

Wake Up Your Legs, Liberate Your Butt!



Heather Bruce
www.heatherbruce.com.au

© Copyright Heather Bruce 2017

All rights reserved.

No part of this book may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording or by any information storage and retrieval system, without prior permission in writing from the publisher.

First published in 2013

This edition 2021

Creating Living Energy Pty Ltd

PO Box 494 Greymouth, 7840, NZ

Phone: +64 27 777 37 37

email: heather@heatherbruce.com.au

web: www.heatherbrucehealing.com

National Library of Australia

Cataloguing-in Publication entry:

Bruce, Heather

Wake Up Your Legs – Liberate Your Butt!

ISBN: 978-1-922065-10-0

Disclaimer

All information disclosed in this book and all related materials are provided for informational and educational purposes only. The opinions expressed in my books, videos, and websites reflect my personal experiences and ongoing research into functional conditions related to Life healing needs life changes

The medical scope of practice is concerned with crisis management in mainly life threatening situations – when daily living seems too hard. How to live well fell into the hands of the tenderers – the mums. As such a lot of what you see written in my works may seem ‘old fashioned’. That is what has always worked.

Life education falls outside of medical scope of practice.

Eventually if you do not look after yourself – you may need what they offer. Your wishing a return to wellness is likely why you are reading this.

Please continue being aware that everyday health and wellbeing.

The information found in this eBook is not a substitute for the advice of a qualified medical professional.

As the reader, you must take full responsibility for your own health and wellness. Always seek the advice of a qualified healthcare provider with any questions regarding medical conditions, diagnosis or treatments.

In case of an emergency, please take appropriate care.



Heather Bruce Healing

www.heatherbrucehealing.com

CONTENTS

About the Author	5
Foreword.....	6
1- The Acupuncture Framework	8
2 - Sacral Moxa/Pelvic Opening.....	14
3 - Stuck Liver Qi release	20
4 - Sacral Massage/Pelvic Opening.....	25
5 - Sacral Wake Ups	29
6 - Pressing Sacral Bladder Points	31
7 - Perinial Opening.....	34
8 - Review	37
9 - WORKING WITH MEN.....	40
10 - IN CONCLUSION.....	44

ABOUT THE AUTHOR



SIMPLE – NATURAL - SOLUTIONS.

These three words epitomise Heather Bruce and her work in restoring health and vitality to everyday life.

Heather has been a natural health care professional and acupuncture consultant, naturopath/herbalist with nearly 40 years experience in helping others to feel better.

Heather is also the mother of four adult children. Her daughter, now in her 30's, was born severely brain injured. She became profoundly autistic. Heather has dedicated much of her time researching and discovering new and innovative treatments, interventions and

approaches to help her daughter to live well, and to achieve and maintain a healthy life balance for herself, her children, her students and her clients.

Whilst acupuncture and Chinese medicine has been her main focus, over the years Heather has developed a unique blend of natural therapies, wise womanly traditional advice/ common sense. She has recently added the Maya/Arvigo and the Mercier therapies to her healing range. Discovering elder's healing ways in oral traditions is now her passion.

Heather has found that working to resolve the root cause of the problem rather than just trying to 'fix' the symptoms that present is more rewarding and longer lasting for all. There are many ways to enable healing and restore perfection for you – the key to achieving change is in changing what you are doing in your daily life.

This book - as all of **Heather's** works - has been designed to help you help yourself. Whether it is chronic pain, migraines, sciatica, reproductive difficulties, infertility, sexual dysfunction or an imminent birth, or just a desire to feel better in your body, there is always a simple natural solution to help you on your journey towards healing.

Please note:

All work can be done equally on children or women's bodies.

(Minus the prostatic drainage as they have no need of this)

FOREWORD

After working with women for decades, especially when I started trying to change birthing perceptions and experiences, I discovered that using acupuncture theory together with strong massage elicited profound results. Lymph flow is enhanced and all else follows!

I then found that everyone benefited from the release of what we store in our butts – as the overflow is what upsets the neck, shoulders and various other common physical complaints. The submerged part of the iceberg is what we sit on – the visible bit above the waterline is what we think is wrong and needs fixing but by the time it is visible, it really does need fixing.

I have found that massage helps release what is being held within (often very grimly, although unintentionally). At the end of most of my sessions, I ask the person to sit on the edge of the treatment couch, and maybe with needles in various spots to assist the back and structure to 'let go' and restore the problem areas (be they sore neck/shoulders/middle back /lower back), I then attack the butt. In a slow, deep gouging fashion rather than gentle rubs.

Leaving the needles in the various apparently unrelated distal points and having the person move around usually means various funny noises and cracking sometimes happen – as the back mysteriously releases the tension from within.

In clinic I found when following on from this idea it was very easy to change all of the structural tension and loads that people were carrying by doing the same work on them. This had a revolutionary effect in my clinic where almost all clients left with a looser body – especially if tormented with upper body or sciatic/lower back complaints.

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. This massage technique can also reduce your reliance on external assistance and paid therapies as your friend, partner or loved one can provide you with some relief at home.

***Although originally designed as a pre-birth preparation,
I can think of no case that I would not use butt massage for.***

We all store a considerable amount of angst that just hangs about. We sit upon it. It festers. Eventually we try to get someone to 'fix' the results of its presence. Could be all that sciatica, could be the sore neck, or could just be why sex is just not what it once was.

In this eBook, I have reduced basic acupuncture concepts into easy step by step massage practices. I begin this with the acupuncture meridians and a brief summary of theoretical information so that it may be a little more logical and you can understand the relational cause and effect these massage techniques produce.

Whether it is a distressed circulation, sore back, constant migraine, difficult periods, shocking sciatica or an imminent birth that you are preparing for, the information within will allow you to feel better and on into achieving optimal health, wellness and vitality.

IMPROVING LOWER BODY CIRCULATION – MASSAGE AS HEALING TOUCH

Here is your missing link. As simple as getting some oil on your hands and letting someone else help your body to get back on track.

The release/relaxation of the butt muscles allows every aspect of your body to feel pampered and to let go what you have not known how to before - surrendering into a state of relaxed bliss. This besides feeling wonderful and letting blood and energy and looseness flow back to where it used to. Trigger healing – where the Qi and blood flows, pain leaves.

Benefits include:

- **Easier circulation to the lower limbs**, assisting with all and every peripheral circulation issues – whether from diabetic complications/DVT or any aspect of pain/swelling or healing after surgery or even to reduce the possibility of ever needing it. Especially useful as there is usually a lymphatic component.
- **Lessening of any back/structural discomforts**. Why keep going backwards and forwards to the chiropractor/physiotherapist/osteopath/whoever – why not get your wife/husband/lover/mother/friend to undo your trouble spots and both benefit from assisting each other?
- **Living free from headaches/migraines** – the buildup of tension through the structure spills over and the head blows. Releasing tension through massage will prevent headaches and migraines that you have long suffered from.
- **General relaxation and lessening of tension** held throughout the body

As an added bonus, especially for everyone:

- The intention is to move the lymph
From there – all else will flow
- Helping with any menstrual disorders/women's/hormonal problems
- Easier late pregnancy and creating more space for babies to turn, if not in an optimal position to exit easily.
- Allow for the ripening of sexual desire in both sexes.
- More circulation to the pelvis allows more openness and feeling for healthy sexual expression, at all ages and stages.

You will discover how to undo all that has been carried around with you.
You may not know you have it, until it disappears.

