

KI SELF MASSAGE

a daily practice

Always begin each massage by rubbing your hands against each other, slowly, pushing the palms together in order to obtain heat and stimulate the entry of ki into the hands. Focus on the lao gong points and the fingertips. Repeat each section 15 times.

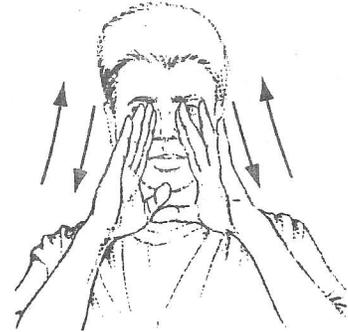


1. The face

Starting at your forehead, bring your hands down over your eyes, cheeks, and mouth to your chin. Then place your hands on both sides of your face and bring them back up over your jaws, the fronts of your ears, and the temples. Press lightly while descending, press more firmly while going up.

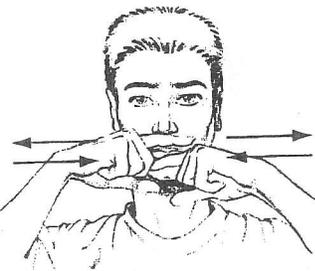
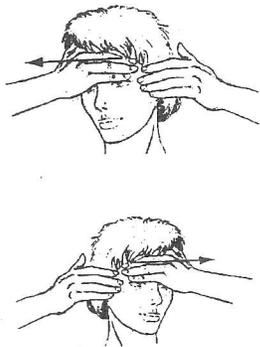
5. Nose

Rub the sides of your nose with your index finger, going up and down the side of the nose.



2. The forehead

Gently massage your forehead as if you were drying it off, first with one hand and then with the other.



6. Lips & teeth

Place one index finger lengthwise above your upper lip, halfway between the nose and lip. Place your other index finger in the hollow of your chin below the lower lip.



3. Scalp

Hold your fingers out as if they were the teeth of a comb. Pressing firmly on the scalp, move your fingers in little jerking movements from the front to the back of your head.

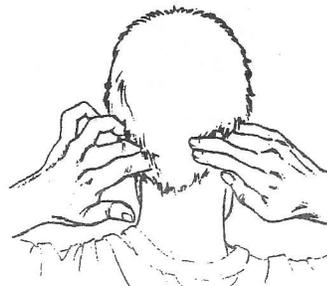
7. Ears

Place your middle and ring fingers around the ears. Vigorously massage them with an up and down motion. End by massaging the pinna by pinching it between the thumb and index finger.



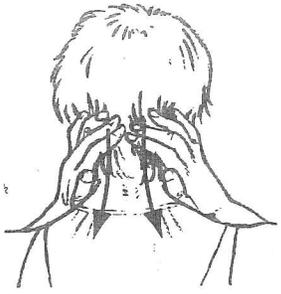
4. Eyes

Place your hands flat over your eyes, and then draw them away from one another towards the temples while rubbing the entire surface of the eyes, including the eyelids and the eyebrows. The little finger massages the bony ridge beneath the eye.



8. Doorway to the Sky

Massage the acupuncture point on both the right and left sides. Use either your thumb, middle finger or a few fingers together. Push down sharply on this point thirty times.

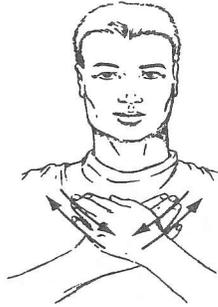


9. Nape of neck

Begin with your hand resting flat on the occipital bone. Descend along both sides of the vertebrae of the neck until you reach the trapezeus muscle.

10. Palace of Vital Centers

Cross your arms and place three fingers of each hand flat upon the shu fu point, also known as the "palace of the vital centers." Massage the point diagonally from top to bottom.



11. Ming Men

Close your hands into loose fists, leaving a hollow space between the thumb and index finger. Using the area of the index finger and thumb, massage the kidneys with a circular motion over both sides. End each massage by sharply rapping the ming men.

