

# LIBERATE YOUR BUTT!



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## LIBERATE YOUR BUTT!!

(Strange title - why - is it in prison?

Well, in a way you are, as it is - start pressing about and you will probably find all sorts of painful spots.

Why would you want to?

Because you will **FEEL** better when you do.

Within this eBook you will see how to undo all that has been carried around with you.

You may not know you have it until it goes ...

The relaxation of the butt muscles allows easier circulation to the lower limbs,

- ✚ helping with any sexual expression,
- ✚ easier menstruation,
- ✚ lessening of any back/structural discomforts.
- ✚ and creating more space for babies to turn if in a non-optimal position, to easily exit,
- ✚ through releasing stored energy/emotions and anything else that can be let go through attention and touch.

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## ABOUT THE AUTHOR

I have been involved in helping people feel better for many decades. Working as an acupuncturist, I quickly learned that feeling better is more important than labels, and promises of what may be. We are mammals — primates as well — we need to be touched.

In this eBook, I have reduced basic acupuncture concepts into easy step by step massage practices.

Whether it is a sore back/constant migraines or an imminent birth you are preparing for, the information within will allow you to feel better.

I have found that massage helps release what is being held onto (often very grimly, though unintentionally). At the end of my acupuncture treatments, I always ask you, the patient, to sit on the treatment couch, and with needles in various spots to assist the back and structure to let go and undo the previously apparently focussed problem areas, I then attack the butt — slow, deep gouging rather than gentle rubs.

Leaving the needles in and having the person to move around usually means various funny noises/cracking can sometimes happen — the back mysteriously lets go and the chiropractor needs to do less work.

You can replicate this at home, by using time and loving touch.



## DISCLAIMER

All information in this book is tempered by the opinion of the author.

If you wish to make health and lifestyle change, I recommend you do so under professional care. I will not be held responsible for any loss or damage of any nature occasioned or suffered by any person acting or refraining from acting as a result of reliance on the material contained therein. Second and third opinions are often necessary, and even then, it is YOU who is bearing the consequences of your decisions and actions.



It is not intended that you substitute the information contained within for appropriate medical advice. Helpful hints and self responsibility must be tempered with common sense and a respect for the highest good of all the participants.

## FOREWORD

After working on women for decades, especially when I started trying to change birthing perceptions and experiences, I discovered that using acupuncture THEORY and massage — and dads — made SUCH a difference.

In clinic, I found when following on from this idea, it was very easy to change all the structural tension and loads that people were carrying by doing the same work on them.

This has led to a revolution in my clinic — almost all leave with a looser body — especially if tormented with upper body or sciatic/lower back complaints.

BUT most do not do follow it up with the homework.

To this end, I have written this eBook to allow you to enjoy all the astounding changes in your body/pain levels/sexuality and bonding with your loved one — *if you do the work.*

Although originally designed as pre-birth preparation, I can think of no instance/ no complaint I would NOT use Butt massage for. We all store a considerable amount of angst that just hangs about — and then we sit upon it. It festers. Eventually we try to get someone to 'fix' the results of it's presence — could be all that sciatica, could be the sore neck, maybe the period issues, or could just be why sex is not what it was!

I begin this eBook with the acupuncture meridians and information so it may be a little more logical — the acupuncture is where I worked from. It will then make more sense to you why I am targeting a much forgotten part of the anatomy.

# 1. THE ACUPUNCTURE FRAMEWORK

The physical body is usually what we focus on when asked how we feel. The mechanics of the body are actually given instructions by the energy that runs us.

The energy model used in all forms of acupuncture can be interpreted in many ways. The one I am using has been developed for hundreds of centuries, and the spin I have placed upon how to live in our bodies and lives, is a variation on what I teach acupuncturists.

I would hope that through simplifying this, it is possible for all to experience change through self awareness and self help.

## THE 'GALL BLADDER' PATHWAY

The muscles (nourished by the Blood circulated by the Liver Qi), especially along the course of the Gall Bladder (GB) meridian (neck and shoulders), become tense and knotted, causing the person to feel pain, often resulting in much money passing hands as physical therapists are employed to remedy what is really only the symptom of the deeper inner distress. Migraine headaches are usually a Gall Bladder meridian imbalance, and can be seen to strike along that line of energy. The digestive, hormonal and anger management areas are all under the control of the Liver energy, which in turn, is closely associated with the Gall Bladder which controls the whole head area, shoulders, neck and sciatic nerve pathways.

