

# Chi Nei Tsang

## Chi Massage for the Vital Organs



Mantak Chia

HEALTH/MARTIAL ARTS

\$19.95

The techniques of Chi Nei Tsang evolved in Asia during an era when few physicians were available and people had to know how to heal themselves. Many people today have symptoms that modern medicine is not able to cure because a physical source for the problem is not easily found. The energies of negative emotions, stress, and tension—all common in modern life—and the weight of past illnesses accumulate in the abdominal center, causing energy blockages and congestion. When this occurs, all vital functions stagnate and myriad problems arise. By practicing the techniques of Chi Nei Tsang, this stagnation is removed and the vital organs surrounding the navel center are detoxified and rejuvenated.

Master Chia teaches readers how to take full charge of their health using the self-healing techniques of Chi Nei Tsang. He offers fully illustrated exercises that show how to detoxify the internal organs and clear the energy (chi) channels throughout the body. He also presents methods for balancing emotions, managing stress, and observing the body in order to recognize, ameliorate, and prevent maladies before they become a problem.



A student of several Taoist masters, MANTAK CHIA founded the Universal Healing Tao System in 1979 and has taught and certified tens of thousands of students and instructors from all over the world. He is the director of the Tao Garden Integrative Medicine Health Spa and Resort training center in northern Thailand and is the author of twenty-six books, including the bestselling *The Multi-Orgasmic Man*.



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## Opening the Gates and Chasing the Winds

If you are unfamiliar with Taoist concepts about the body, mind, and spirit, then in the first three chapters you have been introduced to more than a few novel and strange ideas: an invisible energy called chi that powers the body; changes in the organs that generate varying emotions; and pulses in the wrist that reveal the condition of the organs. It is not important that you believe in these concepts to begin the practice of Chi Nei Tsang. However, you need to be aware of the ideas and have an experimental attitude. One day they will become very real and evident to you.

This chapter discusses a similarly strange observation: there are winds circulating inside your body, affecting your health and emotional life. These winds are created inside and outside of the body. The idea of outside winds affecting us is not as foreign as you may think. The people of Southern California and Los Angeles dread the late summer arrival of the Santa Ana winds, which arise in the desert and are felt to be the cause of accidents and psychological problems. Similarly, the serenity of people living in many peaceful valleys in Switzerland is often disturbed by the annual arrival of strange winds that descend upon them. People who have lived long lives or live close

to nature have learned to recognize that some winds and weather are more than what they seem.

Wind is chi that can enter from outside the body or can arise inside the body. Winds enter and exit through the navel, the back of the head, the forearms, and the lower legs. Good wind is chi that is healthy and good for you. Unhealthy, abnormal, and foul winds are pathological and perverse; the ancient Taoists called them evil winds. Evil winds become trapped as toxins, blockages, and energy that can't move. Chi neutralizes these evil winds, and when they are expelled from the body, the chi becomes healthy again. The chi itself is good, but it is in a bad situation. It is like having a room in your home that normally is full of good air, but if there is a dead fish or dead mouse in that room, then the air becomes unbearable and foul. Remove the offending cause and open the windows, and the air will be pleasant again.

Nature's winds arise from a difference in atmospheric pressure that moves the air from low pressure regions to high pressure regions, and by differences in temperature which move the wind from cold to hot regions. Who knows where the winds come from? Who can control them? They arise and come on quickly and easily shift directions.

Within the body there are different pressures as well. They arise at places of congestion, hyperactivity, obstruction, and movement. Different temperatures arise in hyperactivity (high activity) and hypoactivity (low activity) areas. Remember that the five organs' functions happen at different temperatures and levels of moisture or dryness. When the body is balanced, the heart is hot, the kidneys are cold, the lungs are cool and dry, the liver is warm and moist, and the spleen is damp and warm. The mixture of the "weather" in the body is pleasant. The organs maintain a homeostasis in the body by balancing one another automatically. However, the conditions of the organs are rarely ideal, and the organs are always going through different temperature changes. Such changes affect the body's "weather" and could cause winds or breezes to develop internally.

Winds carry toxicity out of the body. They often exit the body as flatulence, a burp, a yawn, or a pop in a joint. Sometimes the winds become trapped in the body and cause hiccups, wandering pain, itching, fevers, pain in the joints, heaviness, sluggishness, cramps, headaches, vertigo, and, in extreme cases, gout, paralysis, or arthritis. Winds can cause the hands and limbs to feel heavy and numb. Cramps are winds that are trapped around nerves, pulling on them and causing pain. Winds also cause migraines, eye pains, kidney pains, muscle pains, and poorly functioning organs.

Skin rashes are the clearest sign of wind problems. Look for rashes in the crease of the elbow, around the neck, and at the back of the knees. Such a rash is a good sign, since it indicates that the winds are leaving the body. However, they are having a difficult time exiting, and you need to do more detoxification work.

