

# Karsai Nei Tsang

Therapeutic Massage for  
the Sexual Organs



Mantak Chia



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## Therapeutic Massage for the Sexual Organs



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Destiny Books  
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# Acknowledgments

The Universal Tao Publications staff involved in the preparation and production of *Karsai Nei Tsang* extend our gratitude to the many generations of Taoist masters who have passed on their special lineage as an unbroken oral transmission over thousands of years. We wish to thank the thousands of unknown men and women of the Chinese healing arts who developed many of the techniques and concepts presented in this book.

We offer our eternal gratitude to our parents and teachers for their many gifts to us. Remembering them brings joy and satisfaction to our continued efforts in presenting the Universal Tao System. As always, their contribution has been crucial in presenting the concepts and techniques of the Universal Tao.

We also wish to extend thanks to the Chi Nei Tsang teacher Dr. Mui Yimwattana and Taoist Master Yi Eng, both of whom worked so patiently to teach their students.



**Mui Yimwattana**

A unique genital health massage service is now available at Tao Garden Health Resort. A Thai Massage masseuse with twenty-six years of professional experience does this special massage. In addition to being highly skilled and effective in all forms of Thai Massage, our new staff professional, Khun

Ni, has acquired special training in genital massage that most of us have never come across before. Her professionalism, knowledge, and sensitivity in this delicate area have gained immediate trust and respect from all of us here who have been privileged to benefit from her massage. Not to be confused—this is not a “sexual” massage—it is for the health of the sexual organs, glands, and associated areas.

Buathon Thienarrom was formerly the Medical Manager and Chi Nei Tsang Practitioner at the exclusive Chiva-Som International Health Resort in Hua Hin, the royal seaside resort in the south of Thailand. She hopes to be able to pass on her knowledge of healing to those who are interested in holistic health. Because of her comprehensive background knowledge in nursing, psychology, and health sociology, she has been able to easily grasp the fine balance between traditional/alternative medicine and modern medicine. She fully understands the importance of harmony between body and mind in order to achieve spiritual development, which is the key to personal fulfillment. She has undergone extensive training in alternative/holistic medicine. She has appeared in a BBC program on holistic health on the Discovery Channel (Asia) and has also given many lectures on holistic health topics at various leading universities throughout Thailand. She has practiced her healing techniques in Hong Kong, Singapore, and the United Kingdom.



**Bunjong Pun (Khun Ni)**



**Buathon Thienarrom**

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# Putting Karsai Nei Tsang into Practice

The practices described in this book have been used successfully for thousands of years by Taoists trained by personal instruction. Readers should not undertake the practice without receiving personal transmission and training from a certified instructor of the Universal 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 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 mental or emotional disorders, an appropriate professional health care practitioner or therapist should be consulted. Such problems should be corrected before you start training.

Neither the Universal 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.

# Introduction

Our sexual organs play a major role in our physical, emotional, and spiritual health—we need arousing, orgasmic energy for the healthy functioning of our beings. When the genitals suffer from blockages, the Jing Chi (sexual chi) is not free to circulate through the body, which is then deprived of this powerful healing energy.

Karsai Nei Tsang is the practice of caring for our genitals and sexual organs, which we have neglected for far too long. The word *karsai* means “sedimentation in the veins,” which is a common cause of blockage in the body. Many different types of blockages occur in all parts of the body; they can come from the aging process, emotional and physical traumas, toxins, heavy metals, air pollution, poor nutrition, pesticides in our food, polluted water, or too much stress. There are blockages in our circulatory systems that affect blood and lymph flow, blockages that cause our organs to function poorly—especially the kidney, bladder, spleen, pancreas, lung, prostate gland, testicles, uterus, and vagina—energy blockages, and blockages in our tendons, fasciae, and muscles, to name just a few.

Karsai Nei Tsang focuses on the blockages in the genital area, especially those that take the form of sedimentation in the blood vessels. In order to have healthy, functioning genitals we need a rich supply of blood flow to and from them. When this blood flow becomes blocked with crystal-like sedimentation and fatty deposits, our sexual arousal response is greatly affected. With poor blood flow to the genital area, men will have difficulty getting and maintaining good erections, while women will have difficulty producing adequate sexual fluids, and getting the proper engorgement of the labia and clitoris. Karsai Nei Tsang

releases the blockages and sedimentation that cause poor blood flow to these areas so that men and women can regain healthy sexual function.

Another important benefit of Karsai Nei Tsang is improved hormonal balance: when the circulatory flow in the genital area increases, hormones are more easily released. A healthy balance of hormones in turn stimulates sexual and brain functioning. When we have healthy hormonal function we are given some protection against many age-related problems such as memory loss, back pain, poor circulation, decreased libido, and problems associated with menopause.

Because blockages and sedimentations tend to manifest around age forty, Karsai Nei Tsang is especially important for men and women over the age of forty, as well as and for anyone who feels blocked sexually. The Karsai Nei Tsang practitioner uses a sensitive touch with deep, direct pressure and small circular massage movements to dissolve sedimentation in the circulatory system, release toxicity from the organs, and assist the student in letting go of any past emotional blockages held in this area.

Karsai Nei Tsang addresses common problems associated with our sexual organs, such as impotence, frequent and difficult urination, painful menstruation, painful intercourse, and low sexual libido. It is also quite effective in alleviating lower back pain, improving the body's alignment, strengthening the pelvic floor muscles, and increasing general vitality.

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# 1

## Preparation for Karsai Nei Tsang

Karsai Nei Tsang is a powerful form of treatment, and it is important that both the student and the practitioner are well prepared for its demands.

### PREPARATION FOR THE PRACTITIONER

For all Chi Nei Tsang practitioners, it is important to maintain a clear, healthy body with abundant chi flow and healthy boundaries. Because of the sensitive nature of genital massage, this is especially true for the Karsai Nei Tsang practitioner. It is a prerequisite for Karsai Nei Tsang practitioners to have worked out any issues of past sexual trauma and to have gained enough experience in the Universal Tao Healing Love and Basic practices to have good management of their sexual energies. As a practitioner, you present yourself as a standard of physical, emotional, and spiritual health; it is your responsibility to stay clear and centered in your own energies. Any exchange of sexual energies with your student is just a distraction from the healing purposes of Karsai Nei Tsang, and it invites negative influences for both of you. Unclear boundaries create an opening for the repressed negative energies of your student to enter into your body and for your unprocessed negative energies to enter into your student. This is obviously not the purpose of any Chi Nei Tsang session and can adversely affect your abilities as a healer in the future. The simplest way is to stay present in your integrity, and you will be rewarded tenfold.

### **Twelve Steps to Becoming an Effective Healer**

**1. Establish a strong connection with your sources of energy.** The first step is to establish a connection with your sources of energy and then to connect yourself to the energies emanating from heaven and earth.<sup>[\\*1](#)</sup> This practice is beneficial for self-healing and is essential for healing others. If you do not connect to some source of external energy, you will draw upon your own personal reservoirs when healing others. Our personal chi is limited by nature, and can easily become depleted if we give it away too freely. If you stay connected with these energies while you are giving treatments, however, you will discover that you have ample energy of the correct quality and quantity to help your student.

**2. Prepare yourself physically.** When creating the strong, healthy body necessary for practicing Karsai Nei Tsang, bear in mind that energy flows to wherever it is needed (fig. 1.1). If your energy is lower than your student's, his or her energy will flow to you and you will become weaker. In emphasizing physical preparation, it is important to know that tendons, muscles, fasciae, channel systems, and bones draw in power that can be channeled to another. Following is a list of physical practices that are important for you to do.



**Fig. 1.1. Prepare yourself physically.**

- **Iron Shirt Chi Kung:** The Iron Shirt Chi Kung exercises allow you to draw energy from the earth, cosmos, and universe to strengthen the tendons and clean out and energize the fasciae. This provides protection and opens the channels so that they can receive more energy.
- **Tai Chi Chi Kung:** By practicing Tai Chi, you can learn to move your body as a unit, using chi instead of muscle power. You also build inner strength by circulating energy through the channels, muscles, tendons, bones, and fasciae. This ability is an important part of protecting yourself during Karsai Nei Tsang practice, as well as for storing and channeling energy. The Universal Tao's Tai Chi Chi Kung, which can be learned very quickly, is a short but powerful way of achieving such results.
- **Bone Marrow Breathing:** I have published a book on the subject of bone marrow breathing entitled *Bone Marrow Nei Kung*.<sup>[\\*2](#)</sup> Bone marrow breathing allows you to cleanse your body, grow bone marrow, refresh the blood, and develop enormous power. You can also develop the ability to channel energy through your breath, using less muscular force and distributing more energy.
- **Diet:** The five-element theory of cooking that pervades much of the world of Chinese cuisine is served in many wonderful restaurants. In fact, its cooking rules are a part of every Asian culture. Asian cooks balance their food in five ways, separating food according to five tastes, five colors, hot, cold, and pH balance. The foods are then combined and beautifully prepared.

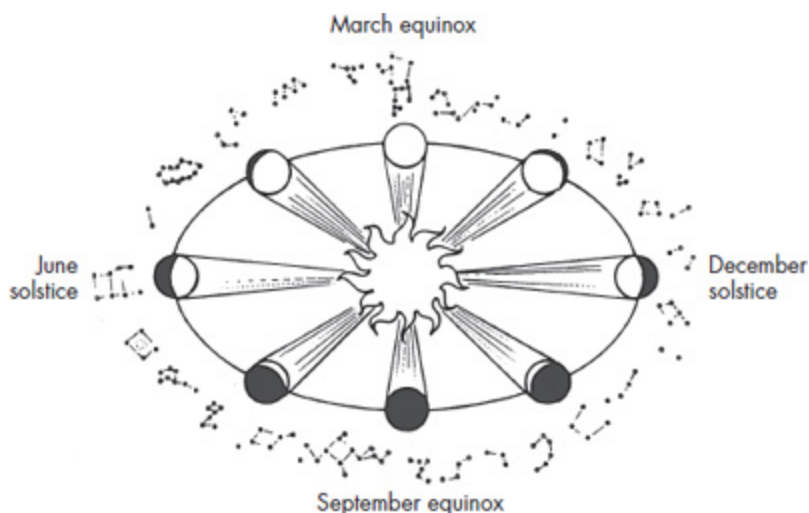
The stomach, spleen, and saliva sort out ingested food and distribute it to the organs according to taste and color. each color and taste feeds energy to its own particular organ group, and each organ will accept only that energy designed for it by nature.

Cooking and eating according to the theory of the five phases is a powerful practice full of novelty and surprise. Culinary artists who incorporate the five phases of energy (five elements) into their cooking using the produce and foods of their countries or regions are quickly creating new and exciting trends in cooking.

**3. Practice meditation daily.** To maintain your energy, meditate every day by connecting with the outer forces and burn out any of your sick and undesirable energies. The Six Healing Sounds meditation, Microcosmic Orbit meditation, and the Fusion meditations are especially effective for these purposes.<sup>[\\*3](#)</sup>

The Healing Hands meditation, when practiced every day, increases the ability of your hands to channel universal energy, earth energy, and human plane (cosmic particle) energy. You will be able to feel the energy emerging from your palms and fingers.<sup>[†15](#)</sup>

**4. Recognize that the ability to heal others is a gift of nature.** Everyone in good health can be a healer. The healing ability means having a powerful life force, a higher vibration, and good intention. Usually, it takes one year of practice for a person to absorb enough universal energy to be effective. That is the time it takes for the earth to revolve around the sun (fig. 1.2). With the practice of the Cosmic Particle Chi Circulation and the embracing the Tree exercises,<sup>[\\*4](#)</sup> you can quicken the process of energy absorption and transformation without overheating your system or creating a problem of cosmic energy indigestion. The energy is then immediately useful.



**Fig. 1.2. Ordinarily, it takes one year for a person to absorb enough universal energy to be an effective healer. Meditation can quicken the absorption process.**

**5. Become a channel for powerful forces.** The more channels you open, the better off you are. Therefore, to receive energy, it is important to open at least the two major channels of the Microcosmic Orbit—the Functional and Governor Channels. It is better still to add the Thrusting and Belt Channels.<sup>[†16](#)</sup> By doing so you will know firsthand the way your energy flows. Then you can direct and draw in healthy energy, and use it to burn sick energy out of your system. By first opening the energy channels within yourself, you become more efficient as a healer and can avoid succumbing to the illnesses that you are removing from another.

**6. Prevent the depletion of your energy.** It is important to channel the energies of the universal, human plane (cosmic particle), and earth forces rather than using your personal storehouse of energy. When practitioners rely on their own energies they soon become depleted and then it is very easy for disease to take hold.

As you try to help a person and your life-force energy flows into him or her, be sure your energy is healthy.

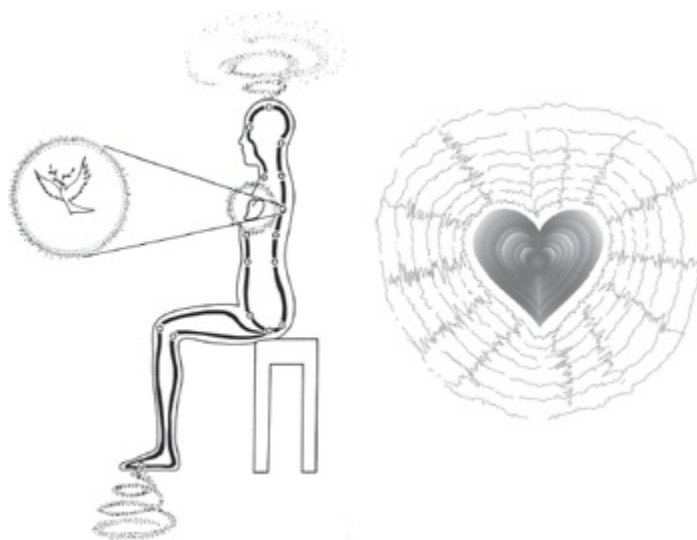


Otherwise any sick energy you send will create the same sickness in that person.

The reverse also holds true. As you send energy into a person, his or her energy passes to you. This means that this person's problems become your problems. There is no such thing as becoming involved with the healing without also becoming involved with the problem. This is how many people in the healing arts get sick. Their energy systems are not efficient enough to counteract the effects of the sick energy to which they have exposed themselves.

Young and healthy people who enter these professions can get by with no apparent ill effects because they have energy to "burn." However, they are depleting their energies, and the sick energies they take on will eventually affect them. This is why it is important to recognize that you are not simply healing someone, but that you are a teacher and an adviser. Developing and maintaining an open channel to the universal, human plane, and earth energies will help you avoid picking up sick energy, and help you burn out any sick energy that enters you.

**7. Heal from your heart.** Chi Nei Tsang is full of brilliant and wonderful techniques that have the potential to significantly alter the basic way we care for ourselves and for each other. even though the techniques are powerful and can relieve both chronic and acute illnesses, they will not work effectively unless they are activated and animated by a love and compassion that is given sincerely and abundantly from your heart (fig. 1.3). Your fingers and hands can become healing hands only when you are full of good intentions.



**Fig. 1.3. Healing with love from the heart**

When you touch others, touch them with all the love, care, and compassion that you can find within yourself. Connect yourself with the forces of the universe, the cosmic particle or human plane, and the earth, and become a physical channel for these forces. Apply your hands with the tenderness of a mother touching her child. If your touch is from your center to another's, that person will open like the petals of a flower in the morning sun. every life and body has a self-healing mechanism that you can help to awaken. Once the center at the navel is activated and freed and the organs are detoxified, the process of healing can be completed by your students through their own discipline.

### **8. Educate your students to heal themselves.**

Universal law states that energy cannot be destroyed; it can only be transformed. As you engage in healing another person, Chi Nei Tsang techniques will help you locate the problem and boost the level of energy. You will help your students to transform their toxic, blocked energy. As a healer it is you that starts the fire, but it is the student's responsibility to maintain it. The main role of the Chi Nei Tsang practitioner is as an educator not a healer. The philosophy and purpose of Chi Nei Tsang is to teach people

how to heal themselves by providing insights into their own immense, internal healing powers.

If you teach someone the Inner Smile, the Six Healing Sounds, and the Microcosmic Orbit meditations, along with Chi Nei Tsang self massage, you will help them transform their sick, negative energies into good life-force energy. Chi Nei Tsang practitioners, therefore, never refer to their students as “patients” or “clients.” A student who has awakened his or her own healing energy can continue the process by practicing at home and teaching family and friends. One must always remember that the most important healing energy comes from within oneself.

**9. Clear your energy after each session.** When you help someone, it is possible to accumulate sick energy on the skin of your hands and arms; it is important not to allow this energy to go beyond your shoulders and enter your body. If you practice daily, your mind’s power can hold back the encroachment of sick energy.

There are many different theories of how to get rid of this unwanted energy, and they can all be used in conjunction with your meditation. Some people advocate washing the hands. If you use this method, make sure that you use cold, running water so you don’t drive the energy further into your body.

Another method is to place your hands on a surface that is both conductive of earth energy and connected to a ground. An iron water pipe will do, as will a brick or cement wall that has a footing. These structures will pass the sick energy down to the earth, which can help neutralize it. However, this grounding method is not effective or powerful enough to deal with some kinds of sick energy. Therefore, our advice is that you meditate as well so that you are sure to be clean.

**10. Restore the force after each session.** It is important that you sit and meditate after each practice session. You

may feel coldness in your hands or itchy skin: let the unwanted energies go down to the ground and bury them. Meditate until you feel warmth in your navel area and your hands; it will burn out the sick energy. Be sure that you are free of sick energy before ending your meditation. Use the Fusion practices to get more energy into the navel and transform the sickness into positive life force.\*[5](#)

**11. Know thyself.** A healer is knowledgeable and, above all, careful with his or her treatment of life-force energy. Only then can the healing experience be gratifying both for the teacher and the student.

Upon arising in the morning, spend a few moments checking your energy level. If your energy level is not good, take time to raise its level by placing your fingers on your navel and smiling to it. Feel your navel become warm, and your chi flowing up to your head and then down to your tongue. Circulate the chi around your whole body.

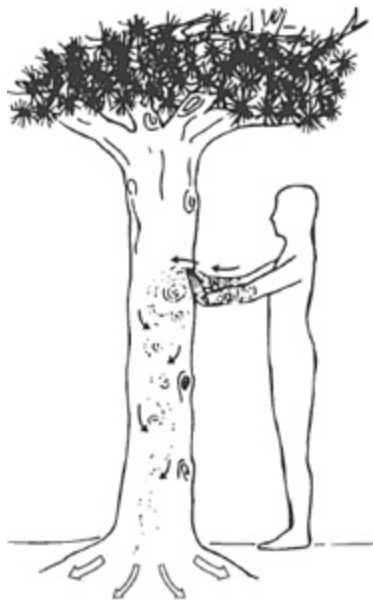
Never overdo anything. If your energy is low, or if you do not feel well, do not attempt to give a session to anyone. The meditations mentioned here, which are described in detail in *Chi Nei Tsang* are very important to help you raise your energy to a higher level. The Microcosmic Orbit and Fusion exercises are very powerful means of checking and replenishing your energy level. Cosmic Fusion is very useful for warding off most illness effects by using the Thrusting Channels and especially, the Belt Channel.

At all times, it is wise to take precautions and to know what you are doing. Advice and warnings about healing energy and sick energy are consistently given throughout the instructions on Chi Nei Tsang. It is extremely important that you follow instructions on how to care for yourself.

**12. Use the earth and trees for healing.** Spending time with nature is an excellent way to purge any toxicity and

replenish your energy, because trees and other plants are very good at taking any sick energy into the earth. Houseplants, however, can only absorb limited quantities of sick energy because they do not receive the direct energy of the sun, and are not directly connected with the earth either.

The sick energy of other people can seep into your inner organs and accumulate there. It is a very dense, coarse energy that can feel both cold and biting. This is, by far, the worst way to experience sick energy. A tree can handle this energy by sending it into the healing earth (fig. 1.4).



**Fig. 1.4. Passing sick energy to a large tree**

A detailed section on training, protection, and self-care for the practitioner is found in my first Chi Nei Tsang book.<sup>[\\*6](#)</sup> It covers the Healing Hands meditation and the Microcosmic Orbit, as well as the Inner Smile, Six Healing Sounds, and Fusion practices to help you prevent the depletion of your energy, and enable you to give, take, and transform energy.

## PREPARATION FOR THE STUDENT

Before you work with someone, hold an interview with him or her in order to review the level of self-care that will be required from them for a successful outcome. It is important that students take responsibility for helping themselves, so they need to prepare their bodies before the first session begins, and then continue self-care throughout the treatment.

If people are not willing to take care of themselves, all the effort and energy is expended on your part, and you will be pouring your energy into a bottomless pit. If this is the case, you need to be very open, gentle, and honest in telling them you cannot work with them unless they are willing to work on themselves as well.

Before the session, it is important for students to detoxify and to cleanse the colon. You can send them a printed sheet explaining the procedures. Students should also become aware of their breathing patterns and focus on breathing properly. The following is an overview of what students need to focus on before a session.

## **Detoxification**

When the body is full of toxins it is impossible for the organs to function properly. By releasing toxicity and tension, more free-flowing energy is available to balance and heal the organs.

