

Karsai Nei Tsang ***Genital Therapeutic Massage***



Mantak Chia

Karsai Nei Tsang

Genital Therapeutic Cleansing Massage

Mantak Chia

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Contents

Contents	4
About of Author	8
Acknowledgments.....	12
Words of Caution.....	15
Introduction	16

Chapter I

Preparation for Karsai Nei Tsang

Preparation for the Practitioner	18
1. Establishing a Strong Connection with your Sources of Energy	19
2. Prepare yourself Physically	19
3. Practicing Meditation Daily	20
4. Recognizing that Healing is a Gift of Nature	21
5. Becoming a Channel for Powerful Force	22
6. Preventing the Depletion of your Energy	22
7. Healing from your Heart	23
8. Educating your students to heal themselves	24
9. Clearing your energy after Each Session	24
10. Restoring the Force after Each Session	25
11. Know Thyself	25
12. Using the Earth and Trees for Healing	26
Preparation for the Student	27
1. Detoxification	27
2. Cleaning the Colon	28
3. Importance of Breathing Properly	29
A. Deep Belly Laughing	30
Contraindications for Treatment	31

Chapter II

Refining your Chi Nei Tsang Skills	32
Inner Cultivation	32
Create an open hearted healing space	32
Connect to the forces of Heaven and Earth	33
Mastering your awareness of Chi	33
Develop sensitivity in your hands	34
Sensing knots and tangles	35

Knots	35
Dissolving Knots	35
Tangles	36
Dissolving Tangles.....	37
Differentiating Knots and Tangles	37
Untangling Nerves	37
1. Spiraling Technique	39
2. Scooping Technique	42
3. Rocking Technique	43
4. Kneading Technique	44
5. Shaking Technique	45
6. Patting Technique	46
7. Elbow Press	46
Root to the earth while you work.....	47
Have a working knowledge of anatomy	47
Be familiar with the body's energy channels.....	47
Understand the relations of emotions with the internal organs	48

Chapter III

Opening the Abdomen and the Sexual Palace	49
Technique 1 Opening the Abdomen	49
Technique 2 Releasing Specific Blockages	53
Technique 3 Opening the Wind Gates	53
Technique 4 Releasing the Aorta and Vena Cava.....	55
Technique 5 Releasing the Energy Meridians Lines	57
Technique 6 Releasing the Psoas Muscles	57
Technique 7 Massaging around the Iliac Crest	63
Technique 8 Balancing and smoothing out the Tissues.....	64
Technique 9 Massaging the Sexual Palace	65
Technique 10 Releasing the Inguinal Ligament.....	66
Technique 11 Lymphatic Drainage over the Inguinal Ligament	68

Chapter IV

Female Karsai Nei Tsang	70
Technique 1 Releasing the Uterus	71
Technique 2 Releasing the Fallopian Tubes.....	74
Technique 3 Releasing the Ovaries	75
Technique 4 Releasing the Urogenital Diaphragm	78
Technique 5 Releasing the Circulation of the Clitoris	81
Technique 6 Releasing the Inner Thigh.....	82
Technique 7 Lifting the Uterus	83
Technique 8 Lifting the Ovaries	85
Technique 9 Spreading the Energy	86
Technique 10 Massaging the Buttocks and Sacrum.....	87
Technique 11 Releasing and balancing the area of the Perineum	89
Technique 12 Releasing the Sciatic Nerve	93
Technique 13 Forearm press – Anus to Sacrum.....	94
Technique 14 Releasing the circulation of the pelvic floor ..	95
Technique 15 Massaging the lateral edges of the abdomen from underneath	96
Technique 16 Lifting the ovaries and uterus from underneath.....	97
Technique 17 Herbal packs over the abdomen	98
Technique 18 Herbal packs pressed into the genitals	100

Chapter V

Male Karsai Nei Tsang	101
Technique 1 Releasing the Blood Supply to the Testicles and Penis	102
Technique 2 Energizing the Prostate through the Perineum/supine position	103
Technique 3 Releasing the Sedimentation/ in the Scrotal Sac.....	104
Technique 4 Smoothing out the arteries in the upper scrotal sac.....	106
Technique 5 Stimulating the circulation – through the Scrotal Sac.....	107
Technique 6 Testicle Rub	109
Technique 7 Releasing the Inner Thigh	111
Technique 8 Massaging the buttocks and sacrum	112

Contents

Technique 9 Releasing and balancing the area of the perineum.....	114
Technique 10 Releasing the Sciatic Nerve	118
Technique 11 Forearm press – Anus to Sacrum.....	119
Technique 12 Energizing the Prostate through the perineum on all fours	120
Technique 13 Releasing the circulation of the pelvic floor...	121
Technique 14 Massaging the lateral edges of the abdomen from underneath	122
Technique 15 Massaging the inguinal ligament from underneath	123
Technique 16 Herbal packs over the abdomen	124
Technique 17 Herbal packs over the genitals	125
Interviews	126
Bibliography.....	146

About the Author



Mantak Chia

Master Mantak Chia

Master Mantak Chia is the creator of the Universal Tao System and is the director of the Universal Tao Center and Tao Garden Health Resort and Training Center in the beautiful northern countryside of 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.

Mantak Chia was born in Thailand to Chinese parents in 1944. When he was six years old, Buddhist monks taught him how to sit and “still the mind.” While still a grammar school student, he learned traditional Thai boxing. He was then taught Tai Chi Chuan by Master Lu, who soon introduced him to Aikido, Yoga and broader levels of Tai Chi.

Years later, when he was a student in Hong Kong excelling in track and field events, a senior classmate named Cheng Sue-Sue introduced him to his first esoteric teacher and Taoist Master, Master Yi Eng (I Yun). At this point, Master Chia began his studies of the Taoist way of life in earnest. He learned how to circulate energy through the Microcosmic Orbit and, through the practice of Fusion of the Five Elements, how to open the other Six Special Channels. As he studied Inner Alchemy further, he learned the Enlightenment of the Kan and Li, Sealing of the Five Senses, Congress of Heaven and Earth and Reunion of Heaven and Man. It was Master Yi Eng who authorized Master Chia to teach and heal.

When Mantak Chia was in his early twenties he studied with Master Meugi in Singapore, who taught him Kundalini, Taoist Yoga and the Buddha Palm. He was soon able to clear blockages to the flow of energy within his own body. He learned to pass the life force energy through his hands also, so that he could heal Master Meugi’s patients. He then learned Chi Nei Tsang from Dr. Mui Yimwattana in Thailand.

A while later, he studied with Master Cheng Yao-Lun who taught him the Shao-Lin Method of Internal Power. He learned the closely guarded secret of the organs, glands and bone marrow exercise known as Bone Marrow Nei Kung and the exercise known as Strengthening and Renewal of the Tendons. Master Cheng Yao-Lun’s system combined Thai boxing and Kung Fu. Master Chia also studied at this time with Master Pan Yu, whose system combined Taoist, Buddhist and Zen teachings. Master Pan Yu also taught him about the exchange of Yin and Yang power between men and women, and how to develop the Steel Body.

To understand the mechanisms behind healing energy better, Master Chia studied Western anatomy and medical science for two years. While pursuing his studies, he managed the Gestetner Company, a manufacturer of office equipment and became well acquainted with the technology of offset printing and copying machines.

About the Author

Using his knowledge of Taoism, combined with the other disciplines, Master Chia began teaching the Universal Tao System. He eventually trained other Instructors to communicate this knowledge and he established the Natural Healing Center in Thailand. Five years later, he decided to move to New York, where in 1979, he opened the Universal Tao Center. During his years in America, Master Chia continued his studies in the Wu system of Tai Chi with Edward Yee in New York.

Since then, Master Chia has taught tens of thousands of students throughout the world. He has trained and certified over 2,000 instructors and practitioners from all over the world. Living Tao Centers, Chi Nei Tsang Institutes, Cosmic Healing Forums & Immortal Tao Mountain Sanctuaries have opened in many locations in North America, South America, Europe, Asia, Africa and Australia.

In 1994, Master Chia moved back to Thailand, where he had begun construction of Tao Garden and the Universal Tao Training Center fifteen miles outside of Chiang Mai.

Master Chia is a warm, friendly and helpful man who views himself primarily as a teacher. He presents the Universal Tao System in a straightforward and practical manner, while always expanding his knowledge and approach to teaching. He uses a word processor for writing and is totally at ease with the latest computer technology.

Master Chia estimates that it will take thirt-five books to convey the full Universal Tao System. In June, 1990, at a dinner in San Francisco, Master Chia was honored by the International Congress of Chinese Medicine and Qi Gong (Chi Kung), who named him the Qi gong Master of the Year. He is the first recipient of this annual award.

In December, 2000, the Tao Garden Health Resort and Universal Tao Training Center was completed with two Meditation Halls, two open air Simple Chi Kung Pavilions, indoor Tai Chi, Tao Tao Yin and Chi Nei Tsang Hall, Tai Chi Natural Swimming Pool, Pakua Communications Center with a complete Taoist Library, Internal World Class Weight Lifting Hall and complete eight Court Recreational Facilities.

In February, 2002, the Immortal Tao practices were held at Tao Garden for the first time using Darkness Technology, creating a complete environment for the higher level Taoist practices.

Master Mantak Chia has previously written and published these twenty-four Universal Tao books:

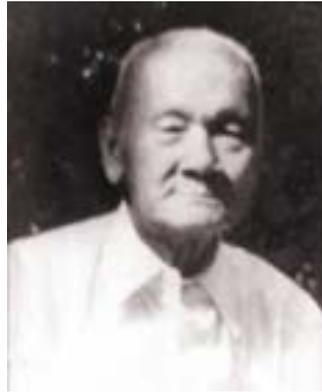
- Awaken Healing Energy of the Tao*** - 1983
- Taoist Secrets of Love: Cultivating Male Sexual Energy***
co-authored with Michael Winn - 1984.
- Taoist Ways to Transform Stress into Vitality*** -1985
- Chi Self-Massage: the Tao of Rejuvenation*** - 1986
- Iron Shirt Chi Kung I*** - 1986
- Healing Love Through the Tao: Cultivating Female Sexual Energy*** - 1986
- Bone Marrow Nei Kung*** - 1989
- Fusion of the Five Elements I*** - 1990
- Chi Nei Tsang: Internal Organ Chi Massage*** - 1990
- Awaken Healing Light of the Tao*** - 1993
- The Inner Structure of Tai Chi*** co-authored with Juan Li - 1996
- Multi-Orgasmic Man*** co-authored with Douglas Abrams 1996 - published by Harper Collins
- Tao Yin*** - 1999
- Chi Nei Tsang II*** - 2000
- Multi-Orgasmic Couple*** co-authored with Douglas Abrams 2000 - published by Harper Collins
- Cosmic Healing I*** - 2001
- Cosmic Healing II*** co-authored with Dirk Oellibrandt - 2001
- Door of All Wonders*** co-authored with Tao Haung - 2001
- Sexual Reflexology*** co-authored with W. U. Wei - 2002
- Elixir Chi Kung*** - 2002
- Tan Tien Chi Kung*** - 2002
- Cosmic Fusion*** - 2002
- Karsai Nei Tsang*** - 2003

Many of the books above are available in the following foreign languages:

Arabic, Bulgarian, Czech, Danish, Dutch, English, French, German, Greek, Hebrew, Hungarian, Indonesian, Italian, Japanese, Korean, Lithuanian, Malaysian, Polish, Portuguese, Romanian, Russian, Serbo-Croatian, Slovenian, Spanish, & Turkish editions are available from the Foreign Publishers listed in the Universal Tao Center Overview in the back of this book.

Acknowledgements

The Universal Tao Publications staff involved in the preparation and production of ***Karsai Nei Tsang: Genital Therapeutic Cleansing Massage*** extend our gratitude to the many generations of Taoist masters who have passed on their special lineage as an unbroken oral transmission over thousands of years. We wish to thank the thousands of unknown men and women of the Chinese healing arts who developed many of the techniques and concepts presented in this book.



Mui Yimwattana

We also wish to thank the Chi Nei Tsang teacher Dr. Mui Yimwattana, and Taoist Master Yi Eng, both of whom worked so patiently to teach their students.



Bunjong Pun (Ni)

A unique genital health massage service is now available at Tao Garden Health Resort. A Thai Massage masseuse with twenty-six years of professional experience does this special massage. In addition to being highly skilled and effective in all of the forms of Thai Massage that one is likely to encounter, our new staff professional, 'Ni', has acquired this secret specialist training that most of us have never come across before. Her professionalism, knowledge and sensitivity in this delicate area of the sexual organs and glands massage has gained immediate trust and respect from all of us here who have been privileged to benefit from her massage. Not to be confused--this is not a 'sexual' massage--it is for the sexual organs, glands, associated parts and areas.

We offer our eternal gratitude to our parents and teachers for their many gifts to us. Remembering them brings joy and satisfaction to our continued efforts in presenting the Universal Tao System. As always, their contribution has been crucial in presenting the concepts and techniques of the Universal Tao.

Acknowledgements

Buathon Thienarrom was formerly the Medical Manager and Chi Nei Tsang Practitioner at the exclusive Chiva-Som International Health Resort in Hua Hin, the Royal seaside resort south of Thailand. She hopes to be able to pass on her knowledge of healing to those who are interested in the approach to Holistic Health. Due to her comprehensive background knowledge in Nursing, Psychology and Health Sociology, she



Buathon Thienarrom

has been able to easily grasp the fine balance between traditional/alternative medicine and modern medicine. She fully understands the connection of harmony between body and mind in order to achieve spiritual development, which are the keys to personal fulfillment. She has undergone extensive training in alternative/holistic medicine. She has appeared in the BBC program on Holistic Health, Discovery Channel (Asia) on Alternative Therapies, and various other interviews on television, radio and the press. She has also given many lectures on Holistic Health topics at various leading universities throughout Thailand. She has practiced her healing techniques in Hong Kong, Singapore and the United Kingdom.

We wish to thank the thousands of unknown men and women of the Chinese healing arts who developed many of the methods and ideas presented in this book. We express special thanks to Saumya Comer for her writing and editorial contributions. We appreciate her research and great labor. We express deep appreciation to Udon for his illustrations, book layout and beautiful cover. We thank Wilbert Wils, and Jean Chilton for their assistance in preparing, editing, and proofreading the manuscript. We wish to thank Jettaya Phaobtong and Buathon Thienarrom for their editorial contributions in the revised edition of this book.

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Acknowledgements



Saumya Comer has been a student, teacher and practitioner of the healing arts since 1984. She began her studies in the field of Somatics, learning how to bring people to deeper connection with their bodies through bodywork and sensory/movement awareness. She now combines different forms of bodywork such as Chi Nei Tsang, Craniosacral Therapy and Visceral Manipulation to assist her students in releasing their limiting physical, emotional and spiritual blockages. Saumya is an instructor of the Universal Tao System and uses the powerful self-healing techniques of Chi Kung to teach her students self-care. She lives mostly on the west coast of the United States and teaches Chi Kung internationally. She travels to Thailand twice a year to teach and assist in the Universal Tao trainings at Tao Garden.

**Saumya Comer,
Editor**

Words of Caution

The practices described in this book have been used successfully for thousands of years by Taoists and Thailand trained by personal instruction. Readers should not undertake the practice without receiving personal transmission and training from a certified instructor of the Universal Tao, since certain of these practices, if done improperly, may cause injury or result in health problems. This book is intended to supplement individual training by the Universal Tao and to serve as a reference guide for these practices. Anyone who undertakes these practices on the basis of this book alone, does so entirely at his or her own risk.

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.

Neither the Universal Tao nor its staff and instructors can be responsible for the consequences of any practice or misuse of the information contained in this book. If the reader undertakes any exercise without strictly following the instructions, notes and warnings, the responsibility must lie solely with the reader.

This book 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.

The Universal Tao is not and cannot be responsible for the consequences of any practice or misuse of the information in this book. If the reader undertakes any exercise without strictly following the instructions, notes, and warnings, the responsibility must lie solely with the reader.

Introduction

Blockages and Karsai happen in all parts of the body. Karsai means the sedimentation in the veins. These blockages come from the aging process, emotional and physical traumas, toxins, heavy metals, the air-pollution that we breathe, poor nutrition, from the pesticides put into our food, polluted water and too much stress. These may cause speed up at the blockages. There are many different types of blockages. There are blockages in our circulatory systems that affect blood and lymphatic flow, blockages that cause our organs to function poorly; especially the kidney, bladder, spleen, pancreas, lung, prostate gland, testicles, uterus and vagina, energy blockages, blockages in our tendons plus fascia and muscles, to name just a few.

Karsai Nei Tsang focuses on the blockages in the genital area, especially the blockages that take the form of sedimentation in the veins. In order to have healthy, functioning genitals we need a rich supply of blood flow. When this blood flow becomes blocked with crystal like sedimentation and fatty deposits, the human sexual arousal response is greatly affected. With a poor blood flow to the genital area men will experience difficulty in getting and maintaining a good erection. Because a woman's arousal also depends on a healthy blood flow, she will have difficulty with getting the proper swelling of her labia and clitoris and producing the sexual fluids. Karsai Nei Tsang releases the blockages and sedimentation that cause poor blood flow so that men and women can regain healthy sexual function.

Another important benefit of Karsai Nei Tsang is an improved hormonal balance. When the circulatory flow in the genital area increases, hormones are more easily released. A healthy balance of hormones stimulates the sexual and brain functioning. When we have healthy hormonal function we are given some protection against many of the age related problems such as memory loss, back pain, poor circulation, problems associated with menopause, and sexual libido.

Karsai Nei Tsang is especially important for men and women over the age of forty and for anyone who feels blocked sexually. The age of approximately forty is when the blockages and sedimentations become manifest.

Our sexual organs play a major role in our physical, emotional and spiritual health. Because every part of the body is connected, tensions in one area have an affect on the rest of the body. This is also true for the genitals. When the genitals suffer from blockages, the jing chi (sexual chi) is not free to circulate through the body. The body is then deprived of this powerful healing energy. We need arousing, orgasmic energy for the healthy functioning of our beings.

We have neglected our sexual organs for far too long, our genitals need attention and expert care just like the rest of our bodies. Karsai Nei Tsang provides this care. The Karsai Nei Tsang practitioner uses a sensitive touch with deep, direct pressure and small circular massage movements to dissolve the sedimentation in the circulatory system, release the toxicity in the organs, and assist the student in letting go of any past emotional blockages held in this area.

Karsai Nei Tsang addresses the common problems associated with our sexual organs; impotency, frequent and difficult urination, painful menstruation, painful intercourse and low sexual libido. It is also quite effective in alleviating lower back pain, improving the body's alignment, strengthening the pelvic floor muscles and increasing general vitality.

Chapter I

Preparation for Karsai Nei Tsang

Preparation for the Practitioner

As a Chi Nei Tsang practitioner, it is important for you to maintain a clear, healthy body with abundant Chi flow and healthy boundaries. Because of the sensitive nature of genital massage this is especially true for the Karsai Nei Tsang practitioner. It is a prerequisite for you as a Karsai Nei Tsang practitioner to have worked out any issues of past sexual trauma and to have gained enough experience in the Universal Tao Healing Love and Basic practices so that you have good management of your sexual energies. As a practitioner you represent yourself as a standard of physical, emotional and spiritual health. It is your responsibility to stay clear and centered in your own energies. Any exchanging of your sexual energies with your student is just a distraction from the healing purposes of Karsai Nei Tsang and it invites negative influences for both you and your student. Unclear boundaries create an opening for the repressed negative energies of your student to enter into your body or vice versa; your unprocessed negative energies to enter into your student. This is obviously not the purpose of any Chi Nei Tsang session and can adversely affect your abilities as a healer in the future. The simplest way is to stay present in your integrity and you will be rewarded ten fold. Following are 12 steps for becoming an effective healer.

1. Establishing a Strong Connection with your Sources of Energy

First it is necessary to establish a connection with your sources of energy and connect with the energies emanating from heaven and earth. This ability is very beneficial for self-healing and is essential for healing others. If you do not connect to some source of external energy when healing others, you will draw upon your own personal reservoirs. Our personal Chi is limited by nature, and can easily become depleted if we give it away too freely.

Refer to Mantak Chia's book, *Awaken Healing Light of the Tao* for a description of this practice. Stay connected with these energies while you are giving treatments. You will discover that you have ample energy of the correct quality and quantity to help your student.

2. Preparing Yourself Physically



When creating the strong, healthy body necessary to practice Karsai Nei Tsang, bear in mind that energy flows to wherever it is needed. If your energy is lower than your student, his energy will flow to you and you will become weaker. In emphasizing physical preparation, it is important to know that tendons, muscles, fasciae, channel systems, and bones draw in power that can be channeled to another. Following is a list of physical practices that are important for you to do.

Fig. 1.1 *Preparing Yourself Physically*

A. Iron Shirt Chi Kung

The Iron Shirt Chi Kung exercises allow you to draw energy from the Earth, Cosmos, and Universe to strengthen the tendons and clean out and energize the fasciae. This provides protection and opens the channels so that they can receive more energy.

B. Tai Chi Chi Kung

By practicing Tai Chi you can learn to move the body in one unit using Chi instead of muscle power. You can build inner strength by circulating energy through the channels, muscles, tendons, bones, and fasciae. This ability is very important in Karsai Nei Tsang for protection and for storing and channeling energy. The Universal Tao's Tai Chi Chi Kung, which can be learned very quickly, is a short but powerful way of achieving such results.

C. Bone Marrow Breathing

The Universal Tao has published a book on the subject of bone marrow breathing entitled *Bone Marrow Nei Kung*. By studying and practicing bone marrow breathing, you can cleanse and grow bone marrow, refresh the blood, and develop enormous power. You can develop the ability to channel energy through breathing while using less muscular force and passing on more energy.

D. Diet

Whether or not you are familiar with cooking using the Five Phases of Energy theory, you may find it very interesting because it is so full of novelty and surprise. Culinary artists who incorporate the Five Phases of Energy (Five Element) theory in their cooking skills using the produce and foods of their countries or regions are quickly creating new and exciting trends in cooking.

The Five Element theory of cooking that pervades much of the world of Chinese cuisine is served in many wonderful restaurants. In fact, its cooking rules are a part of every Asian culture. Asian cooks balance their food in five ways, separating food according to five tastes, five colors, hot, cold, and PH balance. Then the foods are combined and beautifully prepared.

