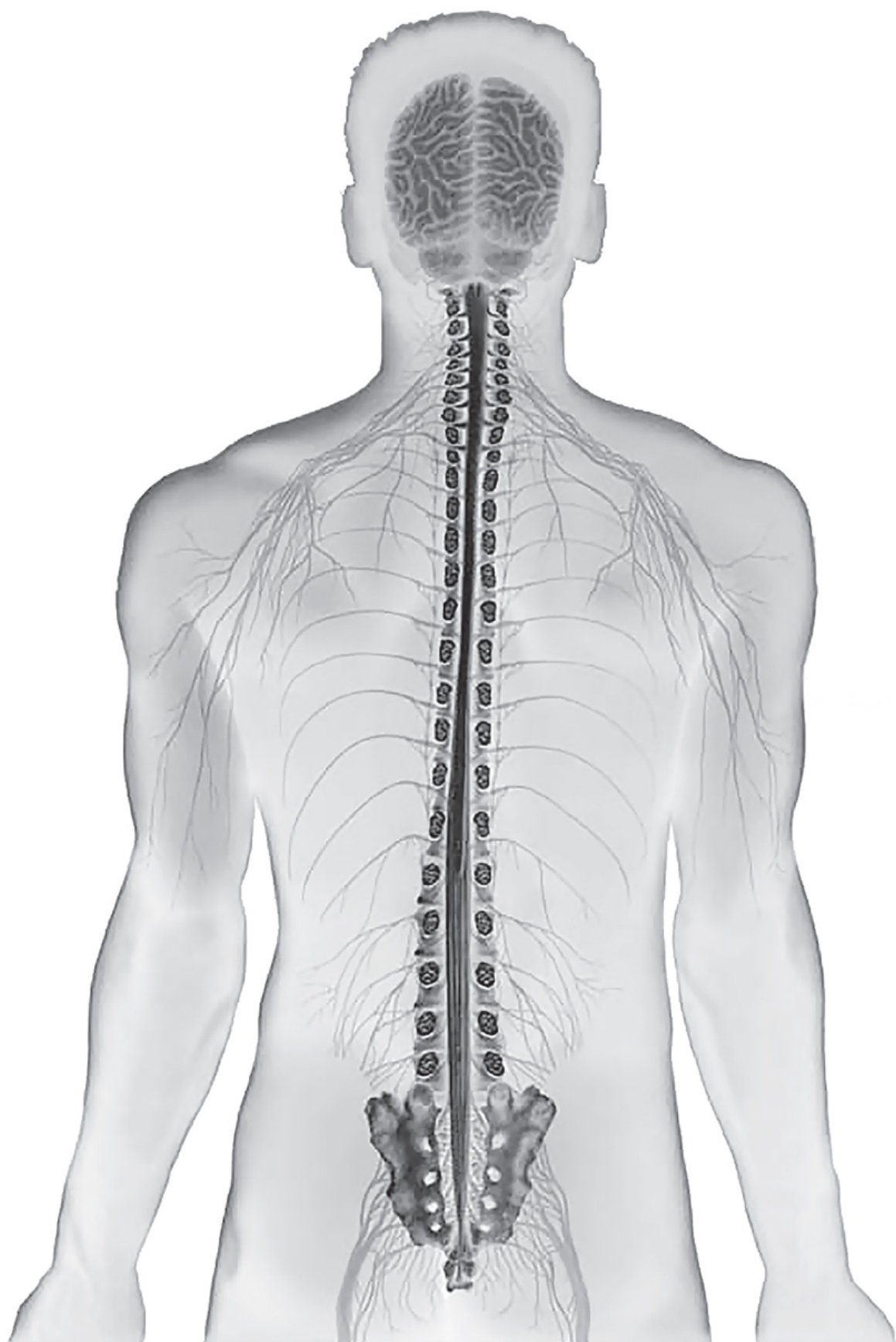


Fig. 1.8. The spinal cord and central nervous system

Vertebra C1 (Atlas)

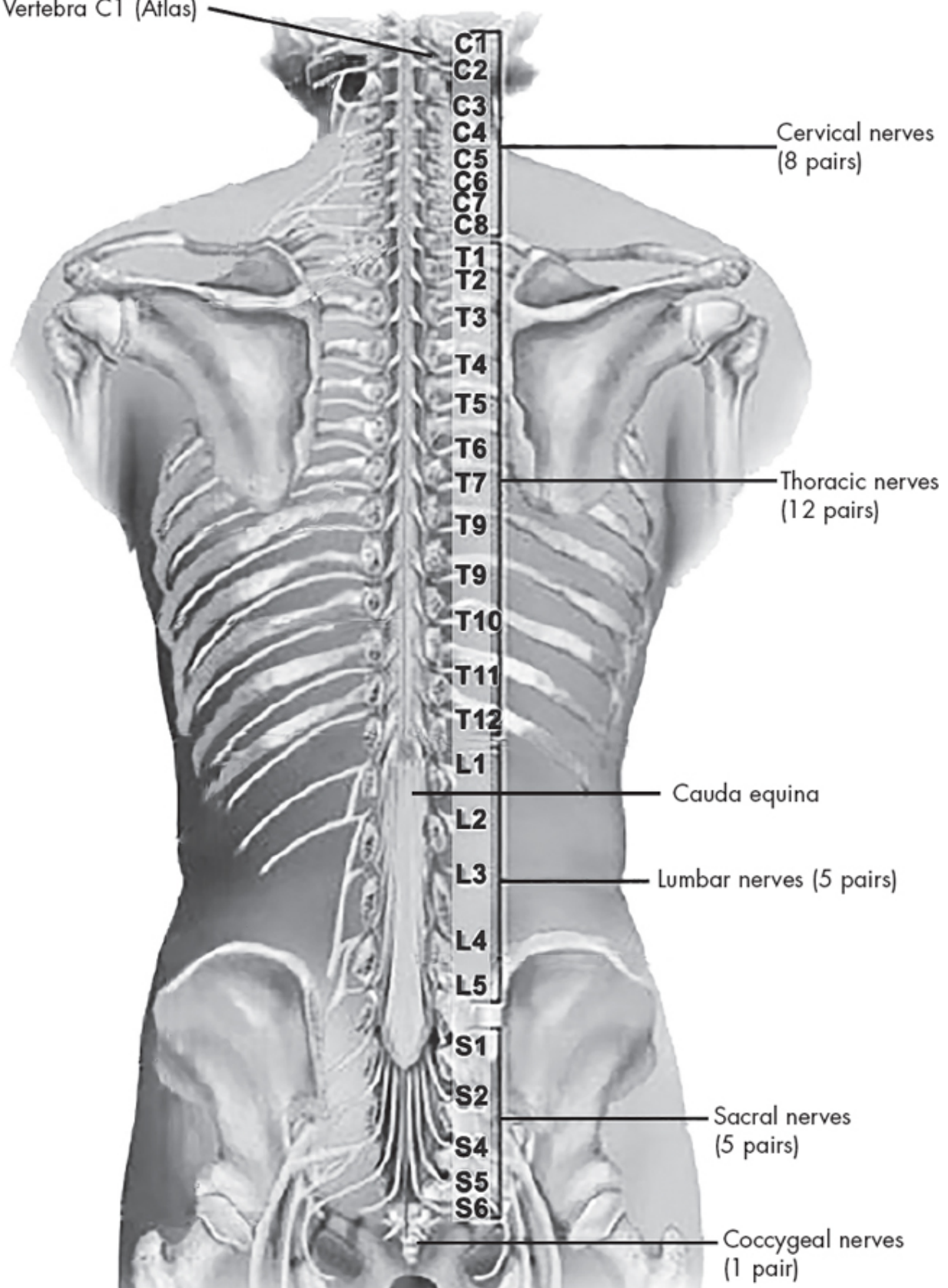


Fig. 1.9. The spinal cord, which begins in the brain stem and ends with the cauda equina

At the moment of conception, the future central axis of the spinal cord already emerges within the polarized division of the first cells (fig. 1.10). Over the first few weeks of fetal development these form the ectoderm layer of the gestating human; in time this forms the skin cells and neural tissue of the hollow neural tube with somites, which eventually become the vertebrae of the spine, along with the hindbrain, midbrain, and forebrain. The first signs of the eyes and the hemispheres of the brain appear later in fetal development. The first neurons are initially produced along the central canal in the neural tube, then move to the brain before migrating to their final destination. A single neuron uses a glial guiding wire to move along its pathway, with axons that can grow long distances to connect with other neurons. Once the required circuit is established there is a sculpting process that refines and renews connections as the fetus fully develops.

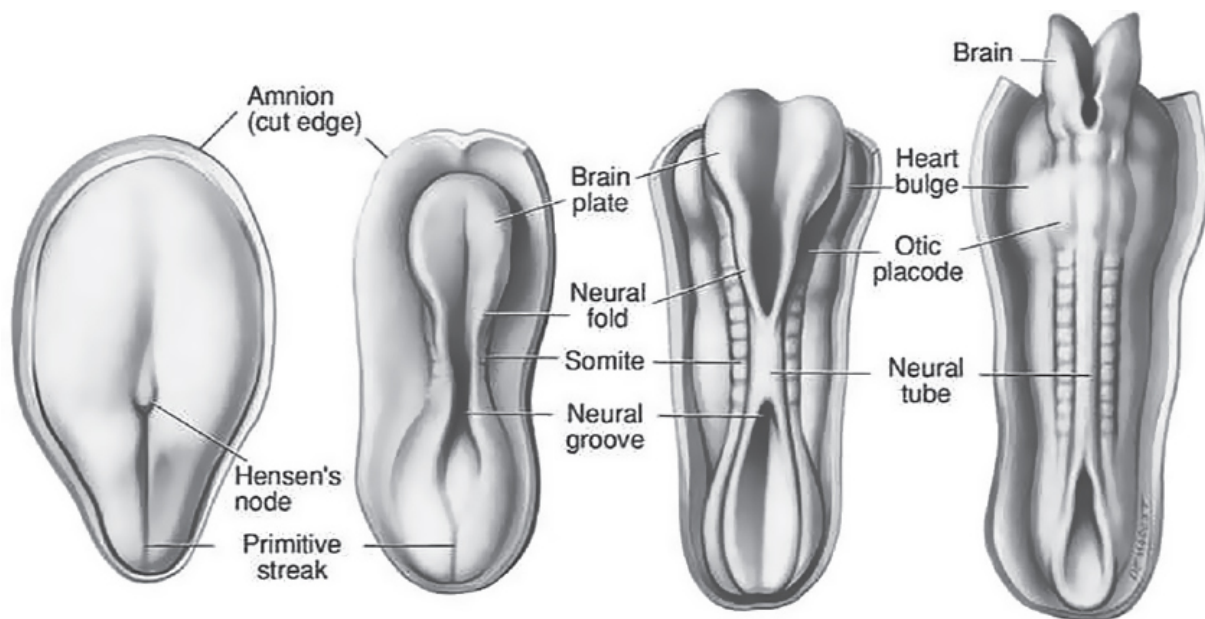


Fig. 1.10. The embryonic origins of the spinal cord and nervous system

The spinal column's thirty-three interlocking vertebrae protect and stabilize the spinal cord, allowing it free movement to continuously pump vital cerebrospinal fluid to the brain, thereby maintaining correct irrigation and flow within the central nervous system (see fig. 1.11 below).

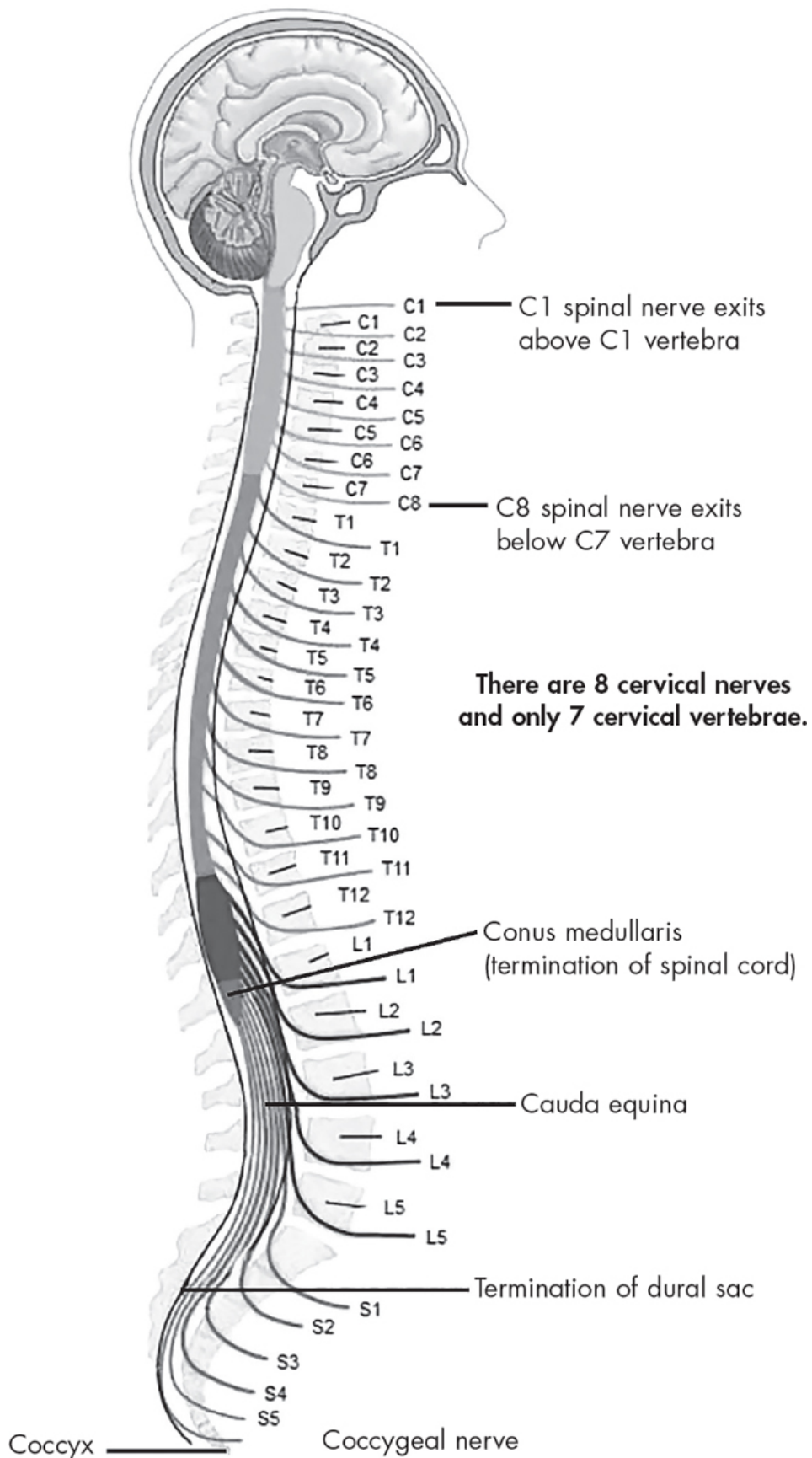


Fig. 1.11. The spinal column protects the spinal cord with the flexible stability of thirty-three interlocking vertebrae.

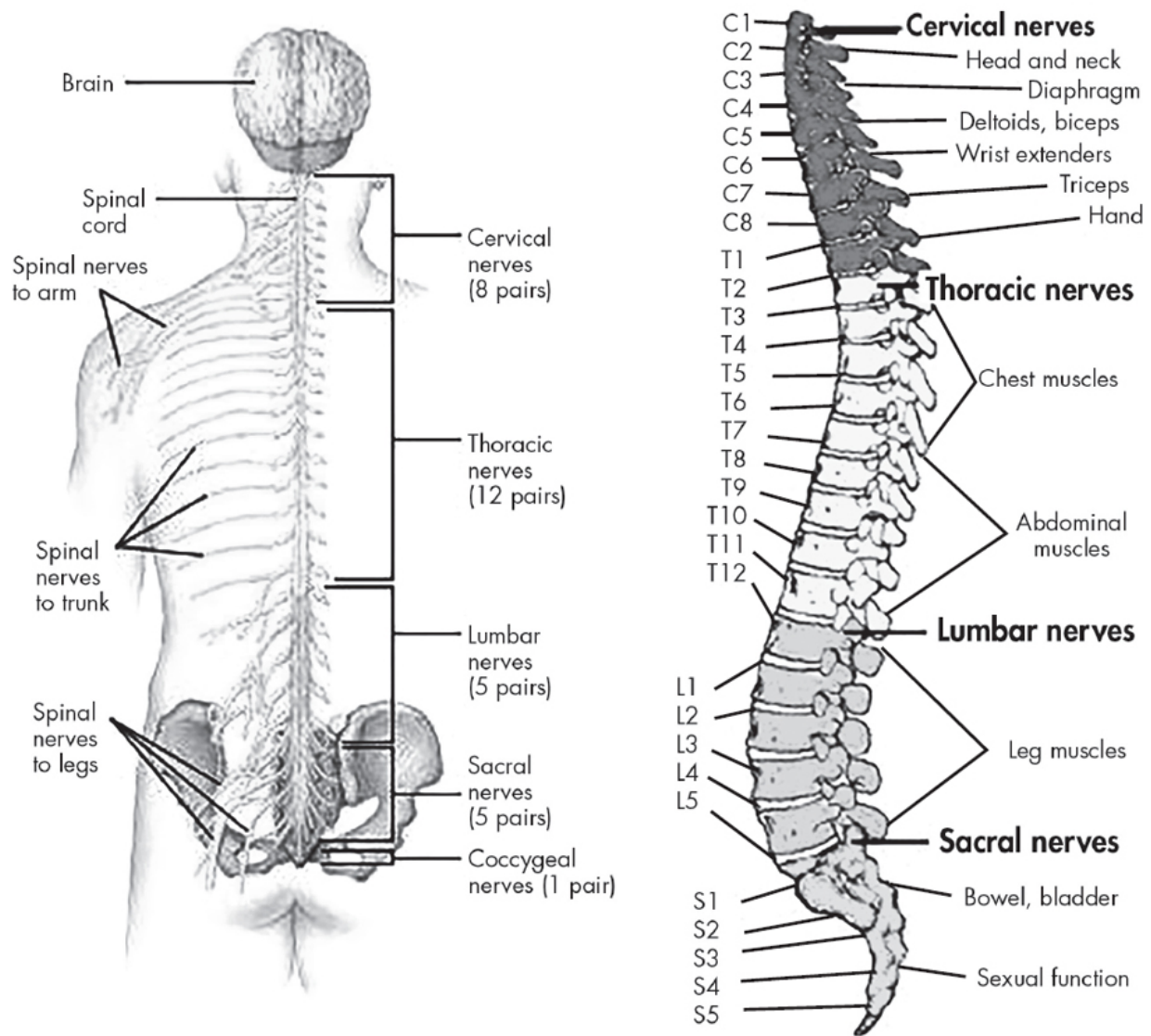


Fig. 1.12. The spinal nerves can be divided into five main sections of pairs on each side of the vertebral column: eight cervical, twelve thoracic, five lumbar, five sacral, and one coccygeal.

Passing through each vertebra is a pair of spinal nerves, one on each side of the vertebral column: eight cervical, twelve thoracic, five lumbar, five sacral, and one coccygeal. These stem from a spinal root and branch out into sensory and motor nerves, ganglia, and axons, which receive information from the skin, muscles, and visceral organs and brain (fig. 1.12).

Each vertebra of the spine contains a flexible hollow tube called the *vertebral foramen*, which protects and mobilizes the spinal cord, allowing cerebrospinal fluid to flow through the spine (fig. 1.13). With Chi Nei Tsang microcurrent we can activate each vertebra separately by sending current through the posterior process, located at the center of the spine, and through the transverse process on either side, to loosen any tension in the vertebral ligaments that may be compressing or blocking flow in the nerves and affecting function.

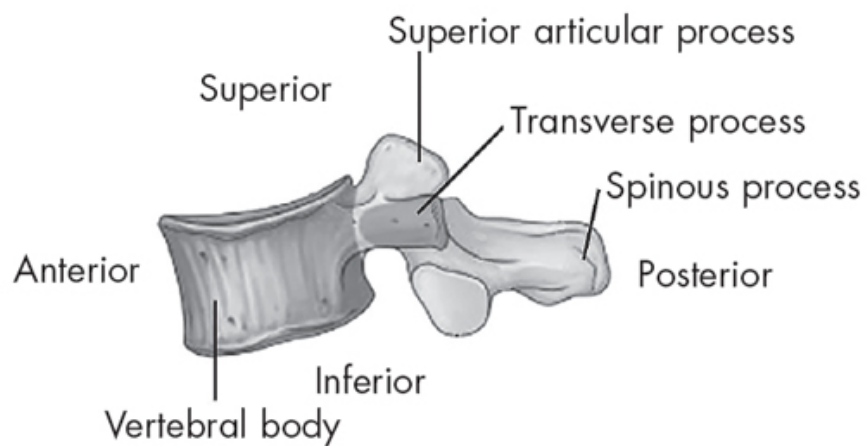
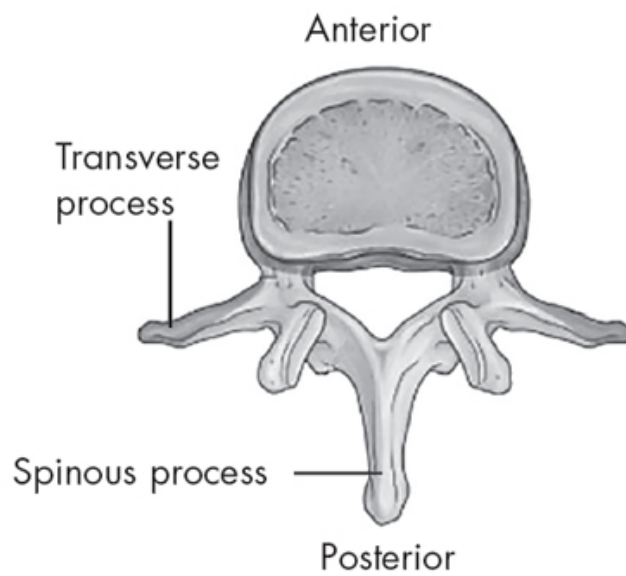
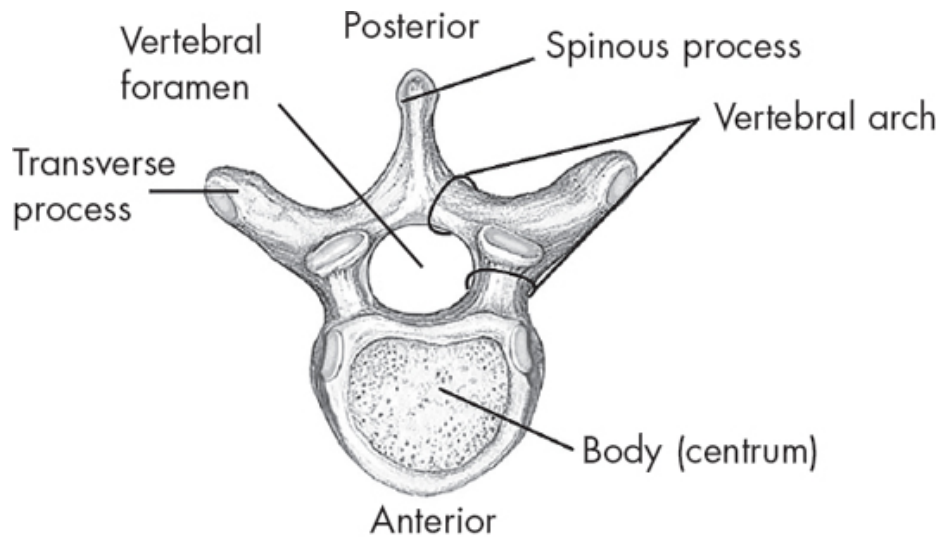


Fig. 1.13. Vertebra diagram: the spinal cord flows through the inner hollow of the vertebral foramen, protected by the arches of the posterior and transverse processes.

THE PERIPHERAL NERVOUS SYSTEM

As mentioned at the beginning of the chapter, the peripheral nervous system is divided into the somatic nervous system and the autonomic nervous system. The somatic nervous system is under voluntary control and transmits signals from the brain to end organs such as muscles. It coordinates functions that need conscious thought to control movement, like learning to walk or ride a bike. The autonomic nervous system is a self-regulating system that influences the function of organs outside voluntary control, such as the heart rate or the functions of the digestive system. Both the somatic and autonomic nervous systems work together—for example, touching a hot surface will trigger the reflex of pulling the hand away as the nerve cells simultaneously send pain signals to the brain and motor signals to the hand even before it gets burned.

The involuntary autonomic nervous system regulates all the automatic functions that don't need to be consciously controlled in order to work. Constantly active, it automatically transmits signals between the brain and body to regulate breathing, heartbeat, digestion, cellular metabolism, immunity, and hormonal balance, among many other vital functions. It reacts quickly to changes, simultaneously providing the brain and kidneys with information about how full the bladder is or how quickly the heart is beating. It constantly adapts the body to conditions such as overheating, sending signals to increase blood circulation to the skin, followed by sweating to cool the body down. The nerves of the autonomic nervous system enervate the smooth involuntary muscles of the internal organs and glands, causing them to function and secrete their enzymes.

The autonomic nervous system has three branches: the sympathetic nervous system, the parasympathetic nervous system, and the enteric nervous system (see fig. 1.14 below).

The sympathetic and parasympathetic nervous systems work together to control opposite functions, regulating the balance between stimulation and regeneration and constantly taking turns to maintain a healthy balance

between stasis and movement, storage and transport, secretion and suppression, and between active and restful phases.

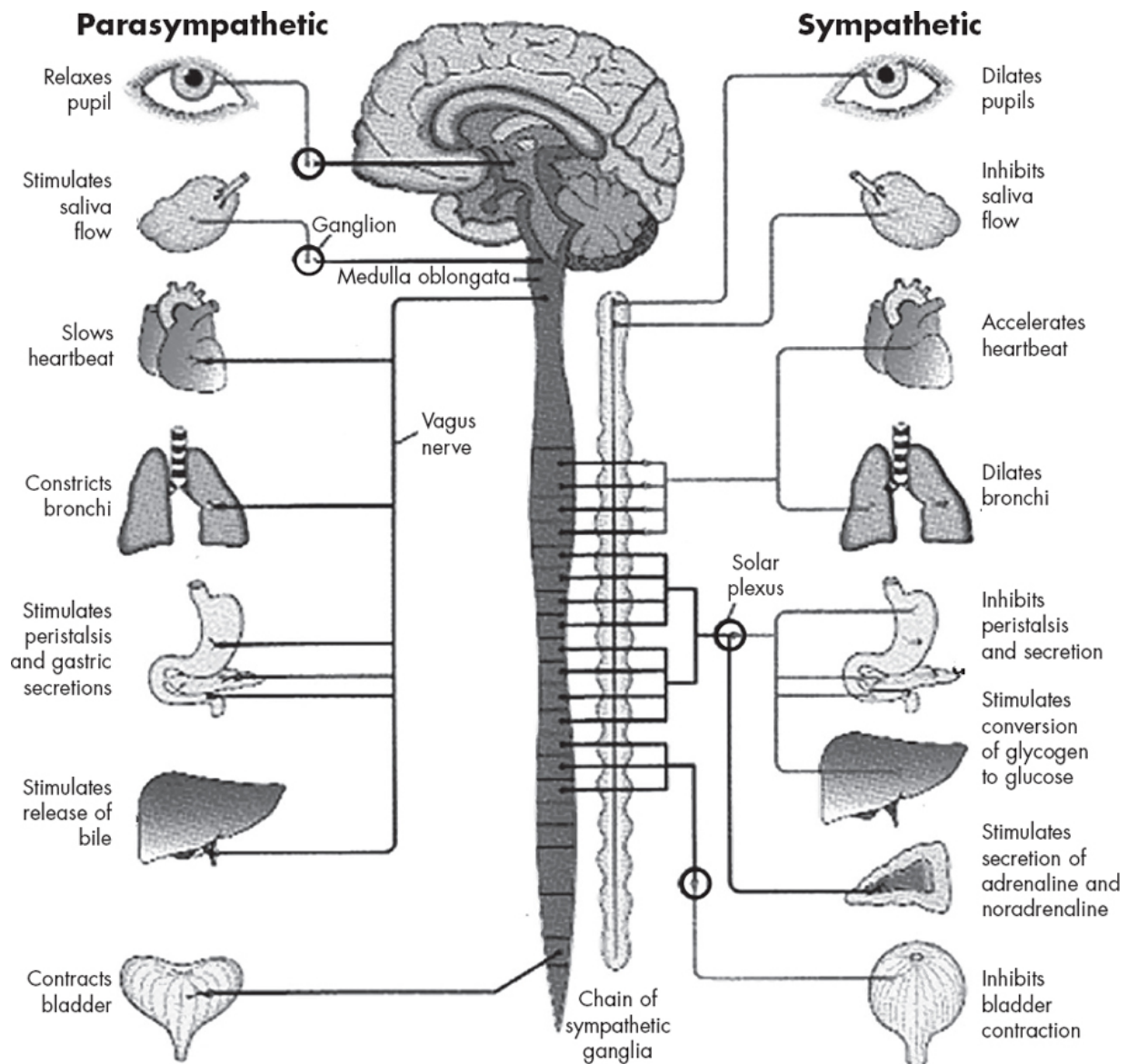


Fig. 1.14. The autonomic nervous system, including the sympathetic and the parasympathetic nervous systems

The sympathetic nervous system prepares the body for physical and mental activity. It makes the heart beat faster and stronger, dilates the lungs for easier breathing, and inhibits digestion. It is also important during an emergency, as it is associated with the “fight-or-flight” response, in which energy is directed away from digestion, and there is dilation of the pupils,

increased heart rate, increased perspiration and salivation, and increased breathing.

The parasympathetic nervous system stimulates the body's "rest-and-digest" response for nourishment and healing. It is responsible for regenerative functions when the body is at rest, stimulating digestion, activating various metabolic processes, slowing down the heart rate, and helping us relax. Together the sympathetic and parasympathetic nervous systems complement each other to maintain optimum, balanced health and vitality (fig. 1.15). Working together to balance and control most of the body's internal and external functions, the sympathetic nervous system accelerates heart rate, constricts blood vessels, and raises blood pressure, whereas the parasympathetic nervous system slows heart rate, increases intestinal and gland activity, and relaxes sphincter muscles.

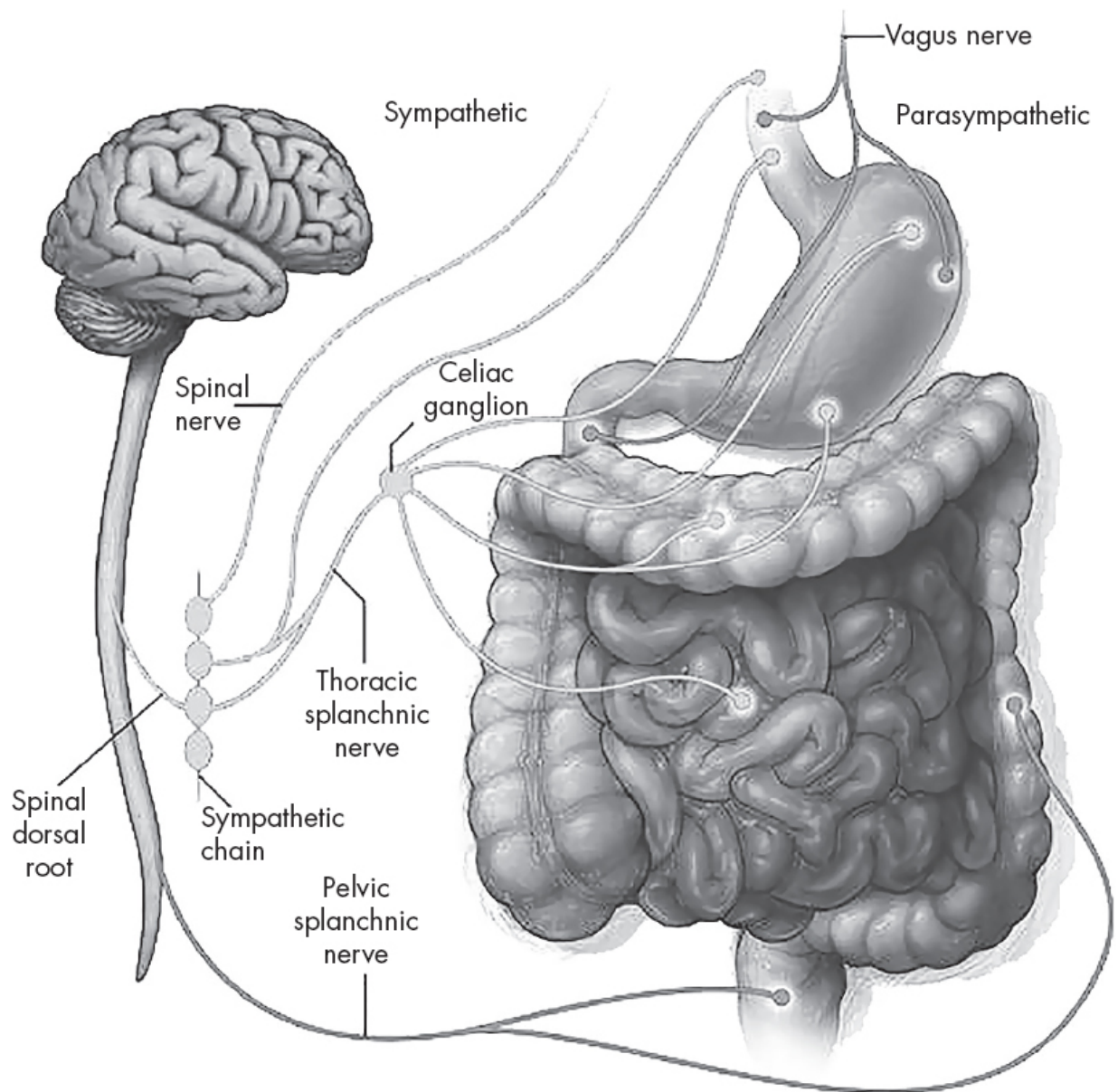


Fig. 1.15. Gastrointestinal function is triggered by the parasympathetic and sympathetic nerves.

The sympathetic nervous system stems from the middle of the spine, at the thoracic and lumbar vertebrae, close to the vital organs to assure survival in extreme conditions. The parasympathetic nervous system stems out from both ends of the spine, at the brain and the sacrum, to ensure centralized communication and recuperation. Any imbalance in these systems can manifest in nervous fatigue, stress, hormone imbalance, difficult digestion, and insomnia, and in chronic symptoms such as

headache, inflammation, weak circulation, immune deficiency, and congestion. Learning how to alternate between a relaxed state and active movement using Taoist Chi Kung and Inner Alchemy practices helps to bridge the two systems, strengthening their connection for optimum health.

Closely interacting with the autonomous sympathetic and parasympathetic nervous systems, the enteric nervous system regulates the gastrointestinal tract and the digestive organs, which self-regulate the motility of digestion, assimilation, and elimination and contain over five hundred million neurons to do so. It is sometimes called the *abdominal brain* or *second brain*; it is able to sense, feel, and remember information independently, communicating closely with the other nervous systems of the body and the upper brain.

THE CRANIAL NERVES

Cranial nerves are peripheral nerves of the PNS in the head and neck that synapse through intermediaries or ganglia directly on the CNS. There are twelve cranial nerves stemming from the brain, the most important of which is the vagus nerve, or pneumogastric nerve (fig. 1.16). It interacts with the parasympathetic nervous system and controls the heart, lungs, digestive tract, and genital organs. It is responsible for speech, hearing, heart rate, breathing, digestion, intestinal function, sweating, salivation, and orgasm. The vagus nerve relays vital information between the brain, glands, and organs; its complex network of nerves secrete substances called *neurotransmitters*, which receive and emit messages, communicating with receptors in specific cells and tissues of the vital organs. Positive and negative thoughts or emotions emitted by the brain affect the vagus nerve, sending signals directly to the organs.

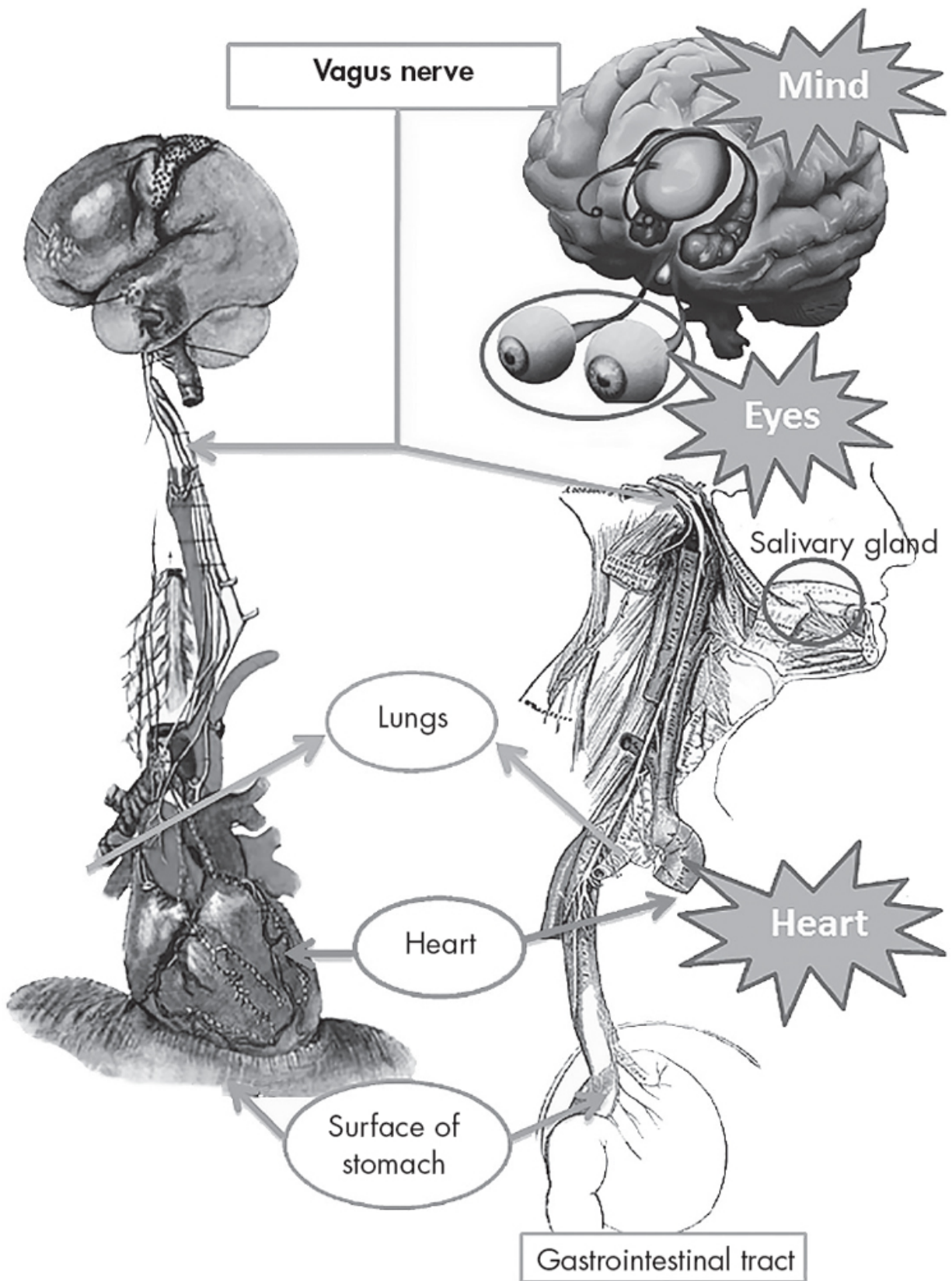


Fig. 1.16. The vagus nerve plays a key role in coordinating between the functions of the organs and the brain.

Likewise, the organs send messages to the brain, which in turn affect thoughts and emotions. This particularly important relationship plays a central role in balancing emotional and physical well-being in daily life. In extreme cases of emotional stress it's what causes a sudden drop in heart rate or a loss of bladder control. Research has also shown that women who have had complete spinal-cord injuries can experience orgasm through the vagus nerve, which connects the uterus and cervix directly to the brain.

The twelve pairs of cranial nerves have specific functions (fig. 1.17). Each cranial nerve leaves the skull through an opening at its base.

