

Time for a Mini Qi Massage

by Shoshanna Katzman



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People from all cultures have instinctively performed self-massage to help relieve sore muscles and facilitate speedy recovery from injury. Physical manipulation of the body's soft tissue is effective for many common ailments such as relieving headaches, joint pain, and stomach discomfort. Chinese massage is performed by lightly rubbing the skin over meridians, acupoints, organs, muscles, and joints. Endings of the nerves are pressed and stimulated along with the energetic channels located throughout the body. This regulates circulation of qi (vital energy) and blood, loosening and relaxing muscles along these pathways. The act of rubbing creates friction that limbers up joints, tendons, and muscles – along with clearing the mind and eliminating stagnant qi remaining in certain pockets of the body.

Here is a mini massage to promote smooth flow of qi and a storehouse of energy that can be drawn upon, especially during times of stress. This simple qi massage can be practiced anywhere, anytime.

Preparation: Sit comfortably on the edge of a chair with your feet flat on the ground. Hold your body upright with hands resting on your lap. Take several deep breaths into

your lower belly and center yourself. Quiet your mind according to the Qigong saying: “replace ten thousand thoughts with one thought.” This helps your energy flow like an endless river, replenishing your life force.

Bathe Your Eyes: Begin by rubbing your palms together, then place them over your eyes. Feel the warmth and energy of your palms. Allow it to calm and refresh your eyes. Then bring your hands down to rest comfortably on your thighs.

Rub the center of each palm with your thumb, stimulating the acupoint pericardium 8. By massaging this point, you also gently calm your heart and spirit. This point is like a spring that connects the

underground rivers of the lung, heart, and pericardium meridians. It is used to emit qi and at the same time connect your qi with the outside world.

The tips of your fingers are used to transmit qi. This is especially true for the index finger and middle finger which is the end point of the pericardium meridian. When these two fingers are joined together side by side, they form a strong seal that is used to transmit qi to parts of your body that may need extra attention.

Rub around the entire joint of your knees using open hands. This will warm them up and help relieve stiffness. Then gently stroke and knead around any other joints on your body that are feeling stiff.

Massage your scalp and comb your hair vigorously with your fingertips. This opens and circulates qi throughout the head which wakes up and stimulates energy throughout your bladder, gallbladder, stomach, and triple warmer meridians.

Rub the center of the bottoms of each foot with your thumb. This stimulates the kidneys via the Bubbling Well point, the first point on the kidney meridian. It also opens and builds flow of qi throughout your entire being.



Kidney 1
(Bubbling Well point)

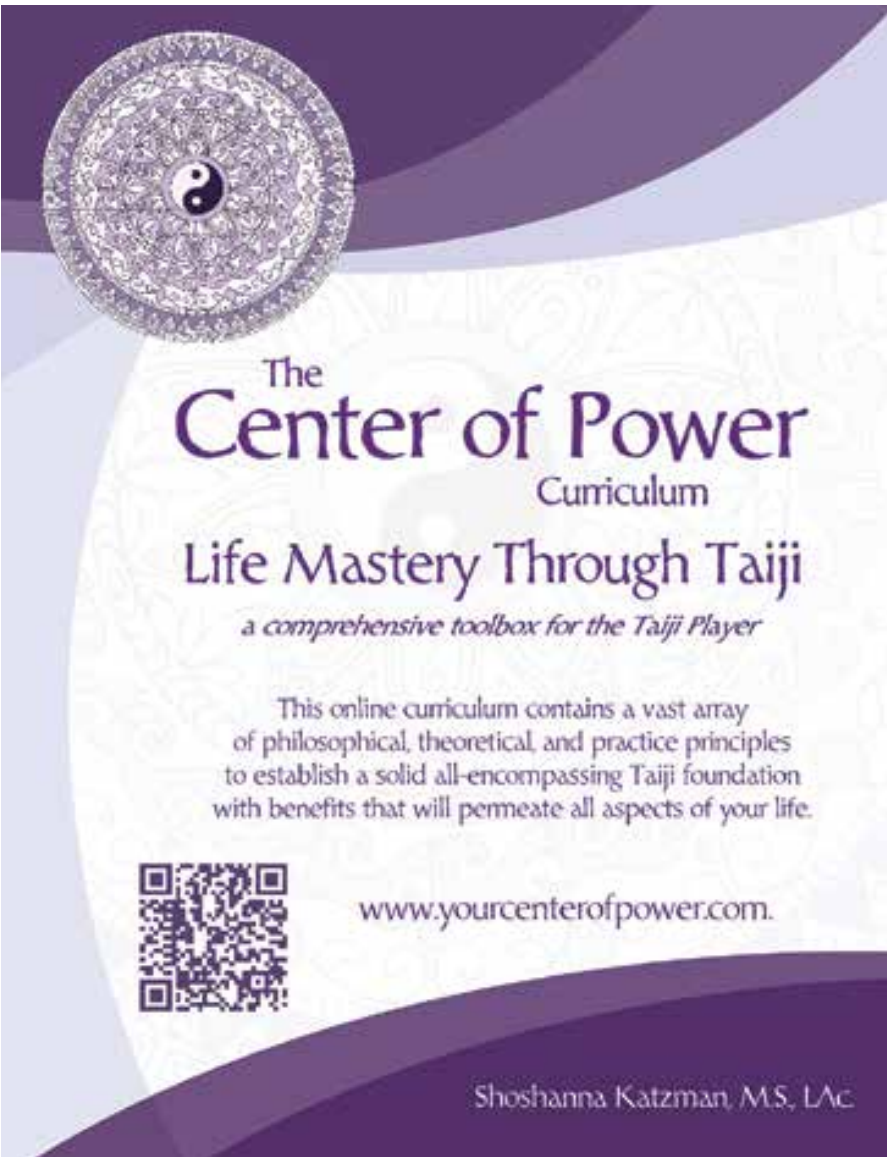
Finish by taking a moment to draw your energy from the crown of your head, down through the centerline of your body to your lower belly. Then apply your mind intent to store your energy in this key sea of energy within the body known as your center of power. This creates a healing reserve for your body. When you are ready, stand up and shake yourself off to release

any kinks before getting on with the rest of your day.

Make this Chinese mini massage an integral part of your life. There is nothing better than taking the time to doing something to promote self-healing and a deeper connection to yourself.

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