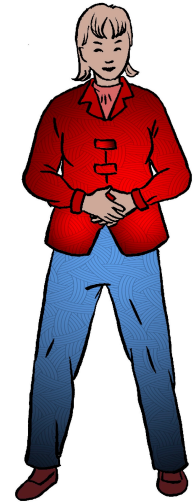


## Closing Movement 3 - Massaging the Dantian

Bring your palms together over your middle dantian. The 'hearts' of your hands (Laogong points) are directly over your umbilicus (Ren Mai 8 - Spirit's Passage). Your right hand is on top.

Press and knead the Middle dantian clockwise and then counterclockwise. The clockwise circle should rotate outward from the umbilicus, starting small and gradually growing larger. The counterclockwise circle should move in the opposite manner, starting large and gradually growing smaller.



In Traditional Chinese Medicine, Ren Mai 8 has several clinical uses:

It helps with extreme Yang collapse which effects the intestines (cold in the intestines). It warms the stomach and helps with digestion.

It can help with diarrhea when other TCM methods don't work.

It tonifies and strengthens a body weakened by chronic illness or exhaustion.

It can help revive a person who experienced shock (especially from cold).