1- THE ACUPUNCTURE FRAMEWORK

There are many grids and pathways above, below, and within and around the physical body. That there are not registered with our physical senses does not mean that they are not there. I hope that through simplifying this information into simple, manageable steps, it is possible for everyone to experience change through self awareness and self help.

The **physical body** is what we focus on when asked how we feel. We can miss that the instructions for life - the mechanics of the body are actually made by the energy that runs *through* us. The **energy model** used in acupuncture can be interpreted in many ways.

I am using this time tested paradigm through my own interpretations from my decades in clinic. I have been always a practical hands-on healing tool. You can be too! Just follow the steps. No tertiary education needed – just good intentions/ a clear heart - use these basics!!!

*You can do all of this yourself at home, by using time and loving touch.
Relief from pain and discomfort is here and all at your fingertips.*

How it came to be

Many of the people I have worked with have thought that they were 'hopeless cases'. They have been desperate, seeking some sort of relief from the chronic health complaints that they may have been living with (putting up with) for months, years and sometimes decades.

By combining sound advice from various health practitioners coupled with simple natural solutions, you can change the course of your life and how you interact with your body by simply enabling healing and helping the normal flow of energy within your body to return to its optimal function.

For most people, we think we have moved on or dealt many of life's annoyances, grievances and bad experiences when in actual fact we have 'put it behind us.' It becomes the baggage we carry everywhere within and we literally sit upon it.

We can tend to forget that what we hold onto throughout life will eventually need an airing. When we are aggrieved we are not loose. When we are fearful and scared, we don't have great circulation. Hence when this massage is being received, I mention the practice of feeling pain and letting it go whilst opening your body and your mind to whatever it is that needs moving on.

Your partner or friend will work their way through the layers of fat, fluid, tissues and clogged lymphatic residue along with all of the stored angst and stress that you are carrying in your butt.

THE GALL BLADDER PATHWAY

Our muscles are nourished by blood circulated by the Liver Qi. Tense and knotted muscles along the source of the Gall Bladder meridian (through the neck, shoulders, sciatic region) cause pain as flow is not possible through congested areas. [Magnesium](#) is the answer : topical.

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.

This may be all too much to hear when you thought it was as simply an isolated issue however, in order to really heal, you yourself must be more proactive and look beyond your symptoms to the root cause of your dysfunction. Through these practices, you certainly won't make yourself worse but will have the opportunity to vastly improve your body function.

What next?

The Gall Bladder meridian and energy is very closely aligned to that of the Liver Qi – and hence anything that upsets the emotions or any aspect of Free Flowing in the body then filters quickly to the Liver Q and on into the Gall Bladder Qi and meridian. This means all the stored resentment, irritations and general life frustrations, without a chance to be reframed and undone carry the emotional intensity and need storing somewhere – so it happens - in your physical body and form.

With no chance to release these in your daily life unless you are heavily into meditation/ prayer/exercise of a physical nature – and then maybe still not useful for this release – the resultant energy coagulates into gall stones and general inner clutter.

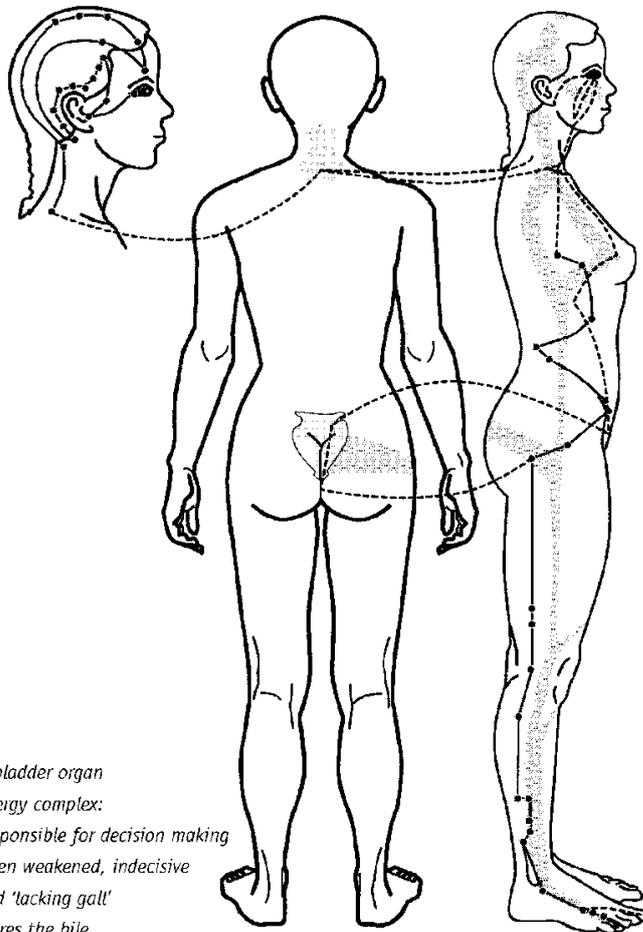
Over time, less normal function is possible. Self medication starts up as you feel 'better' with the release - although temporary – that alcohol, caffeine, chocolate and maybe substances bring. This then upsets the liver organ that has to detoxify – and more Vit C – a little frequently and every day – would make incredible changes for all.

The use of [magnesium as an oil](#) placed on the body – and often around the liver organ can also lift the formation of the stones and other solid formations that clog the body over decades. Best idea to is to start undoing what is not needed - showing up as cellulite and fat and feels lumpy/painful. Using [magnesium](#) will allow the stress and strain to dissolve.

GALL BLADDER PATHWAY/MERIDIAN

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

The Gall Bladder meridian runs all along the sides of the body. 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 at the base of your skull, then down to the shoulder, through the joint and right down the sides of the leg, (the sciatic nerve area), to finish on the end of the fourth toe.

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

Anything upsetting can start the apparent structural tension and ongoing need to see a structural therapist when really it is just far too much being stored in our emotions that is not being released appropriately. This then overflows into the Liver meridian and energy levels leading to monthly menstrual/reproductive problems for women: stress/ tension felt for all.

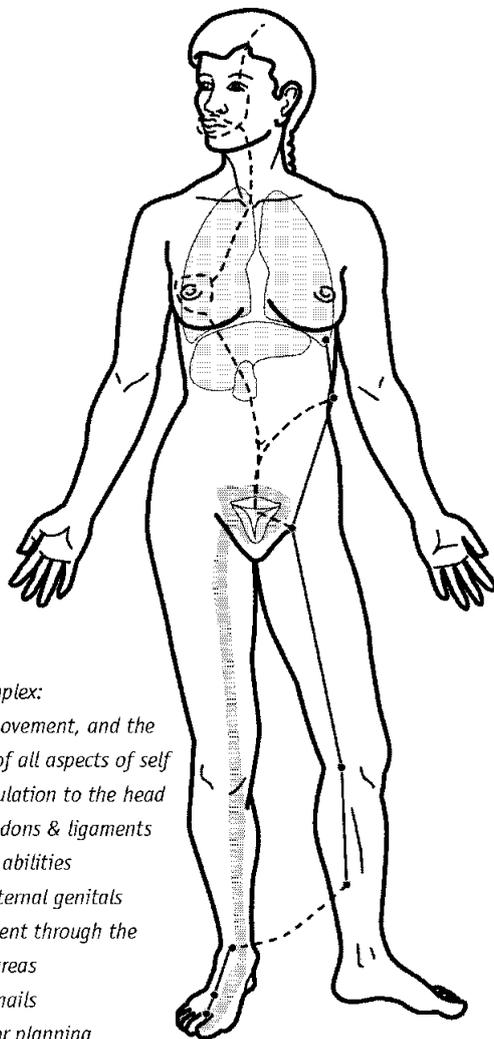
Given the amount of sexual frustration /angst and levels of general tension in living a very busy life, with too many calls on self that we all tend to store for 'later'.