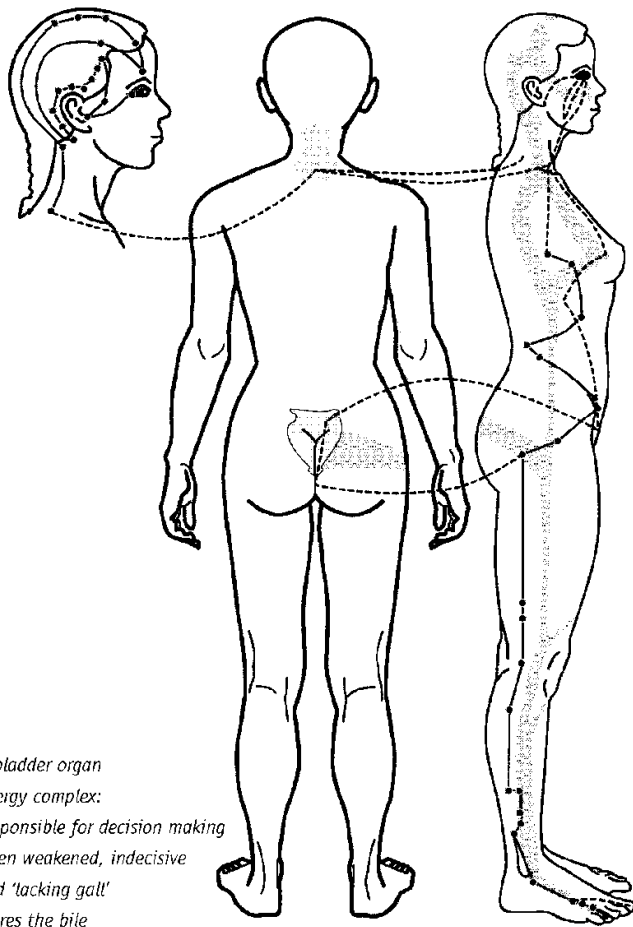
What a recipe for ongoing pain and dysfunction! You can hold onto the headaches, migraines, period pain and sciatica by avoiding dealing with your emotional baggage.

Or, armed with this information, you may grasp just how we cause so many of our own problems through our inaction, procrastination and straight inability to be real and honest with ourselves.



**GALL BLADDER**

*Gall Bladder Muscle and Main Meridians run on both sides equally*



*Gall bladder organ  
& energy complex:*

- *Responsible for decision making*
- *When weakened, indecisive and 'lacking gall'*
- *Stores the bile*

Looking to the course of the GB meridian we get some clues as to why we may work on the rump.

Given the amount of sexual frustration/ angst and levels of general tension in living a very busy life with too many calls on self, we all tend to store for later.

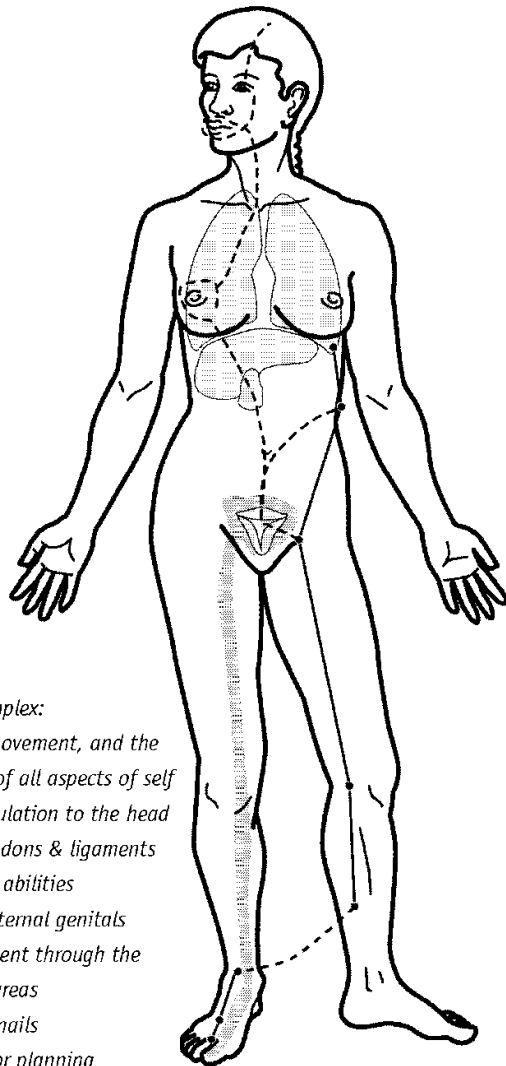
This creates sludge that gets in the way. Moving this through lifts a huge burden.

All along the sides of the body we have the course of the Gall Bladder meridian of energy. It begins at the corner of the eye, travels over the head to the back of the neck, back up over the head and down to a different spot on the occiput (base of the skull), then down to the shoulder, through that joint and right down the sides of the leg, encompassing all the sciatic nerve area, to finish on the 4<sup>th</sup> toe.

ANYTHING upsetting you can start the apparent structural tension/need to see the chiropractor over and over, when really it is just far too much being stored in the emotions and NOT being released appropriately. This then leaks also into the Liver meridian and energy levels, leading to all manner of period/reproductive problems for women.

**LIVER**

*Liver Muscle and Main Meridians run on both sides equally*



*Liver organ complex:*

- *controls all movement, and the free flowing of all aspects of self*
- *All blood circulation to the head*
- *Nourishes tendons & ligaments*
- *Eyes & visual abilities*
- *Internal & external genitals*
- *Blood movement through the reproductive areas*
- *Finger & toe nails*
- *responsible for planning*

As with all meridians, the Liver flow of energy travels deeply within our bodies, and comes to the surface at different spots called acupuncture points.