## SICK WINDS (TRAPPED GASES)

Gases can be formed by certain kinds of food you eat, extremes in the weather, changes in the seasons, toxic substances in the environment, negative emotions, and other factors. These gases can become trapped in knots, tangles, and blockages within the body's systems, vital organs, and spaces between, gradually becoming sick or evil winds.

① Opening the wind gates is the first procedure in Chi Nei Tsang massage. With the application of the Chi Nei Tsang technique of applying pressure at appropriate points, the wind can be released and passed from the body.

Again, not all winds are sick. Wind is air or gas. The process of breathing, of moving air in and out of the body, involves wind. Each organ has an intrinsic wind. The wind becomes sick only when it is inappropriate to the part of the body in which it is found, or when it has been trapped and becomes stagnant. The trapped energy, taking the form of a blockage or knot, needs to be released, so that the life-force wind can flow freely throughout the body. Good energy flow prevents more sick winds from arising.

The Chi Nei Tsang techniques are excellent for wind maintenance. They can be used to eliminate sick winds (bad gas) before they can cause any problems; they also can be used to alleviate stiffness, tightness, and numbness from trapped energy (winds). Although massage will sometimes give temporary relief to these problems, the sick winds can simply run away and hide in another place. The Chi Nei Tsang practitioner has to know how to chase the sick wind out of the body, since any trapped energy in the body prevents healing energy from circulating freely through the main channels and meridians.

Most people have blockages and trapped winds. Blockages affect circulation of the system directly involved as well as the circulation of other systems, since they are all interconnected. Thus, it is vitally important to clear the abdominal area of blockages and trapped winds so that chi can flow freely through its various channels and the body can function more efficiently.

According to the traditional Chinese system, sick winds cause illness. When there is sick chi, toxins accumulate in the body. The body attempts to eliminate them through the lymphatic system. When a chronic state of sick chi is present, the lymph nodes at the navel, neck, and armpits become hard and enlarged. Gently massaging these areas releases the toxins there and enables the lymph nodes to function more freely. Occasionally sick chi gets trapped in the blood and travels in a bubble. Through Chi Nei Tsang and the meditation practices of the Universal Tao system, this sick energy can be cleared from the body.

## What Sick Wind Energy Feels Like

Each organ has a particular kind of wind or energy associated with it when it is unhealthy. Some people can see sick wind, but others sense the energy in different ways. Following are five of the sick energies found in the body's organs, along with the sensation each produces.

1. The lungs produce a crawling, itchy sick energy that can accumulate on the skin of the practitioner and will eventually

penetrate into the body. On the student's skin it may appear as a rash that can easily be transferred to the practitioner. Though this energy may not be felt immediately, it can eventually produce a terrible urge to itch.

2. The kidneys, bladder, and other yin organs produce a cold, chilly energy when they are not well. This chill can go into the bones and is very difficult to remove.
3. The liver has a biting sick energy, somewhat similar to itchy sick energy of the lungs but with more of a stinging quality. It feels like ants are pinching the skin.
4. The heart produces a hot, burning form of sick energy that surfaces as a red rash.
5. The spleen, stomach, and pancreas produce a damp sick energy. When it penetrates the hand, it can feel wet and sticky.

### Combinations of Itchy, Biting, Hot, and Cold Energies

As previously mentioned, the combination of cold and biting energy is, by far, the worst to experience. It is important for you, as a practitioner, not to allow this energy to penetrate your body and come to rest inside one of your internal organs.

A practitioner may find that a student's skin is warm or hot to the touch because, according to the laws of convection, heat in a current rises. You will notice that this heat, generated in the internal organs and other tissues and spaces in the body, will rise to the upper torso, head, neck, and upper organs. This creates a thermal layer within the body. The cold sick energy get trapped beneath a layer of hot energy that has risen. This is why people who have itchy, biting sick energies tend to develop rashes in the upper portions of the body.

You also may find that there are multiple layers of cold and hot energies within the body. Because of these layers of trapped energy, the resultant rashes encourage other rashes to develop in other portions of the body, such as behind the knees and in the creases of the

elbows. It is important to remove these layers one at a time until you can reach the source of these problems.

The organs generate the different energies because of accumulated toxins. These toxins get trapped in the liver or the heart and often in the blood. When there are excess toxins in these systems, excess heat is also produced.

### A Closer Look at Cold Sick Energy

People who have cold sick energy will exude a cold chill into your hands when you touch them. This condition is caused by a cold wind that has been trapped in the body. A kidney or bladder disorder can also cause this problem.

Cold sick energy has a wet nature and is also heavy. It seeks out the depths of the body, and in particular the lower limbs and the lower internal organs because of gravitational force and convection currents. This cold, wet, heavy sick energy mixes with the accumulated toxins also trapped by gravity in the lower tissues of the body and the internal organs, making it difficult to remove. It is slow to move and, when targeted, will try to hide in a new location in the body.

