

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



Slow deliberate gentle,
Pick up and walk skin
from spine to sides.

3x each side - and
sweep off on closing.

2



Little oil between
the rib spaces

3x each side
repeat as you like

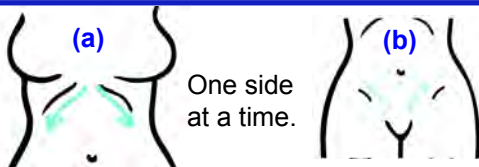
3



Feather touch
9x initially
Finger pads
slow gentle
always clockwise.

x1 in between each
belly/chest move .

4



One side
at a time.

Gradually increase depth.

3x each side.

Alternate - repeat as needed.

5

MOXA



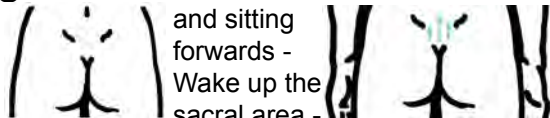
OUTSIDE -

Totally protected
from breezes.
Moxa upwards,
never touching
skin.

2-3 min total

SMOKY moxa - sitting forwards.

6



A little oil
and sitting
forwards -
Wake up the
sacral area -

Back moves are best after moxa
(not essential).

1-2 min total

7



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

Deep gouging

8

10-15 min



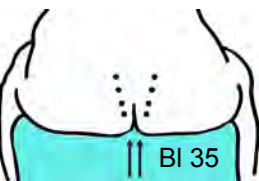
With palms,
knead to encourage
better circulation.

Spend most time here -
after all the warming up

Gouge into the
hips eventually.

9

2-3 min total



Pressure from
top couple of holes
and gradually work
down the sacrum.

BI 35 to be pushed
in for 30 seconds.

10



x3

Sweep off and flick away.



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