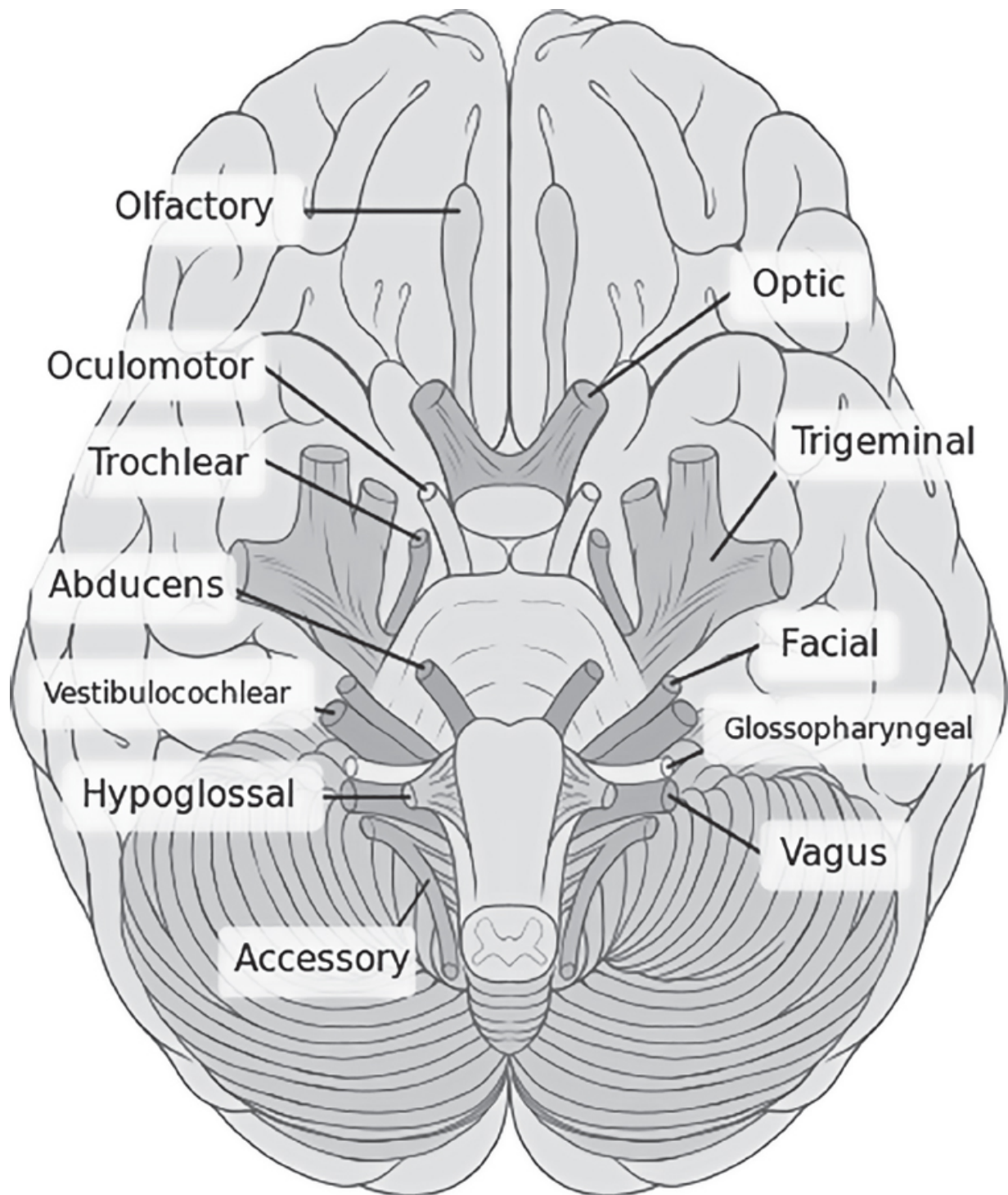


Fig. 1.17. The cranial nerves control the sensory information captured through the senses.

Cranial Nerves and Their Functions

Abducens nerve: moves the eye outward

Acoustic (vestibulocochlear) nerve: hearing and maintenance of balance

Facial nerve: controls muscles of the face, scalp, ears; controls salivary glands; receives taste sensation from the anterior two-thirds of the tongue

Glossopharyngeal nerve: taste sensation from the back of the tongue and throat

Hypoglossal nerve: controls muscles of tongue

Oculomotor nerve: movement of the eyeball, lens, and pupils

Olfactory nerve: smell

Optic nerve: sight

Spinal accessory nerve: movement of head and shoulders

Trigeminal nerve: innervates the eyes, cheeks, and the jaw and controls chewing. It consists of three parts: the *ophthalmic nerve*, the *maxillary nerve*, and the *mandibular nerve*.

Trochlear nerve: movement of the superior oblique muscle of the eye

Vagus nerve: innervates the chest, abdominal, and pelvic organs

NEURONS AND SYNAPSES

Most of the nervous system is tissue made up of neurons that resemble a many-branched tree (see fig. 1.18 below). There are billions of neurons in the body; the brain alone has about 100 billion of them. The neuron is the basic unit and the smallest worker in the nervous system. It is a specialized conductor cell that communicates within the body by receiving and transmitting electrochemical signals from one part of the body to another. The three parts of a neuron, the cell body, dendrites, and axon, make up the many different kinds of nerve cells depending on the types of information being transmitted. Each neuron has a cell body that has small, branchlike dendrites that pick up stimuli from the environment, from other neurons, and from sensory receptor cells; it transmits electrical stimuli through axon antennae, which can grow up to a meter long, sending signals to other cells in the body.

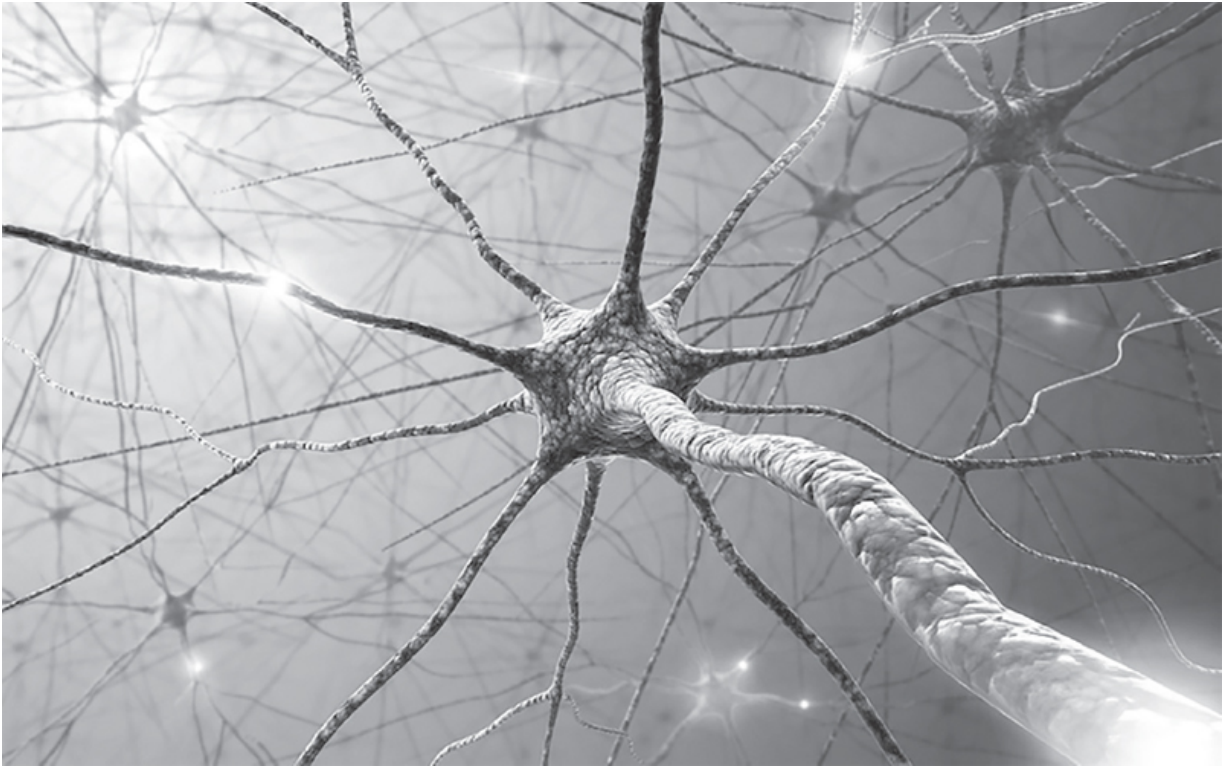


Fig. 1.18. Treelike neurons conduct bioelectrical signals between every cell.

To reach target organs and glands, axons relay their messages across synapses, specialized junctions between cells that secrete biochemical neurotransmitters. A single axon may travel long distances in the body to make as many as several thousand synaptic connections with other cells. The functions of these synapses are diverse: some are excitatory (exciting the target cell); others are inhibitory; others work to change the internal chemistry of their target cells in complex ways.

It is important to know that nerve cells and synapses are always growing and changing to allow new information to be integrated at any stage of life. This adaptability is called *neural plasticity*, a feature capable of reforming new connections depending on the new or old patterns they are reinforced with. Synapses can be dynamically modified and are the basic structures used for learning and remembering.

Electrical fields in the brain tissue are generated by the electrochemical activity of the nervous system (fig. 1.19). The more neurons are in synchronized activity, the larger the electrical fields they generate. Brain waves can be measured and show that the brain is constantly active, even

during sleep. Each part of the brain produces rhythmic and irregular activity: during sleep, the cerebral cortex generates large, slow delta waves; when awake but inattentive it generates faster alpha waves; and when actively engaged in a task it generates chaotic-looking irregular beta waves. In deep meditation or states of high awareness, the waves slow down significantly to theta- or gamma-wave frequency.

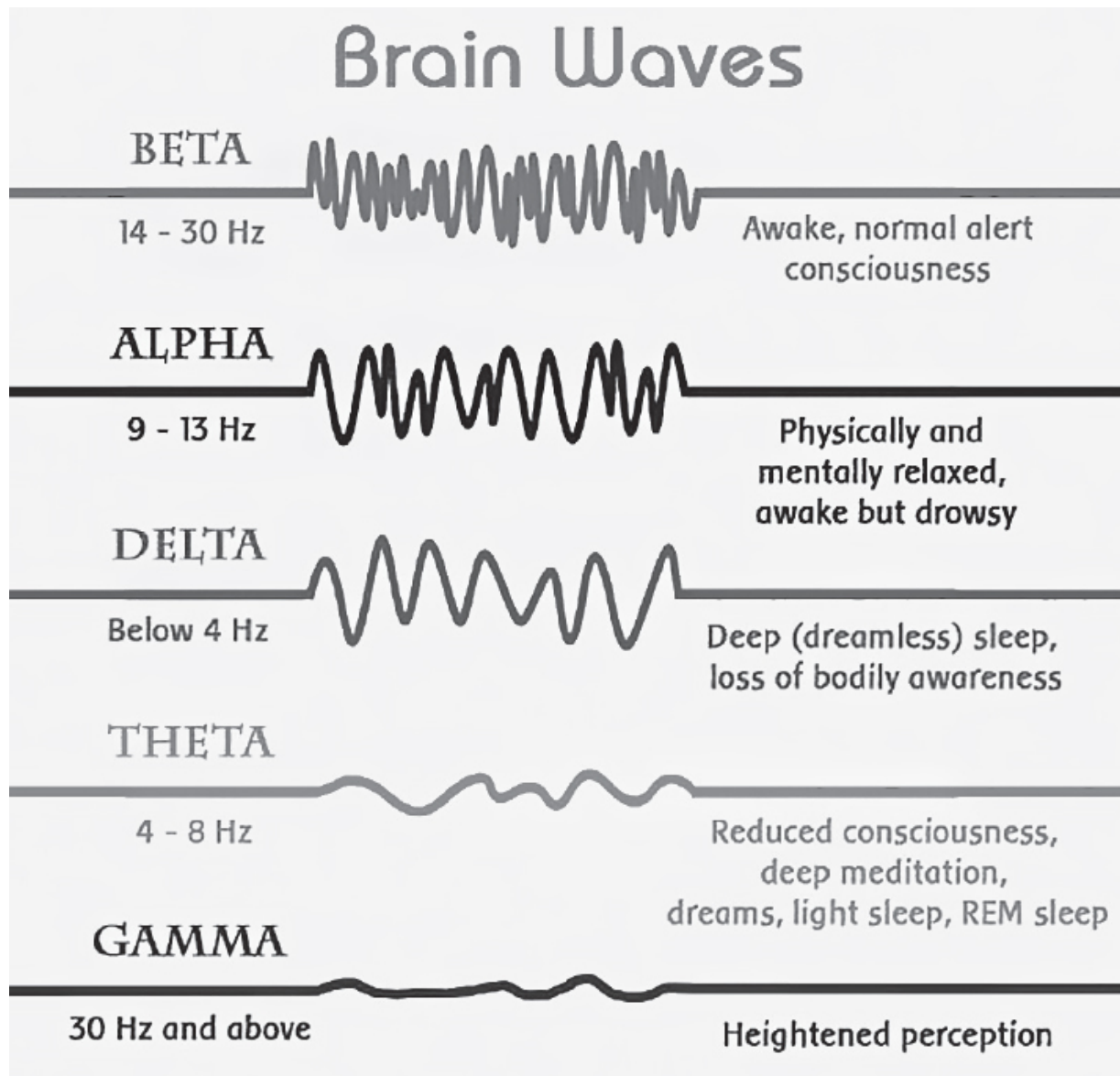


Fig. 1.19. The brain produces different electrical waves depending on its activity.

THE NERVE PLEXUSES

The central nervous system branches out in a network of intersecting nerves that form five major spinal nerve plexuses, which include thirty-one pairs of spinal nerves (fig. 1.20). The five spinal plexuses are:

Cervical plexus: serves the head, neck, and shoulders

Brachial plexus: serves the chest, shoulders, arms, and hands

Lumbar plexus: serves the back, abdomen, groin, thighs, knees, and calves

Sacral plexus: serves the pelvis, buttocks, genitals, thighs, calves, and feet

Coccygeal plexus: serves a small region over the coccyx

In addition, there are various autonomic plexuses of the peripheral nervous system that contain both sympathetic and parasympathetic neurons. The celiac plexus (solar plexus) serves the internal organs; the Auerbach's plexus (myenteric plexus) serves the gastrointestinal tract; the Meissner's plexus (submucosal plexus) also serves the gastrointestinal tract; the pharyngeal plexus of vagus nerve serves the palate and pharynx; and the cardiac plexus serves the heart. Some other plexuses include the superior and inferior hypogastric plexus, renal plexus, hepatic plexus, splenic plexus, gastric plexus, pancreatic plexus, and testicular/ovarian plexus.

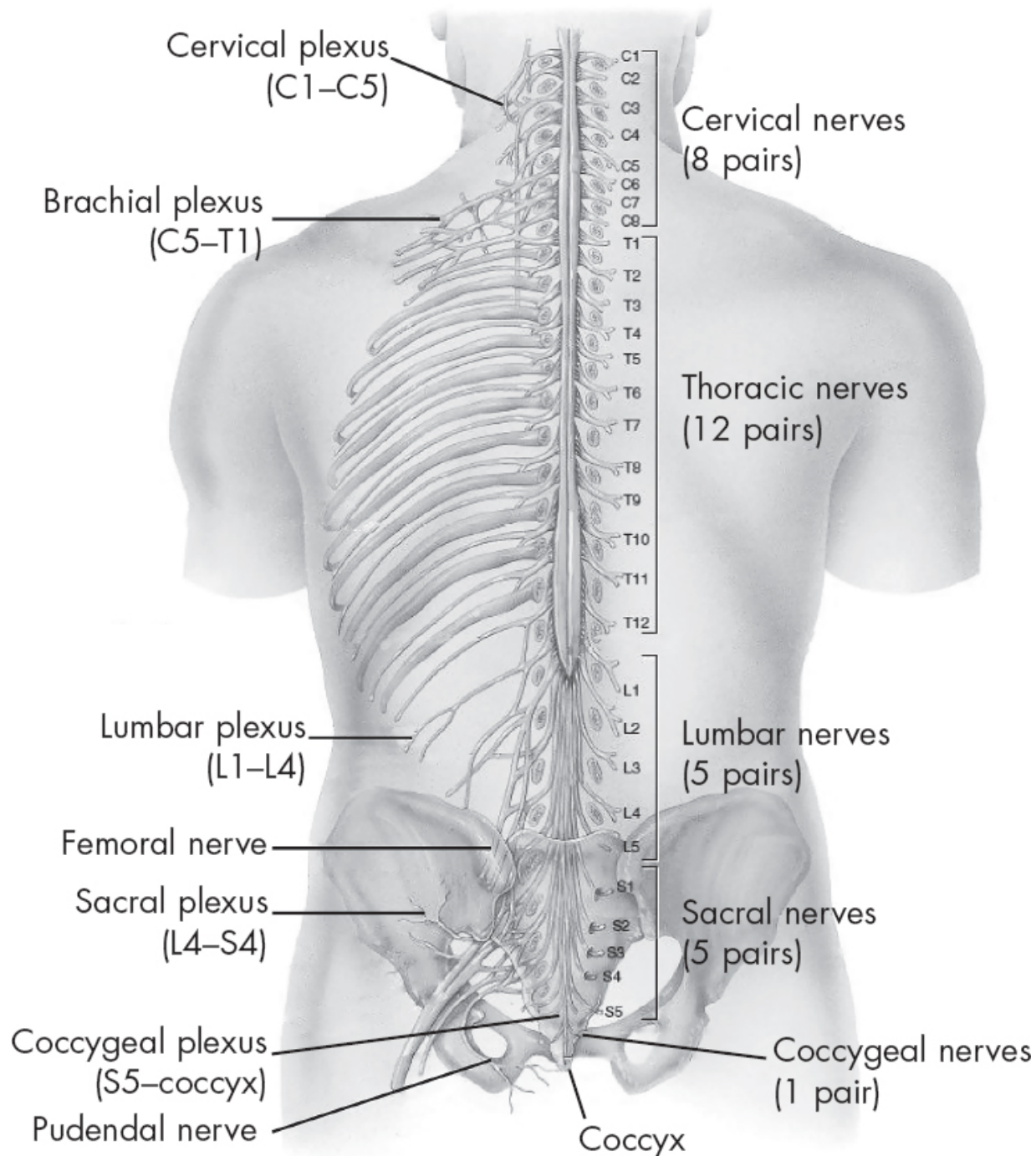


Fig. 1.20. The five major nerve plexuses of the spine

Each plexus is composed of emitting and receiving nerve fibers that facilitate communication between the three major nervous systems of the body: the central nervous system stemming from the brain; the autonomic nervous system, consisting of the sympathetic and parasympathetic nervous

systems in the spine; and the enteric nervous system located in the abdomen. Each plexus interacts with each nervous system, exchanging information between the main systems to maintain a global communications network that assures optimum vital function of the glands and organs, and the parallel cardiovascular (see fig. [1.21](#)) and immune-system functions. Each nerve plexus controls a variety of vital functions: both sensing and movements like muscle contraction, body-brain coordination and control, and reaction to sensations like heat, cold, pain, and pressure; contraction; dilation of blood vessels; stimulation; suppression of the immune system; hormone function; digestion; and memory.

The lymphatic system runs parallel to the circulatory system (see fig. [1.22](#)). Its protective fluid needs to be mobilized by movement and breathing, which pump the lymphatic ganglions to cleanse toxins from the blood and distribute lymphocytes and stem cells throughout the body for immune defense, thus regenerating all cells, tissues, and organs.

The energy meridians of Chinese medicine interact closely with the nerves, blood vessels, and lymphatic vessels, running parallel to connective tissue pathways (see fig. [1.23](#)). Energy blockages from emotional or physical stress can tangle the nerves, blood, and lymphatic vessels just as twists and tangles in these vessels can block the flow of life-force energy throughout the body. Chi Nei Tsang massage, with or without the assistance of electrical microcurrent, works to release these tangles and blockages to allow the free flow of energy and optimal functioning of all of the body systems.

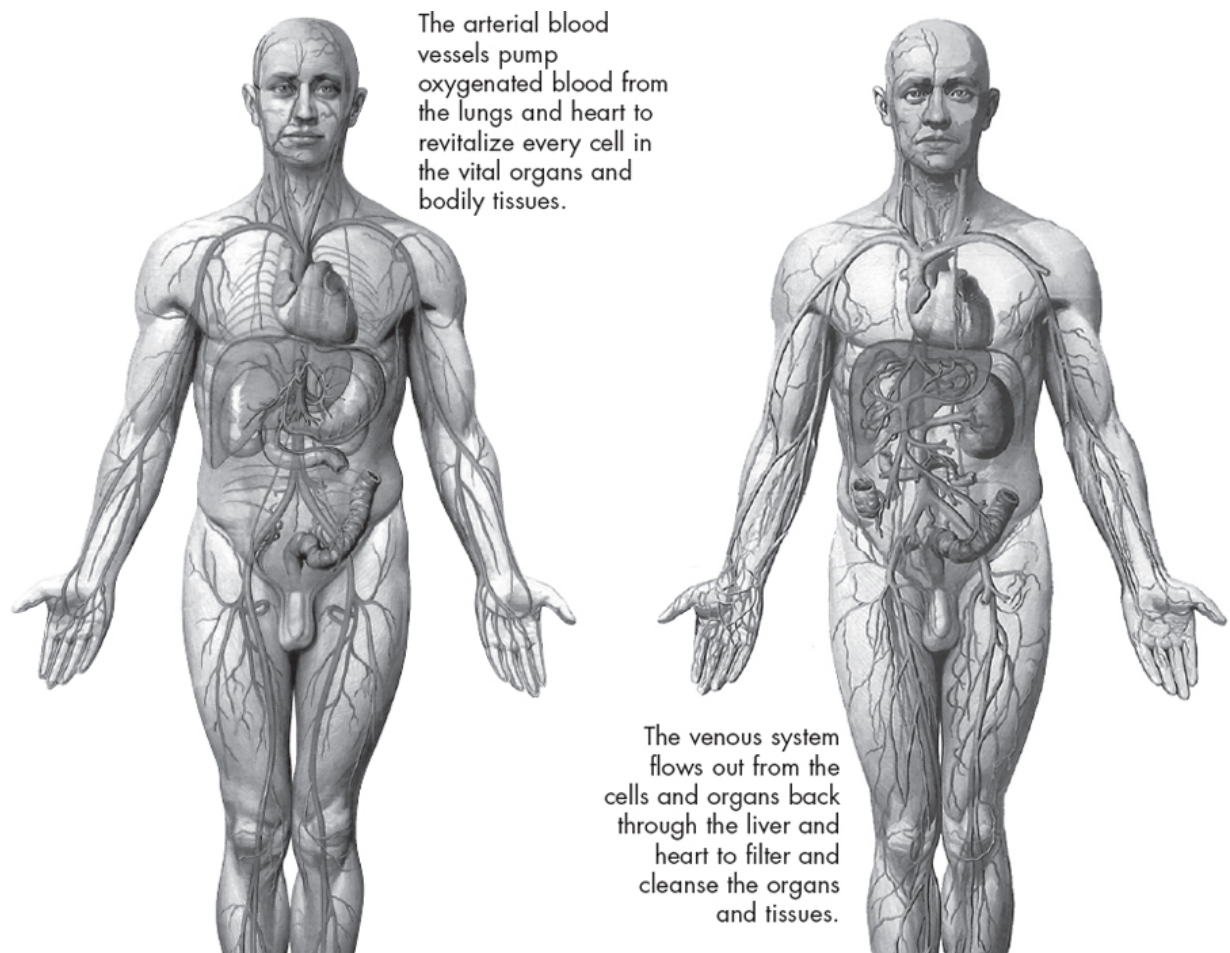


Fig. 1.21. The circulatory system

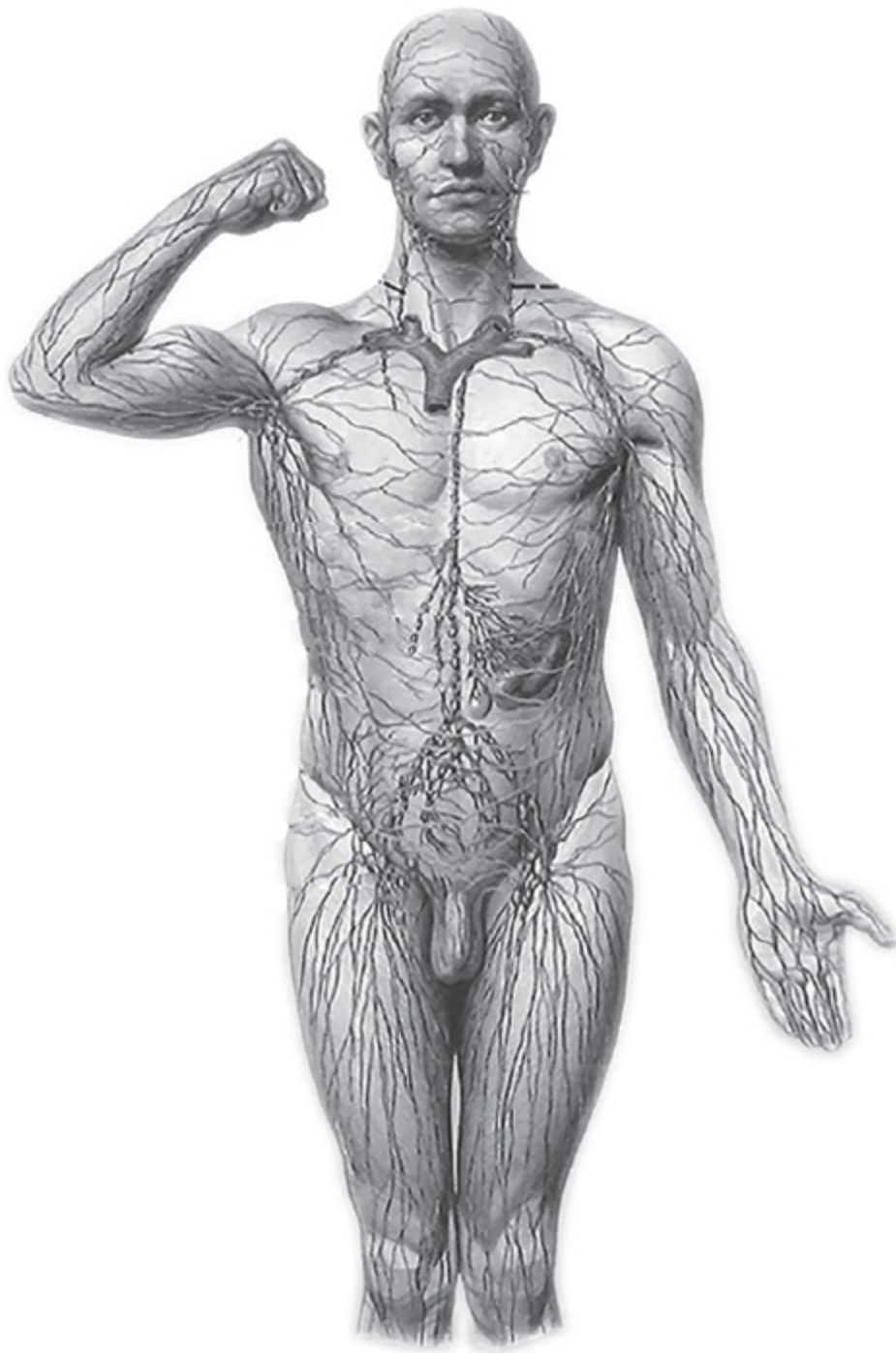


Fig. 1.22. The lymphatic system

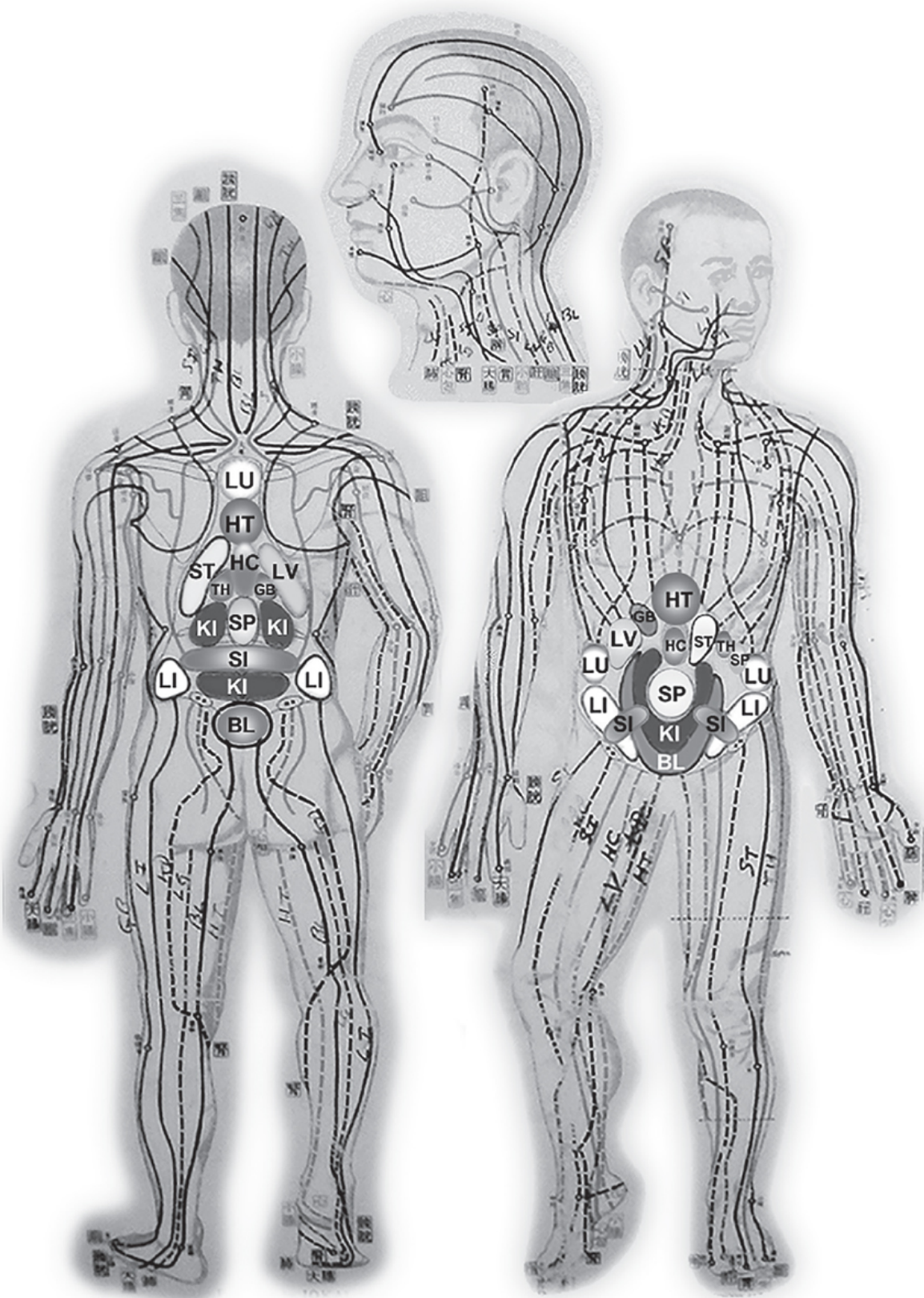


Fig. 1.23. The energy meridians of Chinese medicine interact closely with the nerves, blood vessels, and lymphatic vessels.

NEUROLOGICAL DISORDERS

Any disorder of the nervous system, whether structural, biochemical, or electrical abnormalities in the brain, spinal cord, or other nerves, can result in a wide range of symptoms and conditions, including the following:

Abdominal pain

Back pain, muscle atrophy

Carpal tunnel syndrome

Chronic fatigue syndrome

Color blindness, photophobia, taste disorders

Deafness, tinnitus

Fibromyalgia

Movement disorders

Multiple sclerosis

Muscle cramps, neck pain

Parkinson's disease, Alzheimer's disease

Sciatica, restless leg syndrome

Sleep disorders, sleep apnea

Stroke, epilepsy, headache, migraine, vertigo

Voice problems, stuttering, hoarseness

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2

Setup and Use of the Microcurrent Generator

The Chi Nei Tsang microcurrent generator has been developed exclusively by Master Chia for use solely in conjunction with training in its use at Tao Garden, Thailand, or at other locations where certified Universal Healing Tao instructors present CNT microcurrent trainings. This book is intended to inform practitioners in the technique, and as such it can be used as a training manual for the workshop. The microcurrent generator should not be used without having undergone Master Chia's training workshop. Because we are working with live electricity going through the body of both the practitioner and the client, there are certain dangers without such training.

MASTER CHIA'S MICROCURRENT GENERATOR

The microcurrent generator developed by Master Chia emits a very low amperage current just above the level of bioelectricity produced by human cells. When directed into the client's body through the massage practitioner's fingers, the microcurrent enhances the effects of a Chi Nei Tsang massage.

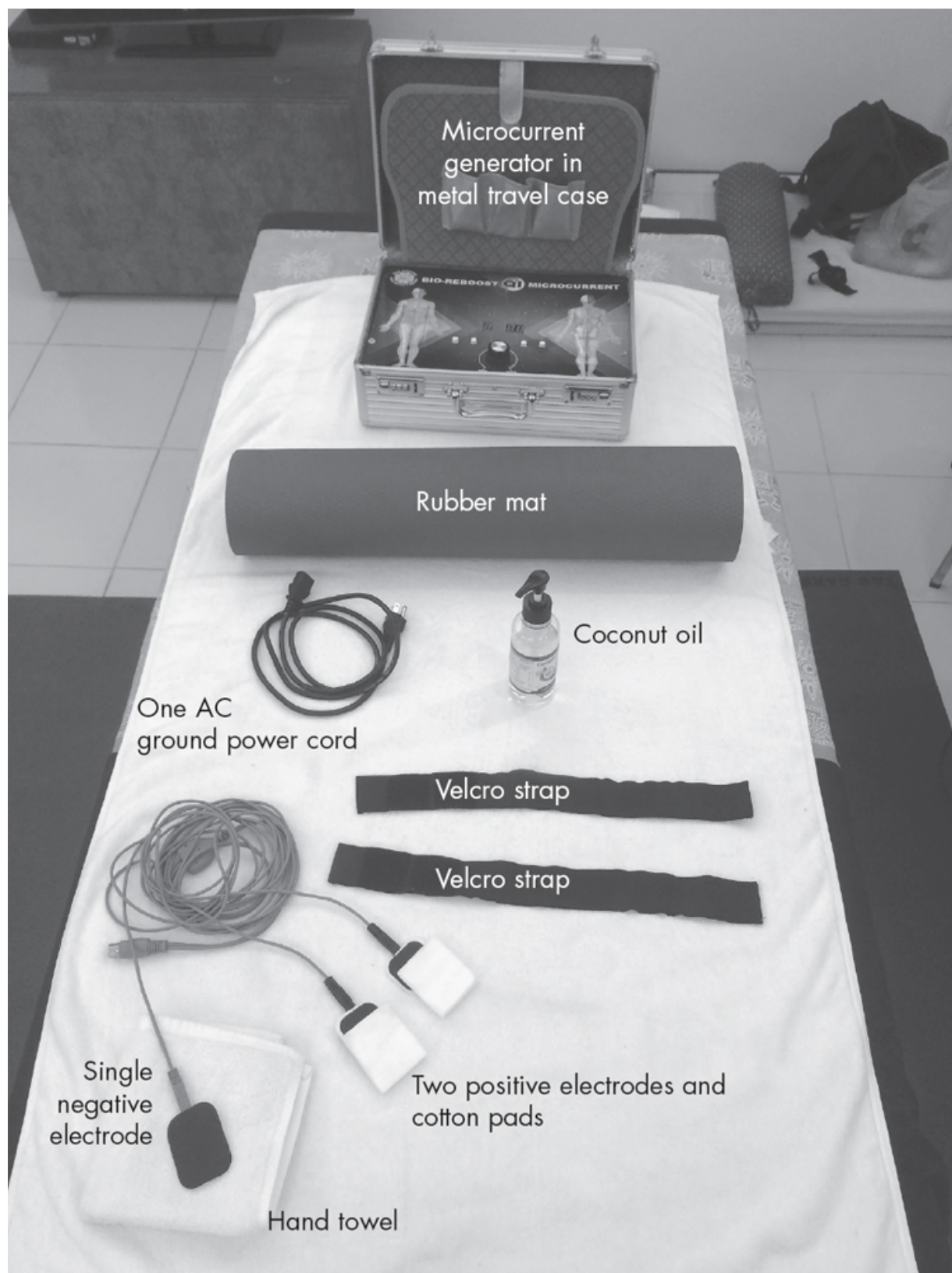


Fig. 2.1. Master Chia's microcurrent generator and generator accessories

The microcurrent generator comes packed in its own metal valise (fig. 2.1). Along with the generator come a power cord, two positive electrodes, a single negative electrode, and a pair of Velcro straps used to secure the positive electrodes to the client's feet. The practitioner will also need a moistened cotton pad for each positive electrode, a rubber mat, a moistened cotton hand towel for standing on the negative electrode, and coconut oil for conducting the massage.



Setting Up and Operating the Microcurrent Machine

When you operate the machine you will be working with three electrodes in all: One negative (–) electrode pad and a pair of positive (+) electrodes. When you treat a client you place the (–) electrode pad under your own feet and attach the pair of (+) electrodes to the feet of your client, one to each foot. As soon as you touch your client you create a circuit of microcurrent flowing through both of your bodies.



Setting Up the Positive Electrodes

When doing a complete CNT microcurrent massage, it's best to start the massage sequence with the client lying prone so you can work on the spine first. Then the client will lie faceup for the second part of the massage while you work on the front of the body.

With the receiver in the facedown position, begin by placing a moistened cotton pad between the electrode and one heel of the client; hold the electrode on the heel with one hand and wrap it tightly onto the foot with the Velcro strap. Repeat on the other foot (see fig. [2.2](#)).

If you are doing a partial massage focusing on the front of the body, you can attach the electrodes to the receiver's feet with the receiver in a supine position (see fig. [2.3](#)). In any case, whenever the receiver is lying faceup, be sure to draw the cable around the big toe to keep slack on the cable.

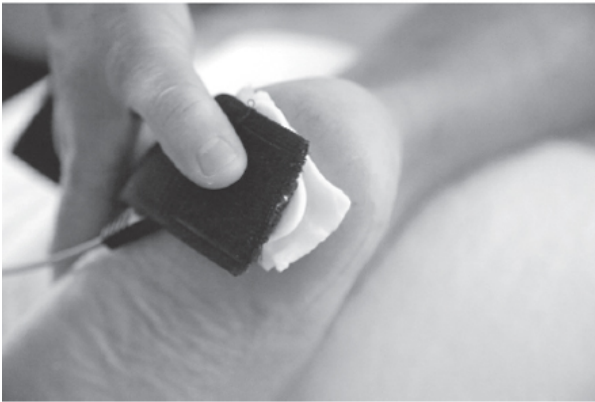


Fig. 2.2. Attaching the electrodes to both heels with the receiver in the prone position



Fig. 2.3. Attaching the electrodes to the receiver's feet in supine position

Adjusting the Current Intensity and Turning On the Machine

1. Open the generator valise and turn on the switch at the back of the generator (fig. 2.4).

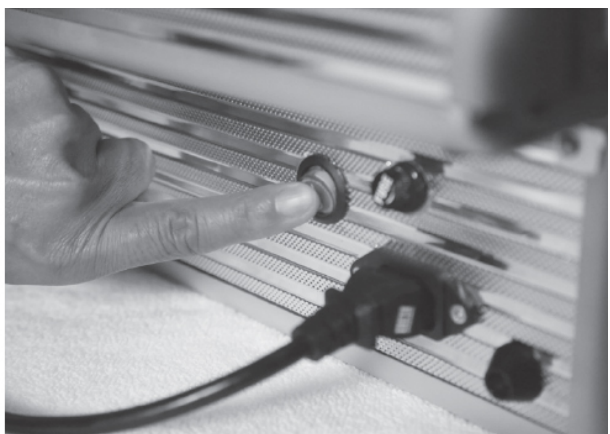


Fig. 2.4. Open the generator and turn on the switch at the back of the generator.

