

**Self-Care TaoTouch Chi Nei Tsang
with Tiffany Fyans
Jan-Feb 2026**

January 16, 2026

Welcome!

New Moon - new patterns

Open by greeting elements and directions that exist so we may exist.

Gravity

feel its pull on the body

Can feel movement up through the bottom of the body, on up

And releasing into the earth
Let self be held
Aligning with that Earth force

Staying centered in gravity
turning attention to energies above
celestial
letting light descend
mis with force of gravity in every cell

Getting in touch with what is behind you (whatever direction you are facing)

Opening the lungs and back of spine

Feel back of head resting, like it is on a pillow

Sense of what is behind

Sense organs mostly in our front
notice what draws your attention

Feeling both two sides at the same time

Equalizing relationship between the two sides
releasing any pressure from one side and the other

Can use hands to comb up sides of body
Then down the front
Venting
Venting anything ready to go out of your space

Venting 9 times

Creating vibration in space that matches the marrying inside of all the directions around you

Next:

Hands to navel

Feel warmth in navel

absorb that towards your back

can circle hands over navel

warmth of hands

spread to pelvis

up from back into the diaphragm (aka "the rib hugger" - its wrestling name)

letting it stoke the inner fire, inner spark there,
behind and under the navel

hands still on navel

be aware of whole space behind, all the way to the spine

feel it land in the spine

all the way to surface your back - skin over the spine in the back

let body curve around the hands at the navel

opening the back

breath into your palms

attention come back towards the navel

Gentle spinal breathing

drawing the energy ball back to spine, fill it up, spiraling back
then back to the front

feeling pressure gradients front and back equal

expanding chi ball behind navel, in front of spine, equal in all directions

Roll the chi ball around, activating the waist in a little circle
circle both directions

if you yawn or burp- normal as the pressure gradients adjust

sliding fascia around the organs, opening space around the organs there

separate hands to each side of navel

bring to sides at hips

hands on hips, thumbs behind

holding each side of rib cage at the lower ribs

keep noticing the movements of this area as let breath come in between Ming Men (Door of Life, by kidneys), and navel

Liver - under right side of rib cage

Spleen and pancreas under left side

Liver is denser organs. May feel more like a wall to to breath

Bring a solvent-like breath energy there

called the Inner Smile

Right rib cage

If left side feels dense too, do the same Inner Smile breath in there as well

As breathing into hands, navel and back, feeling all the directions and gradients
up, down, side, side, front, back
allowing breath to move anywhere that needs the attention

giving everything a little space of its own

can lean side to side to open tension on the sides
opening space for organs, for digestion
notice form inside out what your body needs and wants

This course:

Concept of digestion

physical, emotional, mental digestion process that we are going through as we move through life

As we approach springtime, Chinese new year in a month (late one this year)

Spring = Wood energy

Start making room for what is new to grow
Breaking down things into smaller pieces, more surface area to be broken down
into what either becomes us and what we leave behind

Good practice to do for 15-20 minutes each day

Feeling what we are and what is around us
Opening the space for digestion

Just tuning and getting in touch with the way things are inside us
Way different directions penetrate into our system
That awareness alone starts the digestive process
Tuned into healing process that is always waiting

The healing field vs pathological field
Entering the healing field through feeling what is there

Allowing the intelligence of us in our bodies, mind, breath - to do their thing. To address what it becomes aware of.

DIGESTION

First part: brain and mind

What we have an appetite for
vs what we are "force fed" - things we don't have choice over
focusing on where we do have that agency to digest
models how we digest things we may not have choice about - world, others' energy, things
have to do, etc.

Physical digestive system:

Thinking about what to cook
Starts cascade of enzymes for what we are going to consume
what we consume has big impact on nutrition we are going to absorb

State of mind when eating is huge

Starting with mouth

Teeth, salivary glands

Tapping of teeth

sends vibration through bones, skull
clicking teeth together (jaw relaxed) - feel vibration in skull
sending that into all the bones

Salivary glands and parotid glands

“milk” those with fingers, starting at skin level
draw those down with fingers
feel release of glands
down towards tonsils
notice if you get saliva going
Saliva will reflect the chemical state of your body (and mind!)
saliva is protectant fro teeth, for mouth
has all kinds of properties
increasing salivary excretion is a self-care exercise
moving saliva around in mouth
activating glands, jaw, ears

Warrior chi - first line of defense against the elements

as people age, things dry up
mouth is the first place of digestion (after chemical cascade from thoughts)

bring lips forward like sucking on something
Yin quality of moisture into mouth
incredible boon to digestion

Amylase - enzyme that breaks down carbs into sugar so stomach can take more out of them

Tongue - move around top teeth - front to back

notice tensions, moisture levels
use tongue in way to maintain moisture
Do lower teeth too - with tongue

If mouth chronically dry, can take oil, hold in mouth, let body absorb
sesame oil, food-grade castor oil

give a little massage to gums too
relaxing shoulders

Gargling

tones the vagus nerve

salt water, maybe essential oils, tea
gargle, make sound
vagus nerve - innervates every vital organ
starting up in head with vagal toning - gargling, singing, ululations
toning the vagus nerves (we have 2! one on each side)

Thyroid, parathyroid glands

Tao Yin practice - Chi massage there
open space around, warm up space around thyroid in throat area

Cold food, ice - has huge effect on digestion
contracts thyroid, etc. - slows down digestive process

a warm thyroid is more functional

also that warmth nourishes the spleen

LYMPH

lots in the neck area

Warrior chi - first line of defense

under collar bone - subclavian vein

gentle lymph drainage down sides of neck, down collar bone

huge for self-care

Lymph is our immune system

T-Cells, B-cells, macrophages

HYDRATION

When **lymph** gets dry, it slows down, gets gooeey, locks up fascial planes, all through body
when lymph has gotten dry, grainy, gluey, then it becomes hydrophobic- moisture doesn't
absorb, it just slides off

Rubbing area helps open lymph to receiving water

Lymph nodes and tubules

in the interstitial parts of body tissue, there's fluid area where blood cells move through
capillary beds. Pick up things from blood and brings it where it needs to go

Interstitial places - in between everything

Neck area - lymph

Subclavian vein

gets it all going

Rubbing gently from outer collar bone towards sternum

Breathing! Navel, behind navel

breathing helps move lymph

Feeling for any nodules under clavicles

Caring for our body

Starting with the base line that holds all our parts

BREAKOUT ROOMS

As feeling different directions around the body, where were you correcting from to get back to
the center. Any discoveries about the process. Also what you found when working with the
mouth and lymph?

Thanks for participating!

