

# CHI NEI TSANG

## UNWINDING THE BELLY SELF-HELP ROUTINE

Self-help belly massage is very simple. I recommend practicing steps 1 - 4 daily and finishing up with step 8 for the first 2 weeks of practice. Beginning the 3rd week of practice take a 40-60 minutes once a week for the whole routine and continue practicing steps 1 - 4 for the other 6 days, finishing up with step 8. Remember to shine your Inner Smile in your belly as you practice.

- 1.) Lie down on your back on a mattress or on a blanket on the floor. Lift your knees so your back and abdomen can relax. You can put a pillow or two under your knees to relax your hips & back. Place hands flat on your belly and make gentle circles from left to right several times.
- 2.) Place hands flat on your belly. Breathe in long and deep, filling up your abdomen first, down to the pelvic floor, and then expand into your chest.(a) Exhale emptying the chest first, then the abdomen without using muscle force. Continue to breathe deeply but gently like this throughout the massage.
- 3.) Using the fingers of both hands, feel the thickness and quality of the skin around the rim of the navel.
- 4.) Massage firmly but gently starting on your left side using 2 fingers in a spiraling motion around the rim of your navel, stimulating the skin, especially wherever there is tightness or hardness. This is stimulation massage, and wherever you feel discomfort, spiral & press more gently. (Step 4 is one of the most important parts of the massage. Recommended for 5 to 10 minutes every day. In less than a week this step of the massage improves digestion and elimination, will help rid you of chronic nerve, back & neck pains, can help reduce water retention & help you lose weight.)
- 5.) Moving away from the navel, massage with a cat's paws motion then alternate with a pumping motion, as deep as is comfortable. Alternate both hands to stimulate the intestines and deep lymphatic system. Catalyzes and detoxifies by increasing the metabolic rate. (5 to 10 minutes).
- 6.) Starting from left side under rib cage, pull down towards the navel (pulling the organs down), from under the ribs. You'll be loosening the tissues (fascia) that have become cramped under the rib cage. Always be gentle near the liver (right side) and the pancreas (left side), and massage firmly. Follow across to your right side. (5 to 10 minutes).
- 7.) Massage lower abdomen - the space between the navel and pubic bone - starting by rubbing clockwise a few times, then counter-clockwise, then alternate pumping with both hands. Reach deep inside with fingers, under the pelvic bone, then up towards the navel. If it is painful, be more gentle. Discomfort most likely means you really need it in this area. Remember to continue to *BREATHE*. As discomfort diminishes, press more firmly. When you continue breathing throughout the massage, as described in Step 2, the breathing massages you from the inside, complementing the effects of the outer massage.(5 to 10 minutes).
- 8.) Finishing Touch: Lay your hands flat on your abdomen & send heat from the hands into the abdomen. Absorb the heat into your body and breathe softly as long as is comfortable. Take this time to notice any felt sensations as you gain more inner awareness. Feel your body relax and more peaceful.

Consider purchasing [The Bone Dreaming CD](#) which includes a Bone Breathing Meditation to help you develop the bone breathing technique. \* \* \* Mary Beth (DeVillar)Corbin, Certified CNT Practitioner. Contact: 805-441-0791 or [mbcorbin@gotsky.com](mailto:mbcorbin@gotsky.com)