

Hand Techniques

The whole palm is preferably taken for kneading, packing, and shaking a larger amount of tissue, therefore for spreading energy after having loosened deeper layers of small intestine.

The edge of the hands are used when you want to go deeper into the lower abdominal bones like hip and pelvic bones. In that case you press in and move in half circling directions around the navel. You take the edge of the hand as well when you cannot find certain pulse points.

Before you use the edge of the hand always check for lymph knots. If in the region intended to work, these knots are swollen, do not press.

Shaking and Waving

Before we go deeper into a tissue we need to make sure that the surroundings are relaxed. It can be that there is tension or we find knots and tangles. When we loosen them, this can already be a big relief, and further work is much easier, and feels much more comfortable for the client.



Packing and shaking
small intestine

Shaking Hand Technique

We use either shaking or waving to relax the whole body or certain body parts. Shaking means, that we touch a limited area and shake it with a few fingers. Often a remarkable relief will already take place, and you feel that you can go deeper immediately. The shaking can also go over into a continuous change with spiraling. Always follow the openness of the tissue under your fingers.



Pressing the Groin Puls

Waving the body means that you put one hand on one side of the body and the other hand on the other side. Slowly tune into the direction the body is willing to give in, and take over this move, and just increase waving. Never act against the reaction of the body. Mostly a deep breath shows the relaxation has started. One example is to put one hand aside the left ribcage and the other hand at the side of the right hipbone. Then give a slight impulse to the body and take over and increase the movement.



Examination of Abdominal Area

Working with the Elbow

At first it seems a bit unusual to work with an elbow on somebody but when you start using it carefully, you realize, that through elbows you can receive information from the tissues and vessels touched as sensitive as with the fingers or hands.

Using the elbows also allows to vary pressure into deeper areas, or to go stronger, if somebody has a thicker layer of tissue, or into certain muscles which are extremely tense. Along certain special areas you use the whole elbow bone. Find more detailed description for use in pulse pumping chapter.



Working with the Elbow Technique

Balancing the Pulses

The balance of the pulses in our body are fundamentally involved with a regular function of blood circulation, effective supply of organs with oxygen and nutrition, and prevention of many kinds of blockages.

If the pulse becomes irregular the blood can get thicker, then stuck and clotted in vessels. This finally leads to a stroke or heart attack. The proper beat of the pulse and the connected flow of blood also ensures better detoxification process in the whole body.

A healthy pulsation is from 60 to 80 beats per minute. Therefore, in Chi Nei Tsang we put a lot of attention on balancing the most important pulses at the beginning of a session as described in the following part

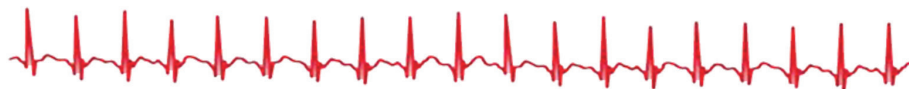


Diagram of a Regular Pulse

Pulse Pumping Technique

Pumping the pulse is an ancient Chinese technique that effectively stimulates circulation in blocked areas, sending waves of warmth and energy to the rest of the body. This technique can be used as a full treatment of Life Pulse Massage, or as basic steps combined with the other levels of Chi Nei Tsang. It is an effective way to activate the pulse with immediate results. It is recommended to learn the whole procedure of balancing the 52 pulses.

Pumping the pulse can be done in three ways: with the elbow, with the palms and with thumb or fingers. The elbow is well adapted for most pulse points, the palms for areas that are tender or difficult to reach, and the thumb and fingers for very specific points. Practice the pulse pumping technique while maintaining continuous pressure with the elbow, pump the forearm up and down to stimulate the blood flow.

Positioning the forearm at a 45° degree angle will open the vessel while positioning it at a 10° angle will compress the blood vessels. Alternating between the open and closed positions will pump the pulse. When pumping, the pulse timing is important. It is like matching the pumping rhythm of the heart but a little faster in order to stimulate the blood flow.



Elbow Positions for Pumping Pulse: Open 90° & Closed at 30°