Couple components of digestion

Breaking down into smaller parts

Assimilation/absorption - once they have been alchemized into something we can use

Those 2 processes done by same system

Yang and Yin sides of digestion

Yang side - strong mashing up and breaking down into usable components

Yin side - absorption

Study on eating:

concentration camp, not a lot of food

3 survivors

took time with food, keep it in mouth long, for better absorption

Getting into state of mind (and chemistry state inside) where we can benefit most from our food intake

Time - taking your time for practices, time to taste

So when it goes down to autonomic aspects, our body knows what to do with it
our nervous system in a condition for best digestion, absorption

Going for really good digestion

In Chi Nei Tsang world, extends into emotional digestion - big part

Don't have to wallow in our feelings to digest them

but avoiding how we feel hinders digestion

don't have to digest everything at once - in emotional digestion

our body and mind knows

Biology of Consciousness

coming from past (Water) to where we are being drawn into something new (Fire)

balance between those two

Appetite - what do we want to eat, where want to go in life, purpose and direction in life

Tube:

Our bodies are a container for a tube from mouth to anus

As things move through, broken down, presented with components that we can use (or not)

Hard feelings - don't try to push it down or push it out - just feel it, let it be there, as uncomfortable as it may be- it will move on its own, body will take care of it naturally. Trusting the process.

Whatever is there in that tube, is meant to be. So we can outgrow things we don't need anymore. And receive something new so we take the next steps with more chi, power.

Healing From Within book by Gilles

Digesting a brick. Already eaten. Have to digest it, naturally

As passing through the tube, hitting up against personal tender parts of ourselves, making themselves known. We have to breathe and make space around it. Allow it to move through.

Tubes, breathing, making space, moving body, moving mind, feeling emotions that are there, while being gentle and tender with ourselves.

Guardian - Denial system - ok

Don't have to face everything all at once.

Breaking the brick down into digestible chunks over time

Doing the practices helps us to be able to receive what we have to digest
Where can handle our feelings more.

Wendy: Happy to be here. Things we know but don't take the time to practice. This class helps us to do these exercises and such.

Osteoporosis: Eating when in a hurry or stressed, stomach takes minerals from system that it doesn't need to otherwise. It takes these minerals from our bones.

Eating less

Anjalis - Ayurvedic

Knowing how much to eat

Form hands into a little cup/bowl. That is your portion for a meal.

Of that portion: one palm is your protein amount

the rest is your fiber/carbs (esp vegetables)

two thumbs are good fats

if protein is fatty, then that takes up part of the fat (thumbs)

Pancreatic enzymes - most available 7-9am, 12-2pm and 7pm

digestive fires the strongest

Tiffany's video freezing! Internet issues at end of class here...

David and Rieko sharing

David: Eating slow helpful, better digestion and not overeating

Drinking water - upon swallowing, intention of absorbing, helps with hydration! Noticed in real life.

Alicia: 30% protein, 30% fats, 40% carbohydrates (veggies)

Dry carbs - can take long time to move down esophagus

Space in the stomach.

Glass of water with salt, few minutes before eating, eating slowly

Hydrating system prior to eating

not too much to dilute enzymes

Salt - electrolytes. Unprocessed salts. Best with names of particular seas: like Celtic sea salt, grey Atlantic salt. Salts that still have ionic properties to them.

Teaspoon of unprocessed sea salt in morning with warm water - great way to start hydration

Hydration - Hydrogen - lightest molecules. Help molecules move in body.

Due to internet issue, getting to end anyway
so, closing class now

Bring hands back to navel

warmth back from navel to ming men center

gather selves in warmth

Gathering anything in this meeting that was valuable to you

Feel free to email in questions, feedback, sharing throughout the week.

Thank you! See you next week!

**Self-Care TaoTouch Chi Nei Tsang
with Tiffany Fyans
January 23, 2026**

Hello! Good morning or whatever time of day or night it is for you - greetings!

Starting with
Chi Kung warmups

Rubbing hands together

Earth

Draining down to Earth, also getting something back up from Earth
Smiling down to feet
crown open to heaven
back body open to support behind you

Hands together over navel, spiraling chi into navel with hands

Warmth of your will, receiving and absorbing that deep into navel
breathing it back to the spine
releasing anything else that had settled into that channel between navel and Ming Men
Let anything in body adjust to this opening- move, breathe, heart relax down and back

Once gets going, can use just 30% energy or less, take it easy, let it work on and for you

Feel warmth spreading like roots into back body: kidneys, spine, sacrum
receiving warmth back
Feel for any "thirsty" place in the back, wanting chained breathe there

Spinal breathing:

Front crunch hug
Back body hug

Feel chi sphere in belly become present, taking up space
All the way down into sacral cavity
releasing pressures from sides and front of heart

Heart sound: Haaaaa

Push hands in front, like cold molasses

Embracing the tree

Earth relationship chi kung:

sink into earth on inhale - absorbing
pressing into the ground on exhale - extending it deeper into your body

feel sphere in belly, all the way to the back

Hands/Fingers/Chi Beams

Hands open to sky
Then back towards earth

Tiger Mouth (top of hands side- web of index and thumb)
Tiger Mouth to hip points - create a beam

Fingers towards eye of hip - make lil circles - penetrating into lower abdomen at pelvis
Finger forward - holding beams in palms, shoulder blades smoothly sliding back
fee alignment in back, breathe into back, under ribs

Hands forward again, palms up, receiving
opening to bounty of universe, all the forces

Arms to sides, palms up
feel space out to sides, opening into your whole field, taking up your space
fee free to reach side to side

Arms up, hanging for the sky, reaching vertical, stretching sides, corners, sides, front, back
claiming all this space for you

Shake it all out

Venting 9 times:

Fingers combing through whole field
up sides, down the front
fingers demagnetize things

Shake it out again
Rub hands warm again

Face/neck self massage

Warrior chi
Parotid glands - saliva amylase enzyme
smiling thyroid and parathyroid
more moisture in touch
down to above and below collar bones, moving that lymph
tap on thymus gland - immune system

Hands back down to navel

Thank self for that short practice today

Last week:

Gateway to digestive system: mouth, teeth, salivary glands
breaking down surface of different pieces
helping alimentary canal do to its thing

Today: moving down alimentary canal

mouth = gateway
stomach - seat, first organ

between them: Esophagus

ESOPHAGUS

Striated epithelium - little curves inside
so body knows what coming down
message: take a hiatus

fingers to top of solar plexus
can touch sternum as well
when swallow, it pulls in a bit
swallow vs breath - can't do at same time (share a tube)
take a pause to enjoy what putting in the gateway
take our time with it, take a break

Stomach

Hiatal area - opening into stomach, through diaphragm

Esophagus goes through diaphragm, into stomach

Hiatal hernia - when part of stomach pulls up through that tube hold

Connecting with SOLAR PLEXUS area:

We work to open rib cage laterally and downward- feel the downward motion

Feel ribs under

Diaphragm is a rib hugger

Feel whole rib cage

Notice where breath comes, or is harder to go - no judgement, just noticing

Do a little milking down where soft below the sternum

Connecting to layers there: skin, etc.