THE LIVER PATHWAY/MERIDIAN

Any blockage to Liver Qi and the meridian flow secondarily causes all emotional or 'hormonal' responses when you are feeling ill and unable to be your normal self.

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

The Liver energy must flow freely otherwise all aspects of self, on all levels, are affected.

Any blockage to Liver Qi and the meridian flow will cause all emotional or 'hormonal' responses when you are feeling ill and unable to feel/be your normal self.

The Liver meridian governs all aspects of circulation on all levels. As an example - how well we nourish ourselves, all of our gut responses, and the tension that we store in our muscles including our vision PLUS all 'female' functions.

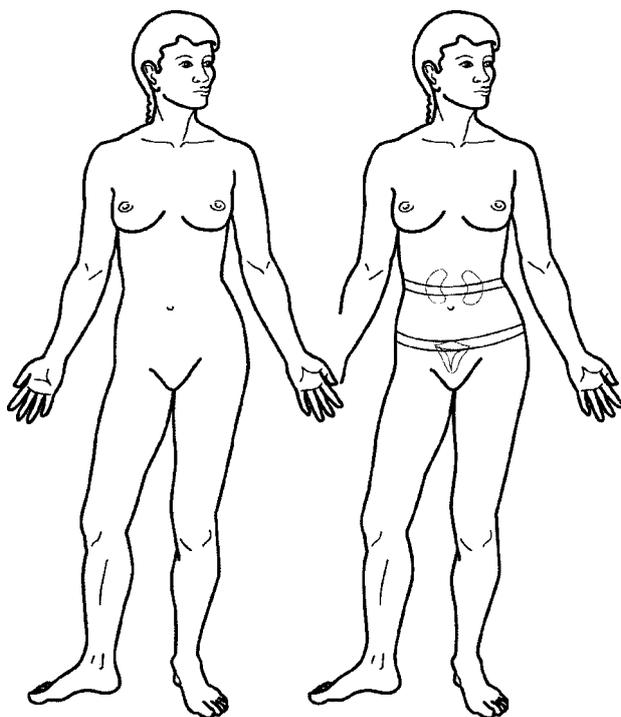
Including the circulation (or not) to the breasts and the genitals .

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. There are inner pathways that service different connections to all other meridians and organs

On the outside of the body, both sides - 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.

ANOTHER MERIDIAN FLOW TO CONSIDER

DAI (girdle) MAI



*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

The **Dai Mai** assists in all aspects of Liver/Gall Bladder disharmony. All of these meridians invigorate circulation, particularly in the lower legs. A variety of factors may have caused the circulation to be blocked, for example through excess cold in the body. When any circulation to the lower body is compromised, this may assist in releasing it.

Major points of affect for the Dai Mai include the pelvis and genital region and any blockages in these areas also often result in poor leg circulation.

GB41 is an acupuncture point found on the top of the foot at the junction of the tendons that come together when you move your finger from the webbing of the little and fourth toes. It is found by running your finger tip up from the space between the 4th and 5th toe, until you are stopped by the junction of the tendons. The point is between them.



Press deeply on GB41. If it is very sore, massaging it will help to alleviate any obstruction that is happening around the related Dai Mai areas.

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. Massage strongly. I sometimes use both locations if both are sore.

SACRAL MASSAGE

Sacral massage is the best neck and shoulder release I have found in my clinic.



To test this out, you can press points A and B before beginning work on the lower body and then hit them again afterwards.

There is a noticeable, sometimes astounding difference in pain levels felt in these spots in the upper body by working an area away from it before returning to tackle it once again.

The sacral fan moxa, followed by the pelvic opening massage, can be enhanced by massaging and pressing very firmly whichever is the sorest location of **GB41**.

Press firmly – it shouldn't hurt. This can be a diagnostic process of problems in areas governed by the meridian. If it does hurt, massaging it can release the blocked energy.

Alternatively - to see how well you are progressing, you can go back and check if the points are less sore once you have done the work suggested.

I have noticed in clinic that a sore butt very rarely is present in men.

This is unless they have poor circulation or structural issues – then it is typically as sore as it usually is for women. If a man is sore in the GB30/rump region he usually has bad leg circulation, a bad back or other structural complaints and would also feel vastly better if you practiced this on him.

Women generally have a very painful bum as a matter of course it would seem. From my observations the only exceptions seem to be those who are extremely active or are in heavy physical training.

What to do?

Take a course in helping yourself . . (See my resources elsewhere)

2 - SACRAL MOXA/PELVIC OPENING

Pain happens as normal flow is blocked. That simple. It could be from any level of distress that pain shows up in your body. We store all our physical and emotional pain. We carry it around with us. It festers. We could choose to release the cause of our tensions/ distress.

It stands to reason why almost every woman I have treated has a bottom full of pain when I massage it. What to do? Move it. Why? Everything will flow better, as it naturally should, melting away all of the headaches, neck pain, shoulder tension, lower back, sciatica, stress related and structural tensions. Get acquainted with magnesium.

Looking at the next chapter (Stuck Liver Qi release) it is easy to see that we can get totally tied into being in our 'story' forgetting that our shell or armour is prickly and needs settling or undoing at times. This then leads to an easy flow throughout all the areas where tension is gathered. The nerve flow from the vertebrae does get pinched or trapped when tension starts to invade our energy flow. Instead of reaching for pain killer or antidepressants, it could be as simple as touch.

After all we are mammals, primates as well, and we all need to be touched.

A lot of problems we feel are related to storing a lot of tension in our structures. Whilst working out how to minimise and alleviate labour pain in late pregnancy, I discovered a great way to help everyone and anyone suffering from pain and persistent structural tension. Anyone can do this, simply find some oil, even if it is from the kitchen and spend a few minutes massaging our friends and lovers.

Positioning

Straddling a chair is a great place to start as it opens up the pelvis. Even when very late in pregnancy this is a comfortable position.



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 the feet warm so that no chills can come though the feet is an important part of keeping warm.

(The red pen marks are showing you where points to use moxa over will be beneficial)

erred through this work male models.

MOXA

I have found that the best way to reduce the amount of pain felt in this massage is to use moxa first. Moxa can be found at most Chinese shops and acupuncturists. Moxa also has the effect of moving on all superficial problems and feels wonderful. Starting the massage by using moxa to open and warm the area makes massage far less painful and more effective.

Moxa is usually found in a roll, similar in appearance to a cigar. It is lit at one end but it does not flame, it smoulders. Perhaps see more in my Reset Your Metabolism course here if very interested – using this in the ways I have perfected in this course will transform your life.

To use moxa, hold the lit end about a centimeter away from the skin. The heat penetrates and feels wonderful. By moving the moxa stick up the back, it helps energy to move through a major meridian/channel, allowing all of the structures around the heated area to relax.

Please look to here [for men](#). The demonstration shows that it could not be easier:

Simple rules

- 1) - Remember - no breezes. You are trying to warm them up, not create more cold inside.
- 2) - Do not touch the skin with the lit end of the moxa roll.
- 3) - Although it feels wonderful - no more than 3 minutes worth at a time.
- 4) - Always have something to drink before and after as it is really dehydrating work.

This is particularly helpful when anyone is feeling tired/weak/vulnerable/achy.