2. The session time is automatically set for 60 minutes (fig. 2.5).

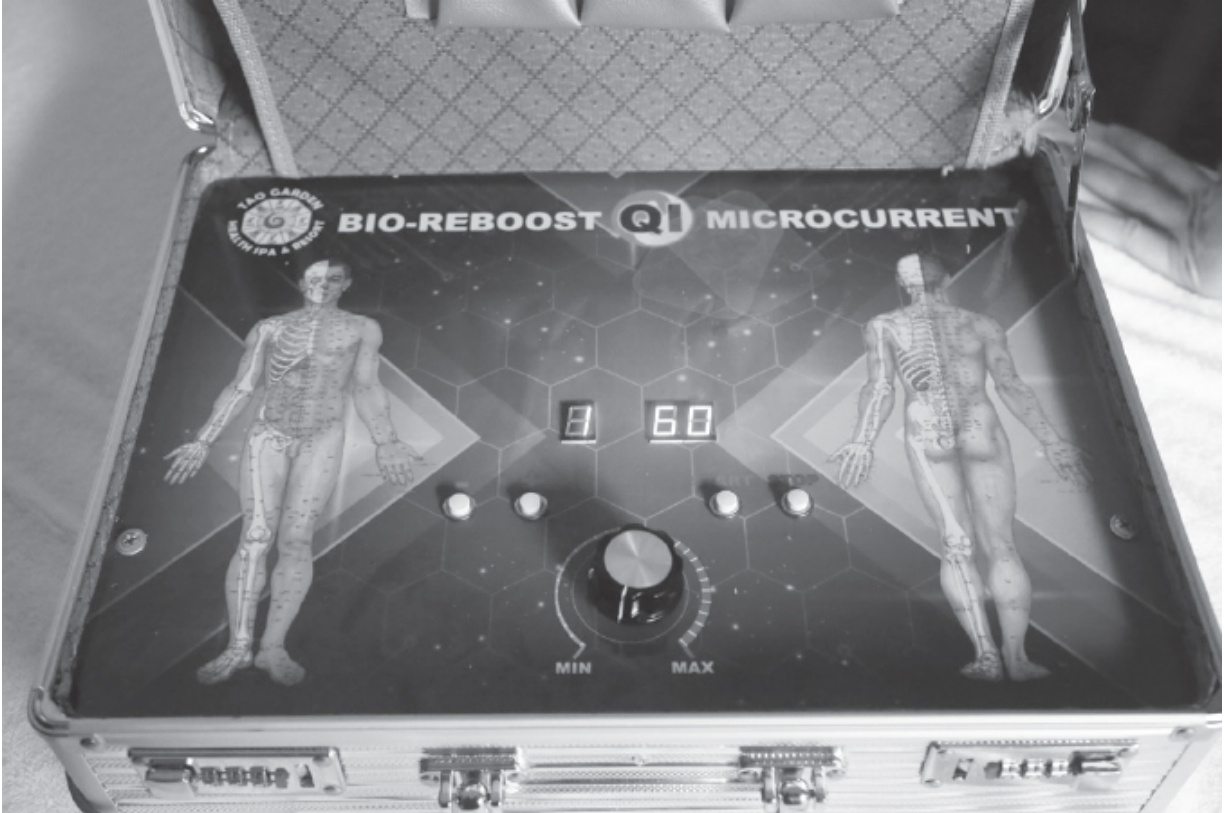
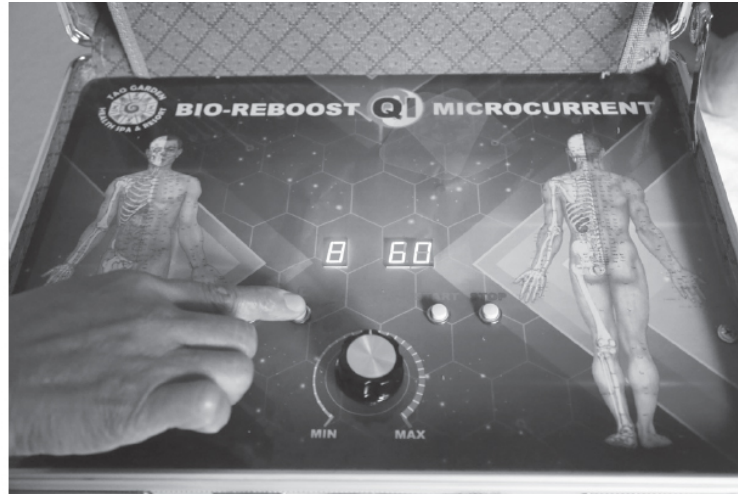


Fig. 2.5. Session is set for 60 minutes.

3. The left-hand light indicates microcurrent intensity, which can be adjusted by the plus (+) and minus (-) buttons beneath it. The practitioner can adjust the intensity from 1 to 9, going from weak to strong (fig. 2.6). Set the microcurrent intensity at 8 for general use on the body. Reduce the microcurrent intensity to 4 for use on the head, face, or other sensitive areas. The dial in the center allows for fine-tuning of the microcurrent. It is usually left in the middle position.



Set the microcurrent intensity at 8 for general use on the body.



Reduce the microcurrent intensity to 4 for work on the head, face, or other sensitive areas.

Fig. 2.6. Adjust the microcurrent intensity from 1 to 9 using the plus (+) and minus (-) buttons on the left.

4. The “start” and “stop” buttons on the right will begin and end the microcurrent flow. Press the “start” button to turn on the microcurrent. A flashing dot will indicate that the current is on when the microcurrent generator is running (fig. 2.7).

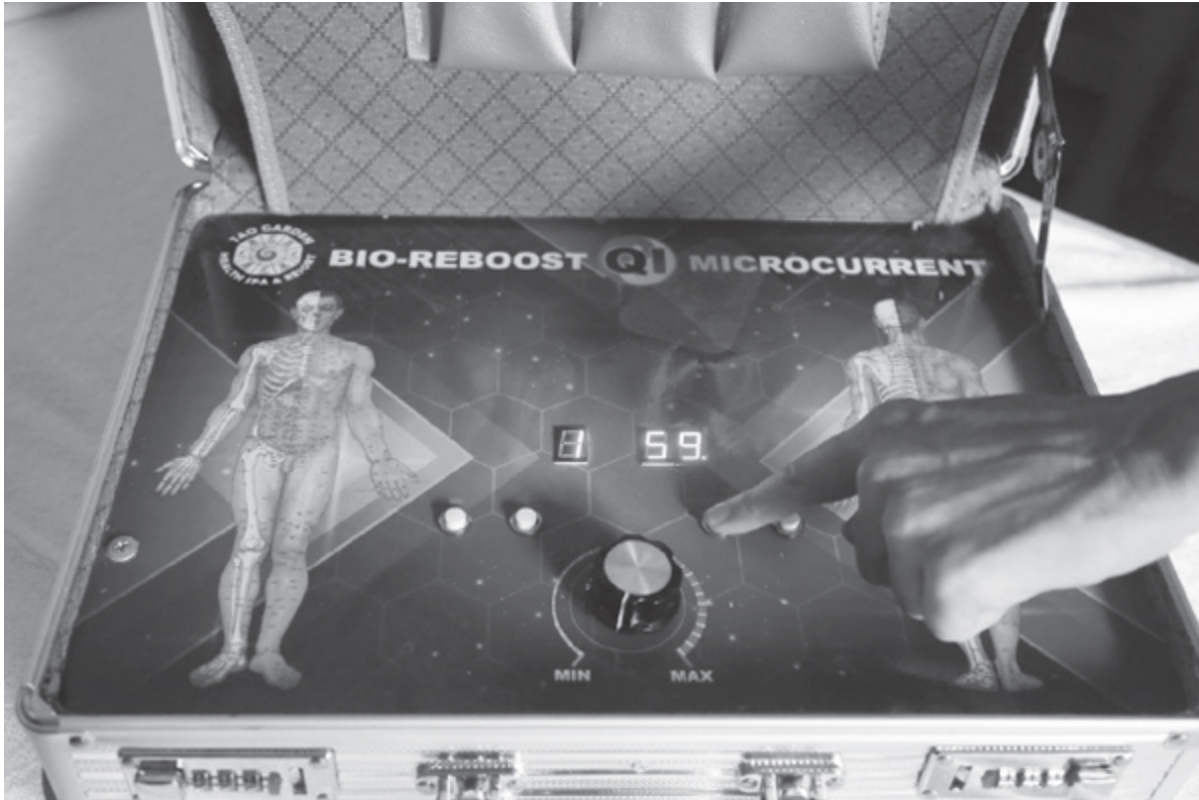


Fig. 2.7. Press the “start” button to start the current.

Setting Up the Negative Ground Electrode

1. Place a rubber mat on the floor where you will stand while conducting the massage to ground the current. Then set a wet towel on top of the mat (fig. 2.8).
2. Place the negative electrode on the wet towel (fig. 2.9).

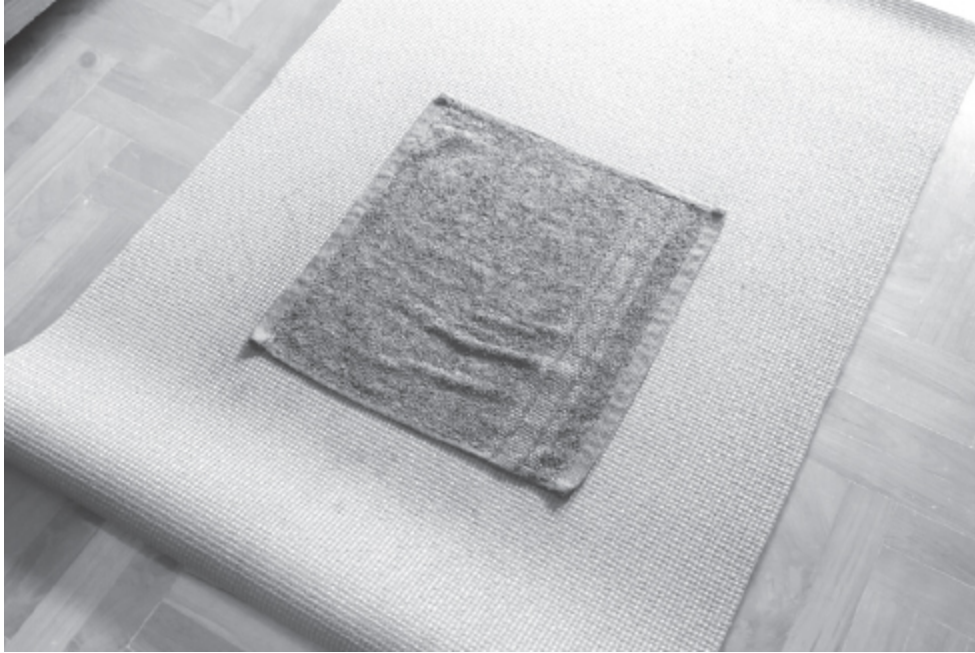


Fig. 2.8. Place a rubber mat and a wet towel on the floor.

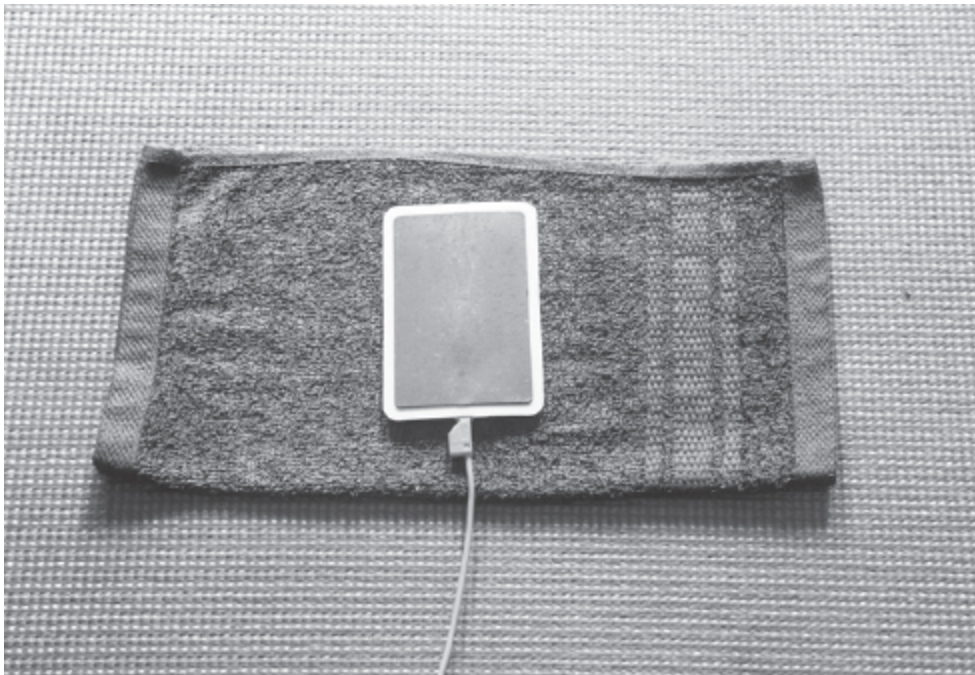


Fig. 2.9. Place the negative electrode on the wet towel.

3. Fold the ends of the wet towel around the electrode (fig. 2.10). When you stand on the electrode the wet towel will conduct the microcurrent

through your feet. Check regularly to make sure the towel is sufficiently moist to conduct the current.

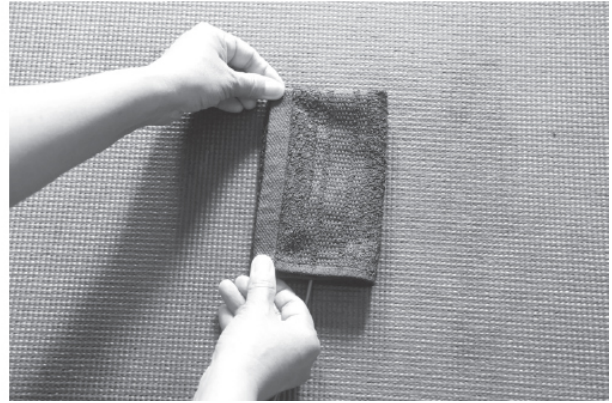
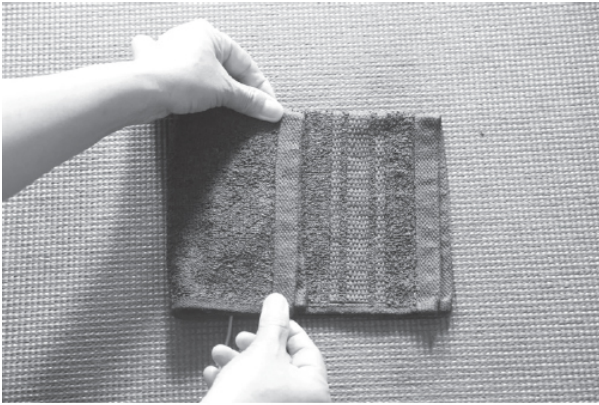


Fig. 2.10. Fold the wet towel around the ground electrode.

Train the Feet to Control the Current Intensity

You will stand on the negative electrode with one or two feet to control the intensity of the current.

0. Both heels up = 00 current
1. One heel steps lightly down on the pad = 7
2. Two heels down on the pad for maximum current = 9
3. One heel up = 7
4. Both heels up = 00

Watch the current lights and train each foot from step 0, 1, and 2 one at a time, then combine until you are totally comfortable with the movement of your feet controlling the current intensity (fig. 2.11).

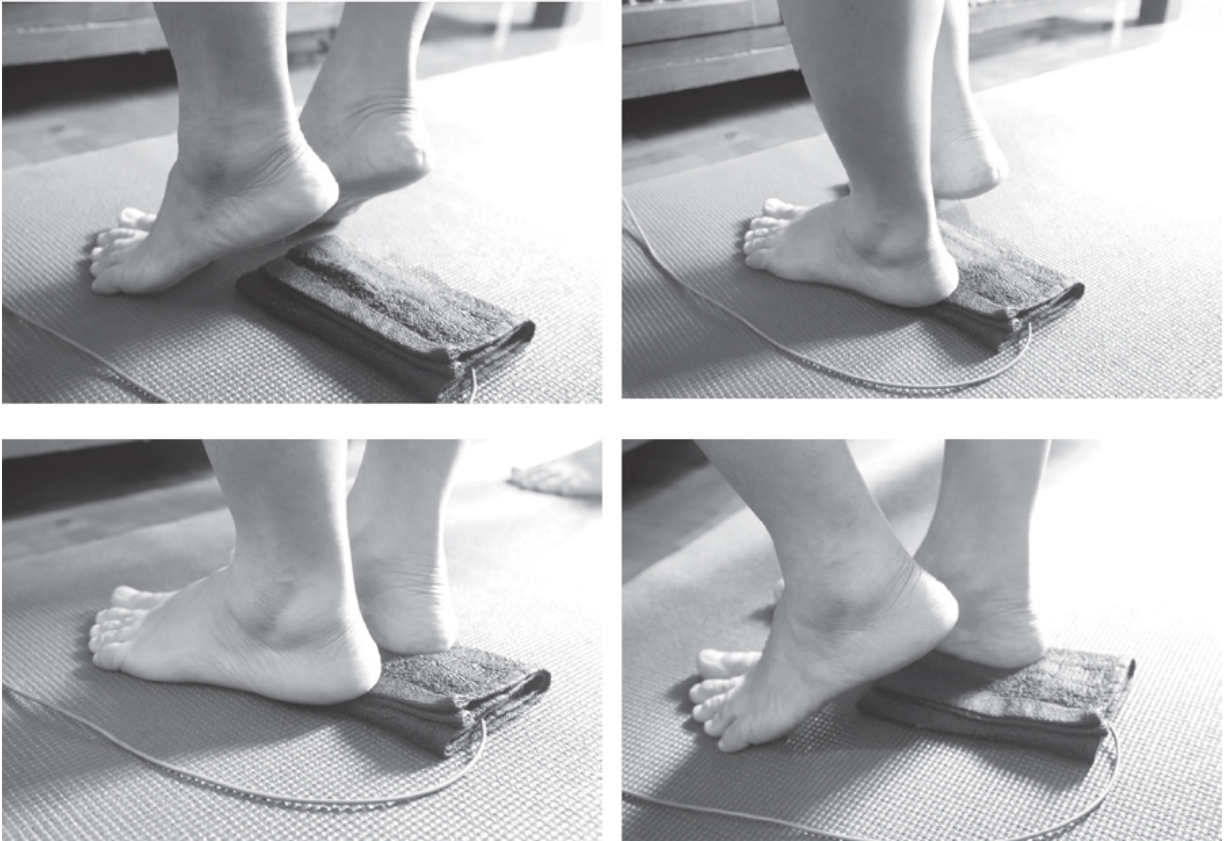


Fig. 2.11. Foot positions, clockwise: Both heels up, one heel down, then two heels down, then alternate each heel up and down

Train the Hands and Fingers to Direct the Current

Use the three middle fingers of each hand, stretched out at a vertical angle, 90 degrees from the body to avoid accidental contact, as ungrounded contact with the pinky or thumbs can induce an uncomfortable sensation of electrical shock (see fig. [2.12](#)).

Coordinate the Hands and Feet

Finally, train the feet and hands to coordinate together. Once you are comfortable with controlling the current with your feet and maintaining your hands in the right position you will be ready to combine your hands and feet to work on points on the client's body. Always start and end with the hands touching to keep the current grounded.



Fig. 2.12. Hands position: thumbs crossed and pinky fingers stretched out

Important Note: To avoid a short circuit shock, always place your hands on the client's body first before stepping down on the grounding pad with your feet. And always lift both feet off the grounding pad to stop the current before lifting your hands off the client's body.

1. First connect your hands and place them on the client to ground the current.
2. Then press one foot onto the pad.
3. Then add the second foot.
4. Maintain constant contact with your hands to keep the current grounded.
5. Lift off your feet, then lift off your hands to avoid shock. Always work in this order.

Practice this rhythm with your hands and feet, counting 1, 2, 3, 4, 5, until it becomes a habit.



General Procedure for the Microcurrent Massage

1. If treating a man, stand on his left side; if a woman, her right side.
2. Always prepare the area being worked on with massage oil to better conduct and diffuse the microcurrent.
3. Remember to always make sure you place your fingers first, and then apply the microcurrent with your feet. When you finish each area, first remove the current by lifting off your feet from the ground electrode, and only then lift your fingers off the body. This is important, as you do not want to shock yourself or your client.
4. Work slowly with precision and concentration, taking time to feel the effect of the massage and the microcurrent, observing the person's reactions.
5. Keep the client's body warm; cover exposed areas to maintain relaxation and good circulation, and to avoid "winds" entering the body.



Treatment Intensity and Time

Set up the microcurrent generator as noted above; check the signals and start out with a low current.

Body: 7–9 **Face:** 4

During the treatment, regularly check the moisture level of the towels on the negative electrode pad you are standing on and the positive electrode foot pads on your client's feet. For best results, the length of a treatment will range from 10 minutes up to 1 hour maximum per daily session.



Manual Techniques Used in Chi Nei Tsang Microcurrent Therapy

Clearing: Applying low microcurrent, glide your hands in a continuous movement to clear out blockages from the overall area that you are working on. This technique is used to prepare an area for work on specific points and lines or to harmonize the skin, nerves, and tendons after working on specific points.

Press and hold: Press both hands into a point and hold for 3 to 9 seconds, then lift your feet to suspend the current, then move your hands to the next point and repeat.

Pulsing: As you hold a point with your hands, count 1, 2, 3, etc., up to the desired length of time, as you alternate stepping and lifting one foot at a time:

1. One foot down
2. Other foot down
3. Both feet up

This rhythm creates a pulsing effect, allowing better absorption of microcurrent into the body.

Vibrating: As you press a point, vibrate your fingers gently as you release the point to diffuse the energy.

Polarizing: Move the current between your two hands, placing each hand on opposite ends of a meridian or body part to polarize the current. This brings deeper penetration into the fascia and nerves.

Note that as a general procedure during the massage all the techniques should first be done without microcurrent to manually diffuse the massage oil over the skin, prepare the tissues, and relax any tense areas.

Once the tissues are prepared, you will gradually apply microcurrent to enhance the effects of the massage and release deeper blockages in each point and meridian as needed. By penetrating into the deep tissue, microcurrent will boost the bioelectric connection between the brain and nerves in specific areas where this connection is weak or restricted, thus releasing blockages and toxins more efficiently and improving overall energy flow and body function.

3

Massaging the Spine and the Back of the Body

The spinal cord plays a vital role in linking the central nervous system and the peripheral nervous system, the latter of which consists of the somatic and autonomic nervous systems, as described in chapter 1. The spine processes fundamental communication between these three systems via its thirty-one spinal nerves that connect the brain, the organs, and the body functions. Enclosed and protected within the vertebrae of the spinal column and skull, the central nervous system is not usually accessible with manual techniques. Chi Nei Tsang microcurrent therapy combines the intelligence of the fingers and hands, as expressed through the ancient Taoist practice of Chi Nei Tsang, with the healing frequencies of modern microcurrent waves; this combination is a highly effective way to directly access the internal structures of the central nervous system. The result is increased energy production of the cells, in which each synapse is energized, reactivating the body's electromagnetic energy fields. This extra energy that feeds the major meridians in turn nourishes and regenerates the entire nervous system.

There are three main meridians that correspond to the principal nerve networks in the spine (fig. 3.1):

Line 1: Governing Vessel (central nervous system, Ming Men)

Lines 2 and 3: Inner Bladder meridian (sympathetic nervous system, Shu points, points on the sacrum)

Lines 4 and 5: Outer Bladder meridian (parasympathetic nervous system)

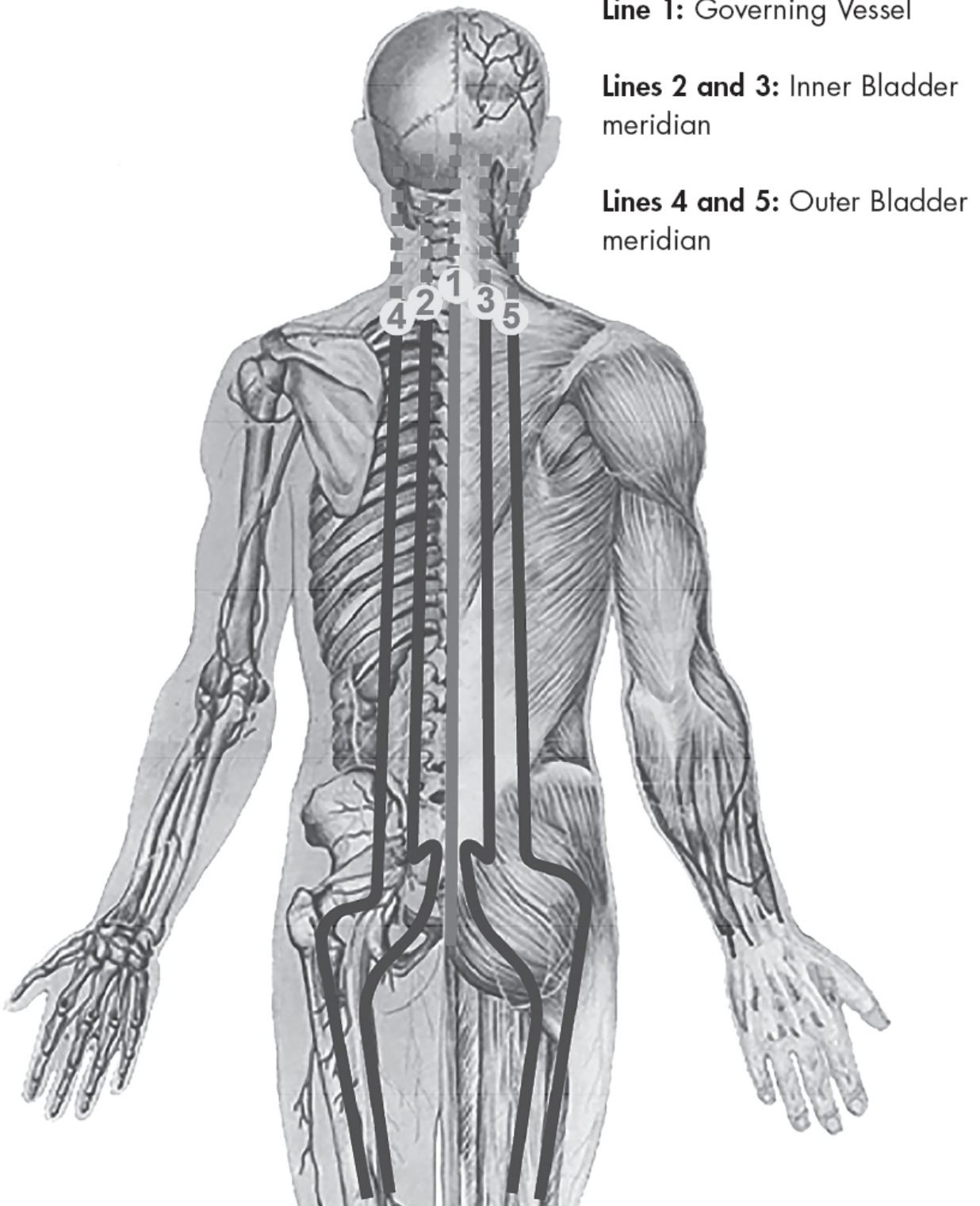


Fig. 3.1. The three meridians of the spine

In this chapter you will learn how to apply microcurrent to specific points along these three spinal meridians, thereby penetrating deeply into the three nervous systems. This results in improved function, leading to health and vitality.

This chapter reviews the following techniques:

- Checking the spine to see where microcurrent is to be applied
- Activating the five Jade Pillow points through which the vagus nerve passes, connecting the brain to the vital organs
- Treating the three meridians of the spine
- Relieving tension in the scapula and shoulder plexus
- Treating the three lines of the legs

Warning: As always, with any of the exercises that use microcurrent, follow basic procedures: always make sure to place your fingers first, and then send the microcurrent. When you finish the meridian or area you are treating, first remove the current, and then lift off your fingers so you do not create a shock.



Checking and Preparing the Spine

Before applying microcurrent, the muscles must be relaxed and the spine checked to see where microcurrent is needed. Start from the upper back at T1, between the shoulders; massage the areas around the vertebrae, muscles, and connective tissues, moving downward to loosen and relax the length of the spine. Check the alignment of the spine using the thumbs to glide down the grooves next to the spine; observe where one vertebra pushes out or is pulled in, as this indicates where CNT microcurrent will be needed to release tension around the vertebrae in the nerves and tendons. Sliding down the spine will also improve alignment and stimulate the energy meridians to restore nerve function and balance the spine and spinal cord. After this you are ready to start applying microcurrent, beginning at the base of the skull, at the Jade Pillow, to open the five lines of the spinal column.

1. Prior to applying microcurrent, begin by checking the spine. Stand at the head and glide the thumbs down the grooves along the spine, checking for the vertebrae alignment (fig. 3.2).
2. Use your body weight to gradually press into the tissues to relax the spine muscles, thus stimulating energy flow.
3. Repeat this sequence 3 to 5 times.



Fig. 3.2. Check spine alignment with your hands, gliding the thumbs along the edge of the spine.

THE JADE PILLOW AND CRANIAL NERVES

The Jade Pillow is the soft area at the base of the skull (fig. 3.3). It is an important nerve center where the brain stem and the twelve cranial nerves—principally, the vagus nerve—pass through, connecting the brain to the vital organs (fig. 3.4). Working on this area will activate communication signals and balance the brain and organ functions.

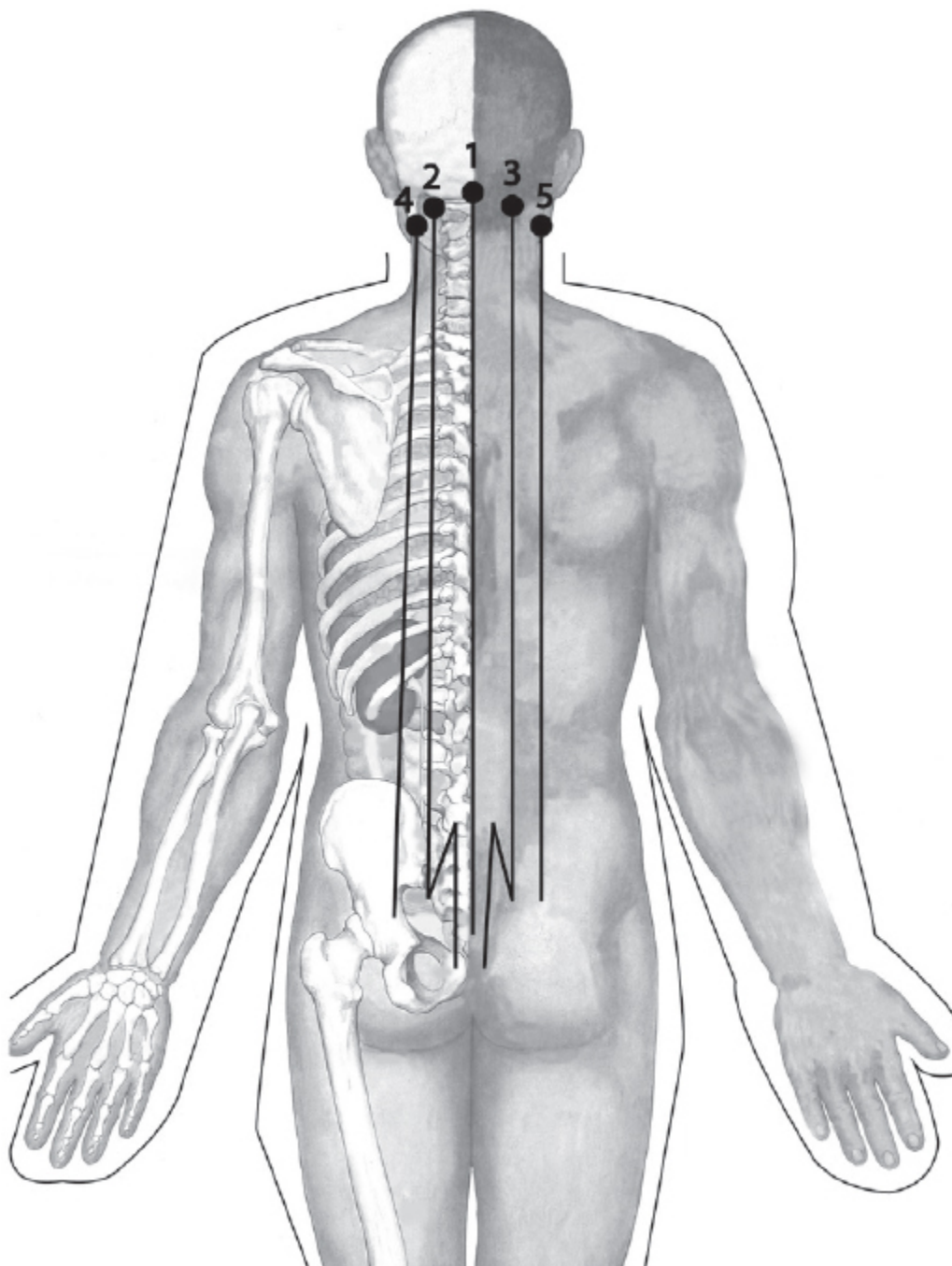


Fig. 3.3. The Jade Pillow occipital points at the base of the skull

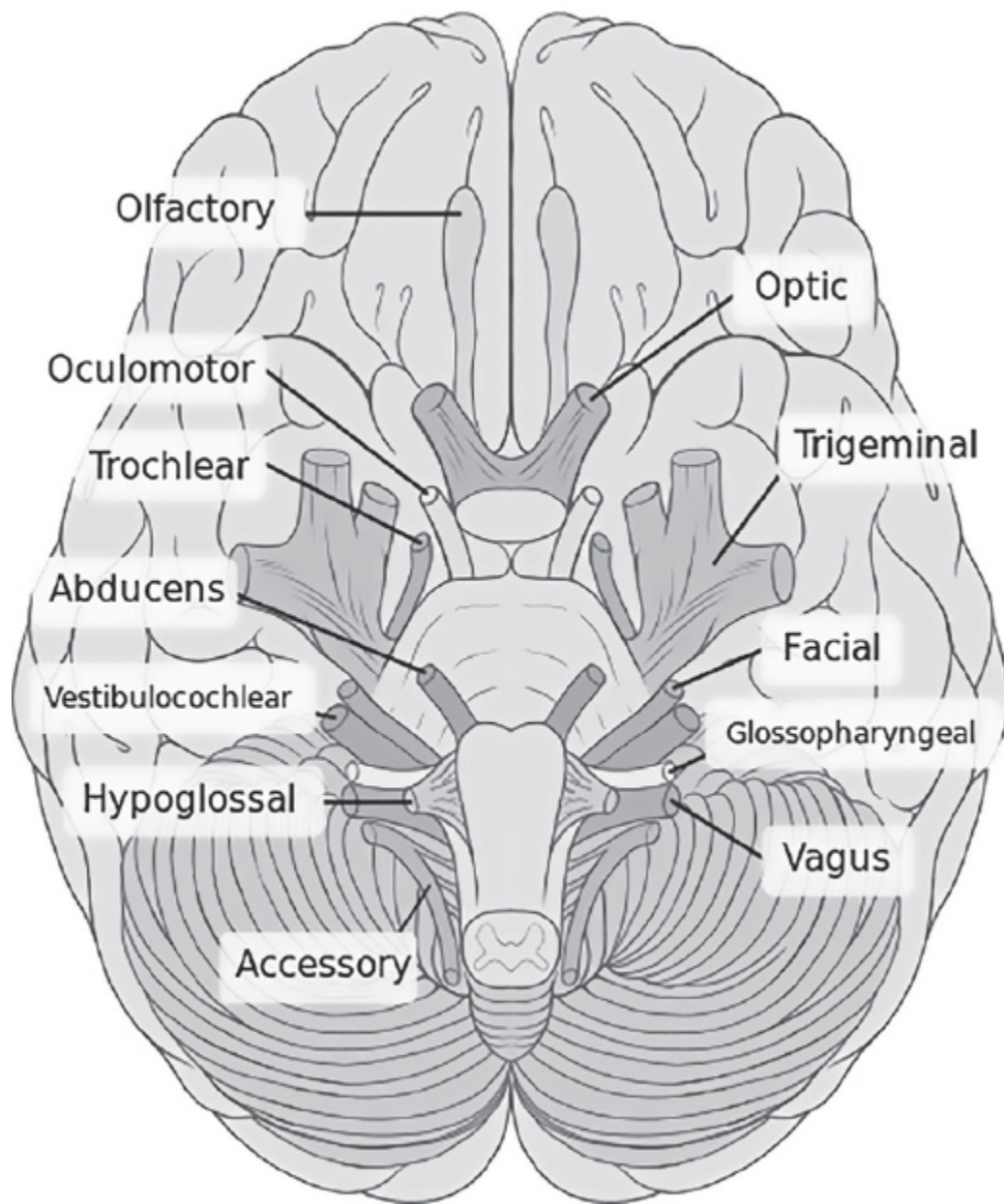


Fig. 3.4. Twelve cranial nerves stem through the base of the skull.



Massaging the Jade Pillow and Cranial Nerves

1. Place the fingers at the base of the skull and gently send current into Jade Pillow point 1, in the center hollow (figs. [3.5](#) and [3.6](#)).

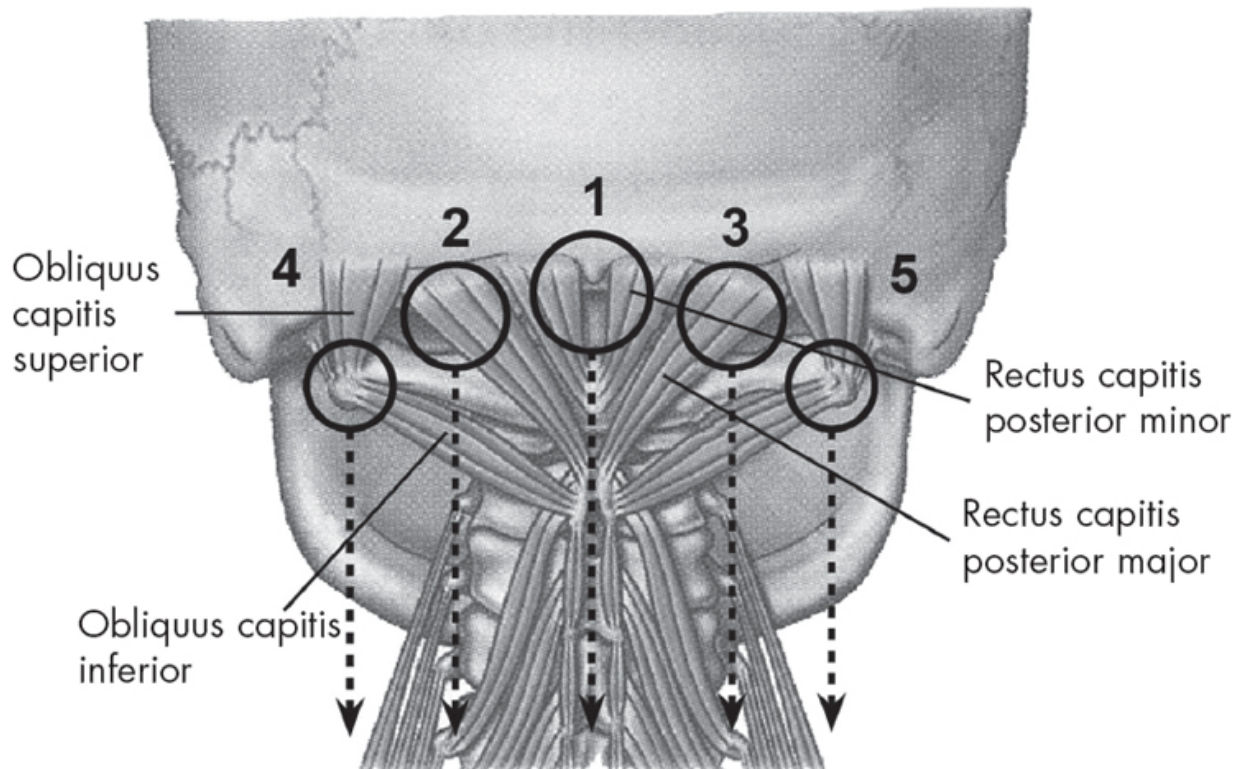
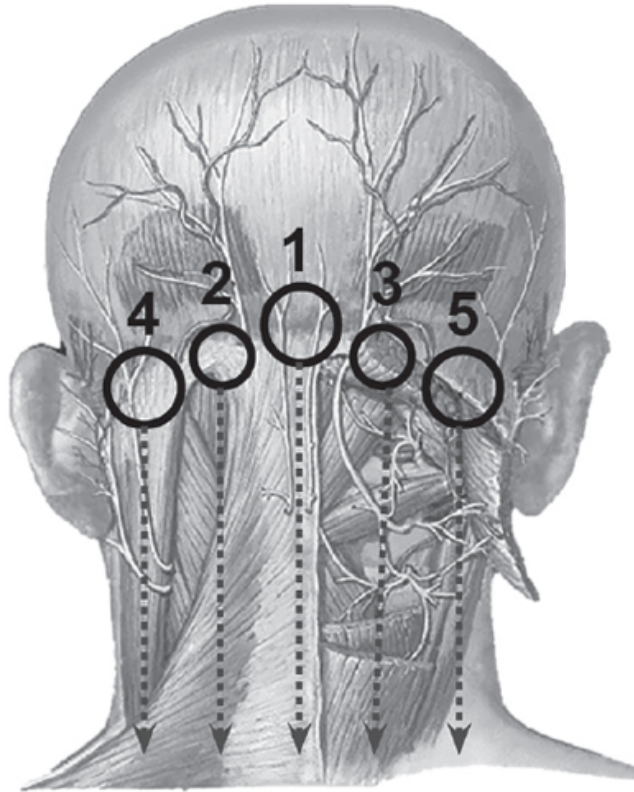


Fig. 3.5. There are five Jade Pillow parallel points: one in the center hollow of the skull base, two on either side of the extensor tendons of the neck, and two on the outer edges of the skull.

2. Then apply current and press into Jade Pillow points 2 and 3 on either side of the extensor tendons of the neck (fig. [3.7](#)).
3. Press and apply current to Jade Pillow points 4 and 5 on the outer edges of the skull (see fig. [3.8](#)).
4. Return to each of the Jade Pillow points—1, 2, 3, 4, and 5—and apply current as you glide down the neck to the shoulders (see fig. [3.9](#)).



Fig. 3.6. Jade Pillow point 1 in the center hollow at the base of the skull



Fig. 3.7. Jade Pillow points 2 and 3 on either side of the extensor tendons of the neck



Fig. 3.8. Jade Pillow points 4 and 5 on the outer edges of the skull



Fig. 3.9. Glide down from each of the Jade Pillow points along the neck and down to the shoulders.

