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The meditations, practices and techniques described herein are **not** intended to be used as an alternative or substitute for professional medical treatment and care. If any readers are suffering from illnesses based on mental or emotional disorders, an appropriate professional health care practitioner or therapist should be consulted. Such problems should be corrected before you start training. This booklet does not attempt to give any medical diagnosis, treatment, prescription, or remedial recommendation in relation to any human disease, ailment, suffering or physical condition whatsoever.
Healing Hand

Humans can build all kinds of sophisticated instruments because of the magnificence of the hands and the fingers. Another higher function of the hands is the power of healing. Knowing the major points of the hands and fingers will enable you to stimulate and maintain the organs in good function.

**Palms**

The palms are where all major energies of Chi join. The palm can be the place from which the life-force is sent out to heal others or yourself. The palm also is the place where energy can be received and enter into the bone structure and into the major organs.

**Pericardium**

The pericardium (P-8) is the main place of energy concentration. You can collect the energy in this point and transmit stronger energy from this point.

**Large Intestine**

The large intestine (LI-4) is the major point which controls all the pain in the body, especially in the sense organs (eyes, ears, nose) and headaches.
Fig. 1 Pericardium

Heart Governor (HG-9)
Lung (LG-11)
Pericardium (P-8)
Heart (HT-9)
Triple Warmer (TW-1)
Small Intestine (SI-1)

Fig. 2 Large Intestine

Large Intestine (LI-1)
LI-4
SI
TW
LI
Major Palm Lines

The three major palm lines are the Life Line, the Line of Intellect and the Line of Emotion.

Fingers have Corresponding Bodily Functions

The fingers are connected to the organs’ meridians. The joints of the finger bones are also related to parts of the organs and their corresponding senses and emotions.

Fig. 3 Three Major Palm Lines
Fig. 4 Fingers and Their Corresponding Bodily Functions Through the Organs’ Meridians
**Massage the Hands**

Always start by rubbing your hands until they are warm.

1. Massage the pericardium (P-8). Use the thumb to press the middle of the palm with a circular motion.

*Fig. 5* Massaging the Pericardium with fingers cupped in the palm in a half-fist, the pericardium is the point at the tip of the middle finger.
2. Massage the hegu (LI-14). Press the thumb around the point in a circular motion, and press more at the index finger bone. Find the pain point and massage it away.

Fig.6 Massaging LI-14
3. Massage the major palm lines. Use the thumb to massage along the palm lines. Massage more towards the thumb bone and along that bone. When a lot of emotion is held inside, find the sore point and massage it.

4. Massage the back of the hand. Use the thumb to press along the bones on the back of the hand. When you find a tender spot, take more time to work on it.

5. Massage the fingers. Always rub your hands until warm. Use the right hand’s fingers to wrap around the left thumb, and then, one by one, squeeze, hold and release each finger on the left hand three to six times. Start with the left hand and continue to the right hand’s fingers, according to the elements of the finger. This will greatly help to control emotions.

Fig. 7 Massaging the Palm Lines
Fingers Correspond to Emotions, Elements and Organs

A. Thumb corresponds to the element earth and is associated with the stomach. The corresponding emotion is worry.

B. Index finger corresponds to the element of metal and is associated with the lungs and large intestine. It links with the emotions of sadness, grief and depression.

C. Middle finger corresponds with the element of fire and is associated with the heart, small intestine, circulatory system and the respiratory system. It links with the emotions of impatience and hastiness.

D. Ring finger corresponds to the wood element and is associated with the liver, gall bladder and the nervous system; it corresponds to the emotion of anger.

E. Pinky finger corresponds to the water element; it is associated with the kidneys, and corresponds with the emotion of fear.
Fig. 8 Fingers’ corresponding emotions, elements and organs
Head

A. Crown Point

This is located in the center of the crown; in the fontanelle area of an infant’s skull there may still be a slight depression. The crown point is the junction of one hundred channels through which the energy of the body passes. Massage this area with both your middle fingers. This will relieve dizziness and headaches, which result from too much energy in the head. It also relieves high blood pressure and stimulates the nervous system.