It is important to use the real moxa, not the smokeless variety that can be found, as it just doesn't have the same effect. It is not the heat but the herbal vibration and ensuring healing that is needed here. Shortcutting with a heat lamp is not a viable substitute.

More rules

- 1) - Person is to be kept warm.
- 2) - Moxa is held away to avoid breathing in the fumes.
- 3) - Person helping should be steady with a finger on the skin as a 'spacer' so as to not accidentally burn the receiver's skin.

When using moxa outside, make sure that the person being worked on is protected from any breeze. Remember – you are doing this to get rid of cold and to open/relax the tissues and the body. You must be temperature savvy. By using moxa the pores of the skin will open and, if a breeze or draught is present, will allow more cold into the body which will only lead to more problems. Letting cold enter the body causes pain as it allows contraction of the tissues followed by stagnation of circulation.

I hold up a towel; pop it under their armpit and use it as a draught stopper with my left hand.

It is important to drink water (room temperature fluids – not cold) before starting, during the treatment if necessary and after the treatment. Most people come out of this treatment feeling really loose – it is a great idea to consider having a snack before starting so as to not feel lightheaded or ‘out of it’ afterwards.

HOW TO

Light the moxa and begin. Initially move slowly up the spine from about as far down 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.

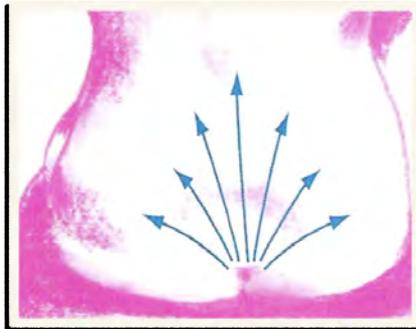


This process is done very slowly. Ensure that you have a finger or thumb touching their body as a guide and as a spacer, so there is no possibility of the moxa connecting with the skin.



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

Gauge their reaction to the moxa and after a few minutes start the sacral fanning technique.



Initially I discovered this whilst I was teaching dads-to-be to help mum's back ache and to open up her pelvis for easier birthing.

I quickly found that it was so useful at relaxation and allowing everyone's back, digestive, circulatory and nervous upsets to resolve – so anyone coming in for anything had it done. It is helpful in most cases with compromised circulation, pain and discomfort and great for lower limb swelling, pain in the extremities and any menstrual irregularities. People often report feeling sensations like warm water running down their legs,

An amazingly calming technique.

ASSISTING DAI MAI TO OPERATE FREELY WITHOUT OBSTRUCTION

Please look again at the meridian pathway pictures, so you can see the entire application for all of this simple work. It is covered on the DVD presentation [“Birthing – What Dads Can Do”](#)

Moxa allows amazing relaxation and opening of the pelvic area in preparation for childbirth. In pregnancy, it also allows the placenta to work better as it works specifically on the nerve/blood supply to the entire genital/pelvic region.

As it works so very well, it is included in all male fertility/leg circulation and prostatic work.

Cold is always added in (against all the 'old wives' tales' to the contrary). It is not helpful. Be aware that ANY cold means that your circulation is not as it was. Hence you may have pain.

MOXA UP THE SPINE/OPENING PELVIS/SACRAL FAN.

Please notice that there is a gap between the moxa and the skin afforded through the use of a finger as a spacer. Also please be aware that the person has been through a lot and may be feeling very vulnerable – this helps to settle them down/reconnect with who they are. It is not the time to be accidentally burning them.

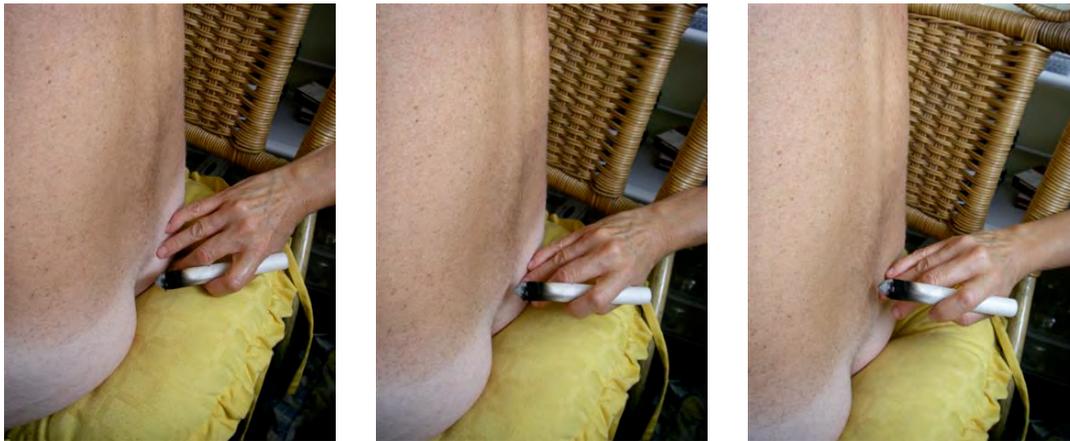
PICTORIAL ILLUSTRATIONS

At no point is the stick to touch the skin.

Every so often *lightly* tap the lit stick against something solid to release the build-up of ash. Put the lit stick out by rolling it up in a piece of aluminium foil when you are finished with it this time – a stick will last for ages.

After having used moxa, it is a great idea that both of you drink more water, as moxa has a very dehydrating effect on the body.

Reminder – using moxa means the massage is a lot less painful. Also that the circulation is restored – and sometimes if time is pressing, just using the moxa is good enough.



Slowly and just move upwards . .

Do not go up and down . .

Start always at the bottom of the spine – as you are helping the flow of Qi upwards . .



Repetitive - yes – feels amazing . .

**No more than 5 minutes for this – it does feel wonderful . .
And a little goes a long way!!**



Every so often - lightly tap the ash build up away.



This takes no more than a few minutes.

Always well ventilated so the person being helped is in NO breezes – not even a tiny amount of air movement whilst this is happenng.

3 - STUCK LIVER QI RELEASE

A) TIMING

This work is about clearing blockages.

Please set the time aside so you are not doing this when you are really upset, or very tired.

Be mature enough not to personalise what is happening. It is YOUR pain – they are not creating it for you/giving it to you. Feeling pain can distort an emotion that then changes your perceptions. Stuck Liver Qi is already about feeling put upon, irked and otherwise unhappy. We carry these feelings around with us, bottling it up as stress only to present itself later as all manner of physical medical complaints. It may hurt to let some of it go but it will certainly hurt more if it is left to fester. [Insufficient magnesium](#) may cause everything to hurt more.

The person working on you is allowing you to let the angst /pain/inner instructions release.

Slow, deep breathing through the pain is the best way to help move it on and out of your body. Using magnesium as part of your daily practice will assist you to let all the aspects of the stress/tension depart.

B) LOCATION

The place to start is the thoracic area, about where a bra strap would sit.

The Stuck Liver Qi that I speak of tends to find its way to the area that physically provides the nerve supply to the liver, gall bladder and digestive organs.

Whether an accident or some sort of repetitive movement initiated the physical problem or whether life's angst and difficulties simply overflowed into the physical structure, is of little concern. What we want to do is clear some of it so life, bodily functioning and in turn how we feel is easier.



Magnesium is the body's antidote for all stress and tension.

A lot of what we feel is overlain with what acupuncturists call 'Stuck Liver Qi'. This condition is what we also feel as stress and underlies almost all structural issues – sore necks, backs, shoulders, migraines, most gynaecological and nearly all pregnancy complaints about digestion, moods, structural, circulatory and various birthing woes.

Warning – initially it is sometimes quite painful.

