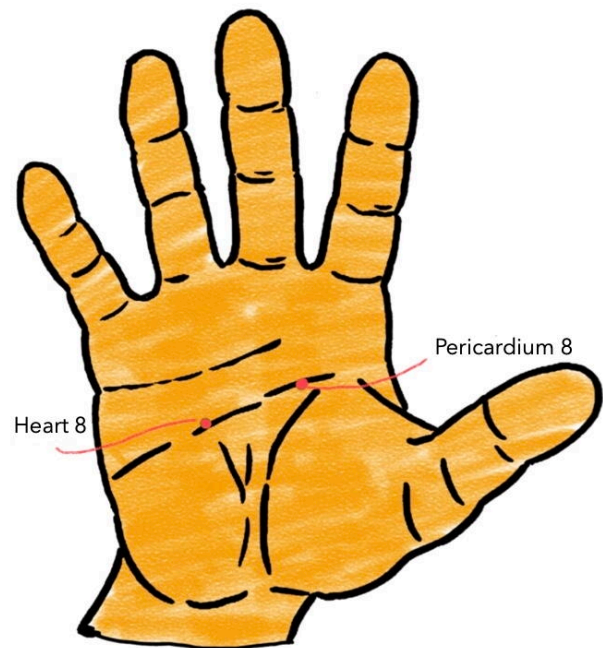
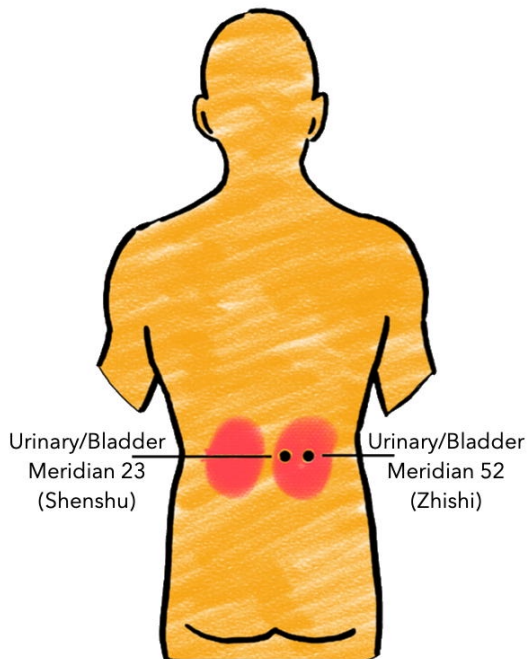


Closing Movement 1 - Massaging the Kidney Back Shu Points

Back-Shu Points are specific points - located on the back of the body, where the Qi of Zang-Fu organs is infused. They lie close to the internal organs. Therefore, qi from the points can easily be infused into the organs.

- Stand in a Wuji Stance with your feet shoulder width apart. Spread your weight evenly between both feet.
- Turn your hands over so that your palms cover your lower back.
- The Shaofu Point on the palm of the hands (Heart 8 - Lesser Mansion) contacts the Inner Kidney Shu Point (Urinary Bladder Meridian 23). The center of your palms (Laogong - Pericardium 8) lie against the acupoint Zhi Shi (Urinary Bladder Meridian 52).
- Outer Shu Point of the Kidneys - Residence of Will).



UB 23 - Kidneys

UB 52 - Emotional aspect of the Kidneys (fear, anxiety, weak will)

The Shu Points can be stimulated by pressing, kneading, pinching, rubbing, pressing and kneading, and patting.

There are multiple lines of energy that run up and down the back which form somewhat of a grid/control panel. Two of these lines belong to the bladder channel, and contain the shu/transport points, points which have a special connection to the energy of the organs and are incredibly useful in accessing them. The inner line relates more to the qi, the outer relates more to the shen aspect of the organ/body part/channel that corresponds to that vertebral level.

- Ariel Maayan