Fig. 9 Crown Point is the junction point of one hundred energy channels.
B. Bring Chi Energy to the Hands and Face

Inhale, contract the sexual organ, buttocks and middle of the anus. Rub the hands, clench the teeth, and put the tongue to the roof of the mouth. When the face, head, and hands are hot, breathe normally and begin to massage.

C. Knock the Head

Hit the head with the knuckles of the hand, knocking all around the head. Knocking the head lightly can help to clear your head, eliminate stubbornness and make your thinking sharper. Many of our students use this knocking of the head to release the pressures that they have from today’s life of fast, advanced technology and the feeling of always having to keep up. This is especially true of those graduate students who feel a great deal of pressure and stress in keeping up with their studies. Each year students commit suicide because the pressures and stress accumulate too much in their heads, making them unable to think clearly: they start to feel everything in their society as too much pressure, which leads to worry, fear, sadness, and many, mixed emotions. The simple knocking of the head can release pressure and stress that accumulate there.

Fig. 10 Knocking the Head
D. Hold your Breath to Increase Chi Flow

Holding your breath will increase the Chi flow to the face. The head has many channels that join in the skull, especially in the crown point.

E. Scalp

Prepare your hands, head and scalp by warming up. Using both hands like a comb, press hard and move slowly, massage the scalp, going straight back from the hairline to the base of the skull. As you do this, mentally direct your energy from the back of the skull to your feet. Repeat 6-9 times. Massage more in any places in which you feel pain, until the pain goes away.

Fig. 11 Massaging the Scalp
**F. Crest**

Using your thumbs, massage the crest (the edge) at the base of the skull until you feel no pain there. This will help you reduce headaches and eye aches and will increase vision. This place in Tao tradition is called the Pool of Wind which tends to collect the “evil wind”, the major cause of all the pain in the senses.

![Fig. 12 Crest - Edge of the Skull](image)

**Fig. 12 Crest - Edge of the Skull**

**Fig. 13 Go straight back from the hairline to the base of the skull.**
Face

Natural Beauty

Massaging your face with Chi is a far more effective beauty treatment than the most expensive cream or cosmetic. Your skin will glow brightly and eventually become less wrinkled. There are many meridians passing through or ending at the face. When blocked, they result in reduced flow of Chi energy and circulation. The face is the first impression imprinted in other people’s minds. Chi circulation provides it with attractive personal energy.

Fig. 14 Head and Face
Temple

Use your index fingers to massage the temples in a circular motion, first clockwise, then counterclockwise. Massage the forehead and the temples; use the knuckle rub from the middle of the forehead all the way to the temples ten to twenty times. These exercises will reduce headaches in the front and in the temples. Find the painful point and massage it until the pain is gone.
Depression makes the corners of the mouth drop. Looking cheerful, delightful, more attractive and happy are dependent so much on the eyes and the corners of the mouth. When the muscles of the mouth are loose because of stress, depression, or sadness, the corners of the mouth drop and the energy system is depressed and in low key. No one likes to look at a sad face or a depressed face; it makes other people feel sad and depressed, too.

The flow of energy in the body and the expression of the face are the main attractive powers of a person. Massaging the mouth muscles up will help to lift the corners of the mouth. The Inner Smile and lifting up the corners of the mouth are very important to building up attractive energy.

Fig. 17 Massage the Temples

Mouth
**Beautify the Mouth Massage**

Using the thumb and the index finger of the right hand, touch both corners of the mouth and feel the Chi from the thumb and index finger pass to the corners of the mouth. Slowly press and push up about one inch, release and start again at the corners, pressing up ten to twenty times each day.