Like pushing through layers of blankets to reach a mattress

breath provides stretch to fascia

notice where that stretch comes to

adjusting pressure gradients

releasing pressure from heart

anchor there, can adjust forward back, side side

ok to find places that aren't so comfortable, and helping make them more comfortable

just making more room, taking time

Solar Plexus

place where we hold some upsetting stuff

natural to shut this area and clench

in order to protect ourselves

Now we are going back to ourselves

right now everything is ok, here to connect

bring some ventilation, warmth, coolness, fluids, breath, whatever you need

Hands on front body, but feeling vectors moving into back body- kidneys, QLs, sides of spine,
etc

These are all pressures that influx upon us, and we start to identify with them
but we can digest them and become more our new selves, lighter, more pure

Walking fingers along solar plexus area
opening in broad plane way
maybe notice area like bubbles, lines of tension

If ever feels too deep, then lighten your touch, no problem

Staying with the stomach for some time as we explore it

STOMACH

Compost pile

may need heat, or water, cooling down

just being aware of the feeling in the stomach

hydrochloric acid

pepsin- base (alkaline)

flora - mucus, holding friendly bacteria we need, we need enough of it

Golden light

bringing a bright golden light into stomach

stomach is seat of our health

digestion is the key to the rest of our health

Stomach - Yang Earth element

Sense of self

Make space around stomach - sides, back

bringing in a golden light

dull mustard color - breathe it out

Sound for stomach

guttural vibration sound

huuuuuuh or fuuuuuuh

transform feeling of not belonging into feeling of being in the right place at the right time

Stomach drawing in bright golden light into more of its nooks and crannies

feeling of Trust

feeling rhythm of chi

of earth, via the stomach

Feeling connection between mouth, taste, and stomach itself

Aware of surface of stomach on outside

and also lining of stomach on the inside

and muscles in stomach, like a blender

stomach likes feeling of softness and openness

bottom angle of stomach has a ligament that helps hold colon

gastrocolic ligament

hold hands like a cup here

bottom of stomach

connecting with things stomach is supporting below it

activity of heart and pressure gradients there, and large intestine, affect the stomach and vice versa

End of stomach:

pyloric atrium

comes down to solar plexus

leads down into duodenum (bit to left of middle)

duodenum - very beginning of small intestine

duodenum is where saturated fats turn into essential fatty acids

common bile duct a bit to the right

pancreas behind it, releasing electrolytes etc into duodenum

gall bladder releasing bile - a solvent to break everything down so we can absorb nutrition into our blood, liver to distribute to whole body

Inner edge of right side of rib cage

notice feelings there

moving along the common bile duct

GALL BLADDER

Yang Wood element

gall bladder between tip of right shoulder to navel - right along that line

give gall bladder some love

sending a bright green light into gall bladder

green like fresh spring growth leaves with sun shining through them

smiling down into gall bladder, behind, each side, in front, underneath, above

surrounding whole gall bladder with bright light green light

inside the gall bladder, letting it absorb this light, breathing it in

Wood sound - Shhhhhh - like wind through trees

Transforming frustration, feeling stuck, into a flow state

Winds from gall bladder can go up into jaw

can wiggle jaw to release

or isometrics - hugging motions

releasing winds - the body knows

tenderness in gall bladder

feeling with fingers around for any changes

from inside, sensing any changes in quality

even just a little change opens a safety valve for continued changes in digestion

just looking for little changes

so rest of body can start adjusting

then a big change can happen without causing a big reaction

little changes are cumulative and increase our tolerance for change

Fingers milking from inner ridge of right side of rib cage, towards the center

like pushing last of the frosting out of pastry bag, moving it along

Fingers may naturally start to move to our next area, naturally spreading the health...

Moving towards center to solar plexus

to **Top Right Corner of Navel**

top right corner of navel - notice sensation there

point there might feel good to press there into spine a little

root of umbilicus

let your body guide you - body is intelligent

feeling this point all the way to your back

can make circles here

be aware of right shoulder, relax that

release any winds that got stuck there - shoulder, armpit

rub that area a bit, shake out, stretch out if want, let it move all the way through

embracing any changes, shifts, tiny victories of more freedom inside, better digestion

Throughout week, nice to move energy down from throat to back of body

a gesture towards digestion

moving yang energy down to feet, to ground

always nice to bring things down to lower abdomen

rubbing circles there, sacral cavity in front of sacrum bone

1:00

Hands back to solar plexus

Take pause, noticing, feeling

PANCREAS

Moving fingers to:

Soft tissue on left side below rib cage

walking fingers along here

noticing textures - soft, hard, etc. How feel to be touched there?

Smiling down

Moving back into Earth center under left side of rib cage

milking from under rib cage towards navel, if available for that

graph that shows dermatomes in abdomen

in this area, a point that reflects the pancreas

"Sugar Box"

if pushes out like trampoline

may indicate blood sugar issues

sweetness - what makes life worth living

sit with fingers here on this dermatome

Dermatomes are areas of skin that have connections to specific spinal nerves

cultivate sense of sweetness inside ourselves

like a happy baby

light, wonder

Chi Nei Tsang is the art of listening

CNT Self-Care just listening to ourselves

and can offer these different qualities and see if they are wanted and helpful

WHOLE EARTH AREA

stomach, spleen, pancreas organs
related to mouth, producing amylase
chew long enough, breaks down the carbohydrates more
feeling mouth, like sucking on a lozenge of the good things in life
letting moisture gather, having an appetite
connecting mouth to sugar box

Feel free to release hands, let go, take a break whenever need to

Bringing bright golden light between mouth, to pancreas, left side of rib cage
Can follow this down to upper left corner of navel (Earth axis)
Points around navel = wind gates

Softening whole area between under left side of rib cage and upper left corner of navel - that quadrant

Let hands rest and notice any benefit from this practice of self care

Might have set things in motion
In the next day or 2 or 3 - these parts of you start talking to you, asking for what they might need
maybe need to take a hiatus, a pause, to be with them
take your time eating, feel your food in your mouth, chew well

opening space in your back, through breath, good for all these organs

can keep hands on navel, gathering etc, as we chat

Darryl: Noticing path of eating fast, hard to break that pattern. This practice is great reminder to slow down this process.