When looking at a person, you can easily identify cold sick energy. You will notice a pale blue or gray color in the skin, especially in the face, around the cheeks, under the eyes, beside the nose, and in the ears, the lips, the gums, and the tongue. The person's fingernails and toenails may be blue or pale, and the fingers and toes will be cold. The pulse will be slow, tight, and weak and will feel cold, especially when taken at the aorta, vena cava, or another major vessel. You also will find varicose veins and sometimes skin mottling. After having practiced the Taoist meditations and Chi Nei Tsang for some time, you will become sensitive to cold sick energy.

## TECHNIQUES FOR OPENING THE WIND GATES

It is important to master and clear out the winds at the beginning of every session. This will help activate the abdominal energy and loosen the tightness and tension in that area. Some persons will have abdomens that are too painful to bear the pressure of this procedure. In such cases, first do gentle skin detoxification.

Sick winds can leave through the navel if they have a way to get out. By opening first the wind gates of the groin, then the gate to the Sea of Winds at the lower tan tien, and finally wind gates located in points around the navel, you can draw these winds from organs and different parts of the body. Numbers one through eight on the illus-

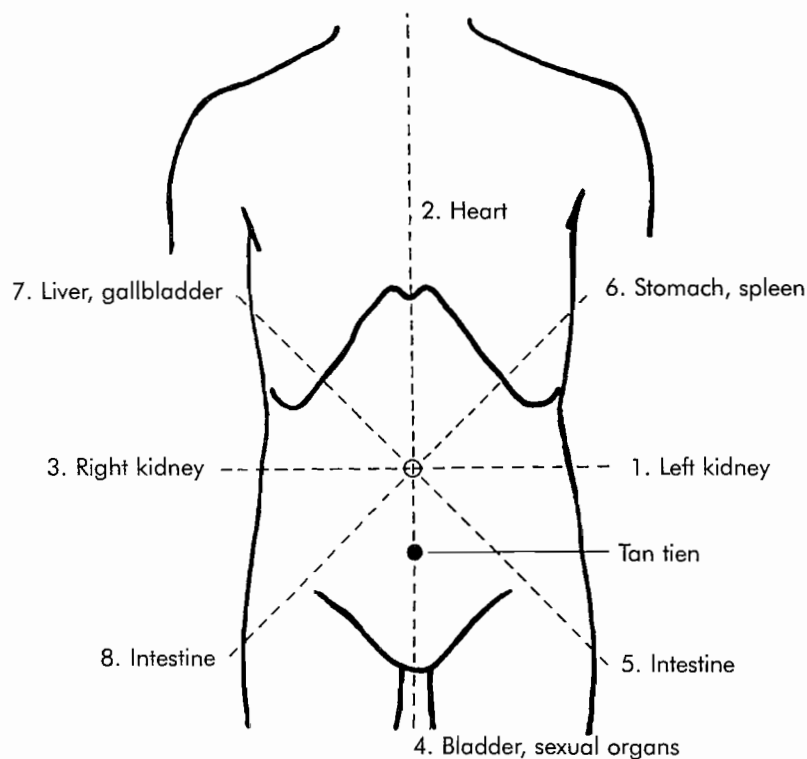


Fig. 4.1. Pressure points around the navel, numbered one through eight, list the sequence to follow and indicate the organs you will affect.

tration of the navel's pressure points (fig. 4.1) list the sequence to follow; they also indicate which organs you will affect. After pressing each point for the count indicated in table 2, pause to let the effect take place and the energy settle. Note that the points are on the sides of the navel, and not in the navel itself (fig. 4.2).

To gain experience you should open all the gates not only on your students but also on yourself (fig. 4.3).

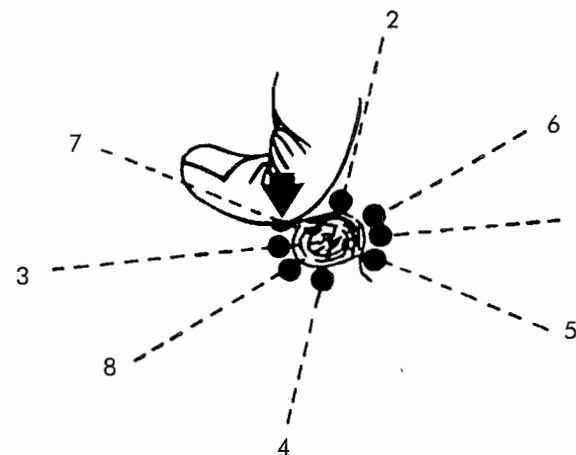


Fig. 4.2. Wind gate points are on the sides of the navel and not in the navel.