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**Eyes**

The eyes are the windows of the spirit. In Taoism we regard the eyes as Yang energy which will guide all Chi flow in the body. The eyes can greatly affect your personality. Some people are born with a lot of white in their eyes—three portions of white to one portion of iris—sometimes called “thief eyes” or “danger attack eyes.” Such eyes can result in a suspicious look, portending unpleasant things. Through the exercises, you can gradually correct the white portion of the eyes.
Since the eyes are connected to the entire nervous system, they have a special importance. The eyes reveal the health of your entire body. Through the eyes we can tell which organs are weak and/or toxic. Massaging the eyes will remove stress from the vital organs. Nowadays people use their eyes much more than in the past to read, watch television, and work with computers, electronics and microscopes. This strains them a great deal and makes the openings of the organs loose, so that much of the organ energy is drained out. In Taoism, we regard the eyes as the doorways to the soul as well as the opening of the liver.

A. Bring Chi Energy to the Hands and Eyes

Repeat the procedure for bringing energy to the hands by inhaling; holding the breath; and contracting the sexual organ, buttocks and middle of the anus and both the left and right sides of the anus. Direct the Chi to both eyes. Rub the hands, clench the teeth, place the tongue on the roof of your mouth. Direct the energy to the face and then the hands. When your hands are hot, focus on your eyes until you feel them filled with energy.

Fig. 19 Eyes are the Windows of the Spirit
Fig. 20 Eyes are the Doorways to the Soul

Fig. 21 Use the Fingertips to Gently Massage the Eyeballs
**B. For the Eyeballs and Surrounding Area**

Close your eyes. Use your fingertips to gently massage your eyeballs through your closed eyelids, six to nine times clockwise, then six to nine times counterclockwise. Then gently massage the area around the lids the same number of times. Be aware of painful spots and massage those places until the pain goes away. Pay special attention to the inner and outer corners of the eyes. These are points of the gall bladder meridian and will relieve eye ailments if massaged.

**C. Pull up the Eyelids**

Pulling up the eyelids will increase the fluid. Use the thumb and index finger to pinch, pull up and release the eyelids six to nine times.

![Fig. 22 Pull Up the Eyelids](image-url)
**D. For the Eye Sockets**

Bend your index fingers and use the lower section (second phalanx) of each thumb to rub the upper and lower bones of the eye sockets six to nine times.

![Fig. 23 Massage the Eye Sockets](image)

**E. For getting a Tear out**

Hold an index finger up about eight inches from the eyes, or put a dot on the wall five or six feet away from you. Stare at it intently without blinking your eyes until you feel like a fire is burning in them. The Taoists believe that the toxins will burn out of the body through the eyes. They will begin to tear. Do this to strengthen your eyes. Then, rub your hands until warm; close your eyes and cover your eye sockets with your palms. Feel the Chi from the hands absorbed into the eyes. Rotate your eyes six to nine times, first in a clockwise direction, then counterclockwise.
Fig. 24 Getting a Tear Out

Fig. 25 Absorbing the Chi into the Eyes

Fig. 26 Parts of the Eyes Connect with Senses and Brain
F. Pull in the Eyeballs

The eyes are divided into five parts. Each part is closely connected with the organs and nerves. Become aware of the eyes.

Pulling and pressing the eyeballs will exercise the organs, sense, glands and the brain. This is also the best exercise for the eye muscles. The eyes have many muscles which we do not exercise very much and, thus, they become weak, contributing to poor eyesight.

1. With the eyes still closed and cupped by the palms, inhale, contract the anus and sexual organ, and pull the eyeballs back into the sockets.
2. Contract the middle of the anus and the middles of the eyeballs.
3. Contract the front of the anus and the tops of the eyeballs.
4. Contract the back of the anus and the bottoms of the eyeballs.
5. Contract the right side of the anus and the right sides of the eyeballs.
6. Contract the left side of the anus and the left sides of the eyeballs. This exercise not only strengthens the eyes but also the pituitary and pineal glands and the inner ear including the ear drum and canals. When you pull the eyeballs in and upward and look toward the crown, you are exercising the upper muscles and stimulating the pituitary gland and pineal gland.

