

Taichi, Acupuncture, Acupressure, Chinese medicine.

A natural state: smooth flow of good chi 氣(qi).

Chi can mean many things such as underlying ‘current’ in any manifestation. In the body, on the most concrete level, chi can be thought of as nerve impulse and neuro-transmitter flows.

How you do the following is more important than what you do.

Relaxed, open (especially deep inside) body state, comfortable movement from the center of the body.

Clear and relaxed intention moves body effortlessly without tension.

(The mind moves chi and chi moves the body. One way to understand this is that movements are caused by, and in the order of, brain, nerve, and muscle.)

Try to feel as if you are touching not just the surface but deep inside.

Taoist Self-Massage

1. Rub hands, then cover eyes with bases of palms.
2. Rub face and head with palms.
3. Rub ZanZhu (BL2) with middle fingers. BL2: gathering bamboo; at the inner end of eyebrow.
4. Rub YinXiang (LI20) with middle fingers. LI20: welcome smell; at the sides of nostril.
5. Rub TaiYang (HN5) with bases of palms. HN5: great yang; in the depression behind eyebrow at the temples.
6. Rub the backbase of skull with thumb base of palms. FengChi (GB20): Wind lake; below the occipital bone, in the depression between sternocleidomastoid and trapezius muscles.
7. Rub behind ears between index and middle fingers. TingGong (SI19): hearing palace; between ear and the mandibular joint.
8. Massage ear lobes with thumb and index finger.
9. Beating the heavenly drums; close ears with palms and beat at the back of head with index fingers.
10. Close ears with palms and suddenly release to be aware of all the sounds.
11. Squeeze along the back of neck, mostly with 3 fingers of each hand.
12. Squeeze with palm from the side of neck to shoulder.
13. Tap JianJing (GB21) with palm (LaoGong PC8). GB21: shoulder well; depression between the shoulder and neck. PC8: labor palace; On the palm of hand where the ring finger touches when making fist.
14. Massage JiQuan (HT1) with thumb. HT1: ultimate spring; in the center of arm pit.
15. Tap TianFu (LU3) with palm (LaoGong). LU3: celestial storehouse; on the radial side of the biceps muscle 3 cun below the arm pit.
16. Tap ShouSanLi (LI10) with the palm side of a loose fist. LI10: arm 3 miles; on the lateral side of the forearm.
17. Tap NeiGuan (PC6) with the palm side of a loose fist. PC6: inner pass; 2 cun above the center of the transverse crease of the wrist. (Cun is a measure equal to the width of your thumb.)
18. Tap two HeGu (LI4) points together. LI4: meeting of valley; in the center of the flesh between the 1st and 2nd metacarpal bones.



19. Massage LaoGong (PC8) with thumb. PC8: labor palace; On the palm of hand where the ring finger touches when making fist.
 20. Palms together, right palm slides along the inner side of left arm all the way to the neck, right palm continue sliding down the outer side of the left arm. Similar for left palm along the right arm.
 21. Rub the kidney area with backs of hands. MingMen (GV4): life gate; between 2nd and 3rd lumbar vertebra. ShenShu (BL23): kidney point; 1.5 cun either sides of MingMen.
 22. Tap the sacrum area with back of loose fists.
 23. Massage below clavicle area with thumb and fingers. ZhongFu (LU1): central treasure-house; in the 1st intercostal space.
 24. Lightly press QiMen (LV4) with thumb. LI4: cycle gate; 2 ribs below the nipple.
 25. Massage circularly the front waist with palms, up medial down lateral, with down stroke emphasized. ZhangMen (LV13): important gate; in front of the 1st floating rib (11th rib).
 26. Lightly press QiChong (ST30) with middle fingers. ST30: chi rushing; 2 cun lateral of midline on the border of the pubic bone.
 27. Tap HuanTao (GB30) with thumb side of a loose fist (tiger's mouth). GB30: around jumping; on the hip behind the hip joint.
- *Optionally, at this point, one can sit.
28. Tap FengShi (GB31) with the tiger's mouth. GB31: wind city; on the side of the thigh at the end of the middle finger when standing.
 29. Tap XueHai (SP10) with palm (LaoGong). SP10: blood sea; 2 cun above the border of patella, on the bulge of the medial portion of the quadriceps muscle.
 30. Tap ZuSanLi (ST36) with the tiger's mouth. ST36: leg 3 miles; 3 cun below the lower border of patella, 1 cun lateral to the crest of the tibia.
 31. Tap ChengShan (BL57) with the tiger's mouth. BL57: support mountain; in the middle of the belly of the calf muscle.
 32. Tap WeiZhong (BL40) with the tiger's mouth. BL40: bend middle; at the midpoint of the knee crease.
 33. (Only if you are sitting) Massage YongChuan (KI1) with thumbs. KI1: bubbling well; On the bottom of feet, just below the ball of feet, in the depression.
- *Stand at this point, if you were sitting.
34. Tap along the leg with palms, up along the outside and down along the inside.
 35. Wuji standing. Palms covering below navel, LaoGong points aligned with QiHai 氣海, 2 finger width below navel. Between 5 to 30 minutes.
 36. Hands circling. Clockwise increasingly larger circles about 36 times, counterclockwise smaller and smaller circles about 24 times. Afterwards, stay at least 1 minute in the wuji standing posture.
 37. Raise arms in a circle out from the body towards head with palms facing up, and lower arms with palms facing the ground. Gathering, cleansing, smoothing chi, about 3 times. The gathering image helps connection between inner and outer awareness. The feeling of flow means that part of the body is relaxed.