The stomach, spleen, and saliva sort out the food and distribute it to the organs according to taste and color. Each color and taste feeds energy to its own particular organ group. Each organ will only accept that energy designed for it by nature.

3. Practicing Meditation Daily

To maintain your energy, meditate every day by connecting with the outer forces and burn out any of your sick and undesirable energies. The Six Healing Sounds Meditation, Microcosmic Orbit Meditation and the Fusion Meditations are especially effective for these purposes. Refer to Master Chia's *Awaken Healing Light of the Tao* and *Fusion of Five Elements* books for instructions of these meditations.

The Healing Hands Meditation, when practiced every day, increases the ability of your hands to channel the Universal, Human Plane (Cosmic Particle), and Earth Energies. You will be able to

feel the energy emerging from your palms and fingers as you touch the student. Refer to Mantak Chia's *Chi Nei Tsang I* for this meditation.

4. Recognizing that Healing is a Gift of Nature

Everyone in good health can heal. The healing ability means having a powerful life-force with good intention. A powerful life-force means having a higher vibration. Usually, it takes one year for a person to absorb enough Universal Energy to be effective. That is the time it takes for the Earth to revolve around the Sun. (Fig. 1.2) With the practice of the Cosmic Particle Chi Circulation and the Embracing the Tree exercises, you can quicken the process of energy absorption and transformation without overheating your system or creating a problem of cosmic energy indigestion. The energy is then immediately useful.

March Equinox

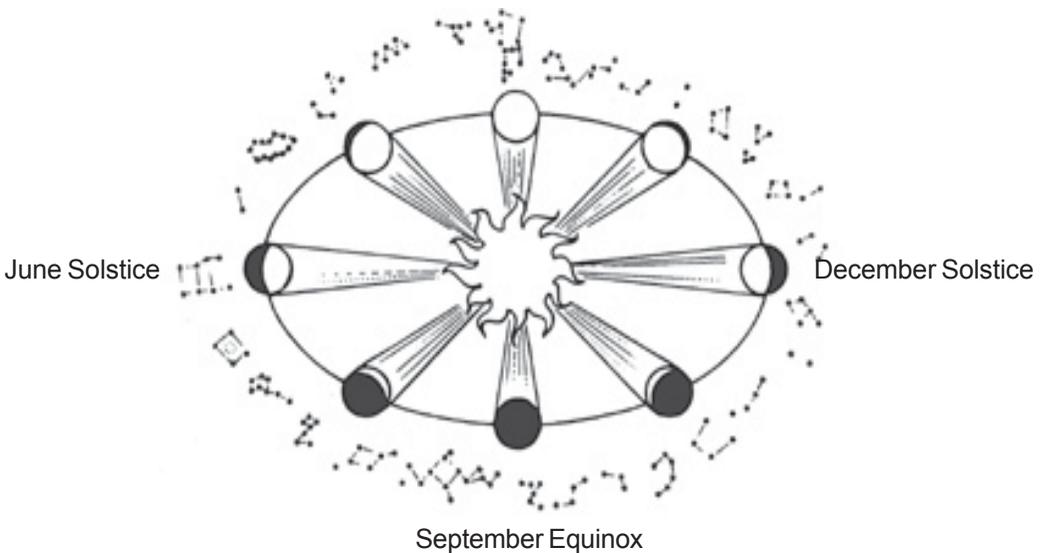


Fig. 1.2 Ordinarily, it takes one year for a person to absorb enough Universal Energy to be an effective healer. Meditation can quicken the absorption process.

5. Becoming a Channel for Powerful Forces

The more channels you open, the better off you are. Therefore, to receive energy, it is important to open at least the two major channels (Functional and Governor) of the Microcosmic Orbit. It is better still to add the Thrusting and Belt Channels. By doing so you will know first hand the way your energy flows. Then you can direct and draw in healthy energy, and use it to burn sick energy out of your system. By first opening the energy channels within yourself, you become more efficient as a healer and can avoid succumbing to the illnesses that you are removing from another.

The quickest way to open your Microcosmic Orbit is to take a weekend workshop with a certified Universal Tao Instructor. You may also teach yourself by using the *Awakening the Healing Light* book or video. To open the Thrusting and Belt Channels, you could study with us, a certified instructor, or teach yourself by using the *Fusion of the Five Elements* book and Fusion I, II, and III videos. Audio tapes are also available.

6. Preventing the Depletion of your Energy

It is important to channel the energies of the Universal, Human Plane Cosmic Particle, and Earth Forces rather than using your personal storehouse of energy. When practitioners rely on their own energies they soon become depleted and then it is very easy for disease to take hold.

As you try to help a person and your life-force energy flows into him or her, be sure your energy is healthy. Otherwise any sick energy you send will create the same sickness in that person.

The reverse also holds true. As you send energy into a person, his or her energy passes to you. This means that this person's problems become your problems. There is no such thing as becoming involved with the healing without also becoming involved with the problem. This is how many people in the healing arts get sick. Their energy systems are not efficient enough to counteract the effects of the sick energy to which they have exposed themselves.

Young and healthy people who enter these professions can get by with no apparent ill effects because they have "energy to burn". However, they are depleting their energies and the sick energies

they take on eventually do affect them. This is why it is important to think that you are not simply healing them, but you are a teacher and an adviser. Developing and maintaining an open channel to the Universal, Human Plane, and Earth Energies will help you avoid picking up sick energy and help you burn out the sick energy when it enters you.

7. Healing from your Heart

Chi Nei Tsang is full of brilliant and wonderful techniques that have the potential to significantly alter the basic way we care for ourselves and for each other. Even though the techniques are powerful and can relieve both chronic and acute illnesses, they will not work effectively unless they are activated and animated by a love and compassion that is given sincerely and abundantly from your heart. Your fingers and hands can become healing hands only when you are full of good intentions.

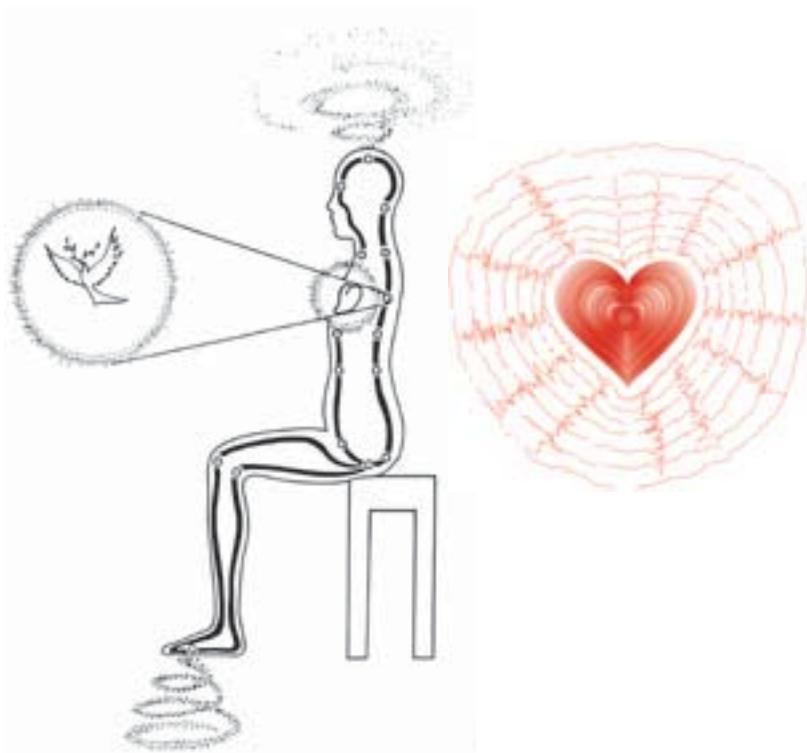


Fig. 1.3 *Healing with Love from the Heart.*

When you touch others, touch them with all the love, care, and compassion that you can find within yourself. Connect yourself with the forces of the Universe, the Cosmic Particle or Human Plane, and the Earth and become a physical channel for these forces. Apply your hands with the tenderness of a mother touching her child. If your touch is from your center to theirs, they will open like the petals of a flower in the morning sun. Every life and body has a self-healing mechanism that you can help to awaken. Once the center at the navel is activated and freed and the organs are detoxified, the process of healing can be completed by your students through their own discipline.

8. Educating your Students to Heal Themselves

A universal law states that energy cannot be destroyed; it can only be transformed. As you engage in healing your student, Chi Nei Tsang I, II and III techniques will help you locate the problem and boost the level of energy. You will help your student to transform their toxic, blocked energy. As a healer it is you that starts the fire, but it is the student's responsibility to maintain it and not let it die out. The main role of the Chi Nei Tsang practitioner is educator not healer. The philosophy and purpose of Chi Nei Tsang is to teach people how to heal themselves by providing insights into their own immense, internal healing powers. If you teach the student the Inner Smile, the Six Healing Sounds, and the Microcosmic Orbit, along with the CNT self massage, you will help them transform their sick, negative energies into good life-force energy. Chi Nei Tsang practitioners, therefore, never refer to their students as "patients" or "clients". A student who has awakened his or her own healing energy can continue the process by practicing at home and teaching family and friends. One must always remember that the most important healing energy comes from within oneself.

9. Clearing your Energy after each Session

When helping someone it is possible to accumulate sick energy on the surface of the skin of the hands and arms. Do not allow it to go beyond the shoulders and enter the body. If you practice daily, your mind's power can hold back the encroachment of the sick energy.

There are many different theories on how to get rid of this unwanted energy. Some people advocate washing the hands. If you do this, make sure that you use cold, running water, or you can drive the energy into your body further.

One method is to place your hands on a surface conductive to Earth Energy and connected to a ground (e.g., a water pipe). Iron will do, as will a brick or cement wall that has a footing. It will pass the sick energy down to the earth. The earth can help neutralize sick energy.

With some sick energy this grounding method is not effective or powerful enough. Therefore, our advice is that you meditate as well so that you are sure to be clean.

10. Restoring the Force after Each Session

It is important that after each practice session you sit and meditate. Be sure that you are free of sick energy before ending your meditation. You may feel coldness in the hands and itchy skin, let it go down to the ground and bury them under the ground. Meditate until you feel warmth in your navel area and your hands; it will burn out the sick energy. Use the Fusion I practice to get more energy into the navel and transform the sickness into positive life-force.

11. Know Thyself

A healer is knowledgeable and, above all, careful with his or her treatment of life-force energy. Only then can the healing experience be gratifying both for the teacher and the student.

Upon arising in the morning, spend a few moments checking your energy level. If your energy level is not good, take time to raise its level. Put your fingers touch the navel and keep on smile to the navel and feel it warm and the chi started flow up to the head and started flow down to the tongue and circulate it around the whole body.

Never overdo anything. If your energy is low, or if you do not feel well, do not attempt to give a session to anyone. The meditations mentioned or described above and below are very important to help you raise your energy to a higher level. The Microcosmic Orbit and Fusion exercises are very powerful means of checking and replenishing your energy level. Fusion II is very useful for warding

off most illness effects by using the Thrusting Channels and especially, the Belt Channel.

At all times it is wise to take precautions and to know what you are doing. Advice and warnings about healing energy and sick energy are consistently given throughout the Chi Nei Tsang books. It is extremely important that you follow instructions on how to care for yourself carefully.

12. Using the Earth and Trees for Healing

Spending time with nature is an excellent way to purge any toxicity and replenish your energy. Trees and other plants are very good at taking the sick energy into the Earth. Houseplants, however, do not receive the direct energy of the Sun, nor are they directly connected with the Earth. They can only absorb limited quantities of sick energy.

The sick energy of other people can seep into your inner organs and accumulate there. It is a very dense, coarse energy and can feel both cold and biting. This is, by far, the worst way to experience sick energy. A tree can handle this energy by sending it into the healing Earth.



Fig. 1.4 *Passing Sick Energy to a Large Tree*

A detailed section on training, protection and self-care for the practitioner is found in the first Chi Nei Tsang book. It covers the Healing Hands Meditation and the Microcosmic Orbit, Inner Smile, Six Healing Sounds and Fusion Practices in order to prevent depletion of energy, and to be able to give, take and transform energy. There are many Universal Tao practices that can be a great complement to your practice of KNT. For example, practicing Iron Shirt Chi Kung and Tai Chi Chi Kung can help you to relax and work with your whole body as a unit in a harmonious way. Cosmic Healing is also an effective protection against absorbing negative Chi because it focuses on using external energies for healing and not your own energy.

Preparation for the Student

Before you work with your student, hold an interview with him /her in order to review the level of care that is required for a successful outcome. It is important that students take responsibility for helping themselves, so they need to prepare their bodies before you start working with them and then continue the self-care throughout the treatment.

If people are not willing to take care of themselves, all the effort and energy expense is on your part, and you will be pouring your energy into a bottomless pit. If this is the case, you need to be very open, gentle and honest and tell them you cannot work with them unless they are willing to work on themselves as well.

Before the session, it is important for your students **to detoxify and clean the colon**. You can give or send them a printed sheet explaining the procedure. Students should also become aware of their breathing patterns and focus on breathing properly. The following is an overview of what students need to focus on before the session.

1. Detoxification

When the body is full of toxins it is impossible for the organs to function properly. By releasing toxicity and tension, more free flowing energy is available to balance and heal the organs.

In order to prepare their body for the treatment, two or three days prior to the session students should drink plenty of water and

follow a special diet, eating only the following:

1. Brown rice (to carry out poisons from the blood).
2. Congee (thin rice soup) made with six parts filtered water to one part organic rice,
3. Vegetable soup. It may be seasoned with a bit of organic chicken, but the chicken should not be eaten.
4. Juice from green vegetables and leaves (i.e. spinach), which are naturally rich in chlorophyll.
5. Fresh, natural fruit and vegetable juice.

2. Cleaning the Colon

When the colon is clogged, the body becomes more acid and re-absorbs toxins intended to be eliminated. After one day of stagnation, the large intestines send the toxins back for storage, causing discomfort and pain.

For CNT treatment to be successful the colon must be clean, otherwise you simply massage past stool in the large and small intestines. Some people can carry many pounds of impacted fecal matter and many unfriendly bacteria in the colon. A great deal of sick energy can accumulate in old, putrefied stool. My teacher would never do Chi Nei Tsang on someone whose colon was not clean.

Colonics can be very helpful in moving out old mucus, gas and hard impacted fecal matter, and they also help restore proper peristaltic action of the intestines. Parasites can be eliminated with colonic irrigation and the use of fresh raw organic garlic cloves ground and filtered into the water (cooking garlic even slightly eliminates its detoxifying and antiparasitic properties).

To support the colonic cleansing it is good to massage the sigmoid colon in the lower left quadrant, then the descending colon, the two upper flexures in the corners under the spleen and liver, the transverse colon and finally the ascending colon and ileocecal valve. (For a more detailed explanation, refer to the CNT I book.)

To release and facilitate the movement of waste through the intestines while doing a colonic treatment it is good to take a teaspoon of psyllium seed husks and a tablespoon of bentonite mixed in a glass of room temperature water (8 ounces), and then drink another glass of water.

It is good to cleanse the colon two or three times per year and

after periods of travel or dietary excess. In addition to many well-trained, competent colon therapists, home colonic units with slant boards are now available. At Tao Garden, our training center in Chiang Mai, Thailand, where there is plenty of fresh air, filtered water and sunshine, there is a special seven-day cleansing program.

3. Importance of Breathing Properly

The way we breathe is the way we feel. It reflects on the way we stand and move and how we perceive ourselves in the world. Most people have a habit of not breathing deeply, fully inhaling and exhaling, especially during periods of stress.

By blocking our breath, we block our access to feelings. We protect ourselves from experiencing certain feelings, and these become trapped energy in the organs generating imbalances and wind problems. Getting sick is the way our body draws our attention to the blocked and neglected organs. As we breathe into them, we release the winds and emotions that are trapped inside.

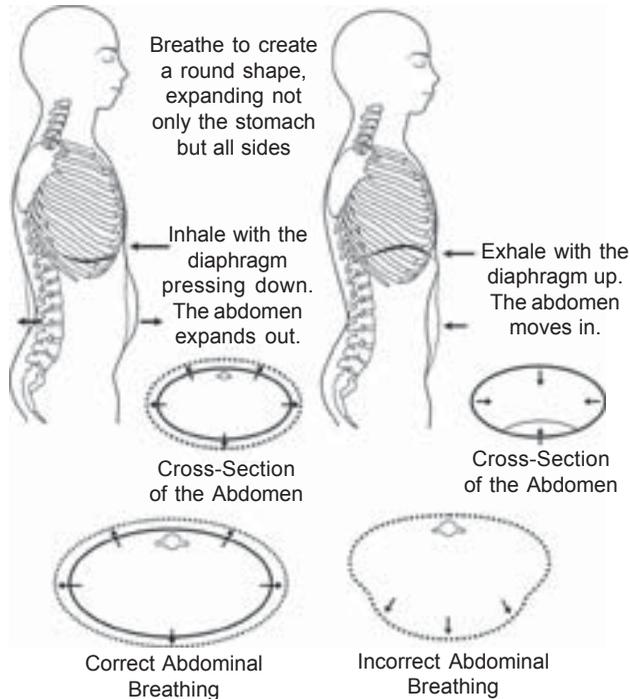


Fig. 1.5 Abdominal Breathing

Breathing appropriately means using the diaphragm. Relax the chest and breathe in deeply drawing the air into the abdomen, feeling it expand in all directions (front, back and sides) and expel the breath by drawing the abdomen up, squeezing in on all sides of the abdomen and breathing out through the nose. (Fig. 1.5) In cases of hernia, asthma, heart attack and strokes, proper breathing allows the wind to move out.

The Tao Yin exercises from the Universal Tao series (now available in book and video) are very helpful to teach students to breathe deeply into the lower abdomen and progressively feel the breath expand upwards, filling the entire lungs as the diaphragm moves down.

Deep Belly Laughing

Deep belly laughing is the best form of breath work. Laughing from the abdomen 4-5 times per day stimulates the intestines to move waste out and promotes the circulation of blood and lymphatic, eliminating energy stagnation. Also, as we move from the sympathetic to parasympathetic system with laughter, the blood becomes more alkaline.

Laughter stimulates a healing set of brain chemicals, and fosters self-loving, joyous feelings. Dr. Bernie Siegel's approach to self-healing through laughter shows that people have healed themselves from serious illnesses with laughing therapy.



Fig. 1.6 Laughing Practice

In a harmonious way, Cosmic Healing is also an effective deterrent to absorbing negative Chi because it focuses on using external energies for healing and not your own energy.

Contraindications for Treatment

Before treatment it is important to interview your student carefully so that you can ascertain whether or not a Karsai Nei Tsang treatment is appropriate. Karsai Nei Tsang is contraindicated for women who use an intrauterine device for birth control (IUD) and for pregnant women. It is also contraindicated for anyone with venereal disease. People with high blood pressure, heart disease, cancer or generally weak constitutions need to first consult with a physician and then proceed cautiously.

Chapter II

Refining your Chi Nei Tsang Skills

Karsai Nei Tsang is an advanced practice and it requires a high degree of sensitivity on the part of the practitioner. It is an absolute requirement for practitioners to have practiced Chi Nei Tsang I and II for a number of years before studying and applying the techniques of Karsai Nei Tsang.

What exactly are the gifts of an effective healer? On the following pages you will be introduced to the individual elements that when synthesized and integrated make a great healer.

Inner Cultivation

There is a wise saying that states: we can only help others to heal themselves to the extent that we have healed ourselves. This is the primary reason why developing your own personal spiritual and healing practice is so important.

Create an Open Hearted Healing Space

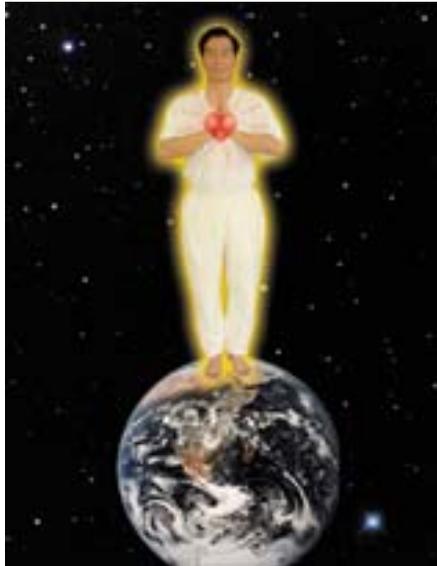


Fig. 2.1 Opening your Heart

It is important to let go of your personal agenda for all healing sessions. Ground yourself to the earth forces and open your heart to the unconditional love of the universe. Realize that you are not the healer but a facilitator for healing. Let yourself be guided by the healing process. Sometimes healers just work from a routine. It is important to have the sensitivity to know where you need to focus more and when to introduce new elements. For example, when you find an area of the body that is highly sensitive and tight, do you automatically just press in or do you ask the area what it needs in order to release? Perhaps this area needs a softer approach and to be contacted in just a certain way. Do you dialogue with your student to see what emotion might be hiding out in this area? Do you wait and give room for your student to tune in and feel their feelings? Move through each session with these questions and let yourself be guided by the needs of the moment. The healing process may shape your sessions in ways your monkey mind would not have thought of. Trust this guidance and you will be surprised by the wisdom of the healing process.

Connect to the Forces of Heaven and Earth

As a preparation for every session it is of primary importance to connect to the external Chi emanating from heaven and earth. This ability is very beneficial for self-healing and is essential for healing others. If you do not connect to some source of external energy when healing others, you will draw upon your own personal reservoirs. Our personal Chi is limited by nature, and can easily become depleted if we give it away too freely.

Mastering your Awareness of Chi

Understanding the nature of Chi and being able to distinguish its positive and negative qualities is of the utmost importance. Without a clear working knowledge of Chi, the practitioners of Chi Nei Tsang have no means of protecting their own bodies and energies from the negative influences of others. They also may find themselves giving away more energy than they can spare. Becoming a master in detecting the subtleties of chi will greatly enhance the effectiveness of your sessions.

A. In the Universal Tao system, the first goal is to learn to **conserve our Chi**. When a battery is totally drained it is harder to charge; money makes money, Chi makes Chi. Conservation of Chi will help gain more Chi. To have more Chi we first need to maintain control of the gates through which energy normally leaks out and unwittingly drains our life force.

We leak energy: - through our reproductive system
- through negative emotions
- through constantly turning our senses outward

Without knowing how to conserve the Chi that we already have, what is the point of acquiring more?