When you contract and pull in the middle of your eyeballs, you are exercising the back of the eye muscles and the inner ear.

When pulling in the outer corners of the eyes, you are strengthening the side eye muscles as well as the ear canals and the ear drums.

When pulling in the inner corners of the eyes, you are strengthening the inner side muscles, the tear ducts and the nose.

When pulling in the lower parts of the eyes, you are pressing the lower part of the ear canals and the nervous system.
Fig. 27 Moving the Eyes

Pressing into the Inner Ear

Left Eye Pressing into the Ear Canal. Right Eye Pressing into the Eustachian Tube

Pressing into the Pituitary Gland

Right Eye Pressing into the Ear Canal. Left Eye Pressing into the Eustachian Tube

Pressing into the Eustachian Tube
G. Learn to Maintain Eye Contact

Some people in eye to eye contact with other people feel nervous and frightened, and their voices become very low and hard to hear because of weak organs. Some people will look around and not look into your eyes when you talk to them. This can be caused by weakness of the gall bladder and kidneys. To improve this, you can use the Inner Smile, Six Healing Sounds and Tao Rejuvenation, plus the practice of staring.

Look at your face in a mirror for two to five minutes each day for the first week. After ten days you can begin to stare at your eyes and increase your confidence by looking at your irises. Gradually you will lose the fear of looking into other people’s eyes.

Nose

The nose has several important functions. When we breathe properly through the nose and not through the mouth, the nose filters out dirt, preventing it from reaching the lungs. It also regulates the temperature of the air: when the air is too cold, the nose will warm it up first. Without this regulating action, extreme temperatures could injure the lungs, make us susceptible to upper respiratory illnesses and subject to getting colds easily. One great advantage about people who practice the Tao System is that they seldom get colds.

The nose has three meridians running through it: the large intestine, the stomach, and the Governor or back Channel. Rubbing the nose strengthens the temperature regulator stimulates the above organs, and increases hormone secretion. In China just a few needles inserted in the nose serve as a general anesthetic for any part of the body to be operated on.

An unhealthy nose affects the personality. A thin, flat and unhealthy looking nose, or a badly shaped nose, can make you less attractive to other people. A strong nose can help you to have good Chi. The nose is the first place into which the breath of life enters.
A weak nose usually will be infected, and a lot of mucous can leak into the sinuses. A weak nose also can affect the voice. A good singer always has a good nose. Rubbing and massaging the nose will increase the Chi and will improve circulation around the nose.

**Ears**

In China we believe that a person with thick, long ears will have a long, healthy life and that the personality will be more attractive.

The following exercises can prevent hearing loss which occurs gradually as we age. The ears are acupuncture maps of the whole body, containing 120 points. Many acupuncturists now use only the ear points to cure many ailments as well as for weight control.

**A. Outer Ear**

Repeat the method for bringing energy to the hands, contracting the left and right sides of the anus.

1. Front and back: Make a space between your index and ring fingers and simultaneously rub in front and in back of the ears.

2. Ear shells: Rub the ear shells with all your fingers. This will stimulate the autonomic nervous system and warm up your whole body, especially in the cold weather.

Rub in Front and Back of Ears

Rub the Ear Shells

Pull Down on the Ear Lobes

**Fig. 28 Rubbing the Ear**
4. Ear drum exercises: For the outer ear drum, repeat the method for bringing energy to the hands, contracting the left and right sides of the anus. Inhale and then exhale completely. Put your index fingers in your ears; it should feel as if there is a vacuum in the ears. If it does not, then exhale more. Move your index fingers back and forth six to nine times at your own pace until you can feel that the insides of the ears are moving, and pull out the fingers with a quick movement. You should hear a “pop” sound, and you will feel that you can hear better and that your mind is clearer.

*Fig. 29* Outer Ear Drum Exercise
B. Inner Ear

Repeat the method for bringing energy to the hands, contracting the left and right sides of the anus.