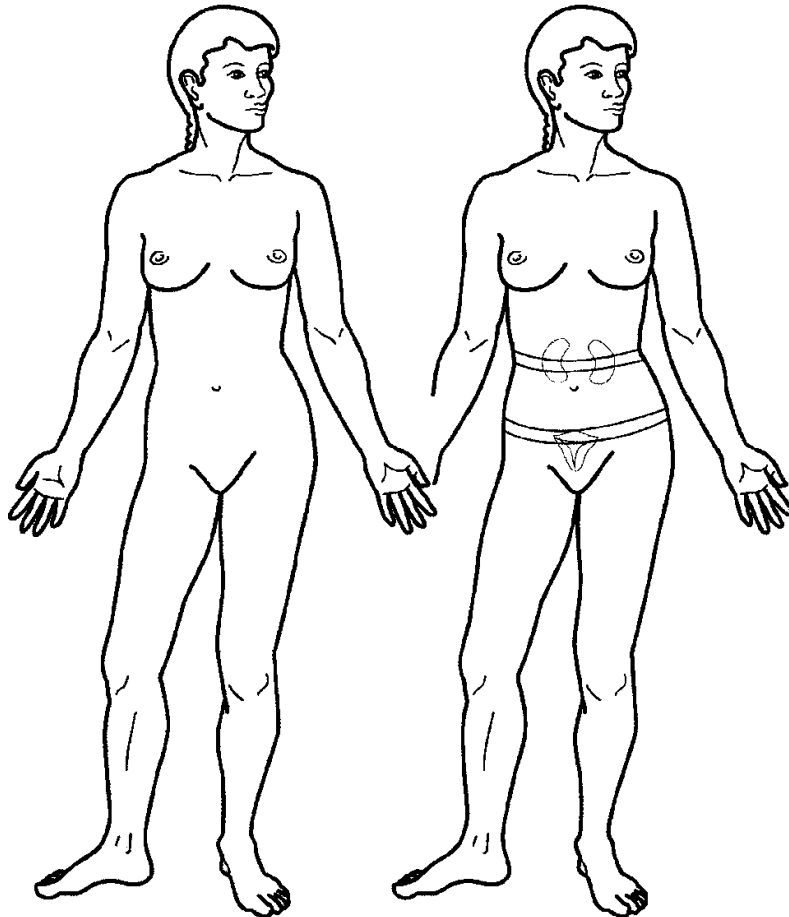
On both sides of the body, beginning at the big toe, it travels up and through the inner leg, into and around the genital areas - inner and outer, to flow over the abdomen, up to and around the breasts and then through the throat, around the mouth and into the eyes, to the top of the head.

The Liver energy must flow freely; otherwise all aspects of self, on ALL Levels are affected. Similarly, all expressions of self and blockages therein affect how the Liver Qi can continue with keeping everything flowing as designed. The Liver meridian governs all our female functions, thus any blockage to flow here is responsible for all our female cancers and holds all our angst. As an example: by not having good quality (or quantity) sexual release, especially by not saying what we want, and by bottling up what we really mean, we create the dramas we throughout our reproductive lives.

## ANOTHER MERIDIAN FLOW TO CONSIDER

When any circulation to the lower body is compromised this may assist in releasing it.

### *DAI (girdle) MAI*



#### DAI MAI

Major point - **GB 41**.

Using the 'if it hurts it must be blocked approach', use whichever location of GB 41 that is most sore - sometimes it is on the lateral side of the tendon in the foot. I sometimes use both locations if both are sore.

*The only meridian to encircle the body, the Dai dominates all circulations to the lower body.*

*It influences the waist and gynaecological and liver/gall bladder functions.*

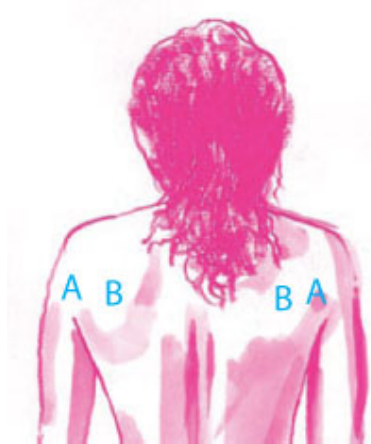
Dai Mai assists in all aspects of Liver/GB disharmony. The circulation may be blocked through excess cold in the body. All of this also invigorates the **lower leg circulation**.

The sacral fan moxa, followed by the pelvic opening massage, can be enhanced by massaging/pressing very firmly whatever is the sorest location of GB 41.



Found by running your finger up from the space between the 4<sup>th</sup> and 5<sup>th</sup> toe, until you are stopped by the junction of the tendons. The point is between them. Press deeply. If very sore, massaging it will help alleviate any obstruction that is happening around the **pelvis and genital region**.

The sacral massage is the **best neck/shoulder release** I have found in clinic.



You can press SI 9 (B), 11 (A) before beginning work on the lower bottom and again afterwards - the difference in pain levels felt in these spots in the upper body through working away from it, is astounding.

A sore bum very rarely shows up in men. They very seldom have any soreness in these usually excruciating places for women. If a man is sore in the GB30/ rump region, he usually has a 'bad back'.

Women generally have a very painful bum, 'just because' it would seem. The only exceptions seem to be those who are extremely active and in heavy physical training.

## 2. SACRAL MASSAGE/PELVIC OPENING

A lot of the problems we feel are related to storing a lot of tension in our structures. Whilst working out how to alleviate and sidestep labour pain in late pregnancy, I have discovered a great way to help each other — and wonderful for anyone. All of us can find some oil, even if it is from the fridge, and spend a few minutes massaging our friends/ lovers.

Pain *happens* because normal flow is absent, (could be from pain anywhere and about any level of distress). We store it— and almost every woman I have treated has a bottom full of pain. What to do? Move it. Why? Everything will flow better — and this means all headaches, neck pain, shoulder tension, lower back and any sciatica, any stress related and structural tensions also melt.

This then leads to an easy flow throughout all the areas that the tension impedes — the nerve flow from the vertebrae does get pinched/trapped when tension starts clogging us up.

### POSITIONING

Straddling a chair is a great place to start as it opens up the pelvis. Even when very late in pregnancy, (woman on the left had 8 pound twins on board), this is comfortable, and if pregnant, helps keep baby in the optimal position for birthing.