B. We learn to **balance our Chi**; that is, we seek to keep a smooth and balanced flow of energy moving throughout the whole body. If our energy is imbalanced, we may have too much energy in some places and not enough in others; we may also be too yang or too yin. We may have excess or deficient heat, cold, damp or dryness. This imbalanced energy tends to make us go to extremes.

C. We learn to **transform our Chi** into more beneficial energies. For example, through the Taoist Sexual Chi Kung practices taught in the Universal Tao (the course known as Healing Love through the Tao), we can transform sexual energy back into basic life force Chi. Through other practices (such as the Inner Smile, the Six Healing Sounds, and Fusion of the Five Elements) we learn to transform negative emotional Chi into positive virtuous Chi. Thus Chi is not only the foundation of our health; it is also the basis of spiritual development in the Tao.

D. Once we have accomplished the three previous phases of mastering Chi, we then learn to **cultivate Chi**. Chi pervades all of heaven, earth and nature. In the Universal Tao workshops students learn time tested ways to tap into these unlimited and transpersonal reservoirs of Chi and greatly expand the amount of available energy. It is very important to master first the stages of conservation, balance and transformation before emphasizing the cultivation of Chi. Otherwise we may waste the energy we bring in, or we may inadvertently amplify the imbalanced or negative energies that we have not yet learned to bring under control.

E. Finally, we can learn to extend our mind to tap into the vast Chi

of nature, cosmic particles and the universe. We learn to heal our body, mind and spirit and to heal other people. The Cosmic Healing Chi Kung practice of the Universal Tao sensitizes your hands to the feeling and movement of Chi. It uses the mind-eye power to absorb cosmic Chi into the palm and crown and to send it out through the hands and beyond.

Develop Sensitivity in your Hands

Practice the art of seeing with your hands. Learning to feel specific blockages will come with time and experience. Practice your sensitivity by observing changes in temperature, density, lack of movement, too little or too much chi, or perhaps you will see colors and images as you work. Sometimes it is easier to feel a restriction or a blockage of chi by taking your hands 5-6 centimeters off the body and scanning for energy changes. Remember to empty your mind down to your lower Tan Tien and sense with your abdominal brain. The mind brain is not the best tool for feeling the subtleness of chi blockages.

Sensing Sedimentation, Knots and Tangles

Sedimentation

These are toxin settlements under the skin. When you lightly touch you will feel sand like deposits there. Gradually use the fingers and circulate over the area slowly dissolving the toxin settlements. When you get to a deeper level, you might have the same sensation in particular organs which have sedimentation and blockages. With a one finger technique you can slowly dissolve the settlements.

Knots

As knots and tensions in the body grow, they build up pressure against the nerves coming out of the spine. Nerves do not tense up: muscles tense up. The nerves just transmit information. When one is subjected to stress, whether through anger, illness, or fear, the sympathetic nervous system is stimulated, causing contraction in the muscular system. As a result, the muscles, nerves, lymphatic system, and blood vessels contract into knots. Sometimes

the knots can feel like small plums. It is important to move past the surface tension to dissolve the “seed” knot inside. These knots pull on other areas of the body, causing contraction and pain. (Fig. 2.2)

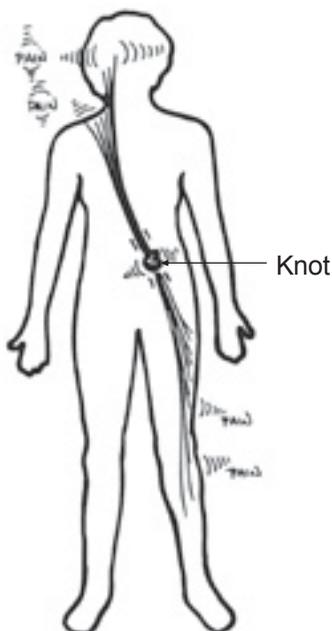


Fig. 2.2 A knot in the abdomen can cause pain in distant areas of the body by pulling and creating tension.

Dissolving Knots

If an area is especially knotted and tight, do not first work directly on the knot. Instead, find an area that is loose and relaxed and work there. Extend the relaxed area to surround the area of the knots with relaxed tissues. By the time you get to the knot, the area won't be as painful for the contracted area will have relaxed.

(1) Ask your student to tell you where there is any discomfort. Observe the face of the student since it will reveal the painful or uncomfortable condition.

(2) Press down gently on the knot and spiral. You may start by using the palm, then the heel of the palm, then three fingers, then two fingers, then one finger. This is not a rule, however. You can start with two fingers and go to one finger. You will discover a personal technique after having worked on several people.

(3) The process of clearing knots can continue after the session has finished. Finish by teaching the student how to do their homework.

Tangles

Tangles occur more deeply than knots. Tangles may consist of nerves, blood and lymphatic vessels and tendons that are twisted together. (Fig. 2.3) They may have lymphatic nodes and fatty tissue inside them. Tangles, in part, may be composed of small layers of connective tissue that are growing all over the organs, holding them in place. This tissue should be supple, and the organs should be able to float and move. When the connective tissues get tangled and become rigid, they hold the organs very tight.

The less movement in the tissues, the tighter they will be held. The important work here is to make the connective tissues stronger by stretching them and moving them around.

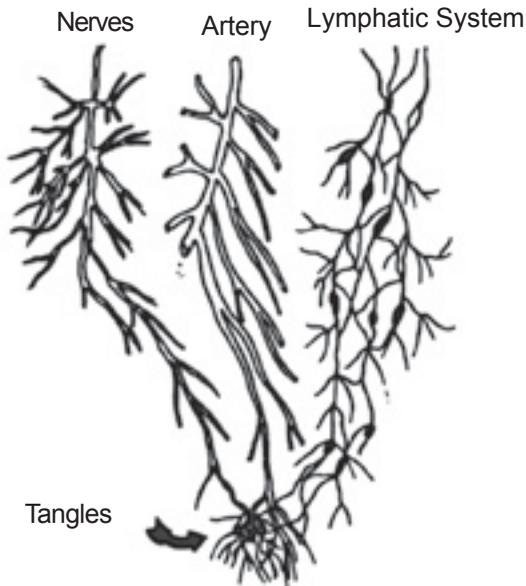


Fig. 2.3 *Tangle of Nerve, Arteries, and the Lymphatic System*

Dissolving Tangles

- a. Loosen the whole abdomen. Practice skin detoxification. Relax any knots.
- b. Work at the edge of the tangle. The tangles can feel like a big ball of yarn with a head and a tail. Work on the edges of it until you feel it start to unravel.
- c. When it starts to unravel, work toward the center and untangle it.
- d. Be very patient. It could take weeks to attain successful results. Assign homework, and advise the student not to drink coffee. Coffee tightens the abdomen.

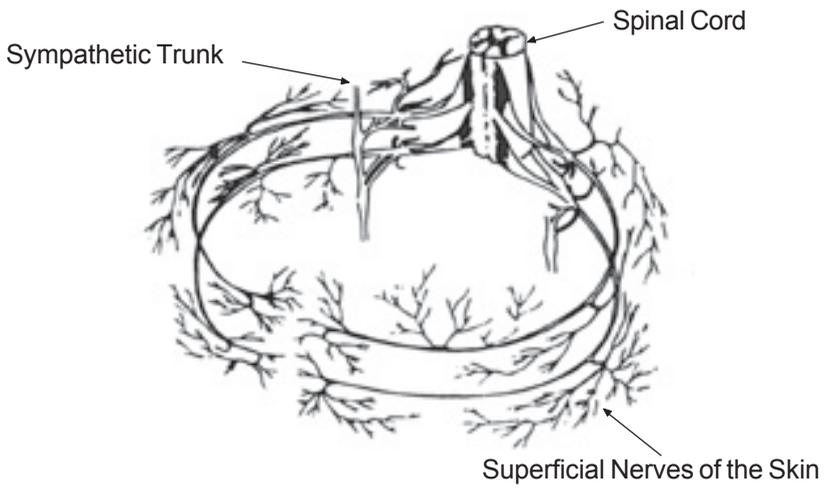
Differentiating Knots and Tangles

Knots are usually surface blockages that can appear as thickened or lumpy areas. They entangle with the superficial fasciae, lymphatic system, small nerves, and capillary beds. Tangles occur more deeply than knots and involve the larger structures of nerves, lymphatic system, tendons, muscles, arteries, veins, fasciae, and the organ systems and their energies. A light touch when doing KNT will keep you in contact with the knots, while a heavier touch will keep you in contact with the tangles. With a little practice you can feel the size and texture of the tissues on both levels.

Untangling Nerves

Freeing a tangle of nerves allows the blood and Chi to flow freely. (Fig. 2.4) Numbness occurs where there is a tangle of nerves that does not permit the blood to flow. Feel for such a tangle and first work the tangled nerve upward away from the navel. If the condition does not change, work in the opposite direction. (Fig. 2.5)

When you listen and become sensitive to the tissues of your student's body you will receive information on how best to release the blockage. Following are different massage techniques for releasing the knots, tangles, calcifications and sediments in the tissues of the body.



Normal Ramification of Nerves from the Spinal Cord.

Abdomen Ramification of Nerves from the Spinal Cord.

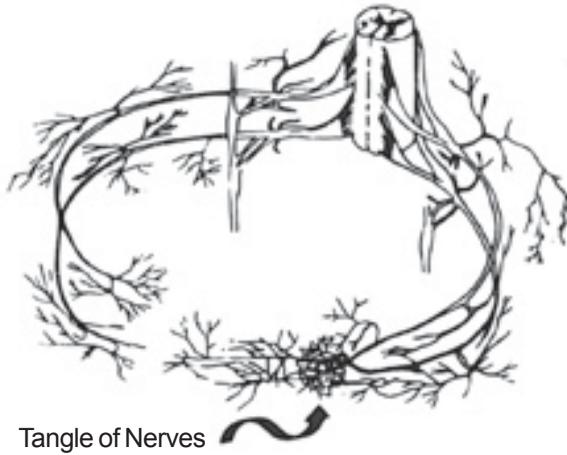
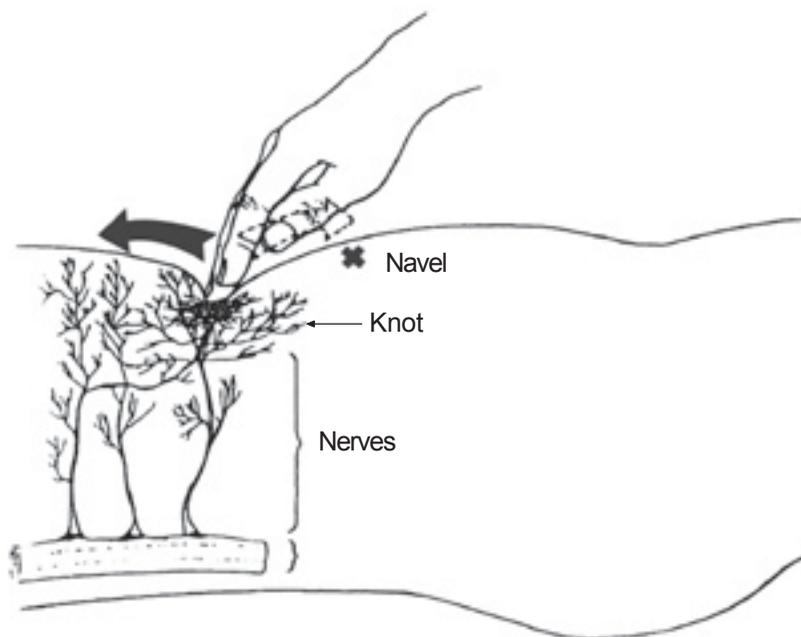


Fig. 2.4 *Nerves can get tangled.*

First work the knot upward, away from the navel.



If the condition of the knot does not change, work downward toward the navel.

Fig. 2.5 Working on Knots

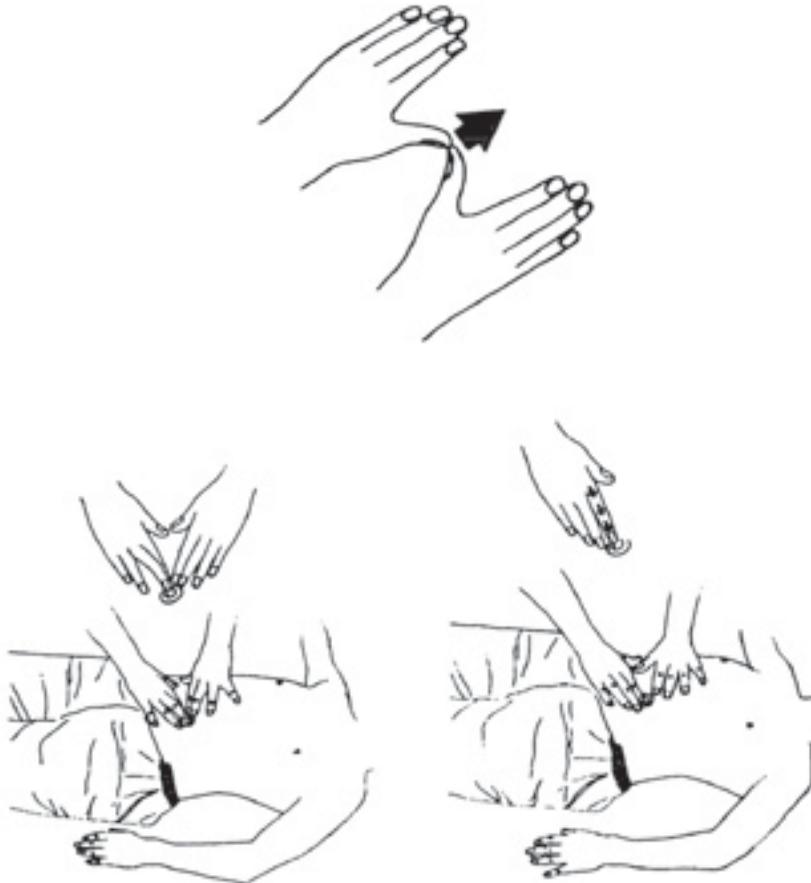
1. Spiraling Technique

The Spiraling Technique is the main technique for releasing the blockages. Gently use both hands on the abdomen to loosen the tissues. Begin by massaging with the thumbs, finger, or fingers together in small, tight, clockwise circular motions. (Figs. 2.6-2.7) The sequence for each point is to press in, spiral, and loosen the skin. Continue to create tight, clockwise circles outward from the previous points you have worked on.

If your student's abdomen is tense, nervous, hot, hard, and too Yang, this means there is excessive energy and you should drain some off. Spiral counterclockwise to withdraw the energy. Use your concentration. Ask the energy to leave. Direct it into the Microcosmic Orbit, where it can be circulated and stored safely in the Navel Center. You can also direct it to go into the Navel Center.

If the abdomen is cold, soft, weak, sick, and too Yin, this means that there is deficient energy. Spiral clockwise to add energy. Concentrate to direct some of your energy to pass from your fingertips into the student's abdomen, to help warm the area.

When you finish the finger spiraling technique, apply the following hand techniques. You will become very familiar with these techniques, for they are used repeatedly.



b. Use Four Fingers

c. Use a Single Finger

Fig. 2.6 *Spiraling Technique: Use the (a) thumbs, (b) fingers, or (c) one finger to press in, spiral, and loosen the toxins locked in the skin.*

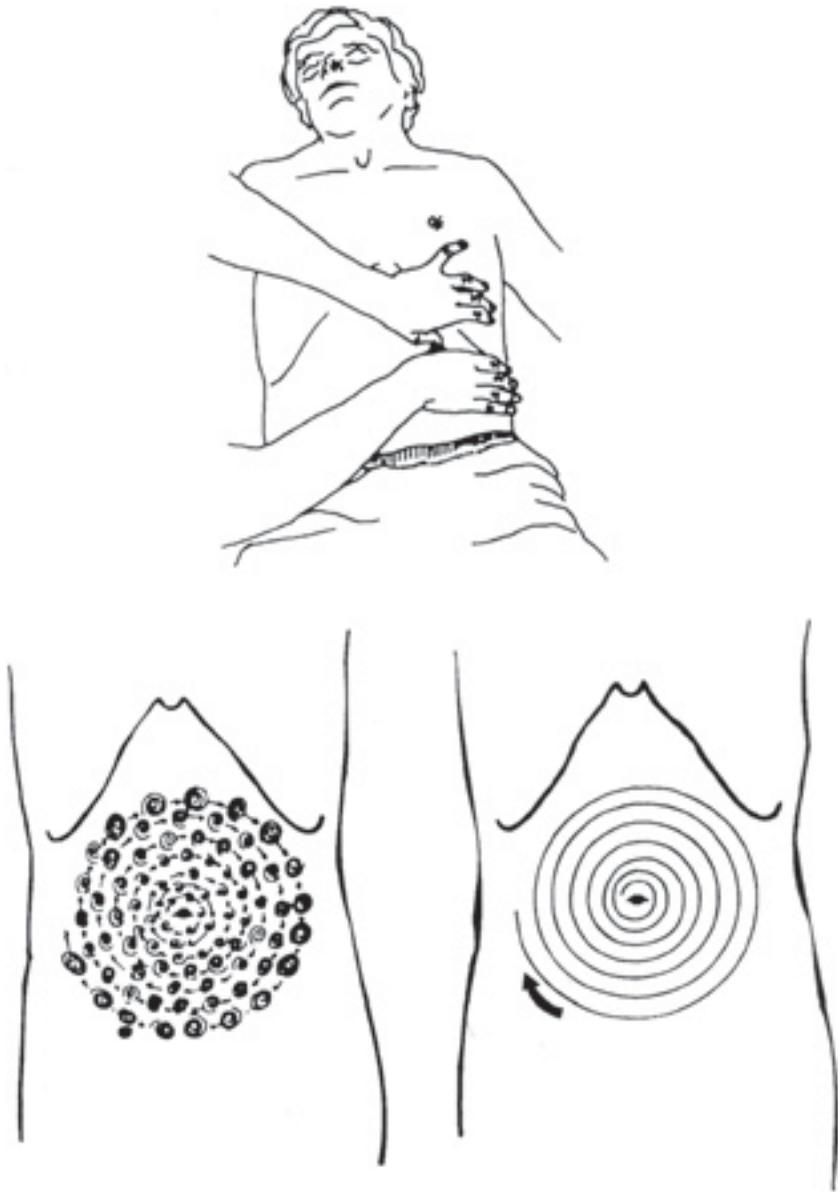


Fig. 2.7 Create tight spirals. Move in clockwise circles beginning at the navel; gradually spiral out toward the perimeter of the abdomen.

2. Scooping Technique

With your fingers together, press inwardly and scoop in, or press downward and scoop out. There are many variations to the direction and use of this technique. (Figs. 2.8, 2.9, and 2.10)

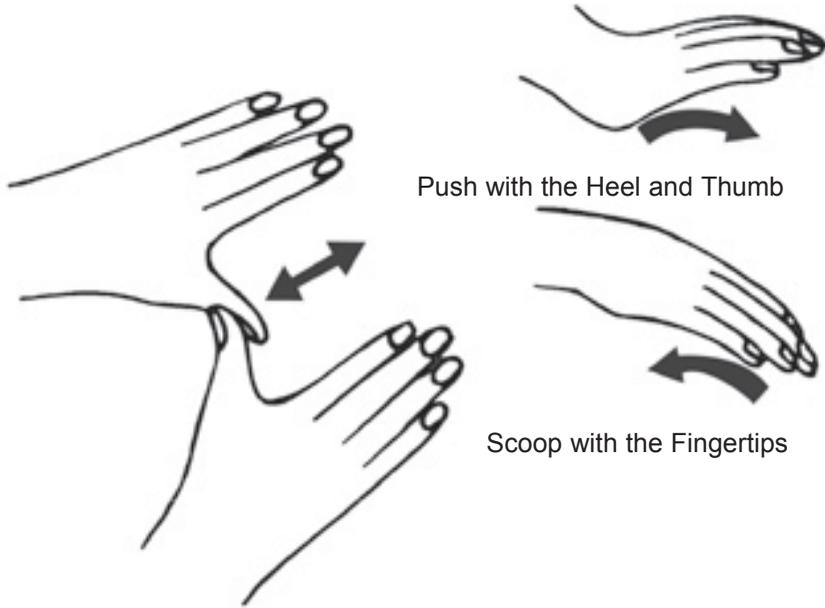


Fig. 2.8 Pushing with the Palm-Heels and Scooping with the fingertips



Fig. 2.9 Scooping with Two Hands



Fig. 2.10 Scooping with One Hand

3. Rocking Technique

Use all the fingers to hold the area of blockage while rocking forward and back. (Fig 2.11)



Fig. 2.11 Rocking

4. Kneading Technique

Use all the fingers of both hands to scoop up the area of restriction. Follow by pressing with the heels of the palms into the area as though you were kneading a loaf of bread. (Fig. 2.12)



Fig. 2.12 Kneading

5. Shaking Technique

Use either the index or middle finger to press on the knot or problem area. Move the finger quickly up and down or from side to side. Use two or three fingers to cover a larger area. (Fig. 2.13)



Fig. 2.13 Shaking

6. Patting Technique

Pat around the navel and the entire abdominal area with the fingers and with a soft, open palm. (Fig. 2.14) (Patting is generally used to finish a CNT session.)

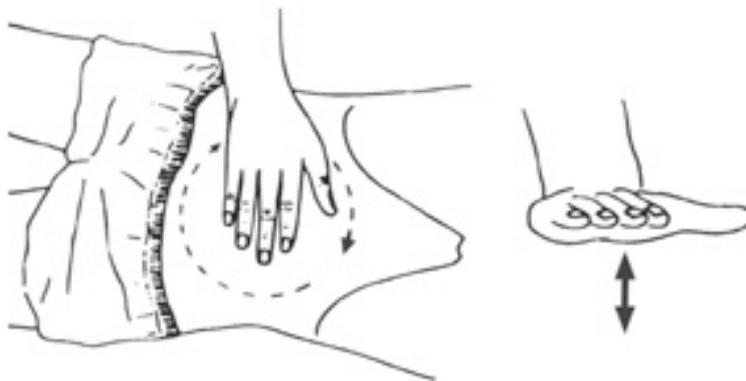


Fig. 2.14 Patting

7. Elbow Press

Remember, if you are working on someone who is very large or very muscular, sometimes the only way you can have an effect is to use your elbow. Press straight down or spiral in gently with your elbow.