Darryl: Spleen?

Tiffany: Saving spleen as yin power organ - with the liver - later in the course

Eating fast: habits from childhood or other times in life
Good chance for change, self-care with eating

Shary Lou: Taking time when eating, digestion, just giving it love and attention. Important to just come back here via loving touch. Want to hear what's really going on in this area.

Tiffany: Starting with skin level, gently sinking in, not forcing, just connecting. From there can pull down just a bit, layers connecting. Stomach may be drawn down from hiatal area where it might be jammed up. Like a tablecloth with dishes on it that you want to slide over, can pull it while moving other things you want to connect with. Physiologically. Fibers, lymph tubules, fascial planes - hydrating these differences layers. Powerful for lymphatic system. Lymph structures that move things from cavities to body back into lymph system. Can get dehydrated there. Working gently with fibers can help re-hydrate things. Feel comfortable touching self here.

Teryn: Sugar Box - navigating cravings for sugar.

Tiffany: In HFW book, Gilles talks about this pancreas test
Can you have just one cookie?

Our need for sweetness in life, and also other opportunistic things in life that want sugar: yeast, parasites, etc. So when the craving is there, really look at it.
Body Ecology Diet book - has some good solutions
Get to place where it's just us and our need for sweetness in life

All disease and injuries are there as an opportunity to heal deeply

Takes a lot to digest everything in life
Give ourselves credit for how well we are doing, given everything

Taste for life

Difference between Appetite and Craving

What have an appetite for?
That can help to push away cravings

Appetite can be satisfied
Cravings not so much - just feel gross when eat too much of those things

Herbs: tasting a bit of coriander, fennel - help saliva, amylase, stimulate appetite
can bring in what body really wants to eat

Oh! That's our time for today!

Thanksssss, byeeeeee, mwwwwwwah!

**Self-Care TaoTouch Chi Nei Tsang
with Tiffany Fyans
January 30, 2026**

Hi! 3rd session today:
SMALL INTESTINE

But first! Chi Kung

Standing

or sitting - replace Kidney1 point with Bladder 36 points on sits bones on chair - for connection to Earth

Shaking

feel gravity

shaking out hands

reaching for sky, stretch up each side opening side body

find anywhere body wants to stretch and open

open front body, test opener, open to the to the day

hugging front, opening back

brushing down

101 Steps of Digestion

Lifting knee like form a plumb line (straight up like a puppet)

stay parallel with central channel

settling the Qua (hip)

Peritoneum - sack in abdomen, gets twisting motion

movement of organs

remind fascial layers that separate organs from each other, that they are indeed separate, more

fluid, fibers to stop being adhered

breathe them apart

warming up the organs

pump of energy form the earth

sending chi into back body

posterior abdominal wal

breathe behind organs

digestion, metabolism, clarity

peritoneum comes down to perineum

anchors with fibers there

root of peritoneum getting energized

spreads up through fascial planes, activating things

increasing chi, opening back body

organs contained in sacral cavity, along spine

Knocking on Door of Life with Tiger Mouth

vibration, chi, stem cell activation - knock anywhere that needs some of that

can go to sacrum, side eyes of hip, etc

front, TFLs

Knocking/tapping down legs

Gall Bladder channels on outside of legs down to outside of feet

and up the inside

do that 3x

Rubbing the Qua - hip creases - getting warm here
and a bit above - loops of intestines
caring for this area, can help prevent hernias

Shaking more
rolling shoulders back
shaking head side to side
release tension in neck, occiput, jaw
head rolls, releasing tension all around

Palms facing forward, pushing away

shaking, releasing

Venting 9x

clearing out anything getting in the way of our life purpose

Spinal Breathing

condensing good energy into spine
intro front first, then the back

Spiral twists around central channel

breath still going into posterior abdominal wall, and under rib cage
lubrication, aeration, to any dark corners
leading with the eyes
noticing your environment
can lift back heel to further extend
send chi into whichever parts of diaphragm, back, anything thirsty for your attention and
pressure gradients to change

Rubbing hands together

Eyes exercises- up down, side side, corner corner, circles each direction
keep breathing!

Ears

cover ears, tapping base of skull
rubbing around the ears

Connecting with parts we've done previously:

Gathering saliva in mouth, feel parotid glands opening
sense of mouth, tongue, swallowing mechanism, esophagus
take a little pause at top of stomach
sternum
down to soft tissue of solar plexus
duodenum, common bile duct, pancreas, gall bladder outlets
letting body guide you, listen to the wisdom of your body
walking fingers along bottom of rib cage
down to top corners of navel
connecting with areas we covered in the last couple weeks

ahhhh

and sit down if you'd like

:30

Continuing our journey today into next part of digestive system

Duodenum - first part of small intestine

8 inches long or so

“Take your time to make time.” - Gilles

small intestine has peristalsis, moving things muscularly through the tube

As Tiffany is talking, feel free to keep connecting there with your fingers, softening the areas

Duodenum empties into jejunum

Jejunum

22 feet long

index-finger wide in diameter (so not that wide!)

Villi - hairs to create more surface area for absorbing nutrients from anything passing through

Same surface area as a tennis court!

In abdominal cavity, held in peritoneal sac

There is a root holding it to the posterior abdominal wall

Mesenteric Root

anchoring loops back to the back

back pain can be related to small or large intestines, pressures in there, adhesions

small intestine like a long piece of **battered spaghetti**

like spaghetti, can get sticky, clumping together

massaging here help to loosen that up

Fingers communicating, conversation happening what feeling, and what providing to yourself

may be able to sink through the layers

connections

can lift up rolls there, gently grab and lift up, creating space underneath

can do shakes and jiggles there

try to keep shoulders relaxed

using gravity, breath help create space

whole small intestine filling while region from hips, iliac crest back into spine, posterior

abdominal wall, sides, front, top of abdominal area

hands working around this whole area

Pressure gradients - as making changes with contact there, perhaps neck and shoulders can

release more, settling back down

yawning, burping normal here - way to release

small intestine
FIRE element

Jejunum (connects duodenum to ileum) is a **brighter red color**

all the little villi in there are like licks of flame, into portal vein

Portal Vein - conveys blood directly to the liver, from the spleen, stomach, pancreas and goes straight to liver with carbohydrates, fatty acids, minerals, important sugars, etc

Keeping a healthy Fire

need to clear out the ashes at the bottom

so with fingers, we are lifting and making room for aeration to come through for more light, energy, oxygen, fluids

allowing to bring the nutrition deeper

Like **Coral** in ocean - has root attaching to rock, trunk-like, then at the top a wavy form, then from there open up into different branches, and coral forming on that

