



Basic Qi Gong Tuina for Self-Massage

Chinese Medicine is an excellent tool for reintegrating ourselves as we learn about our bodies, where stagnation may reside, how it is affecting the system, and importantly, how to meet inner needs. Tuina massage is a versatile and dynamic modality of CM using soft tissue manipulation and intention (or energy) to balance the body and clear stagnation. Self-massage is the most natural and effective means of connecting with one's own body as we learn about ourselves and what it is that we need.

General Points:

Touch yourself gently at all times!! Minimal sharp, jerky, heavy, prodding touch.

Treat yourself gently at all times!! Don't throw yourself around harshly, leave yourself exposed to the cold, heat, wind or dampness. Make sure you are appropriately covered for the seasons and try to anticipate weather changes and act accordingly. If you're feeling uncomfortable physically or mentally, ask yourself why and attempt to rectify/make yourself comfortable. This can be an intense learning process, so take time with yourself! Sometimes we need to reprogramme or relearn how to treat ourselves to know what is actually good for us now – what has worked in the past may no longer work and new strategies to cope need to be created and tested. Key word there: tested!! Try something a few times before throwing it away. Be reflexive and relaxed in this process. If in doubt, ask yourself: 'What does the child in me need?' Give yourself the opportunity to get in touch with the two year old inside of you and meet those inner needs.

Self-awareness – body scan regularly, at least once every 30 minutes. This will keep you aware of your body and internal state enabling you to mitigate external/internal stimuli/factors.

Ask yourself: Am I hungry? Am I cold? Am I tired? Am I thirsty/When was the last time I had water? Posture - Am I aligned? Hunger, susceptibility to cold and tiredness/fatigue indicate a depleted state. When depleted, especially physically, it is harder for us to retain emotional control and easier for us to spiral into tension. If you're hungry, eat. If you're tired, rest – avoid stimulants and taxing yourself with too many or stressful activities. Keep your fluids topped up – try not to feel thirsty, anticipate! Self-awareness is the foundation of appropriate self-care.

Tuina Basics: Work down the body – from head to hands and feet. First, place your hands on the area gently and don't move, just feel. Compare sides – often there is a difference. Using

your thumb, tips of the fingers or palm find a depth and then do small circles (clearing/tonification), dredge (clearing), pat (tonify/stimulates) or warm (rub/friction). Work downwards, repeat on the affected area as necessary also ensuring you work on the whole area/limb. Focus on tender points. Stay present and pay attention to yourself. Remember: this is about what you are feeling in that area, in your body and mind at the same time – it can be tricky at first but stick with it. Stay rooted in your GBL and Kid1 - Bask in love and light!