THE THREE MERIDIANS OF THE SPINE

Each of the three branches of the nervous system—the central nervous system, the sympathetic nervous system, and the parasympathetic nervous

system—corresponds to one of the three major energy meridians that run through the spine—the Governing Vessel, the inner Bladder meridian, and the outer Bladder meridian (see fig. 3.1). These govern and control the activity of the nerve pathways, organs, tissues, and glands of the body.

Line 1, the Governing Vessel, runs directly over the center of the spine and controls the central nervous system. Line 2, the inner Bladder meridian, runs just along the spine and controls the sympathetic nervous system. Line 3, the outer Bladder meridian, runs along the outer muscles of the spine and controls the parasympathetic nervous system.

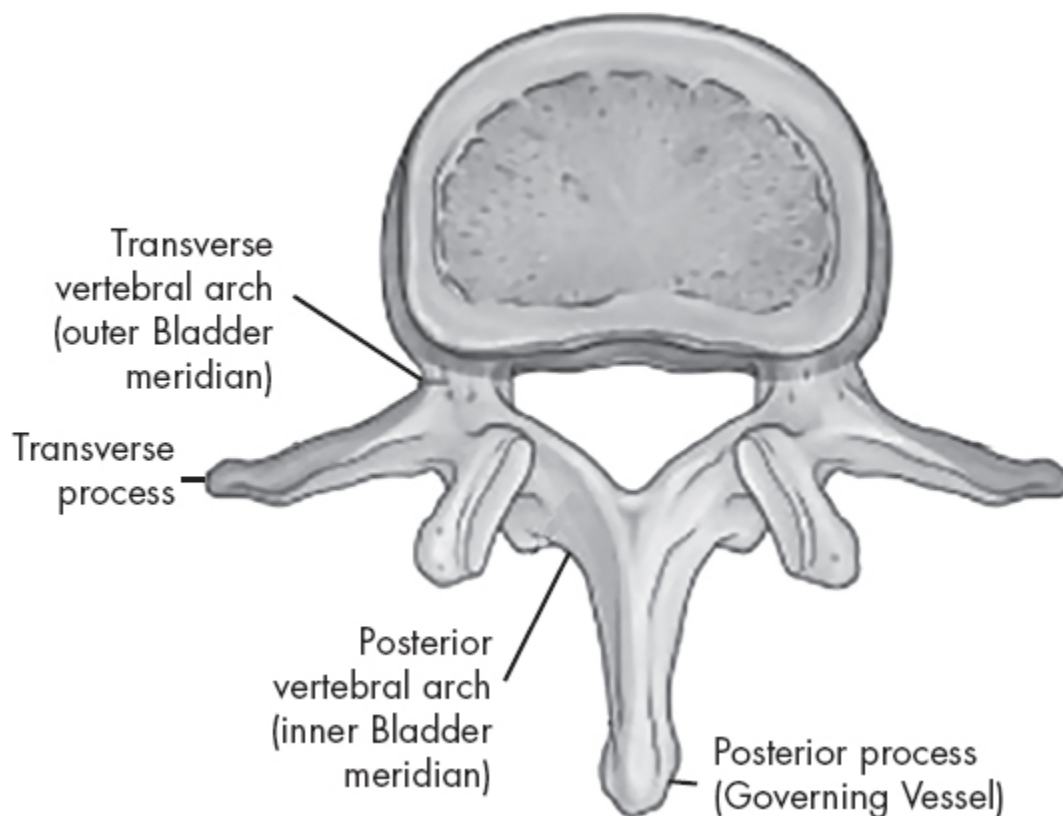


Fig. 3.10. The three meridians run through each vertebra of the spine.

Line 1: The Governing Vessel runs along the posterior process of the spine.

Line 2: The inner Bladder meridian runs in the groove of the posterior vertebral arch of the spine.

Line 3: The outer Bladder meridian runs in the groove of the transverse vertebral arch of the spine.

Taoist tradition puts great significance on releasing blockages and activating the three spinal meridians, as each line contains important energy points that trigger vital energy flow (chi) and nerve function, thereby greatly enhancing balance, health, and vitality.

Line 1: Governing Vessel—Spinal Cord and Central Nervous System

Called the “Sea of Yang,” the energy of the Governing Vessel has a dynamic, warming, stimulating effect on body functions and mental states. It starts in the reproductive organs of the uterus/prostate, passes through the anus, up the coccyx and sacrum, through the center of the spine and into the brain, and ends at the upper palate (figs. 3.11 and 3.12). It works closely with the Bladder meridian to support general nervous function, activating flow in the central nervous system and the spinal cord. A major point of the Governing Vessel is GV 4, Ming Men, the “Gate of Original Yang,” which is sparked at the moment of conception when the original prenatal energy polarizes the sperm converging with the ovum. The Ming Men and the navel center refine and blend the primal Jing energy of the kidneys and sexual organs to generate the energy of the tan tien, the vital energy center that is located in an area centered behind the navel and in front of the point between the second and third lumbar vertebrae, although occasionally it can be found as far as 1.5 inches below the navel. This is where energy is built and collected to increase vital functions and enthusiasm for life. The Ming Men’s yang fire generates the energy needed for taking action in important choices as well as supporting more yin functions that heal, balance, and ground, or increase chi.

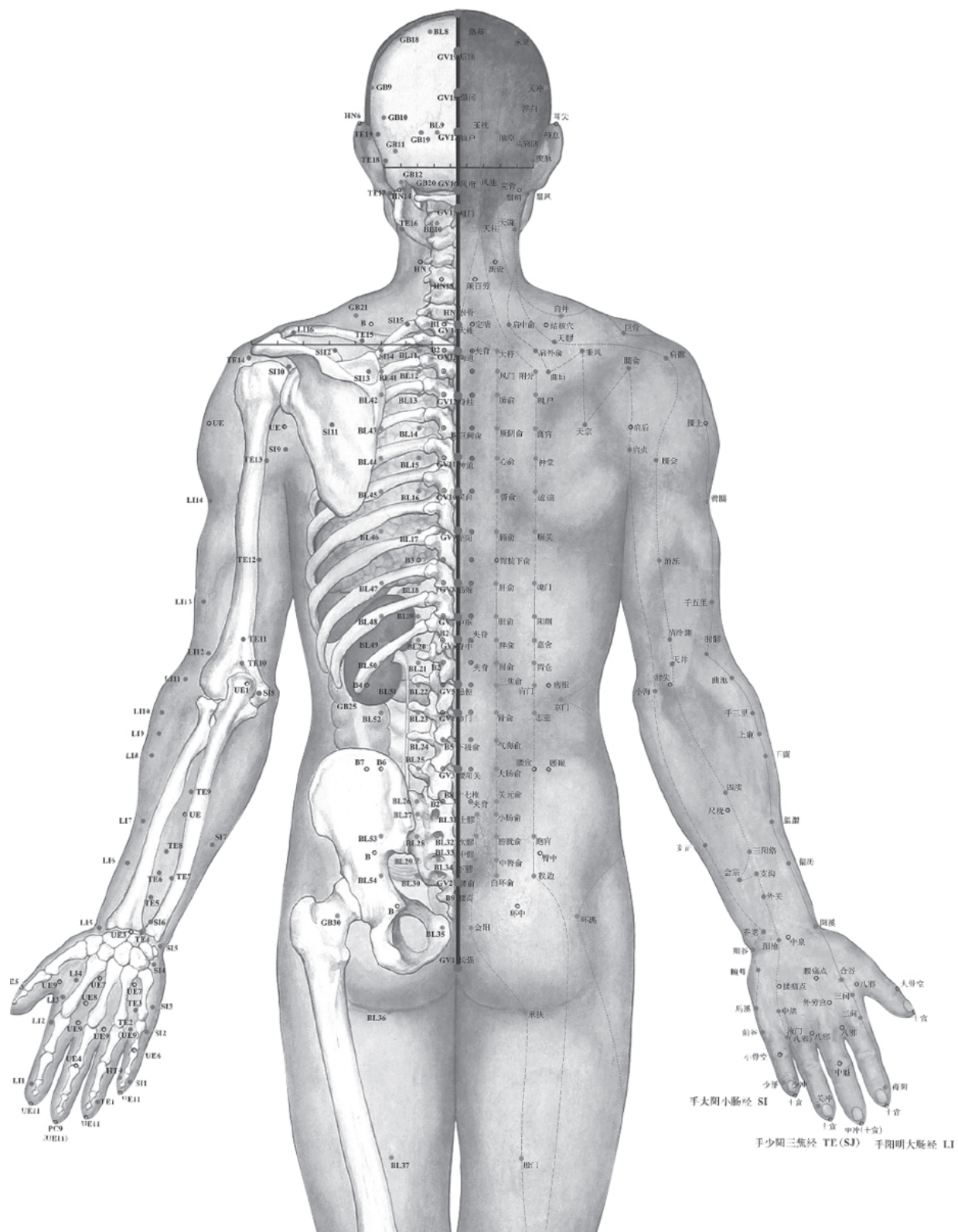


Fig. 3.11. Line 1: Governing Vessel

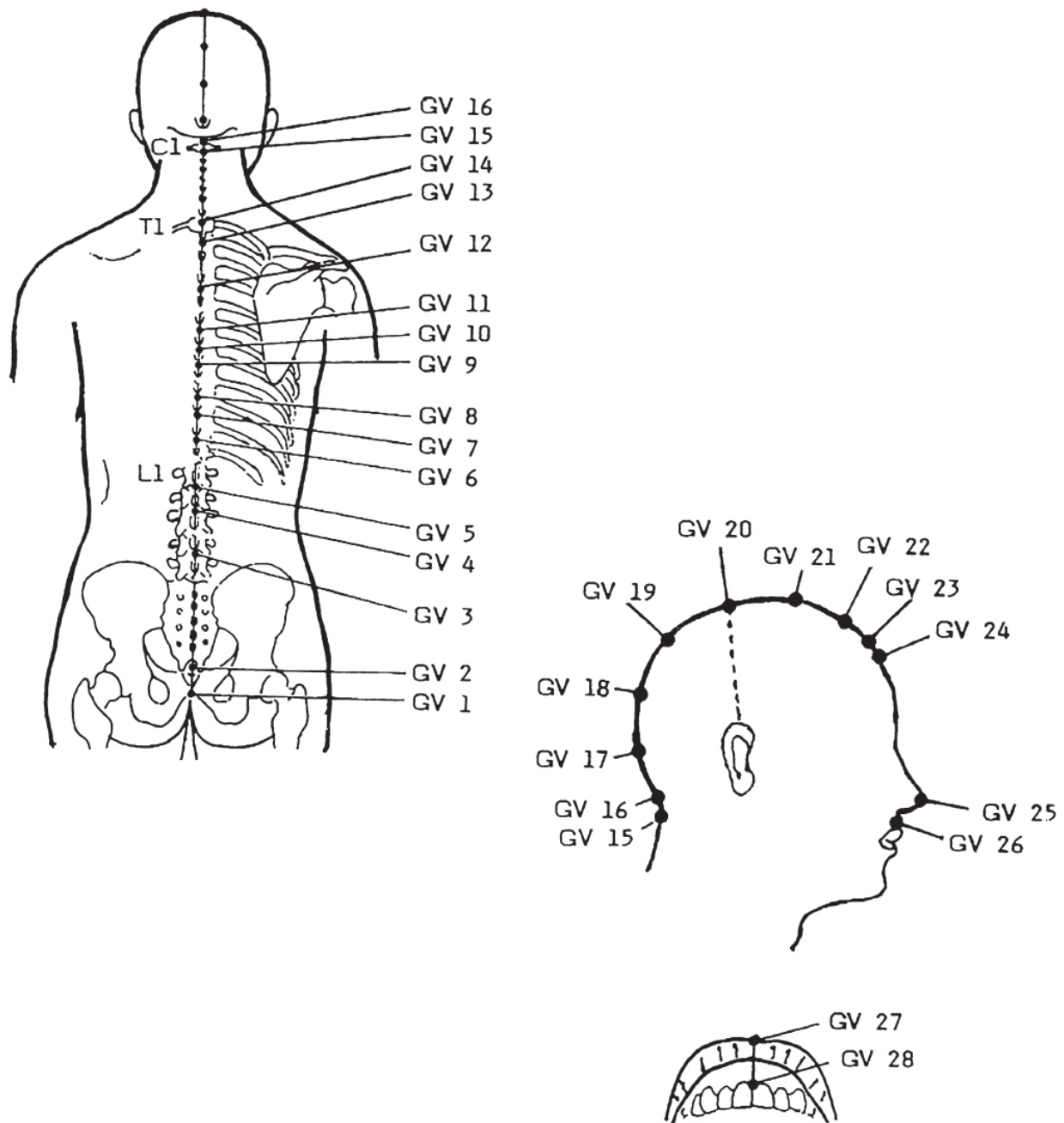


Fig. 3.12. Line 1: Governing Vessel—center of the spine

Oftentimes stress, emotions, bad food habits, overexertion, or a sedentary lifestyle will block the flow of energy in the area of the Ming Men, resulting in fatigue, weakness, digestive difficulties, and leg and knee problems. It is important to spend extra time to open flow in this area.



Massaging Line 1: Governing Vessel (Center Line)

1. Start with your fingers on the tip of T1, aligned medially along of the central ridge of the posterior process of the spine (fig. 3.13). Gently send current through your fingers.
2. Slide the fingers downward; keep feeling the tip of each vertebrae (see fig. [3.14](#)).
3. Keep your fingers aligned as they glide downward over the Ming Men point at GV 4, between L2 and L3 (see fig. [3.15](#)).
4. Spend time clearing the Ming Men area.
5. Then glide the fingers downward into the sacrum (see fig. [3.16](#)).
6. Repeat the entire sequence 3 times.



Fig. 3.13. Line 1: Align your fingers medially on T1 at the posterior tip of the vertebra.



Fig. 3.14. Line 1: Glide along the central ridge of the posterior process of the thorax, feeling each vertebra.

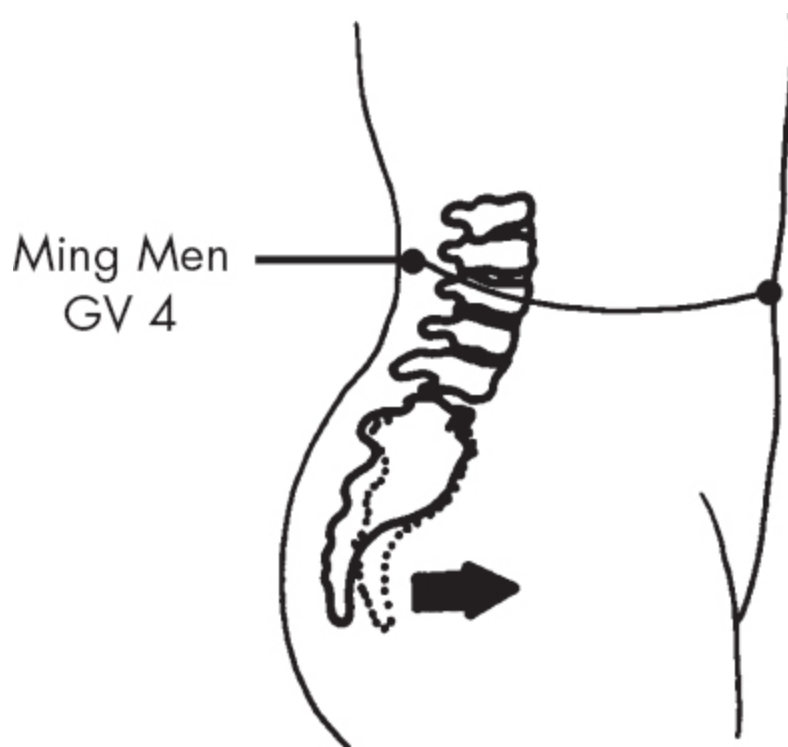


Fig. 3.15. Spend time clearing the Ming Men point at GV 4, between L2 and L3.



Fig. 3.16. Line 1: Keep your fingers aligned as they glide downward over the central ridge of the sacrum.

Lines 2 and 3: Inner Bladder Meridian— Sympathetic Nervous System

In Taoist medicine, the bladder is a yang water element known as the “Minister of the Reservoir.” It moves energy downward like a waterfall, filtering, storing, and eliminating 90 percent of vital body fluids and urinary fluids secreted by the kidneys. Its energy meridian runs along two parallel branches on each side of the spinal column, on the inner and outer edges of the spine. Lines 2 and 3 are located on the inner edge of the spine on either side; they correspond to the sympathetic nervous system, which stimulates cardiovascular circulation, heart rate, muscle tonicity, and activity (fig. 3.17).

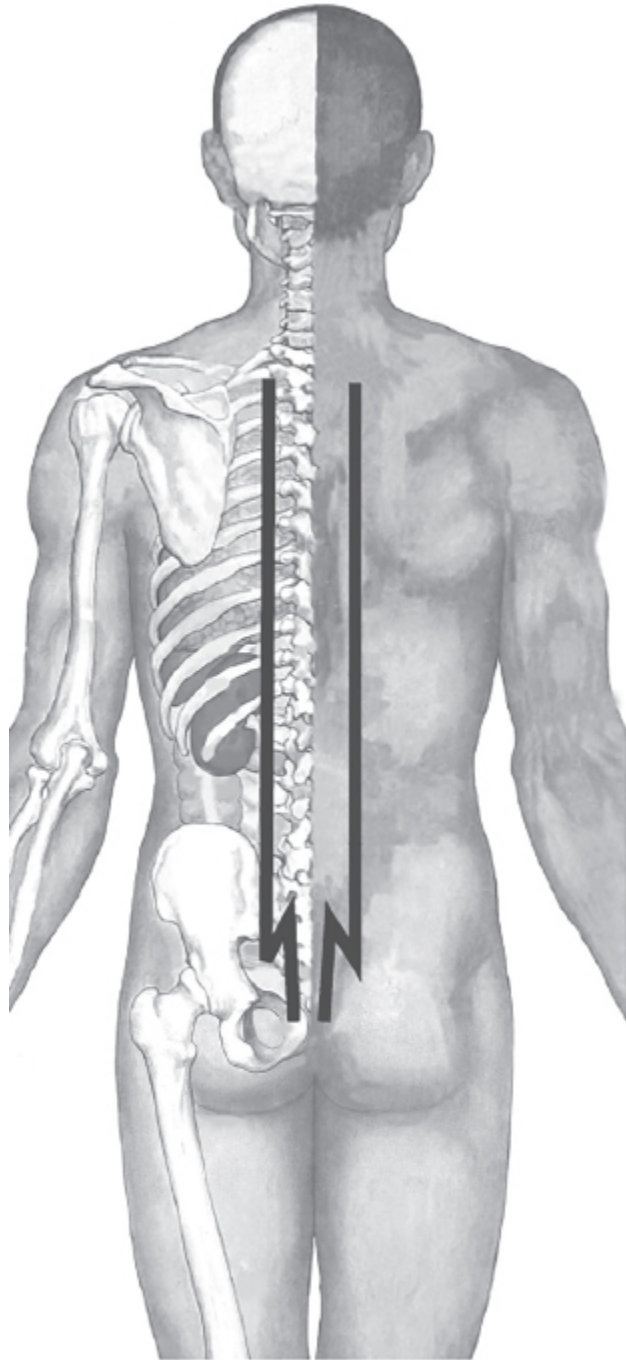


Fig. 3.17. Lines 2 and 3: the inner Bladder Meridian

Lines 2 and 3 can easily be overstimulated by mental overactivity or physical exertion, resulting in pain, tension, fatigue, or weakness along the spine and its periphery. Stimulating the flow of energy along the inner Bladder meridian relaxes the nerves by switching the autonomous nervous system over to a restorative parasympathetic mode. Taoist massage focuses

on the importance of taking time to relax tension along the spine and along the inner Bladder meridian that regulates all the body's basic vital functions; this allows for better communication between the nerves of the organs and the brain, improving overall balance and well-being.



Massaging Lines 2 and 3: Inner Bladder Meridian

1. Line 2: Start at the top of the scapula and align your fingers in the groove along the edge of the spine (fig. 3.18).



Fig. 3.18. Line 2: Start at the scapula, pressing the fingers against the edge of the spine.

2. Apply gentle current through your fingers and very slowly draw the current downward along the groove with your fingers, taking time to feel the edge of each vertebra (fig. 3.19).

3. Take extra time as you pass over the lumbar region to activate the lumbar plexus.
4. Work over the four holes of the sacrum on the left side of the body down to the coccyx (figs. 3.20, 3.21, and 3.22).
5. Repeat the sequence on line 3, on the other side of the spine.



Fig. 3.19. Line 2: Glide downward very slowly, taking time to feel each vertebra as you pass over the lumbar region.



Fig. 3.20. Line 2: Work on the four left-hand holes of the sacrum to release the sacral nerves in the pelvis and legs.

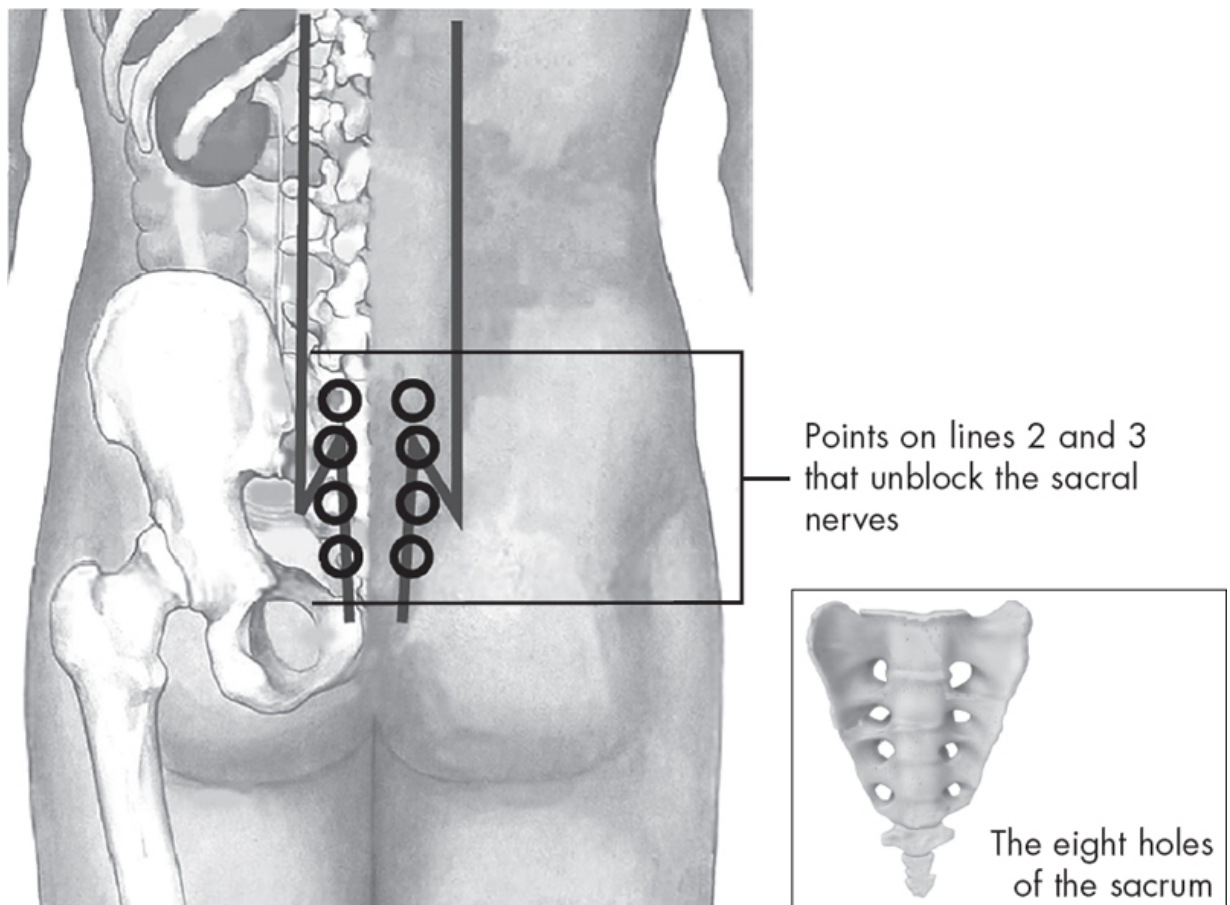


Fig. 3.21. BL 31 to BL 35: the eight points on the inner Bladder meridian that unblock the nerves in the sacrum controlling the legs and pelvic organs

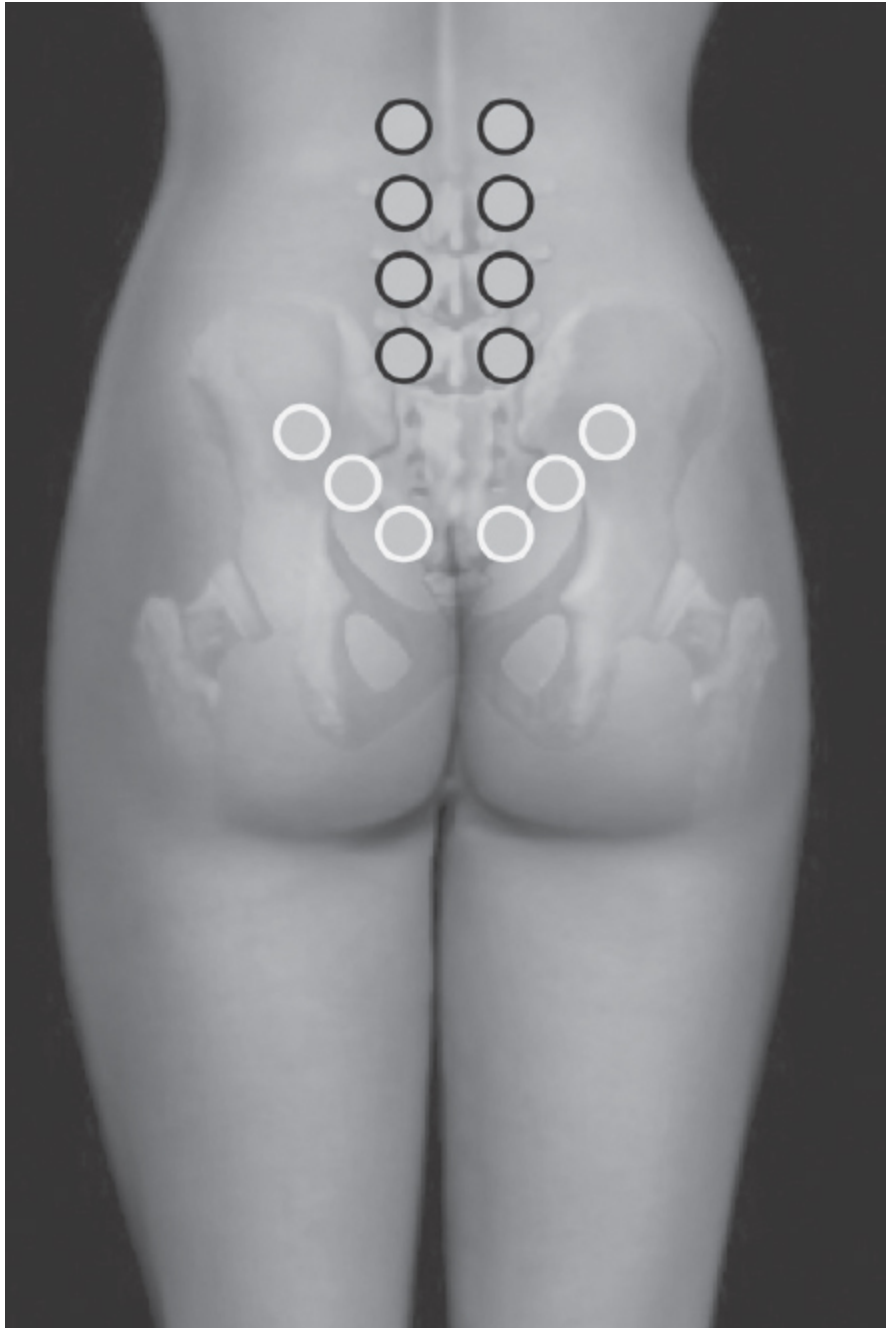


Fig. 3.22. Points for releasing the sacrum

Shu Points—Twelve Principal Channels

Shu points, or “transporting points,” are special points found on the back, along the inner Bladder meridian on lines 2 and 3. They are associated with each of the twelve organs of the body and are supplied by specific corresponding dorsal and ventral nerves coming out of the spine (see fig.

[3.23](#)). Shu points act as reflex points to effectively diagnose and treat the organs and the nerve signals they may be sending or receiving from the brain.



Working on the Shu Points

Take time to work on the Shu points as you move down lines 2 and 3, the inner Bladder meridian; this will enable you to balance the organs directly from the spine. As each organ is structurally rooted into the spine by the fascia and receives signals through its corresponding nerve plexus, working on the Shu points will effectively reach the deep nerves in order to rebalance the organs and optimize their function.

(T3) Lung, BL 13, tonifies lung energy to help relieve cough, asthma, bronchitis, sore throat, nasal congestion, shortness of breath, weak voice, itching, acne, hives, etc. Activating this point can help to balance lung-related emotions such as grief and sadness.

(T4) Pericardium, BL 14, envelopes and protects the heart from overheating, reducing palpitations, anxiety, stress, etc. Combine with PC 6 to open the chest or relieve oppression in the throat. Stimulating this point brings deeper breathing to eliminate congestion and emotions such as impatience or agitation.

(T5) Heart, BL 15, treats the blood and improves circulatory function. It nourishes and calms the spirit and is an important point for heart-related emotions such as palpitations, anxiety, insomnia, night sweats, stress, and poor memory. Useful with PC 6, HT 7, CV 14, and BL 14.

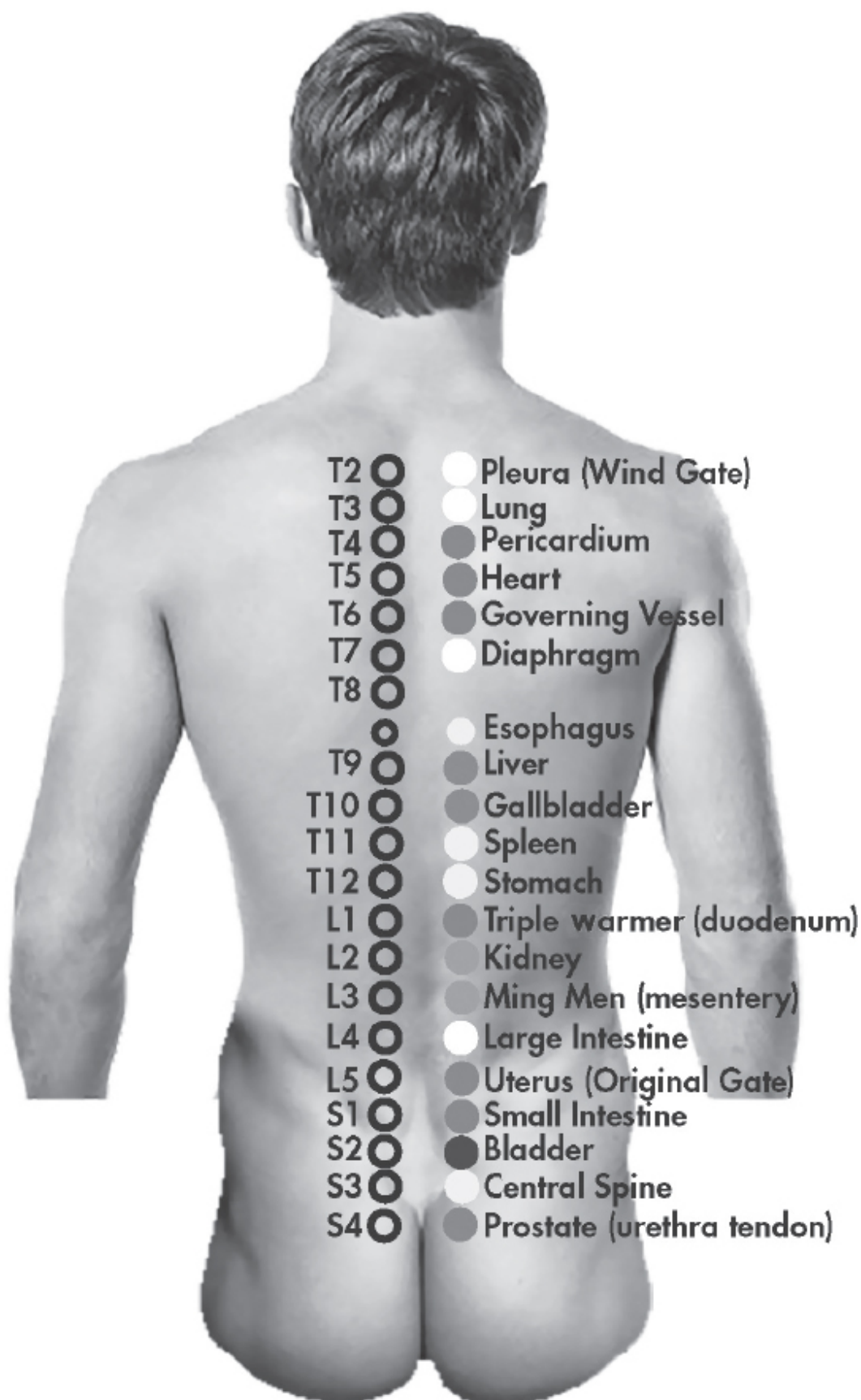


Fig. 3.23. Lines 2 and 3: Shu points of the spine

(T6) Governing Vessel, BL 16, decongests and harmonizes the chest and abdomen of epigastric and cardiac pain and distended abdomen.

(T7) Diaphragm, BL 17, harmonizes the chest and diaphragmatic breathing useful for nourishing the blood, treating menstrual problems, alleviating red, itchy skin disorders, and improving digestion.

(T9) Liver, BL 18, treats liver blood chi stagnation in the lower chest, especially related to eye pain, itching, dryness, redness, and blurred vision. It stabilizes the spirit and settles emotions such as anger, depression, irritability, frustration, and stress.

(T10) Gallbladder, BL 19, treats general nervous tension and pain. Classically combined with BL 17 as the “Four Flowers,” it tonifies the blood and treats emotions such as indecision, timidity, fear, palpitations, insomnia, and anxiety.

(T11) Spleen, BL 20, treats abdominal distension and pain, bloating, poor appetite, undigested food in the stools, chronic diarrhea, and belching, as well as blood-related conditions such as heavy menstrual bleeding, blood in the stools and/or urine, and fatigue (can be heavy, spreading through the limbs).

(T12) Stomach, BL 21, harmonizes the stomach, transforms digestive stagnation and pain in the chest. The stomach/spleen area regulates the upward rising chi and supports descending organs.

(L1) Triple warmer, BL 22, regulates internal digestive fire and thermic circulation between the upper and lower parts of the body, as well as moving the bodily fluids to relieve edema, bloating, and difficult urination.

(L2) Kidneys, BL 23, provides the root of the body’s energy; it affects the sexual organs, brain, bones, hair, teeth, and hearing. Tonification improves exhaustion, weakness, chronic fatigue, low-back pain, and ear issues like tinnitus, deafness, and chronic ear infections. It is also useful for alleviating

water metabolism issues such as edema, fluid retention in the lower abdomen, and the emotions of fear and trauma.

(L3) Chi Hai, BL 24, is used for back pain, general weakness in the lower back and knees, and hemorrhoids.

(L4) Large intestine, BL 25, treats constipation, diarrhea, colitis, irritable bowel syndrome, low-back pain, and difficult menstruation. It regulates colon function to improve digestive assimilation and immunesystem function.

(L5) Guan Yuan, BL 26, dissipates low-back pain resulting from wind invasion, and cold in the abdomen, bowels, and urinary region.

(S1) Small intestine, BL 27, treats dampness and excess heat or inflammation affecting the intestines, bladder, and sexual organs.

(S2) Bladder, BL 28, is used for damp heat or cold anywhere in the body, as manifested in difficult or frequent urination and incontinence. It is combined with SP 9 to eliminate dampness through urination and to treat diarrhea, constipation, sore back, and swollen belly.

Lines 4 and 5: Outer Bladder Meridian— Parasympathetic Nervous System

Lines 4 and 5 are located at the outer edges of the spinal muscles along the second, outer branch of the Bladder meridian (see fig. [3.1](#)), which runs from the neck along the outer muscles of the spine, deeply enters into the body at the lumbar area, spirals and wraps around the kidneys and bladder, then passes through the buttocks and down the back of the legs. This meridian corresponds to the parasympathetic nervous system, which triggers hormone secretion, digestive function, and vital organ and gland regeneration. Working on lines 4 and 5 also treats many kinds of back pain by opening blockages in the lumbar nerve plexus and sacral plexus.



Massaging Lines 4 and 5: Outer Bladder Meridian

1. Line 4: Start at the top of the scapula, align your fingers along the outer edge of the spine muscles (fig. 3.24).
2. Apply gentle current through your fingers.
3. Draw the current downward along the outer edge of the muscles very slowly, taking time to feel each vertebra (fig. 3.25).
4. Work over the lumbar area down to the sacrum (see fig. [3.26](#)).
5. Repeat this sequence on line 5 on the other side of the spine (see fig. [3.27](#)).



Fig. 3.24. Line 4: Start at the top of the scapula, fingers aligned on the outer edge of the spine muscles.



Fig. 3.25. Draw the current down slowly, feeling each vertebra.



Fig. 3.26. Line 4: Work on the lumbar plexus.



Fig. 3.27. Lines 4 and 5: Do the sequence on both the left and right sides of the spine.

THE SCAPULAE—TENSION IN THE NECK, SHOULDERS, AND ARMS

The scapulae, or shoulder blades, are the site of a major conjunction of nerves and tendons that hold deep-seated tension (fig. 3.28). Working on the scapulae will help to release deep tension in the neck, shoulders, and arms.

As you work on this region, the shoulders and arms may involuntarily jump or move as the nerves release and discharge blockages. You may need to lower the current intensity, as it is important to allow the nerves to release *gradually* before sending a stronger current through this area. Once the nerves release, you may continue to bring greater mobility to this area for optimum nerve communication and blood flow between the heart, lungs, and brain.

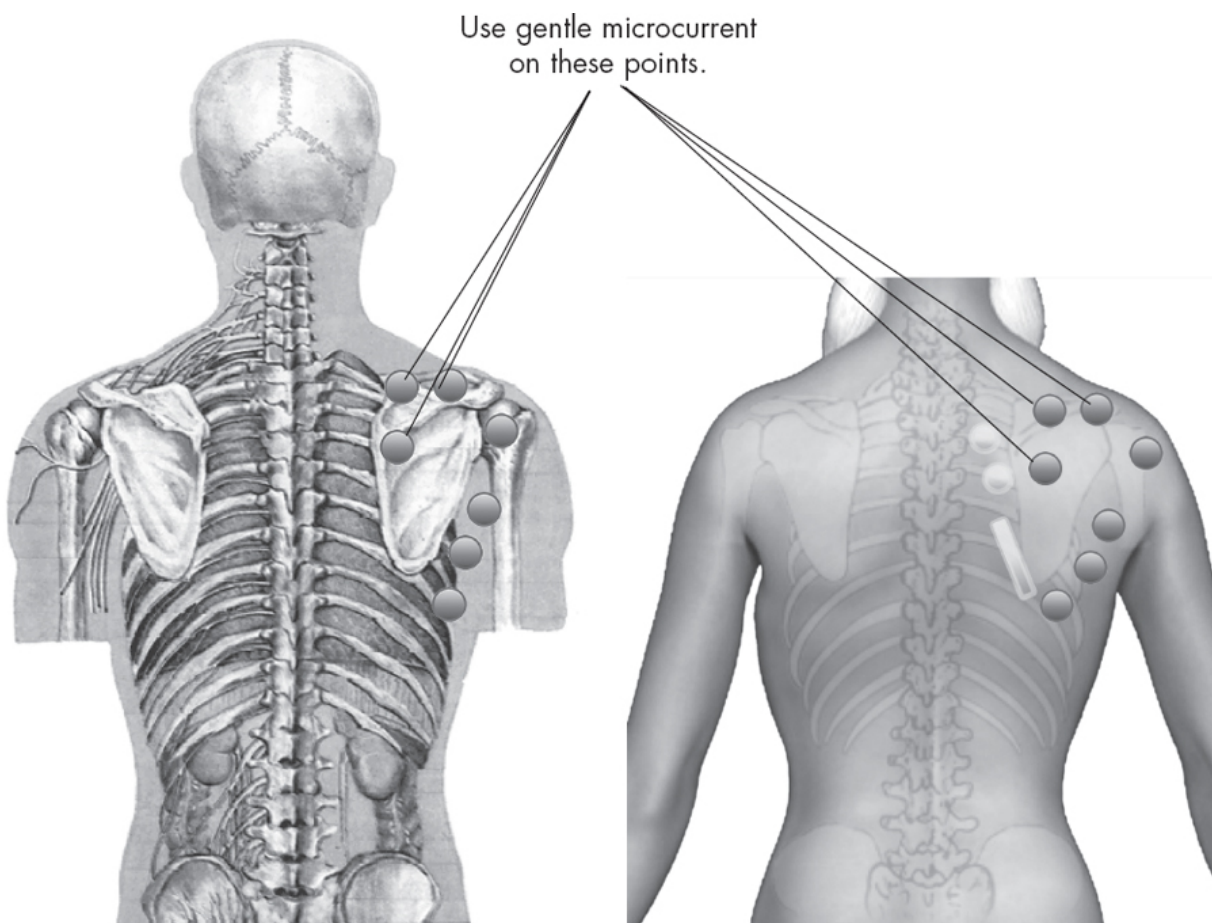


Fig. 3.28. The scapulae contain the shoulder nerves.

