

Chi Nei Tsang

Our search for better health has led us far and wide in the past decades. Many of us are still searching for the final piece of the puzzle which will complete the picture of lasting vitality and peace of mind. Thousands of years ago a few Taoists in China very quietly practiced chi cultivation and internal organs massage, called ***Chi Nei Tsang, or Taoist Abdominal Massage.***

They practiced on each other to clear the organs energy of stagnant energy in order to be fully present for high spiritual meditations. These Taoist practitioners found that strong emotions were held in the body which interrupted the flow of chi between the organs and into the meridians.

Today, ***Chi Nei Tsang*** has been brought to the West and is being discovered by many as the final step in achieving a higher level of vitality and internal peace. The practice of ***CNT, or Abdominal Massage,*** is being taught in a few places around the country. Not only is this a body therapy technique, ***CNT*** is also an entire discipline involving training in vital energy cultivation (Qigong) and active meditations to clear the organs energy on a daily basis of emotional charges.

Many of us have felt discomfort at some time in our lives in our belly, or in our heart or lungs. Digestive problems, back pains, cramps, high blood pressure, breathing problems, constipation, fibroids, and gallstones, are just a short list of complaints that I hear from clients. You name it, most complaints arise from the chest and belly. Not to mention the associated lack of energy and spark of enthusiasm for life that seems to be missing in many lives.

A ***CNT*** practitioner will begin a one hour treatment session coaching the client in a comfortable breathing pattern that brings awareness into the belly. Lying on a massage table, fully clothed and knees bent, the client will move chi into the belly with their breath. The practitioner will then begin to gently massage the belly, often beginning around the navel which is the root of all of our tensions. The spine begins to unwind immediately with this very simple technique; it is surprising how relaxing it is. From here sessions continue in many directions based on what is needed. Our goal is to

treat the whole person, not a symptom, so breathing and awareness of emotional charges and visceral holding is the key. Many structural patterns of tension begin to let go during CNT sessions, allowing the body to move and relate to the world with more ease. The metabolism picks up quickly as more chi is moved into the organs, and allows the organs to detoxify physically and emotionally.

Anyone recovering from an illness knows how critical it is to regain the ability to digest food and metabolize toxins from the body. Often the liver is overstressed from our lifestyles and from the many chemicals we use to heal our bodies. Regular cleansing of the organs is supported by ***Chi Nei Tsang*** treatments.

Benefits reported by clients include better digestion and assimilation of life events, regulation of elimination, relief from abdominal pain, relief from chronic headaches, spinal adjustments, better rest and sleep, and a greater sense of freedom. Many experience increased vitality, more ease of breathing, more spinal movement, improved blood tests and avoidance of unnecessary surgery. Others report relief of psychosomatic responses which manifest in symptoms such as high blood pressure and heart problems, chronic bowel syndrome, joint pain, asthma, allergies, ulcers, depression birth trauma and post traumatic stress.

How does working on the belly relieve all of these complaints? Simple, our emotional health lies in our bellies and with CNT we go directly to the heart of the problem. There is no need for the practitioner to be a therapist, because the body has its own wisdom (we call it the second brain).

Anyone can learn to comfortably give a treatment and many have taken classes in order to practice prevention at home with their own families and as a self care program. You need not be a practitioner to take a course in ***Chi Nei Tsang***. Classes are open to everyone with the intention of bringing healing into your home.

This is the final step toward better health and vitality. The Taoists were masters of Longevity and creating internal Harmony. Learn how to evolve your spirit in a healthy body.

Chi Nei Tsang classes are offered by the **White Cloud Institute** of Santa Fe, New Mexico. For more information contact Caryn Boyd Diel, Universal Healing Tao Instructor and Director of the White Cloud Institute, at www.whitecloudinstitute.com. Or call 505 471-9330.