Fig. 4.3. Working on yourself—pressing the navel points

TABLE 2: PULSE COUNTS FOR OPENING THE WIND GATES

Day	Tan tien point below navel	point 1	point 2	point 3	point 4	point 5	point 6	point 7	point 8
Monday	15	8	17	19	21	10	12	6	15
Tuesday	8	17	19	21	10	12	6	15	8
Wednesday	17	19	21	10	12	6	15	8	17
Thursday	19	21	10	12	6	15	8	17	19
Friday	21	10	12	6	15	8	17	19	21
Saturday	10	12	6	15	8	17	19	21	10
Sunday	6	15	8	17	19	21	10	12	6

This table shows the order in which you should open the wind gates (after first opening the groin and lower tan tien gates). It also shows the number of counts of the pulse for which you should press on each point, which depends upon the day of the week. This daily count for each of the points is based on the traditional Taoist numerology practice for opening the wind gates. If for any point you cannot find a pulse, simply slowly count out the number for that day.



### Opening the Groin Gates

Before you begin opening any of the wind gates, you must open the groin gates. This practice will stimulate circulation in the lower abdomen and legs, break up obstructions, and open the wind passageways. Some wind may exit through the legs as you proceed. Do not practice this technique on anyone in danger of or afflicted with thrombosis or having a severe case of varicose veins.

1. Stand or kneel beside the student (unless the person is very large, in which case it is best to kneel between his or her legs). Press the edge of each palm into the femoral artery pulse at the crease of each leg in the groin area (figs. 4.4 and 4.5).

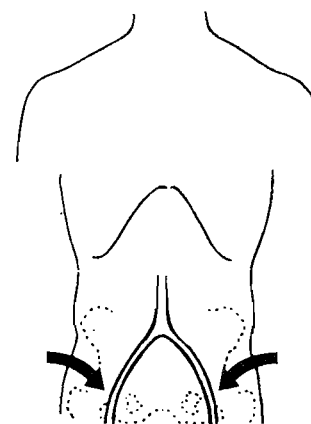


Fig. 4.4. Pressure points for opening the groin



Fig. 4.5. Opening the wind gates of the groin

2. The pulse in one leg will probably feel stronger than the pulse in the other. In that case, press down on the pulse that is strongest. This will help bring more blood and chi to the weaker pulse. You should feel them equalize.
3. Hold the pressure for 36 or 72 counts of the pulse.



## Opening the Gate to the Sea of Winds

For this technique position yourself between the student's legs or to the side of his or her body.

1. Locate the tan tien pressure point (the gate to the Sea of Winds) in a depression approximately 1½ inches below the navel (fig. 4.6).
2. The first pulse you will feel for is that of the aorta, which may feel more like an energy sensation. The aorta is located to the left of the tan tien, while the vena cava (where the pulse can be felt strongly) is located to the right. You may have to practice this procedure for some months before you can distinguish the aortic pulse. At all the other positions, the aortic pulse is the one you should feel for.

Press down until you feel the pulse. Usually a thumb is used; if you are working on someone who is very fat or muscular, you may have to use your elbow to find a pulse (fig. 4.7). Whether you use your finger or your elbow, be gentle and don't slip.

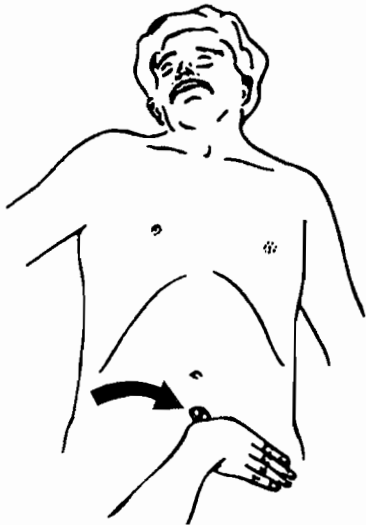


Fig. 4.6. Opening the gate to the Sea of Winds

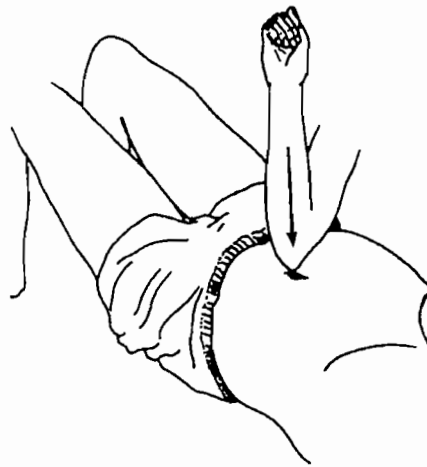


Fig. 4.7. If you are working on someone who is very heavy or muscular, you may need to use your elbow instead of your thumb

3. Figure out the number of counts of the pulse you will hold for that day, consulting table 2 in the column under "Tan tien." For example, on a Monday you would hold for a count of 15, on Tuesday for 8, on Wednesday for 17, and so on.
4. Release the pressure when you reach the required number of counts. The student should feel energy flowing down to the lower part of his or her body.



