

William Cheung Seminar

Cheung Meridian Therapy 8 May 1998 - Notes

What is Chi?

Chi/Qi - originally meant oxygen. Chi Gung masters thought that meridians need oxygen. Oxygen helps to release energy in different parts of the body.

The 4 types of Chi in the body:

1. Essence or Inherent Chi

That which you are born with (stored in kidney). You are born with a certain amount of chi (essence). If you use it all up then you die.

2. Vital Chi

Keeps you alive.

3. Protective Chi

Circulates around the body. When you are awake during the day this chi is active and circulates on/under the skin. When you are asleep it moves into the organs to protect them. There are 10 organs and 2 'imaginary' organs. For example, the appendix was previously used to digest leaves and vegetation, but is now not used in bodily functions. In the same way the triple burner/sex is not a 'real' organ.

4. Nourishing Chi

From food.

Daily Cycle of Chi

Chi is the son of blood. Blood is the mother of chi. Once chi moves then the blood can move. The following times form the basis of the death touch, but also the times of day when each organ is at its most sensitive. This can be good and bad.

e.g. 03:00 - 05:00 hours Lung (esp. sensitive - some rise at this hour to do chi gung)
05:00 - 07:00 hours Large Intestine
07:00 - 09:00 hours Stomach
09:00 - 11:00 hours Spleen
11:00 - 13:00 hours Heart
21:00 - 23:00 hours Mind

Sleeping:

Between 21:00 and 23:00 hours, the body is giving you energy for the next day. This is the best time to go to sleep. If you stay up late then you use up energy for the next day. This is why you then feel tired all day. The body takes 3 days to adjust for 1 hour lost (time zone change). Going West is better for the body than going East (losing an hour not gaining an hour).

Sleep is necessary for the following reasons:

heal body during deep sleep
conscious mind
subconscious mind

The 6 meridians on the back need to breathe whilst one is sleeping. It is thus better to sleep on your side. If you go to bed too tired it is likely that you will sleep on your back. The back meridians need to breathe and you may suffer from nightmares. When you sleep on your side you should use large pillow if you sleep with your back perpendicular to the bed. This is because the pillow should be as thick as the distance from the outside of your shoulder to the side of your head if want the neck to be in alignment with your spine. Have 2 pillows, one for sleeping on your back and one for sleeping on your side. A hard bed will have no give in it and will cause the vertebrae to be curved. A slightly soft bed will allow the back to form a natural curve and so the vertebrae to align themselves in a straight line.

If you have books or a computer in your bedroom, it is likely that you will feel stimulated when you are lying in bed. This is especially so when it is light. You may look up at a picture and think that it needs straightening etc. Pictures on your wall may have a similar effect. Your bedroom should be totally empty (of all distractions), dedicated to sleeping i.e. no items relevant to daytime viewing or useage.

60% of blood is used in the body, the other 40% is stored in the liver. If the liver is not healthy then you may have problems sleeping as not as much blood will go to liver upon going to bed. Blood settling in the liver is necessary for you to be able to go to sleep. If you overstimulate yourself too much before going to sleep (e.g. reading, television) then too much blood goes to your head. If you have a hot bath, blood will go to your head. You will thus not be able to sleep. After a big meal the stomach draws much blood from the brain. This is why you will feel tired. After 1.5 hours or so, the food will be digested in the stomach and so a large amount of blood will be freed. This then goes to the brain and wakes you up. Metabolism slows when you go to sleep. The first step to sleeping is to stop thinking. You can watch television before going to bed if it does not stimulate you. E.g. watching the late news is the worst thing you can do. Morning is the best time to concentrate. If you sleep well you only need 5-6 hours. You maybe need 7-8 hours sleep if sleep is interrupted.

Diet:

Spicy food upsets the kidney. If the kidney is too active then it is difficult to sleep. If the heart does not slow down and your liver does not fill with blood then you will not be able to sleep.

Before going to bed:

Perform the following massage and meditation just before going to sleep and also first thing in the morning whilst still in bed.

Meditation:

Place the tongue on the ridge of your upper teeth (i.e. on roof of mouth). Do not bend tongue right back. Place your hands out in your lap with the palms facing upwards. Breathe through your nose and on the inward breathe imagine the breath going through into your mouth and up your face and forehead, round the back of your head and down you spine to around your anus. On the out breath imagine your breath coming up your lower abdomen, chest and throat, and finally out through the mouth.