Like coral, the mesentery:

big fan of coral comes down to the root at the bottom

held against spine

upper left towards lower right

portal vein, blood rich

can get adhesions in the fan part of mesenteric root

so we are working not just of loops, but also where the fan is opening up there

Coral like the fire under the ocean

Like in belly

FIRE Elemental Force

small intestine - Yang Fire element

moving the energy, distributing

related to **Yin Fire organ = heart**

Put one hand on heart, one on small intestine

breathing behind both evenly

energy of Fire element

Fire Healing Sound = Haaaaahhh

release sound for any scorched feelings in heart or small intestine

Fire Properties:

Issues: Impatience, hastiness

Virtues: Honor, respect

Presence with self

Continuing connection into:

Tongue

Tongue is sense organ related to heart and small intestine

magic wand

feeling tip of tongue

hold at front of palate, behind front teeth
tongue relaxing there
like holding a delicious lozenge, releasing flavor

Following linings down from tongue:

Following lining of tongue from tip to top surface, to back of root of tongue, then
back of root of tongue connects with back of the heart
the from back of heart to diaphragm
connecting and releasing any pressure there
bright happy red color

continues down diaphragm, front of spine
emerge as fibers that make up small intestine and mesenteric root
one continuity all the way down from tongue

from bottom of tongue
front part of heart
pericardium, front part of spine
mesenteric root

feeling front and back planes

back to tip of tongue
going down, feeling both front and back lines at same time
throat
haaaaaaahhh
continue journey down sides of heart
sides of pericardium
root of pericardium
diaphragm
front of spine,
mesenteric root
opening up into small intestine
feeding small intestine from the root
all surfaces
using breath to make space

Warming hands on the Fire of small intestine and heart

reflecting the warmth back from your hands

Can walk fingers along small intestine again
under rib cage
feel free to move body
providing best environment for whole small intestine

Portal venous system that goes right to the liver

Jejunum - life 8 ft long

Then slowly transients into ileum - bottom part of small intestine
no duct or anything
Jejunum absorbs most nutrients

Ileum:

absorbs bile salts, other remaining nutrition
last and longest part of small intestine

ends at lower right corner at lower abdomen

loops above pelvic floor - uterus, bladder, prostate - laying on these organs below it

Doing a little lifting from inguinal area, from pubic bone, up

can be subtle lifting energy

up towards navel

enjoying the fire, the warmth, the nutrition, life force that the small intestine brings

Regular fluid intake really helps the small intestine to keep doing its job

Lower right quadrant

where ileum meets and empties into large intestine

Ileocecal valve

there, can be:

sphincter-like structure that opens and closes

or can have a tapered hose that enters the cecum - like pressure valve. When cecum full, stops ileum from releasing

And more different kinds of possible structures there

Appendix

Cleans fluids in interstitial spaces

Tend to lower right corner of abdomen there

Breath - powerful way of accessing inner parts of self

Connecting hands and breath there - inner and outer connection

Tending to that Inner Fire

Notice any tangles, loops sticking together, slowly easing more “butter” between, banking the Fire

Honoring your Fire

healthy fire - broad at base, consistent in its licks of flame

adding dry wood where needed

clearing out where needs to be cleared, for more aeration

warm, not too hot, no flares flying out while other parts cold

WINDS

inside the body

by tending the inner Fire, we are giving the body a relaxed sense of where the warmth is also in arteries and veins

in weather systems, cold to hot front, we get winds

(winds are necessary and life giving, but can also be destructive)

tending cool and warm parts of ourselves, to keep them in good relationship

we can set conditions for good internal weather

or like a compost pile, getting hot like that in small intestine
and something cold moves in from kidneys
can get a wind that affects gall bladder, headache, belly ache
just form physics of these energies

also dry and wet elements inside too, helping goo relationships

Placing hands on whole belly area, can rock it up down side side

Feeling back body: QLS, sacrum

Let those areas absorb this nice intention we are giving to the small intestine
absorbing from the hands on belly, back into the back body

Duodenum

any sense of **impatience**, nausea, etc - from last week
and today's practice - what like for you

Breakout Rooms!

Recording paused for breakout rooms

Sharings from practice and/or breakout groups

Rieko: Not used to doing that self-care that long, belly needed a break
Self-respect important
101 steps for distention

Ajowa: Same, maybe a bit much. Slowing down, holding self, breathing good. More energy
there today, little sparks of something, continue developing more energy there

Teryn: Fell asleep! Really needed. Loved conversation with Saskia- heart fire, slow warming
fire, not burn the house down, lower, warming Fire nicer

Resting important, just place hands there, let body catch up to what has been set in motion

Laura: Conversation with Meggie- small intestine Fire energy, impatience, hurried, irritable
energy- a condensing feeling. Instead, breathe, allow space, be present. Fire needs air, breath,
space in order to be healthy. Lovely reminders about Fire energy, taking a breath, making
space, then something can come in, as opposed to it being constricted

Ok! Lovely working together on our Inner Fire

Next week: Share what was like throughout the week with whatever practices you worked on.
Building self-care we can use in these times of change

**Self-Care TaoTouch Chi Nei Tsang
with Tiffany Fyans
February 6, 2026**

HELLO hello wherever and whenever you are!

Today:

LARGE INTESTINE

But first! **Chi Kung**

Watch the video!

Bubbling Spring = Kidney 1 = K1 soles of feet

bottom of feet, center of ball of feet

Earth yin chi moving up feet, legs, on up

Smiling down

Breathing into Ming Men area in back (opposite the navel in front)

connecting points on each side, down to the feet

legs are an extension of the kidneys

like arms are extension of heart

feeling where outreach of energy starts at kidney palace, and roll uncoil down legs into ground

rolling hips around

hips and internal pelvic floor area hold the organs

stretching one side, condensing blood, fluids into other side

noticing anywhere that likes this

Knock knock knocking on the Door of Life

stem cell activation in back, sending chi

down to SI joints, anywhere body is thirsty for contact

rolling shoulders up back and down back

swinging arms front and back, fingers pointing toward the earth

circling palms on belly, spiraling in a deeper and deeper vortex inward

in direction of large intestine digestion (up right, down left)

energy distribute from navel center into whole abdominal region

peritoneum, behind it, several organs behind it - more subconscious place

breathing into the lower back

hands to lung points in front of shoulders

push any pressure away from chest

feet anchoring, back opening, as you push forward

making space between you and what's in front of you

activating shoulder blades

Haaaaah - heart sound, clear pressure away from heart

also releasing pressure from back of heart, back body

making more space between front and back,

calming our space and time

shake it out

Venting - 9 times

each finger representing an different element, meridians
up sides, down front
feed the earth

opening up nooks and crannies in body

Turtle & Crane

leading with head, curving forward and down
then up the other way, up, little arch in back