Students should begin to prepare their bodies for treatment two or three days prior to the session. They should drink plenty of water and follow a special diet, eating only the following:

- Brown rice (to carry out poisons from the blood)
- Congee (thin rice soup) made with six parts filtered water to one part organic rice

- Vegetable soup. It may be seasoned with a bit of organic chicken, but the chicken should not be eaten.
- Juice from green vegetables such as spinach, which are naturally rich in chlorophyll
- Fresh, natural fruit and vegetable juices

## **Cleaning the Colon**

When the colon is clogged, the body becomes more acid. It then reabsorbs toxins that were intended for elimination. After one day of stagnation, the large intestine sends the toxins back for storage, causing discomfort and pain.

For Chi Nei Tsang treatment to be successful the colon must be clean, otherwise you simply massage past the stool sitting in the intestines. People can carry many pounds of impacted fecal matter and many unfriendly bacteria in the colon, in which a great deal of sick energy can accumulate. My teacher would never do Chi Nei Tsang on someone whose colon was not clean.

Colonics can be very helpful in moving out old mucus, gas, and hard impacted fecal matter, and they also help restore proper peristaltic action of the intestines. Parasites can be eliminated with colonic irrigation by filtering ground raw organic garlic cloves into the water. (Cooking garlic even slightly eliminates its detoxifying and antiparasitic properties.)

To support colonic cleansing it is good to massage the colon in the following sequence: Begin with the sigmoid colon in the lower left quadrant, then massage the descending colon, the two upper flexures in the corners under the spleen and liver, the transverse colon, and finally the ascending colon and ileocecal valve.<sup>[\\*7](#)</sup>

To release and facilitate the movement of waste through the intestines while doing a colonic treatment it is good to take a teaspoon of psyllium seed husks and a tablespoon of

bentonite mixed in 8 ounces of room-temperature water, followed by another glass of water.

It is good to cleanse the colon two or three times per year and after periods of travel or dietary excess. In addition to many well-trained, competent colon therapists, home colonic units with slant boards are now available. At Tao Garden, our training center in Chiang Mai, Thailand, where there is plenty of fresh air, filtered water, and sunshine, we offer a special seven-day cleansing program.

## **The Importance of Proper Breathing**

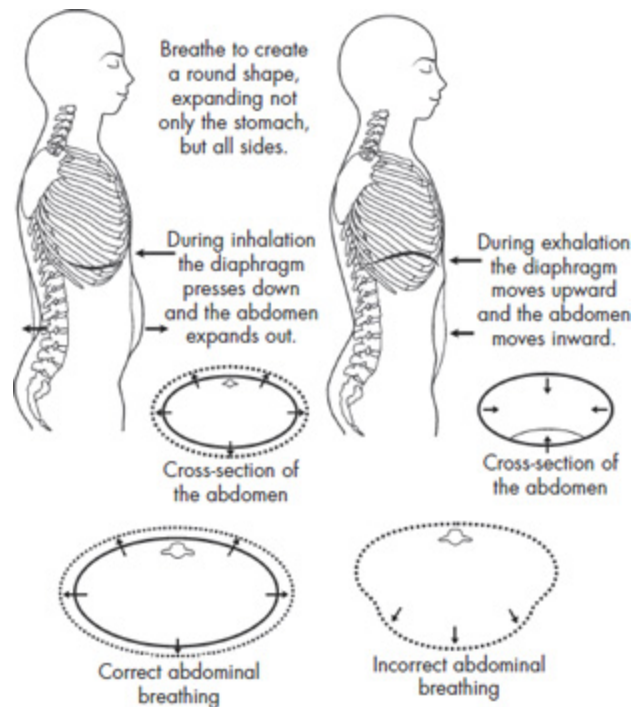
The way we breathe is the way we feel. Our breath affects the way we stand and move, and how we perceive ourselves in the world. Most people have a habit of not breathing deeply, neither inhaling nor exhaling fully, especially during periods of stress.

By blocking our breath, we block access to our feelings. We protect ourselves from experiencing certain feelings, and these energies become trapped in the organs where they generate imbalances and wind problems. Getting sick is the way our body draws our attention to the blocked and neglected organs. As we breathe into them, we release the winds and emotions that are trapped inside.

Breathing properly means using the diaphragm. You can experience a proper breath by relaxing your chest and breathing in deeply, drawing air into your abdomen and feeling it expand in all directions (front, back, and sides).

Expel the breath by drawing your abdomen up, squeezing it in on all sides, and breathing out through your nose (fig. 1.5). In cases of hernia, asthma, heart attack, and stroke, proper breathing allows the wind to move out.





**Fig. 1.5. Abdominal breathing**

The Tao Yin exercises from the Universal Tao series are very helpful in teaching students to breathe deeply into the lower abdomen and feel the breath expand progressively upward, filling the entire lungs as the diaphragm moves down.<sup>[\\*8](#)</sup>

### ***Deep Belly Laughing***

Deep belly laughing is the best form of breath work (fig. 1.6). Laughing from the abdomen four to five times per day stimulates the intestines to remove waste and promotes the circulation of blood and lymph, eliminating energy stagnation. The blood also becomes more alkaline as we move from the sympathetic system to the parasympathetic system with laughter.

Laughter stimulates a healing set of brain chemicals, and fosters self-loving, joyous feelings. Dr. Bernie Siegel's approach to self-healing through laughter shows that people

have healed themselves from serious illnesses with laughing therapy.



**Fig. 1.6. Laughing practice**

In a harmonious way, Cosmic Healing is also an effective deterrent to absorbing negative chi because it focuses on using external energies for healing and not your own energy.<sup>[\\*9](#)</sup>

### CONTRAINDICATIONS FOR TREATMENT

Before treatment it is important to interview your student carefully so that you can ascertain whether or not a Karsai Nei Tsang treatment is appropriate. Karsai Nei Tsang is contraindicated for women who use an intrauterine device for birth control (IUD), and for pregnant women. It is also contraindicated for anyone with venereal disease. People with high blood pressure, heart disease, cancer, or generally weak constitutions need to first consult with a physician and then proceed cautiously.

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## 2

# Refining Your Chi Nei Tsang Skills

Karsai Nei Tsang is an advanced practice and it requires a high degree of sensitivity on the part of the practitioner. It is an absolute requirement for practitioners to have practiced Chi Nei Tsang and Advanced Chi Nei Tsang for a number of years before studying and applying the techniques of Karsai Nei Tsang.

Years of practice are the only way to develop the grounding and skills necessary for working intensively with others, and the importance of such inner cultivation cannot be overstated. A wise saying reminds us that “we can only help others to heal themselves to the extent that we have healed ourselves.” This is the primary reason why developing your own personal spiritual and healing practice is so important.

What exactly are the gifts that a personal practice will help you to develop? On the following pages you will be introduced to the individual elements that will become the foundation of your healing skill.

### CREATING AN OPENHEARTED HEALING SPACE

It is important to let go of your personal agenda for all healing sessions. Realize that you are not the healer but a facilitator for healing. Ground yourself to the earth forces and open your heart to the unconditional love of the universe (fig. 2.1). Let yourself be guided by the healing process. Rather than just working from a routine, it is important to have the sensitivity to know where you need to focus more attention, and when to introduce new elements.

For example, when you find an area of the body that is highly sensitive and tight, do you automatically just press in, or do you ask the area what it needs in order to release? Perhaps this area needs a softer approach, or needs to be contacted in just a certain way. Do you dialogue with your student to see what emotion might be hiding out in this area? Do you wait and give room for your student to tune in and feel his or her feelings? Move through each session with these questions and let yourself be guided by the needs of the moment. The healing process may shape your sessions in ways your monkey mind would not have thought of. Trust this guidance and you will be surprised by the wisdom of the healing process.



**Fig. 2.1. Opening your heart**

## MASTERING YOUR AWARENESS OF CHI

Understanding the nature of chi and being able to distinguish its positive and negative qualities is of the utmost importance. Without a clear working knowledge of chi, the practitioners of Chi Nei Tsang have no means of protecting their own bodies and energies from the negative influences of others. They also may find themselves giving

away more energy than they can spare. Becoming a master in detecting the subtleties of chi will greatly enhance the effectiveness of your sessions.

## **Conserving Chi**

In the Universal Tao System, the first goal is to learn to conserve our chi. Just as a battery that is totally drained is harder to charge, a body that is drained of chi will be harder to restore, so it is important to conserve the chi you have. Money makes money, and chi makes chi. To have more chi you first need to maintain control of the gates through which energy normally leaks out, unwittingly draining our life force.

We leak energy:

- Through the reproductive system
- Through negative emotions
- Through constantly turning our senses outward

Without knowing how to conserve the chi that we already have, what is the point of acquiring more?

## **Balancing chi**

We learn to balance our chi; that is, we seek to keep a smooth and balanced flow of energy moving throughout the whole body. If our energy is imbalanced, we may have too much energy in some places and not enough in others; we may also be too yang or too yin. We may have excess or deficient heat, cold, dampness, or dryness. Such imbalanced energies tend to make us go to extremes.

## **Transforming Chi**

We learn to transform various forms of chi into more beneficial energies. For example, through the sexual Qi Gong practices taught in the Universal Tao (in the course known as “Healing Love through the Tao”), we can transform sexual energy back into basic life-force chi. Through other practices (such as the Inner Smile, the Six Healing Sounds, and Fusion of the Five elements) we learn to transform negative emotional chi into positive virtuous chi. Chi is thus not only the foundation of our health; it is also the basis of spiritual development in the Tao.

## **Cultivating Chi**

Once we have accomplished the three previous phases of mastering chi, we then can then learn to cultivate it. Chi pervades all of heaven, earth, and nature. In the Universal Tao workshops, students learn time-tested ways of tapping into these unlimited and transpersonal reservoirs of chi, and greatly expand the amount of energy available to them. However, it is very important to first master the stages of conservation, balance, and transformation before emphasizing the cultivation of chi. Otherwise, we may waste the energy we bring in, or we may inadvertently amplify the imbalanced or negative energies that we have not yet learned to bring under control.

## **Absorbing Cosmic Chi**

Finally, we can learn to extend our mind to tap into the vast chi of nature, cosmic particles, and the universe. We learn to heal our body, mind, and spirit and also to heal other people. The Cosmic Qi Gong practice of the Universal Tao sensitizes your hands to the feeling and movement of chi. It uses the mind-eye power to absorb cosmic chi into the palm and crown, and then to send it out through the hands and beyond.

## DEVELOPING SENSITIVITY IN YOUR HANDS

Practice the art of seeing with your hands. While the ability to feel specific blockages will come with time and experience, you can practice your sensitivity by observing changes in temperature, density, and movement. You might sense too little or too much chi, or perhaps you will see colors and images as you work. Sometimes it is easier to feel a restriction or a blockage of chi by taking your hands 5-6 centimeters off the body and scanning for energy changes. Remember to empty your mind down to your lower tan tien and sense with your abdominal brain. The mind brain is not the best tool for feeling the subtleness of chi blockages.

## SENSING AND RELEASING SEDIMENTATION, KNOTS, AND TANGLES

Different kinds of chi blockages will feel different beneath your sensitive hands, and will require different strategies to be released.

### **Sedimentation**

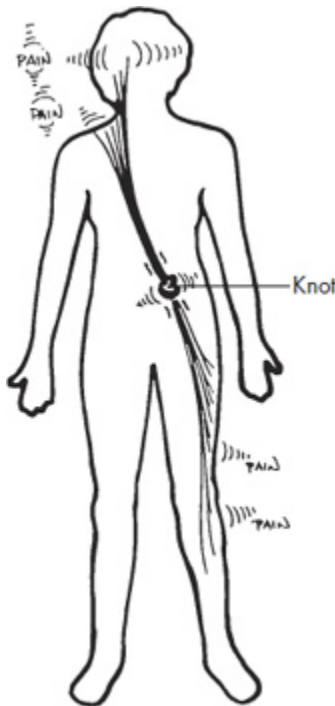
Sedimentation is caused by toxins settling under the skin. When you touch the skin lightly you will feel sandlike deposits there. Gradually use your fingers to circulate over the area slowly and dissolve the toxin sediments. When you get to a deeper level, you might feel the same sensation in individual organs that have sedimentation blockages. With a one-finger technique you can slowly dissolve these sediments.

### **Knots**

Knots are usually surface blockages that can appear as thickened or lumpy areas. They entangle with the superficial fasciae, lymphatic system, small nerves, and capillary beds.

When one is subjected to stress—whether through anger, illness, fear, or some external force—the sympathetic nervous system is stimulated, causing contraction in the muscular system. As a result, the muscles, nerves, lymphatic system, and blood vessels contract into knots.

As knots and tensions in the body grow, they build up pressure against the nerves coming out of the spine. Nerves do not tense up, they just transmit information: muscles tense up. Sometimes the knots can feel like small plums. These knots pull on other areas of the body, causing contraction and pain (fig. 2.2). It is important to move past the surface tension to dissolve the “seed” knot inside.



**Fig. 2.2. A knot in the abdomen can cause pain in distant areas of the body by pulling and creating tension.**

## **Strategies for releasing Knots**

If an area is especially knotted and tight, do not work directly on the knot at first. Instead, find an area that is loose and relaxed and work there. extend the relaxed area



to surround the area of the knots with relaxed tissues. By the time you get to the knot, the area won't be as painful, because the contracted area will have relaxed.

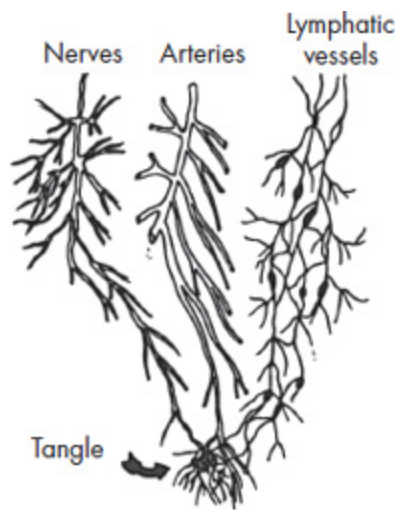
1. Ask your student to tell you where there is any discomfort. Also observe his or her face, since it will reveal any painful or uncomfortable spots.
2. Press down gently on the knot and spiral. You may start by using your palm, then the heel of your palm, then three fingers, then two fingers, then one finger. This is not a rule, however. You can start with two fingers and go to one finger. You will discover a personal technique after having worked on several people.
3. The process of clearing knots can continue after the session has finished; teach your student how to do the homework.

## **Tangles**

Tangles occur more deeply than knots and involve the larger structures of nerves, lymph vessels, tendons, muscles, arteries, veins, fasciae, and the organ systems and their energies. A light touch during Karsai Nei Tsang will keep you in contact with the knots, while a heavier touch will keep you in contact with the tangles. With a little practice you can feel the size and texture of the tissues on both levels.

Tangles may consist of nerves, tendons, and blood and lymph vessels that are twisted together (fig. 2.3). They may have lymph nodes and fatty tissue inside them, as well as small layers of connective tissue. Connective tissue grows around all the organs and vessels and holds them in place. It should be supple, allowing the organs and vessels within it to float and move. When the connective tissues become entangled, however, they grow rigid, and hold the organs too tightly. The important work here is to make the

connective tissues stronger by stretching them and moving them around.



**Fig. 2.3. Tangle of nerves, arteries, and the lymphatic system**



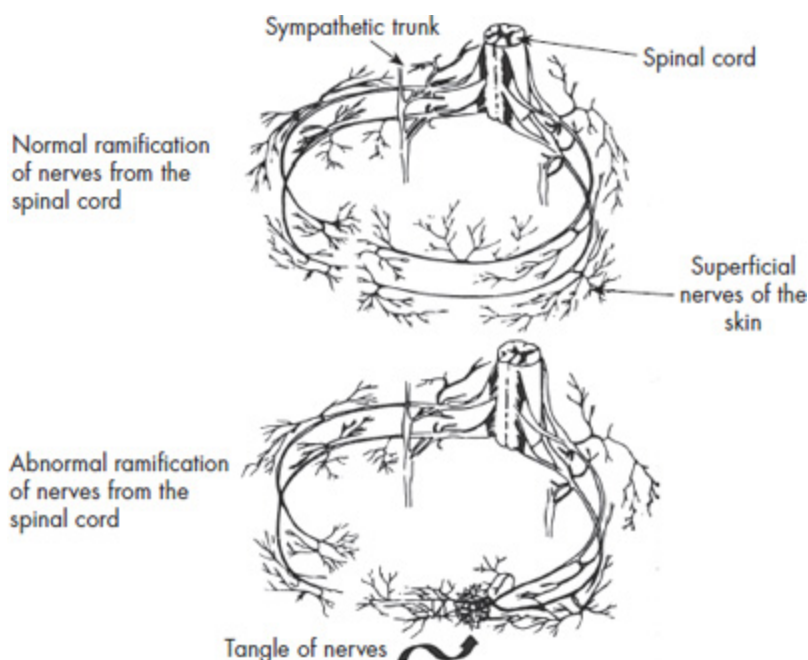
## **Strategies for Releasing Tangles**

1. Loosen the whole area and relax any knots.
2. Work at the edge of the tangle. A tangle can feel like a big ball of yarn with a head and a tail. Work on the edges of it until you feel it start to unravel.
3. When it starts to unravel, work toward the center and untangle it.
4. Be very patient. It could take weeks to attain successful results. Assign homework, and advise your student not to drink coffee, which tightens the abdomen and muscles.

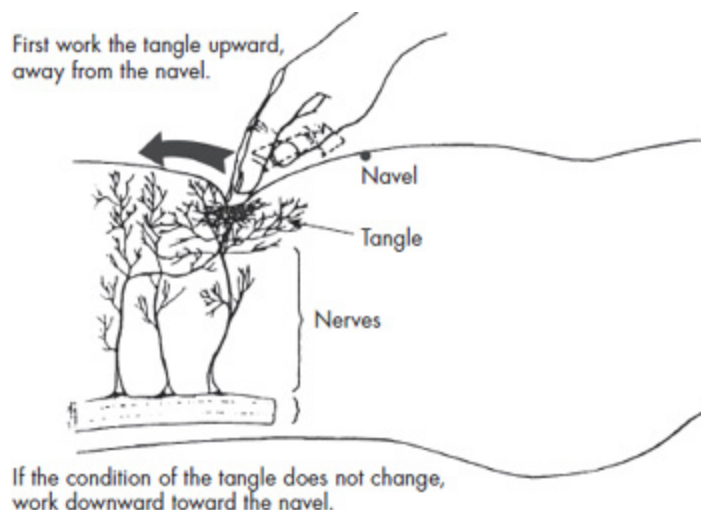
## **Untangling Nerves**

Sometimes a tangle of nerves prevents the blood and chi from flowing smoothly; this can result in numbness or pain. Freeing such a tangle will restore the flow of blood and chi to the area (fig. 2.4). When you feel a nerve tangle, release

it by working upward, away from the navel. If the condition does not change, work in the opposite direction (fig. 2.5).



**Fig. 2.4. Nerves can get tangled.**



**Fig. 2.5. Working on tangled nerves**

## TECHNIQUES FOR RELEASING BLOCKAGES

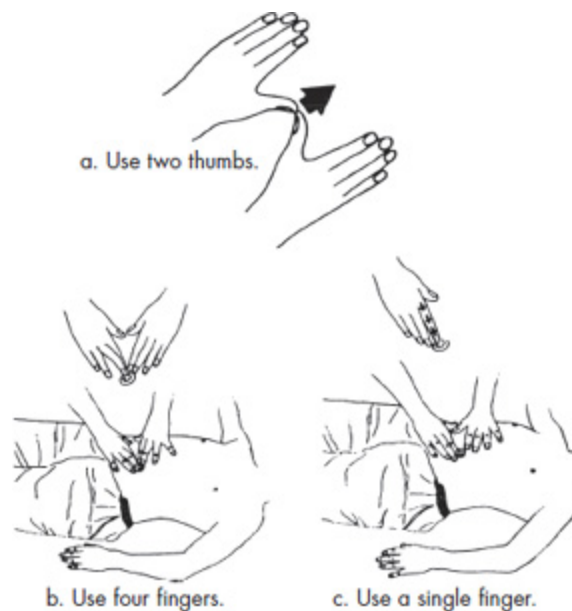
When you listen and become sensitive to the tissues of your student's body, you will receive information on how best to release a particular blockage. Following are different

massage techniques for releasing the knots, tangles, calcifications, and sediments in the tissues of the body.

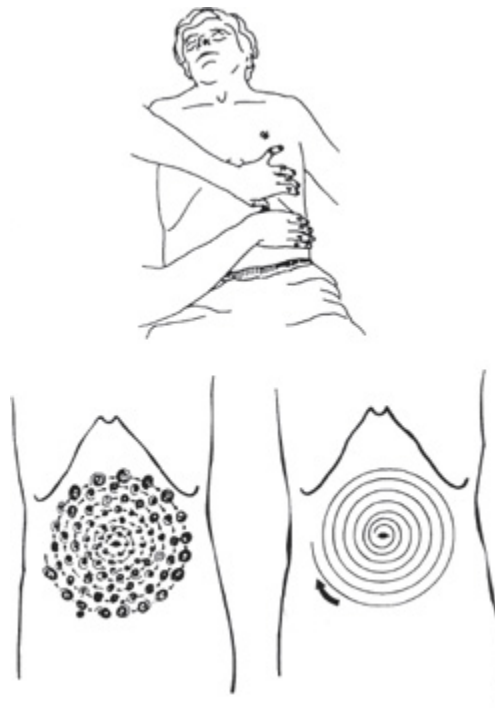
## **The Spiraling Technique**

The Spiraling Technique is the main technique for releasing blockages and toxins locked in the skin.