Ofen it just feels amazing

This process results in a lightness of being.

When any is done, the entire body feels less tense and painful.

This translates as feeling immediately taller as the body unwinds. Also any gut discomfort tends to lift instantly. Neck/shoulder/back/lower body circulation – all structural upsets are less pronounced. It is easy to feel happy when some of this load is shed from your body.

Remember the Da Mai meridian? It governs the circulation to the legs and connects the upper to the lower so we attack this area first to remind it how to work well. Most importantly, before we get to the legs, we need to think – what governs circulation to them? The lower back, the sacrum. And what governs them? The Dai Mai.

C) INSTRUCTIONS

The person should be warm, straddling a chair with a pillow to cushion their front. They can be lying down, but I find the sitting position is much easier to get into the ‘stuck’ areas and allows the legs and pelvis to be very open this way. Please [watch here](#) first. Your hands must be warm and inviting.

This technique is a lot easier the more you do and also the more times the technique is applied on this person – some have very tight and hard to ‘undo’ backs. Others are very easily loosened and stretched so it may not be your technique so much as the amount of tension for you to shift that may appear to be different to the pictures.



Using very little oil – as you need to pinch and roll, not slide over the skin.

Press into the body to allow as much flesh to come up into your hands as possible.

Then start walking it across slowly.

1. You need to start close to the spine in order to gather loose skin under your hands. With your hands in this position, start by walking your fingers towards the spine to gather up the skin to work with.
2. You start above bra strap level and gradually work your way down the back to the waist. Work in a zigzag movement – straight across, then diagonally down (about 20 degrees).
3. The whole process is about peeling or lifting the skin away from the underlying muscles by moving it outwards as per the arrows on the diagram above.
4. Start with the palms of your hands flat on their back, about half way out to their sides, coming back towards the spine.



5. Having walked the skin backwards from the sides of the body, with the extra skin that you have gathered up, still with your whole hand in contact with the back, start pushing away with the sides of your thumbs whilst you grab and slide with your fingers. You are also pressing downwards as you go.
6. As you get to the edges it usually hurts a bit more. Ease off a little whilst still being a strong presence. Everyone's body is very different. Just because I can grab a whole bunch of skin here does not mean that you will be able to gather a similar amount on your patient at home. If they are objecting it is probable that you are working far too deeply. Ease off until it is more bearable for them and slowly and gradually work deeper into the tissues.
7. Going lower each time, you stop at the waist level. There could be a reddening under your fingers and expect the side you have worked on to feel looser if you go back to it again. Some parts may really hurt. They may not be being precious – after all it is STUCK and it is being forced to be mobilized. A lot of emotions may come up during this process – often tears or the need to let go somehow.

Quite often it is also less sore on the second side, so if there is a tighter, more painful area, massage that side last.



(See the reddening of the skin – great circulation prompt for the body)

8. After finishing one side, sweep away all that has been gathered on the surface. From the top of the back make broad sweeps outwards and downwards of the body, and flick it off your hands. It feels much better for both you and your patient if you do. It is an energy technique also, so imagine that your hands are holding the excess energy and you are getting rid of it.
9. Don't worry about what it looks like to anyone else. If you do not do this, the person is left feeling odd – as though you have swept the leaves up and left them in a pile for the wind to blow them about again, rather than finishing the job properly.
10. **The other side.** Repeat this process on the other side, again starting at above bra strap level and gradually working your way down the back to the waist in a zigzag movement, straight across, then diagonally down about 20 degrees each time.



- **It is a 'walking' movement** – the thumbs are pushing away from the spine, gripping the skin as they go and the fingers are very firmly walking and gripping up more under them as they proceed. It can often hurt a lot at the sides, so back off a little there.
- Sweep back with full contact of your palms on the surface of the skin towards the spine after each zig or zag.

- It is imperative that you complete this process on both sides of the body. If the receiver starts complaining too much or wishes you to stop after just one side, do not stop as they will essentially be and feel very lopsided. This work really does make a difference as to how the body is and feels.



- **Once finished**, *please sweep off* in a downwards and outwards fashion, flicking the hands off the body as though getting rid of whatever stored energy you mobilized. This always feels worse the first time than it does ever again. It is a great muscle relaxer and both sides of the body need to be worked on equally otherwise the person being worked upon will be out of balance. This may sound as though I am repeating myself but it is essential that the whole body is released – not just one side – as every aspect of self will feel far better when it is.

GENERAL DISCUSSION

- The sides of your thumb pads are holding the flesh and your fingers are doing the 'walking' across the body. You are picking up in a sort of pinching motion and slowly, in a meditative state, almost stripping the flesh away from the underlying muscles, going towards the side of their body.
- Done sensitively, it feels very tight but good. It is a good pain. It also feels better the slower you go and the firmer, more fluid a motion you can capture.
- You are not using your finger tips and you are not pinching. It is a liquid movement and once you are near their sides you can use your hands, in full contact with the back, to sweep your hands back towards the spine to start again, just slightly lower than the previous sweep.
- This is done in a gentle manner, as though stroking at the same time as gathering up as much loose skin as you can so that there is more to work with.

Everyone is different, and after a few of these sessions, the skin will be even looser. Some are almost impossible to work with – which is all the more reason to persist. It is always less painful in subsequent attempts.

4 - SACRAL MASSAGE/PELVIC OPENING

Make sure your hands are warm. Initially use a broad contact with the palms of your hands and then gently but very firmly and gradually work deeper each side to discover what needs concentrating on.

This works far better for any upper back problems than actually massaging the painful, tense area that the person wants attended to directly. The butt holds the keys!

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



Following the lines (as illustrated) and also working out from the sacral margins with the thumb pad or with the flats of the fingers, exert a fair amount of pressure.

Sometimes standing up to use all of your weight behind you helps to not damage your fingers. When using this technique, either work with your arms straight and lean your body weight in or brace your elbows on your hip bones for strength and support. This means that you **HAVE** to be in a stable position yourself and not have arthritic thumbs.

The aim is to end up with a warm, reddened rump.

Following the lines, you are doing slow deep gouging.



The slower and more deliberate you are, the less painful this will be. This really works and the slower the better, so drop the pace you think you are doing by at least half. Everyone I have coached starts not deep enough and looks definitely as though they are in a hurry.

For the person being touched this way, it may take a lot to accept this attention as it can be excruciatingly painful. Go slow and shallow. We are all constructed very differently!

Doing it fast is almost unbearable, so slow and steady is the key. I may also actually cradle /cocoon/hug them whilst gouging – more not less contact – as it spreads the sensation and will feel vastly easier to bear for those who are having overly sensitive issues.

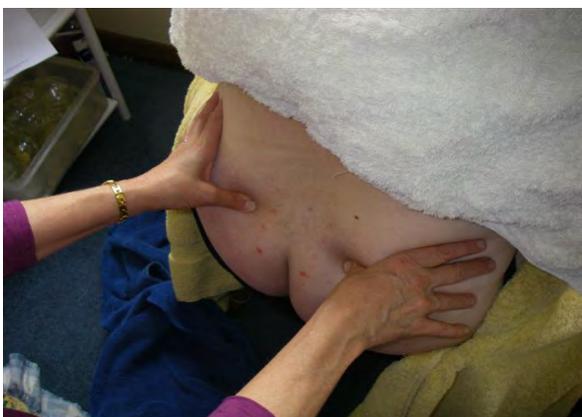
Get them to breathe slowly and deeply and make sure that they are not tensing up – particularly through their shoulders – as this will just make the whole thing too distressing. Tension begets tension here.