## Opening the Wind Gate to the Left Kidney—the Western Gate

1. Get the daily pulse count for point 1 from table 2.
2. Press the point just to the left of the navel, at the three-o'clock position, until you feel the pulse (fig. 4.8).
3. Hold for the required count with moderate pressure.
4. Just before you release, use your mind and intention to direct the energy to the left kidney. The student may feel warmth and comfort spread to that area.

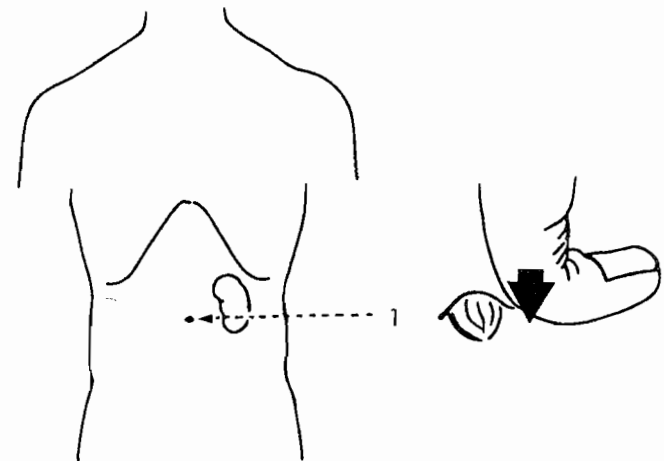


Fig. 4.8. Opening the gate to the left kidney

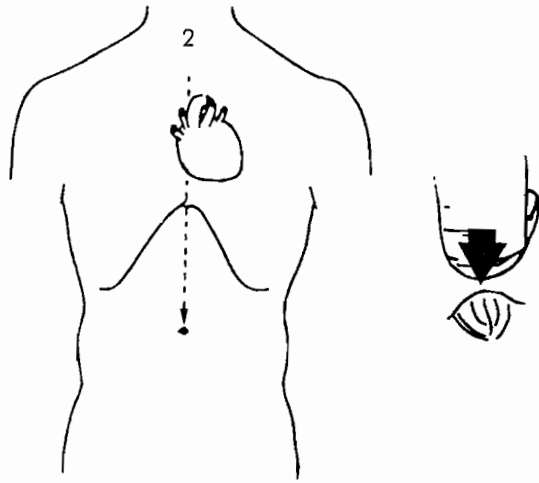


Fig. 4.9. Opening the gate to the heart

 Opening the Wind Gate to the Heart—the Southern Gate

1. Get the daily pulse count for point 2 from table 2.
2. Press the point directly above the navel, at the twelve-o'clock position, until you feel the pulse (fig. 4.9).
3. Hold for the required count with moderate pressure.
4. Before you release, direct the energy toward the sternum. The student may feel warmth and comfort spread to the chest and heart area.

 Opening the Wind Gate to the Right Kidney—the Eastern Gate

1. Get the daily pulse count for point 3 from table 2.
2. Press the point just to the right of the navel, at the nine-o'clock position, until you feel the pulse (fig. 4.10).
3. Hold for the required count with moderate pressure.
4. Just before releasing, send the energy to the right kidney.

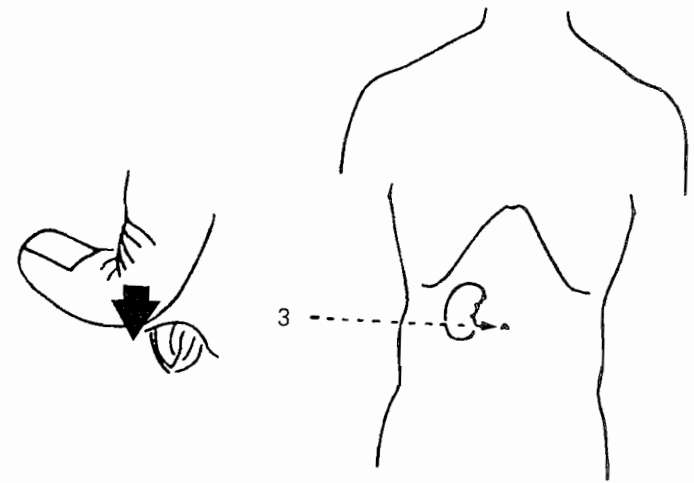


Fig. 4.10. Opening the gate to the right kidney

 Opening the Wind Gate to the Sexual Organs and Bladder—the Northern Gate

1. Get the daily pulse count for point 4 from table 2.
2. Press the point just below the navel, at the six-o'clock position, until you feel the pulse (fig. 4.11).