1. 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 circular motions, loosening the skin (figs. 2.6-2.7).



**Fig. 2.6. 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.**



**Fig. 2.7. Create tight spirals. Move in clockwise circles beginning at the navel; spiral out gradually toward the perimeter of the abdomen.**

2. Working outward in a spiral extending from the navel to the outer edges of the abdomen, massage point by point in tight, clockwise circles.

If your student's abdomen is tense, nervous, hot, hard, and too yang, this means there is excessive energy and you should drain some off. Spiral counterclockwise to withdraw the energy. Use your concentration. Ask the energy to leave. Direct it into the Microcosmic Orbit, where it can be circulated and stored safely in the navel center. You can also move it directly into the navel center.

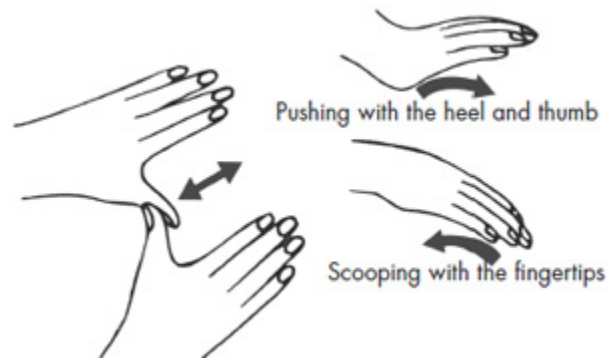
If the abdomen is cold, soft, weak, sick, and too yin, this means that there is deficient energy. Spiral clockwise to add energy. Concentrate, and direct some of your energy to pass from your fingertips into the student's abdomen, to help warm the area.

When you finish the finger spiraling technique, apply the following hand techniques. You will become very familiar

with these techniques, for they are used repeatedly.

## **The Scooping Technique**

With your fingers together, press inwardly and scoop in, or press downward and scoop out. There are many variations on the direction and use of this technique (figs. 2.8–2.10).



**Fig. 2.8. Pushing with the heels of the palms and scooping with the fingertips**



**Fig. 2.9. Scooping with two hands**



**Fig. 2.10. Scooping with one hand**

## **The Rocking Technique**

Use all your fingers to hold the area of blockage while rocking the abdomen forward and back. Spread your fingers to cover the ascending and descending colon, or bring them together to cover the small intestine (fig. 2.11).



**Fig. 2.11. Rocking**

## **The Kneading Technique**

Use all the fingers of both hands to scoop up the area of restriction. Follow by pressing with the heels of your palms into the navel and central area as though you were kneading a loaf of bread (fig. 2.12).



**Fig. 2.12. Kneading**

## **The Shaking Technique**

Use either your index or middle finger to press on the knot or problem area. Move your finger quickly up and down or from side to side. Use two or three fingers to cover a larger area (fig. 2.13).



**Fig. 2.13. Shaking**

## **The Patting Technique**

Pat around the navel and the entire abdominal area with your fingers and a soft, open palm (fig. 2.14). Patting is generally used to finish a Chi Nei Tsang session.



**Fig. 2.14. Patting**

## **The Elbow Press**



Remember, if you are working on someone who is very large or muscular, sometimes the only way you can have an effect is to use your elbow. Press straight down or spiral with your elbow (fig. 2.15).



Fig. 2.15. The elbow press

### THINGS TO REMEMBER

Whenever you work on another person's body, you must keep a few basic tenets in mind in order to keep yourself and your student safe.

#### **Root to the Earth While You Work**

An important part of not draining your energy reserves is to stay aware of your body mechanics while you're working on someone. Familiarize yourself with the practice of Iron Shirt, and when you work, place your body in a modified Iron Shirt position that is suitable for the movements you are making. This is very important for maintaining the health of your joints. It is especially important to pull back your Ming Men point while you work because this gives you added protection from picking up negative energies from your student. There is a high degree of burnout with all kinds of body workers because they use their muscles for power rather than their tendons and bones. If you use good body mechanics and connect yourself to the earth and universal

forces, you will be able to perform massage for a very long time.

### **Have a Working Knowledge of Anatomy**

It is necessary to have a working knowledge of the location and function of the internal organs, as well as the lymphatic, circulatory, and nervous systems, the muscles and fasciae (connective tissues), and the interrelationships among all of these parts of the body.

### **Be Familiar with the Body's Energy Channels**

Become familiar with the energy meridian lines of the body, as well as the acupuncture points and the special Chi Nei Tsang treatment points covered in *Chi Nei Tsang*. Knowing your energy anatomy will enable you to have a global awareness of your student's whole physical and energy being.

### **Understand the Relationships between the Emotions and the Internal Organs**

We store our unresolved emotions in our bodies. When we have feelings and just let them go, there is no trace left in the body. But when we hold onto our feelings they become emotions—habitual physical contractions that are stored in the body. When a blockage like this is released from the body there can be a return of the original feelings. As a practitioner it is important to be aware that your student might need help in processing these feelings so they can be released. Giving students this chance will help them to open up both physically and emotionally.

### **Understand the Inseparable Relationship between Sexual Energy and the Human Experience**

With Karsai Nei Tsang you are working on the genital area, a place where a particularly high number of emotions are stored. These emotions can come from potty training, shame about the genitals, pain from traumatic sexual experiences, or simply the disconnection from the genital area that is so prevalent in many cultures. As a practitioner you must be aware of these connections when you touch this area. In addition to triggering stored emotions, any touch in this area is very intimate and makes us very vulnerable. Keep all these considerations in mind and approach Karsai massage with extra sensitivity.

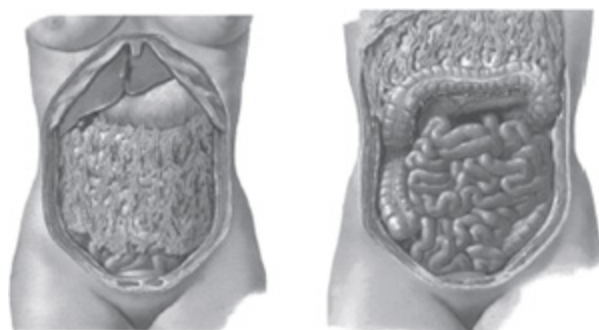
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### 3

## Opening the Abdomen and the Sexual Palace

Genital massage is practiced with a mixture of sesame oil, citronella oil, and coconut oil. It is important for the practitioner to wear latex gloves as a precaution against sexually transmitted disease.

The beginning sequence of techniques for Karsai Nei Tsang is the same as it is in a Chi Nei Tsang session. It is important to open the gates and clear out the winds in the abdomen at the beginning of every session (fig. 3.1). This will release the blockages in the abdomen due to tension and sedimentation in the organ veins, so that when the genital area is worked on, the circulation to and from the genitals will flow freely. It is extremely important that these preliminary techniques be successfully applied before proceeding further.



**Fig. 3.1. Become familiar with the anatomy of the abdomen.**

Techniques 1 through 3 are performed with the practitioner sitting or standing to the side of the student, who is lying in a supine position.



## Technique 1

### Opening the Abdomen



#### *Circular Massage of the Abdomen*

1. With your fingers together and using the full palm of your hand, scoop first with one hand, following the perimeter of the abdomen (fig. 3.2).
2. Follow with your other hand, moving from the lower right-abdominal quadrant to the upper right quadrant, over to the upper left quadrant and down to the lower left quadrant (fig. 3.3).



**Fig. 3.2. Making circular massage movements**

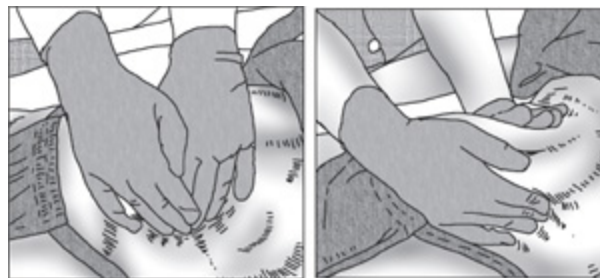
3. As you move your hands over the large intestine feel for any blockages or chi stagnation.
4. With your Yi (mind, eye, and heart power), tan tien, and universe connection, focus on releasing the stagnations and restoring a healthy flow of chi.



**Fig. 3.3. Opening the abdomen and feeling with the hands for sediment**

### ☀ ***Kneading the Abdomen from Side to Side***

1. Stand to the right side of your student and face the abdomen.
2. Reach across to the left side and use the finger pads of both your hands to pull up on the descending colon (fig. 3.4).



**Fig. 3.4. Kneading the abdomen from side to side**

3. With the palms of your hands, push in on the ascending colon and massage it toward the midline of the abdomen.

4. Repeat this movement making a rhythmical motion, pulling the left side of the abdomen toward you as you then push the right side of the abdomen away from you. Work with this motion on the full length of the abdomen.



## **Technique 2**

### **Releasing Specific Blockages**

1. Using both thumbs, press down to the area where you feel sedimentation. The sedimentation will feel like sand or small pellets, which will dissolve as you stimulate it with your hands (see fig. 3.5).
2. Next, place one hand over the other hand, keeping your fingers together, and slowly press your hands in to the depth of the restriction. Hold your pressure directly on the blockage until you feel it softening and the chi flow returning.
3. You may also move your fingers in small circles directly on the restriction, slowly breaking up any stagnation.



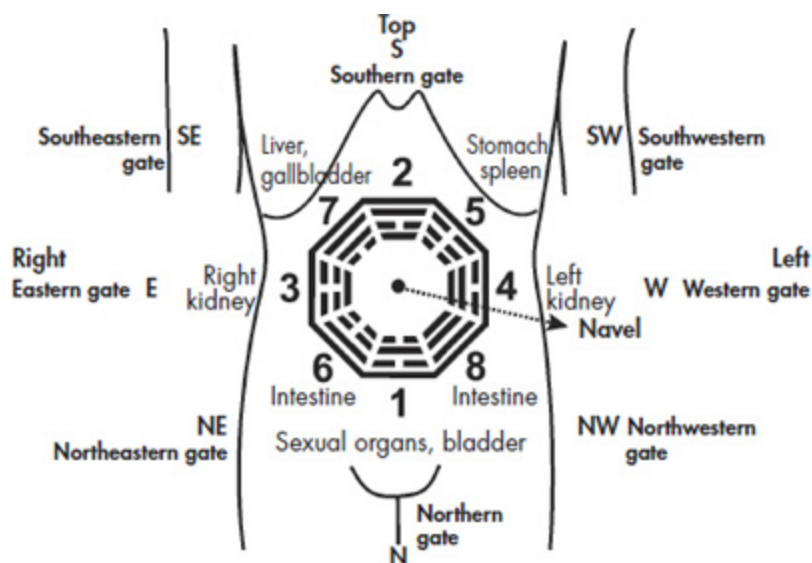
**Fig. 3.5. Releasing specific blockages**



## Technique 3

### Opening the Wind Gates

The wind gate points are located on the sides of the navel in a pakua formation (fig. 3.6). Opening the wind gates will help activate the abdominal energy and loosen tensions in the area.



**Fig. 3.6. Sequence on the abdominal pakua for releasing blockages and sedimentation**

1. Place your left hand over your right hand and place your right fingers directly below the navel (fig. 3.7).

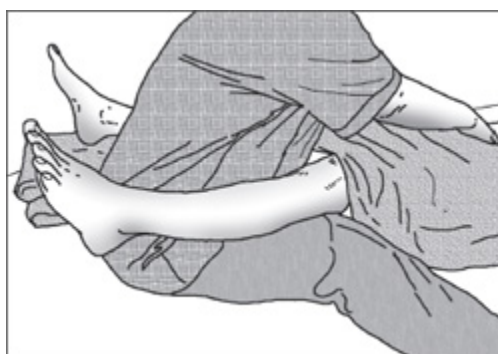


2. Press in with your finger pads to the level of tension and then pull slightly outward, away from the navel. Hold this pressure until you feel a softening of the tissues under your fingers.
3. Continue to work around the navel, working in the order of the pakua symbol shown in figure 3.6 and



remembering to pull the tissue outward, away from the navel. This will discharge the tension from the abdomen, release tight nerves and reestablish the healthy circulation of blood and lymph.\*[10](#)

Techniques 4 through 8 are performed with the student lying supine on the massage table and the practitioner sitting on the table at the base of the student's pelvis (fig. 3.7A). The student rests her legs over the practitioner's legs.



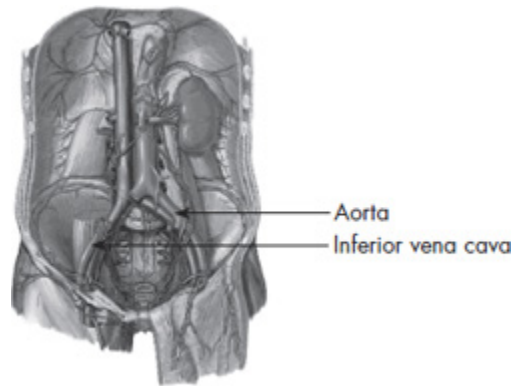
**Fig. 3.7A. Proper position for techniques 4-8**



## **Technique 4**

### **Releasing the Aorta and Inferior Vena Cava**

1. Find the tan tien point, which is located in a depression approximately 1.5 inches below the navel.
2. Place one hand over the other hand with your fingers together. With your hands flat and at a slight angle, press in and then slightly down with sensitive firmness—to the left side of the tan tien point to find the pulsing aorta, and to the right of the tan tien point to find the inferior vena cava (figs. 3.8 and 3.8A).



**Fig. 3.8. Aorta and inferior vena cava**



**Fig. 3.8A. Pressing out restrictions in the aorta and inferior vena cava**

3. Press lightly to break up the sedimentation in the aorta and vena cava. At the same time, feel for any blockages or tangles. When you feel a blockage, hold the pressure longer or make small circles with your finger pads over the restriction.
4. When you feel the tissues releasing, move your hands a few centimeters down toward the pubic area—following the aorta and inferior vena cava—and repeat step 3.
5. Continue pressing and releasing until you reach the pubic bone, then work in the same way from the solar plexus down to the navel.



## **Technique 5**

### **Releasing the Energy Meridians**



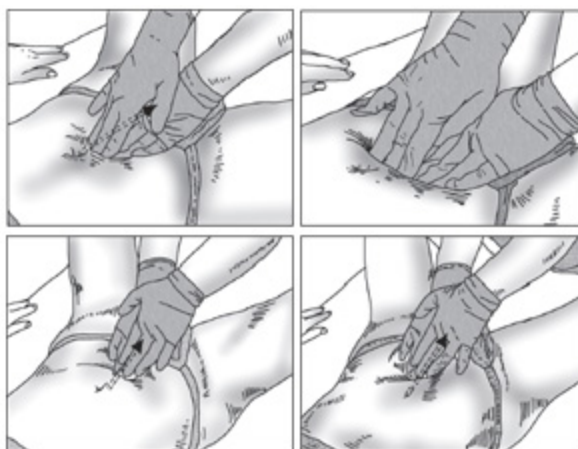
### ***Treatment for Energy Meridians Karsai I and II***

Karsai I, on the front of the body, starts at the navel and runs down to the urethra. Karsai II, on the back, starts at the level of navel and extends down to the anus (fig. 3.9). These two energy lines are important meridians for energizing and improving the circulation of the genitals. They are also indicated for treating frequent urination, female infertility, irregular menstruation, and uterine bleeding.



**Fig. 3.9. Karsai I and II energy meridians**

1. Place your right hand over your left hand with your fingers together and press your hands into the abdomen below the navel (fig. 3.10). Push in and pull slightly downward toward the pubic bone.



**Fig. 3.10. Releasing the Karsai I and II energy meridians**

2. Hold the pressure until you feel some kind of release—a softening, a return of energy, or a warming sensation.
3. Repeat, moving your hands down a few centimeters each time, until you have worked your way down to the pubic bone.

### ☀ ***Treatment for Energy Meridians Karsai III and IV***

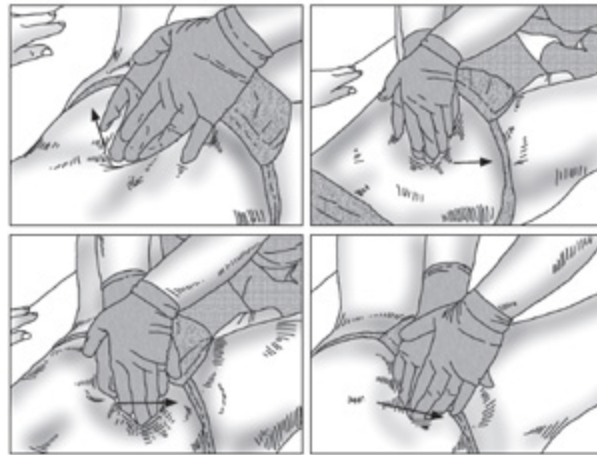
These are identical meridians, one for each side of the body. They start on the insides of the feet, run up the insides of the legs, cross the midline of the inguinal ligaments and then cross the lower abdomen on a diagonal line to end at the navel (fig. 3.11). Releasing these meridians is very effective for energizing and improving the circulation of the genitals, and for treating diseases of the urogenital system.



**Fig. 3.11. Karsai III and IV energy meridians**

1. Place your left hand over your right hand with your fingers together and press your hands into the abdomen below the navel (fig. 3.12). Push in and pull lightly downward at a 45-degree angle—toward the midline of the inguinal ligament.
2. Hold the pressure until you feel a release.

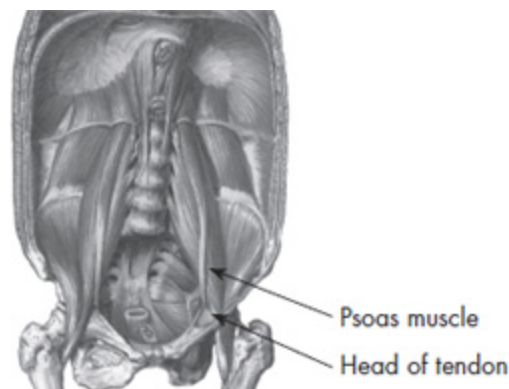
3. Repeat, moving your hands down a few centimeters each time until you have worked your way down to the inguinal ligament. Do this massage on both the left and right sides of the abdomen.



**Fig. 3.12. Releasing the Karsai III and IV energy meridians**

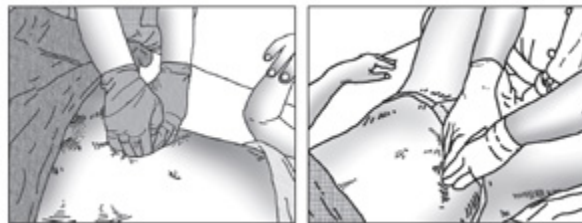
## **Technique 6** **Releasing the Psoas Muscles**

It is important to work on the psoas muscles because of their close relationship to the kidneys, sexual energy, solar plexus, nerves, and many blood vessels in this area. When the psoas is held in contraction, the free flow of sexual energy is disrupted (fig. 3.13).



**Fig. 3.13. Learn the path of the psoas muscles.**

1. Locate the psoas muscles on each side by asking your student to raise one knee up to the chest. Ask the student to rotate the knee back and forth; this movement will engage the psoas muscle on this side and help you to find it.
2. When you feel the psoas contract, press your finger pads deeply into the body until you reach it. While your finger pads press down to the depth of the psoas, you can line your individual fingers up along its length (fig. 3.14).



**Fig. 3.14. Releasing the psoas muscles**

3. Continue pressing down and feel for any excessive contractions. You may also feel a spiraling contraction. When there has been excessive fear, the psoas often responds by contracting with a spiraling force. Maintain your deep pressure and slowly move the pads of your fingers in a lateral direction, unwinding the spiraling force and tension of the psoas.
4. Continue with this pressure and lateral movement, slowly working the full length of the psoas.
5. Repeat on the other side.

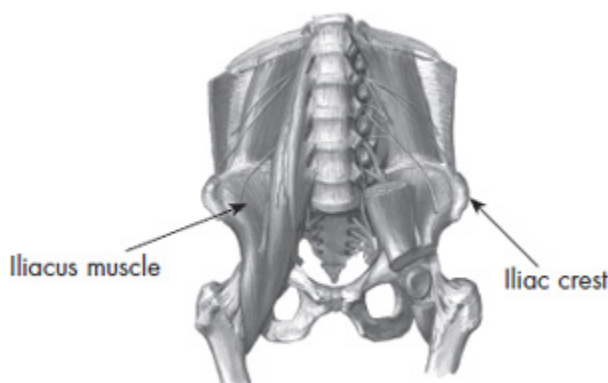


## **Technique 7**

### **Massaging around the Iliac Crest**

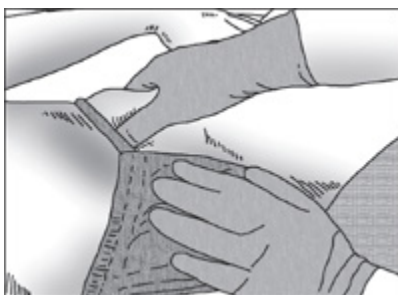
The iliacus muscle joins the psoas muscle in the lateral wall of the pelvis to become the iliopsoas muscle. The iliopsoas is the most powerful flexor of the leg at the hip joint, and

when this muscle is held in flexion it disrupts the circulation and flow of energy in the genital area (fig. 3.15).



