

# Chapter 6:

## Dispersing the 12 Winds

In order to work with the winds in your student's body, you must first integrate the procedures of Basic Chi Nei Tsang. This involves carefully sensing and touching the abdomen, clearing the large and small intestines, toning, detoxifying and pumping the organs and clearing the lymphatic system. (Refer to the book "Origins of Chi Nei Tsang. Energetic Opening of Body, Mind and Spirit", Mantak Chia and Josefine Reimig 2017.)

If the person's abdomen is full of knots and tangles, the winds will not be able to circulate and leave the body. Releasing the abdomen may take a few sessions. Once you have released the main blockages, you can then begin with the work on the winds.

### Opening the Wind Gates

In this practice we will make "traps" for the winds. One trap is created by using "the elbow in the navel". A second trap comes from "opening the navel with the thumbs". A third and quite powerful way is "making space in the pakua".

These traps present an open space for the winds to move to and from there they can be easily flushed and vented down the legs and out of the feet.

#### A. Opening the Navel

Taoists believe that there are trapped winds in the intestines and abdomen and also all the tendons from the body that join around the navel. Release the navel by pressing your thumbs on the ring muscle of the navel and pushing down and in opposite directions for an approximate count of 15.

- 1: 0°-180° / N-S
- 2: 90°-270° / E-W
- 3: 45°-225° / SE-NW
- 4: 135°-315° / SE-NW

Pull into opposite direction at the same time.

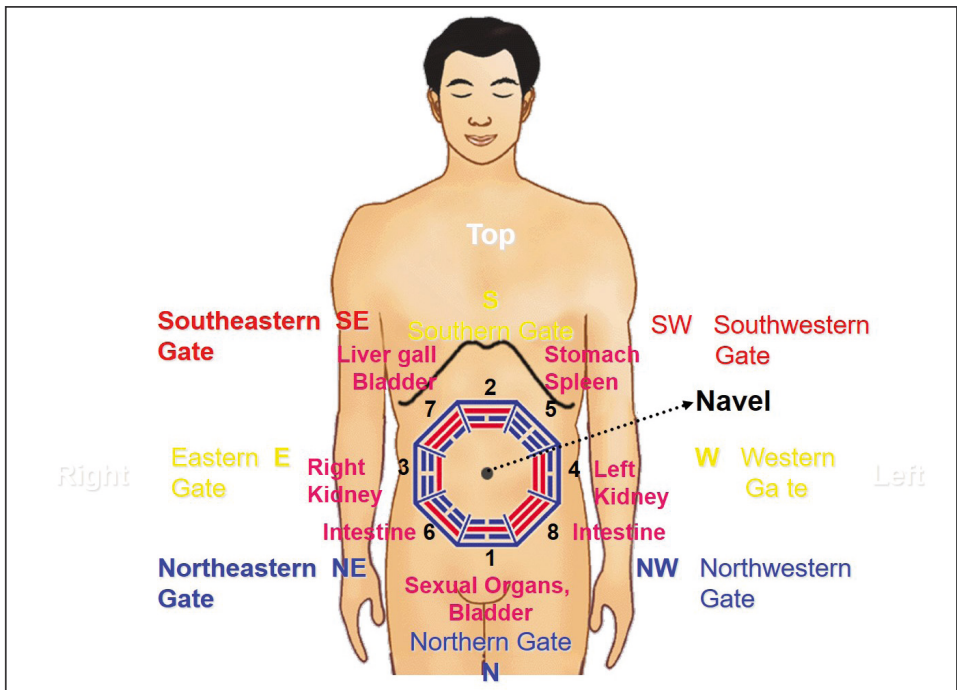
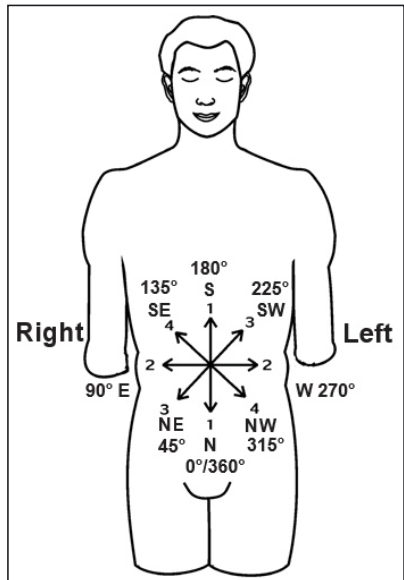


*Push Down and in Opposite Directions*

Sequence for releasing the wind gates on the pakua and organs affected.

