

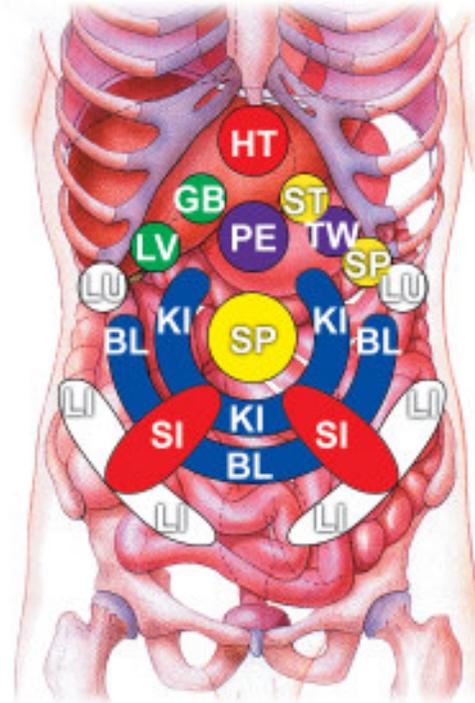
Chi Nei Tsang **(Second Brain: Abdominal Massage)**

Chi Nei Tsang is a Chinese term for an internal organ Chi massage which helps release stress and promotes healing by using techniques of massage directly over the navel and surrounding abdominal area where stress, tension and negative emotions accumulate and congest. In the West it was known as the second brain and the Taoists regard as the Tan Tien. If this area is knotted up, the whole energy of the body is blocked. When this occurs, all the vital energy functions strain slowly weakening the internal organs and decreasing energy.

Chi Nei Tsang massage quickly releases negative emotions, tensions and sicknesses, bringing comfort and relief to the abdomen and vital energy to the internal organs. Chi Nei Tsang is also effective in the treatment of digestive problems, such as irritable bowel syndrome and bloating and constipation. It eliminates toxins in the gastrointestinal tract and promotes lymphatic drainage.



Chi Nei Tsang Chart showing areas where you can access and balance the energy of the organs.



- LU** - Lung
- LV** - Liver
- GB** - Gall Bladder
- HT** - Heart
- ST** - Stomach
- TW** - Triple Warmer
- SP** - Spleen
- PE** - Pericardium
- KI** - Kidneys
- BL** - Bladder
- SI** - Small Intestine
- LI** - Large Intestine

A Method to Clear Blocked Energy

Chi, the life-force energy, moves through the body's internal channels, nervous system, blood vessels, and lymph glands. These systems concentrate and cross paths in the abdomen which acts as their control center. Tensions, worries, and stresses of the day, month, or year accumulate there and are seldom dispersed. These disturbances can cause physical tangling and knotting of the nerves, blood vessels, and lymph nodes. The result is the gradual obstruction of energy circulation.

The ancient Taoists realized that negative emotions cause serious damage to one's health, impairing both physical and spiritual functions. They understood that each human emotion is an expression of energy and that certain emotions could indicate the negative energy behind many physical ailments. They also identified a specific cycle of relationships between the emotions and the organs. For example, the experience of a "knot" in one's stomach indicated the presence of worry, the negative emotion that accumulates in the stomach and spleen.

The Taoists discovered that most maladies could be healed once the underlying toxins and negative forces were released from the body. They developed the art of Chi Nei Tsang to recycle and transform negative energies that obstruct the internal organs and cause knots in the abdomen. Chi Nei Tsang clears out the toxins, bad emotions, and excessive heat or heat deficiencies-that cause the organs to dysfunction.



Chi Nei Tsang Retreat

Jutta Kellenberger



Jutta Kellenberger took her first workshop with Master Chia in 1987 after she had practiced from his books the opening of the Microcosmic Orbit.

In the following years of healing body, mind and spirit through the comprehensive teaching her energy increased for daily work and spiritual awakening.

After the Instructor training in 1990 she began to teach the Universal Tao System next to her job as flight attendant.

When Master Chia built his own center in Thailand in 1993 she spent all her vacation there and in 1997 her husband Walter and herself became the opportunity to work and teach at Tao Garden as senior instructors.

Out of her beneficial healing experience she likes to teach Chi Nei Tsang abdominal massage. There is no other massage technique that connects us with our inner being (ourselves) more direct than CNT. When practicing CNT on oneself and others one should consider the basic practices of the Universal Tao system that are thought in a General Basic Retreat week or in the Female Healing Retreat week for developing Chi (life force energy) as protection.

Almost all of the food served at the Tao Garden is grown organically. The water served is filtered and purified through reverse osmosis. The buffet presents both vegetarian and healthy non-vegetarian cuisine. Coconut, papaya, mangoes and other tropical fruits are served, as well as a selection of herbal teas.



*Good Air * Good Water * Good Food
Good Chi * Good Heart * Good Mind*

Master yourself

Become your own Teacher and Healer.

Reclaim your Health, Wealth, Longevity and Spirit.

Come to Tao Garden Wellness Retreat to learn.



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