

## Closing Movements

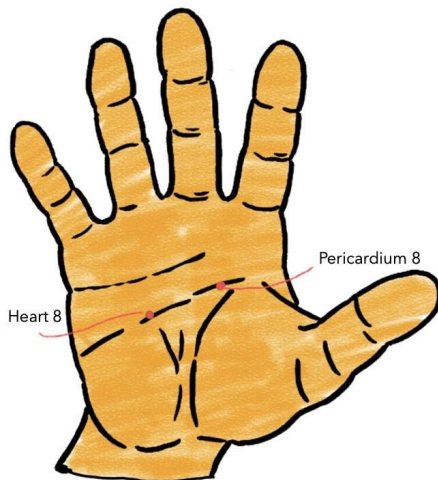
### 1 - Massaging the Kidney Back Shu Points

Back-shu points (also known as "transport points") are specific points, located on the back of the body, that form a direct connection to the qi of the internal organs. Each organ has a corresponding line across the back, with points relating to its function. These points progress, as they move from the sides of the body toward the spine, from the most ethereal aspects of an organ to its most embodied, tangible aspects. These begin with the outermost Gallbladder points, moving inward to the outer shu, relating to the spiritual (shen) nature of each organ, to the inner shu, relating to the qi of each organ, to the Hua Tuo jia ji (the points beside the spine), and finally the Du mai points on the spine itself, where the energy is finally embodied. This arrangement can be seen like a control panel, through which the yuan qi of the body is distributed to the various organs via the Triple burner, and through which more subtle energies become manifest. (CM 1.1)



CM 1.1

- Stand in a wuji stance with your feet shoulder width apart. Divide 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) should press against the inner kidney shu point (Urinary Bladder 23). The center of your palms (Pericardium 8 -

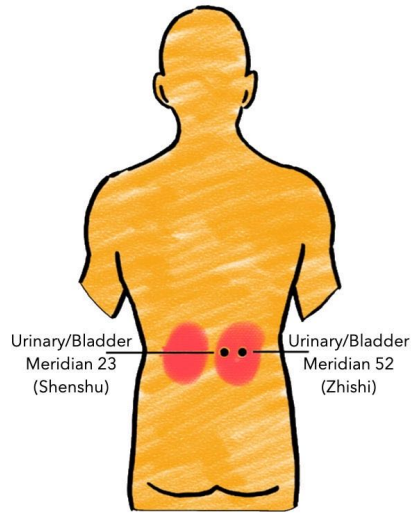


CM 1.2

laogong) lie against zhi shi (Urinary Bladder 52 - Residence of Will - outer shu point of the kidneys). (CM 1.2) (CM 1.3)

(Note: UB 23/Kidney Shu, UB 52/ Lesser Mansion, and du 4/mingmen all lie at the same level, between the second and third lumbar vertebrae.)

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.



CM 1.3



"Keep close to Nature's heart. and break clear away, once in a while, and climb a mountain or spend a week in the woods. Wash your spirit clean."  
John Muir