Press the eight sides of the pakua in the following order:

- 1: The Northern Gate (related to the bladder and the sexual organs, on the bottom of the pakua, at 0°/360°),
- 2: The Southern Gate (related to the heart, on the top of the pakua, at 180°),
- 3: The Eastern Gate (related to the right kidney, on your student's right side, at 90°),
- 4: The Western Gate (related to the left kidney, on your student's left side, at 270°),
- 5: The Southwestern Gate (related to the stomach and spleen, on your student's upper left, at 225°)
- 6: The Northeastern Gate (related to intestines, on your student's lower right side at 45°)
- 7: The Southeastern Gate (related to liver and gall bladder, on your student's upper right side at 135°)
- 8: The Northwestern Gate (related to intestines, on your student's lower left side, at 315°)



Your aim is to stretch the muscle below the skin, so you will need to place your fingers on the sides of the navel and not inside. Be careful not to hurt the skin as you push in opposite directions. Flush and vent 15–20 times.

### B. Elbow in the Navel

In this level of Chi Nei Tsang one way of opening the wind gates is through the use of the elbow placed directly on the student's navel. In order to explain this procedure, we will divide the navel area into a 360 degree circle divided into four sections. It is equivalent to a compass lying on the person's belly. When we talk about left or right sides, we refer to the left or right side on your student's body. Every degree of the navel circle connects to different parts of the body.



*Opening the Wind Gates with the Elbow*

The top of the navel is South / 180°.

The left side is West / 270°.

Below the navel is North / 0° / 360°.

The right side of the navel is East / 90°.

180°– 270° describes the upper left quadrant of the abdomen.

270°– 360° describes the lower left quadrant.

0°– 90° describes the lower right quadrant.

90° to 180° describes the upper right quadrant.



*Sick winds spiral out of fingers into the earth*

Push down and toward the side.

The procedure to open the wind gates with the elbow is the following:

1. Place your elbow on the navel and press down.
2. Holding the pressure, move your elbow out towards the left side of your student's body at 270° toward 180° and from 180° back to 270°.

Rest, twist the wrist and fingers and let the sick winds out of your finger tips down into the earth. Release the pressure, go back to the center of the navel and press down and out from the center to 280°, then from the center to 290° and continue until you have worked your way to 360° and from 360° toward 270°.

When you are finished with this lower left quadrant, ask your student to breathe deeply into the navel to push your elbow out.

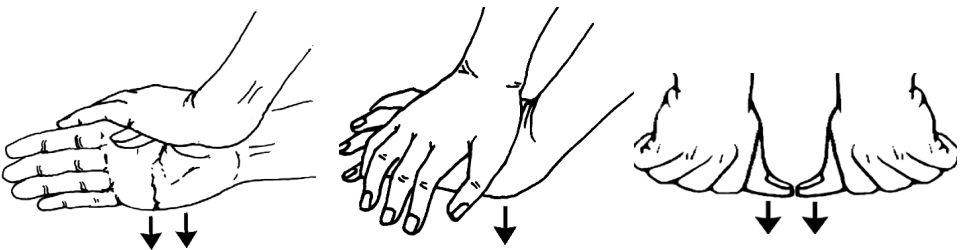
3. Flush the winds down the legs and out through the toes.
4. Repeat this procedure on the lower right quadrant from 90° towards 0° and from 0° toward 90°, and from 90° work toward 180°.

This will open the whole navel which will create a place for the wind to gather and the tightness of the abdomen will be released. For people who have back pain this work will greatly release the back pain. Flush and vent 15–20 times until you feel the navel is warm.

### C. Making Space in the Pakua

Opening the area around the navel following the shape of a pakua discharges tensions from the body, releases pinched or tight nerves and re-establishes the proper flow in blood vessels and lymph channels. This follows the later heaven pakua energy flow. To know more about the pakua see “Fusion of the Five Elements: Meditations for Transforming Negative Emotions, Mantak Chia 2007.”

In this book organs are related to the different “Kuas” (forces). For example, the kidneys are related to Kan (water) in the north and the liver to Chen (thunder and lightning) in the east. In CNT II we relate the organs not to the kuas but to the reflexology points of the organs



*Use the side of the hand, bottom of the palm (wrist), or use the thumbs*