Using pillows, it is easy to create a soft place to lean into.

Make sure that there are no breezes, as it is a very vulnerable position. Keeping her feet warm so no chills come up through the feet is an important part of keeping her warm.



## MOXA

I have found that starting to open the area up using moxa to loosen and warm, is less painful and more effective. Moxa is usually found in a roll similar in appearance to a cigar. It is lit at one end — it does not flame, but smoulders. To use, hold the lit end about a centimetre away from the skin; the heat penetrates and feels wonderful. By moving the stick up the back, it helps move the energy through a major energy meridian/channel, allowing all the structures around the heated area to relax.

This is particularly helpful in late pregnancy to help relax mum and the entire abdominal load/structure, or when the person is feeling tired/achy.



Woman is kept warm, moxa is held away from breathing in the fumes. Person helping should be steady so as not to accidentally touch the lit end on the skin.

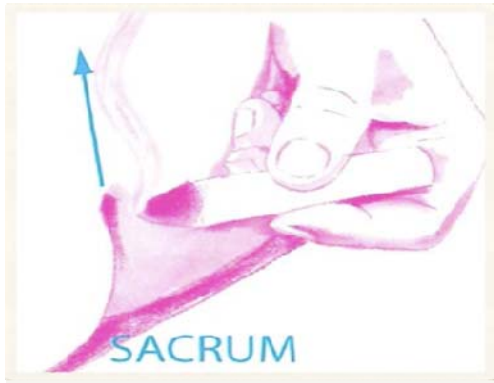
If using moxa outside, make certain she is protected from any breeze. You are doing this to get rid of cold and to open to relax the tissues and the body, so it is highly important to be temperature savvy as the pores will open, allowing more cold into the body which will only cause problems. Cold entry causes pain as it allows contraction and stagnation of circulation to follow. I tend to hold up a towel and pop it under their armpit, and use it as a draught stopper with my left hand.

It is important to drink water (fluids—not cold) before starting, during the treatment if necessary and after treatment. Light the moxa and begin. Initially move **SLOWLY** up the spine from about where you can, to waist level. Move from the bottom of the butt cleft to the middle of the body. The following diagram shows the path and direction of movement.

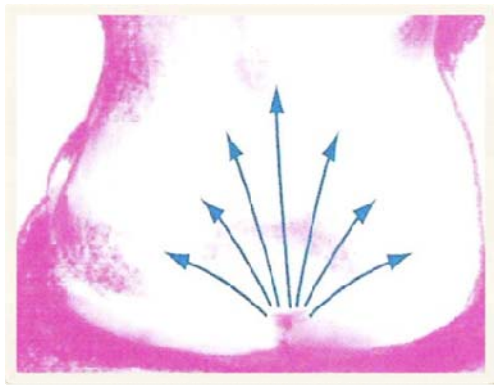
This is done very **slowly**. Ensure that you have a finger or thumb touching her body as a guide and as a spacer, so there is no possibility of you or her coughing, or moving unintentionally and having the moxa connect with the skin.

It is easy to get into a meditative space of stillness.

Keep an eye on the time, as this is just the beginning.



The moxa stick is held about a centimetre away from the skin, and using a finger or two as a spacer, I slowly work up the spine, and return to go UP the spine only — not up and down.



After a few minutes — and this is gauged by her reaction — start the sacral fanning technique. This was developed for the pre-birth work I was teaching dads, and found that it was so useful at relaxation and allowing the back issues to resolve, that it is helpful in most compromised circulation (pain and discomfort) cases. Great also for lower limb swelling or pain in extremities and any menstrual irregularities, especially pain.

People often report feeling sensations like warm water running down their legs. It is amazingly calming, and if pregnant, this allows the uterus and the passenger to relax.

Most come out of this really relaxed - it is a great idea to possibly have a snack before starting, as otherwise feeling 'out of it' may result.

## MASSAGE

Work gently and carefully through an approximate pattern as in the diagram for about three minutes then start the massage. Make sure your hands are warm.

Initially use broad contact with the palms, gradually work deeper to discover what needs concentrating on, and then gently but very firmly, working in deeper each time.

This works far better for any upper back problems than actually massaging the painful/tense area that the patient wants attended to directly.



Interspersing with broad and flattened palmar contact to warm up and reconnect to the rest of the body, next start a slow and firm/deep gouging approach.

Following the lines and also working out from the sacral margins with the thumb pad or with the flats of the fingers, sometimes standing up to use all your weight — so as not to damage your fingers — exert a fair amount of pressure. The aim is to end up with a warm, reddened rump.

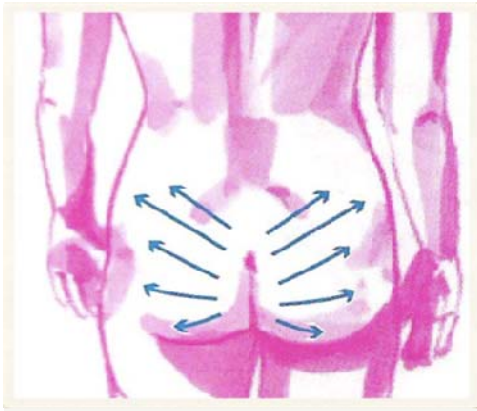
Following the lines, you are doing slow, deep gouging.