Twisting, leading with eyes

can let heel of opposite foot lift, for more spiraling, if you wish

Hugging forward, hugging back, squeezing

Rubbing hands while doing **eye exercises** (see previous classes and video)
palming eyes (no touching eyeballs)
cover **ears**, making vacuum, tapping on base of skull

Rubbing down neck, etc

thyroid, tapping thymus gland in chest
brushing yang energy down sides of body

tapping on the Qua, inguinal area chi

knock down outside of legs, and up inside legs, 3 times

yang energy down, yin energy up

Back to navel, absorbing the practice, spiraling back to lower cauldron

Jing chi back to kidneys

one hand on heart, one on belly (one above and below diaphragm)

let breath move behind hands, behind, heart, behind the guts

breathing

sense of appreciation to self for taking this time

:30 LARGE INTESTINE

Hands on lower abdomen

Breathing from back body towards sides and front

Letting intestines just be

Letting hands extend down, passively, into intestines

Notice where we were last week:

Jejunum, Ileum of small intestine

feeling mesenteric root, like trunk of tree, root of coral

tight against the spine

small intestine spreading out like a fan

loops smiling as we breathe

feeling in there both with hands and from the inside

extend chi to places wanting it

Finger dancing!

let your fingers do the walking
helping separate tissue, stretching some fascia, etc
breathe between the loops
feeding the fire

working around and in, gently

working way down to lower right quadrant of abdomen
Ileum - end of small intestine
transit here - small intestine (absorbing vitamin B and tons of nutrients)

Ileocecal Valve - opens into cecum, beginning of large intestine

gentle, but letting fingers sink to notice what's going on there in the lower right quadrant
any air bubbles, log rolling over, balloon, hard tissue...
bottom back part of lung expanding, to bring pressure from behind to support here
ileocecal valve
immune system - taking care of things here before exerting large intestine

appendix - large lymph nodule

Ileocecal valve - one way valve from small to large intestines
giving this area safety valves, energetically
reliving pressures in area
psoas in here too
releasing pressure mechanically from anything preventing ileocecal valve from doing what it is
designed to do
as you work, can go deeper and deeper
breath coming in from behind
feeling places calling our hands to release
lifting from underneath ileum and cecum, working tight muscle tissue affecting it, etc
can get sore if to much, so go easy on a little every day is more effective than doing is hard and
a lot all at once
feeling layers of skin, fascia, adipose tissue, etc

Cecum

beginning of large intestine
subconscious processing area
we are both working, and also receiving with self-massage
breathe in your touch, see how far it goes, what is warmed up, what calling next

Inner Smile - smiling down in here

gratitude
opening olfactory nerve, spreading in face, smell glands that mammals have
sending this heightened sense into the area
smile, light, awareness - sending that down to area working with
just letting this area do it jobs

FOLLOWING ASCENDING COLON

from lower right quadrant, up the right side
ascending colon - goes behind peritoneum, fascial sack holding our guts
can kinda push it forward, right under liver, between hip and liver
rolling around, allow body to circle, activate the area gently

ascending colon - flowing against gravity when standing

Hepatic Flexure

large intestine meets diaphragm by a ligament
then makes a hairpin turn there
becomes the Transverse Colon
Feeling this area - ascending colon, hepatic flexure
making some space there
near gall bladder too
go gently! but still can be deep
can lean over hands, rock body, whatever in order to help fingers get to what wants to be touched
making space at the hepatic flexure

TRANSVERSE COLON

moving across belly from right to left side of body
Going along transverse colon between hepatic flexure and splenic flexure
when standing or sitting up, it may be hanging down lower due to gravity, even at or under navel
larger tube (width wise) than small intestine
can lift it up

This juncture of large intestine ver interesting

METAL element

large intestine, lungs, skin, fascia
surface of things

Metal is our emotional intelligence

Smell - breath through nose

Discernment

making things more "shiny"
shining up the large intestine, transverse
decide what stays or what goes
absorbing water, moisture

Process of letting go:

small intestine - sorting and separating
large intestine - what stays with us or what goes out
letting go - sometimes natural, sometimes hard to let go of
sometimes easy, sometimes not so much
things into conscious awareness as we go along the large intestine
anything going on in this area, relates to this aspect
feel the feelings, moving forward

Virtue of Metal: Courage

"Negative" emotions of Metal: disappointment, grief, sadness, discouragement

Metal: Bright, shiny white light

release cloudy grey, stickiness

Metal Sound = ssssssss

like a snake, like filtering sand through a filter
upgrading
absorbing what is good for you

breaking it down so much you can absorb what you need
soul food

lifting large intestine

releasing anything impinging upon it
not fixing, just allowing
letting hands be guided into places that want the touch
we are planting seeds, watering them, then letting nature run its course
breaking up "clods of dirt" in here

Splenic flexure

where large intestine turns again, to go down as descending colon down left side
connected to diaphragm behind spleen
may be a little higher than hepatic flexure
can open rib cage a bit to reach it
rolling ribs, hips, et to help
everything should feel good, or back off or just hold hands there
breathing into hands on left side
smiling down

Taking a pause for a moment here, holding hands here

sensation from lower right, up to liver area, across belly to left
feel how it feels, absorb positive effects of this work
breathing in white light, shining up the colon, membranes around colon, fascial connections
around colon
bright white light inside the colon, where absorbing the waters
working with fatty acids
shining up one cell thick layer, juncture separating outside from inside
only absorbing what we are meant to, into the blood stream
using mind's eye, inner smile, bright white light to infuse the lining of the large intestine
encouraging junctures to be as tight as meant to be
releasing stickiness and dullness here

From sinuses, mouth, through alimentary canal, all the way down through large intestine

fingers sinking into left side under rib cage
opening space for the splenic flexure
some people get back pain behind here, opening, loosening it up here
little circles and such here

DESCENDING COLON

down left side of abdomen
dives into the retroperitoneal space - deep - subconscious

sometimes transverse and descending colon come close to each other
helping give some space between, airing out the space

down to left side by hip

Sigmoid colon

Sigmoid - makes a little S here
then rectum at end
lifting from lower left, giving sigmoid colon some chi behind it
what feel here? log, or not
lifting from inside lower left quadrant towards navel

follow long top of pubic bone
where sigmoid colon dives back towards spine
then becomes unreachable behind pelvic organs
but can send chi into there
end of where we feel things before release it
pouch here that sometimes fills up when hard to release
may need some time to sort out letting go - privately
other times we might need support from others - sharing (metaphorically)

lifting up from pubic bone, breathing in there
meeting ourselves with courage and compassion

resting hands at bottom again, where we started
absorbing the work we just did

End of colon:
Rectum and Anus
can still work in these area

ANUS

squeeze anus and let it go
sphincter - connecting all the sphincters inside
circle - round, or pinched?
slow squeeze of anus (inside, not with fingers! though you can do that too if you want, no judgement! Very much a part of your body like any other)
slowly exploring the spectrum - internal and external anal sphincters

WHOLE LARGE INTESTINE

Taking a break, feel whole large intestine that we journeyed with
letting the whole thing breathe as one, inside and outside
noticing lungs, large intestine, skin and nose connected - METAL
Letting all positive aspects spread to whole body

The human colon is one of the most advanced biological creations on earth!
Mayan mythology- colon spread over the cosmos

Thank you for practicing together!