**Fig. 3.15. Iliac crest and iliacus muscles**

1. Press with your right thumb into the inside curve of your student's right pelvic crest (the anterior, superior iliac spine). Place the rest of your right hand around the back side of the pelvis for stabilization (fig. 3.16).



**Fig. 3.16. Massaging the iliacus muscle and iliac crest**

2. Move your right thumb into the inside curve and follow the edge of the ileum, massaging the ligaments attached to the iliac crest and the iliacus muscle. Feel for a softening and an increase of space in this area.
3. Repeat steps 1 and 2 on your student's left iliac crest.



## **Technique 8**

### **Balancing and Smoothing out the Tissues**

This is an important step after you have worked specifically on the knots, tangles, sedimentation, and deep congestion.

1. After you finish working an area in detail, use your palms and fingers to gently smooth out the skin and tissues. Make sweeping motions, moving your hands up the midline and back down the outside edges of the lower abdomen (fig. 3.17).



**Fig. 3.17. Balancing and smoothing out the tissues**

2. Reverse direction and move your hands up the outside edges of the abdomen and back down the midline to the pubic bone.

With these integrating movements, you are letting your student's body, mind, emotions, and spirit feel reassured and safe. This will assist them in releasing any blockages. It is good to be creative and let yourself get a sense of what the tissues need to integrate the deeper work.

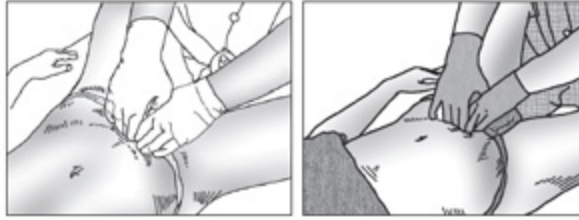


## **Technique 9**

### **Massaging the Sexual Palace**

1. Place your two hands side by side with your fingers together, and press into the lower abdomen above the pubic bone (fig. 3.18).





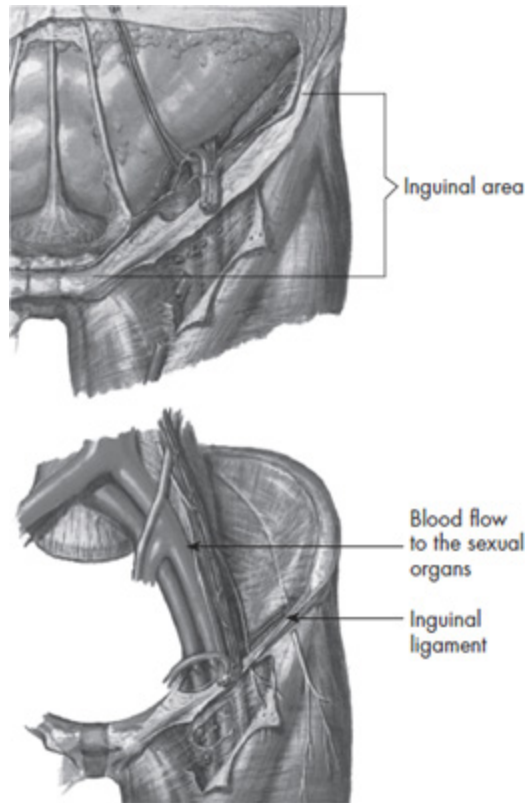
**Fig. 3.18. Massaging the sexual palace**

2. Make small circular movements, moving the pads of your fingers up, around, and down, feeling for any congestion and knots. When you feel a restriction, you can pause and press with more intention, circling more directly into it. You can ask your student to breathe into the restriction and assist you with the release upon exhalation.
3. Work from the right side over to the left side, from the area under the small intestine all the way down to the pubic bone. When the superficial layer is released and the healthy flow of chi has returned, you can repeat this sequence, gently moving your fingers deeper. In this deeper layer you can access the tangles of the nerves and the deeper circulatory flow. As you move deeper, slow your movements down: the deeper you work the slower your movements should be.



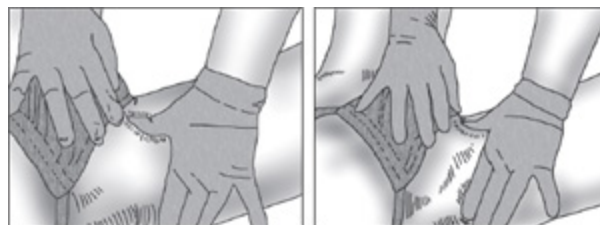
## **Technique 10**

### **Releasing the Inguinal Ligament**



The circulation system of the genitals is greatly affected when the inguinal ligaments are overly contracted. When the inguinal ligaments are shortened from poor alignment or other causes, the fascial tissue will also tighten and shorten. This will then affect the blood flow and lymphatic flow into and out of the genitals (fig. 3.19).

1. Using the pads of your fingers or the outside of your thumb, press into the base of the inguinal ligament where it attaches at the pubic bone (fig. 3.20).



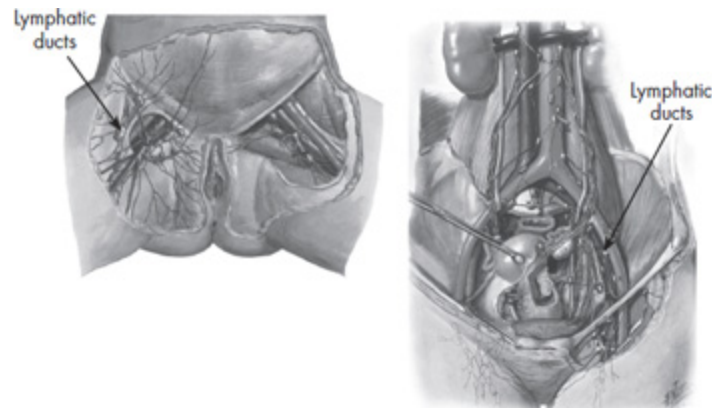
**Fig. 3.20. Releasing the inguinal ligament**

2. Slowly move your hand up along the ligament, feeling it lengthen under your touch until you reach its attachment at the crest of the pelvis.
3. Repeat this movement a few times until you feel the ligament soften and relax.



## **Technique 11**

### **Lymphatic Drainage over the Inguinal Ligament**



**Fig. 3.21. Lymphatic ducts and vessels in the inguinal region**

1. Place the flat of your fingers over the inguinal ligaments, working both sides at the same time (fig. 3.22). Make gentle pushing movements toward the navel.



**Fig. 3.22. Releasing the lymphatic flow**

2. Feel the lymphatic ducts releasing and the lymphatic fluid flushing to the deeper nodes.
3. Repeat several times on both sides.

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# 4

## Female Karsai Nei Tsang

Female genital massage helps to keep the blood and lymph circulating freely, the genital organs aligned and healthy, the hormones balanced, and the sexual energy flowing. It can help with problems such as menstrual cramps, PMS, frigidity, and infertility.

Difficulties in the genital region can arise from many causes, including past traumas from childbirth, physical injury, issues around sexuality, and sexual abuse. In addition, there are many internal physiological changes that start to take place in women at about middle age. These changes create extra winds in the body and increase the likelihood of the winds becoming trapped. With age, plaque can build up in the veins of the lower abdominal and genital areas, and this exacerbates any problems of chi flow in the genitals even further.

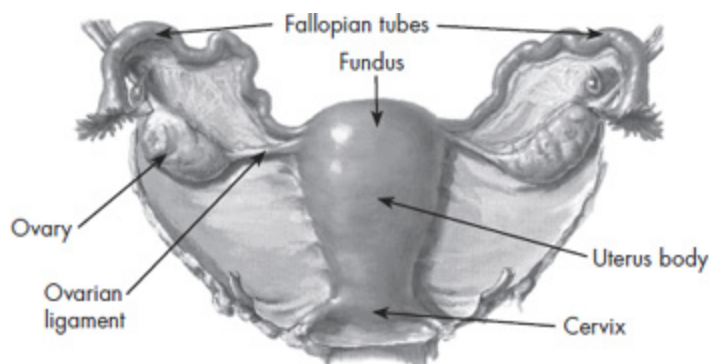
Because sexual and reproductive energies are so fundamental to the human experience, any stagnation in the genital area will have a corresponding emotional blockage. It is of ultimate importance to work with sensitivity in this area, and to take the amount of time necessary to help your student process her emotions. Always refer your student to a psychotherapist if you feel she needs professional help beyond your capabilities.

**Note:** Do not work on women during their menstruation, women using an IUD, women who are pregnant, or women with venereal disease or cancer.

## **Technique 1** **Releasing the Uterus**

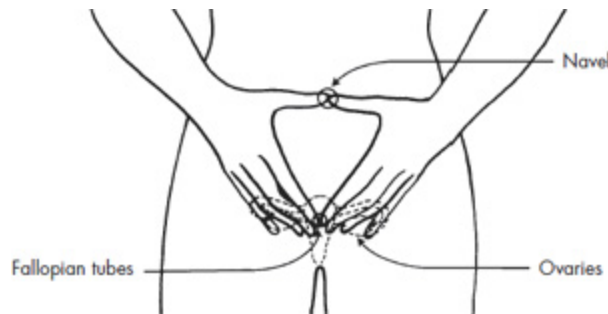
The uterus is held in place by multiple sets of ligaments: the broad ligaments connect the uterus to the lateral walls of the internal pelvis; the round ligaments are thin cords that run from the uterus through the inguinal canal to merge with the labia majora; the uterosacral ligaments connect the uterus to the rectum and sacrum. Internal congestion can create tension in these ligaments, pulling the uterus out of alignment and disturbing the arterial, venous, and lymphatic circulation of the pelvis and lower extremities. The small intestines, large intestines, bladder, and kidneys are closely associated with the uterus, such that any problems in these organs can affect the uterus, and vice versa. It is important to regard the body as a whole functioning unit and remember that it is impossible to treat one part of it in isolation: always be careful to release the abdominal restrictions before working on the ovaries and uterus.

The uterus is shaped like an inverted pear and is located between the bladder and rectum. It has three sections; the dome-shaped portion is the fundus, the central portion is the body, and the narrow part opening to the vagina is the cervix. Two fallopian tubes connect the uterus to the ovaries. These tubes often get twisted or tied together (fig. 4.1).



**Fig. 4.1. Learn the shape and position of the uterus.**

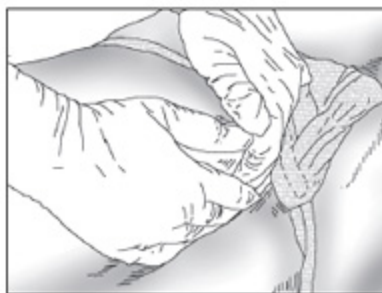
You can locate the uterus by asking your student to place her thumbs together at the navel and form a downward-facing triangle with her fingers. The index fingers will lie at the location of the uterus (fig. 4.2).



**Fig. 4.2. Locating the uterus**

This technique is performed with the practitioner standing to the side of the student.

1. Place your eight fingers to one side of the uterus and your thumbs together on the opposite side.
2. Press in with the flats of your fingers and pull the uterus toward your thumbs. Next, press in on your thumbs and push toward your fingers (fig. 4.3).



**Fig. 4.3. Releasing the uterus**

3. Continue with these motions, kneading the uterus between your fingers and thumbs. Massage any tangles or twists.
4. Hold the uterus in the center for a while with both of your hands.

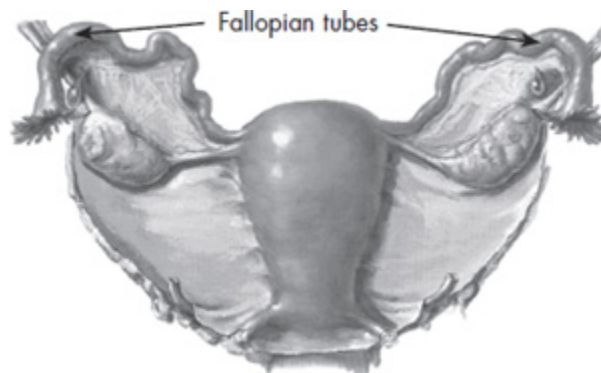
5. Stand on the other side of your student and repeat steps 1–4.

Techniques 2 through 6 are performed with the student lying supine on the massage table and the practitioner sitting cross legged on the table at the base of the student's pelvis. The student rests her legs over the practitioner's bent knees.



## **Technique 2**

### **Releasing the Fallopian Tubes**



**Fig. 4.4. Learn the shape and position of the fallopian tubes.**

With your fingers together, apply gentle circular massage over the fallopian tubes. Start at the uterus and work your way over to the ovary. Notice if you feel any crimping or twisting in the tube—the fallopian tube and veins can become twisted. Slowly massage out any twists, knots, or tangles. Repeat on the other side.



**Fig. 4.5. Releasing the fallopian tubes**

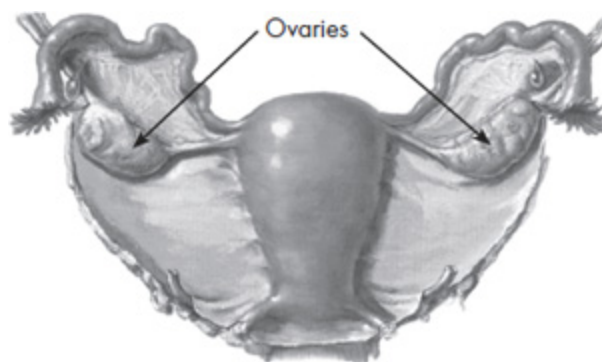




### Technique 3

#### Releasing the Ovaries

The ovaries are paired glands, one on either side of the uterus, each approximately the size and shape of an almond (fig. 4.6). They can usually be located by asking your student to place her thumbs in her navel and her fingers together forming a triangle (fig. 4.7). The ovaries are usually in the area where the tips of the little fingers lie, yet it is important to remember that every woman's anatomy is different. It is common, too, for a woman's ovaries to gradually descend as she ages, so it is good to suggest to your students that they practice the Healing Love exercises in my book, *Healing Love through the Tao: Cultivating Female Sexuality*.<sup>[\\*11](#)</sup> These exercises tone the tendons, ligaments, and muscles of the genital area and are very helpful for keeping the sexual organs healthy and in proper alignment.



**Fig. 4.6. Learn the shape and position of the ovaries.**

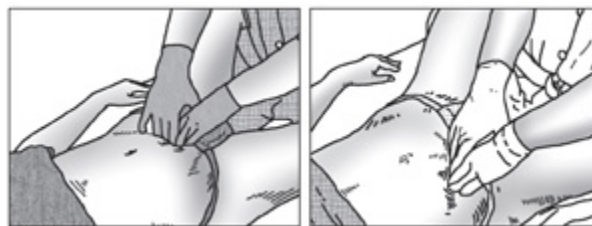


**Fig. 4.7. Locating the ovaries**

It is important to clear the space around the ovaries so you can reach them easily; always make sure to release any congestion in the cecum and sigmoid colon first. Very often this is all that must be done to relieve congestion or pain in the ovaries themselves.

Healthy ovaries feel soft, like jelly, and it is essential to be very sensitive when working on them. The ovaries are as sensitive for the female as the testicles are for the male, so massage them with great care.

1. Touch the ovaries and feel their energy flow. If an egg is just beginning to move the area will be warm, if ovulation is near they will be hot, and after the cycle they will be cool.
2. Feel whether the two ovaries are properly aligned; they should be approximately even in height. If they're uneven, the high ovary will often drain down to the lower one, which can leave the higher ovary weak, dry, and tight. This can cause cramps during menstruation and make pregnancy difficult. The ovum may not leave or may cause pain when it does leave. Also check to feel if one ovary is closer to the skin surface than the other.
3. If one of the ovaries is not properly positioned, press into it with your fingers together, flat and relaxed. Feel for any tightness in the connecting ligaments or congestion within the ovary (fig. 4.8).



**Fig. 4.8. Releasing the ovaries**

4. Make small circular movements and free the ligamentous connections to the ovary. Then massage

directly into the ovary and feel for the return of chi flow. Releasing congestion in the surrounding area can help the ovaries return to their proper place.

5. Repeat steps 3 and 4 on the other ovary.
6. Bring your awareness to the arteries and veins around the ovaries. It is possible that they have become tangled or knotted together with the ovaries. Patiently work out the tangles and knots with massage.

Moving the ovaries to their correct position may be a slow process. It is best to do a little at a time and repeat the techniques over time.

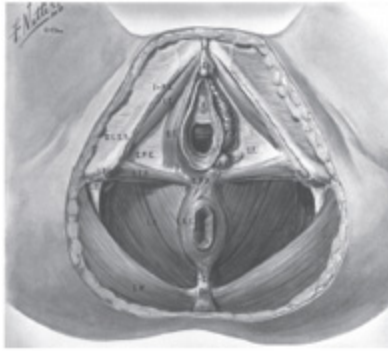
These techniques can also be effective for removing ovarian cysts. Massage improves the circulation by breaking down congested matter. If the hardness does not release, you should advise the student to have a medical check-up. If there is a medical problem, work only with the authorization of the doctor.



#### **Technique 4**

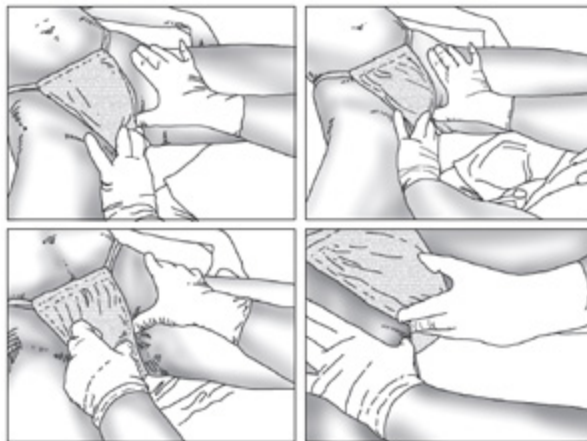
#### **Releasing the Urogenital Diaphragm**

This technique releases blockages in the small muscles, ligaments, arteries, veins, and nerves of the urogenital diaphragm. As you move your thumb along the outside of the labia majora you will be affecting the ischiocavernosus muscle, the broad ligament of the uterus, the edge of the bulbocavernosus muscle, and the perineal muscles. You will also be affecting the rich supply of arteries, nerves, fasciae, and lymphatic vessels (fig. 4.9).



**Fig. 4.9. Urogenital diaphragm**

1. Bring your left hand over to the student's left labia majora and use the flat of your fingers to pull the labia over to the student's right side.
2. With your left hand stabilizing the genitals, use your right thumb to massage up the outside of the labium, along the ischiocavernosus muscle. When you feel knots, tangles, or congestion, press in and pull the tissues toward the crease of the leg. Repeat this gentle pull many times, until you feel the area soften and the chi flow return (fig. 4.10).



**Fig. 4.10. Releasing the urogenital diaphragm**

3. Sometimes it is possible to feel a spiraling of the muscle or a tangling of the veins and nerves. Work slowly and carefully to bring space back to the different structures.

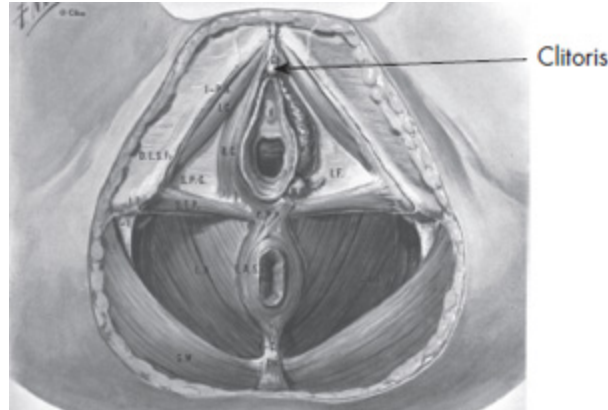
Again, you will need to repeat your gestures many times, until you feel the area soften and the chi flow return.

4. Repeat steps 1-3 on the other side.



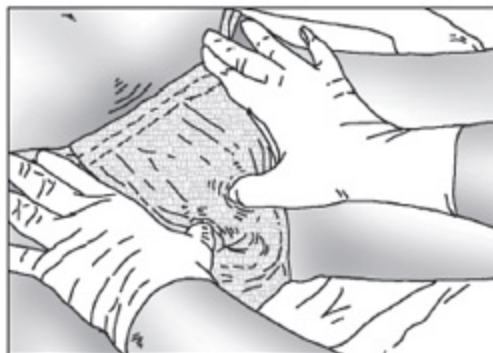
## **Technique 5**

### **Releasing the Circulation of the Clitoris**



**Fig. 4.11. Learn the location of the clitoris.**

With your thumbs on either side of the clitoris, press into the outsides of the clitoris and the inside surfaces of the labia majora. You are pressing into the upper end of the ischiocavernosus muscle and the veins and nerves that feed the clitoris. Feel for any spiraling in the muscle and tendon or tangling in the arteries and nerves. Press until you feel a positive response. It may take many massages to fully release the blockages in this area (fig. 4.12).

