


# Easy Birth Preparation

Hand moves to start gently, gradually deeper/more forceful


Moxa (step 5) to be outside totally protected from breezes using SMOKY moxa - sitting forwards.

**1**




Very slowly - One side at a time from spine to lesser skin held at the edges.  
**3x** each side - and sweep off residue afterwards.

**2**



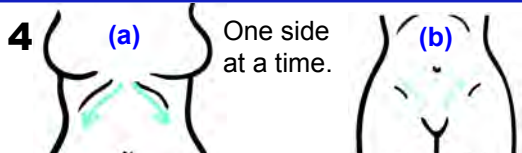
Little oil between the rib spaces  
**3x** each side repeat as you like

**3**



Feather touch  
**9x** initially  
 Finger pads slow gentle always clockwise **x1**.  
 In between each belly/chest move .

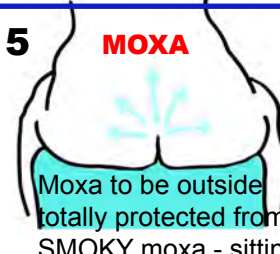
**4**



(a) One side at a time.  
 (b)  
 Gradually increase depth.  
**3x** each side.  
 Alternate - repeat as needed.

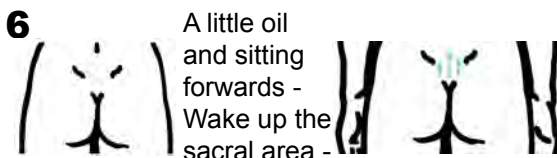
**5**

**MOXA**



OUTSIDE - no more than 3 minutes total  
 Always upwards  
 Never touching skin.  
 Moxa to be outside totally protected from breezes using SMOKY moxa - sitting forwards.

**6**



A little oil and sitting forwards -  
 Wake up the sacral area -  
 all these are best after moxa - not essential.

**7**




Very slow.  
 Only a finger width off the bone initially.  
 Deep gouging

**8**




With palms knead to wake up /get pinker.  
 Gouge into the hips eventually -  
 spend most time here - after all the warming up

**9**



Pressure from top couple of holes and gradually work down the bone.  
 In sacrum.  
 BI 35 to be pushed in for 30 seconds.

**10**



**x3**  
 Sweep off and flick.