This means that you **HAVE** to be in a stable position yourself, and not have arthritic thumbs. This really works — and the **SLOWER** the better — drop the pace you think you are doing by a half at least. Everyone I have coached starts not **DEEP** enough and definitely in a hurry.

For the patient it takes a lot to accept this attention, as it can be excruciating. Doing it fast is almost unbearable, so slow is the key.

Get her to breathe slowly and deeply, and make sure she is not tensing up her shoulders or any other part, as this will just make the whole thing too distressing, as tension begets tension.





Make sure you are feeling very comfortable as this is quite strenuous.



Changing angles and positions — you getting up and working from above in a downwards movement, can allow your hands a time to recover. As the massage progresses, the skin reddens as the circulation is renewed.

Really grind into the points when you find them. If you feel a band of gristley tightness between the points GB 30 in the hips and attached to the sacrum, don't try to get rid of it — play around the peripherals of it.

Gradually it will disappate.

Intersperse deeper work with that which improves the circulation - and makes the whole area a lot pinker.

### GETTING PINKER ...

- ✚ Means better circulation.
- ✚ She will get up feeling a lot warmer and relaxed.

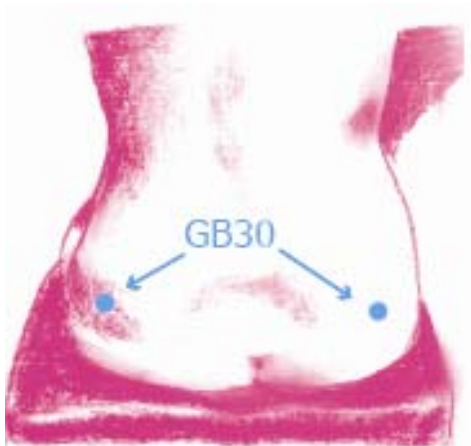


By now there should be considerable heat being released. She will feel happy and more relaxed. This is an excellent tool for foreplay for men - as it definitely enlivens her qi.

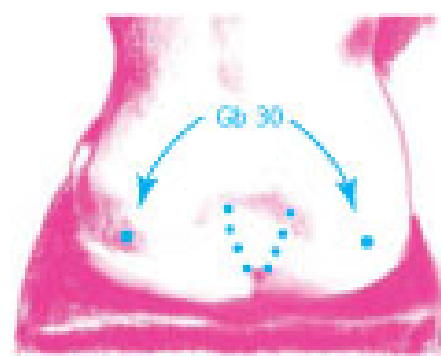
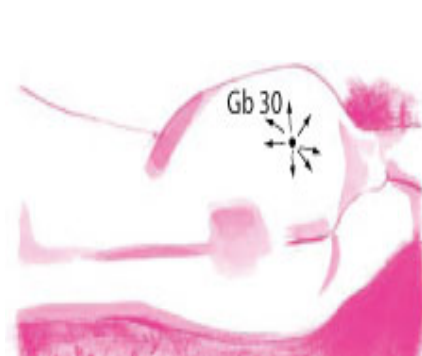


Getting very deeply into the stuck spots within the flesh — holding firm until they eventually release — usually takes about 30 seconds. One woman reminded her partner that it was Boyle's Law — equal and opposite pressure.

She is right. If you are very forceful, without vibration, what WAS stuck, gives way. It usually takes about 30 seconds.



The entire area is open for attention. The actual acupuncture point is about 3 inches down (almost at the bone level) and more if she is quite well padded, so you can approach it from any angle. EVERY aspect that is sore — play with it.



This can really hurt. You need to remind the person to breathe slowly — not tensing, but letting go at the same time. If practicing labour pain relaxation, she needs to release and breathe out as soon as something feels intense.

Fighting and tensing act **AGAINST** both a uterine contraction working and you attending to her stuck spots.

Radiating heat should be the end result. She will feel a lot happier, as everything has been loosened including any back pain/disc issues, or whatever the needles have not *quite* resolved will be lessened. The residual tension that needling may not relieve is moved on.

Touch is so lacking in many people's lives, especially if living alone and/or being a career person. This description fits many women who come in with stress, PCOS, (Poly cystic ovarian syndrome or tendencies) migraines, IBS (irritable bowel syndrome) and the like.

### 3. SACRAL 'WAKE UPS'

The picture below shows one of the ways to hold your hands whilst getting the sacral energy moving — this is a circular movement that has been frozen in time.



Move on to more awakening — up and around the sacrum, ensuring that full circulation returns.

By now the redness should be there — a great sign it is working well.



After working on the sacrum, go back to gouging (VERY **slowly**) outwards from the edges of the bone. Start really deeply and gradually fade away with the pressure as you reach the fleshier parts of the bottom — it can really hurt!!!

Whilst the massage is happening, it is important to watch the rising of the neck /shoulder muscles. Automatically we all seem to tense when something hurts. This is counterproductive — it hurts, we tense, everything hurts more . . . .

Coach her through the letting go process - every time she feels pain, consciously breathe OUT and then start the breathing cycle again. Breathing out and letting go at the same time. Letting the shoulders and the hanging on fall away.

## WHAT ELSE YOU MIGHT DO

Sometimes leaning into or draping yourself over the person being worked on may help, so there is a LOT of intimacy. This helps the letting-go process. It also helps you as you can feel when they are holding on.

Them tensing whilst you do this will only hurt and not allow the relaxation /releasing possible. This is, after all, the intention.

## ON OTHER LEVELS

What else do we store in the GB? (see p 7) Look to the more naturopathic model — gall stones are a great source of trouble. Most of us are festering subconsciously and often not very silently, about something we feel has been 'not fair' in our lives.