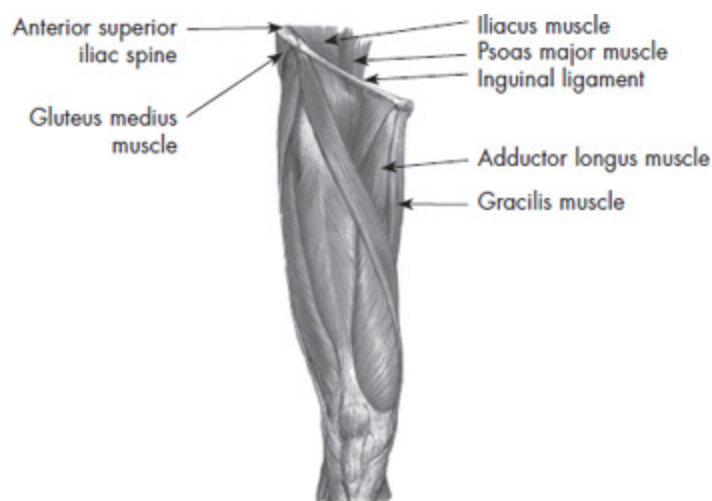


**Fig. 4.12. Releasing the circulation of the clitoris**



## Technique 6

### Releasing the Inner Thigh



**Fig. 4.13. Anatomy of the inner thigh**

Any tension in the genital area will also express itself down the inside of the legs, so massage in this area will improve circulation of chi and blood to the genitals.

1. Move a little away from your student and rotate her right leg exteriorly so that the inside of the leg is exposed. In this position the gracilis and adductor muscles will contract and bulge out a bit.
2. Place your right hand over the genitals and stabilize them to the right (fig. 4.14).



**Fig. 4.14. Releasing the inner thigh**

3. Press into the right leg with your left thumb; begin underneath the bulging muscles and to the outside of the labia majora, and massage with a long stroke down

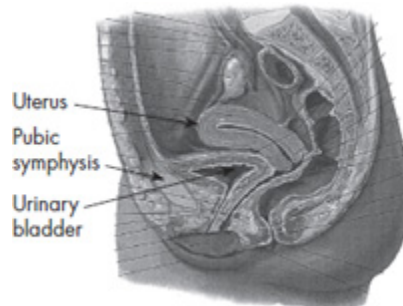
the inside of the leg. Repeat these movements until you feel a softening in the muscles and the leg releases.

4. Repeat on the inside of the left leg.



## **Technique 7**

### **Lifting the Uterus**



**Fig. 4.15. Be familiar with the position of the uterus.**

It is common for the uterus to drop down toward the pelvic floor with age and trauma. This is an effective technique for stretching the ligaments of the uterus and positively affecting its alignment.

1. Have your student bend her knees up. Stand to her side, facing the pelvis. Shape your hands like the bottom of a bowl and scoop up the underside of the uterus (figs. 4.16-4.17).



**Fig. 4.16. Scooping the uterus into the bowl of your hand**



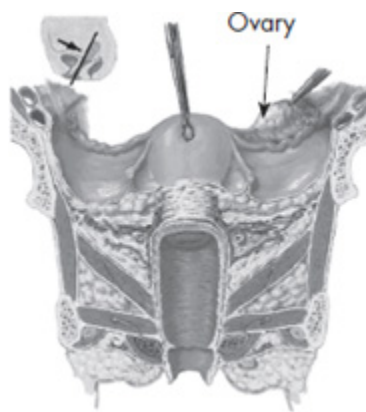
**Fig. 4.17. Lifting the uterus**

2. Lift the uterus gently but firmly upward toward the solar plexus. Upward movement of the uterus is never perfectly linear; you will be more effective if you feel the path of movement, as the ligaments will stretch with the least resistance.
3. After repeating these movements a few times, smooth out the tissues in the abdomen as in Technique 9.



## **Technique 8**

### **Lifting the Ovaries**



**Fig. 4.18. Learn the position of the ovaries.**

1. Standing to the side of your student, reach across to her opposite side and scoop into the inside rim of the pelvis with the flat surface of your eight fingers (fig. 4.19).





**Fig. 4.19. Lifting the ovaries**

2. Gently lift the ovary and move it in a superior and medial direction, stretching it up away from the pelvis and slightly toward the midline. Be sensitive to the direction the tissues move and follow the path of least resistance.
3. Move to the opposite side and repeat for the other ovary.



## **Technique 9**

### **Spreading the Energy**

This is a nice technique to finish with after the specific work on the genitals.

Sit between your student's lower legs, stretch out your right or left leg and press the sole of your foot into her pelvic floor (fig. 4.20). Hold the pressure for two to three minutes. Ask your student to be aware of the chi flowing in her body; she might be more aware of the flow moving upward or more aware of the flow downward to her legs.



**Fig. 4.20. Spreading the energy**

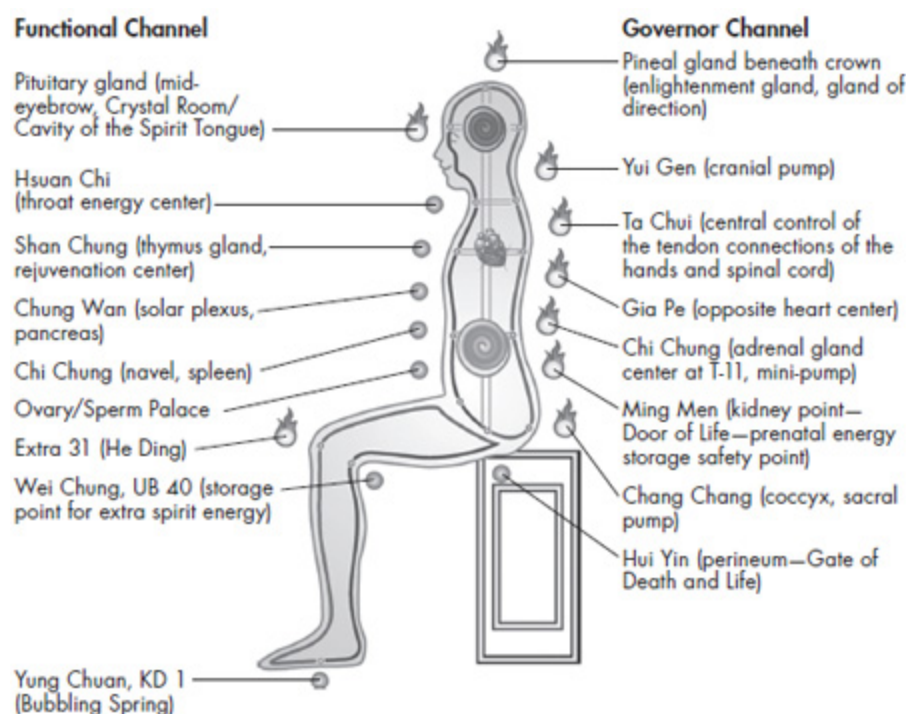
The following techniques are performed with the student on all fours, resting her weight on her knees and her elbows. The practitioner sits on the table facing the student's pelvis.



## Technique 10

### Massaging the Buttocks and Sacrum

At this point in the massage there has been much release of energy in the genitals and pelvic floor. It is important to clear the pathway for this energy to rise into the sacrum and continue along the Microcosmic Orbit (fig. 4.21). This technique focuses on releasing the intricate pathway of nerves along the sacrum and buttocks, as well as releasing the tension in the buttocks muscles, so that the sexual energy (jing) can move upward and be transformed into healing energy.<sup>[\\*12](#)</sup>



**Fig. 4.21. The Microcosmic Orbit**

1. Place your thumbs along the lower edges of the sacrum and your fingers out to the sides of the buttocks (fig.

4.22).



**Fig. 4.22. Massaging the buttocks and sacrum**

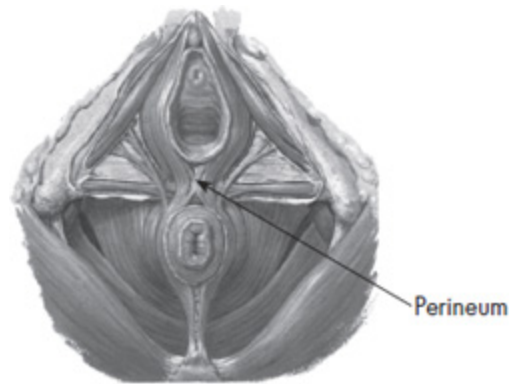
2. Move your thumbs upward along the edges of the sacrum.
3. Pause when you feel a blockage and press in. If the restriction feels like it needs movement in order to release, make small circular movements.
4. Bring your fingers and thumbs together as you reach the top of the pelvic crest, then sweep your hands down along the outsides of the pelvis. Repeat this movement a few times and feel for any restrictions.



### **Technique 11**

#### **Releasing and Balancing the Pelvic Floor**

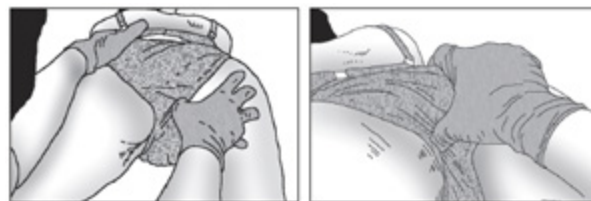
For good health, it is important to have proper tonus in the muscles of the perineum and pelvic floor (fig. 4.23). When these muscles—the levator ani, coccygeus, and transverse perineus—are weak, the abdominal organs lose their support and the chi drains away. Because of our sedentary lifestyles, it is a common occurrence for the muscles of the pelvic floor to be weak and inadequate. Releasing the tendons, ligaments, nerves, and circulatory system of the pelvic floor will greatly improve the natural tonus of the muscles in this region. Advise your student to continue with pelvic floor muscle and tendon strengthening exercises as described in my book *Healing Love through the Tao*.<sup>[\\*13](#)</sup>



**Fig. 4.23. The pelvic floor**

### 🌀 ***Between the Anus and Coccyx***

1. With your right thumb, press into the right side of the anococcygeal ligament between the coccyx and anus. Stabilize the left crest of the pelvis with your left hand so that the pressure you exert with your right thumb will not shift the position of the pelvis (fig. 4.24).



**Fig. 4.24. Releasing between the anus and coccyx**

2. Press in on any restrictions until you feel a return of chi flow.
3. Next, move your thumb directly under the coccyx and above the anus, and press again into the anococcygeal ligament. Notice if there is any twisting or stagnation in the ligament, and press into it.
4. Now move your left thumb just to the left of the ligament and press in, repeating steps 1-3 on the other side.

### 🌀 ***Anus***

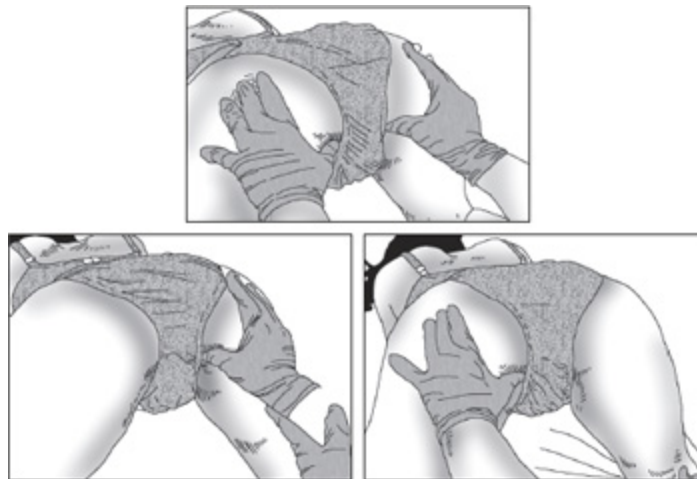
Place your left thumb near the left side of the anus and the rest of your hand around the left buttock (fig. 4.25). Stabilize the pelvis by placing your right hand on the right pelvic crest. Press in with your left thumb and pull slightly to the left. Feel this space open and relax. Repeat on the other side.



**Fig. 4.25. Releasing the anus**

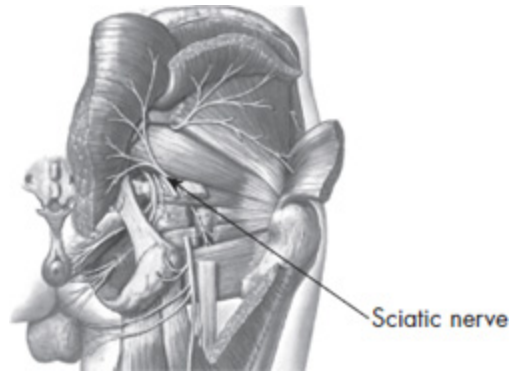
### **Ischial Tuberosities**

Working both sides together, press your thumbs below the ischial tuberosities, on the medial edge. Feel for any congestion, knots, or tangles in the veins and nerves. Making small circular movements into the restriction will help the area release (fig. 4.26).



**Fig. 4.26. Releasing the ischial tuberosities**

## **Technique 12** **Releasing the Sciatic Nerve**



**Fig. 4.27. Be familiar with the path of the sciatic nerve.**

Press your thumbs into the buttocks along the pathway of the sciatic nerve (fig. 4.28). Feel for any knots and tangles and make small circular movements to release them.



**Fig. 4.28. Releasing the sciatic nerve**



### **Technique 13**

#### **Forearm Press—Anus to Sacrum**

This technique is performed with the student prone and the practitioner kneeling on the table facing the student's pelvis.

Lean over the student's buttocks and place your forearm, ulna side down, along the midline from the anus to the sacrum. Allow your body weight to sink into your forearm for two to three minutes, and feel your student's energy flow up the spine (fig. 4.29).



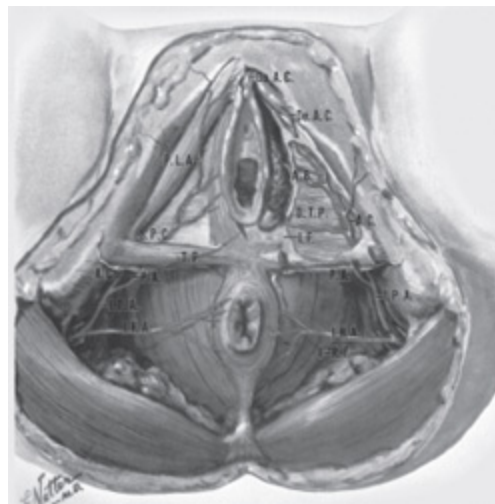
**Fig. 4.29. Releasing from the anus to the sacrum**

The following techniques are performed with the student crouching on all fours and the practitioner standing to the side.



### **Technique 14**

#### **Releasing the Circulation of the Pelvic Floor**

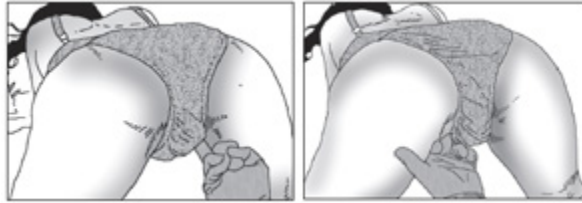


**Fig. 4.30. Understand the circulation of blood through the pelvic floor.**

Working from the posterior direction it is possible to release the venous system of the pelvic floor. This technique improves circulation in the perineal vein, the pudendal vein, the hemorrhoidal vein, the urethral vein, and the vein of the clitoris.

Place your right middle finger to the outside of the right labia majora and move the flat of your finger forward, massaging along the crease of the leg and labia (fig. 4.31). Repeat this motion a few times and then repeat it on the opposite side.





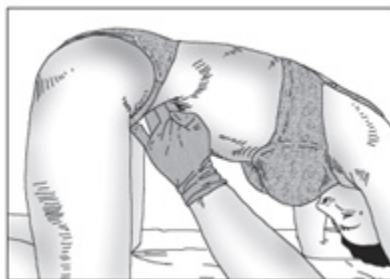
**Fig. 4.31. Improving blood flow in the pelvic floor**



### **Technique 15**

#### **Massaging the Lateral Edges of the Abdomen from Underneath**

1. Stand to the right side of your student with your right side touching the massage table. With the fingers of your right hand held straight, make a scooping motion into the abdomen on the medial side of the pelvic crest and massage down to the pubic bone (fig. 4.32). Repeat this sweeping motion a few times.



**Fig. 4.32. Massaging the abdomen from below**

2. Move to the other side of the table and repeat step 1 on your student's left side.



### **Technique 16**

#### **Lifting the Ovaries and Uterus from Underneath**

1. Kneeling to the right side of your student, scoop the right ovary up with your right hand and gently pull upward (fig. 4.33).





**Fig. 4.33. Lifting the ovaries and uterus from underneath**

2. Make this same scooping motion to lift the uterus, feeling it drop into your hand as it becomes free from any posterior restrictions.
3. Move to the other side and repeat with your left hand on the left ovary.
4. If the uterus feels restricted on the left side, repeat the movement for the uterus while kneeling on the left side of your student.

### HERBAL PACKS

Herbal packs are important for soothing and cleansing the tissues after the massage. They will stimulate blood and lymph flow, thereby speeding up the detoxification process after the genital massage.

These herbal packs are made from a special blend of Thai herbs, including plai (Thai ginger, *Zingiber cassumunar*), turmeric, lemongrass, citrus, camphor, Borneo camphor, brown rice, and bai pao noi (*Croton stellatopilosus*). They are applied at a fairly warm temperature, to the tolerance of the student. They are shaped like a ball with extra material at one end so it is easy to hold them when they are hot. Herbs for the herbal packs can be obtained through the Universal Tao web-site (see Resources).

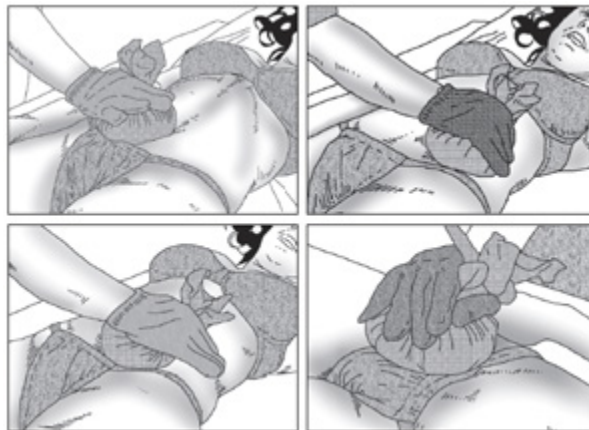
These herbal massages are performed with the student supine and the practitioner standing to her side.



## **Technique 17**

### **Herbal Packs over the Abdomen**

1. Press the herbal ball into the upper abdomen and make fairly rapid circular motions on the skin. Use the whole ball—the bottom and all the sides—to rotate the herbs over the skin.
2. Work your way down to the pubic bone, being careful to reach to the sides of the abdomen.
3. Spend extra time with the herbal ball in the lower abdomen, where so much of the massage took place (fig. 4.34).



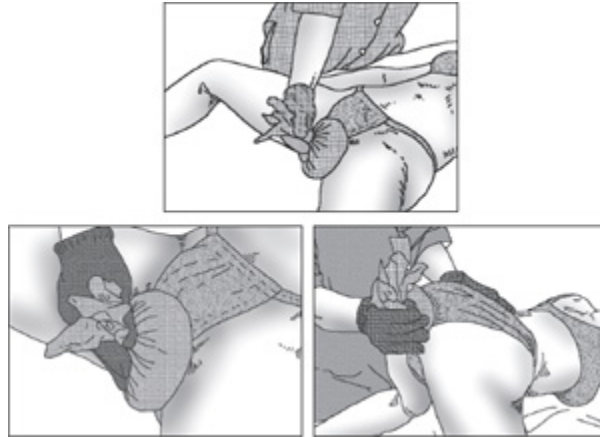
**Fig. 4.34. Rolling the herbal ball over the abdomen**



## **Technique 18**

### **Herbal Pack Pressed into the Genitals**

1. Ask your student if the herbal ball is too hot before pressing it directly into the genitals. If it is too hot, let it cool for a few minutes before continuing.
2. Press the herbal pack into the genitals and hold for 15 seconds or so (fig. 4.35).



**Fig. 4.35. Rolling the herbal ball over the genitals**

3. Finish the massage by moving the herbal ball up and down from the anterior to posterior pelvic floor and back. Feel the energy move up through the central channel to the pineal gland.

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# 5

## Male Karsai Nei Tsang

As men age, the lower abdominal area often becomes quite congested, resulting in the presence of toxins in the organs and blockages in the circulatory system. This buildup of toxicity and sedimentation in the veins and lymphatic vessels creates many problems for the genital area.