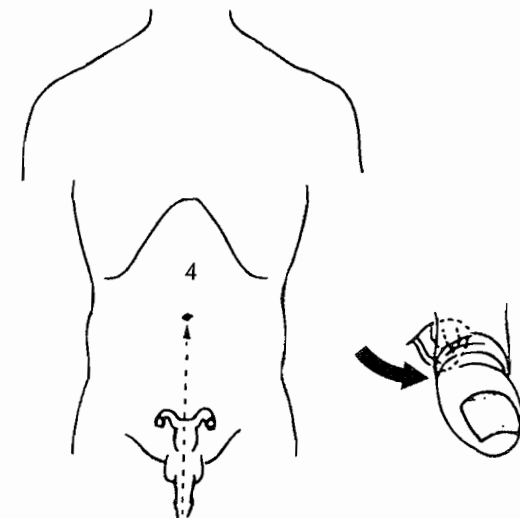



Fig. 4.11. Opening the gate to the bladder and sexual organs



3. Hold for the required count with moderate pressure.
4. Before releasing, send the energy to the sexual center and bladder.

 Opening the Wind Gate to the Small and Large Intestines and the Left Ovary—the Northwestern Gate

1. Get the daily pulse count for point 5 from table 2.
2. Press the point between the four- and five-o'clock positions until you feel the pulse (fig. 4.12).
3. Hold for the required count with moderate pressure.
4. Before releasing, direct the energy to both intestines and the left ovary.

 Opening the Wind Gate to the Spleen, Stomach, Pancreas, Triple Warmer, and Left Lung—the Southwestern Gate

1. Get the daily pulse count for point 6 from table 2.
2. Press the point between the one- and two-o'clock positions until you feel the pulse (fig. 4.13).

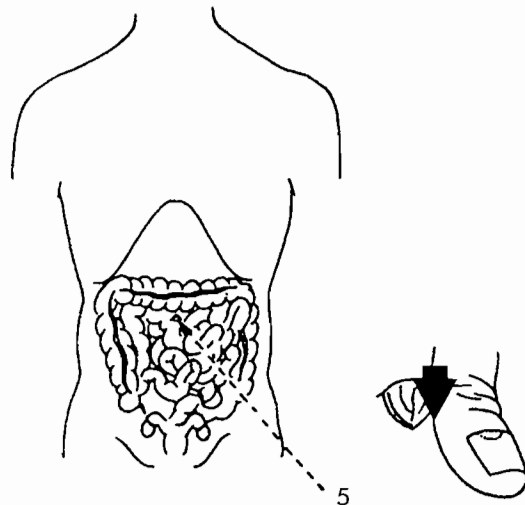


Fig. 4.12. Opening the gate to the intestines and left ovary

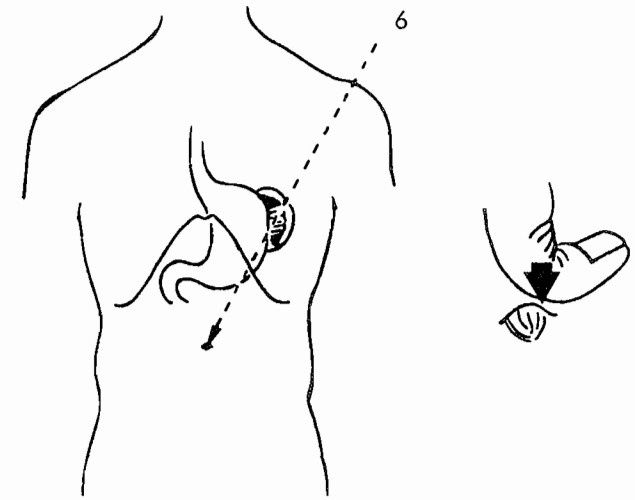



Fig. 4.13. Opening the gate to the stomach and spleen

3. Hold for the required count with moderate pressure.
4. Before releasing, you will direct the energy to five places, so be prepared. The student should feel blood and chi flow to the spleen, stomach, pancreas, triple warmer, and left lung.

 Opening the Wind Gate to the Liver, Gallbladder, and Right Lung—the Southeastern Gate

1. Get the daily pulse count for point 7 from table 2.
2. Press the point between the ten- and eleven-o'clock positions until you feel the pulse (see fig. 4.14 on page 156).
3. Hold for the required count with moderate pressure.
4. Before releasing, direct the energy into the liver, the gallbladder, and the right lung.