Short **breakout rooms** for sharing

Welcome back!

Kate: Temperature differences along large intestine. Right side warm, tingly soft. Left cooler.

Tiffany: Maybe more open on right side, or maybe work helped that open, activation, but can't really say. Sometimes where something "cooking" and stagnation can lead to heat (compost) - but can be cold with stagnant chi. Just feeling and noticing is all we can do. Feel it, don't overthink it.

Darryl: Attention in upper left in back, tightness, while working on lower right

Tiffany: Pressure gradients in there. Travel along Earth axis there, upper left to lower right

Going a bit longer for some Q&A

Shary Lou: Ileocecal Valve

Tiffany: Ileocecal Valve: middle right, maybe diagonally down towards lower right from navel
Has different morphologies. Layer of sphincter coming from cecum and ileum, little "lips"
Closes from pressure from the cecum, and short chain fatty acids - makes it close. Don't want back flow

If not closing, can have back flow - CIBO and other issues can occur

If not opening, and cecum getting full, problem too

Number of reasons - mechanical, muscle tension, physiological, and also emotional

Self-care work: Circles, breathing, addresses this

Putting a "flashlight" into these areas, and problem areas - to explore it

The more work we do, even just 10 minutes a day, over time helps progressively

Listening to our bodies is important. If we don't, nobody else will!

**Self-Care TaoTouch Chi Nei Tsang
with Tiffany Fyans
February 13, 2026**

Last session of the series!
Liver, Kidneys, Spleen

End of year of Wood Snake, into year of Fire Horse - guidance

Breakout rooms have been great, according to reports :)

Any feedback around large intestine since last week? Digestion, breathing...

Austin - Yes! Better idea of location of large intestine.

Question: Migraines - LI4 point, Tiger Mouth, Joining Valley point. So does working with **large intestine** helps with headaches?

Hepatic Flexure under liver, leads directly up. So **yes** can affect it

Right side:

Cecum - lower right side

Hepatic flexure

Lung 1 point under clavicle

unto jaw, GB points at base of skull

Warrior Chi area

whole area can blend together in a rising Yang kind of thing

Darryl: Old blood clot area, breathe into, flash light in there, instead of avoid it. Spent some good time "in the basement with a big flashlight"

Tiffany:

Liver physiology

Dr. Zach Bush: Our human cells are outnumbered by bacteria in our microbiome, esp in intestines, breaking down, taking nutrients to liver. Liver contuse to break them down, move them around, to send to mitochondria. Mitochondria - much more that bacteria. Turning all this into energy. Mitochondria not part of human cells- they are something else, like the bacteria are. Microbiome, mitochondria- whole ecosystem within our bodies. Mitochondria turning nutrients into energy, into light. Pure nature. Hydrogen, oxygen molecules - ATP in cells. And we send this out to others.

We are all together here as light beings, thanks to our mitochondria.

Shary Lou: Keep it simple. Massage wherever she feels like it.
Trust, being with it.

Spleen - mother

Liver - father

:14 Chi Kung Warmups

Large Intestine - from last week

Hands there, hip circles
letting loops, any tensions, release
circulation from the base
feeling sacral cavity open, in back
release any pressures from spinal nerves

Liver

Notice areas above rib cage, under rib cage, on right and left sides

liver under right side of rib cage (for the most part)
spleen under left side of rib cage

Spinal breathing - curves forward and backward

when curving forwards, stretch out back of posterior abdominal wall
and bending back- shoulders a bit closer to hips in the back
classic spinal breathing, with arms forward and back, shoulder blades down, etc
focusing not just on spine, but whole abdominal region - front, back, sides
addressing any areas around the diaphragm, warm up, extra juice, extra space
lymphatic center at diaphragm, moving lymph
leaning forward - feel like a boxer?
Punching chi kung!
from kidney level, all directions
shake it off

Shoulder rolls, stretches

Picking cherries (or stars) (reaching for sky, hanging from branches)
feet grounded

Venting 9 times

Turtle & Crane - 3x

rolling up and down
see video and previous notes

LIVER

under right side rib cage, a bit over to the left
3% of our body weight
made of all one kind of cell

EYES - Wood - as is the liver

Eyes exercises, connecting with liver
opening windows to reality here
clearing the screen
eyes looking side to side, up down, corner to corner, circles
breathing!
cupping eyes - absorbing, relieving, releasing, giving a break to eyes, belief systems

light bright green color, like fresh spring growth with sun shining through
fill liver with that color and tenderness
washing out any density, like cooked spinach color in there
letting it all go down into the ground as compost

cupping ears, beat on the heavenly drum

Yang energy down, sending it down to the ground
like a bottle emptying

Notice in liver if anything lifting up, or heaviness
sending any stagnant yang energy down, to make room for fresh Yin energy up

Looking with inner eye - like beams down inside, looking into your liver
noticing any places that have any kind of identity there - I am here
staring down the dragons
back lobe of liver

Liver

has sense of vision, sight, oversight,
Generosity, kindness in there that can be spread around
Making space for the liver
scanning whole mass of it

Vena cava - return blood supply to lungs, oxygen, heart
goes right through liver
Liver has impact on this return venous flow
making room in the liver for the vena cava
nested in right rib cage, to the back

Knocking

Feeling kidneys back there
knocking on the door of life
back of liver, kidneys, Ming Men center opposite the navel
knocking down/on spine, SI joints, lower reproductive organs in sacral cavity also related to liver
knocking on the qua in front, rubbing qua while bouncing on feet (if standing), or rubbing if lying down

bringing hands to navel center, spiraling

spiraling energy inside, into roots of navel, spreading the light, the chi, the awareness through whole root system, spinal nerves into all the organs
giving a resting place in your back, resting on the support available
may notice places that don't feel the support, disenfranchised, alone, cut off, different story
giving some love to those places

:42 ish

Going into reclining seated, lying down position now

Feeling the back body
Feeling roots back there, letting breath go to places that feel "thirsty"
Noticing where hands want to go, what is calling for more contact and support
Like bear scratching its back against a tree trunk

micro movements, support of well of chi behind you
releasing contractions around spine, rib cage, fascial planes between liver and posterior abdominal wall, stomach-spleen-pancreas side on left, breathing into your back

Feel support of Earth force

lymph more fluid,
getting more comfortable (key word for Earth)

Diaphragm suffused with lightness, breath, as an offering

Feeling any stuck places in diaphragm (no judgement!)