As the circulation slows down, it slows the healthy exchange of nutrients and the cleansing of toxins in a wide range of vessels including the inferior vena cava, the internal and external spermatic vessels, the pudendal veins, perineal veins, urethral veins, deferential veins, and testicular veins, as well as the pampiniform plexus and the group of arteries flowing to the testicles. When the circulatory system is congested, a man's potency can become affected.

In addition, there are numerous lymph nodes in this region that need to stay open and flowing with lymph. When the lymphatic system clots, the body's defense system is inefficient. The primary lymph vessels in the genital area include the superficial and deep inguinal nodes, external iliac nodes, Cloquet's nodes, and the rich network of lymphatics in the prostate and testicles.

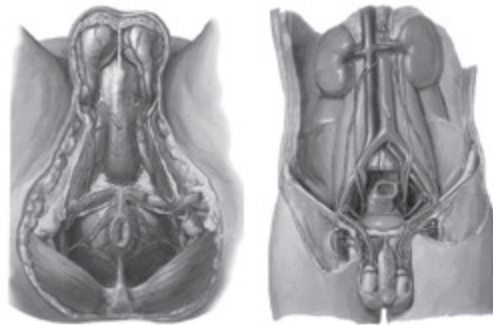
Increased toxicity and stagnation in the lymphatic and circulatory systems also weigh heavily on the nervous system. With added pressure, increased pulling from knots and tangles, excess heat, too much dampness, or cold winds, the nerves lose their ability to communicate effectively with the genitals. Nerve impulses travel more

weakly and more slowly, and the genitals lose their ability to respond in a healthy manner.



### **Technique 1**

#### **Releasing the Blood Supply to the Testicles and Penis**



**Fig. 5.1. Learn the anatomy of the male genital area.**

1. With your right hand, lift the testicles and penis and stabilize them up and over toward the man's left side (fig. 5.2).



**Fig. 5.2. Releasing the blood supply to the testicles and penis**

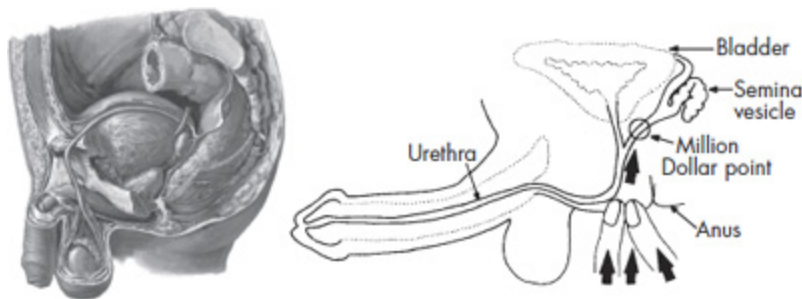
2. Place your left thumb on the lower right edge of the student's right scrotal sac. Move your thumb upward, following the edge of the scrotal sac and the crease of the leg. As you work, observe any deposits you feel in the veins.
3. When you feel a deposit, work this area with a small circular movement, pressing into the restriction.

4. When the restriction eases, continue to move upward along the edge of the scrotal sac.
5. Repeat steps 1-4 on the student's left side.
6. Smooth out the area with long, lighter strokes before you move on to the next technique.



## **Technique 2**

### **Energizing the Prostate through the Perineum— Supine Position**



**Fig. 5.3. Familiarize yourself with the anatomy of the perineal region.**

1. With your left hand, lift the testicles and penis upward and stabilize them away from the perineum (fig. 5.4).



**Fig. 5.4. Energizing the prostate through the perineum**

2. With the pad of your right middle finger, push directly into the Million Dollar point—just in front of the anus and behind the perineum—until you feel the base of the prostate. Hold this pressure until you feel the prostate vitalized with chi.



### Technique 3

## Releasing Sedimentation in the Scrotal Sac

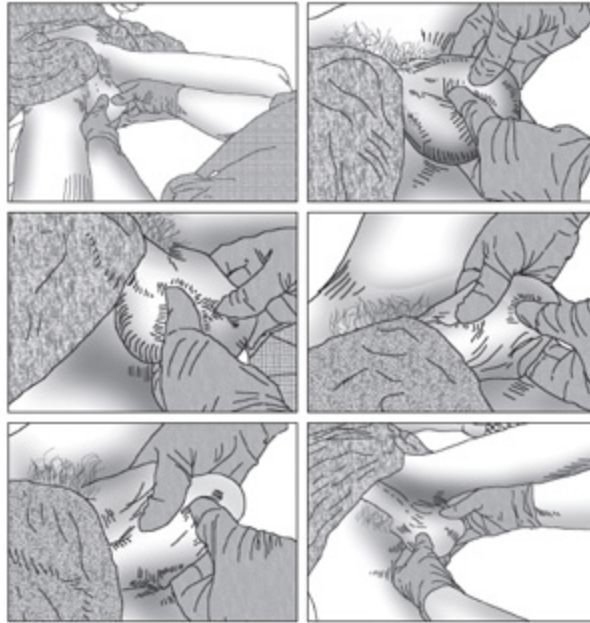


**Fig. 5.5. Learn the anatomy of the testicles.**

The following is an explanation of testicle massage, but we strongly advise that no one practice this technique without taking the Chi Nei Tsang course in genital massage. These techniques require finely skilled hands, because it is extremely easy to hurt your student and cause swelling of the testicles.

Note, also, that this technique is only used on the superior boundary of the testicles. *Do not* work on the sides of the testicles or the inferior border of the testicles. This can cause serious problems.

1. Sitting between the student's legs, place your eight fingers under the testicles and let the weight of the testicles rest in your hands.
2. Place your left thumb between the two testicles, stabilizing the left testicle by pressing your left thumb down to meet your left fingers (fig. 5.6).



**Fig. 5.6. Releasing sedimentation in the scrotal sac**

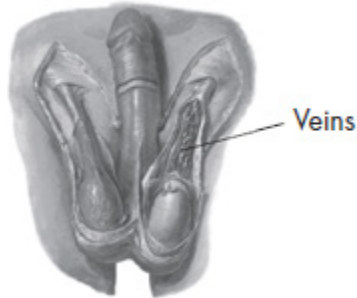
3. Press down with your right thumb into the superior boundary of the right testicle, holding the underside of the right testicle firm with your right fingers. You are looking for the veins that are just above the testicle. Now search for sedimentation in the veins with your right thumb and fingers. You will feel the sediment as sand.
4. Press into the sediment, focusing on breaking it up by making small, circular movements. Feel the sediment dissolve between your fingers and thumb.
5. Continue searching for sediment in this area and patiently work the sandy areas one by one.
6. Repeat steps 1-5 for the left testicle.



#### **Technique 4**

#### **Smoothing out the Veins in the Upper Scrotal Sac**





**Fig. 5.7. Learn how to locate the veins in the scrotal sac.**

1. Place your fingers under the scrotal sac—supporting the testicles—and place your thumbs on top of the scrotal sac, superior to the testicles (fig. 5.8).



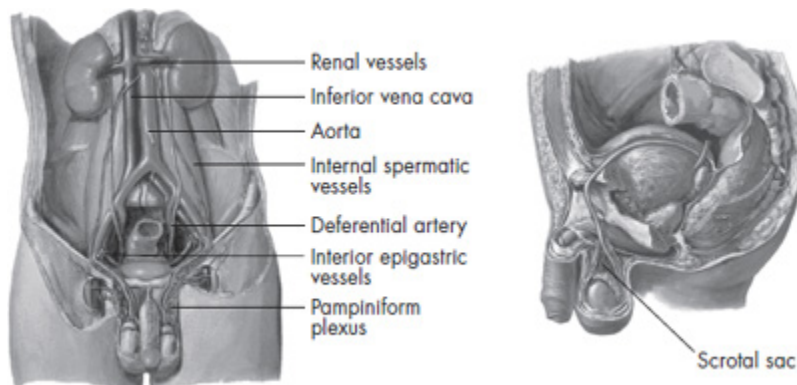
**Fig. 5.8. Smoothing out the veins**

2. Gently move your thumbs along the veins in the scrotal sac to the base of the penis.
3. Repeat this movement a few times, balancing and smoothing out the chi flow.



## **Technique 5**

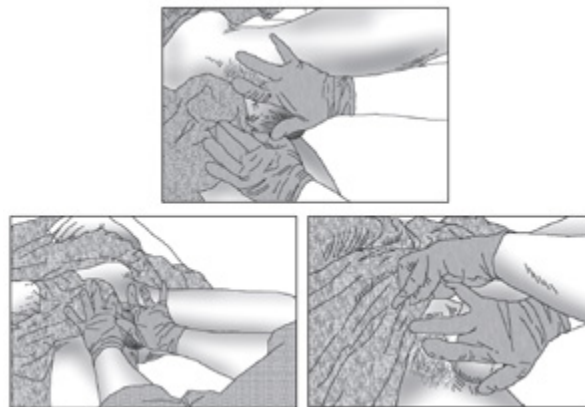
### **Stimulating Circulation through the Scrotal Sac**



**Fig. 5.9. Be familiar with the blood and lymph vessels that circulate through the sexual organs.**

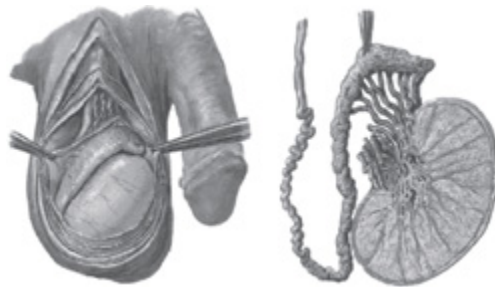
This is another effective technique for stimulating the flow of blood and lymph in the genital area. By working through the scrotal sac you can directly affect the lymph nodes, deferential veins, the pampiniform plexus, and the dorsal veins of the penis.

Press your middle finger into the top of the scrotal sac toward the side and base of the penis. You will feel that your finger is on top of the pubic bone. Sweep your finger from side to side, stimulating the circulation of the testicles and penis. If you find a restriction, pause and press into it while you make small circular movements (fig. 5.10).



**Fig. 5.10. Stimulating circulation through the scrotal sac**

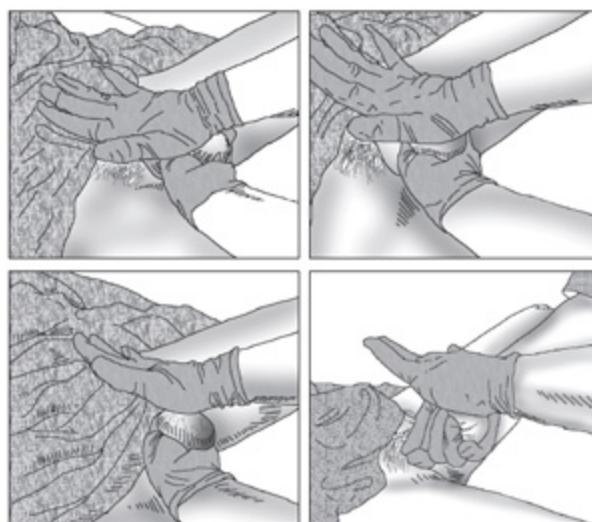
## **Technique 6** **Testicle Rub**



**Fig. 5.11. Outer and inner anatomy of the testicles**

This practice will stimulate circulation on the sides and lower edges of the testicles. It is important to be gentle yet firm with the testicles: avoid all quick and sharp movements, do not squeeze them, and don't push in too hard.

1. With a firm yet sensitive touch, wrap your left thumb and forefinger around the base of the scrotal sac and slightly rotate the testicles clockwise to the right. This will place the testicles under a bit of tension in a small space at the bottom of the scrotal sac.
2. With the palm of your right hand, rub in a circular motion, somewhat vigorously, all around the sides and base of the testicles (fig. 5.12).



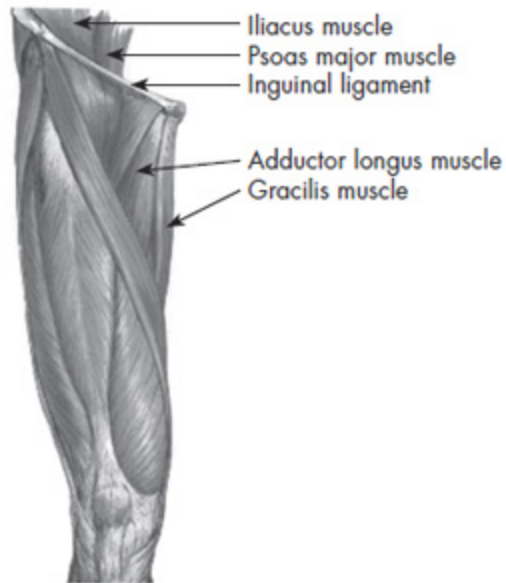
**Fig. 5.12. Rubbing the testicles**

3. Now use your right thumb and forefinger to encircle the base of the scrotum and rotate the testicles counterclockwise to the left.
4. Use your left palm to massage the testicles as described in step 2.



## **Technique 7**

### **Releasing the Inner Thigh**



**Fig. 5.13. Anatomy of the inner thigh**

Since any tension in the genital area will also express itself down the insides of the legs, this exercise is an important part of releasing the genital area.

1. Move a little away from your student and rotate his right leg exteriorly so that the inside of the right leg is exposed. In this position the gracilis and adductor muscles will contract and bulge out a bit.
2. Place your right hand over the genitals and stabilize them toward the student's left side (see fig. 5.14).



**Fig. 5.14. Releasing the inner thigh**

3. Place your left thumb underneath the bulging muscles and press toward the outer edge of the body.

4. Massage with a long stroke down the inside of the leg, repeating the stroke until you feel the leg release and the muscles soften.

The following techniques are performed with the student prone on all fours, resting his weight on his knees and his elbows. The practitioner sits on the table facing the student's pelvis.

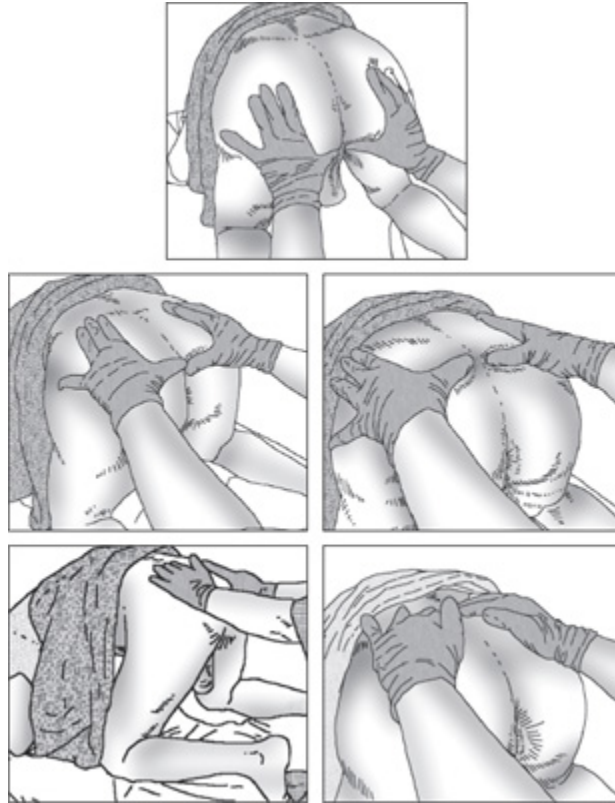


## **Technique 8**

### **Massaging the Buttocks and Sacrum**

At this point in the massage, a great deal of energy has been released from the genitals and pelvic floor. It is important to clear a pathway for this energy to rise into the sacrum and continue along the Microcosmic Orbit. This technique focuses on releasing the intricate pathway of nerves along the sacrum and buttocks as well as releasing the tension in the buttocks muscles so the sexual energy (jing) can move upward and be transformed into healing energy.<sup>[\\*14](#)</sup>

1. Place both hands flat on the student's buttocks, with your thumbs at the level of the ischial tuberosities and your fingers out to the sides of the buttocks (fig. 5.15).



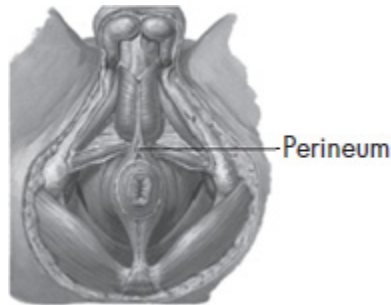
**Fig. 5.15. Massaging the buttocks and sacrum**

2. Move your thumbs upward along the edges of the sacrum, feeling for restrictions as you go. When you feel a blockage, pause and press in on it. If the restriction feels like it needs movement in order to release, make small circular movements.
3. As you reach the tip of the pelvic crest, bring your fingers and thumbs together, then sweep your hands down along the outsides of the pelvis.
4. Repeat steps 2 and 3 a few times, continuing to work on any restrictions you find.



## **Technique 9**

### **Releasing and Balancing the Pelvic Floor**



**Fig. 5.16. Pelvic floor**

It is important to have good tonus in the muscles of the perineum and pelvic floor. When these muscles—the levator ani, coccygeus, and transverse perineus muscles—are weak, the abdominal organs lose their support and the person’s chi drains away. Because of our sedentary lifestyles, it is a common occurrence for the muscles of the pelvic floor to be weak and inadequate. Releasing the tendons, ligaments, nerves, and circulatory system of the pelvic floor will greatly improve the natural tonus of the muscles in this region. Advise your student to continue with pelvic floor muscle and tendon strengthening exercises, which are described in detail in my book, *Healing Love through the Tao*.

### 🌀 ***Between the Anus and Coccyx***

1. With your left thumb, press into the left side of the anococcygeal ligament, between the coccyx and anus. Stabilize the right crest of the pelvis with your right hand so that the pressure you exert with your left thumb will not shift the position of the pelvis (fig. 5.17).



**Fig. 5.17. Releasing between the anus and coccyx**



2. Press in on any restrictions until you feel a return of chi flow.
3. Next, move your thumb directly under the coccyx and above the anus, and press again into the anococcygeal ligament. Notice if there is any twisting or stagnation in the ligament, and press into it.
4. Now move your right thumb just to the right of the ligament and press in until you feel a return of chi flow.

### ☯ ***Releasing the Anus***

Place your left thumb near the left side of the anus and the rest of your hand around the left buttock. Stabilize the pelvis by placing your right hand on the right pelvic crest. Press in with your thumb and pull slightly to the left. Feel this space open and relax. Repeat for the other side (fig. 5.18).



**Fig. 5.18. Releasing the anus**

### ☯ ***Ischial Tuberosities***

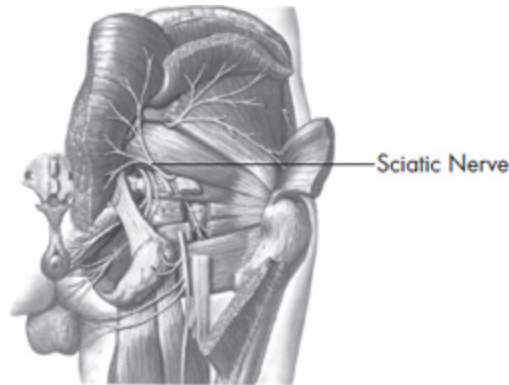
Working both sides together, press your thumbs below the medial edge of the ischial tuberosities. Feel for any congestion, knots, or tangles in the veins and nerves. Making small circle movements into the restriction will help the area release (fig. 5.19).





**Fig. 5.19. Releasing the ischial tuberosities**

## **Technique 10** **Releasing the Sciatic Nerve**



**Fig. 5.20. Learn the path of the sciatic nerve.**

Press your thumbs into the pathway of the sciatic nerve. Feel for any knots and tangles and make small circular movements to release the restrictions (fig. 5.21).



**Fig. 5.21. Releasing the sciatic nerve**

## **Technique 11** **Forearm Press—Anus to Sacrum**

The following technique is performed with the student prone and the practitioner kneeling on the table facing the student's pelvis.

Lean over the student's buttocks and place your forearm, ulna side down, along the midline from the anus to the sacrum. Allow your body weight to sink into your forearm for two to three minutes, and feel your student's energy flow up the spine (fig. 5.22).



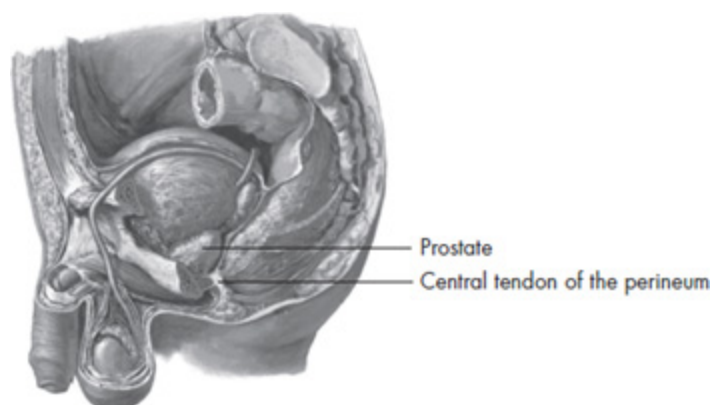
**Fig. 5.22. Releasing the anus to the sacrum**

The following techniques are performed with the student crouching on all fours and the practitioner standing to the side.