The inside of the inner ear, being inaccessible, is usually not exercised and grows weaker with age. These two exercises use air pressure and vibrations to strengthen the inner ear. The ear canals, the nose canal, and the mouth are connected together, so in this exercise we are using the pressure that builds in the lungs and bringing it back up to the mouth, thus adding pressure to the inner ear drums. This is how to exercise the inner ear drums.

Fig. 30 Diagram of Inner Ear Drum
Gums, Tongue, Teeth

Healthy teeth require healthy gums as their foundation. These exercises will strengthen both the gums and teeth. Teeth are the excess energy of the bones, and when the teeth get stronger, so do the bones. When the teeth and tongue are strong, your breath improves as well, eliminating bad breath.
We regard saliva as an essential form of energy which can lubricate the organs and digestive system. The tongue is the opening of the heart, and both are made of similar tissue. A healthy and clean tongue will strengthen the organs, especially the heart. You should clean your tongue twice a day with a brush or scrape it with a tongue scraper, and massage your tongue with a tongue depressor or a clean finger. Find the painful spots and massage there until the pain goes away.

**A. Bring Chi Energy to the Hands**

Repeat the procedure for bringing energy to the hands, contracting the middle of the anus.

**B. Gums**

Open your mouth and stretch your lips tautly over your teeth. Use three fingertips (index, middle, and ring fingers) to tap the skin around the upper and lower gums. Hit around until you feel warmth in the area.

**C. Gums and Tongue**

Massage your upper and lower gums with your tongue. Then suck in some saliva, press your tongue tightly against the roof of your mouth, and try to exercise the tongue. When you strengthen your tongue, you are strengthening your heart. Press around. Press the tongue to the roof of your mouth, tighten your neck muscles and swallow the saliva. This lubricates the digestive glands and organs.
In a sitting position place the hands on the knees, palms down. Exhale and straighten the arms, spreading the fingers apart and keeping the hands on the knees. Open the mouth as wide as possible and thrust the tongue out and down, focused on the throat. With the tongue out as far possible, gaze at the tip of the nose. The whole body should be tense. Hold the breath for as long as you feel comfortable. Relax with inhalation and regulate the breath. This will help to strengthen the throat, the tongue and the power of speech. These exercises will help to improve foul breath and to clarify speech.
Fig. 33 Diagram of Tongue Parts and Corresponding Organs

Fig. 34 Tongue

Fig. 35 Press Tongue to the Roof of the Mouth
Inhale, then exhale as you press your tongue out and down as far as you can. Follow by pulling the tongue in and curling it. Press your tongue to the roof of your mouth as hard as you can, contracting the middle of the anus and the esophagus to help the tongue. With more practice you will know how to use the inside force, the force from the organs, to press your tongue up. Even though the tongue has no bones to exert force, you will still be able to exercise the tongue well.

**E. Teeth Clenching**

Relax your lips. Click the teeth together lightly and then clench them hard, as you inhale and pull up the middle of the anus. Do this six to nine times. Move your tongue and mouth to create a lot of saliva. The technique of swallowing the saliva is to put the tongue up to the palate and swallow quickly with a hard gulp, sending the saliva down the esophagus to your stomach.

**F. Energy to Teeth**

Close your mouth and let your teeth touch lightly. Direct the energy to your teeth. Gradually feel the electrical flow of energy there.

*Fig. 36 Click the Teeth Together Lightly*
**Fig. 37** Clench the Teeth Together Hard

**Fig. 38** Throat Glands

- Parathyroid Gland
- Thyroid Gland
- Trachea
Neck

A. Thyroid and Parathyroid: Site of Courage, the Power of Speech

The neck carries the busiest traffic in the body and is the seat of the thyroid and parathyroid glands. When you massage here, you increase the body's metabolism. Neck tension can also be caused by emotional imbalance. When we are tense and nervous, we are responding to negative emotions, such as anger, fear and sadness. The neck is similar to a traffic bottleneck. All of the signals, as well as the emotions, have to pass through it. When under stress and under emotional strain, the neck starts to accumulate and jam the tension. Unconsciously, the neck muscles tighten, attempting to block out pain. Keeping the neck soft will help Chi flow to the higher center that is located in the brain, keeping the mind and body in harmony together.