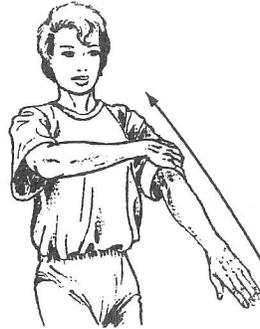
12. Tan Tien

Place your hands obliquely over the tan tien. Massage the tan tien in the direction indicated by the arrows, with one hand rising while the other descends. Finish the massage by rapping the area.



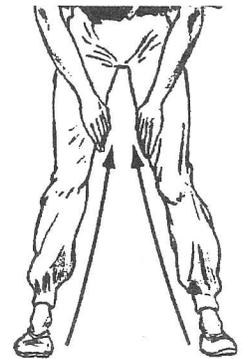
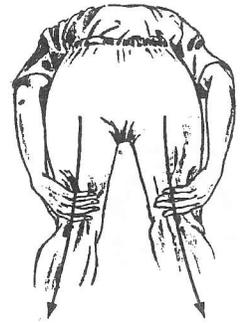
13. Massaging the arms in the direction of the meridians

Massage down the left arm with the flat of the right hand, massaging the inside of the arm to the palm. Then massage back up the outside of the arm, from the back of the hand to the shoulder. Then change arms.



14. Massaging the legs in the direction of the meridians

Place your hands on the back and lateral sides of your thighs. Massage down the legs to the little toes, then massage back up the inside of your legs from your big toes to the tops of your thighs.



酒冲推手功

BRINGING ENERGY TO THE PALMS

1. Sit facing the east. Use the observations about posture that you learned in the previous method.

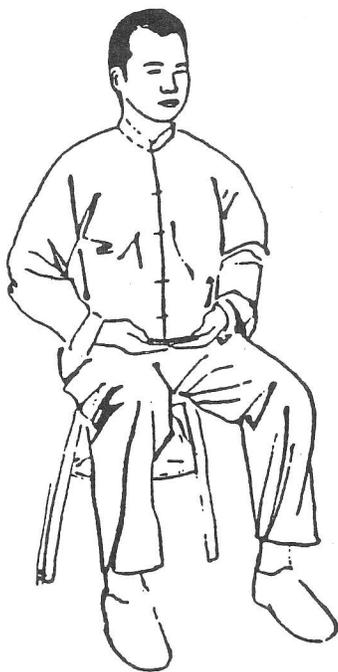
2. Bring both hands together above your lap, fingers touching, palms open and facing upward. While slowly raising them to the level of your throat, inhale using reverse breathing and imagining the energy rising up chongmei.

3. Turn your palms over, and press down to your lap (but don't touch your legs), while exhaling and letting the energy descend chongmei.

4. Repeating step 2, bring both hands upward again.

5. With your hands at the level of your throat, separate your hands, palms out. Exhale, but keep the energy concentrated at the base of your neck.

6. Inhaling constantly, push both palms outward until the elbows are straight. At the same time, contract the stomach and anus tightly, and





imagine the energy flowing outward from your neck to the centers of your palms.

7. Exhale, and lower your hands back to their starting point above your lap. Repeat for a total of fifteen times.

Rei Ki Self Treatment

as taught by Seiji Takamori

For each position the hands are placed in the aura, sensing and directing energy. Try to be aware of the sensations in the hands and in the body area being worked over or on. The hands can often be moved in a circular motion as you work with the energy fields. Finish each area with the hands in contact with the body.

The Self Treatment can be practiced sitting or lying down.

Circulate the energy by moving the hands in small clockwise circles in the aura.

1.



Hold the hands over the crown.

4.



Hold right hand on third eye and left hand at the back of the head at the same level.

2.



Hold both hands over the jaws and connect with Window of the Sky points at the base of the skull with your middle fingers and palms over the jaw hinge.

5.



Hold left hand at heart and right hand at third eye.

3.



Hold both hands over the eyes.

6.



Move right hand to the throat. Left hand stays at heart.

7.



Move right hand over heart then connect with thymus area.

11.



Move left hand over navel and right hand to side of left ribs.

8.



Move right hand over navel.

12.



Move right hand over navel and left hand to side of right ribs.

9.



Move right hand to lower abdomen and pubic bone.

13.



Move both hands over navel.

10.



Move left hand over right lung point and right hand over left lung point (arms are crossed over the chest).