Fig. 2.15 Elbow Press

Root to the Earth while you work

An important part of not draining your energy reserves is to stay aware of your body mechanics while working on your student. Be familiar with the practice of Iron Shirt and while you are working place your body in a modified Iron Shirt position that is suitable for the movements that you are making. This is very important for maintaining the health of your joints. It is especially important to pull back your Ming Men point while you work because this gives you added protection from picking up the negative energies of your student. There is a high degree of burn out with all kinds of body workers because they use their muscles rather than the power from their tendons and bones. If you use good body mechanics and combine this with connecting to the earth and universal forces you will be able to perform massage for a very long time.

Have a working Knowledge of Anatomy

It is necessary to have a working knowledge of the internal organs and their functions: the lymphatic, circulatory, and nervous systems, the energy channels, the muscles and fasciae (connective tissues), and the interrelationships among all of these facets of the body.

Be familiar with the body's energy channels

Become familiar with the energy meridian lines of the body, the acupuncture points and the special Chi Nei Tsang treatment points covered in *Chi Nei Tsang I*. Knowing your energy anatomy will enable you to have a global awareness of your student's whole physical and energy bodies.

Understand the Relations of Emotions with the Internal Organs

We store our unresolved emotions in our bodies. When we have feelings and just let them go there is no trace left in the body. But when we hold onto our feelings they become emotions and there becomes a habitual physical contraction that is stored in the body. When this blockage is released in the body there can be a return of the original emotions. As a practitioner it is important to be aware that your student might need help in processing these emotions so they can let them go. Giving them this chance will help them to open up and release both physically and emotionally.

Understand the Inseparable Relationship between Sexual Energy and the Human Experience

With Karsai Nei Tsang you are working with the genital area. This is an area where a particularly high number of emotions are stored. These emotions can come from potty training, shame about the genitals (pudenda, the Latin word for genitals also means shame), pain from traumatic sexual experiences and the disconnection from the genital area that is so prevalent in many cultures. As a practitioner when you touch this area be aware of these connections. In addition to stored emotions, any touch in this area is very intimate and makes us very vulnerable. Keep all these considerations in mind and approach Karsai massage with extra sensitivity.

Chapter III

Opening the Abdomen and the Sexual Palace

Genital massage is practiced with a mixture of sesame oil, Citronella oil and coconut oil. It is important for the practitioner to wear latex gloves as a precaution against sexual transmitted disease.

The beginning sequence of techniques for Karsai Nei Tsang is the same as it is in a Chi Nei Tsang session. It is important to open the gates and clear out the winds in the abdomen at the beginning of every session. This will release the tension blockages and sedimentation in the organ veins on the abdomen area so when the genital area is worked on the circulation of the genitals may freely flow. It is extremely important that these preliminary techniques be successfully applied before proceeding further.

Techniques 1 through 3 are performed with the practitioner sitting or standing to the side of the student. The student is lying in a supine position.

Technique 1

Opening the Abdomen

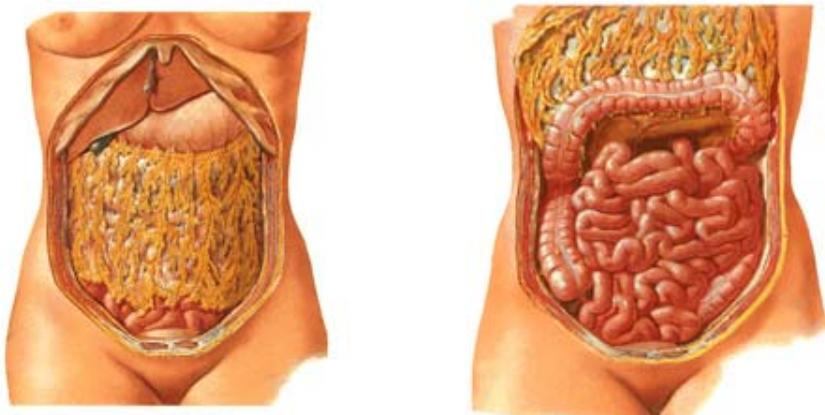


Fig. 3.1 *Become familiar with the anatomy of the abdominal area.*

- A.** With your fingers together and using the full palm of your hand, scoop first with one hand following the perimeter of the abdomen. Follow with your other hand moving from the lower right abdominal quadrant to the upper right quadrant, over to the upper left quadrant and down to the lower left quadrant. As you move your hands over the large intestine feel for any blockages and chi stagnation. With your yi (mind, eye and heart power), Tan Tien and universe connection focus on releasing the stagnations and restoring a healthy flow of chi. (Fig. 3.2-3.3)



Fig. 3.2 Making Circular Massage Movements

Opening the Abdomen and the Sexual Palace



Fig. 3.3 *Opening the Abdomen, and feel with hand for settlement in the abdominal.*

- B.** Stand to the right side of your student and directly face the abdomen. Reach across to the left side and use your finger pads of both hands to pull up on the descending colon. With the palms of your hands push in on the ascending colon and massage it towards the midline of the abdomen. Repeat this movement making a rhythmical motion, pulling the left side of the abdomen toward you as you then push the right side of the abdomen away from you. Work with this motion on the full length of the abdomen. (Fig. 3.4)



Fig. 3.4 *Kneading the Abdomen from Side to Side*

Technique 2

Releasing Specific Blockages

Use both thumbs, press down to the area that you feel by hand in hand stimulation. The sedimentation will feel like sand or small petals. The hand stimulation will make them dissolve. Then place one hand over your other hand with your fingers together and slowly press your hands in to the depth of the restriction. Hold your pressure directly on the restriction until you feel a softening and a return of chi flow. You may also move your fingers in small circles directly into the restriction, slowly breaking up any stagnation. (Fig. 3.5)



Fig. 3.5 *Releasing Specific Blockages*

Technique 3 Opening the Wind Gates

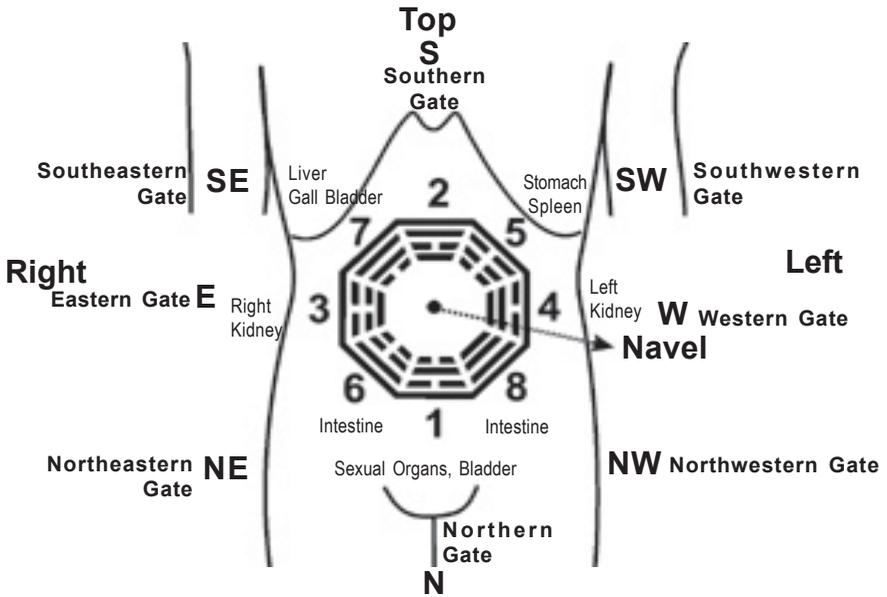


Fig. 3.6 Sequence for releasing the blockage and sedimentation on the Pakua

Place your left hand over your right hand and place your right fingers directly below the navel. Press in with your finger pads to the level of tension and then pull slightly away from the navel. Hold this pressure until you feel a softening of the tissues under your fingers. Continue to work around the navel, working in the order of the Pakua symbol. This will discharge the tension from the abdomen, release tight nerves and reestablish the healthy circulation of blood and lymphatic flow. (Fig. 3.6-3.7)

For more information on opening the gates around the navel refer to the Chi Nei Tsang I and II books.



Fig. 3.7 Opening the Wind Gates

Techniques 4 through 8 are performed with the student lying supine on the massage table and the practitioner sitting cross legged on the table at the base of the student's pelvis. The student rests her legs over the practitioner's bent knees.



Technique 4 Releasing the Aorta and Interior Vena Cava

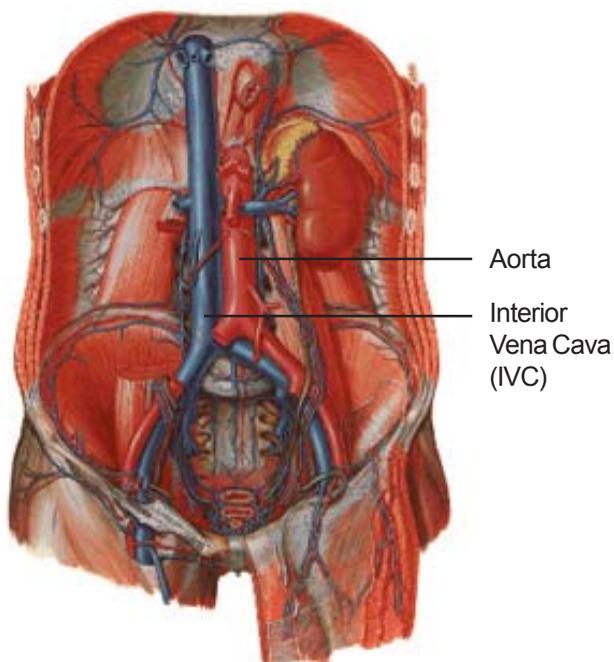


Fig. 3.8 *Aorta and Interior Vena Cava*

Place one hand over the other hand with your fingers together and press under the navel and find the aorta which is pulsing and interior vena cava with your hands flat and at a slight angle. Press in and then slightly down with sensitive firmness. Feel any blockages and tangles in the aorta and vena cava and slowly use force to lightly press to break the sedimentation. When you feel a block-

age, hold the pressure longer or make small circles with your finger pads over the restriction. When you feel the tissues releasing, move your hands a few centimeters down towards the pubic area and repeat following the aorta and interior vena cava. Continue pressing and releasing until you reach the pubic bone. (Fig. 3.8-3.9) and start again from the solar plexus down to the navel.



Fig. 3.8 Pressing out the Restrictions in the Aorta and Inferior Vena Cava.

Technique 5

Releasing the Energy Meridians Lines



Fig. 3.9 Energy Meridians Lines: Karsai I and II

A. Energy Meridians Lines Karsai I and II

– Karsai I starts at the navel. It extends from the navel and runs down to the urethra. Karsai II starts from the navel and extends down to the anus. These two energy meridians lines are important meridians for energizing and improving the circulation of the genitals. They are also indicated for treating frequent urination, female infertility, irregular menstruation and uterine bleeding. (Fig. 3.9)

Chapter III

Treatment for Karsai I and II - Place your right hand over your left hand with your fingers together and press your hands below the navel. Push in and slightly pull down toward the pubic bone. Hold the pressure until you feel a release such as a softening, a return of energy, a warming sensation, etc. Repeat, each time moving your hands down a few centimeters until you have worked your way down to the pubic bone. (Fig. 3.10)



Fig. 3.10 *Releasing the Energy Meridians Lines:
Karsai I and II*

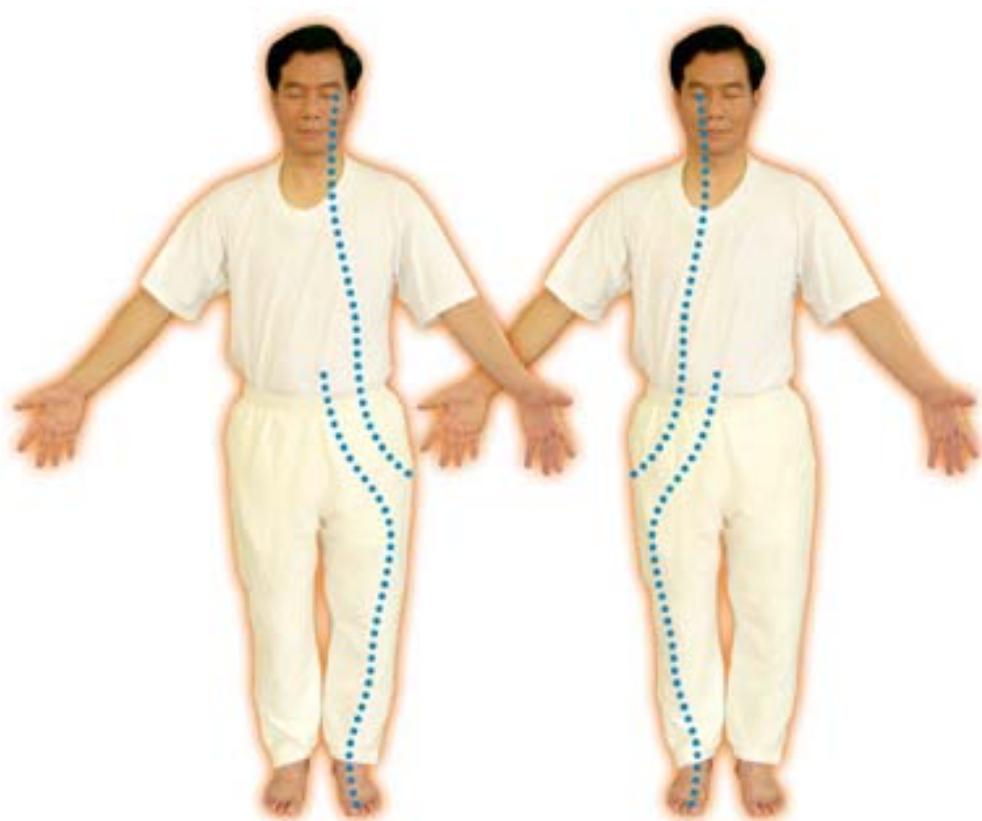


Fig. 3.11 Energy Meridians Lines: Karsai III and IV

B. Energy Meridians Lines Karsai III and IV - These are identical meridians, one for each side of the body. They start on the insides of the feet, run up the insides of the legs, cross the mid-line of the inguinal ligaments and then cross the lower abdomen on a diagonal line, ending at the navel. Releasing these meridians is also very effective for energizing and improving the circulation of the genitals. Treating these energy meridians lines is indicated for diseases of the Urogenital system. (Fig. 3.11)

Chapter III

Treatment for Karsai III and IV - Place your left hand over your right hand with your fingers together and press your hands below the navel. Push in and slightly pull down at a 45 degree angle toward the midline of the inguinal ligament. Hold the pressure until you feel a release. Repeat, each time moving your hands down a few centimeters until you have worked your way down to the inguinal ligament. (Fig. 3.12)



Fig. 3.12 *Releasing the Energy Meridians Lines:
Karsai III and IV*

Technique 6

Releasing the Psoas Muscles

It is important to work on the psoas because of its close relationship to the kidneys, sexual energy, solar plexus, nerves and many blood vessel in this area. When the psoas is held in contraction this disrupts the free flow of sexual energy. (Fig. 3.13)

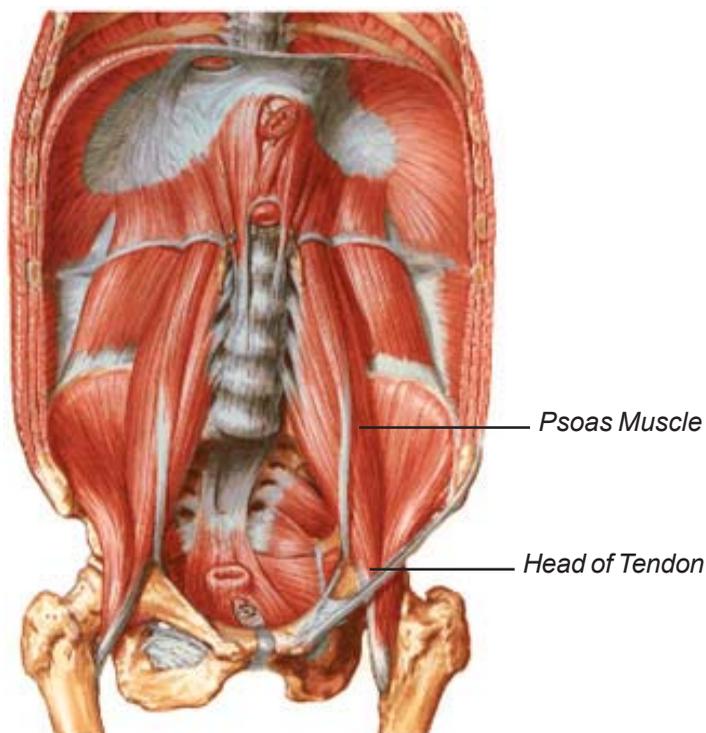


Fig. 3.13 *Become familiar with the Psoas Muscles.*

With your fingers together and using the pads of your fingers press deeply into the area of the psoas. If you are unsure whether you are on the psoas you can help your student to raise the same sided knee and bring it to his or her chest. Ask her/him to rotate the leg and move it back and forth as you search for the psoas. The psoas muscle is engaged by this movement of the knee and leg and this movement will help you to find it. When you feel the psoas contract, press your finger pads down to the depth of the psoas and line your fingers up on the length of the psoas. Continue pressing

down and feel for any excessive contractions. You may also feel a spiraling contraction of the psoas. When there has been excessive fear, the psoas often responds by contracting with a spiraling force. Maintain your deep pressure and slowly move the pads of your fingers in a lateral direction, unwinding the spiraling force and tension of the psoas. Continue with this pressure and lateral movement, slowly working the full length of the psoas. (Fig. 3.14)



Fig. 3.14 Releasing the Psoas Muscles

Technique 7 Massaging around the Iliac Crest

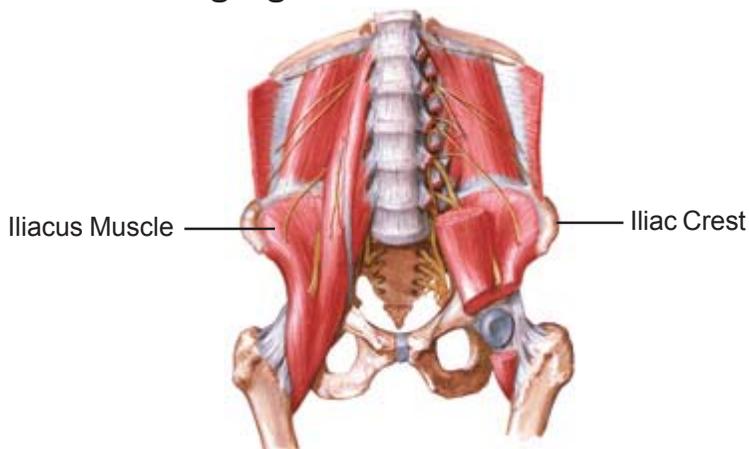


Fig. 3.15 Iliac Crest and Iliacus Muscles

The iliacus muscle joins the psoas muscle in the lateral wall of the pelvis to insert onto the lesser trochanter of the femur. The iliopsoas is the most powerful flexor of the leg at the hip joint and when this muscle is held in flexion it disrupts the circulation and flow of energy in the genital area. (Fig. 3.15)

Press with your right thumb into the inside curve of the anterior, superior iliac spine (the pelvic crest). Place the rest of your right hand around the back side of the pelvis for stabilization. Move your right thumb into the inside curve and follow the edge of the ileum massaging the ligaments attached to the iliacus and the iliacus muscle. Feel for a softening and an increase of space in this area. (Fig. 3.16)



Fig. 3.16 Massaging the Iliacus Muscle and Iliac crest

Technique 8 Balancing and Smoothing out the Tissues

This is an important movement to make after working specifically on the knots, tangles, sedimentation and deep congestion. After you finish working an area in detail use your palms and fingers to gently smooth out the skin and tissues. Make sweeping motions moving your hands up the midline and back down the outside edges of the lower abdomen. Then you can reverse and move your hands up the outsides and back down the midline to the pubic bone. It is good to be creative and let yourself get a sense of what the tissues need to integrate the deeper work. With these integrating movements you are letting your student's body, mind, emotions, and spirit feel reassured and safe. This will assist them in releasing the blockages. (Fig. 3.17)



Fig. 3.17 Balancing and Smoothing out the Tissues

Technique 9

Massaging the Sexual Palace

Place your two hands side by side with your fingers together. Press into the lower abdomen above pubic bone, and make small circular movements, moving with the pads of your fingers up, around and down. Work from the right side over to the left side, from the area under the small intestines all the way down to the pubic bone. Feel for any congestion and knots. When you feel a restriction you can pause and press with more intention, circle more directly into the restriction. You can ask your student to breathe into the restriction and upon exhalation assist you with the release. When the superficial layer is released and the healthy flow of chi has returned, you can repeat this sequence, gently moving your fingers deeper. In this deeper layer you can access the tangles of the nerves and the deeper circulatory flow. As you move deeper, slow your movements down, the deeper you work the slower your movements need to go. (Fig. 3.18)