## **Technique 12**

### **Energizing the Prostate through the Perineum on all Fours**



**Fig. 5.23. Familiarize yourself with the position of the prostate.**

1. Stabilize the sacrum with your left hand and press your middle right finger directly into the Million Dollar point, which is just in front of the anus and behind the perineum. You can also press in with your thumb if this is easier for you.
2. Press in firmly until you feel you are in contact with the prostate, then feel for any congestion.
3. Release your pressure when you feel the prostate release and flow with energy (fig. 5.24).



**Fig. 5.24. Energizing the prostate**



### **Technique 13**

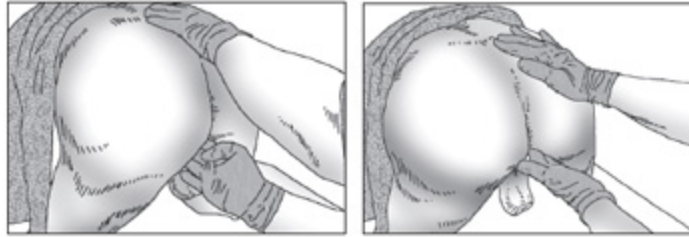
#### **Releasing the Circulation of the Pelvic Floor**



**Fig. 5.25. Circulation of the pelvic floor**

By working from the posterior direction it is possible to release the venous system of the pelvic floor, including the perineal vein, the pudendal vein, the hemorrhoidal vein, the urethral vein, and the vein of the penis.

1. Stabilize the sacrum with your left hand and bring the fingers of your right hand underneath the anus to the left side of the scrotal sac (fig. 5.26).



**Fig. 5.26. Improving blood flow in the pelvic floor**

2. Slide your fingers down the left side of the scrotal sac and forward along the crease of the leg and testicles.
3. Repeat this motion a few times, then switch hands and repeat on the opposite side.

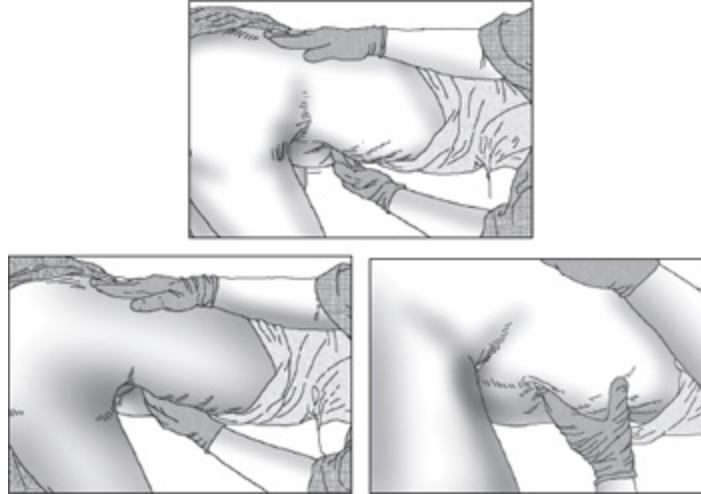
Repeat technique 8—Massaging the Buttocks and Sacrum—to smooth out and integrate the releases in the perineal area. Feel the energy move upward along the spinal column.



### **Technique 14**

#### **Massaging the Lateral Edges of the Abdomen from Underneath**

1. Stand to the right side of your student with your right side touching the massage table.
2. Place your right hand over the lumbar vertebra while the finger pads of your left hand scoop under the lower ribs and massage down the ascending colon and down to the pubic bone (fig. 5.27).



**Fig. 5.27. Massaging the abdomen from below**

3. Repeat this sweeping motion a few times, then move to the opposite side and repeat for the descending colon and across to the sigmoid colon.



### **Technique 15**

#### **Massaging the Inguinal Ligament from Underneath**

Stand to the right of your student facing his right leg. Place your left hand around the outside of the thigh and with the finger pads of your right hand massage down the length of the inguinal ligament (fig. 5.28). Repeat this movement a few times and then treat the other side.



**Fig. 5.28. Massaging the inguinal ligament**

HERBAL PACKS

Herbal packs are important for soothing and cleansing the tissues after genital massage. They will stimulate blood and lymph flow, thereby speeding up the detoxification process.

These herbal packs are made from a special blend of Thai herbs. They are applied at a fairly warm temperature, to the tolerance of the student. They are shaped like a ball with extra material at one end so it is easy to hold them when they are hot. Herbs for the herbal packs can be obtained through the Universal Tao website (see Resources). For a complete list of the herbs included in the herbal packs.

These herbal massages are performed with the student supine and the practitioner standing to the side.



## **Technique 16**

### **Herbal Packs over the Abdomen**

1. Press the herbal ball into the upper abdomen and make fairly rapid circular motions on the skin. Use the whole ball—the bottom and all the sides—to rotate the herbs over the skin (fig. 5.29).



**Fig. 5.29. Rolling the herbal ball over the abdomen**

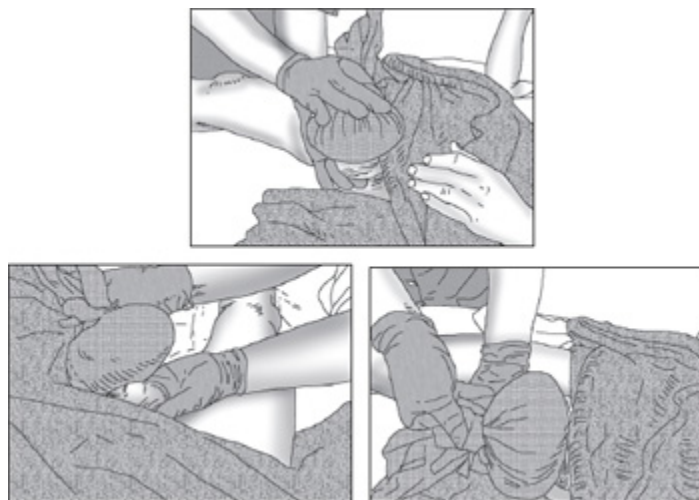
2. Work your way down to the pubic bone, being careful to reach to the sides of the abdomen.
3. Spend extra time with the herbal ball in the lower abdomen, where so much of the massage took place.



## **Technique 17**

### **Herbal Packs over the Genitals**

1. Move the penis away from the testicles; then place the herbal ball on the upper side of the testicles (fig. 5.30). Ask your student if the herbal ball is too hot before you continue.



**Fig. 5.30. Roll the herbal ball over the genitals.**

2. When the herbal ball is at a good temperature, press it into the upper side of the testicles and hold for 15 seconds or so.
3. Then move the herbal ball to each side of the testicles, pressing and holding for about 15 seconds each time.
4. Finish the massage by moving the herbal ball to the base of the testicles. Feel the energy move up through the central channel to the pineal gland.

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## Appendix

# Interviews with Karsai Nei Tsang Recipients

By Dennis Huntington

A New Life: Rebecca  
(Retired Business Woman, 55)

Rebecca had suffered chronic vaginal pain for twenty years, as well as psychological confusion and emotional anguish toward her doctors, gynecologists, and psychologists since an operation after giving birth to her child. Those “professionals” offered her superficial remedies and considered her continued complaints to be psychosomatic—without ever diagnosing the problem or giving her any relief from her painful physical condition. Yet after four sessions of Karsai Nei Tsang the results seemed like a miracle cure: the pain was gone! She feels that she has been given a new life. The following is her story.

**Rebecca:** Twenty years ago, a few days after the birth of my son, I had a very hard operation and they did something wrong. Nobody knows exactly, and later my doctor—my gynecologist—tried to find out what happened on that night in the hospital, but we never, we never got the papers! ever since then there has been something very wrong.

I worked on this problem for many years with gynecologists, psychologists, and with special gymnastics, called “Hanken Gymnastic” in Germany. These gymnastics are especially good exercises after birth, and for the vagina; you breathe in and relax, and breathe out and relax. After the operation I felt weak for months. I could sit only in a

special round cushion with a hole in the middle. One sits over the hole, so as to not have contact with the vagina. For months I couldn't sit on any normal chair. They hurt me in a way I really don't understand and nothing seemed to help me.

I tried to tell my story to Khun Ni, (Khun Ni is the Karsai Nei Tsang therapist at the Universal Tao Center, Tao Garden, in Thailand). She put her hands on me and said, "Oo-oo-h-h-h, pain, pain." And I said, "Yes, a lot of pain." Then I allowed her to go deeper. She did not go into my vagina but she did work around the area, where the blood circulation is and all the points that connect. I think that she found a lot of blockages. She worked there for some time. It hurt, and it brought up all those pictures from the operation and all that stuff from twenty years before. It was good for me that it was a woman because all the doctors for the operation and all the people in the hospital were men, except the midwife—but she was not really a nice person, I must say. She upset me in many ways. I felt like I could trust Khun Ni, so after this one session I agreed that I would have three more sessions of this special massage.

The second massage was really hard. For the first session I had all my clothes on and for the second session I was naked. Really, I was surprised how painful the massage was. It was really painful; she really went into the pain and released the blockages. In the beginning when she was touching around my vagina, she explained to me that something was crossed. I think it was little veins or little muscles; I don't know. She showed me like this: fingers crossing. Then she worked on that area, and it was painful, of course. After the third massage, she said, "Okay now."

**Interviewer:** Ah-h-h, so she got them untangled.

**Rebecca:** Yes, and the miracle was that when I had sex with my boyfriend afterward there was no pain. Before the Karsai

massage I always had a lot of pain with lovemaking. It was always a little bit strange for me, and now I have this feeling that something is released. I will see in the future what will happen. I am very, very impressed, and I think, “Thank heaven that she does this work and she knows it so well.” When I looked at her, she was always sitting with closed eyes, and she was really so in her work! I really have a lot of respect for it. I trust her totally, and this is a most important point. I was breathing, she was pressing. It was like giving birth, but in a good way. I felt safe; I felt really protected by her. For me, it was what I was waiting for, for twenty years, to release pain that had become part of me for such a long time. This session was very special for me.

The third session was easier; she didn’t go back to those points. But then the last one was painful again because she went up to the joints on the hip and the muscles higher in the tummy. I still felt a little pain, until yesterday. Today I’m completely free after all this treatment. I feel very good with it. She said that I might have to come back in six months, or a year or two to do it again. But, between now and then, I will see how it goes and how I feel—especially, if I am together with a man and have sex because that was always something painful for me. I’ll really think about coming back for this reason, and to continue to feel good.

**Interviewer:** That’s a really meaningful story.

**Rebecca:** Yeah, it has a lot of meaning for me, and I’m happy that I had the courage to do it—because I was really afraid to go back again after the first session. But, I knew how I always felt very sad and that in the recent years if I just talked to somebody about it, I was crying. All the tears were coming out because it touched me so deeply, and it was so painful. I think it’s important because I’m very happy with the result. This was the main point for me in deciding to give you this interview—to help some other people who

might go through the same hell I was in. Yeah, it's great. It's great to be back in life again.

Geoffrey  
(Retired Business Consultant, Body Worker, 60)

**Geoffrey:** I was surprised to notice that Karsai Nei Tsang is much broader than massage of the testes. It's a massage of the entire sexual area, the lower belly, and the anal region. It works on the sedimentation deposits in the blood vessels there, which inhibit good circulation. I have never found anybody who worked on that. I must say, it's a reasonably painful massage that Khun Ni gives, but it is absolutely unique. I find her very sensitive and completely in tune with the body, and very effective for what she does. I feel that she really addresses the essential points.

This massage is a natural way of addressing any problems in the genital area. So far, I am quite happy with these treatments. It helps with the strength of erection and I feel more alive in that area.

Nerve Compression: Alexis  
(Nurse, 39)

Alexis is a Universal Tao instructor, and she also has considerable experience as a yoga instructor. She had a beautiful nine-month old daughter at the time of the massage. She sent the following interview response by e-mail after returning home.

**Alexis:** During my pregnancy, I developed meralgia paresthetica in my left thigh. This condition is a symptom complex that includes numbness, paresthesia, and pain in the antero-lateral thigh. The cause can be an entrapment neuropathy or a neuron of the lateral femoral cutaneous nerve.

In my case it was the weight of my pregnancy that was causing the compression of the nerve. My condition continued even after delivery. I saw a neurosurgeon, and the treatment plan was wait and see, rather than surgery.

Nine months later I was still experiencing numbness, reduced sensation, and occasional pain over the entire left lateral aspect of the thigh, right down to the knee. At this time I was fortunate to be in Tao Garden. I booked to see Ms. Ni. During my first treatment, I felt my sensations returning to my thigh, and by the end of the treatment I had 80% normal sensations to my thigh.

Needless to say I was extremely impressed and incredibly grateful to Ms. Ni. She is very capable and knew exactly where to work to release the nerve compression. I find her to be a highly competent practitioner.

#### Painful Intercourse: Marsha (Massage Therapist, 35)

Marsha is a Universal Tao instructor and an experienced Chi Nei Tsang practitioner with a classical massage background.

**Marsha:** One of the things that I learned from receiving this massage is that there is more than one way to lift the uterus. Women have been studying how to do this; there are a couple of techniques out there. When a woman's uterus drops down, it puts pressure on her cervix, which can cause painful intercourse. When the woman's cervix is low the man's penis will bump against the cervix during sex. This is very painful at the time, and afterward you are sore for twenty-four hours. The resulting inflammation is just not good for you.

Women continue to collect negative energy by having sex when it hurts. So, the most effective remedy is to lift the uterus so that the cervix is not so close to the vaginal canal. I find this massage different from other uterus-lifting

techniques because rather than just lifting the uterus by digging under the pubic bone and lifting up, the practitioner may find and treat the causes of the problem. There may be tendons connected to the pelvic bones that are constricted and pulling the uterus and the bladder down, for example. So instead of just pulling up from the pubic bone, now we can untie the knots, tangles, and twists in the ligaments that connect the hips and free the uterus itself. So, instead of just pulling the uterus up, the tendons and ligaments were released that were responsible for pulling the uterus down. This is huge, really huge!

The other thing is that for women who have negative energy collected in their sexual organ region, we now have a respectful, gentle massage that works. We have a massage that works to free up this stuck chi that may have accumulated from any kind of negative sexual activity or any negative sexual thought. So, when you release a tendon, you release the negativity inside the tendon, we know this from Chi Nei Tsang I and II. Master Chia says that this is the missing piece and I agree! This is where sediment, both energetic and physical, settles. So for woman the release is both physical and emotional.

**Interviewer:** Did you have new experiences in the massage?

**Marsha:** Yes. For me, I have many years of doing personal bodywork—bodywork on myself—and also studying the Tao. So I knew what to expect, and a lot of the work had been done. But not all of it, and I could not seem to free up the area between the upper thigh and the top of the pubic bone. I could have worked it on my own—what I was lacking was an education. For example, and this is so important, in classic massage school they teach a technique called “cross-fiber” massage. So, instead of going along the length of the tendon, you find a knot and you go across the knot.

Instead of going parallel to the fibers of the tendon you go perpendicular. In Karsai Nei Tsang, you massage along the line of the tendon very gently, repeatedly, and using intention. That's how you untie this very delicate tissue. This is very different from deep tissue massage.

So, in my first appointment, I did feel some emotions, because someone was touching around my genital area. There's a certain amount of trust that a person must have, and if you don't have it, well, you could have some issues come up just from that. Then as things released over the course of the next twenty-four hours after my first session, I experienced a lot of physical toxins releasing, and I had pain physically. This was okay with me.

When I came back two days later, Khun Ni said, "You are not ready yet. You are still swollen, and have inflammation and it looks like we broke up adhesions." And, I am sure we did because my tangled-up tendons had been there since I rode horses when I was eleven or twelve years old. I know that this kind of massage can bring about much emotional release, but I didn't get the tears that some of my other woman friends experienced. I know that some women had very big releases. I think this was only because I had known for eight years that this was the worst area of icky stuff in my body. For me, it was very joyful because I finally found somebody sensitive enough and knowledgeable enough. These are two very important things in order to work the area effectively and efficiently.

I had three treatments, and I now know what to do for myself—because I have to leave Khun Ni. So, I feel that she was repetitive enough so that I got it. Maybe not everything, but I have enough to get in there and start—with my new information—to start straightening my tendons. As a matter of fact, before she worked on me, I didn't understand that I needed to straighten my tendons. My groin had been just a rock—and I didn't know what to do with it. Now I have

techniques to stretch and lengthen and pull and untie the knots. For me, the experience was life changing because, maybe in the next few months, I can no longer say that my groin is the most congested part of my body.

One of the important points for me is the combination of sensitivity and knowledge. What this massage brings to us is new knowledge. We already have lots of techniques for lymphatic massage, for tendon releases and for muscle massage. This is a very clear, concise massage technique that does not veer off of its formula.

**Interviewer:** It is important when you are moving sediment or other energetic blockages from the area that it has to have a place to go. So, as a component of the massage, she prepares the other areas so that when she activates the movement, then it has a place to go.

**Marsha:** Yes. When I went for my last massage, she knew she needed to move a lot of stuff out. She took almost thirty minutes and opened up the lymph vessels around the belly. You're right, she prepared my body. That's where the knowledge comes in. It is important to know about the body. You have to know there's a cluster of lymph nodes in the belly. Otherwise, you move stuff out and maybe the knees get stuck or something. Ha-ha-ha.

Oh, yes, after my third massage over the course of about five days, I went back to my room and lay down on my belly. I felt energy in the form of a tingle rise up from my groin and start to move up toward my head. The energy made it to my shoulders and there it dissipated a bit. Another experience I had after the massage was how much sexual energy it gave me! I had so much heat, and that heat lasted probably half a day. I had a build-up of energy that must have been stuck in the tendons, ligaments, and skin. I had stored this heat, inappropriate heat, and I was sweating. This was one of the first things I experienced. Then, as I got



healthier and the energy released, it felt light and bubbly and tingly.

**Interviewer:** Oh, how nice—champagne massage!

**Marsha:** It was nice. I think that for a woman to release this beautiful energy is so important. It feels like things start to flow. I would think this would benefit our skin, our hair, our mind, and our organs. This is what makes a woman really powerful, to be able to tap in to this energy.

Mary  
(Mother, 33)

Mary was participating in Dr. Roy Martina's Inner Power Zone retreat at Tao Garden when she heard about the genital health massage.

**Mary:** I thought it was done in a very skillful and sensitive way, which made it possible for me to really breathe in to the areas and loosen up. For example, the pelvic floor—I really felt that she was able to loosen up the whole pelvic floor area. She works from all angles, and it's quite intimate, but she does it in a very professional way so it doesn't feel that she's intruding. I also liked very much that she worked all around. She works the front. She works the bottom. She works the back. She integrates this with working on the abdomen, on the intestines, on the organs, on the inguinal area—on the ovaries, uterus, rectum. She works on the anus—around the anus almost, on the left and right of the anus also—which was a new experience for me, but it felt really very good afterwards. Yeah, I really felt that there was an increase in circulation. I felt really that the breath and chi was filling up the base, all the circuits or something. It was really a very good feeling after the sessions.

It really felt like she released quite a few blockages: both in the abdomen and on the sacrum, and definitely on the

pelvic floor—on the sides of the genitals, that group of muscles that constitutes the whole bottom of the torso and prevents the organs from falling down. It released tension for sure. Also very good work in the inguinal area—I felt energy released. For sure, I felt the chi flow really much better into this area after the massage.

I think a very important point is that it's called a genital massage, and it sounds very intimate, but it's really not very intimate. It's really very professional—it releases a very important area that you normally don't get worked on if you go to a massage therapist. I think this is very important. There is nothing sexual about it. It's really professional bodywork.

Anya  
(Scientist, 41)

Anya was a participant in the Universal Tao summer retreat. She had suffered from tension and pain in her legs, hips, lower back, shoulders, and neck for many years. She had been wearing a platform shoe for twenty years to compensate for one leg being shorter than the other.

**Anya:** I went to Khun Ni to have the genital massage, and then during the very first session she told me that my leg should be treated first before she would be able to do the genital massage because there was just so much tension in the leg, and it was affecting the genital area. There wasn't really a problem in the genital area; it was just affected by the leg.

**Interviewer:** Many people have discovered through their experience with this massage that other areas are affected, and other areas affect the genital area. This seems to be the case with you.

**Anya:** This was something I already knew: One leg was shorter than the other. So, she treated me for the difference in the length of the two legs. That was quite amazing because she put a lot of force into this—because it involved big muscles and big joints. I already had pain in my right hip for eight years. When I was jogging or doing sports I often got injured in my knee or ankle, and it had to do with the difference in the length of the legs. In two sessions, with her experience, she adjusted the length in my legs. I don't know how she did it, but she did it. She made the legs the same length. In one or two sessions I was standing evenly on both legs. It was amazing. I threw away two pairs of shoes because one shoe had higher soles to make up for the difference in length. I bought myself new shoes in Chiang Mai. It was nice.

**Interviewer:** And now you feel very comfortable with both legs equal?

**Anya:** Yes. Yes, it's really like a miracle. I always had these very tight muscles on the inside of the thigh. There was so much tension; you could feel little knots in different places along the muscle tissue. It's great to have the feeling that there is less tension in the muscles.

**Interviewer:** So the whole leg has had a readjustment, a realignment or something, so that the muscles now are flexible.