Tension in the neck can make you less courageous. When the neck is tense, it will block self expression in the throat. With proper flow of Chi energy, we can express ourselves appropriately at the proper time, place, and in a proper way.

The neck is the passageway of many meridians and is the channel of the Chi energy of the organs. In the middle is the Governor meridian. On the sides are the bladder meridian, the triple warmer meridian and the large intestine meridian. The emotions passing through the meridians of the neck may tense and jam up there.

<table>
<thead>
<tr>
<th>Emotion</th>
<th>Organ/Associate Organ:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Anger</td>
<td>Liver/Gall Bladder</td>
</tr>
<tr>
<td>Fear</td>
<td>Bladder/Kidneys</td>
</tr>
<tr>
<td>Grief</td>
<td>Large Intestine/Lungs</td>
</tr>
<tr>
<td>Hastiness</td>
<td>Heart/Small Intestine/Triple Warmer</td>
</tr>
<tr>
<td>Worry</td>
<td>Spleen/Stomach/Pancreas</td>
</tr>
</tbody>
</table>
B. Bring Chi Energy to the Hands

Do the procedure for bringing energy to the hands and contract the front of the anus.

C. Whole Neck

Spread your thumbs apart from your other fingers. Alternating hands, rapidly wipe the neck from the chin to the base nine to thirty-six times.

D. Middle Neck

Alternating hands, use the middle three fingers to rapidly wipe down the middle of the neck from the chin to the base nine to thirty-six times. The thyroid and parathyroid glands are in the front section of the neck. Use your thumb and the three other fingers to massage these glands. Find the painful points and massage them until you feel them open. Massaging this area will help to increase metabolism and the power of speaking.

Fig. 39 Wipe the Neck from the Chin to the Base
**E. Turtle Neck**

Sink your chin down, then out and up. Feel your spine press down and then expand. This will help loosen the vertebrae and discs of your neck.

**F. Crane Neck**

Move your chin forward, circling out, then down, then up, and out again. Feel your spine expand and then contract.

**G. Massage the Neck**

Massage the points along the back of the neck and on the back along the cervical vertebrae. Start from the shoulders and go up to the base of the skull. Use your fist to hit along the neck. Find any painful spots and any tense spots and massage until they are released. This will greatly help to release the tension of the neck and help to detoxify the toxic accumulations in the neck area, the causes of many headaches.

*Fig. 40 Turtle Neck*
Fig. 41 Crane Neck

Fig. 42 Massage the Points Along the Neck
Many people feel tense and worried, and their shoulders are tight and held up. The way to release the tension is by pulling up your shoulders to press against the neck, tightening the muscles of the neck and shoulders. Hold for a while, exhale deeply, and let them drop down, pulled by gravity like a sack of potatoes. Feel the burden, worry, and stress drop down to the feet and out to the ground. Feel yourself grounded. Do this three to nine times, and the tension and worry will go away.

Relax your shoulders and chest, exhale and release more, until you feel the tenseness gone.

*Fig. 43* Dropping the Shoulders will Help to Release Tension and Worry.
Detoxifying Organs and Glands

Lightly slapping and tapping over the organs and glands help to shock the toxic sediment and increase the circulation and Chi flow to these areas. Our practitioners claim they are able to heal themselves from many chronic illnesses which are very hard to heal by conventional medicine.

I. Thymus Gland

The thymus gland controls the immune system and is related to longevity. Normally the thymus gland atrophies after childhood. In the higher levels of Taoist practice, the thymus gland can be re-grown. This helps maintain health and vitality and supports greater spirituality. Thumbing the thymus gland can help increase the activity and release more hormones.