Massaging the Scapulae

1. Place your fingers on the inner and outer edges of the scapula; apply gentle microcurrent as you circle the fingers around the scapula and polarize it from the sides to the upper and lower edges, down and outward (fig. 3.29).



Fig. 3.29. Polarizing Technique: circle your fingers around all the edges of the scapula.

2. Work around the scapula edges, pressing in, under the bone (fig. 3.30).
3. Press and slide along the trapezius from the neck down to shoulder.
4. Then press from the center outward against the outer ridges of the scapula in four directions.
5. Repeat the sequence on the other shoulder blade.

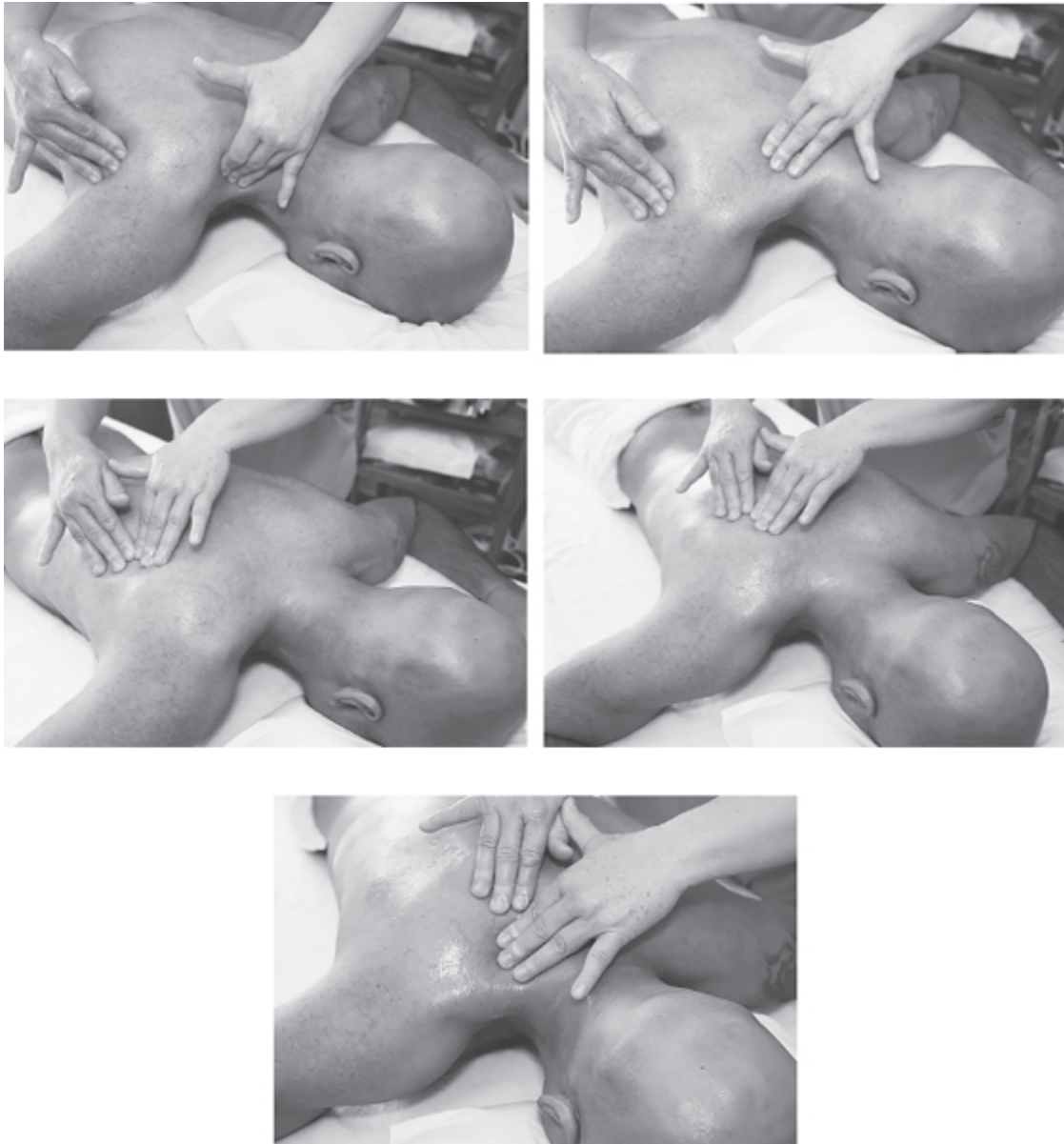


Fig. 3.30. Glide down from the shoulders and work around the scapula.

THE THREE LINES OF THE LEGS

The nerves of the legs and feet branch out from the lumbar plexus and sacral plexus and stem downward from the spinal cord in the lower back and sacrum (fig. 3.31). Line 1 runs down the center of the leg, following the Bladder meridian. Line 2 runs along the outer edge of the leg following the Gall Bladder meridian. And Line 3, on the inner side of the leg, follows the Liver, Spleen, and Kidney meridians (fig. 3.32).

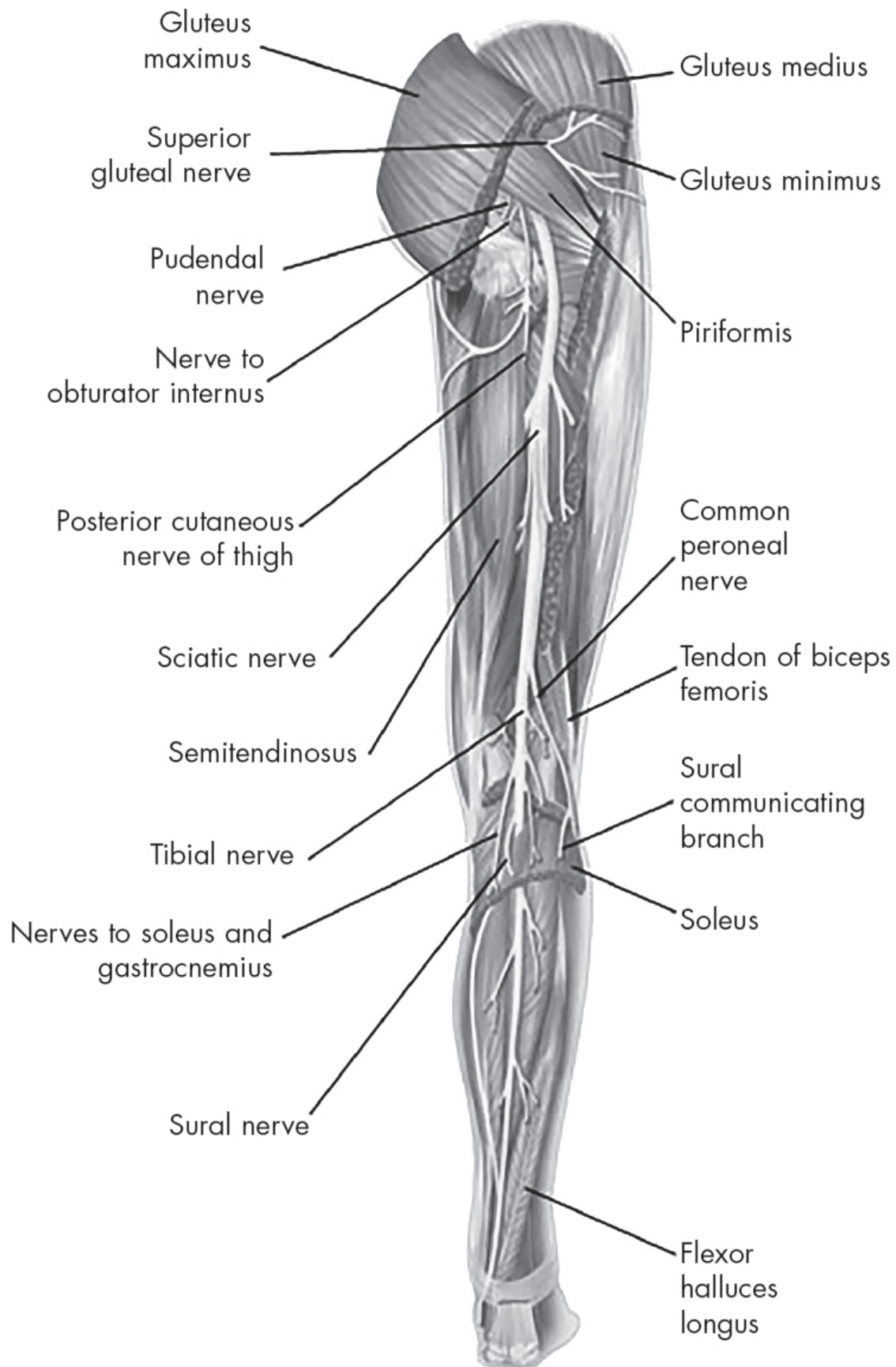


Fig. 3.31. The nerves of the back of the legs

2 1 3 3 1 2

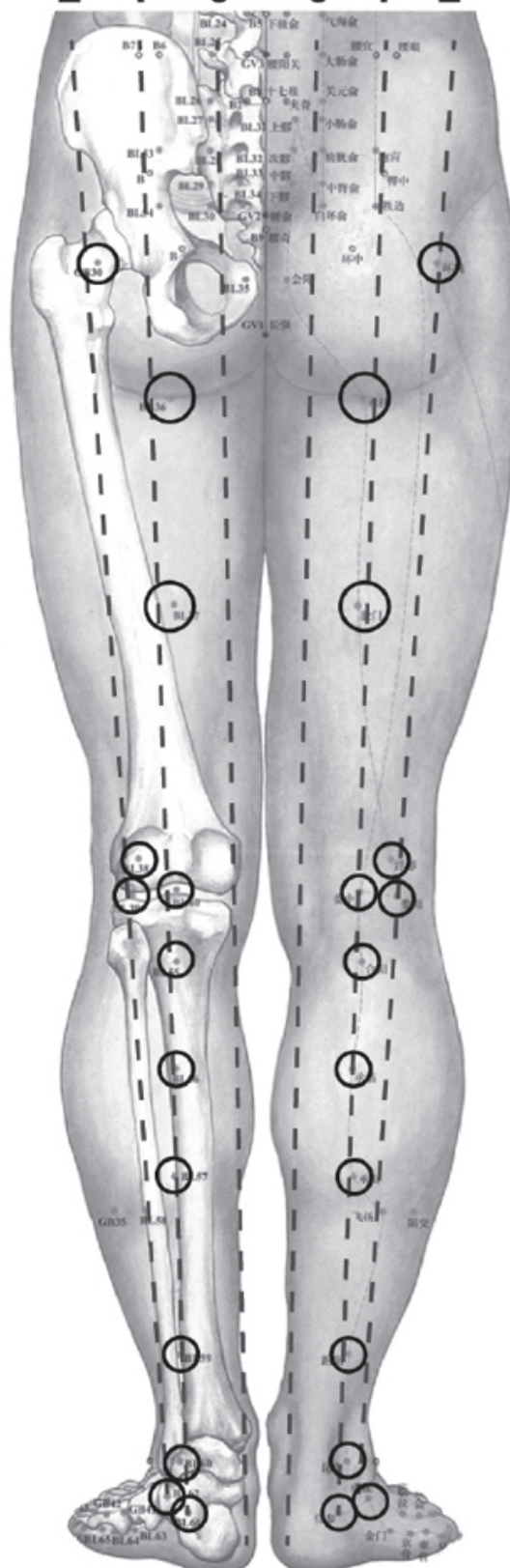


Fig. 3.32. Three lines along the backs of the legs: the middle, outer, and inner lines

These meridians play an important role in grounding the central nervous system to the earth's electromagnetic field, which can be absorbed through the neurological networks of the feet and legs into the spine and brain to regulate vital function in the body. Releasing tension in the nerves and meridians of the legs and feet enables better grounding and increases neural connections to the earth force to treat any nerve inflammation syndromes, such as sciatica, and to improve overall health. The sciatic nerve, one of the largest and longest nerves in the body, descends from the sacral plexus, through the buttocks, and into the hip joints, legs, and feet. The nerves of the legs, feet, and toes mobilize body movement and balance and closely interact with the brain and spinal cord via reflex nerve signals triggered by stretch receptors located in the leg joints, ligaments, tendons, and muscles. Sensory and plantar nerves at the bottom of the foot control the many small muscles of the feet and toes that continually adapt posture to integrate information about the angles and position of joints, the length and tension of muscles, and movement speed, allowing us to maintain alignment and balance.



Working along the Three Lines of the Legs

1. Start by clearing one leg at a time, pressing your palms along the whole leg 3 times from the buttock down to the foot (fig. 3.33).



Fig. 3.33. To clear the legs, press gently and slide down the leg with the palms.

2. Line 1: Place the fingers under the buttock on the upper leg, gently apply microcurrent, and glide down the center line of the leg (fig. 3.34).



Fig. 3.34. Line 1: Press the fingers at the points along the central line of the leg.

3. Line 2: Place the fingers on the outer leg, gently apply microcurrent, and glide down the outer line of the leg (fig. 3.35).



Fig. 3.35. Line 2: The outer line of the leg

4. Line 3: Place the fingers on the inner leg, gently apply microcurrent, and glide down the inner line of the leg (fig. 3.36).



Fig. 3.36. Line 3: The inner line of the leg

5. The three points of the knee: Press and apply microcurrent into the knee joint to chase the winds out of the middle, outer, and inner points (fig. 3.37).



Fig. 3.37. Press into the knee joint and chase winds out of the three points—the middle point, outer point, and inner point.

6. Apply microcurrent along the calf muscles, which are called the “Little Heart” in traditional Chinese medicine because they are the major pumps that get the blood and lymph up the legs and back to the heart (fig. 3.38).



Fig. 3.38. Press your fingers along the three lines of the calf's "Little Heart"—the middle line, outer line, and inner line.

7. Press the fingers on the inner and outer malleolus (the expanded lower end of the fibula situated on the lateral side of the leg at the ankle) with each hand and apply microcurrent to release the wind at the ankle joint (fig. 3.39).



Fig. 3.39. To release the wind at the ankle joint, hold the inner and outer malleolus with each hand.

8. Press and apply microcurrent into the Yung Chuan (KD 1) point at the sole of each foot (fig. 3.40).

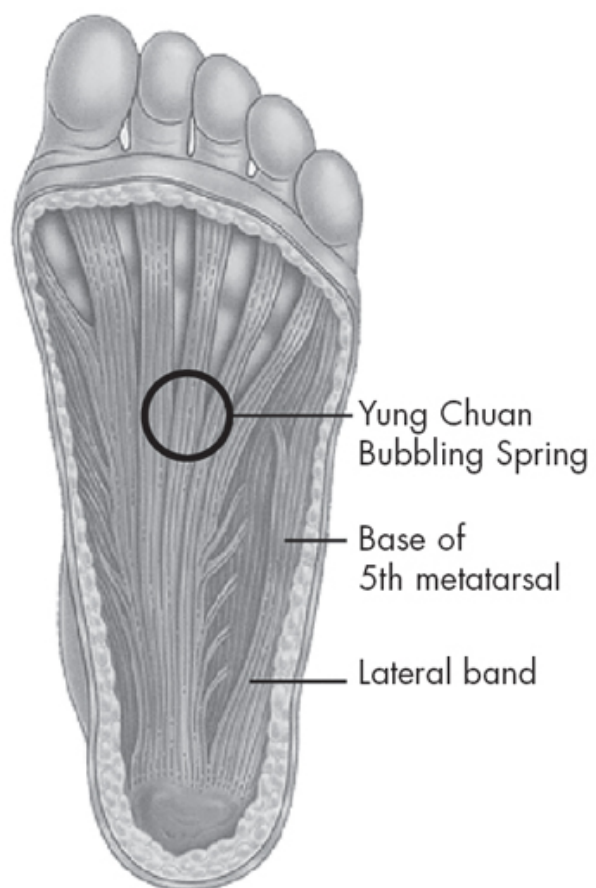


Fig. 3.40. Press the Yung Chuan point in the center of the foot.

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4

Massaging the Front of the Body— Chest, Abdomen, and Legs

The nervous system of the thorax includes the spinal cord, the peripheral nerves, and the vagus and phrenic nerves that pass between the brain and the organs. The phrenic nerve regulates breathing to keep the body alive, while the vagus nerve regulates heart function, stomach and liver functions, gastrointestinal function, and the function of the sexual organs. Five major energy meridians follow these all-important nerves from the shoulders to the pelvis. These five meridians include the Conception Vessel as the central line, the Kidney meridian as the second and fifth line, the Stomach meridian as the third and sixth line, and the Spleen and Liver meridians as the fourth and seventh lines. These meridians are closely related to their corresponding organs and glands. When Chi Nei Tsang abdominal massage is combined with microcurrent, which is applied directly to the major nerves, tendons, and organs, it helps regulate the vital functions of the energy centers, psoas, diaphragm, gastrointestinal tract, and lymphatic system. This allows deep detoxification and revitalization of all the organs, which in turn brings deep relaxation, improved health and vitality, and inner and outer harmony.

After first reviewing a few of the basic Chi Nei Tsang abdominal massage techniques, this chapter covers the use of microcurrent on the meridians and points along the front of the body. This includes a discussion of the following topics:

- The seven lines of the torso
- The twelve Mu points

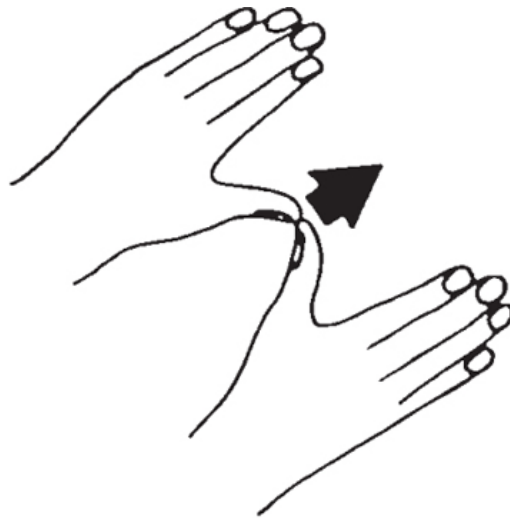
- Chi Nei Tsang abdominal massage
- The three lines on the front of the legs

CHI NEI TSANG BASIC MASSAGE TECHNIQUES

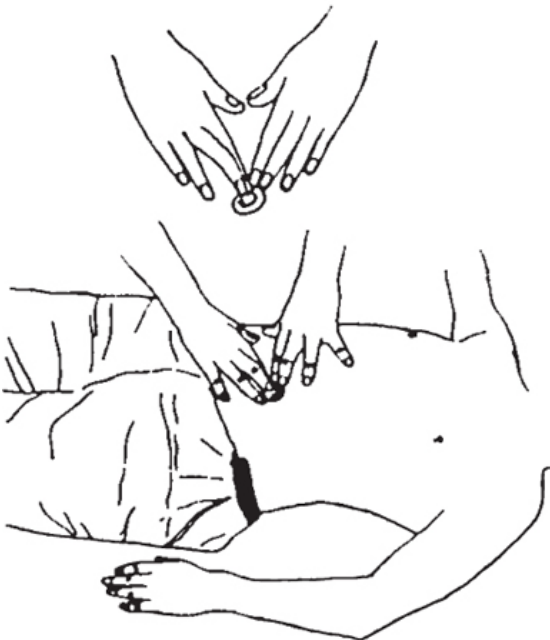
Before we proceed to instructions on how to use microcurrent in conjunction with Chi Nei Tsang abdominal massage on the front of the body, it will be useful to review two of the basic manual CNT massage techniques used in this chapter. For a complete description of all CNT techniques, including those not covered in this book, see Master Chia's *Chi Nei Tsang: Chi Massage for the Vital Organs*.

Spiraling: The spiraling technique may be done on the abdomen in either a clockwise or counterclockwise direction, depending on the type of treatment. Although this procedure mainly influences the small intestine, the clockwise direction of the massage follows the path and motion of the large intestine, the body's "great eliminator." With this movement, toxins are encouraged to pass from the body. This technique is especially powerful for breaking up a constipated large intestine or can be used if the abdomen is cold, soft, weak, sick, and too yin, an indication of deficient energy. On the other hand, if there is diarrhea or a tense, nervous, hot, hard, and too yang abdomen, this indicates excess energy, and spiraling counterclockwise will drain off some of the excess. In either case, the technique is as follows:

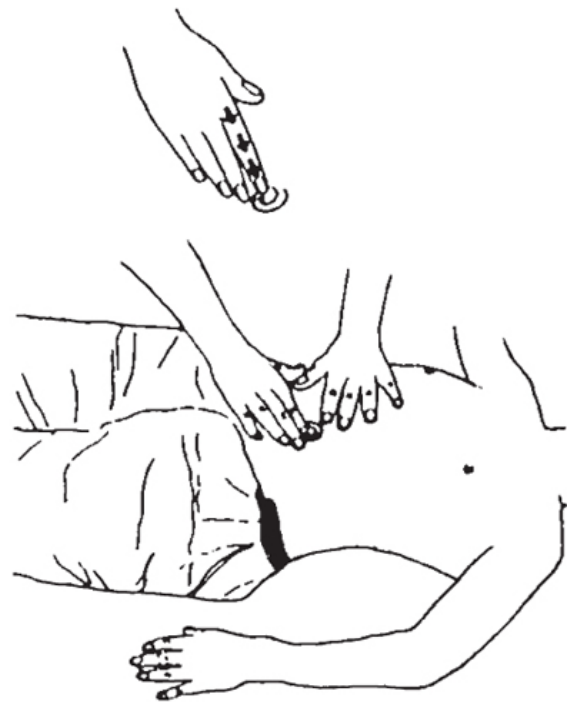
- Using both hands, gently press a point at the edge of the navel with the thumbs or fingers together. Massage the point in small, tight, clockwise (or counterclockwise) circular motions, loosening the skin (fig. 4.1).



a. Using two thumbs



b. Using two fingers on each hand



c. Using a single finger on each hand

Fig. 4.1. The spiraling technique: use (a) the thumbs, (b) multiple fingers on each hand, or (c) one finger from each hand to press in, spiral, and loosen the toxins locked in the skin.

- Working outward in a spiral extending from the navel to the outer edges of the abdomen, massage point by point in tight, clockwise (or

counterclockwise) circles (fig. 4.2).

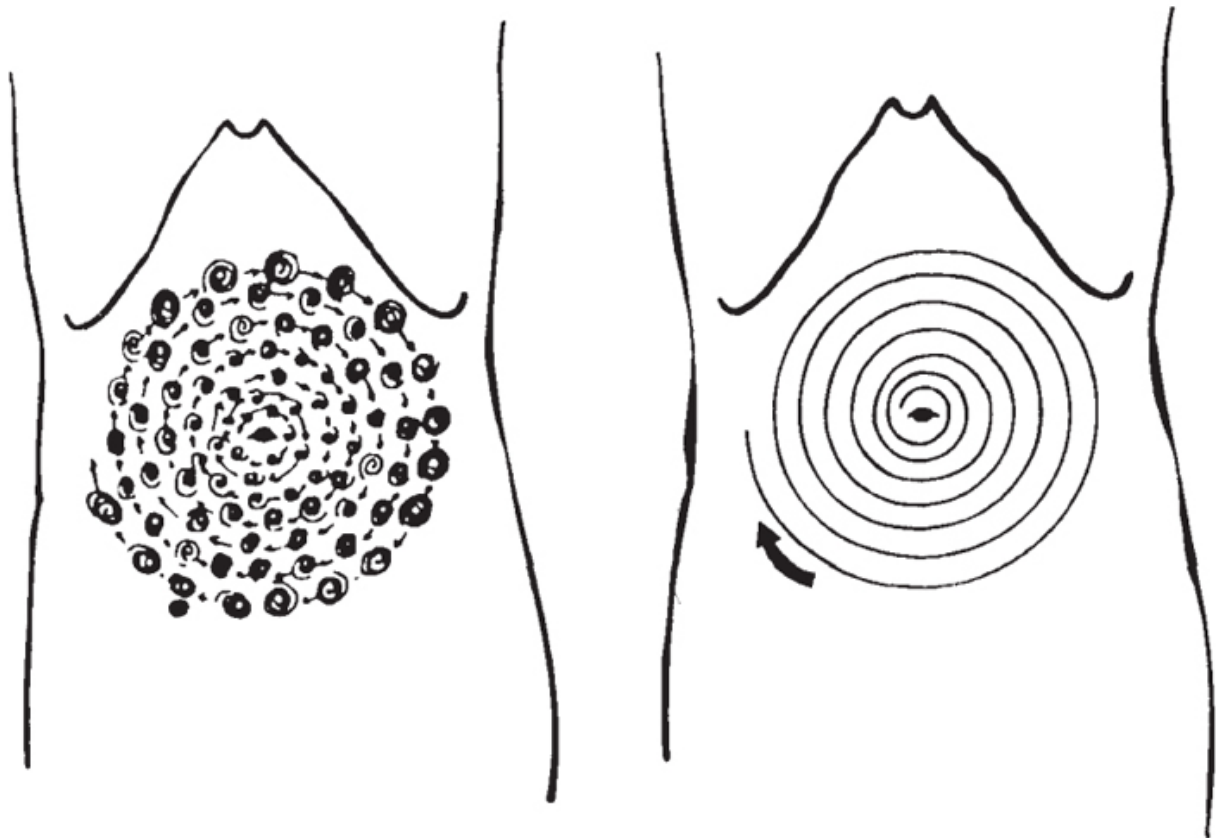
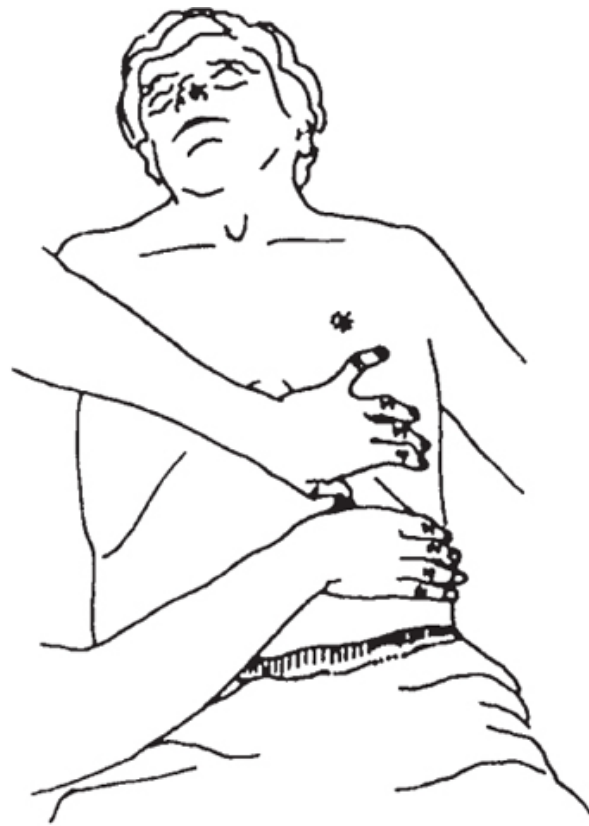


Fig. 4.2. Create tight spirals. Move in clockwise (or counterclockwise) circles beginning at the navel; gradually spiral out toward the perimeter of the abdomen.

Scooping: With your fingers together, press inwardly and scoop in, or press downward and scoop out. There are many variations to the direction and use of this technique (figs. 4.3, 4.4, 4.5).

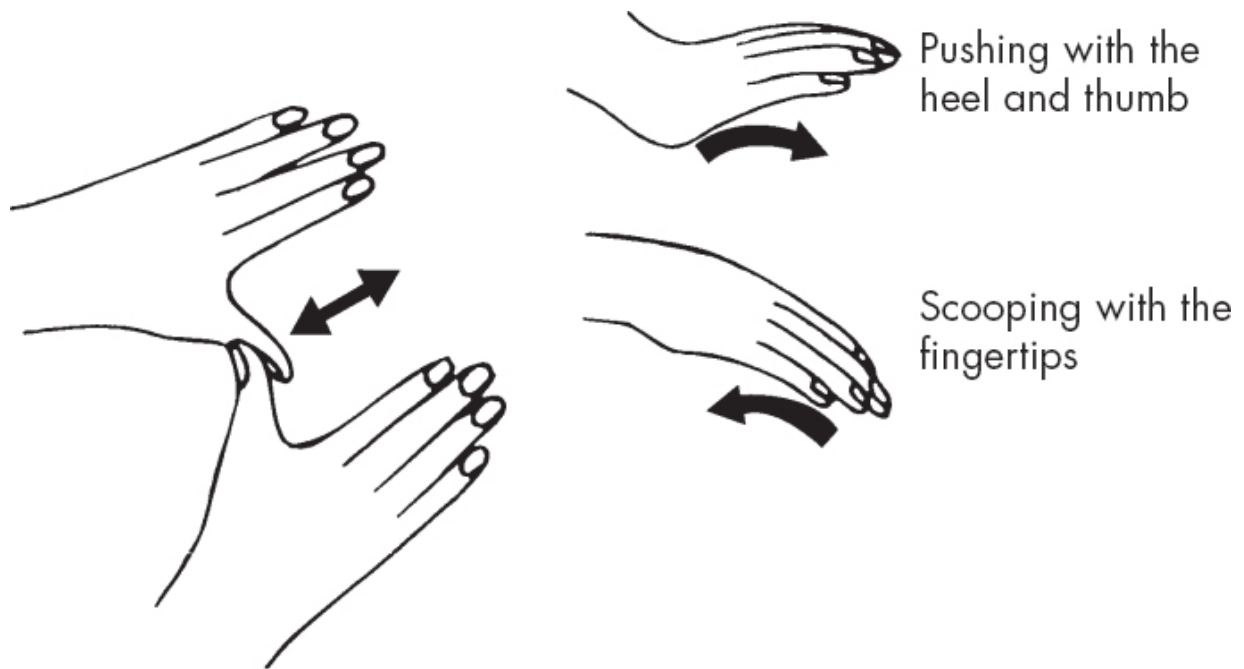


Fig. 4.3. Pushing with the palm and heels and scooping with the fingertips

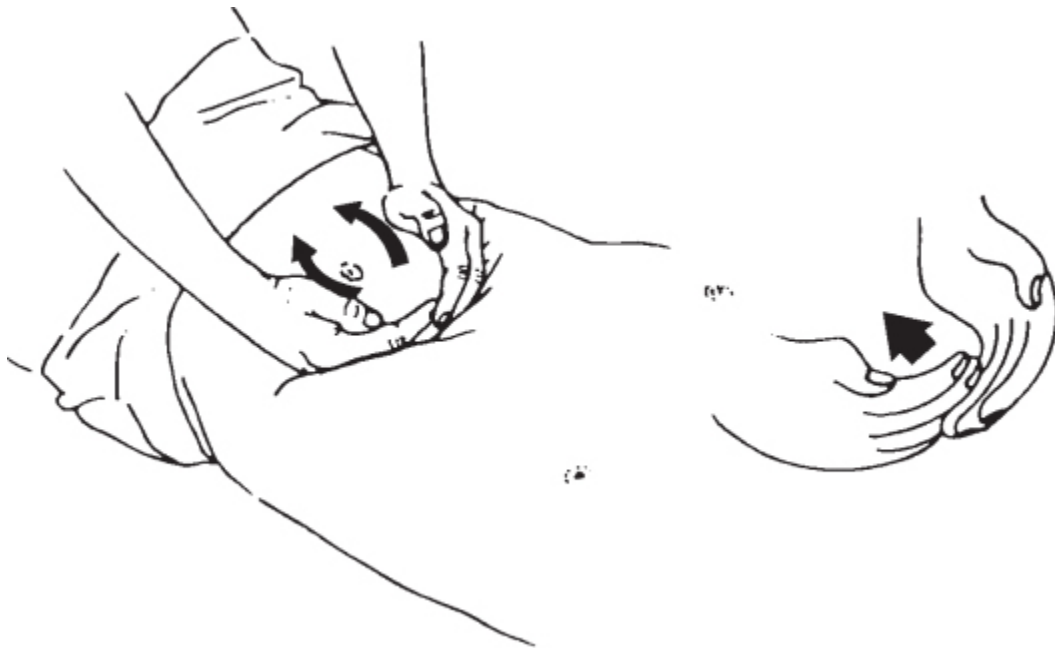


Fig. 4.4. Scooping with two hands

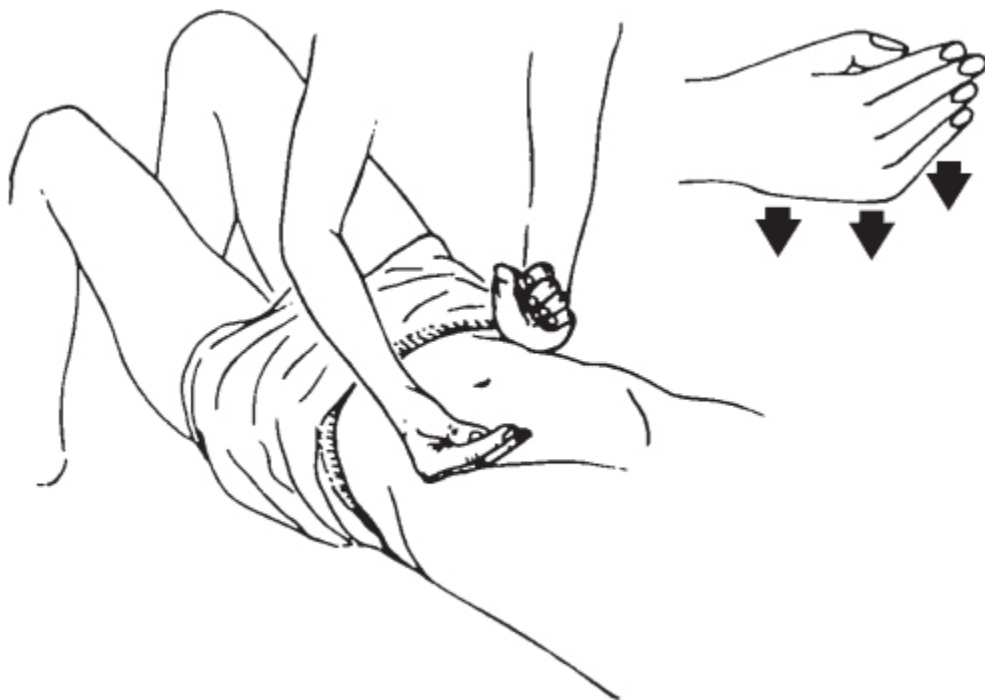
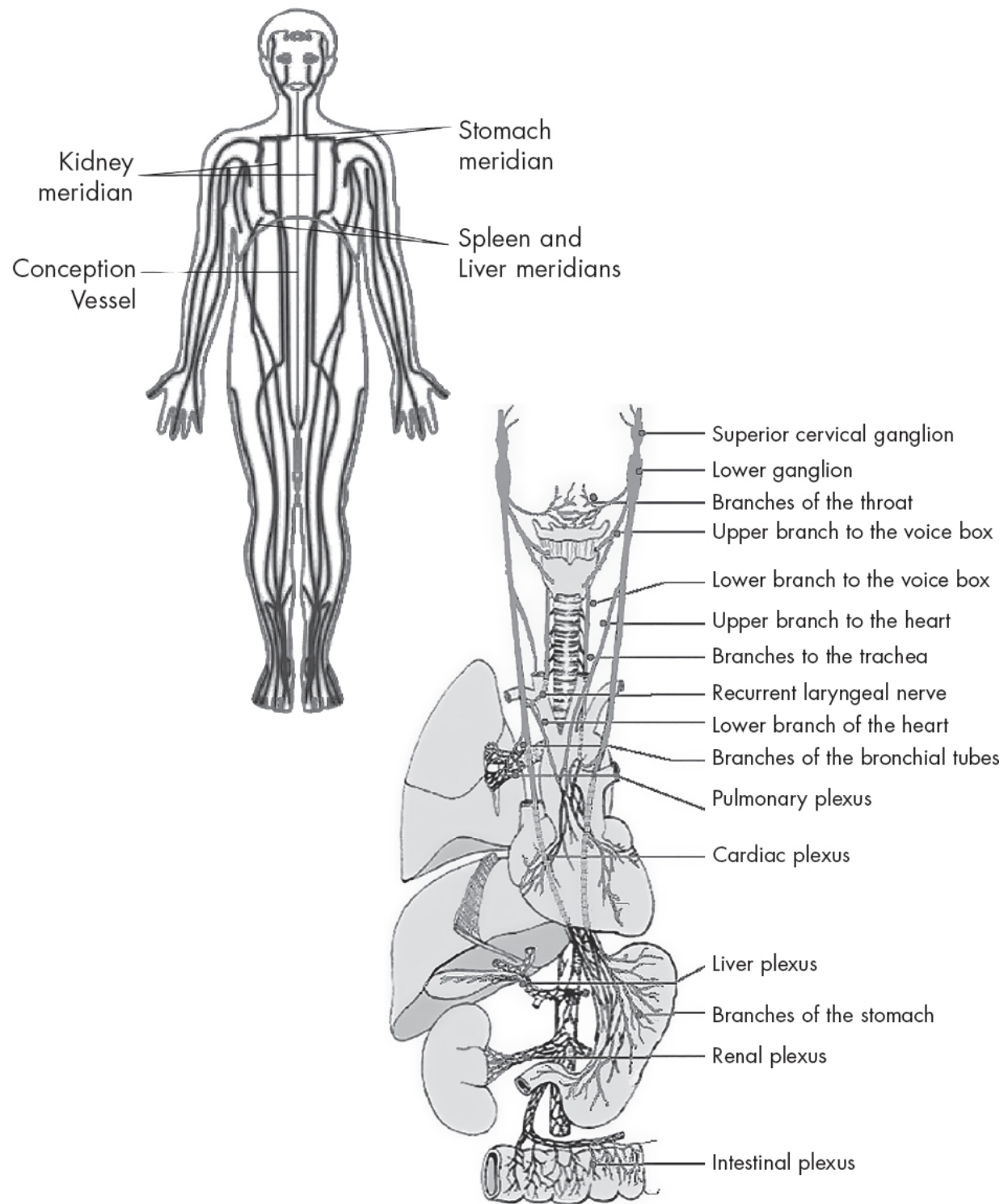


Fig. 4.5. Scooping with one hand

THE SEVEN LINES OF THE TORSO

The energy meridians of the torso all correspond to the vagus nerve, the most important of the twelve cranial nerves, which relays vital information between the brain, the glands, and the organs (fig. 4.6).



The vagus nerve connects the organs to the brain.