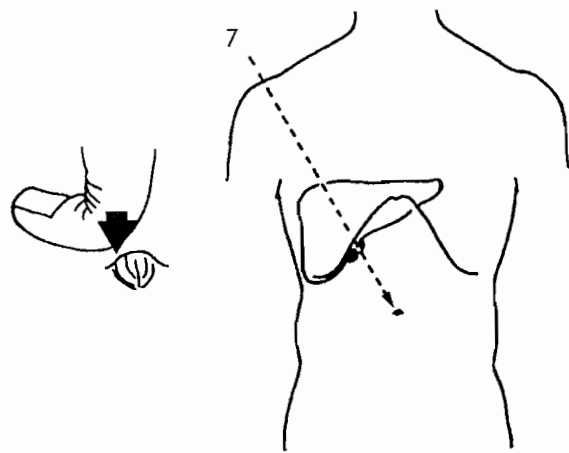



Fig. 4.14. Opening the gate to the liver, gallbladder, and right lung

 **Opening the Wind Gate to the Small and Large Intestines and the Right Ovary—  
the Northeastern Gate**

1. Get the daily pulse count for point 8 from table 2.
2. Press the point between the seven- and eight-o'clock positions until you feel the pulse (fig. 4.15).

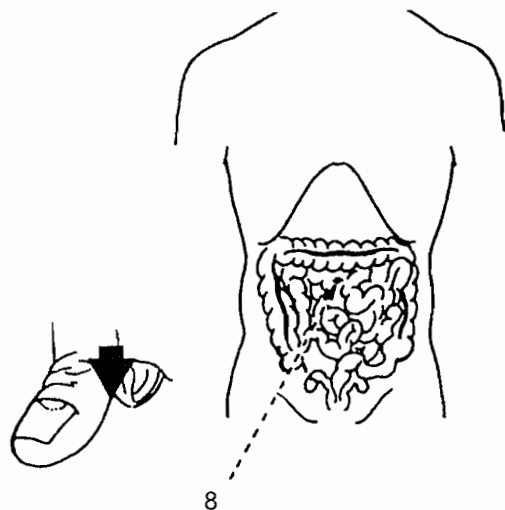



Fig. 4.15. Opening the gate to the intestines and right ovary

3. Hold for the required count with moderate pressure.
4. Before releasing, send the energy to the intestines and right ovary. The student may feel warmth and comfort in those areas.

**BAKING SICK WINDS**

Use the baking technique to “cook” or “bake” sick winds, which are hot and expansive or cold and contractive.

 **Baking Hot Wind**

1. The best place to cook wind is in the small intestine. Place both hands over the small intestine and do the heart’s sound together with your student. This will attract the hot energy, calling it into the small intestine.
2. Feel the pressure and heat of the hot wind entering the small intestine. Leave your right hand on the abdomen over the areas where the wind is trapped (fig. 4.16). Place your left hand on your student’s back, opposite your right hand.
3. Do the heart’s sound together again to raise the temperature of the area just enough to move or cook the wind.

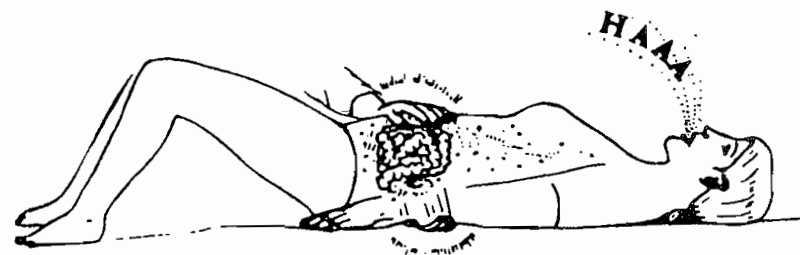


Fig. 4.16. Baking the small intestine

May 19, 2011

To my esteemed student:

I am offering myself to you as a teacher.

I can only teach what I have learned myself.

Healing takes place within you.

We will work to help you learn to heal yourself.

This will benefit ourselves and all people with whom we come into contact.

We will start with the intent to engage in five sessions.

Additional sessions will be at your discretion, but you will need to engage yourself in experiencing the recommendations we mutually decide might be beneficial.

It is good for this to be fun !!

Dennis



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## Chi Nei Tsang I Case Study Form

### Description & Profile of the Student

Name: ~~XXXX~~ #1 Gender: F Age: 43 Group: Posture: Children: 2

Personal Characteristics: HEALTH EXCEPT PAIN IN RIGHT HAND FROM BACK/NECK

Body Constitution: STURDY Body Type: SOLID Balance Needed

Patterns: (Coffee) (Cigarettes) (Alcohol) (Prescription Drugs) (Recreational Drugs), (Sexual Active) YES

Sleeping Trends: DEEP EXC WHEN PAIN Emotional Level POSITIVE

Occupation: CHECKER Amount of days off: 2/WK Vacations:

Job Conditions: LOTS OF STANDING, WALKING, LIFTING

Stress Conditions: PAIN FROM ABOVE.