We don't breathe where we are avoiding feeling something that we haven't had the space, time, capacity to cope with yet. So maybe noticing, feeling those areas

Resetting nervous system in there

Liver

Virtue: Kindness

"Negative" aspects: Frustration, Anger

scanning with inner eye inside, bringing light, connecting with nervous system with its structures, parts of ourselves

Reaching places feeling hidden, trapped, dense, frustration

Wood (Liver) Healing Sound: **Shhhhhh** (wind through leaves, grass growing)

Left lobe of liver - across behind solar plexus

one cell in honeycomb type pattern

taking things apart, transforming, moving them around

glycogen, glucose, amino acids

Liver Transplants

Can give away a left lobe, and it will regrow! Also will spur growth of a right lobe in the person getting the transplant. Wow!

Breathing into right side of rib cage, giving more space for liver

Sometimes pressure from liver may move up into right shoulder, neck, jaw

So releasing that down

Don't impose on the liver- it likes its space

May feel good to exert a little pressure on side there, just an anchor to breathe into squeezing out bottom corner

Always gently and with care, working with liver

QL, psoas- impacted by bottom right quadrant

Breathe more space into that part of the liver

Every breath, every heartbeat - liver working always

portal venous system, sending bile back into intestines to bind toxins and help them be eliminated

When there is too much toxicity, liver stores it in fat in each one of those cells in the honeycomb pattern. That's where fatty liver comes from. Alcohol, environmental toxins like glyphosate, etc.

Smiling down into liver with tender green light

Getting any messages that you in your liver has

Spring time - Wood time. New phase of energy approaching

Walking fingers along bottom of rib cage

little circles up under bottom part of rib cage

Only if it feels ok!

Even just a but of pressure there can translate all the way back

Up towards center, to solar plexus area

Gall bladder area

releases into **common bile duct**

may feel different sensation in this upper corner of liver

letting fingers bring light there

kindness, generosity feeling

releasing frustration and anger

Baking the liver:

One hand on front and one on back, liver in the middle

sending chi from one hand to the other, passing through the liver

let the hands bake any winds, stagnation, tension

creating a cohesive, coherent texture and pressure in there

baking anything out of the liver that doesn't need to still be there

Strong, powerful Yin Wood energy. Like a little sprout moving a rock to make its way towards the sunlight in the spring

See if there's a pulse you can feel between your two hands - a subtle, therapeutic pulse

Nice to do before sleep - hold and bake the liver

Clearing the mental body

Wood = Rational thinking aspect of self

Releasing static belief systems, outgrowing, maturing emotionally

Good to do every day as we move into the new lunar year, springtime...

Thanking, giving gratitude to liver

while it is taking, transforming and delivering as needed

"Father" "paternal" role - the "general" — taking care of business, watching out for all the rest
Can heal some actual father relationship issues here

Releasing toxins, burden

Blessing

Pat that in gently

I'll be back

Now back to solar plexus

common bile duct area - gall bladder

feel what's going on with liver, after that work

things stirred up, more open, delicious, any particular aspects that got you attention

Fingers

Moving along below xiphoid process

How it is feeling since we first started working on it earlier in this course?

May feel nausea, impatience here

How is it doing now?

Breathing in behind whole area touching and making contact with

Cushion from front to back

bringing the structures to your hands in front

Bringing hands lower

To top of navel

hold there, maybe making little circles

breath moving from back, forward, like cushion

fingers to both corners at top of navel

top right and top left corners of navel

plugging in there

pressures, winds can be anchored into navel - safety valve

letting winds dissipate there

maybe tune into heartbeat or aortic pulse you can feel there

feeding pressures in these points, to be anchored

can be from anywhere - fascial, pressure gradients, bringing into thesis points at navel

cushion in back helps pressure gradients quell, go home, down the drain

Dermatomes - skin connected with spinal nerves

KIDNEYS access points here

Little circles here, sending

Sending chi to kidneys from these joints

kidneys shy, like a doe looking from behind a tree

gentle

can also be easily shocked, startled

Sending bright blue light to kidneys (Water element)

dat' have to use lots of pressure, just connecting energetically

but can go fishing into the tissue on each side to find more of a connection

fingers, thumb - holding, letting most of work happening from the inside

Kidney to bladder - ureter - along both sides of spine

Kidney (Yin Water), Bladder (Yang Water)

kidney organs, ureter down both sides next to spine, down to bladder

gentle pool here

filtering Water

breathing in gentleness, gentle chi into kidneys

oasis, safety

gentle pool spreading out to rest of body

to **bones** (Water element too)
releasing fear, shocked energy
melting that crystallization there

breathing the cushion from behind
from under kidneys, ureters, dermatomes
concentrate and disseminate this quality, energy

moving hands to left side of body

SPLEEN

holding, baking, opening space for the spleen

Mother lymph

also moving fluids through the lymph system

reaching into every single cell, pocket, structure of body

filling with Mother energy

Qualities of "Mother": support, comforting, love

"Mother" giving instructions where to touch yourself, where it needs some rubbing, holding,
warmth, cleaning, action

Need to keep her hydrated, fluid, not sticky

LYMPH tells us when to rest

if T and C cells busy scavenging, breaking down invaders

Learning to listen to that, not push through (might get sick)

It is ok to rest!

Hands can help clean out and distribute the lymph

Clavicle area- subclavian veins bring lymph back into blood

Lower abdomen - lots of lymph here too

Ok, nearing end of class

Short sharing from class:

How felt in liver, etc.

Shary Lou, Teryn, Wendy, Patricia, Laura, Austin, Saskia, Darryl

Thank you all! Beautiful to practice with you.

Wishing you most auspicious new year. Don't have to bound at the gate, look at path ahead,
feeling into it, absorb a warmth, move forward with the dignity of the Fire Horse. Move to what
drawn to with power, running to (not away)

Stay tuned for more!

LOVE YOU MMMMMWAH!