Fig. 3.18 *Massaging the Sexual Palace*

Technique 10 Releasing the Inguinal Ligament

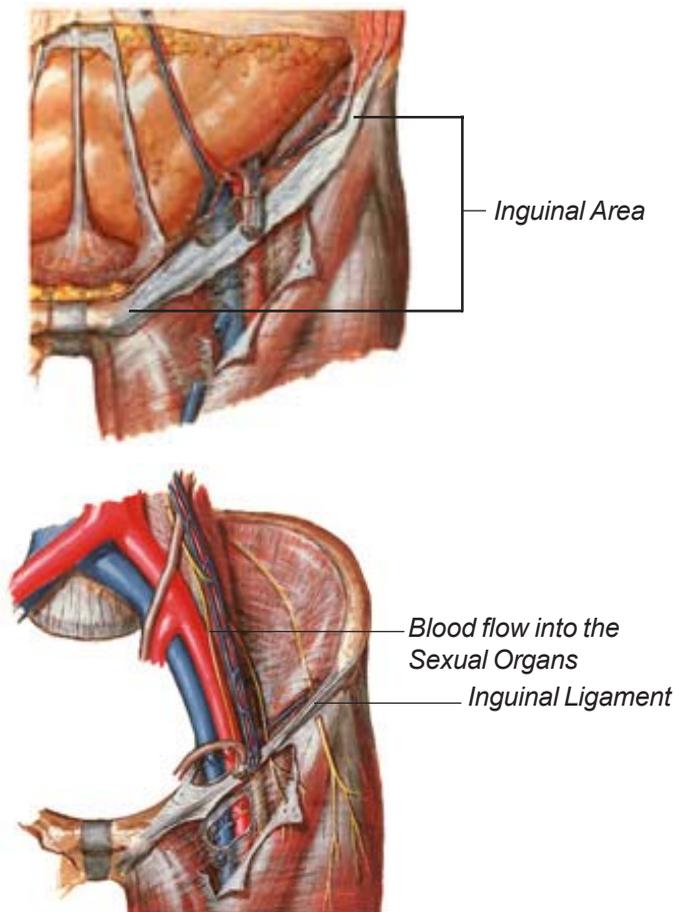


Fig. 3.19 Inguinal Ligament

The circulation system of the genitals is greatly affected when the inguinal ligaments are overly contracted. When the inguinal ligaments are shortened from poor alignment or other causes the fascial tissue will also tighten and shorten. This will then affect the blood flow and lymphatic flow in the genitals. (Fig. 3.19)

Opening the Abdomen and the Sexual Palace

Using the pads of your fingers or the outside of your thumb, press into the base of the inguinal ligament where it attaches at the pubic bone. Slowly move your hand up, feeling the ligament lengthen under your touch until you reach its attachment at the crest of the pelvis. Repeat this movement a few times until you feel the ligament soften and relax. (Fig. 3.20)



Fig. 3.20 Releasing the Inguinal Ligament

Technique 11 Lymphatic Drainage over the Inguinal Ligament

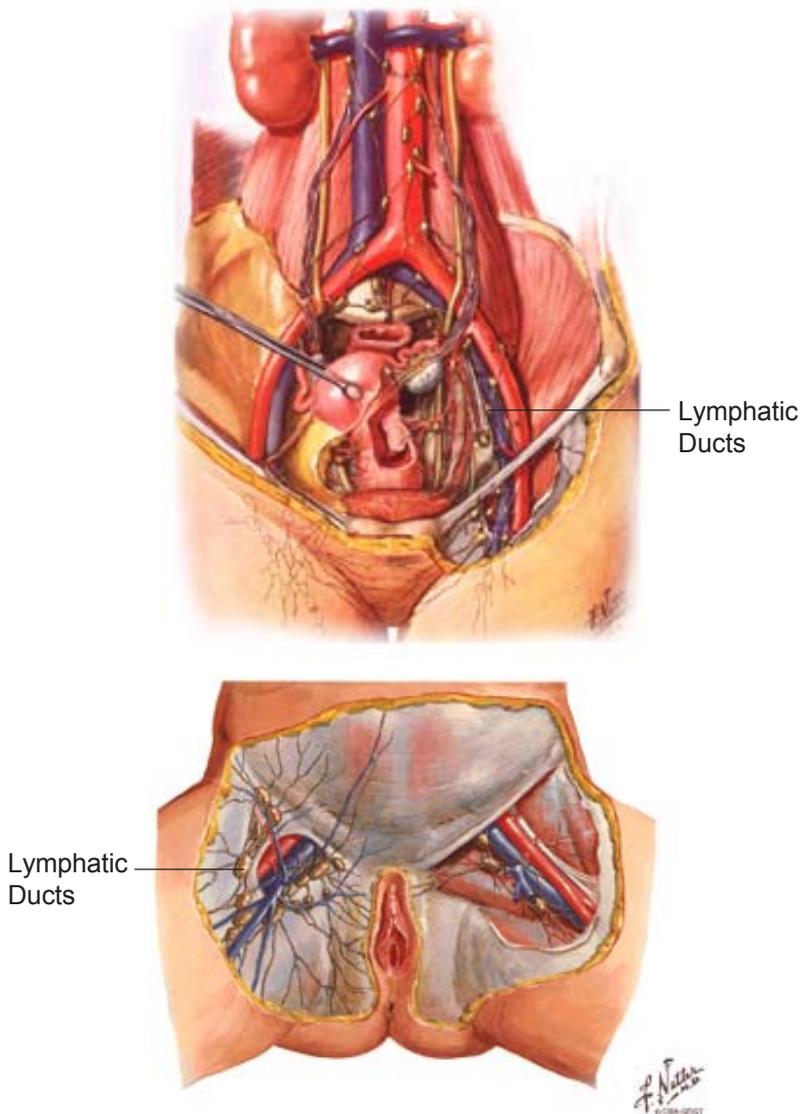


Fig. 3.21 *Lymphatic Ducts and Vessels of the Lower Abdomen and Inguinal Canal*

Opening the Abdomen and the Sexual Palace

Place the flat of your fingers over the inguinal ligaments, working both sides at the same time. Make gentle pushing movements towards the navel. Feel the lymphatic ducts releasing and the lymphatic fluid flush to the deeper nodes. Repeat several times on both sides. (Fig. 3.22)



Fig. 3.22 *Releasing the Lymphatic Flow*

Chapter IV

Female Karsai Nei Tsang

Genital massage is especially helpful for most women. There are many internal physiological changes that start to take place in women at about middle age. These many changes create extra winds in the body and the potential increases for these winds to become trapped. Any past traumas from childbirth, physical injury, issues around sexuality, sexual abuse, etc, increase the likelihood of problems developing in this area. Also, with age, plaque can build up in the veins of the lower abdominal and genital areas and this exacerbates the problem of chi flow in the genitals even further. These massage techniques are a safe and effective way for women to address the health of their genitals. Female genital massage helps to keep the blood and lymphatic circulating freely, the genital organs aligned and healthy, the hormones balanced and the sexual energy flowing. It can help with problems such as menstrual cramps, PMS, frigidity and infertility.

It is important to keep this area open to permit the sexual energy to flow.

Sexual or reproductive energy is one of the primary energies. Any stagnation of energy in this area will have a corresponding emotional blockage. It is of ultimate importance to work in this area with sensitivity and take the amount of time necessary to help your student process her emotions. Always refer on to a psychotherapist if you feel your student needs professional help beyond your capabilities.

Note: Do not work on women when menstruating, women using an IUD, pregnant women or women with venereal disease or cancer.

Technique 1 Releasing the Uterus

The uterus is connected within the body by ligaments that frequently tighten through internal congestion and require adjusting. The broad ligaments connect the uterus to the lateral walls of the internal pelvis. The round ligaments are thin cords that connect from the uterus, through the inguinal canal and finally merge with the labia majora. The uterosacral ligaments connect the uterus to the rectum and sacrum. When these ligaments become tight they pull the uterus out of alignment and the arterial, venous and lymphatic circulation of the pelvis and lower extremities will be adversely affected. The small intestines, large intestines, bladder and kidneys are closely associated with the uterus. It is important to regard the body as a whole functioning unit and remember that it is impossible to treat one part of the body in isolation. Always be careful to release the abdominal restrictions before working on the ovaries and uterus.

The uterus is shaped like an inverted pear and is located between the bladder and rectum. The uterus has three sections; the dome shaped portion is the fundus, the central portion is the body and the narrow part opening to the vagina is the cervix. The uterus has two fallopian tubes that connect to the ovaries; these tubes pass the ova to the uterus. These tubes often get twisted or tied together. (Fig. 4.1-4.2)

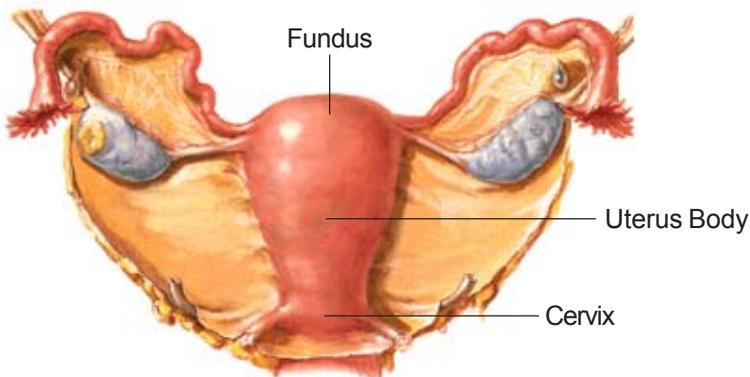


Fig. 4.1 Become familiar with the shape and position of the uterus.

Chapter IV

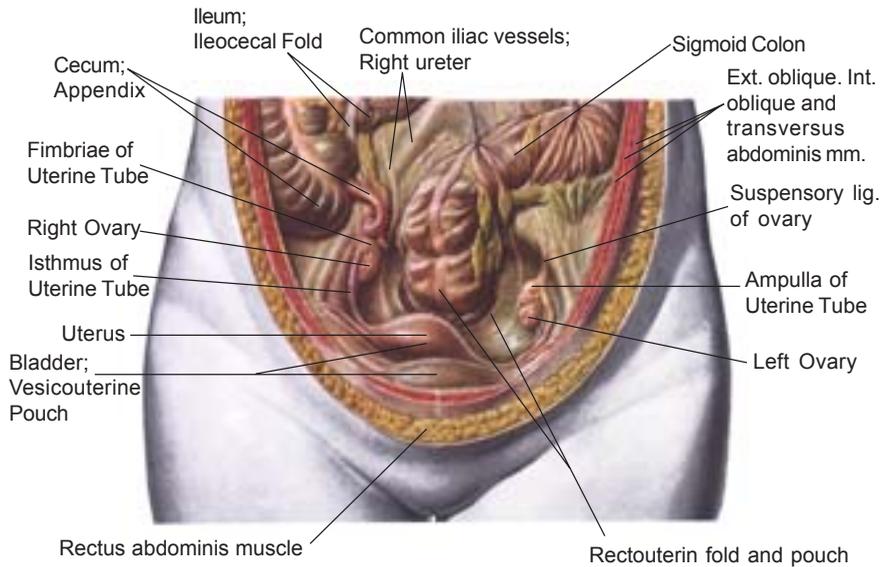


Fig. 4.2 Be familiar with the Anatomy of the Lower Abdomen.

You can locate the uterus by asking your student to place her thumbs together at the navel and form a triangle with her fingers together. The index fingers will lie at the location of the uterus.

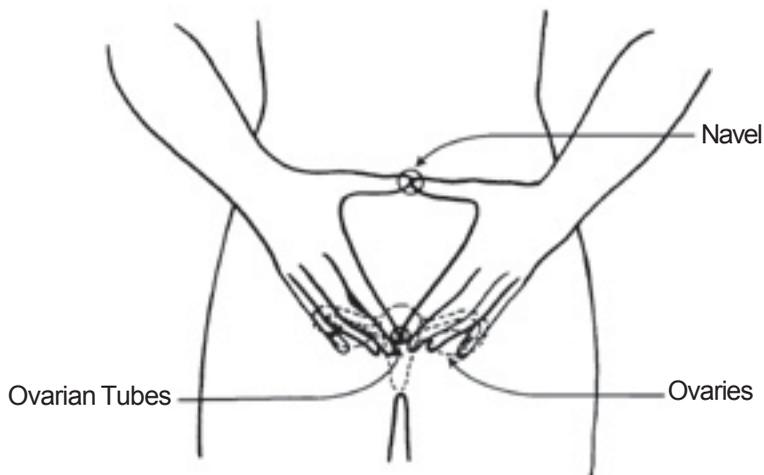


Fig. 4.3 Locating the Uterus

This technique is performed with the practitioner standing to the side of the student.

Place your eight fingers to one side of the uterus and your thumbs together on the opposite side. Press in with the flat of your fingers and pull the uterus toward your thumbs. Now press in your thumbs and push towards your fingers. Continue with this motion, kneading the uterus between your fingers and thumbs. Massage any tangles or twists and hold the uterus for a while in the center with both of your hands. Repeat on the other side. (Fig. 4.4)



Fig. 4.4 *Releasing the Uterus*

Techniques 2 through 6 are performed with the student lying supine on the massage table and the practitioner sitting cross legged on the table at the base of the student's pelvis. The student rests her legs over the practitioner's bent knees.

Technique 2 Releasing the Fallopian Tubes



Fig. 4.5 Be aware of the shape and position of the Fallopian Tubes.

With your fingers together apply gentle circular massage over the fallopian tubes. Start at the uterus and work your way over to the ovary. Notice if you feel any crimping or twisting in the tube. The fallopian tube and veins can become twisted. Slowly massage out the twists, knots and tangles. Repeat on the other side.



Fig. 4.6 Releasing the Fallopian Tubes

Technique 3 Releasing the Ovaries

The ovaries are paired glands, one on either side of the uterus, and are approximately the size and shape of an almond. (Fig. 4.7) They can usually be located by asking your student to place her thumbs in her navel and her fingers together forming a triangle. (Fig. 4.8) The ovaries are usually in the area where the tips of the little fingers lie, yet it is important to remember that every woman's anatomy is different. It is common for a woman's ovaries to gradually descend as she ages so it is good to suggest to your students to practice the Healing Love exercises from Master Chia's book, *Cultivating Female Sexuality*. These exercises tone the tendons, ligaments and muscles of the genital area and are very helpful for keeping the sexual organs healthy and in proper alignment. (Fig. 4.7)

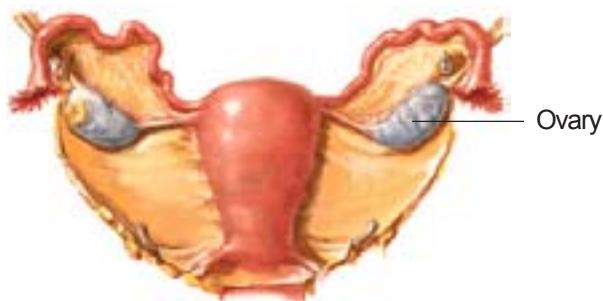


Fig. 4.7 Be aware of the Shape and Position of the Ovaries.

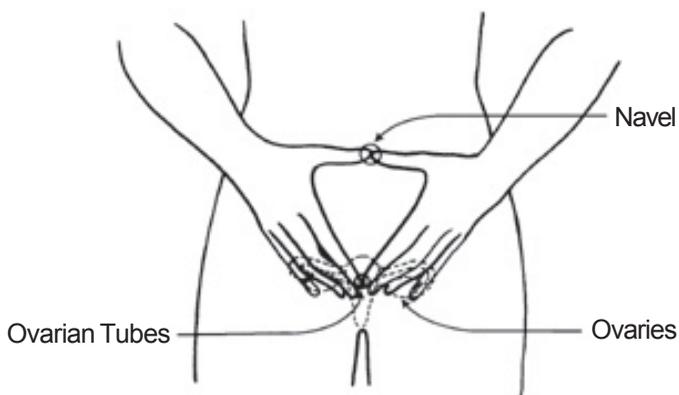


Fig. 4.8 Locating the Ovaries

Chapter IV

Always make sure that any congestion in the cecum and sigmoid colon is released before you work on the ovaries. It is important to first clear the space around the ovaries so you can easily reach them. Very often this is all that must be done to relieve the congestion or pain in the ovaries.

It is essential to be very sensitive when working on the ovaries. The ovaries are as sensitive for the female as the testicles are for the male, so massage them with great care. Healthy ovaries feel soft, like jelly.

Touch the ovaries and feel the energy flow. If the egg is just beginning to move the area will be warm. If ovulation is near they will be hot and after the cycle they will be cool.

Feel whether the ovaries are in their proper alignment. The two ovaries should be approximately even in height. If they are uneven in height, the high ovary will often drain down to the lower ovary. The higher ovary can then become weak, dry and tight. This can cause cramps during menstruation and make pregnancy difficult. The ovum may not leave or cause pain when it does leave. Also check to feel if one ovary is closer to the skin surface than the other.

Bring your awareness to the arteries and veins around the ovaries. It is possible that they have become tangled or knotted together with the ovaries. Patiently work out the tangles and knots with the massage.

These techniques can also be effective for removing ovarian cysts. Massage improves the circulation by breaking down the congested matter. If the hardness does not release, you should advise the student to have a medical check-up. If there is a medical problem, work only with the authorization of the doctor.

The following techniques will help to release the congestion in the ovaries and gradually return them to their proper position. Moving the ovaries to their correct position may be a slow process. It is best to do a little at a time and repeat the techniques over time.

Bring your fingers together and press into the ovary with your fingers flat and relaxed. Feel for any tightness in the connecting ligaments and congestion within the ovary. Make small circular movements and free the ligament connections to the ovary. Massage directly into the ovary and feel for the return of chi flow. Releasing congestion in the surrounding area can help the ovaries return to their proper place. Repeat on the other side. (Fig. 4.9)



Fig. 4.9 *Releasing the Ovaries*

Technique 4 Releasing the Urogenital Diaphragm

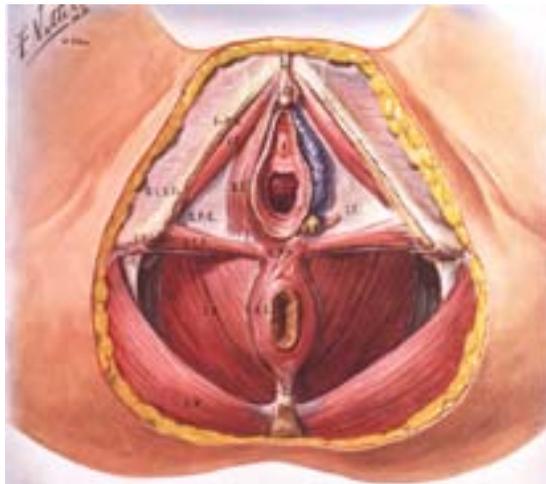


Fig. 4.10 Urogenital Diaphragm

This technique releases the blockages in the small muscles, ligaments, arteries, veins and nerves of the urogenital diaphragm. As you move your thumb along the outside of the labia majora you will be affecting the ischiocavernosus muscle, the broad ligament of the uterus, the edge of the bulbocavernosus muscle, and the perineal muscles. You will also be affecting the rich supply of arteries, nerves, fasciae and lymphatic vessels. (Fig. 4.10)

Bring your right hand over to the right labia majora and use the flat of your fingers to pull the labia over to the right side. With your left hand stabilizing the genitals to the left, use your right thumb to massage up the outside of the labium, along the ischiocavernosus muscle. When you feel knots, tangles or congestion, press in and pull the tissues to the crease of the leg. Repeat many times, until you feel the area soften and the chi flow return. Sometimes it is possible to feel a spiraling of the muscle or a tangling of the veins and nerves. Work slowly and carefully to bring space back to the different structures. Repeat many times, until you feel the area soften and the chi flow return. Repeat for the other side. (Fig. 4.11-4.12)



Fig. 4.11 *Releasing the Urogenital Diaphragm*



Fig. 4.12 *Releasing the Urogenital Diaphragm*

Technique 5

Releasing the Circulation of the Clitoris

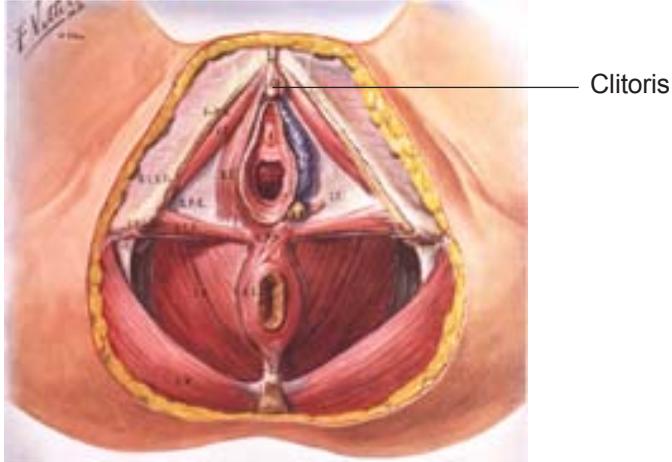


Fig. 4.13 *Be familiar with the Location of the Clitoris.*

With your thumbs on either side of the clitoris press into the outsides of the clitoris and the inside surfaces of the labia majora. You are pressing into the upper end of the ischiocavernosus muscle and the veins and nerves that feed the clitoris. Feel for any spiraling in the muscle and tendon or tangling in the arteries and nerves. Press until you feel a positive response. It may take many massages to fully release the blockages in this area. (Fig. 4.14)



Fig. 4.14 *Releasing the Circulation of the Clitoris*

Technique 6 Releasing the Inner Thigh

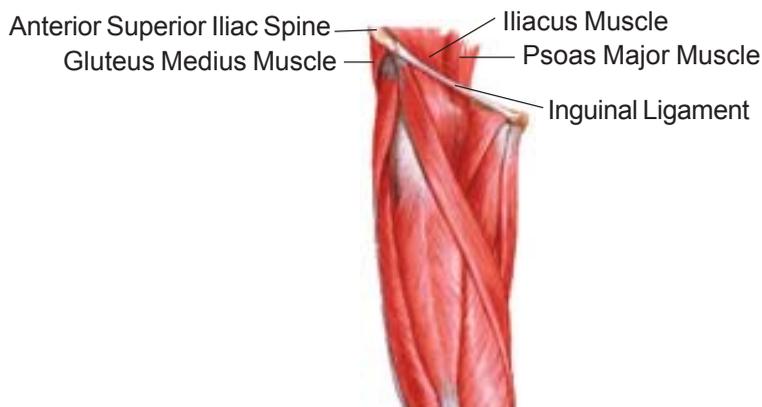


Fig. 4.15 Muscles and Tendons of the Inner Thigh

Move a little away from your student and rotate her right leg exteriorly so that the inside of the right leg is exposed. In this position the gracilis and adductor muscles will contract and bulge out a bit. Place your right hand over the genitals and stabilize them to the right. Press in with your left thumb underneath the bulging muscles and to the outside of the labia majora and massage with a long stroke down the inside of the leg. Any tension in the genital area will also express itself down the inside of the legs. Repeat these movements until you feel a softening in the muscles and the leg release. Repeat on the other side. (Fig. 4.16)



Fig. 4.16 Using Long Strokes for the Inner Thigh

Technique 7 Lifting the Uterus



Fig. 4.17 Be familiar with the Position of the Uterus.

