

2 - Massaging the Belt Vessel

"The dai mai is translated as the 'girdling vessel' or the 'belt vessel' as in its trajectory it circles the waist region of the body. Dai mai essentially has the function of bundling the meridians on the horizontal plane & keeping them functioning in good order.

"If we observe the Chinese characters used to depict dai mai we find that 'Dai' is drawn as a belt that has valuable items hanging from it. Thus, it keeps these valuable trinkets in a certain 'order' and in their proper 'place' just as the dai mai keeps the other channels running vertically 'up & down' in their place and proper order. In doing so, the dai mai keeps the energetic flow of the individual on course and flowing in a harmonious manner conducive to the elements and natural cyclical changes."



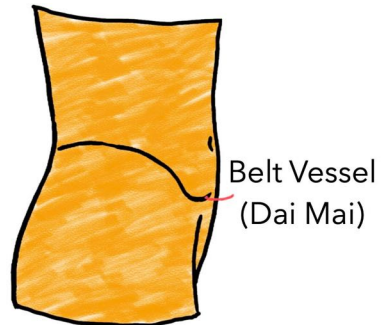
CM 2.1

Giancarlo Nerini Acupuncture website

Continuing from Closing Movement 1

Trace your belt vessel with your hands. Start with your hands over your lower back and then rub your palms forward along the vessel, leading with your fingers. (CM 3.1)

Move your hands slowly as you stimulate and harmonize this meridian. Trace the belt vessel forward till your hands meet in front of your abdomen. (CM 3.2)

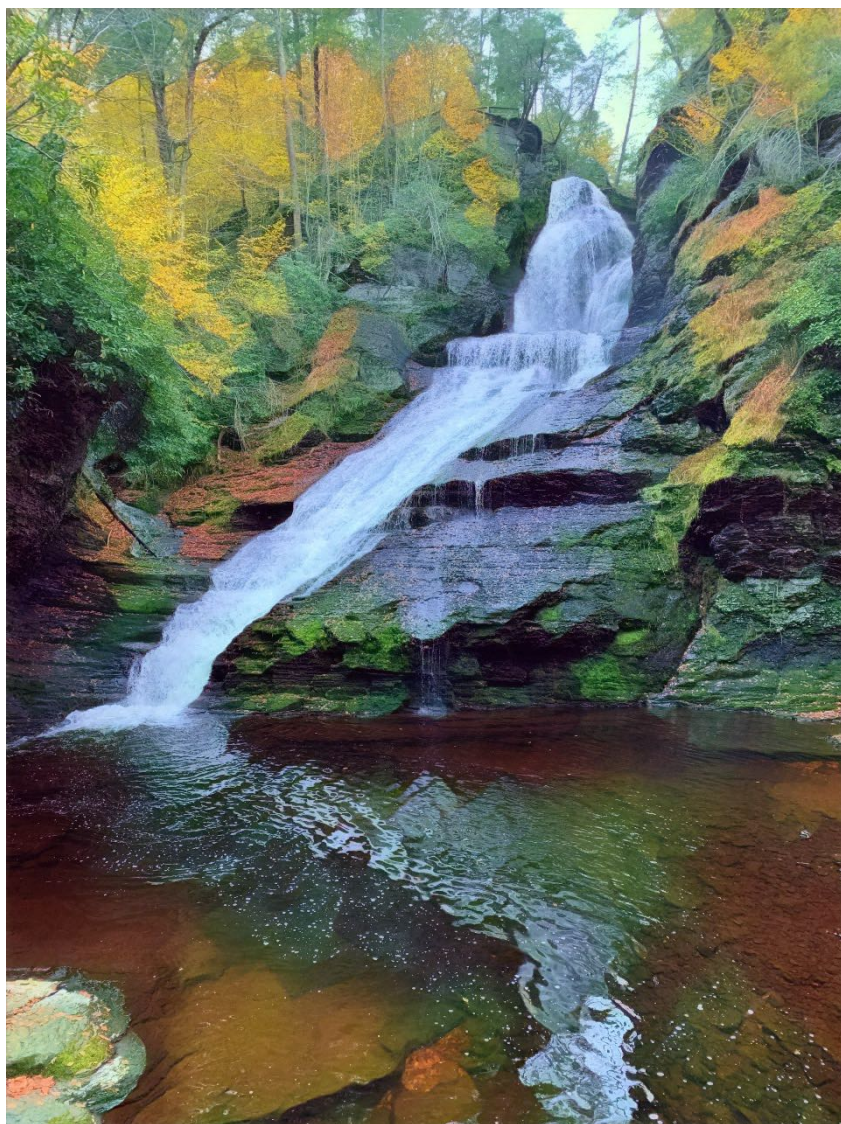


CM 3.2

"The belt vessel is one of the 'eight extraordinary vessels' of the channel system. It is said that its pathway is like a belt encircling the

waist where the belt of one's pants would, such that it connects (统束) all the vertical channels of the body."

Master Jiao Guorui (translated by Ariel Ma'ayan)



Remember, we live in a world of qi. It is always flowing around us and within us. By developing mindfulness, we can use our attention to guide fresh, vibrant qi into our body and stall stagnant qi out of our body. We can also use qigong movements to also move qi.