Fig. 4.6. The meridians of the torso that correspond to the

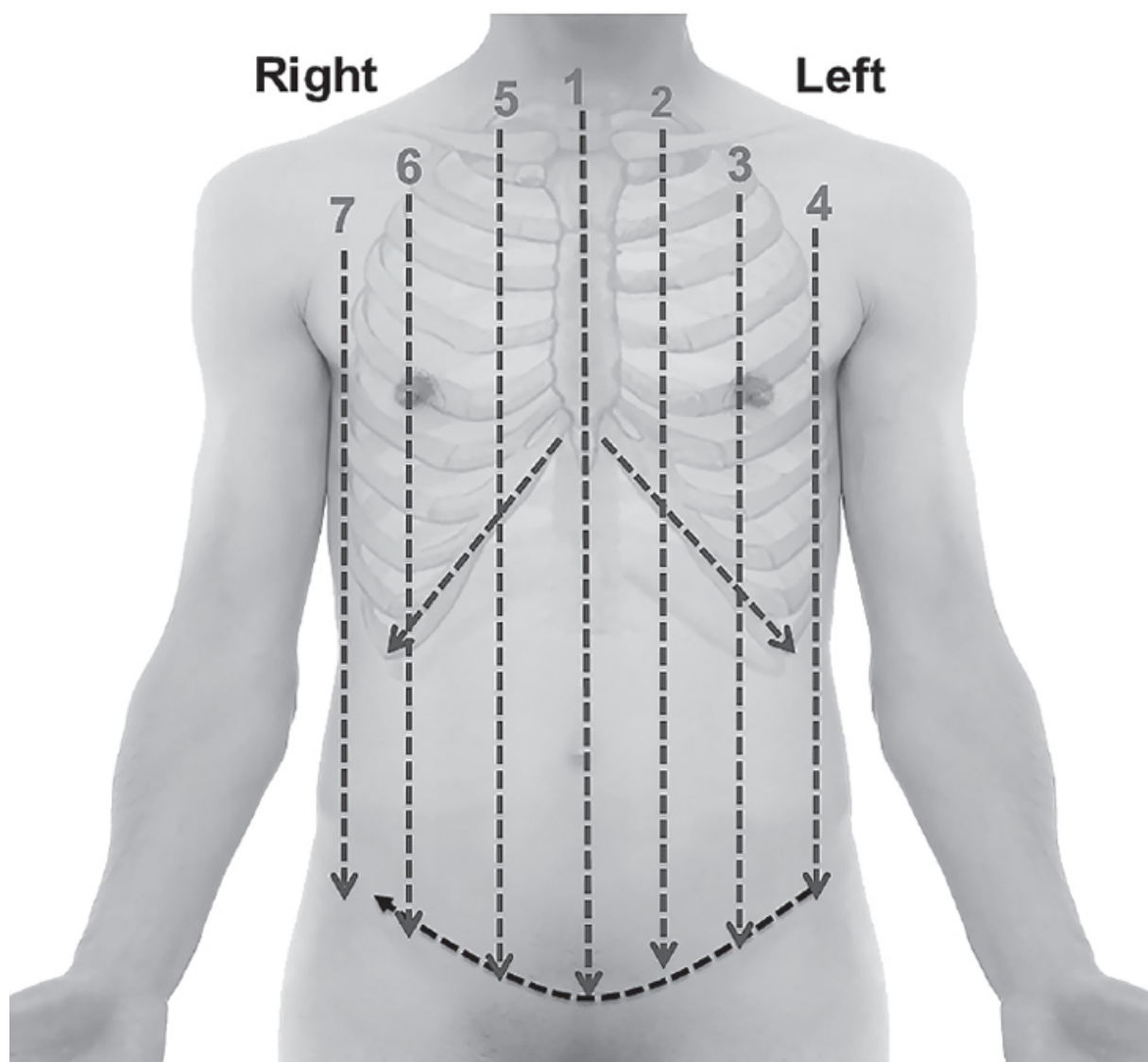
The seven lines of the torso that a Chi Nei Tsang massage practitioner follows during the massage are as follows (fig. 4.7):

Line 1: The Conception Vessel/Functional Channel (center line)

Lines 2 and 5: The Kidney meridian (medial lines)

Lines 3 and 6: The Stomach meridian (lateral lines)

Lines 4 and 7: The Spleen/Liver meridians (outer lines)



Line 1: Conception Vessel (Ren Mai),
Line 2: left Kidney meridian,
Line 3: left Stomach meridian,
Line 4: left Spleen/Liver meridian,
Line 5: right Kidney meridian,
Line 6: right Stomach meridian,
 and **Line 7:** right Spleen/Liver meridian

Fig. 4.7. The seven lines of the torso and their corresponding energy meridians

Line 1: The Conception Vessel, or Functional Channel, is known as Ren Mai, the “Sea of Yin.” It regulates the organic function of the yin channels

of the body, supporting the hormonal glands, tissues, and essence of the blood and body fluids. It strengthens the energy needed for conception, regulates menstruation, and governs the fetus; it harmonizes reconnection, rest, and overall well-being.

Lines 2 and 5: The Kidney meridian moves up from the earth and is responsible for growth, development, reproductive functions, and metabolism of the body's liquids. Working on this meridian strengthens the fundamental yin and yang functions of the kidneys and their power to store Original Essence (Yuan Jing).

Lines 3 and 6: The Stomach meridian naturally moves downward into the earth and controls digestion, transforming food into nutrients that can be assimilated in the blood. Working on this meridian will realign the stomach energy, which under stress often moves upward, weakening digestion.

Lines 4 and 7: The Spleen and Liver meridians move up from the earth, spreading and regulating chi throughout the entire body so it flows freely. Together these meridians control the vitality of the lower abdomen, sperm/menstrual cycles, and sexuality.

Warning: As always, with any of the exercises that use microcurrent, follow basic procedures: always make sure to place your fingers first, and then send the microcurrent. When you finish the meridian or area you are treating, first remove the current, and then lift off your fingers so you do not create a shock.



Massaging the Seven Lines on the Chest

Each of the seven lines begins at the collarbone. Line 1, corresponding to the Conception Vessel (see fig. 4.8 below), is a single line going straight down the center of the body. The other meridians are represented by double lines, with one line beginning at the left clavicle and one beginning at the right.

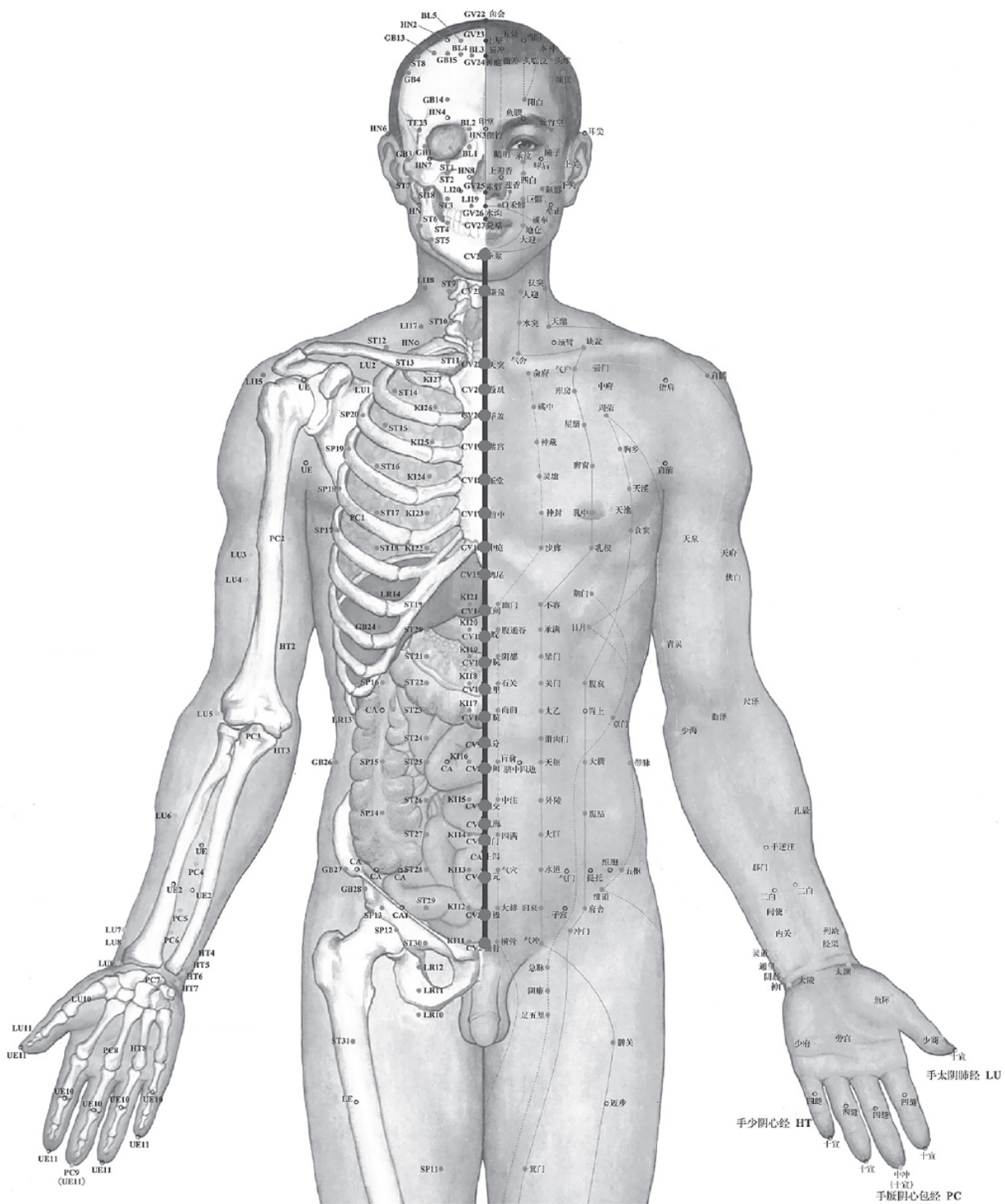


Fig. 4.8. The Conception Vessel/Functional Channel (Ren Mai), the center line

1. **Line 1:** Place your fingers at the top of the sternum, above the clavicle, and gently begin to send microcurrent into this area. Following the

center line, slide your fingers down the line to the bottom tip of the sternum (fig. 4.9).



Fig. 4.9. Line 1, the Conception Vessel: Start at the top of the sternum and work down the center line to the bottom tip of the sternum.

2. **Lines 2 and 5:** Then place your fingers alongside the center line, at the outer edge of the sternum, and glide down to the lowest rib (fig. 4.10).

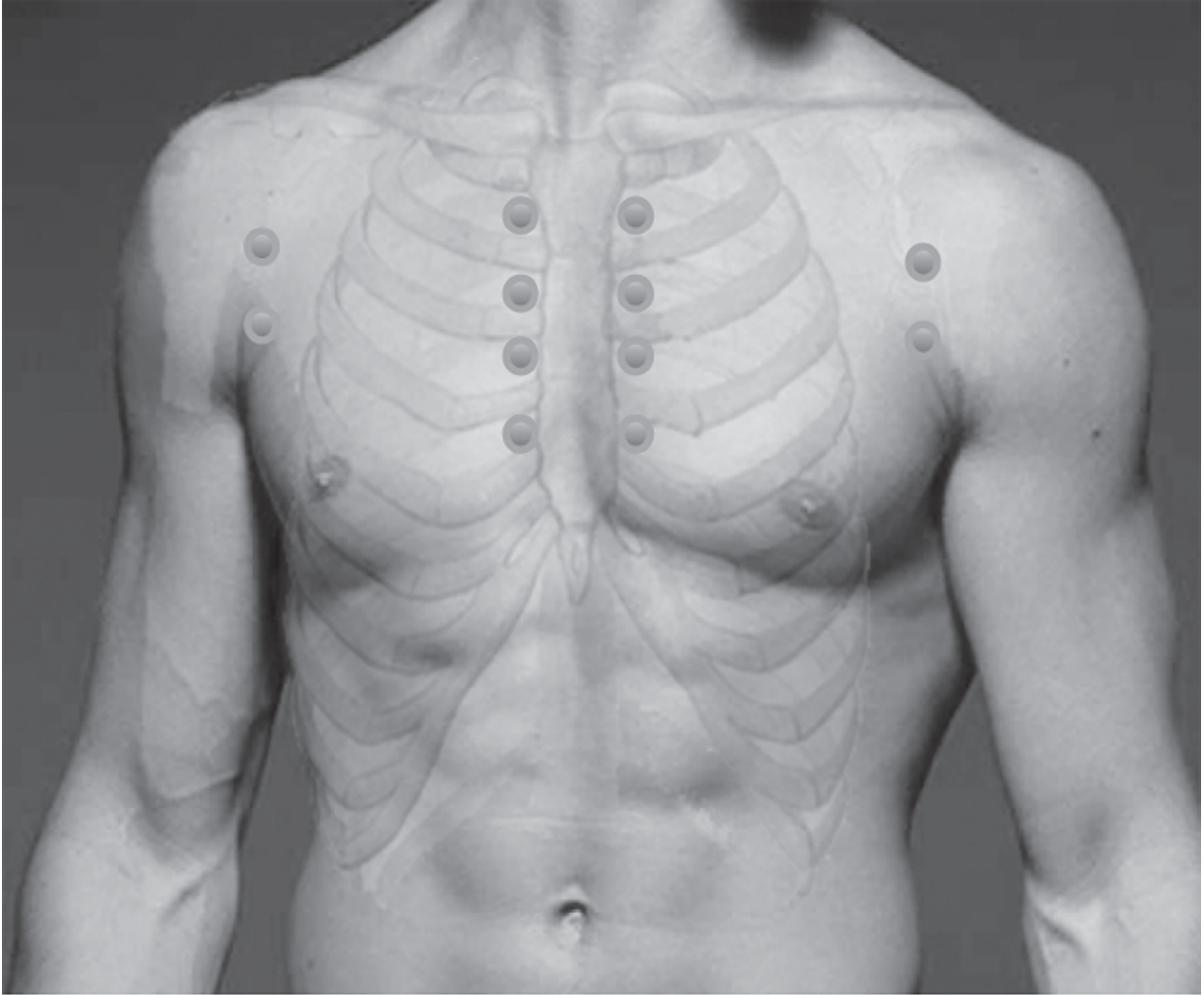


Fig. 4.10. Lines 2 and 5, the Kidney meridian: Start alongside the center line and work down along the outer edges of the sternum.

3. **Lines 3 and 6:** Follow the Stomach meridian, starting at the middle of the clavicle, above the nipple line, and glide down to the lowest rib (fig. 4.11).



Fig. 4.11. Lines 3 and 6, the Stomach meridian: Start at the middle of the clavicle and work down over the nipple line to the lowest rib.



Fig. 4.12. Lines 4 and 7, the Spleen and Liver meridians: Start at the armpit and work down along the outer rib cage to the bottom rib. With experience, you can

work on the line and polarize points at the same time, as shown here.

4. **Lines 4 and 7:** Conclude by placing your fingers at the armpit, gliding down the torso to the bottom rib (fig. 4.12).

Be sure to complete the entire sequence on both the right and left sides.



Massaging the Seven Lines on the Abdomen

Continue along the same seven lines from the lower edge of the rib cage down to the pelvic bones (fig. 4.13). To relax the abdomen, place cushions under the knees and cover any exposed parts of the body to keep warm.

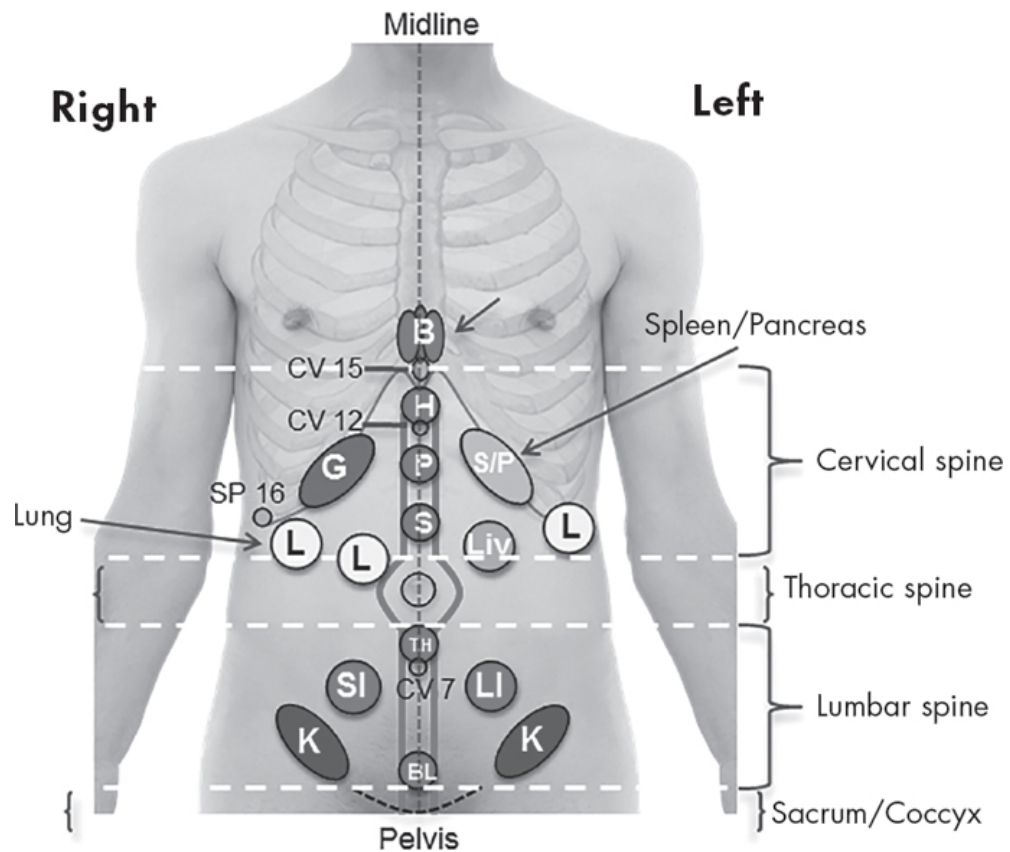
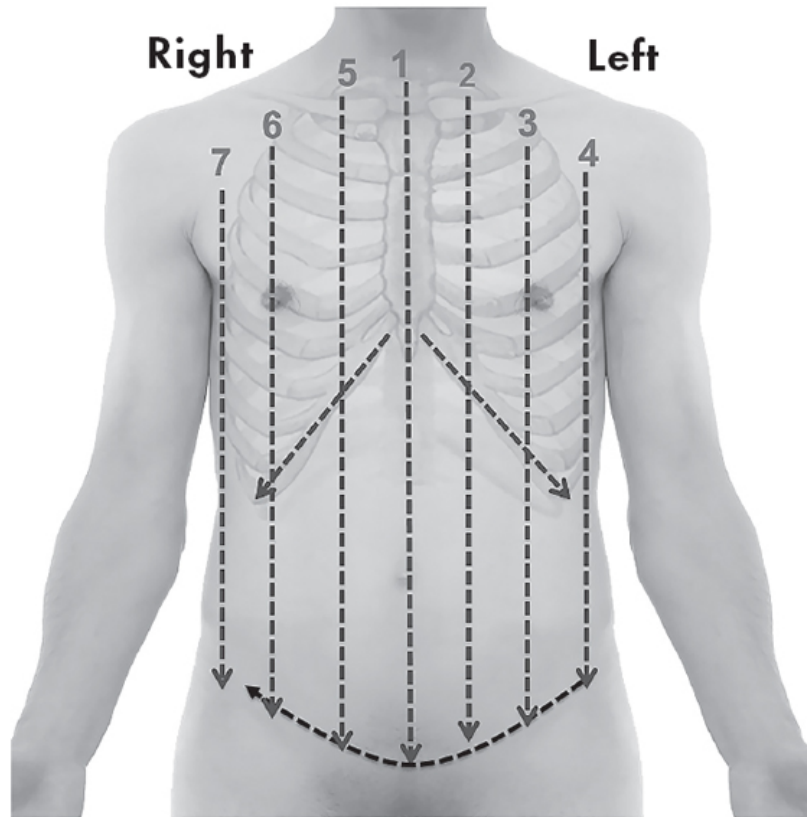


Fig. 4.13. Relationships between the chest and the abdomen

1. **Line 1:** Place your fingers below the sternum at the solar plexus and gently begin to send microcurrent into this area. Slide your fingers down the center line to the middle of the pubic bone (fig. 4.14).



Fig. 4.14. Line 1, the center line: Place your fingers at the solar plexus and glide down the center line to the middle of the pubic bone.

2. **Lines 2 and 5:** Then place your fingers alongside the center line, just under the rib cage, and glide down to the outer edges of the pubic bone (fig. 4.15).



Fig. 4.15. Lines 2 and 5, the Kidney meridian: Place your fingers alongside the center line and glide down to the outer edges of the pubic bone.

3. **Lines 3 and 6:** Place your fingers below the nipple line, from the ribs, and glide down to the groin area (fig. 4.16).



Fig. 4.16. Lines 3 and 6, the Stomach meridian: Place your fingers below the nipple line, from the ribs, and glide down to the groin area.

4. **Lines 4 and 7:** Place your fingers at the floating rib and glide down to the iliac crest (fig. 4.17).

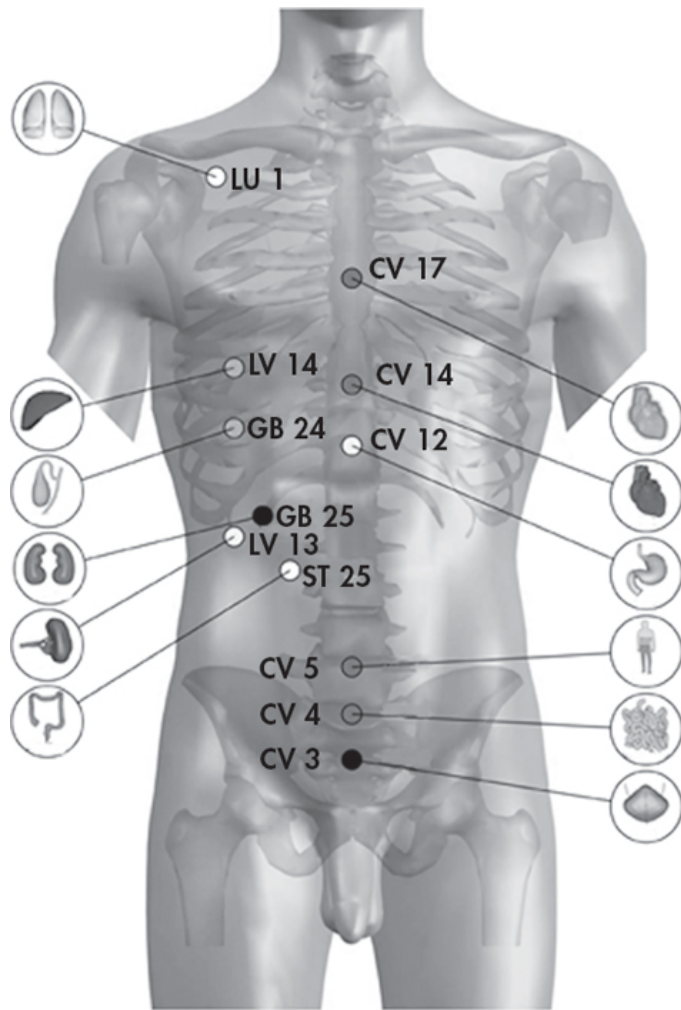
Be sure to complete the entire sequence on both the right and left sides.



Fig. 4.17. Line 4, the Spleen meridian: Place your fingers at the floating rib and glide down to the iliac crest.

THE TWELVE MU POINTS

The front Mu points, located on the chest and abdomen, are “gathering points” (fig. 4.18). The energy of each organ concentrates in these points, which have a direct effect on releasing excess congestion or tonifying weak energy in each specific organ.



Seven Front Lines & Mu Points

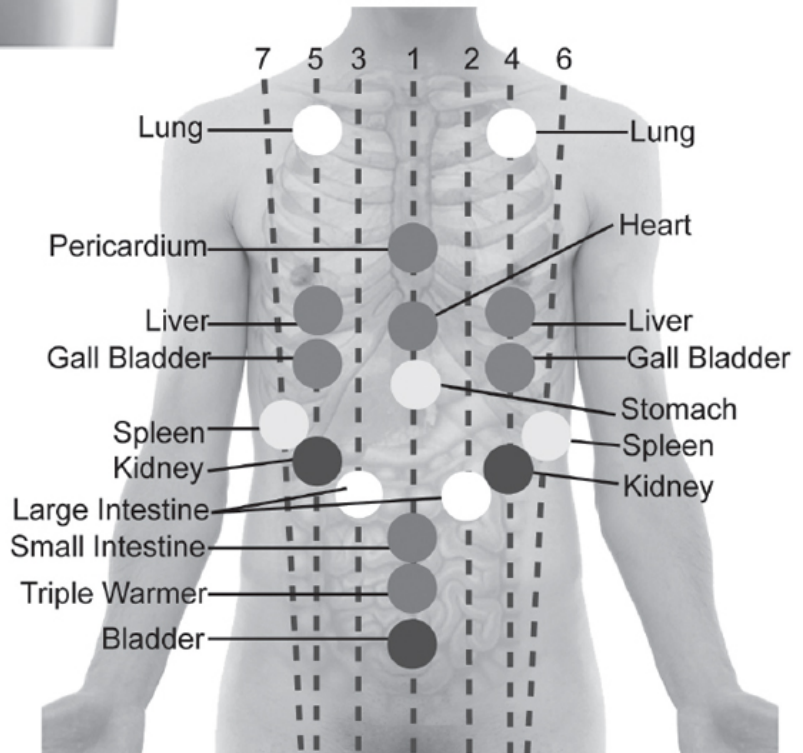


Fig. 4.18. Front Mu points



Activating the Twelve Mu Points

Stimulating the Mu points is a simple and effective method for treating any imbalance in the health of the organs as well as a way to release excessive emotions, especially when combined with the Six Healing Sounds. You may wish to take extra time to activate these points and their corresponding organs as you work along the seven lines of the torso.

Lung (LU 1): Found just inside the shoulder joint under the clavicle, on lines 4 and 5

Pericardium (CV 17): Middle of the sternum between the nipples, on line 1

Heart (CV 14): Base of the sternum, on line 1

Stomach (CV 12): At the solar plexus, on line 1

Large intestine (ST 25): On each side of the navel under the nipple line, on lines 2 and 3

Triple warmer (CV 5): Three fingers under the navel, on line 1

Small intestine (CV 4): Under the navel, on line 1

Bladder (CV 3): Above the pubic bone, on line 1

Liver (LV 14): Below the nipple at the sixth rib, on lines 4 and 5

Gallbladder (GB 24): Below the nipple at the seventh rib, on lines 4 and 5

Spleen (LV 13): Under the tenth rib, on lines 6 and 7

Kidneys (GB 25): Behind the tip of the twelfth rib on lines 4 and 5

ABDOMINAL MASSAGE—THE HEART OF CHI NEI TSANG

Abdominal massage around the navel center is the heart of any Chi Nei Tsang massage because the energetic center of the body is located at the navel. All of the internal organs and their energetic meridians can be accessed directly by massaging the organ reflex zones in the abdomen and

by opening each organ's wind point at the navel. When abdominal massage is augmented by microcurrent it's possible to mobilize deep energy blockages and release stubborn knots and tangles in the organ meridians.



Chi Nei Tsang Microcurrent Abdominal Massage

Start by relaxing the abdomen with gentle, circular movements, scooping and spiraling the fascia around the navel center. Look for any tension or blockage that may need extra attention, and gradually send microcurrent to those tense or blocked areas as you continue to work globally around the whole belly. Observe the changes as the difficult spots release and the belly becomes more relaxed. Work on releasing the psoas and the diaphragm, which hold the deepest levels of emotional tension. Then press into the organs to detoxify and invigorate them. Finish by activating the eight wind gates to release pent-up winds—stale energy—from the body.

This basic procedure is a potent way to free up and revitalize the nerve tissue of the vessels, spine, and organs to awaken the body's innate healing process. You may learn more advanced techniques such as “combing out” the nerves by pressing into the lumbar plexus behind the navel and raking the nerves away from the spine to undo any tangles in the nerves and vessels. Another advanced technique uses sustained pressure to compress the nerves and vessels against the spine with a pulsing technique such as that used in Life Pulse Massage, which melts down sedimentation accumulated around the nerve plexuses themselves.

1. Take time to relax the abdomen. Gently scoop in a circular motion around the belly with your hands as you spiral the tissue from around the navel center.
2. Scoop inward from the ribs and pelvis toward the navel (see fig. 4.19 below).



Fig. 4.19. Scoop inward from the ribs and pelvis.

3. Push, pull, and twist: one hand pulls while the other hand pushes the abdomen, like wringing out a sponge. The fingers penetrate deep into the mesentery and mobilize its insertion points in the spine to release deep knots and tension in the lumbar plexus (fig. 4.20).



Fig. 4.20. Push, pull, and twist: one hand pulls the abdomen while the other hand pushes, like wringing out a sponge.

4. Press and spiral around the navel 3 times, then activate the lower tan tien, an energetic point located in an area centered behind the navel and in front of the point between the second and third lumbar vertebrae, although occasionally it can be found as far as 1.5 inches below the navel (fig. 4.21).



Fig. 4.21. The lower tan tien point

5. One hand after another, scoop deep along the ilium, the upper rim of the pelvis, sending waves of microcurrent into the intestines, pelvic organs, ovaries, uterus, and bladder (fig. 4.22).



Fig. 4.22. Scoop along the iliac bones.

6. Scoop the psoas up from the pelvic bone (fig. 4.23).



Fig. 4.23. Scoop the psoas up from the pelvic bone.

7. Scoop the diaphragm downward, out from under the rib cage (fig. 4.24).



Fig. 4.24. Scoop downward along the inside of the rib cage on the left and right sides to release the diaphragm, liver, and spleen.

8. Glide, raking the ribs, sending current into the Liver and Gall Bladder, Stomach, and Spleen meridians.
9. Scoop along the colon; press the soul gates,^{*2} ileocecal valve, sigmoid colon, transverse colon, and small intestine (fig. 4.25).

10. Press into the organ reflex zones to release knots and tangles in the corresponding organs and their energy meridians (see figs. 4.26 and 4.27 below).

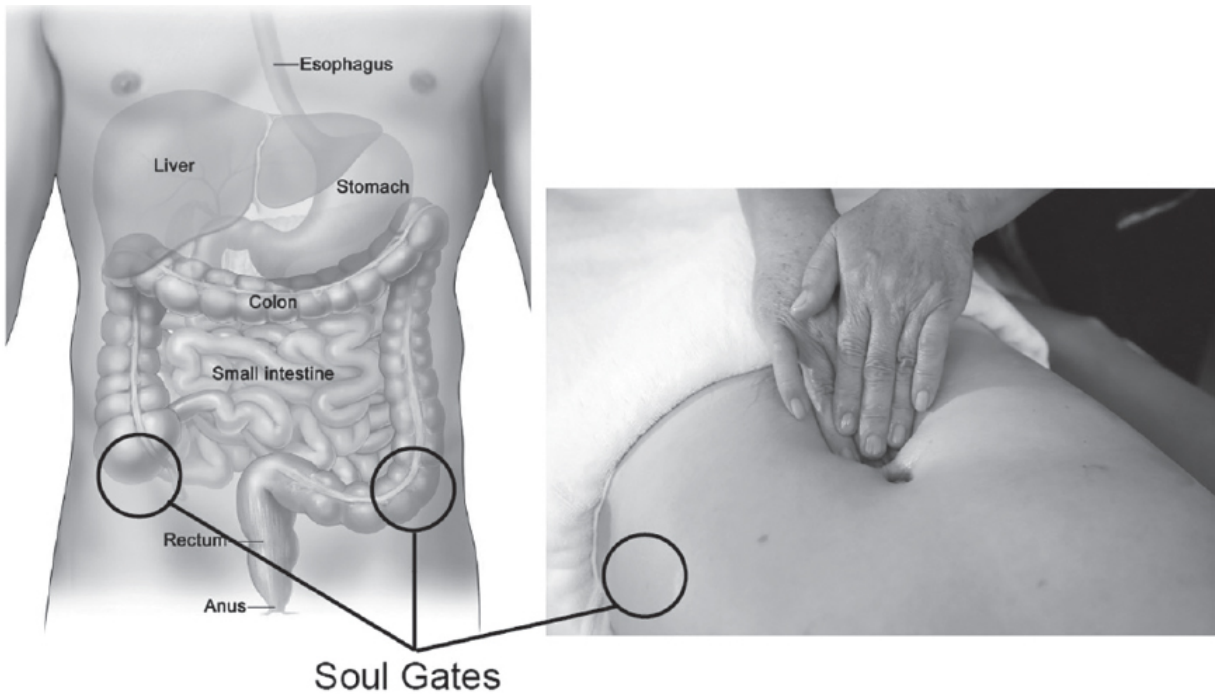


Fig. 4.25. Scoop into the colon and press the soul gates.

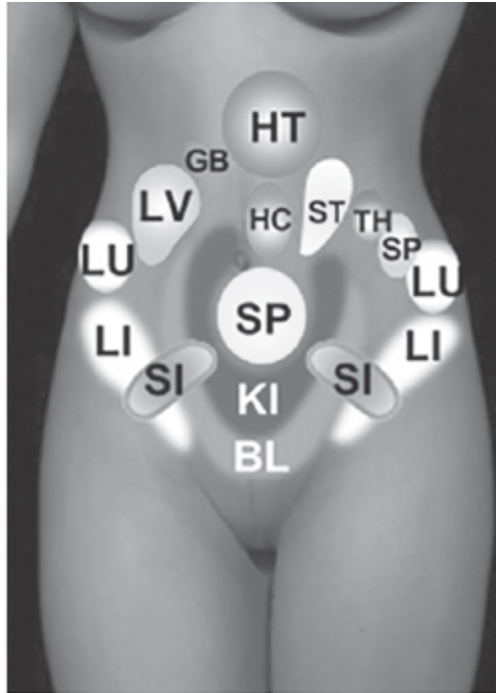


Fig. 4.26. Chi Nei Tsang organ reflex chart showing the area of the belly corresponding to each of the internal organs. Massaging each of these areas will stimulate the corresponding organ and its energy meridian.



Fig. 4.27. Releasing knots and tangles in the organ reflex zones

11. Open the navel wind gates following the pakua (fig. 4.28). Polarize each point of the pakua between two hands. Polarize the fingers north/south, east/west, northeast/southwest, southeast/northwest (see fig. [4.29](#)).

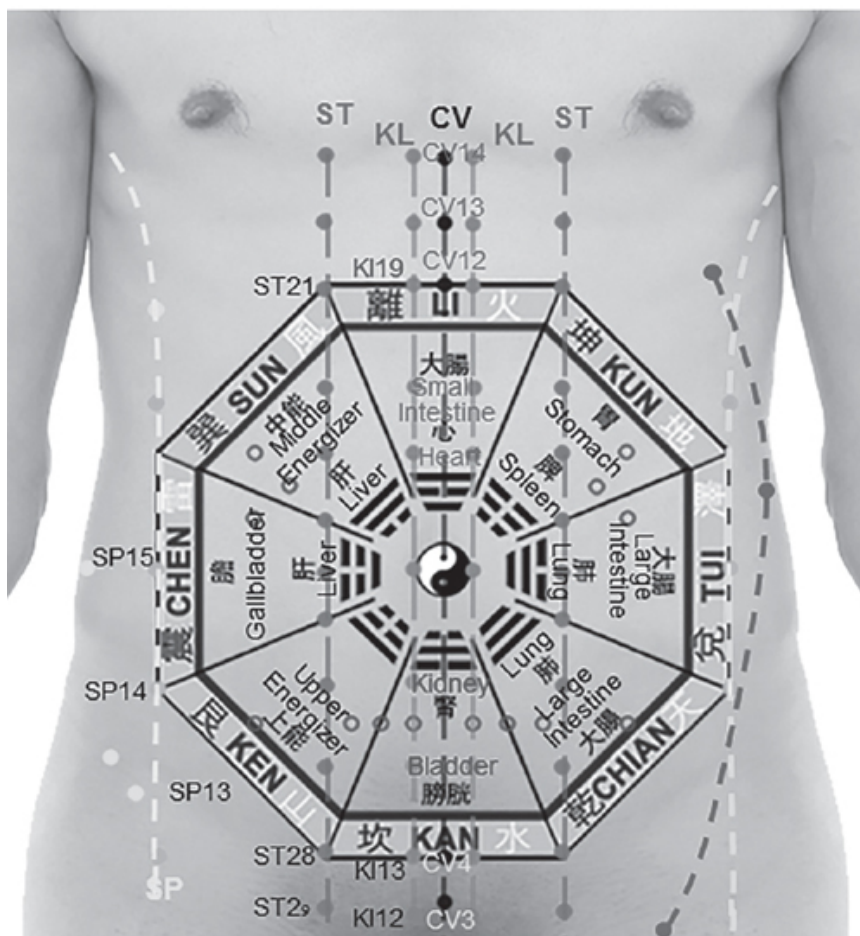
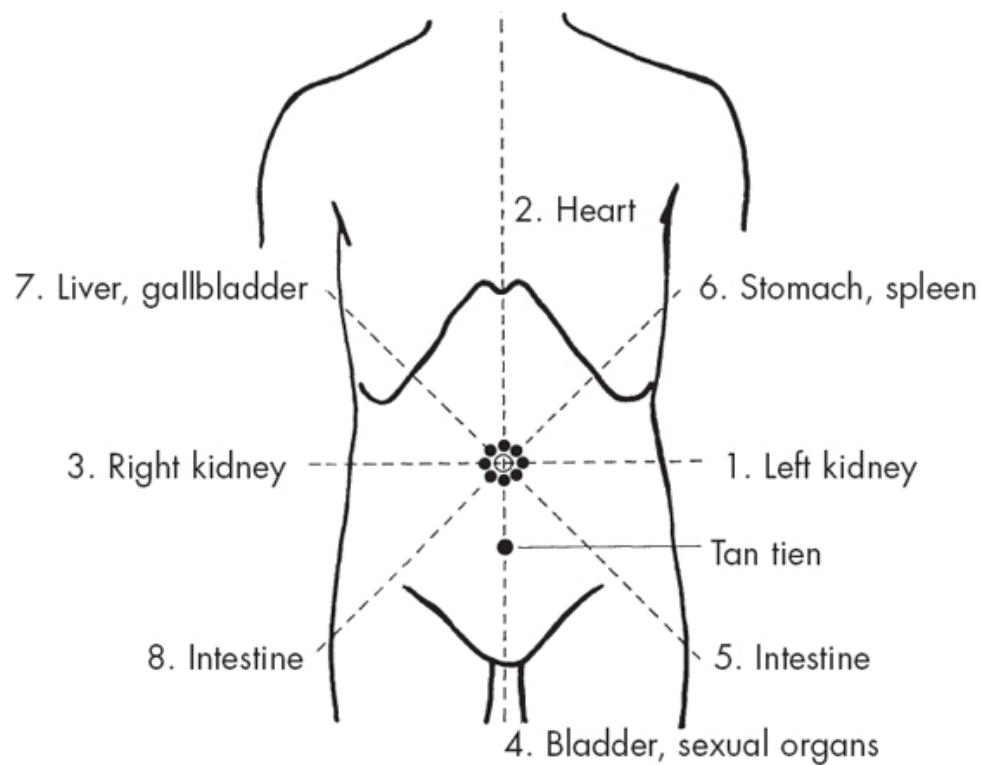


Fig. 4.28. The eight wind gate points around the navel center, with each point corresponding to a specific organ or organs, and correspondence of the organ points and meridian lines to the navel pakua



Fig. 4.29. Polarize the fingers on the navel pakua to the north/south, east/west, northeast/southwest, southeast/northwest.

THE THREE LINES OF THE LEGS

During a complete Chi Nei Tsang massage we treat three lines on the front of the legs (fig. 4.30).

The lines correspond to several energy meridians as follows:

Line 1: Center (Stomach meridian)

Line 2: Inner (Liver, Spleen, and Kidney meridians)

Line 3: Outer (Gall Bladder meridian)

Three Leg Lines

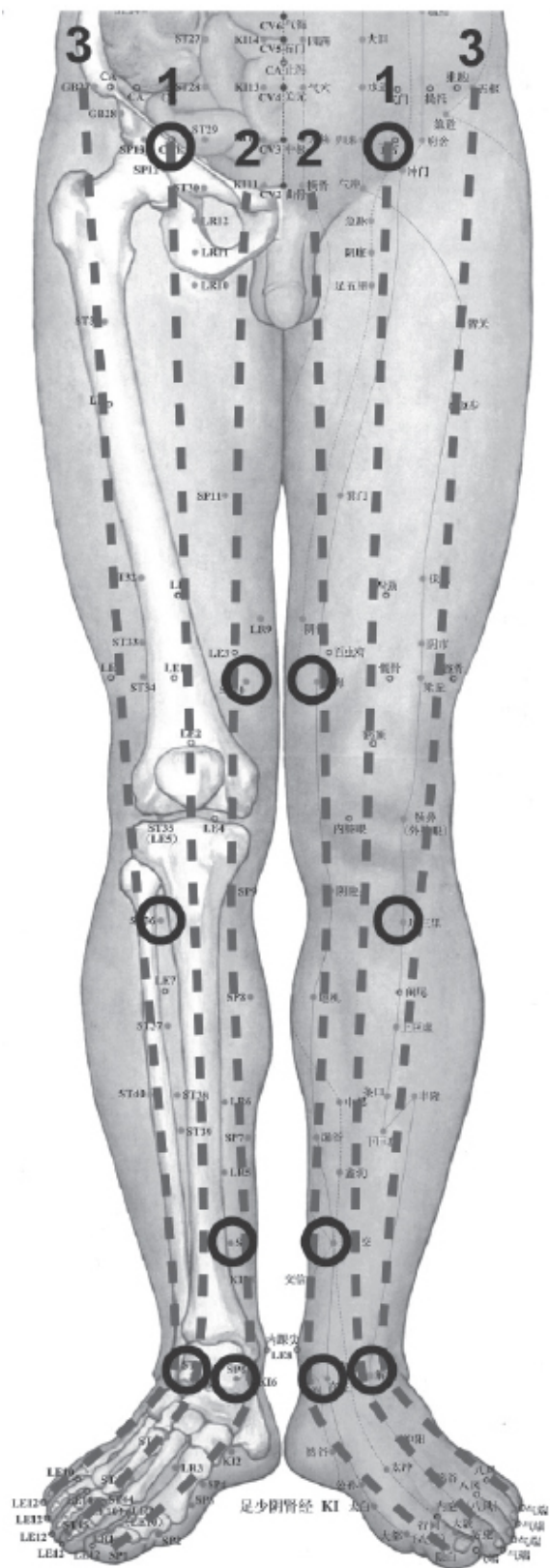


Fig. 4.30. The three lines on the front of the legs: line 1 in the center of the leg, line 2 toward the inner side of the leg, and line 3 toward the outer side of the leg

Note: The inner leg is very sensitive; use less powerful current in this area.



Treating the Three Lines on the Front of the Legs

1. **Line 1:** Place your fingers at the iliac crest and slide down the center/middle line of the leg over the knee, along the outer edge of the tibia, to the top of the foot (fig. 4.31).



Fig. 4.31. Line 1: Slide down the center/middle line of the legs.

2. **Line 2:** Place your fingers just inside the thigh and glide down the inner leg between the adductor and quadriceps muscles, over the inside of the knee, along the inner edge of the tibia, to the ankle (fig. 4.32).