It is common for the uterus to drop down toward the pelvic floor with age and trauma. This is an effective technique for stretching the ligaments of the uterus and positively affecting its alignment. The student bend her knee up. The practitioner stands to the side of the student and facing her pelvis, shapes the hands like the bottom of a bowl and scoops up the underside of the uterus. Lift the uterus gently but firmly upwards toward the solar plexus. You will be more effective if you feel the path of movement as the ligaments will stretch with the least resistance. The movement of the uterus upwards is never perfectly linear. After repeating these movements a few times smooth out the tissues in the abdomen as in technique 9. (Fig. 4.18-4.19)



Fig. 4.18 Pressing on the Uterus



Fig. 4.19 *Lifting the Uterus*

Technique 8 Lifting the Ovaries

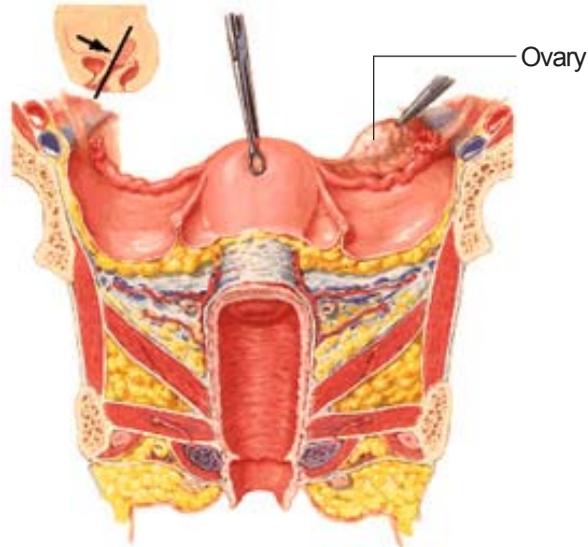


Fig. 4.20 Become familiar with the Position of the Ovaries.

Standing to the side of your student, reach across to the opposite side and scoop into the inside rim of the pelvis with the flat surface of your eight fingers. Gently lift the ovary and move it in the superior and medial position stretching it away from the pelvis. Be sensitive to the direction the tissues move and follow the path of least resistance. Move to the opposite side and repeat for the other ovary. (Fig. 4.21)



Fig. 4.21 Lifting the Ovaries

Technique 9

Spreading the Energy

Sit between your student's lower legs, stretch out your right or left leg and press the sole of your foot into her pelvic floor. Hold the pressure for two to three minutes. Ask your student to be aware of where she feels the chi flowing through her body; she might be more aware of the flow moving upwards or more aware of the flow downwards to her legs. This is a nice technique to finish with after the specific work on the genitals. (Fig. 4.22)



Fig. 4.22 Spreading the Energy

The following techniques are performed with the student prone on all fours, resting her weight on her knees and her elbows. The practitioner is sitting on the table facing her pelvis.

Technique 9 Massaging the Buttocks and Sacrum

At this point in the massage there has been much release of energy in the genitals and pelvic floor. It is important to clear the pathway for this energy to rise into the sacrum and continue along the microcosmic orbit. (Fig.4.23) This technique focuses on releasing the intricate pathway of nerves along the sacrum and buttocks as well as releasing the tension in the buttocks muscles so the sexual energy (jing chi) can move upwards and be transformed into healing energy. (see *Healing Love* book)

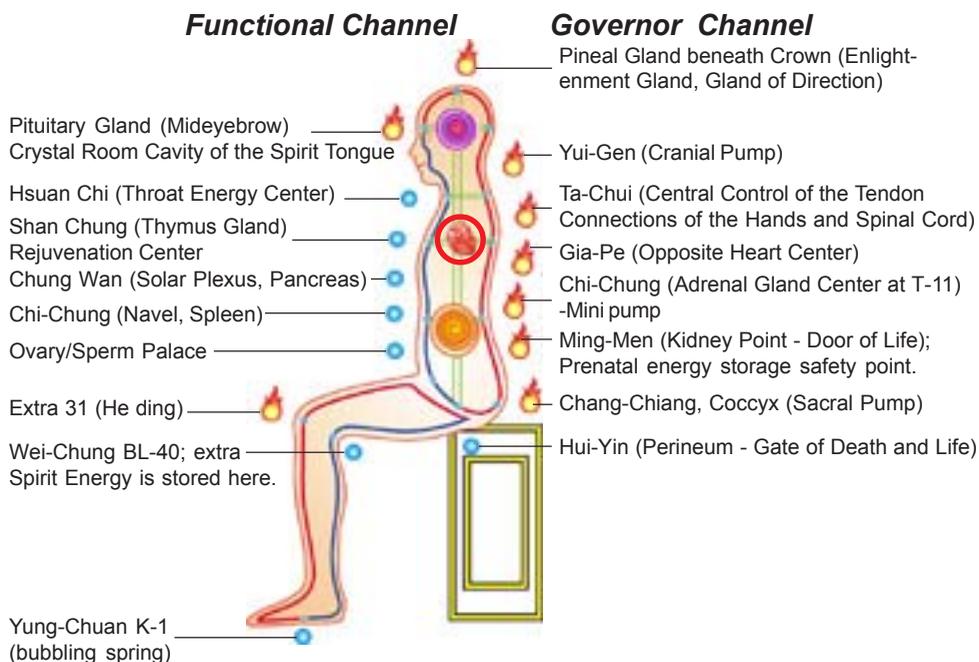


Fig. 4.23 Microcosmic Orbit

Chapter IV

Using the full palms and fingers of your hands, start at the level of the ischial tuberosity and move your thumbs upwards along the edges of the sacrum with your fingers out to the sides of the buttocks. Bring your fingers and thumbs together as you reach the top of the pelvic crest and then sweep your hands down along the outsides of the pelvis. Repeat this movement a few times and feel for any restrictions. Pause when you feel a blockage and press in. If the restriction feels like it needs movement in order to release, make small circular movements. (Fig. 4.24)



Fig. 4.24 *Massaging the Buttocks and Sacrum*

Technique 11 Releasing and Balancing the Area of the Perineum

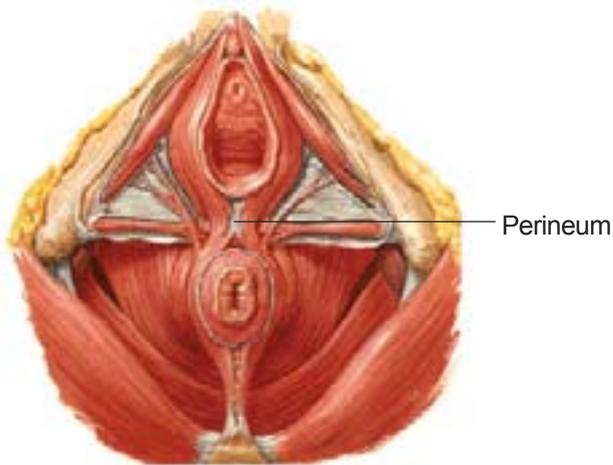


Fig. 4.25 *Pelvic Floor*

It is important for an individual's health to have good tonus in the muscles of the perineum / pelvic floor. When these muscles, the levator ani, coccygeus and transverse perineus are weak, the abdominal organs lose their support and an individual is drained of chi. Because of our sedentary lifestyles, it is a common occurrence for the muscles of the pelvic floor to be weak and inadequate. Releasing the tendons, ligaments, nerves and circulatory system of the pelvic floor will greatly improve the natural tonus of the muscles. It is very helpful if you advise your student to continue with pelvic floor muscle and tendon strengthening exercises. Please refer to Master Chia's *Healing Love* book for these exercises.

A. Between the Anus and Coccyx

With your left thumb press into the left side of the anococcygeal ligament, in the area between the coccyx and anus. Stabilize the right crest of the pelvis with your right hand so that the pressure you exert with your left thumb will not shift the position of the pelvis. Next, move your thumb directly under the coccyx and above the anus, and press into the anococcygeal ligament. Notice if there is any twisting or stagnation in the ligament. Now move your right thumb just to the right of the ligament and press in. Press these points until you feel a return of chi flow. And repeat on the other side. (Fig. 4.26)



Fig. 4.26 *Releasing between the Anus and Coccyx*

B. Anus

Place your left thumb near the left side of the anus and the rest of your hand around the left buttock. Stabilize the pelvis by placing your right hand on the right pelvic crest. Press in with your thumb and pull slightly to the left. Feel this space open and relax. Repeat for the other side. (Fig. 4.27)



Fig. 4.27 Releasing the Anus

C. Ischial Tuberosity

Working both sides together, press your thumbs below and a little to the medial surface of the ischial tuberosity. Feel for any congestion, knots or tangles in the veins and nerves. Making small circle movements into the restriction will help the area release. (Fig. 4.28)



Fig. 4.28 *Releasing the Tuberosities*

Technique 12 Releasing the Sciatic Nerve

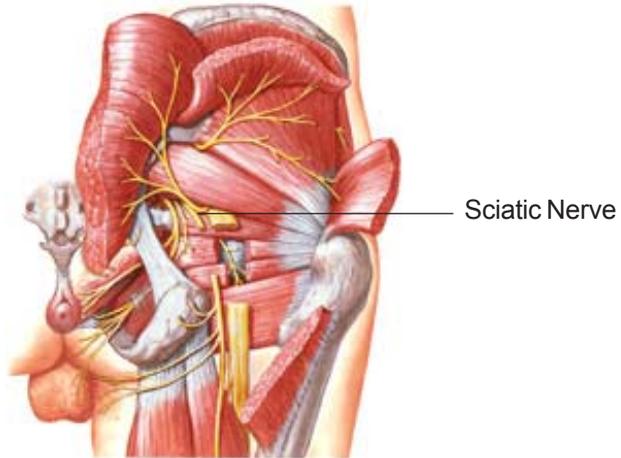


Fig. 4.29 Be familiar with the Path of the Sciatic Nerve.

Press your thumbs into the pathway of the sciatic nerve. (Fig. 4.30)
Feel for any knots and tangles and make small circular movements
to release the restrictions.



Fig. 4.30 Releasing the Sciatic Nerve

The following technique is performed with the student prone and the practitioner kneeling on the table facing the student's pelvis.

Technique 13 **Forearm Press – Anus to Sacrum**

Lean over the student's buttocks and place your forearm, ulna side down, along the midline from the anus to the sacrum. Rest your bodyweight down for two to three minutes and feel the energy flow up the spine. (Fig. 4.31)



Fig. 4.31 *Releasing the Anus to the Sacrum*

The following techniques are performed with the student crouching on all fours and the practitioner standing to the side.

Technique 14

Releasing the Circulation of the Pelvic Floor

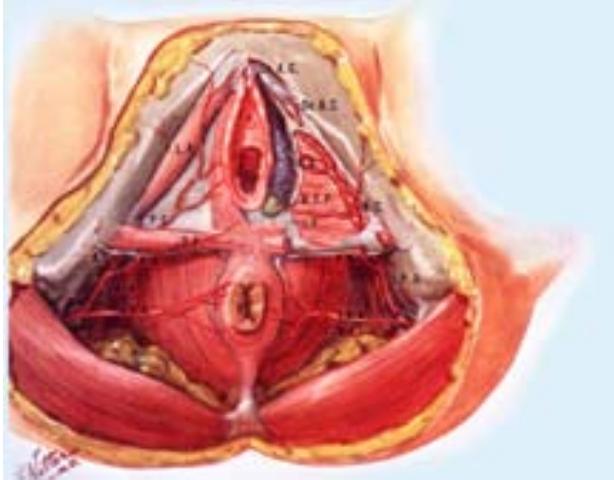


Fig. 4.32 *Be familiar with the Pathways of Blood Flow.*

By working from the posterior direction it is possible to release the circulatory system of the pelvic floor. This technique affects the perineal vein, pudendal vein, hemorrhoidal vein, urethral vein and the vein of the clitoris.

Place your right middle finger to the outside of the right labia majora and move the flat of your finger forward, massaging along the crease of the leg and labia. Repeat this motion a few times and repeat on the opposite side. (Fig. 4.33)



Fig. 4.33 *Improving the Blood Flow*

Technique 15 Massaging the Lateral Edges of the Abdomen from Underneath

Stand to the right side of your student with your right side touching the massage table. With your right fingers flat, make a scooping motion into the medial surface of the pelvic crest and massage down to the pubic bone. Repeat this sweeping motion a few times and then move over to the opposite side and repeat on the other side. (Fig. 4.34)



Fig. 4.34 Massaging the Abdomen from Below

Technique 16 Lifting the Ovaries and Uterus from Underneath

Kneeling to the right side of your student, scoop the right ovary up with your right hand and gently pull upwards. Make this same scooping motion to lift the uterus, feeling the uterus drop into your hand as it becomes free from any posterior restrictions. Move to the other side and repeat for the left ovary. If the uterus feels more restricted on the left side, repeat the movement for the uterus while standing on the left side. (Fig. 4.35)



Fig. 4.35 *Lifting the Ovaries and Uterus*

The herbal massage is performed with the student supine and the practitioner standing to her side.

Herbal Packs – The herbal packs are important for soothing and cleansing the tissues after the massage. They will stimulate the blood and lymphatic flow to speed up the detoxification process after the genital massage.

These herbal packs are made from a special blend of Thai herbs. They are applied at a fairly warm temperature, to the tolerance of the student. They are shaped like a ball with extra material at one end so it is easy to hold them when they are hot.

Technique 17

Herbal Packs over the Abdomen

Press the herbal ball into the upper abdomen and make a fairly rapid circular motion over the skin. Use the whole ball, the bottom and all the sides to rotate the herbal ball over the skin. Work your way down to the pubic bone, being careful to reach to the sides of the abdomen. Spend extra time with the herbal ball in the lower abdomen where so much of the massage took place. (Fig. 4.36-4.37)



Fig. 4.36 Roll the Herbal Ball over the Abdomen.



Fig. 4.37 *Rolling the Herbal Ball over the Abdomen.*

Technique 18 Herbal Packs pressed into the Genitals.

Ask your student if the herbal ball is too hot before you press directly into the genitals. Press and hold. Hold for 15 seconds or so and then finish the massage by moving the herbal ball up and down from the anterior to posterior pelvic floor and back. Feel the energy move up through the central channel to the pineal gland. (Fig. 4.38)



Fig. 4.38 Roll the Herbal Ball over the Genitals.

Chapter V

Male Karsai Nei Tsang

As people age, the lower abdominal area often becomes quite congested. This expresses itself in the presence of toxins in the organs and blockage in the circulatory system. This buildup of toxicity and sedimentation in the veins and lymphatic vessels creates many problems for the genital area.

As the circulation slows down this inhibits the healthy exchange of nutrients and the cleansing of the toxins. When the circulatory system is congested male potency can be affected. The circulatory structures that are most affected are the inferior vena cava, and more specifically, the internal and external spermatic vessels, pudendal veins, perineal veins, urethral veins, deferential veins, testicular veins and the pampiniform plexus and the group of arteries flowing to the testicles. There are numerous lymphatic nodes in this region that need to stay open and flowing with lymphatic fluid. When the lymphatic system clots, the body's defense system is inefficient. The primary lymph vessels in the genital area include the superficial and deep inguinal nodes, external iliac nodes, cloquet's nodes, and the rich network of lymphatics in the prostate and testicles.

This increased toxicity and pressure also weighs heavily on the nerves. With any added pressure, pulling from knots and tangles from other nearby structures, excess heat, dampness, or cold winds, the nerves lose their ability to effectively communicate with the genitals. The nerve impulses will then travel very weakly and slowly and the genitals will lose their ability to respond in a healthy manner.

Technique 1 Releasing the Blood Supply to the Testicles and Penis

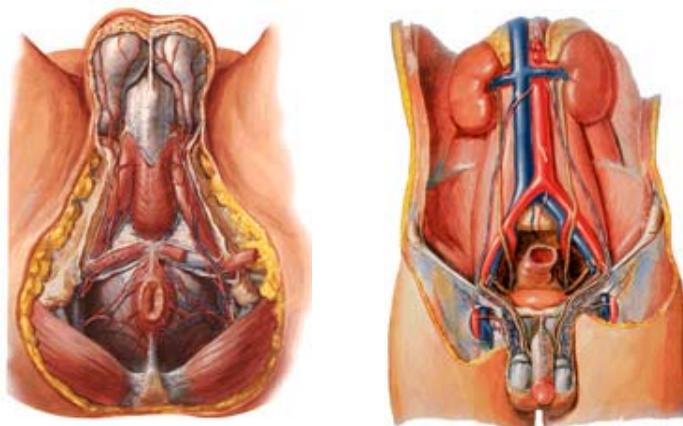


Fig. 5.1 Be familiar with the anatomy of the male genital area.

With your left hand lift the testicles and penis and stabilize them up and over to the left side. Place your right thumb on the lower right edge of the scrotal sac. Move your thumb upwards, following the edge of the scrotal sac and the crease of the leg. As you work, observe any deposits you feel in the veins. Pause when you feel a deposit and work this area with a small circular movement pressing into the restriction. Smooth out the area with long, lighter strokes before you move on to the next technique. (Fig. 5.2)



Fig. 5.2 Releasing the Blood Supply

Technique 2 Energizing the Prostate through the Perineum and Supine Position

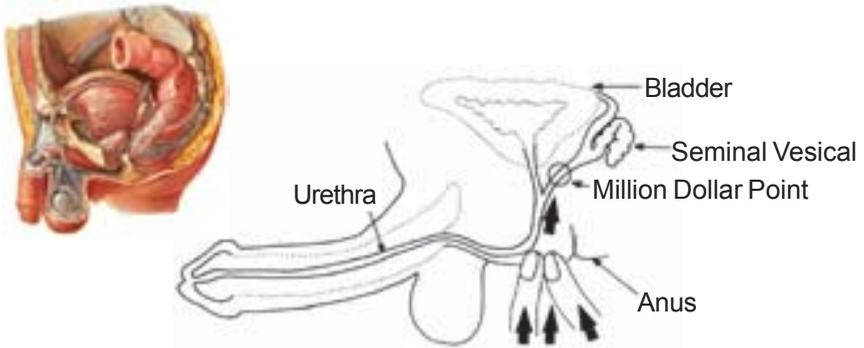


Fig. 5.3 Be familiar with the Anatomy of the Perineum.

With your left hand lift the testicles and penis upwards and stabilize them away from the perineum. With the pad of your right middle finger push directly into the million dollar point until you feel the base of the prostate. Hold this pressure until you feel the prostate vitalized with chi. (Fig. 5.4)



Fig. 5.4 Energizing the Prostate through the Perineum

Technique 3 Releasing the Sedimentation in the Scrotal Sac



Fig. 5.5 Become familiar with the anatomy of the testicles.

This is an explanation of the testicle massage but it is highly advised that no one practice this technique without taking the Chi Nei Tsang course in Genital Massage. This following massage technique requires finely skilled hands because it is extremely easy to hurt your student and cause swelling of the testicles. This technique is only used on the superior boundary or the testicles. **Do Not** work on the sides of the testicles or the inferior border of the testicles. This can cause serious problems. The practitioner will sit in between the student's legs.

Place your eight fingers under the testicles and let the weight of the testicles rest into your hands. Place your left thumb between the two testicles, stabilizing the left testicle by pressing your left thumb down to meet your left fingers. Press down with your right thumb into the superior boundary of the right testicle holding the underside of the right testicle firm with your right fingers. Now start to search for sedimentations in the veins with your right thumb and fingers. You will feel the sediment as sand. You are looking for the veins that are just above the testicle. Press into the sediment and make small circular movements and focus on breaking up the sediment. Feel the sediment dissolve between your fingers and thumb. Continue searching for sediments in this area and patiently work them one by one. Now repeat this procedure for the left testicle. (Fig. 5.6)



Fig. 5.6 Releasing the Sedimentation in the Scrotal Sac

Technique 4 Smoothing out the Veins in the Upper Scrotal Sac

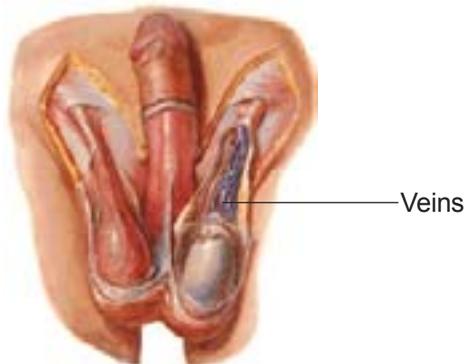


Fig. 5.7 Be familiar with the Veins in the Scrotal Sac.

Place your fingers under the scrotal sac supporting the testicles and place your thumbs on top of the scrotal sac and superior to the testicles. Gently move your thumbs along the veins in the scrotal sac to the base of the penis. Repeat this movement a few times balancing and smoothing out the chi flow. (Fig. 5.8)



Fig. 5.8 Smoothing out the Arteries

Technique 5 Stimulating the Circulation through the Scrotal Sac

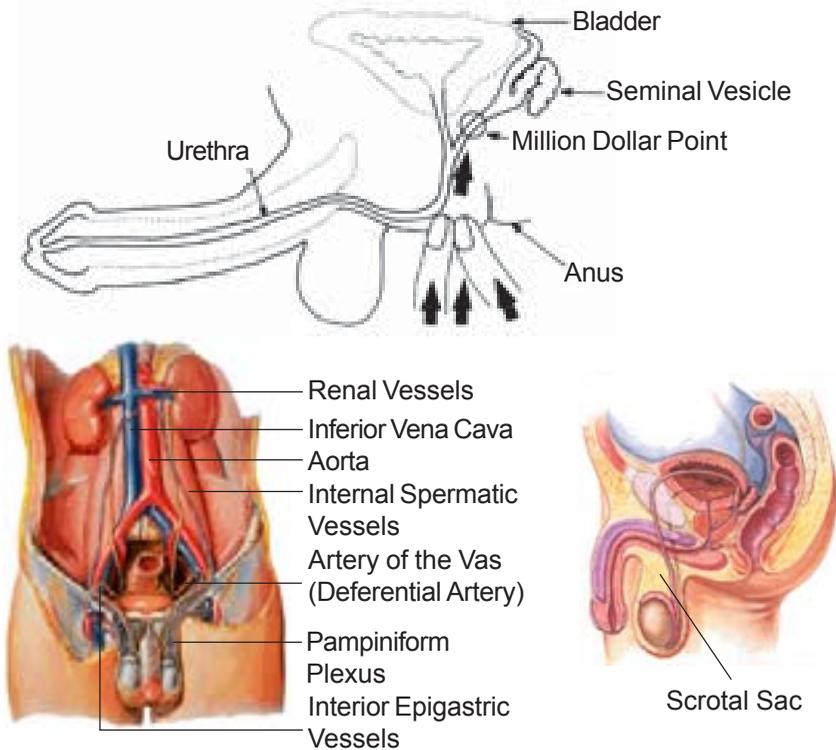


Fig. 5.9 Be familiar with the veins and lymphatic nodes that supply the sexual organs.