A. Bring energy to your hands by the usual procedure, contracting the front of the anus and bring the Chi toward the thymus.

B. Make a fist, inhale and thump down the middle of the upper chest from the collar bone to the nipples six to nine times. Do not talk while you are doing this or you might harm yourself.

Fig. 44 Hitting the Thymus Gland
II. Heart

Lightly slapping an organ stimulates the release of toxins, which allows the organ to rebuild and repair itself. In doing these exercises, be aware that the slapping or tapping should be adjusted by you so as not to use excessive force which may be harmful.

A. Do the energy to hands procedure, contracting the left side of the anus and bringing Chi toward the heart.

B. Slap your heart lightly with your palm six to nine times. Don’t speak.

III. Lungs

A. Bring energy to your hands, contracting the right side of the anus and bringing Chi to the lungs.

B. Using your palm, slap up and down your right lung, hitting only as hard as is comfortable. Do not talk. Contract the left side of your anus and slap your left lung. This can help to clean out the mucous and to clean out the lungs.

Fig. 45 Slap at Heart, Lungs and Liver Areas
IV. Liver

A. Bring energy to the hands, contracting the right side of the anus and bringing Chi to the liver.
B. Using your palm, slap below the rib cage on the right side. Don’t speak. This can help to detoxify the liver.

V. Stomach, Spleen, Pancreas

A. Bring energy to your hands, contracting the middle of the anus.
B. Contract the anus at the left side, and slap at the spleen, pancreas and stomach. Place one palm on top of the other and rub below the rib cage, from center to left, then left to center.

Fig. 46 Rub the Stomach, Spleen and Pancreas
VI. Large and Small Intestines

A. Bring energy to the hands, contracting the entire anus.
B. Small intestine: With palms together, rub a small circle around your navel, first clockwise, then counterclockwise.

The small intestine is one of the longest tubes in the digestive system. A careless diet, too much hot food or dairy products, or too little fibrous food will create mucous that will stick to the walls of the intestine, block the absorption of nutrients and slow down digestion. Once mucous accumulates, it is like a snow ball that will get bigger and bigger, eventually becoming a lump which slows down the traffic of the digestive system.

C. Large intestine: Place one palm on top of the other and rub your abdomen in a large circle. Start on the lower right side and rub up and around in a clockwise direction. This will move the energy in the intestine and relieve constipation. For diarrhea, rub counterclockwise. If you have normal elimination, rub in both directions. These exercises increase the absorption and dissolve the accumulations that stick to the large intestine’s wall.
VII. Kidneys

The kidneys act as helping to filter out waste material from the blood. If there is too much waste in the system, the kidneys cannot filter it all. The waste will tend to collect in the ducts and tubules of the kidneys, impairing their health. By hitting the kidneys’ area, we shake out the harmful sediment and help prevent kidney malfunction.

A. Bring energy to the hands, contracting the left and right sides of the anus.

B. Locate the kidneys just above the lowest, or floating, rib in the back on either side of the spine. Make a fist and hit the kidneys with the back of the fist between the wrist and knuckles. Alternate hands and hit only as hard as is comfortable. This will help to shake loose the sediment, crystals, and uric acid that get caught in the kidneys. This will also strengthen the kidneys and relieve back pain.

C. Rub your hands together to warm them. Then rub your palms up and down over the kidneys until they feel warm.
In the Taoist system the sacrum is regarded as extremely important. It is a pump which helps to bring spinal fluid and energy (Chi) to the brain. It is also the junction where the sexual organs, rectum, and legs meet. Sciatic pain, which shoots down the legs, originates in the sacrum; therefore, strengthening it will release this intense pain.

A. Bring energy to the hands, contracting the back of the anus to the sacrum.

B. Make a fist and use your knuckles alternately to hit both sides of the sacrum. First hit in the area of the eight sacral holes, and then the hiatus, the depression at the bottom of the sacrum.