Breathe in and out slowly and deeply, a total of 4 times. You should be breathing from the abdomen and not the chest. Try not to let your chest rise when carrying out the breaths. You can now try holding your arms out and shoulder height with the palms facing your chest and the fingers pointing at each other. Each fingertip is alternatively positive and negative. The tips of the middle finger of each hand should be 10-20cm apart. Now move both hands up

and down (i.e. one hand goes up whilst the other goes down, & vice versa). You should feel a tingling sensation in the fingers. This is the polarity of the fingers repelling. Now rub your hands together to get rid of excess chi in them.

Kidney Massage:

Hold each hand on either side of your abdomen, fingers pointing at each other. The palms of your hands should be covering the kidneys. Breathe in and out slowly 8 times visualising the breathing as above with the tongue on the roof of your mouth.

For Increasing Bowel Movement:

Tan Tien Massage:

With your right hand on your tan tien (just below navel) perform breathes as above 4 times.

Large Intestine Massage:

Now move the right hand in a clockwise direction around the large intestine for the duration of 8 breaths. Perform visualisation as above. Large intestine forms a circle starting just below rib cage and to tan tien (just above groin). Repeat above circle of large intestine, but this time using the finger tips, poking. Pause at your upper left and bottom right of the cycle for 6 seconds. This will help bowel movement. To gain the maximum advantage from this exercise, ensure that you are not dehydrated by drinking enough water the previous day (not too much). Benefit is only gained by drinking pure water (tap water ok) not tea or fruit juice as kidney must still filter it. Pure water is absorbed straight into blood stream.

Kidney:

Caffeine weakens the kidney - the kidney manufactures bone marrow. Excessive coffee drinking in women weakens the bones.

Meridian Massage

When performing the meridian massages, when you breathe in you should be running down the outside arm for example (chi goes out of meridian), and when you breathe out you should be running up the inside of the arm for example (chi going into the meridian).

Massage the meridians that pass through an area of injury e.g. the knee, there are 3 meridians that pass through the leg. Massage these to increase chi flow and thus blood flow. Perform the relevant meridian stretches associated with that part of the body. The leg meridian massage is also appropriate for an ankle injury. Do not actually rub the affected area, as this can make things worse. Rub another area that is connected in terms of meridian to alleviate the problem.

Back Injury

For a lower back problem, perform the meridian stretches and massage the 3 meridian lines just below the shoulders from one shoulder to the other. They are located at the very top of the back side of the shoulder. The idea is not to exactly hit the meridian but to hit it a number of times. Massage with the thumb, pressing every centimeter or so. Now massage the meridians immediately either side of your spinal column. Work your way the back from top to bottom repeating about 15 times. Now massage the thigh. Grip with your hand either side of the thigh (i.e. thumb on one side, finger tips on the other). Work your way down the leg to the foot. Perform 15 times. Now move the back and wiggle the bottom to loosen off the back and relax.

Neck Injury

Massage the points around both sides of the ankles (on the fleshy part immediately next to the bone). Do 15 rotations using thumbs. Now massage the thigh as with back injury massage. Stretch neck, always keep tongue on roof of mouth. Visualise whilst performing all.

Meridian Stretches

Always keep tongue on roof of mouth and visualise with breathing. When performing the meridian stretches, do not perform the maximum stretch. A small stretch will give benefits. A stretch will lengthen the muscles. Do not perform the maximum stretch or you may damage the muscles (e.g. if you stretch an elastic band too much it will break). When performing stretching generally, only move the joint in the range of movement intended by nature. E.g. the back is mainly designed to stretch forward (to touch toes). It is not designed to stretch backwards (e.g. cobra position) or sideways. The neck should only stretch from side to side or up and down (not backwards). Ankle rotations are good, but do not rotate the knee.

A few examples of meridian stretches are as follows:

1. Back stretch

Stand in front of a wall and straighten the legs. Bend over with back straight and at 90 degrees to the legs and hold onto the wall just below shoulder height. Maintain this position for 30 seconds.

2. Shoulder stretch

Reach up in the air with arms stretching directly up. Maintain this position for 30 seconds.

3. Leg stretch

Sit on floor hold say left leg bent and lying flat on ground. Place right foot to the left of this leg with knee bent and in air. Hold for 30 seconds and swap legs.

Posture:

The shoulder and hips are related. If the hips are twisted then the shoulders will become twisted also. By straightening the hips one can straighten the shoulders too.

Acupuncture:

Should be used as a last resort. It will not have the same effect as meridian stretching. It is in effect stimulating the meridians, but by physically putting needles into them rather than through exercise or by massage. Acupuncturists will ask to put you on a long course of treatments and will charge more for using more needles sometimes (allegedly).