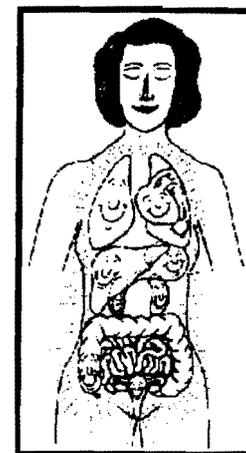
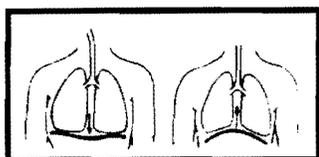


Chi Nei Tsang Post Treatment Self-Care

Chi Nei Tsang is a combination of abdominal organ massage with chi kung (energetic meditation techniques). It is very easy to maintain the benefits of a CNT session with a few simple self-care techniques at home.



I. Abdominal Breathing. 1-2 minutes once or twice per day; before going to sleep at night or before getting up in the morning; anytime is good.



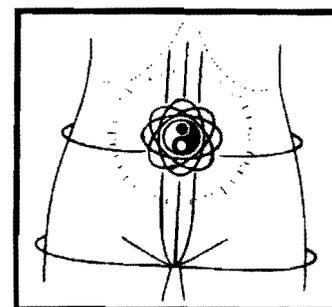
The simplest and most effective way to maintain CNT benefits is abdominal breathing. This method engages the diaphragm muscle to expand the lungs vertically, allowing 30% more lung capacity. In the process, the downward movement of the diaphragm physically massages the abdominal organs. Focusing attention at the navel area (or tan tien) brings more chi (energy) to the abdomen. The combined effect maintains a state of abdominal relaxation making it less likely to return to a tense or stressed condition.

Abdominal Breathing

Place a finger or your palm on the area just below your navel. This is not a small point, it is a rather large area. Take a moment to notice the sensation of contact from your finger or hand. You may apply a little pressure, if you like, to increase the physical sensations.

With your attention focused on the area below the navel, take a slow, long deep inhale, feeling the expansion of your lower abdomen with your finger or hand. There is no need to force or strain your breath, just take a natural, long inhale. At the peak of the inhale allow the exhale to occur naturally without force or tension.

Repeat in a slow, regular and relaxed way for several minutes. If your focus begins to drift away to thoughts, plans or any distraction, gently, without judgment, bring your attention back to the sensation of your finger or hand touching the navel area. The purpose of this practice is not to be perfect, but to notice when our attention has drifted and gently return it to the lower abdomen. Reference: Dennis Lewis, *The Tao of Natural Breathing*.



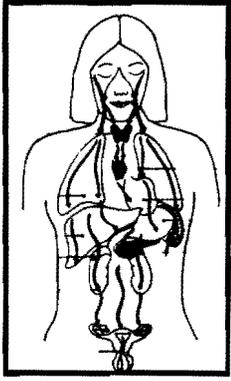
II. Healing Sounds & Inner Smile. During a CNT session, we regularly use a healing sound with a massage technique for one or more organs. Another way to maintain session benefits and continue to improve is to do a healing sound and inner smile to the organs. The sounds for each organ are:

liver: shhhhhhhhhhhhhhhhh
spleen: whooooooooooooo (deep from throat)
kidney: wooooooooooooooooo (just short of a whistle at lips)
lungs: sssssssssssssssssssss
heart: hawwwwwwwwwww
triple warmer: heeeeeeeeeeeeeee

Healing Sound

Start by simply placing your hand over the organ. It is not necessary to do the massage technique used during the session. Take a moment to notice the location, the feeling of your hand there and any sensations or experiences. Take a long, slow, deep inhale to the organ location. On the exhale, gently make the associated healing sound. Repeat this sequence for a few times (3-36) and then follow with the inner smile.

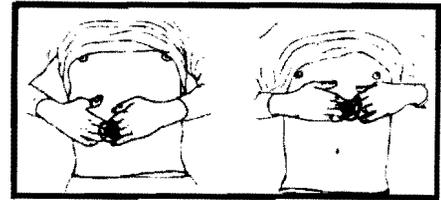
Inner Smile



Allow a natural, genuine smile to come to your face, eyes and mouth. Imagine the smiling face of someone you love, admire or respect. Remember what it feels like to smile at your child, friend or lover. Instead of directing the energy of that smile outward to someone else, focus your attention on the organ and area covered by your hand. Allow the warmth, caring, affection, unconditional love and acceptance of your smile to flow naturally and fill the organ. Spend a few moments with this inner smile, noticing any response, sensation or experience in the organ.

The healing sound helps to release tension or stress in or around the organ. The inner smile brings nourishing chi to the organ. It is a very useful and effective combination. Reference: Mantak Chia, *Taoist Ways to Transform Stress into Vitality*.

III. Specific Painful or Symptomatic Areas. You may also follow up with any specific symptomatic area discovered during a CNT session or on your own. Check in with a sensitive area found during a session or during a general scan to notice any particular tender areas. Apply a little finger pressure (or use your entire palm) to make contact. It is not necessary to use a lot of pressure or force. Simply make contact.



Use the physical sensations, whatever they may be, as a way to focus your attention on that area. Allow your breath to flow to that area and fill it, much like abdominal breathing. Exhale naturally letting go of any tension or stress in that area. Repeat this breathing process for several minutes, noticing if sensations shift or change as you breathe. As with abdominal breathing, if your attention strays, gently bring it back to the tender area.

Let the breath create space in and around any painful places. There is no need to judge it as good or bad. There's no need to try to change or fix it. Just allow the combination of your focused attention and breathing to contact and hold with kindness this particular place, sensation or experience.

This technique may be done at any place in the abdomen, or elsewhere in the body. It is simple and helps us focus on how we approach symptomatic or painful places. Reference: Tara Brach, *Radical Acceptance*.



One, two or all three of these self-care techniques may be used depending on your interest and available time. I find it most useful to do a little bit each day, say three to five minutes, rather than a longer session less frequently.

You may experiment with different combinations of techniques, times of day and abdominal areas. With practice a self-care routine can be adapted based on the experiences noticed in your abdomen.

Chi Nei Tsang is an amazing bodywork process. It doesn't have to stop with the session's end. You can easily maintain and continue the healing benefits with these few simple self-care techniques at home. This allows us to work deeper or in other areas in following sessions.

If you have any questions about the Chi Nei Tsang session or how to do these self-care techniques, please give me a call at 503-222-1416.

Smiles,
Kyle Cline, LMT