Bitterness and all those bile emotions can just sit about awaiting attention.

*"I was driving along, and out of the blue out popped this really deep voice, saying all the ngah ngah chatter that is so unattractive, that goes on when I can't shut it down ... and for some time, I let out all this vitriol — whose voice? Don't know; but when it was finished, I felt such a sense of peace".*

*"Since then — no more migraines. It is as though I have lost that part of me that had a life account ledger, and whenever I feel some bitterness coming up, I shine a spotlight on it. In my mind's eye I can see a bedraggled self, makeup awry, who goes "ohh ... " and shuts up. And since I have been doing this, there is so much less chatter and so much more tranquillity; PLUS I have been writing and being creative at a pace that I haven't had before".*

*"There really is no more angst — and although I am breaking apart my marriage, I feel no resentment towards him. So, life is very different now I have lost that inner raging part of myself."*

Life-time sufferer of gall attacks/migraines and inner turmoil.

We really are in control of ourselves and how we feel — if we can stand back and observe patterns, and choose change over the comfort of habits and dysfunction.

## 4. PRESSING SACRAL POINTS

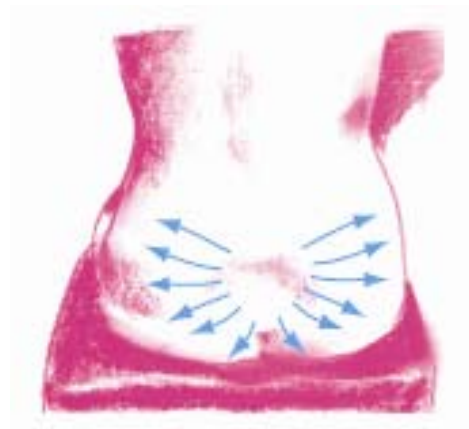
These points are a must if doing pre-birth and during labour, as they directly influence the nerve impulses going to the uterus and associated organs. This means that anything sexual/menstrual and of course anything local to the back — including sciatica (as the circulation down the legs comes from the sacrum), will be influenced by you working here.



The red spots show approximate BI sacral points to be pressed VERY firmly to awaken the circulation to the pelvic area — essential when working on pre-birth preparation, or to awaken sexuality/gyne circulation.

Below, I am gouging slowly out from each point.

Spend about 30 seconds on each set. As the weeks in late pregnancy progress, go deeper and deeper. When in labour, go to the lower points as labour progresses and baby descends in the pelvis — she may find this amazingly helpful. She may also want you to NOT touch her — this is fine also, as the important pre-labour work will have been done.



Remember to also 'discharge' what has been liberated, by finishing with broad sweeping movements down and away from the spine, shaking your hands to remove what was stuck.



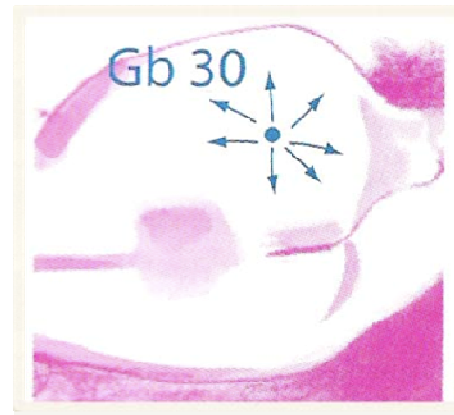
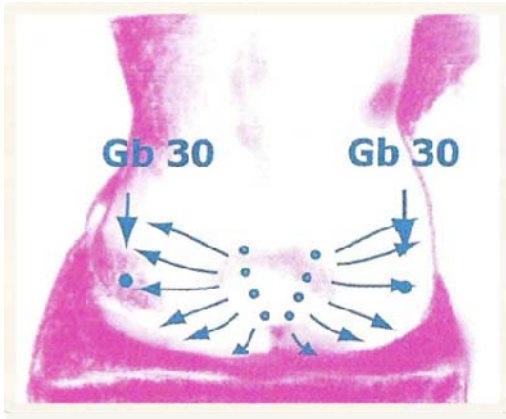
Remember to get her to breathe, and to let go (relax), whenever it hurts.

## MOVING ALONG

Attention to GB 30 specific area is best started from the chair straddling position. After all the other work previously mentioned, the GB 30 area is a great place to discover where everything is originating. There is often a thick band — sometimes almost of steel — across from the sacrum to the hip.

You can do some upper body massage, (see that eBook - as yet unnamed . . .) discover how very tight and knotted it all is, then go down to the bottom and rediscover even more pain.

After working on the bottom, going back up to the neck/shoulders, you will find everything looser — it really all is about the overflow arriving upwards. So, work at the source — all through the GB meridian storage. See page 7 again.



Often moving into a lying position is best, as then a different set of tension can be released. Pay attention to the bottom of the rump, and use broad sweeps along the upper thigh. Note that the pregnant woman should be side-lying, supported with pillows so her head and spine are in alignment, and her upper leg is supported on a pillow.

It is often more accessible to get into nodules and stuck bits from this position as the patient is not sitting on them. This is imperative in very pregnant women — broad sweeps interspersed with very deep pressure.

Most men are too reticent and too scared to hurt her. When individually coaching, I spend some time getting her to feel just how deeply I mean, so she can coach him. Whilst this hurts, it frees up the entire area very quickly. S

So — please go a LOT deeper than you think, and a great deal SLOWER. It takes a bit of getting used to working like this — it is therapeutic, not touchy/feely.



