

### 3 - Massaging the Dantian

Bring your palms together over your middle dantian. The 'hearts' of your hands (laogong points) should be directly over your umbilicus (Ren 8 - Spirit's Passage), with your right hand in front of the left. (CM 3.1)

Press and knead the middle dantian clockwise and then counterclockwise. The clockwise circling should rotate outward from the umbilicus, starting small and gradually growing larger. The counterclockwise circling should move in the opposite manner, starting large and gradually growing smaller, as you spiral toward the umbilicus.

Though needling of the umbilicus (Ren 8) is contraindicated in Traditional Chinese Medicine (TCM), it is commonly utilized with moxibustion. In this context, it has a great many clinical functions, among them:

- a. It helps with extreme yang collapse.
- b. It warms the stomach to help with digestion.
- c. It supplements the spleen and kidney yang and helps dispel cold in the intestines, helping with issues such as lower abdominal pain and diarrhea due to cold.
- d. It tonifies and strengthens a body weakened by chronic illness or exhaustion.
- e. It can help revive a person who experienced shock (especially from cold).



CM 3.1



Think of your middle dantian as a small sun. Sitting interior from the navel, it radiates energy to the organs of our abdomen.