



# Chi Nei Ching: Muscle, Tendon, and Meridian Massage

*Mantak Chia, William U. Wei*

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## **Chi Nei Ching: Muscle, Tendon, and Meridian Massage** Mantak Chia, William U. Wei

Fully illustrated guide to massage techniques for unblocking chi, releasing tight tendons and muscles, and alleviating back and joint pain

- Explains the hammering massage technique of Tok Sen, which sends vibrational energy deep into the fascia and muscles
- Details how to use the 10 Thai energy meridians known as Sen Sib and the 12 muscle-tendon meridians of Chinese acupuncture in massage
- Explains Meridian Detox Therapy and Gua Sha, which clears blood stagnation, promotes metabolism, and can prevent and treat acute illness

Good health depends on the free flow of life-force energy, chi, throughout the entire body. The accumulation of tensions in the muscles and tendons as well as the stagnation of negative energy can lead to blockages in the body's energy channels, resulting in pain, low energy, or illness. In this full-color illustrated guide, Master Mantak Chia and William Wei detail massage techniques for unblocking chi, releasing tight tendons and muscles, and alleviating back and joint pain.

The authors explore the 10 Thai energy meridians known as Sen Sib, the 12 muscle-tendon meridians of Chinese acupuncture, and the most commonly strained muscles and tendons of the spine, neck, and pelvis. They explain how to treat specific ailments, such as headache, stiff shoulder, or lumbar pain, with the traditional Thai massage technique known as Tok Sen, which uses a wooden hammer to send vibrational energy deep into the fascia and muscles along the Sen Sib meridians. This method is particularly effective for joint pain, because the vibrations can reach more deeply and accurately within the body's structure than a massage therapist's fingers. The authors also explain Meridian Detox Therapy, which includes cupping, skin massage, and Gua Sha--the scraping of different parts of the body to clear blood stagnation, promote metabolism, and treat acute illness. The final book in the Chi Nei Tsang series, *Chi Nei Ching* offers advanced massage techniques to work with the energy meridians for optimum health.

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