This is another effective technique for stimulating the blood and lymphatic flow in the genital area. By working through the scrotal sac you can directly affect the lymphatic nodes, deferential veins, dorsal veins of the penis and the pampiniform plexus.

Move your middle finger through the top of the scrotal sac and to the side and base of the penis. You will feel that your finger is on top of the pubic bone. Sweep your finger from side to side, stimulating the circulation of the testicles and penis. If you find a restriction, pause and press into the restriction while you make small circular movements. (Fig. 5.10)



Fig. 5.10 Stimulating the Circulation through the Scrotal Sac

Technique 6 Testicle Rub



Fig. 5.11 Outer and Inner Anatomy of the Testicles

The purpose of this technique is to stimulate the circulation on the sides and lower edges of the testicles. It is important to be gentle yet firm with the testicles. Avoid all quick and sharp movements. Do not overly squeeze the testicles nor push in too hard.

With a firm yet sensitive touch wrap your left thumb and forefinger around the base of the scrotal sac and slightly rotate the testicles clockwise to the right. This will place the testicles in a small space at the bottom of the scrotal sac under a bit of tension. With the palm of your right hand rub in a circular motion, somewhat vigorously, all around the sides and base of the testicles. Repeat this movement, now using your right thumb and forefinger to encircle the base of the testicles and rotate the testicles counter-clockwise to the left. Now use your left palm to massage. (Figs. 5.12-5.13)

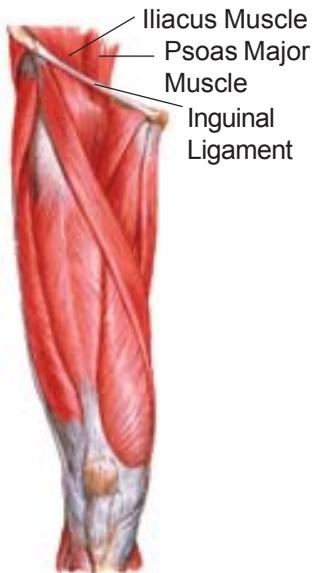


Fig. 5.12 Rubbing the Testicles



Fig. 5.13 *Rubbing the Testicles*

Technique 7 Releasing the Inner Thigh



Move a little away from your student and rotate his right leg exteriorly so that the inside of the right leg is exposed. In this position the gracilis and adductor muscles will contract and bulge out a bit. Place your right hand over the genitals and stabilize them to the right. Press in with your left thumb underneath the bulging muscles and to the outside and massage with a long stroke down the inside of the leg. Any tension in the genital area will also express itself down the inside of the legs. Repeat these movements until you feel a softening in the muscles and the leg release. (Fig. 5.15)

Fig. 5.14 Muscles and Tendons of the Inner Thigh



Fig. 5.15 Using Long Strokes for the Inner Thigh

The following techniques are performed with the student prone on all fours, resting his weight on his knees and his elbows. The practitioner is sitting on the table facing his pelvis.

Technique 8

Massaging the Buttocks and Sacrum

At this point in the massage there has been much release of energy in the genitals and pelvic floor. It is important to clear the pathway for this energy to rise into the sacrum and continue along the microcosmic orbit. This technique focuses on releasing the intricate pathway of nerves along the sacrum and buttocks as well as releasing the tension in the buttocks muscles so the sexual energy (jing chi) can move upwards and be transformed into healing energy. (see *Healing Love* book)

Using the full palms and fingers of your hands, start at the level of the ischial tuberosities and move your thumbs upwards along the edges of the sacrum with your fingers out to the sides of the buttocks. Bring your fingers and thumbs together as you reach the top of the pelvic crest and then sweep your hands down along the outsides of the pelvis. Repeat this movement a few times and feel for any restrictions. When you feel a blockage pause and press in. If the restriction feels like it needs movement in order to release, make small circular movements. (Figs. 5.16-5.17)



Fig. 5.16 *Massaging the Buttocks and Sacrum*



Fig. 5.17 *Massaging the Buttocks and Sacrum*

Technique 9 Releasing and Balancing the Area of the Perineum

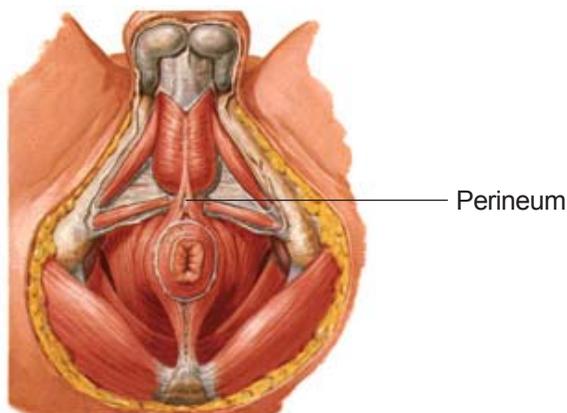


Fig. 5.18 Pelvic Floor

It is important for an individual's health to have good tonus in the muscles of the perineum and pelvic floor. These muscles are the levator ani, coccygeus and transverse perineus muscles. When they are weakened, the abdominal organs lose their support and an individual is drained of Chi. Because of our sedentary lifestyles, it is a common occurrence for the muscles of the pelvic floor to be weak and inadequate. Releasing the tendons, ligaments, nerves and circulatory system of the pelvic floor will greatly improve the natural tonus of the muscles. It is very helpful if you advise your student to continue with pelvic floor muscle and tendon strengthening exercises. Please refer to Master Chia's Healing Love books for these exercises.

A. Between the Anus and Coccyx

With your left thumb, press into the left side of the anococcygeal ligament, in the area between the coccyx and anus. Stabilize the right crest of the pelvis with your right hand so that the pressure you exert with your left thumb will not shift the position of the pelvis. Next, move your thumb directly under the coccyx and above the anus, and press into the anococcygeal ligament. Notice if there is any twisting or stagnation in the ligament. Now move your right thumb just to the right of the ligament and press in. Press these points until you feel a return of chi flow. (Fig. 5.19)



Fig. 5.19 *Releasing between the Anus and Coccyx*

B. Anus

Place your left thumb near the left side of the anus and the rest of your hand around the left buttock. Stabilize the pelvis by placing your right hand on the right pelvic crest. Press in with your thumb and pull slightly to the left. Feel this space open and relax. Repeat for the other side. (Fig. 5.20)



Fig. 5.20 Releasing the Anus

C. Ischial Tuberosity

Working both sides together, press your thumbs below and a little to the medial surface of the ischial tuberosities. Feel for any congestion, knots or tangles in the veins and nerves. Making small circle movements into the restriction will help the area release. (Fig. 5.21)



Fig. 5.21 Releasing the Tuberosities

Technique 10 Releasing the Sciatic Nerve

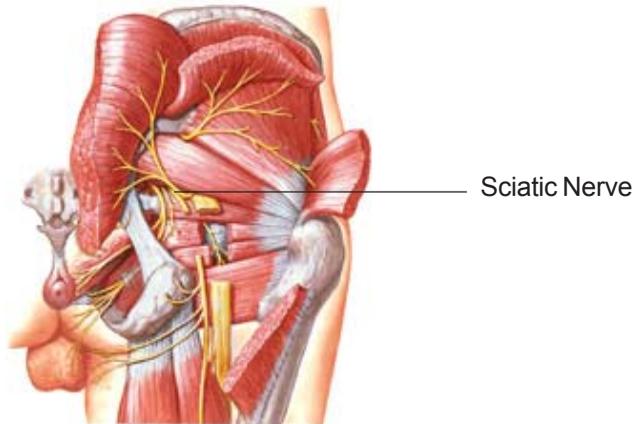


Fig. 5.22 Be aware of the sciatic nerve path.

Press your thumbs into the pathway of the sciatic nerve. Feel for any knots and tangles and make small circular movements to release the restrictions. (Fig. 5.23)



Fig. 5.23 Releasing the Sciatic Nerve

The following technique is performed with the student prone and the practitioner kneeling on the table facing the student's pelvis.

Technique 11

Forearm Press – Anus to Sacrum

Lean over the student's buttocks and place your forearm, ulna side down, along the midline from the anus to the sacrum. Rest your bodyweight down for two to three minutes and feel the energy flow up the spine. (Fig. 5.24)



Fig. 5.24 Releasing the Anus to the Sacrum

The following techniques are performed with the student crouching on all fours and the practitioner standing to the side.

Technique 12 Energizing the Prostate through the Perineum on all Fours

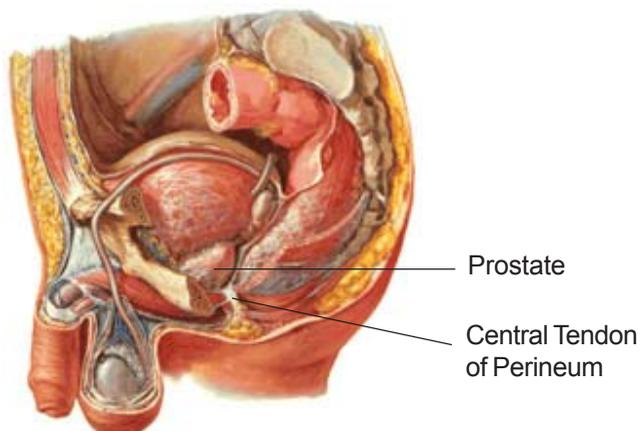


Fig. 5.25 Be familiar with the position of the prostate.

Stabilize the sacrum with your left hand and press your middle right finger directly into the million dollar point. The million dollar point is just in front of the anus and behind the perineum. Press in firmly until you feel you are in contact with the prostate. You can also press in with your thumb if this is easier for you. Press in and feel for any congestion. Release your pressure when you feel the prostate release and flow with energy. (Fig. 5.26)



Fig. 5.26 Energizing the Prostate

Technique 13 Releasing the Circulation of the Pelvic Floor



Fig. 5.27 Be familiar with the pathways of blood flow.

By working from the posterior direction it is possible to release the circulatory system of the pelvic floor. This technique affects the perineal vein, pudendal vein, hemorrhoidal vein, urethral vein and the vein of the penis. (Fig. 5.28)



Fig. 5.28 Improving the Blood Flow

Stabilize the sacrum with your left hand and bring the fingers of your right hand underneath the anus to the left side of the scrotal sac. Slide your fingers down the left side of the scrotal sac and forward along the crease of the leg and testicles. Repeat this motion a few times and repeat on the opposite side.

Repeat Technique 8 - Repeat technique 8 to smooth out and integrate the releases. Feel the energy move upwards along the spinal column.

Technique 14

Massaging the Lateral Edges of the Abdomen from Underneath

Stand to the right side of your student with your right side touching the massage table. Place your right hand over the lumbar vertebra while the finger pads of your left hand scoop under the lower ribs and massage down the ascending colon and down to the pubic bone. Repeat this sweeping motion a few times and then move over to the opposite side and repeat for the descending colon, across to sigmoid colon. (Fig. 5.29)



Fig. 5.29 *Massaging the Abdomen from Below*

Technique 15 **Massaging the Inguinal Ligament** **from Underneath**

Stand to the right of your student and face their right leg. Place your left hand around the outside of the thigh and with the finger pads of your right hand massage down the length of the inguinal ligament. Repeat this movement a few times and then treat the other side.



Fig. 5.30 Massaging the Inguinal Ligament

Herbal Packs – The herbal packs are important for soothing and cleansing the tissues after the massage. They will stimulate the blood and lymphatic flow to speed up the detoxification process after the genital massage.

These herbal packs are made from a special blend of Thai herbs. They are applied at a fairly warm temperature, to the tolerance of the student. They are shaped like a ball with extra material at one end so it is easy to hold them when they are hot.

Technique 16 Herbal Packs over the Abdomen

Press the herbal ball into the upper abdomen and make a fairly rapid circular motion over the skin. Use the whole ball, the bottom and all the sides to rotate the herbal ball over the skin. Work your way down to the pubic bone being careful to reach to the sides of the abdomen. Spend extra time with the herbal ball in the lower abdomen where so much of the massage took place.



Fig. 5.31 Roll the herbal ball over the abdomen.

Technique 17 Herbal Packs over the Genitals

Move the penis away from the testicles and then press the herbal ball on the top side of the testicles. Ask your student if the herbal ball is too hot before you press directly on the testicles. Hold for 15 seconds or so and then move the herbal ball to each side of the testicles. Press and hold. Finish the massage by moving the herbal ball to the base of the testicles and feel the energy move up through the central channel to the pineal gland. (Fig. 5.32)



Fig. 5.32 Roll the herbal ball over the genitals.

Interviews

By Dennis Huntington

New Life: Rebecca (Retired Business Woman, 55)

Rebecca had suffered chronic vaginal pain as well as psychological confusion and emotional anguish towards her doctors, gynecologists and psychologists for twenty years since her operation after giving birth to her child. Those ‘professionals’ offered her superficial remedies and considered her continued complaints as being psychosomatic—without ever diagnosing the problem or giving her any relief for her painful physical condition. Yet after four sessions of Karsai Nei Tsang the results seemed like a miracle cure: the pain was gone! She feels that she has been given a new life. The following is her story.

Rebecca: Twenty years ago a few days after the birth of my son I had a very hard operation and they did something wrong. Nobody knows exactly, and later my doctor, my gynecologist, tried to find out what happened on that night in the hospital, but we never—we never—got the papers! Ever since then there has been something very wrong.

“I worked on this problem for many years with gynecologists, psychologists and with special gymnastics, called ‘Hanken Gymnastic’ in Germany. This gymnastics is especially good for exercises after birth, and for the vagina while breathe in and relaxing, and breathe out and relax. After the operation I felt weak for months. I could sit only in a special round cushion with a hole in the middle. One sits over the hole, so as to not have contact with the vagina. For months I couldn’t sit on any normal chair. They hurt me in a way I really don’t know and nothing seemed to help me.

I tried to tell my story to Khun Ni, (Khun Ni is the Karsai Nei Tsang therapist at the Universal Tao center, Tao Garden, in Thailand). She put her hands on me and said, “Oo-oo-h-h-h, pain, pain.” And I said, “Yes, a lot of pain.” Then I allowed her to go deeper. She did not go into my vagina but she did work around the area, where the blood circulation is and all the points that connect. I think that she found a lot of blockages. She worked there for some time. It hurt, and it brought up all those pictures from the operation and all that stuff from twenty years before. It was good for me that it

was a woman because all the doctors for the operation and all the people in the hospital were men, except the midwife—but she was not really a nice person, I must say. She upset me in many ways. I felt like I could trust Khun Ni, so after this one session I agreed that I would have three more sessions of this special massage.

“The second massage was really hard. For the first session I had all my clothes on and for the second session I was naked. Really, I was surprised how painful the massage was. It was really painful; she really went into the pain and released the blockages. In the beginning when she was touching around my vagina, she explained to me that something was crossed. I think it was little veins or little muscles; I don’t know. She showed me like this: fingers crossing. Then she worked on that area, and it was painful, of course. After the third massage, she said, ‘OK now.’”

Interviewer: *“Ah-h-h, so she got them untangled.”*

Rebecca: “Yes and the miracle was that when I had sex with my boyfriend afterwards there was no pain. Before the Karsai massage I always had a lot of pain with love making. It was always a little bit strange for me, and now I have this feeling that something is released. I will see in the future what will happen. I am very, very impressed, and I think, ‘Thank heaven that she does this work and she knows it so well.’ When I looked at her, she was always sitting with closed eyes, and she was really so in her work! I really have a lot of respect for it. I trust her totally, and this is a most important point. I was breathing, she was pressing. It was like giving birth, but in a good way. I felt safe; I felt really protected by her. “For me, it was what I was waiting for, for twenty years, to release pain that had become part of me for such a long time. This session was very special for me.

“The third session was easier; she didn’t go back to those points. But then the last one was painful again because she went up to the joints on the hip and the muscles higher in the tummy. I still felt a little pain, until yesterday. Today I’m completely free after all this treatment. I feel very good with it. She said that I might have to come back in six months, a year or two to do it again. But, between now and then, I will see how it goes and how I feel—especially, if I am together with a man and have sex because that was always something painful for me. I’ll really think about coming back for this reason, and to continue to feel good.”

Interviewer: *“That’s a really meaningful story.”*

Rebecca: “Yeah, it has a lot of meaning for me, and I’m happy that I had the courage to do it—because I was really afraid to go back again after the first session. But, I knew how I always felt very sad and that in the recent years if I just talked to somebody about it, I was crying. All the tears were coming out because it touched me so deeply, and it was so painful. I think it’s important because I’m very happy with the result. This was the main point for me in deciding to give you this interview—to help some other people who might go through the same hell I went in. Yeah, it’s great. It’s great to be back in life again.”

Geoffrey (Retired Business Consultant, Body Worker,60)

I was surprised to notice that Karsai Nei Tsang is much broader than massage of the testes. It’s a massage of the entire sexual area, the lower belly and the anal region. It works on the sedimentation deposits in the blood vessels there which inhibit good circulation. I have never found anybody who worked on that. I must say, it’s a reasonably painful massage that she gives, but it is absolutely unique. I find her very sensitive and completely in tune with the body, and very effective for what she does. I feel that she really addresses the essential points.

This massage is a natural way of addressing any problems in the genital area. So far, I am quite happy with these treatments. It helps with the strength of erection and I feel more alive in that area.

Nerve Compression: Alexis (Nurse, 39)

Alexis is a Universal Tao instructor, and she also has considerable experience as a yoga instructor. She had a beautiful nine-month old daughter at the time of the massage. She sent the following interview response by email after returning home.

Alexis: “During my pregnancy, I developed Meralgia Paraesthetica in my left thigh. This condition is a symptom complex that includes numbness, paresthesia and pain in the antero-lateral thigh. The cause can be an entrapment neuropathy or a neuron of the lateral femoral cutaneous nerve.

“In my case it was the weight of my pregnancy that was causing the compression of the nerve. My condition continued even after delivery. I saw a neurosurgeon, and the treatment plan was wait

and see, rather than surgery.

“Nine months later I was still experiencing numbness, reduced sensation and occasional pain over the entire left lateral aspect of the thigh, right down to the knee. At this time I was fortunate to be in Tao Garden. I booked to see Ms. Ni. During my first treatment, I felt my sensations returning to my thigh, and by the end of the treatment I had 80% normal sensations to my thigh.

“Needless to say I was extremely impressed and incredibly grateful to Ms. Ni. She is very capable and knew exactly where to work to release the nerve compression. I find her to be a highly competent practitioner.”

**Painful Intercourse: Marsha
(Massage Therapist, 35)**

Marsha is a Universal Tao instructor and an experienced Chi Nei Tsang Massage practitioner with a classical massage background.

Marsha: “One of the things that I learned from receiving this massage is that there is more than one way to lift the uterus. Women have been studying how to do this; there are a couple of techniques out there. When a woman’s uterus drops down, it puts pressure on her cervix which can cause painful intercourse. For example, women continue to collect negative energy by having sex and there is a build-up of negativity if you continue to have sex when it hurts. So, the most effective remedy is to lift the uterus so that the cervix is not so close to the vaginal canal. When the woman’s cervix is low the man’s penis will bump against the cervix during sex. This is very painful at the time, and afterwards you are sore for twenty-four hours. The resulting inflammation is just not good for you.

I find this massage different than the other uterus lifting techniques because rather than just lifting the uterus by digging under the pubic bone and lifting up, the practitioner may find where a tendon is knotted and too short so it is pulling the uterus down. There may be tendons connected to the pelvic bones that are constricted and pulling the uterus and the bladder down. So instead of just pulling up from the pubic bone, now we can untie the knots, tangles and twists in the ligaments that connect the hips and free the uterus itself. So, instead of just pulling the uterus up, the tendons and ligaments were released that were responsible for pulling the uterus down. This is huge, really huge!

“The other thing is that for women who have negative energy collected in their sexual organ region, we now have a respectful, gentle massage that works. We have a massage that works to free up this stuck chi that may have accumulated from any kind of negative sexual activity or any negative sexual thought. So, when you release a tendon, you release the negativity inside the tendon, we know this from Chi Nei Tsang I and II. Master Chia says that this is the missing piece and I agree! This is where sediment, both energetic and physical, settles. So for woman the release is both physical and emotional.

Interviewer: *“Did you have new experiences in the massage?”*

Marsha: “Yes. For me, I have many years of doing personal bodywork—bodywork on myself—and also studying the Tao. So I knew what to expect, and a lot of the work had been done. But not all of it, and I could not seem to free up the area between the upper thigh and the top of the pubic bone. I could have worked it on my own—what I was lacking was an education. For example, and this is so important, in classic massage school they teach a technique called ‘cross fiber.’ So, instead of going along the length of the tendon, you find a knot and you go across the knot. Instead of going parallel to the fibers of the tendon you go perpendicular. In Karsai Nei Tsang, you massage along the line of the tendon very gently, repeatedly, and using intention. That’s how you untie this very delicate tissue. This is very different from deep tissue massage.

“So, in my first appointment, I did feel some emotions, because someone was touching around my genital area. There’s a certain amount of trust that a person must have, and if you don’t have it, well, you could have some issues come up just from that. Then as things released over the course of the next twenty-four hours after my first session I experienced a lot physical toxins releasing, and I had pain physically. This was OK with me.

“When I came back two days later, Khun Ni said, “You are not ready yet. You are still swollen, and have inflammation and it looks like we broke up adhesions.” And, I am sure I did because my tangled-up tendons had been there since I rode horses when I was eleven/twelve years old. I know that this kind of massage can bring about much emotional release but I didn’t get the tears that some of my other woman friends experienced. I know that some women

had very big releases. I think this was only because I had known for eight years that this was the worst area of icky stuff in my body. For me, it was very joyful because I finally found somebody sensitive enough and knowledgeable enough. These are two very important things in order to work the area effectively and efficiently.