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



Changing angles and positions, for example you standing up and working from above in a downwards movement can allow your hands time to recover.

As the massage progresses the skin reddens as the circulation is renewed.



Really grind into the tender, tight points at GB30 in the hips and attached to the sacrum. Don't try to get rid of it – play around the peripherals of it.

Gradually the pain will dissipate.

Intersperse deeper work with lighter sweeps and moves. Every so often change to broad shallow sweeps over the entire back or at least the lower body and then come back to where is it painful.

All work here will aid the circulation, making the whole area a lot pinker. Massage it all. The redder the area is, the better the circulation is. They will arise feeling warmer and relaxed.



By now there should be considerable heat being released.

They will feel happy and more relaxed.

This sort of massage enlivens the Qi and increases circulation around your genital organs and is therefore an excellent technique for foreplay and enhancing sexual feeling.



Press very deeply into the stuck spots within the flesh, holding firmly until they eventually release. One woman reminded her partner that it was Boyle's law – equal and opposite pressure and she is right. If you are very forceful, without vibration, what was 'stuck' eventually gives way. It usually takes about 30 seconds.

Play with every aspect that is sore – coming from underneath whilst they are lying down may be easier. This can really hurt. You need to remind the person to breathe slowly, not tensing, but letting go at the same time. Remember to work slow, deep and steady.

The bottom may start radiating heat.



This should be the end result. They will feel a lot happier, as everything has been loosened including any back pain/ painful disc/leg circulation issues.

DO use the moxa first - real smoky moxa – it is a gem!!!



The actual acupuncture point is about 3 inches down, almost at the bone level or deeper if the subject is quite well padded, so you can approach it from any angle.

5 - 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.

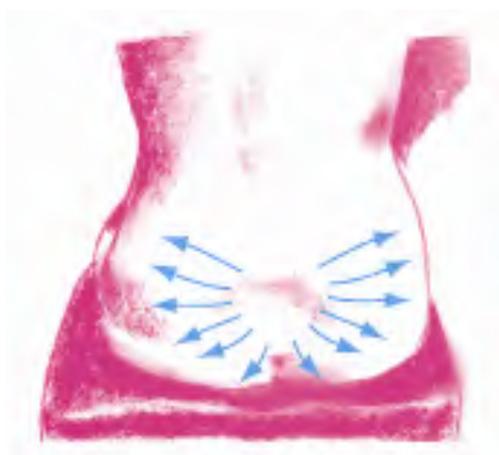
Move on to more awakening up and around the sacrum, ensuring that full circulation returns.



See how pink she is already?

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

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



Why are we massaging the butt?

Because it holds the key to the entire body – [the Dai Mai](#) [the Liver](#) and [Gall Bladder Meridian](#).

After working on the sacrum, go back to gouging very slowly, outwards from the edges of the bone. Start really deeply and gradually and ease the pressure as you reach the fleshier parts of the bottom. Again, be mindful that this can really hurt!

Whilst the massage is happening it is important to watch the rising of the neck and shoulder muscles. Automatically we all seem to tense up when something hurts.

This is counterproductive. If we tense when it hurts, everything hurts more.

Coach your patient through the letting go process – every time they feel pain, get them to 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

This is an intimate action. Sometimes leaning into or draping yourself over the person being worked on may help, so there is an increased intimacy. This helps the letting go process. It also helps as you can feel when they are holding on and tensing up. Them tensing whilst you do this will only hurt and not allow the relaxation and energy release that is possible. This is, after all, the intention.

Use magnesium topically – I always use the rollon gel and apply liberally all over them . . . It makes my life a lot simpler - plus I always hand out water. I ensure that they have eaten something before I start.

(Potential blood pressure/blood sugar plummets will not then happen).

On other levels

What else do we store in the [Gall Bladder Meridian](#)? Look to the more naturopathic model for example, gall stones are a great source of trouble. Most of us are subconsciously, and often not very silently, stewing on something that we feel has been unfair in our lives. Bitterness and all those bile emotions can just sit about in your body awaiting attention.

“I was driving along, and out of the blue 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 life had an 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 ever since I have been doing this, there is so much less chatter and so much more tranquility. 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 that I have lost that inner raging part of myself.” Michelle – lifetime past sufferer of gall attacks/migraines and inner turmoil.

We really are in control of ourselves and how we feel – if we can take a step back and observe the unhealthy patterns forming and running through our lives and choose change over the comfort of habits and dysfunction we can achieve our optimum health, wellness and vitality.

6 - PRESSING SACRAL BLADDER POINTS

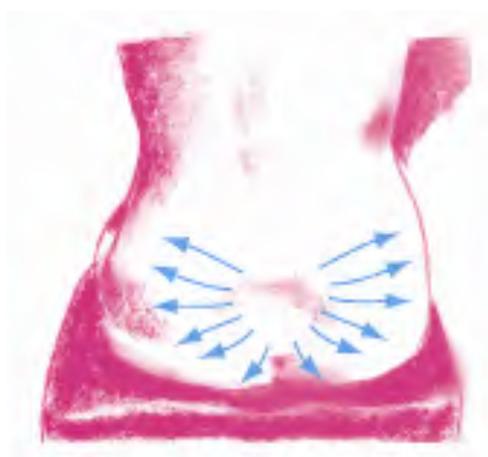
As a continuation of the 'sacral wakeups' above. This helps undo all the stagnation in the pelvic girdle. It may have been there for decades. It will also release the circulation that may be stuck going down the legs – invaluable if deep vein thrombosis or peripheral neuropathy is present – or any spider veins/veinous changes from perfect have happened. Obvious healing needs to happen. Return to normal - this starts with improving circulation.

As the circulation down the legs comes from the sacrum, anything related to the prostate plus of course the lower back (sexual/menstrual, sciatica complaints) will be influenced by you working here. For women these points directly influence the nerve impulses going to the uterus and associated organs. Also a must for pre-birth preparation and during labour as

Spend about 30 seconds on each set. After all have been pressed, go back to the broad massage contacts to allow the circulation to diffuse.

The red spots show the approximate bladder sacral points that are to be pressed VERY firmly to awaken circulation to the pelvic area. Again this is essential when working on pre-birth preparation, or to awaken sexuality /gynaecological circulation. As illustrated below, I am slowly gouging out from each point.

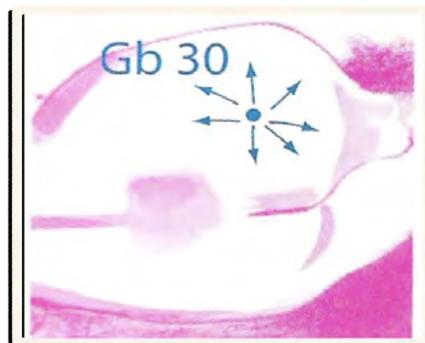
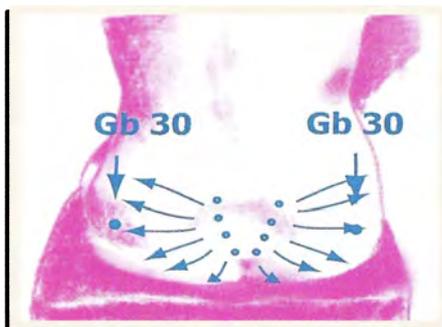
Below, I am gouging slowly out from each point.



Remember to '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.



Remind them to breathe, and to let go (relax), whenever it hurts. Attention to the GB 30 (hip) specific area is best started from the chair straddling position. There is often a thick band; sometimes almost of steel felt across from the sacrum to the hip.