**Anya:** Yes, it was the tension of the muscles that made the hips rest at a different level. Now she has released the tension. It's not like the two legs are the same at this moment, but I'm making progress, and she gave me some exercises to take home. So, I have to take care not to get too much tension again.

**Interviewer:** Are you finished with your sessions now?

**Anya:** Tomorrow is the last one because I am leaving to go home after that. She's treating my shoulder now—the same problems, the same tension, and same *uh-h*. . . .

**Interviewer:** Well, if you are out of balance in the lower body that would affect something in the upper body maybe, too.

**Anya:** Sure.

**Interviewer:** So, did that seem to have any effect in the genital area?

**Anya:** I did not experience that there was less tension in the genital area, but I asked her if this would be the point, and she said it would be. It would just go away as a result of removing the cause of it. Yes, she said there would be less tension in the genital area—but I have to experience that. It is not that I feel tension in this area but at this time I do not feel the difference. I think I need to take time and become more sensitive. It is a big gift for me to feel more balanced in my hips and then I will see what happens.

Michael  
(Businessman, 55)

Michael was visiting Tao Garden for the Inner Power Zone retreat.

**Michael:** I had the first genital health massage of my life yesterday. I was a little afraid of it because my scrotum is a little bit tense. But Khun Ni did it very nicely, though I felt a little bit of pain up through my kidneys. But after a while, after massaging it three times, it was gone. So afterward, I feel pretty good. But during the dancing at night, I couldn't do that because I felt a pain again in my sensitive area. Then after one hour, it was gone. Well, now it's relaxed and feels open. I did like the treatment from the woman,

especially. She's very easy to read: She's open, she's friendly, and she's kind. So it was a beautiful experience.

**Interviewer:** I get from what you said that she relieved some tension from your scrotum and testicles. Also, from the effect that you had later on, it sounds like she removed some blockage. Do you think so?

**Michael:** I don't know. I'm not an expert, but it feels like so. It feels like it's open. Yeah, it's accessible also. Something flows, and now that pain is completely gone.

**Interviewer:** So are you looking forward to your second session?

**Michael:** [*Laughs*] Well, I am still a little bit afraid. especially when she touches the channel that leads from the scrotum to the kidneys—you feel the pain. Yeah, that's a little bit frightening, but you get used to it.

**Interviewer:** I think it's a good sign, actually, because it opens up the energy flow of the connection to the kidneys. Maybe the pain is a little discomforting, but it's helping; in my experience, if it is not there, I've got a problem. So probably that's a good sign, more than not.

**Michael:** It was a wonderful experiment for myself. I wanted to experience that, and it went well.

**Interviewer:** Do you feel that you would feel more comfortable in performing self-massage?

**Michael:** I did it this morning, a little bit, but that area is always so tense that I don't dare to touch it. So, I did it a little bit in the morning, and it went well. And if it is going to happen in my home country, I will certainly come. If she comes, I will certainly make an appointment.

Pieter  
(Dance Teacher, 42)

Pieter is a forty-two-year-old dance teacher in a dance academy. He teaches improvisation, choreography, and dance analysis. He came to Tao Garden for Dr. Martina's two-week Inner Power Zone retreat.

**Interviewer:** You have had three Karsai Nei Tsang massages already. Are there any particular results that you find to be of value?

**Pieter:** I think one of the main results is that the energy in the abdominal area is much better. It's much lighter, and it's much better connected so that I feel the chi more easily. I also feel a difference in my thinking and I feel more playful than before. These are things that I can tell now are already changed.

Also, I feel that a lot of weight from heavy emotions that were stored in the abdomen have released. I had a lot of gas there, and there is hardly any left. Also the volume of the belly area has diminished by more than one-third.

**Interviewer:** Due to the excess, trapped gas, do you think?

**Pieter:** Yes, gas and a lot of emotions were stuck there. Khun Ni said that I should express my emotions quickly: say what I have to say instead of keeping them inside. She is so right about this. She can feel so much through her hands; it's really amazing that she can pinpoint this. That's very nice.

I also had a problem with my testicles; one of my testicles had a line of tension to one of my kidneys. One testicle was a little bit smaller and lower than the other—that's what my girlfriend told me—she was there when Khun Ni worked on it. After working on the testicles, they became the same size and adjusted to the same level, instead of the one hanging

lower. She put the alignment back together. She could feel very clearly that there was a knot in the groin area that blocked the connection between the testicle and the kidney. So she worked there, and she opened it. That was very nice because I had a lot of problems a year ago with my groin. And I feel now that it's more flexible.

**Interviewer:** So, she massaged that area to release the tension that was blocking the energy flow to the kidneys.

**Pieter:** Yes.

**Interviewer:** Do you feel the open flow between the testicles and the kidney area now?

**Pieter:** Yes, I do. I think it would be much better if I had more massages. It's a pity that there is not enough time. I think she could do more good work. I have had all of my three sessions now, but she is so overbooked that I can't get in any more.

**Interviewer:** Well, she balanced the height of the testicles. Were there any other things that you noticed? Was there any accumulation of sedimentation that she helped to break down and move?

**Pieter:** Yes. She did a strange thing yesterday with my leg and with the knots in the groin. Now it's more flexible. It was stiff and frozen. She just felt it and did one little massage manipulation and it was done! So amazing. She also worked on my legs yesterday, and she opened my legs and my ankles much more. It's very good and my neck is better also. She did several things to open it up again. So it has all been very good.

**Interviewer:** So she released the blockages to the sexual energy flow in your body so that it goes up to your brain.

And by opening these areas in your wrists and ankles, it has helped the circulation of energy through the whole body.

**Pieter:** This is where I feel a difference between this massage and other massages. Other massage therapists do their job, and it's very good. They open up surface things, but Karsai Nei Tsang goes amazingly deep into the body and in the organs. It's more of a mind-body connection, instead of only the body. So, on this level it's amazing what she's doing. And what she feels and what she sees in the body! So I think she's a gift for the Center!

**Interviewer:** Is there anything else you would like to say that I haven't asked you about?

**Pieter:** I think it would be good for everybody to receive this type of massage. Yes, it may be a little bit strange when you see the title—Genital Massage. You think, “Whoa, what's happening there?” But I think there's a taboo in the world that the lower part shouldn't be touched by somebody else in the form of massage. If Tao Garden had not suggested it to me, I probably would not have received this massage. It's amazing! Again, thank you.

Anke  
(Teacher, 55)

Anke came to Tao Garden for Dr. Martina's Inner Power Zone summer retreat. She heard about the massage after previous treatments had failed to work.

**Anke:** I have had three sessions, and tomorrow I will have the fourth one. There are three big releases that I have received from this massage. I have had a blockage for five years in the area of my stomach. The acupuncturist didn't help; my physician was not able to help either. Then Khun Ni began to massage it, and she said there were three knots



very close to each other from the stomach down. She began to work on them and after the third session it's much better, so much relief. This is the biggest change. I feel very comfortable now in my lower belly. Before I had constant pain, a kind of nagging pain that was always there and now this is gone. So, after five years, it's really like "Wow-w-w, my complete body—this part is mine again." This is such a gift.

The other two little things were that I had little knots on the side of my belly. She detected them by just holding her hands on them. She said, "Hmm, what's this here?" and then she started massaging the knots. I had massaged them many times already, but they always jumped away. After two minutes they were gone. It was like, "Okay, this is nothing; it's just how you touch it and how you massage it"—and they were gone. Then I started getting a breast pain. I thought this might be from the exercises we had been doing and I thought I might have over-stretched a muscle. When I told her, she said, "Oh it's related to the part in your stomach, in a line down to your lower belly." There were two little knots. She massaged them, and let me feel how I could massage them, and now after three days they are gone.

Tomorrow I have one more session because I have a lot of gas packed in my stomach and down through my intestines. I am really pleased about the results up to now, especially because of those five years that I was in so much pain.

**Interviewer:** And was that pain something that she discovered in connection with its effect in the genital area?

**Anke:** Yes. I had an irritation on my vagina and it was swollen a little. I had had it for three months, and she said, "Uh-uh-uh, I know, what this is." She massaged it, and it also went away. During that week it became better and better. It was related to the channels not being open, and

the pressure being stuck so that all the other organs had less space.

**Interviewer:** So, she cleared the line from the lower abdomen up toward the navel area?

**Anke:** Yes, or downward—because she started from the navel area and she worked downward. I could feel it as a heat being released. I was really embarrassed because I had a lot of burping. She was massaging, and I was constantly burping. That gave me a lot of release. And that's basically it.

**Interviewer:** And you feel a lot better as a result of it, obviously.

**Anke:** Yes, absolutely. I feel much more now that everything in my belly is again for me! So, I think, "Hey, this is the way it's supposed to feel."

**Interviewer:** Wow, I'm really happy to hear that.

**Anke:** Yes, I'm really glad that you gave us the talk on Monday and said, "You might want to try this." Otherwise, I never would have done it. So, thank you for that.

Elizabeth

(Bodyworker and Universal Tao Instructor, late forties)

**Interviewer:** Can you please share with us any particular experiences you had with the Karsai Nei Tsang massage?

**Elizabeth:** Yes, I have been experiencing some pain in my right ovary and the right side of my sacrum. I was able to manage the pain with Qi Gong and Tao Yoga but I was not able to rid myself from the pain completely. After two or three sessions of Karsai Nei Tsang the pain went away and has not come back. Another wonderful benefit I have

received from this work is a deeper sense of stillness. A few years ago I was involved in a frightening auto accident. ever since then I have felt more alert and not able to go as deep into my meditations.

During my first session, Khun Ni immediately felt this deep spiral twist in my left psoas muscle. With her sensitive hands she released the spiral twist and very quickly I started to rest deeper. And so, as you know, the psoas, the kidneys, the fear, and the sexual organs are all so connected. She really helped me and I feel very grateful. Next she worked down the inside of my legs. Afterward, when I got off the table I could feel my whole relationship to the earth dramatically changed. I've gone through so many different trainings, and I always think, "Wow, this is what it feels like to be grounded." But there is always more. And now with Khun Ni's work I feel like, "Ah-h-h, now I feel the earth, even more!" Very nice!

**Interviewer:** This relationship between the genitals and other parts of the body is something that is obvious once we have the experience, and everyone I have interviewed seems to have recognized it in one way or another. Generally, they say, "Yes, we have some manifestation of some symptom that we experience in the genital area, but it is connected to other parts of the body—either going down into the legs or up into the organs." So, she works on the surrounding area and clears something there so that the energy that's blocked in the sexual area will have a place to go and can be moved out through healthy channels.

**Elizabeth:** Yes, I feel this also. When we stop to think about it, it makes no sense whatsoever that bodywork focuses on all parts of the body except on the genital area. If we really believe that the whole body is connected then we need to address the whole body. My awareness in my sexual organs has heightened because of this massage. Now I feel much

more integrated, from my head down to my toes. This is really so exciting.

**Interviewer:** How do you feel this massage has affected your Taoist practices?

**Elizabeth:** Well, in addition to the rooting to the earth I have felt an increase in my sexual energy. Lovemaking has always been enjoyable for me but now I feel really so alive. My Healing Love practice has become even more pleasurable and beneficial; now the sexual energies are more easily channeled because the congestion is released. I plan to continue with Karsai Nei Tsang self-massage and always make this a part of my self-care. I look forward to training in Karsai so I can help others like I have been so generously helped.

Louis

(Project Manager and Universal Tao Instructor, 52)

Louis is a Universal Tao senior instructor and has been teaching chi weight lifting (for genital organs) for fifteen years. He has been especially diligent in maintaining regular practice, including thorough testicle massage, for the past two years to ensure his longevity. He is also a certified teacher for Chi Nei Tsang organ massage. He had no problems or concerns regarding the condition of his sexual anatomy. In fact, he felt that this part of his body was in the best condition ever. However, he took three sessions of testicle and prostate gland massage for the sake of the experience. Not only did the results take his personal practice to another level, but the massage also opened up other chronic problem areas, such as the sacral and lower back, where he had sustained earlier injuries.

**Louis:** This whole experience has been a boost to my personal practice, and it has helped me to focus even

deeper in the area that I've been concentrating on, especially in the last two years. Khun Ni has been able to massage me in a way that is different from the way that I have been doing. It has helped to open up the whole flow of the creative life force, sexual energy, a lot deeper than it was before. Now it is even more dramatic. I can imagine that people who have never worked on this area and all of a sudden get this exposure will get even more of a dramatic response than I had!

I think the genital health massage is a little bit more unique and specialized than the other kinds of massage. You really have to be trained and have certain sensitivity because that's the most sensitive part of your body. It's a very important ingredient for the higher level practices because you need these blockages and sediments released in order to do the full internal alchemy transformation. So it is actually a very key component for the whole process of the immortal practices—which takes it to another level of understanding that is very beneficial for those people who are seeking that type of self-realization. So, for my own personal practices and my own personal journey, this is a very key component to my own evolution.

Overall it's an unusual experience, and you touch a lot of areas that you don't normally get involved with on that certain level. You're dealing with root problems, balancing and correcting them at the root level, and literally your genitals are the roots of your whole energetic body. I think it's a very critical and very important part of our internal practices.

Kees

(Elected City Official and Bodyworker, early fifties)

Kees is a Universal Tao instructor who spends a few months every year at the Tao Garden in Thailand. He has been able

to profit from many Karsai Nei Tsang sessions and so his story comes from much experience.

**Interviewer:** How many sessions have you had of the genital massage?

**Kees:** I believe approximately forty.

**Interviewer:** Wow!

**Kees:** Yes. I'm quite experienced now.

**Interviewer:** Could you please tell us what has been meaningful about your experience. Did you have any problems that were resolved by the massage?

**Kees:** Well, what happened is that I realized a time ago that I had many blockages in my genital area that were covered up and very old. Khun Ni was able to touch these areas where there was hidden pain and open them up.

**Interviewer:** So, she would open up these areas that had been hiding from you.

**Kees:** Yes, working on them and letting me feel the old pain. One of the most special things that she did was just this; I was able to let the pain come, and go one step further and go into the pain. This is something we can decide for ourselves, "Okay, let the pain come." Then, it's not so much the pain that is coming, but it's a whole new area that is coming. I realized it was very old for me. So, she's opening up very old things. I don't know if she knows, but that's what she did.

**Interviewer:** What was the result of these areas opening up?

**Kees:** I walk differently. I feel differently. I feel more connected.

**Interviewer:** So by “opening up,” you mean that there are things that you have been blocking either emotionally or physically.

**Kees:** I mean emotionally.

**Interviewer:** Was there a physical pain associated afterwards? One of the purposes of this technique is to clear up physical sedimentation that accumulates in the area.

**Kees:** Yes, I’m quite sure that has happened as well. After about session twenty-five I became really quite sick. It felt very much like my body detoxifying with diarrhea and fever.

**Interviewer:** So you were clearing out some toxins and blockages from your body. The sickness was a manifestation of a cleansing process, a clearing out. . . .

**Kees:** Of course, for sure. I’m sure about that.

**Interviewer:** Has there been any specific difference? It is common for older men to have blockages that affect the prostate gland and other areas of the sexual organs so that they lose some of their urine flow or erection.

**Kees:** I have the impression that my urine flow is stronger. My prostate area used to be very bound up—covered, like an iron shield around it—and it’s much more open now. It can move more freely. Another important part for me has been the work she has been doing on my veins. I have certain problems with my veins in my genital area, and she’s correcting them, quite well. She is also working on the blockages in my blood flow.

**Interviewer:** You say that you feel emotionally more open. That’s an interesting thing because it’s something you don’t see or feel physically so much. How do you feel as a result of having cleared away your emotional blockages?

**Kees:** I have had many massages and bodywork sessions in my life but never have I had my genital area worked on. It is especially in this area that we cover up many experiences from the past. Now it feels as if my genitals and the surrounding area are much more a part of my whole body now. This is a wonderful feeling.

**Interviewer:** In regard to the whole body energetically, did you have a feeling that this massage opened up chi flow in other parts of your body?

**Kees:** Yes, I feel a lot stronger. People tell me that I look much, much different; so, it's not only me that notices this.

**Interviewer:** So you have an overall tonic or toning effect because of the opening up of what was blocked in your genitals. Do you feel generally more open all over your body?

**Kees:** Yes, the most important part is that I have the feeling that my body is now integrated. I no longer feel like separate parts with other parts missing. I feel all whole and this is a very good feeling.

**Interviewer:** Okay. Any concluding comments you'd like to make?

**Kees:** She's great—she's been great!

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# Footnotes

[\\*1](#) Refer to my book, *Healing Light of the Tao* (Rochester, Vt.: Destiny Books, 2008) for a description of this practice.

[\\*2](#) *Bone Marrow Nei Kung* (Rochester, Vt.: Destiny Books, 2006).

[\\*3](#) Refer to my books *Healing Light of the Tao* (Rochester, Vt.: Destiny Books, 2008) and *Fusion of the Five Elements* (Rochester, Vt.: Destiny Books, 2007) for instructions on these meditations.

[\\*4](#) These exercises can also be found in chapter 2 of my book, *Chi Nei Tsang*.

[\\*5](#) To learn about the Fusion practices, see my books, *Fusion of the Five Elements* (Rochester, Vt.: Destiny Books, 2007), *Cosmic Fusion*. (Rochester, Vt.: Destiny Books, 2007), and *Fusion of the Eight Psychic Channels* (Rochester, Vt.: Destiny Books, 2009).

[\\*6](#) *Chi Nei Tsang* (Rochester, Vt.: Destiny Books, 2007).

[\\*7](#) For a more detailed discussion about detoxifying the large intestine, refer to my first Chi Nei Tsang book, *Chi Nei Tsang* (Rochester, Vt.: Destiny Books, 2007) or to my book *Cosmic Detox* (Rochester, Vt.: Destiny Books, 2011).

[\\*8](#) For more information on Tao Yin see my book *Energy Balance through the Tao* (Rochester, Vt.: Destiny Books, 2005). Videos on Tao Yin are available as well from the Universal Tao website.

[\\*9](#) For more information on Cosmic Healing see my book *Taoist Cosmic Healing* (Rochester, Vt.: Destiny Books, 2003).

[\\*10](#) For more information on opening the gates around the navel refer to *Chi Nei Tsang* (Rochester, Vermont: Destiny Books, 2007) and *Advanced Chi Nei Tsang* (Rochester, Vermont: Destiny Books, 2009).

[\\*11](#) *Healing Love through the Tao* (Rochester, Vt.: Destiny Books, 2005).

[\\*12](#) For more information about transforming sexual energies through the Microcosmic Orbit, see *Healing Love through the Tao*.

[\\*13](#) *Healing Love through the Tao* (Rochester, Vt.: Destiny Books, 2005).

[\\*14](#) For more information on transforming sexual energies, see my book *Healing Love through the Tao*.

[† 15](#) Refer to chapter 2 of my book *Chi Nei Tsang* (Rochester, Vt.: Destiny Books, 2007) for this meditation.

[†16](#) The quickest way to open your Microcosmic Orbit is to take a weekend workshop with a certified Universal Tao instructor. You may also teach yourself by using the *Healing Light of the Tao* book or video. To open the Thrusting and Belt Channels, you could study with a certified instructor, or teach yourself by using the *Fusion of the Five Elements* book and Fusion I, II, and III videos. All of the videos mentioned here are available from the Universal Tao website.

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# The Universal Tao System and Training Center

## THE UNIVERSAL 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. That is also the guiding principle behind the Universal 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 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 books and video and audio products. Further information can be obtained at [www.universal-tao.com](http://www.universal-tao.com).

## THE UNIVERSAL 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 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 Qi Gong, 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 worldwide on courses, books, products, and other resources, see below.

## RESOURCES

### **Universal Healing Tao Center**

274 Moo 7, Luang Nua, Doi Saket, Chiang Mai, 50220  
Thailand

Tel: (66)(53) 495-596 Fax: (66)(53) 495-852

E-mail: [universaltao@universal-tao.com](mailto:universaltao@universal-tao.com)

Website: [www.universal-tao.com](http://www.universal-tao.com)

For information on retreats and the health spa, contact:

### **Tao Garden Health Spa & Resort**

e-mail: [info@tao-garden.com](mailto:info@tao-garden.com), [taogarden@hotmail.com](mailto:taogarden@hotmail.com)

Website: [www.tao-garden.com](http://www.tao-garden.com)

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# About the Author



[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 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 soon he went on to acquire considerable skill in Aikido, Yoga, and Tai Chi. 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, with 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 has 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 globe. In June 1990 he was honored by the International Congress of Chinese Medicine and Qi Gong

(Chi Kung), which named him the Qi Gong Master of the Year.

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### **Chi Self-Massage**

The Taoist Way of Rejuvenation  
*by Mantak Chia*

### **Sexual Reflexology**

Activating the Taoist Points of Love  
*by Mantak Chia and William U. Wei*

### **Healing Love through the Tao**

Cultivating Female Sexual energy  
*by Mantak Chia*

### **Taoist Foreplay**

Love Meridians and Pressure Points  
*by Mantak Chia*

### **Taoist Shaman**

Practices from the Wheel of Life  
*by Mantak Chia and Kris Deva North*

### **The Healing Energy of Shared Consciousness**

A Taoist Approach to entering the Universal Mind  
*by Mantak Chia*

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