*Fig. 49* Hitting the Kidneys will help to Shake Out Sediment
Knees and Feet

I. Knees are Toxin Collectors

Toxins tend to collect in the lower limbs because of the slowdown of the circulation due to gravity. The most common places are the back parts of the knees. Slapping at these places will break down the toxins. The body will then eliminate the toxins out of the body by urine, bowel movements and sweat.

A. Bring Chi Energy to the Hands

Bring energy to the hands; do no contractions.

B. Behind the Knees

Prop your leg up on a chair or low table so the knee is straight. Then slap smartly behind the knee nine to eighteen times. Although it hurts, it is extremely beneficial in releasing toxins which accumulate there. This release may be indicated by the appearance of a purple dot. Use discretion as to how hard you slap, since it can be overdone. Repeat this exercise on the other knee.

Fig.50 Slapping Smartly behind the Knee Helps to Release Toxins
C. Knee Cap Massage

Massage the knee cap until it is warm. There is very little blood flowing to it and it tends to be quite vulnerable. This practice strengthens it. Massage the other knee cap.

D. Move the Knee Caps

Relax the knee caps, then move them up and down to the left and right and around both clockwise and counterclockwise.

E. Massage the Knees

Falling down is often caused by weak knees. Massaging the knees will improve your stability and flexibility.

II. Feet: Roots of the Body

Strong feet and tendons increase your stability by connecting you to the healing energy of the earth. Feet are the reflexes of the whole body’s organs, glands and limbs. (They are like remote controls. Massaging will help to stimulate the organs and glands and increase the circulation.

A. Bring Chi Energy to the Hands

Bring energy to the hands; do no contractions.
B. Massage the Feet

Take off your shoes and stockings and massage the tops and bottoms of each foot with your thumbs and fingers. Be sure to massage the kidney point, the sore spot in the center between the ball of each foot and the adjoining pad. If you are in a hurry, massage the whole of each foot once by rubbing the sole of the foot vigorously and carefully across the top of the other foot, going from the heel to the arch to the toes. The soles of the feet have energy meridians to the entire body. Massage the feet, and when you find painful points massage them until the pain goes away. This will help to clear any blockage of Chi channel flow.

Fig. 52 Feet are the Reflexes of the Whole Body’s Organs, Glands and Limbs
C. Spread Out the Toes

Spread out and separate all the toes, especially the little toes, and then release. Repeat six to nine times. This is especially good for the tendons of the feet.

Fig. 53 Separate all the Toes by Spreading them out.

D. Big and Second Toes

Rub the big toes and second toes together rapidly. This a good exercise to do at odd moments during the day.

E. Rub Feet Together

Keep the feet warm by rubbing them together. This will help to stimulate all the body’s organs.
Master Mantak Chia is the creator of Universal Tao System, Healing Tao, Tao Yoga and is the director of the Universal Tao Master School at Tao Garden Wellness Retreat in the beautiful northern countryside of Chiangmai, Thailand. Since childhood he has been studying the Taoist approach to life. His mastery of this ancient knowledge, enhanced by his study of other disciplines, has resulted in the development of the Universal Tao System which is now being taught throughout the world.

**Cosmic Self-Massage**

In this booklet Virtually all Western massage is massage primarily of the muscles. Whatever its virtues, Western massage is altogether different from Chi Massage. Tao Rejuvenation employs one’s own internal energy, Chi energy, to strengthen and rejuvenate the sense organs—eyes, ears, nose, tongue, teeth and skin—and the inner organs.

The techniques used by Taoists are some five thousand years old and, until very recently, were closely guarded secrets passed on from a Master to a small group of students. Often, too, each Master knew only a small part. Now Master Chia has pieced together the entire system of Chi Massage in a logical sequence in such a way that once you have it shown to you, you need only five or ten minutes of practice daily.

In short order you will note improvement in complexion, taste, vision, hearing, sinuses, gums, teeth, tongue, the internal organs and general stamina.