“I think I had three treatments, and I now know what to do for myself—because I have to leave Khun Ni. So, I feel that she was repetitive enough so that I got it. Maybe not everything, but I have enough to get in there and start—with my new information—to start straightening my tendons. As a matter of fact, before she worked on me, I didn’t understand that I needed to straighten my tendons. My groin had been just a rock—and I didn’t know what to do with it. Now I have techniques to stretch and lengthen and pull and untie the knots. For me, the experience was life changing because, maybe in the next few months, I can no longer say that my groin is the most congested part of my body.

“One of the important points for me is the combination of sensitivity and knowledge. What this massage brings to us is new knowledge. We already have lots of techniques for lymphatic, for tendon and for muscle massage. This is a very clear, concise massage technique that does not veer off of its formula.”

Interviewer: “it is important when you are moving sediment or other energetic blockages from the area that it has to have a place to go. So, as a component of the massage, she prepares the other areas so that when she activates the movement, then it has a place to go.”

Marsha: “Yes. When I went for my last massage, she knew she needed to move a lot of stuff out. She took almost thirty minutes and opened up the lymphatics around the belly. You’re right, she prepared my body. That’s where the knowledge comes in. It is important to know about the body. You have to know there’s a cluster of lymph nodes in the belly. Otherwise, you move stuff out and maybe the knees get stuck or something. Ha-ha-ha.

“Oh, yes, after my third massage, over the course of about five days, I went back to my room and lay down on my belly. I felt energy in the form of a tingle rise up from my groin and start to move up toward my head. The energy made it to my shoulders and there it dissipated a bit. Another experience I had after the massage was

how much sexual energy it gave me! I had so much heat, and that heat lasted probably half a day. I had a build-up of energy that must have been stuck in the tendons, ligaments and skin. I had stored this heat, inappropriate heat, and I was sweating. This was one of the first things I experienced. Then, as I got healthier and the energy released, it felt light and bubbly and tingly.”

Interviewer: “*Oh, how nice—champagne massage!*”

Marsha: “It was nice. I think that for a woman to release this beautiful energy is so important. It feels like things start to flow. I would think this would benefit our skin, our hair, our mind, and our organs. This is what makes a woman really powerful, to be able to tap into this energy.”

Mary (Mother, 33)

Mary was participating in Dr. Roy Martina’s “Inner Power Zone” retreat in the summer at Tao Garden when she heard about the genital health massage.

Mary: “I thought it was done in a very skillful and sensitive way, which made it possible for me to really breathe into the areas and loosen up. For example, the pelvic floor—I really felt that she was able to loosen up the whole pelvic floor area. She works from all angles, and it’s quite intimate, but she does it in a very professional way so it doesn’t feel that she’s intruding. I also liked very much that she worked all around. She works the front. She works the bottom. She works the back. She integrates this with working on the abdomen on the intestines, on the organs, on the inguinal area—on the ovaries, uterus, rectum. She works on the anus—around the anus almost, on the outside on the left and right and the side of the anus also—which was a new experience for me, but it felt really very good afterwards. Yeah, I really felt that there was an increase in circulation. I felt really that the breath and chi was filling-up the base, all the circuits or something. It was really a very good feeling after the sessions.

“It really felt like she released quite a few blockages: both in the abdomen and on the sacrum, and definitely on the pelvic floor—on the sides of the genitals, that group of muscles that constitutes the whole bottom of the torso and prevents the organs from falling down. It released tension for sure, also very good work in the inguinal

area. I felt energy released. For sure, I felt the chi flow really much better into this area after the massage.

“I think a very important point is that it’s called a genital massage, and it sounds very intimate, but it’s really not very intimate. It’s really very professional—it releases a very important area that you normally don’t get worked on if you go to a massage therapist. I think this is very important. There is nothing sexual about it. It’s really professional bodywork.”

Anya (Scientist, 41)

Anya was a participant in the Universal Tao summer retreat. She had suffered from tension and pain in her legs, hips, lower back, shoulders and neck for many years. She had been wearing a platform shoe for twenty years to compensate for one leg being shorter than the other.

Anya: “I went to Khun Ni to have the genital massage, and then during the very first session she told me that my leg should be treated first before she would be able to do the genital massage because there was just so much tension in the leg, and it was affecting the genital area. There wasn’t really a problem in the genital area; it was just affected by the leg.”

Interviewer: *“Many people have discovered through their experience with this massage that other areas are affected, and other areas affect the genital area. ... This seems to be the case with you.”*

Anya: This was something I already knew: One leg was shorter than the other. So, she treated me for the difference in the length of the two legs. That was quite amazing because she put a lot of force into this—because it involved big muscles and big joints. I already had pain in my right hip for eight years. When I was jogging or doing sports I often got injured in my knee or ankle, and it had to do with the difference in the length of the legs. In two sessions, with her experience she adjusted the length in my legs. I don’t know how she did it, but she did it. She made the legs the same length. In one or two sessions I was standing evenly on both legs. It was amazing. I threw away two pairs of shoes because one shoe had higher soles to make up for the difference in length. I bought myself new shoes in Chiang Mai. It was nice.”

Interviews

Interviewer: *“And now you feel very comfortable with both legs equal?”*

Anya: “Yes. Yes, it’s really like a miracle. I always had these very tight muscles on the inside of the thigh. There was so much tension; you could feel them like little knots in different places along the muscle tissue. It’s great to have the feeling that there is less tension in the muscles.”

Interviewer: *“So the whole leg has had a readjustment, a realignment or something, so that the muscles now are flexible.”*

Anya: “Yes, it was the tension of the muscles that made the hips rest at a different level. Now she has released the tension, It’s not like the two legs are the same at this moment, but I’m making progress, and she gave me some exercises to take home. So, I have to take care not to get too much tension again.”

Interviewer: *“Are you finished with your sessions now?”*

Anya: “Tomorrow is the last one because I am leaving to go home after that. She’s treating my shoulder now—the same problems, the same tension, and same uh-h ...”

Interviewer: *“Well, if you are out of balance in the lower body that would affect something in the upper body maybe, too.”*

Anya: “Sure.”

Interviewer: *“So, did that seem to have any effect in genital the area that you started with?”*

Anya: “I did not experience that there was less tension in the genital area, but I asked her if this would be the point, and she said it would be. It would just go away as a result of removing the cause of it. Yes, she said there would be less tension in the genital area—but I have to experience that.” It is not that I feel tension in this area but at this time I do not feel the difference. I think I need to take time and become more sensitive. It is a big gift for me to feel more balanced in my hips and then I will see what happens.

Michael (Businessman, 55)

Michael was visiting Tao Garden with the group for the Inner Power Zone retreat.

Michael: “I had the first Genital Health Massage of my life yesterday. I was a little afraid of it because my scrotum is a little bit tense. But she did it very nicely, though I felt a little bit of pain up through my kidneys. But after awhile, after massaging it three times, it was gone. So afterwards, I feel pretty good. But during the dancing at night, I couldn’t do that because I felt a pain again in my sensitive area. Then after one hour, it was gone. Well, now, it’s relaxed and feels open. I did like the treatment from the woman, especially. She’s very easy to read: She’s open, she’s friendly, and she’s kind. So it was a beautiful experience.”

Interviewer: “*I get from what you said that she relieved some tension from your scrotum and testicles. Also, from the effect that you had later on, it sounds like she removed some blockage. Do you think so?*”

Michael: “I don’t know. I’m not an expert, but it feels like so. It feels like it’s open. Yeah, it’s accessible also. Something flows, and now that pain is completely gone.”

Interviewer: “*So, are you looking forward to your second session?*”

Michael: “Ha-ha-ha. Well, I am still a little bit afraid. Especially when she touches the way, the channel, which leads from the scrotum to the kidneys—you feel the pain. Yeah, that’s a little bit frightening, but, well, you get used to it.”

Interviewer: “*I think it’s a good sign, actually, because it opens up the energy flow of the connection to my kidneys. Maybe the pain is a little discomforting if there is a little pain involved, but it’s helping—in my experience, if it is not there, I’ve got a problem. So probably that’s a good sign, more than not.*”

Michael: “It was a wonderful experiment for myself. I wanted to experience that, and it went well.”

Interviewer: *“Do you feel that you would feel more comfortable in performing self-massage?”*

Michael: “I did it this morning, a little bit, but that area is always so tense that I don’t dare to touch it. So, I did it a little bit in the morning, and it went well. And if it is going to happen in my home country, I will certainly come. If she comes, I will certainly make an appointment.”

Pieter (Dance Teacher, 42)

Pieter is a forty-four year old dance teacher in a dance academy. He teaches improvisation, choreography and dance analysis. He came to Tao Garden for Dr. Martina’s two-week “Inner Power Zone” retreat.

Interviewer: *“You have had three Karsai Nei Tsang massages already, are there any particular results that you find to be of value?”*

Pieter: “I think one of the main results is that the energy in the abdominal area is much better. It’s much lighter, and it’s much better connected so that I feel the chi more easily. I also feel a difference in my thinking and I feel more playful than before. These are things that I can tell now are already changed.

“Also, I feel that a lot of weight from heavy emotions that were stored in the abdomen have released. I had a lot of gas there, and there is hardly any left. Also the volume of the belly area has diminished by more than one-third.

Interviewer: *“Due to the excess, trapped gas, do you think?”*

Pieter: “Yes, gas and a lot of emotions were stuck there. Khun Ni said that I should express my emotions quickly: say what I have to say instead of keeping them inside. She is so right about this. She can feel so much through her hands; it’s really amazing that she can pinpoint this. That’s very nice. I also had a problem with my testicles; one of my testicles had a line of tension to one of my kidneys. One testicle was a little bit smaller and lower than the other that’s what my girlfriend told me, because she was there when Khun Ni worked on it. After working on the testicles, they became the same size and adjusted to the same level, instead of

the one hanging lower. She put the alignment back together. She could feel very clearly that there was a knot in the groin area that blocked the connection between the testicle and the kidney. So she worked there, and she opened it. That was very nice because I had a lot of problems a year ago with my groin. And I feel now that it's more flexible."

Interviewer: *"So, she massaged that area to release the tension that was blocking the energy flow to the kidneys."*

Pieter: "Yes.

Interviewer: *"Can you feel the open flow between the testicles and the kidney area now?"*

Pieter: "Yes, I do. I think it would be much better if I had more massages. It's a pity that there is not enough time. I think she could do more good work. I have had all of my three sessions now, but she is so overbooked that I can't get in anymore."

Interviewer: *"Yes, she's been really busy."*

Interviewer: *"Well, so, she balanced the height of the testicles. Were there any other things that you noticed? Was there any accumulation of sedimentation that she helped to breakdown and move?"*

Pieter: "Yes. She did a strange thing yesterday with my leg and with the knots in the groin. Now it's more flexible. It was stiff and frozen. She just felt it and with one little massage manipulation and it was done! So amazing. She also worked on my legs yesterday, and she opened my legs and my ankles much more. It's very good and my neck is better also. She did several things to open it up again. So it has all been very good.

Interviewer: *"So she released the blockages to the sexual energy flow in your body so that it goes up to your brain. And by opening these areas in your wrists and ankles, it has helped the circulation of energy through the whole body."*

Pieter: “This is where I feel a difference in how she’s working with other massages. They do their job, and it’s very good. Other massages open up surface things, but Krasai Nei Tsang goes amazingly deep into the body and in the organs. It’s more of a mind-body connection, instead of only the body. So, on this level it’s amazing what she’s doing. And what she feels and what she sees in the body! So I think she’s a gift from the Center!”

Interviewer: *“Is there anything else you would like to say that I haven’t asked you about?”*

Pieter: “I think it would be good for everybody to receive this type of massage. Yes, it may be a little bit strange when you see the title, Genital Massage, you think, ‘Whoa, what’s happening there?’ But I think, there’s a taboo in the world that the lower part shouldn’t be touched by somebody else in the form of massage. If Tao Garden had not suggested it to me, I probably would not have received this massage. It’s amazing! Again, thank you.”

Anke (Teacher, 55)

Anke came to Tao Garden for Dr. Martina’s Inner Power Zone summer retreat. She heard about the massage after previous treatments had failed to work.

Anke: “I have had three sessions, and tomorrow I will have the fourth one. There are three big releases that I have received from this massage. I have had a blockage for five years in the area of my stomach. The acupuncturist didn’t help; my physician was not able to help either. Then Khun Ni began to massage it, and she said there were three knots very close to each other from the stomach down. She began to work on them and after the third session it’s much better, so much relief. This is the biggest change. I feel very comfortable now in my lower belly. Before I had constant pain, a kind of nagging pain that was always there and now this is gone. So, after five years, it’s really like Wow-w-w, my complete body—this part is again mine. This is such a gift.

The other two little things were that I had little knots on the side of my belly. She detected them by just holding her hands on them. She said, ‘Hum, what’s this here?’, and then she started massaging the knots. I had massaged them many times already, but they always jumped away. After two minutes they were gone. It was

like, 'OK, this is nothing; it's just how you touch it and how you massage it, and they were gone.' Then I started getting a breast pain. I thought this might be from the exercises we had been doing and I thought I might have over stretched a muscle. When I told her, she said, 'Oh it's related to the part in your stomach, in a line down to your lower belly.' There were two little knots. She massaged them, and let me feel how I could massage them, and now after three days they are gone.

"Tomorrow I have one more session because I have a lot of gas packed in my stomach and down through my intestines. I am really pleased about the results up to now, especially because of those five years that I was in so much pain."

Interviewer: *"And was that pain something that she discovered in connection with its effect in the genital area?"*

Anke: "Yes. I had an irritation on my vagina and it was swollen a little. I had had it for three months, and she said, 'Uh-uh-uh, I know, what it is.' She massaged it, and it also went away. During that week it became better and better. It was related to the channels not being open, and the pressure being stuck so that all the other organs had less space.

Interviewer: *"So, from there, she cleared the line from the lower abdomen up towards the navel area?"*

Anke: "Yes, or downwards, because she started from the navel area and she worked downwards. I could feel it as a heat being released. I was really embarrassed because I had a lot of burping. She was massaging, and I was constantly doing this. That gave me a lot of release. And that's basically it."

Interviewer: *"And you feel a lot better as a result of it, obviously."*

Anke: "Yes, absolutely. I feel much more now that everything in my belly is again for me! So, I think, 'Hey, this is the way it's supposed to feel.'"

Interviewer: *“Wow, I’m really happy to hear that.”*

Anke: “Yes, I’m really glad that you gave us the talk on Monday and said, ‘You you might want to try this.’ Otherwise, we never would have done this. So, thank you for that.”

Elizabeth (Bodyworker and Universal Tao Instructor, late 40’s)

Interviewer: *“Can you please share with us any particular experiences you had with the Karsai Nei Tsang massage“*

Elizabeth: “Yes, I have been experiencing some pain in my right ovary and the right side of my sacrum. I was able to manage the pain with Chi Kung and Tao Yoga but I was not able to rid myself from the pain completely. After two or three sessions of Karsai Nei Tsang the pain went away and has not come back. Another wonderful benefit I have received from this work is a deeper sense of stillness. A few years ago I was involved in a frightening auto accident. Ever since then I have felt more alert and not able to go as deep into my meditations.

During my first session, Khun Ni immediately felt this deep spiral twist in my left psoas muscle. With her sensitive hands she released the spiral twist and very quickly I started to rest deeper. And so, as you know, the psoas, the kidneys, the fear, and the sexual organs are all so connected. She really helped me and I feel very grateful. Next she worked down the inside of my legs. Afterwards, when I got off the table I could feel my whole relationship to the earth dramatically changed. I’ve gone through so many different trainings, and I always think, ‘Wow, this is what it feels like to be grounded.’ But there is always more. And now with Khun Ni’s work I feel like, ‘Ah-h-h, now I feel the earth, even more!’ Very nice!”

Interviewer: *“This relationship between the genitals and other parts of the body is something that is obvious once we have the experience, and everyone I have interviewed seems to have recognized it in one way or another. Generally, they say: ‘Yes, we have some manifestation of some symptom that we experience in the genital area, but it is connected to other parts of the body—either going down into the legs or up into the organs. So, she works on the surrounding area and clears something there so that the energy*

that's blocked in the sexual area will have a place to go and can be moved out through healthy channels.'

Elizabeth: Yes, I feel this also. When we stop to think about it, it makes no sense whatsoever that bodywork focuses on all parts of the body except on the genital area. If we really believe that the whole body is connected then we need to address the whole body. My awareness in my sexual organs has heightened because of this massage, now I feel much more integrated, from my head down to my toes. This is really so exciting.

Interviewer: *"How do you feel this massage has affected your Tao practices?"*

Elizabeth: Well, in addition to the rooting to the earth I have felt an increase in my sexual energy. Lovemaking has always been enjoyable for me but now I feel really so alive. My Healing Love practice has become even more pleasurable and beneficial, now the sexual energies are more easily channeled because the congestion is released. I plan to continue with Karsai Nei Tsang self massage and always make this a part of my self care. I look forward to training in Karsai so I can help others like I have been so generously helped.

Louis (Production Manager and Universal Tao Instructor, early 50's)

Louis is a Universal Tao senior instructor and has been teaching chi weight lifting (for genital organs) for fifteen years. He has been especially diligent in maintaining regular practice, including thorough testicle massage, for the past two years to ensure his longevity. He is also a certified teacher for Chi Nei Tsang organs massage. He had no problems or concerns regarding the condition of his sexual anatomy. In fact, he felt that this part of his body was in the best condition ever. However, he took three sessions of testicle and prostate gland massage for the sake of the experience. Not only did the results take his personal practice to another level, but the massage also opened up other chronic problem areas, such as the sacral and lower back, where he had sustained earlier injuries.

Louis: “This whole experience has been a boost to my personal practice, and it has helped me to focus even deeper in the area that I’ve been concentrating on, especially in the last two years. She’s been able to massage me in a way that is different from the way that I have been doing. It has helped to open up the whole flow of the creative life force, sexual energy, a lot deeper than it was before. Now it is even more dramatic. I can imagine that people who have never worked on this area, and all of a sudden get this exposure will get even more of a dramatic response than I had!

“I think the Genital Health Massage is a little bit more unique and specialized than the other kinds of massage. You really have to be trained and have certain sensitivity because that’s the most sensitive part of your body. It’s a very important ingredient for the higher level practices because you need these blockages and sediments released in order to do the full internal alchemy transformation. So it is actually a very key component for the whole process of the immortal practices—which takes it to another level of understanding that is very beneficial for those people who are seeking that type of self-realization. So, for my own personal practices and my own personal journey, this is a very key component to my own evolution.

“Overall it’s an unusual experience, and you touch a lot of areas that you don’t normally get involved with on that certain level. You’re dealing with root problems, balancing and correcting them at the root level, and literally your genitals are the roots of your whole energetic body. I think it’s a very critical and very important part of our internal practices.”

Kees (elected city official and bodyworker, early 50’s)

Kees is a Universal Tao instructor and spends a few months every year at the Tao Garden in Thailand. He has been able to profit from many Karsai Nei Tsang sessions and so his story comes from much experience.

Interviewer: “How many sessions have you had of the genital massage?”

Kees: “Yes, I believe approximately forty.”

Interviewer: *“Wow!”*

Kees: “Yes. I’m quite experienced now.”

Interviewer: *“Could you please tell us what has been meaningful about your experience. Did you have any problems that were resolved by the massage?”*

Kees: “Well, what happened is that I realized a time ago that I had many blockages in my genital area that were covered up and very old. Khun Ni was able to touch these areas where there was hidden pain and open them up.

Interviewer: *“So, she would open up these areas that had been hiding from you.”*

Kees: “Yes, working on them and letting me feel the old pain. One of the most special things that she did was just this; I was able to let the pain come, and go one step further and go into the pain. This is something we can decide for ourselves. ‘OK, let the pain come.’ Then, it’s not so much the pain that is coming, but it’s a whole new area that is coming. I realized it was very old for me. So, she’s opening up very old things. I don’t know if she knows, but that’s what she did.”

Interviewer: *“What was the result of these areas opening up?”*

Kees: “I walk differently. I feel differently. I feel more connected.”

Interviewer: *“So by ‘opening up,’ you mean that there are things that you have been blocking either emotionally or physically.”*

Kees: “I mean emotionally.”

Interviewer: *“Was there a physical pain associated afterwards? One of the purposes of this technique is to clear up physical sedimentation that accumulates in the area.”*

Kees: “Yes, I’m quite sure that has happened as well. After about session twenty-five I became really quite sick. It felt very much like my body detoxifying with diarrhea and fever.

Interviews

Interviewer: *“So you were clearing out some toxins and blockages from your body. The sickness was a manifestation of a cleansing process, a clearing out ...”*

Kees: “Of course, for sure. I’m sure about that.

Interviewer: *“Has there been any specific difference? It is common for older men to have blockages that affect the prostate gland and other areas of the sexual organs so that they lose some of their urine flow or erection.*

Kees: “I have the impression that my urine flow is stronger. My prostate area used to be very bound up—covered, like an iron shield around it—and it’s much more open now. It can move more freely.” Another important part for me has been the work she has been doing on my veins. I have certain problems with my veins in my genital area, and she’s correcting them, quite well. She is also working on the blockages in my blood flow.

Interviewer: *“You say that feel emotionally more open. That’s an interesting thing because it’s something you don’t see or feel physically so much. How do you feel as a result of having cleared away your emotional blockages?”*

Kees: “I have had many massages and bodywork sessions in my life but never have I had my genital area worked on. It is especially in this area that we cover up with many experiences from the past. Now it feels as if my genitals and the surrounding area are much more a part of my whole body now. This is a wonderful feeling.”

Interviewer: *“In regards to the whole body energetically, did you have a feeling that this massage opened up chi flow in other parts of the body?”*

Kees: “Yes, I feel a lot stronger. People tell me that I look much, much different; so, it’s not only me that notices this.

Interviewer: *“So you have an overall tonic or toning effect because of the opening up of what was blocked in your genitals. Do you feel generally more open all over your body?”*

Kees: “Yes, and for me, the most important part is that I have the feeling that my body is now integrated. I no longer feel like separate parts with other parts missing. I feel all of a whole and this is a very good feeling.

Interviewer: *“OK. Well, any concluding comments you’d like to make?”*

Kees: “She’s great—she’s been great!”

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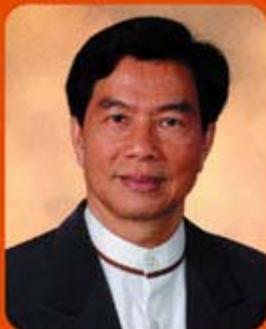
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Illustrations by Udon Jandee

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