Fig. 4.32. Line 2: Glide down the inner line of the legs.

3. **Line 3:** Place your fingers along the outer muscles of the leg and slide down over the outside of the knee to the outer ankle (fig. 4.33).



Fig. 4.33. Line 3: Slide down the outer line of the legs.

4. Take time to polarize the points around the knee joints, pressing the fingers between the bone and muscle of the knee (fig. 4.34), and then

connect the two leg points of the ankle and lower leg (fig. 4.35).



Fig. 4.34. Polarize the points around the knee joints.



Fig. 4.35. Connect the ankle and lower leg points.

5. Polarize the inner and outer malleolus, then the joints of the ankle and foot (fig. 4.36).
6. Repeat the sequence on the opposite side.



Fig. 4.36. Polarize the inner and outer malleolus, then the joints of the ankle and foot.

Polarizing Technique

You may start or finish the treatment using this polarizing technique.

1. Place one hand at the navel center and the other hand at the groin region to polarize the pelvic region (fig. 4.37).



Fig. 4.37. With one hand at the navel center and the other at the groin, polarize the pelvic area.

2. Keep one hand on the groin region and move the other hand down the points of the leg to polarize the joints between your two hands, allowing the microcurrent to connect within the body (fig. 4.38).



Fig. 4.38. Polarize the area between the groin and the bottom of the leg.

3. Polarize each joint by holding one hand above and the other hand below the joints of the groin, knee, ankle, and foot.
4. Once again, polarize the navel center and the groin region between two hands, then keep one hand on the navel center and move one hand down the points of the leg (fig. 4.39)
5. Repeat the sequence on the opposite side.



Fig. 4.39. Polarizing the navel center and the points of the leg

5

Massaging the Neck, Head, Shoulders, and Arms

The seat of the brain and the central nervous system, the head, is the computer that runs the body's nerve network. It absorbs vital sensory information through the senses and triggers an instant response in the brain centers, glands, and nervous system. The neck is the “celestial pillar”; it supports the head and serves as an important passageway between the brain and the organs. The shoulders, arms, and hands carry things—often too much—and hold excess tension when they are not supported by the lower tan tien. This makes for a lot of wind, or blocked energy, which gets stuck in the neck and head, and which in turn can stagnate there as a result of tension, bad posture, and emotional stress. CNT microcurrent releases this area and reduces tension to improve blood flow to the brain, relieving headache and stiffness. As physical tension is released, the microcurrent waves penetrate deeply to activate the many branches of the vagus nerve located at the base of the skull and stemming down the neck into the body. This brings overall balance and harmonizes the many synaptic connections between the brain and organs.

This chapter covers the following techniques:

- Draining the lymph of the neck and head
- Polarizing the nerves of the neck
- Activating the facial and cranial points
- Energizing the arms and hands

Warning: As always, with any of the exercises that use microcurrent, follow basic procedures: always make sure to place your fingers first, and then send the microcurrent. When you finish the meridian or area you are treating, first remove the current, and then lift off your fingers so you do not create a shock.



Draining the Lymph of the Neck and Head

Start with a light touch, gently gliding the hands and fingers from the neck upward to the head to drain the lymph sheaths of the neck, head, and face (fig. 5.1).

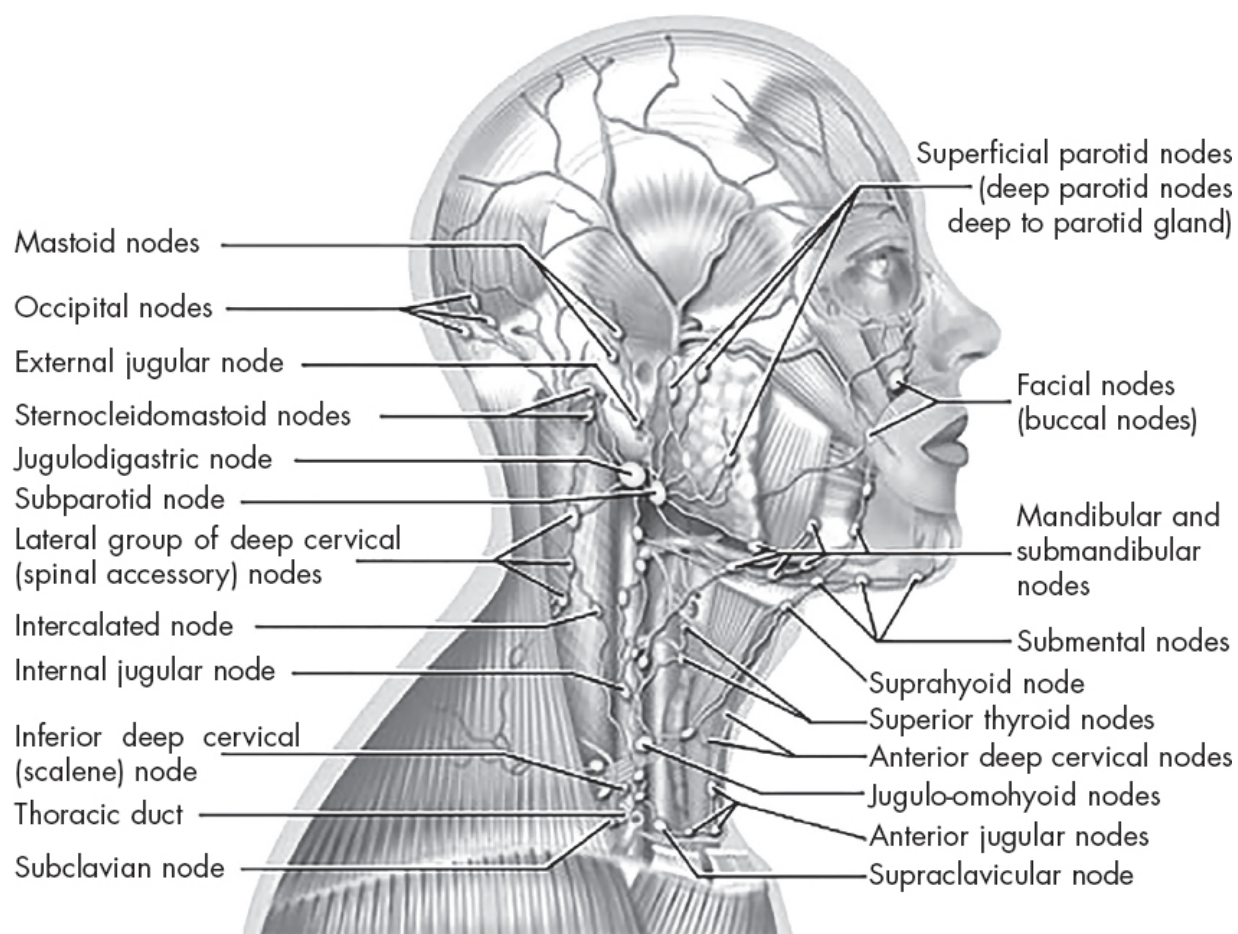


Fig. 5.1. The lymphatic system of the head and neck

1. Place the fingers at the throat and glide upward with one hand after another over the lower jaw and chin (fig. 5.2). Repeat on each side.



Fig. 5.2. Place the fingers at the throat and glide upward, one hand after another, over the lower jaw and chin.

2. Working on either side of the face, glide your hands upward over the jaw (fig. 5.3).



Fig. 5.3. Work upward over the jaw on either side of the face.

3. Hold fingers under the jaw; glide one hand after another upward and sideways to drain the lymph up from the throat (fig. 5.4).



Fig. 5.4. Hold the fingers under the jaw; glide one hand after another upward and sideways to drain the lymph up from the throat.

4. Glide the fingers over the lower jaw and the right side of the chin (fig. 5.5).



Fig. 5.5. Glide the fingers over the lower jaw and the right side of the chin

5. Glide the fingers over the lower jaw and the left side of the chin (fig. 5.6).



Fig. 5.6. Repeat on the left side, gliding the fingers over the lower jaw and chin.

THE NERVES OF THE NECK

The neck is rich in nerves (fig. 5.7) and contains many branches of the vagus nerve, which stems from the base of the skull and travels down into the body to wrap around the organs (fig. 5.8). This makes the neck an important place to release tension and activate chi.

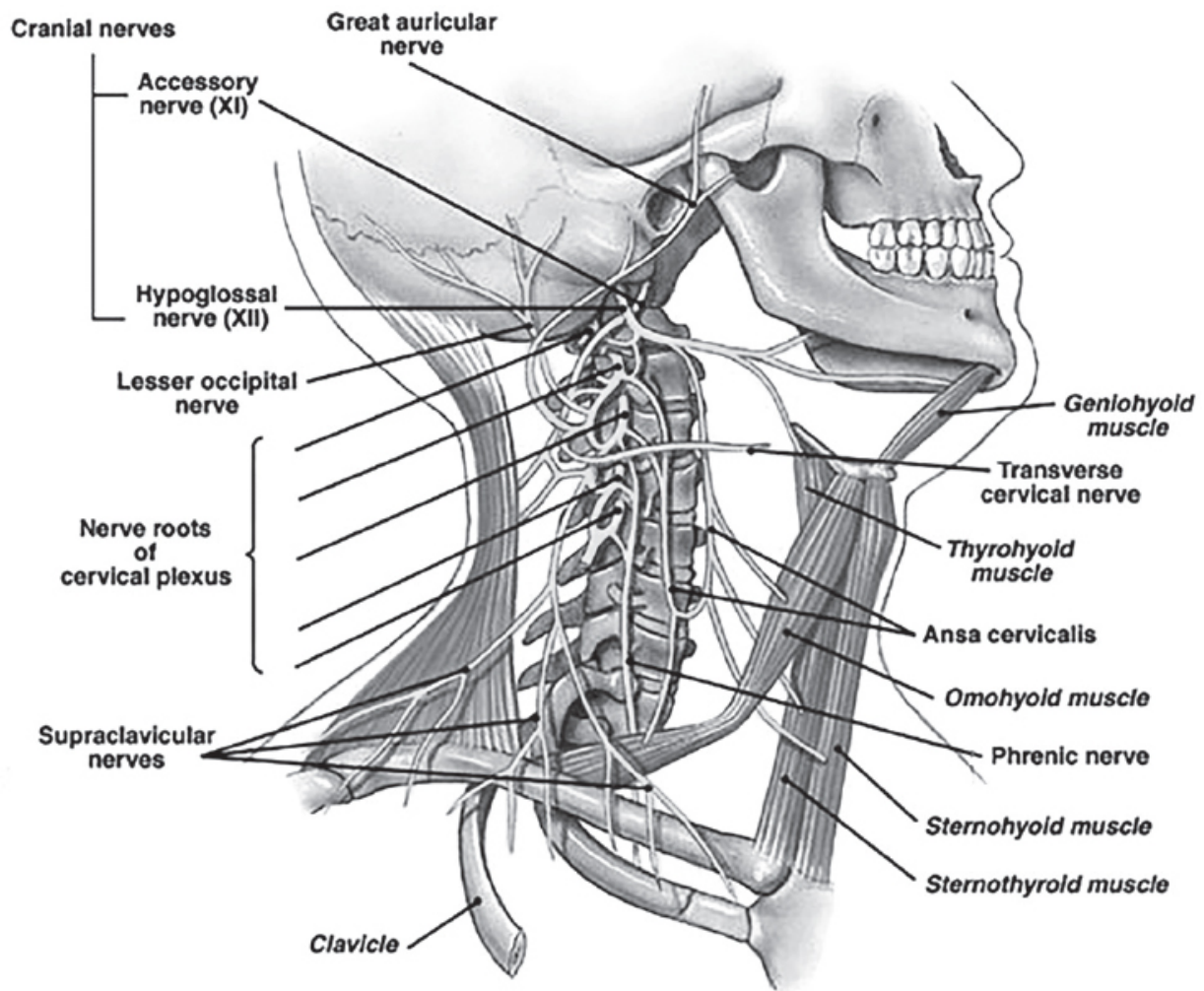


Fig. 5.7. The main nerves of the neck and cervical plexus

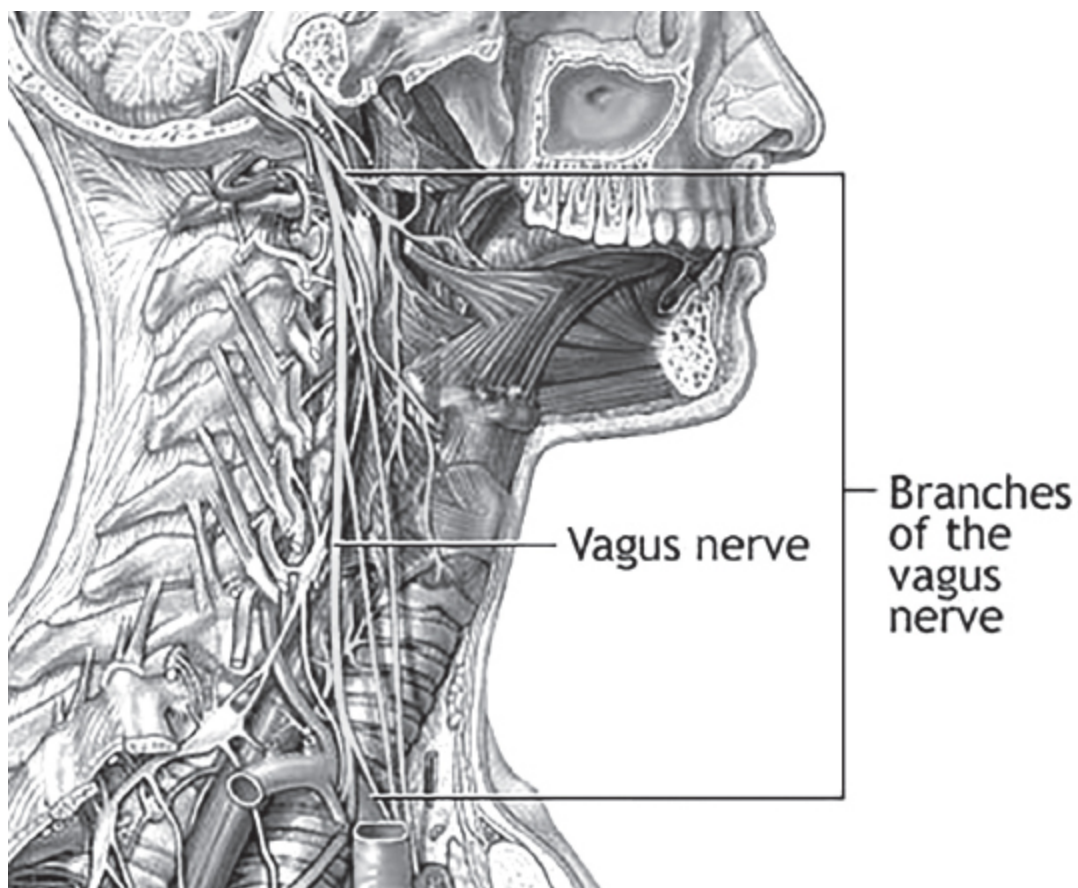


Fig. 5.8. The vagus nerve stems from the base of the brain, down through the neck, to wrap around the organs.

Polarizing the Nerves of the Neck

Start by manually massaging and releasing tension along the muscles, tendons, and nerves in the neck. Work between the clavicle bones at the base of the neck and the head (fig. 5.9).

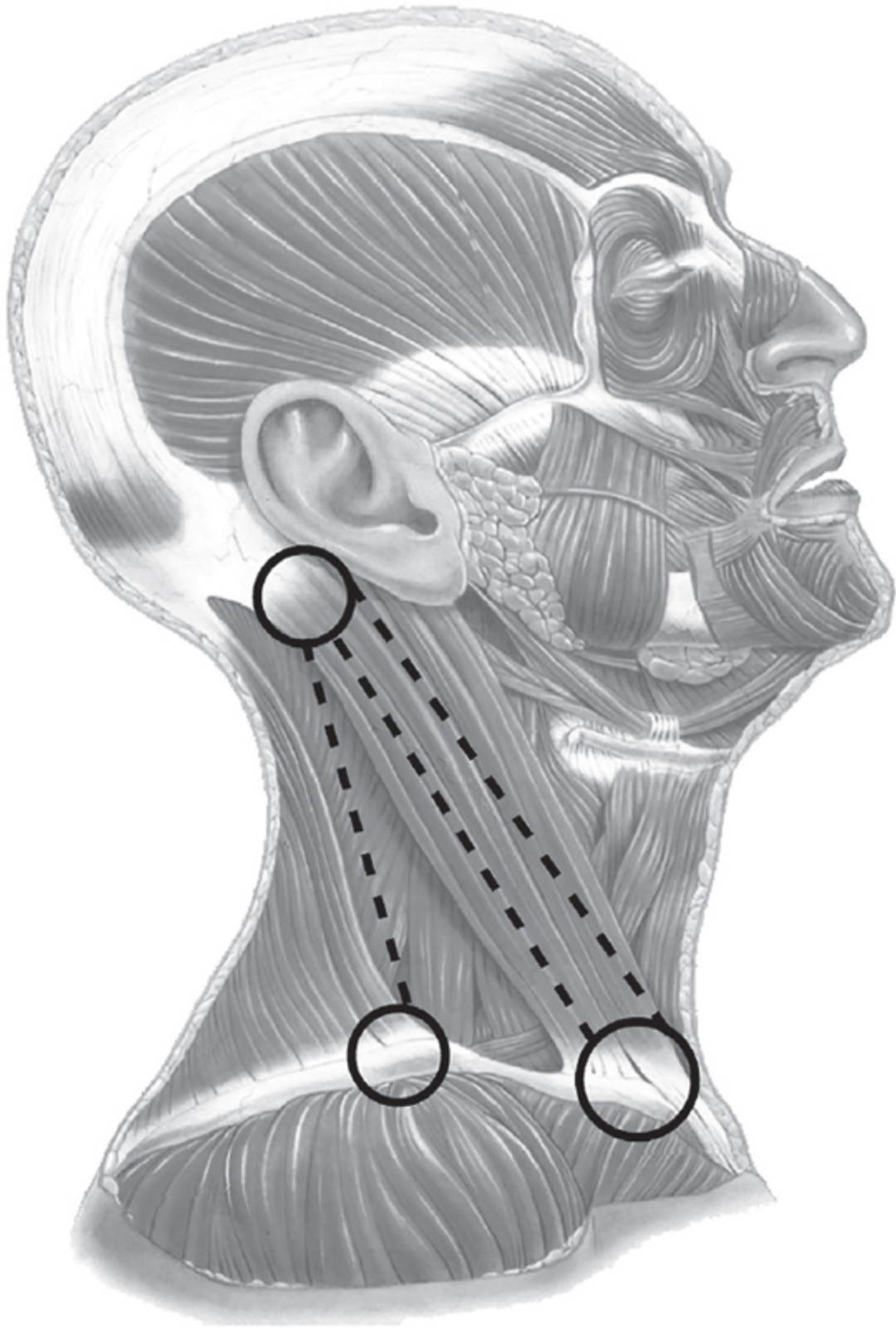


Fig. 5.9. Massage lines on the neck

Then apply the polarizing technique, placing one hand on each side of the neck to send microcurrent between your fingers into the center of the neck.

1. Place the fingers just above the clavicle bone and glide upward to polarize the throat, thyroid, and salivary glands (fig. 5.10).



Fig. 5.10. Polarize the throat, thyroid, and salivary glands.

2. To polarize the vagus nerve, place the fingers at the base of the skull and glide one hand downward along the left side of the neck (fig. 5.11).



Fig. 5.11. Polarize the vagus nerve by gliding the fingers from the base of the skull along the left side of the neck.

3. Repeat step 2 on the right side of the neck (fig. 5.12).



Fig. 5.12. Repeat step 2 on the right side of the neck.

4. Polarize the left shoulder well by placing one hand at the base of the skull on the right side and pressing the left shoulder well, which is located between the base of the skull and the base of the neck above the left clavicle (fig. 5.13).



Fig. 5.13. Polarize the left shoulder well.

5. Repeat the sequence, polarizing the right shoulder well (fig. 5.14).

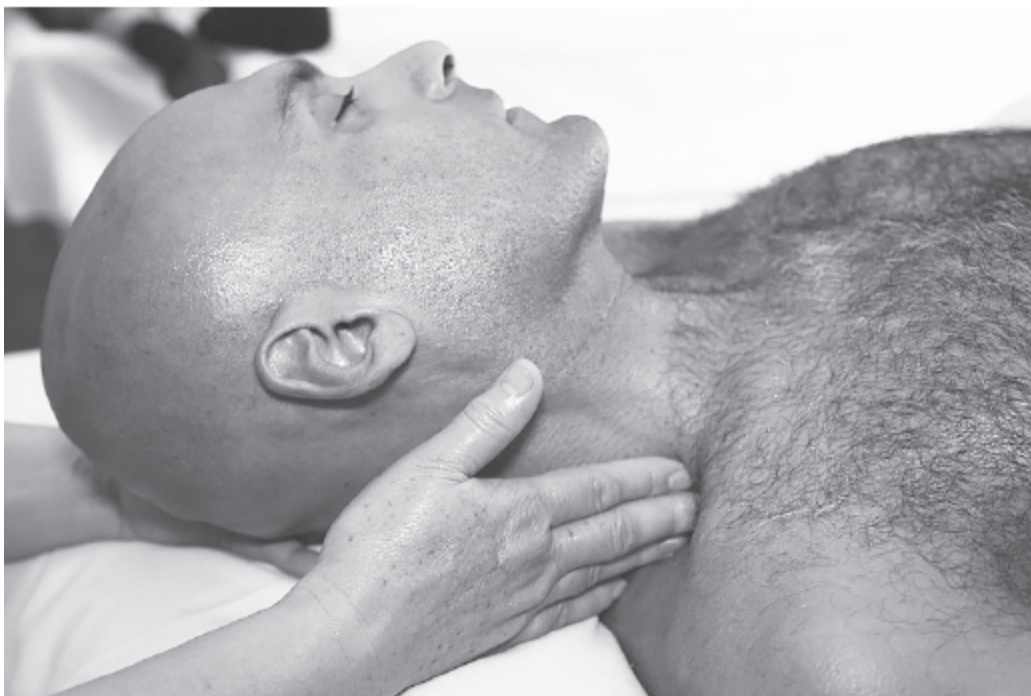


Fig. 5.14. Polarize the right shoulder well.

6. Insert the fingertips into the occipital hollow to reach the vagus nerve that stems from the brain (figs. 5.15 and 5.16).

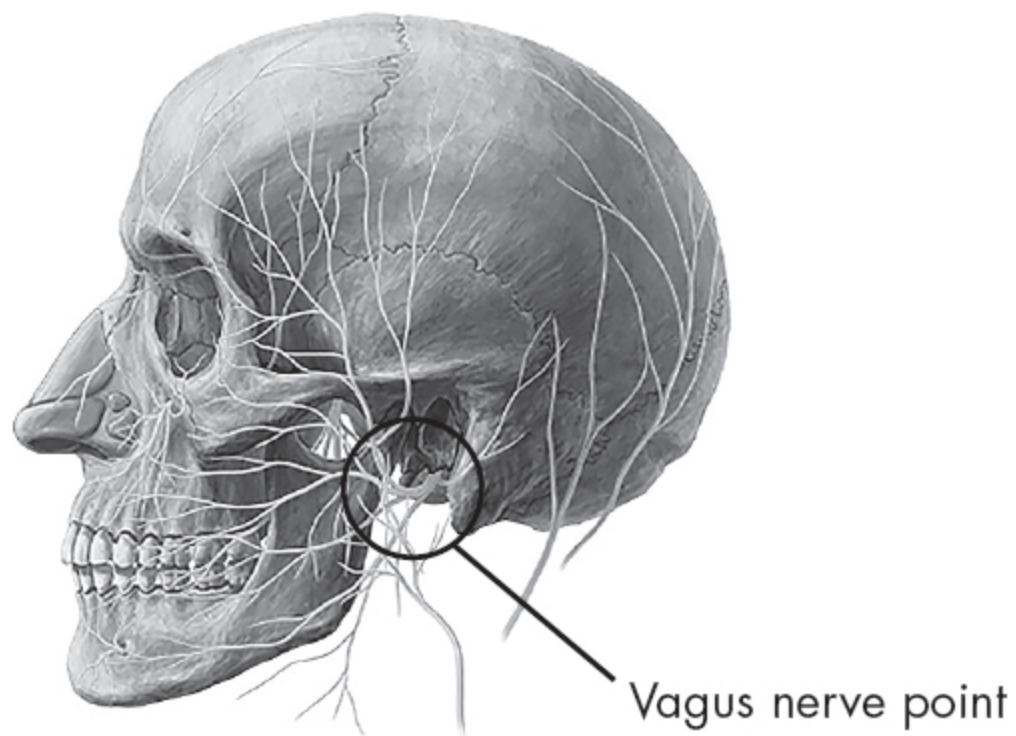


Fig. 5.15. The vagus nerve point is in the occipital hollow.



Fig. 5.16. Insert the fingertips into the occipital hollow to reach the vagus nerve.

THE NERVES AND MERIDIANS OF THE HEAD AND FACE

The cranial nerves emerge directly from the brain (including the brain stem) and relay information between the brain and the various parts of the body, primarily to and from the head and neck. The cranial nerves are considered components of the peripheral nervous system, although on a structural level the olfactory, optic, and trigeminal nerves are more accurately considered part of the central nervous system.

A number of energy meridians either begin or end on the head and face including the Governing Vessel, Conception Vessel, Stomach meridian, and Gall Bladder meridian, so there is a concentration of acupuncture points on the head and face. And twelve cranial nerves and the spinal nerve converge at GV 20, the Bai Hui point on the crown of the head. Massaging the head and face activates many acupuncture points and stimulates the cranial nerves.



Activating the Facial and Cranial Points

1. **Temples/temporal branch of the trigeminal nerve (GB 1 point):** Hold the fingers over the point close to the ear, along the upper jaw (see fig. [5.17](#)).
2. **Jaw/mandibular branch of the trigeminal nerve:** Move the fingers over the points along the upper jaw and slide down over the lower jaw to the chin (see fig. [5.18](#)).
3. **Facial nerve:** Dig the fingers under the cheekbones along the upper jaws to treat sinuses (see fig. [5.19](#)).
4. **Orbital branch of the trigeminal nerve:** Press the fingers along the eyebrow ridge around the orbit of eye, then from the top of the nose alongside the nostrils, for vision and tooth problems (see fig. [5.20](#)).
5. **Crown point—convergence of the twelve cranial nerves and the spinal nerve:** Bai Hui, “hundred convergences” (GV 20), is used in Chinese medicine to clear the senses. It is said to make you smarter. There are five points involved: the medial and lateral lines intersect at the center point. Have the person contract their perineum while you treat these points. Hold the Bai Hui point (the Crown point) with the thumbs (see fig. [5.21](#)).

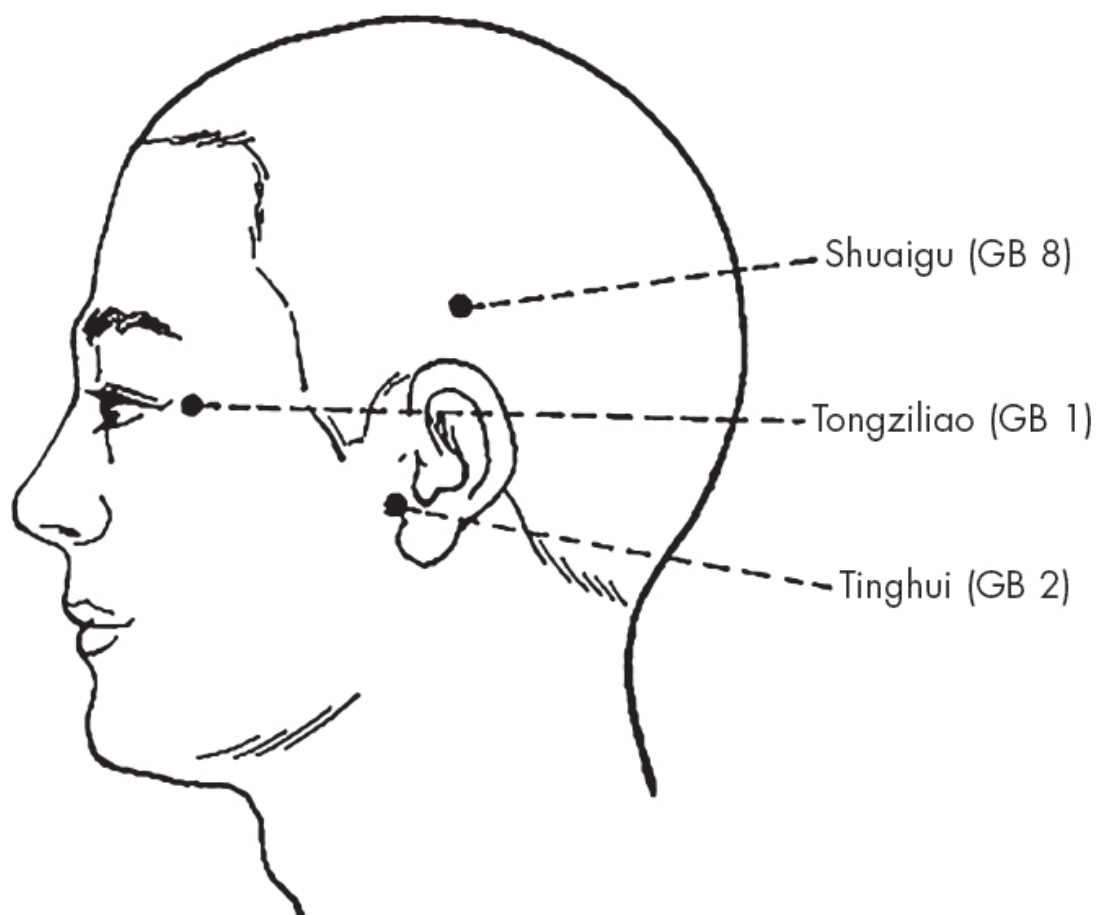


Fig. 5.17. Hold the fingers over the point close to the ear, along the upper jaw.



Fig. 5.18. Spiral the fingers over the points along the upper jaw and slide down to the chin.



Fig. 5.19. Dig the fingers under the cheekbones along the upper jaws.



Fig. 5.20. Press the fingers under the eyebrows and down along the nose.



Crown point (Bai Hui)



Fig. 5.21. Crown point (Bai Hui): Press the thumbs on the medial and lateral lines that intersect at the center.



Activating the Ears (Thalamus and Hypothalamus)—Triple Warmer Meridian

Known as San Jiao, or the Triple Warmer, this energy system regulates the activities of the organs of the thorax, abdomen, and pelvis. An ancient Chinese medical text states, “The Upper Burner controls intake, the Middle Burner controls transformation, the Lower Burner controls elimination.” The Triple Warmer meridian encircles the ear and crosses into the temporal region associated with the hypothalamus, an important gland and nerve center in the center of the brain that regulates appetite, digestion, fluid balance, body temperature, heartbeat, blood pressure, and other basic autonomous functions. Applying CNT microcurrent here will activate this area and have balancing effects.

1. Circle around the ears from under the lower jaw, behind and over the ears (fig. 5.22).

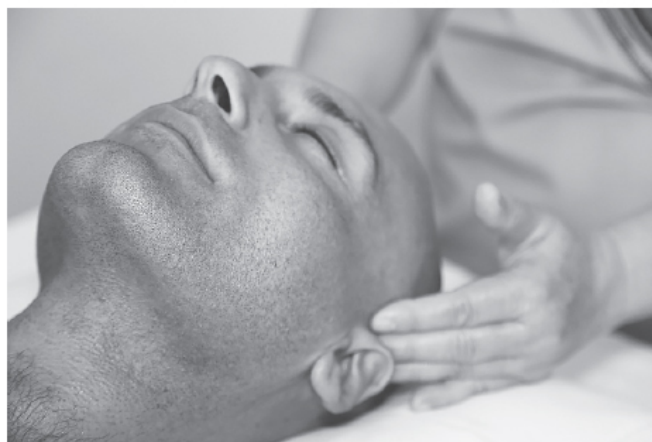
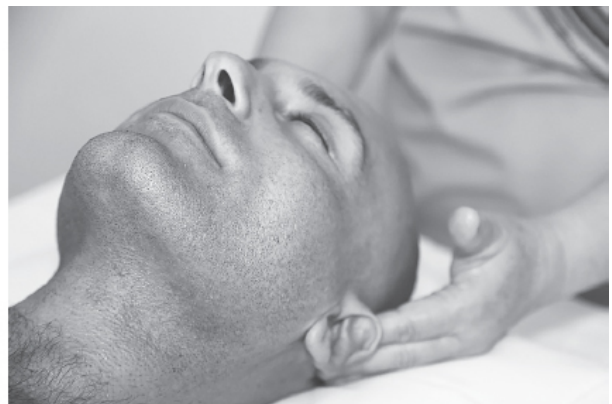


Fig. 5.22. Circle around the ears from under the lower jaw, behind and over the ears.

2. Rub the ear along the edges down to the lobes. This will activate the thalamus and hypothalamus in the three energy centers, promoting harmony and general warming in the body (fig. 5.23).



Fig. 5.23. Activate the edges of the ear, rubbing down to the lobes.

THE ARMS AND HANDS

The arms hold many of the nerves and meridians that run from the head to the torso organs (figs. 5.24 and 5.25). As with the legs, we massage the arms on three lines, but on the arms line 1 is the outer line, line 2 is the middle line, line 3 is the inner line (fig. 5.26). Working on the inner and outer lines of the arms will release energy flowing down from the head and out of the arms, thereby eliminating stagnant winds held in the shoulders and organs.

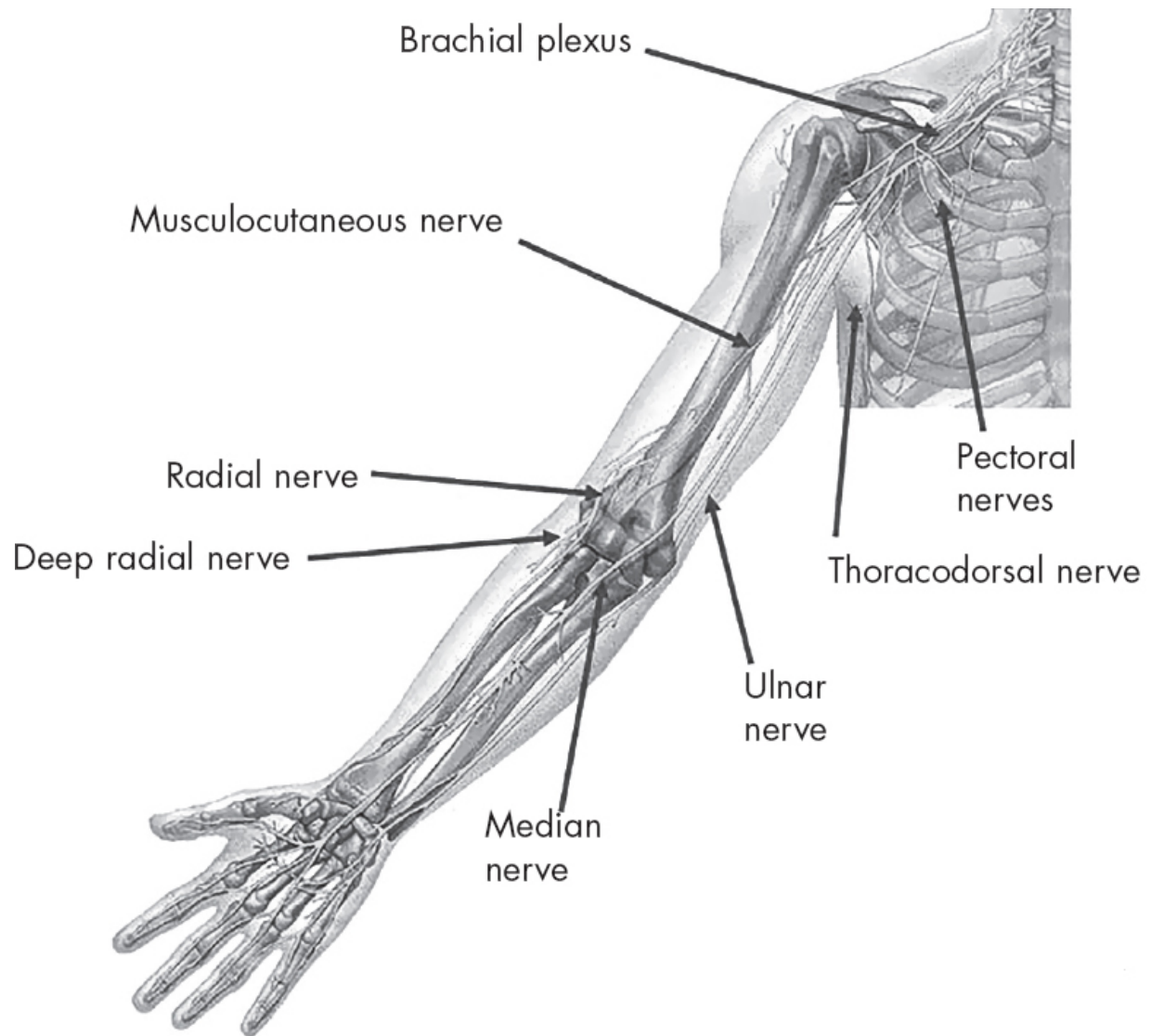


Fig. 5.24. The nerves of the arms originate in the brachial plexus.

