



Guelph Tai Chi for Health
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Tai Chi Self Massage - The Quick Pick-me-up

1) **Shaking Qi (chi) This will get sluggish blood flow circulating.**

- Warm palms; "wash" face.
- Tap skull down centre line. Tap skull about one inch out from centre line. Tap skull all over. Pat top of head, back, sides, face.
- With one hand behind, pat down front and back of body.
- Tap down both sides of body.
- Using loose fist pummel down underarm to hip joint. Both sides.
- Bend forward slightly, cup hand and clap over vertebra at base of neck. (C7)
- Turn at waist loosely clapping cervical and lumbar regions.
- With loose fists pummel up and down either side of spinal column.
- Pummel up insides of arms and down outsides.
- Pummel with both hands up insides of legs and down outsides.

RUB hands vigourously and wash face.

2) **Massage. This is intended to give you a feeling of well-being, all over.**

- Massage head and scalp in small, gentle circles.
- Using first two or three fingers of both hands, massage forehead using small circles. Make the circles in both directions.
- Massage above eyebrows, at temples, below the eyes in the middle, just below the socket.
- Using the first knuckle of both hands massage the eyes. Top lid from tear duct out to edge of eyelid. Bottom lid, from tear duct out edge of eyelid.
- Massage bridge of nose between the palms.
- Massage just above upper lip. (Trace shape of lip)
- Massage just below lower lip. (Trace shape of lip)
- Massage where jaw meets the skull.
- Massage the glands under the jaw.
- Massage thyroid area of throat.
- Warm the palms again by rubbing vigorously and "wash" the face.
- Massage ears. Rub ears backwards and forwards flattening the earflaps.
- Bend earflaps forward and "Beat on Heaven's Drum" 32X while lightly clicking teeth.
- Using the open palm of your hand "reverse" earclaps 5X.

- With index finger pop eardrums 3x.
- Raise chin and massage throat (thyroid area again).
- With thumbs and index fingers simultaneously knead neck-cord and inside of pectoral. (arm pit.)
- Massage breasts in circular motion. (Good for clearing lungs.)
- Massage diaphragm in a "V". Start at side, middle of rib cage and use heel of palms to massage downward. Hands will meet at the point of the "v". (Good for assisting digestion.)
- Massage abdomen. (Clockwise, helpful for constipation. Counter-clockwise, helpful for diarrhea.)
- Massage arms and legs. Don't neglect area behind the knees. (Stimulates many accupoints.)
- Using open palms "brush" down back from kidneys, down the backs of the legs to the ankles.

Once again use the warmth of your hands to "wash" your face. Sit or stand for a few moments to gather your thoughts back to the present.

As in all things, use moderation when practising this sequence of qi gong movements. If you are not feeling well modify the exercise to conserve your energy and to avoid aggravating injury or illness. It is suggested that you try this in the morning when our energy levels tend to be at their best, but this can be practised safely at any time of the day. It is not recommended right before bed as it gets your energy flowing.

BE GOOD TO YOURSELF!