## CAUTIONS — SELF CARE

Please be very aware of your body placement as it can get very tedious being in one position and exerting yourself excessively. The fingers are a particular worry. I lean into the person as much as possible, so it is my body weight that is exerting the pressure. Use gravity whenever you can, by being above her, and leaning in.

Using the essence of martial arts — the movement of qi rather than applying brute force will alter how much this may affect you. Somehow directing the qi from the source, and not from you but THROUGH you is the answer.

The strength is coming *through* me — and not from the hands, but possibly from the floor — and up into the upper body. I use both my hands; often the leading one is just there guiding and the other is applying the pressure from my bodyweight and gravity.

## 5. PERINEAL OPENING

This is performed at the very end of the process — either/and for more gratifying sexual experiences, to help with any period issue, or to assist with pre-birth preparation. The angle is to be 45 degrees angled into the perineum. If you are not on the right spot she will know, as it really does radiate to the perineum.

Due to the amount of pressure you need to exert, set your elbows into your belly, and use all your weight in there. Make sure your thumb nails are well clipped and that she is well braced, otherwise she will fly forwards. You need to be every comfortable yourself to brace your arms as a great deal of pressure needs to be exerted here.

This is very loosening for the perineum, and to be done prior to the perineal stretching that makes **such** a difference in labour. If men are having prostate issues and probably also back problems, it may be that this is just as sore as with the average woman. I found a very distressed adolescent who was having migraines and his rump was very much like the average woman's. So it is not an exclusively female thing, but it is a stuck Gall Bladder and Liver one.



**BI 35** is at the curve change on a seated bum. It is easy to find, and if you are not on the right spot, she will not feel it in the perineum. Angle downwards 45 degrees towards the perineum. (Area between the anus and vagina).

You do need to lose your thumbs within the flesh to be making a difference — press as hard as possible, she will not break. I have never even seen bruises.

Please note how deeply the thumbs are in the pictures. In the photos below I got the woman to lean forwards to show a different angle.



Press very deeply, slowly and solidly. Ask her if she can feel it in the perineum — if she can't, get her to breathe out, relax and focus.

It may be that you are not quite in the right spot, or angling well, so change both of these slightly. When you have the right spot, hold, without vibration, for AT LEAST 30 seconds, then gradually release the pressure and go back to some lighter sweeping massage moves to finish a few sweeps should suffice.

Whilst pressing, it is helpful for her to focus on her vaginal area. This is very soothing and does make a considerable difference to sexual opening — especially if part of the entire massage/moxa time is spent lovingly opening the pelvic area.

It can also be done during labour — in between contractions, and as part of the entire touching package. Don't just do one part of this, thinking to 'cut to the chase', as the whole point of undoing stored stuck stuff is to spend the time and let her let go.

## COMMENTS

*"I initially found this to be a very painful experience and had to learn to breathe appropriately to help deal with it ... I couldn't talk! I did have to convince my husband that this would 'do something good, as he didn't like really disturbing me as this did — it brought up SO MUCH I didn't know I had stored up inside.*

*"I initially felt quite emotional during the massage and felt a 'release' of emotions, mostly about my past which I found that I wanted to talk about during the massage. As a result of regular massages, particularly targeting the GB30 point (ouch!), the level of pain has decreased and it is much more tolerable.*

*"The release of emotions is not as strong as in the beginning but I still feel the benefit. I overall feel like the 'wee monster' or 'pent up monster' in me has released — made up of years of compounding emotion, frustration, anger and negative energy that in my mind I had dealt with.*

*"I also feel physically more released in the area of my buttocks with an improved sensation during intercourse. I also would like to add that this is great time to spend together ... like a quiet time. The spinoff is protected time to talk (and massage) without the need to answer the phone etc". (PCOS sufferer who went on to have a perfect pregnancy and baby after three years of trying — after she did EVERYTHING to the letter that I had suggested (especially the pelvic opening massage) — even though it was NOT a comfortable experience).*

*"I really can't believe how much this turns my husband on — he said 'feel this (in awe) and he was so much hotter and harder than I have ever felt him. Of course this helps trying to get pregnant as it can end up so mechanical. I feel so much wetter and more like it now he has liberated all that stored in my bum".* (Woman coming in for infertility and sub sexual function on both sides since trying SO long to get pregnant).

*"After Heather did the pelvic massage, I could not believe how much easier my body felt. There just was NO PAIN. The lower back had been a killer all through the pregnancy and I just thought that's what I had to deal with until my babies were born. I got off the couch and had to check that I was still pregnant — I felt that much different, and just floated out on a cloud".* Pregnant with twins at 35 weeks.