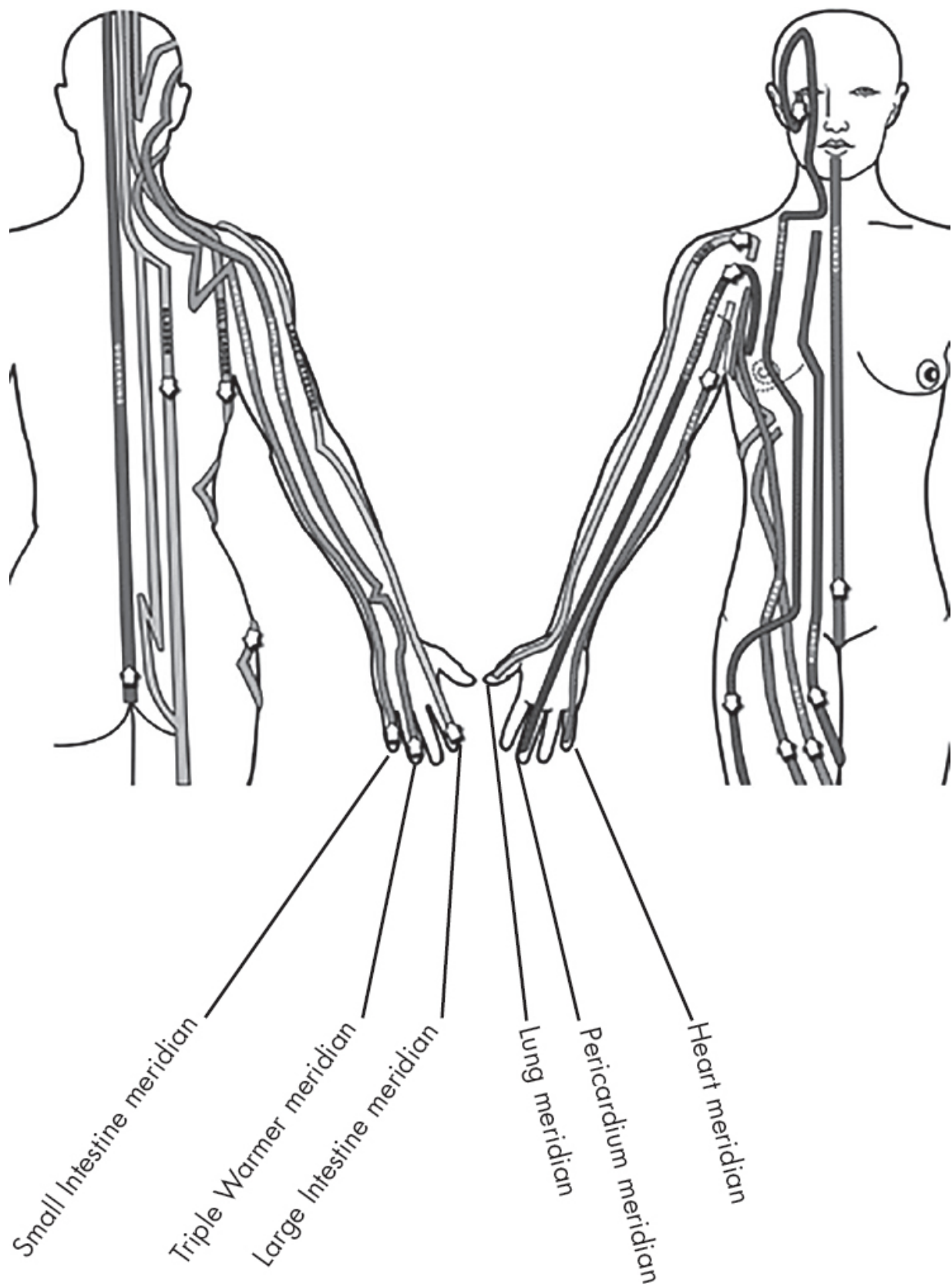


Fig. 5.25. Meridians of the arms

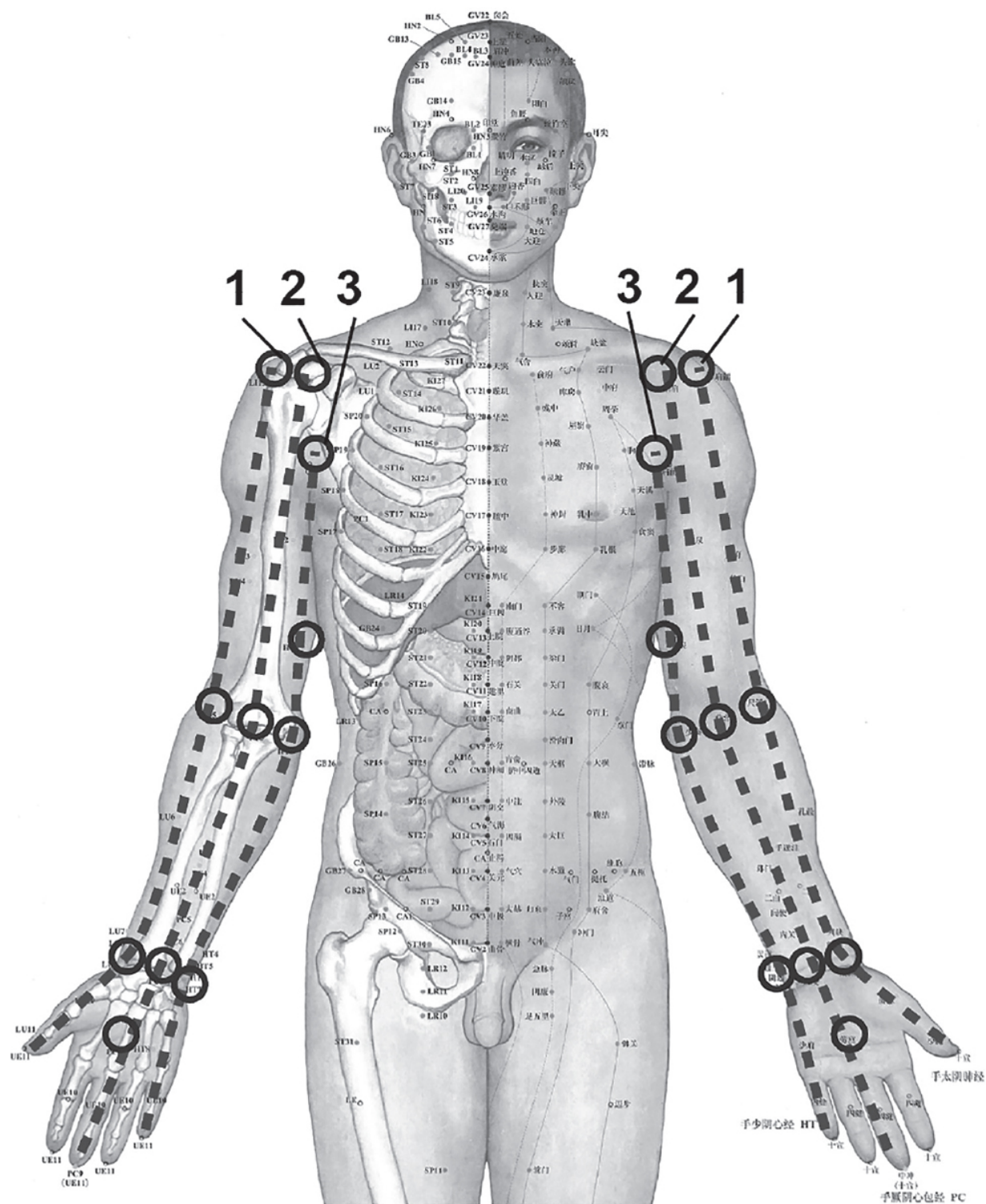


Fig. 5.26. The three lines of the arms: with the arms rotated away from the body so that the palms face front, line 1 is the outer line corresponding to the Lung meridian; line 2 is the middle line, corresponding to the Pericardium meridian; and line 3 is the inner line, corresponding to the Heart meridian.



Massaging the Three Lines of the Arms

Because the arms contain a large concentration of nerves, they tend to hold deep tension and are therefore quite sensitive. Due to this they may involuntarily jump at first until the nerves relax. Start with a lower intensity of microcurrent, between 5 and 7, and work gradually until the arm can absorb higher frequencies to effectively conclude the session. You may want to cover the exposed areas of the body, especially the neck, to keep warm and avoid chills as the body deeply relaxes.

1. Work on line 1, the outer line (Lung meridian), pressing down the arm from the shoulder to the elbow and wrist (fig. 5.27).



Fig. 5.27. Work on line 1, the outer line. Press down the arm from the shoulder to the elbow and wrist.

2. Work on line 2, the middle line (Pericardium meridian). Starting at the armpit, clear out the hollow, spiraling your fingers in a circle (fig.

5.28). Follow the nerves of the arm. Note that it's normal for the hands and fingers to move involuntarily.



Fig. 5.28. Work down the middle line. Press into the brachial tendon and nerve plexus down the arm to the wrist.

3. Work down the inner line (Heart meridian) starting from inside the armpit and moving along the triceps.
4. Hold the fingers over the wrist to release any stagnant winds there, and polarize with the elbow (fig. 5.29).



Fig. 5.29. Press into the wrist and polarize with the elbow.

5. From the inner palm, work down each of the fingers through the fingertips to release the “evil winds” (Ba Sia) from between the joints (fig. 5.30).



Fig. 5.30. On the inner palm, squeeze the joints of each finger and slide down through the fingertips.

6. On the outer palm, squeeze the joints of each finger and slide down through the fingertips (fig. 5.31).



Fig. 5.31. On the outer palm, squeeze the joints of each finger and slide down through the fingertips.

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6

Taoist Self-Healing with CNT Microcurrent and the Inner Smile Meditation

Intrinsic to ancient Taoist healing methods is the idea of self-healing as each of us is ultimately responsible for our own health. Chi Nei Tsang microcurrent can be used quite effectively for self-healing with excellent results, especially in the case of injury, stress-related conditions, or to induce deep relaxation in a tense area. You can also further your own healing by practicing Taoist meditation techniques such as the Inner Smile meditation outlined below.



Using Chi Nei Tsang Microcurrent for Self-Healing

1. Connect the negative (–) grounding electrode pad to your own feet or just stand on it.
2. Place the positive (+) electrode pair with one electrode on either side of the area that needs treatment to polarize it.
3. Adjust the current generator to a comfortable intensity.
4. Move the positive electrodes over the area, brushing around the area with the electrodes and your hands for 10 to 20 minutes maximum. In the case of injury, repeat each day until healed.

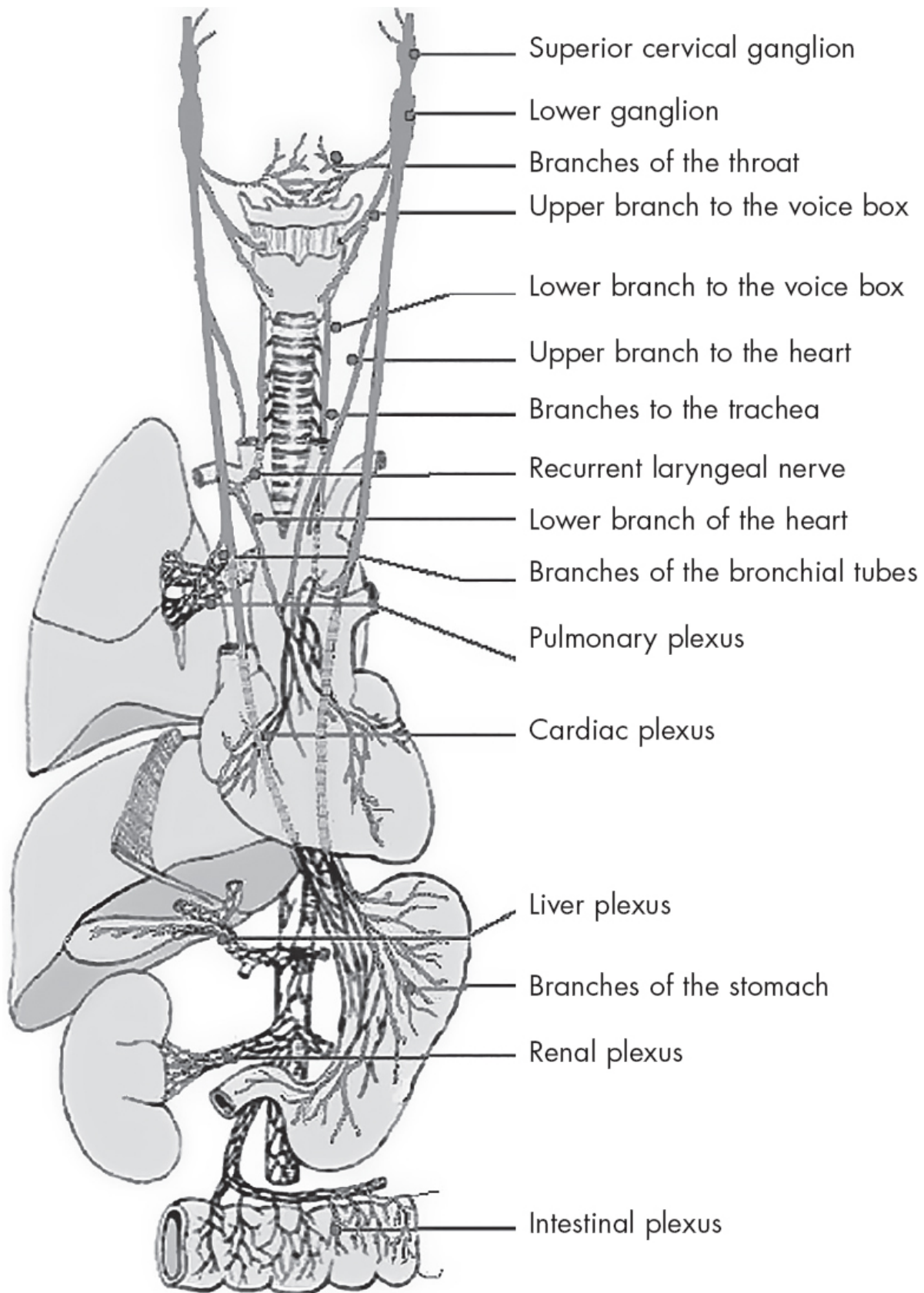


Self-Healing with the Inner Smile Meditation

Essential to the Universal Healing Tao is the practice of the Inner Smile meditation, which connects the mind and body with healing energy. The Inner Smile can be used in a variety of situations, and there are, accordingly, different versions, of varying length, including those that address the different energy lines (meridians), glands, and senses being smiled to. Here, in the context of Chi Nei Tsang, we focus on smiling to the abdominal organs. This is highly beneficial for a temporarily overwhelmed organ or to help cool down stressed organs, as cooling down and relaxing the organs stimulates their healthy functioning and increases the production of digestive fluids. It also charges the organs with revitalizing energy.

It is recommended that you do the entire sequence.

1. We start by energetically putting the eyes, mind, and heart together to focus on the organs. The eye nerves are directly connected to the brain, where they combine with the vagus nerve, the largest nerve of the parasympathetic nervous system, responsible for the relaxation of the body's functions so that they become normalized. The vagus nerve goes from the brain down into the body, with one branch to the heart and the other to all the abdominal organs (figs. 6.1 and 6.2).
2. Sit in a relaxed position on a chair and focus on your eyes. Imagine being connected to the golden light of the universe. Smile all the way out to the corners of your mouth, to your tongue, until you feel the saliva starting to flow, tasting sweet and fragrant. This sends a signal to the digestive system to work more intensively. Smile down to the throat and focus on the vagus nerve's location there, behind the carotid artery. Then put eyes, mind, and heart together and inwardly look downward at the heart with a big, broad smile on your face. Join your hands in front of your heart (fig. 6.3).



The vagus nerve connects the organs to the brain.

Fig. 6.1. Practice smiling inwardly to the vagus nerve.

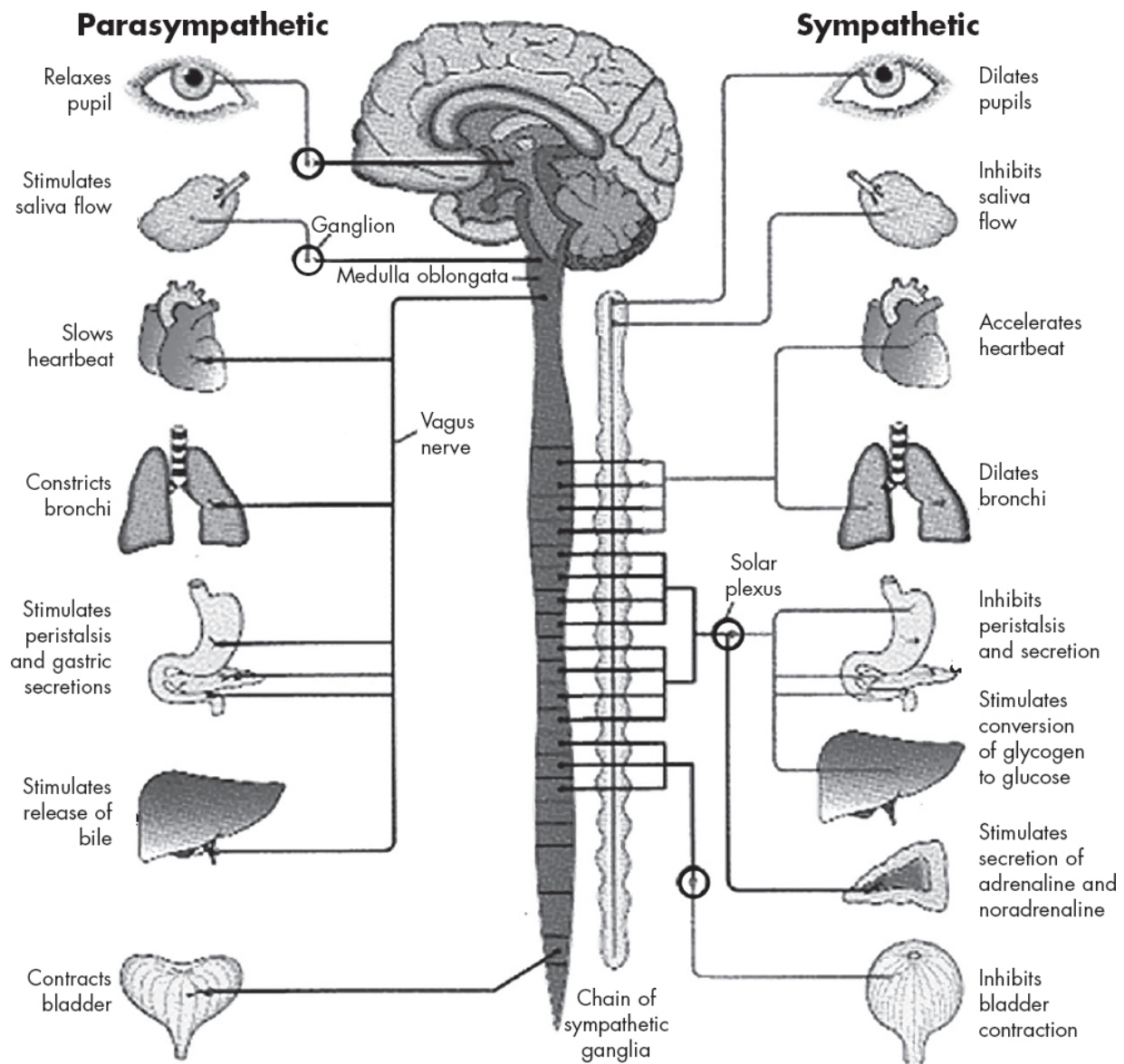


Fig. 6.2. The sympathetic and parasympathetic nervous systems

We always look inwardly, to the organ we are smiling to, and can put our hands in front of the respective organ or connect with it simply by using the power of our intention. The Inner Smile follows the creation cycle, and with the golden light we are connected to we send love, respect, and gratitude to the heart and feel how it cools down and its beat becomes calm and steady. The heart pumps blood throughout the whole body without any rest, and therefore needs our special gratitude. Increase the loving energy in

your heart; feel gratitude for the continuous work it does, and develop even more compassion. The loving feelings and sense of gratefulness in the heart are a kind of wireless connection to the universe. From the heart, smile at the associated organ, the small intestine, which absorbs nutrients from the food we take in and thereby nourishes our cells (fig. 6.4).

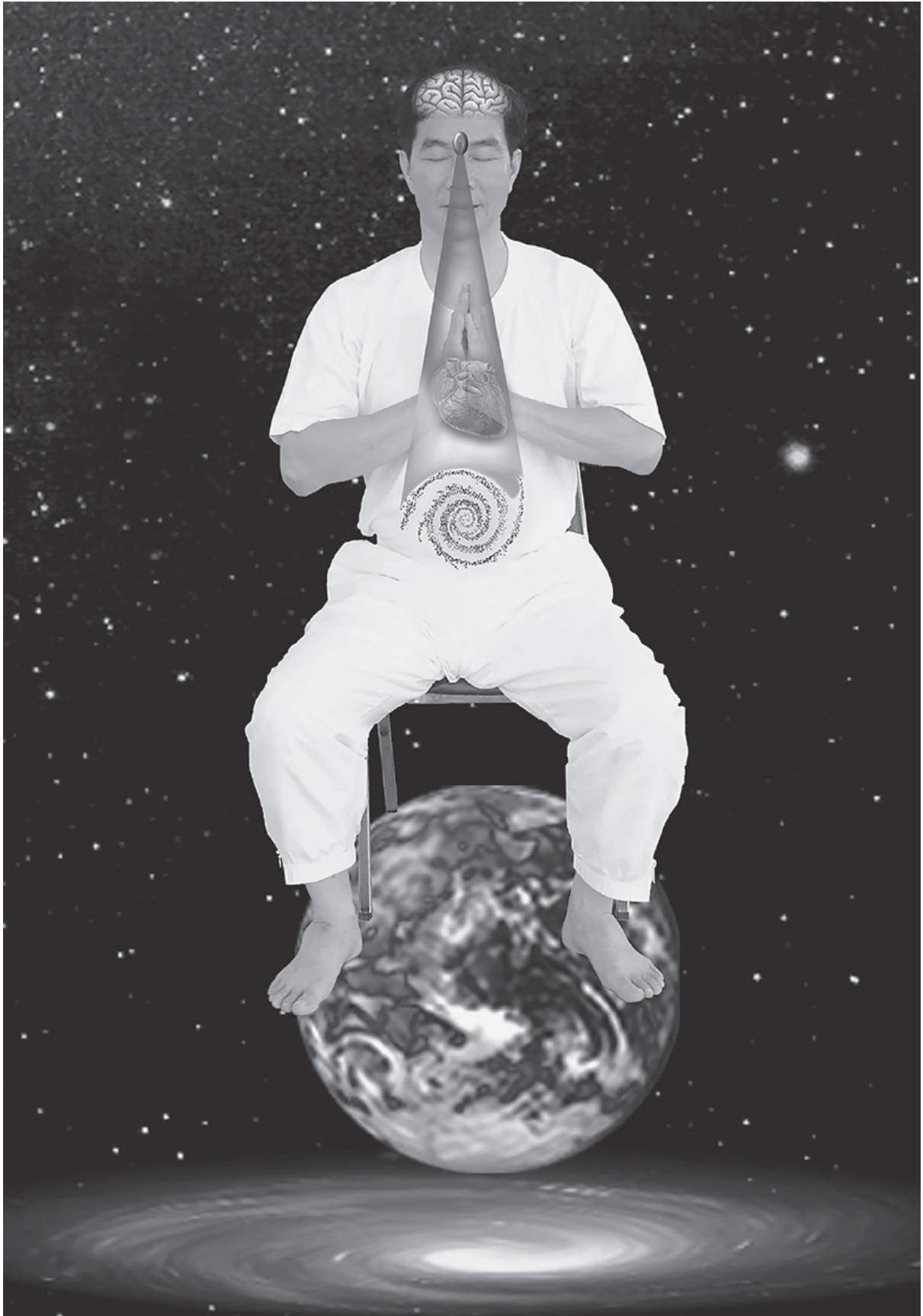


Fig. 6.3. Eyes, mind, and heart together



Fig. 6.4. Smile inwardly at the heart and its associated organ, the small intestine.

3. Imagine the fire of the heart burning to ashes that feed the earth, which is represented by the spleen. Connect and radiate loving energy to the spleen, sending golden light there. The spleen provides special blood reserves in case of an emergency. That is why it is important to calm and strengthen the spleen. Let loving energy penetrate this important organ, and then move on to the stomach and pancreas. By relaxing the stomach and pancreas we increase digestive function. The warm, smiling energy of the Inner Smile, when directed to these organs, destresses the stomach and pancreas and supports their functions (fig. 6.5).

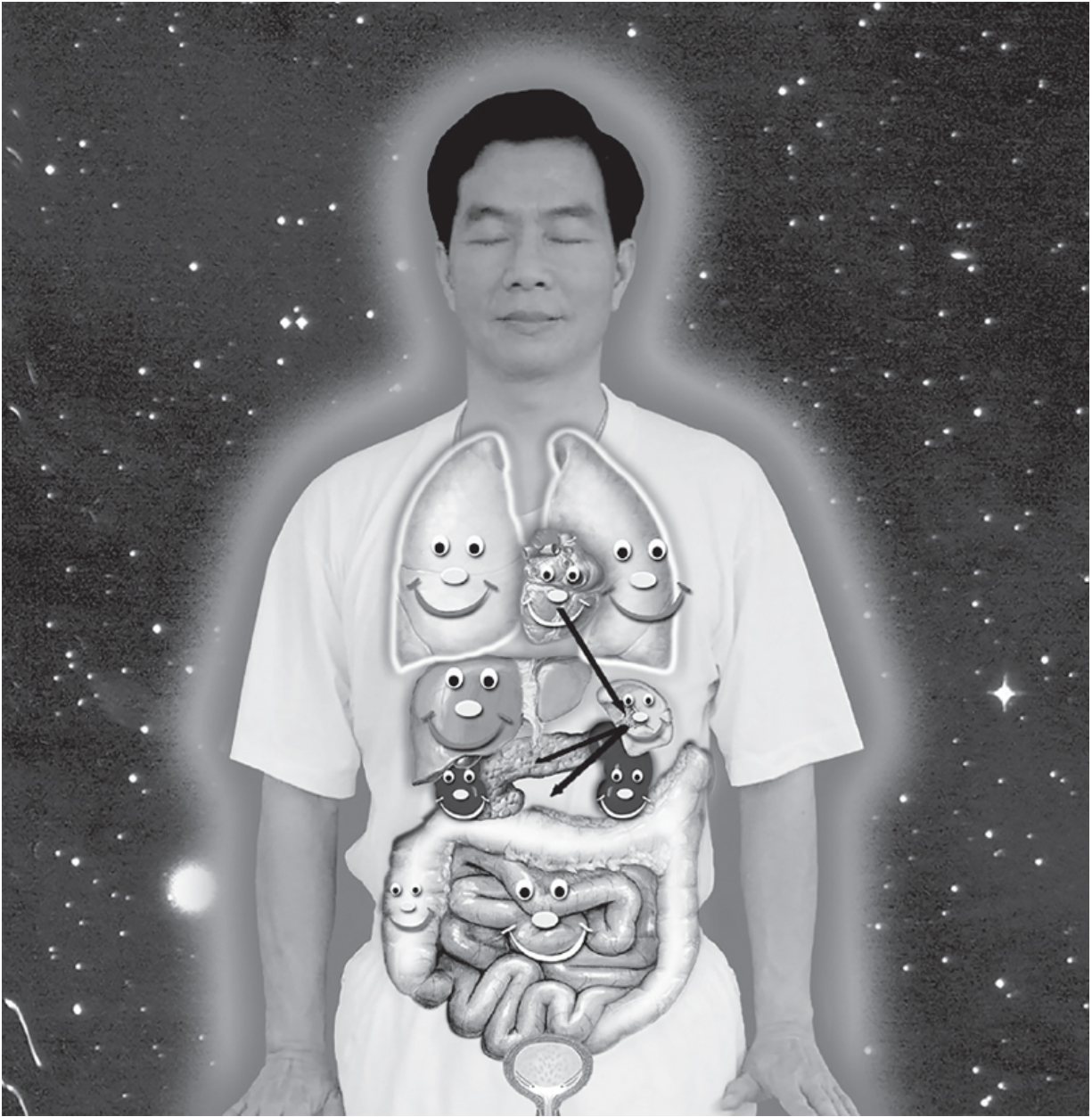


Fig. 6.5. Smile at the spleen and pancreas, and at the associated organ, the stomach.

4. Recharged with the love that emanates from the heart, we next guide smiling energy to the lungs. When the lungs calm down, the bronchioles function better. Breathe deeply and slowly into the lungs and feel how they expand. From there, focus on the organ associated with the lungs, the large intestine (fig. 6.6). Smile along all sections, the rising, transverse, and descending parts, and think of the elimination of waste material. The more relaxed the large intestine is,

the better it functions, easily releasing wastes from the body. A stressed-out large intestine causes constipation.

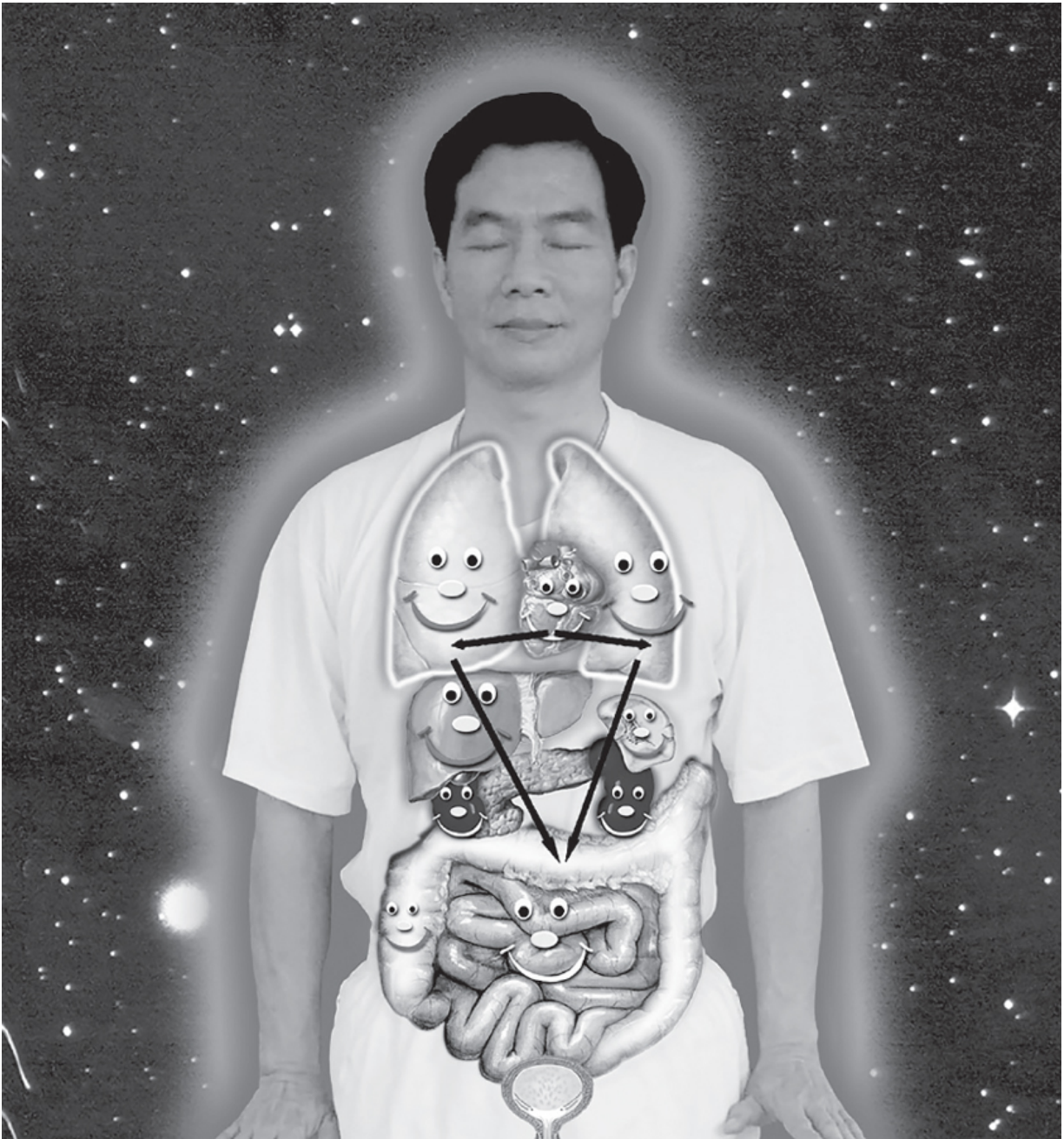


Fig. 6.6. Smile at the lungs and their associated organ, the large intestine.

5. With the recharged, loving energy coming from the heart, we next turn our smiling energy to the kidneys (fig. 6.7). They filter the blood continuously. When they are relaxed, they contract more and can filter

out the blood much better. When blocked as a result of stress, the blood gets more and more toxic; this can lead to the development of painful kidney stones. Smiling and warming the kidneys helps keep them healthy, and we consequently will feel more vitalized. From the kidneys, pay attention to their associated organ, the bladder, and send it smiling, loving energy.

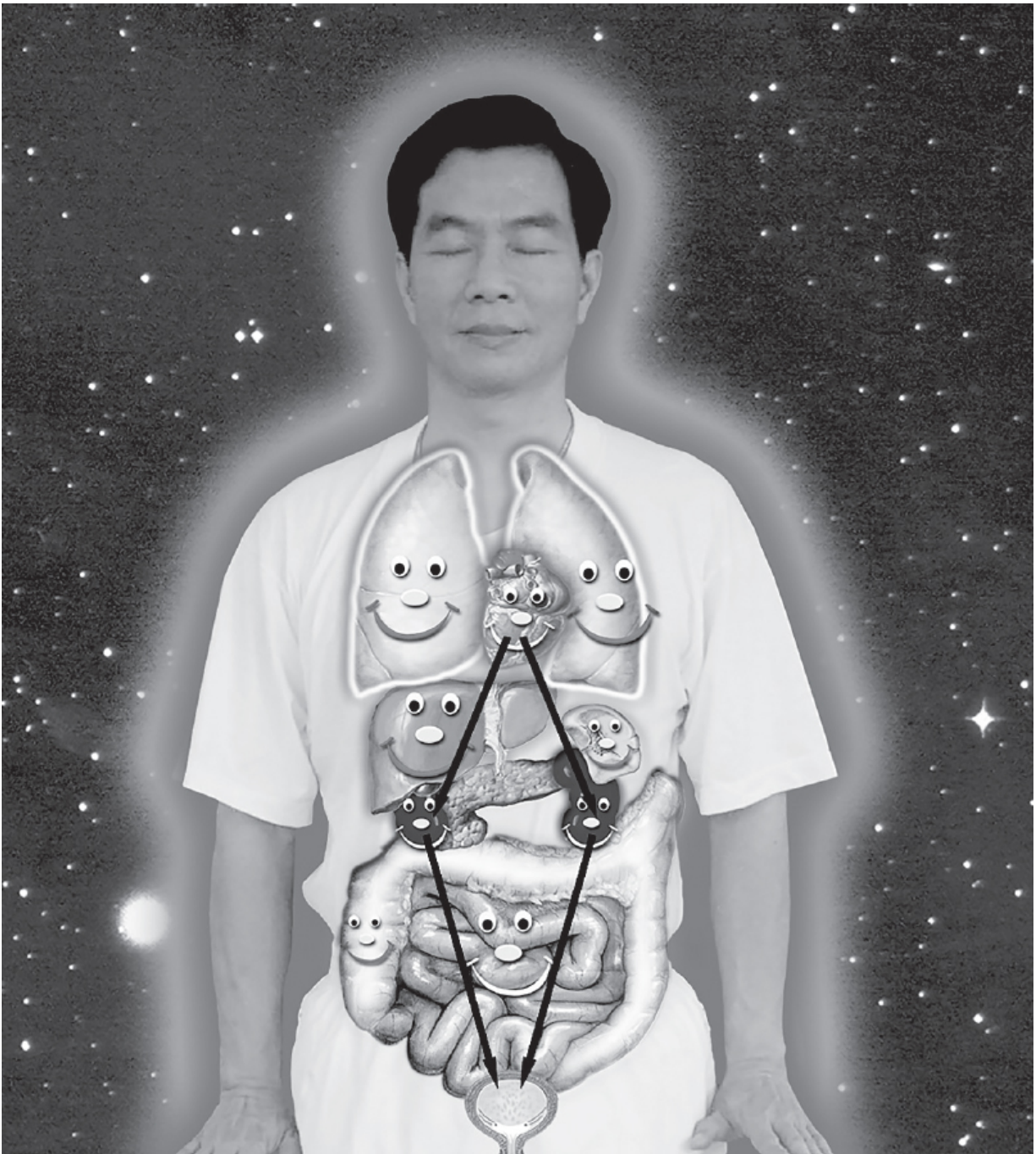


Fig. 6.7. Smile at the kidneys and their associated organ, the bladder.

6. Next, concentrate on your feelings of love and gratitude and send them to your liver and gallbladder (fig. 6.8). Spiral this smiling energy into the liver and relax it if it is overactive. If it is more cooled down, we can stimulate it to produce more bile to support healthy digestion. A healthy gallbladder then collects and releases the bile properly. When the gallbladder is blocked, stones will start growing, causing digestive problems.



Fig. 6.8. Smile at the liver and its associated organ, the gallbladder.

7. From the aforementioned thoracic organs, now turn back to the heart and smile down at your sexual organs. Hold your hands in front of

your pubic bone and feel a slight sexual arousal. Send more loving feelings and appreciation to your sexual organs. When we have developed the aroused sexual energy, guide this powerful regenerative chi to the other abdominal organs. This way we feed our organs with our main creative energy source.

It might take some time of practicing the Chi Nei Tsang Inner Smile before you will feel the activation of your abdominal organs, but doing it regularly insures that one's entire system and essential thoracic organs do not become either too hot or too blocked. Starting and ending the day with a Chi Nei Tsang Inner Smile is a wonderful way to maintain one's health and well-being.

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Appendix

Chi Nei Tsang and Microcurrent Case Studies

PROVIDED BY JUTTA KELLENBERGER,
CNT MICROCURRENT PRACTITIONER

A woman suffered from pain along the spinal cord. At the level of the sacrum she felt an intense pain on the right side, and on the lower part of her right leg she felt shooting pain. This woman had had an appendectomy, so she assumed that the pain came from a nerve that had been damaged during this operation. After four or five treatments along both sides of her spinal cord her pain completely disappeared.

A woman was diagnosed with rheumatism in both arms. By simply treating her back and her arms with microcurrent, the pain was released. She reported that after her third treatment her arms felt very tired as though they were releasing accumulated toxins. After resting she had no more pain.

A Shiatzu practitioner suffered from pain in her arms. She had to stop offering treatments to her clients because she had no more strength in her arms and fingers. She was also diagnosed with carpal tunnel syndrome in one of her wrists. After only two treatments she felt such great relief in her arms and wrists that she was able to continue to offer treatments to clients.

A male gymnast had a serious injury from overstraining the internal muscles of his lower right hip and flank. He had seen many specialists to try to release the resulting muscle spasms and relieve his nerve pain, but

even touching the area lightly sent shudders through his body. After four sessions of Chi Nei Tsang microcurrent therapy he could touch the area painlessly and no longer had spasms even in full motion.

A woman suffered a knee accident. She fell full force on her knee, which immediately swelled. After five twenty-minute treatments over five days, the entire knee was back to normal—no pain anywhere in the back or the front of the knee, and she could crouch down as if she had never injured it.

A woman had a sudden knee displacement and was in a lot of pain. Upon initial examination it was discovered that her calves were extremely tight and also very painful to the touch, even with the microcurrent. After one treatment her knee went back to normal, but because of the extra pain and tension in her calves, two more treatments were needed to release the tension in her lower legs.

An office worker had deep neck tension from overworking. His spine and shoulders were very painful; circulation in his arms was weak from the retracted nerves in the cervical and brachial plexus; and he had trouble driving or lifting. After just two Chi Nei Tsang microcurrent sessions he regained mobility in his neck and released deep tension in his spine and shoulders, which improved circulation in his arms. After three more sessions he regained full use of his arms and was able to function normally, learning to manage his stress with the Inner Smile practice to transform his vital energy.

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Footnotes

- *1. The biodynamizing process includes infusing electromagnetic waves and metallic trace elements into the water, in addition to using the reverse osmosis technique, to purify heavily contaminated water.
- *2. The soul gates are located at the junction of the psoas muscle and the ileocecal valve on the right side of the body and at the junction of the psoas and the sigmoid colon on the left.

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THE UNIVERSAL HEALING TAO SYSTEM

The ultimate goal of Taoist practice is to transcend physical boundaries through the development of the soul and the spirit within the human being. That is also the guiding principle behind the Universal Healing Tao, a practical system of self-development that enables individuals to complete the harmonious evolution of their physical, mental, and spiritual bodies. Through a series of ancient Chinese meditative and internal energy exercises, the practitioner learns to increase physical energy, release tension, improve health, practice self-defense, and gain the ability to heal him or herself and others. In the process of creating a solid foundation of health and well-being in the physical body, the practitioner also creates the basis for developing his or her spiritual potential by learning to tap into the natural energies of the sun, moon, earth, stars, and other environmental forces.

The Universal Healing Tao practices are derived from ancient techniques rooted in the processes of nature. They have been gathered and integrated into a coherent, accessible system for well-being that works directly with the life force, or chi, that flows through the meridian system of the body.

Master Chia has spent years developing and perfecting techniques for teaching these traditional practices to students around the world through ongoing classes, workshops, private instruction, and healing sessions, as well as through books and video and audio products. Further information can be obtained at www.universal-tao.com.

THE UNIVERSAL HEALING TAO TRAINING CENTER

The Tao Garden Resort and Training Center in northern Thailand is the home of Master Chia and serves as the worldwide headquarters for Universal Healing Tao activities. This integrated wellness, holistic health, and training center is situated on eighty acres surrounded by the beautiful Himalayan foothills, near the historic walled city of Chiang Mai. The serene setting includes flower and herb gardens ideal for meditation, open-air pavilions for practicing Chi Kung, and a health and fitness spa.

The center offers classes year-round, as well as summer and winter retreats. It can accommodate two hundred students, and group leasing can be arranged. For information on courses, books, products, and other resources, see below.

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MANTAK CHIA



[Mantak Chia](#) has been studying the Taoist approach to life since childhood. His mastery of this ancient knowledge, enhanced by his study of other disciplines, has resulted in the development of the Universal Healing Tao system, which is now being taught throughout the world.

Mantak Chia was born in Thailand to Chinese parents in 1944. When he was six years old he learned from Buddhist monks how to sit and still the mind. While in grammar school he learned traditional Thai boxing, and he soon went on to acquire considerable skill in aikido, yoga, and Tai Chi as well. His studies of the Taoist way of life began in earnest when he was a student in Hong Kong, ultimately leading to his mastery of a wide variety of esoteric disciplines as a result of the guidance of several masters, including Master I Yun, Master Meugi, Master Cheng Yao Lun, and Master Pan Yu. To better understand the mechanisms behind healing energy, he also studied Western anatomy and medical sciences.

Master Chia has taught his system of healing and energizing practices to tens of thousands of students and trained more than two thousand instructors and practitioners throughout the world. He has established centers for Taoist study and training in many countries around the world. In June of 1990, he was honored by the International Congress of Chinese Medicine and Qi Gong (Chi Kung), which named him “Qi Gong Master of the Year.”

AISHA SIEBURTH



[Aisha Sieburth](#) is a senior instructor of the Universal Healing Tao system in Chiang Mai, Thailand. As founder and director of the School of the Tao of Vitality and Soulimet Association since 1998, her work is dedicated to bridging Eastern and Western approaches of ancestral healing arts and contemporary methods. Born in Boston, Massachusetts, and holding a double bachelor's degree in fine arts and human science from the Boston School of the Museum of Fine Arts in consortium with Tufts University, she continues her research, writing, and teaching to bring a modern-day approach to the ancient healing arts.

In early childhood, during a time when she lived in Japan, she was initiated in the traditional arts of Zen meditation and spiritual dance. Since then, and with much gratitude to her many teachers and especially to Master Mantak Chia, Aisha has followed the path of unifying the spirit through

energy work within the body. Her travels have taken her throughout Asia and Europe, where she teaches and trains others in the Universal Healing Tao, Chinese medicine, and Kung Fu Wu Shu. She combines this with kinesthetic anatomy for movement, which is an expression of her passion for dance and art.

Aisha lives and works in Avignon, France, where she teaches and practices Taoist energy work and Chi Nei Tsang. Her workshops present a holistic approach to self-healing through energy consciousness, meditation, and movement inspired from the practices of ancient Taoist Inner Alchemy, internal martial arts, and dance.

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