GETTING IT ALL TO INTEGRATE

To give the person a 'breather' – consolidate through spending some time over the entire back. When finished this section, sweep away the energy that has been brought to the surface. Change positions perhaps also so the back and body do not stiffen up.



Easiest position

With them straddling a chair, you the worker have heaps of space to move around and can use gravity easily, so it is NOT your own strength, and your fingers, getting exhausted.

The area of GB 30 is the star pattern and the extra point GB 21 has a downwards action in the body.

Relaxing the upper body again through the pelvis is indicated to allow the blockages in the lower body to dissapate.

CAUTIONS

Please be very aware of your body placement as it can become very tedious being in one position and exerting yourself excessively. Your fingers are a particular worry. I lean into the person as much as possible so that it is my body weight that is exerting the pressure.

Use gravity whenever you can, by being above them, 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 not from the hands but coming through me. Often the leading hand is just there to guide and the other is applying the pressure from my bodyweight and gravity.

Look after yourself first!!

7- PERINIAL OPENING

The intention is to open up the entire circulation to the lower body. This is completed at the very end of the massage to undo any knots that are stopping the normal flow of nerve/blood circulation to the lower body. This may allow more gratifying sexual experiences, also to help with any period issues.

If you are working with a man with prostate – do it!!

The angle is to be 45 degrees and angled down into the perineum.

If you are not on the right spot they 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 own belly to brace yourself and use all of your weight in there. Make sure your thumb nails are well clipped and that they are well braced, otherwise they may fly forwards and damage the skin.

You need to be very comfortable yourself when you set your arms as a great deal of pressure needs to be exerted here. If men are having prostate issues and most likely back issues as well, it may be that this is just as sore as with most women.

I treated a very distressed adolescent who was experiencing regular migraines (Stuck Liver Qi). This is not an exclusively female problem, but a stuck energy one.



1. The point **B1 35** is at the curve change on a seated bum. It is easy to find. If you are not on the right spot they will not feel it in the perineum.
2. Angle downwards 45 degrees towards the perineum (the area between the anus and the vagina in a woman).
3. You need to loosen your thumbs within the flesh to be making a difference. Press as hard as possible – they will not break.

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:



Forty-five degree angling into the perineum: press very deeply, slowly and firmly.

Ask if they can feel it in the perineum – if not, get them to breathe out, relax and focus.

Whilst pressing, it is helpful for them to focus on their intimate areas.

This is very soothing and does make a considerable difference to the sexual opening – especially if part of the entire massage/moxa time is spent lovingly opening the pelvic area.

If you wonder whether you are in the right spot or angling well, 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 it looks silly – this has some profound effects on those who received the massage.

This is deeply relaxing and not painful at all.

COMMENTS FROM PATIENTS

1 - *"It was amazing! All the back stiffness I came in with disappeared. The legs felt light and I could walk easily. No longer do my legs feel like blocks of wood "* **Man who suffered from poor circulation in his feet from compartment syndrome.**

2 - *That back work freed up my ability to sleep - as now I am not getting up so many times to pee at night – a great relief!!!* **Man with prostate cancer being naturally resolved.**

3 - *"I initially found this to be 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 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 levels of pain 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 the 'pent up bitch' in me has released – made up of years of compounding emotion, frustration, anger and negative energy that in my mind I thought that 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 healthy baby after three years of trying to conceive. And after she did EVERYTHING to the letter that I had suggested (especially the pelvic opening massage even though it was NOT a comfortable experience).**

4 - *"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 was stored in my bum."* **Woman – seeing me about her infertility and sub sexual function problems since trying for SO long to fall pregnant.**

5 - *"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.**

8 - REVIEW

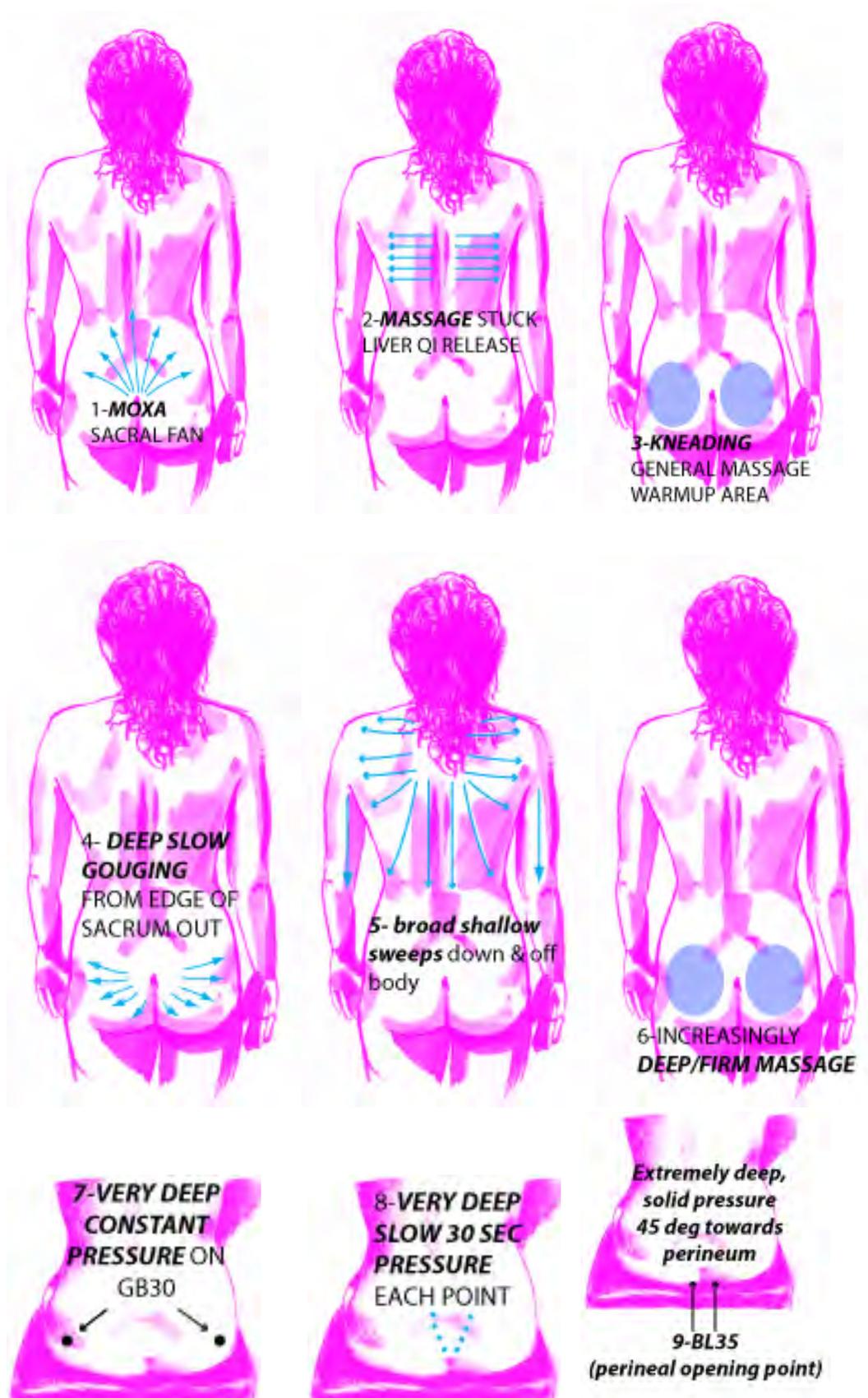
Get in position and both be warm and free from any draughts – this may mean that the moxa is done outside, as warmly as possible, and then you move inside.