Hobbies: TENNIS GARDENING

General Attitude GOOD

Physical Problems: (Liver), (Heart), (Lungs), (Kidneys), (Spleen), (Pancreas), (Intestine), (Stomach), (Bladder), (Gall Bladder), (Urogenital), (Immune), (Diabetes), (Hernia), (Ulcers), (Lymph), (Teeth), (Other) PAIN AS ABOVE

Women: check for IUD or everything else Are you pregnant? NO

Surgeries & Hospitalization: ACCIDENT IN JAN RE...

Accidents:

Cancers:

Strokes:

Under Psychiatric Care:

Main Complaints: PAIN IN HAND FROM BACK/NECK

Western Diagnosis:

Medications in use:

Holistic & Chinese Therapies used or being used:

Type of Daily Food Intake: ALL GREEN LAST WEEK  
CEREAL / SALAD / VEGGIES / CHICKEN

# Session Explanation & Practice

# 1

NODULE SPOT

Session # 1 Name: ~~XXXXXXXXXX~~ Date: 5-19-11

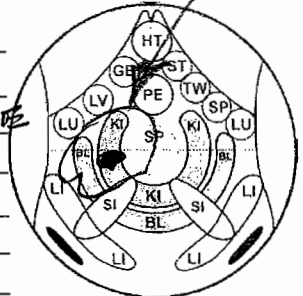
Techniques Applied: SKIN DETOX - CLEAR WINDS @ NAVEL; BACK, NECK, FOOT MASSAGE

Techniques Taught: SKIN DETOX, NAVEL CLEAR WINDS

Exercises & Meditations Taught: PSAS, TOE ANK

Recommendations: DO DAILY + PERIODIC @ STONE

Response from Student: FEELS TENDER BUT GOOD



Session # 2 Name: \_\_\_\_\_ Date: \_\_\_\_\_

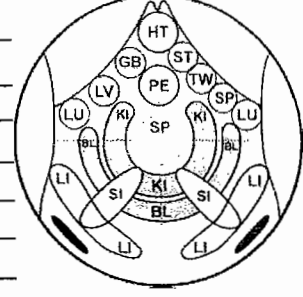
Techniques Applied: \_\_\_\_\_

Techniques Taught: \_\_\_\_\_

Exercises & Meditations Taught: \_\_\_\_\_

Recommendations: \_\_\_\_\_

Response from Student: \_\_\_\_\_



Session # 3 Name: \_\_\_\_\_ Date: \_\_\_\_\_

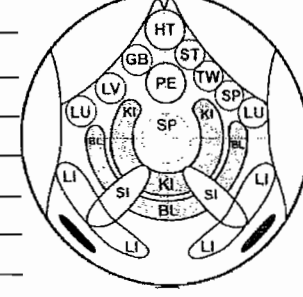
Techniques Applied: \_\_\_\_\_

Techniques Taught: \_\_\_\_\_

Exercises & Meditations Taught: \_\_\_\_\_

Recommendations: \_\_\_\_\_

Response from Student: \_\_\_\_\_



Session # 4 Name: \_\_\_\_\_ Date: \_\_\_\_\_

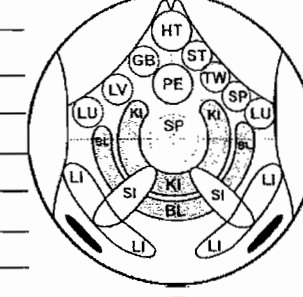
Techniques Applied: \_\_\_\_\_

Techniques Taught: \_\_\_\_\_

Exercises & Meditations Taught: \_\_\_\_\_

Recommendations: \_\_\_\_\_

Response from Student: \_\_\_\_\_



Session # 5 Name: \_\_\_\_\_ Date: \_\_\_\_\_

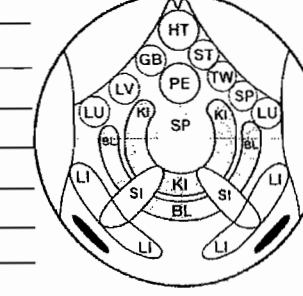
Techniques Applied: \_\_\_\_\_

Techniques Taught: \_\_\_\_\_

Exercises & Meditations Taught: \_\_\_\_\_

Recommendations: \_\_\_\_\_

Response from Student: \_\_\_\_\_



## After Session

- 1) Drink warm clean water for lymph detoxification.
- 2) Eat & drink 30-60 minutes before & after.
- 3) Responses: Discomfort (6-8 days in abdominal area), Lighter feeling in head (heat), Sweating(7-20 days), Tiredness, Bowel Movement, Recovering feeling, Sleepiness.

#1 RIGHT KIDNEY - RUB SPOT = 2" TO RIGHT OF BELLY BUTTON

5/19/11 PSOAS STRETCH - LEGS TO 45°  
TOE/ANKLE AX (DIRECTIONS)

5/22/11 CHECKED IN - CONDITION IMPROVED; TOLD HER TO  
KEEP PRACTICING STRETCHES & RUBBING KIDNEY POINT