## 6. ORDER OF BUSINESS

- ✚ Get in position and both be warm free from draughts — this may mean that the moxa is done outside, as warmly as possible, then you move inside.
- ✚ Moxa the spinal line up to the waist (2 to 3 minutes)
- ✚ Moxa out as a fan across the sacrum (3 to 4 minutes) It may be that you go to the 'Stuck Liver Qi' massage section before you do the sacrum (in *Practical Stress Solutions* eBook accompanying).
- ✚ Start light and fairly shallow pressure massage, concentrating in the sacral area, gradually spreading to include the whole butt area.
- ✚ Using circular and tight movements, start warming, activating the sacrum.
- ✚ Gradually spread out in lines, gouging deeply at the start and becoming shallower as you move towards the hips.
- ✚ Start working the GB 30 area (in the fleshy part of the hips) — where are the knots/bands of tension? Start gradually pressing and holding, and return to the wider diffuse work.
- ✚ Every so often, change to sweep over the entire back, or at least lower body, and then come back to where it is painful.
- ✚ After the area is pinker and possibly radiating heat (this is great), then home in on the points on the sacrum. Press these very firmly — if in birth preparation (from 36 weeks), really use a lot of force.
- ✚ Hold for at least 30 seconds, each set of points.
- ✚ Go back to the tight circles, rubbing on the sacrum, the generalised butt massage, and when really pink/red, change the focus to the perineal area.
- ✚ Locate and press very deeply the point Bl 35 at the curve of the buttocks for at least 30 seconds. Return to more generalised deep massage of the buttocks and lower back, finishing off with the long sweeps of the entire back and flicking off any residual energy that you have dislodged from her.
- ✚ If working with a very pregnant mum, after this step comes perineal massage and stretching.

## 7. WORKING ON A MAN

No difference. Except that few actually need this done.

Men tend to only have pain and discomfort in their butts when there is a definite structural problem. So if you attack him to think you are 'getting back' somehow, and it doesn't hurt him at all — this is totally normal.

Also conversely if HE thinks you do it to him to see how it feels, he can think you are just a gigantic wuss!!!

**Look to what we as women have there** — lots of fluid/cellulite/stored fat usually. Somehow this doesn't happen or hurt only if the woman is extremely athletic. I have worked on women who have been on army training camps, or who are elite cyclists, and there is NOTHING stuck to work with — they may have plenty of flesh, but there is nothing stored to move (as their lives have).

**If it is painful for him** — and often it is as bands of almost bonelike structures can be felt between the points GB 30 and the sacrum — then doing the entire process as explained starting with the moxa to make it less painful is ideal.

Pressing into men's flesh is a very different experience as it is often a totally different consistency to a women's. This may mean that you need to brace yourself up against a wall, so you can use the solid structure behind you to garner the force needed to be actually therapeutic.

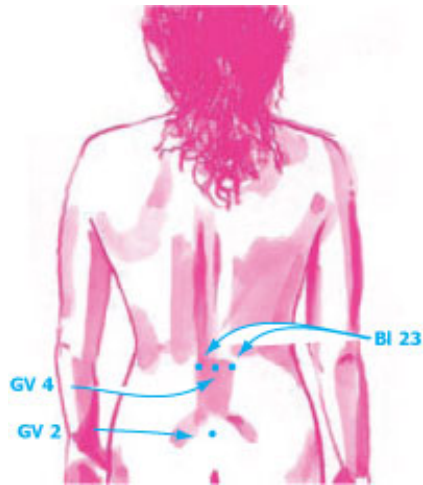
This massage also helps any sexual incompetence or insecurities he may be feeling.



## IF SOME EXTRA YANG/HARDNESS/SEXUAL FIRE IS REQUIRED

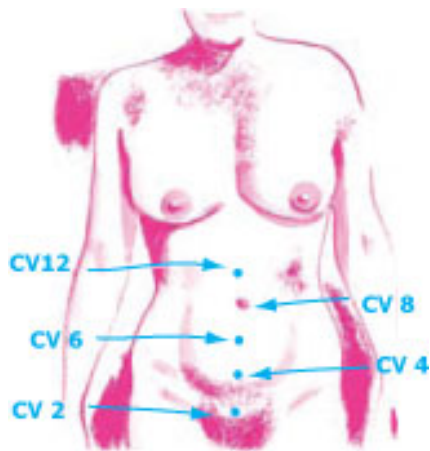
The moxa is amazingly helpful.

Additional points to use —these are very easy to find.



**GV 4:** Using a marker pen to hold the positions, feel at the sides, the edges of the ribs. Then move to the spine, and at that level, there is a depression between vertebrae. This point is a very major yang/qi tonic. It is straight through from the navel — which is another.

**BI 23:** is a Kidney/qi tonic and is on either side of GV 4 — about a thumb's width away from the centre line. (Acupuncture points are relative to the size of the person you are working with).



**CV 8:** the navel.

**CV 2:** is on the midline at the pubic bone.

**CV 6:** measure 5 equal parts from CV 2 to 8. CV 4 is 2/5ths up from CV 2 and CV 6 is 3½ fifths up.

Feel directly under where the ribs join in the middle and take a thumb's width down from there. Measure from the navel and there (8 divisions) **CV 12** is approximately halfway between your two spots of reference.

All of these may be heated with the moxa stick. Light it and hold it about a centimetre away from the skin. When it gets too hot, take it away and bring it back repeating; this 5 or 7 times. The skin area around the point will get pinker. This is quite normal.

## 8. IN CONCLUSION

It all looks and sounds too simple.

It is.

EVERYONE can benefit from having someone loosen their stored tensions.

But generally, few follow up by putting these instructions to work after they leave the clinic. This means what they wish me to 'fix', keeps reappearing.

- ✚ It may be as their much wanted fertility is still slow to grow babies.
- ✚ Their periods may be still too painful to endure.
- ✚ The chronic back/neck/shoulder/sciatica/headaches are still with them.

### WHAT IS THE PAIN INDICATING?

That the circulation of qi (energy) and blood is being hindered. The improvement in pelvic flow allows the normal circulation of lymph, blood and emotions to flow.

All structural problems, regardless of their original beginnings are made worse through being in pain, and through us holding ourselves/moving in strange ways to compensate.

**So ... Liberate Your Butt!!!**