Massage GB41 (on foot) if it is sore for at least 10 seconds.

- 1 - **Sacral moxa:** firstly up the spinal line to the waist (2 -3 minutes) and then moxa out as a fan across the sacrum (for three to four minutes).
- 2 - Perform the **Stuck Liver Qi massage** next. You may need to start out very shallow and work deeper, depending on how tight it is and how painful it is for your patient.
- 3 - **Sacral massage:** start light, with fairly shallow pressured massage, concentrating in the sacral area, gradually spreading out to include the whole butt area. Using tight circular movements, start warming and activating the sacrum.
- 4 - Continue with **deep slow gouging from the edge of the sacrum out**, spread out in lines, gouging deeply at the start and becoming shallower as you move towards the hips.
- 5 - **Add some full body sweeps** every so often and change to broad shallow sweeps over the entire back, or at least the lower body, and then return to work on the painful area.
- 6 - Increase **your deep, firm, generalized butt massage**. Work your hands in tight circles, rubbing on the sacrum. Start working the GB30 area – the fleshy part of the hips where there are knots or bands of tension.
- 7 - Apply **deep constant pressure on GB30** – press and hold for about 30 seconds until you feel a release. Start gently and slowly, work deeper into the tissues, hold and release off slowly. Return to the wider butt area and after the area is red and possibly radiating heat (this is a great sign), then hone in on the B1 points on the sacrum.
- 8 - Apply **deep slow pressure for 30 seconds on BI sacral points**. Press these very firmly in preparation for birth (from 36 weeks onwards). Really use a lot of force. Hold each set of points for at least 30 seconds. Again start slowly, work in harder and release off slowly.
- Return to **generalized butt massage working in tight circles**, rubbing on the sacrum and when the area is really red, change the focus to the perineal area.
- 9 - **Apply deep solid pressure on the perineal opening point (BI 35)**. Press very deeply on B1 35 at the curve of the buttocks and lower back.
- 10 - **Finishing off with the long sweeps of the entire back and flicking off** any residual energy that you have moved from them.

This last movement may be the most important as it sweeps away all that you have brought up to the surface.

PICTORIAL ILLUSTRATION



FINISHING OFF



'Finishing off' is very important as otherwise the old liberated energy that is sitting on top will be there still – the difference is very obvious – before and after the sweeping and discarding of the old/ previously Stuck Qi.

WHAT NEXT?

You can then move on to the front of the body – and the lower lymphatic moves are perfect to undo any further fluid/pelvic congestion.

9- WORKING WITH MEN

Men tend to only have pain and discomfort in their butts when there is a definite circulation. It seems that men do not seem to store emotions the way that women do.

If it is painful for him there are often bands of almost bonelike/hard rope like structures can be felt between the point area GB30, and the sacrum points. Pressing into a man's flesh is a very different experience as it is often a totally different consistency to that of a woman. 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 actually be therapeutic.

In addition to sorting out any structural problems this massage also helps any sperm production/prostatic or sexual worries/incompetence or insecurities he may be feeling.

Starting on the back with the moxa sacral fan will mean this is not so painful and actually a lot more therapeutic – as the Qi will flow easier.

This only takes a few minutes, but does need to be happening outside as moxa smoke is very penetrating!!! Make sure no breezes/drafts add more cold into the body - and perhaps to understand how it all fits together.

Showing the approximate location of the GB 30 (hip) point – it is very deeply in the hip joint, so you can approach it from all different angles - just go really deeply – and the 'Bladder' sacral points.



Please get the two courses - *Reset Your Metabolism* and the *Men's Home Massage* course – you will be amazed at what you can sort out at home yourself . .almost everything as it is the Owner's manual that you were not given with that body.

(Well we were - just ignore what the elders say as 'what would they know?')

Red marks showing where the point GB 30 (on hips) and the 8 sacral points to press to release the pelvic area/lower back and in birth preparation are located.

This is an amazing way to sort out the myriad of neck, shoulder and upper back complaints, in addition to the obvious sciatic, lower back aches and pains and leg circulation problems.

Now massage and get it all moving!



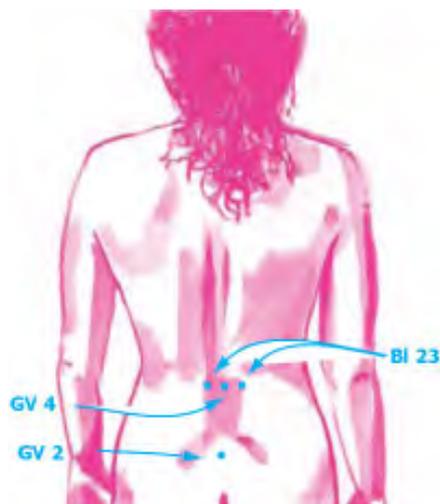
Note the *reddening* of the skin

It should be warm and radiating heat by the time you have finished.

If some extra yang/hardness/sexual fire is required:

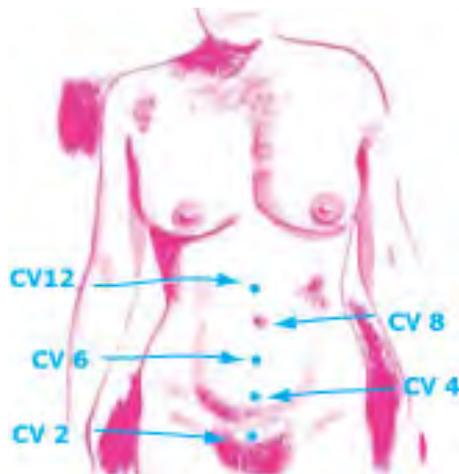
(Sexual and fertility boosting)

Additional points to use (these are very easy to find):



GV4: Using a marker pen to hold the positions, feel at the sides, the end points of the ribs. Then move to the spine, and at that level there is a depression between the vertebrae. This point is a very major yang/Qi tonic. It is straight through from the navel which is another major yang point.

BI23: is a Kidney/Qi tonic and is on either side of the G4 – about a thumb’s width away from the centre line. Acupuncture points are relative to the size of the person you are working with.



Yang provides the fuel for circulation. Massaging blockages can counteract

WHEN SHOULD I USE MOXA?

A great indicator is if the belly feels loose or is cool to touch.

There may also be tissue falling down (for example varicose veins, haemorrhoids or general weakness).

All of these points can be heated with a 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 five to seven times.

The skin area around the point will redden. This is expected.

Totally safe and totally amazing . .

Please look to the information on the use of moxa in Reset Your Metabolism course

10 - IN CONCLUSION

It all looks and sounds too simple and it is.

Everyone can benefit from having someone loosen their stored tensions and move their stuck energy through and out of the body.

Self help for those who:

- Feel as though they are getting 'old' and have little mobility
- Have a sore back/neck/shoulders/sciatica/headaches/any structural complaints/digestive/energy or general circulatory problems.
- Periods may be too painful to endure unmedicated
- Sexuality is not as vital as it was (moxa helps)

This pain and poor circulation indicates that the 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 tensions and moving in strange ways in order to compensate for the pain and discomfort we are experiencing.

Moving onto the front of the body (now the general nerve and blood and Qi circulation has been activated by all the work you have covered here). More is in the eBook [Releasing Your Natural Flows - Lymphatic & Prostatic Drainage](#)

Wake Up Your Legs – By Liberating Your Butt!!

Next?

Watch me do this step by step so you can follow

Heather's Self Help courses